

# ALCOHOL USE BEFORE PREGNANCY

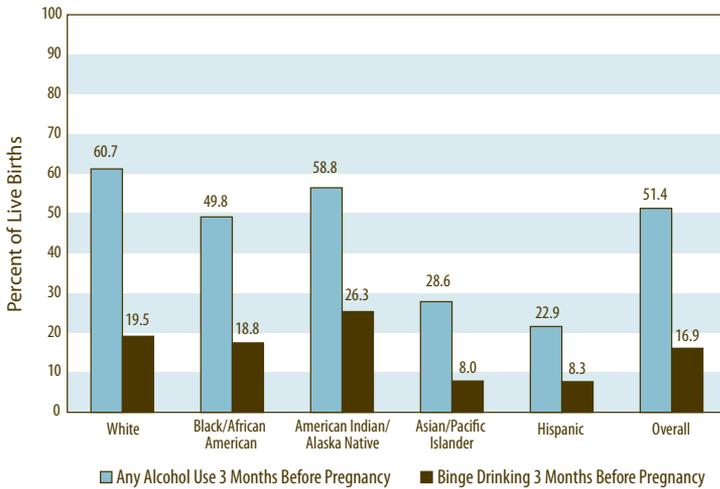
Alcohol use during pregnancy is one of the leading preventable causes of birth defects, mental retardation, neuro-developmental disorders and fetal alcohol syndrome (FAS).<sup>30</sup> Women may not know they are pregnant until after a critical period of early fetal development and the minimum quantity of alcohol required to produce such adverse fetal consequences is unknown. Therefore, the American Academy of Pediatrics and U.S. Surgeon General recommend abstinence from alcohol use for women who are pregnant or are planning to become pregnant.<sup>30, 31</sup>

- In 2004, the overall prevalence of pre-pregnancy alcohol use was not significantly different in Oregon compared to the U.S.<sup>32</sup> – 51.4 and 47.5 percent, respectively.
- In 2004, binge drinking\* during the three months before pregnancy was highest among American Indian/Alaska Native, white, and black/African American women – 26.3, 19.5, and 18.8 percent, respectively. Women in these groups were more than twice as likely as Asian/Pacific Islander and Hispanic women to report binge drinking.
- Approximately half (51.4 percent) of all women reported using alcohol during the three months before pregnancy. There were no significant differences between maternal age groups.
- Women who had more than a high school education were twice as likely to use any alcohol during the three months before pregnancy as women who had less than a high school education – 63.7 and 27.7 percent, respectively.

\*PRAMS 2004 (Phase 5 questionnaire) defines binge drinking as five or more alcoholic drinks in one sitting. Beginning in 2009 (Phase 6 questionnaire), the definition of binge drinking will change to four or more drinks in one sitting.

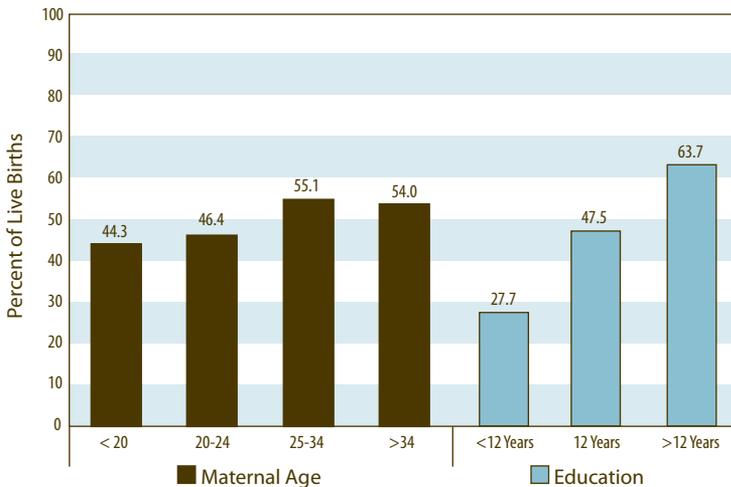
# CHAPTER 3: PERINATAL HEALTH

## Alcohol Use Before Pregnancy by Race/Ethnicity, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

## Any Alcohol Use Before Pregnancy by Age & Education, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

# ALCOHOL USE DURING PREGNANCY

Alcohol use during pregnancy is linked to low birth weight, growth abnormalities, developmental delays, fetal alcohol syndrome (FAS) and fetal and infant death.<sup>33,34</sup>

