**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

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