

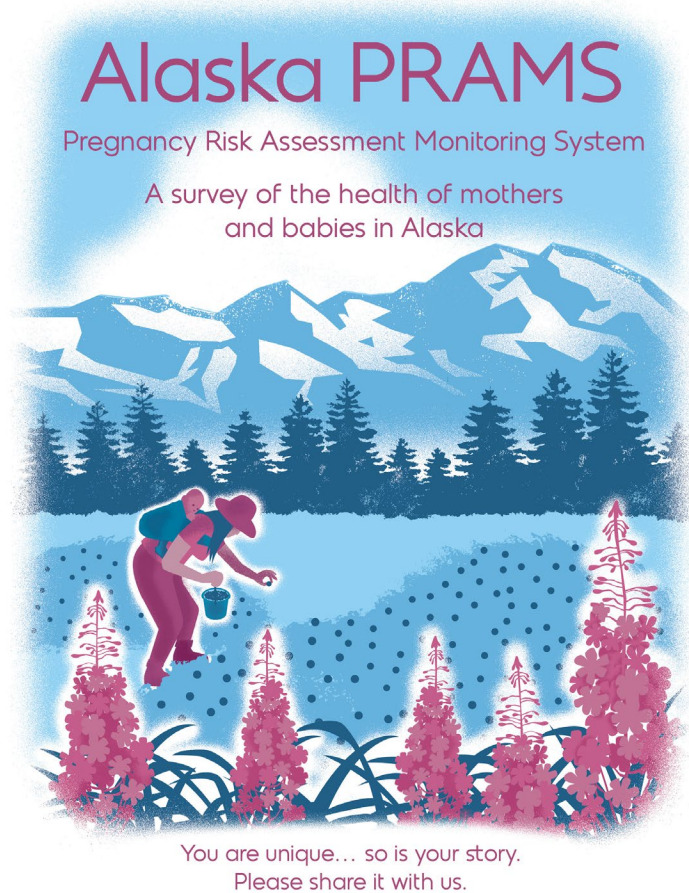
Navigating Alaska's Substance Use Landscape: Insights into Breastfeeding and Substance Use



Learning Objectives

- 1) Evaluate substance use in Alaska via an online data visualization tool for Maternal/Child Health survey data.
- 2) Describe the prevalence of Alcohol, Tobacco, and Marijuana use among women recently delivering a live birth.
- 3) Estimate prevalence of substance use among women recently delivering a live birth who breastfed.

Data source: PRAMS 2016-2021



- 46 States currently participate
- Randomly samples ~1/5 of all live births in Alaska
- Given 2-8 months after birth
- Weighted to represent full birth cohort
- Self-reported questionnaire

Data visualization tool used:



Welcome to the Pregnancy Risk Assessment Monitoring System (PRAMS) data visualization tool

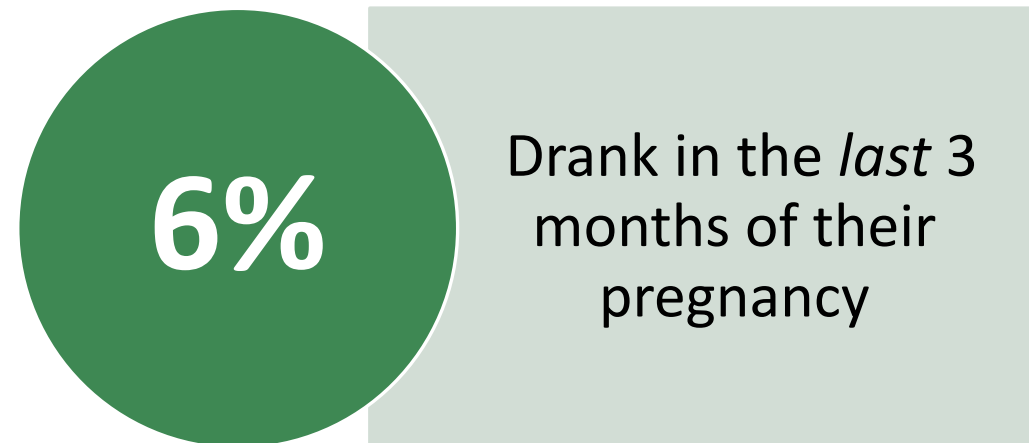
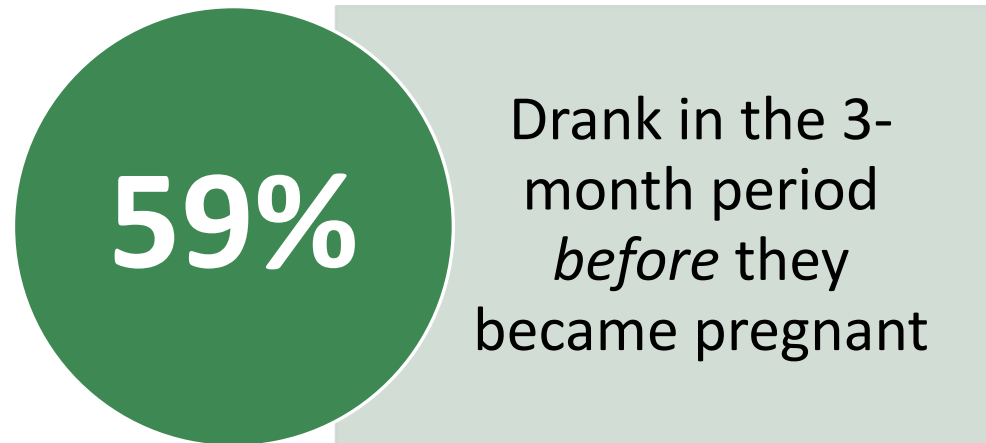
PRAMS is a unique source of population-based data that provides insights into the experiences of families and infants in Alaska. This interactive tool provides users access to these data, we only ask that you notify us on how you've used these data, and any challenges or issues with the tool (email: mch-epi@alaska.gov). To begin click on the PRAMS survey image or the Explore tab.

Suggested Citation

Alaska Pregnancy Risk Assessment Monitoring System Data Visualization Tool Version x.x: Alaska Department of Health, Division of Public Health, Section of Women's, Children's, and Family Health; <https://alaska-dph.shinyapps.io/PRAMS/> accessed on: YYYY-MM-DD.



Alcohol use among women delivering live births



Alcohol use and trying to become pregnant

State Performance Metric:

Percent of women (who delivered a live birth and were trying to get pregnant) who had one or more alcoholic drinks in an average week during the 3 months before pregnancy.

| | |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit Type: | Percentage |
| Unit Number: | 100 |
| Numerator: | Number of women who responded yes to drinking any alcohol during the 3 months before pregnancy AND who said "yes" to the question, "when you got pregnant with your new baby, were you trying to get pregnant?" |
| Denominator: | Number of Alaska-resident women delivering a live-born infant who indicated on the survey that they were trying to become pregnant. |

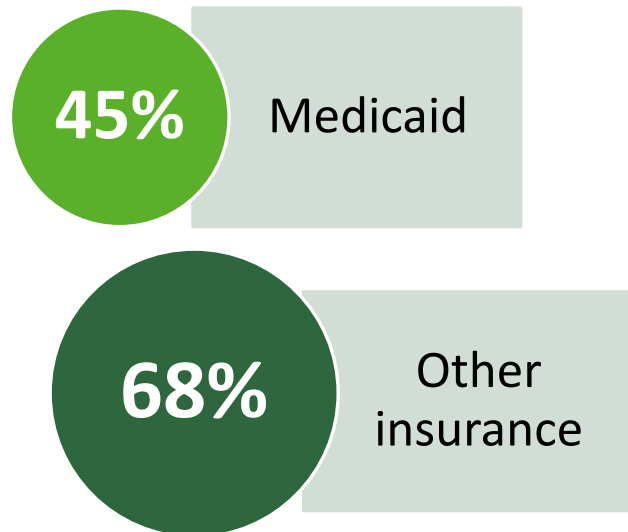
So, how are we doing?



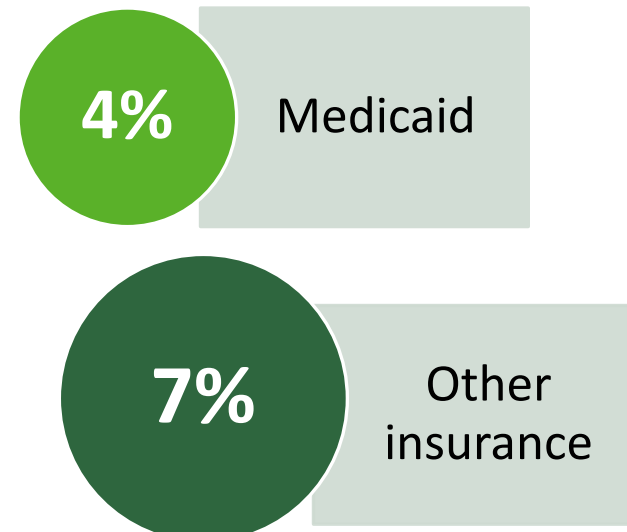
of women trying to get pregnant reported drinking 3 months *before* pregnancy

Alcohol use is lower among mothers insured through Medicaid*

**Drank in 3-month period
before pregnancy**

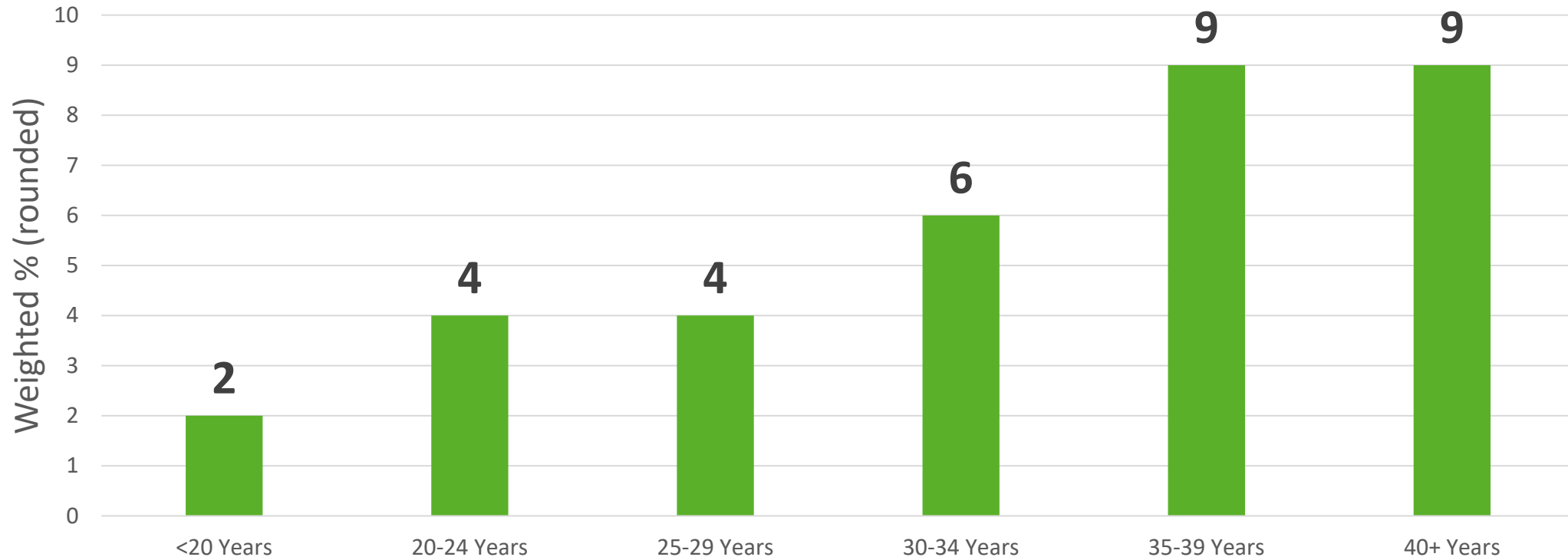


**Drank in *last* 3-months
of pregnancy**



Reported drinking during pregnancy increases along with mothers' age

Percent who Drank last 3 months of pregnancy stratified by Maternal Age among women recently delivering a live birth, Alaska 2016-2021



