



# Alcohol – Women -Pregnancy

For the ICWB Team

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November 27, 2023

# Alcohol and Public Health

- Alcohol is the fourth-leading *preventable* cause of death in the US after tobacco, poor diet and physical inactivity, and illegal drugs.
- Binge drinking among adults aged 35 to 50 occurred at record levels in 2022.
- Approximately 10% of U.S. children ages 17 and younger live with a parent who has alcohol use disorder.

# Drinking in Colorado

- Colorado has the nation's ninth-highest rate of heavy drinking.
- Nearly 10 in 100,000 Americans died in 2017 from an alcohol-related death. **In Colorado, that was figure was closer to 17 in 100,000.**
- Colorado ranks 39th in taxes on wine, 46th in taxes on beer and 47th in taxes on spirits.
- Nearly two-thirds (61%) of Colorado's adults have had a drink in the last month. Only Vermont, Wisconsin and the District of Columbia have higher rates.
- According to CDOT data, since 2019, there has been a 44% increase in the number of fatalities involving an impaired driver.

# WHO: Statement on alcohol

## **WHO News Release - January 4, 2023**

*“We cannot talk about a so-called safe level of alcohol use. It doesn’t matter how much you drink – the risk to the drinker’s health starts from the first drop of any alcoholic beverage. The only thing that we can say for sure is that the more you drink, the more harmful it is – or, in other words, the less you drink, the safer it is.”*

# Binge Drinking



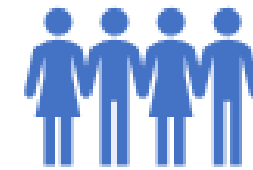
For women, **4 OR MORE DRINKS** consumed on one occasion



For men, **5 OR MORE DRINKS** consumed on one occasion

# Underage Drinking

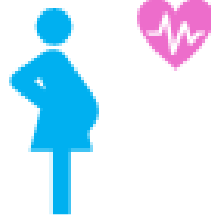
**ANY** alcohol use by those **under** the age of 21



What is considered excessive drinking?

# Drinking while Pregnant

**Any** alcohol use during pregnancy is excessive drinking



# Heavy Drinking

For women, **8 OR MORE DRINKS** per week



For men, **15 OR MORE DRINKS** per week

# What is one drink?

*It takes your body  
approximately  
1 hour to process  
1 standard drink*



**12 ounces**  
5% ABV beer



**8 ounces**  
7% ABV malt liquor



**5 ounces**  
12% ABV wine



**1.5 ounces**  
40% (80 proof) ABV  
distilled spirits | (examples:  
gin, rum,  
vodka, whiskey)

**ABV** = Alcohol by Volume

*Each contains 14g of alcohol*

# Lower-Risk Drink Limits

Why different limits for women?

—  
No amount of alcohol is  
“recommended” for health;

*There is no lower risk limit  
during pregnancy*

	Per Day No more than...		Per Week No more than...
WOMEN	3	and	7
MEN	4	and	14
OVER 65	3	and	7
LESS IS BETTER			

