

# As a health professional, you are uniquely positioned to influence positive behavior change.



A history of sexual or physical abuse increases risk for alcohol or drug use disorders.

## SERVICES FOR WOMEN

- Database of Colorado treatment, prevention and recovery support programs: [LinkingCare.org](http://LinkingCare.org)
- Care for mothers experiencing addiction: [MothersConnection.com](http://MothersConnection.com)
- Colorado Crisis and Support Line: 1-844-493-TALK (8255)

## MARIJUANA RESOURCES

- [GoodToKnowColorado.com](http://GoodToKnowColorado.com)
- [Colorado.gov/marijuana](http://Colorado.gov/marijuana)
- [ImprovingHealthColorado.org/resources](http://ImprovingHealthColorado.org/resources)

## A Standard Drink

12 fl oz beer



~5% alcohol

=

5 fl oz table wine



~12% alcohol

=

1.5 fl oz liquor (vodka, tequila, etc.)



~40% alcohol

## Lower Risk Drink Limits\*\*

NIAAA ([www.RethinkingDrinking.NIAAA.NIH.gov](http://www.RethinkingDrinking.NIAAA.NIH.gov))

PER DAY PER WEEK  
no more than no more than

	PER DAY	PER WEEK
WOMEN	3	7
MEN	4	14

LESS IS BETTER

Women experience alcohol-related problems at lower levels of drinking than men.

Why?

- Less body water to dilute alcohol
- More fatty tissue to retain alcohol
- Lower levels of enzymes that metabolize alcohol

Alcohol remains at higher concentrations for longer periods of time in a woman's body.

## Key points for alcohol brief interventions:

- Breast, liver, throat cancers
- Falls
- Liver disease
- Alcohol-induced brain damage
- Experiencing violence
- Unintended or unwanted sexual activity, STIs and unintended pregnancy
- Low bone density

See the Adult SBIRT pocket card for other alcohol-related consequences.



COLORADO  
Office of Behavioral Health  
Department of Human Services

SBIRT Colorado | 303.369.0039 ext. 245 | [www.ImprovingHealthColorado.org](http://www.ImprovingHealthColorado.org)

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# Preventing Substance-Exposed Pregnancy

## FASD Fetal Alcohol Spectrum Disorders:

There is no known safe amount of alcohol use during pregnancy or when trying to get pregnant. There is also no safe time to drink during pregnancy (CDC).

- Key Points:**
- FASD is irreversible and 100% preventable
  - All forms of alcohol pose a similar risk
  - Heavier use increases risk



## Alcohol consumption during pregnancy may lead to:

- Miscarriage or stillbirth
- Prematurity
- Low birth weight
- A range of neurocognitive and behavioral problems. Some may not appear until early childhood/school-age
- Developmental disability
- Serious physical malformations including major organ damage

### Ask all women of child-bearing age:

*“Are you hoping to become pregnant in the next year?”*

**Listen for:** Motivation to change - Fears regarding change

### Alcohol Brief Screening:

*“How many times in the past year have you had 4 or more drinks in one day?”*

#### Step 1

##### Ask, are you...

- Able to become pregnant?
- Sexually active with a male or planning pregnancy using another method?
- Using effective form(s) of contraception consistently?

#### Step 2

##### Discuss

- Approaches to prevent pregnancy
- Interest in using contraception

#### Step 3

##### Use validated screening questions

AUDIT-C/AUDIT  
TWEAK  
T-ACE

[ImprovingHealthColorado.org/resources](http://ImprovingHealthColorado.org/resources)

#### Step 4

##### Explore and negotiate

- Options to avoid pregnancy and/or reduce alcohol or drug use
- Consider that partner substance use may influence motivation

## EFFECTIVENESS OF FAMILY PLANNING

~50% of all U.S. pregnancies are unplanned

Most Effective

Least Effective

Implant • Intrauterine Device • Male Sterilization • Female Sterilization
Injectables • Pill • Patch • Ring • Diaphragm
Male Condom • Female Condom • Withdrawal • Sponge
Fertility-Awareness Methods • Spermicide



## MARIJUANA USE DURING PREGNANCY AND BREASTFEEDING

The American College of Obstetricians and Gynecologists recommends abstinence from medical and recreational marijuana during pregnancy and breastfeeding.

- THC crosses the placenta and is present in breast milk.
- Use during pregnancy can affect the child later in life and has been associated with lower scores on tests of attention, coordination and behavior.