

# A Healthy Baby Begins With You!

## To Have a Healthy Baby You Should...

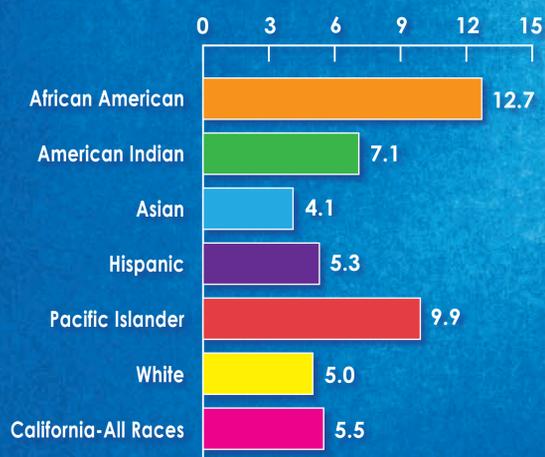
Visit your doctor for a complete medical check-up and ask about:

- Taking folic acid to guard against birth defects
- Eating a healthy diet, low in fat and salt
- Being a healthy weight
- Daily exercise
- Any medicine you are taking

## To prevent birth defects or a low birth-weight or preterm baby, you should not:

- Drink alcohol
- Use drugs
- Smoke or use tobacco

## CALIFORNIA'S INFANT DEATH RATE 2005\*



\*California Department of Health Services 2006

California's infant death rate is highest among African Americans and Pacific Islanders. Proper preconception health is important for the life of any baby. See your doctor if you are pregnant, think you are pregnant, or planning on becoming pregnant. This message is brought to you by the Office of Multicultural Health, the California Department of Public Health and California Department of Health Care Services.

## MULTICULTURAL HEALTH MONTH APRIL 2009



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