

# Alcohol Use Before and During Pregnancy: Vermont PRAMS 2009-2011, Part 1

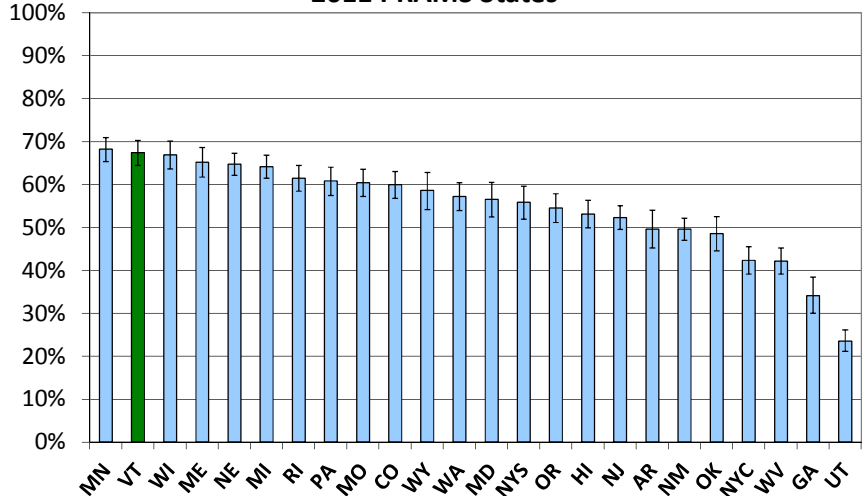
This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with live births since 2001. This report presents information about alcohol use before and during pregnancy for Vermont births in the years 2009 through 2011, as well as trends over time between 2001 and 2011. The CDC reports that no amount of alcohol at any time during pregnancy is safe. Further, to avoid inadvertent fetal exposure to alcohol, it is recommended that women who are trying to get pregnant, or who are sexually active with a male partner and not consistently using contraception, avoid drinking alcohol.

## Alcohol Use Before & During Pregnancy among PRAMS States

For 2011 births, Vermont had high rates of drinking before and during pregnancy when compared to other PRAMS states.

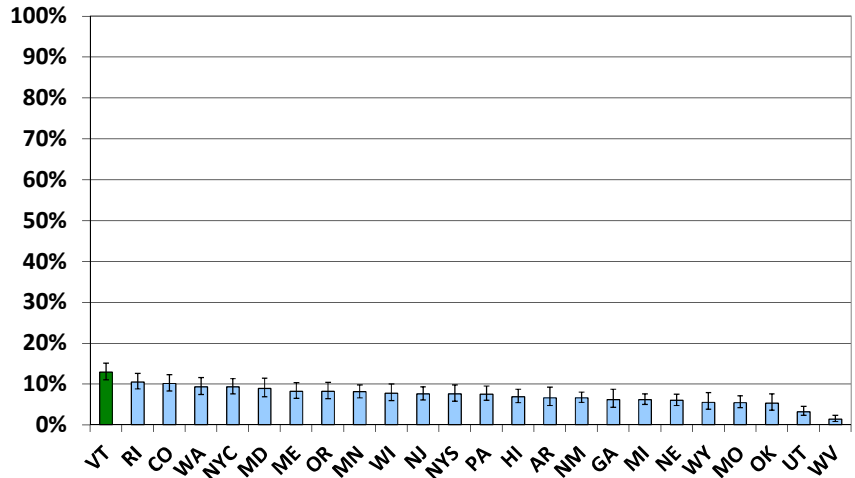
For the three months before pregnancy, Vermont was the 2<sup>nd</sup> highest out of the 24 PRAMS states with 2011 alcohol consumption data (highlighted in green). 67.4% of 2011 Vermont births were to women who drank during the three months before pregnancy.

