



Health & Fitness Weekly Wellness Message

Approximately one in every 33 babies is born with a birth defect each year in the United States. January is National Birth Defects Prevention Month - a time to raise awareness of birth defects and promote healthy pregnancies.

The Centers for Disease Control and Prevention defines a birth defect as a problem that happens while the baby is developing in the mother's body. Babies born with birth defects have a greater chance of illness and long-term disability.

Both genetic and environmental factors can cause birth defects. While 60 to 70 percent of birth defects are unknown, there are some simple steps a woman can take to lower her risk of having a baby with a birth defect. These include:

- Getting enough folic acid every day before and during pregnancy.
- Not smoking, using recreational drugs, or drinking alcohol while pregnant.
- Preventing infection.
- Avoiding certain medications (and other chemicals).
- Getting regular prenatal care.
- Eating properly.
- Making sure all vaccinations are up to date.

For more information and a Print-and-Go-Guide: Simple Do's and Don'ts When You're Pregnant from @womenshealth:

<http://www.womenshealth.gov/publications/our-publications/pregnancy-dos-donts.pdf>

Click on the following link for prevention and wellness resources and tools for your pregnancy:

<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=688&super=112>

Upcoming noteworthy events: Executive Health Assessments/treadmill testing
Testing will take place on January 25th
Stop by Health Fitness (Building 59, room 118)
to make an appointment.

Tobacco Cessation Classes (series of 2 classes)
Class One – February 1st from 1145-1245
Building 59, room 107

Class Two – February 7th from 1145-1245
Ft. McNair Clinic, building 58

To register, email LtCol Rader at:
Karen.Rader@ndu.edu or call 202-685-4751

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