

# Prevention...What's the 4-1-1?

Be Involved in Your Health!  
January 2013

## National Birth Defects Prevention Month

About one in every 33 babies is born with a birth defect. Not all birth defects can be prevented, but there are steps that a woman can take to increase chances of having a healthy baby. One of the main preventive measures includes not drinking alcohol, smoking, or using "street" drugs.

Specific birth defects include:

Anencephaly  
Cleft Lip/ Cleft Palate  
Congenital Heart Defects  
Down Syndrome  
Encephalocele  
Gastroschisis  
Hypospadias  
Omphalocele  
Spina Bifida

Upper and Lower Limb Reduction Defects

For a listing of data and statistics on these defects, visit <http://www.cdc.gov/NCBDDD/birthdefects/data.html>

Source: Centers for Disease Control and Prevention (CDC)

## Healthy Weight Week January 20-26, 2013

### Health Living Tip Relieve Stress

Take 10 minutes each day for a relaxation technique. Take occasional 30-second relaxation breaks through the day. Simply empty your mind and relax your body.

Listen to your body. Stress can lead to high blood pressure, chest pain, back pain, indigestion, headaches, diarrhea, insomnia, fatigue, anxiety, depression, inability to concentrate, forgetfulness, confusion, lack of focus, burnout, mood swings, crying spells, irritability and anger.

Be sure to have fun in your day– get playful, laugh out loud.

Source: <http://www.healthweightnetwork.com/living.htm>

*For he who has health has hope; and he who has hope has everything. ~Owen Arthur*



Division of Mental Health  
and Substance Abuse Services  
Office of Prevention Services  
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