

The March of Dimes
Kentucky Folic Acid Council Meeting
Minutes August 24, 2000
Louisville, Kentucky
Corrected December 5, 2000

Members present: Katrina Adams, Susan Brown, Sarah Chaffin, Rita Hayes, Linda Lancaster, Denise Maples, and Diane Sprowl. **Unable to attend:** Sandy Good, Pat Greer, Fran Hawkins, Gracia Pruitt, Joyce Robl, and Emma Walters. **No response:** Judy Perry, and Margaret Stutzenberger.

The meeting was called to order by Chair, Susan Brown. The minutes were approved as written.

- I. **Old Business-1:** Susan distributed our finalized version of the Kentucky Folic Acid Partnership and the Greater Kentucky Chapter of the March of Dimes Year 2000 Plan to the members present. (Those who were unable to attend will receive theirs at the KFAP meeting in Frankfort on September 21, 2000).
2: A recap of the MIOP Conferences presented in Warren County on April 24, 2000, was shared by Diane Sprowl and Denise Maples. Denise offered her views of the response and impact she had on the CEU and CME conferences. She described the doctors' reaction to her as "being in the dark ages," as if until that moment they had only seen spina bifida as a medical condition without the human personal aspect of it. She had everyone's full attention at both conferences. "The room was so quiet you could have heard a pin drop," added Diane. Sarah reviewed the Pike County MIOP conference. She brought pictures, a video of the conference, and handouts to describe the evening. Sarah reminds us all to continue to "really reach out to the doctors," and she explained how she followed up after their conference by visiting two hospitals and setting up a display (set up on a hospital cart) right outside the doctor's lounge area. She had folic acid bags made up and ready to hand to them to take back to their offices to help with their promotion of the folic acid message. She also took pictures of them in front of the display, holding their goody bags. She told about visiting several of the doctor's offices later to see if the information was being displayed- and how or where it was located. She moved some of the information that she found down low up to the front desk. She shared with us her conversation with a young well-liked physician in town. She was discussing the folic acid campaign with him and the importance of women hearing the recommendation to take folic acid from their physicians, when he replied, "I don't have pregnant women as my patients." Sarah got that twinkle in her eye as she told us, she told him, "You know we really want to get them before they're pregnant." Great job, Sarah! Your energy and persistence are an inspiration. Congratulations to both Warren and Pike Counties for their excellent conferences! And remember Dr. Mulinaire's comment to the physicians... "this is information that we weren't

taught in school...current info...we all have time pressures...remember who your audience is-two very different groups: the contemplators and the non-contemplators...you reach out to them both, but very differently.” **NO WAY! NOT ME! NOT NOW!** This could be the mantra for the non-contemplator. I hope that we have an opportunity in the future to hear Dr. Mulinaire’s presentation again! Sarah also brought several Frisbees to show us that the Teen Folic Acid Councils’ in Pike County have developed. The Frisbees are in each school’s colors and have the schools’ name along with the “B” attitude logo in the center of the Frisbee. Really creative! **3:**Linda Lancaster shared a summary of the five “Train the trainer,” conferences held during the month of July in Louisville, Lexington, Paducah, Bowling Green, and Prestonsburg. The evaluations for the training were positive, 110 attended. Consideration will be given to whether the training should be offered on a yearly basis or more often, since folic acid is a required core course. Linda will be in touch with Eula Spears for details. There were some HD’s that weren’t able to send a representative for training therefore, Linda will provide another opportunity at a later date. **4:** The extra \$0.5 million dollars that was allotted to the folic acid campaign is being considered by the Early Childhood Development office for use in the KIDS NOW Campaign. Also, \$10,000 was given to the March of Dimes to develop and distribute 2,000 folic acid kits to the Health Departments. Linda shared with us that Lynnett Fortney, MS RD LD of Cumberland Valley, has won a National Award, from the Association of Dieticians, for her work in folic acid awareness. (*A note from Susan-Lynnett is the representative for Cumberland Valley on the KFAP. She was instrumental in the work done there last March, National Nutrition Month, when they received a grant from the MOD’s to conduct a community Folic Acid Campaign. They developed tray liners and table tents to place in Mac Donald’s restaurants in Bell, Clay, Harlan, and Rockcastle Counties and the Dairy Queen in Jackson County. The table tents were also distributed to high school cafeterias, business break rooms and hospital cafeterias. They provided a “Folic Acid Foods Theme Day” with the school cafeteria serving foods rich in folic acid the entire day. They also provided folic acid education in their high schools and evaluated increased knowledge with pre and post testing. Congratulations Lynnett!) Motivated by this award, in two weeks Linda and Emma Walters will begin work on a packet for RD’s in the HD system to be trained to go into the schools across Kentucky to educate and train key staff. They will probably be working with the school-based councils and health or family-living teachers. The plan is to focus on middle and high schools. Susan shared that she and Gracia Pruitt had met recently with the Nursing faculty at WKU and plans are underway for the nursing students to go into the four middle schools and four high schools in Bowling Green, with the goal of forming Teen Folic Acid Councils, like those in Pike. They will also be doing a bulletin board on folic acid at each of the schools. This is part of the nursing student’s objectives for receiving credit for the course. This is the second year the WKU has partnered with the BRDHD in promotion of folic acid

