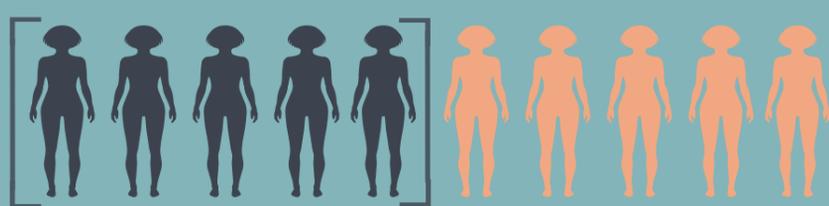


My Health Before Pregnancy. Be Prepared.

Foods, habits, and medicines may affect your baby
--even before baby is conceived.

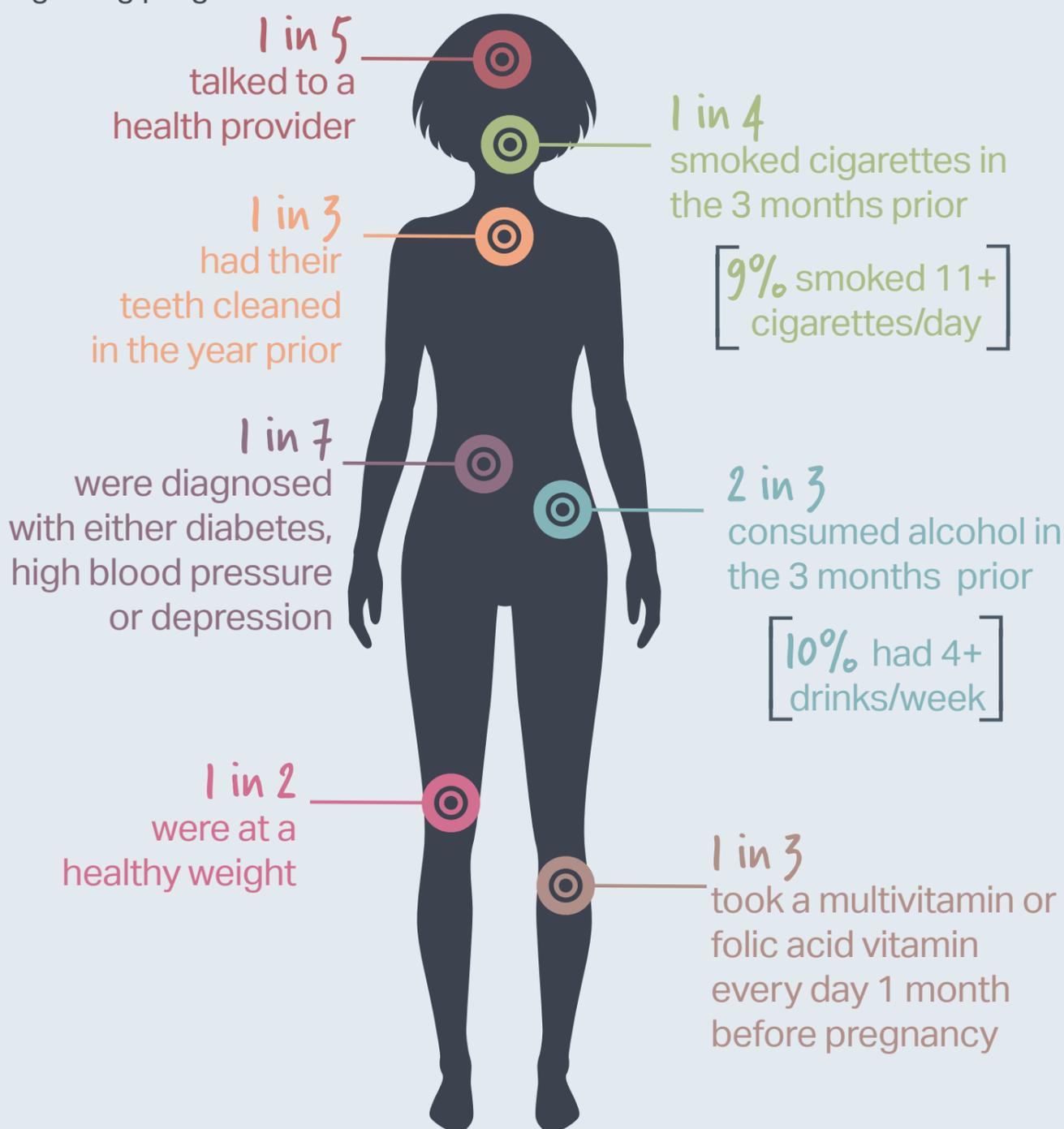
Only about half of all pregnancies to Iowa moms were planned.



By taking action before pregnancy, you can keep you and your baby healthy.

How are Iowa Moms Doing?

Before getting pregnant:



What do experts recommend?

Women who are trying to get pregnant or could get pregnant should:



For more information Visit:

Data Source: Iowa PRAMS 2013

www.idph.iowa.gov/prams/publications
www.womenshealth.gov/pregnancy/before-you-get-pregnant/preconception-health.html
www.acog.org/Patients/FAQs/Good-Health-Before-Pregnancy-Preconception-Care
www.womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.html
www.womenshealth.gov/publications/our-publications/preconception-visit.pdf

