



Georgia Folic Acid Campaign

MINI QUIZ for Health Professionals Folic Acid Friendly Offices

1. How much folic acid should a typical non-pregnant woman of childbearing age consume daily?
[Please check one, Note: mcg = micrograms]

- 260 mcg
- 600 mcg
- 400 mcg
- 140 mcg
- Not Sure

2. For each statement below, please check one response to indicate whether you think it is true or false, or if you are not sure.

| | • | <u>True</u> | <u>False</u> | <u>Not Sure</u> |
|---|---|--------------------------|--------------------------|--------------------------|
| a. Folic acid can prevent some birth defects. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Folic acid can prevent osteoarthritis. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Folic acid can lower the risk of colorectal cancer. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Folic acid decreases homocysteine levels. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Few grain products in the U.S. are fortified with folic acid. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Most women obtain the recommended amount of folic acid through their diet. | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

3. When should women begin to take folic acid, to prevent neural tube defects? **[Please check one response below.]**

- By the 8th week of pregnancy
- By the second trimester of pregnancy
- At least a month before conception
- Some other time frame **[Please describe]** _____

4. To the best of your knowledge, about what percentage of all pregnancies in the United States are unintended? Is it about 25%, 50%, or 75%? **[Please check one response below.]**

- 25%
- 50%
- 75%
- Don't know / Not sure

5. To the best of your knowledge, what is the recommended preconceptional daily dose of folic acid for women who have had a pregnancy affected by NTD, that is, a neural tube defect?
[Please check one response below.]

- 400 micrograms
- 1 milligram
- 4 milligrams
- 5 milligrams
- Don't know / Not sure