



BIRTH DEFECTS AND DEVELOPMENTAL DISABILITIES

For the millions of Americans with birth defects, disabilities, and blood disorders, a happy, healthy life can be challenging to realize. CDC investigates the causes of birth defects and identifies ways to save babies. CDC researches autism and other developmental disabilities and monitors changes in their occurrence; prevents and manages complications from blood disorders; and improves health services and programs for people with disabilities throughout their lives.



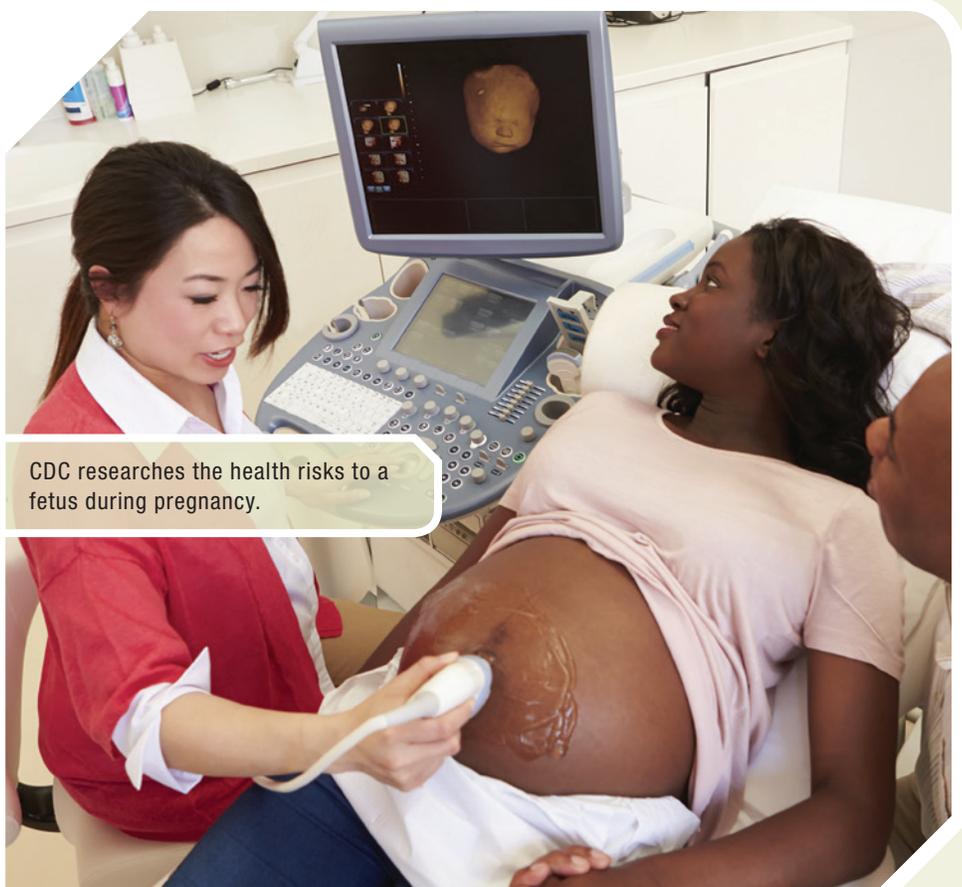
9 IN 10

9 in 10 American women take a medication during pregnancy; for most women who take medications, the risk to the baby is unknown.



900,000

Up to 900,000 Americans develop life-threatening blood clots each year. Many are preventable.



CDC researches the health risks to a fetus during pregnancy.

KEY ACCOMPLISHMENTS

- Identified the importance of regular testing for people with hemophilia so they know if they have an antibody that prevents treatments from working. Regular testing is the only way to know they have this antibody before it causes severe bleeding.
- Reported that children are not getting 11 pediatric clinical preventive services. Ethnic minorities and other groups with less access to healthcare are especially likely to miss these preventive services.
- Reported that about 1 in 68 8-year-olds has autism spectrum disorder (ASD). These data are from the Autism and Developmental Disabilities Monitoring Network that collected information in 2010 in multiple communities.
- Improved health of mothers and babies through better research, reliable guidance, and informed decisions as part of the “Treating for Two: Safer Medication Use in Pregnancy” initiative. The initiative is identifying knowledge gaps about prenatal exposure to opioids and other medications.
- Launched visibility effort on how little physical activity adults with disabilities actually get, and that those with a doctor’s recommendation are more likely to be physically active.
- Protected infants from vitamin K deficiency, a serious and preventable condition, by developing a data-based strategy.



OVER \$20 MILLION

CDC is investing over \$20 million during the next 4 years to strengthen autism surveillance and shed light on emerging issues.



1 IN 2

1 in 2 U.S. preschoolers with attention-deficit/hyperactivity disorder (ADHD) did not receive behavioral therapy, as recommended by the American Academy of Pediatrics.

RISKY DRINKING: CHANGING THE CONVERSATION

As an OB-GYN, Dr. Benson* routinely asked patients about their alcohol use. “I took their answers at face value and, like many doctors, I believed that using alcohol in pregnancy or drinking alcohol excessively wasn’t something my patients did.”

But the numbers tell a different story. According to CDC, 1 in 8 women and 1 in 5 high school girls binge drink, increasing their risk of sexually transmitted diseases, breast cancer, heart disease, and unintended pregnancy. About 1 in 13 women drinks during pregnancy, increasing the risk of miscarriage, stillbirth, and fetal alcohol spectrum disorders in her child. As a result, CDC promotes alcohol screening and brief intervention as effective tools for healthcare providers like Dr. Benson to use with patients.

Dr. Benson received training through CDC’s efforts to reach healthcare providers so they ask the right questions. “I elicited histories of alcohol use I would have otherwise never known,” she said. “There is no doubt that CDC’s training has impacted my daily medical practice.” In addition to training, CDC’s funded programs have researched integrating alcohol screening and brief intervention into clinical practice.

Dr. Benson still asks her patients about their alcohol use, but now with renewed dedication. The issue hits close to home for her because her own adoptive child was born with a fetal alcohol spectrum disorder. “As a mother and a doctor,” she said, “I’m privileged to be involved in this effort to help other providers address this under-recognized problem.”

*Name changed for privacy.