



*March 2017*

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What is PRAMS?

PRAMS (Pregnancy Risk Assessment Monitoring System) is a population-based risk factor surveillance system jointly sponsored by the Wyoming Department of Health and the Centers for Disease Control and Prevention (CDC). The purpose of PRAMS is to find out why some babies are both healthy and others are not. To do this, PRAMS asks a sample of Wyoming women who had a live birth infant in the past two to six months, questions about their experience and behaviors before, during, and shortly after pregnancy.

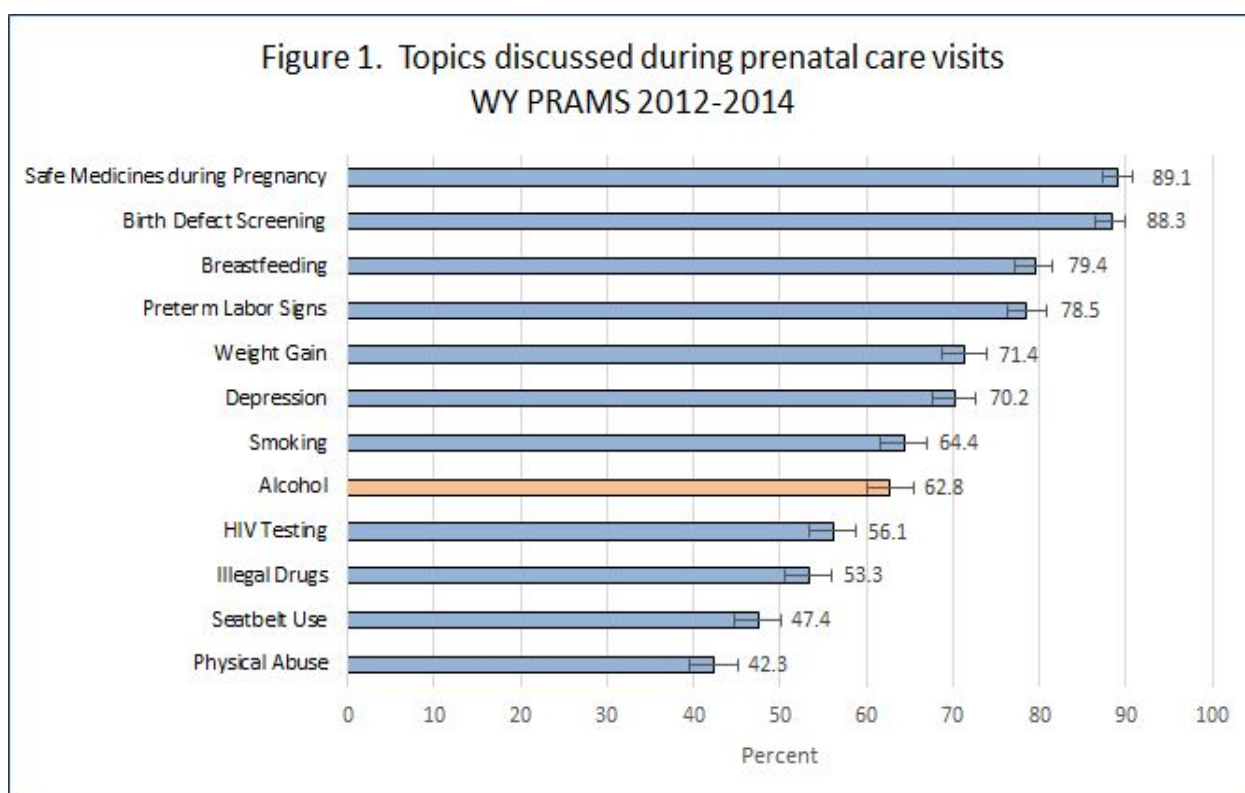
PRAMS Mission: To promote the collection, analysis, and dissemination of population-based data of high scientific quality and to support the use of data to develop policies and programs in order to decrease maternal and infant morbidity and mortality.

