



# Hawaii Perinatal Alcohol Use Quick Facts



The United States Centers for Disease Control and Prevention (CDC) urges pregnant women not to drink alcohol any time during pregnancy.<sup>1</sup>

- **There is no known safe amount of alcohol to drink while pregnant.**
- **There is no safe time during pregnancy to drink alcohol.**
- **There is no safe type of alcohol to drink while pregnant.**
- **Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy.** These effects can include physical problems and behavioral and learning difficulties. Often, a person with an FASD has a mix of these conditions.<sup>2</sup>
  - Visit the CDC website for more information about FASDs: <http://www.cdc.gov/ncbddd/fasd/index.html>
- **FASDs are 100% preventable.** If a woman doesn't drink alcohol while she is pregnant, her child cannot have a FASD.
- **Women also should not drink alcohol if they are planning to become pregnant or are sexually active and do not use effective birth control.** This is because a woman could become pregnant and not know for several weeks or more. In the United States half of all pregnancies are unplanned.<sup>1</sup>
  - In 2009-2011, 46.1% of all live births in Hawaii were the result of unintended pregnancies.<sup>3</sup>

There are approximately 18,900 live births each year in Hawaii.<sup>4</sup> The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey:

## **Pre-pregnancy alcohol use**

More than half (51.5%) of women who gave birth in Hawaii in 2009-2011 reported that they drank alcohol in the three months before they became pregnant with their most recent baby.

## **Pre-pregnancy binge drinking**

Almost one quarter (24.1%) of women who gave birth in Hawaii in 2009-2011 reported binge drinking in the three months before they became pregnant with their most recent baby. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

## **Drinking in the last trimester of pregnancy**

Approximately 6.9% of women who gave birth in Hawaii in 2009-2011 reported that they drank alcohol in the last trimester of their most recent pregnancy.

## **Binge drinking in the last trimester of pregnancy**

Approximately 1.2% of women who gave birth in Hawaii in 2009-2011 reported binge drinking in the last trimester of their most recent pregnancy. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

### **About the Data**

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

### **Suggested Citation**

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<sup>2</sup>Centers for Disease Control and Prevention, "Facts about FASDs," <http://www.cdc.gov/ncbddd/fasd/facts.html> (updated 22 September 2011, accessed 14 August 2012).

<sup>3</sup>Hawaii PRAMS data, 2009-2011.

<sup>4</sup>Hawaii Office of Health Status and Monitoring; [average of 2009-2011 annual estimates, rounded to nearest hundred] <http://hawaii.gov/health/statistics/vital-statistics/index.html> (accessed 9 January 2013).



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	<b>Pre-pregnancy drinking</b> % of women who reported drinking alcohol in the 3 months before pregnancy	<b>Pre-pregnancy binge drinking</b> % of women who reported binge drinking in the 3 months before pregnancy	<b>Drinking during pregnancy</b> % of women who reported drinking alcohol in their last trimester of pregnancy
<b>STATE OF HAWAII</b>	<b>51.5</b>	<b>24.1</b>	<b>6.9</b>
<b>Island</b>			
Big Island	53.7	28.5	6.0
Maui, Molokai, Lanai	54.8	28.2	8.2
Oahu	50.2	22.3	6.6
Kauai	58.5	29.7	10.8
<b>Mother's race/ethnicity</b>			
White	66.5	28.7	11.5
Hawaiian/Part-Hawaiian	54.8	29.4	5.4
Filipino	40.0	16.6	5.6
Japanese	50.0	19.7	6.9
Other Asian*	39.0	12.4	4.7
Other Pacific Islander^	26.2	17.9	2.3
Other†	60.6	32.1	9.2
<b>Mother's age</b>			
20 and younger	36.6	18.9	3.6
21-24	57.7	31.9	4.1
25-29	55.7	29.7	7.4
30-34	52.8	22.6	9.0
35 and older	46.6	12.6	8.6
<b>Mother's education</b>			
Less than high school	34.8	20.2	3.9
High school graduate	50.3	26.3	5.9
1-3 years college	54.8	27.5	7.2
4 or more years college	55.6	20.1	9.2
<b>Pregnancy intention</b>			
Intended pregnancy	50.5	20.7	7.6
Unintended pregnancy	52.9	28.1	6.3
<b>WIC during pregnancy‡</b>			
Received WIC services	47.8	26.8	5.5
Did not receive WIC services	54.5	22.0	7.9

\*Other Asian includes: Chinese, Korean, Vietnamese, Asian Indian, Other Asian

^Other Pacific Islander includes: Samoan, Guamanian, Other Pacific Islander

†Other includes: Black, American Indian, Puerto Rican, Cuban, Mexican, and all others.