Alcohol use in last 3 months and Breastfeeding



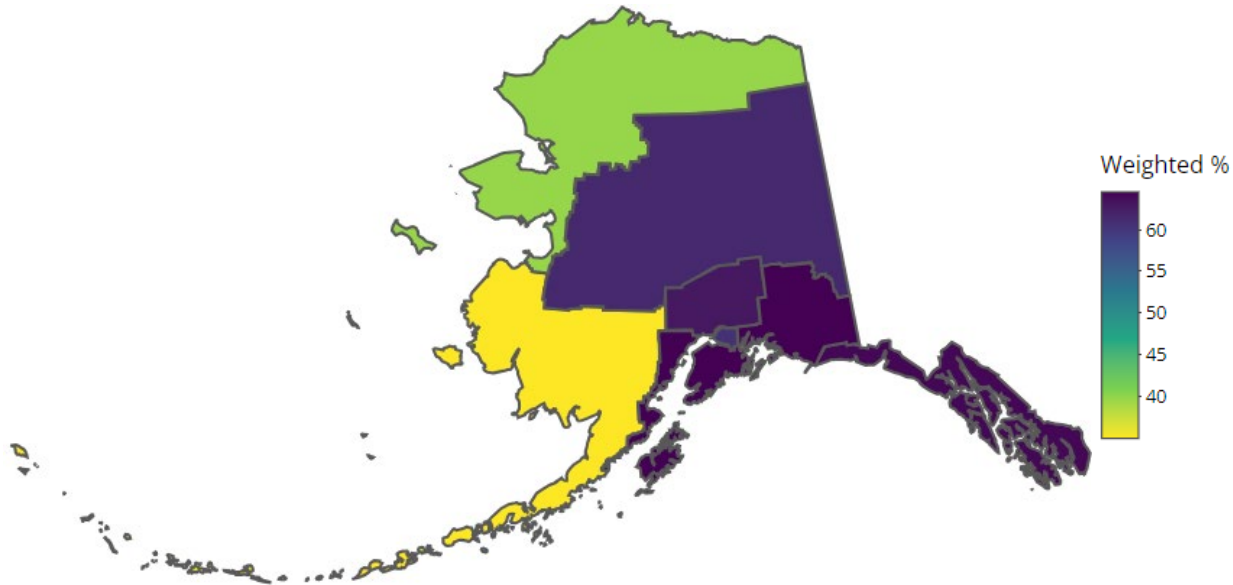
6%

of respondents who breastfed at least 2 months drank alcohol during the *last 3* months of pregnancy

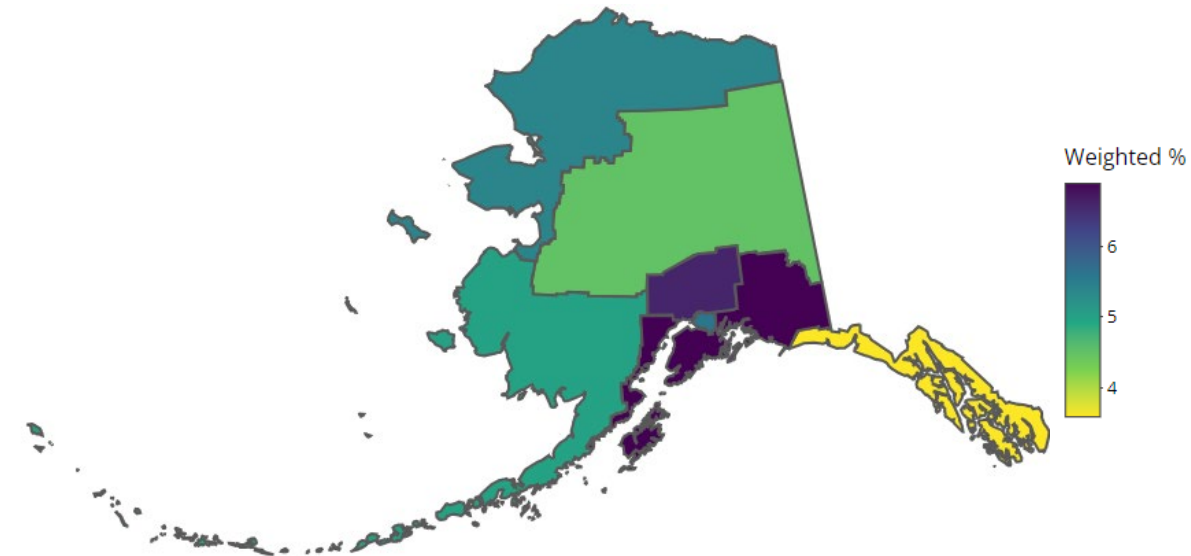
No difference vs. all women who drank alcohol in last 3 months

Alcohol use: highest prevalences in Gulf Coast region

Percent who **Drank 3 months before** pregnancy among women recently delivering a live birth by Public Health Region, Alaska 2016-2021

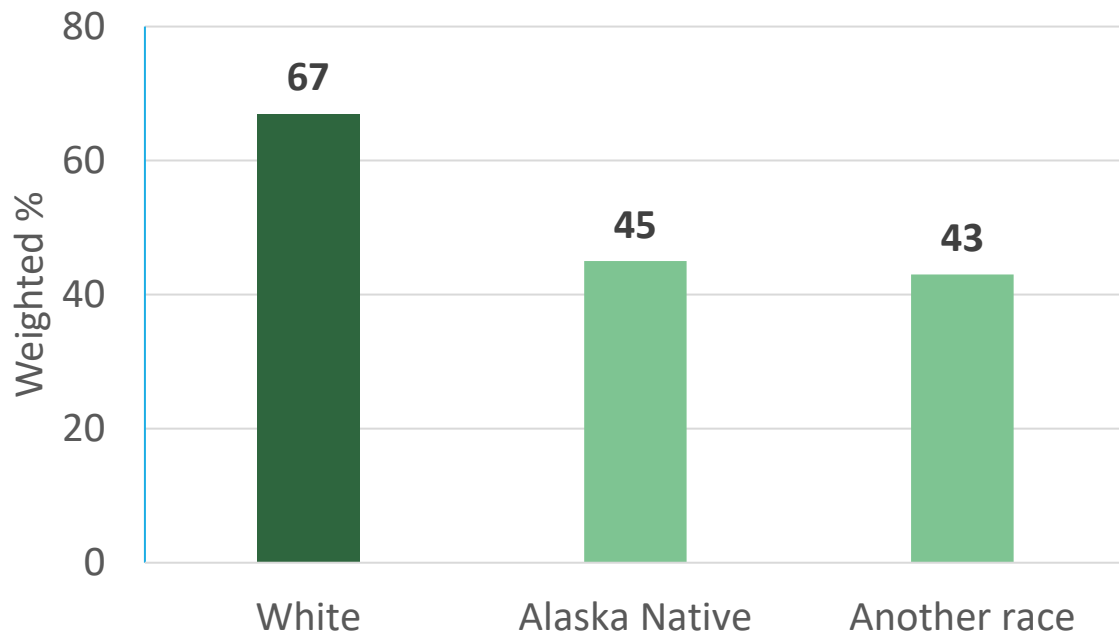


Percent who **Drank last 3 months** of pregnancy among women recently delivering a live birth by Public Health Region, Alaska 2016-2021

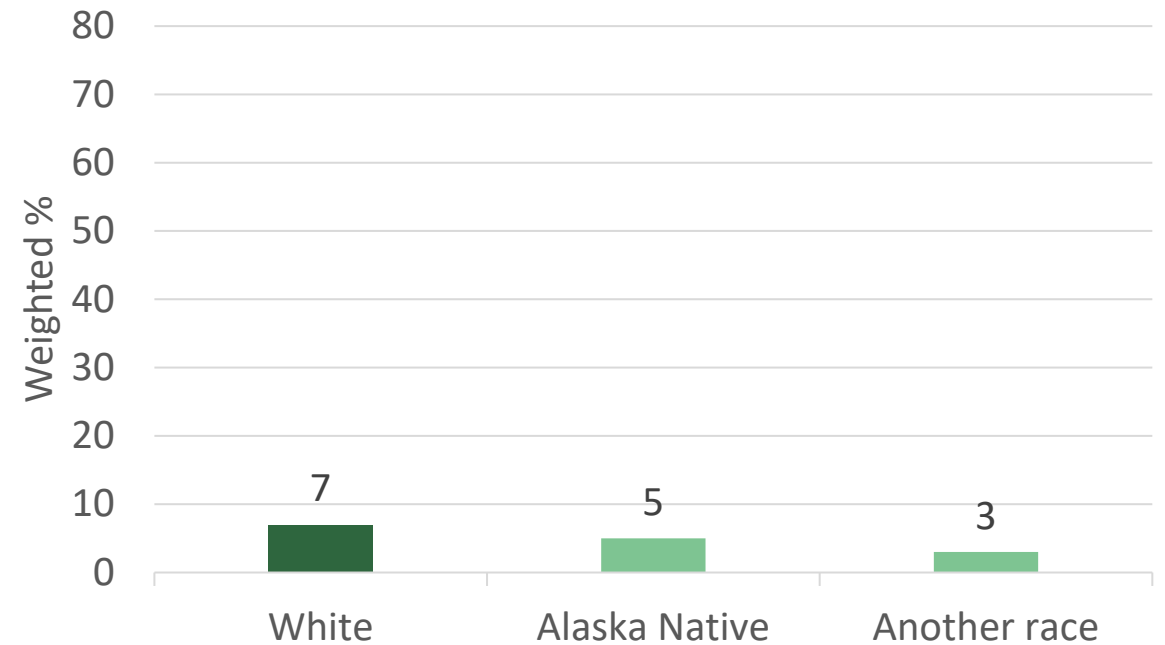


Alcohol use higher among White mothers

Percent who Drank 3 months before pregnancy by Race: Alaska Native, White, or Another race among women recently delivering a live birth, Alaska 2016-2021



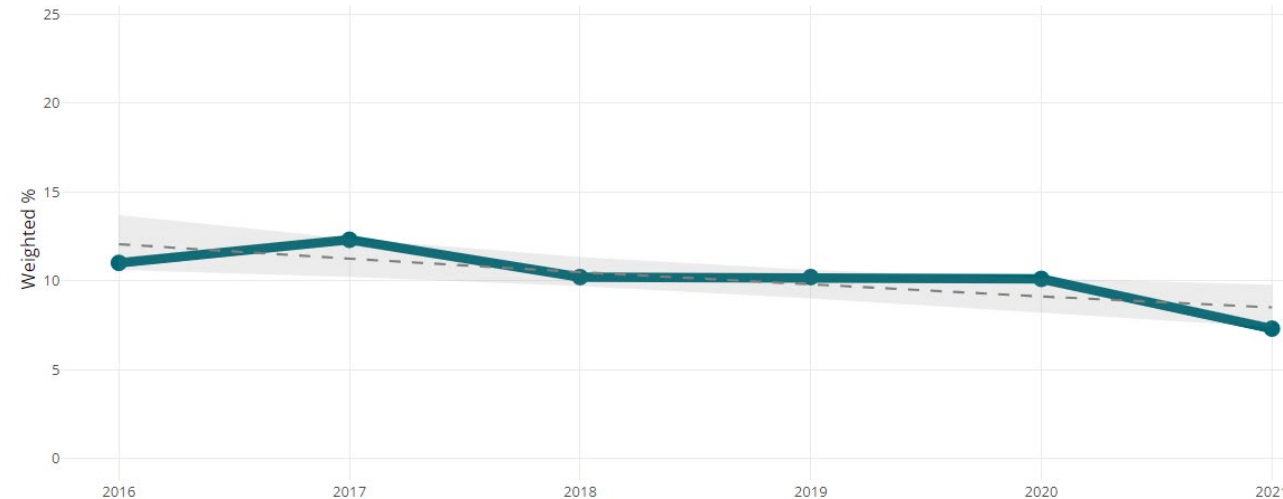
Percent who Drank last 3 months of pregnancy by Race: Alaska Native, White, or Another race among women recently delivering a live birth, Alaska 2016-2021



Tobacco use among women delivering live births 2016-2021



Percent who Smoked last 3 months of pregnancy among women recently delivering a live birth is declining, Alaska 2016-2021



*At time of survey.

