

Vermont PRAMS Data Brief

Prenatal Counseling – part 3 Alcohol, Tobacco & Drugs

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 includes data from 2001^a-2007.

The previous report examined differences in responses across demographics for these questions. Here we will examine the relationship between the responses and smoking and drinking behavior.

Included in the survey are questions about the content of prenatal care. Women are asked if health care workers talked with them about topics including smoking, drug and alcohol use (core questions). Since 2004, mothers have also been asked if health care workers inquired about their use of alcohol and drugs (state added questions). In addition, mothers were asked about their smoking and drinking habits before and during pregnancy. The wording for the questions examined here is included at the end of this report.

Prenatal Tobacco Counseling:

- 75% of mothers indicated that a prenatal health care worker had discussed how smoking during pregnancy could affect their baby.
- Mothers who smoked were more likely to report prenatal tobacco counseling.
- Mothers who continued to smoke during pregnancy were more likely to receive tobacco counseling than mothers who quit smoking during their pregnancy.

Prenatal Alcohol Counseling:

- 75% of mothers indicated that a prenatal health care worker had discussed how drinking alcohol during pregnancy could affect their baby.
- 78% of mothers reported a health care worker had asked how much they drank.
- Women who binge drank 1 or more times in the 3 months before pregnancy were more likely to receive prenatal alcohol counseling.
- Women who continued to drink during pregnancy were no more likely to receive alcohol counseling than women who quit drinking during pregnancy or women who didn't drink before pregnancy. This despite a Surgeon General Advisory indicating that:
 - *A pregnant woman or a woman who is considering becoming pregnant should not drink alcohol.*
 - *There is no known safe level of alcohol consumption for pregnant women.*
 - *Health professionals should inquire routinely about alcohol consumption by women of childbearing age, inform them of the risks of alcohol consumption during pregnancy, and advise them not to drink alcoholic beverages during pregnancy.*

^a 2001 data includes mothers who gave birth from October 2000 to December 2001. Data Collection began in January 2001.

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Prenatal Drug Counseling:

- 65% of mothers indicated that a prenatal health care worker had discussed how using illegal drugs during pregnancy could affect their baby.
- 70% of mothers reported a health care worker asked if they were using illegal drugs.
- Women who smoked were significantly more likely to have been counseled about illegal drugs than women who don't smoke.
- Overall, women who drank before or during pregnancy were less likely to have discussed drugs than women who didn't drink.
- The difference in prenatal drug counseling between drinkers and smokers might be explained by demographic differences between the groups; smokers tend to be younger and have less education than the drinkers.
- Women who binge drank 1 or more times in the 3 months before pregnancy were more likely to have discussed drug use than moderate drinkers or non-drinkers.

Definitions Used in Graphics:

Smoked During Pregnancy

- Mother reported smoking during the last 3 months of pregnancy.

Quit Smoking During Pregnancy

- Mother reported smoking in the 3 months before she got pregnant, but not in the last 3 months of pregnancy.

Non-Smoker

- Mother reported she did not smoke in the 3 months before or last 3 months of pregnancy.

Drank During Pregnancy

- Mother reported drinking alcohol during the last 3 months of pregnancy.

Quit Drinking During Pregnancy

- Mother reported drinking alcohol in the 3 months before she got pregnant, but not in the last 3 months of pregnancy.

Non-Drinker

- Mother reported she did not drink in the 3 months before or last 3 months of pregnancy.

Binge Drank Before Pregnancy

- Mother reported drinking 5 or more alcoholic drinks in one sitting at least once in the 3 months before she got pregnant.

