BIRTH DEFECTS PREVENTION MONTH

Making healthy choices to prevent birth defects.

In Arizona, approximately 700 babies are born each year with serious birth defects.

Make a PACT for Prevention:

P - Plan Ahead
A - Avoid harmful substances
C - Choose a healthy lifestyle
T - Talk to a healthcare provider

Birth defects affect 1 in 33 babies every year

Remember:
Women of childbearing age need 400 mcg of folic acid every day

Additional Resources:
www.azhealth.gov/birth-defects