

No amount of alcohol consumption has been determined to be safe during pregnancy.<sup>1-2</sup> Mothers who drink alcohol during pregnancy have a higher risk of having a miscarriage, stillbirth, or delivering a preterm and low birthweight infant compared to women who abstain from alcohol.<sup>1</sup> Drinking alcohol during pregnancy can also increase the risk of fetal alcohol spectrum disorders (FASDs).<sup>2</sup> Infants affected by FASDs may have physical problems and problems with behavior and learning.<sup>2</sup>

### Pregnancy Risk Assessment Monitoring System (PRAMS)

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a survey of women who recently gave birth that asks about their experiences, behaviors and healthcare utilization before, during and shortly after their pregnancy. Vermont has participated in PRAMS since 2001. PRAMS sites that met or exceeded the response rate thresholds<sup>i</sup> are included in overall estimates.

### National Goal on Alcohol Use During Pregnancy

<b>Healthy People 2020 Objective<sup>3</sup></b>	MICH-11.1 – Increase abstinence from alcohol among pregnant women to 98.3%
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### Alcohol Use\* During Pregnancy

PRAMS Indicator	Vermont % (95% CI) <sup>†</sup>		Subset of PRAMS Sites % (95% CI) <sup>†</sup> 2017
	2016	2017	
Any alcohol use* during the last 3 months of pregnancy	17.0 (14.7-19.6)	14.6 (12.4-17.3)	8.2 (7.7-8.9)

<sup>†</sup> “Subset of PRAMS Sites” estimates include 18 sites (AK, CO, CT, DE, GA, LA, MD, ME, MO, NC, NJ, NY, PA, SD, VA, VT, WA, WY)  
<sup>‡</sup> Weighted percent (95% Confidence Interval)

### Alcohol Use Counseling During Prenatal Care Visits

#### Asked at Prenatal Care Visit about Drinking, 2017 PRAMS



<sup>i</sup> For 2016 and 2017, the response rate threshold was 55%.

### KEY POINTS

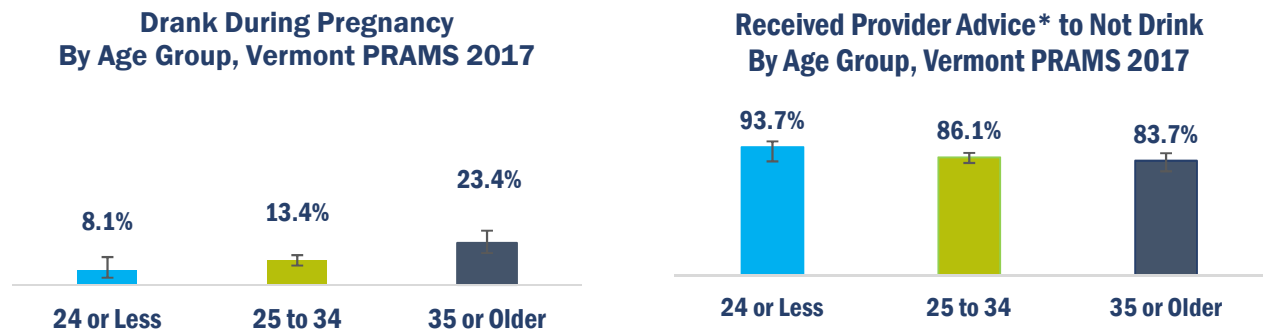
- Vermont women are more likely to drink before and during pregnancy than other PRAMS sites.
- Vermont has higher rates of heavy drinking in the three months leading up to pregnancy when many women may be unaware they are pregnant.
- Older age groups are more likely to drink while pregnant, and less likely to be advised not to drink.

# Alcohol Use & Pregnancy – PRAMS 2016-2017

## Alcohol Use Counseling During Prenatal Care Visits, continued

A slightly but statistically significantly higher percentage of Vermont women were asked during a prenatal visit if they were drinking alcohol compared with all PRAMS sites.

Vermont PRAMS also asks whether a provider advised the mother not to drink during pregnancy. Younger age groups were more likely to receive this advice, while older age groups were more likely to drink.



