Overview of CDC Activities

Task Force on Research Specific to Pregnant and Lactating Women

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Overview

- CDC’s Mission
- Research
  - Assessing Risks for Mother/Baby During Pregnancy and Lactation
  - Specific Illnesses AND their Treatments
  - Global Health
  - Surveillance and Data Collection
- Clinical Practice Information and Recommendations
- Communications
- Other Collaborative Efforts
As the nation's health protection agency, CDC saves lives and protects people from health threats.

To accomplish our mission, CDC conducts critical science and provides health information that protects our nation and responds when health threats arise.
CDC Research—Assessing Risk Factors During Pregnancy and Lactation

- Centers for Birth Defects Research and Prevention
  - National Birth Defects Prevention Study
  - Birth Defects Study to Evaluate Pregnancy Exposures
- Cohort Studies of Occupational Exposures
- Epidemiological Studies of Medication Use during Pregnancy
- Study to Explore Early Development
Research – National Birth Defects Prevention Study

- The National Birth Defects Prevention Study is one of the largest studies on birth defects ever undertaken in the U.S.
- Researchers collected information about babies born between 1997 and 2011
- Over the course of 14 years of interviews, 43,000 women from 10 states took part in the study
- More than 200 scientific papers have been published from NBDPS data
Next step – the Birth Defects Study to Evaluate Pregnancy ExposureS (BD-STEPS) began collecting data on children born on or after January 1, 2014

Interviewers talk with women (via telephone) about their pregnancy experience and general overall health

BD-STEPS collect information on 17 birth defects that are common and can incur high costs, including cleft lip and cleft palate, gastroschisis, heart defects, and spina bifida
Research-Regarding Specific Illnesses and Treatments

- **Research on Immunizations**
  - Pregnancy Vaccine Effectiveness Network
  - Internet Panel Survey of Pregnant Women
  - Conducts Surveillance for vaccine preventable and selected respiratory diseases in pregnant and postpartum women and neonates
  - Monitors and evaluates the safety and effectiveness of vaccines in pregnant and postpartum women and neonates
  - Recommendations for vaccines in pregnant and postpartum women and neonates, including modeling of vaccine impact – using Grading of Recommendations, Assessment, Development, and Evaluation (GRADE) approach – and economic evaluation
Research-Regarding Specific Illnesses and Treatments

- **Behavioral and Educational Intervention Research**
  - Brief Screening and education to prevent congenital CMV
  - Efficacy of intervention addressing depression in pregnancy and postpartum

- **Document Impacts of Opioid Use**
  - Pilot projects on incidence, severity, and outcomes associated with neonatal abstinence syndrome (NAS)
  - Tracking trends in prescription opioid use
Research – Immunizations

- **Pregnancy Vaccine Effectiveness Network**
  - Established in April 2016 to estimate incidence of influenza and vaccination rates, describe epidemiologic characteristics associated with illness, and estimate influenza vaccine effectiveness

- **Internet Panel Survey of Pregnant Women**
  - Conducted in November and April of each year to monitor vaccination trends in pregnant women
  - Includes topical questions on current areas of special interest (such as Zika Virus)
Research-Regarding Specific Illnesses and Treatments: Zika

- CDC’s Zika Pregnancy and Birth Defects Task Force conducts research and implements programs to reduce the risk and impact of Zika virus infection in pregnant women, infants, and children.
  - Established U.S. Zika Pregnancy and Infant Registries
  - Enhanced surveillance of pregnant women in Colombia, in collaboration with Colombia’s Instituto Nacional de Salud
  - Collaborates with Colombia’s INS on a cohort study to identify risk factors for Zika virus transmission; the full spectrum of adverse maternal, fetal, and infant health outcomes associated with Zika virus infection; and risk factors for occurrence of these outcomes
  - Conducted more than 300 clinical outreach presentations; released more than 35 scientific publications, 13 clinical guidance updates, and 10 Health Alert Network (HAN) advisories
CDC Research—Improving Outcomes around the World

- **Sub-Saharan Africa:** Researchers aim to reduce mother-to-child transmission of HIV and improve outcomes for HIV-infected people.
- **Kenya:** Vaccine demonstration project using an Inactivated Influenza Vaccine to vaccinate pregnant women in a high HIV prevalence and malaria-endemic setting.
- **Thailand:** Randomized placebo-controlled trial testing safety and efficacy of a short course antiviral therapy during pregnancy to prevent transmission of HBV to their babies.
- **China:** Randomized controlled trial among HIV-HBV co-infected women to test the safety of tenofovir during pregnancy.
CDC Research—Surveillance and Data Collection