Tobacco use & Breastfeeding

7%

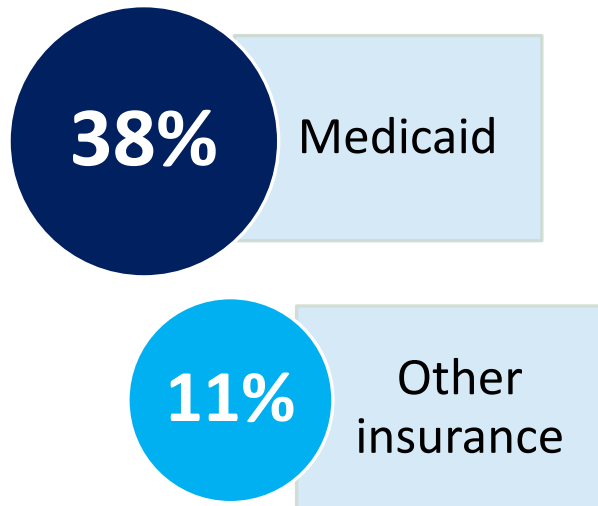
of those who breastfed at least 2 months reported **smoking in the last 3 months** of their pregnancy

9%

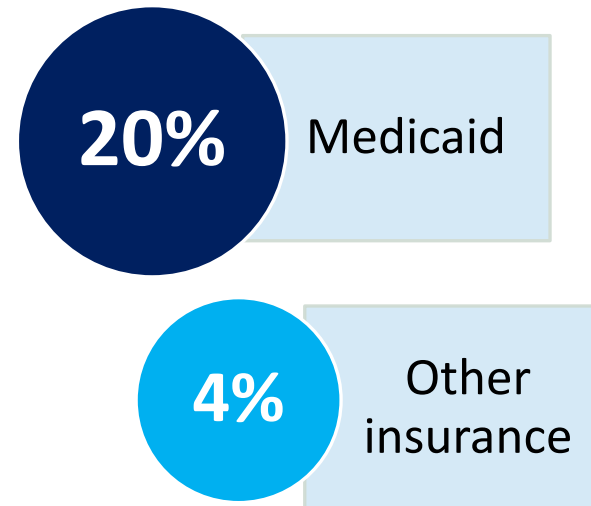
of those who breastfed at least 2 months also report **smoking now**

Tobacco use is higher among mothers insured through Medicaid*

Smoked tobacco in 3-month period *before* pregnancy

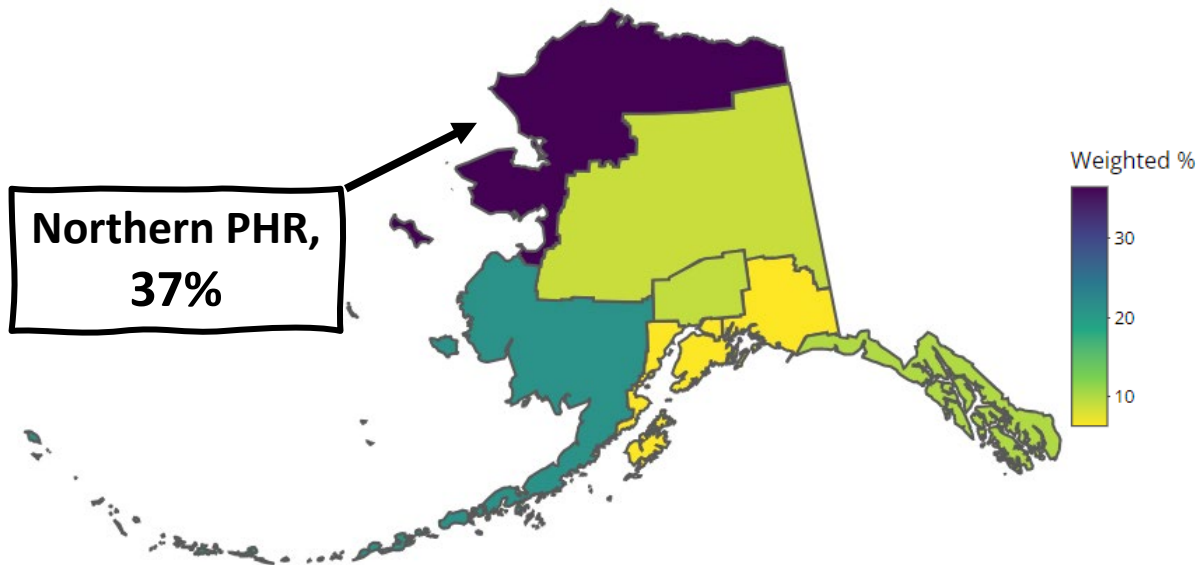


Smoked tobacco in *last* 3-months of pregnancy

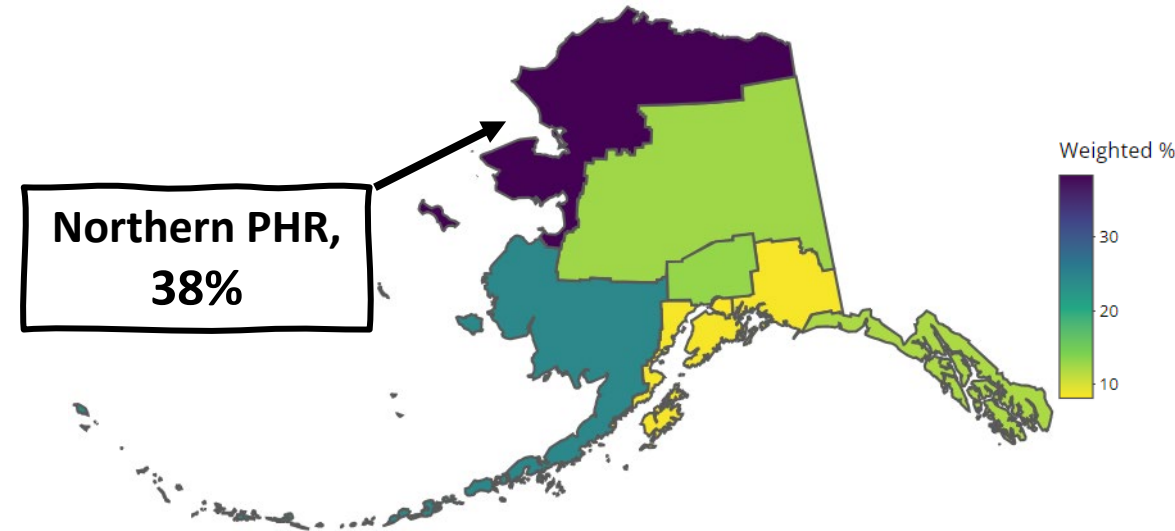


Tobacco use is most prevalent in the Northern PHR

Percent who **Smoked Tobacco last 3 months of pregnancy** among women recently delivering a live birth, by Public Health Region, Alaska 2016-2021

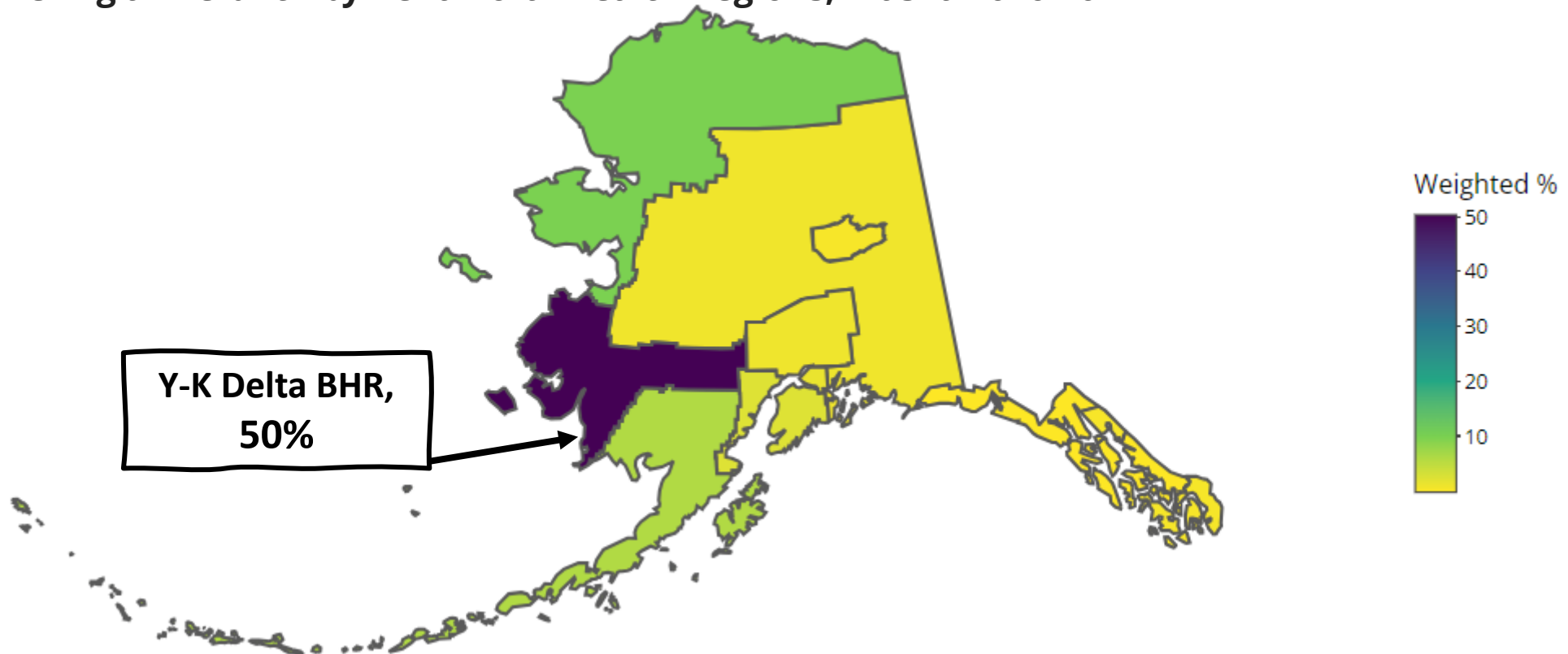


Percent who **Smoke Tobacco Now** among women recently delivering a live birth, by Public Health Region, Alaska 2016-2021



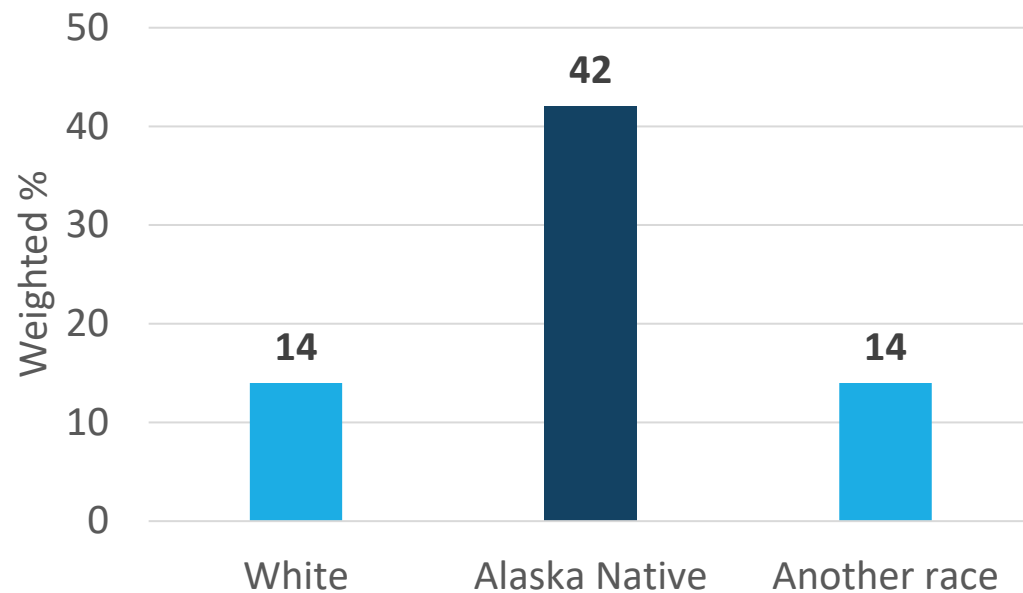
Smokeless tobacco use during pregnancy is highly prevalent in the Y-K Delta BHR

