



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

January is National Birth Defects Prevention Month

This month, the DART Coalition of Ocean County will be sharing information and resources about birth defects as they relate to substance use during pregnancy.



**January is
National Birth Defects Awareness Month.**

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Want to help spread awareness and share on your own social media?

BIRTH DEFECTS OVERVIEW

Birth Defects

Overview



WHAT ARE BIRTH DEFECTS?

Birth defects are structural changes present at birth that can affect almost any part or parts of the body. They may affect how the body looks, works, or both. They can be mild or severe.

HELPFUL WAYS TO PREVENT BIRTH DEFECTS

Seeing a healthcare professional regularly, avoiding harmful substances during pregnancy, preventing infections, and striving to reach and maintain a healthy weight.

DATA & STATS

According to the CDC, one in every thirty-three babies (about 3%) born in the United States each year are affected by birth defects.



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[Overview](#)

ALCOHOL USE DURING PREGNANCY

Birth Defects

Alcohol Use



ALCOHOL USE DURING PREGNANCY

Alcohol use during pregnancy can cause miscarriage, stillbirth, and a range of lifelong physical, behavioral, and intellectual disabilities. These disabilities are known as fetal alcohol spectrum disorders (FASDs).



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Birth Defects

Alcohol Use



ALCOHOL USE DURING PREGNANCY

Alcohol in the mother's blood passes to the baby through the umbilical cord.

Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant. All types of alcohol are equally harmful, including all wines and beer.

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[Alcohol Use 1](#)

[Alcohol Use 2](#)

OPIOID USE DURING PREGNANCY

Birth Defects

Opioid Use

OPIOID USE DURING PREGNANCY

Opioid exposure during pregnancy has been linked to poor health for both mothers and babies. Opioid Use Disorder has been linked to maternal death, poor fetal growth, preterm birth, stillbirth, specific birth defects, and neonatal abstinence syndrome (NAS).



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Birth Defects

Opioid Use



OPIOID USE DURING PREGNANCY

NAS is a group of conditions that can occur when newborns withdraw from certain substances, including opioids, that they were exposed to before birth. Babies with NAS have an increased risk of low birth weight, jaundice, seizures and Sudden Infant Death Syndrome (SIDS).

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[Opioid Use 1](#)

[Opioid Use 2](#)

TOBACCO & NICOTINE USE DURING PREGNANCY

Birth Defects

Smoking

TOBACCO & NICOTINE USE DURING PREGNANCY

Smoking during pregnancy can cause babies to be born too small or too early. Women who smoke during pregnancy are more likely to have a baby with a birth defect of the mouth and lip called an orofacial cleft.



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Birth Defects

Smoking

TOBACCO & NICOTINE USE DURING PREGNANCY

Babies who breathe in other people's tobacco smoke are more likely to have ear infections and lung infections, like bronchitis and pneumonia. These babies are also more likely to die from Sudden Infant Death Syndrome (SIDS).



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[Smoking 1](#)

[Smoking 2](#)

RESOURCES

[A Family Guide for Individuals with Fetal Alcohol Spectrum Disorders](#)

>>Information and resources from NJ's Department of Human Services regarding FASDs.

[Commit to Healthy Choices to Prevent Birth Defects](#)

>>CDC Resource with more information and resources.

[Connecting NJ](#)

>>Central Jersey Health Consortium program for pregnant people and families.

[Division of Developmental Disabilities](#)

>>New Jersey webpage for the division of developmental disabilities.

[Fetal Alcohol Spectrum Disorders](#)

>>More information and resources from the CDC.

[Grow NJ Kids Program](#)

>>Resource from Central Jersey Health Consortium, detailing their Grow NJ Kids program.

[Perinatal Addiction Prevention Project](#)

>>Statewide Perinatal Addictions Prevention Project provides education for professionals and consumers regarding substance use before, during, and after pregnancy and while breastfeeding.

[Pregnant? Don't Smoke!](#)

>>Information and resources from the CDC regarding nicotine and tobacco use while pregnant.

[Regional Early Intervention Collaborative](#)

>>More information about NJ's REIC. REICs help facilitate access and availability of quality early intervention services through outreach and collaboration.

[What are Birth Defects?](#)

>>CDC Overview of birth defects.

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