

January is...

National Birth Defects Prevention Month



Did you know...

In an average week in IOWA

- ❖ 717 babies are born
- ❖ 46 babies are born low birth weight
- ❖ 32 babies are born with birth defects
- ❖ 1 baby dies as the result of a birth defect

Every family should check their grocery list...

- ◆ **Take** 400 mcg of folic acid, a B-vitamin, every day before and during pregnancy to prevent some serious birth defects
- ◆ **Eat** folic acid-rich fruits and vegetables such as oranges, asparagus, spinach, broccoli, peas, strawberries, beets, bananas, kiwi
- ◆ **Consume** grains fortified with folic acid such as some breads, noodles, cereals, cornmeal, rice
- ◆ **Avoid** alcohol, tobacco, second-hand tobacco smoke and street drugs when pregnant
- ◆ **Discuss** diet, exercise, and medication use with your health care provider before and during pregnancy



For more information, contact the
➤ Registry at (319) 335-8585
Or visit the website at
www.public-health.uiowa.edu/birthdefects