‡WIC refers to the Special Supplemental Nutrition Program for Women, Infants, and Children.

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# Hawaii Perinatal Alcohol Use Quick Facts: Big Island

The United States Centers for Disease Control and Prevention (CDC) urges pregnant women not to drink alcohol any time during pregnancy.<sup>1</sup>

- **There is no known safe amount of alcohol to drink while pregnant.**
- **There is no safe time during pregnancy to drink alcohol.**
- **There is no safe type of alcohol to drink while pregnant.**
- **Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy.** These effects can include physical problems and behavioral and learning difficulties. Often, a person with an FASD has a mix of these conditions.<sup>2</sup>
  - Visit the CDC website for more information about FASDs: <http://www.cdc.gov/ncbddd/fasd/index.html>
- **FASDs are 100% preventable.** If a woman doesn't drink alcohol while she is pregnant, her child cannot have a FASD.
- **Women also should not drink alcohol if they are planning to become pregnant or are sexually active and do not use effective birth control.** This is because a woman could become pregnant and not know for several weeks or more. In the United States half of all pregnancies are unplanned.<sup>1</sup>
  - In 2009-2011, 48.6% of all live births in Hawaii County were the result of unintended pregnancies.<sup>3</sup>

There are approximately 2,300 live births each year to Hawaii County residents.<sup>4</sup> The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey:

## **Pre-pregnancy alcohol use**

More than half (53.7%) of Big Island women who gave birth in 2009-2011 reported that they drank alcohol in the three months before they became pregnant with their most recent baby.

## **Pre-pregnancy binge drinking**

More than one quarter (28.5%) of Big Island women who gave birth in 2009-2011 reported binge drinking in the three months before they became pregnant with their most recent baby. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

## **Drinking in the last trimester of pregnancy**

Approximately 6.0% of Big Island women who gave birth in 2009-2011 reported that they drank alcohol in the last trimester of their most recent pregnancy.

## **Binge drinking in the last trimester of pregnancy**

Approximately 1.5% of Big Island women who gave birth in 2009-2011 reported binge drinking in the last trimester of their most recent pregnancy. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

### **About the Data**

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

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# Hawaii Perinatal Alcohol Use Quick Facts: Maui County (Maui, Molokai and Lanai)

The United States Centers for Disease Control and Prevention (CDC) urges pregnant women not to drink alcohol any time during pregnancy.<sup>1</sup>

- **There is no known safe amount of alcohol to drink while pregnant.**
- **There is no safe time during pregnancy to drink alcohol.**
- **There is no safe type of alcohol to drink while pregnant.**
- **Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy.** These effects can include physical problems and behavioral and learning difficulties. Often, a person with an FASD has a mix of these conditions.<sup>2</sup>
  - Visit the CDC website for more information about FASDs: <http://www.cdc.gov/ncbddd/fasd/index.html>
- **FASDs are 100% preventable.** If a woman doesn't drink alcohol while she is pregnant, her child cannot have a FASD.
- **Women also should not drink alcohol if they are planning to become pregnant or are sexually active and do not use effective birth control.** This is because a woman could become pregnant and not know for several weeks or more. In the United States half of all pregnancies are unplanned.<sup>1</sup>
  - In 2009-2011, 46.1% of all live births in Maui County were the result of unintended pregnancies.<sup>3</sup>

There are approximately 1,900 live births each year to Maui County residents.<sup>4</sup> The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey:

## **Pre-pregnancy alcohol use**

More than half (54.8%) of Maui County women who gave birth in 2009-2011 reported that they drank alcohol in the three months before they became pregnant with their most recent baby.

## **Pre-pregnancy binge drinking**

More than one quarter (28.2%) of Maui County women who gave birth in 2009-2011 reported binge drinking in the three months before they became pregnant with their most recent baby. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

## **Drinking in the last trimester of pregnancy**

Approximately 8.2% of Maui County women who gave birth in 2009-2011 reported that they drank alcohol in the last trimester of their most recent pregnancy.

