

NEWS RELEASE

FOR IMMEDIATE RELEASE
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Contact: Name here
Phone here –or- Email here

National Birth Defects Prevention Network Sounds Alert for Women and Families

(*Your City, Your State*) – (*Your organization*) is joining the National Birth Defects Prevention Network (NBDPN) 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, 2006.

“We are excited to be part of this national movement. Through our efforts across the country we reach millions of women and their families with vital prevention information,” says (*Your contact of your organization*).

Good health habits for women over their lifetime includes knowledge of one’s family history, a “preconceptional” visit with a health care provider before considering pregnancy, management of any ongoing or chronic diseases before trying to become pregnant, seeking reproductive genetic counseling, and daily consumption of 400 mcg of folic acid every day **starting** prior to conception.

“Small steps like taking a multivitamin everyday can make a big difference,” says (*Your contact last name*). The NBDPN is working with health care providers around the country to encourage good “preconceptional” health for more than 60 million women in the U.S. who are of childbearing age.

Other steps women can take in their everyday lives to maintain good health for a lifetime include regular health care check-ups and being aware of their family history or genetic risks.

The NBDPN serves as a forum for exchanging ideas about the prevention of birth defects, developing uniform methods of birth defect surveillance and research, and providing technical support for state and local programs. Currently, there are over 250 members representing all states and Puerto Rico. (*Your organization*) is a member of NBDPN and works to (*mission statement here*).

(*Your organization*) is participating in National Birth Defects Prevention Month with (*add two details about your local activities, e.g. distributing information to women and their health care providers across the state, participating health fairs, presentations at local schools, etc.*).

To learn more, please contact (*Your organization*) at (*Phone here*) or (*Email here*).

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