



Food and Nutrition Information Center

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Alcohol and Substance Abuse During Pregnancy and Breastfeeding September 2003

This publication is a compilation of resources on alcohol and substance abuse during pregnancy and breastfeeding. The resources listed are in a variety of formats including pamphlets, books, fact sheets and full-text materials on the World Wide Web.

The resources listed contain accurate information. Opinions expressed in the publication do not necessarily reflect the views of the U.S. Department of Agriculture. Your local library or bookstore can help you locate these resources. Contact information is provided for Web sites and organizations. Materials cannot be purchased from the National Agricultural Library. Please contact the publisher/producer if you wish to purchase any materials on the list.

This resource list is available from the Food and Nutrition Information Center's (FNIC) Web site at http://www.nal.usda.gov/wicworks/Topics/FNIC_Resource.html. Each item has been placed in one or more of the following categories. Ordering information is provided where available and applicable. The categories are:

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 - 1. Pamphlets, Brochures and Fact sheets
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- B. Other Harmful Substances
 - 1. Pamphlets, Brochures and Fact sheets
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 - 1. Pamphlets, Brochures and Fact sheets
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A. ALCOHOL

1. Pamphlets, Brochures and Fact Sheets

Alcohol and Pregnancy

March of Dimes

Summary: This pamphlet provides general information on alcohol consumption during pregnancy and the effects. Also includes other resources and information on getting help. Pamphlet not available online. For additional information see

http://www.marchofdimes.com/professionals/681_1170.asp

Ordering information:

March of Dimes

1275 Mamaroneck Avenue

White Plains, NY 10605

Phone: 1-800-367-6630

Web site: <http://www.marchofdimes.com/>

Alcohol Use and Pregnancy

National Center on Birth Defects and Developmental Disabilities (NCBDDD)

Centers for Disease Control (CDC)

Department of Health and Human Services (DHHS)

Web site: <http://www.cdc.gov/ncbddd/factsheets/alcoholuse.pdf>

Summary: This fact sheet provides general information on how alcohol affects the fetus, prevention and current research and projects.

Ordering Information:

National Center on Birth Defects and Developmental Disabilities (NCBDDD)

Phone: 770-488-7150

E-mail: bddi@cdc.gov

Drinking and Your Pregnancy

U.S. Department of Health and Human Services

Health Resources and Services Administration

Web site: <http://www.ask.hrsa.gov/detail.cfm?id=MCHK040>

Summary: This consumer brochure outlines how drinking during pregnancy can hurt your baby.

Ordering information:

HRSA Information Center

Phone: 1-888-Ask HRSA (275- 4772)

Web site: <http://www.ask.hrsa.gov/Instructions.cfm>

Preventing Fetal Alcohol Syndrome

American Academy of Pediatrics

Web site: <http://www.aap.org/advocacy/chm98pre.htm>

Summary: Brief description on Fetal Alcohol Syndrome (FAS), the incidence of FAS and what can be done to prevent and manage FAS.

Publications from the National Institute on Alcohol Abuse and Alcoholism (NIAAA)

National Institutes of Health (NIH)

U.S. Department of Health and Human Services

Web site: <http://www.niaaa.nih.gov>

- **Alcoholism: Getting the Facts**

Web site: <http://www.niaaa.nih.gov/publications/booklet.htm>

- Summary:** General information on alcohol abuse including signs of alcohol abuse, getting help, resources, and the latest treatments.
- **Alcohol: What You Don't Know Can Harm You**
 Web site: <http://www.niaaa.nih.gov/publications/harm-al.htm>
 Spanish version: <http://www.niaaa.nih.gov/publications/harmsp.htm>
Summary: Provides an overview of alcohol-related complications including drinking and driving, interactions with medications, social and legal problems, birth defects and other health problems. Includes current research directives and referrals.
 - **Drinking and Your Pregnancy** (available on Web site only)
 Web site: <http://www.niaaa.nih.gov/publications/brochures.htm>
 Spanish version: <http://www.niaaa.nih.gov/publications/spanish.htm>
Summary: Provides answers to questions about drinking during pregnancy. Spanish version only available in print.
 - **Frequently Asked Questions about Alcoholism and Alcohol Abuse**
 Web site: <http://www.niaaa.nih.gov/faq/faq.htm>
 Spanish version: <http://www.niaaa.nih.gov/faq/faqspanish.htm>
Summary: Provides answers to frequently asked questions about the disease, effects and treatment of alcoholism and alcohol abuse.
 - **Make a Difference: Talk to Your Child about Alcohol**
 Web site: <http://www.niaaa.nih.gov/publications/makediff.htm>
 Spanish version: <http://www.niaaa.nih.gov/publications/SpainParents.pdf>
Summary: Provides parents with tools and information to talk to teens about alcohol.
 - **Personal Steps to a Healthy Choice: A Woman's Guide**
 Web site: <http://www.niaaa.nih.gov/publications/FASguides.htm#personal>
Summary: Booklet provides information on the harmful effects of alcohol use, a structured plan for reaching a drinking goal, tear-out drinking diary cards and guidelines for developing a personal health plan. A brief, office-based intervention for a primary-care setting is also provided.

