

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 discussions about alcohol use during prenatal care visits for Vermont births in the years 2009 through 2011. The CDC reports that no amount of alcohol at any time during pregnancy is safe.

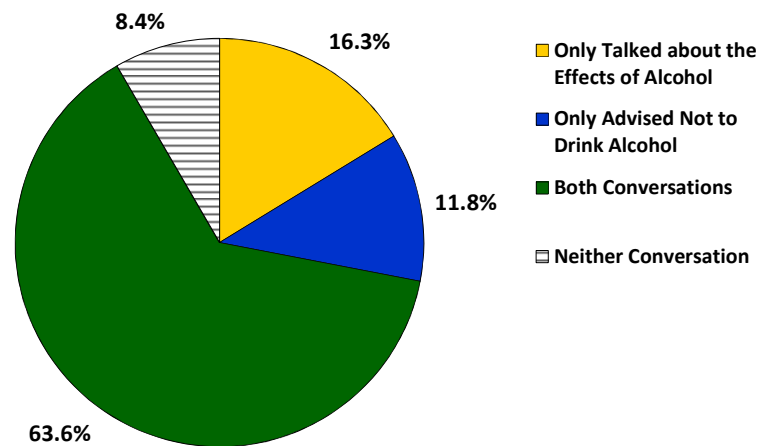
There were two questions relating to prenatal care visits and discussing alcohol. The first was whether or not, at a prenatal visit, a doctor, nurse, or other health care worker talked to the mother about how drinking alcohol during pregnancy could affect her baby. The other question specifically asked if any of the health care workers advised the mother not to drink alcohol during pregnancy.

Prenatal Care and Discussions About Alcohol

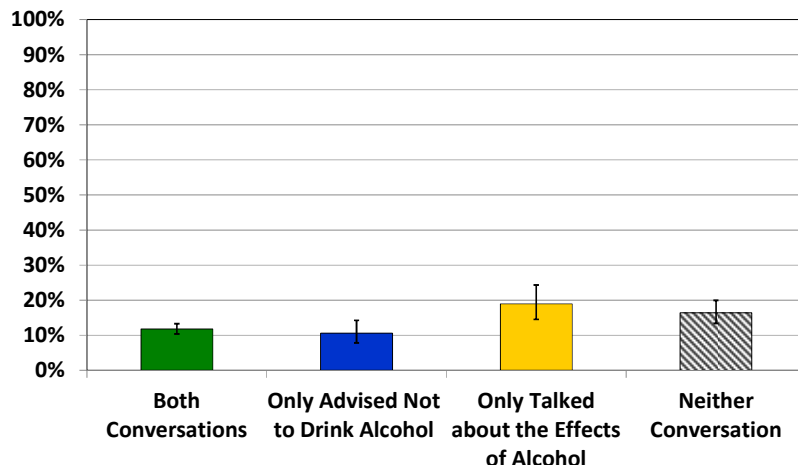
A conversation about the effects of drinking during pregnancy (72%) and being advised against drinking (75%) were each recalled by about three-fourths of all Vermont women.

As shown on the right, around two-thirds of women had prenatal care visits that included both conversations.

**Conversations About Drinking While Pregnant
During Prenatal Care Visits**
Vermont 2009-2011



**Drinking During Pregnancy by
Conversations At Prenatal Care Visits**
Vermont 2009-2011



By itself, a conversation about the effects of alcohol was not associated with a lower likelihood of drinking during the last three months of pregnancy.

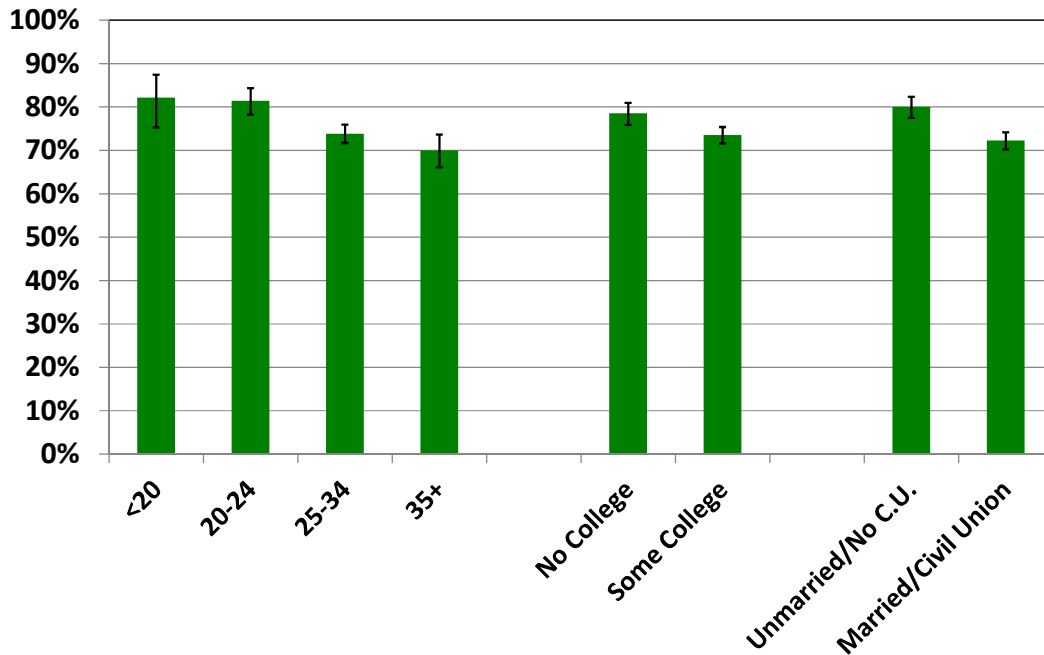
However, if a woman was advised at a prenatal care visit not to drink alcohol, she was significantly less likely to drink during the pregnancy.

A logistic regression model that included other demographic and behavioral factors associated with drinking during pregnancy provided further support for advising against alcohol during pregnancy (Appendix). The model suggested that women who are advised not to drink alcohol during pregnancy were about 50% more likely to avoid drinking during their pregnancies than women who were not.

Who do Health Care Workers Advise Not to Drink?

Despite being less likely to drink alcohol before or during pregnancy, women under the age of 24, women without any college education, and women who weren't married or in a civil union were significantly more likely to be advised against drinking by a health care worker at a prenatal visit.

**Advised Not to Drink
Vermont 2009-2011**



Appendix: Logistic regression model for not drinking alcohol during final 3 months of pregnancy

	Odds Ratio	95% CI
During a prenatal care visit, was advised not to drink during pregnancy by a health care worker.	1.522	1.171-1.979
Other maternal characteristics included in model: age group, drinks per week in the three months before pregnancy, income, highest level of education attained, marital status		

The following PRAMS questions were used for this data brief:

During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below?

- ... How drinking alcohol during pregnancy could affect my baby

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

During the last 3 months of your pregnancy, how many times did you drink 4 alcoholic drinks or more in one sitting?

- 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 any of your prenatal care visits, did a doctor, nurse, or other health care worker advise you not to drink alcohol while you were pregnant?

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

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

Data brief written by statistics intern Katherine King and Vermont PRAMS. Questions or comments about this report may be directed to John Davy at (802) 863-7661 or john.davy@state.vt.us. More information about Vermont PRAMS can also be found at <http://healthvermont.gov/research/PRAMS/prams.aspx>.