

Folic Acid Consumption

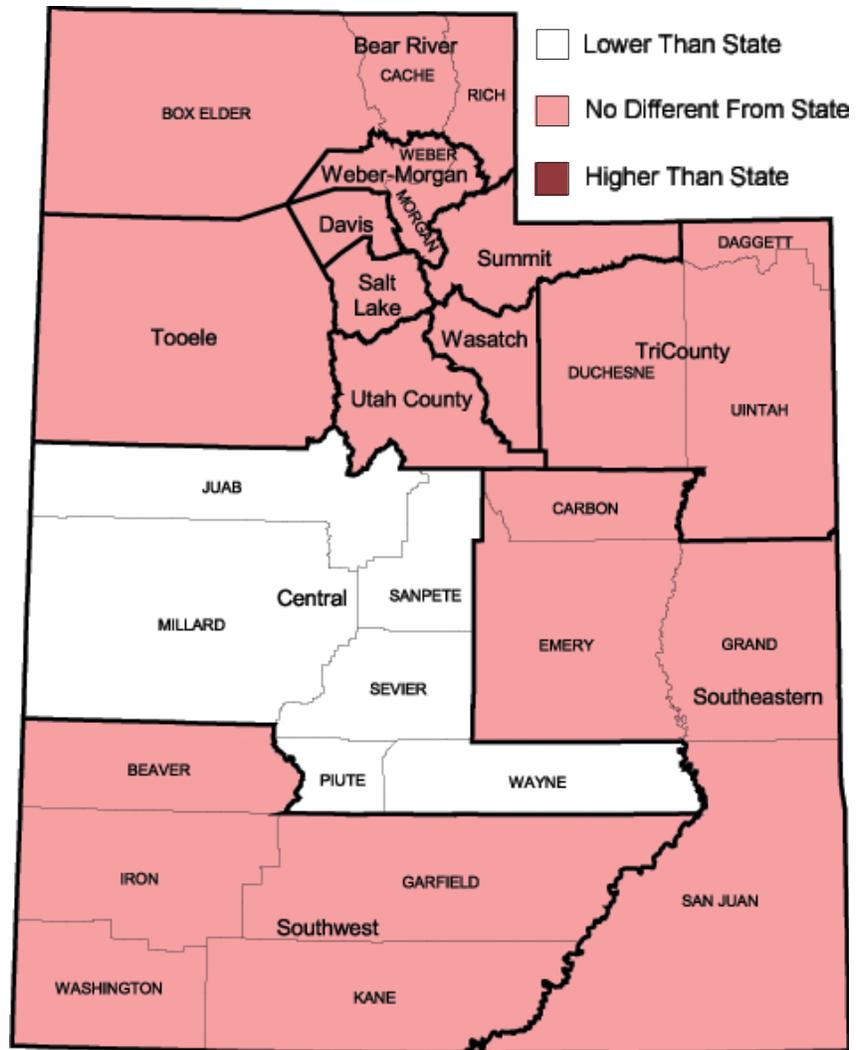


Questions: *Do you currently take any vitamin pills or supplements? Are any of these a multivitamin? Do any of the vitamin pills or supplements you take contain folic acid? How often do you take this vitamin pill or supplement?*

Neural tube defects (NTDs), including spina bifida, occur when the neural tube fails to close fully during fetal development. Each year in Utah, about 1 in 1,000 pregnancies are affected by NTDs. The occurrence of NTDs could be reduced by more than half if women consumed adequate folic acid one month before conception through the first three months of pregnancy. The U.S. Public Health Service recommended in 1992 that all women of childbearing age consume 400 micrograms of folic acid daily. The BRFSS asked the four questions above in order to determine if female respondents ages 18-44 (childbearing age) were taking vitamins or supplements with 400 micrograms of folic acid daily.

- The map shows that in Central Utah Health District women were less likely to report daily folic acid consumption than the state average. These questions were not asked in every state, so no comparison can be made between Utah and the U.S. as a whole.
- The crude rates for daily folic acid consumption differed from 34.8% in Central Utah Health District to 54.8% in TriCounty Health District.

Daily Folic Acid by Whether the Local Health District Percentage Differed From the State, Utah Women Ages 18-44, 1999-2001

