

Alcohol Use Before and During Pregnancy

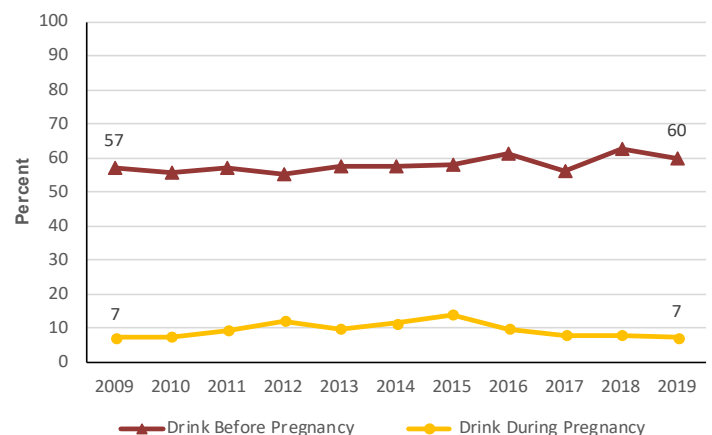
Key Findings

- Prenatal alcohol exposure can lead to birth defects and developmental disabilities. Embryos and fetuses exposed to alcohol can develop fetal alcohol spectrum disorders, encompassing a wide range of conditions which range from subtle to severe with both physical and mental effects. There is no safe amount of alcohol, nor safe time, that an individual can drink while pregnant.¹
- From 2017-2019, about 60 percent of birthing persons reported drinking alcohol during the three months before becoming pregnant.²
- Many people discontinue drinking while pregnant, with only 7.4 percent of pregnant people reporting drinking alcohol during their last three months of pregnancy. Washington is meeting the Healthy People 2030 objective of at least 92.2 percent of pregnant individuals to abstain from alcohol during pregnancy.^{2,3}

Definition: Alcohol use is defined as any drink of alcohol during the time in question. These data are from the Pregnancy Risk Assessment Monitoring System (PRAMS) based on the average number of alcoholic drinks per week during the three months before an individual became pregnant and during her third trimester of pregnancy. Data presented in this report are from 2017-2019, unless otherwise stated.

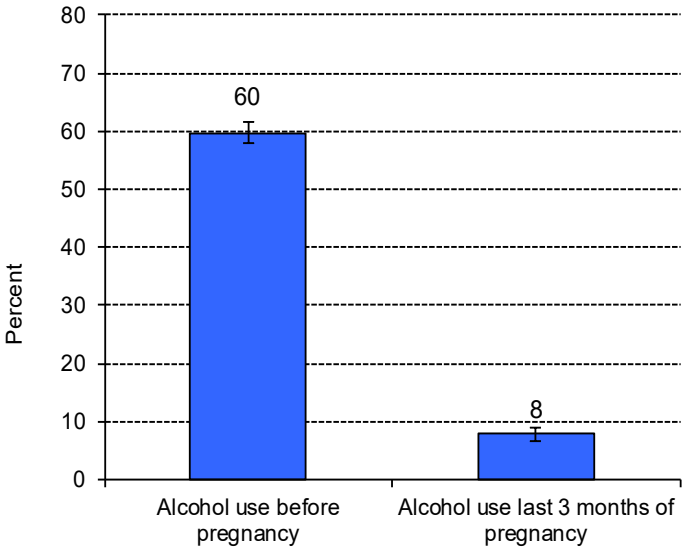
- Non-Hispanic White and non-Hispanic Native American people reported higher drinking rates before pregnancy than people of other races/ethnicities, however non-Hispanic Native American people reported a similar rate of drinking to other non-White people during the third trimester.²
- Individuals receiving any Medicaid reported lower drinking rates before pregnancy and during the third trimester than those who didn't receive any Medicaid.^{2,4}
- There were too few people who were either under 20 years of age or non-Hispanic Pacific Islander to accurately report estimates of drinking in the last three months of pregnancy.² These individuals' data are not shown in graphs and visualizations below.

