

# Intervening with Women and Girls Who Drink at Harmful Levels

**ASAM 56<sup>th</sup> Annual Conference**

**Denver, CO**

**April 27, 2025**



# Disclosure Information

## Intervening with Women and Girls Who Drink at Harmful Levels

Sunday, April 27, 2025 8:30 AM

Deidra Roach, MD

- ◆ National Institute on Alcohol Abuse and Alcoholism
- ◆ No Financial Relationships to Disclose

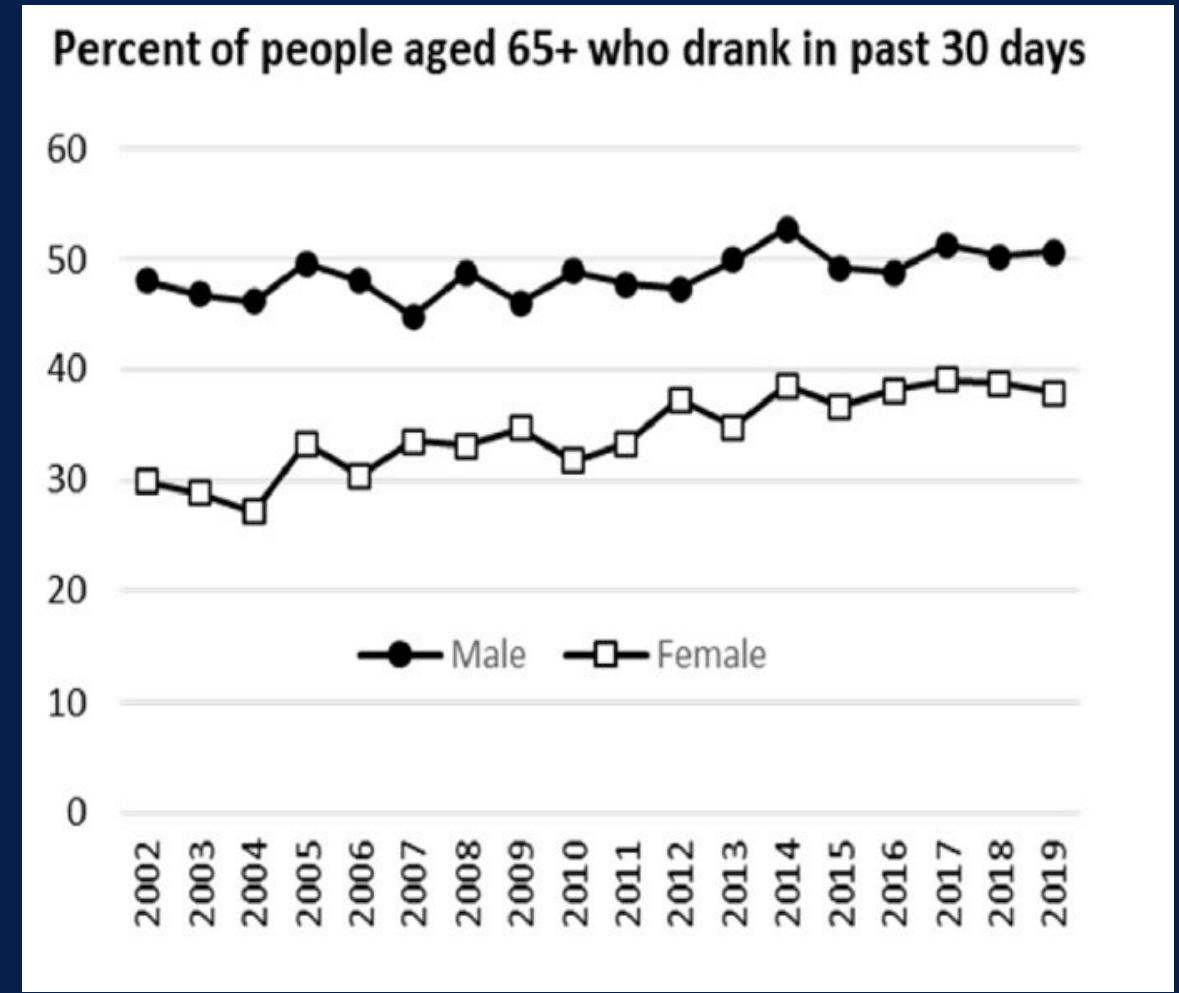
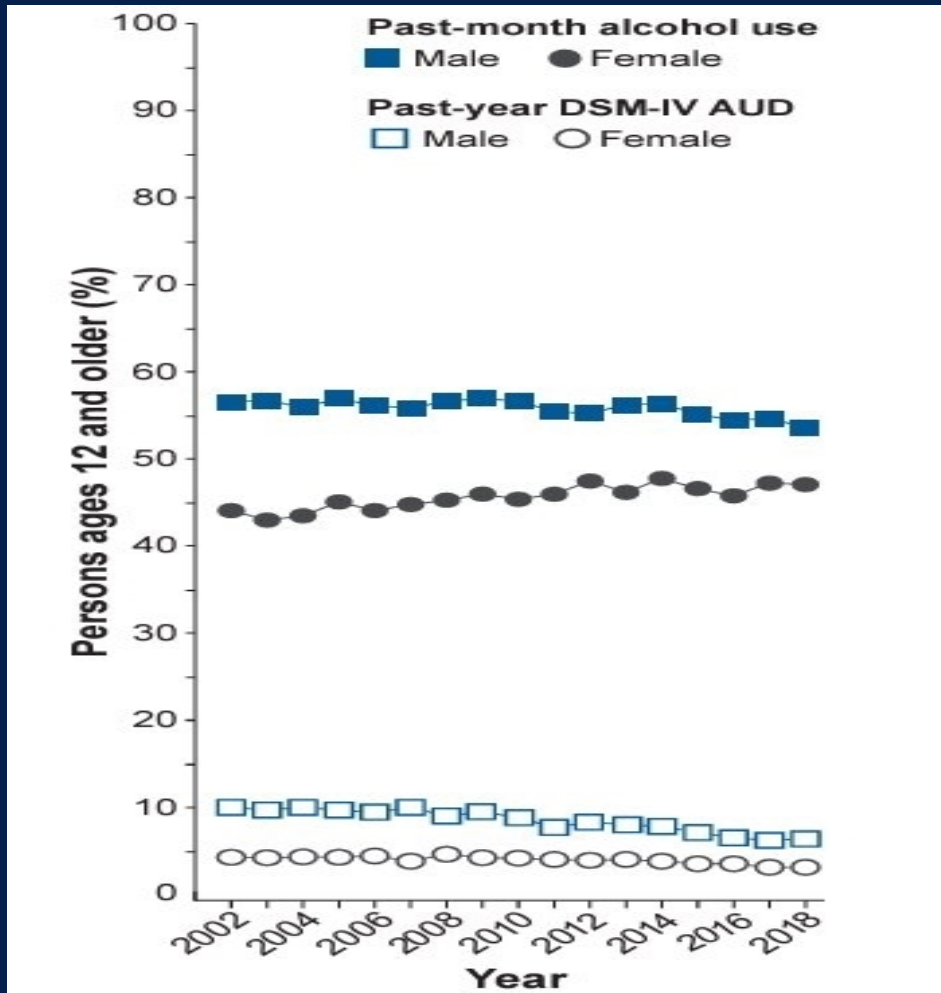