Adapted from the Center for Disease Control

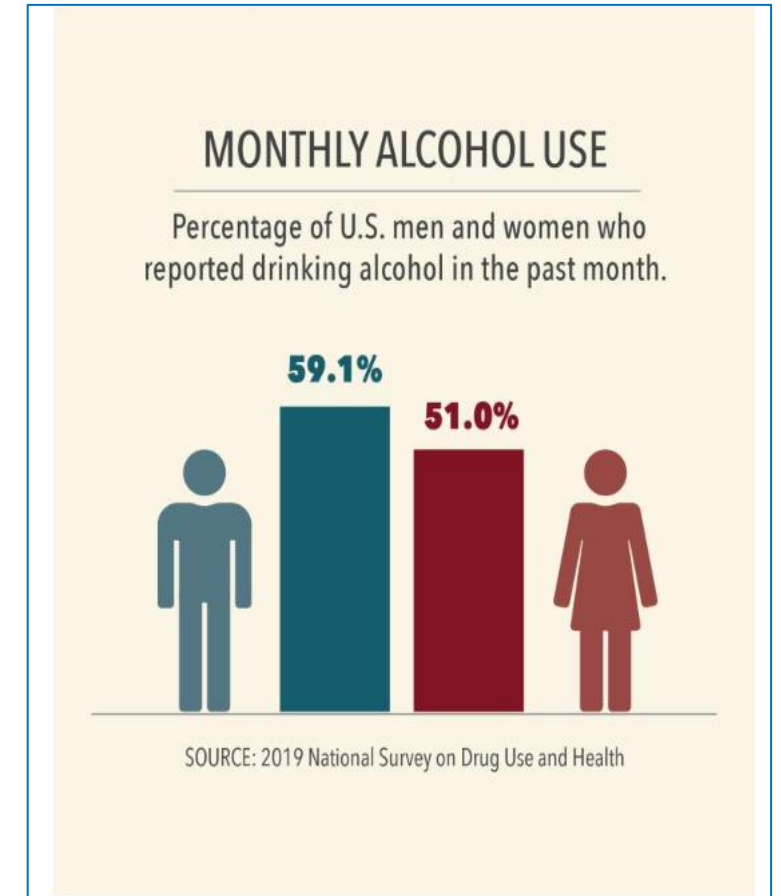
# Women and Alcohol

Unhealthy alcohol use is increasing in women.

Women experience adverse alcohol-related health outcomes earlier and at lower drinking levels compared to men.

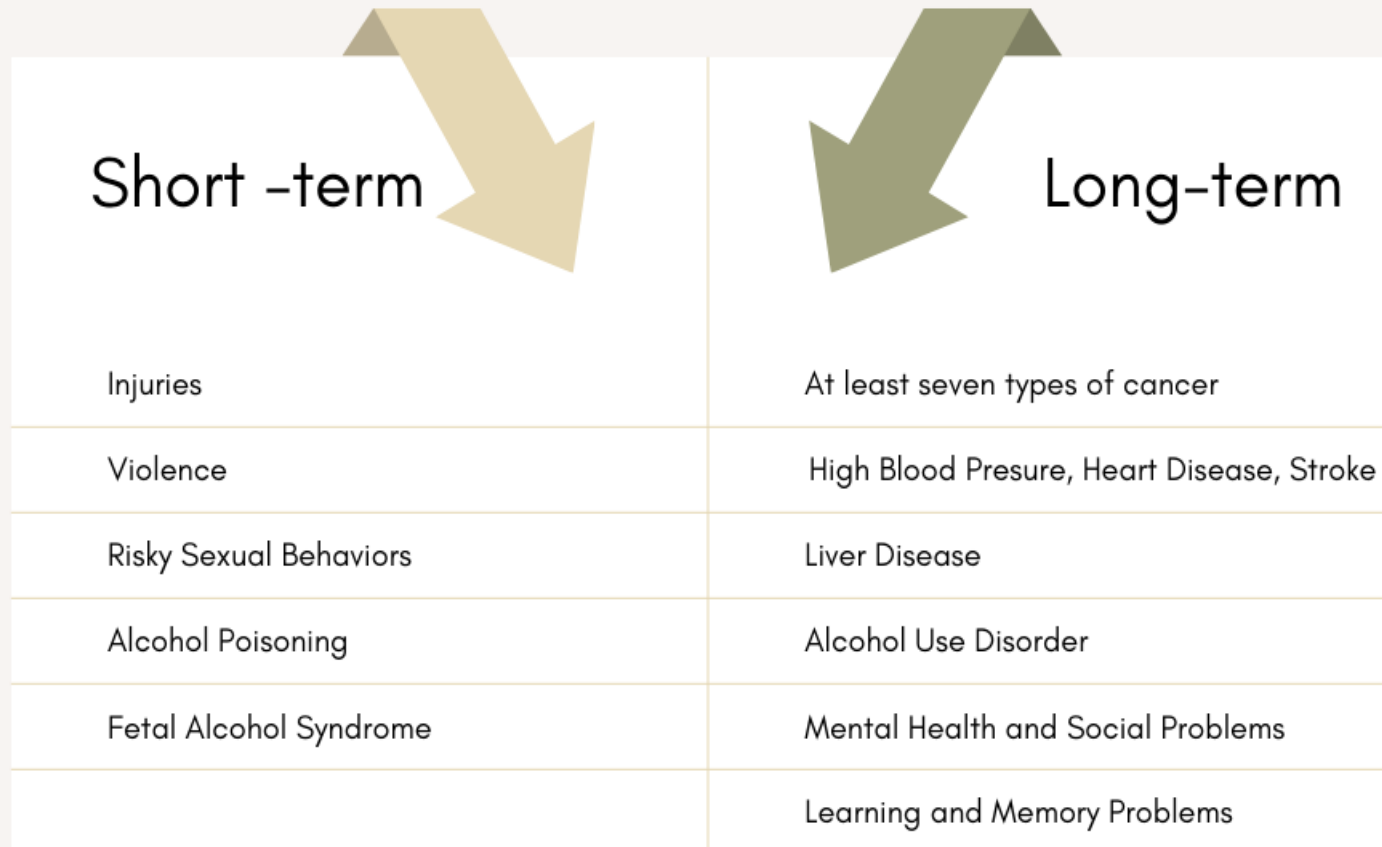
For example:

