

IMPACT REPORT

2023 Highlights



MotherToBaby[®]
Ask the Experts



11 Affiliates
Covering all 50 states
and U.S. territories.



30+ Years
Providing information on
exposures in pregnancy
and breastfeeding.



Vision & Mission

Vision

OTIS and MotherToBaby, will be the world's leading source of evidence-based information on exposures during pregnancy and breastfeeding.

Mission

- OTIS is a professional organization comprised of experts engaged in assessing and evaluating risks to pregnancy and breastfeeding outcomes from medications and other exposures.
- OTIS members support and contribute to worldwide initiatives for teratology education, research, and promotion of parental, infant and child health and development.
- MotherToBaby is dedicated to effectively communicating evidence-based information to parents, health professionals, and the general public about medications and other exposures during pregnancy and breastfeeding.

Letter from the President



**Alfred Romeo, BA,
BSN, RN, PhD**

The Organization of Teratology Information Specialists (OTIS) and its service, MotherToBaby, had a great year last year. Our committees and members are making progress on various items in our Strategic Plan.

- The Fact Sheet Project Team updated existing fact sheets and new ones were developed and all of were added to the National Library of Medicine.
- The Education Committee presented a Manuscript Writing webinar.
- The Meeting Planning Committee collaborated with sister organizations to provide a successful Annual Meeting for professionals in Charleston, South Carolina.
- Twice-monthly seminars brought together experts from around the world to review research on medications and other exposures in pregnancy and breastfeeding.
- The Quality Control Committee worked to promote consistency and high quality in responding to clients across the United States.
- The Human Teratogens Course provided training and professional development for members and a variety of other professionals around the world.

OTIS received continued funding from the Health Resources Services Administration, under the Maternal and Child Environmental Health Network cooperative agreement, providing critical funding for many local affiliates. OTIS secured funding from the CDC to expand partnerships and prepare for future pandemics. Our LactRx app, which provides information about exposures during breastfeeding, continued to grow its library of information and number of subscribers.

OTIS is dedicated to raising additional funding to reach more pregnant and breastfeeding individuals, and their providers, and improve the services that we provide. We look forward to building new partnerships and strengthening existing partnerships to better serve the public. We thank all our members and partners for their work that resulted in a successful year and the provision of services for thousands of families and professionals.

2023 Board of Directors



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Committees

- Abstract Committee
- Education Committee
- Fundraising Committee
- Meeting Planning Committee
- Marketing/Website Committee
- Membership Committee
- Nominations Committee
- OTIS/ENTIS Consortium
- Public Affairs Committee
- Research Committee

Affiliates

MotherToBaby has offices throughout the US that cover all 50 states and US territories. Many state affiliates cover other states. In addition, there is an office in Montreal, Quebec, Canada.



