

Folic Acid Surveillance Surveys

New Hampshire (Updated 10/2012)

Criteria	Comments
Title of the state or local Folic Acid Survey	The New England Birth Defects Consortium: 6-State Folic- Acid/Multivitamin Distribution
Geographic area covered	Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island, and Vermont
Contact information at BDR	
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Survey sample size:	Pre-surveys were received for N= 2,259 women with follow up post- surveys obtained on N=952 (42% response rate)
General description of survey or dataset (target population, frequency of administration, years covered, data collection methods, reason for data collection)ss	Folic acid containing multivitamin distribution, utilizing pre and post intervention follow is an evidence-based method to conduct birth defects prevention activities. The basis of this project was to utilize distribution sites from each state's WIC (Women, Infants and Children Program) programs targeting women of child bearing age. A pilot project was initiated January 1, 2011 through December 31, 2011 to standardize the process of multivitamin distribution among all NE states. Pre and post surveys (developed in English and Spanish) were developed and a CDC Folic Acid educational brochure was selected that would be offered to women who came to a WIC clinic during the project period. Approximately 3000 multivitamin incentive bags, educational materials, pre and post surveys were offered to WIC participants.
Cost of survey	Approximately \$15,000 total project cost
Questions included in the survey (most current, changes over time, state specific changes)	
Uses of data	Results from this project demonstrate that an important area for further intervention can be targeted at educating providers about what types of folic acid sources are best as well as the importance of taking it. In general, results of this project validate previous studies on these types of prevention efforts and their effectiveness.
Results/Summary (may including links to reports or published articles)	<p>Pre-surveys were received for N= 2,259 women with follow up post- surveys obtained on N=952 (42% response rate). The following results are based on pre/post surveys completed for each participant. Participants ranged in age from 15 to 49 years old, with 31.5% responding that they were Hispanic, regardless of race. The race distribution for all NE states included: 69.7% (White), 9.6% (Black/African American), 2.7% (Asian), 1.1% (American Indian/Alaskan), 0.9% (Pacific Islander), 1.1% listing (more than one race) and 0.2% listing (other). Of those surveyed, only N=560(24.8%) said that they were currently taking a multivitamin; however N= 453 (81%) of them were taking it daily and N=307 (13.6%) knew that there was folic acid in their vitamin. Multivitamin use by race was significantly different with Black/African Americans and those listing themselves as more than one race both reporting the highest usage at 38%. Asian and White participants reported lower rates of 26% and 25% respectively. At the time of the pre survey, 1.8% of respondents stated that they were pregnant with less than half responding that they were currently taking a multivitamin.</p> <p>For those respondents who did not take a multivitamin, N=1685, the most common reasons were: "I don't know" – 20.7%, "I don't know which one is best" – 15.9%, "They are too expensive" – 15.8%, "I can't remember" – 12.3% and "My doctor did not tell me to" – 10.2%. Interestingly, when broken out by Hispanics, rates were higher for "I don't know which one is best" – 20% and "My doctor did not tell me to" – 14%.</p> <p>Data for post surveys showed differences by participant race were eliminated with very high rates (80% to 93%) among all groups reporting that they were currently using a multivitamin. This indicates that the intervention was effective. When looking at respondents' intention to continue to take multivitamins on their own, 76.5% stated that they would continue multivitamin use. In addition, 94% reporting pregnancy in the post survey also reported a multivitamin. Post-responders indicated that the primary reasons for not continuing to take multivitamins was "I can't remember" – 3.2% and "They are too expensive" – 1.7% . Post responders taking multivitamins were more aware of whether or not the multivitamin contained folic acid N=776 (81.5%) and N=702 (74%) of them were taking it daily, both increases from pre-survey rates.</p>
Web site address (if available)	
Comments (limitations, lessons learned)	