**Drinking During 3 Months Before Pregnancy  
2011 PRAMS States**



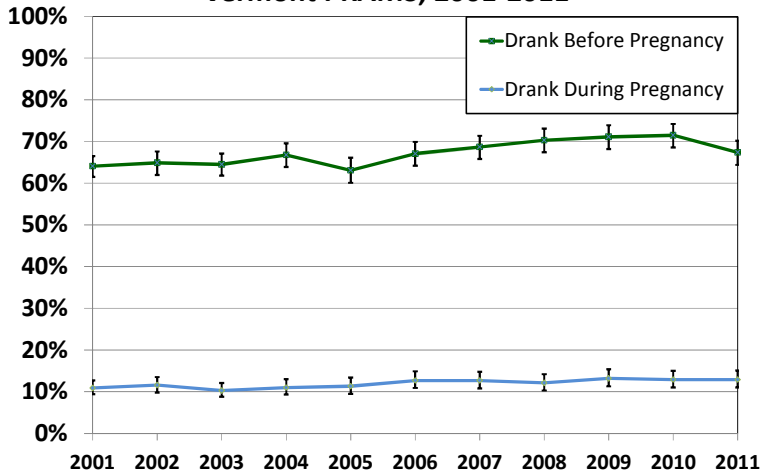
In 2011, Vermont had the highest rate of drinking during the last 3 months of pregnancy, as 12.9% of Vermont births were to women who drank at least once during that period.

**Drinking During Last 3 Months of Pregnancy  
2011 PRAMS States**



**Alcohol Use Before and During Pregnancy in Vermont, 2001-2011**

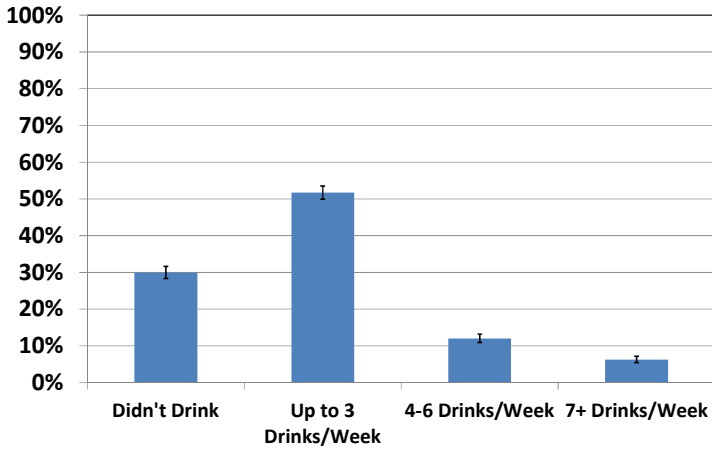
**Births to Women who Drank Alcohol  
Vermont PRAMS, 2001-2011**



The proportion of births to women having at least one alcoholic drink during their last three months of pregnancy has remained consistent in the last 10 years of Vermont PRAMS data, as was the rate of drinking before pregnancy.

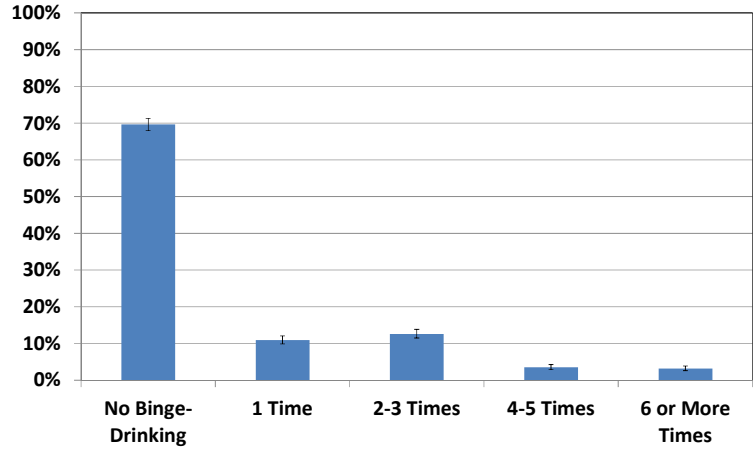
As with the overall rate in Vermont, there were no significant changes in the prevalence of drinking within any age group, income level, marital/civil union status, or education level.