ARIZONA

COVERS: AZ, CO, KS, IA, NM ND, SD



CALIFORNIA

COVERS: AK, CA, HI, ID, MO, NV, OR, WA, US TERRITORIES



CONNECTICUT

COVERS: CT, DE, NJ, PA, VT, VA, WV



FLORIDA

COVERS: FL



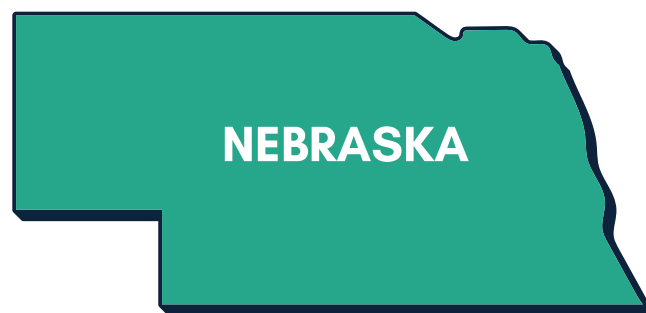
GEORGIA

COVERS: AL, GA, TN, MS



MASSACHUSETTS*

COVERS: MA, ME, MD, NH, RI, DC



NEBRASKA

COVERS: NE



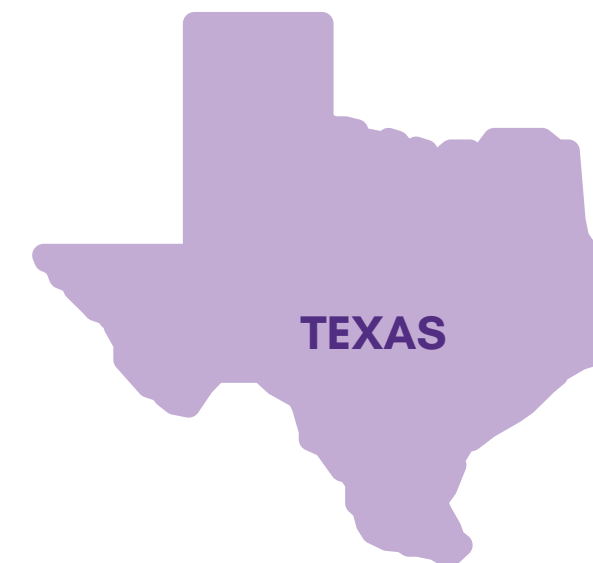
NEW YORK

COVERS: NY, IN, IL



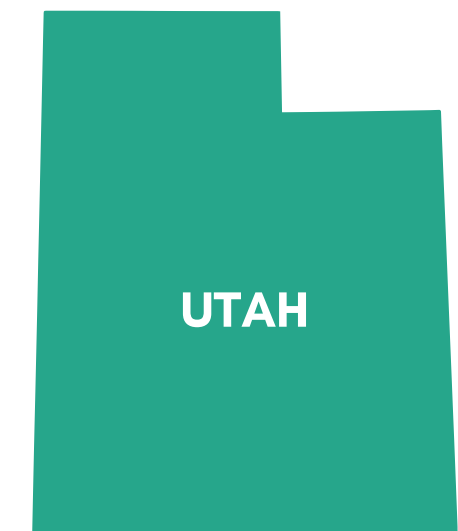
NORTH CAROLINA

COVERS: KY, NC, SC



TEXAS

**NORTH TEXAS COVERS: NORTHERN TX, AR, LA, MI, MN, MO, OH, WI, WY
TEXAS TIPS COVERS: SOUTHERN TX**

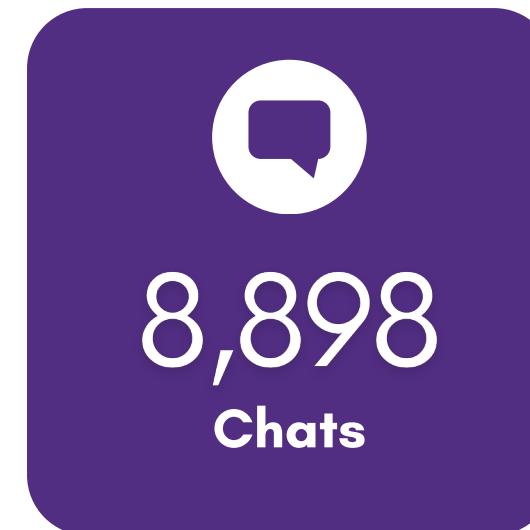
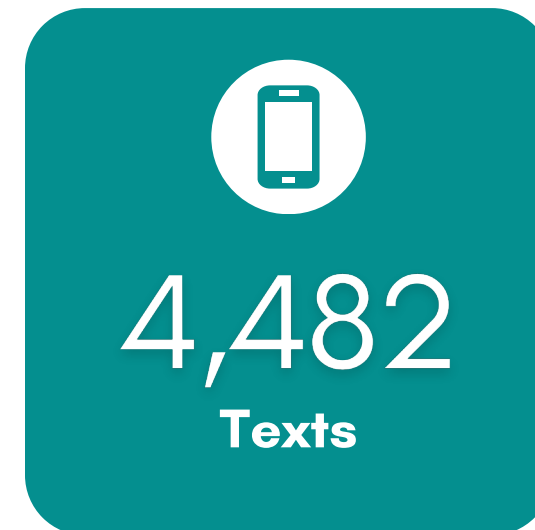
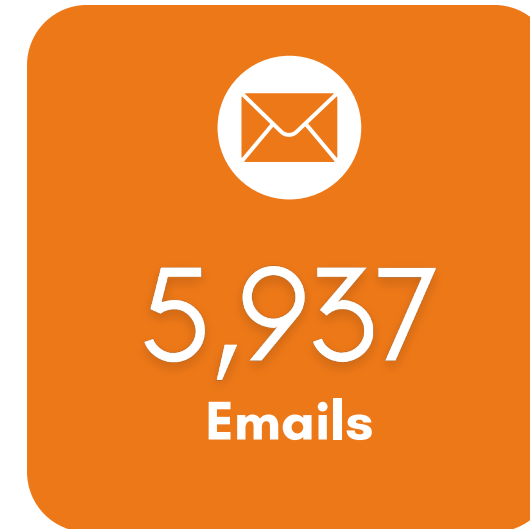


