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## Factors associated with a positive intake of folic acid in the periconceptual period among Korean women.

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### Abstract

**OBJECTIVE:** We aimed to investigate the factors associated with a positive intake of folic acid (FA) during the periconceptual period among Korean women. **DESIGN:** In a cross-sectional study of demographic, obstetric and socio-economic data, history of periconceptual intake of FA and awareness of the benefits of FA supplementation in pregnancy were obtained and analysed using the chi<sup>2</sup> test, followed by multiple logistic regression analysis. **SETTING:** The Maternity School, Cheil General Hospital and Women's Healthcare Center, Seoul, South Korea, between October 2005 and March 2006. **SUBJECTS:** In total 1313 pregnant women participating in a two-day training course available every month. **RESULTS:** After excluding subjects with incomplete or inconsistent data, there were 1277 women included in the analysis. Participants were aged 29.4 (sd 2.9) years and had a mean gestational age of 27.9 (sd 7.1) weeks. Only 131 (10.3 %) women took FA during the periconceptual period. According to multiple logistic regression analyses, the adjusted OR for FA supplementation was 1.79 (95 % CI 1.10, 2.91) in women who had previous spontaneous abortions, 4.10 (95 % CI 2.43, 6.78) in women who planned their pregnancy and 6.63 (95 % CI 2.08, 21.12) in those who were aware of the protective effects of FA. **CONCLUSIONS:** Periconceptual intake of FA was more likely among Korean women with a history of previous spontaneous abortion, who planned their pregnancy or who were aware of the protective effects of FA during pregnancy. However, the proportion of women who took FA in the periconceptual period was low.