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

Committed to the prevention of birth defects