



Genesee County Health Department

Mark Valacak, M.P.H., Health Officer
Gary K. Johnson, M.D., M.P.H., Medical Director

FOR IMMEDIATE RELEASE

DATE: January 13, 2015 END DATE: January 31, 2015
CONTACT: Almeta Milow, RN
 Nursing Supervisor
PHONE: (810) 257-3619
RE: National Birth Defects Prevention Month

The Genesee County Health Department reminds you that January is National Birth Defects Prevention Month. Birth Defects affect 1 in every 33 babies in America. Every 4 ½ minutes a baby is born with a birth defect. Birth defects are responsible for 1 in 5 infant deaths. Heart defects are the most common defect affecting 1 in every 100 births. Most birth defects occur early in the pregnancy and can be detected during pregnancy, at birth, or within the first year of life.

Following are recommendations to help prevent birth defects:

- Take Vitamin B and Folic Acid as directed by your doctor
- Don't drink alcohol or smoke
- See your physician regularly and discuss which medications are safe to take
- Eat a healthy diet
- Keep any health issues such as Diabetes under control.

The theme this year for National Birth Defects Prevention Month is "Making Healthy Choices to Prevent Birth Defects – Make a **PACT** for Prevention. "**PACT** is: **P**lanning ahead, **A**voiding harmful substances, **C**hoosing a healthy lifestyle and **T**alking to your doctor. For more information regarding the prevention of birth defects, please contact the Genesee County Health Department at (810) 257-3619 or visit www.nbdpn.org/ or www.cdc.gov/ncbddd/birthdefects/prevention.html.

Better Life Through Better Health

Floyd J. McCree Courts & Human Services Building ♦ 630 S. Saginaw Street, Ste. 4 ♦ Flint, Michigan 48502-1540

Burton Branch ♦ G-3373 S. Saginaw Street ♦ Burton, Michigan 48529

Main Phone 810-257-3612 ♦ Visit us at: www.gchd.us