In the US, a baby is born with a birth defect every 4½ minutes.

Nationwide, 1 out of every 33 newborns has a birth defect.

Birth defects are the leading cause of infant death, accounting for 20% of deaths from birth to age 1.

The most common type of birth defects are heart defects, occurring in 1 of every 100 births.

Lower Your Risk

Women who are pregnant or could become pregnant can lower their risk of birth defects, also know as congenital anomalies, by:

- Getting regular medical checkups before pregnancy and during pregnancy; knowing your family history and addressing health issues promptly.
- Planning their pregnancies: planned pregnancies are more likely to have healthier outcomes.
- Taking a multivitamin with 400mcg of folic acid daily from the beginning of menstruation through menopause.

Things to avoid:

- Don’t smoke. If you smoke, stop. If you don’t smoke, don’t start. Avoid second-hand smoke, too.
- Don’t drink alcohol if you are pregnant or trying to conceive. Especially avoid binge drinking.
- Don’t use or take illicit drugs.
- Don’t abuse prescription or over-the-counter medications. Take only as prescribed and directed.

More information at: www.azdhs.gov/birth-defects