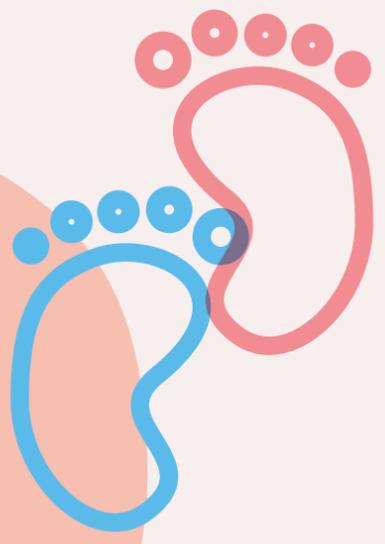


TIPS for PREVENTING Birth Defects



New Mexico Pregnancy Risk Assessment
Monitoring System

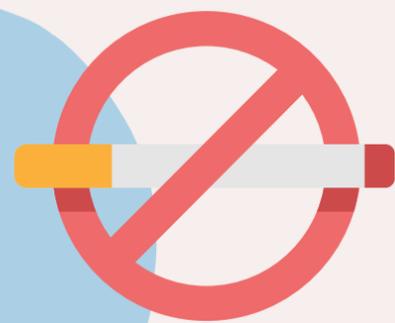
In 2019, 5.7% percent of New Mexico babies were diagnosed with a birth defect before their first birthday (NM's Department of Health - Birth Defects Program)

Before pregnancy, take a multivitamin daily or folic acid vitamin to prevent neural tube defects



Eat healthy and exercise regularly

Avoid alcohol, tobacco, and other harmful substances



Talk to your healthcare provider about starting or stopping medications & about vaccinations

Questions?

CONTACT US:

NM.PRAMS@state.nm.us