Percent of Smokeless tobacco use (inc. chew, iqmik) during pregnancy among women recently delivering a live birth by Behavioral Health Regions, Alaska 2016-2021

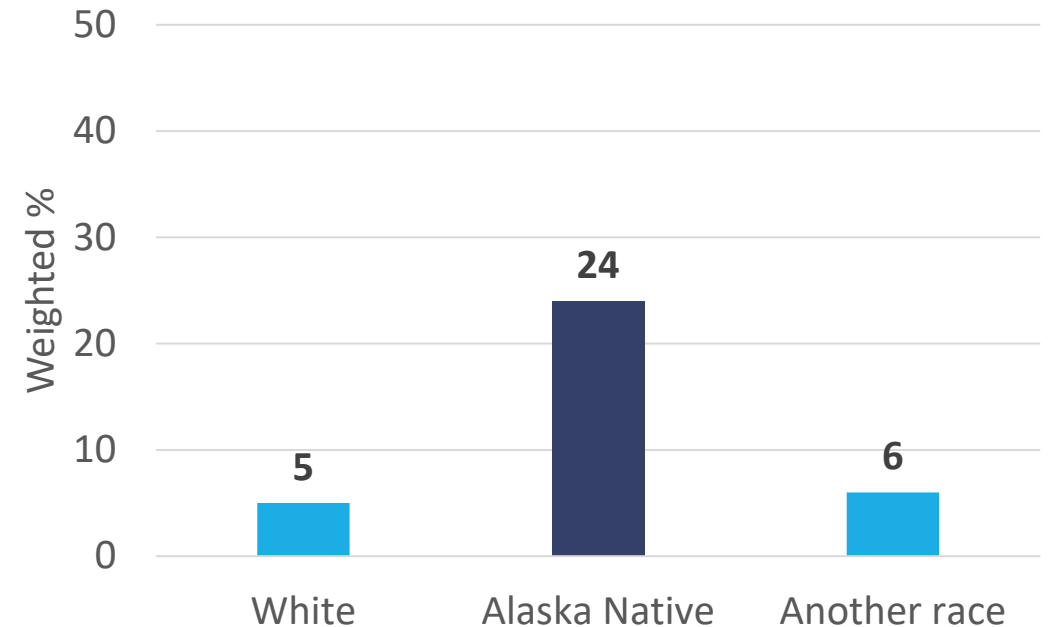


Tobacco use highest among Alaska Native mothers

Percent who **Smoked 3 months before pregnancy** by Race: Alaska Native White or Another race among women recently delivering a live birth, Alaska 2016-2021



Percent who **Smoked last 3 months of pregnancy** by Race: Alaska Native White or Another race among women recently delivering a live birth, Alaska 2016-2021

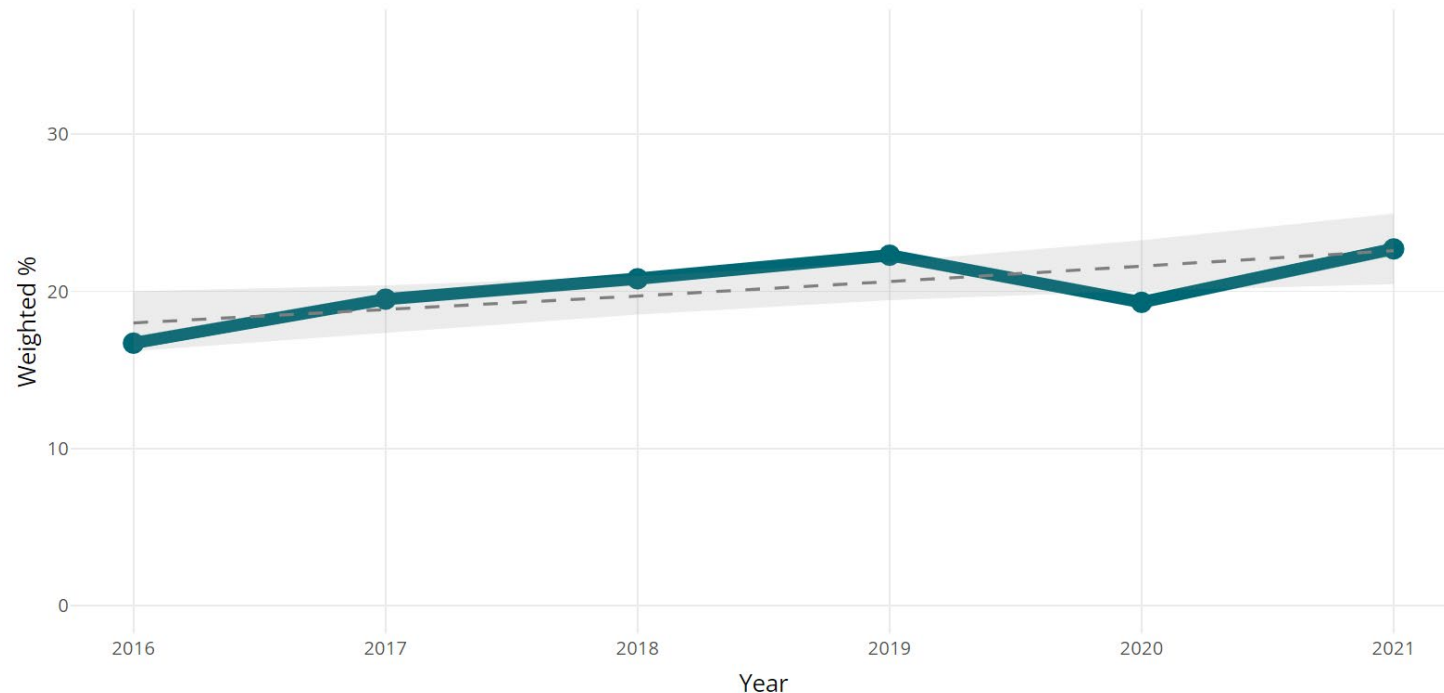


Marijuana use prior to pregnancy is increasing among mothers

20%

of respondents who recently delivered a live birth reported marijuana usage 12 months before their pregnancy

Percent using Marijuana **12 months before pregnancy** among women recently delivering a live birth by year, Alaska 2016-2021



Marijuana use during pregnancy and since birth

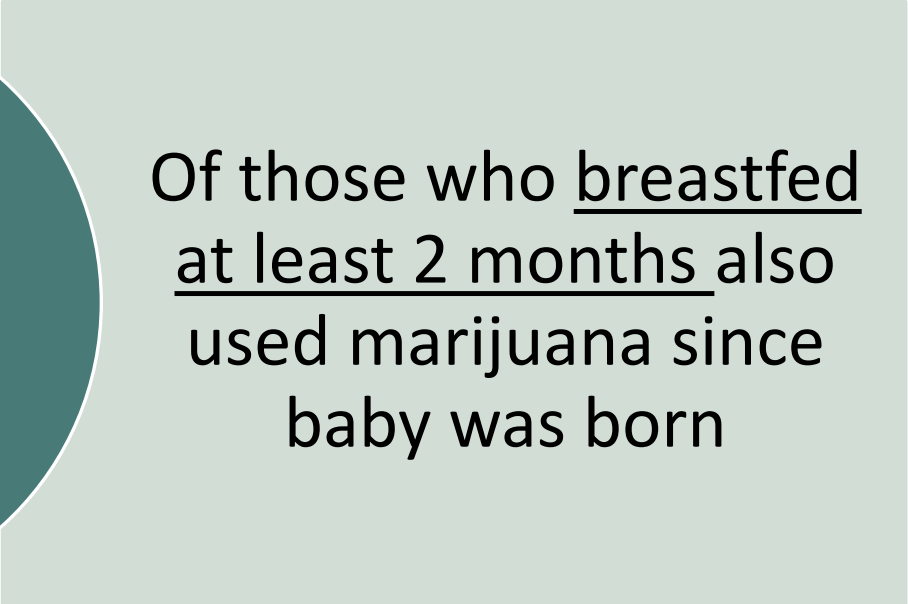


Trend over time stable for both: neither increase nor decrease

Marijuana use and Breastfeeding



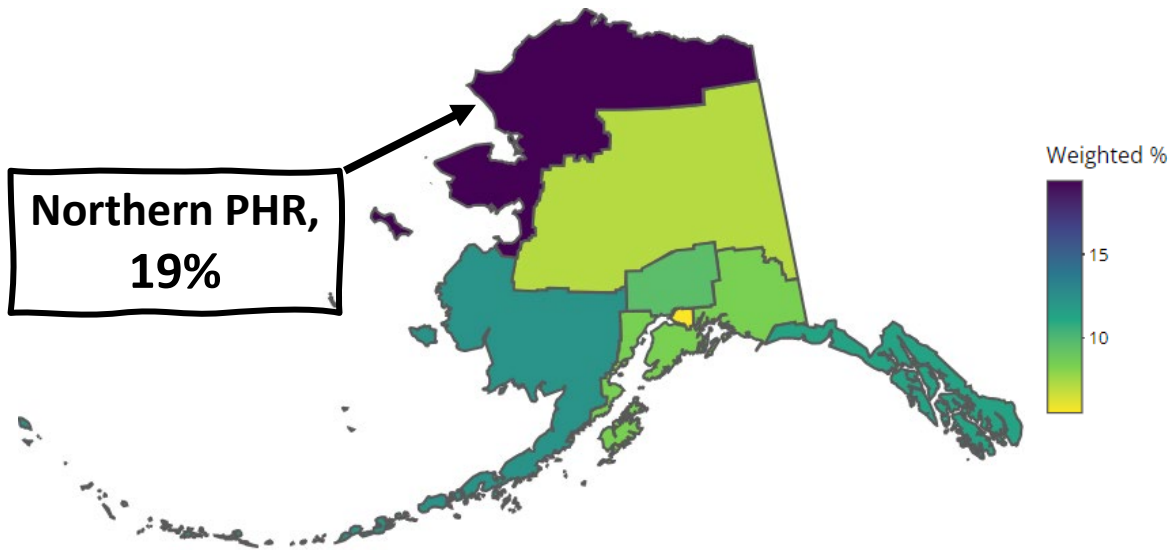
10%



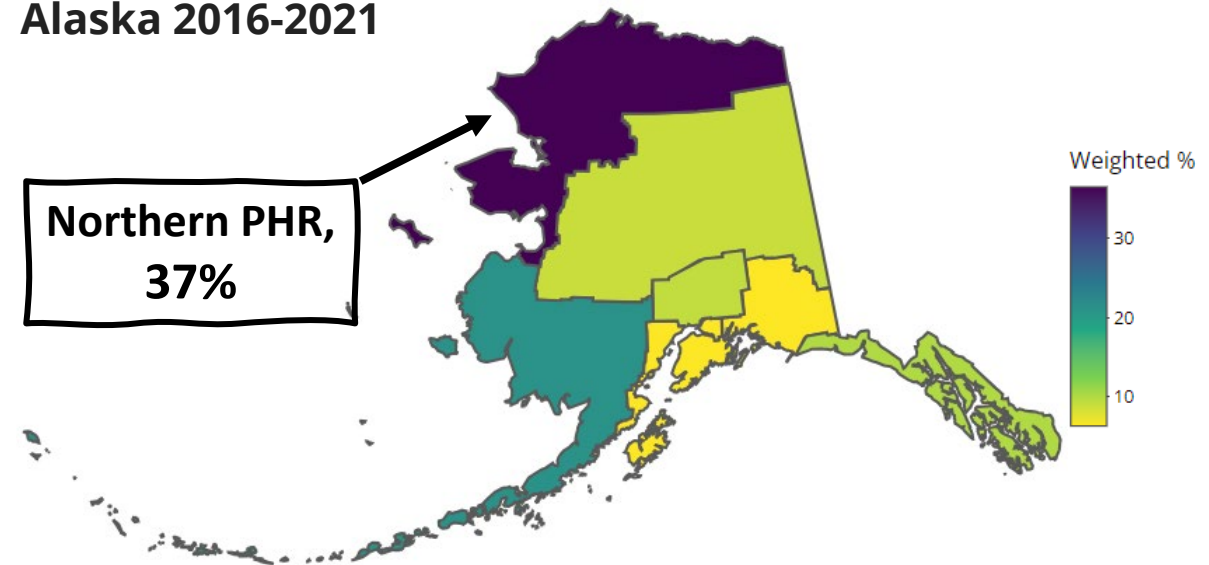
Of those who breastfed
at least 2 months also
used marijuana since
baby was born