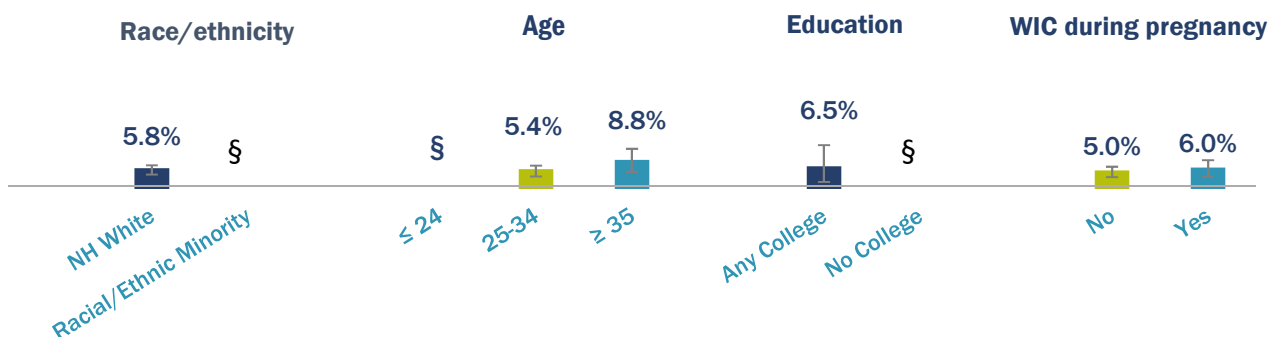
\*Among women who drank before pregnancy, those who were advised at a prenatal care visit not to drink while pregnant.

## Alcohol Use Before Pregnancy

PRAMS Indicator	Vermont% (95% CI) <sup>¶</sup>		35 PRAMS Sites % (95% CI) <sup>¶</sup> 2017
	2016	2017	
Any alcohol use during the 3 months before becoming pregnant	71.5 (68.4-74.5)	68.4 (65.0-71.6)	56.6 (55.9-57.4)
Heavy drinking (8 or more drinks* a week)	5.1 (3.8-6.8)	5.6 (4.2-7.5)	2.6 (2.4-2.9)

\* Drink is defined as 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.

## Women who reported heavy drinking (8 or more drinks a week) before pregnancy Vermont PRAMS 2017



§ < 30 respondents and/or fewer than 10 of a given response, not reported  
 Note: Bars display 95% Confidence Intervals

## Key Takeaways

Based on results from the 2017 estimates for 18 PRAMS sites:

- 8.2% of all PRAMS respondents reported any drinking during the last 3 months of pregnancy.
- A significantly higher percentage of Vermont women (14.6%) drank alcohol during the last three months of pregnancy.

Based on results from the 2017 estimates for 35 PRAMS sites:

- 2.6% of PRAMS respondents, and 5.6% of Vermont women, reported heavy drinking in the 3 months before becoming pregnant.
- Overall, nearly all (94.4%) PRAMS respondents reported being asked by a health care worker during a prenatal care visit if they were drinking alcohol. Vermont had a slightly higher percentage who were asked about drinking (96.6%).

**Vermont has comparatively high rates of alcohol use before and during pregnancy.**

## The following questions were used for this data brief:

- During the *3 months before* you got pregnant, how many alcoholic drinks did you have in an average week?
- During any of your prenatal care visits, did a doctor, nurse, or other health care worker ask you [if you were] drinking alcohol?
- During the *last 3 months* of your pregnancy, how many alcoholic drinks did you have in an average week?
- During any of your prenatal care visits, did a doctor, nurse, or other health care worker advise you not to drink alcohol while you were pregnant?

## Resources

**Fetal Alcohol Spectrum Disorders (FASDs):** <https://www.cdc.gov/ncbddd/fasd/>

**Alcohol Use in Pregnancy:** <https://wcms-wp.cdc.gov/ncbddd/fasd/alcohol-use>

**Vermont Department of Health, Alcohol & Drug Abuse Programs & Services:** <http://www.healthvermont.gov/alcohol-drugs/services>

## References:

1. Centers for Disease Control and Prevention. Alcohol Use in Pregnancy. In Fetal Alcohol Spectrum Disorders (FASDs), 2018. <https://wcms-wp.cdc.gov/ncbddd/fasd/alcohol-use.html>
2. Centers for Disease Control and Prevention. Basics about FASDs, 2018. <https://www.cdc.gov/ncbddd/fasd/facts.html>
3. Healthy People 2020 Objectives. Available at: <https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>
4. Centers for Disease Control and Prevention. Fact Sheets – Alcohol Use and Your Health. 2018. <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

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**To learn more about PRAMS methods and to see data availability by state and year visit:** <https://www.cdc.gov/prams>



**THE BEST SOURCE OF DATA ON MOTHERS AND BABIES**