

- Description**
- Often not consuming supplements recommended as essential:
 - PG: 27 mg iron; BF/NBF: 400 mcg folic acid; and 150 µg iodine

Assess Readiness for Change: with open ended questions

- “You are not taking xx (i.e. folic acid). What is the reason?”
- “What have you heard about xx (i.e. folic acid)?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
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<p>Not ready →</p> <p>“I had my baby and I’m not breastfeeding so I don’t need it anymore.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “It is recommended, any women who could get pregnant, take folic acid. It is most needed taken early, even before you know you are pregnant. How would you feel about taking folic acid since you could become pregnant again?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because it is recommended that women take folic acid. Folate is also present in foods. Would you mind if I shared some of those foods?” • <i>Knowledge: folic acid and foliate are interchangeable, folic acid is the manmade form (used in supplements), folate is the from found in foods (dark green veg, oranges)</i>
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Record Plan or Goal	Mom to take folic acid. Didn’t know needed to continue. Check supplement use next appointment.	
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<p>Unsure →</p> <p>“I eat well so it doesn’t seem like I need to take a vitamin. It would just be wasted.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “Folic acid is still recommended as most of us don’t eat perfectly everyday! What other reasons do you have for not including it as part of your day?” • “On a scale of 1-10, how willing are you to take folic acid?” • “You mentioned you feel like you eat well, what do you eat to get in your folic acid?” 	<ul style="list-style-type: none"> • Folic acid: for pregnant and women who could get pregnant, to prevent birth defects of spine/brain <ul style="list-style-type: none"> ○ Sources: prenatal vitamin (or folic acid supplement) & foods • Iron: prevents anemia <ul style="list-style-type: none"> ○ Sources: prenatal vitamin & foods • Iodine: recommended for PG & BF women to prevent negative affects in mental function in children
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Record Plan or Goal	Mom eats cereal daily. She decided doesn’t need folic acid. Shared reading labels.	
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<p>Ready →</p> <p>“I should be taking a prenatal vitamin but I don’t have a prescription yet.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “We would like to see you start your vitamin soon. When do you think you will have your prescription?” 	<ul style="list-style-type: none"> • "Until you get your prescription, how about making sure you get in a good folic acid food source every day?"
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Record Plan or Goal	Encouraged Vit even if gets on her own. Reviewed folic acid in foods. Mom says will include a folic acid food daily for now.	
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Education Resources	<p>http://www.womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.pdf Handout- <i>Folic Acid FAQ’s (vers 5/18/10)</i></p> <p>https://utextension.tennessee.edu/publications/Documents/SP505-A.pdf Handout- <i>Folic Acid for Healthy Babies (vers 11/2009)</i></p> <p>http://www.thyroid.org/patients/patient_brochures/iodine_deficiency.html Resource- <i>Iodine Deficiency</i></p> <p>http://ods.od.nih.gov/factsheets/iron-HealthProfessional/ Resource- <i>Iron Fact Sheet</i></p>
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