

Building **HEALTHY** lives

Right From The Start



You may be surprised to learn more than 44% of all pregnancies in West Virginia are not planned. It may also be news that many birth defects and other newborn health problems occur in the first few weeks after conception—when you may not even know you're pregnant.

A baby's health is strongly linked to the mother's health before pregnancy. That's another important reason for you to stay healthy. Whether or not you're planning to get pregnant, it's important to:



- Take a multi-vitamin with at least 400 micrograms of folic acid every day.
- Have safe sex—use a condom.
- Use a birth control method of your choice, until you want to become pregnant.
- Don't smoke/use tobacco, alcohol or other drugs. For help, call the Center for Substance Abuse Treatment National Helpline at 1 (800) 662-HELP.
- If you are being hurt by a partner or someone else, call the National Domestic Violence Hotline at 1 (800) 799-SAFE for the domestic violence program closest to you.
- Eat whole grains, fruits, and vegetables daily—drink milk.
- Have a gynecological exam yearly.
- Ask your health care provider about your risk of diabetes.
- Exercise regularly.

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