Visit our WY PRAMS website for more information:

<https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/mch-epi/pregnancy-risk-assessment-monitoring-system-prams/data/>

## Wyoming PRAMS: Alcohol Use - Before and During Pregnancy

According to the Centers for Disease Control and Prevention (CDC) “*there is no known safe amount of alcohol use during pregnancy or while trying to get pregnant*” and no safe time to drink during the prenatal period (1). But is this message repeated by providers to women under their care? Figure 1 illustrates that in 2012-2013, 62.8% of women said that their health provider talked to them about how “*drinking alcohol during pregnancy could affect my baby*”.



When examined by race and ethnicity, fewer White, non-Hispanic (61.4%) women report learning from their provider about how drinking alcohol during pregnancy could affect their baby than American Indian (88.9%) and Hispanic (70.1%) women. Yet their prevalence of drinking before and during pregnancy is higher than either group.

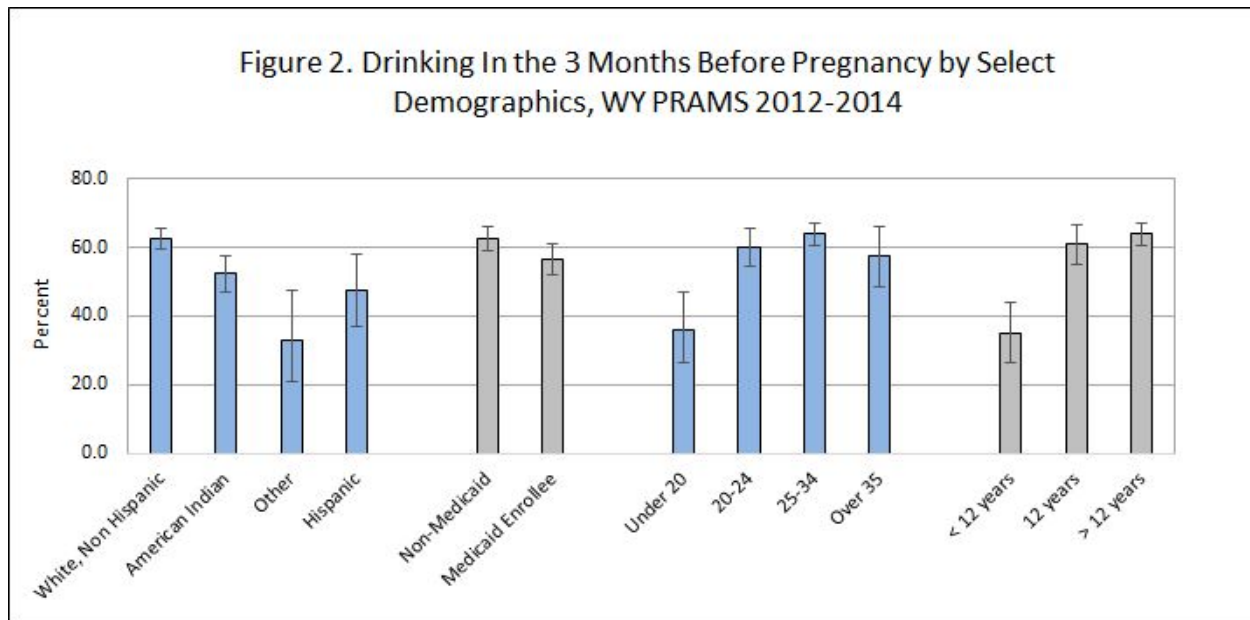
### Drinking 3 Months Before Pregnancy - Empowering Women of Childbearing Age

Since over half of the pregnancies in the U.S. are unplanned, and because many women don't know that they are pregnant until four to six weeks into their pregnancy, it is important to provide all women of childbearing age with information about the potential impact of alcohol on a developing fetus *before* they become pregnant. The CDC's Acting Director, Dr. Anne Schuchat, confirmed this message in a February 2016 New York Times interview, stating “*We're*

*really all about empowering women to make good choices and to give them the best information we can so they can decide what they want to do themselves” (2).*

More than half (60.5%, 2013) of Wyoming women report alcohol use in the three months before pregnancy. This proportion is slightly higher than the average reported by other PRAMS states (56.0%, 2013).

