香港紅十字會
HONG KONG RED CROSS

2025-April

Health Express
Issue164

Healthy beginnings, hopeful futures

April 7th is World Health Day, and every year the World Health Organization selects a global public health issue as the theme for World Health Day. This special day reminds us to focus on significant global health topics, inspiring governments and individuals worldwide to take action and improve global health conditions.

The health of mothers and infants forms the foundation of family and community health, contributing to creating a hopeful future for all of us.

Each year, 260,000 women lose their lives due to pregnancy or childbirth, over 2 million infants die within the first month after birth, and approximately 2 million babies are stillborn.

This equates to one preventable death every 7 seconds. Based on current trends, three-quarters of countries are struggling to achieve the global goal of improving maternal survival by 2030, while one-third of countries will be unable to meet the target of reducing newborn deaths.

Caring for a newborn can be a unique and challenging experience. Here are some suggestions to help your baby grow up healthy:

- Check their health: Schedule and attend all newborn care check-ups to monitor your baby's growth and development, as early detection of any health issues is crucial.

- Safe sleep: Ensure your baby sleeps on their back on a firm mattress, without soft bedding, pillows, or toys, to reduce the risk of sudden infant death syndrome (SIDS).

- Breastfeeding: Breastfeeding provides essential nutrients and antibodies for your baby. If you encounter difficulties, seek help from trained healthcare providers to address common issues.

- Parent-child relationship and interaction: Interact with your baby through cuddling, talking to them, and playing. Skin-to-skin contact and responsive interactions help build the parent-child relationship and promote your baby's emotional and cognitive development.

- Identify signs of illness: Watch for signs that may indicate a need for medical attention, such as fever, difficulty breathing, persistent vomiting, diarrhea, or abnormal drowsiness.

While taking care of your baby, do not neglect your own health. Taking care of yourself helps protect both you and your baby. Remember to rest, seek support when needed, and seek medical help if you feel extremely stressed, sad, or anxious.

If you are worried about your baby's condition, contact healthcare professionals promptly.

Let's work together to create a better future for the health of pregnant women and newborns. We hope that every child can start from a healthy beginning and move towards a hopeful tomorrow.

Useful Links

Family Health Service

Breastfeeding

2025 World Health Day

References:
World Health Organization
Family Health Service (FHS) of the Department of Health

Editor:
K W Lam