



Background

- Congenital cytomegalovirus (cCMV) is the most common infectious cause of birth defects and the leading cause of non-genetic sensorineural hearing loss and permanent disability in children.
- cCMV affects an estimated 1 in 200 live births in the U.S.
- Most women have never heard of cCMV, and most infants are not identified in routine practice.

Policy

In 2021, the Minnesota (MN) legislature passed the Vivian Act (Sec. 144.064 MN Statutes). The Vivian Act directed the Commissioner of Health to:

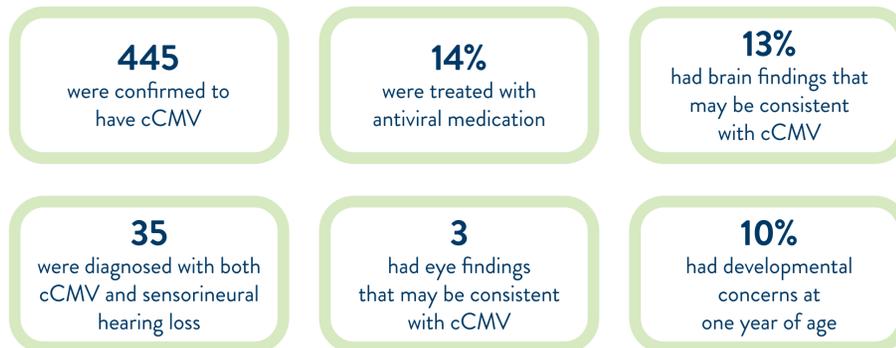
- Make evidence-based, culturally and linguistically appropriate information about cCMV available to the **public** and to **health care practitioners**.
- Establish an outreach program to educate the **public** and raise awareness for CMV among **health care practitioners**.

In addition, it required the Advisory Committee on Heritable and Congenital Disorders to review cCMV for possible inclusion on Minnesota's **newborn screening** panel.

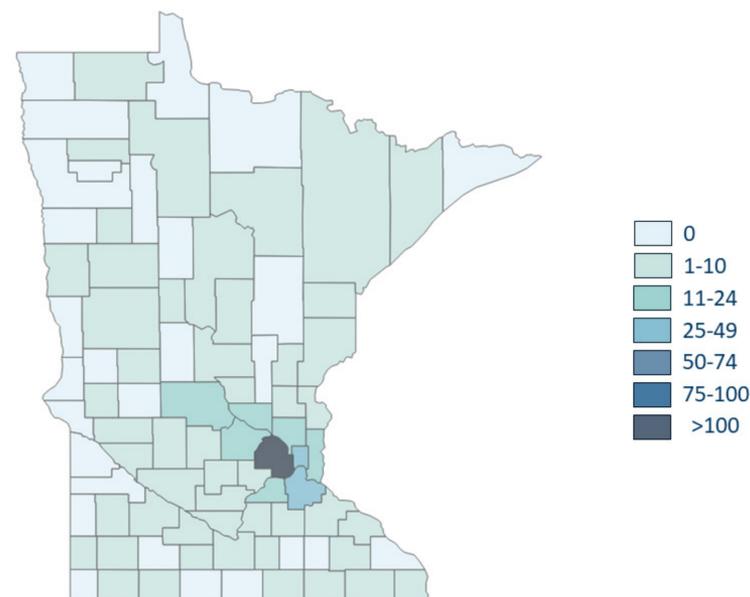
After review, the committee recommended inclusion on the **newborn screening** panel, which was approved by the Minnesota Commissioner of Health in January 2022.

Newborn screening

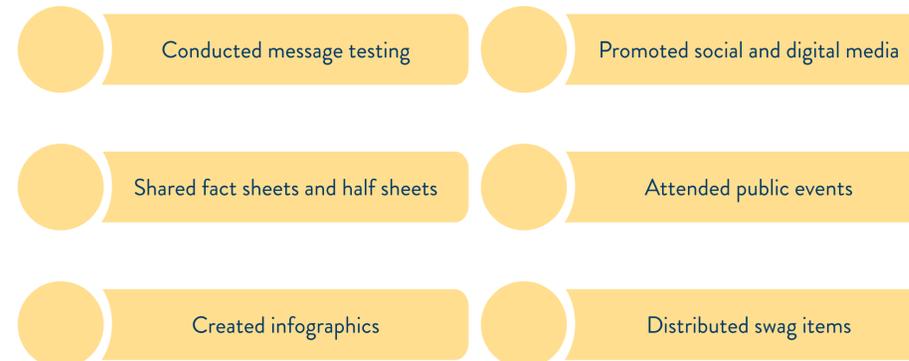
From February 2023 to August 2025, **156,511** newborns were screened for cCMV and...



Minnesota cCMV cases by county (2/6/23 - 8/31/25)



Public awareness and outreach activities



From January 2023 to October 2025...



Professional awareness and outreach activities



From October 2022 to October 2025...



Implications for practice

- cCMV is a significant public health concern and impacts approximately 3 in 1000 births in Minnesota.
- Minnesota policy directives have resulted in the implementation of universal NBS for cCMV, public health disease surveillance, and outreach and education activities.
- Health care providers should learn about cCMV and play an active role in ensuring that information about cCMV and risk reduction measures reach all pregnant persons and those who can become pregnant.

