



Alcohol Use among Women Before and During Pregnancy in California, 2010

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 **Outline** 

- Maternal and Infant Health Assessment (MIHA) Survey Overview
 - Background and Methods
 - MIHA questions on alcohol consumption prior to and during pregnancy
- Alcohol Consumption During Pregnancy
 - Maternal characteristics
 - Geographic region
- Binge Drinking Before and During Pregnancy
 - Maternal characteristics
 - Geographic region
- MIHA Dissemination

MIHA Survey Overview

www.cdph.ca.gov/MIHA



MIHA Binge Drinking Questions

Introduction to binge drinking questions on survey (2010):

The next questions are about drinking 4 or more alcoholic drinks in one sitting. By one sitting, we mean within about 2 hours.


During the 3 months before you got pregnant, how many times did you drink 4 or more alcoholic drinks in one sitting?
 ____ times

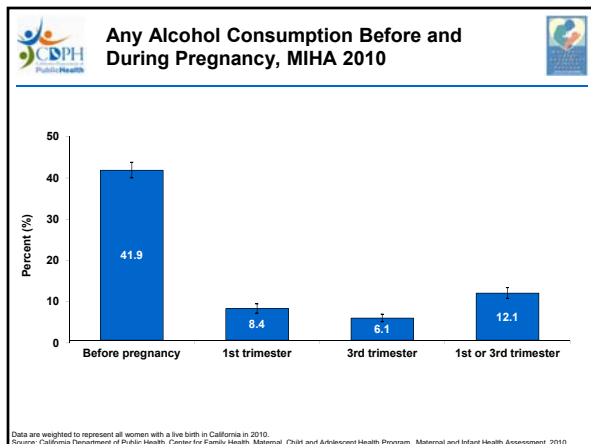
I didn't drink 4 or more drinks in one sitting in the 3 months before I got pregnant

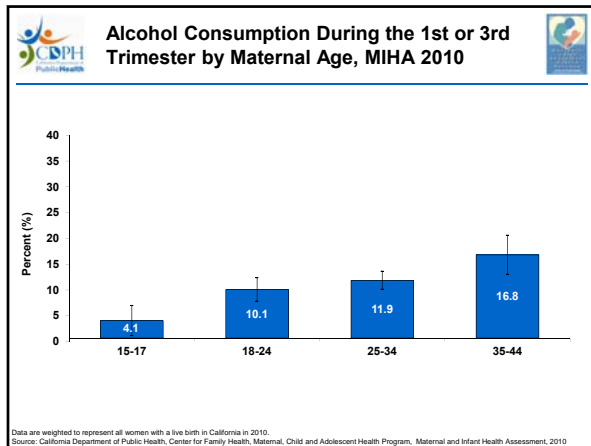
During your most recent pregnancy (including before you knew you were pregnant for sure), how many times did you drink 4 or more alcoholic drinks in one sitting?
 ____ times

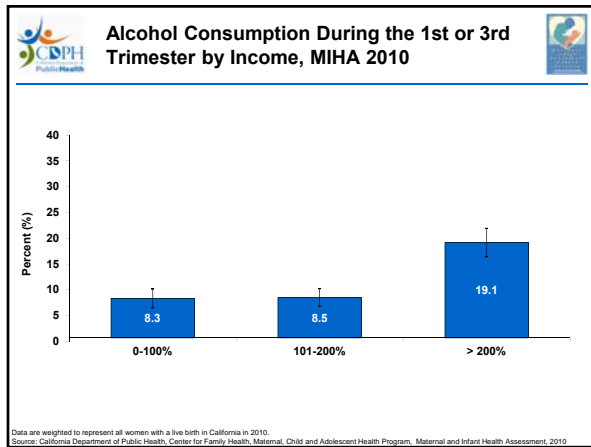
I didn't drink 4 or more drinks in one sitting during my most recent pregnancy

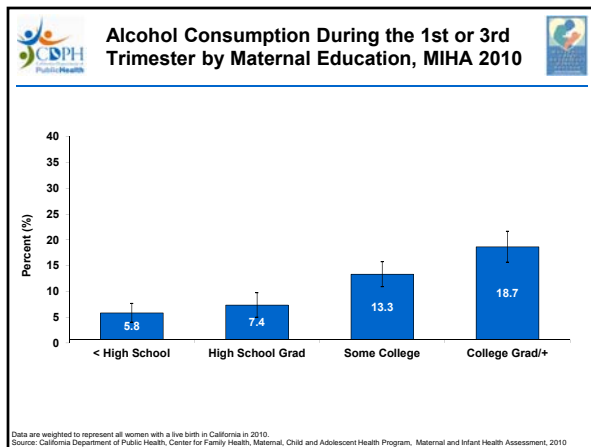
Any Alcohol Consumption Among California Women with a Recent Live Birth during Pregnancy

