
COMMITTEE UPDATES



MAY THE NETWORK BE WITH YOU

It has truly been an honor to serve as Chair and Co-Chair of the PPDC over the last several years, and I continue to be inspired by the passion, collaboration, and dedication that defines the NBDPN community. One of the greatest strengths of this network is the people within it - the professionals who are committed to supporting one another while advancing our field together.

The mission of the PPDC focuses on growing and supporting our member community. Through membership engagement, professional development and mentoring opportunities, and networking activities, the committee works to strengthen collaboration and connection across the field. These efforts are designed not only to support current members, but also to welcome and guide new members as they become part of the NBDPN family.

As we continue initiatives like the mentoring program and prepare for the upcoming membership survey, I encourage each of you to stay engaged and share your voice. Your involvement helps shape the future of this committee and the Network, and ensures that NBDPN remains a vibrant, inclusive, and supportive professional community.

Thank you for all that you do to make this network so meaningful. I look forward to seeing the continued growth and impact of the PPDC in the months ahead.

Warm regards,

Dianna Contreras

Past Chair, Program and Professional Development Committee

Committee Highlight

PROGRAM & PROFESSIONAL DEVELOPMENT COMMITTEE (PPDC)

The NBDPN Program and Professional Development Committee (PPDC) is looking for new members! If you feel the NBDPN provides value to you personally and professionally, consider joining the PPDC to help expand our network to reach new members and better serve existing ones.

Internally, the PPDC is charged with intellectually engaging the membership while fostering connections throughout the network; externally, the PPDC works to grow the network by recruiting new members and guiding them as they integrate into our community. Through initiatives like the mentoring program and the upcoming NBDPN membership survey, the PPDC aims to highlight and promote the people who make the NBDPN the amazing community it is – you, the members!

The Program and Professional Development Committee meets on the third Tuesday of each month from 2:00 PM CST to 3:00 PM CST / 3:00 PM EST to 4:00 PM EST. If you are interested in attending, please reach out to NBDPN Member Services Manager Laura Miller at lmiller@nbdpn.org for an invite to the meeting series. If you have any questions about the committee or its initiatives, you can also reach out to PPDC Chair Derek Ross at derek.ross@nebraska.gov at any time!



Derek Ross
Chair

New Webinar Alert!

CMV AWARENESS MONTH WEBINARS



CMV 101 with Dr. Sonja Rasmussen

Time: Tuesday, June 16th from 12pm to 1pm CST

Most people haven't heard of Cytomegalovirus (CMV), yet it remains the leading infectious cause of birth defects worldwide. Join renowned expert Dr. Sonja Rasmussen for an essential deep dive into CMV as a critical public health priority. This session goes beyond the statistics to explore how CMV impacts pregnancy and fetal development. You will walk away with a clear understanding of how the virus spreads and, most importantly, the evidence-based methods for risk reduction. Don't miss this opportunity to gain the knowledge that can change outcomes.

[**Register here!**](#)

CMV Parent Panel

Time: Tuesday, June 23rd from 12pm to 1pm CST

We invite you to join us on Tuesday, June 23rd (12 PM - 1PM CST) for a special storytelling event featuring parents from different regions of the country. Because every cCMV journey is unique, this session offers a view of the emotional and practical impact on the family. Whether you are a fellow parent, a health professional, or an advocate, you'll hear a range of lived experiences and walk away with a deeper understanding of the diverse paths these families walk.



[**Register here!**](#)

In The News!

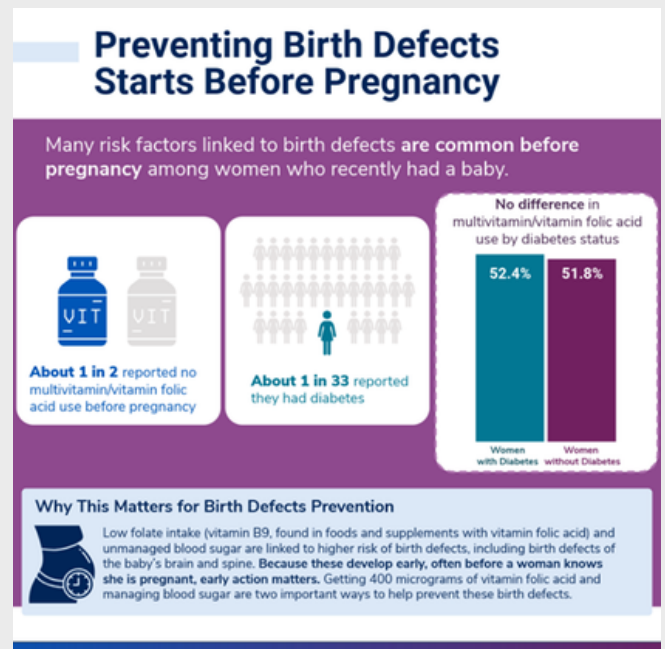
Dear NBDPN,

CDC published a new study that found many women who recently had a baby had prepregnancy risk factors linked to birth defects. Nearly half of these women reported not taking multivitamin/vitamin folic acid before pregnancy. Other risk factors included overweight or obesity, alcohol use, smoking, and diabetes.

The study also found that women with prepregnancy diabetes were neither more nor less likely to take a multivitamin, prenatal vitamin, or vitamin folic acid before pregnancy. Many of these risks can be managed and addressed before pregnancy through health care, education, and community support.

Why this matters

- Birth defects, like neural tube defects (NTDs), can have lifelong impacts on children and families, and many occur before a woman knows she is pregnant.
- Women with prepregnancy diabetes have a higher risk of having a pregnancy affected by birth defects; the study found these women were not more likely to take multivitamins/vitamin folic acid before pregnancy, a missed prevention opportunity.
- These findings highlight an important opportunity to strengthen prepregnancy health. Talking with healthcare teams, taking 400 micrograms of folic acid before and in early pregnancy, eating well, and managing blood sugar can all help make pregnancies and babies healthier.



About the study and PRAMS

- This CDC study used the Pregnancy Risk Assessment Monitoring System (PRAMS) data from 22 jurisdictions (2017-2022).
- PRAMS is the only ongoing system that collects local, population-based survey data from new mothers. It helps health teams track problems, guide programs, and measure whether efforts are working at the local level.

What you can do

- Share these findings with healthcare professionals, community health workers, and public health programs.
- Share with your community and clinical partners: Preconception counseling is important. It helps manage health that can affect mom and baby health. Also, it is important to get 400 micrograms of vitamin folic acid daily before pregnancy and during early pregnancy to prevent birth defects.



NBDPN

NATIONAL BIRTH DEFECTS
PREVENTION NETWORK

Please submit any member-related communications or other Network updates such as workgroups accomplishments, announcements, upcoming events, etc. to nbdpninc@nbdpn.org.

Engage with us on social media!

Connect with us today!

