



News Release

FOR IMMEDIATE RELEASE

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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. – December, 2012) The National Organization of Mothers of Twins Clubs Inc. (NOMOTC) has announced its plans to celebrate the 5th annual Multiple Birth Awareness Month in April 2013. As multiple birth rates have risen 76% from 1980 to 2009, 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.

Pam Krell, 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 fifth Annual MBA Month planned for April 2013.”

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). The shorter gestational age and the smaller size of multiples leaves them 8 times more likely to die within the first month of life.
- **Multiple birth rates tend to rise with increasing maternal age:** In 2009, twin birth rate ratios were 17.6 percent for mothers under age 20, compared with 53.2 percent for women in their thirties, and a whopping 237.3 percent for mothers aged 45 and over.
- **Multiple Birth children are more likely than singletons to be delivered preterm and also have very low birth weights. The average twin weighs 2 lbs less than average singleton at birth and triplets weigh about one half that of singletons.**

To view the entire report in full, please visit this website: http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_01.pdf

Together with its service partners, such as the Fetal Hope Foundation and Texas Children’s Hospital, NOMOTC and its local chapters will use the 5th 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. Krell 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 and Texas Children’s Hospital, who help us spread the word through their marketing efforts,” says Ms. Krell.

For more information about the 5th 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 over 23,000 members in more than 300 clubs in 44 states across the country.

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