HOUSE No. 1952

The Commonwealth of Massachusetts

PRESENTED BY:

Gloria L. Fox

To the Honorable Senate and House of Representatives of the Commonwealth of Massachusetts in General Court assembled:

The undersigned legislators and/or citizens respectfully petition for the passage of the accompanying:

An Act to establish folic acid awareness programs for young girls and women.

PETITION OF:

NAME:	DISTRICT/ADDRESS:
Gloria L. Fox	7th Suffolk
Cheryl A. Coakley-Rivera	10th Hampden
Kay Khan	11th Middlesex
Linda Dorcena Forry	12th Suffolk
Martin J. Walsh	13th Suffolk
Denise Andrews	2nd Franklin
Aaron Vega	5th Hampden
Mary S. Keefe	15th Worcester
Marcos A. Devers	16th Essex
Tricia Farley-Bouvier	3rd Berkshire
Christine E. Canavan	10th Plymouth
Kate Hogan	3rd Middlesex

HOUSE No. 1952

By Ms. Fox of Boston, a petition (accompanied by bill, House, No. 1952) of Gloria L. Fox and others relative to establishing the folic acid awareness programs for young girls and women. Public Health.

[SIMILAR MATTER FILED IN PREVIOUS SESSION SEE HOUSE, NO. 1479 OF 2011-2012.]

The Commonwealth of Massachusetts

In the Year Two Thousand Thirteen

An Act to establish folic acid awareness programs for young girls and women.

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

- This legislation aims to build upon the work of health institutions such as Children's
- 2 Hospital Boston Center for Young Women's Health, Fenway Health Center, and Whittier Health
- 3 Center, all other centers, programs and healthcare facilities. Folic acid is a key element of
- 4 healthy diets in young girls and women; its daily consumption has been linked to reducing the
- 5 incidence of neural tube defects, cleft palates, congenital heart defects, prematurity, and low
- 6 birth weight in newborns. It is imperative that the Commonwealth recognize the importance of
- 7 folic acid in girls' and women's diets, and assist health institutions in continuing their health and
- 8 wellness advocacy programs around its consumption. This is especially true given the high
- 9 incidence of premature births and low birth weight among women of color.
- Taking folic acid daily is recommended for all people, especially for women in their childbearing years. Folic Acid when taken before pregnancy and in the early weeks of pregnancy
- the children of the first when taken before pregnancy and in the early weeks of pregnance
- 12 can reduce the risk of neural tube defects by 70%. For all women and men: In the body, folic
- 13 acid:
- May prevent heart disease and certain types of cancers
- May protect against depression and decline in cognitive functioning
- Is necessary for cell division and replication

- Helps in the formation of mature red blood cells and prevents a type of anemia 18 called megaloblastic anemia
- Helps maintain heart health by lowering levels of homocysteine, a compound known to increase risk of cardiovascular complications
- 21 For moms-to-be: In the body, folic acid:
- Helps prevent birth defects
- Helps reduce risk of high blood pressure in pregnancy
- Helps prevent low birth weight
- Helps reduce risk of miscarriage
- In recognizing the importance of folic acid in the diets of women and girls, research
- 27 suggest that consumption of multivitamins containing folic acid may also help prevent many of
- 28 the health issues listed. We hope that by creating an awareness program in all of our areas that
- 29 cover young women and women health, wellness and education of such.