

Intervening with Women and Girls Who Drink at Harmful Levels

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Disclosure Information

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☀ No Financial Relationships to Disclose



Agenda

Identifying and Intervening with Perinatal Alcohol Use

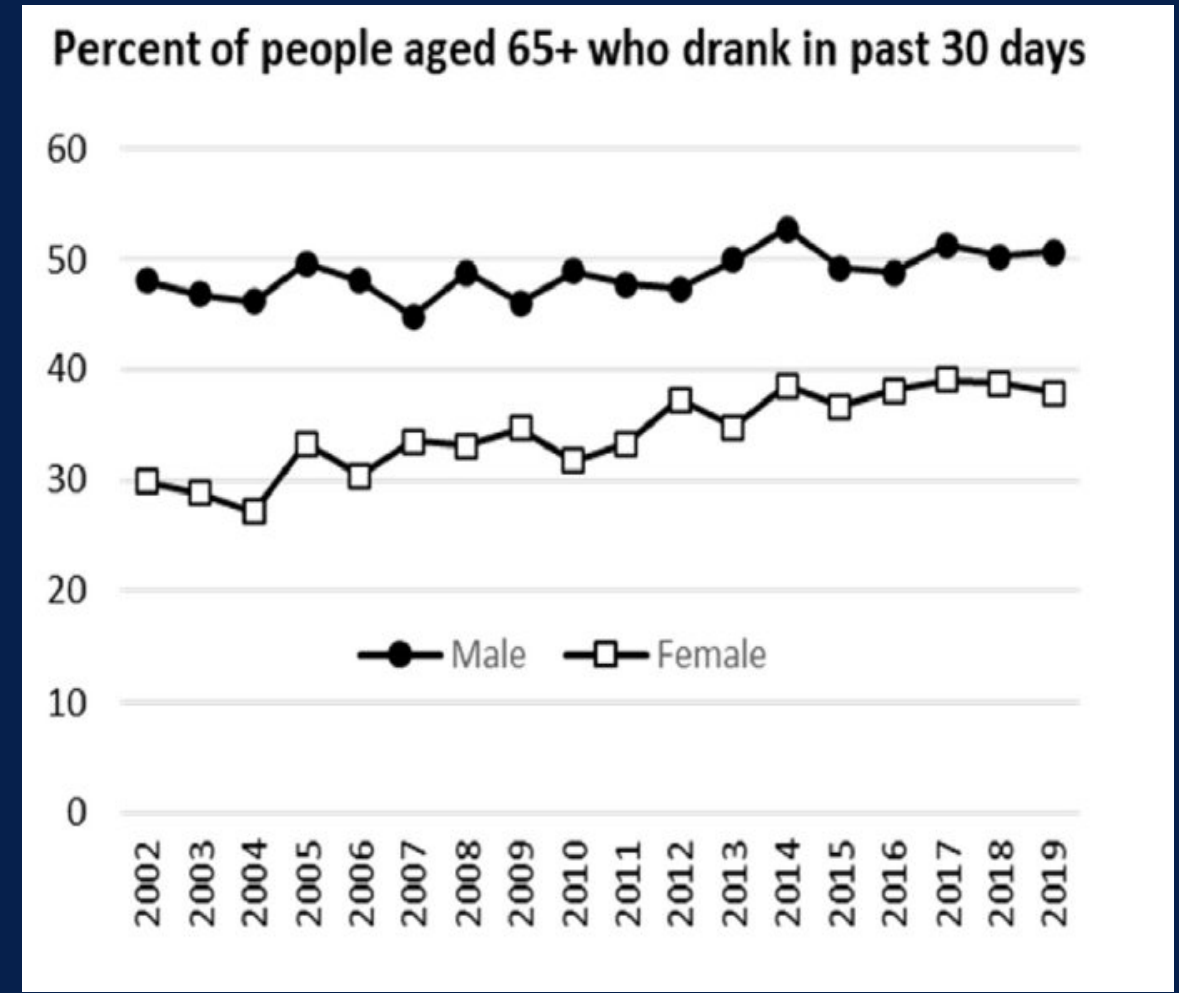
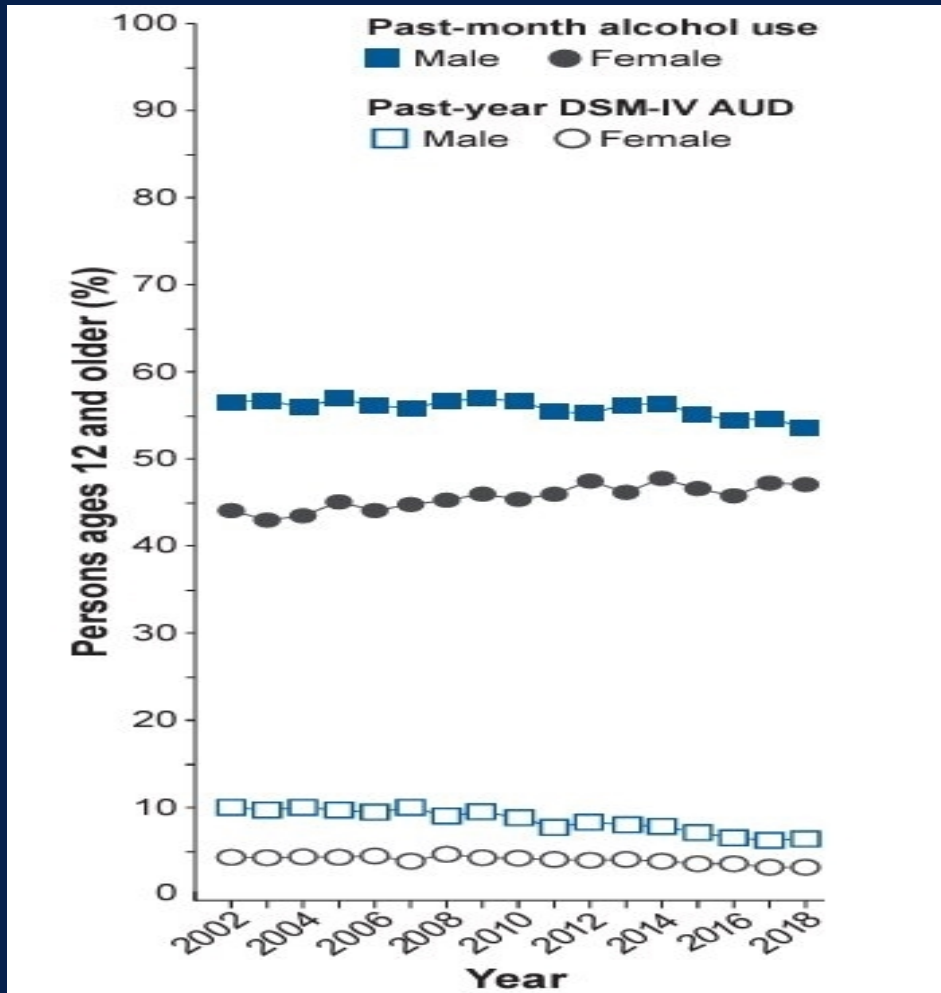
Advances in the Screening and Treatment of Harmful Alcohol Use in Adolescent Girls

Managing Stereotypes in the Face of Evolving Reality

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, MPH¹; Hefei Wen, PhD^{2,3}; Katie J. Suda, PharmD, MS¹; 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 breast CA, cardiovascular disease
 - ✱ More likely to develop liver disease, brain atrophy, black-outs, cognitive deficits, etc.
- ✱ Women report more barriers to treatment entry
 - ✱ Stigma and shame
 - ✱ Transportation
 - ✱ Childcare