

Contents of the Appendices

Appendices are located on the diskette in the back of this manual. Files are saved in WordPerfect 6.0. They can be retrieved in WordPerfect and Word, but they should not be saved in Word. Tables are subject to change when converting to Word or any other program. Contact CDC if you need hard copies.

Appendix A

Glossary of Terms (also on diskette)

Appendix B

Useful Literature and Information

Frequently Asked Questions and Answers

Sources of Folic Acid and Folate

 Products with 400 micrograms per serving, 100% of the daily value

 List of sources of folate from foods

Sample Nutrition Label Highlighting Folic Acid

References on Living With Spina Bifida

Spina Bifida Internet Mailing Lists and News Groups

References on Folic Acid and NTDs

Articles on Folic Acid and NTDs

Folic Acid Information for Health Care Professionals and Childbearing-Age Women

References on Making Health Campaigns Effective

More Information on...

 "Step 1: Mobilizing Your Community"

 Getting Information About Your Audience

 Selecting Your Audience

 Learning About Women's Health Beliefs and Practices

Determining Women's Consumer and Media Habits
Addressing Special Populations of Women
Creating Messages and Materials
Writing Easy-To-Read Materials
Testing Messages and Materials/Focus Group Cost Breakdown
Testing for Readability—SMOG Readability Test
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Tracking and Evaluating Your Program

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Organizations That Serve Families Affected by NTDs
State Birth Defects Surveillance Systems
Potential Prevention Campaign Partners in Your Community

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Delivering Your Program

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Demographic Questions

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Attitudes Toward Vitamins and Pregnancy

Appendix H

More About the Media

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Tips to Work with the Media

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Appendix I

Materials to Use and Adapt

Sample Proclamation

News Releases

Media Advisory

Broadcast Public Service Announcements

Newspaper Article

Press Conference Announcements

Newsletter Inserts

Folic Acid Curricula

- Letter for educators
- Outline for folic acid education speech
- Delivering a speech/speaking tips
- NTD quiz for audience
- Fact sheet

Training Kit

- Letter for health care provider receiving a training kit
- Slide show format for health care providers
- Instructions for administration of pre- and posttests
- Neural tube defects pretest
- Neural tube defects posttest
- Answer sheet
- Answer key to pretest
- Answer key to posttest
- Answer sheet to pretest and posttest
- Contact information for other training kits