

# FASD Prevention Project

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**Ohio WIC**

35



Years

September 9, 2009



**Public Health**  
Prevent. Promote. Protect.

**Dayton &  
Montgomery  
County**



**MONTGOMERY**  
C O U N T Y



# FASD Prevention Project



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## THE SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC):

– Federally funded and income-based

- Nutrition Education
- Breastfeeding Support
- Supplemental Foods
- Referrals for Health Care and Social Service Agencies





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- Average 265 new pregnant women per month
- Predominantly urban/suburban, some rural
- Racial breakdown:
  - 57% Caucasian
  - 38% African American
  - 3% Hispanic
  - 2% other
- **Nationally:**
  - About half of all US born infants receive WIC
- **Locally:**
  - Approx. 7,000-8,000 births annually
  - WIC serves approx. 3,700 of these infants per year
    - Potentially 35-40 infants born with FASD enrolled in WIC each year



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## **THE PREVENTION PROJECT GOALS:**

- Screen all pregnant women enrolling in the WIC Program in Montgomery County
- Provide Brief Intervention to all who screen positive
- Follow women receiving Brief Intervention during her pregnancy
- Refer to treatment services if applicable
- Incorporate maternal alcohol history in infant's pediatric file



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September 9, 2008

(International FASD Awareness Day)

Through

July 31, 2009



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## **FINDINGS: Screening**

- 2922 total screened (100%)
  - Very little resistance to completing screening form
    - Those who completely abstain from alcohol likely to articulate themselves loudly on the form, but still complete it
- Challenges:
  - Is self-reporting very accurate?
  - Low literacy issues uncovered
  - Language barriers
  - What about underage participants who bring their own mothers to their appointment and can't/won't be candid?

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- **FINDINGS: Brief Intervention (BI)**

- **171 BIs given (5.85%)**

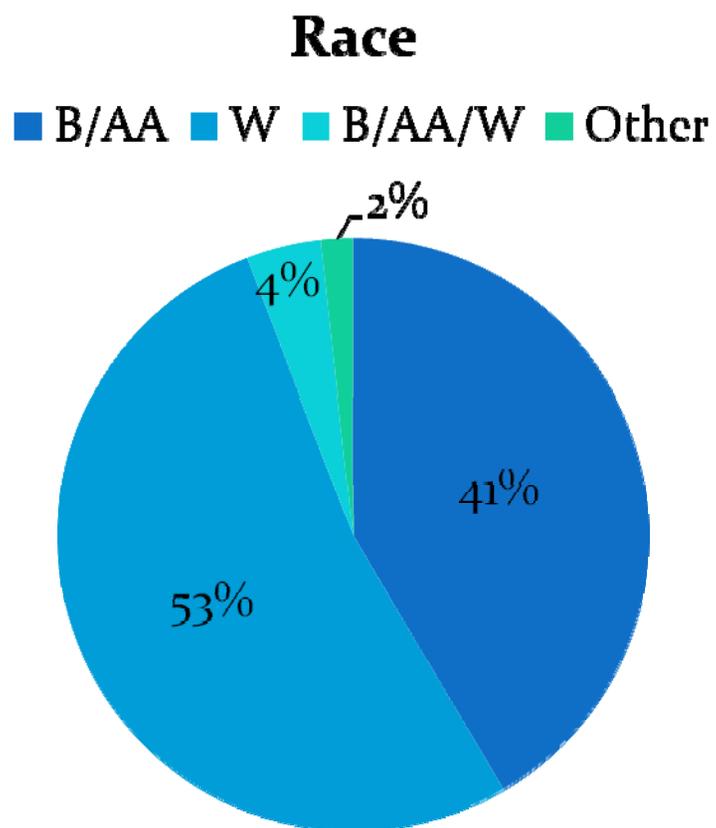
- 42% first trimester
- 37% second trimester
- 21% third trimester

- **4 zip codes account for 31% of BIs (34 zip codes total)**

- **31%** reported drinking during 30 days prior to screen
- **69%** received BI because of TWEAK score only- no current use



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- Race/Ethnicity:
  - Matches general WIC population
- Marital Status:
  - 90% unmarried
  - 10% married
  - Matches general WIC population

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## FINDINGS: Brief Intervention

