



Infant Mortality Awareness

Every 3 days a baby dies before their first birthday in our community.

Birth defects • Unsafe sleep environment & Sudden Unexpected Infant Death syndrome • Premature birth (earlier than 37 weeks) • Complications of mom's pregnancy • Structural factors: Poverty, racism, food insecurity & lack of support

What are ways to prevent infant mortality?

- **Before Pregnancy:** Attend well woman visits before pregnancy. Plan for pregnancy by managing your health, taking prenatal vitamins, and speaking with your health care provider.
- **During Pregnancy:** Encourage Early and regular prenatal care. Speak up if something doesn't feel right during pregnancy and keep speaking up until a provider listens!
- Download the "Count the Kicks" app to monitor baby's movement and well-being. <https://countthekicks.org/download-app/>
- Don't smoke, drink or use drugs during pregnancy. Smoking during pregnancy raises the risk of premature birth and low birth weight babies as well as the risk of sudden unexpected infant death.
- Don't forget, mental health is important!
- Practice safe sleep. Alone, Back and in a CRIB, Keep the crib clear of blankets, pillows, stuffed toys to prevent suffocation.



MARION COUNTY PUBLIC HEALTH DEPARTMENT
MATERNAL & CHILD
HEALTH



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For more info: Indianapolis Healthy Start Program - 317-221-2317