- Hepatitis (may eventually lead to cirrhosis)
- Heart disease
- Brain disease
  - Women may be more likely to experience hangovers and blackouts





# Unhealthy Alcohol Use and Health



The diagram illustrates the health consequences of unhealthy alcohol use, divided into two columns: 'Short-term' and 'Long-term'. The 'Short-term' column is highlighted with a large yellow arrow pointing downwards, and the 'Long-term' column is highlighted with a large green arrow pointing downwards. The 'Short-term' column lists five effects: Injuries, Violence, Risky Sexual Behaviors, Alcohol Poisoning, and Fetal Alcohol Syndrome. The 'Long-term' column lists five effects: At least seven types of cancer, High Blood Pressure, Heart Disease, Stroke, Liver Disease, Alcohol Use Disorder, Mental Health and Social Problems, and Learning and Memory Problems.

Short-term	Long-term
Injuries	At least seven types of cancer
Violence	High Blood Pressure, Heart Disease, Stroke
Risky Sexual Behaviors	Liver Disease
Alcohol Poisoning	Alcohol Use Disorder
Fetal Alcohol Syndrome	Mental Health and Social Problems
	Learning and Memory Problems

# Alcohol Use During Pregnancy

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- Almost 20% reported past 30-day drinking during the first trimester; almost 5% during the second or third trimesters
- 10.5% reported binge drinking (4+ drinks on an occasion) in the first trimester; 1.4% in the second or third trimesters
- 38% of those who reported alcohol use also reported using another substance
- Only 16% of pregnant persons that reported past 30-day alcohol consumption were advised by a health care provider to quit or reduce use.

# Perinatal Substance Use: Key Points

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- Pregnancy is often a highly motivating time for change.
- Postpartum is a vulnerable time for resuming substance use.
- Polysubstance use is common among those who use substances during pregnancy.
  - Especially alcohol and/or tobacco and/or cannabis
- Alcohol and drugs cross the placenta and are passed in breastmilk.
- Physical, mental health and social factors in the pregnant person affect the risk for adverse outcomes associated with substance use during pregnancy.
  - For example, nutrition
  - This is especially well-established in research on alcohol-exposed pregnancy.
- Perinatal screening protocols are subject to bias based on race and other factors, even when applied universally.

# Fetal Alcohol Spectrum Disorders (FASD)

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## **Fetal Alcohol Syndrome (FAS)**

- Central nervous system (CNS) problems, minor facial features, and growth problems
- Have trouble with learning, memory, attention span, communication, vision, or hearing
- Often have a hard time in school and trouble building relationships

## **Alcohol-Related Neurodevelopmental Disorder (ARND)**

- Intellectual disabilities and problems with behavior and learning
- They might do poorly in school and have difficulties with math, memory, attention, judgment, and poor impulse control

## **Alcohol-Related Birth Defects (ARBD)**

- Problems with the heart, kidneys, or bones or with hearing

fit men. Virginia Slims are made slimmer to fit you.

Virginia Slims are the slimmer cigarettes made just for women.  
They're tailored slimmer to fit your hands and your lips.  
With rich Virginia flavor women like.