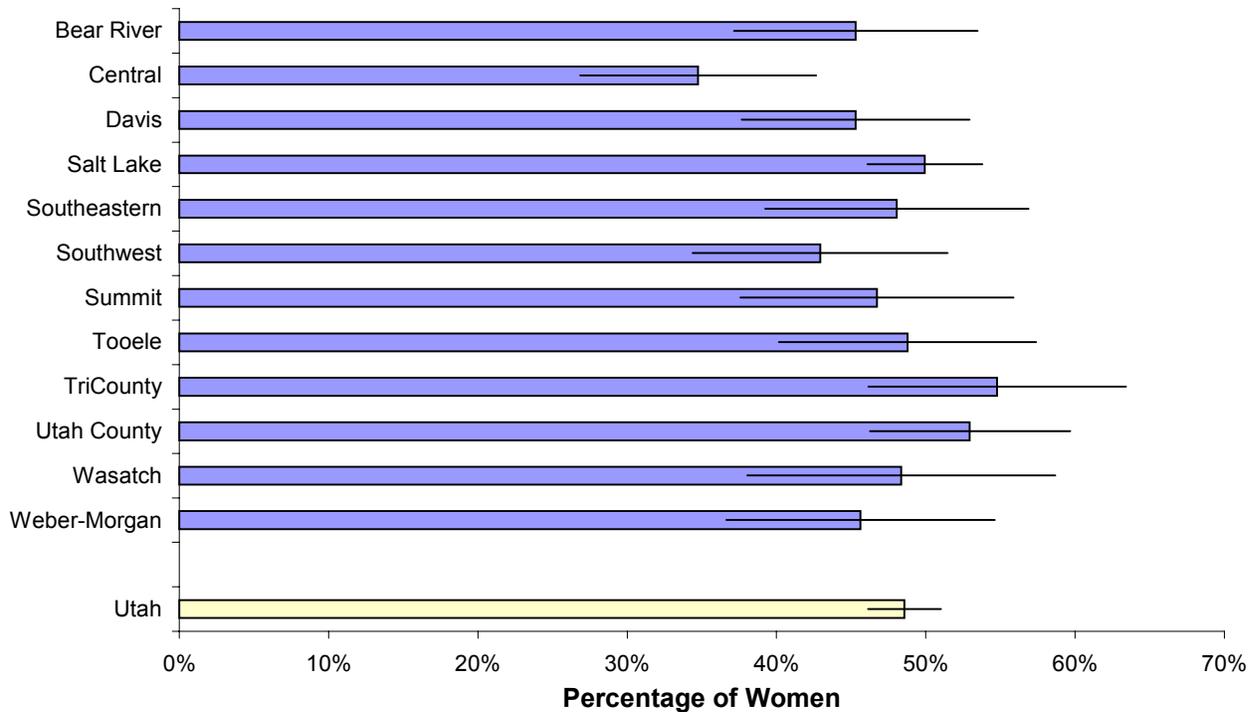


Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System



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Percentage of Women Who Reported Taking Folic Acid Daily*
by Local Health District, Utah Women Ages 18-44, 1999-2001



* crude rates
Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Women 18-44	Number of Women With Daily Folic Acid	Crude Rates			Age-adjusted Rates**		
				Percent	95% CI Range		Percent	95% CI Range	
Bear River	204	30,361	13,800	45.3%	37.2%	53.5%	45.6%	37.4%	53.8%
Central	163	11,187	3,900	34.8%	26.8%	42.7%	35.3%	27.4%	43.1%
Davis	203	47,911	21,700	45.3%	37.7%	52.9%	44.7%	37.3%	52.0%
Salt Lake	833	190,451	95,100	49.9%	46.1%	53.8%	49.8%	45.9%	53.7%
Southeastern	159	9,754	4,700	48.1%	39.2%	56.9%	48.1%	39.3%	56.9%
Southwest	183	25,723	11,000	42.9%	34.4%	51.5%	44.1%	35.7%	52.6%
Summit	175	6,165	2,900	46.7%	37.6%	55.9%	45.8%	35.6%	56.0%
Tooele	204	8,760	4,300	48.8%	40.2%	57.4%	49.4%	41.3%	57.5%
TriCounty	166	7,207	3,900	54.8%	46.1%	63.4%	54.7%	45.8%	63.5%
Utah County	299	88,438	46,800	53.0%	46.3%	59.7%	53.2%	46.6%	59.8%
Wasatch	155	2,974	1,400	48.4%	38.1%	58.7%	48.5%	38.5%	58.5%
Weber-Morgan	161	40,413	18,400	45.6%	36.6%	54.6%	45.8%	36.8%	54.7%
Utah	2,905	469,344	228,000	48.6%	46.1%	51.0%	48.7%	46.2%	51.1%

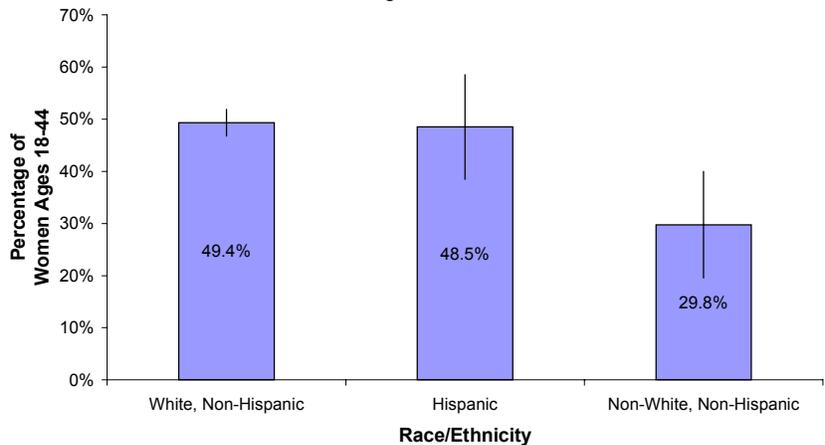
** Age adjusted to U.S. 2000 standard population

