

# PRE-NATAL CONSULTATION

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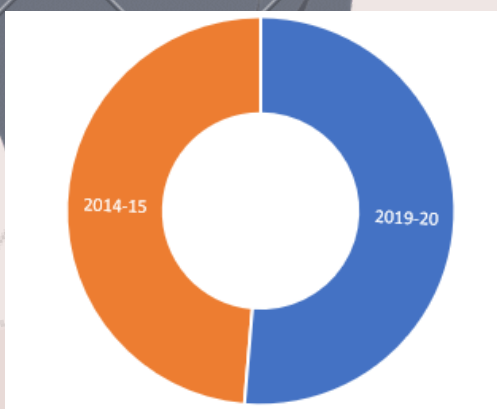
Prenatal care is the foundation of a healthy pregnancy of mother and child's health

## HEALTH

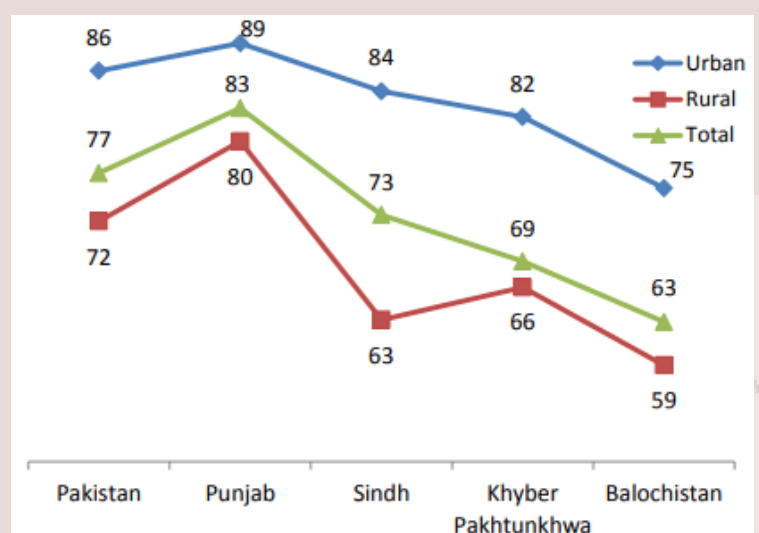
Prenatal is a debating topic in developing countries due to its predicted damages to new-born's like, pre-mature deliveries, low birth weight, toxin infectious deceases in mothers, eclampsia, chronic illness, blood deficiency

## PRE-NATAL CONSULTATIONS

. Punjab has the highest consultation rate with 83 per cent in 2019-20 as compared to 78 per cent in 2014-15 and Balochistan has the lowest with 63 per cent in 2019-20 as compared to 47 per cent in 2014-15



In Pakistan 77 percent of mothers who had given birth in the last three years went for pre-natal consultations during their last pregnancy in 2019-20 as compared to 73 percent in 2014-15.



Majority of districts of Punjab and Sindh women are seeking consultation from private hospital/clinic while the trend is reverse in Khyber Pakhtunkhwa and Balochistan where women in majority of districts went to public hospitals for consultations



JUNK FOOD CAN LEAD TO BIRTH DEFECTS.



A WOMAN NEED 300 TO 500 EXTRA CALORIES A DAY DURING THIS PERIOD



HEALTHY SNACKS, FRUITS AND VEGETABLES ARE THE BEST CHOICE

If a nation needs a healthy generation then they must pay best care to maternal health

Source: PSLM 2019-20