

U. S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## Family Health Podcasts

Listen to these podcasts to learn how you can stay safe and healthy!

Visit [www.cdc.gov/family/podcasts](http://www.cdc.gov/family/podcasts).



### Chlamydia and Women

This women's health podcast focuses on chlamydia, its severe health consequences for women if left untreated, and the importance of annual chlamydia screening.



### Oral Health and Women

This women's health podcast focuses on the importance of maintaining good oral health during pregnancy.



### Diabetes and Depression in Older Women

This women's health podcast focuses on the association between diabetes and depression in older women and the importance of getting help when feeling depressed.



### Prom Health and Safety Tips

This podcast provides tips to make sure your prom is safe and healthy.



### Five Tips for a Safer and Healthier Life

This podcast focuses on five simple steps you can take to live a safer, healthier life.



### Teen Pregnancy in the United States

This women's health podcast focuses on the trend of teen pregnancy in the United States. In 2007, the teen birth rate in the U.S. increased for the second consecutive year.



### Gestational Diabetes and Women

This women's health podcast focuses on gestational diabetes (GDM) to help educate women who may have been diagnosed with GDM now or in the past. GDM is a condition that can lead to pregnancy complications.



### Tips for College Health and Safety

This podcast discusses steps you can take to be safer and healthier at college.



### Heart Disease and Stroke in Women

This women's health podcast focuses on the impact of heart disease and stroke in women and includes steps to prevent these conditions.



### Twelve Holiday Health and Safety Tips

This podcast provides tips for a safe and healthy winter holiday and directs listeners to a festive song.



### Obesity and Women

This women's health podcast focuses on obesity in women and girls. It discusses obesity-related health risks and includes tips to help achieve and maintain a healthy weight.



### Workplace Safety and Women

This women's health podcast focuses on four important issues for women at work: job stress, work schedules, reproductive health, and workplace violence.