# Alcohol Exposed Pregnancies

- ◆ In 2023, 8.4% of pregnant people between the ages of 15-44 years old reported using alcohol in the past month
  - ◆ 4.8% report binge alcohol use in the past month
- ◆ Fetal alcohol spectrum disorders (FASD) are a common cause of neurodevelopmental delay
  - ◆ Estimates range from 1-5% of U.S. children in the first grade



# Narrowing Gender Gap in Alcohol Use



# Adolescents and Emerging Adults

**Research Letter** | Women's Health

April 16, 2025

## Sex-Based Differences in Binge and Heavy Drinking Among US Adults

Bryant Shuey, MD, MPH<sup>1</sup>; Hefei Wen, PhD<sup>2,3</sup>; Katie J. Suda, PharmD, MS<sup>1</sup>; et al

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JAMA. Published online April 16, 2025. doi:10.1001/jama.2025.2726

- ◆ 2021 – 2023: women 18 - 25 yo had higher rates of binge drinking than men (31.6 vs. 29.9)



Shuey B, Wen H, Suda KJ, et al. Sex-Based Differences in Binge and Heavy Drinking Among US Adults. (2025)  
JAMA.. doi:10.1001/jama.2025.2726

# Differences in Consequences of Alcohol Use and Access to Treatment

- ◆ Increases in alcohol-related consequences larger for women
  - ◆ ED visits, hospitalizations, deaths
- ◆ Women with alcohol use disorder (AUD), compared to men with AUD:
  - ◆ More likely to develop alcohol-associated cardiovascular disease
  - ◆ More likely to develop liver cirrhosis
- ◆ Women report more barriers to treatment entry
  - ◆ Stigma and shame
  - ◆ Transportation
  - ◆ Childcare