

# Prenatal Health & Nutrition

**Did you know** that taking multivitamins **before** pregnancy is as important as taking prenatal vitamins **during** pregnancy?



In a survey,

**97%**

of women reported taking prenatal vitamins or multivitamins during their current or last pregnancy



Only

**34%**

of women reported taking a multivitamin **before** they knew they were pregnant



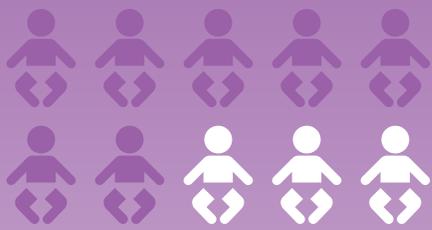
Additionally,

**36%**

of women of childbearing age said they are currently **not** taking any vitamin or mineral supplements at all

Taking a multivitamin or prenatal vitamin containing 400 mcg of folic acid every day before pregnancy and during early pregnancy can prevent serious birth defects of the brain and spine known as neural tube defects (NTDs).

Up to  
**7 in 10**



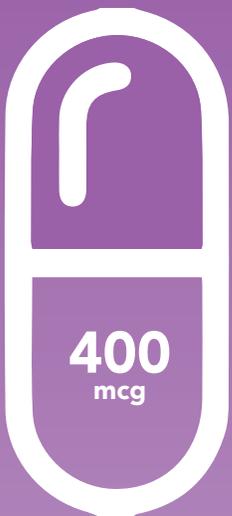
of the  
**3,000**

NTDs that occur each year in the U.S. could be prevented if all women capable of having a baby took daily multivitamins containing folic acid.

These birth defects happen in the **first month** of pregnancy, often before a woman knows she is pregnant.



it is important for all women of childbearing age to take multivitamins to reduce the risk of NTDs.



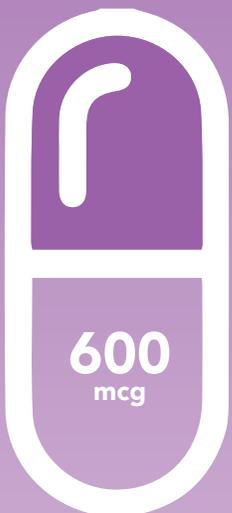
## There are simple steps

women can take before and during pregnancy to support a healthy pregnancy and baby.

- Take a multivitamin containing at least 400 mcg of folic acid daily

### If you are trying to conceive:

- Visit your doctor for a preconception checkup
- Take a multivitamin containing at least 400 mcg of folic acid, or a prenatal vitamin daily



### Once you are pregnant:

- Keep getting your folic acid by taking a prenatal vitamin containing at least 600 mcg daily
- Iron, calcium, vitamin D, DHA and iodine have also been found to play a key role in a baby's growth and development during pregnancy
- Attend regular doctor/prenatal visits
- Abstain from smoking, alcohol consumption and illegal drugs
- Stay up-to-date on vaccines
- Maintain a healthy weight



For the latest resources and health information, visit [marchofdimes.org](http://marchofdimes.org) and [nacersano.org](http://nacersano.org).

The Prenatal Health & Nutrition survey was conducted by Harris Poll online between August 11, 2017 and August 24, 2017, among 503 U.S. women of childbearing age 18-45.