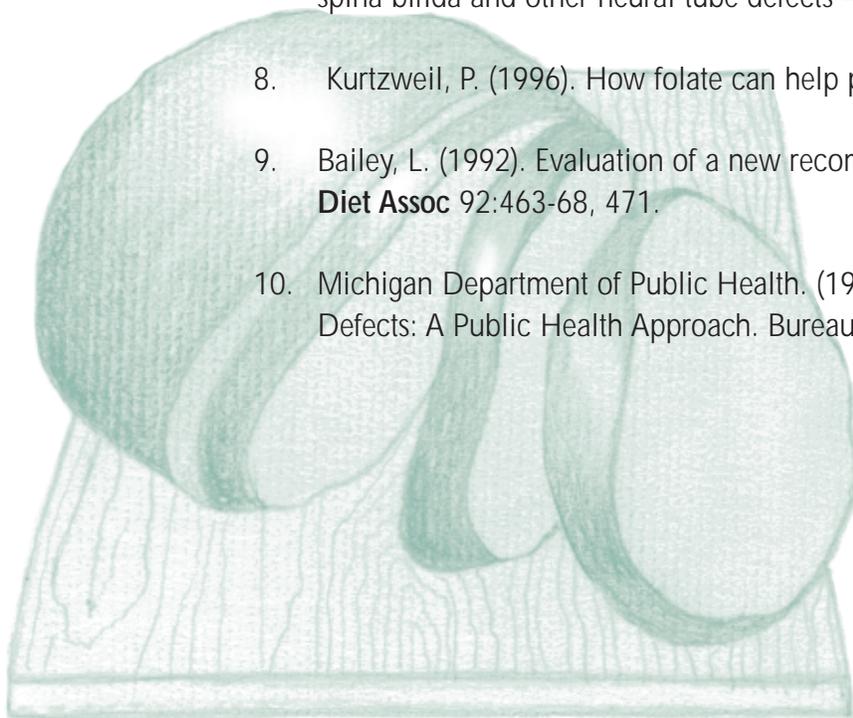


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- Division of Quality
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Bureau of Health Standards and Quality

* *Co-Chairs*

For More Information:

For additional educational strategies and suggested delivery channels to reach priority populations, see the accompanying document, "Ideas on Educating Ohioans About the Importance of Folic Acid." For additional copies of these documents or more information, contact:

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AGENCY RESOURCES FOR BIRTH DEFECTS REDUCTION ACTIVITIES

The following agencies may be contacted directly for additional professional and client education resources on reduction of NTDs and other birth defects.

Centers for Disease Control and Prevention
National Center for Environmental Health,
Birth Defects and Developmental Disabilities
4770 Buford Highway NE - Mailstop F-45
Atlanta, GA 30341-3724
Website Address: <http://www.cdc.gov/nceh/about/org/bddd.htm>

Florida Department of Citrus
(For the Florida Citrus Growers)
1-813-499-2520

Ohio Regional Comprehensive Genetic Services Network
(Refer to page 16 for the Genetics Center in your area.)

Great Lakes Regional Genetics Group (GlaRGG)
328 Waisman Center
1500 Highland Avenue
Madison, WI 53705-2280