Prevalence of Marijuana use mirrors Tobacco use

Percent who used **Marijuana during pregnancy** among women recently delivering a live birth by Public Health Region, Alaska 2016-2021

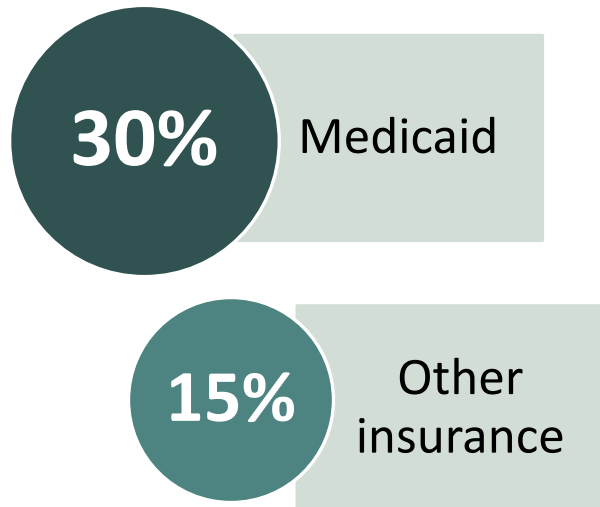


Percent who **Smoked Tobacco last 3 months of pregnancy** among women recently delivering a live birth, by Public Health Region, Alaska 2016-2021

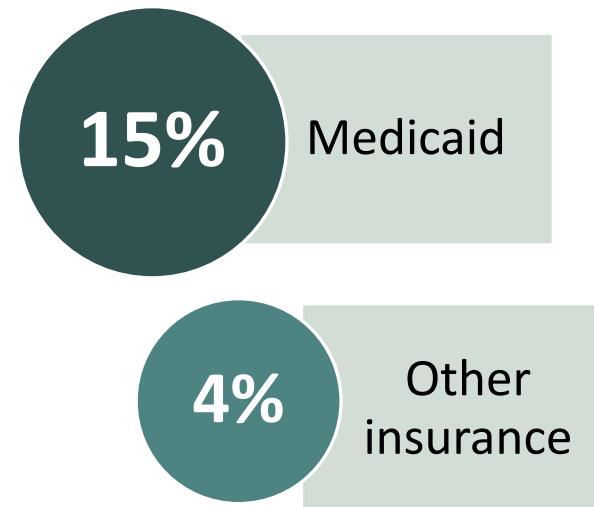


Marijuana use is higher among mothers insured through Medicaid*

Marijuana use in 12-month period *before* pregnancy



Marijuana use during pregnancy



Take-home: Alcohol

59%

Of women report drinking in the 3-month period *before* pregnancy

60%

of women *trying to get pregnant* report drinking in 3-month period *before* pregnancy

American College of Nurse-Midwives recommendations to health care providers:

Alcohol screening and brief intervention to prevent alcohol-exposed pregnancy.

Inform women, their partners, and their families of the risks associated with alcohol consumption during pregnancy.

Provide clear, evidence-based information regarding the risks of alcohol consumption during pregnancy as part of preconception and prenatal care.

Identify women who are at risk for alcohol-exposed pregnancy and provide brief interventions and appropriate referrals as needed.

Take-home: Tobacco and Marijuana

- Marijuana and tobacco use share a common risk profile
- **Marijuana** use is *increasing* in prevalence, while **Tobacco** use is *decreasing*

American College of Obstetricians and Gynecologists recommendations to health care providers:

All patients should be routinely asked about their use of alcohol, nicotine products, and drugs, including prescription opioids and other medications used for nonmedical reasons.

Effective strategies for tobacco cessation should be employed, such as the 5A's intervention model.

Patients who are contemplating pregnancy should be encouraged to discontinue marijuana use.

How to contact us:

Alaska Maternal and Child Health Epidemiology Unit

mch-epi@alaska.gov

Richard Trantow, MHS

CSTE Applied Epidemiology Fellow

Alaska Division of Public Health

Section of Women's, Children's & Family Health

richard.trantow@alaska.gov



Substance Exposed Newborns Initiative

AKPQC MCDR Summit
April 5, 2024

JENNIFER HELLER & KAERIN STEPHENS

SECTION OF WOMEN'S, CHILDREN'S, AND FAMILY HEALTH

Alaska Substance Exposed Newborns Initiative

--DO NOT FOLD THIS FORM--

Date: - - Please indicate dates when any prenatal counseling services were started:

Age: Counseling for Substances: - -

Previous live births: Depression/mental health: - -

Other Services: _____ - -

Use black ink to mark

| | | | |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|----------------------------------------|
| Parents | Did either of your parents have any problems or struggle with drugs or alcohol? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Partner | Does your partner have any problems or struggle with drugs or alcohol? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| | Are you feeling unsafe in any way in your relationship with your current partner? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Past | Have you ever drunk beer/wine/liquor? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| | Over the past two weeks, have you been bothered by any of the following problems: Little Interest or pleasure in doing things or feeling down, depressed, or hopeless? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Pregnancy | In the month before you knew you were pregnant, how much tobacco did you use, including cigarettes and chewing tobacco (qmk)? | <input type="checkbox"/> None | <input type="checkbox"/> Any |
| | In the month before you knew you were pregnant, how much wine/beer/liquor did you drink? | <input type="checkbox"/> None | <input type="checkbox"/> Any |
| | In the month before you knew you were pregnant, how much marijuana did you use ? | <input type="checkbox"/> None | <input type="checkbox"/> Any |
| | Would you like to become pregnant again in the next year? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| | | <input type="checkbox"/> I don't know | <input type="checkbox"/> Ok either way |

- Last month, about how much tobacco did you use, including cigarettes and chewing tobacco (qmk)? None Any
- Last month, about how many days a week did you usually drink beer, wine, or liquor? None Any
- Last month, about how many days a week did you usually use marijuana? None Any

IF "ANY" BOX IS CHECKED COMPLETE QUESTIONS 1-4

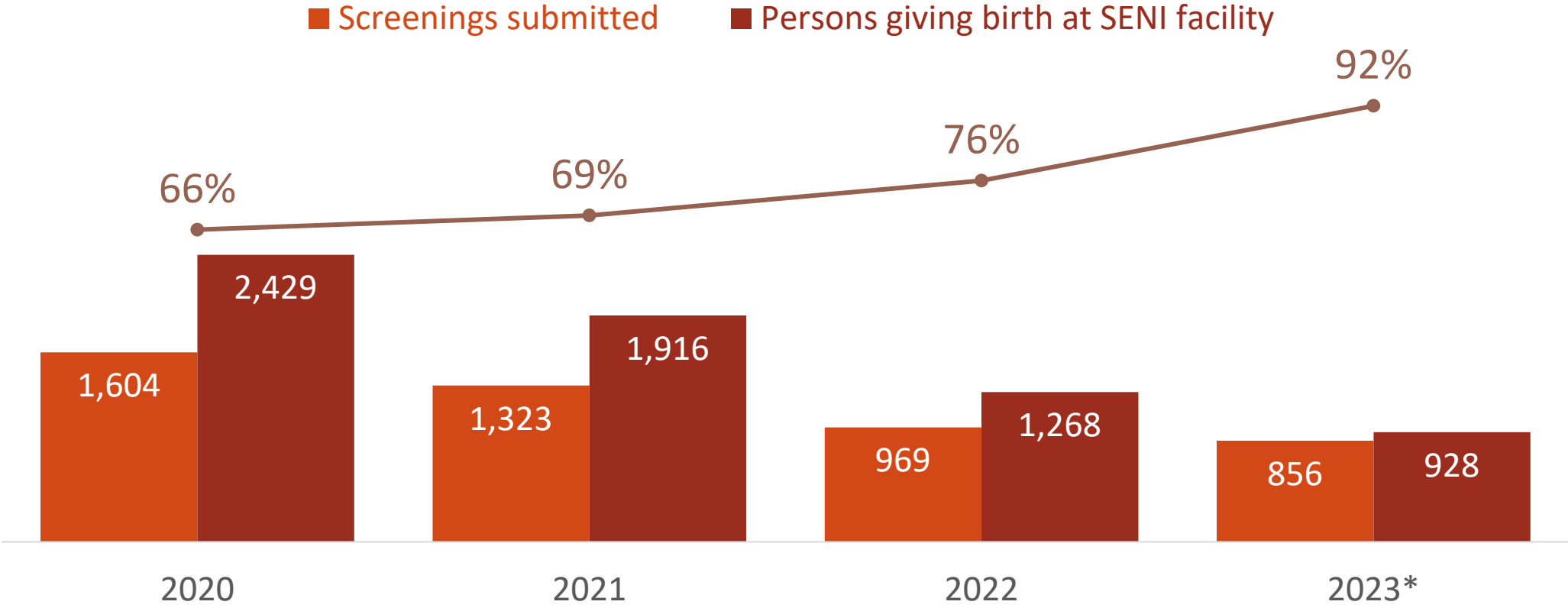
| 4. Last month, did you use: check all that apply | prescribed by licensed provider? | taken as prescribed? |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| ADHD Meds <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes |
| Antidepressant <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes |
| Benzodiazepine <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes |
| Narcotic pain relievers <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes |
| Methadone <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes |
| started on: <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | | |
| Buprenorphine <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes | <input type="checkbox"/> No <input type="checkbox"/> Yes |
| started on: <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | | |
| Amphetamines/Methamphetamines <input type="checkbox"/> No <input type="checkbox"/> Yes | | |
| Cocaine/Crack <input type="checkbox"/> No <input type="checkbox"/> Yes | | |
| Heroin <input type="checkbox"/> No <input type="checkbox"/> Yes | | |

