

THE SHARED PATH TO MATERNAL AND NEWBORN HEALTH



1

A Healthy Start:

The foundation for maternal and newborn health is laid well before pregnancy. There are steps women and men can take with the support of health care systems, their governments, and international donors to ensure the health and survival of mothers and babies.



2

Family Planning:

When couples space the births of their children, mothers are less likely to experience dangerous complications and their babies are more likely to survive. If all women who wanted to delay or avoid pregnancy had access to modern contraception, 30 percent of maternal deaths and 35 percent of newborn deaths could be averted.



3

Nutrition:

Proper nutrition before and during pregnancy can help improve the health of both mothers and babies. Poor nutrition contributes to at least 20 percent of maternal deaths and increases the chance of a baby being born prematurely, having low birth weight, or dying from infections or birth asphyxia.



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Prenatal Care:

Quality prenatal care and treatment for complications during pregnancy will reduce rates of prematurity, stillbirths, and maternal and newborn deaths.



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Obstetric Care:

1.4 million stillbirths and maternal and newborn deaths could be prevented each year by providing high-quality care during labor and delivery at a cost of less than US\$1 per person.



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Medicines and Technologies:

Essential maternal and newborn medicines and technologies could prevent and treat the leading causes of maternal and newborn death at a cost of less than US\$1 per treatment. But in order to help all mothers and babies survive and grow, investments in research and development are needed to deliver new priority health innovations.



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Essential Newborn Care:

Many preventable newborn deaths could be avoided by providing essential newborn care, including keeping the baby warm, early and exclusive breastfeeding, proper umbilical cord care, and treatment of infections when they arise.



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Foundation for the Future:

Healthy mothers and newborns lay the foundation for healthy families and communities. Taking simple steps to support maternal and newborn survival is a cost-effective way to ensure babies can grow into healthy children and mothers can live to celebrate their children's birthdays.

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The Path Continues:

The path for good maternal and newborn health does not stop when a baby is born. As families grow, maternal, newborn, and child health should continue to be a priority. Policymakers, donors, and the global community can help through sustained investments that support evidence-based health programming as well as funding for research and development to deliver health innovations.