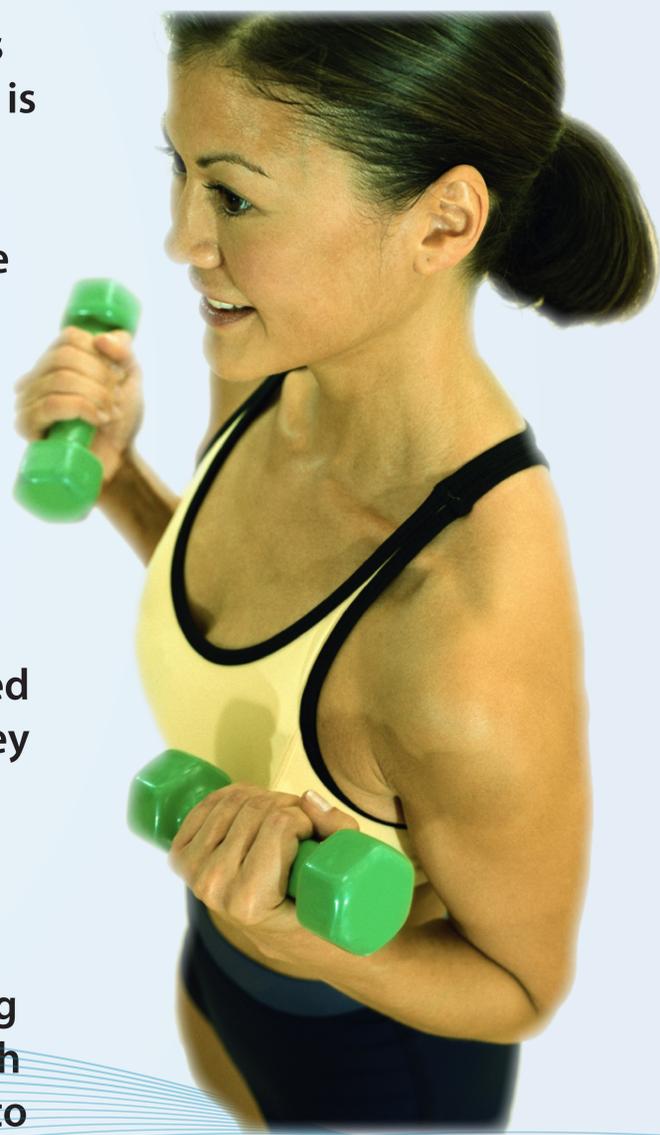


Getting Healthy Before You Get Pregnant

- Preconception care involves identifying and altering risks that affect a woman's health, as well as her future pregnancies.
- Enhancing and increasing preconception care is vital to improving birth outcomes in the United States.
- Many birth defects occur in the first weeks after conception, often before the woman is aware that she is pregnant.
- Almost half of live births nationally are the result of an unintended pregnancy, which means improving the health of all women in their childbearing years is a crucial part of improving birth outcomes and infant health.
- Additionally, women who are obese, use tobacco or alcohol, or have been diagnosed with certain medical conditions before they become pregnant are at increased risk of negative birth outcomes such as preterm delivery and low birth weight.
- Implementing interventions and providing assistance for women with risk factors such as these before pregnancy are important to improve the health of both mother and child.



**Turning up
the Volume**
on **Infant Mortality**
Every Baby Matters!