



The Kentucky Folic Acid Partnership Meeting  
Minutes from 1-25-07  
State Laboratory Building, Frankfort, KY

**Members present:** Nicole Nicholas, Paula Watson, Katrina Thompson, Lorry Marvin, Christie Penn, Roxanne True, Jeanie Neikirk, Jill Ford, Debra Israel, Linda Lancaster, Becky Derifield, Linda Dunsmore, Mary Sue Flora, Diane Sprowl, Kathy Chase, Shari Stewart, Dr. Ruth Ann Shepherd, Michele (Missy) Mozea, and Susan Brown. **Those unable to attend:** Linda Litzinger, Leigh Lindsey, Deanna Hanson, Susan Borders, Kathy Crouch, Dr. Sarojini Kanotra and Dr. David Adamkin.

**Call to order:** Susan Brown called the meeting to order and welcomed members. The minutes from September's meeting were approved as written with a motion from Katrina Thompson and seconded by Lorry Marvin.

**Committee reports: Community:** Chair Diane Sprowl reported on the evaluated 2006 and new 2007 plans. Community involves all KFAP members and the group is encouraged to look for ways to participate within the local communities interacting with other partners/organizations with similar goals, i.e. speaking at your local WalkAmerica kick-off. Take action to support local smoke-free ordinances and/or expand your focus to include the support of your local pharmacies. Those who teach childbirth classes have an opportunity to reach CBA women with MOD's materials about FA and PTL/PTB. Send pictures for the website of any activities you do to help expand the website and make it more interesting to view. Remember that all areas need to report their activities: KIDS Now, HANDS, BODYBUILDERS (a part of HANDS). She also mentioned the latest MMWR-January 5, 2007 article that showed a decrease in blood folate levels in all groups of childbearing age women and the thought is it might be related to the popularity of low carb diets with fewer women being exposed to grains with folic acid fortification. Nutrition handouts for WIC have recently been updated and with the development of the prematurity toolkit, activities should be clearer and easier to execute. Linda Lancaster reminded the group that women who come to the HD for their care can still participate in the supplementation program. Women receive one free bottle (a three-month supply) of multivitamins at their visit and the option to purchase three additional bottles at a reduced price of \$1.25 per bottle. About 85,000 women participated in the program last year. Three state universities also participate in the program: WKU, Murray State and Northern KY State University. **Media:** Chair Shari Stewart reported on the 2006 evaluated plan and the new 2007 plan and also provided a Media Guide "How to" booklet complete with ideas for working effectively with the media in your local community. Media wants to update PSA's to reflect prematurity promotion as thoroughly as folic acid is represented. Desire to create stories from workshops and conferences. The media committee will be vital in promoting the new toolkit at kickoff in March 2007. It seeks goal of disseminating information to national publications in 2007. KREC magazine was a name mentioned that Paula Watson plans to contact for the group.

**Professional:** Chair Katrina Thompson reported on the evaluated 2006 plan and the new 2007 plan. All goals were met with the addition of the Clark County HD linking to the website. The problem statement needs revision on the 2007 plan. She reminded members about the annual KPA conference June 3-5, 2007 a Sunday-Tuesday event. Cost is only \$35 to attend.

**Chairman's report:** Dr. Shepherd reports that plans are underway to develop a new website for the new grant project: Healthy Babies Are Worth the Wait. She was pleased to report that the National March of Dimes and the Johnson and Johnson Pediatric Institute were also pleased with the new name that came from this group. When the kickoff comes promotion of the toolkit and the website will be a big focus and high saturation will be necessary, so any committees/groups

we serve on—take 5-minutes to promote the website and the toolkit. **Systems Training:** Dr. Shepherd provided the “systems training” that was an eye-opener for all. Four basic concepts: variation, systems of thinking, psychology, and theory of knowledge (PDSA cycle, organized approach). We participated in Dr. W. Edward Deming’s “Red beads theory.” There were 3 workers, an inspector, a quality manager and a recorder. The workers received their instructions (orientation) to place the filter paddle in their left hand and then place it in the right hand at an angle before scooping the beads from the container. All red beads are defective. The workers must have their work inspected “counted” by the inspector before being officially recorded, by the recorder. The quality assurance manager then plots the average results on a grid. After each attempt, the workers had to circle the room to receive any comments, advice, criticism etc. from the rest of the workers seated at the table. Each of the three workers had four attempts that were recorded. The outcome/conclusion showed that no matter what inspiring words of wisdom were given, or how much praise a worker received for doing a good job, the marbles fell where they may. It wasn’t a case of workers slacking off, or whether they stayed focused. It wasn’t whether they put the tool in shallow or deep—among the beads, it wasn’t any method they did or didn’t do. In fact, the workers weren’t flawed; the flaw was in the system.

What do we need to learn from this? Times have changed, we live in an instant gratification world and young people are high tech savvy and desire to interact in the world today as they are used to doing with cell phones/computers and instant messaging and text messaging. They don’t want to take 6 weeks for a prepared childbirth series, they prefer to get it all done in one day or perhaps go where “Centering pregnancy education” is provided with their PN appointments once a trimester. Life is very different today and we need to change the way we do things.

**New Business:** Dr. Shepherd asked for ideas about the logo to go with Healthy Babies are Worth the Wait, and discussion occurred. Clocks, calendars and timers were a few of the ideas. A pocket calendar concept with “Baby under Development,” was mentioned as well. Bringing in health tips for each month of development highlighting the important changes that occur in the last four weeks of pregnancy. Dr. Shepherd mentioned that the National MODs had been pleased with the content of the prematurity toolkit and most revision changes had to do with adding more content on secondhand smoke and induction. Kathy Chase, pharmacist mentioned the new drugs available to help smokers to quit, using a mechanism to block the brain receptors that trigger the urge to smoke. Chainstix (spelling?) works to remove the “urge” to smoke within 2 weeks. Cost is \$120 for 12 weeks.

**Old Business:** Diane Sprowl reported back on guidelines for eating liver during pregnancy. The vitamin A found in both beef and chicken liver is very high, 5,000 IU. In pregnancy it is best to minimize vitamin A intake stored in fat. Best to consume more beta-carotene.

**Group discussion:** Missy Mozea mentioned that this was her first meeting and that she sees a trend for early deliver options being offered to pregnant women in her community. Dr. Shepherd mentioned that yes, this has come up before and we are aware of the problem. She commented that there are at least 30 current articles available to physicians about the risks of PTB, but many OBs haven’t read them. ACOG guidelines clearly state that elective induction/surgery should only occur at 39 weeks. Grand rounds are planned to help further educate the physicians about ACOG-liability issues. Bottom line is: if you follow professional standards you’ll be covered. Our best plan is to educate the community, and soon community pressure armed with the knowledge that a baby’s brain is only 2/3 developed at 35 weeks will help put a stop to unnecessary early births. Late preterm birth is an important focus because even though survival rates are up, babies born at 34-36 weeks have twice the risk of dying during the first year. Members took turns sharing the many creative activities that occurred during January’s Birth Defects Prevention and Awareness Month and FA Awareness Week. The meeting was adjourned at 1:07pm.

Minutes prepared and distributed January 31, 2007 per Susan Brown, Statewide FA Campaign Coordinator