



A MINUTE OF HEALTH WITH CDC

Have a Healthy Baby

National Birth Defects Prevention Month and Folic Acid Awareness Week

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Approximately one in 33 newborns has some form of birth defect, a leading cause of infant mortality in the United States. Not all birth defects are preventable, but one type – neural tube defects – can be largely prevented if a woman takes 400 micrograms of folic acid daily before and during pregnancy. You don't even need a prescription. You can get folic acid in a vitamin supplement or through fortified foods, in addition to eating a healthy diet. Women, ask your healthcare provider about ways to increase your chances of giving birth to a healthy baby.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.