

Better Birth Outcomes is a free program that offers client-centered education to help you have a healthy pregnancy and deliver a healthy, full-term baby.

We can connect you with community resources to help make your pregnancy as stress-free and enjoyable as possible.



If you are pregnant, please:

- Schedule your first prenatal appointment.
- Avoid drinking alcohol, smoking and using recreational drugs.
- Call us for help!



**Public Health**  
Prevent. Promote. Protect.

**Macon County  
Health Department**

1221 E. Condit St.  
Decatur, IL 62521  
(217) 423-6988 ext. 1335

This institution is an equal opportunity provider.

## Better Birth Outcomes



Providing  
one-on-one support  
throughout your  
pregnancy and  
helping you welcome  
your new baby.

All education through the Better Birth Outcomes program is provided by Registered Nurses.



Give your baby your best!  
For a free screening, call  
(217) 423-6988  
ext. 1335.

## The Better Birth Outcomes program is designed to help high-risk pregnant women in Macon County.

Risk factors which may qualify you for the program include:

- Diseases that affect pregnancy
- Homelessness or in unstable housing
- Under 17 or over 40 years of age
- Pregnant with multiples
- Previous pre-term delivery
- BMI equal to or greater than 30
- Previously incarcerated or under house arrest
- Weight less than 100 pounds
- Previously had or currently has a child in DCFS custody
- Previous pregnancy within the last 12 months
- Victim of domestic violence
- Low educational attainment
- Alcohol, tobacco, marijuana or other substance abuse during pregnancy
- Many other risk factors...



If you qualify for this program, you may receive:

- Help with transportation costs for prenatal appointments.
- Personalized prenatal education.
- Community referrals
- Services provided free of charge.

