

Why preconception health matters

Planning pregnancy

45% of pregnancies and a third of births are unplanned or associated with feelings of ambivalence

Teenage pregnancy

12% of births to women aged under 20 are to young women who are already mothers. In 2016, babies born to mothers under 20 years had a 24% higher rate of stillbirth and a 56% higher rate of infant mortality

Adverse childhood experiences (ACE's)

Experiencing 4 or more ACEs is associated with a 16 times higher risk of being pregnant (or getting someone accidentally pregnant) under the age of 18

Smoking in pregnancy

Causes up to 2,200 premature births, 5,000 miscarriages and 300 perinatal deaths per year

Maternal weight

Overweight and obese women have a higher risk of poor birth outcomes and of their children being overweight or obese. Prevalence of overweight and obesity in adults is predicted to reach 70% by 2034

Folic acid

In 2011/12, only 31% of women took folic acid before pregnancy (intake of which reduces risk of neural tube defects)

Mental health

20% of women experience mental health issues in pregnancy and the first year after birth and up to 10% of fathers suffer from postnatal depression. Suicide is one of the commonest causes of maternal mortality

Long-term conditions

Two-thirds of maternal deaths occurred in those with pre-existing physical or mental health problems

Drugs and alcohol

One in 12 women under 20 accessing drug and alcohol services are either pregnant or a teenage mother

Preconception Plainsimple

**William George Jordan,Adr Schade van
Westrum**

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