Alcohol Use Before and During Pregnancy by Year. 2009-2019⁵

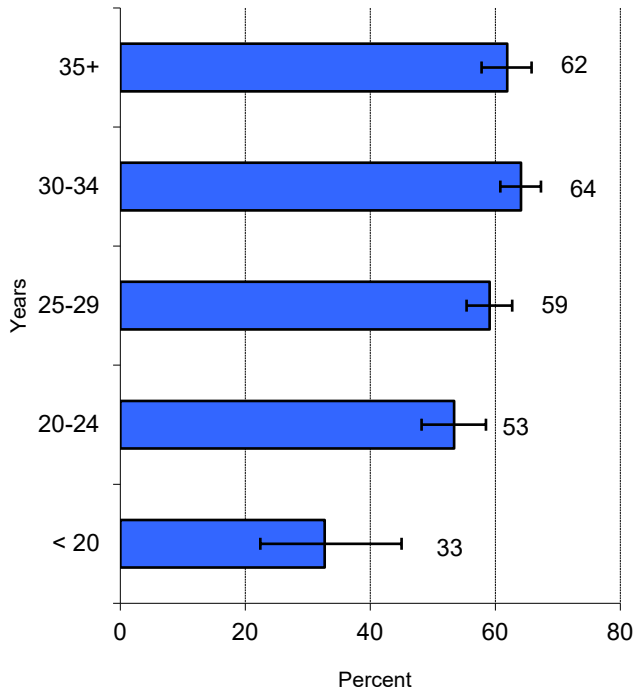


Alcohol Use Before and During Pregnancy Overall and by Maternal Age

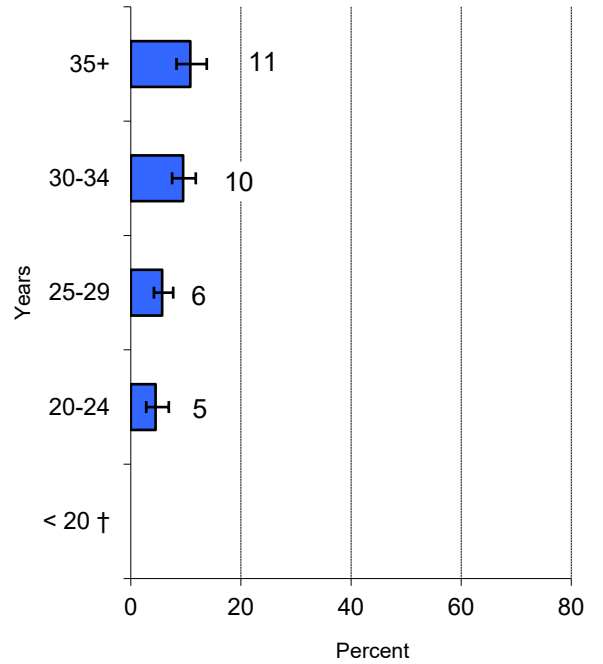
Alcohol Use Before and During Pregnancy, 2017-2019²



Alcohol Use in 3 Months Prior to Pregnancy By Maternal Age, 2017-2019²



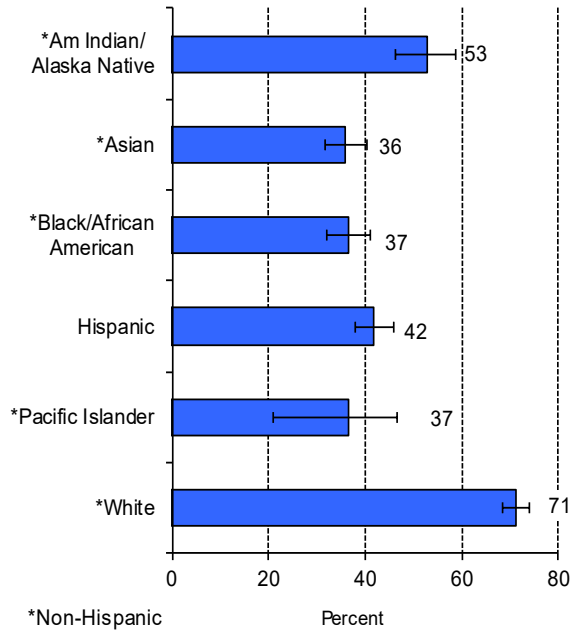
Alcohol Use in Last 3 Months of Pregnancy By Maternal Age, 2017-2019²



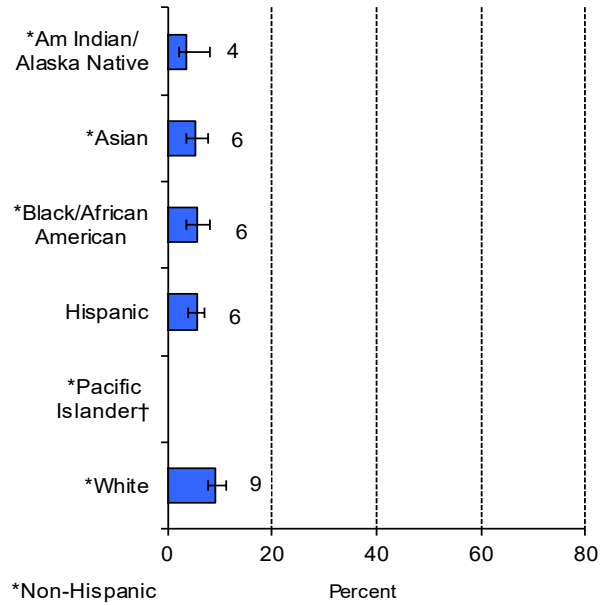
†Data for women < 20 not shown due to the relative standard error being > 30 percent.

