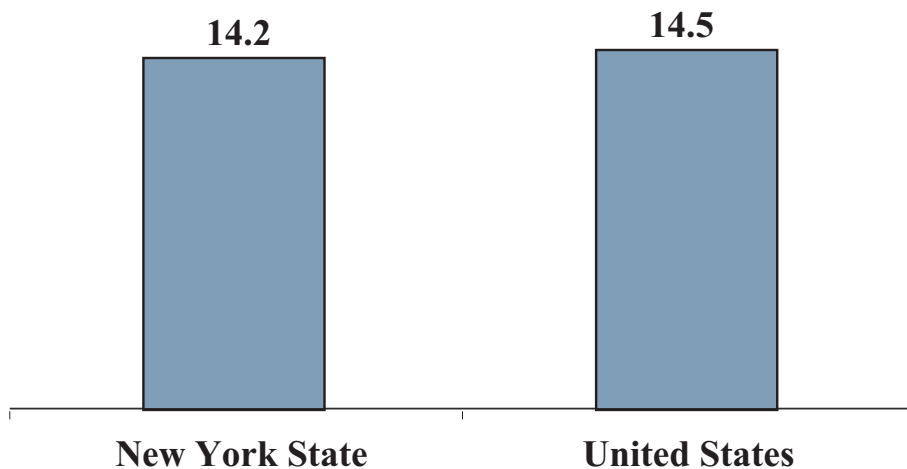


The Facts About... Pregnancy

Birth Rate Per 1,000 Population, 1999



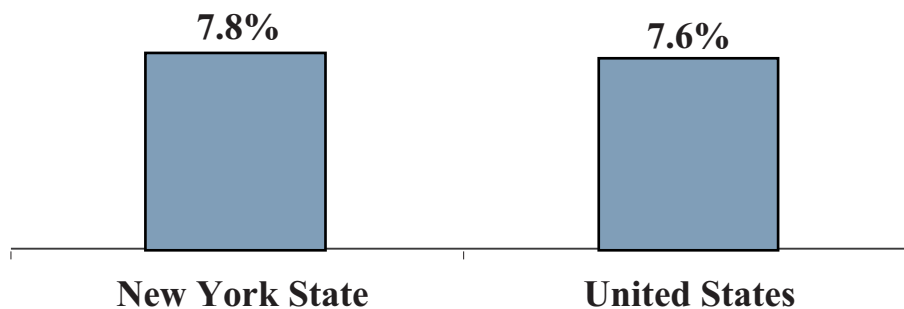
Source: Morgan Quinto Press citing U.S. Department of Health and Human Services, National Center for Health Statistics "National Vital Statistics Reports" (Vol. 48, No. 14, August 8, 2000).

In 1999, 258,412 babies were born in New York State and 3,957,829 babies were born in the United States, according to the U.S. Department of Health and Human Services. Infant mortality and low birth weight continue to pose important public health problems in the United States, according to the U.S. Centers for Disease Control and Prevention. Of about 120,000 U.S. babies born each year with a birth defect, 8,000 die during their first year of life. Birth defects are the leading cause of infant mortality in the United States, accounting for more than 20 percent of all infant deaths, according to the U.S. Centers for Disease Control and Prevention. Studies have suggested that women's behavior during the periconceptional and prenatal periods are related to infant mortality and low birth weight. Types of behavior just before and during pregnancy that have been determined to be associated with infant mortality and morbidity include delayed or no prenatal care and use of cigarettes, alcohol, and illicit drugs.

Source: United States Centers for Disease Control and Prevention, Reproductive Health of Women.

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Births of Low Birthweight as Percent of All Births, 1999



Source: Morgan Quinto Press citing U.S. Department of Health and Human Services, National Center for Health Statistics "National Vital Statistics Reports" (Vol. 48, No. 14, August 8, 2000).

Low birth weight is extremely expensive. A neonatal intensive care unit can cost up to \$2,200 per day, and as much as \$131,000 per infant in 1996 dollars, according to Harvard University and National Bureau of Economic Research. Children of low birthweight experience higher rates of cerebral palsy, deafness, blindness, epilepsy, chronic lung disease, learning disabilities, and attention deficit disorder than normal birth weight infants.

Source: National Bureau of Economic Research



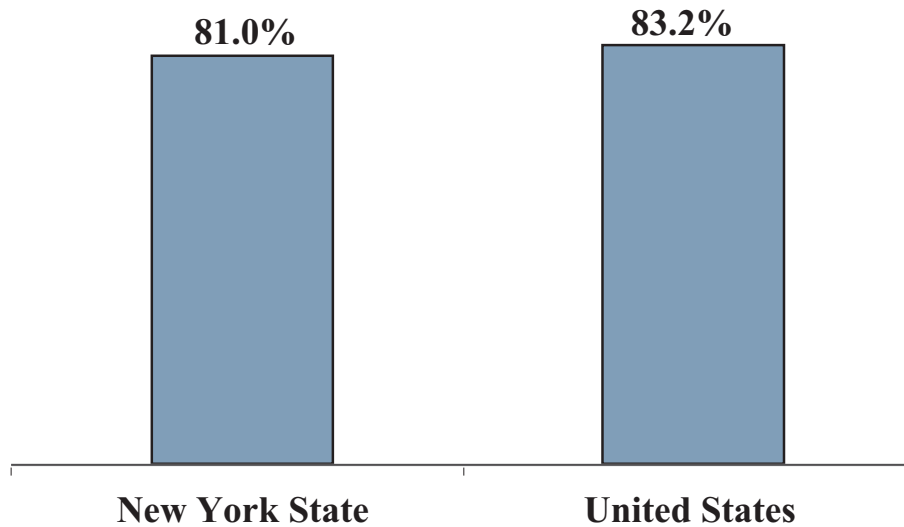
What is Prenatal Care and Why is it Important?

