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**

³Hawaii 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>
</tbody>
</table>

| STATE OF HAWAII | 51.5 | 24.1 | 6.9 |
| Island |  |  |  |
| 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 |

| Mother’s race/ethnicity |  |  |  |
| 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 |

| Mother’s age |  |  |  |
| 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 |

| Mother’s education |  |  |  |
| 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 |

| Pregnancy intention |  |  |  |
| Intended pregnancy | 50.5 | 20.7 | 7.6 |
| Unintended pregnancy | 52.9 | 28.1 | 6.3 |

| WIC during pregnancy‡ |  |  |  |
| 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.

For more information, please contact:

Emily Roberson, MPH
Hawaii PRAMS Program Coordinator
Telephone: 808-733-4060
Email: PRAMS@doh.hawaii.gov

Naomi S. Imai, M.Ed., CRC
Child and Youth Program Specialist
Telephone: 808-733-9018
Email: naomi.imai@doh.hawaii.gov
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.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, 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**

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
- 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.

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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³Hawaii PRAMS data, 2009-2011.
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.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, 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.

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³Hawaii PRAMS data, 2009-2011.
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.¹

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- 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
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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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