Significant differences exist in several demographic factors for women who report drinking in the three months before pregnancy. White, non-Hispanic women report significantly higher levels of drinking (62.4%) than American Indian (52.4%) and Hispanic (47.3%) women. Women under the age of 20 were less likely (36.0%) to report drinking during this period as compared to older women. Women with lower levels of education were significantly less likely to report drinking in the three months before pregnancy than women who report high school education and beyond, although this result may also be correlated with younger maternal age (Figure 2).



### **Drinking in the Third Trimester of Pregnancy**

Less than 10% of women report drinking during the last three months of pregnancy. In 2013, 4.9% of Wyoming women reported drinking in the third trimester as compared to 8.0% of women in other PRAMS states.

An examination of 2012-2014 WY PRAMS data found that women who reported lower levels of education were less likely to report drinking during the third trimester (1.9%) as compared to those with a high school degree (4.6%) or higher (7.3%). Fewer women aged 20-24 (2.5%) reported drinking in their third trimester as compared to women 25-34 and 35 years or older. No statistical differences were observed by race/ethnicity or Medicaid/non-Medicaid status.

## Provider Resources

Talking to women about drinking alcohol during their pregnancy presents a challenge for many providers. Understanding the link between alcohol use and increased risk of fetal alcohol spectrum disorders (FASDs) is an important concept to share with women during both the preconceptual and prenatal periods. One of the few completely preventable birth defects, FASD results in physical, behavioral, and intellectual disorders that last a lifetime (3).

To assist providers in this discussion, the CDC provides resources including two infographics to share with women of childbearing age. The first explains the impact on alcohol use to the developing fetus and the lifelong effects that this exposure may cause. The second outlines five steps that aid providers in screening and educating on alcohol use for all of their patients, including women who may be planning to become pregnant. One of these resources, the Alcohol Use Disorders Identification Test (AUDIT), a screening tool developed by the World Health Organization, is attached to this email.

These, and additional resources may be found on the CDC's website, Alcohol and Pregnancy, at <https://www.cdc.gov/vitalsigns/fasd/>.

- (1) Alcohol Use in Pregnancy. Accessed 03/23/2017 at <https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>
- (2) Victor, D. C.D.C. Defends Advice to Women on Drinking and Pregnancy (02/05/2016). Accessed 03/24/2017 at <https://www.nytimes.com/2016/02/06/health/cdc-defends-advice-to-sexually-active-women-about-drinking.html?>
- (3) Alcohol and Pregnancy. Accessed 03/24/2017 at <https://www.cdc.gov/vitalsigns/fasd/>

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### **Our goals with WY PRAMS continue to be to:**

1. To work with YOU to disseminate data from WY PRAMS
2. To inform WY stakeholders, programs, and policies.
3. To conduct and present analyses of WY PRAMS data pertaining to priorities of stakeholders and programs across the state.

If you would like more information please contact the WY PRAMS Project ([wdh-wyprams@wyo.gov](mailto:wdh-wyprams@wyo.gov))

To Subscribe to the WY PRAMS Listserv: Please encourage anyone you feel would be interested in participating in PRAMS activities to subscribe to the Wyoming PRAMS Listserv. To subscribe, send an email to [sympa@lists.health.wyo.gov](mailto:sympa@lists.health.wyo.gov). In the subject line of the email please type "subscribe wyoprms", and in the body of the email, please provide your first and last name.

To unsubscribe send an email to [sympa@lists.health.wyo.gov](mailto:sympa@lists.health.wyo.gov). In the subject line of the email please type "unsubscribe wyoprms", and in the body of the email please provide your first name and last name.