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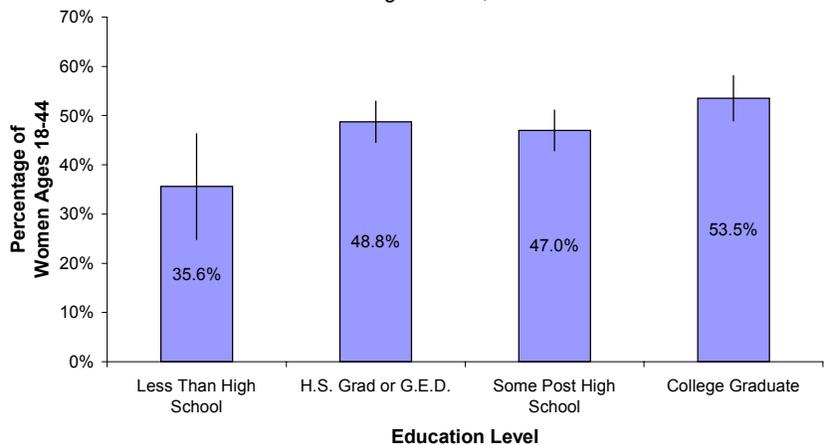
- Demographic comparisons showed that non-White, non-Hispanic women (including Black, Asian, Native Hawaiian or other Pacific Islander, and American Indian or Alaska Native women) were less likely than either the White, non-Hispanic or Hispanic women to report daily folic acid consumption.

Percentage of Women Who Reported Taking Folic Acid Daily by Race/Ethnicity, Utah Women Ages 18-44, 1999-2001



- The percentage of women reporting daily folic acid consumption increased with increasing education and income levels (income not graphed).

Percentage of Women Who Reported Taking Folic Acid Daily by Education, Utah Women Ages 18-44, 1999-2001



Since 1996, the Utah Birth Defect Network, in partnership with the Utah Chapter of the March of Dimes, the Spina Bifida Clinic at Primary Children’s Medical Center, and other programs in the Utah Department of Health, has worked through the Folic Acid Educational Campaign to increase folic acid consumption by providing educational materials to women, health care providers, and local health departments.

Utah Objective: Increase the number of women who know folic acid prevents birth defects and consume a multivitamin daily, prior to pregnancy.

HP2010 Objective (related) 16-6: Increase the proportion of pregnancies begun with an optimum folic acid level.



Folic Acid Consumption

Percentage of Women Who Reported Taking Folic Acid Daily by Selected Demographic Characteristics, Utah Women Ages 18-44, 1999 - 2001.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Women Ages 18-44 Who Reported Taking Folic Acid Daily ²			Number of Persons ^{1, 3}	Distribution of Women Ages 18-44 Who Reported Taking Folic Acid Daily by Category
			Lower	Upper	95% Confidence Intervals		
Folic Acid Consumption							
Take Daily Multiple Vitamin	45.6%	214,000					
Take Daily Folic Acid Supplement	3.0%	14,300					
Take Folic Acid < Daily	8.6%	40,200					
Do Not Consume FA	42.8%	200,900					
Total, All Women Ages 18-44	100.0%	469,300					
Age Group							
18 to 34	68.3%	320,500	48.3%	45.2%	51.5%	154,900	68.0%
35 to 44	31.7%	148,800	49.0%	45.1%	52.8%	72,800	32.0%
Total, All Women Ages 18-44	100.0%	469,300	48.6%	46.1%	51.0%	227,900	100.0%
Race/Ethnicity							
White, Non-Hispanic	85.0%	398,900	49.4%	46.8%	51.9%	196,900	86.7%
Hispanic	10.5%	49,300	48.5%	38.5%	58.6%	23,900	10.5%
Non-White, Non-Hispanic	4.5%	21,200	29.8%	19.5%	40.0%	6,300	2.8%
Total, All Women Ages 18-44	100.0%	469,300	48.6%	46.1%	51.0%	227,900	100.0%
Income							
Less Than \$20,000	14.0%	65,600	46.5%	39.9%	53.1%	30,500	13.1%
\$20,000-\$49,999	51.3%	240,700	49.4%	45.8%	52.9%	118,800	50.9%
\$50,000 or Over	34.8%	163,100	51.7%	47.3%	56.0%	84,300	36.1%
Total, All Women Ages 18-44	100.0%	469,300	48.6%	46.1%	51.0%	227,900	100.0%
Education							
Less Than High School	5.4%	25,500	35.6%	24.8%	46.4%	9,100	4.0%
H.S. Grad or G.E.D.	30.2%	141,800	48.8%	44.6%	52.9%	69,200	30.4%
Some Post High School	39.2%	183,800	47.0%	42.9%	51.1%	86,400	37.9%
College Graduate	25.2%	118,200	53.5%	49.0%	58.1%	63,300	27.8%
Total, All Women Ages 18-44	100.0%	469,300	48.6%	46.1%	51.0%	227,900	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.