Drank Moderately Before Pregnancy

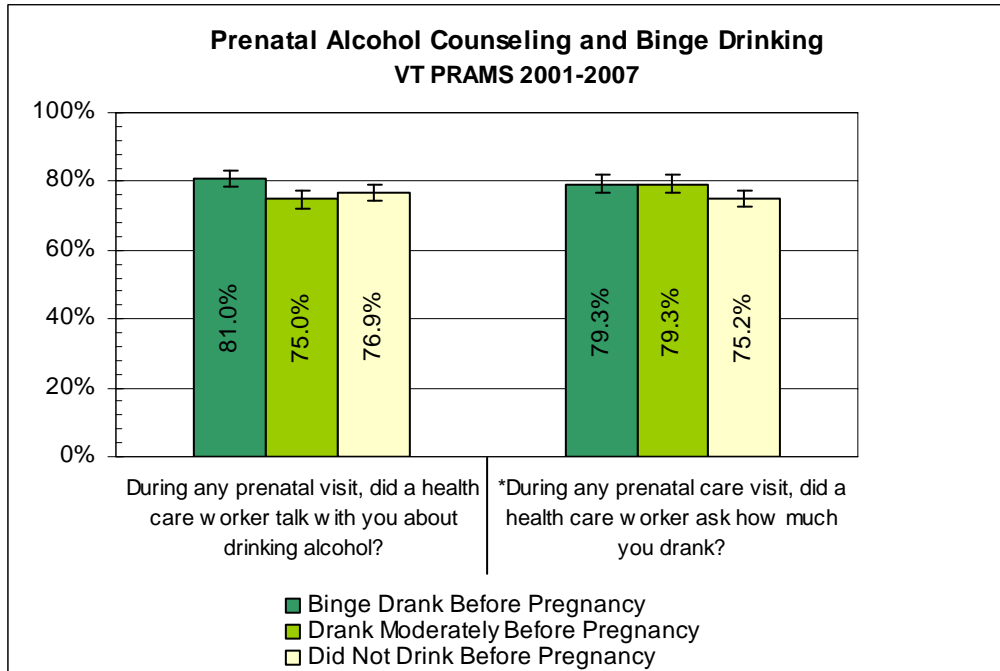
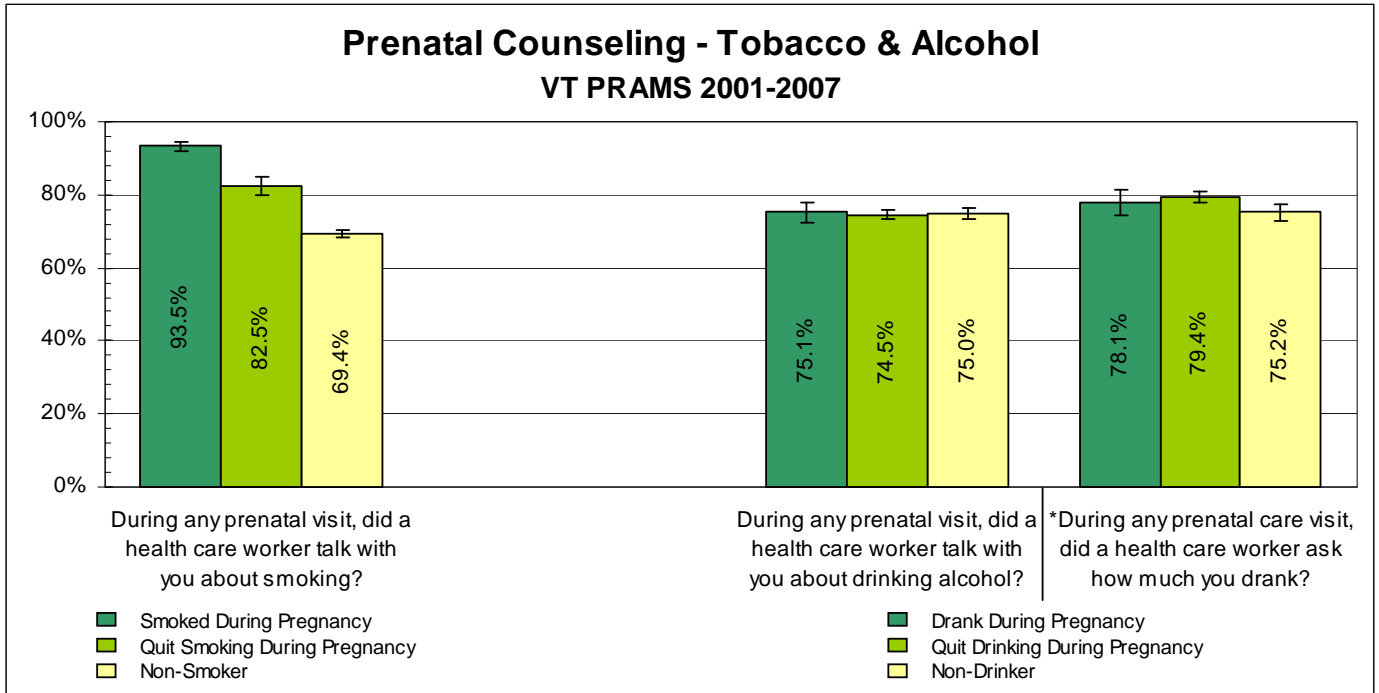
- Mother reported she drank alcohol in the 3 months before pregnancy, but did not binge drink.

