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| **Supplemental Table 1**. Unadjusted relative-risk ratios (95% confidence intervals) for the association of maternal socio-demographic and lifestyle characteristics with categories of folic acid supplements use in New Zealand, 2008-2010. |
| Characteristics | **None** | **Insufficient** | **Insufficient and Extended** | **Recommended and Extended** | *p\** |
| RRR (95%CI) | RRR (95%CI) | RRR (95%CI) | RRR (95%CI) |
| **Age** |  |  |  |  | <0.001 |
| ≤ 29 years of age | 1.00 | 1.00 | 1.00 | 1.00 |  |
| >29 years of age | 0.16 (0.13;0.21) | 0.23 (0.18;0.30) | 0.35 (0.27;0.44) | 1.06 (0.82;1.36) |  |
| **Level of education** |  |  |  |  | <0.001 |
| Higher degree | 1.00 | 1.00 | 1.00 | 1.00 |  |
| Bachelor’s degree | 3.19 (1.76;5.79) | 1.57 (1.14;2.16) | 1.68 (1.26;2.23) | 1.07 (0.81;1.41) |  |
| Diploma/Trade certificate | 17.45 (10.03;30.34) | 3.64 (2.65;4.99) | 2.43 (1.81;3.25) | 0.95 (0.71;1.28) |  |
| ≤ Sec school/NCEA 1-4 | 40.72 (23.26;71.27) | 4.72 (3.37;6.61) | 2.98 (2.17;4.08) | 0.86 (0.62;1.19) |  |
| **Self-prioritised ethnicity**  |  |  |  |  | <0.001 |
| European | 1.00 | 1.00 | 1.00 | 1.00 |  |
| Maori | 34.51 (20.88;57.01) | 6.68 (4.15;10.74) | 3.81 (2.37;6.10) | 1.04 (0.62;1.74) |  |
| Pacific | 57.18 (34.07;95.96) | 6.89 (4.19;11.34) | 3.14 (1.91;5.18) | 0.29 (0.15;0.57) |  |
| Asian | 4.53 (2.92;7.01) | 2.30 (1.61;3.29) | 2.96 (2.11;4.14) | 1.22 (0.85;1.75) |  |
| Othersa | 2.56 (1.18;5.53) | 2.06 (1.15;3.70) | 1.58 (0.90;2.80) | 1.19 (0.66;2.13) |  |
| **Nutritional status**b |  |  |  |  | <0.001 |
| ≤ 24.9 kg/m2 | 1.00 | 1.00 | 1.00 | 1.00 |  |
| 25.0 - 29.9 kg/m2 | 2.45 (1.76;3.41) | 1.60 (1.20;2.12) | 1.19 (0.90;1.56) | 1.19 (0.90;1.58) |  |
|  ≥ 30.0 kg/m2 | 5.24 (3.72;7.37) | 1.75 (1.27;2.41) | 1.33 (0.98;1.81) | 0.81 (0.58;1.12) |  |
| **Marital status** |  |  |  |  | <0.001 |
| No relationship | 1.00 | 1.00 | 1.00 | 1.00 |  |
| Cohabiting | 0.20 (0.10;0.38) | 0.45 (0.23;0.86) | 0.40 (0.21;0.77) | 1.75 (0.79;3.86) |  |
| Married or civil union | 0.06 (0.03;0.11) | 0.16 (0.09;0.30) | 0.20 (0.11;0.37) | 1.95 (0.91;4.16) |  |
| RRR, relative-risk ratios; 95% CI, 95% confidence interval; BMI, body mass index. \*Univariate multinomial logistic regression models. The group of women that reached the recommendation for folic acid use was the reference in this analysis (two-sided significance was determined at p<0.05). aOthers include Middle Eastern, Latin American, African, and others.bBMI; underweight and euthrophic: ≤ 24.9 kg/m2 ; overweight: 25.0-29.9 kg/m2; and obese: ≥ 30.0 kg/m2 |

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| **Supplemental Table 1**. (Continued) Unadjusted relative-risk ratios (95% confidence intervals) for the association of maternal socio-demographic and lifestyle characteristics with categories of folic acid supplements use in New Zealand, 2008-2010. |
| Characteristics | **None** | **Insufficient** | **Insufficient and Extended** | **Recommended and Extended** | *p\** |
| RRR (95%CI) | RRR (95%CI) | RRR (95%CI) | RRR (95%CI) |
| **Work**  |  |  |  |  | <0.001 |
| Employed | 1.00 | 1.00 | 1.00 | 1.00 |  |
| Unemployed | 12.31 (7.02;21.58) | 4.41 (2.55;7.65) | 2.77 (1.61;4.78) | 1.13 (0.63;2.03) |  |
| Student | 2.56 (1.63;4.01) | 1.40 (0.93;2.11) | 1.21 (0.81;1.79) | 0.80 (0.53;1.21) |  |
| Not in workforce | 4.98 (3.75;6.61) | 2.04 (1.58;2.65) | 1.45 (1.13;1.86) | 0.84 (0.64;1.09) |  |
| **Parity** |  |  |  |  | <0.001 |
| First born | 1.00 | 1.00 | 1.00 | 1.00 |  |
| Subsequent | 2.24 (1.75;2.87) | 1.15 (0.93;1.43) | 0.91 (0.74;1.12) | 0.77 (0.62;0.95) |  |
| **Pregnancy planned** |  |  |  |  | <0.001 |
| Yes | 1.00 | 1.00 | 1.00 | 1.00 |  |
| No | 36.26 (24.13;54.50) | 14.03 (9.48;20.76) | 13.33 (9.05;19.63) | 0.99 (0.64;1.53) |  |
| **Alcohol consumption before pregnancy (per week)** |  |  |  |  | <0.001 |
| Did not drink | 1.00 | 1.00 | 1.00 | 1.00 |  |
| ≤ 3 drinks | 0.33 (0.24;0.44) | 0.59 (0.45;0.77) | 0.64 (0.50;0.84) | 1.07 (0.81;1.41) |  |
| >3 drinks | 0.58 (0.42;0.79) | 0.77 (0.57;1.04) | 0.79 (0.59;1.06) | 1.00 (0.73;1.36) |  |
| **Pre/during pregnancy smoking pattern** |  |  |  |  | <0.001 |
| Non-smokers | 1.00 | 1.00 | 1.00 | 1.00 |  |
| Continued/Stopped smoking | 10.72 (7.13;16.13) | 5.65 (3.78;8.44) | 3.43 (2.30;5.11) | 0.95 (0.61;1.48) |  |
| **Household deprivationc** |  |  |  |  | <0.001 |
| 1 to 3 (least deprived) | 1.00 | 1.00 | 1.00 | 1.00 |  |
| 4 to 7 | 3.13 (2.10;4.68) | 1.35 (1.04;1.75) | 1.34 (1.06;1.71) | 1.00 (0.78;1.27) |  |
| 8 to 10 (most deprived) | 21.79 (14.60;32.52) | 3.32 (2.49;4.42) | 2.02 (1.53;2.66) | 0.76 (0.57;1.02) |  |
| RRR, relative-risk ratios; 95%CI, 95% confidence interval. \*Univariate multinomial logistic regression models. The group of women that reached the recommendation for folic acid use was the reference in this analysis (two-sided significance was determined at p<0.05). cArea-level socio-economic deprivation was measured using the NZ Index of Deprivation, Deprivation 1, 2 and 3 = least deprived, Deprivation 8, 9 and 10 = most deprived households. |