A Support Group for Parents of Twins and Higher Order Multiples

News Release

FOR IMMEDIATE RELEASE

Media Contact:
Pam Krell, NOMOTC
Executive Vice President
248-231-4480
ExecutiveVP@nomotc.org
www.nomotc.org

National Organization of Mothers of Twins Clubs, Inc. using Multiple Birth Awareness Month to raise awareness of issues faced by families of multiple birth children

(Franklin, Tenn. – January, 2011) The National Organization of Mothers of Twins Clubs Inc. (NOMOTC) has announced its plans to celebrate the 3rd annual Multiple Birth Awareness Month in April 2011. As multiple birth rates have risen 70% from 1980 to 2004, more and more families are faced with the issues and challenges that only pertain to pregnancy and rearing two, three or more children at the same time.

Terri Gillis, President of NOMOTC, says "Our goal is to create a focus and forum for raising the awareness of multiple births throughout our local communities. In the two short years that NOMOTC has worked with our local chapters to promote Multiple Birth Awareness month in the United States, we have seen a growth in participation and excitement in our local chapters. We hope to see this continue during the third Annual MBA Month planned for April 2011."

According to the Centers of Disease Control and Prevention (CDC), some of the more alarming statistics regarding multiple birth rates and trends in the United States include:

- **High Risk of Adverse Outcome for Multiple Births:** One out of every 8 twins and one of every 3 triplets is born at less than 32 weeks of gestation. By comparison, fewer than 2 of every 100 singletons are born at less than 32 weeks.
- **Death during infancy is much more common for Multiple Birth Children:** Death during infancy among twins (29.8 per 1,000) and triplets (59.6 per 1,000) is much more common than among singletons (6.0 per 1,000).
- **Multiple birth rates tend to rise with increasing maternal age:** Between 1980 and 2006, twin birth rates rose 27 percent for mothers under age 20, compared with 80 percent for women in their thirties, and a whopping 190 percent for mothers aged 40 and over.
- To view the entire report in full, please visit this website: http://www.cdc.gov/nchs/data/nvsr/nvsr57/nvsr57_07.pdf

Together with its service partners, such as the Fetal Hope Foundation, NOMOTC and its local chapters will use the 3rd annual National Multiple Birth Awareness Month to raise awareness about the facts, trends, and issues that multiple birth families face on a daily basis. Some of the factors including high risk pregnancy and pre-term labor; fetal issues such as Twin-to-Twin-Transfusion Syndrome (TTTS); prematurity and other physical problems associated with prematurity; multiples with special needs; the demands of parenting multiples; and school placement and identity issues.

Ms. Gillis says, "NOMOTC continues to provide our local chapters with materials to create awareness in each of their local communities including a MBA club/media kit with event ideas, letters, and press releases to assist with their planning efforts. Through our media forums, such as social media platforms, websites and *NOMOTC's* Notebook, our quarterly publication, we announce events and share events that local clubs have hosted. Additionally, we continue to reach out to service partners, like the Fetal Hope Foundation, who help us spread the word through their marketing efforts," says Ms. Gillis.

NOMOTC is also the official host for a Multiples Family Festival, an event held each year during Multiple Birth Awareness month to celebrate multiple births.

For more information about the 3rd annual National Multiple Birth Awareness Month, please visit the NOMOTC website at www.nomotc.org/mba, e-mail nomotc@aol.com or call 248-231-4480.

For information on a local NOMOTC chapter in your city and what they are doing to raise awareness for Multiple Birth Awareness month, please visit the NOMOTC website (www.nomotc.org) and search for a club in your area.

About NOMOTC: NOMOTC was founded in 1960 and is comprised of local chapters and individual members primarily concerned with education and research pertaining to multiple birth children -- twins, triplets and higher-order multiples. NOMOTC, (www.nomotc.org), is headquartered in Franklin, Tenn. and serves nearly 27,000 members in more than 300 clubs in 44 states across the country.

##

Executive Office: 2000 Mallory Lane, Suite 130-600, Franklin, TN 37067-8231 **Telephone:** 248-231-4480
E-Mail: nomotc@aol.com **Web Site:** www.nomotc.org