Alcohol & Pregnancy

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Alcohol’s cost on Society

$35 billion overall in California
productivity
health care
criminal justice
vehicle accidents
property damage

<table>
<thead>
<tr>
<th></th>
<th>Health Care</th>
<th>Overall</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>$168 billion</td>
<td>$300 billion</td>
<td>2010</td>
</tr>
<tr>
<td>Alcohol</td>
<td>$27 billion</td>
<td>$249 billion</td>
<td>2010</td>
</tr>
<tr>
<td>Illicit Drugs</td>
<td>$11 billion</td>
<td>$193 billion</td>
<td>2007</td>
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</tbody>
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Statistics from druguse.gov

Prevalence of Binge Drinking Among US Adults, CDC 2015
Fetal Alcohol Spectrum Disorders

Seen in the children of mothers who consumed alcohol during pregnancy

Describes a constellation of phenotypes

Leading known preventable cause of mental retardation

1% of children are born with FAS and 5-10% with FASD (May et al., 2018)

American Academy of Pediatrics: “No known safe amount of alcohol for a pregnant women to drink” (November 2015)
Alcohol and the brain

Structural abnormalities
Brain connectivity alterations
   Learning deficits
   Behavioral issues

Epigenetics
New research shows potential changes across generations!
Do people know its not safe?

1 in 9 pregnant women admitted to using alcohol in past 30 days, 1/3 reported binge use (CDC 2015-2017)

3 in 4 women do not stop drinking alcohol when they stop using birth control (CDC, February 2016)

Surveys show 10% of respondents consider alcohol somewhat safe during pregnancy (mostly wine)
Rural areas

Differences in alcohol use in urban vs rural areas is not a simple statistic
  - Rural areas show higher adolescent use
  - Teen pregnancy rates are higher

Resource availability is significantly lower (Dixon & Chartier, 2016)
  - Increases the potential impact
    - Treatment
    - Education
    - Prevention