Ordering information:

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Publications Distribution Center

P.O. Box 10686

Rockville, MD 20849-0686

Phone: 301-443-3860

Online request form: <http://www.niaaa.nih.gov/publications/FASguides.htm#ordering>

2. Guidance

Alcohol Alert

National Institute of Alcohol Abuse and Alcoholism (NIAA)

National Institutes of Health (NIH)

- **Fetal Alcohol Exposure and the Brain**, No. 50: December 2000
 Web site: <http://www.niaaa.nih.gov/publications/aa50.htm>
- **Screening for Alcohol Problems – An Update**, No. 56; April 2002
 Web site: <http://www.niaaa.nih.gov/publications/aa56.htm>
- **Are Women More Vulnerable to Alcohol's Effects?** No. 46, December 1999
 Web site: <http://www.niaaa.nih.gov/publications/aa46.htm>

Fetal Alcohol Syndrome

National Center on Birth Defects and Developmental Disabilities (NCBDDD)

Centers for Disease Control and Prevention (CDC)

Web site:

<http://specialchildren.about.com/gi/dynamic/offsite.htm?site=http%3A%2F%2Fwww.cdc.gov%2Fncbddd%2Ffas%2F>

Summary: Provides facts and statistics on FAS as well as a “What’s New” section on findings for the intervention project entitled Project CHOICES (Changing High-Risk Alcohol Use and Increasing Contraception Effectiveness Study).

Fetal Alcohol Syndrome and Alcohol-Related Neurodevelopmental Disorders

American Academy of Pediatrics (AAP)

Committee on Substance Abuse and Committee on Children with Disabilities

Web site: <http://www.aap.org/policy/re9948.html>

Summary: Policy statement update from AAP that reflects the current thinking about alcohol exposure in utero and the revised nomenclature.

Fetal Alcohol Syndrome Prevention

The National Center on Birth Defects and Developmental Disabilities (NCBDDD)

Centers for Disease Control and Prevention (CDC)

Web site: <http://www.cdc.gov/ncbddd/fas/fasprev.htm>

Summary: Information on FAS prevention, FAS as a public health concern and prevention activities that the CDC supports.

How To Screen and Conduct Brief Interventions for Alcohol Problems: New Guide for Health Practitioners

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

National Institutes of Health (NIH)

Web site: <http://www.niaaa.nih.gov/publications/Practitioner/HelpingPatients-text.htm#screen>

Summary: This resource for health professionals provides a step-by-step guide on how to screen and conduct brief interventions for alcohol-related problems as well as drinking patterns, frequently asked questions and referral resources.

B. OTHER HARMFUL SUBSTANCES

1. Pamphlets, Brochures and Fact Sheets

Centers for Birth Defects Research and Prevention

National Center on Birth Defects and Developmental Disabilities (NCBDDD)

Department of Health and Human Services

Centers for Disease Control and Prevention (CDC)

Web site: http://www.cdc.gov/ncbddd/factsheets/center_bd.pdf

Summary: This fact sheet presents information on the National Birth Defect Prevention Study, which is a collaborative study to find causes of birth defects.