**You've come a long way, baby.**




# Alcohol and mommy culture

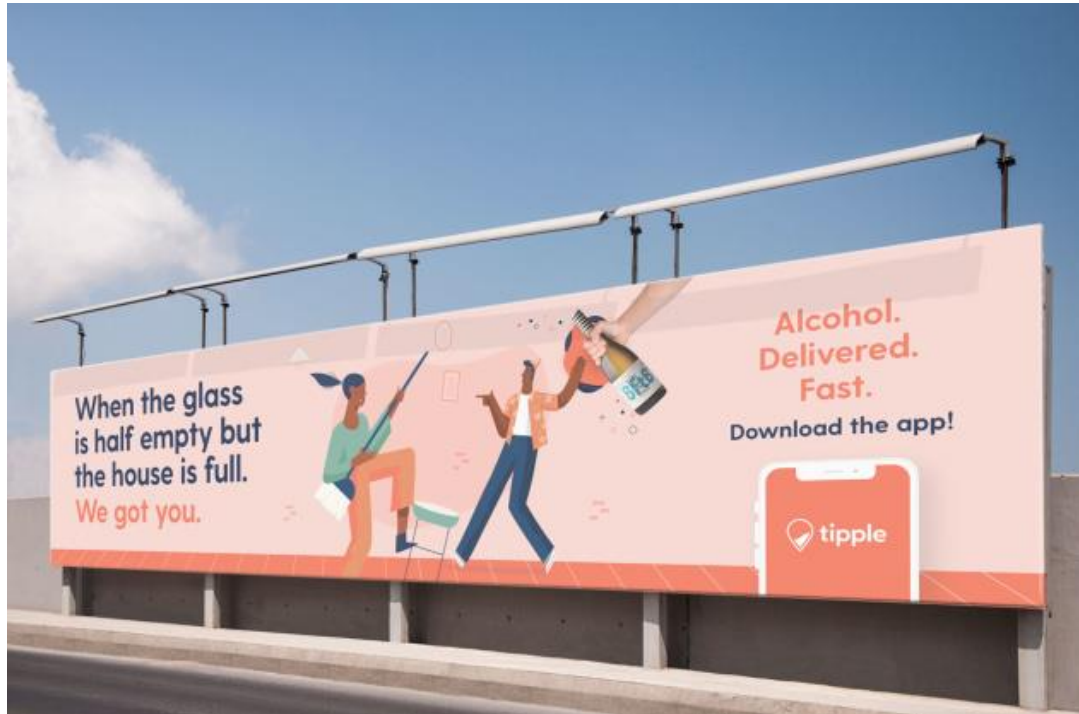
“Mommy wine culture is acceptance or even a light-hearted joke around the idea that mothers need to drink wine (or another alcoholic beverage) to get through the day.”

Source: <https://www.cirquelodge.com/blog/mommy-wine-culture-and-why-its-so-toxic/#:~:text=Mommy%20wine%20culture%20is%20acceptance,to%20get%20through%20the%20day.>



[https://www.huffpost.com/entry/mommy-wine-culture-drinking-self-care\\_l\\_5e3475e9c5b6f2623328fc0d](https://www.huffpost.com/entry/mommy-wine-culture-drinking-self-care_l_5e3475e9c5b6f2623328fc0d)







“If we could only get kids to postpone their first drink or their first use of drugs, we could greatly diminish the prevalence of addiction in the U.S.”

John Knight, MD

Boston Children's Hospital



## Definition of binge drinking in adolescents

**Girls aged 9-17:** 3 or more drinks in a sitting

**Boys aged 9-13:** 3 or more drinks in a sitting

**Boys aged 14-15:** 4 or more drinks in a sitting

**Boys aged 16-17:** 5 or more drinks in a sitting

**NOTE:** *Adolescents who drink tend to binge drink*

# What is SBIRT?



**Screening:** Using validated questions



**Brief Intervention:** Brief conversation to enhance motivation to change



**Referral to Treatment:** Assessment and services for alcohol or drug use disorder and related needs

# SBIRT Evidence

Adults & in Pregnancy	Adolescents
<p>United States Preventive Services Task Force issued a <i>Grade B</i> recommendation for routine:</p> <ol style="list-style-type: none"><li>1. Screening for unhealthy alcohol use in primary care &amp; providing brief intervention when appropriate</li><li>2. Screening for unhealthy drug use when diagnosis and treatment can be offered</li></ol>	<ul style="list-style-type: none"><li>• USPSTF issued an <i>I statement</i> for adolescent screening due to insufficient evidence.</li><li>• The American Academy of Pediatrics recommends SBI due to its low cost, minimal potential for harm, &amp; because substance use is a significant health concern starting in adolescents</li></ul>

