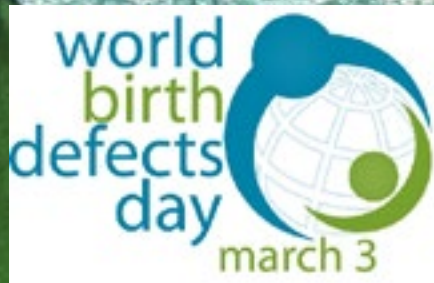


WORLD BIRTH DEFECTS DAY

3 MARCH 2019



Key messages

- On behalf of people living with #spinabifida and #hydrocephalus, I join this year's World Birth Defects Day. Let's spread the word! Take a look at @ifsbh toolkit with useful materials and suggested messages for #WorldBDDay
- Today is World Birth Defects Day, a day celebrated to raise awareness about congenital conditions such as #spinabifida and #hydrocephalus #WorldBDDay
- Every year, about 8 million babies worldwide are born with a serious birth defect. On #WorldBDDay it is important to remember that we need more surveillance, #prevention, care and research on #birthdefects!
- On #WorldBDDay I highlight the importance of #prevention awareness messages for women of childbearing age, such as the benefits of daily consumption of 400mcg #folicacid from 3-4 months before getting pregnant & after conception in order to reduce the risk of neural tube defects
- Appropriate treatment and care can help many people with #spinabifida and #hydrocephalus reach their full potential in life: multidisciplinary care is key throughout the lifespan! #WorldBDDay

Resources for #WorldBDDay

IF LINKS

- [IF Members page](#): For information and peer support for persons with spina bifida and hydrocephalus and their families
- [IF's work on prevention](#): For information about reducing the incidence of spina bifida and hydrocephalus worldwide
- [Information about spina bifida and hydrocephalus](#)
- [Playlist WSBHD 2018 video testimonies](#)
- [Facebook photo album WSBHD 2018 written testimonies](#)
- [IF survey on sexuality and body awareness of people with SBH](#)

WBDD LINKS

- [WBDD website](#)
- [WBDD 2019 toolkit](#)
- [Sample 2019 WBDD press release](#)

Other relevant resources

- [Global Birth Defects](#)
- [March fo Dimes](#)
- [Centers for Disease Control and Prevention](#)
- [International Clearinghouse for Birth Defects](#)
- [Food Fortification Initiative](#)
- [“Fetal Therapy for Spina Bifida map”](#)
- [World Health Organisation](#)

Social media



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**Join us and use
the hashtag
#WorldBDDay**



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