Drugs and Pregnancy

March of Dimes

Summary: This brochure provides general information on drug use during pregnancy and the effects. Also includes other resources and information on getting help. Pamphlet not available online. For related information see http://www.marchofdimes.com/professionals/681_1169.asp (Cocaine Use)

Ordering information:

March of Dimes

1275 Mamaroneck Avenue

White Plains, NY 10605

Phone: 1-800-367-6630

Web site: <http://www.marchofdimes.com/>

Fact sheet: http://www.marchofdimes.com/professionals/681_1169.asp (Cocaine Use)

FDA Consumer

U.S. Food and Drug Administration (FDA)

- **Decreasing the Chance of Birth Defects**

Rebecca D. Williams

Web site: http://www.fda.gov/fdac/features/996_bd.html

Summary: Provides information on how to prevent birth defects as well as what substances should be avoided to prevent defects.

- **Healthy Pregnancy, Healthy Baby**

Rebecca D. Williams

Web site: <http://www.cfsan.fda.gov/~dms/fdbaby2.html>

Summary: This article explains the key factors to having a healthy pregnancy and baby. Also includes information on what substances and practices may cause harm to you and your baby.

- **Perplexities of Pregnancy**

Lisa Iannucci

Web site: <http://www.cfsan.fda.gov/~dms/wh-preg2.html>

Summary: General information on important decisions to make while you are pregnant on topics including alcohol, caffeine and over the counter drugs.

2. Guidance

Behavioral Risk Factors Before and During Pregnancy: From Data to Action

Centers for Disease Control and Prevention (CDC)

CDC's Public Health Surveillance for Women, Infants and Children

Web site: <http://www.cdc.gov/nccdphp/drh/dataact/pdf/rhow7.pdf>

Summary: Discussion on the public health importance of studies for behavioral risk factors before and during pregnancy. Topics include history of data collection, CDC surveillance activities, general findings, state specific findings, interpretation issues, and examples of using data and future issues.

National Institute on Drug Abuse (NIDA)

National Institutes of Health (NIH)

U.S. Department of Health and Human Services

- **Pregnancy and Drug Use Trends**

Web site: <http://www.drugabuse.gov/Infobox/pregnancytrends.html>

Summary: Results and findings of the National Pregnancy and Health Survey by the National Institute on Drug Abuse.

- **How Does Heroin Use Affect Pregnant Women?**

Research Report Series – Heroin Abuse and Addiction

Web site: <http://www.nida.nih.gov/ResearchReports/heroin/heroin4.html>

Summary: Discussion of the effects of heroin abuse during pregnancy, SIDS, physical dependence and the increased risk for HIV and hepatitis among heroin abusers.

- **Consequences of Prenatal Drug Exposure: Research Findings**

Findings from September, 2001 Director's Report

Web site: <http://www.nida.nih.gov/ICAW/prenatal/Prenatalfindings901.html>

Summary: Includes summaries from NIDA funded research projects directives focusing on the consequences of prenatal drug exposure.

- **Significant Deficits in Mental Skills Observed in Toddlers Exposed to Cocaine before Birth**

Web site: <http://www.nih.gov/news/pr/apr2002/nida-19.htm>

Summary: Study shows relationship between prenatal cocaine and mental test performance at age two.

- **Study of Twins Reveals That Changes in Attention and Motor Skills Persist at Least a Year after Heavy Stimulant Abuse**

Web site: <http://www.drugabuse.gov/newsroom/03/NS-04.html>

Summary: Research summary on the long-term effects of stimulant abuse on children and other research findings.

Nutrition and Lifestyle for Healthy Pregnancy Outcome

Journal of the American Dietetic Association, 2002; 102:1470-1490

http://www.eatright.org/Public/GovernmentAffairs/92_adar1002b.cfm

Screening for Substance Abuse during Pregnancy: Improving Care, Improving Health

B. Morse, S. Gehshan, E. Hutchins

U.S. Department of Health and Human Services

National Center for Education in Maternal and Child Health

Web site: <http://www.mchlibrary.info/pubs/PDFs/SubAbuse.pdf>

Summary: Reference manual for health professionals and consumers addressing barriers, benefits, and methods of substance abuse screening.

Ordering information:

National Maternal and Child Oral Health Resource Center

Georgetown University

2115 Wisconsin Avenue, N.W., Suite 601

Washington, DC 20007-2292

Phone: 202-784-9771

Fax: 202-784-9777

E-mail: info@mchoralhealth.org

Substance Abuse: A Guide for Health Professionals, 2nd Edition

American Nurses Association and the American Academy of Pediatrics

ISBN: 1581100728

NAL Call Number: coming soon

Summary: Provides guidance for healthcare professionals on identifying, assessing, treating, referring, and helping prevent substance abuse. Topics include risk and protective factors, role of the primary care physician, use of the laboratory, ethical and legal considerations, specific drug information and perinatal exposure.

