



JANUARY 2024

Is National Birth Defects Awareness Month

About 1 out of every 33 babies in the United States is born with a birth defect. These can be minor or severe, ranging from structural (e.g., cleft lip or spina bifida) to functional and developmental (e.g., Down syndrome or cystic fibrosis).

January is National Birth Defects Awareness Month. Birth defects can happen for many reasons. Although not all can be prevented, people can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before becoming pregnant. Meeting the complex needs of a person with a congenital disorder involves the whole family and can be challenging; however, finding resources, knowing what to expect and planning for the future can help.

Contact us for more health and wellness resources.