

DRINKING DURING PREGNANCY IN MAINE

Data from the
MAINE PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS)
1988 - 1992

➔ More than half (57%) of all Maine mothers consume alcoholic beverages during the 3 months before becoming pregnant.

➔ 1% of all mothers consume 14 or more drinks per week during the 3 months before pregnancy. Although this proportion of heavy drinkers

is small, the volume of alcohol consumed by these women during a time when many may be unaware of a new pregnancy is quite high. The time of greatest risk of alcohol-related effects to the fetus is early pregnancy.¹

➔ 11% of Maine mothers consume alcoholic beverages during the last 3 months of pregnancy. Almost all of these women (98%) are light drinkers (an average of 1-6 drinks per week).

➔ Effects of maternal drinking are broad, ranging from no apparent impairment to severe mental retardation. Although few effects have been seen among light drinkers, no safe level of consumption has been established.²

➔ 8% of Maine mothers report that they were not asked by their prenatal care provider if they drank alcoholic beverages.

➔ *Nearly one fourth (24%) of mothers who drank before pregnancy report that their prenatal care provider did not counsel them about possible effects of drinking during pregnancy.*

Footnotes 1, 2: Citations available upon request.

For further data on this topic, please contact:
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