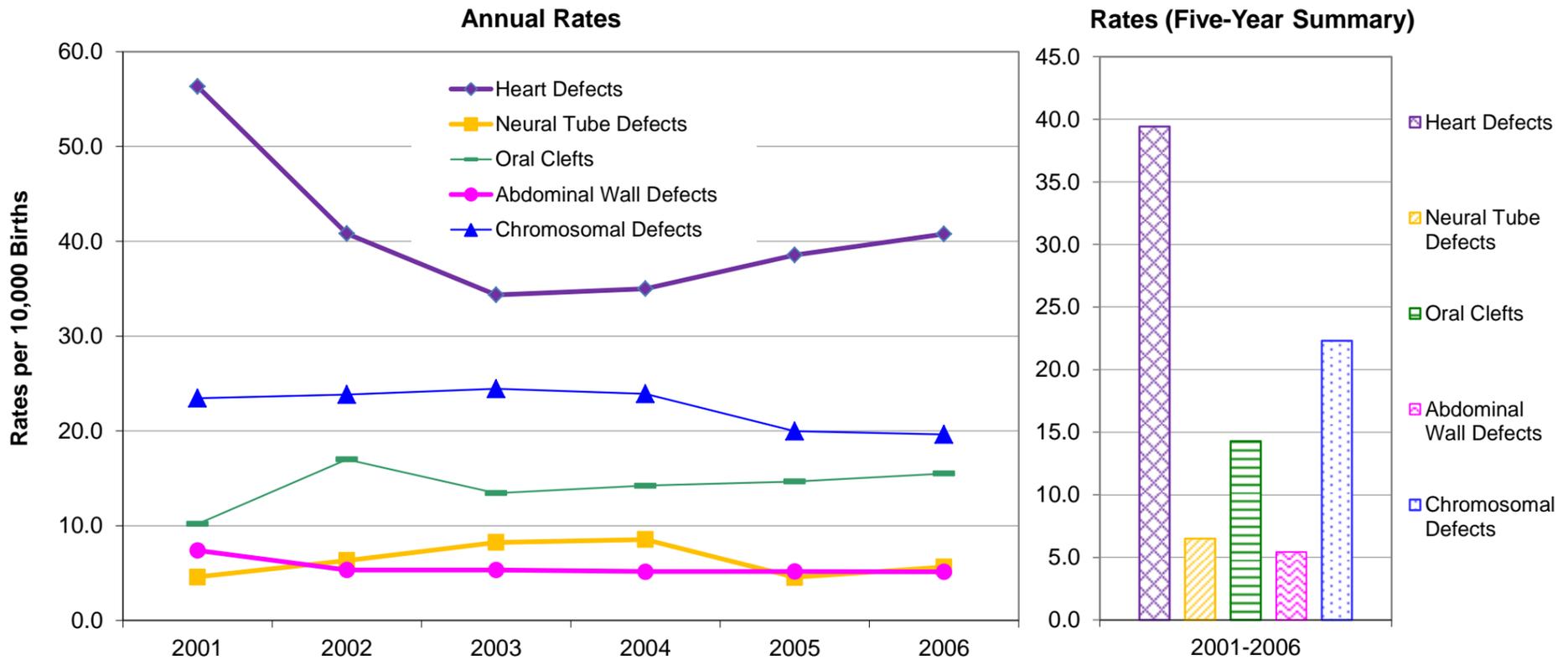


California Birth Defects Monitoring Program Data (1997-2006)  
**Overall Rates of Select Birth Defects**  
(San Diego & Orange Counties: 2001-2006)



Annual and 10-Year Rates per 10,000 Live Births & Fetal Deaths of Select Birth Defects for San Diego & Orange Counties

Category	1997*	1998*	1999*	2000*	2001**	2002**	2003	2004	2005	2006	2001 - 2006 (95% CI)
Heart Defects					56.3	40.8	34.3	35.0	38.5	40.8	39.4 ( 37.5 - 41.4 )
Neural Tube Defects					4.6	6.3	8.2	8.6	4.5	5.6	6.5 ( 5.7 - 7.3 )
Oral Clefts					10.2	17.0	13.4	14.2	14.7	15.5	14.3 ( 13.1 - 15.5 )
Abdominal Wall Defects					7.4	5.3	5.3	5.2	5.2	5.1	5.4 ( 4.7 - 6.2 )
Chromosomal Defects					23.4	23.8	24.5	23.9	20.0	19.6	22.3 ( 20.8 - 23.8 )

\* Data for 1997-2000 unavailable  
\*\* Includes San Diego county only

**Key Facts for Selected Birth Defects**

**Heart Defects (Conotruncal, Septal, and other Heart Defects\*\*)**

- Heart defects are the most common type of birth defect.
  - Congenital heart defects occur in 1 out of every 115-150 births.
  - In most cases it is not known what causes a heart defect. Both genetics and the environment play a role.
- \*\*Refer to defect page for specific classification

**Neural Tube Defects (Spina Bifida, Anencephaly, and Encephalocele)**

- It has been shown that consuming the recommended dose of folic acid (400 micrograms a day) can reduce the risk of NTDs by 50-70%.
- NTDs often form before a woman even knows she is pregnant.
- The specific causes of NTDs are unknown, but it is believed that both genetic and environmental factors are involved.

**Oral Clefts (Oral Palate without Cleft Lip and Cleft Lip with or without Cleft Palate)**

- Cleft lip, with or without cleft palate, affects 1 in 700 babies annually, and is the fourth most common birth defect in the U.S.
- In most cases, the cause of cleft lip and cleft palate is unknown but appears to be a result of a combination of genetic and environmental factors.
- Cleft lip/palate is more common in Asians and certain groups of American Indians.

**Abdominal Wall Defects (Gastroschisis and Omphalocele)**

- The two most common AWD are omphalocele and gastroschisis, and can often be detected with prenatal ultrasound.
- The causes of AWDs are unclear, although some risk factors have been associated (smoking, substance abuse, young maternal age).

**Chromosomal Defects (Trisomy 13, Trisomy 18, Trisomy 21 (Down Syndrome))**

- About 1 in 540 pregnancies in CA is diagnosed with a chromosome abnormality.
- Down syndrome is the most common genetic disorder caused by a chromosomal abnormality.
- Trisomies increase with a mother's age. Women over age 34 are routinely offered prenatal diagnosis because of their higher risk.