

National Birth Defects Awareness Month

January 2025

“EVERY JOURNEY MATTERS”

This January and throughout the year, join the Michigan Department of Health and Human Services (MDHHS) and the National Birth Defects Prevention Network (NBDPN) to raise awareness about birth defects. Let’s help improve the health of people living with these conditions and widen the available network of support. This is the time to shine a light on various efforts within the birth defects community that:

- Promote healthy pregnancies.
- Highlight ways to reduce the risk of birth defects.
- Share resources/support services available within communities across the nation.
- Advocate for health of children and families living with birth defects across the lifespan.

We fully acknowledge that not all birth defects can be prevented. Yet, we also know that there are certain behaviors before and during pregnancy that may be linked to an increased risk for birth defects. We strive to promote healthy choices that increase the chances of having a healthy pregnancy, and in turn, reduce the risks of pregnancy complications and/or birth defects.

On the [NBDPN website](#) you will find the 2025 Birth Defects Awareness Month toolkit, which includes:

- Highlighted partner information on Birth Defects Awareness [BEFORE](#), [DURING](#) and [AFTER PREGNANCY](#)
- [Sample press release](#)
- [Sample proclamation](#)
- [Sample Newsletter article #1 \(Healthy Pregnancy Tips\)](#)
- [Sample newsletter article #2 \(Lifespan\)](#)
- [NBDPN branded social media images](#)
- [Additional resources](#)

Michigan Resources:

- [Birth Defects Education, Outreach and Surveillance Program](#)
- Resources are available in English, Spanish and Arabic to order free of cost through the Michigan Birth Defects Education and Outreach Program. To order please visit: michigan.gov/birthdefectsinfo

- Birth Defects Education, Outreach and Surveillance Program monthly newsletter
subscribe here: <https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/hereditary/genomics/bdprevention/subscribe>