## **Binge drinking in the last trimester of pregnancy**

Approximately 1.0% of Maui County women who gave birth in 2009-2011 reported binge drinking in the last trimester of their most recent pregnancy. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

### **About the Data**

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

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# Hawaii Perinatal Alcohol Use Quick Facts: Oahu



The United States Centers for Disease Control and Prevention (CDC) urges pregnant women not to drink alcohol any time during pregnancy.<sup>1</sup>

- **There is no known safe amount of alcohol to drink while pregnant.**
- **There is no safe time during pregnancy to drink alcohol.**
- **There is no safe type of alcohol to drink while pregnant.**
- **Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy.** These effects can include physical problems and behavioral and learning difficulties. Often, a person with an FASD has a mix of these conditions.<sup>2</sup>
  - Visit the CDC website for more information about FASDs: <http://www.cdc.gov/ncbddd/fasd/index.html>
- **FASDs are 100% preventable.** If a woman doesn't drink alcohol while she is pregnant, her child cannot have a FASD.
- **Women also should not drink alcohol if they are planning to become pregnant or are sexually active and do not use effective birth control.** This is because a woman could become pregnant and not know for several weeks or more. In the United States half of all pregnancies are unplanned.<sup>1</sup>
  - In 2009-2011, 45.5% of all live births to Oahu women were the result of unintended pregnancies.<sup>3</sup>

There are approximately 13,800 live births each year to Oahu residents.<sup>4</sup> The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey:

## **Pre-pregnancy alcohol use**

More than half (50.2%) of Oahu women who gave birth in 2009-2011 reported that they drank alcohol in the three months before they became pregnant with their most recent baby.

## **Pre-pregnancy binge drinking**

Almost one quarter (22.3%) of Oahu women who gave birth in 2009-2011 reported binge drinking in the three months before they became pregnant with their most recent baby. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

## **Drinking in the last trimester of pregnancy**

Approximately 6.6% of Oahu women who gave birth in 2009-2011 reported that they drank alcohol in the last trimester of their most recent pregnancy.

## **Binge drinking in the last trimester of pregnancy**

Approximately 1.2% of Oahu women who gave birth in 2009-2011 reported binge drinking in the last trimester of their most recent pregnancy. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

### **About the Data**

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

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# Hawaii Perinatal Alcohol Use Quick Facts: Kauai County



The United States Centers for Disease Control and Prevention (CDC) urges pregnant women not to drink alcohol any time during pregnancy.<sup>1</sup>

- **There is no known safe amount of alcohol to drink while pregnant.**
- **There is no safe time during pregnancy to drink alcohol.**
- **There is no safe type of alcohol to drink while pregnant.**
- **Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy.** These effects can include physical problems and behavioral and learning difficulties. Often, a person with an FASD has a mix of these conditions.<sup>2</sup>
  - Visit the CDC website for more information about FASDs: <http://www.cdc.gov/ncbddd/fasd/index.html>
- **FASDs are 100% preventable.** If a woman doesn't drink alcohol while she is pregnant, her child cannot have a FASD.
- **Women also should not drink alcohol if they are planning to become pregnant or are sexually active and do not use effective birth control.** This is because a woman could become pregnant and not know for several weeks or more. In the United States half of all pregnancies are unplanned.<sup>1</sup>
  - In 2009-2011, 47.6% of all live births in Kauai County were the result of unintended pregnancies.<sup>3</sup>

There are approximately 900 live births each year to Kauai County residents.<sup>4</sup> The following facts are from the 2009-2011 Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) survey:

## **Pre-pregnancy alcohol use**

More than half (58.5%) of Kauai County women who gave birth in 2009-2011 reported that they drank alcohol in the three months before they became pregnant with their most recent baby.

## **Pre-pregnancy binge drinking**

More than one quarter (29.7%) of Kauai County women who gave birth in 2009-2011 reported binge drinking in the three months before they became pregnant with their most recent baby. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

## **Drinking in the last trimester of pregnancy**

Approximately 10.8% of Kauai County women who gave birth in 2009-2011 reported that they drank alcohol in the last trimester of their most recent pregnancy.

## **Binge drinking in the last trimester of pregnancy**

Approximately 1.1% of Kauai County women who gave birth in 2009-2011 reported binge drinking in the last trimester of their most recent pregnancy. Binge drinking for women is defined as drinking 4 or more alcoholic drinks in one sitting.

### **About the Data**

PRAMS is a self-reported survey of recent mothers conducted by mail with telephone follow-up. It is designed to monitor the health and experiences of women before, during, and just after pregnancy. Every year in Hawaii, about 2,400 women who deliver a live infant are randomly selected to participate.

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