



A MINUTE OF HEALTH WITH CDC

Avoiding the Baby Surprise

Contraceptive Use among Postpartum Women by Contraceptive Method Effectiveness — 12 States and New York City, 2004–2006

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Most people love surprises, but when it comes to having a baby, a planned pregnancy is best. Women who didn't intend to get pregnant and those who give birth within two years of a previous birth are at higher risk for complications, both for themselves and their baby. Half of pregnancies in the U.S. are unintended and more than one in five women have a baby within two years of a previous birth. Use of reliable birth control is the best strategy to avoid an unintended pregnancy. Discuss future family planning needs and the most effective birth control options for *you* with your healthcare provider.

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