



5.3.9 Common Congenital Anomalies - Folic Acid Use Before Pregnancy, Canada, 2009–2010

Women Aged 20 to 49 Who Took Folic Acid Before Their Last Pregnancy, Canada, 2009-2010

Total: 59.8%

Age	
20 to 24 years	33.50%
25 to 29 years	53.20%
30 to 49 years	65.80%

Education	
Less than secondary school graduation	33.70%
Secondary school graduation	44.70%
Some post-secondary	50.00%
Post-secondary graduation	67.20%

Household Income	
Quintile 1	43.30%
Quintile 2	52.00%
Quintile 3	65.10%
Quintile 4	71.70%
Quintile 5	84.20%

Graphic created by CICH using adapted data from the Canadian Community Health Survey PUMF, 2009–2010.

According to the 2009–2010 Canadian Community Health Survey, nearly 60% of women aged 20 to 49 years reported taking folic acid before their last pregnancy. However, access to folic acid and prevention of neural tube defects is not equal for all women. Women aged 30 to 49 years were more likely to take folic acid than were younger women. Two-thirds of women with a post-secondary education took the supplements compared to one-third of those without a high school diploma. Moreover, 84% of women in the highest income households took folic acid compared with only 43% of women in the poorest households.

