

Some key facts...

- Hispanic/Latina women have a risk 1.5 to 3 times higher than non-Hispanic white women of having a child affected by neural tube defects (brain and spine birth defects).
- Neural tube defects can be prevented by taking 400 micrograms of folic acid every day.
- Hispanic/Latina women have lower levels of folic acid in their blood and are less likely to eat foods with folic acid.
- Hispanic/Latina women are less likely to know about folic acid and how it can prevent birth defects, or take folic acid.



MultiVitamins

Get More Information on How to Stay Healthy

www.takemultivitamins.com

Hotline: 1-800-252-5942

Take your multivitamin every day!
It's an expression of **love** for yourself.



Made possible by grant funding



Take Your
Multivitamin
Every Day!

It's an expression of love for yourself.

Let's talk about your health...

Why take multivitamins?

Vitamins and minerals are nutrients that your body needs every day to grow and maintain good health.

Ideally, you would get all the nutrients your body needs from healthy meals and snacks throughout the day. This is possible, but it requires careful planning and knowing a lot about your foods. The food choices you make and what is available to you may not always have everything that your body needs for good health.

The good news is that taking a multivitamin every day can help your body get all the nutrients it needs to fight off illness and better support your activities!



Facts on Multivitamins and Folic Acid

Studies have shown that not having enough of some vitamins can affect your body in many bad ways and can also affect your babies if you ever become pregnant. For example, folic acid is a B vitamin and is important for all women at all ages.

- Folic acid can help prevent several types of cancers and heart disease.
- Folic acid also helps prevent birth defects of the brain and spine in babies, which are known as neural tube defects (NTDs).
- If you think this does not apply to you because you are not planning on becoming pregnant, think again. Research shows that half of all pregnancies in the U.S. are unplanned!

So, even if you don't plan to become pregnant, take a multivitamin with 400 micrograms of folic acid every day!

More about your health...

Physical Activity

Regular physical activity reduces the risk for many diseases; helps control weight; and strengthens muscles, bones, and joints.

Good Nutrition

Staying healthy means eating a well-balanced diet! This means including a variety of foods from each food group. Make smart choices!

Alcohol

The legal drinking age in the U.S. is 21 years old. To drink alcohol is a personal decision that you may have to make some day. If you choose to drink alcohol, you should also know how alcohol can damage your body. Make an informed decision!

Depression

Depressed adolescents tend to be withdrawn, have limited interests, and suffer from low self-esteem. There is help available. Find out if you have depression...and get help today!

Suicide

If you or someone you know is thinking about suicide please seek help; you are not alone! There is help for you regardless of age, race, ethnicity or social status.

Meth

Learn about the TRUE symptoms of meth use which include: inability to sleep; nervous physical activity like scratching; irritability, dizziness, or confusion; tremors or even convulsions; among others.... Know the facts!



For more details on all of these health topics and more, visit www.takemultivitamins.com.