C. TOBACCO

1. Pamphlets, Brochures and Fact Sheets

If You Smoke and Are Pregnant: FIRST STEP Self-Help Guide

U.S. Department of Health and Human Services

Health Resources and Services Administration (HRSA)

Web site: <http://www.ask.hrsa.gov/detail.cfm?id=MCHL113>

Summary: Written by an ex-smoker and mother, this workbook is designed to help pregnant women quit smoking successfully.

Ordering information:

HRSA Information Center

Phone: 1-888-ASK HRSA (275- 4772)

Web site: <http://www.ask.hrsa.gov/Instructions.cfm>

Smoking and Pregnancy

March of Dimes

Summary: General information on tobacco use during pregnancy and the effects. Also includes other resources and information on getting help. Pamphlet not available online. For related information see http://www.marchofdimes.com/professionals/681_1171.asp.

Ordering information:

March of Dimes

1275 Mamaroneck Avenue

White Plains, NY 10605

Phone: 1-800-367-6630

Web site: <http://www.marchofdimes.com/>

2. Guidance

Drug Abuse and Conduct Disorder Linked to Maternal Smoking during Pregnancy

NIDA Notes - Nicotine Research, Vol.15, Number 5. October 2000

National Institute on Drug Abuse

Web site: http://www.nida.nih.gov/NIDA_Notes/NNVol15N5/DrugAbuse.html

Summary: Evidence suggests that children whose mothers smoke during pregnancy are at much greater risk than other children for drug abuse and conduct disorder.

Ordering Information:

National Institute on Drug Abuse

National Institutes of Health

6001 Executive Boulevard, Room 5213

Bethesda, MD 20892-9561

Phone: 301-443-1124

E-mail: Information@lists.nida.nih.gov

Web site: <http://www.drugabuse.gov/PubCat/default.html> (publications catalog)

Environmental Tobacco Smoke: A Danger to Children

American Academy of Pediatrics

Web site: <http://www.aap.org/advocacy/chmenvir.htm>

Summary: Short piece on smoking during pregnancy and its consequences.

D. CAMPAIGN INITIATIVES, INTERVENTIONS AND PARTNERSHIPS

Fetal Alcohol Syndrome Initiatives

Center for Substance Abuse Prevention

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services

Summary: This site explains the goals of the Partnership to Prevent Fetal Alcohol Syndrome and their partners.

Ordering Information:

Partnership to Prevent Fetal Alcohol Syndrome

c/o Gabriela Gellinas

11300 Rockville Pike, Suite 801

Rockville, MD 20852

Phone: 301-984-1471

Fax: 301-984-1473

E-mail: ggellinas@iqsolutions.com

Web site: <http://prevention.samhsa.gov/faspartners/>

National Alcohol and Drug Addiction Recovery Month

Center for Substance Abuse Treatment

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services

Web site: <http://www.recoverymonth.gov/>

Summary: This site explains and promotes the National Alcohol and Drug Addiction Recovery Month. The aim is to promote the societal benefits of substance abuse treatment and promote the message that recovery from substance abuse in all its forms is possible.

"Play it Safe. Alcohol and Pregnancy Don't Mix."

National Institute on Alcohol Abuse and Alcoholism

National Organization on Fetal Alcohol Syndrome

NIH News Advisory (Released March 5, 2002)

Web site: <http://www.niaaa.nih.gov/press/2002/NOFAS.htm>

Summary: This press release provides information on the campaign entitled, "Play It Safe. Alcohol and Pregnancy Don't Mix," sponsored by The National Institute on Alcohol Abuse and Alcoholism and the National Organization on Fetal Alcohol Syndrome. The aim of the campaign is to raise awareness of the risks associated with drinking during pregnancy. The 2-year pilot program will target African-American women of childbearing age in Washington, D.C., as well as their families, friends, and others through mass media messages, special events, and community partnership activities.

