

Suggested Activities for Birth Defects Prevention Month

Listed below are activities or ideas that you can use to promote Birth Defects Prevention Month in your state's local communities. These are only suggestions. The National Birth Defects Prevention Network asks that each state provide at least the minimum effort of disseminating the posters, pamphlets, and profiles to local health departments and other community-based organizations. In addition, you can:

- Enlist the support of your local March of Dimes; Spina Bifida Association; and Healthy Mothers, Healthy Babies to mobilize their constituents to distribute materials and send out letters to legislators.
- Contact other local organizations such as civic groups, youth groups, and faith groups to provide prevention education and materials and to enlist their support for distribution to the community.
- Get a local celebrity, sports figure, politician or someone affected by a birth defect to be a spokesperson and to help "spread the word" about prevention efforts. This person may be available to speak at health fairs/community events or to conduct interviews for the media.
- Ask two or three statewide or local businesses to add information about birth defects to their corporate or wellness newsletters.
- Enlist the support of a local school system to distribute materials and other related information.
- Send materials to local managed care plans to educate their providers and patients.
- Distribute materials to the medical directors or health officers of your Medicaid program, MCH program, and local public health departments.
- Work with local hospitals or clinics to plan a community education forum on risk issues that affect pregnancy outcomes such as tobacco, alcohol, nutrition, etc.
- Work with local and state folic acid councils to conduct community education activities promoting daily intake of 400 micrograms (400 mcg or 0.4 mg) of folic acid to prevent neural tube defects.
- Work with local and state fetal alcohol syndrome (FAS) prevention councils to conduct community education activities and support advocacy efforts that help women understand the consequences of drinking alcohol during pregnancy.