Did Not Drink Before Pregnancy

- Mother reported she did not drink alcohol in the 3 months before she got pregnant.

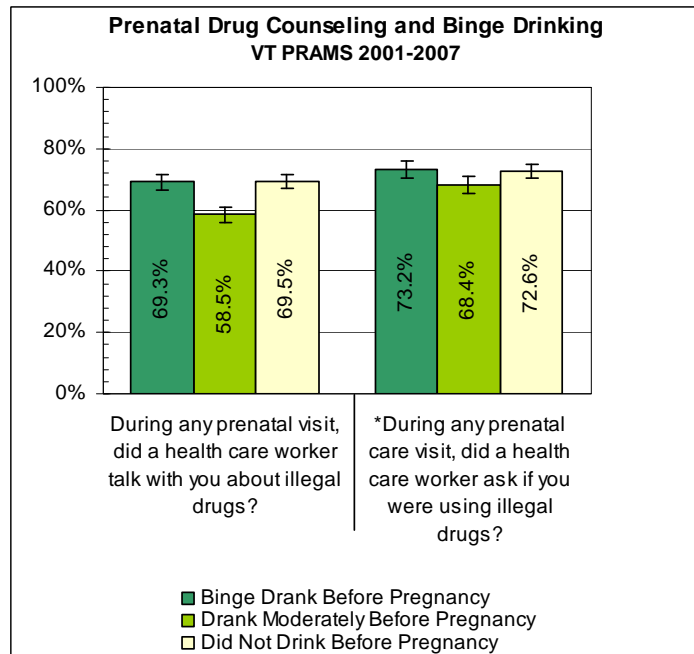
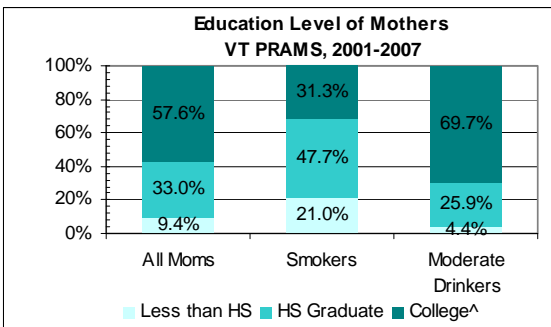
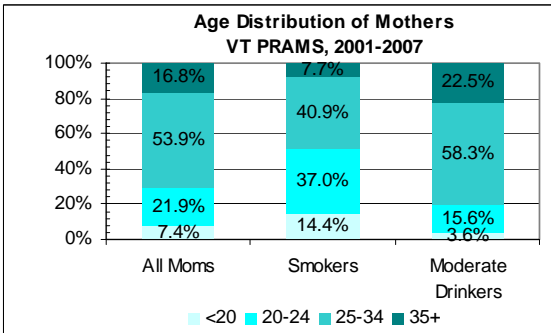
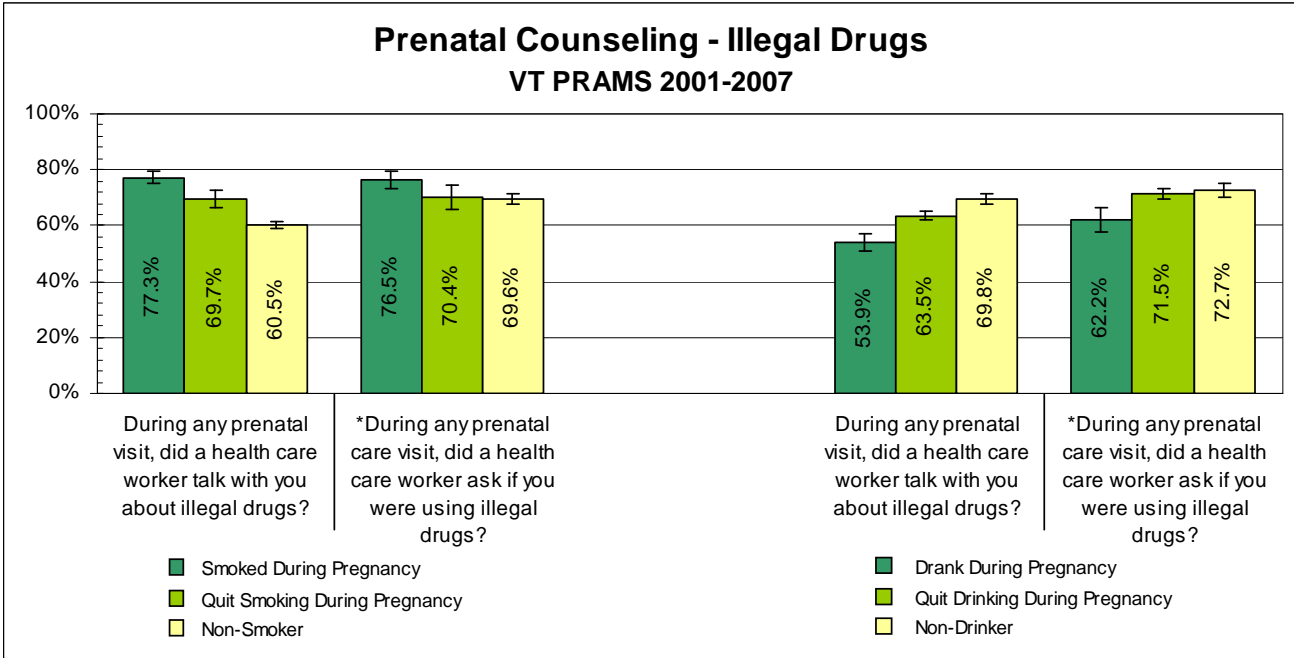
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* These questions were added beginning in 2004.

