



NATIONAL COUNCIL ON FOLIC ACID

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National Council on Folic Acid Celebrates Folic Acid Awareness Week with New Web Site Launch

Washington, D.C. - To celebrate National Folic Acid Awareness Week (January 4 - 10), the National Council on Folic Acid has launched a newly redesigned Web site. The Web site, found at www.folicacidinfo.org, serves as a clearinghouse for all of the latest in folic acid research and information.

Fifty percent of all pregnancies in the United States are unplanned. Many women are in the dark about what they need to do before they become pregnant to guard against birth defects. Having the latest information on folic acid research readily available on this Web site helps to make them more knowledgeable about the benefits of this vitamin in reducing neural tube birth defects such as Spina Bifida.

“We are thrilled about the site’s new look and easy navigation. It will allow users easier access to the latest news, resources and updated links about folic acid,” says Sara Struwe, Acting Project Director of NCFA.

What is NCFA?

The National Council on Folic Acid, managed by the Spina Bifida Association, currently has 76 members some of which include health agencies, health organizations, local Spina Bifida chapters, and local folic acid councils. The organization’s mission is to improve health by promoting the benefits and consumption of folic acid.

What is folic acid?

Folic acid is a B-vitamin that is necessary for proper cell growth. If taken before and during early pregnancy either from a multi-vitamin or fortified foods, folic acid can prevent from 50% up to 70% of some forms of serious birth defects of the brain and spine.

Experts recommend that women who could possibly become pregnant should take 400 micrograms of synthetic folic acid daily, from:

- fortified foods like grains, pastas, or breakfast cereals,
- daily multi-vitamin, and
- eat a variety of foods as part of a healthy diet.

The easiest way to be sure to get the recommended daily amount of folic acid is to take a multi-vitamin every day. Making it a habit to take folic acid every day is essential, and www.folicacidinfo.org allows the Council more opportunity to shed more light on the benefits of taking folic acid for the over 65 million women of childbearing age.

Folic Acid Awareness Week

Folic Acid Awareness Week is January 4-10, 2010. This week is an important time to educate all women, especially Latinas, that folic acid can help prevent birth defects of the brain and spine, and is also a good time to review the resources on NCFA’s revised Web site.

Steps such as taking the simple quiz on the home page will increase your knowledge of folic acid. You can also download fact sheets or access links to more resources on this beneficial B-Vitamin. Information is available in English and Spanish.

For more information or to join log onto www.folicacidinfo.org.

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