

Organization: New Hanover County Health Department

County: New Hanover

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Project: Nutrition Resources (Multivitamins)

*****Below are excerpts from their final report*****

About the Project: The N.C. Healthy Start Foundation grant was used to purchase multivitamins for low-income women of childbearing age to initiate good preconception health. The multivitamins are being distributed to the patients in the Family Planning Clinic, postpartum women at Costal OB/GYN Clinic (located at New Hanover Regional Medical Center), and women receiving services at the Department of Social Services via the Family Planning Outreach Nurse.

Successes: This grant allowed low-income women the chance to improve their preconception health as well as add healthy habits in their daily routine. Taking multivitamins with 400 mcg of folic acid daily will decrease the chance of them having a baby with a neural tube defect such as spina bifida. Written information relating to preconception health and living a healthy lifestyle is included in the packets. This allows women who could not normally afford multivitamins and were not aware of the importance of taking a multivitamin daily to learn more about healthy habits.