The objective of prenatal care is to monitor the health of the pregnant mother and fetus. It is important to visit the doctor at first signs of pregnancy. At each visit the doctor conducts examinations that include: monitoring weight, blood pressure, circumference of the abdomen, position of the fetus and fetal heartbeat. Other tests your doctor may recommend are ultrasound and fetal heart rate monitoring. Visits may be scheduled monthly during the first two trimesters, every two weeks from week 28 to week 36 of pregnancy and weekly after week 36 (until delivery that could be between week 38 and 40 weeks).

Source: U.S. Centers for Disease Control and Prevention

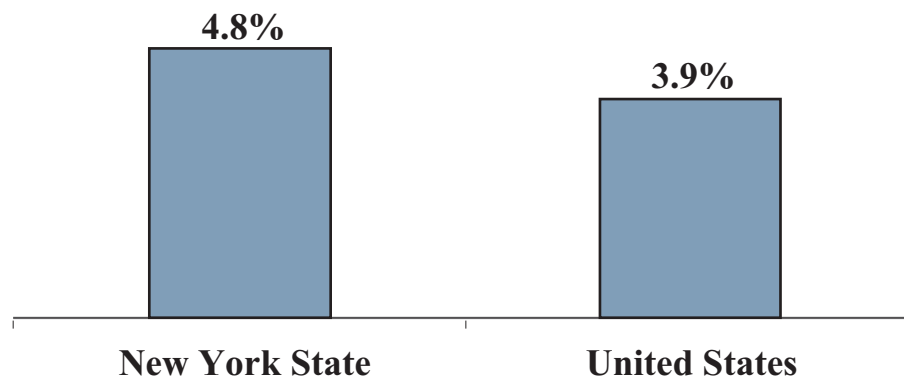
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Percent of Mothers Beginning Prenatal Care in First Trimester, 1999



Source: Morgan Quinto Press citing U.S. Department of Health and Human Services, National Center for Health Statistics "National Vital Statistics Reports" (Vol. 48, No. 14, August 8, 2000).

Percent of Mothers Receiving Late or No Prenatal Care, 1998



Source: Morgan Quinto Press citing U.S. Department of Health and Human Services, National Center for Health Statistics "National Vital Statistics Reports" (Vol. 48, No. 3, March 28, 2000).

**Final data by state of residence. "Late" means care begun in third trimester.*

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What are the Risks Associated With Drinking During Pregnancy?

Fetal alcohol syndrome (FAS) is a birth defect caused by a woman drinking heavily during pregnancy. FAS is characterized by growth retardation, abnormal facial features, and central nervous system problems. Children with FAS can have serious lifelong disabilities, including mental retardation, learning disabilities, and serious behavioral problems. The prevalence of FAS is not known; results of studies using different methods and data sources show prevalence rates for the United States that range from 3 to 22 cases per 10,000 births. This means that each year in the United States, between 1,300 and 8,000 children are born with FAS. Many more are born with alcohol-related neurodevelopmental disorder (ARND).

- Recent findings from the U.S. Centers for Disease Control and Prevention indicated that 1 in 8 women of childbearing age (18 to 44 years of age) reports “risk drinking” (7 or more drinks per week, or 5 or more drinks on any one occasion); these alcohol levels can pose a threat to the fetus should a woman be pregnant and not know it.
- Birth defects associated with prenatal alcohol exposure can occur in the first 3 to 8 weeks of pregnancy, before a woman even knows she is pregnant.
- One out of every 29 women who know they are pregnant reports risk drinking.

Source: U.S. Centers for Disease Control and Prevention



What are the Costs Associated With Smoking During Pregnancy?

An estimated 26 percent of women of reproductive age smoked in 1993, and approximately 19 percent to 27 percent of women smoke during pregnancy, according to the U.S. Centers for Disease Control and Prevention. Smoking during pregnancy is associated with an annual estimated 32,000 to 61,000 low-birthweight infants and 14,000 to 26,000 admissions to neonatal intensive-care units. The smoking-attributable costs were an estimated \$1.4 billion (11 percent of costs for all complicated births) in 1995 dollars, based on a smoking prevalence during pregnancy of 19 percent, and an estimated \$2.0 billion (15 percent), based on a smoking prevalence of 27 percent.

Source: U.S. Centers for Disease Control and Prevention, MMWR, November 7, 1997.

The Facts About... Pregnancy



Some Useful Websites for Information on Pregnancy

- [March of Dimes - Fact Sheets on Pregnancy](#)
- [U.S. Centers for Disease Control and Prevention - The ABC's of Pregnancy Tips](#)
- [The National Women's Health Information Center](#)