



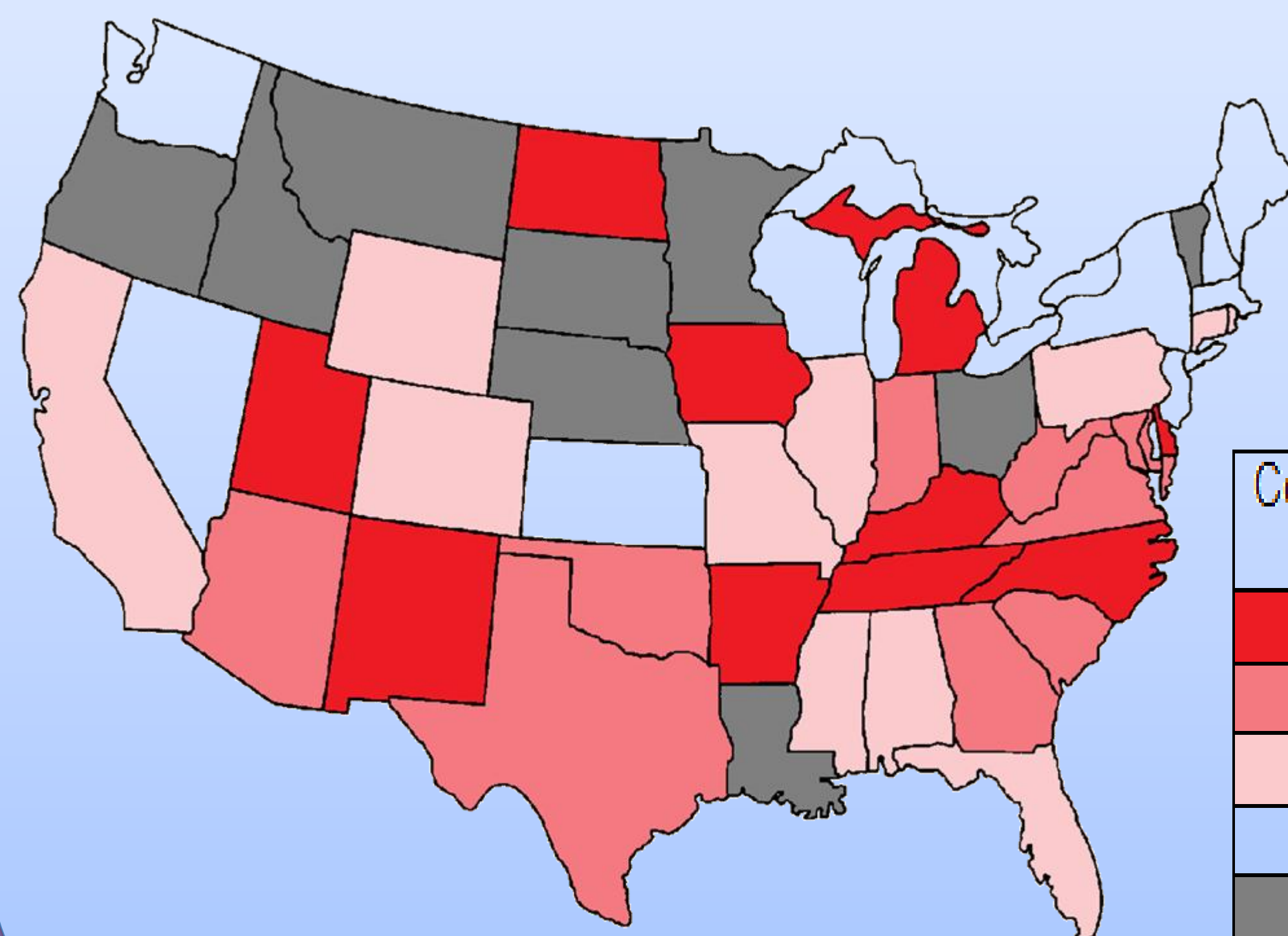
Abstract

- Spina bifida is a preventable neural tube defect linked to the folic acid intake of women.²
- The rates of spina bifida are highest among women of Latin American decent.²
- Educational approach: diet plan and brochures.

Background

- Spina bifida is caused by the failure of a fetal spinal column to close.³
- There is no known cure for spina bifida.⁶
- Best prevention is adequate folic acid intake by periconceptual and pregnant women.²
- In New Mexico, 5.63 out of every 10,000 live births are affected by spina bifida.¹

Spina Bifida Rates in the United States



Project Goals/Objectives

- Decrease rate of spina bifida in New Mexico through education and implementation of a diet plan.
- Make the diet plan affordable, broadly nutritious and culturally cohesive.

Methods/Process

- Went to the Hispanic foods section of a local market and determined which foods would be most accessible and budget-friendly.



- Created a diet plan and displayed it on example plates.
- Made brochures in English and Spanish containing more information on spina bifida prevention.
- Distributed brochures and plates in hospitals, schools, churches, supermarkets, and other public places around New Mexico.

Results/Outcomes

In order to determine the significance of our intervention, we will compare the previously established rate of neural tube defects with a new rate, which we will determine five years after the implementation of our plan.



Conclusions/Recommendations

- We anticipate a significant decrease in the rate of spina bifida in New Mexico.
- If this is the case, we will recommend extending our program to other high risk communities.

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- All photographs included on this poster are original photographs.

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