

2011 May

Women's Health: The Reproductive Years

Maintaining good health prior to pregnancy ensures the success and well-being of future generations.

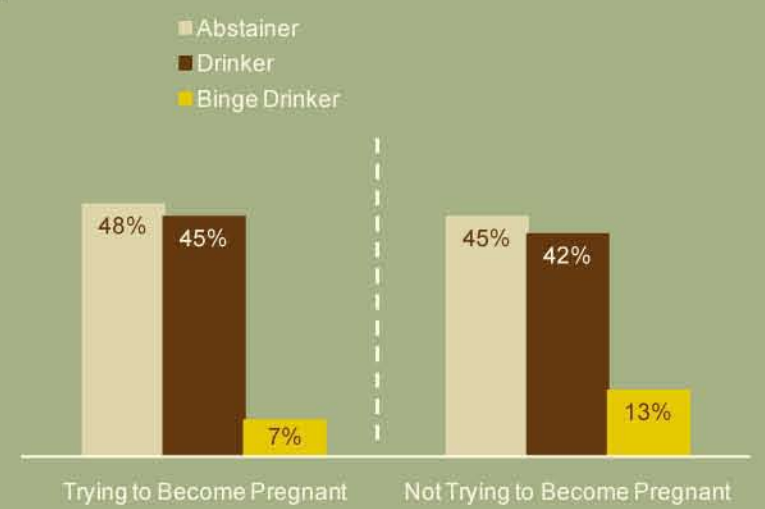
Preconception health refers to the health of women during their reproductive years. Being healthy during your reproductive years prevents chronic diseases, such as heart disease and diabetes, and is key to ensuring health throughout your life. Should you choose to become pregnant, your preconception health is crucial as your baby's health is strongly linked to your good health.

In the United States, 85% of all women give birth.²⁴ In California, over half (57%) of pregnancies among women age 18-24 are unintended.²³ This is significant because women with unintended pregnancies are more likely to have risk factors, such as smoking and alcohol use, that are associated with poor pregnancy outcomes. Nearly half (44%) of women living at or below 100% federal poverty level do not have a routine health care provider at the time of conception, which may also affect their preconception health.³¹ Although you and your family may not be thinking about having a baby now, it is recommended that you have a reproductive life plan.



Egret landing in silhouette, Yolo Bypass Wildlife Area . © Dave Feliz.

Alcohol Consumption among 37 Women Age 18-44, California, 2005



Mental Health Month • American Stroke Month • Asthma Awareness Month • Hepatitis Awareness Month • Teen Pregnancy Prevention Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 Women's Health Week Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 County Holiday Memorial Day	31	1	2	3	4

Specific Steps You Can Take to Ensure Your Health Through Future Pregnancies

- Avoid smoking, alcohol, and drugs for your own health and to prevent serious risks if you do become pregnant.
- Get at least 400 micrograms (µg) of folic acid every day from a multivitamin or fortified cereal. This will help prevent birth defects if you become pregnant.
- Achieve a healthy weight by eating plenty of vegetables, fruits, and whole grains and by exercising for at least 30 minutes every day.
- Visit your doctor once a year for health screenings, to treat medical conditions, and to receive recommended immunizations.
- Develop healthy relationships with your partner, family, and friends.
- Get help for feelings of sadness or depression to achieve mental well-being.
- Avoid hazardous materials at home and at work.
- Cook all meat thoroughly and avoid raw, unpasteurized milk and cheeses to prevent infections. Limit intake of certain fish to prevent mercury exposure.



Courtesy: Yolo County Visitor Bureau

Teen Birth

The majority (69%) of teen pregnancies are unintended.³¹ Teen birth is associated with substantial social and economic costs through immediate and long-term impacts on teen parents, their children, and society.¹⁰

In Yolo County, teen births account for approximately 215 births per year (20 births/1,000 women age 15-19 years).⁸⁰ While the overall teen birth rate in Yolo County has declined dramatically over the past decade and compares favorably to state rates, there are notable "hot spots" of higher teen birth rate based on ethnicity and geography. Yolo County's Hispanic teen birth rate is significantly higher than the teen birth rate of white non-Hispanic teens, a finding consistent with state and national trends.⁸⁰ The Yolo County Hispanic teen birth rate is considerably lower than the statewide Hispanic teen birth rate.^{34,80}

- Preconception Health
- Planned Parenthood
- CommuniCare Health Centers Teen Clinic
- Women, Infants, and Children (WIC)

www.everywomancalifornia.org
 www.plannedparenthood.org Woodland (530) 662-4646, Sacramento (916) 444-7966
 www.communicarehc.org
 www.yolohealth.org (click on 'Women Infant & Children' on left toolbar)