

RESOLUTION

Subject: Increasing Awareness of Folic Acid Fortification
Submitted by: Naiya Sims and Emma Higgins (Medical Student Section)
Referred to: Reference Committee

WHEREAS, folic acid consumption is recommended to women of childbearing age to reduce the risk of neural tube defects^{1,2}; and

WHEREAS, in 1998, the U.S. Food and Drug Administration (FDA) mandated folic acid fortification of “standard of identity” grain products, such as pasta, flour, and bread²; and

WHEREAS, corn masa flour is a staple ingredient in many Hispanic/Latin dishes, such as tortillas and tamales, but it is not considered a “standard of identity” grain product¹; and

WHEREAS, Hispanic/Latina women are 19% more likely to have a pregnancy affected by a neural tube defect than non-Hispanic women^{3,4}; and

WHEREAS, in 2016, the FDA began encouraging, but not mandating, folic acid fortification of corn masa flour³; and

WHEREAS, in 2024, it is estimated that only 5.8% of products containing corn masa in the United States are fortified with folic acid⁴; and

WHEREAS, the Center for Disease Control and Prevention (CDC) endorses that decreased awareness of the benefits of folic acid among the Hispanic/Latina population may contribute to reduced folate levels compared to non-Hispanic women⁵; and

WHEREAS, the American Medical Association (AMA) supports folic acid fortification of all human-consumed grains and, in 2024, the AMA updated its policy to reflect continued encouragement of programs that educated the public on the importance of folic acid intake through diet, fortification, and supplementation^{6,7}; and

WHEREAS, the Kentucky Medical Association (KMA) 2017 Policy Manual recommends folic acid consumption in women of childbearing age, but there is no current policy regarding folic acid fortification of grain products⁸; now, therefore, be it

RESOLVED, that KMA supports folic acid fortification in all grains marked for human consumption; and be it further

RESOLVED, that KMA continues to advocate for educational awareness of the benefits of folic acid consumption in all women of childbearing age.

References:

1. *Fortifying corn masa flour products with folic acid*. U.S. Food and Drug Administration. (2024, June). <https://www.fda.gov/food/food-additives-petitions/fortifying-corn-masa-flour-products-folic-acid>
2. Crider, K., Bailey, L., & Berry, R. (2011). *Folic Acid Food Fortification—Its History, Effect, Concerns, and Future Directions*. PubMed Central. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3257747/>
3. *Folic Acid: Sources and Recommended Intake*. Centers for Disease Control and Prevention. (2026, June). <https://www.cdc.gov/folic-acid/about/intake-and-sources.html>
4. *Corn Masa Fortification*. Food Fortification Initiative. (2025). <https://ffinetwork.org/corn-masa-fortification/>
5. *Improving Folic Acid Intake*. Centers for Disease Control and Prevention. (2025, May). <https://www.cdc.gov/folic-acid/health-equity/index.html>
6. *Folic Acid Fortification of Grain Products H-150.918*. AMA Policy Finder. (2023). <https://policysearch.ama-assn.org/policyfinder/detail/folic%20acid?uri=%2FAMADoc%2FHOD.xml-H-150.918.xml>
7. *Recommendations on Folic Acid Supplementation H-440.898*. AMA Policy Finder. (2024). <https://policysearch.ama-assn.org/policyfinder/detail/H-440.898?uri=%2FAMADoc%2FHOD.xml-0-3913.xml>
8. *KMA Policy Manual*. Kentucky Medical Association. (2017). <https://kyma.org/shared/content/uploads/2017/10/2017-18-KMA-POLICY-MANUAL-WEB.pdf>