Hospital#

Screen#

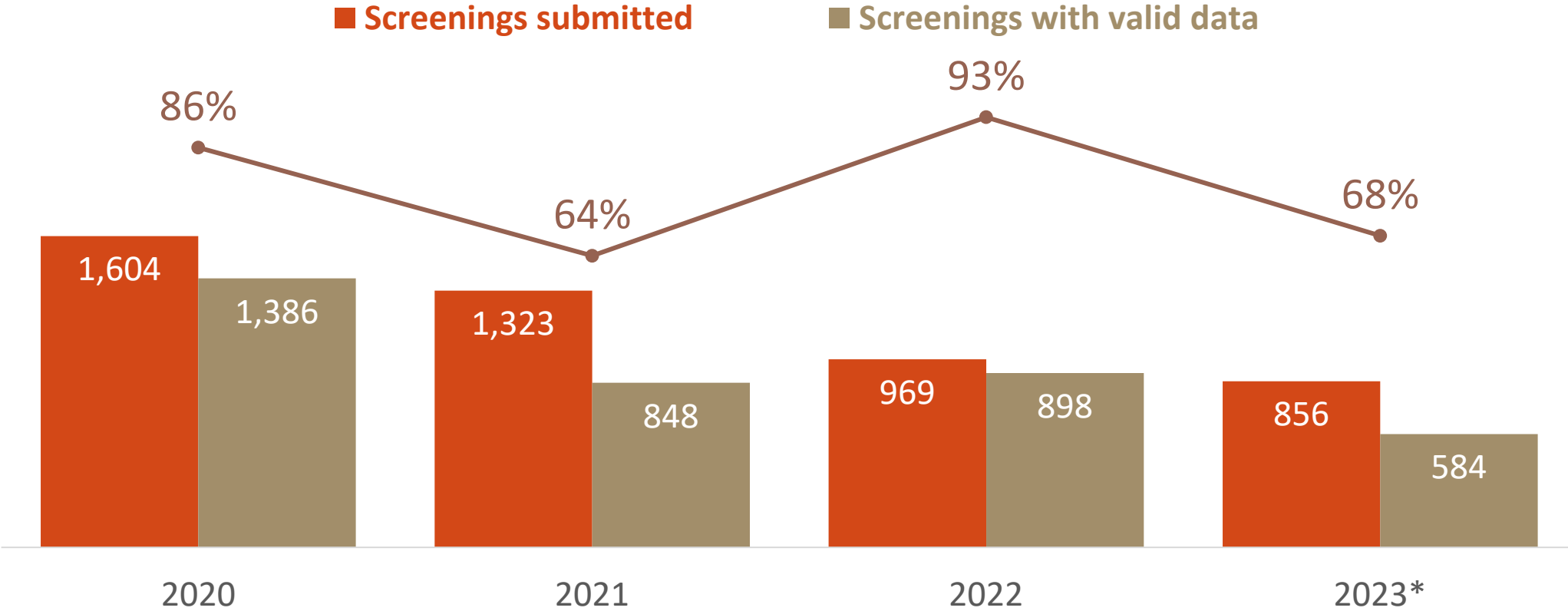
Brief Intervention Refused Accepted

Percent of birthing persons screened has increased at participating SENI facilities, 2020-2023



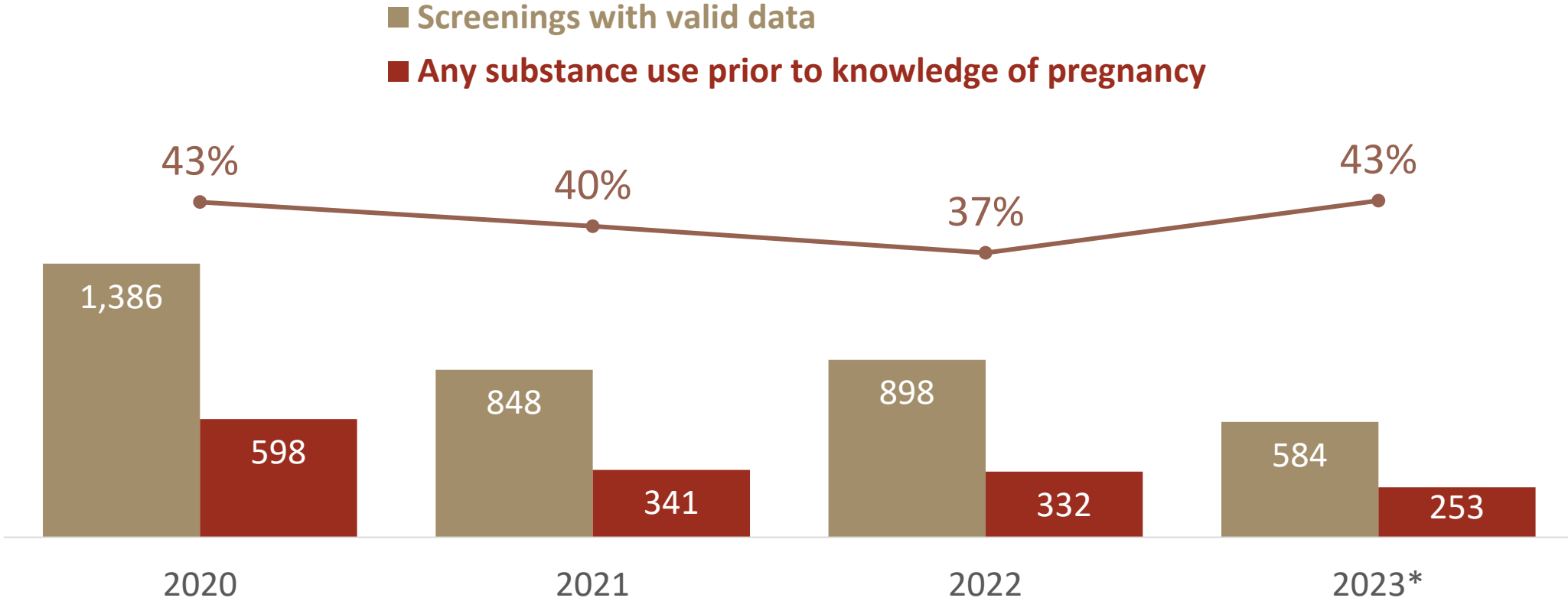
*provisional

Percent of screenings with valid data, 2020-2023



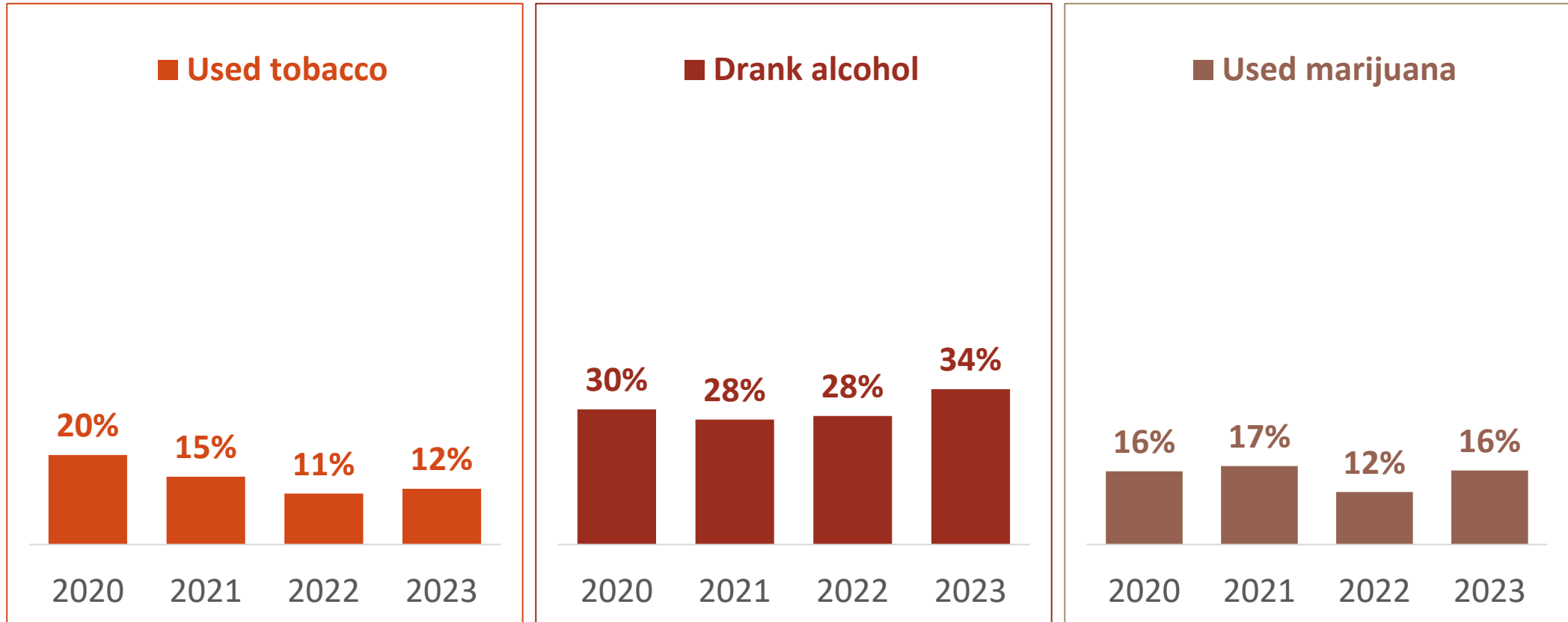
*provisional

Percent of screenings with **positive Universal screen**: Patients reporting Tobacco, Alcohol, or Marijuana used *in the month prior to Knowledge of Pregnancy*



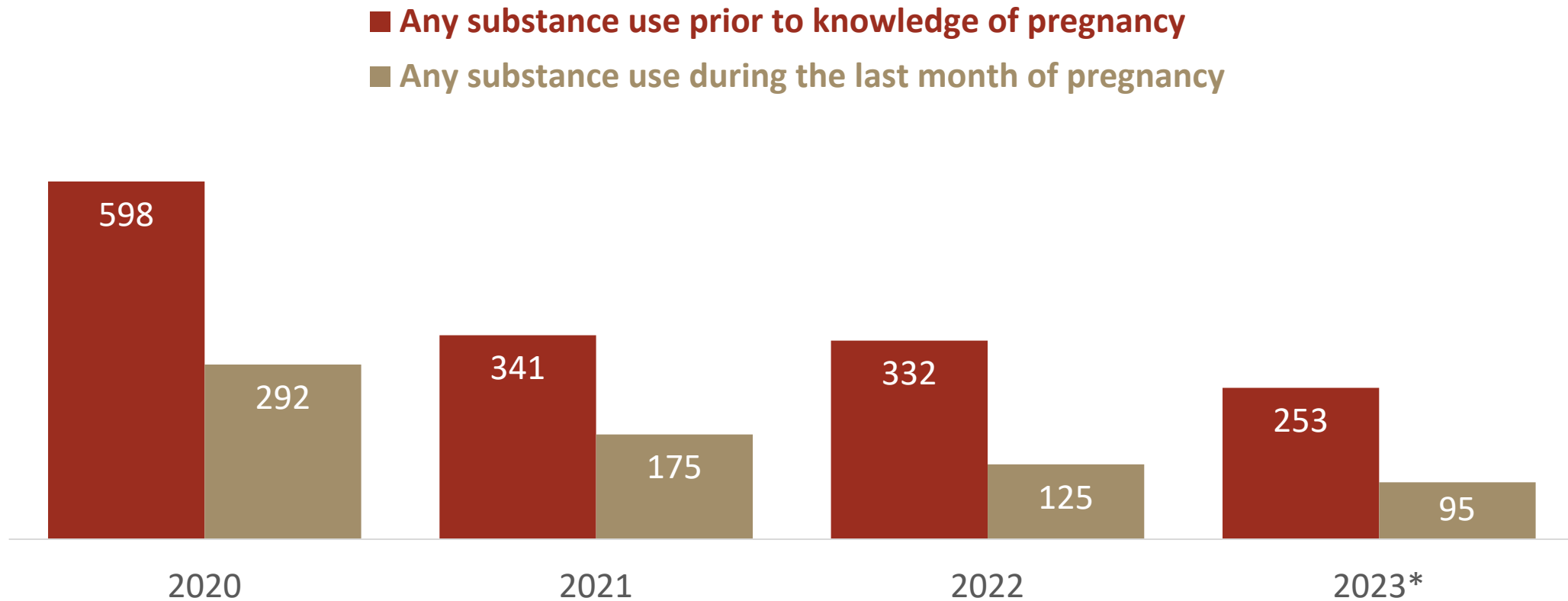
*provisional

Percent of positive responses for each of the substances used in the *month prior to Knowledge of Pregnancy screening questions, 2020-2023*



