October: National Spina Bifida Awareness Month

Follow this and additional works at: https://digitalcommons.usu.edu/cpd_blog

Recommended Citation
https://digitalcommons.usu.edu/cpd_blog/255

This Book is brought to you for free and open access by the Center for Persons with Disabilities at DigitalCommons@USU. It has been accepted for inclusion in Blog Posts by an authorized administrator of DigitalCommons@USU. For more information, please contact digitalcommons@usu.edu.
October is the month designated to raise public awareness about one of the most common disabling birth defects in the United States, spina bifida.

According to the Spina Bifida Association, an average of eight babies a day are born with spina bifida in the U.S. and there are currently an estimated 166,000 people living with spina bifida. Most people born with spina bifida live full lives, though they may have lifelong disabilities.

The Centers for Disease Control and Prevention (CDC) states that “spina bifida occurs within the first few weeks of pregnancy, often before a woman knows she is pregnant. It happens when the spine and back bones do not close all the way. When this happens, the spinal cord and back bones do not form as they should.”

According to the CDC, most, but not all, cases of spina bifida can be prevented by women simply taking folic acid every day.

"Folic acid is a B vitamin that the body needs to make healthy new cells. If a woman has enough folic acid in her body before and during pregnancy, her baby is less likely to have spina bifida or another defect of the brain or spine. Every woman who could possibly get pregnant should take 400 micrograms of folic acid daily in a vitamin or in foods that have been enriched with folic acid."

Help to spread the word about how to prevent spina bifida.