UTAH

COVERS: UT

**The Massachusetts affiliate ceased operation in February 2024. These states are now covered by North Carolina and Connecticut.*


MotherToBaby Questions Answered



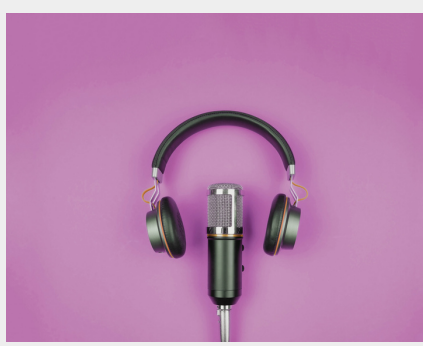
Our MotherToBaby experts answered 36,568 exposure questions through phone, text, email or chat. The service is confidential and provided at no cost.

MotherToBaby Reach


MotherToBaby aims to provide evidence-based information in as many forms as possible to reach individuals where they are and provide them with vital information.



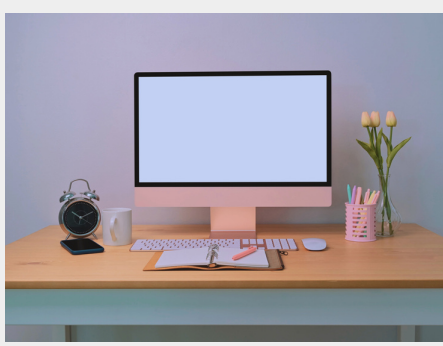
290 Fact Sheets
2023 views
1,887,849 English
786,360 Spanish




60 Podcast Episodes
32,687 Downloads



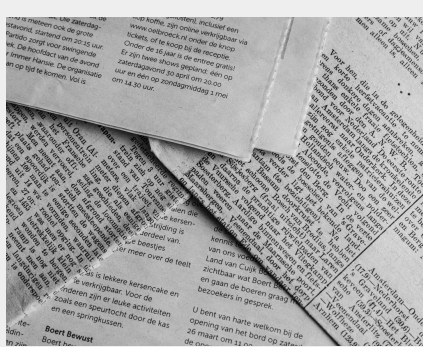
LactRx App
6,725 Downloads
13,238 Engaged Sessions




Website
4,250,000 Website Visits Annually




Questions Answered
36,568 Questions Annually



Healthcare Provider Newsletters
10,000 recipients



Social Media
45,783 Followers



130+ Blogs
Viewed 339,852 Times in the Last 12 months

Additional Initiatives



National Library of Medicine

OTIS is a contributor to the prestigious Library of Medicine (NLM) with more than 250 of bilingual evidence-based fact sheets. For more than 200 years, the NLM has been a partner for biological discovery, clinical care decision-making and healthcare choices in everyday living.



LactRx App



LactRx by MotherToBaby is a free app providing current information on the use of medications, vaccines, diagnostic agents and drugs of misuse during breastfeeding. The app has been downloaded over 6,700 times with 13,238 engaged sessions.



Pregnancy Studies

MotherToBaby conducts observational research that allows experts to determine if medications/vaccines pose a risk to pregnancy or a developing baby.

ONGOING STUDIES

- Ankylosing Spondylitis
- Asthma
- Constipation
- Coronavirus (COVID-19)
- Crohn's Disease
- Eczema (moderate-to-severe)/Atopic Dermatitis
- Lupus
- Multiple Sclerosis
- Psoriasis
- Psoriatic Arthritis
- Rheumatoid Arthritis

Partners

MotherToBaby establishes partnerships with organizations that share our interest in the health of families. We also refer to a number of other resources that can provide helpful information about pregnancy, birth defects, and exposures during pregnancy and breastfeeding.

