



Choosing the Right Form of Folate for a Healthy Pregnancy: An Essential Guide




The **Centers for Disease Control and Prevention (CDC)** and the **California Department of Public Health's** Center for Family Health are hosting a webinar on folate and pregnancy. The webinar will cover the scientific background and clinical perspectives on the different forms of folate.

Healthcare providers, educators, registered dietitian/nutritionist (RD/RDNs), community health workers, community partners and agencies working with MCAH populations are highly encouraged to attend.

 **Tuesday, June 18th, 2024**
2pm - 3:30pm PST

 **ucsf.zoom.us/j/99475397868**
Meeting ID 994 7539 7868
Passcode 324919

 1 (213) 338-8477 (Los Angeles)
1 (669) 219-2599 (San Jose)

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Recently, misinformation on this topic has spread online, making it challenging for individuals to make informed decisions. This session aims to provide attendees with a comprehensive understanding of folate, its various forms, the importance of choosing the right form, and how to offer clear guidance to patients with succinct, accurate talking points. This session will also address important associations between folate forms and different adverse health outcomes and emphasize that folic acid is the only form proven for preventing neural tube defects (NTDs). Recommendations for individuals with MTHFR gene variants will also be addressed. Additionally, a health care provider will share their experiences in counseling patients on nutritional supplement used before and during pregnancy.

This webinar will include representatives from CDPH's Genetic Disease Screening Program, Women, Infants, & Children, and Maternal, Child & Adolescent Health Division providing program highlights and contributions to this important topic.