- In 2004, the overall prevalence of alcohol use during the last three months of pregnancy was significantly higher in Oregon compared to the U.S.<sup>35</sup> – 8.1 and 5.6 percent, respectively.
- While 8.1 percent of Oregon women in 2004 reported alcohol use during pregnancy, less than 1 percent (0.3 percent) reported binge drinking during pregnancy\*.
- White women were significantly more likely to report alcohol use during pregnancy than Asian/Pacific Islander and Hispanic women – 9.5 versus 4.4 percent, respectively. Differences between other race/ethnic groups were not significant.
- Although white women were more than twice as likely as Hispanic women to drink during pregnancy, they were significantly less likely to binge drink.
- Women 25 years or older were at least twice as likely to use alcohol during pregnancy as women who were 24 years or younger.
- Women who had more than a high school education were six times more likely to use alcohol during pregnancy than women who had less than a high school education – 11.9 versus 1.9 percent, respectively.

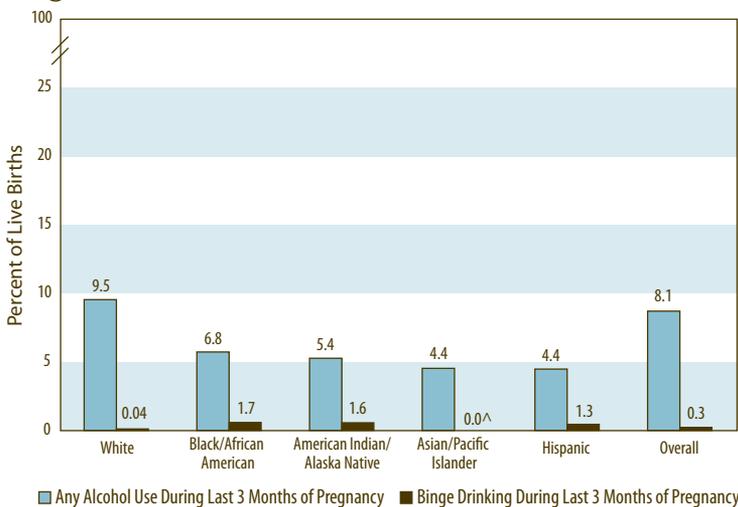
## Healthy People 2010 Target

Prenatal Alcohol Use ..... < 6%  
Prenatal Binge Drinking ..... 0%

\*PRAMS 2004 (Phase 5 questionnaire) defines binge drinking as five or more alcoholic drinks in one sitting. Beginning in 2009 (Phase 6 questionnaire), the definition of binge drinking will change to four or more drinks in one sitting.

# CHAPTER 3: PERINATAL HEALTH

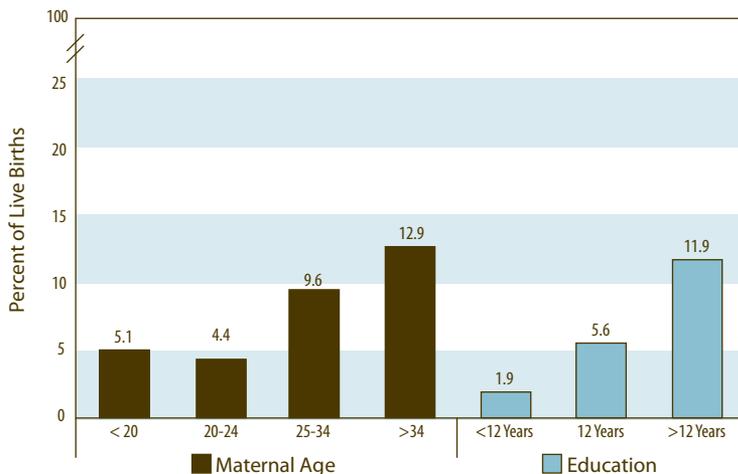
## Alcohol Use During Pregnancy by Race/Ethnicity, Oregon, 2004



<sup>^</sup> No respondents reported this indicator.

Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

## Any Alcohol Use During Pregnancy (last 3 months) by Age & Education, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)