National Folic Acid Awareness Week
(First Full Week in January)
QUICK-GUIDE

A publication of the Center for Leadership Education in Maternal and Child Public Health

This is one of 50+ "Quick-Guides" created to help you take advantage of national health observances. It can help you guide your maternal and child health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit many audiences.

For other Quick-Guides, visit: z.umn.edu/aguide

Social Media

Hashtag
#Prevent2Protect
#1in33
#Folic Acid Awareness Week

Instagram
@cdcgov
@spinabifidaassn

Facebook
-National Birth Defects Prevention Network (NBDPN)
-Spina Bifida Association
-Centers for Disease Control and Prevention (CDC)

Twitter
@NBDPN
@CDC_NCBDDD

Print, Post, or Share

National Birth Defects Prevention Network Social Media Toolkit
FAAW Infographic
Sample FAAW Article

Centers for Disease Control and Prevention (CDC)
Facts About Folic Acid
Folic Acid Recommendations
Folic Acid Materials

Sample Tweets/Posts

Make health a habit! Daily
#Folic Acid before pregnancy can help prevent spina bifida, a common birth defect #Prevent2Protect #1in33 #Folic Acid Awareness Week

~1,300 babies are born each year without a neural tube defect since #Folic Acid fortification began
#Prevent2Protect #1in33

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