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NEVADA STATE HEALTH DIVISION NEWS RELEASE

Birth Defects Prevention Month

National Birth Defects Prevention Network Sounds Alert for Women and Families

Carson City – The Nevada State Health Division’s Bureau of Family Health Services is joining the National Birth Defects Prevention Network (NBDPN) to alert women and their families about the urgent need for good health before even thinking about pregnancy. “Good Health Habits for a Lifetime” is the theme of National Birth Defects Prevention Month in January.

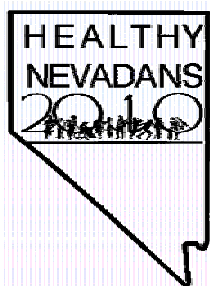
“We are excited to be part of this national movement,” said Alex Haartz, Administrator, Nevada State Health Division. “Through efforts across the country, public health reaches millions of women and their families, providing vital prevention information.”

Good health habits for women over their lifetime includes knowledge of one’s family history, a “preconceptional” visit with a health care provider before considering pregnancy, management of any ongoing or chronic diseases before trying to become pregnant, seeking reproductive genetic counseling, and daily consumption of 400 mcg of folic acid every day **starting prior** to conception.

The NBDPN serves as a forum for exchanging ideas about the prevention of birth defects, developing uniform methods of birth defect surveillance and research, and providing technical support for state and local programs. Currently, there are over 250 members representing all states and Puerto Rico. The Nevada State Health Division is a member of NBDPN and works to maintain statewide surveillance for collecting information on selected congenital and inherited disorders in Nevada; monitor annual trends in occurrence and mortality of these disorders; provide for research studies and educational activities for the prevention of these disorders; assure that children are directed to appropriate services; and reduce the economic, social, and psychological impact of birth defects at both state and national levels.

For more information, please contact the Nevada State Health Division at 775.684.4285 or gdeyhle@nvhd.state.nv.us.

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