

# An important part of having a healthy pregnancy

The Simcoe Muskoka District Health Unit (SMDHU) delivers prenatal education in a variety of formats. In 2018, public health nurses continued to deliver in-person prenatal class sessions throughout Simcoe Muskoka. Online prenatal classes (initially introduced February 2017) also continued, with the addition of an online pregnancy class in May 2018. Both were effective approaches for providing clients with the knowledge and skills needed to improve pregnancy and birth outcomes, and to prepare for early parenting.



**5,288**

individuals gave birth in Simcoe Muskoka



**2,234**

individuals gave birth for the first time



**5,383**

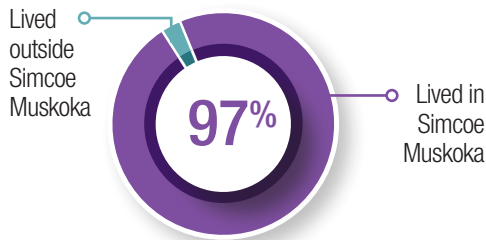
babies born in Simcoe Muskoka



**1,061**

individuals registered for in-person prenatal classes

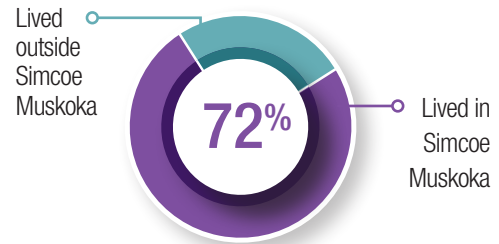
## Where they came from for in-person classes:



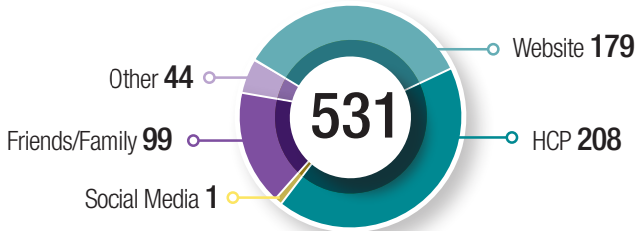
**857**

individuals registered for online prenatal classes

## Where they came from for online classes:

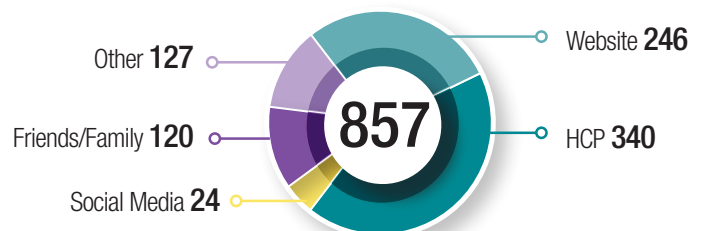


## How they found us for in-person classes:



Other \*community program, Health Connection, hospital, poster, tear sheet, other

## How they found us for online classes:



Other \*community program, Health Connection, hospital, poster, tear sheet, other

## Other ways we provide prenatal education:

- Public health nurses at community programs
- **Healthy Babies Healthy Children** home visiting program
- **Health Connection**: free and confidential health information by phone and email
- Website: [www.smdhu.org/pregnancy](http://www.smdhu.org/pregnancy)