



Limited Edition

Multivitamin Distribution Program



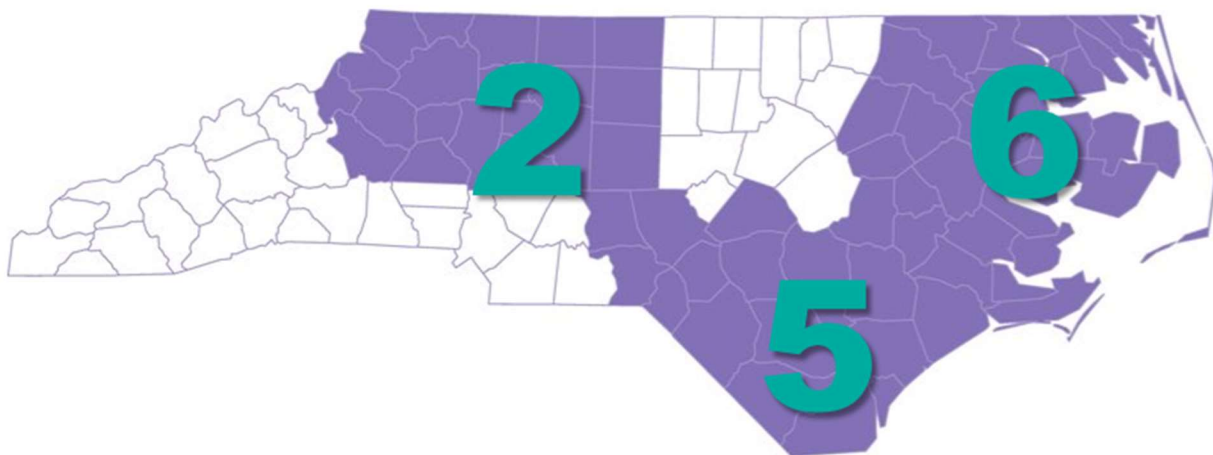
Free Folic Acid for individuals with the greatest risk of having a baby born with a neural tube birth defect. Our 2021 program launch is officially here! To sign for your agency to receive multivitamins please read the information below and apply today!

Free multivitamin distribution may be one important method of reducing the rate of neural tube defects and other folic acid preventable birth defects in women with low-income.

In 2010, The North Carolina (NC) General Assembly provided funding for the statewide distribution of multivitamins with folic acid to non-pregnant women of childbearing with the greatest risks to help prevent birth defects.

The NC Division of Public Health and March of Dimes NC partnered to provide the multivitamins through health departments and other safety net providers. Providing multivitamins as part of routine healthcare for women of childbearing age is an effective method for increasing vitamin usage in this high-risk population. One-on-one education given by trained health care providers is an effective way to deliver the folic acid birth defects prevention message.

We now serve the North Carolina Regions with the greatest need: 2, 5, and 6.



The program included the purchase and distribution of multivitamins, training for local health department and community health center staff, and technical assistance for participating agencies as they set up this program. The online tool kit to support health departments, community health centers and other safety-net clinics who are participating in the statewide multivitamin distribution program. Here you'll find important information about the program, as well as training

Follow the steps to participate in the program:

1. Sign up for the program. [Click Here.](#)
2. Multivitamins are available to previously participating agencies. Please [contact us](#) for more information about the availability of additional vitamins.
3. For technical assistance. [Contact Shavette](#)

4. Online training can be used instead of or as a supplement to the in-person training. [View the online training module](#) and/or encourage any staff who wish to distribute vitamins to do so. Only those trained (online or in-person) may distribute multivitamins.
5. Prepare before your multivitamins arrive by marketing in your facility, generating FAQ, choosing the right messages for the women you serve, ordering folic acid materials, and printing copies of the issuance log for all staff members who will distribute vitamins. Refer to the Program Documents for materials and links.
6. [Contact us](#) if you have any questions or problems.