

Monitoring Progress Toward Achieving Maternal and Infant  
*Healthy People 2010* Objectives—19 States, Pregnancy Risk Assessment  
Monitoring System (PRAMS), 2000-2003

ONE MINUTE PODCAST TRANSCRIPT

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

This is *A Minute of Health with CDC*. I'm your host, Matthew Reynolds.

Having a healthy baby can depend on the choices a mother makes before, during, and after pregnancy. Most people know that smoking or drinking alcohol during pregnancy can lead to serious health problems in a newborn baby. Choices a mother makes after the baby is born can also affect its health. For example, breastfeeding and putting the baby on its back to sleep are important factors for helping to ensure a healthy baby.

What a woman does even before she becomes pregnant can have an effect on the baby, too. According to CDC, that's where there may be a problem. Based on a recent report, CDC says that a large percentage of women aren't getting the right amount of folic acid, which is important for preventing certain birth defects in newborns. CDC recommends that all women between the ages of 15 and 44 take 400 milligrams of folic acid at least 4 times a week, regardless of whether they plan on becoming pregnant.

Be sure to join us next week on *A Minute of Health with CDC*.

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