
NEWS RELEASE

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National Birth Defects Prevention Network Sounds Alert for Women and Families

Bellefontaine, OH – Logan County Health District is joining the National Birth Defects Prevention Network 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 this January, 2007.

“We are excited to be part of this national movement. We hope to reach millions of women across the country with this message,” says Rebecca Simmons, Public Health Nurse for the Health District’s Women, Infants & Children program.

Good health habits for women include knowing your family history and genetic risks, seeing a doctor, managing health problems and taking a multivitamin with 400 mcg of folic acid every day. Women need to start these things before getting pregnant.

“Just taking a multivitamin everyday can make a big difference,” says Mrs. Simmons. The Network is working with doctors and other health care providers around the country to encourage good pre-pregnancy health. There are more than 60 million women of childbearing age in the U.S. They need to hear this message.

Approximately 120,000 babies are born with a birth defect each year in the United States. Birth defects cause approximately 20% of infant deaths each year.

Logan County Health District is a member of the National Birth Defects Prevention Network and works to promote an informed healthy community. To learn more, please visit www.nbdpn.org and co.logan.oh.us/healthdistrict, or call the Health District at 937.592.9040.

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