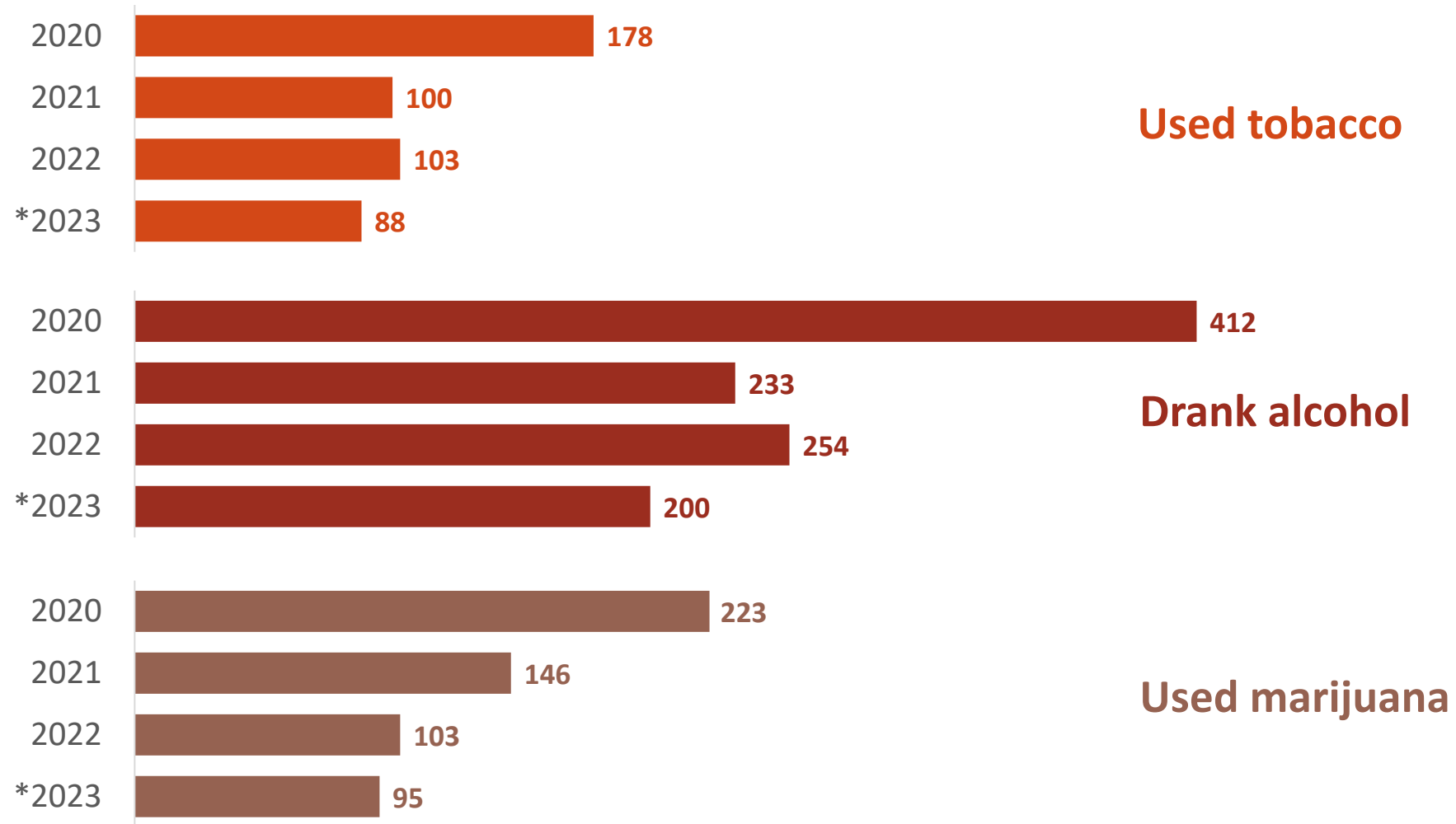
*provisional

Counts of screenings with substance use reported in *month prior to knowledge of pregnancy* compared to the *month before screening (usually last month of pregnancy)*, 2020-2023



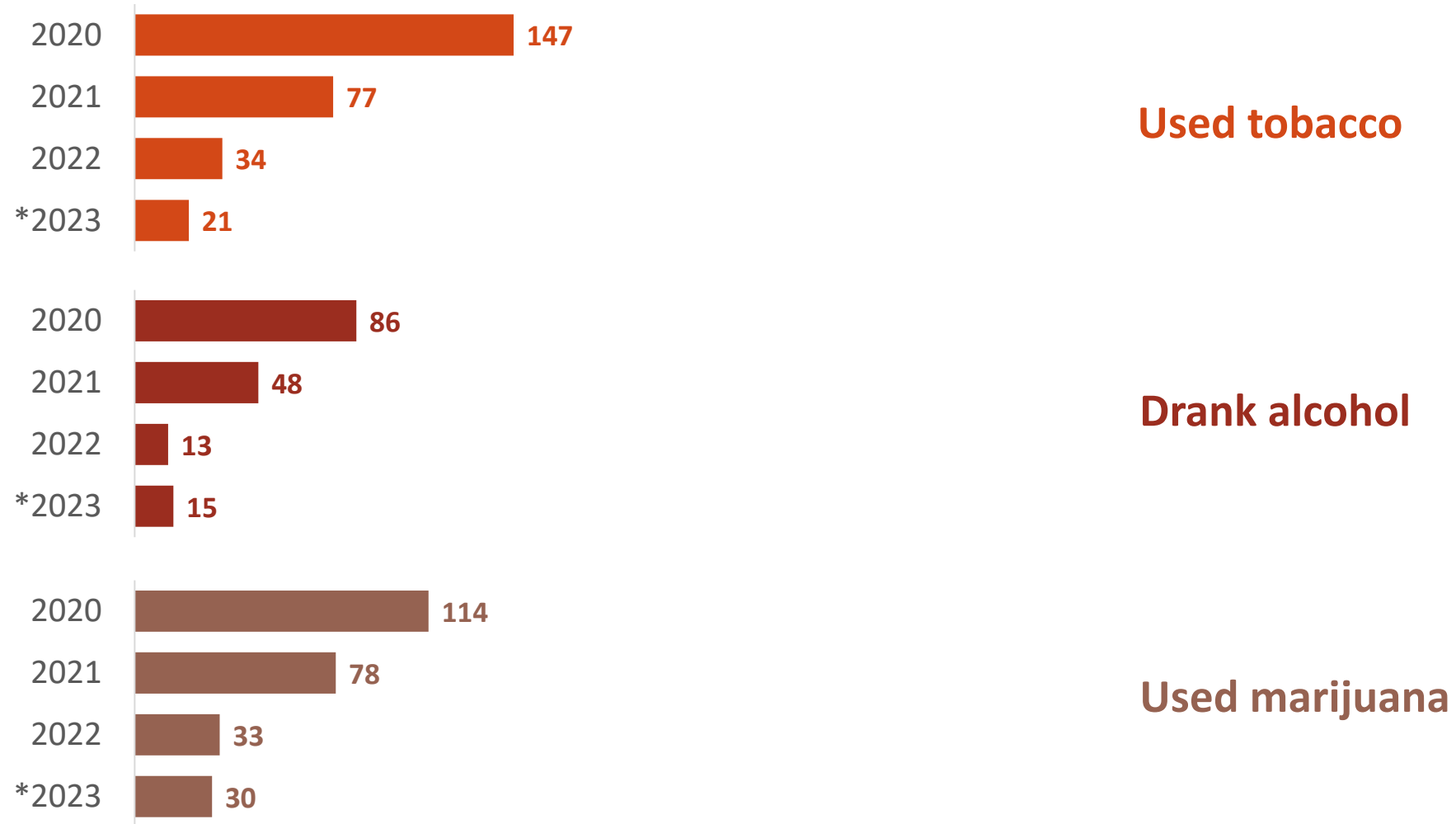
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Counts of positive screenings for 3 substances used *prior to Knowledge of Pregnancy*, 2020-2023



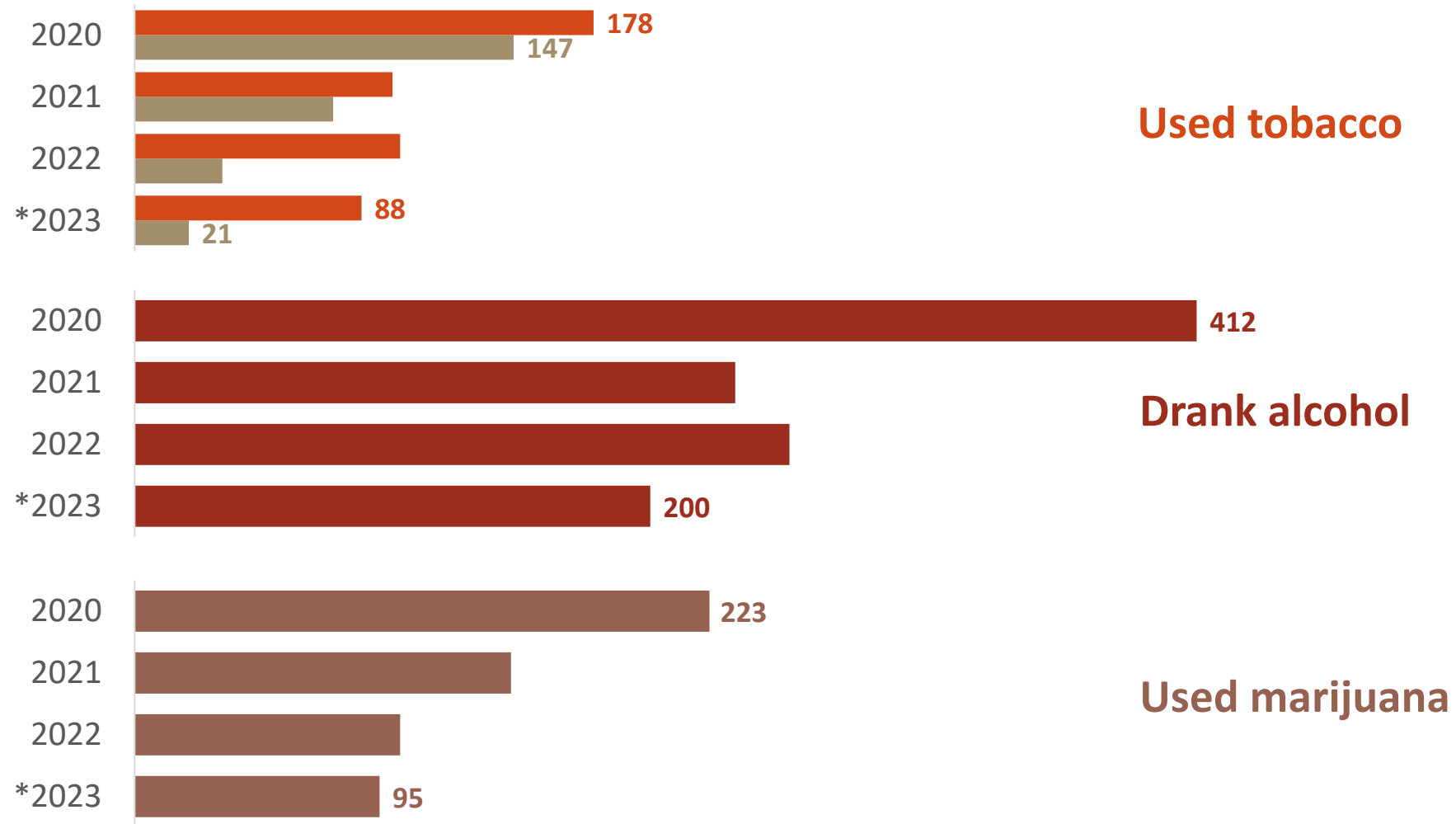
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Counts of positive screenings for the 3 substances used *in the month prior to screening* (usually last month of Pregnancy)



