

Infant Mortality Call to Action for OHIOANS

- Make sure you and your partner are as healthy as possible before becoming pregnant.
- Encourage friends and family members of childbearing age to be as healthy as possible before becoming pregnant.
- Volunteer and support your local hospital, health department, faith community, or community services agencies in their efforts to improve women's health and promote better birth outcomes.
- Support your friends and family members who have recently had a baby by encouraging breastfeeding, smoking cessation, and safe sleep practices, and helping them get to follow-up appointments.
- Talk to people about what you have learned about infant mortality.

TURN UP THE VOLUME!

Specific actions for employers, schools/universities, physicians, professional organizations, hospitals, community-based organizations, employers, faith-based organizations, health departments, and legislators are at this Website:

<http://bit.ly/imfactsheet>

