

Prescription for a Healthy Future



- Take a multivitamin with **400 mcg of folic acid** every day to prevent birth defects and reduce the risk of certain cancers. Foods that contain folic acid are beans, leafy green vegetables, orange juice and fortified/enriched breads and cereals.
- Eat a variety of nutritious foods every day; avoid foods high in fat and sugar; cut back on caffeine
- Talk with your healthcare provider to learn your healthy weight and ways to reach it
- See your healthcare provider and dentist before becoming pregnant
- Wash your hands often. Some infections harm a growing baby.
- Find out if you have a sexually transmitted disease (STD)
- Ask your healthcare provider about screenings for STDs and Human Immunodeficiency Virus (HIV)



- Stop smoking. Smoking while you are pregnant puts your baby at greater risk for being born prematurely or too small.
- Stop using drugs and alcohol. Beer, liquor, wine and wine coolers can cause your baby to have lifelong problems such as Fetal Alcohol Spectrum Disorders (FASD), which may include physical, mental, behavioral and learning problems. Using or abusing legal and illegal drugs may also result in physical, mental, behavioral and learning problems in babies.
- Talk with your family members about their health conditions or those that run in your family
- Have a healthy relationship with your partner. Talk to your healthcare provider if you are in an abusive relationship.
- Manage stress. Stress can increase the risk of preterm labor and low birthweight.

Prescription for a Healthy Future - Females -

- Take a multivitamin with at least 400 mcg of folic acid daily
- Eat right and maintain a healthy weight
- Engage in physical activity on most days of the week
- Quit smoking and avoid secondhand smoke
- Get help for alcohol and/or drug problems
- Schedule regular health and dental check-ups
- Schedule pap smear, mammogram, colon and other screenings as recommended by your doctor
- Get any health problems under control
- Practice abstinence or, if sexually active, use birth control
- Use latex condoms to reduce the risk of sexually transmitted diseases
- Limit exposure to hazardous chemicals
- Talk with your family members about their health history
- Reduce stress in your life
- Learn to recognize signs of an abusive or violent relationship and talk with someone you trust
- Plan for a healthy pregnancy when and if you want a baby

Prescription for a Healthy Future - Males -

- Take a multivitamin with at least 400 mcg of folic acid daily
- Eat right and maintain a healthy weight
- Engage in physical activity on most days of the week
- Quit smoking and avoid secondhand smoke
- Get help for alcohol and/or drug problems
- Schedule regular health and dental check-ups
- Schedule testicular, prostate, colon and other screenings as recommended by your doctor
- Get any health problems under control
- Practice abstinence or, if sexually active, use condoms
- Use latex condoms to reduce the risk of sexually transmitted diseases
- Limit exposure to hazardous chemicals at home and at work
- Talk with your family members about their family health history
- Reduce stress in your life
- Learn to recognize signs of an abusive or violent relationship and talk with someone you trust
- Plan with your partner for a healthy pregnancy when and if you want a baby



**STOP BY, CALL
OR VISIT
OUR WEBSITE**

Preparing for a Lifetime, It's Everyone's Responsibility

<http://iio.health.ok.gov>

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