awareness. We hope it is a partnership that will continue for many years to come!

- II. New Business: 1:** Public Affairs: Katrina reported that the committee wants to honor Governor Patton for his ECD Initiative possibly in the late spring or early fall. The group meets every other year. **2:** Susan distributed the latest KFAP membership list with a total of 38 organizations as well as, an updated KFAC membership list. Susan also shared her experience with an hour-long, call-in radio talk show on Monday August 21, 2000 in Russellville, KY. The Don Niegel, "Talk-Back" Show on station WRUS, was exclusively focused on folic acid. "Live radio is quite a challenge, and my thanks go out to Emma Walters for the wonderful nutrition education she provided at the train the trainers' conferences-that information was invaluable to me during the broadcast. No matter how many times I said the synthetic pill of 400 micrograms was needed every day, people still wanted to talk about food sources." Added note-a caller stated that her multivitamin did not contain 400 micrograms of folic acid-instead her bottle contained 400mcg of folic acid. We really have to spell the message out sometimes...pun intended! **3:** Linda told us she would have a booth at the KMA that will focus on four aspects of the ECD Initiative: HANDS, Healthy Start and Daycare, Immunizations and Birth Defects, which of course, includes NTD's and folic acid. Linda and Susan will have a booth at the MCH Conference September 13-15. On another note, due to the many reports and surveys, state and national data that need comparing and analysis, Susan suggested to Linda that the KFAC might be the perfect group to help with this process. Linda told us that there will be a lot of data coming in from several sources: the KY Birth Surveillance Registry, the KY Behavioral Risk Survey, Year-end reports, Community reports, Supplementation reports, MIOP reporting, local data...a need is seen for developing a polished Kentucky Folic Acid Partnership Report that could be published for use by others. The goal would be to analyze the data with outcomes as the focus to plan for the future. The group present-seven members of a fifteen member council accepted the offer to work on this with perhaps one or two other key people that Linda might feel would add to the group's expertise. **ALL FAC MEMBERS- We will begin brainstorming on this issue at the next KFAC meeting, scheduled for November 30, 2000 at the MOD's office in Louisville at 10:00AM-12:30 PM EST. Our assignment: Think about who our audience would be and what goals we should have. Publication targeted for July or August 2001. Please make every effort to attend this meeting.**

- III.** The KFAP agenda was planned and the meeting was adjourned.

Respectfully,

Susan Brown RN ICCE IBCLC
State Folic Acid Campaign Coordinator

Word Scramble

Foods High in Folic Acid

Folic acid is a “B” vitamin found in all the foods listed below. Everyone needs it to be healthy, but some people need even more if they are female and between the ages of 12-45. The folic acid they need is found in a vitamin pill. It will help their bodies to grow a healthier baby when the time is right. Folic acid can help the baby to grow a healthy brain and spine if taken every day, before, during and after pregnancy. Folic acid also helps to protect against heart disease, colon cancer and Alzheimer’s disease. See if you can unscramble the food words below!

1. **ROCN** _____
2. **OWCLIURAFLE** _____
3. **ABNAAN** _____
4. **NPHISAC** _____
5. **LAETTOCAERL** _____
6. **FEBE** _____
7. **RCHVEINEKICL** _____
8. **GREOIEJACUN** _____
9. **SETBE** _____
10. **BAAECBG** _____
11. **OTWSTEOEPA** _____
12. **NEBASKDEBA** _____
13. **SNEPURETIGRN** _____
14. **EVBNYAANS** _____
15. **TENTATPUEUBR** _____
16. **COBRCLI** _____
17. **PNTUACOEAL** _____
18. **GSEG** _____
19. **WBEOLEAHWERHADT** _____
20. **OPESBAINTN** _____

Answer sheet: corn, cauliflower, banana, spinach, totalcereal, beef, chickenliver, orangejuice, beets, cabbage, sweetpotato, bakedbeans, turnipgreens, navybeans, peanutbutter, broccoli, cantalope, eggs, wholewheatbread, and pintobans.