


National Birth Defects Prevention Month

By increasing awareness, education, and resources, we have the potential to reduce birth defects and to improve the lives of those affected.


Women are encouraged to make a PACT for their own health, and if applicable, a healthy pregnancy:

- P**lan ahead 
- A**void harmful substances 
- C**hoose a healthy lifestyle 
- T**alk with a doctor about family & health history 



Common: 1 baby is born with a birth defect every 4 1/2 minutes 

Costly: In the U.S. each year, the total hospital costs of children with birth defects exceed **\$2.6 billion** 

Critical: About 20% of infant deaths are caused by birth defects annually in the U.S., as well as 6-15% of deaths in children up to age 14 years. 



Learn more: www.azhealth.gov/birth-defects

