



March of Dimes Foundation

North Carolina Folic Acid Campaign  
6504 Falls of Neuse Rd, Ste 100  
Raleigh, NC 27615  
Telephone (919) 781-2481  
Fax (919) 781-2317  
mfazekas@marchofdimes.com  
marchofdimes.com  
getfolic.com

Megan Fazekas  
Communications Coordinator

## North Carolina Folic Acid Campaign Launches New Women's Health Website

**Raleigh, NC (January 5, 2009)** – In recognition of National Folic Acid Awareness Week the North Carolina Folic Acid Campaign (NCFAC) launched a completely redesigned website, [www.getfolic.com](http://www.getfolic.com). The site covers more than just folic acid; it also includes information about multivitamins and women's health. Folic acid is a part of a healthy lifestyle and research shows that up to 70 percent of birth defects of the brain and spine could be prevented if all women took folic acid before pregnancy.

With the help of Crittenden Advertising and Design Nation, the NCFAC created a comprehensive and easy-to-use resource for women's health and wellness in North Carolina. The Campaign plans to launch the Spanish-language portion of the website in April.

"The Folic Acid Campaign's website now offers women complete information about folic acid, multivitamins and their overall health," said Amy Mullenix, statewide coordinator for the Campaign. "We want women in North Carolina to use this as a tool to stay in good health."

The site also features a section for health care providers and other health professionals, which includes current recommendations, free materials and an impressive list of scientific journal articles. According to a March of Dimes Gallup poll, almost 90 percent of women say they'd take multivitamins at their doctor's recommendation.

The North Carolina Folic Acid Campaign, a collaboration between the North Carolina Folic Acid Council and the March of Dimes, uses innovative initiatives to educate women about the benefits of folic acid and the birth defects it helps to prevent. The statewide program's mission is to improve health by promoting the benefits and consumption of folic acid by taking a daily multivitamin. Established in 1994, the program advocates that all women of child bearing age take 400 mcg of folic acid daily to help prevent birth defects of the brain and spine, called neural tube defects (NTDs).

To find out more about the Campaign visit [www.getfolic.com](http://www.getfolic.com), or contact Megan Fazekas at 919-7424-2151 or by e-mail at [mfazekas@marchofdimes.com](mailto:mfazekas@marchofdimes.com). Membership in our Council is free. Sign up <http://www.getfolic.com/about-us/join-us-form.htm> and stay informed about Campaign activities.

###

### **About the March of Dimes**

*The March of Dimes is the leading nonprofit organization for pregnancy and baby health. With chapters nationwide and its premier event, March for Babies, the March of Dimes works to improve the health of babies. For the latest resources and information, visit [marchofdimes.com](http://marchofdimes.com) or [nacersano.org](http://nacersano.org).*

