

**2005 Kentucky Folic Acid Partnership and Greater Kentucky Chapter March Of Dimes Program Plan  
Community Action**

| <b>Community Action Problem Statements</b>   |  |                            |
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| <p><b>1. Folic Acid:</b> According to a 2004 Gallup survey, there was no substantial increase in the proportion of women who used vitamins containing folic acid daily during 1995-2003. However there was a substantial increase in 2004, with 40% of women aged 18-45 reporting daily consumption of a vitamin containing folic acid. The findings suggest that the proportion of reproductive-age women not consuming vitamins containing folic acid daily is 60%; therefore, efforts are needed to increase supplement use in conjunction with a healthy diet to lower the incidence of Neural Tube Defects. Source: CDC. Use of Vitamins Containing Folic Acid Among Women of Childbearing Age---United States, 2004. MMWR 2004:53(36);847-850.</p>   |  |                            |
| <p><b>2. Prematurity:</b> Prematurity/low birthweight is the leading cause of death in the first month of life. In addition to mortality, prematurity is a major determinant of illness and disability among infants, including developmental delays, chronic respiratory problems and vision and hearing impairment. While the specific causes of spontaneous preterm labor and delivery are largely unknown, research indicates that they are likely due to a complex interplay of multiple risk factors, as opposed to any single isolated risk factor. In 2002, there were 7,368 preterm births in Kentucky, representing 13.6% of live births. Between 1992 and 2002 the rate of infants born preterm in Kentucky increased more than 28%. Source: <a href="http://www.marchofdimes.com/peristats">www.marchofdimes.com/peristats</a></p> |  |                            |
| <p><b>Folic Acid Goal:</b> To increase the proportion of women who take a vitamin containing folic acid daily</p>  |  |                            |
| <p><b>Prematurity Goals:</b> To increase public awareness of the problem of prematurity and to increase the number of pregnant women who know the signs and symptoms of premature labor.</p>   |  |                            |
| <b>Objectives</b> (Objectives are measurable statements that specify the outcomes of program activities, products or services within a specific time frame).   | <b>Activities to achieve objective</b> (Describe the methods necessary to achieve objectives. Tell who is going to do what, where, how and when.)          | <b>Comments</b> (Optional) |
| <p><b>Objective 1.1</b><br/>Partners will actively support the Kentucky Folic Acid Partnership.</p>  | <p><b>Activity 1</b><br/>The KY Dept. for Public Health and Barren River Dist. Health Dept. will fund the Folic Acid Coordinator position during 2005.</p> |                            |

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| <b>Objective 1.1 (Continued)</b>  | <b>Activity 2</b><br>Statewide Folic Acid Coordinator will maintain administrative support for Partnership including but not limited to, meeting minutes, members, mailing/email lists, expenditure records, completing Folic Acid/Prematurity Tracking Forms. |  |
|   | <b>Activity 3</b><br>KFAP members will continue active roles in the Partnership and its sub-committees by reporting activities, attending meetings, and/or communicating by mail, fax, phone or e-mail.  |  |
|   | <b>Activity 4</b><br>The Folic Acid Partnership Chair and/or the statewide folic acid coordinator will serve on the MOD Chapter PSC.   |  |
|   | <b>Activity 5</b><br>The Partnership will have three meetings during   |  |
| <b>Objective 1.2</b><br>Increase the proportion of women of childbearing age who are aware of folic acid and signs of preterm labor | <b>Activity 1</b><br>Orient and update March Of Dimes staff and volunteers about folic acid and prematurity at staff and volunteer meetings during 2005.   |  |
|   | <b>Activity 2</b><br>Display and distribute March of Dimes educational materials on folic acid and prematurity at MOD events, such as WalkAmerica, special events, and mission/program and volunteer development events.                                       |  |

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| <b>Objective 1.2 (Continued)</b>   | <b>Activity 3</b><br>Provide folic acid/prematurity information at 20 bridal fairs or other community events that target non-pregnant women of childbearing age.  |  |
|  | <b>Activity 4</b><br>As KFAP members do presentations to various groups throughout the year, mention folic acid and the problem of prematurity.   |  |
|  | <b>Activity 5</b><br>Expand folic acid and prematurity information on <a href="http://www.kfap.org">www.kfap.org</a> .  |  |
| <b>Objective 1.3</b><br>Increase the proportion of non-pregnant women of childbearing age who report taking a multivitamin containing folic acid every day by December 2005. | <b>Activity 1</b><br>By December 2005 conduct at least three focus groups or 15 interviews to assess why women do not take daily vitamins.  |  |
|  | <b>Activity 2</b><br>Work with state level contracts to encourage school nurses to educate students about the importance of starting the habit of taking daily multivitamins with folic acid.                 |  |
| <b>Objective 1.4</b><br>Increase pregnant women's knowledge of the warning signs of preterm labor and what to do if they occur.  | <b>Activity 1</b><br>Distribute MOD "Know the Signs of Preterm Labor" materials to approximately 600 child care providers that participate in the USDA Child Care Nutrition Program to post in their centers. |  |

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| <b>Objective 1.4 (Continued)</b> | <b>Activity 2</b><br>Provide at least 40 classes to pregnant women to educate them about preterm labor and how to have a healthy pregnancy. |  |
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