



Prevention of alcohol exposure during pregnancy



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Всемирная организация здравоохранения

Европейское региональное бюро

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MOPAC deliverable

- Many women in the Region are drinkers (WHO, 2014)
- Alcohol exposure in pregnancy can cause detrimental harm – including FASD
- Full extent of prevalence not known – but is **preventable**



What is the evidence for effective interventions to women of childbearing age and pregnant women to prevent or reduce alcohol use in pregnancy?

Rapid review

- Previous reviews have looked at RCTs in pregnancy, and public health interventions
 - Wide aim, included different types of interventions not just RCTs
- PubMed/MEDLINE, PsychINFO, CINHALL
- 2005-2015
- As per WHO *Guidelines for the identification and management of substance abuse in pregnancy* only focused on interventions not targeted to alcohol dependent women (excluded women in need of individualized care/treatment)

Women of childbearing age

- Promising results for interventions targeting drinking and contraception use
- One or both behaviors changed from intervention
- Shorter/adapted interventions no difference between intervention and control

Pregnant women

- Short interventions, even just information leaflet may encourage abstinence
- Components:
 - Goal selection important
 - Involving partner for women drinking at higher levels
 - Drinking levels before pregnancy

Public health interventions

- Limited evidence for wider awareness campaigns
- Studies suggest they can change attitudes and/or behavior
- Framing of message in information

Limitations

- No blinding, lack of randomization
- Different outcome measures in pregnancy studies
- Few studies in European countries
- High attrition
- Subjective measures
- Reductions in control group

FASD prevention in the Region

- Strengthening of recommendations, guidelines, treatment pathways, training of health care professionals
 - Finland: focus on screening and providing treatment
 - Germany: guidelines and guidance on FASD

FASD prevention in the Region

- Awareness raising – nationwide campaigns
 - Norway: campaign developed and translated, also used in other countries
 - Slovenia: regional pilot project encouraging no alcohol when trying to get pregnant, during pregnancy, or when breastfeeding



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<http://www.euro.who.int/en/health-topics/disease-prevention/alcohol-use>