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| ***FASD Webinar Series: Screening and Brief Intervention: An Overview*** |
| **Presented by: Georgiana Wilton, PhD On: July 10th, 2014** |
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* Department of Family Medicine University of Wisconsin-Madison
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| **Scope of the Issues** |  | **Women’s Bodies and Alcohol**  |
| * 50% of US women age 18-44 use alcohol
* 33% binge drink
* Binge drinking leads to an increase risk of unintended pregnancy and alcohol exposure
* 18% of pregnant women report drinking and 6.6% report binge drinking in previous 30 days when asked in their 1st trimester
 | * Bing
 | * Women absorb more alcohol and take longer to break it down
* Higher proportion of body fat
* Lower volume of body water (leads to higher BAC’s)
* Lower first pass metabolism in stomach/small intestine results in more alcohol going into the bloodstream
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| **Factors to Be Aware of That Are Associated with Risky Drinking** |  | **How to find out if a patient is drinking too much?**  |
| * Ethnicity and acculturation – Hispanic women and white women have highest drinking patterns
* Lower socioeconomic status
* Age of first drink – before 14 is a flag
* Genetic predisposition
* Depression – can increase drinking patterns
 |  | * ASK – self-report, face-to-face or computer interviews, lab screening tests (GGT and CDT)
* Screening Tools – T-ACE, TWEAK, AUDIT, CAGE, RAPS
* Timeline Follow Back (TLFB) – 30 days back to reveal drinking patterns
* Trauma Questionnaire – events that would lead to depression, drinking, etc.
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| **Efficacy of Brief Alcohol Interventions (BAI)**  |  | **Resources:** |
| * Meta analyses found reductions in alcohol use for pregnant women
* Reduced alcohol-related harms and alcohol-related costs
* Reduced aggression in adolescents
* Reduced risk of alcohol-exposed pregnancies
* Higher birth weights
* Lower fetal mortality rates
* Reduced alcohol use in postpartum women and decrease in depressive symptoms
* Healthy Choices study showed a significant reduction in risk of alcohol-exposed pregnancy using BAI in person or over the phone
 |  | * SAMHSA TIP 51 – [www.samhsa.gov](http://www.samhsa.gov)
* NIAAA Rethinking Drinking– [www.niaaa.nih.gov](http://www.niaaa.nih.gov)
* Project Healthy Choices – <https://www.fammed.wisc.edu/research/external-funded/healthy-choices>
* APHA Alcohol Screening and Brief Intervention: A Guide for Public Health Practitioners – <http://www.integration.samhsa.gov/clinical-practice/alcohol_screening_and_brief_interventions_a_guide_for_public_health_practitioners.pdf>
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| *The goal of the webinar series is to increase provider knowledge of the risks alcohol poses to a fetus, the use of prevention strategies, and of consistent messaging with patients: drinking while pregnant can cause FASD. For more webinars or to see the full recording of this one:* [*http://tinyurl.com/jwh25cr*](http://tinyurl.com/jwh25cr) |