



**AFFIRMING THE IMPORTANCE OF FOLIC ACID IN THE DIETS OF WOMEN OF  
CHILDBEARING AGE**

WHEREAS, nearly 3000 pregnancies are affected by neural tube defects each year in the United States due to inadequate maternal folic acid levels, and

WHEREAS, if all women of child bearing age consumed the proper amount of folic acid before getting pregnant and early pregnancy, up to 70 percent of neural tube defects could be prevented, and

WHEREAS, the Institute of Medicine's Food and Nutrition Board, the Spina Bifida Association and the March of Dimes have recommended that women who might become pregnant should consume 400 micrograms of synthetic folic acid every day from a vitamin or from fortified foods, in addition to eating a healthy diet rich in natural sources of folate, and

WHEREAS, research suggests that consumption of multivitamins containing folic acid when taken before and early in pregnancy, may help prevent certain serious birth defects of the brain and spine as well when taken throughout pregnancy may help prevent cleft palate, congenital heart defects, the risk of having a premature and low-birthweight baby, miscarriage or stillbirth, and

WHEREAS, while public awareness is improving, only one-third of childbearing age women are taking a multivitamin containing the B vitamin folic acid daily to prevent serious defect, therefore

BE IT RESOLVED, that the National Lieutenant Governors Association supports a public education campaign on the importance of folic acid in the diets of women of childbearing age, and

BE IT FINALLY RESOLVED, that the National Lieutenant Governors Association supports the strategies to increase state advocacy efforts regarding the benefits of folic acid to the general public and health care providers so that the incidence of preventable neural tube defects is reduced.

As introduced this 8th day of February, 2011.

Sponsored by: Lt. Governor Rick Sheehy, Nebraska

Co-Sponsor: Lt. Governor Anthony Brown, Maryland  
Secretary of State Kenneth McClintock, Puerto Rico  
Lt. Governor Matt Michels, South Dakota  
Lt. Governor Nancy Wyman, Connecticut  
Lt. Governor Brian Schatz, Hawaii  
Lt. Governor Sheila Simon, Illinois  
Lt. Governor Mead Treadwell, Alaska  
Lt. Governor Greg Bell, Utah  
Lt Governor Rebecca Kleefisch, Wisconsin