**SBIRT is recommended by:** Centers for Disease Control, American College of Obstetricians and Gynecologists (ACOG), American College of Nurse Midwives, American Academy of Pediatrics (AAP)



# SBIRT Pocket Cards

- General
- SBIRT with Women
- Adolescent SBIRT
- Older Adult SBIRT

Brief Intervention Steps

- 01 RAISE THE SUBJECT**

Ask permission: "Would you mind taking a few minutes to discuss your screening results?"
- 02 PROVIDE FEEDBACK**
  - Review reported alcohol use and refer to lower risk alcohol guidelines.
  - Discuss possible health and other consequences of use; link to purpose of visit, if applicable.
  - Express concern.
  - Elicit the person's response: "What do you think about this information?"
- 03 ENHANCE MOTIVATION**
  - "On a scale of 0-10, how important is it to you to decrease (or quit) your drinking?"
  - "On a scale of 0-10, how confident are you that you will be able to make this change?"
  - "How does your current level of drinking fit with what matters most to you?"
  - When readiness is low, ask, "What do you enjoy about drinking? What do you not enjoy about drinking?" Then summarize both sides.
- 04 NEGOTIATE AND ADVISE**
  - Elicit response: "What are your thoughts about our conversation?"
  - Negotiate a goal: "What steps are you interested in taking to make a change?"
  - Assist in developing a plan: "What could help you accomplish your goal? What will be challenging?"
  - Summarize the conversation. Arrange follow-up.
  - Thank the person for having the conversation.

This guide can be used for other substance use, including tobacco, marijuana, or illicit drug use. 6/2021

OPTIONS FOR MORE HELP  
Referral • [www.colorado.gov/ladders](http://www.colorado.gov/ladders)

PAS Peer Assistance Services ONE DEGREE Original content developed with funding from SAMHSA and Colorado Office of Behavioral Health. SBIRT in Colorado | 303.369.0039 ext. 245 | [www.sbirtcolorado.org](http://www.sbirtcolorado.org)

# Brief Screening for Alcohol

1. “How many times in the past year have you had X or more drinks in one day?”

Positive Response	Men < 65 years	Women Anyone ≥ 65 years
(1 or more times)	5 or more drinks/day	4 or more drinks/day

2. “How many drinks do you have on average each week?”

Positive Response	Men < 65 years	Women Anyone ≥ 65 years
	15+ drinks/week	8+ drinks/week

***\*Any alcohol use by pregnant women or < age 21 = positive score***

# Brief Intervention

A short motivational conversation about alcohol

# Step 1: Raise the Subject

“Would you mind taking a few minutes to talk with me about your screening results?”



*Ask permission to have the conversation*



# Step 2: Provide Feedback

- Review reported alcohol use
- Note that there is no safe substance use during pregnancy
- Review substance use/breastfeeding concerns
- Explore intention to avoid pregnancy and use of contraception
- Advise to avoid alcohol while trying to get pregnant or during pregnancy and lactation
- Express concern

