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 of 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

Join us and use the hashtag #WorldBDDay
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