



Women’s Health and Alcohol Use

Utah — PRAMS, 2016-2017

Background

No amount of alcohol consumption has been determined to be safe during pregnancy.¹⁻² 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.¹ Drinking alcohol during pregnancy can also increase the risk of fetal alcohol spectrum disorders (FASDs).² Infants affected by FASDs may have physical problems and problems with behavior and learning.²

Pregnancy Risk Assessment Monitoring System (PRAMS)

PRAMS collects site-specific, population-based data on maternal attitudes and experiences before, during, and shortly after delivery. PRAMS surveys are typically completed 3 to 6 months after delivery. PRAMS sites that met or exceeded the response rate threshold for 2017 (55%) are included in overall estimates. Results presented in this report include responses to “Core” questions (asked by all PRAMS sites) and to optional “Standard” questions related to alcohol use.

National Goal on Alcohol Use During Pregnancy

Healthy People
2020 Objective³

MICH-11.1 – Increase abstinence from alcohol among pregnant women to 98.3%

Alcohol Use* During Pregnancy

PRAMS Indicator	Utah % (95% CI) [†]		Subset of PRAMS Sites % (95% CI) [†] 2017
	2016	2017	
No alcohol use during the last 3 months of pregnancy	†	†	91.8 (91.1-92.3)
Any alcohol use* during the last 3 months of pregnancy	†	†	8.2 (7.7-8.9)

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

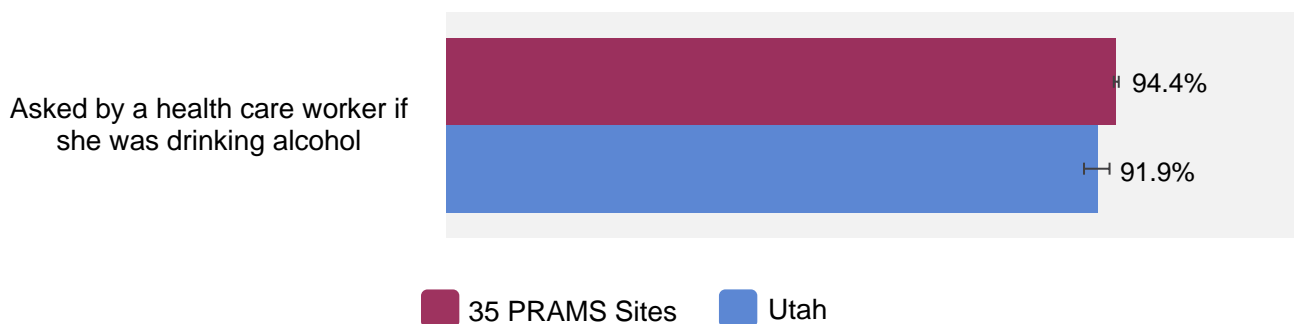
“Subset of PRAMS Sites” estimates include 18 sites (AK, CO, CT, DE, GA, LA, MD, ME, MO, NC, NJ, NY, PA, SD, VA, VT, WA, WY)

†† Weighted percent (95% Confidence Interval)

† PRAMS site-level data unavailable

Alcohol Use Counseling During Prenatal Care Visits

Women who reported being asked by a health care worker during a prenatal care visit if they were drinking alcohol, 2017

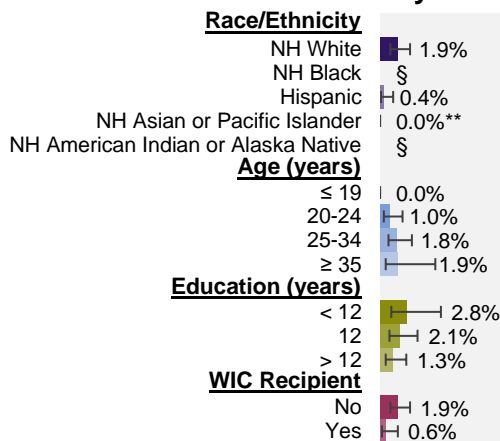


Note: Bars display 95% Confidence Intervals

Alcohol Use* Before Pregnancy

PRAMS Indicator	Utah % (95% CI) [†]		35 PRAMS Sites % (95% CI) [†] 2017
	2016	2017	
No alcohol use during the 3 months before becoming pregnant	73.3 (70.4-76.0)	74.2 (71.2-77.0)	43.4 (42.6-44.1)
Any alcohol use* during the 3 months before becoming pregnant	26.7 (24.0-29.6)	25.8 (23.0-28.8)	56.6 (55.9-57.4)
Heavy drinking (8 or more drinks a week)	1.4 (0.9-2.4)	1.5 (0.9-2.6)	2.6 (2.4-2.9)

Women who reported heavy drinking (8 or more drinks a week) before pregnancy, by characteristics – Utah, 2017



§ < 30 respondents, not reported; ** < 60 respondents, may not be reliable
 Note: Bars display 95% Confidence Intervals

Summary

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

- 8.2% of PRAMS respondents reported any drinking during the last 3 months of pregnancy.

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

- 2.6% of PRAMS respondents 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.

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.html>

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>

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