### BI Participants:

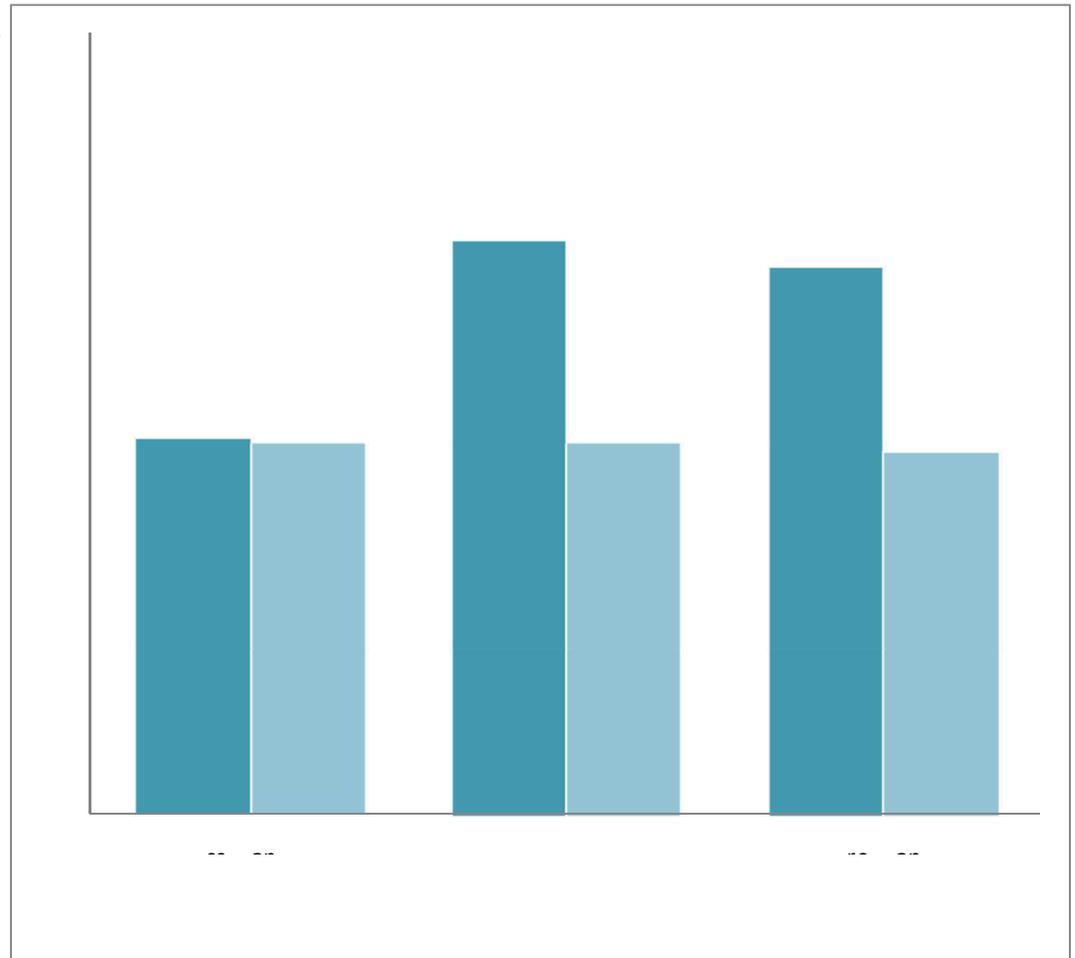
(n=171)

- 24% less than high school
- 41% just high school
- 35% at least some college

### All Pregnant Participants:

(n=1311)

- 30% less than high school
- 47% just high school
- 23% at least some college





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## **FINDINGS: Brief Intervention (BI)**

- **Counseling techniques are critical**
  - Many women have taken the BI information with interest
  - A few have become defensive while reviewing the book
  - Many women who have received BI state they had already stopped drinking and won't drink during pregnancy
- **Wide variance in time it takes to complete BI**
  - Tailor education to participant's willingness to learn

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## Prenatal Follow Up

**91% return rate**

**98.5% abstinence rate**

- 135 follow-up visits completed
- 133 reported abstaining from further alcohol use



## Post partum

- **82 postpartum visits completed**
- Challenge:
  - Only 3 maternal alcohol histories sent to infant's pediatrician
- Working on solutions to decrease stigma of sharing alcohol history
- Education needed for pediatricians to make information useful

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- **What participants say:**
  - “I lied on my screening form. Sorry. I didn’t want you to know I am an alcoholic”
  - “Are you sure drinking is bad?”
  - “I couldn’t stop myself. Please let me try another month. I know I can quit this time”.
  - Why are you asking me these questions over and over? Who would be stupid enough to drink when they are pregnant?





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- **CONCLUSIONS:**

- Enhanced screening identifies more alcohol use than standard WIC questions
  - Self reporting bias exists, not as big of a barrier as once thought
- Brief Intervention halts alcohol use during pregnancy
- Misinformation about alcohol use during pregnancy rampant
- Alcohol use during pregnancy not limited to one demographic
- Mothers reluctant to share alcohol use history with infant's pediatrician

***Social change takes time***

***Brief Interventions can make it happen!***