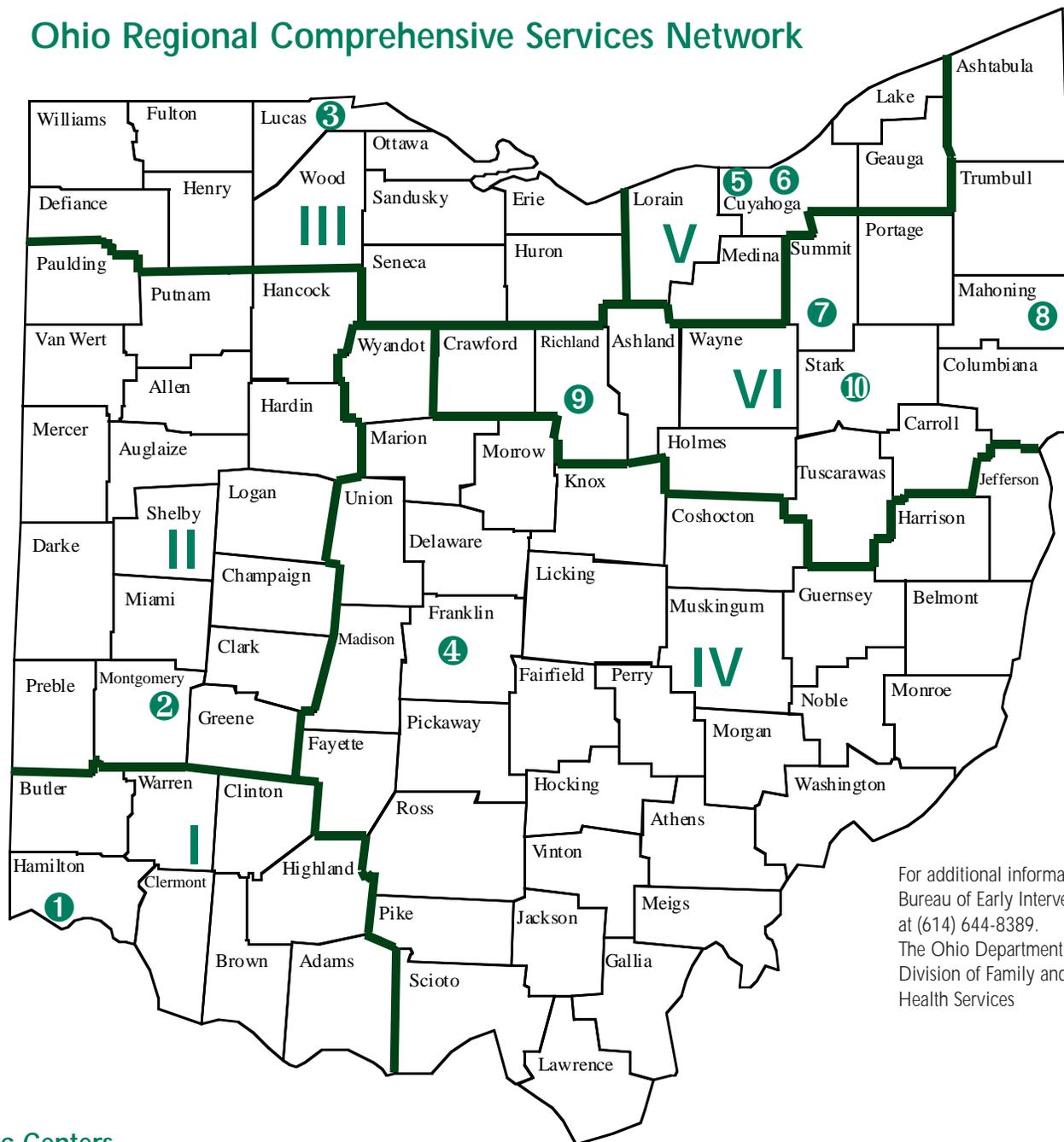
March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
1-800-367-6630

Spina Bifida Association of America
4590 MacArthur Blvd NW - Suite 250
Washington, DC 20007

Spina Bifida Association of Kentucky
Project Healthy Babies Folic Acid Campaign
982 Eastern Parkway
Louisville, KY 40217



Ohio Regional Comprehensive Services Network



For additional information, call the Bureau of Early Intervention Services at (614) 644-8389. The Ohio Department of Health, Division of Family and Community Health Services

Genetic Centers

- 1. Region I**
Children's Hospital Medical Center
Genetic Center
3333 Burnet Avenue
Cincinnati, OH 45229
(513) 636-4760 • FAX (513) 636-7297
- 2. Region II**
Children's Medical Center
Genetics Center
One Children's Plaza
Dayton, OH 45404
(937) 226-8408 • FAX (937) 463-5325
- 3. Region III**
Medical College of Ohio
Genetics Center
Department of Pediatrics
P.O. Box 10008
Toledo, OH 43699
(419) 383-4435 • FAX (419) 383-4647

