Birth Defects

STATISTICS:

- Birth defects are the leading cause of death in the first year of life.
- About 120,000 babies (1 in 33) in the U.S. are born each year with birth defects.
- In Michigan, approximately 8,000 babies are born with birth defects every year.
- There are many different types of birth defects. The most common are heart defects, neural tube defects, and oro-facial clefts.
- The cause is unknown in about 70% of birth defects.

SERVICES AVAILABLE:

Dickinson-Iron District Health Department
(906) 774-1868 or (906) 265-9913
www.didhd.org

- Children’s Special Health Care Services
- Family Planning Program
- Maternal & Infant Health Program
- Women, Infants, and Children (WIC) Nutrition Program
WHAT YOU SHOULD KNOW:

- Plan your pregnancy by (1) seeing your health care provider before you get pregnant; (2) getting medical conditions, like obesity, diabetes, or seizures under control before you get pregnant; and (3) taking a vitamin with 400 micrograms of folic acid daily before and during pregnancy.

- Take care of yourself by getting plenty of rest, exercising moderately, eating a well-balanced diet, avoiding contact with chemicals that may harm an unborn baby, avoiding tobacco, alcohol, and street drugs, and talking with your health care provider before taking any over-the-counter drugs.

- If you are planning to get pregnant or you are already pregnant, one of the most important things you can do is see your health care provider. Prenatal care can help to find some problems early in pregnancy so that they can be monitored or treated before birth. Some problems might be avoided with prenatal care.

- Preventing birth defects, and their human and financial costs, is a major goal of Health Departments. Health Departments offer many services to women to prevent birth defects.

RESOURCES:

Michigan Department of Community Health
Children’s Special Health Care Services
www.michigan.gov/mdch/0,1607,7-132-2942_4911_35698-15087--,00.html

CDC/National Center for Birth Defects & Developmental Disabilities
www.cdc.gov/ncbddd/

March of Dimes
www.marchofdimes.com

National Birth Defects Prevention Month is January
www.marchofdimes.com/pnhec/4439_1206.asp

Family Phone Line
(800) 359-3722

Women, Infants, & Children (WIC) Nutrition Program
www.michigan.gov/mdch/0,1607,7-132-2942_4910_6329---,00.html

WIC Line
(800) 26-BIRTH