Neural tube defects (NTD) are among the most serious birth defects that contribute to infant mortality and morbidity. Nationally, NTDS including anencephaly, spina bifida, and encephalocele are estimated to account for 2,660 infants born with a birth defect annually.\textsuperscript{50} Research has shown that 50% to 70% of these NTDS can be prevented if women consume 4mg of folic acid daily before and during pregnancy. The United States Preventative Services Task Force (USPSTF) recommends that all women who are planning to or can potentially become pregnant take a daily supplement containing folic acid. According to the 2012 BRFSS, 35.9% of Arizona women of child-bearing age take a supplement containing folic acid (see Figure 22A).

In 1996, the Food and Drug Administration (FDA) began requiring that specific flours, breads, and other grain be fortified with folic acid. The FDA expanded its mandate in 1998 to include other products that use enriched flour and corn flour. Breakfast cereal aside, the foods fortified with folic acid do not provide sufficient folic acid to meet the 4mg recommended; breakfast cereal contain .4mg of folic acid, but the other fortified foods only contain .1 mg per serving. Furthermore, imported corn meal and corn flour products are not required to follow FDA guidelines. Research has shown that Hispanic women are less likely to consume breakfast cereals and are more likely to purchase imported corn flour products.\textsuperscript{52} To obtain the appropriate sample size to stratify the data by race, the BRFSS data from 2003 through 2010 was combined. The data indicates that there is a racial disparity when assessing folic acid awareness and supplementation. Arizona Hispanic and American Indian women had significantly lower folic acid supplementation when compared to White Non-Hispanics. Furthermore, all minorities had a significantly lower percentage reporting folic acid awareness when compared to White Non-Hispanic women (see Figure 22C). The folic acid intake disparity due to diet is further compounded by the fact that Hispanic women are less likely to take a supplement containing folic acid and less aware of its health benefits.