| Proclamation  | January is National Birth Defects Prevention Month! |
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**National Birth Defects Prevention Month, January 2019**

Whereas, birth defects are common, costly, and critical;

Whereas, birth defects affect an estimated [**enter number here**] infants in [**enter your state here**] each year;

Whereas, birth defects are a leading cause of death in the first year of life, associated with one in [**enter number here**] infant deaths in [**enter your state here**];

Whereas, birth defects can occur in any family regardless of race, ethnicity, health history, or economic status;

Whereas, steps can be taken to reduce the chance that a child will be born with a birth defect, such as taking a daily vitamin with folic acid before and during pregnancy, getting regular prenatal care, becoming up-to-date with vaccinations, reaching a healthy weight before pregnancy, and stopping the use of alcohol or drugs during pregnancy; and

Whereas, early identification of a child with a birth defect coupled with early intervention services typically improves the child’s quality of life.

NOW, THEREFORE, I [**enter name here**], GOVERNOR OF THE STATE OF [**YOUR STATE HERE**],

DO HEREBY PROCLAIM JANUARY 2019 AS NATIONAL BIRTH DEFECTS PREVENTION MONTH.