



A MINUTE OF HEALTH WITH CDC

Have a Healthy Pregnancy

*National Birth Defects Prevention Month and Folic Acid Awareness Week
— January 2015*

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Pregnant women often worry about whether their baby will be born healthy. Women can increase their chance of giving birth to a healthy infant by taking several steps during pregnancy. Avoiding alcohol and tobacco and eating a healthy diet can be beneficial for both mom and baby. In addition, women of childbearing age should consume at least 400 micrograms of folic acid every day to help reduce the risk of major birth defects.

If you're pregnant or considering having a baby, talk with your health care provider about developing a healthy lifestyle before and during pregnancy.

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

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.