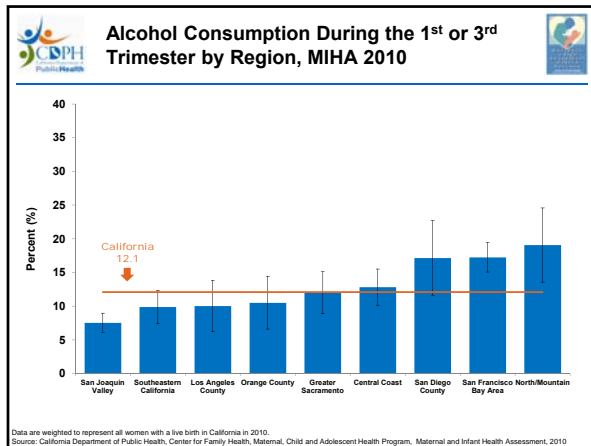
California Department of Public Health 

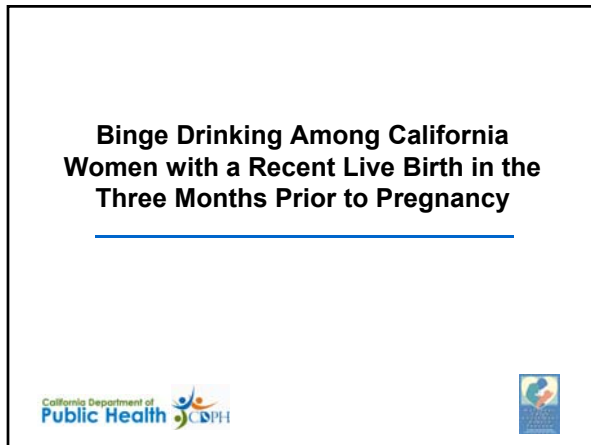


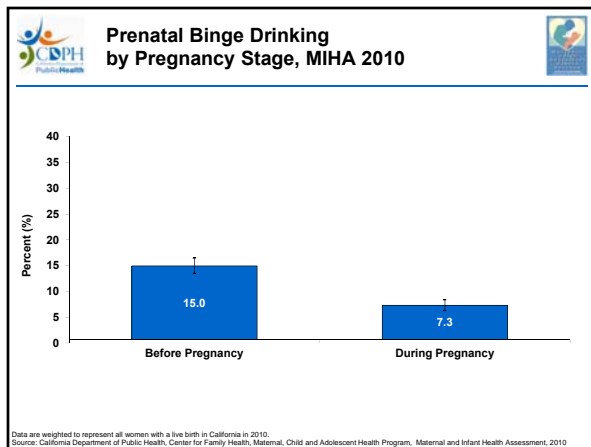


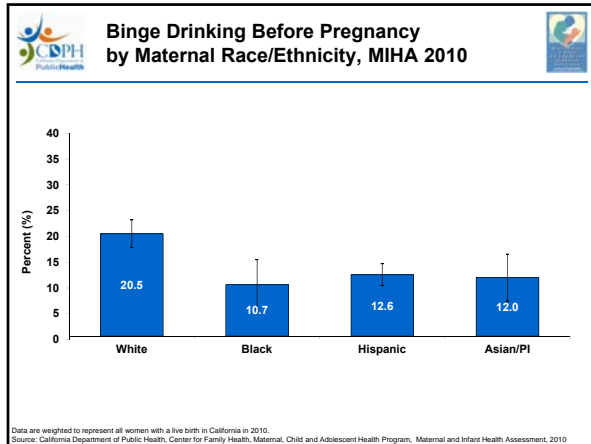


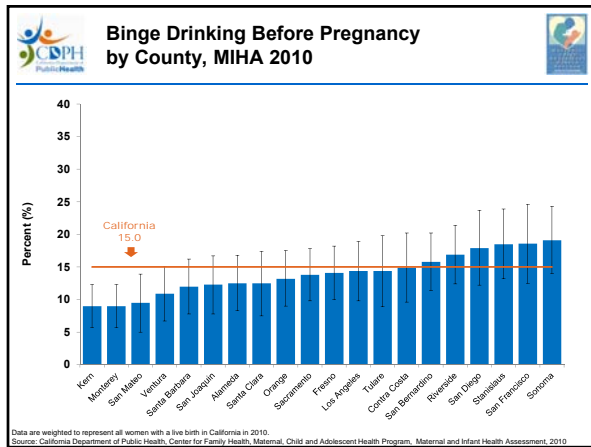


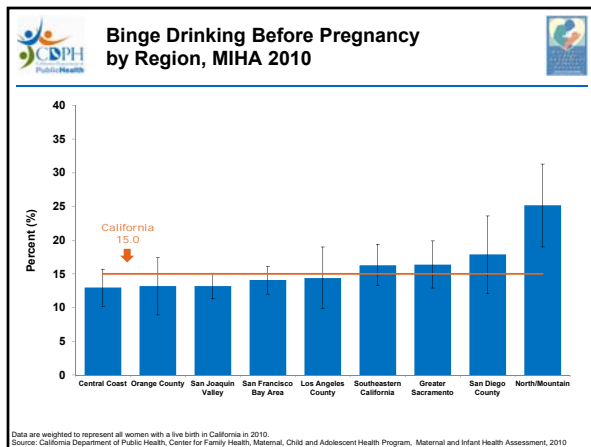






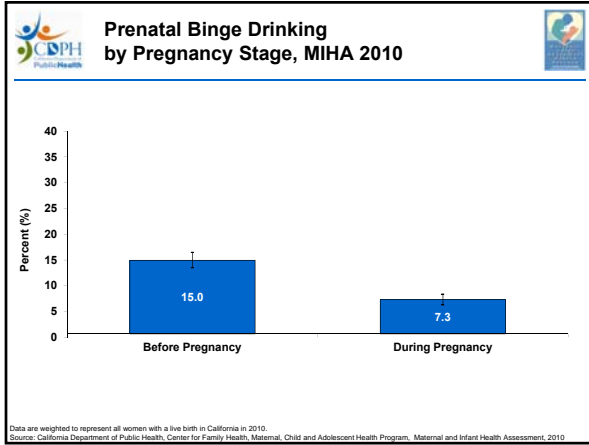


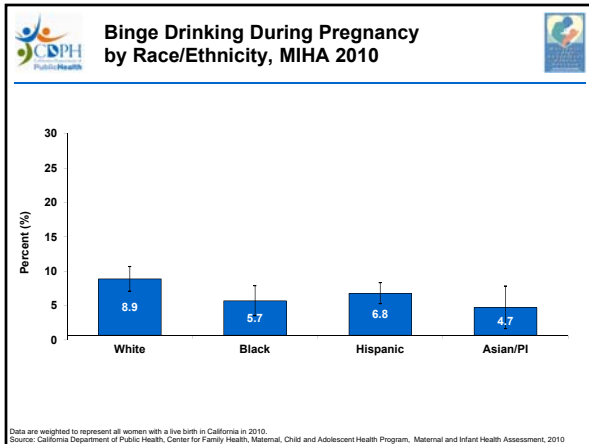






Binge Drinking During Pregnancy Among California Women with a Recent Live Birth











 **Summary** 

- Alcohol consumption during the pre-pregnancy period is common, with about 40% of all women reporting consuming alcohol during the three months prior to pregnancy. 15% of women binge drink during the three months prior to pregnancy
- Because women often don't know they are pregnant until about 6 weeks after conception, a high percentage of women unknowingly expose their infants to alcohol.
- Pre-pregnancy binge drinking by county ranged from about 9% in Kern, Monterey and San Mateo counties to about 19% in Stanislaus, San Francisco and Sonoma counties.

 **Summary** 

- Nearly 1 in 8 women who gave birth in 2010 reported consuming alcohol during the first or third trimester. Older women, women with higher incomes, and more educated women were more likely to report consuming any alcohol during pregnancy.
- White women were about twice as likely to report consuming alcohol during pregnancy than women of other race/ethnicities.
- Rates of alcohol consumption during pregnancy ranged from a low of about 5% in Kern county to a high of nearly 33% in San Francisco. Other counties with high rates of alcohol consumption during pregnancy (16% or higher) include Alameda, San Mateo, Ventura, Contra Costa, San Diego and Sonoma.
- Additional years of MIHA data are needed to confirm these varying patterns in alcohol consumption across counties.

 **Additional Information from MIHA** 

More information about MIHA and our publications is available on the website:
www.cdph.ca.gov/MIHA

To be added to the MIHA distribution list or to contact the MIHA Team, email us at
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