



## Healthy beginnings

### Description

**The focus of the World Health Organization (WHO) this year is on Healthy Beginnings, Hopeful Futures, with World Health Day on 7 April shining a light on healthy pregnancies and births.**

The WHO initiative highlights that nearly 300 000 women across the world die every year from complications during pregnancy or childbirth, while over two million babies don't survive their first month. Most of these deaths are preventable through quality healthcare and education.

For mothers, healthy pregnancies reduce postpartum complications and long-term health issues, while for babies, healthy beginnings are essential for brain development, immune function and metabolic regulation.

# Bundles of



The health of mothers and babies is the families and communities, helping ensure



**Start prenatal care early,**  
ideally within the first 12 weeks  
of pregnancy.



## Category

1. Our Wellness

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