

Changes in alcohol consumption during pregnancy

AUGUST 2015

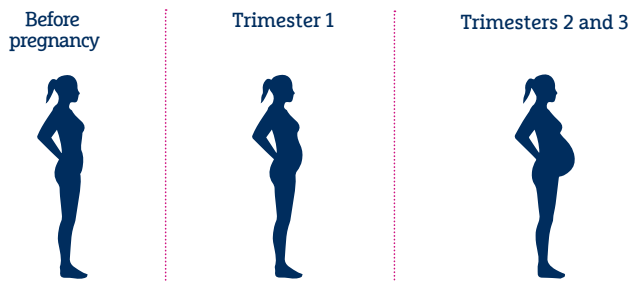
THE FOCUS

Exposure to alcohol during pregnancy can affect healthy foetal development. To inform public health efforts to reduce harm, it is important to understand patterns of women's alcohol consumption before and during pregnancy.

This *At a Glance* presents key findings from Superu's analysis of Growing Up in New Zealand data on pregnancy and alcohol consumption.

About *At a Glance*

Superu's *At a Glance* publications illustrate key research findings and information about priority topics.

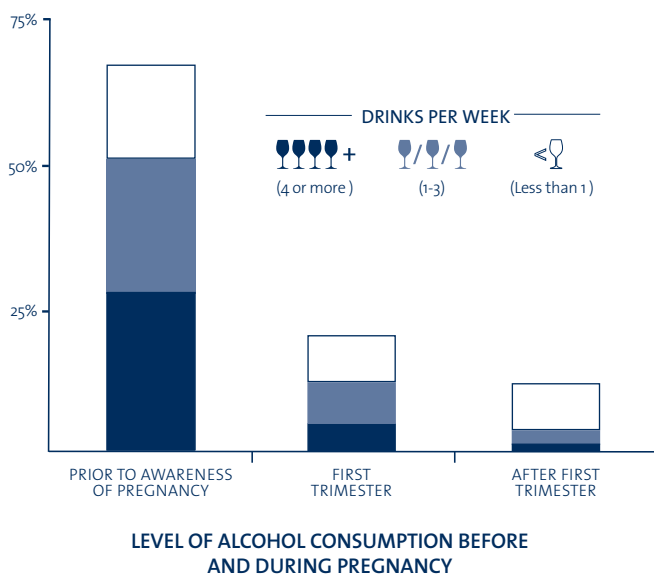


INTERVIEW

More than 6,800 expectant mothers in the Growing Up in New Zealand study were asked about **how much alcohol they drank** before they were pregnant, during their first trimester and after their first trimester.

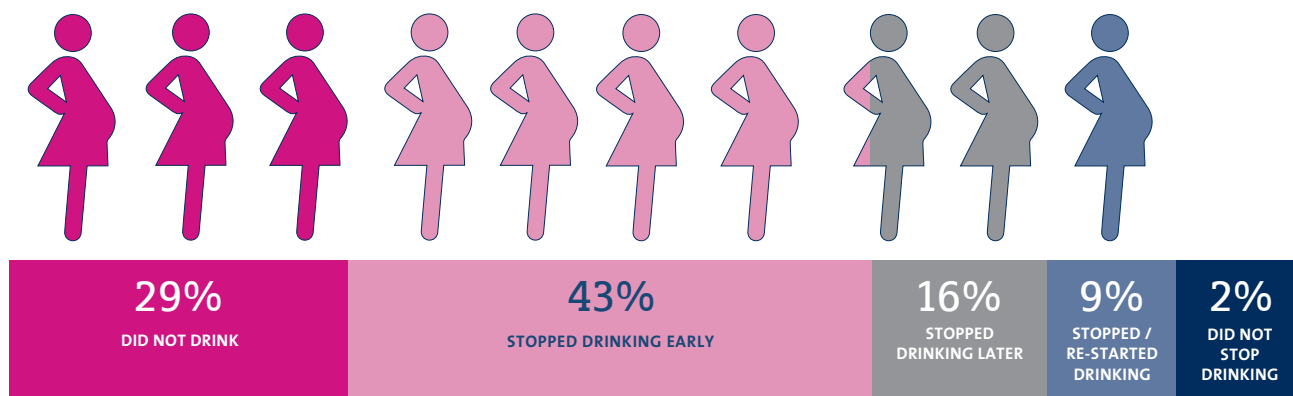
MOST WOMEN STOPPED OR REDUCED THEIR ALCOHOL CONSUMPTION ONCE PREGNANT

7 in 10 women (71%) consumed alcohol prior to awareness of pregnancy. Alcohol consumption during pregnancy dropped to **2 in 10** women (21%) during the first trimester and **1 in 10** women (13%) after the first trimester.



But there is more to the story. Women showed **five main patterns** of alcohol consumption during pregnancy.

WOMEN SHOWED DIFFERENT PATTERNS OF ALCOHOL CONSUMPTION DURING PREGNANCY



Women **over-represented** in each group:



Did not drink

No alcohol before or during pregnancy.

- Non-smokers
- Pacific or Asian women
- Lower household income



Stopped drinking early

After becoming aware of their pregnancy.

- Planned pregnancy
- European women
- Higher household income



Stopped drinking later

After the first trimester.

- Smokers
- Unplanned pregnancy
- Māori women
- No secondary school qualifications



Stopped/re-started drinking

Stopped once pregnant then re-started later, or light drinking throughout.

- Planned pregnancy
- European women
- Higher household income
- Older women
- Higher qualifications



Did not stop drinking

Continued drinking throughout pregnancy.

- Smokers
- Unplanned pregnancy
- Māori women
- Lower household income
- No secondary school qualifications

ABOUT GROWING UP IN NEW ZEALAND



Growing up in New Zealand (GUINZ) is a longitudinal study following nearly 7,000 children in New Zealand from before birth to adulthood. GUINZ provides a contemporary picture of what it's like to be a child growing up in New Zealand in the 21st century.