

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 (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 *(Your contact of your organization)*.

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 *(Your contact last name)*. 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.

The Network is a forum to exchange ideas about how to prevent birth defects, collect information, encourage research and provide technical support for state and local programs. Currently, there are over 250 members from all states, DC, and Puerto Rico. To learn more about the Network and Birth Defects Prevention Month, please visit www.nbdpn.org. *(Your organization)* is a member of the Network 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 in health fairs, presentations at local schools, etc.)*.

To learn more, please contact *(Your organization)* at *(Phone here)* or *(Email here)* or visit our web site *(Your organization’s web site)*.

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