



National Birth Defects Prevention Month

January 2014



In the US, a baby is born with a birth defect every 4½ minutes.



Nationwide, 1 out of every 33 newborns has a birth defect.



Birth defects are the leading cause of infant death, accounting for 20% of deaths from birth to age 1.



The most common type of birth defects are heart defects, occurring in 1 of every 100 births.

Lower Your Risk

Women who are pregnant or could become pregnant can lower their risk of birth defects, also known as congenital anomalies, by:

- ✓ Getting regular medical checkups before pregnancy and during pregnancy; knowing your family history and addressing health issues promptly.
- ✓ Planning their pregnancies: planned pregnancies are more likely to have healthier outcomes.
- ✓ Taking a multivitamin with 400mcg of folic acid daily from the beginning of menstruation through menopause.



More information at:
www.azdhs.gov/birth-defects

Things to avoid:

- ✗ Don't smoke. If you smoke, stop. If you don't smoke, don't start. Avoid second-hand smoke, too.
- ✗ Don't drink alcohol if you are pregnant or trying to conceive. Especially avoid binge drinking.
- ✗ Don't use or take illicit drugs.
- ✗ Don't abuse prescription or over-the-counter medications. Take only as prescribed and directed.

Arizona
Department of
Health Services