Alcohol Use Before and During Pregnancy by Race and Ethnicity

**Alcohol Use in 3 Months Prior to Pregnancy
By Maternal Race/Ethnicity, 2017-2019²**



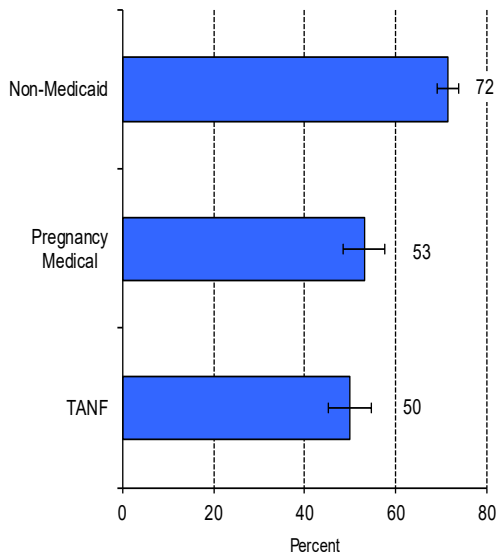
**Alcohol Use in Last 3 Months of Pregnancy
By Maternal Race/Ethnicity, 2017-2019²**



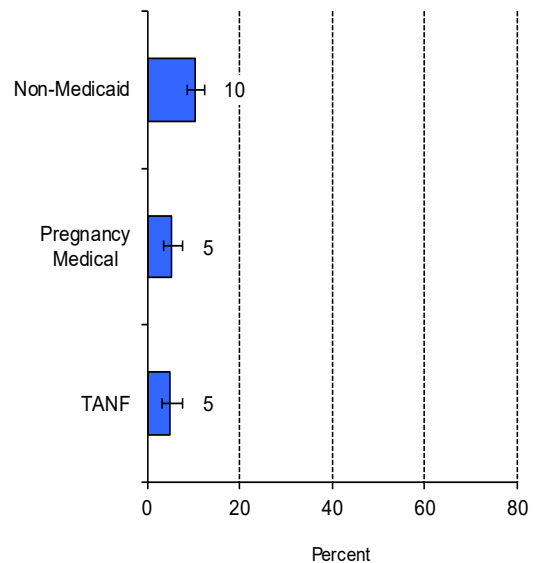
† Data not shown for Pacific Islander women not shown due to the relative standard error being >30 percent.

Alcohol Use Before and During Pregnancy by Medicaid Status

**Alcohol Use in 3 Months Prior to Pregnancy
by Medicaid Program, 2017-2019^{2,4,a}**



**Alcohol Use in Last 3 Months of Pregnancy
by Medicaid Program, 2017-2019^{2,4,a}**



Data Sources

1. “Fetal Alcohol Spectrum Disorders (FASDAs)” Centers for Disease Control and Prevention. <https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>
2. *Washington Pregnancy Risk Assessment Monitoring System (PRAMS) Phase 9 (2017-2019)* [Data file]. Olympia, WA; Washington State Department of Health.
3. U.S. Department of Health and Human Services. (2021). Healthy People 2030. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth/increase-abstinence-alcohol-among-pregnant-women-mich-09>
4. *First Steps Database 2019* [Data file]. Olympia WA; Washington State Department of Social and Health Services, Research and Data Analysis Division.
5. *Washington Pregnancy Risk Assessment Monitoring System (PRAMS) Multiple Phases (2009-2019)* [Data file]. (2021). Olympia, WA: Washington State Department of Health.

End Notes

- a. Medicaid recipients were divided into two major subgroups based on program eligibility. **Pregnancy Medical** were individuals eligible for the pregnancy medical assistance “S” program. These individuals were U.S. citizens or legal U.S. residents and were eligible to receive Medicaid because they were pregnant and had incomes at or below 193% the federal poverty line; **TANF** were individuals enrolled in the Temporary Assistance for Needy Families (TANF) program. These individuals were very low income (generally < 50% the federal poverty level) and received cash assistance (TANF) in addition to Medicaid.

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