



BIRTH DEFECTS PREVENTION MONTH

Making healthy choices to prevent 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

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



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