



A MINUTE OF HEALTH WITH CDC

Keeping Little Hearts Healthy

Congenital Heart Defect Awareness Week

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Most babies appear healthy when they're born. However, some serious problems aren't always visible. Congenital heart defects affect the structure and function of an infant's heart. They occur in approximately 40,000 newborns each year.

Maternal obesity, diabetes, and smoking can increase the chance that a child is born with a heart defect. If you're pregnant or of childbearing age, quit smoking and maintain a healthy weight. If you have diabetes, make sure it's under control. With treatment, many people who have congenital heart defects are living into adulthood and need regular heart check-ups.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.