- 4. Region IV**
Children's Hospital Genetics Center
700 Children's Drive
Columbus, OH 43205-2696
(614) 722-3535 • FAX (614) 722-3546
- 5. Region V**
MetroHealth Medical Center
Genetics Center/Dept. Peds.
2500 MetroHealth Drive
Cleveland, OH 44109
(216) 778-4323 • FAX (216) 778-8840
- 6. Region V**
Case Western Reserve University
School of Medicine and University
Hospitals of Cleveland
Center for Human Genetics
11100 Euclid Ave., Lakeside 1500
Cleveland, OH 44106-6055
(216) 844-3936 • FAX (216) 844-7497

- 7. Region VI**
The Children's Hospital
Medical Center of Akron
Genetics Center
One Perkins Square
Akron, OH 44308
(330)379-8792 • FAX (330) 258-3677
- 8. Region VI**
Tod Children's Hospital
Genetics Center
500 Gypsy Lane
Youngstown, OH 44501
(330) 740-3106 • FAX (330) 740-3740

Satellite Centers

- 9. Region VI**
Rehabilitation Service of
North Central Ohio, Inc.
270 Sterkel Boulevard
Mansfield, OH 44907
(419) 756-1133 • FAX (419) 756-6544

- 10. Region VI**
Maternal Fetal Medicine
Aultman Hospital
2600 6th Street S.W.
Canton, OH 44710
(330) 452-9911 ext.4235
FAX (330) 580-6774

Outreach Clinics

Include but not limited to:

- | | |
|------------|------------|
| Athens | Medina |
| Defiance | Owensville |
| Georgetown | Portsmouth |
| Hamilton | Ravenna |
| Hillsboro | Sandusky |
| Lima | Tiffin |
| Lorain | West Union |
| Mason | Zanesville |

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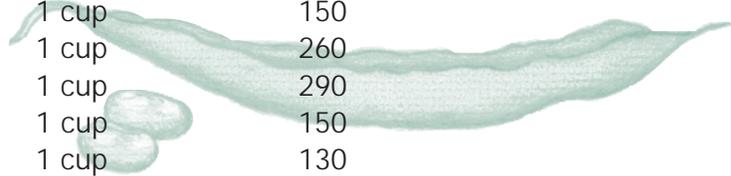
FOODS RICH IN FOLATE

FOOD	SERVING SIZE	MICROGRAMS (mcg) OF FOLATE
Juice		
Orange, fresh squeezed	1 cup	75
Orange, frozen, reconstituted	1 cup	110
Pineapple, canned	1 cup	60
Cereals (fortified with folic acid)		
All-Bran	1 cup	300
Bran Buds	1 cup	300
Bran Chex	1 cup	170
C.W. Post, plain	1 cup	340
C.W. Post, raisins	1 cup	360
Corn Bran	1 cup	230
*Corn Chex	1 cup	100
Fortified Oak Flakes	1 cup	170
40% Bran Flakes (Kellogs)	1 cup	140
40% Bran Flakes (Post)	1 cup	165
Fruit and Fiber with Apples	1 cup	200
Fruit and Fiber with Dates	1 cup	200
Fruitful Bran	1 cup	130
Grape Nuts	1 cup	400
Grape Nuts Flakes	1 cup	115
Honey & Nut Corn Flakes	1 cup	130
*Instant Oatmeal	1 cup	200
Most	1 cup	730
Nutri-Grain Barley	1 cup	145
Nutri-Grain Corn	1 cup	150
Nutri-Grain Rye	1 cup	140
Nutri-Grain Wheat	1 cup	155
Product 19	1 cup	465
Raisin Bran (Kellogg)	1 cup	130
Raisin Bran (Post)	1 cup	200
Raisin, Rice and Rye	1 cup	125
Rice Krispies	1 cup	100
Wheat and Raisin Chex	1 cup	140
*Wheat Chex	1 cup	160
Total (wheat)	1 cup	465
Total (raisin brand)	1 cup	400
Wheaties	1 cup	100
Wheat germ, toasted	2 tablespoons	50
Brewers yeast	1 tablespoon	310
Snacks		
Mixed nuts with peanuts	1 cup	70



