



Healthy Texas Babies Vision:

For all Texas babies to have a healthy, happy first birthday.

Someday Starts Now

If there's a baby in your future, even if it's months or years from now, today matters. Take control. Stop smoking, eat right and exercise and do something about your stress. Whether you are a man or a woman, your health today is important - and even more important to the baby you might have someday.

Healthy Texas Babies goals:

- To provide local partnerships and coalitions with major roles in shaping programs in their communities to reduce infant mortality using evidence-based interventions.
- To reduce disparities in poor birth outcomes and maternal and infant mortality among Texans using participatory models of programming.
- Working to expand solutions to help all mothers and babies have healthy, full term births.
- To reduce preterm birth in Texas by 8% over two years.

Services offered:

The City of Laredo Health Department offers primary healthcare services for men and women. We provide comprehensive medical, behavioral and preventative care services. The services offered include:

Maternity and Child Services
Family Planning Services
Preventative Care
Chronic Disease Management
Health and Nutrition Education
Case Management Services

Services are low or no cost.

For more information contact us today: (956) 269-2042

A HEALTHY BABY starts with a HEALTHY MOM