- Pregnancy Risk Assessment Monitoring System (PRAMS)
- Maternity Practices in Infant Nutrition and Care (mPINC) Survey
- National Vital Statistics System
- National Health and Nutrition Examination Survey (NHANES)
- National Survey of Family Growth (NSFG)
- National Health Interview Survey (NHIS)

- Research on other databases: Truven Marketscan, HealthCare Cost and Utilization Project
Clinical Guidance

- Treating for Two initiative
- U.S. Medical Eligibility Criteria for Contraceptive Use
- Environmental exposure information for providers
  - Prenatal Assessment of Environmental Risks
  - Pediatrics Environmental Health Specialty Units
  - Guidelines for identifying and managing lead exposure in pregnant and lactating women
- Advisory Committee on Immunization Practices
- Ten Steps to Successful Breastfeeding
Clinical Guidance – CDC’s Treating for Two Initiative

Expand and accelerate research to fill knowledge gaps

Evaluate evidence to facilitate reliable guidance

Deliver up-to-date information to support decision making among prescribers, pharmacists, and consumers
Clinical Guidance – Breastfeeding

CDC supports evidence-based strategies in hospitals to help women who choose to breastfeed start and continue breastfeeding.
CDC’s Three Strategies to Support Breastfeeding

1. Improve Hospital Support for Breastfeeding
2. Improve Support for Employed Women
3. Improve Community Support for Breastfeeding

Our Goal

Ensure that when a mom wants to breastfeed, she has the supports in place to successfully initiate and meet her goals.
Clinical Guidance Materials – CDC Yellow Book

- Includes the latest information about new emerging infectious disease threats including Zika, Ebola and others
- Written for the health professionals who care for international travelers
  - Includes special guidance for pregnant and lactating women who are traveling internationally
- Definitive guide to staying safe and healthy anywhere in the world
Clinical Guidance Materials – U.S. Medical Eligibility Criteria for Contraceptive Use

The U.S. Medical Eligibility Criteria for Contraceptive Use are evidence-based clinical guidelines that provide information for healthcare providers on the safety of contraceptive methods for women with certain characteristics or medical conditions, including postpartum and lactating women.
CDC's website provides a broad array of consumer information on issues relevant for pregnant and lactating women, including:

- Gestational diabetes
- Zika Infections
- Folic acid
- Preventing birth defects
- Safe medication use in pregnancy
- Pregnancy & opioid pain medication
- Blood pressure
- Breastfeeding

For more information on preventing birth defects, please visit: [http://www.cdc.gov/ncbddd/birthdefects/prevention.html](http://www.cdc.gov/ncbddd/birthdefects/prevention.html)
Communication Materials

WHILE PREGNANT, BE CAREFUL WITH QUÉSO FRESCO

No problem, Maria! I just hosted my sister’s baby shower, so I’m an expert now!

CHECK THE CHEESE, AVOID LISTERIA

Only buy soft cheeses with the word “pasteurized” on the label.
Avoid soft cheeses made with unpasteurized milk.
Be aware that soft cheeses made in unclean places have caused Listeria infections.

24x
Pregnant Hispanic women are about 24 times more likely than the general population to get a Listeria infection.

Reduce your risk of infection during pregnancy to protect your baby

CDC’s Response to Zika

PREGNANT AND IN AN AREA WITH RISK OF ZIKA?
WARNING: ZIKA IS LINKED TO BIRTH DEFECTS

Protect Your Pregnancy
From getting Zika from mosquito bites

- Protect Yourself from Bites Day and Night
- Use Insect Repellent
- Cover Your Skin
- Mosquito-Proof Your Home

From getting Zika from sex

- Don’t have Sex
- Use a Condom

Talk to your Healthcare Provider

- If you think you or your partner may have or had Zika, tell your healthcare provider.

Types of Hispanic-style soft cheeses include queso fresco, queso blanco, queso...
Other Collaborative Efforts

- CDC participates in the Federal Interagency Forum on Child and Family Statistics, an interagency group designed to improve both the quality and use of data on children and families by investigating questions of data quality, data measurement, and data integration.

- CDC co-chairs the Federal Interagency Breastfeeding Work Group, an interagency group designed to increase sharing of information and expertise, prevent duplication, and increase collaboration on projects and initiatives with mutual goals.
Other Collaborative Efforts

The American Board of Obstetrics and Gynecology and the CDC Foundation established the American Board of Obstetrics and Gynecology/CDC Larry Gilstrap, MD, Fellowship

- Provides training opportunities for obstetricians and gynecologists at the CDC focusing on infectious diseases and sexually transmitted diseases in women and in pregnancy
- Fellowship assigned within CDC’s Division of Sexually Transmitted Disease Prevention and collaborates with the Division of Reproductive Health
Thank you

For more information, please contact Centers for Disease Control and Prevention
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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.