

# Quick Facts



About **one out of every 33** babies is born with a major birth defect in the United States.

S.C. monitors **over 50 birth defects.** During 2011-2014, about **one out of every 77** babies was born with



one of the major birth defects collected in the state.



## 1 in 5 deaths

among infants less than a year old is caused by birth defects.

Many birth defects happen during **early pregnancy**, often before a woman knows she is pregnant.



## Contact Us

### South Carolina Birth Defects Program

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### Learn more about us on the web:

[www.scdhec.gov/BirthDefects](http://www.scdhec.gov/BirthDefects)

### Learn more about birth defects across the country:

[www.nbdpn.org](http://www.nbdpn.org)



## South Carolina Birth Defects Program

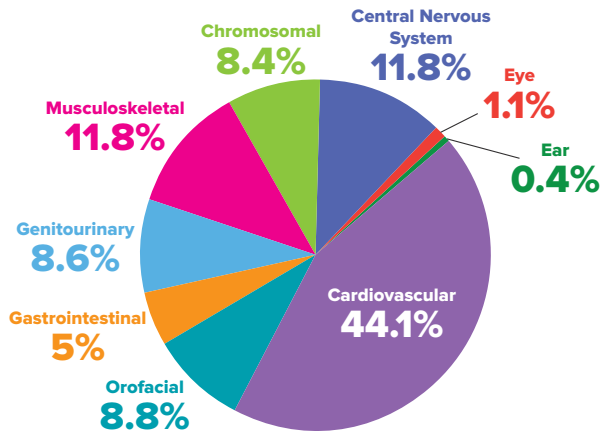


## What Are Birth Defects?

Birth defects are a leading cause of death in babies under age 1. Additionally, babies born with birth defects who survive have more sickness and disability than babies without birth defects. The causes might involve genetic (such as chromosomal anomalies) or environmental factors (such as lead exposure during pregnancy), or a combination of these factors. However, in about 50 percent to 60 percent of cases, the causes are unknown. The most common birth defects in South Carolina in 2014 were:

1. Ventricular Septal Defect
2. Down Syndrome
3. Pulmonary Valve Atresia and Stenosis
4. Obstructive Genitourinary Defect

### Percentages of all collected Birth Defects by Organ System, South Carolina, 2008-2012



- Total count for 2008-2012
- Atrial Septal Defect, Patent Ductus Ateriosus and Pyloric Stenosis dropped by SCBDP in 2009 and 2010
- Hypospadias dropped by SCBDP in 2010
- Totals do not include Atrial Septal Defect, Patent Ductus Arteriosus, Pyloric Stenosis and Hypospadias/Epispadias to ensure that all years displayed are comparable.

## South Carolina Birth Defects Program

The South Carolina Birth Defects Program (SCBDP) began in July 2006 after passage of the SC Birth Defects Act. This law mandates active surveillance of major birth defects identified before birth through age 2. South Carolina monitors over 50 birth defects recommended by the Centers for Disease Control and Prevention and the National Birth Defects Prevention Network.



## How is Birth Defects Data Used in South Carolina?

- To study rates and trends of birth defects
- To refer infants/families to helpful services
- To develop public health strategies to prevent birth defects
- To understand the causes, distribution and prevention of birth defects

## Counsel Patients on Ways to Help Prevent Birth Defects

### Plan ahead

- Talk to your patients about what makes up a healthy pre-pregnancy lifestyle.
- Recommend that your patients take 400 micrograms (mcg) of folic acid every day.

### Avoid harmful substances

- Tell your patients to avoid alcohol, drugs and tobacco. Refer tobacco users to the S.C. Tobacco Quitline: 1-800-QUIT-NOW (1-800-784-8669).
- Discuss avoiding harmful exposures at work and home.

### Choose a healthy lifestyle

- Talk to your patients about how to eat a healthy diet that includes fruits, vegetables, whole grains, low-fat dairy and lean proteins.
- Encourage physical activity.
- Help your patients to get medical conditions like diabetes under control or refer them to a specialist that can work with them.

### Encourage discussions

- Facilitate open discussions during checkups.
- Discuss how to safely use all medications, both prescription and over-the-counter.
- Talk about family history.

### Discuss travel history and plans

- Make sure patients know about the risks surrounding travel to areas with local transmission of Zika virus. Discuss effective prevention methods.
- Check out [www.cdc.gov/zika/pregnancy](http://www.cdc.gov/zika/pregnancy) to learn more about how providers can counsel patients about Zika virus.