

MOTHERS AND CHILDREN are some of the most vulnerable populations. Interventions are needed during the earliest periods of development to help ensure a healthy pregnancy for the mother and baby. Making sure children, adolescents, and young adults are healthy is a form of early intervention as it paves the way for healthy births and families for the next generation.



LIFE COURSE IN YOUR COMMUNITY

Use work plans to increase protective factors and reduce risk factors.

INCREASE

- Access to safety equipment
- Exercise venues
- Safe outdoor environments, sidewalks
- Access to healthy food choices
- Enforcement of safety laws and regulations
- Prenatal and parenting classes
- Smoke-free environment
- Opportunities for families to share healthy experiences

REDUCE

- Youth access to tobacco
- Peer acceptance of unsafe behavior
- Weak physical education policies
- Visibility of unhealthy food choices
- Domestic violence



**What can
YOUR
community
do?**



Center for Local Public Health Services
Maternal Child Health Program