



September 2020 Newsletter

Public Health Brief: Infant Mortality

The health and well being of mothers and their infants is a strong predictor of the health of future generations. Favorable birth outcomes, early detection of health conditions, and strong support for maternal and child health (MCH) make children and their families more likely to thrive throughout the lifespan. Infant mortality is the death of an infant before their first birthday. Infant mortality remains a high concern throughout the United States, despite modern advancements in medicine and technology.

Infant mortality rate: the number of infant deaths per 1,000 live births.

Leading causes include:

- Birth Defects
- Preterm Birth
- Low Birth Weight
- Sudden Infant Death Syndrome
- Pregnancy Complications
- Injuries

Read the full brief [here](#).



Image: Pregnant Woman

Health Literacy Webinars

University of Maryland is offering several trainings that address health literacy. The trainings will be offered live and then posted for later viewing.

- Plain language - go.umd.edu/mdh-hl-training-1
- Effective oral communication - go.umd.edu/mdh-hl-training-2
- Effective written communication - go.umd.edu/mdh-hl-training-3
- Health literacy techniques for program design - go.umd.edu/mdh-hl-training-4
- Health literacy techniques for diabetes educators - go.umd.edu/mdh-hl-training-5
- Oral health implications for people with diabetes - go.umd.edu/mdh-hl-training-6

APHA COVID-19 Conversations

The American Public Health Association offers recorded webinars on the science-based approach to addressing COVID-19. The most recent webinar was titled, "Returning to K-12 Education: Using Science to Keep Children, Teachers and Staff Safe."



Let's Talk About Health Webinar Series

University of Maryland Medical System is offering a 30-minute lunchtime webinar series on various health topics called, "Let's Talk About Health."

The upcoming webinar is titled, "Men's Health." The webinar will discuss how everyday choices can have a big impact on current and future health. Eating healthy and staying active can help control blood pressure, blood sugar, cholesterol and weight. Small changes can lead to big results. Also, many major health risks that men face, including prostate cancer can be prevented with screening and treated when found early.

The webinar will be on Wednesday, September 16th at 12:00pm. **You can register [here](#).**



Image: Let's Talk About Health

Upcoming Events and Meetings

Save the Date for the Virtual 2020 Annual LHIC Meeting on **Tuesday, October 20th from 8:00-11:30AM**. Click [here](#) to **RSVP**.

Please note that this date has changed from the last newsletter. If you already registered for the old date, you do **not have to register again.*

MHAAC | LHIC | OIT virtual meeting - Tuesday, September 29th from 8:00-10:00am via Google Meets.

- Google Meets: meet.google.com/vhm-ppfo-sok
- Phone: +1 501-737-0101 PIN: 795 296 490#

Family Health LHIC virtual meeting - tentatively scheduled for Tuesday, November 10th from 8:30-10:00am via **Google Meets**.

For any questions, or to join any of the LHIC work groups (Behavioral Health, Chronic Disease Prevention and Wellness, or Family Health and Resiliency), please contact Ronya Nassar at ronya.nassar@maryland.gov.



Image: Annual LHIC Save the Date Flyer

Publications of Interest

[Mental Health Inequities in the Context of COVID-19](#)

Source: The Journal of the American Medical Association

[Obesity and Hypertension in the Time of COVID-19](#)

Source: The Journal of the American Medical Association

[Flu Vaccination Urged During COVID-19 Pandemic](#)

Source: The Journal of the American Medical Association

Contact Ronya Nassar at ronya.nassar@maryland.gov with questions, comments, or to be added to the LHIC email list.

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