- Allergy & Asthma Network
- American Academy of Allergy, Asthma & Immunology
- American Academy of Pediatrics
- American College of Obstetricians and Gynecologists (ACOG)
- Association of Maternal & Child Health Programs
- Bright by Text
- Center for Disease Control and Prevention
- CreakyJoints
- FASD United
- Foundation of the National Lipid Association
- Health Resources Services Administration
- March of Dimes
- MyHealth Teams



- National Birth Defects Prevention Network
- National CMV Foundation
- National Maternal Mental Health Hotline
- National Multiple Sclerosis Society
- Patient Education Genius
- PatientsLikeMe
- Pediatric Environmental Health Specialty Unites
- Preventive Cardiovascular Nurses Association
- Postpartum Support International
- Rural Health Information Hub
- Society for Birth Defects and Research Prevention
- Society for Maternal-Fetal Medicine
- Spondylitis Association for America (SAA)
- The Mighty
- More added monthly

Testimonials

Together we can do so much.



“Always so kind and knowledgeable. Thank you for giving me peace of mind as a new mom.”

“MotherToBaby is wonderful. Having this resource is a must for a first time mom!”

“I appreciate your help! I always love learning more about how to best help my patients.”

OB/GYN

“I went off all my psych meds when I found out I was pregnant. I’m not doing well, so I’m glad I got your number from my psychiatrist. It’s so good to know I can be on my medicines while I’m pregnant. Thank you for the great information!”

Grant Funding

Centers for Disease Control and Prevention (CDC)

In October, following four years of successful partnership, OTIS received five-year funding from the CDC to enhance partnerships to address birth defects, infant disorders and related conditions, and the health of pregnant and postpartum people.

Health Resources and Services Administration (HRSA)

Building on eight years of partnership, OTIS received an additional five-years of funding to increase the capability of OTIS to decrease the maternal and child morbidity and mortality associated with pre-and post-natal environmental exposures.





Donor Listing

Thank you to our generous donors.

- Anonymous
- Julie Demetree
- Doreen Gani
- Nicole Greer
- Lorrie Harris-Sagaribay, MPH
- Jodie Hirsch
- Beth Kiernan, MPH
- Kendra Kramer
- Nevena Krstic, MS, CGC
- Dean McKenzie, MD
- Richard Miller, PhD
- Kirstie Perrotta, MPH
- Alfred N. Romeo, BA, BSN, RN, PhD
- Patricia Spach, ARNP
- Anna L. Taylor, CFRE
- Laura Todaro
- Elizabeth Wasternack, CAE, CMP



We continuously work to increase maternal and infant health outcomes.

36,568

Exposure Questions Answered. Expect a 10% increase in 2024.



2024 Goals

- Educate healthcare professionals, researchers and the public of the benefits and risks of exposures in pregnancy and lactation so as to improve health outcomes.
- Create professional development programs and tools for teratology information specialists to ensure high quality standards of care.
- Through outreach and collaborative relationships increase recognition of the value of the organization and accessibility and utilization of the services we provide across a diverse population.
- Increase viability of the organization by expanding the membership and establishing sustainable fiscal independence.



We need help to continue to provide our confidential services free of charge.

\$149,000

Average cost to run a MotherToBaby service.



Funding Priorities

As the environment, medications, and health landscape is constantly changing, requests are on the rise to provide evidence-based information about the effects of exposures during pregnancy or while breastfeeding, leading to a reduction in preventable birth defects and other adverse outcomes.

It is imperative our services continue to be provided at no cost to combat health, social, and economic disparities seen in maternal and infant health. Your generosity ensures that we can do so, which especially benefits families who might otherwise not be able to afford or access care.

Funding would be used for the following:

- Increase capacity of affiliates to help more individuals
- Outreach and education to underserved populations
- Additional fact sheets for additional exposures
- Translation of fact sheets for greater reach
- Targeted outreach to healthcare providers



Contact Us

For exposure related questions, please contact one of our specialists at 866.626.6847.

National Office



5034 A Thoroughbred Lane, Brentwood, TN 37027



615.649.3082



contactus@mothertobaby.org

[mothertobaby.org](https://www.mothertobaby.org)



THANK YOU

MotherToBaby is recommended by the Food and Drug Administration (FDA) Office of Women's Health and the Centers for Disease Control and Prevention (CDC).

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