

# HEALTHY BABIES start with HEALTHY MOTHERS



Did you know that Tarrant County has the highest infant mortality rate among Texas counties with 10,000 or more live births?

Reduce the statistics with these three “P’s”:

1. Prepare your body by making healthy choices.
2. Plan to see a doctor right away and take prenatal vitamins.
3. Pass up the smoking, drugs and alcohol.

For more information, visit  
[www.infantmortalitynetwork.org](http://www.infantmortalitynetwork.org)



Tarrant County  
Public Health

