

R E S O L U T I O N

1 WHEREAS, Folic acid, a B vitamin, plays a vital role in
2 healthy pregnancies; and

3 WHEREAS, Consumption of folic acid, or folate, before
4 conception and during early pregnancy can prevent the occurrence of
5 some neural tube defects, including spina bifida, which leaves some
6 children unable to walk, and anencephaly, which causes early death;
7 each year, 2,500 babies are born with neural tube defects, and many
8 pregnancies end in miscarriage or stillbirth due to inadequate
9 maternal folic acid levels; and

10 WHEREAS, Moreover, research suggests that consumption of
11 multivitamins containing folic acid may help prevent cleft palate,
12 congenital heart defects, prematurity, and low birth weight; and

13 WHEREAS, Folic acid is found in fruits, vegetables, legumes,
14 liver, yeast breads, fortified cereals, and enriched grain
15 products; the Spina Bifida Association, March of Dimes, and the
16 Institute of Medicine's Food and Nutrition Board recommend that
17 women who could become pregnant consume 400 micrograms of synthetic
18 folic acid every day from a vitamin or from fortified foods, in
19 addition to eating a healthy diet rich in natural sources of folate;
20 and

21 WHEREAS, If all women took folic acid before conception and
22 during early pregnancy, the number of neural tube defects could
23 drop as much as 70 percent; now, therefore, be it

24 RESOLVED, That the House of Representatives of the 82nd Texas

H.R. No. 1324

1 Legislature hereby affirm the importance of folic acid in the diets
2 of women of childbearing age.

Scott

H.R. No. 1324

Speaker of the House

I certify that H.R. No. 1324 was adopted by the House on May 6, 2011, by a non-record vote.

Chief Clerk of the House