E. NATIONAL CONTACTS

American Academy of Pediatrics

The American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007-1098

Phone: 847-434-4000

Fax: 847-434-8000

Email: kidsdocs@aap.org

Web site: <http://www.aap.org/default.htm>

Center for Substance Abuse Prevention (CSAP)

Substance Abuse and Mental Health Services Administration (SAMHSA)

U.S. Department of Health and Human Services

Phone: 301- 443-8956

E-mail: info@samhsa.gov

Web site: <http://prevention.samhsa.gov/>

March of Dimes

1275 Mamaroneck Avenue
White Plains, NY 10605
Phone: 1-888-MODIMES
E-mail: askus@marchofdimes.com
Web site: <http://www.marchofdimes.com/home.asp>

Maternal and Child Health Bureau

Department of Health and Human Services
HRSA Maternal and Child Health Bureau
18-05 Parklawn Building
5600 Fishers Lane
Rockville, MD 20857
Phone: 301-443-2170
E-mail: ctibbs@hrsa.gov
Web site: <http://www.mchb.hrsa.gov/>

National Center for Education in Maternal and Child Health

2000 15th Street North, Suite 701
Arlington, VA 22201-2617
Phone: 703-524-7802
Fax: 703-524-9335
E-mail: info@ncemch.org
Web site: <http://www.ncemch.org/>

National Center on Birth Defects and Developmental Disabilities (NCBDDD)

Centers for Disease Control and Prevention (CDC)
MS F-49
4770 Buford Highway NE
Atlanta, GA 30341-3724
Web site: <http://www.cdc.gov/ncbddd/fas/faspub.htm>

National Clearinghouse for Alcohol and Drug Information (NCADI)

U.S. Department of Health and Human Services
Phone: 1-800-729-6686

National Healthy Mothers, Healthy Babies Coalition

121 North Washington Street, Suite 300
Alexandria, VA 22314
Phone: 703-836-6110
Fax: 703-836-3470
E-mail: info@hmhb.org
Web site: <http://www.hmhb.org/>

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

National Institutes of Health
U.S. Department of Health and Human Services
6000 Executive Boulevard - Willco Building
Bethesda, Maryland 20892-7003

Phone: 301-443-0796
Fax: 301-443-8774
E-mail: vwilson@willco.niaaa.nih.gov
Web site: <http://www.niaaa.nih.gov/index.htm>

National Institute of Child Health and Human Development (NICHD)

National Institutes of Health
U.S. Department of Health and Human Services
Bldg 31, Room 2A32, MSC 2425
31 Center Drive
Bethesda, MD 20892-2425
Phone: 800-370-2943
E-mail: NIHInfo@OD.NIH.GOV
Web site: <http://www.nichd.nih.gov>

National Institute on Drug Abuse (NIDA)

National Institutes of Health
Executive Boulevard, Room 5213
Bethesda, MD 20892-9561
Phone: 301-443-1124
E-mail: information@lists.nida.nih.gov
Web site: <http://www.drugabuse.gov/NIDAHome.html>

National Organization on Fetal Alcohol Syndrome (NOFAS)

216 G Street, NE
Washington, DC 20002
Phone: 202-785-4585
Toll Free: 1-800-66-NOFAS
Fax: 202-466-6456
E-mail: information@nofas.org
Web site: <http://www.nofas.org/main/index2.htm>

National Prevention Information Network (NPIN)

Centers for Disease Control and Prevention
P.O. Box 6003
Rockville, MD 20849-6003
Phone: 301-562-1098 (International)
Toll Free: 1-800-458-5231
TTY: 301-588-1589 (International)
TTY (Toll Free): 1-800-243-7012
E-mail: info@cdcnpin.org
Web site: <http://www.cdcnpin.org/scripts/index.asp>

The National Women's Health Information Center (NWHIC)

Office on Women's Health
U.S. Department of Health and Human Services
8550 Arlington Boulevard, Suite 300
Fairfax, VA 22031
Phone: 1-800-994-9662
Web site: <http://www.4woman.gov/>

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Supplemental Food Programs Division

Food and Nutrition Service

3101 Park Center Drive

Alexandria, VA 22302

Phone: 703-305-2746

Fax: 703-305-2196

E-mail: wichq-web@fns.usda.gov

Web site: <http://www.fns.usda.gov/wic/>

Substance Abuse Treatment Facility Locator

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services

5600 Fishers Lane

Rockville, Maryland 20857

Phone: 800-662-HELP

Fax: 301-443-8751

Web site: www.findtreatment.samhsa.gov

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For general questions on Document Delivery please call 301-504-5755, or fax

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