

Risk Factors for an Alcohol Exposed Pregnancy

According to information published by the SAMHSA Treatment Improvement Protocol 58 (TIP 58), “Addressing Fetal Alcohol Spectrum Disorders (FASD),” a variety of factors can impact a woman’s consumption of alcohol during pregnancy. According to TIP 58, there are both substance abuse/mental health factors as well as personal/sexual/family factors. These factors include:

- Substance Abuse/Mental Health Factors –
 - History of alcohol consumption
 - Family background of alcohol use
 - History of inpatient treatment for drugs or alcohol
 - History of inpatient mental health treatment
- Personal/Sexual/Family Factors –
 - Previous birth to a child with an FASD
 - Lack of contraception use/unplanned pregnancy
 - Physical abuse
 - Emotional abuse
 - Sexual abuse
 - Partner substance use/abuse
 - Multiple sex partners
 - Smoking
 - Never having been tested for HIV
 - Lack of education
 - Lack of income
 - Lack of access to care

According to TIP 58, these and other factors make it critical to inquire about alcohol use among **all** women of childbearing age in behavioral health settings for alcohol consumption.

For more information on this TIP report, please see “Addressing Fetal Alcohol Spectrum Disorders,” Treatment Improvement Protocol (TIP) Series 58, HHS Publication No. (SMA) 13-4803. Or go to <http://store.samhsa.gov/home>

For further information regarding alcohol use in women and during pregnancy, please contact Karen Kuehn Howell, Ph.D., at the Center for Maternal Substance Abuse and Child Development, Emory University School of Medicine, Department of Psychiatry and Behavioral Sciences, 12 Executive Park Drive NE, Atlanta, Georgia, 30329. You can also phone us at 404-712-9829 or visit our website at <http://www.emory.edu/MSACD>

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