*Don't give too much information*

*Always elicit the person's response*

# Step 3: Enhance Motivation

## Assess Importance or Readiness

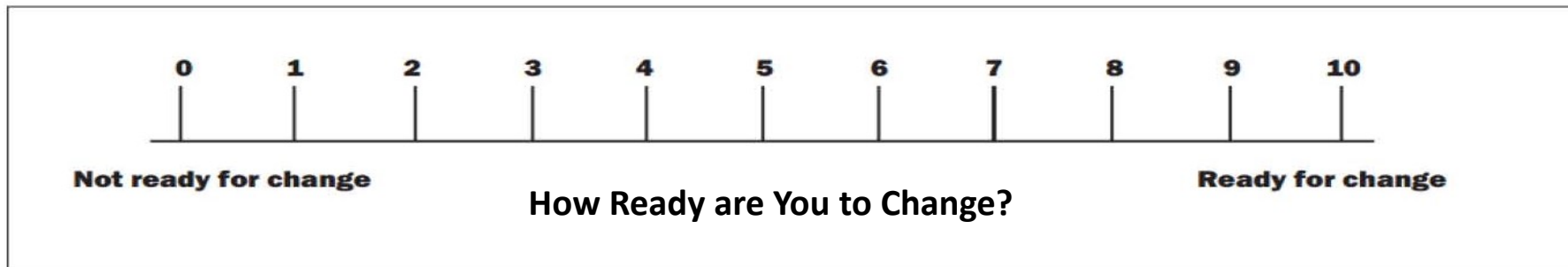
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“On a scale of 0 -10, how important is it to you to stop drinking?”

“On a scale of 0-10, how ready are you to stop drinking?”

**Then Respond:**

*“What makes you a X and not a lower number?”*



# Step 3: Enhancing Motivation

## Assess Confidence

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“On a scale of 0 -10, how confident are you that you could make this change if you decide to?”

**Then Respond:**

*“What made you choose that number?”*

*“What could help you feel more confident?”*

0	1	2	3	4	5	6	7	8	9	10
Not Confident										Confident
How Confident Are You?										

# Step 3: Enhance Motivation: Open-ended questions

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1. “Why might you want to consider not drinking alcohol while you’re pregnant?”
2. “Let’s say you decide it is a good time to stop drinking, how would you go about doing it in order to be successful?”
3. “What are some of the best reasons you can think of to change alcohol your use during your pregnancy?”
4. “How would changing your alcohol use fit with what matters most to you now that you’re pregnant?”

# Step 4: Negotiate and Advise

Elicit response

“What you decide to do is up to you.”  
“What steps could you take to make a change?”

Negotiate a goal  
and next steps

Offer input with permission

Assist with  
developing a plan

“What will be especially challenging?”  
“How could you approach this?”  
“Who can support you?”

Summarize

“Your plan and next steps are...”

Arrange follow-up

“I’d like to arrange follow up to support your next steps.”

Thank them

“Thank you for your willingness to have this conversation with me.”



# Women's health and alcohol

**Meet Maria** – a nurse practitioner here to answer your questions about alcohol and your health. Maria will ask questions that help guide the conversation, allowing you to talk about what is important to you.

She will ask what you want to discuss today, offering a list of options such as information about alcohol and sleep, alcohol and pregnancy, or discussing alcohol use with someone you are concerned about. Your conversation will be based on your responses. You can hear a few personal stories from women who share how drinking has effected them.



# Resources to support change

## Supporting Change

Education and self-care options for patients who are interested in changing their alcohol use and loved ones who want to support them.



### Learn About Alcohol and Health



**Rethinking Drinking:**  
<https://www.rethinkingdrinking.niaaa.nih.gov>



**Pahoia Digital Specialist on Alcohol Use**  
(English, Spanish, Portuguese)  
<https://www.paho.org/en/alcohol/pahoia>



**Women's Health & Alcohol**  
<https://www.sbirtcolorado.org/womens-health-alcohol>



**Alcohol Treatment Navigator.**  
<https://alcoholtreatment.niaaa.nih.gov/>



### Find a Support Group

**Alcoholics Anonymous**  
(find meetings in any state)  
<https://www.aa.org>



**SMART Recovery**  
<https://www.smartrecovery.org/>



**Life Ring - Secular Recovery**  
<https://lifering.org/online-meetings/>



**Women for Sobriety**  
<https://womenforsobriety.org/>



**Moderation Management**  
<https://womenforsobriety.org/>





### Apps to Support Change

**Drinks Meter**  
(in the Apple App Store)



**Drink Control - Drink Tracker**  
(in the Apple App Store)



**Sober Time**  
<https://sobertime.app/>





### Practice Talking with an Adult or Teen

**One Degree: Shift the Influence**  
Practice conversations with an adult or teen about substance use  
<https://shifttheinfluence.org/>



No-cost SBIRT training

**SBIRT in Colorado Program:**

<https://sbirtcolorado.org/sbirt-trainingandta>



THANK YOU VERY MUCH!

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