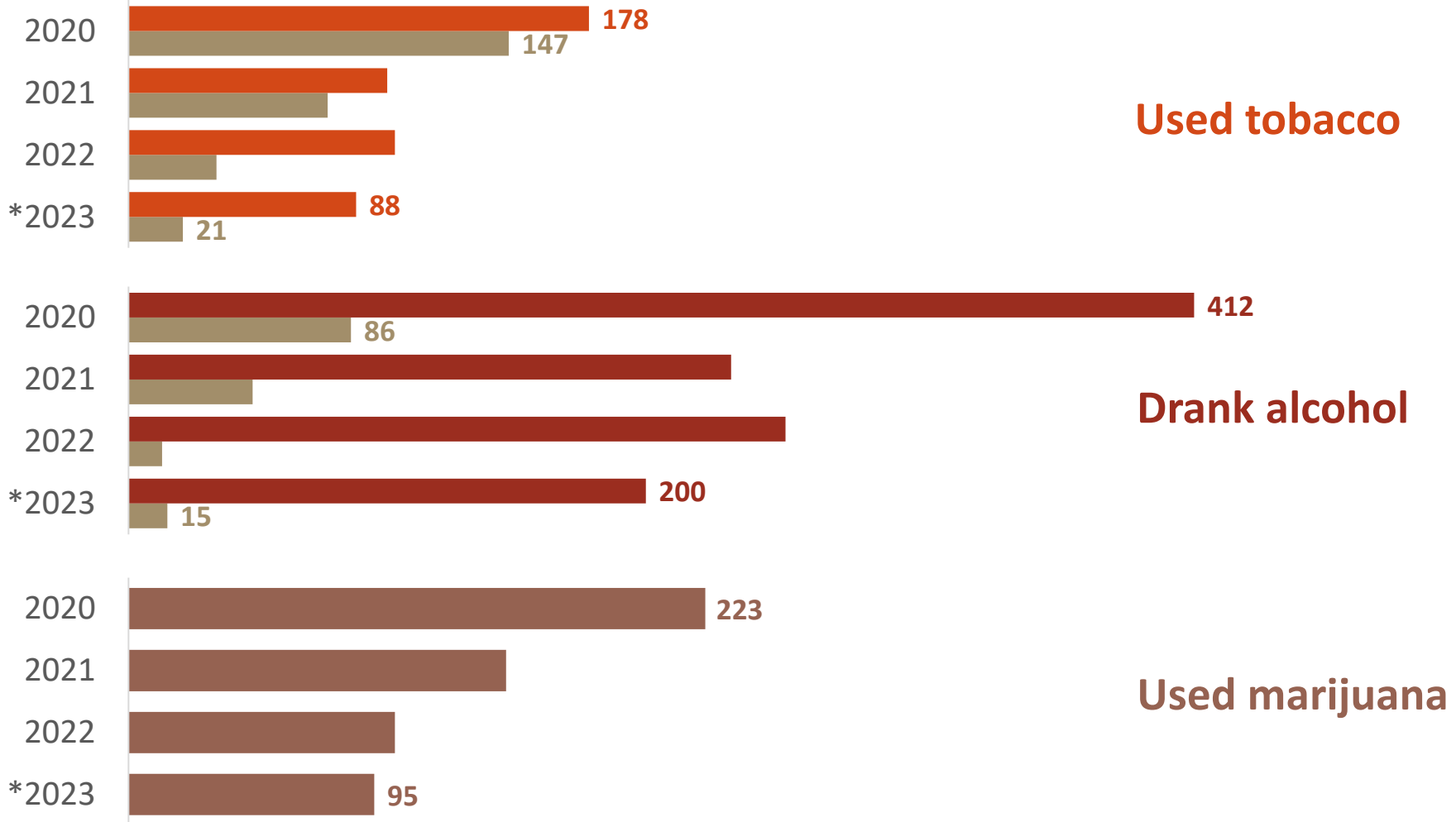
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Positive screenings for the 3 substances used prior to knowledge of pregnancy, and in month prior to screening



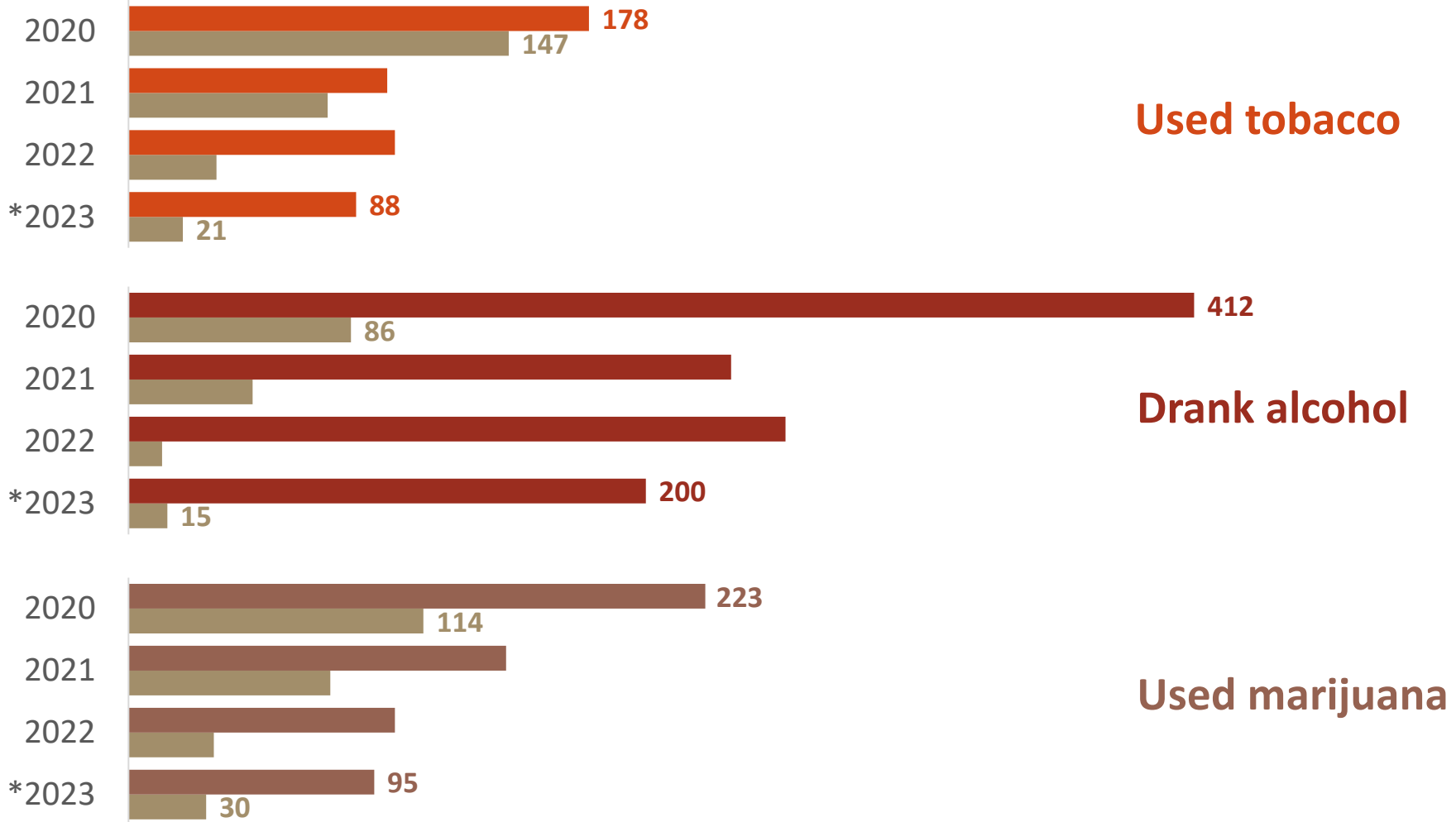
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Counts of positive screenings for the 3 substances used prior to knowledge of, and in last month of pregnancy



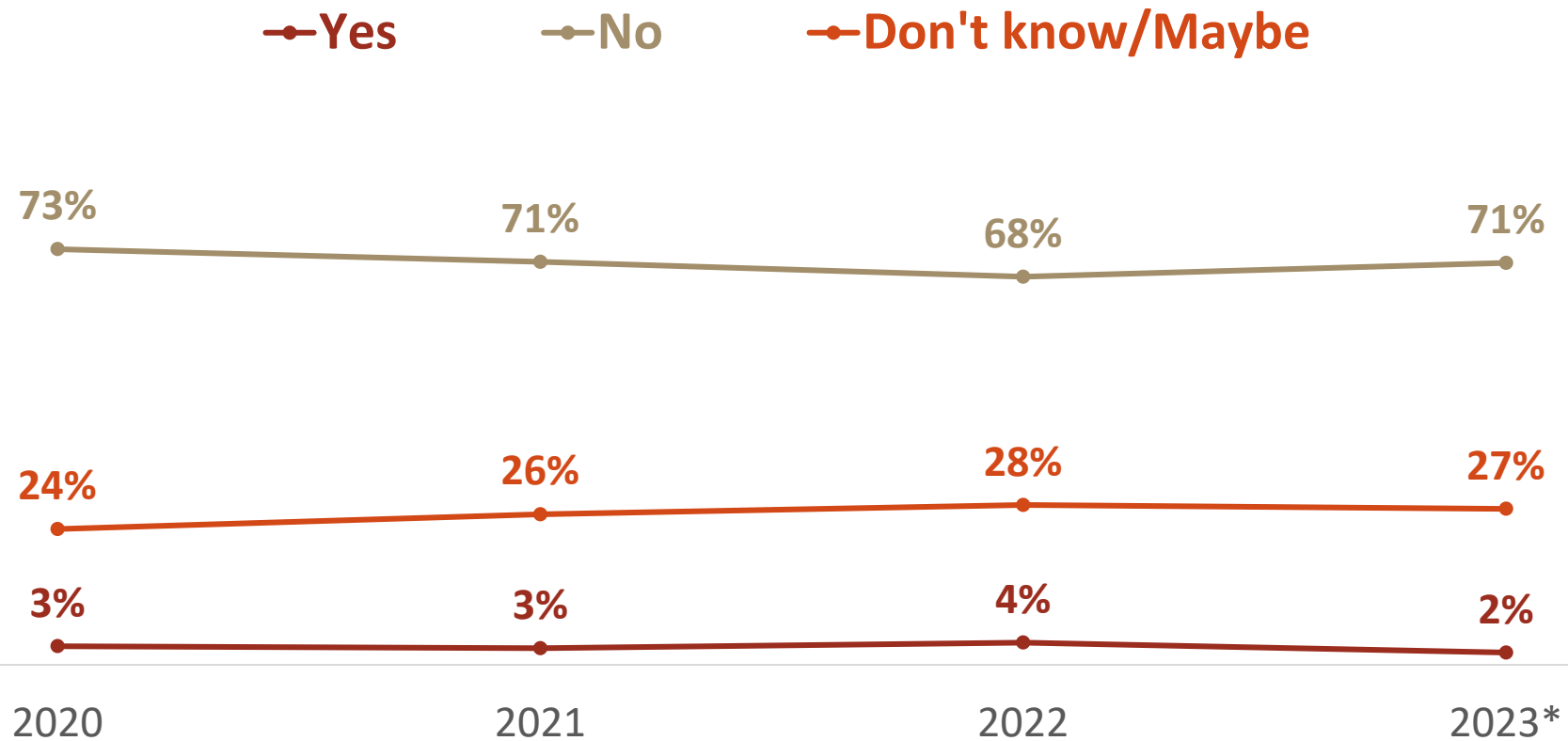
*provisional

Counts of positive screenings for the 3 substances used prior to knowledge of, and in last month of pregnancy



*provisional

Responses to One Key Question: Would you like to become pregnant again in the next year?



*provisional

Contact information for SENI:

- Staff trainings
in SBIRT
- 4Ps Plus
screening tool
- SENI data

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