**Abstract:**

Introduction: "Maternal health refers to the health of women during pregnancy, childbirth, and the postpartum period" (WHO, 2010). The major direct causes of maternal morbidity and mortality include maternal and neonatal complications such as high blood pressure and preterm birth labor.

Method: This study compared a new program of maternal health care that includes preconception care and lower number of prenatal care visits with an old program in Qazvin province of Iran. The research design was a cohort study. A total of 940 mothers who came to 16 active maternal health clinics of Alvand and Qazvin cities were recorded, and then screened for exclusion and inclusion criteria. Of the eligible 484 subjects, 450 pregnant mothers consented to participate in the study. These mothers were followed from 3 months before pregnancy to six weeks after delivery.

Result: The results of the current study showed significant improvement in the new program in terms of impact on preconception care, the number of visits during prenatal care (p<0.001), gestational hypertension (p<0.05) and maternal and neonatal complications of birth outcomes such as preterm births (p<0.05). Fetal distress, malpresentations, and premature rupture of membranes were also less in the new program. The median number of prenatal care visits was less in the new program (5 visits in new program versus 9 visits in old program).

Conclusion: The findings of the present study indicated a lower number of prenatal visits and maternal and neonatal complications in the new program. Therefore, it is necessary to emphasize the benefits of new maternal health care, including preconception care and lower number of visits but without any increase in gestational complications adverse birth outcomes.

Key words: Maternal Health care, prenatal care, Preconception care, Birth outcomes

Presentation: Poster