**Drinks Per Week 3 Months Before Pregnancy  
Vermont PRAMS 2009-2011**



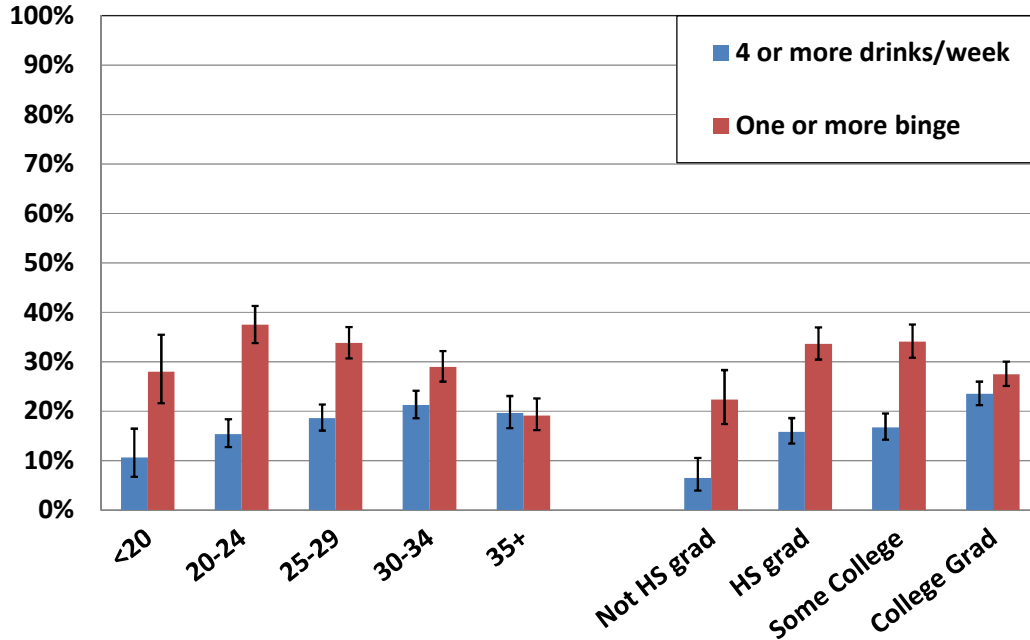
In Vermont, only 30% of births were to mothers who did not drink at all during the three months before pregnancy. Seven percent of Vermont births were to mothers who were drinking 7 or more drinks per week before pregnancy.

**Drinking Binges During 3 Months Before Pregnancy  
Vermont PRAMS 2009-2011**



Thirty percent of births were to women who had at least one drinking binge during the three months prior to pregnancy. Of all Vermont births, around 20% were to women who had more than one drinking binge during those three months.

**Drinking Before Pregnancy  
Vermont PRAMS 2009-2011**



- Older mothers were more likely to drink four or more drinks per week during the three months before pregnancy than younger mothers, but had a lower rate of binge drinking during that time.
- Within age groups, 20-24 year olds were the most likely to binge drink before pregnancy.
- Mothers with higher education were also more likely to drink before pregnancy.
- Unlike age, however, higher levels of education were not associated with lower rates of binge drinking—mothers who had graduated high school or had attended some college were the most likely to binge drink before pregnancy.

**The following PRAMS questions were used for this data brief:**

Have you had any alcoholic drinks in the past 2 years?

During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?

- 14 drinks or more a week
- 7 to 13 drinks a week
- 4 to 6 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn't drink then

During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.

- 6 or more times
- 4 to 5 times
- 2 to 3 times
- 1 time
- I didn't have 4 drinks or more in 1 sitting

During the last 3 months of your pregnancy, how many alcoholic drinks did you have in an average week?

- 14 drinks or more a week
- 7 to 13 drinks a week
- 4 to 6 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn't drink then

During the last 3 months of your pregnancy, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.

- 6 or more times
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**2011 PRAMS Sites (as abbreviated in above charts):**

AR = Arkansas; CO = Colorado; GA = Georgia; HI = Hawaii; MD = Maryland; ME = Maine; MI = Michigan; MN = Minnesota; MO = Missouri; NE = Nebraska; NJ = New Jersey; NM = New Mexico; NYC = New York City; NYS = New York (excluding NYC); OK = Oklahoma; OR = Oregon; PA = Pennsylvania; RI = Rhode Island; UT = Utah; VT = Vermont; WA = Washington; WI = Wisconsin; WV = West Virginia; WY = Wyoming.

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