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

➢ 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. ²
   - 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. ¹
   - In 2009-2011, 46.1% of all live births in Hawaii were the result of unintended pregnancies. ³

There are approximately 18,900 live births each year in Hawaii. ⁴ 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.

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**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**

³ Hawaii PRAMS data, 2009-2011.
## Hawaii Perinatal Alcohol Use Quick Facts

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

*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.

For more information, please contact:

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

- 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.²
  - Visit the CDC website for more information about FASDs: [http://www.cdc.gov/ncbddd/fasd/index.html](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.¹
  - In 2009-2011, 48.6% of all live births in Hawaii County were the result of unintended pregnancies.³

There are approximately 2,300 live births each year to Hawaii County residents.⁴ 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.

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**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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³ Hawaii PRAMS data, 2009-2011.
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.¹

- 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.²
  - Visit the CDC website for more information about FASDs: [http://www.cdc.gov/ncbddd/fasd/index.html](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.¹
  - In 2009-2011, 46.1% of all live births in Maui County were the result of unintended pregnancies.³

There are approximately 1,900 live births each year to Maui County residents.⁴ 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.

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Hawaii Perinatal Alcohol Use Quick Facts:
Oahu

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- 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.¹
  - In 2009-2011, 45.5% of all live births to Oahu women were the result of unintended pregnancies.³

There are approximately 13,800 live births each year to Oahu residents.⁴ 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
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- 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.¹
  - In 2009-2011, 47.6% of all live births in Kauai County were the result of unintended pregnancies.³

There are approximately 900 live births each year to Kauai County residents.⁴ 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.

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### About the Data
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