

Birth Defects Study To Evaluate Pregnancy exposureS



In partnership with the Centers for Birth Defects Research and Prevention, CDC introduces its newest study on birth defects: the Birth Defects Study To Evaluate Pregnancy exposureS, or BD-STEPs.

Prior to BD-STEPs: National Birth Defects Prevention Study

Since 1997, CDC has worked with Centers for Birth Defects Research and Prevention (CBDRP) located at state health departments and universities across the United States to identify the causes of major birth defects. The Centers have interviewed mothers of children with birth defects and mothers of children without birth defects for the National Birth Defects Prevention Study (NBDPS), assessing factors related to genes (family traits) as well as the environment that could increase or decrease the risk of birth defects. The NBDPS study provided important data on how nutrition, smoking, obesity, and medicines affect pregnancies. BD-STEPs will dig deeper into the results of that past research, which will help women and healthcare providers make the best health decisions for mothers and their babies.



Introducing BD-STEPs

With BD-STEPs, CDC will work collaboratively with CBDRP to further build on the success of NBDPS. Participating sites are located in Arkansas, California, Georgia (CDC), Iowa, Massachusetts, New York, and North Carolina. BD-STEPs will begin recruiting mothers of children born on or after January 1, 2014.

There are some things that a woman can change to reduce her chances of having a baby with a birth defect, while other things, she can't change. BD-STEPs aims to focus on factors that a woman may be able to change:

- Diabetes, obesity, and physical activity
- Treatments for chronic (long-term) medical conditions (such as asthma or high blood pressure)
- Treatments for infertility
- Other medication use during pregnancy

BD-STEPs collects information on babies with 17 major birth defects. These are common birth defects that can be severe and incur high health care use or costs. The following birth defects are included in BD-STEPs:

- Spina bifida without anencephaly
- Anophthalmia / microphthalmia
- Anotia / microtia
- Transposition of great arteries
- Tetralogy of Fallot
- Coarctation of aorta
- Hypoplastic left heart syndrome
- Total anomalous pulmonary venous connection
- Truncus arteriosus
- Pulmonary atresia
- Tricuspid atresia
- Cleft lip with or without cleft palate
- Cleft palate
- Esophageal atresia
- Transverse limb deficiency
- Diaphragmatic hernia
- Gastroschisis

For more information about BD-STEPs, please visit www.cdc.gov/ncbddd/birthdefects/bd-steps.html.

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