



NATIONAL COUNCIL ON FOLIC ACID

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NATIONAL COUNCIL ON FOLIC ACID RECOGNIZES FOLIC ACID AWARENESS WEEK

New Year, New You! Make A Daily Multivitamin Part of Your New Year

Town, State – National Folic Acid Awareness Week, January 5-11, 2009, with the theme, “New Year, New You!,” highlights the National Council on Folic Acid (NCFA)’s latest awareness initiative. By working with partner organizations across the country, NCFA strives to increase awareness about the benefits of daily folic acid intake.

“Folic acid awareness is needed now more than ever. We need to educate all women, especially Latinas, that folic acid can help prevent birth defects of the brain and spine,” said Adriane Griffen, Project Director for NCFA. “The message for women is simple: Be good to yourself in the New Year – take a multivitamin with folic acid everyday, in addition to a healthy diet.”

Although all enriched cereals and grain products in the U.S. are fortified with the B-vitamin folic acid, only one-third of U.S. women of childbearing age consume the recommended amount. Taking a multivitamin with folic acid everyday is a key way that women can get the recommended amount of 400 mcg.

Women especially need folic acid, even if not planning to become pregnant, since 50% of all pregnancies are unplanned. Taking folic acid before pregnancy reduces the risk of birth defects of the brain and spine, called neural tube defects, by up to 70%.

Hispanic babies are 1.5 to 2 times more likely than others in the U.S. to be born with a neural tube defect (NTD). The CDC reports that Latinas in the United States consume the least amount of folic acid and have the least knowledge about folic acid among racial or ethnic groups in this country.

The National Council on Folic Acid is a partnership of national organizations, associations, and state folic acid councils reaching over 100 million people a year with the folic acid message. For more information about folic acid and National Folic Acid Awareness Week, visit www.folicacidinfo.org.

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