

Nationwide every 4-1/2 minutes a baby is born with a birth defect!*



Birth defects are one of the leading causes of infant mortality – they are common, critical and costly!

What can YOU do right now?

- Take a multivitamin with folic acid every day
- Maintain a healthy weight
- Have regular medical checkups
- Learn your family health history and genetic risks
- Manage chronic medical conditions
- Minimize toxic exposures at work and home during pregnancy

*Centers for Disease Control and Prevention, Update on overall prevalence of major birth defects – Atlanta, GA, 1978 – 2005. Morbidity and Mortality Weekly Report, MMWR. 2008;57;1-5

