**Abstract**

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

**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.

**Background**

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

**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.

**Acknowledgments**

We would like to thank our professors, Helen Vassallo and Jill Rulfs, for helping us to complete this project. We would also like to thank Pricerunner Supermarkets for allowing us to photograph their merchandise and store. All photographs included on this poster are original photographs.

**References**