



# Women's Health and Alcohol Use

## New Jersey — PRAMS, 2016-2017



### Background

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

### Pregnancy Risk Assessment Monitoring System (PRAMS)

NJ Pregnancy Risk Assessment Monitoring System (PRAMS) is a joint project of the NJ Department of Health and the Centers for Disease Control and Prevention (CDC). Information from PRAMS is used to help plan better health programs for NJ mothers and infants. One out of every 50 mothers are sampled each month, when newborns are 2-6 months old. Survey questions address their feelings and experiences before, during, and after pregnancy. The PRAMS sample design oversamples smokers and minorities. Data are weighted to give representative estimates of proportions in specific categories and of actual persons. Almost 24,000 NJ mothers were included between 2002-2017, with an average response rate of 70%.

### National and State Goals on Alcohol Use During Pregnancy

National and State Goals	Alcohol Use During Pregnancy
<b>Healthy People 2020 Objective<sup>3</sup></b>	<b>MICH-11.1</b> – Increase abstinence from alcohol among pregnant women to 98.3%
<b>Healthy New Jersey 2020 Objective<sup>4</sup></b>	<b>MCH-4</b> – Decrease use of alcohol among pregnant women to 8.0% among all mothers.

### Alcohol Use\* During Pregnancy

PRAMS Indicator	New Jersey % <sup>¶</sup>		Subset of PRAMS Sites % <sup>¶</sup>
	2016	2017	2017
No alcohol use during the last 3 months of pregnancy	91.1	89.3	91.8
Any alcohol use* during the last 3 months of pregnancy	8.9	10.7	8.2

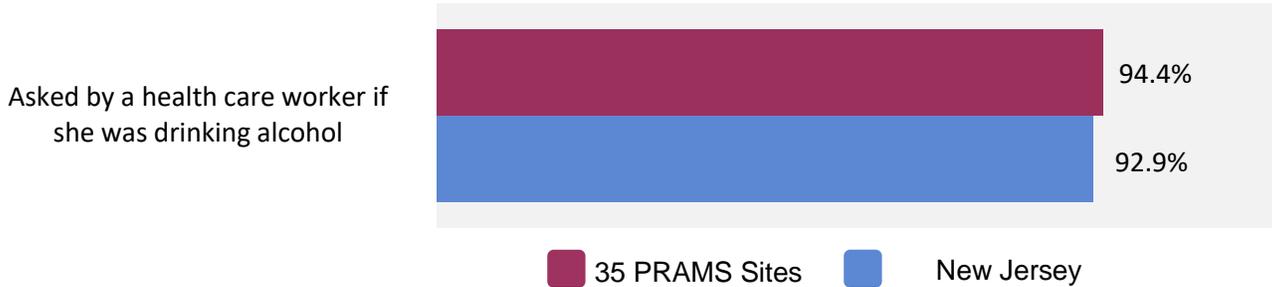
\* Drink is defined as 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.

"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

## Alcohol Use Counseling During Prenatal Care Visits

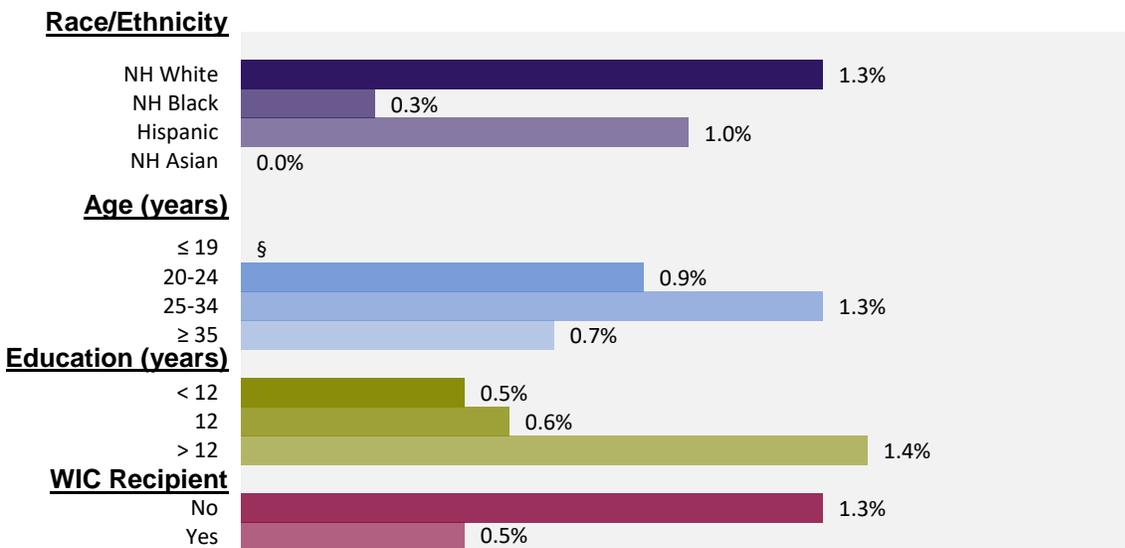
Women who reported being asked by a health care worker during a prenatal care visit if they were drinking alcohol, 2017



## Alcohol Use\* Before Pregnancy

PRAMS Indicator	New Jersey %†		35 PRAMS Sites %† 2017
	2016	2017	
Heavy drinking (8 or more drinks a week)	1.9	1.1	2.6

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



§ < 30 respondents, not reported

# New Jersey PRAMS: Women's Health and Alcohol

## Summary

Based on 2017 New Jersey PRAMS data:

- 1.1% of mothers reported heavy drinking in the 3 months before becoming pregnant.
- Nearly all (92.9%) of mothers reported being asked by a health care worker during a prenatal care visit if they were drinking alcohol.
- The prevalence of mothers that reported heavy drinking before pregnancy was highest for White, non-Hispanics, mothers 25-34 years of age, and mothers with some college education or more.

## 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>

**National Organization on Fetal Alcohol Syndrome:** <https://www.nofas.org/>

**NJ Department of Health, Fetal Alcohol Spectrum Disorders (FASD):**  
<https://www.nj.gov/health/fhs/maternalchild/sidsfasd/fasd/>

**Perinatal Addictions Prevention Project:**

- Partnership for Maternal & Child Health of Northern New Jersey - <http://partnershipmch.org/programs/papp/>
- Central Jersey Family Health Consortium - <https://www.cjfhc.org/index.php/en/programs-services/community-programs-and-services>
- Southern New Jersey Perinatal Cooperative - <https://www.snjpc.org/what-we-do/for-providers/papp.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. Healthy NJ 2020 Objectives. Available at: <https://www.doh.state.nj.us/doh-shad/indicator/view/PregAlcohol.PRAMS.html>
5. 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>  
For more information on NJ PRAMS: <https://www.nj.gov/health/fhs/maternalchild/mcheprams/>



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