

PROTECT YOUR UNBORN BABY

*Make Healthy Choices and Habits
During National Birth Defect Prevention Month*

January 12, 2022 - Birth defects and infant disorders are common, costly, and critical conditions that can cause lifelong health challenges. That's why, this January, during National Birth Defect Prevention Month, District Health Department #10 (DHD#10) is encouraging pregnant people and prospective parents to make healthy choices and adopt healthier habits to protect the health of their unborn child.

It is recommended that pregnant people:

1. Take 400 micrograms (mcg) of folic acid every day.
2. Book routine visits with their healthcare provider.
3. Become up to date with all vaccines, including the flu and COVID-19 vaccine.
4. Care for their body and mind before and during pregnancy to set themselves and their baby up for success.
5. Boost their health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, marijuana, and other drugs.

Unfortunately, even with taking the above precautions, not all birth defects can be prevented. In the event that a child is born with a special need or health condition, DHD#10 has a Children's Special Health Care Services (CSHCS) Program that can help these individuals (0-21 years old) improve their health and enhance their quality of life.

The CSHCS program can help individuals and their families by:

- Covering financial costs related to chronic conditions
- Reducing common barriers individuals with special health care needs experience when accessing services
- Helping parents and professionals work together
- Connecting individuals to the latest resources and the broadest possible range of appropriate medical care, health education, and supports
- Providing access to services and supports that are family centered, culturally competent, community based, and in a coordinate manner

For more information about the CSHCS program, please email

www.cshcsfc@michigan.gov.

In addition to the Children's Special Health Care Services ([CSHCS](#)) Program, DHD#10 also offers families with children access to resources through the Women, Infants, and Children ([WIC](#)) program, Maternal Infant Health Program ([MIHP](#)), and Healthy Families America ([HFA](#)). Please call 888-217-3904 to connect with your local DHD#10 representative.

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