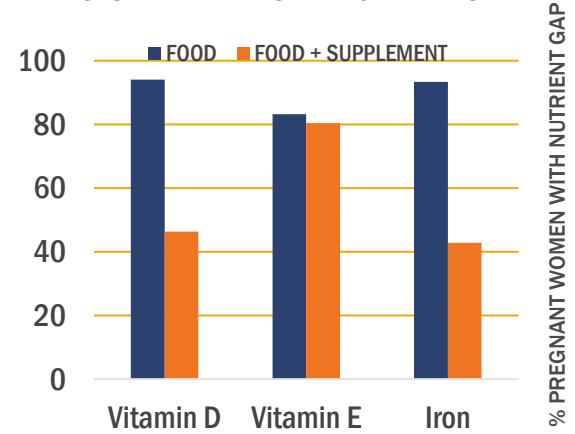


# SOCIOECONOMIC INEQUALITIES IMPACT THE ABILITY OF WOMEN TO CONSUME NUTRIENTS NEEDED FOR NEURODEVELOPMENT

Inadequate intake of nutrients related to neurodevelopment can negatively impact fetal brain development & function



KEY NUTRIENT GAPS REDUCED WHEN SUPPLEMENTS ARE INCLUDED IN DIET OF PREGNANT WOMEN



Women of childbearing age & pregnant women are not meeting recommended intakes of key neurodevelopment nutrients with foods alone. The addition of supplements reduces the risk of nutrient gaps in neurodevelopment related nutrients.



In 2020, 10.5% of American households were food insecure & nearly 4% had very low food security



More than 95% of all women do not meet the Dietary Guidelines for Americans intake recommendations for EPA & DHA



Nutrients that play key roles in neurodevelopment are Vitamin A, Vitamins B6 and B12, Vitamin D, Folate, Iron, Zinc, EPA & DHA



Women who participate in federal assistance programs have higher nutritional risk for all nutrients than those in households that do not



For pregnant women, the risk of inadequacy for Vitamin D, Vitamin E, & Iron was particularly high when consuming foods alone



Including supplements in the diet of pregnant women reduces nutrient gaps from 96% to 46% for Vitamin D and from 94% to 43% for Iron



Neither the SNAP nor WIC program include dietary supplements, a modification that should be considered to reduce nutrient gaps



75% of pregnant women consume dietary supplements, compared to 45% of non-pregnant women



When dietary supplements are added to the diet, the percentage of women at risk for nutrient shortfalls decreases