

Prenatal Care

Why Is This Important?

Prenatal care is important to support pregnant women's medical, social and psychological needs. Most women in Canada have access to prenatal care through their physician or another health professional. Based on evidence, the WHO recommends a minimum of eight prenatal care visits, of which the first occurs within 12 weeks gestation, for best pregnancy outcomes.

Prenatal courses provide education about labour, birth and infant care. Many women and their partners choose to attend classes to gather information and lessen their anxiety about childbirth and parenting.

What Is Being Done?

[Maternal Services](#) and [gestational diabetes](#) in Saskatoon Health Region

[Healthy Mother Healthy Baby](#)

[KidsFirst](#) supports vulnerable families

[Saskatchewan Prevention Institute](#) information including [Your Pregnancy Month by Month](#)

To Learn More:

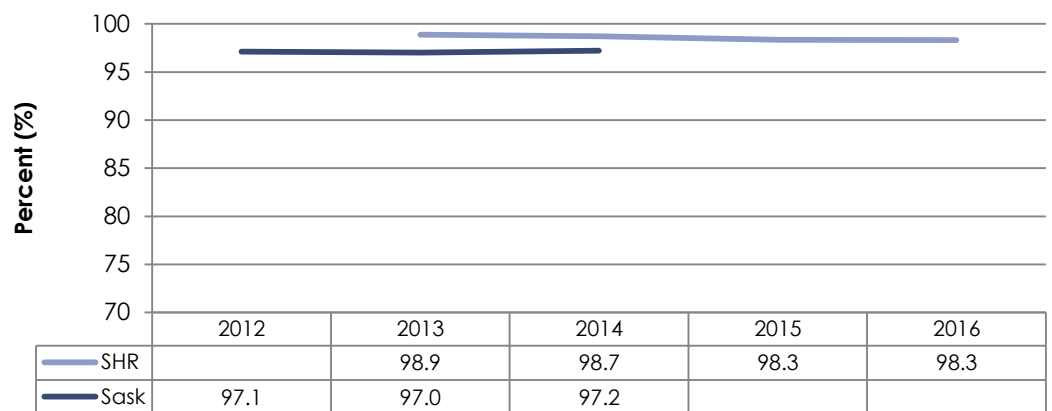
Chief Medical Health Officer's [Call to Action](#)

Highlights

Prenatal care rates are high across the Region. Prenatal course attendance rates are much lower.

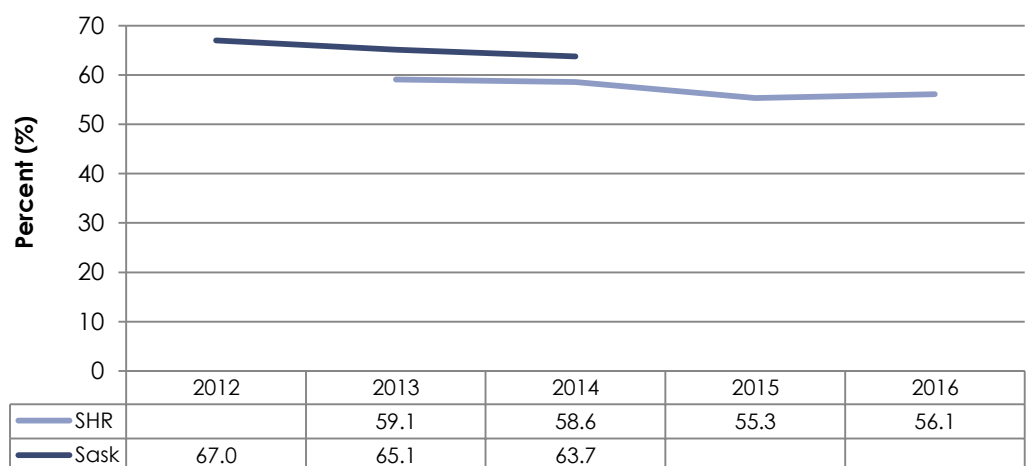
- Nearly all mothers living in the Region who gave birth in a hospital stated they had prenatal care before the sixth month of pregnancy (98.3% in 2016). Similar results are seen provincially where 97.2% of mothers reported prenatal care in 2014 (*Figure 1*).
- Mothers were also asked whether they had ever attended prenatal courses. Only about half of mothers (56.1%) reported ever having attended a prenatal course (*Figure 2*).
- Differences in prenatal care and prenatal course attendance by age, geography and socio-economic status can be found [here](#).

Figure 1: Percent of Mothers with Prenatal Care before Six Months, Saskatoon Health Region and Saskatchewan, 2012-2016



Source: KidsFirst, In-Hospital Birth Questionnaire

Figure 2: Percent of Mothers Ever Attended a Prenatal Course, Saskatoon Health Region and Saskatchewan, 2012-2016



Source: KidsFirst, In-Hospital Birth Questionnaire