

Why is folic acid recommended?

(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
To make strong bones	15.6	21.9	10.6	16.2			
Prevent birth defects	49.4	39.4	60.8	45.9			
Prevent high blood pressure	3.5	6.7	4.0	1.3			
Other reason	12.0	7.4	10.0	16.2			
Don't know/Not sure	19.4	24.6	14.6	20.4			
Female							
To make strong bones	15.6	21.9	10.6	16.2			
Prevent birth defects	49.4	39.4	60.8	45.9			
Prevent high blood pressure	3.5	6.7	4.0	1.3			
Other reason	12.0	7.4	10.0	16.2			
Don't know/Not sure	19.4	24.6	14.6	20.4			

Denominator is:

All female respondents under the age of 45.

Why is folic acid recommended?

(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	564	103	211	250			
To make strong bones	80	19	22	39			
Prevent birth defects	279	44	121	114			
Prevent high blood pressure	19	6	9	4			
Other reason	70	8	22	40			
Don't know/Not sure	115	26	36	53			
Refused	1		1				
Female							
Total	564	103	211	250			
To make strong bones	80	19	22	39			
Prevent birth defects	279	44	121	114			
Prevent high blood pressure	19	6	9	4			
Other reason	70	8	22	40			
Don't know/Not sure	115	26	36	53			
Refused	1		1				

Denominator is:

All female respondents under the age of 45.

Currently Takes a Multivitamin or Other Supplement Containing Folic Acid.

(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Yes, takes folic acid	58.8	54.0	53.9	65.3			
No, does not take folic acid	41.2	46.0	46.1	34.7			
Female							
Yes, takes folic acid	58.8	54.0	53.9	65.3			
No, does not take folic acid	41.2	46.0	46.1	34.7			

Denominator is:
All female survey respondents under age 45 who said they take either a multivitamin or other supplement that contains folic acid .

Currently Takes a Multivitamin or Other Supplement Containing Folic Acid.

(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	564	103	211	250			
Yes, takes folic acid	340	59	115	166			
No, does not take folic acid	219	42	94	83			
Don't know/Not sure	5	2	2	1			
Female							
Total	564	103	211	250			
Yes, takes folic acid	340	59	115	166			
No, does not take folic acid	219	42	94	83			
Don't know/Not sure	5	2	2	1			

Denominator is:
All female survey respondents under age 45 who said they take either a multivitamin or other supplement that contains folic acid .

How Often Took Folic Acid: Daily and Weekly.

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
One time per day		79.0	75.4	86.1	76.0			
Two times per day		4.4	8.7	1.5	4.4			
Three times or more per day		.5		.5	.7			
Approximately three times per week		6.8	8.7	6.9	5.8			
Approximately four to six times per week		5.1	4.0	1.6	7.9			
Less than three times per week		3.5	1.6	3.5	4.4			
Unknown		.7	1.6		.7			
Female	One time per day	79.0	75.4	86.1	76.0			
	Two times per day	4.4	8.7	1.5	4.4			
	Three times or more per day	.5		.5	.7			
	Approximately three times per week	6.8	8.7	6.9	5.8			
	Approximately four to six times per week	5.1	4.0	1.6	7.9			
	Less than three times per week	3.5	1.6	3.5	4.4			
	Unknown	.7	1.6		.7			

Denominator is:

All female survey respondents under age 45 who said they take either a multivitamin or other supplement that contains folic acid .

How Often Took Folic Acid: Daily and Weekly.

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		340	59	115	166			
One time per day		267	44	96	127			
Two times per day		16	5	2	9			
Three times or more per day		2		1	1			
Approximately three times per week		22	5	8	9			
Approximately four to six times per week		19	3	4	12			
Less than three times per week		12	1	4	7			
Unknown		2	1		1			
Female	Total	340	59	115	166			
	One time per day	267	44	96	127			
	Two times per day	16	5	2	9			
	Three times or more per day	2		1	1			
	Approximately three times per week	22	5	8	9			
	Approximately four to six times per week	19	3	4	12			
	Less than three times per week	12	1	4	7			
	Unknown	2	1		1			

Denominator is:

All female survey respondents under age 45 who said they take either a multivitamin or other supplement that contains folic acid .