## World Prematurity

Premature Birth and its complications are the largest contributors to infant death in the U.S. and globally.

## **Common causes of preterm birth include:**

- Pregnant with multiples (twins, triplets, or more)
- Have had a premature baby in the past
- · Received late or no prenatal care
- Chronic medical conditions such as diabetes and high blood pressure
- Infections
- Unidentified causes

## **Preventions**

- Early prenatal care and education
- Smoking cessation
- Proper nutrition
- Avoid alcohol and drugs
- Care and treatment of chronic illness

