

Alcohol and Other Substance Use During Pregnancy and Fetal Alcohol Spectrum Disorders

USUHS FASD Project Workshop:
FASD Prevention and Clinical Guidelines
Research Project

September 21, 2022

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ALCOHOL USE

DURING PREGNANCY

From 2018–2020

1 IN 7



About 1 in 7 pregnant people in the United States reported drinking alcohol*

1 IN 20



About 1 in 20 pregnant people reported binge drinking**

in the past 30 days



CS323487-B

* *Having at least one drink of any alcoholic beverage*

** *Having consumed four or more drinks on at least one occasion*

GOSDIN LK, DEPUTY NP, KIM SY, DANG EP, DENNY CH. ALCOHOL CONSUMPTION AND BINGE DRINKING DURING PREGNANCY AMONG ADULTS AGED 18–49 YEARS — UNITED STATES, 2018–2020. MMWR MORB MORTAL WKLY REP 2022;71(1):10–13.

Implementing Alcohol SBI in Healthcare Systems Providing Women's Health Services

- **Purpose**
 - To implement alcohol SBI within health systems providing women's health services to reduce risky alcohol use among women of reproductive age
- **Goals**
 - Integrate evidence-based, sustainable alcohol SBI protocols in large health systems
 - Evaluate the feasibility and impact of implementation efforts
 - Document lessons learned
 - Share promising practices and models





Reaching Healthcare Professionals in the Prevention of FASDs through National Professional Organizations

Purpose

- Promote prevention of FASDs through national medical societies and professional organizations with memberships serving pregnant women and women of reproductive age

Goals

- Assess and promote member awareness of risky alcohol use, including any use during pregnancy
- Build/expand champions networks to support awareness activities and dissemination of resources
- Develop and implement re-certification requirements with alcohol/alcohol SBI/FASD content
- Promote use of science-based messages through testing and dissemination of CDC products
- Promote clinical guidelines and policies that support implementation of alcohol SBI

Pediatric Public Health Partnership on Fetal Alcohol Spectrum Disorders Collaboration with the American Academy of Pediatrics

- Purpose:
 - Improve the health and developmental outcomes of children with prenatal exposure to alcohol and other drugs and their families by **promoting identification, referral, appropriate diagnosis, documentation and care** in primary pediatric settings
- Goals:
 - Increase the number of pediatric clinicians obtaining prenatal alcohol exposure history
 - Increase awareness of neurobehavioral indicators of prenatal alcohol exposure



Promoting Resources for FASD Awareness and Prevention

■ Purpose

- Raise awareness about the risks of prenatal alcohol exposure and improve understanding about individuals living with FASDs as well as to promote the prevention of FASDs and care of affected individuals

■ Goals


- Develop and disseminate FASD-related resources
- Build capacity for state and local affiliates dedicated to services for FASD prevention and support
- Increase awareness of FASDs through dissemination of accurate information by professional and public health networks as well as the media



FASD Training Website and Resources

- 5 online courses with continuing education
- Supplemental Learnings
 - Get the Facts about Alcohol Use and Pregnancy
 - How to Begin a Conversation about Alcohol Use
 - Making a Referral for an FASD Assessment: How to Talk with Families
 - How Much Alcohol is Too Much
 - Obtaining Prenatal Alcohol Exposure History in a Pediatric Setting

www.cdc.gov/FASDtraining



FREE FASD ONLINE TRAINING COURSES FOR HEALTH PROFESSIONALS

08281650-A

Healthcare professionals play a critical role in the prevention, identification, and management of fetal alcohol spectrum disorders (FASDs). The Centers for Disease Control and Prevention (CDC) and partners offer free, online, continuing education courses covering a range of topics to support these efforts.

- ▶ FASD PRIMER FOR HEALTHCARE PROFESSIONALS*
- ▶ PREVENTING ALCOHOL-EXPOSED PREGNANCIES*
- ▶ IMPLEMENTING ALCOHOL SCREENING AND BRIEF INTERVENTION IN CLINICAL PRACTICE*
- ▶ DIAGNOSTIC OVERVIEW OF FASDs: RECOGNITION AND REFERRAL*
- ▶ INTERPROFESSIONAL COLLABORATIVE PRACTICE AS A MODEL FOR PREVENTION OF ALCOHOL-EXPOSED PREGNANCIES*

Collaborative for Alcohol-Free Pregnancy
Partnering for Practice Change

*CONTINUING EDUCATION IS AVAILABLE FOR PHYSICIANS, NURSES, MEDICAL ASSISTANTS, SOCIAL WORKERS, AND OTHER HEALTH PROFESSIONALS.

For more information, visit www.cdc.gov/FASDtraining

Collaboration with Administration for Children and Families

- Goal:
 - Improve the health and developmental outcomes of children in the welfare system who were exposed to alcohol and other drugs during pregnancy
- Activities include:
 - Descriptive study of current knowledge, attitudes, policies, practices, needs of child welfare agencies for identifying and caring for children exposed to alcohol and other drugs during pregnancy and caring for their families
 - Final reports are available
 - Online toolkit of resources based on best available evidence of success for training professional staff, families, and foster families to promote identification, referral, and care of children who were exposed to alcohol and other drugs during pregnancy

FY2022 New Cooperative Agreements Awarded

CDC-RFA-DD22-2201: National Partnerships to Address Prenatal Alcohol and Other Substance Use and Fetal Alcohol Spectrum Disorders

- This NOFO is intended to build a collaborative framework of national partner organizations that contribute to 1) reducing prenatal alcohol and other substance use, 2) improving support services and access to care, and 3) improving identification and health of children and families with FASDs

CDC-RFA-DD22-2202: I-FASD: Understanding Clinical Data and Pathways to Inform Surveillance of Children with Fetal Alcohol Spectrum Disorders

- This feasibility project will characterize information accessible within health-related data systems for children suspected or diagnosed with an FASD, as well as describe the referral, evaluation, and diagnosis processes. Findings will be used to inform the development of future public health surveillance activities.



CDC Materials

- Free resources available
 - Brochures
 - Posters
 - Fact sheets
 - Social media tools

www.cdc.gov/fasd
Go to Materials & Multimedia

- Follow us on social media
 - Twitter: @CDC_NCBDDD | @CDCgov
 - www.facebook.com/CDC | www.instagram.com/CDCgov

What we know:

- There's no known safe amount of alcohol use during pregnancy or while trying to get pregnant.
- All types of alcohol are equally harmful, including all wines and beer.
- Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant.

What can happen:

- Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong physical, behavioral and intellectual disabilities. These disabilities are known as fetal alcohol spectrum disorders (FASDs).

What you can do:

- FASDs are completely preventable if a woman does not drink alcohol during pregnancy.
- For more information, visit www.cdc.gov/fasd or call 800-CDC-INFO.



Thank you!
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For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

