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January campaign, people feel healthier, sleep better, lose weight, but more importantly it helps them to change their behaviour around alcohol for the whole of the rest of the year. It won't just be the bars that will be busy, so will ambulances and accident and emergency departments. Will nothing has one of the highest rates of hospital admissions for alcohol related injury. This support worker believes a longer term solution is targeting cheap alcohol. Most of them have preloaded drinks, it is not unusual to see people drink a whole bottle of vodka and then start the night. That doesn't end well. You want to be at least tipsy. The majority of Nottingham is out and all drunk. For me now, I don't drink too much before. Some nights you drink so much that you cannot remember the taxi ride into town.

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This December, Britain will spend #2.3 billion getting into the Christmas spirit. As the hangover clears, contemplating a dry January might be just the tonic. We are all warned, aren't we? Just take it easy. That is my little message to the world. Is that your policy? Not really, but there you go. A new study has shown around 2000 cases of serious birth defects such as spina bifida could've been prevented if the government had followed advice to fortify flour with folic acid. 78 countries including the United States add folic acid to cereal grain and flour, with many health experts believing the UK should follow suit. We have been asking people in Manchester what they think. If you are putting it in there, you know the child is getting it so I think it is a good idea. Personally I do think it is a problem to take in tablet form. Obviously if you don't know you are

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pregnant, it might be useful, but I don't know if there is any harmful effects the people who are not pregnant, would it be advertised on a packet? Green I did not always take my folic acid tablets, I meant to. It is just obviously certain people may forget. As long as there is no harm to anyone else I don't see it being an issue at all. I had a pregnancy in 2013 where the baby had a thing where the skull did not form, so I had to have an abortion because the baby wouldn't survive after birth. My doctors at the time could not find a cause because it is a rare condition, but they thought one of the things that might have helped was folic acid. So after my first pregnancy, I started taking the extra dose, so I started having an extra supplement for folic acid to prevent it from happening again. I think as long as people are well-informed and the understand it

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is not going to do you any harm and it is a beneficial nutrient than it should be fine, as long as it has the right communications around it. Some much to think about after hearing those people. We are joined by John Burke, who has spina bifida, and. Can you explain the link between folic acid, spina bifida and certain conditions that arise if you don't take folic acid during pregnancy. Folic acid is the supplement women take, to increase the amount of folate in the body first it is required after the initial 28 days after conception to make sure that the spinal-cord and the brain from properly. It is a vital vitamin but unfortunately, the first 28 days almost 50% of women don't even know they are pregnant or they could be pregnant, so they don't have the opportunity to take folic acid don't have the opportunity to take folic acid supplementation.

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research? I have been aware of this discussion for a long time. The research that there is a certain number of people who don't know about the link is number of people who don't know about the link is understandable. It could be that there should be more awareness of the It could be that there should be more awareness of the condition. fortification of flower, which reduces the option of an informed choice. Even given the proven benefits? In many other countries, they do automatically put it in