

Folic Acid Can Help Prevent Neural Tube Defects in Hispanic Communities

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What are Neural Tube Defects (NTDs)?



Open spina bifida



Anencephaly

NTDs are serious birth defects that affect the brain and spine.

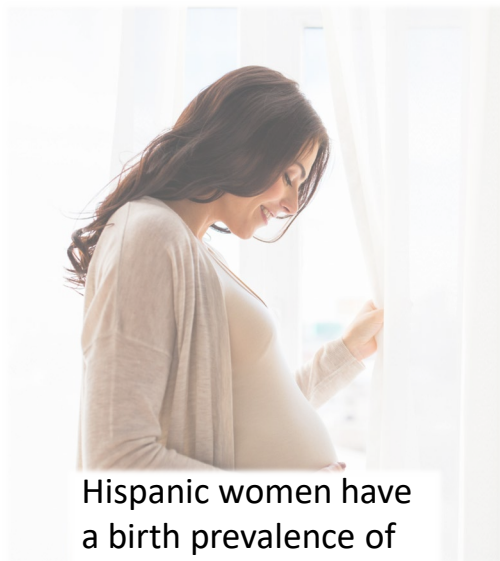


The neural tube closes before many women realize they are pregnant.



Taking folic acid before and during pregnancy is crucial to help prevent NTDs.

Hispanic/Latina Women in the US Have the Highest Risk of Having a Baby Affected by an NTD



Hispanic women have a birth prevalence of approximately **7 NTDs per 10,000 live births**.



Hispanic women **have lower folate levels** than non-Hispanic White women and are **less likely to take folic acid supplements**.



Compared to non-Hispanic White women, Hispanic women are **less likely to know about folic acid and eat fortified foods**.



Limited adoption of voluntary corn masa flour fortification affects access to fortified products for Hispanic groups, many who rely on corn masa flour for their staple foods.

Harnessing the Power of Folic Acid: Key Sources of Folate/Folic Acid



Diet



Vitamins



Fortified Foods

Folic acid is the **only** type of folate that has been shown to prevent NTDs.

Together, We Can Empower the Communities We Serve



Inform patients on the importance of folic acid.



Initiate discussions with patients to encourage folic acid supplement intake and raise awareness.



Educate patients on the benefits of fortified foods and how to identify **them** to ensure adequate folic acid intake.

Tools you can use:



To use our resources, visit:

www.cdc.gov/ncbddd/folicacid

Thank you!

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov



The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.