

EMPOWER

EliMinate Premature Outcomes With Education and Resources

What Is Premature Birth?

Premature birth is the delivery of an infant before 37 weeks of pregnancy.

It is the number one cause of infant death within the first year of life.

What Is EMPOWER?

The EMPOWER Initiative aims to build partnerships within the community to reduce premature birth rates in Howard County.

Goals of EMPOWER are to:

- Increase awareness and understanding of premature birth outcomes for women in Howard County.
- Educate about the causes of prematurity and what women can do to reduce their risk.
- Address the preventable causes of premature birth with appropriate resources.



HOWARD COUNTY
HEALTH DEPARTMENT



Risk Factors for Premature Birth

- Smoking
- Previous premature birth
- Pregnant with multiples
- Short time between pregnancies
- Certain medical issues such as obesity, diabetes or high blood pressure

What Can You Do?

- Quit smoking
- Talk to your doctor if you're thinking about getting pregnant
- Get early prenatal care
- Space pregnancies out by at least 18 months
- Maintain a healthy weight and manage chronic health conditions

To learn more about EMPOWER, visit:
howardcountymd.gov/empower

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