



A MINUTE OF HEALTH WITH CDC

Don't Drink and Deliver

Alcohol Use Among Women of Childbearing Age — United States, 1991–2005

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A mother's job doesn't begin *after* she gives birth. Healthy behaviors before and during pregnancy play a key role in the ultimate outcome of a pregnancy. One of the greatest potential dangers to an unborn child is alcohol. It can lead to fetal alcohol syndrome and low birth weight, as well as other birth defects. There is no known amount of alcohol that's safe to drink while pregnant. Alcohol can harm a baby at any time during pregnancy, including before a woman even realizes she's pregnant. So women who are pregnant, trying to get pregnant, or could become pregnant should avoid drinking altogether.

Thank you for joining us on *A Minute of Health with CDC*.

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