

In the United States, about 1 out of every 33 babies is born with a major birth defect.

Birth defects cause one in five deaths among infants less than a year old.

Birth defects lead to \$2.6 billion per year in hospital costs alone in the U.S.

Selected birth defects counts and birth prevalence, Arizona and US

| Defects | Arizona [†] | | US [‡] | |
|---|-----------------------------|-------------------|-----------------------------|-------------------|
| | Average annual no. of cases | Birth prevalence* | Average annual no. of cases | Birth prevalence* |
| Central nervous system | | | | |
| Anencephalus | 14 | 1.4 | 859 | 2.1 |
| Spina bifida without anencephalus | 33 | 3.3 | 1,460 | 3.5 |
| Cardiovascular | | | | |
| Transposition of great arteries | 22 | 2.3 | 1,252 | 3.0 |
| Tetralogy of Fallot | 40 | 4.0 | 1,657 | 4.0 |
| Atrioventricular septal defect (also known as endocardial cushion defect) | -- | -- | 1,966 | 4.7 |
| Hypoplastic left heart syndrome | 26 | 2.6 | 960 | 2.3 |
| Orofacial | | | | |
| Cleft lip with and without cleft palate | 112 | 11.4 | 4,437 | 10.6 |
| Cleft palate without cleft lip | 66 | 6.6 | 2,651 | 6.4 |
| Musculoskeletal | | | | |
| Upper limb defect | 23 | 2.3 | 1,454 | 3.5 |
| Lower limb defect | 7 | 0.7 | 701 | 1.7 |
| Gastroschisis | 52 | 5.3 | 1,871 | 4.5 |
| Chromosomal | | | | |
| Down syndrome | 116 | 11.8 | 6,037 | 14.5 |

* per 10,000 live births

† estimates based on pooled data from birth years 2004-2007

‡ estimates based on pooled data from birth years 2004-2006

-- No data available

Note: Due to variability in the methods used by state birth defects surveillance systems and differences in populations and risk factors, state prevalence estimates may not be directly comparable with national estimates or those of other states.

Preventing birth defects

- The causes of about 70% of birth defects are unknown.
- Many birth defects happen during early pregnancy, often before a woman knows she is pregnant.
- Addressing health risks and behaviors before pregnancy can reduce the risk of poor birth outcomes, including some birth defects.
- All women who could become pregnant should take 400 micrograms of folic acid every day to help prevent serious defects of the baby's brain and spinal cord.

Program information:

Timothy J. Flood, MD
 Arizona Birth Defects Monitoring Program (ABDMP)
 E-mail: floodt@azdhs.gov

Website: <http://www.azdhs.gov/phs/phstats/bdr/index.htm>

Arizona's Birth Defect Monitoring Program

Since 1986 the Arizona program has monitored the prevalence of major birth defects among Arizona infants in all 15 counties and Indian Reservations. Arizona Department of Health Services staff obtain this information by visiting all Arizona birthing hospitals and selected clinics. Duplicate records are merged and the data used to generate summary reports. The program operates through state funds and federal grant monies.

How birth defects data are used in Arizona

Data are used for birth defects prevention activities and improving access to health services through partnerships, publications, dissemination of reports, community awareness, and educational activities. The program monitors the state trend of spina bifida, which is often preventable by consuming the vitamin folic acid before conception. The goal of the rapid reporting system is to provide families of living children with information and resources for follow-up medical and social services.