FOODS RICH IN FOLATE-Continued

FOOD	SERVING SIZE	MICROGRAMS (mcg) OF FOLATE
<u>Beans and Lentils, Cooked</u>		
Black beans	1 cup	260
Black-eyed peas (cowpeas)	1 cup	360
Garbanzo beans	1 cup	280
Kidney beans	1 cup	230
Lentils	1 cup	360
Lima beans, small	1 cup	270
Lima beans, large	1 cup	150
Navy beans	1 cup	260
Pinto beans	1 cup	290
Refried beans, canned	1 cup	150
Split peas	1 cup	130
White beans, small	1 cup	250
<u>Vegetables</u>		
Artichoke	1 medium	60
Asparagus	1/2 cup	90
Avocado	1 medium	110
Escarole	1 cup	70
Lettuce, romaine, chopped	1 cup	70
Loose-leaf lettuce	1 cup	60
Okra, cooked	1/2 cup	130
Peas, green, cooked from fresh	1/2 cup	100
Spinach, cooked	1/2 cup	100
<u>Dairy Products</u>		
Cottage cheese	1/2 cup	10
Milk	1 cup	10
Evaporated Milk (concentrate)	1 cup	20
Nonfat Dry (concentrate)	1 cup	30
Yogurt, nonfat, plain	1 cup	30
Egg	1	25
<u>Meat and Poultry</u>		
Kidney, beef	1 each	130
Liver, braised		
Chicken	3 ounces	660
Turkey	3 ounces	570
Beef	3 ounces	190
Veal	3 ounces	650
Lamb	3 ounces	60



*WIC Approved

SELECTED FOLATE EDUCATION RESOURCES

Workgroup members reviewed and selected a limited number of educational materials related to NTD-reduction efforts. Ordering information and cost are listed below:

Title	Available From	Price
Pre-Pregnancy Education		
A Simple Vitamin Can Help Avoid a Serious Problem	Shriners Hospital for Crippled Children Crippled Children 1-800-237-5055	Free - Call for Availability
March of Dimes Foundation - Think Ahead...for a Healthy Baby	March of Dimes Birth Defect Foundation*	Free - Call for Availability
March of Dimes Foundation - Women and Babies English & Spanish Versions Available	March of Dimes Birth Defect Foundation*	Free - Call for Availability
Are You a Woman Between the Ages of 13 and 45?	March of Dimes Birth Defect Foundation New Hampshire Chapter 22 Bridge Street Concord, NH 03301 1-616-228-0317	\$15.00 - Packet of 50, includes shipping
Great News for Women and Babies	Howard Printing Lansing, MI ATTN: Electra Schwartz 1-800-968-4726 or 1-616-329-0022	\$13.89 - 5,000 copies \$16.86 - 10,000 copies
Folate and Healthy Babies	Kellogg's Consumer Affairs P.O. Box 3447 Battle Creek, MI 49017-3447 1-800-822-0221 Call for Order Form	First 25 free - \$2.50 each additional 25 copies
Couples at High Risk		
Preventing NTDs - Family Genetics Update	Pacific NW Regional Genetics Group CDRC, Clinical Services Bldg. 901 E. 18th Avenue Eugene, OR 97403-5254 1-541-346-2610	Reproducible Master - Call for Availability
What You Should Know About Folic Acid	National Maternal & Child Health Clearinghouse 2070 Chain Bridge Road, Suite 450 Vienna, VA 22182 1-703-356-1964	Free- Call for Availability

* See "Agency Resources For Birth Defects Prevention Activities" list for complete address.