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^ Includes mothers with any post-secondary education, whether or not they earned a degree.

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PRAMS Prenatal Counseling Questions:

Core Questions:

21. 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? Please count only discussions, not reading materials or videos. For each item, circle **Y** (Yes) if someone talked with you about it or circle **N** (No) if no one talked with you about it.

- | | | No | Yes |
|--|---|----|-----|
| a. How smoking during pregnancy could affect my baby. | N | Y | |
| b. Breastfeeding my baby | N | Y | |
| c. How drinking alcohol during pregnancy could affect my baby | N | Y | |
| d. Using a seat belt during my pregnancy | N | Y | |
| e. Birth control methods to use after my pregnancy | N | Y | |
| f. Medicines that are safe to take during my pregnancy | N | Y | |
| g. How using illegal drugs could affect my baby. | N | Y | |
| h. Doing tests to screen for birth defects or diseases that run in my family | N | Y | |
| i. What to do if my labor starts early | N | Y | |
| j. Getting tested for HIV (the virus that causes AIDS). | N | Y | |
| k. Physical abuse to women by their husbands or partners | N | Y | |

PRAMS Tobacco & Alcohol Questions:

34. Have you smoked at least 100 cigarettes in the past 2 years? (A pack has 20 cigarettes.)

- No
 Yes

35. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)

36. In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)

37. How many cigarettes do you smoke on an average day now? (A pack has 20 cigarettes.)

State Added Questions (added in 2004):

22. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about how much weight you should gain during your pregnancy?

- No
 Yes

23. During any of your prenatal care visits, did a doctor, nurse, or other health care worker ask you—

- | | | No | Yes |
|---|---|----|-----|
| a. How much alcohol you were drinking. | N | Y | |
| b. If someone was hurting you emotionally or physically | N | Y | |
| c. If you were using illegal drugs (marijuana or hash, cocaine, crack, etc.). | N | Y | |
| d. If you planned to use birth control after your baby was born | N | Y | |

38. Have you had any alcoholic drinks in the past 2 years? (A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.)

- No
 Yes

39a. During the 3 months before you got pregnant, how many alcoholic drinks did you have in an average week?

39b. During the 3 months before you got pregnant, how many times did you drink 5 alcoholic drinks or more in one sitting?

40a. During the last 3 months of your pregnancy, how many alcoholic drinks did you have in an average week?

40b. During the last 3 months of your pregnancy, how many times did you drink 5 alcoholic drinks or more in one sitting?