5 Factors Influencing Alcohol Use During Pregnancy

Alcohol Use During Pregnancy

Informational Factors

Women and all people of childbearing age require access to clear, accurate, consistent, and non-judgmental information about the risks of alcohol use in pregnancy. Information about alcohol use during pregnancy can be shared through prevention and health promotion efforts, including warning labels, posters, brief interventions, and community education.

Stress-Related Factors

Stress related factors include the use of alcohol to cope with the challenges of day-to-day life, depression, anxiety, adverse childhood experiences, intimate partner violence, and social pressure to use alcohol (by family, friends, or partners). These factors emphasize why it is so important to address mental health and wellness, alongside substance use during pregnancy.

Structural Factors

Structural factors include policies and laws related to alcohol availability, substance use treatment availability, and the availability of guidance for healthcare professionals. It also includes attitudes and stigma towards women, pregnant people, mothers, and those who use substances, particularly when pregnant or parenting.

Social Determinant of Health-Related Influences

Social determinant of health (SDoH) - related influences recognize how how social and economic conditions impact people's health. SDoH-related factors related to alcohol use in pregnancy include gender, culture, marital status, socioeconomic status, education, age, food security, and employment status.

Preconception and Prenatal-Health Related Influences

Preconception and prenatal-health related influences acknowledge how health status and behaviours in the preconception period can influence health during pregnancy. These include preconception alcohol, tobacco, and other substance use, perinatal substance use, vitamin intake, chronic health issues, and overall health. These factors highlight why it is important to offer support before, and during, pregnancy planning.

Find the full article here:

centre of excellence for women's health
www.cewh.ca
@CEWHca