

## Healthy People 2010 Operational Definition

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**16-16. Increase the proportion of pregnancies begun with an optimum folic acid level.**

**16-16a. Consumption of at least 400 µg of folic acid each day from fortified foods or dietary supplements by nonpregnant women aged 15 to 44 years.**

<b>National Data Source</b>	National Health and Nutrition Examination Survey (NHANES), CDC, NCHS.
<b>State Data Source</b>	Behavioral Risk Factor Surveillance System (BRFSS).
<b>Healthy People 2000 Objective</b>	Not applicable.
<b>Changes since the 2000 Publication</b>	None.
<b>Measure</b>	Percent.
<b>Baseline (Year)</b>	21 (1991-94)
<b>Target</b>	80
<b>Target-Setting Method</b>	Better than the best racial/ethnic subgroup For a discussion of target-setting methods, see Part A, section 4.
<b>Numerator</b>	Number of nonpregnant females aged 15 to 44 years who report consuming an average of 400 µg of folic acid daily over the past month.
<b>Denominator</b>	Number of nonpregnant females aged 15 to 44 years.
<b>Population Targeted</b>	U.S. civilian noninstitutionalized population.
<b>Questions Used to Obtain the National Baseline Data</b>	From the 1988-94 National Health and Nutrition Examination Survey:  Folic acid intake is estimated from questions regarding vitamin intake for specific vitamin brand names and the frequency and duration of use.

<b>Expected Periodicity</b>	Periodic.
<b>Comments</b>	<p>For the baseline estimates of this measure, only folic acid intake from dietary supplements is included. Folic acid intake from food was not included. In 1991–94, very few women would have been consuming 400 µg folic acid per day unless they were taking a supplement containing folic acid.</p> <p>The method of calculation of this objective involves averaging the intake of folic acid in the past month. Because the number of days in a month varies, the threshold consumption level used in the calculation of the baseline data for this objective is an average of 394 µg per day.</p> <p>For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a <i>Healthy People Statistical Note</i>.<sup>1</sup></p> <p>See Part C for a description of NHANES and Appendix A for focus area contact information.</p>

## References

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1. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.