

# Alcohol in Pregnancy Study (APS)

Dr. Sherly Parackal

09/09/09

# Study Team – University of Otago

Dr. Sherly Parackal (H Nut)

Dr. Mathew Parackal (Marketing)

Dr. Elaine Ferguson (H Nut)

Mr. John Harraway (Math & Stats)

# Study Details

- Jointly funded by the Ministry of Health and the Alcohol Advisory Council
- Baseline study that addressed a number of issues on alcohol in pregnancy
- Research Design
  - Target population – Women aged 16- 40 years
  - Research approach – Cross Sectional & Descriptive
  - Survey method – RDD Telephone survey administered via WATI
  - Sampling Method - Stratified simple random sampling (Stratified for CAU)
  - Data collected between October and December 2005

# Participant selection

## 3 stage randomization technique

- Stage 1: Random selection of telephone numbers (TN).
- Stage 2: Random selection of TN from the pool of numbers of each CAU by WATI.
- Stage 3: One participant was selected in each household using the last birthday rule.

# Survey Details

- Response rate- 65%
- Final sample size – 1256
- Sample was representative of 16-40 year old women
  - Ethnicity ( $\chi^2 = 1.887$ ;  $p = 0.597$ )
  - Age ( $\chi^2 = 8.681$ ;  $p = 0.070$ )

## Objectives:

1. **Perceptions, opinions** and knowledge of New Zealand women of childbearing age (16-40 years) on alcohol consumption in pregnancy
2. Effective and **preferred sources** of information on alcohol consumption in pregnancy
3. **Prevalence of alcohol consumption in pregnancy amongst women who had a baby in the last 5 years (2001-2005) and those who were pregnant at the time of the study.**

## Perceptions of maternal behaviours associated with the likelihood of having a healthy baby (n = 1129)

Maternal Behaviours	% (95% CI)
Cut down on alcohol	5.2 (3.9-6.5)
Stop use of alcohol	76.2 (73.3-78.7)

## Opinions on number of drinks on a typical drinking occasion

(n = 1109)

<i>Number of drinks</i>	<i>Typical drinking occasion % (95% CI; n)<sup>1</sup></i>
None	<b>41.1</b> (38.2-43.9; 450)
Less than 1 drink	<b>17.4</b> (15.2-19.6; 190)
1 drink	<b>34.1</b> (31.4-36.9; 374)
More than one drink	<b>7.4</b> ( 4.8-9.9; 81)

<sup>1</sup> n = 1095 as 14 women responded “don’t know/don’t want to answer”



## Preference ratings for various sources of information on alcohol consumption in pregnancy

<i>Sources</i>	<i>Rating of preference % (n)</i>				
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Brochures/ Pamphlets	<b>62</b> (770)	19 (233)	13 (163)	3 (46)	3 (32)
Primary health care provider	<b>80</b> (994)	11 (139)	6 (69)	1 (14)	2 (28)
Warning labels on alcohol containers	<b>40</b> (485)	14 (171)	16 (194)	12 (145)	18 (226)

# Prevalence of alcohol consumption in pregnancy (n = 552)

- 425 – had a baby between 2001-2005
- 127 – Currently pregnant

## Alcohol Consumption in Pregnancy

Responses	n	% (95% CI)
I drank some alcohol, but only before I knew I was pregnant and stopped once I knew I was pregnant	219	40 (36-44)
I drank some alcohol otherwise in pregnancy	72	13 (10-16)
I stopped drinking alcohol before I became pregnant	137	25 (21-28)
I never drink alcohol anyway	124	22 (19-26)

## Binge drinking in pregnancy (n = 552)

	% (95% CI)
Binged prior to recognising pregnancy ( n = 97)	18 (14-20)
Binged otherwise in pregnancy (n = 12)	2 (1-3)
Total (n = 109)	20 (17-23 )

## Who are at risk for drinking prior to pregnancy?

- European or Maori/Pacific women, and women aged 16-24 years had higher odds of drinking prior to recognizing pregnancy than Asian women or women of other age categories ( $p < 0.05$ )
- The odds ratios declined as age category increased indicating reduced odds of consuming alcohol before realizing pregnancy decreased with increase in age.

# Who are at risk for bingeing in pregnancy?

## Women

- who were 16-24 years of age,
- who did not have any tertiary education
- who smoked in pregnancy

had higher odds of binge drinking in pregnancy than women in the respective referent categories

## Key Findings

- Overall 53% (49-57) of women consumed alcohol in pregnancy
- 40% (36-44) consumed alcohol prior to recognizing pregnancy and 13% drank otherwise
- NZ Health Behaviours Survey (2004)
  - 13% of pregnant women (16-39%)
  - 82% stopped drinking in pregnancy – When???
  - 79% of those planning a pregnancy intended to stop

## Key Findings

- Overall 20% (17-23) binged in pregnancy
- 17% (14-20) binged prior to recognizing pregnancy

Mater-University study of Pregnancy (UoQ) – O’Callaghan et al 2003 (n = 8556) – 20% binged at least once in early pregnancy

The study by Kesmodel (2001) on Danish pregnant women indicated that binge drinking in pregnancy peaked in week three (18% to 23%) and thereafter declined steadily to reach 1.4% to 1.7% in week seven of pregnancy



# Wish List to address FASD in NZ

- Address this issue using a “Health promotion model”
- Introduction of Warning Labels would be an integral part of this model
- Policy changes

## What next?

- Assess awareness of women of childbearing age of
  - FASD
  - current guidelines regarding alcohol consumption
- Assess current prevalence of alcohol consumption
  - Non pregnant women
  - Pregnant women
  - Breastfeeding women

Thank you

??????