

Birth Defects



Dickinson-Iron District Health Department

"Serving the community since 1936 in Health Protection, Health Education and Disease Prevention"

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.

Healthy Beginnings Month

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

