



# Substance Exposed Babies in Orange County *2007 Self-Report Prevalence Study*

## EXECUTIVE SUMMARY

This report describes the findings from the second phase of the Substance Exposed Babies (SEB) Study, specifically the Self-Report Survey. Beginning May 1, 2007 and ending July 31, 2007, prenatal care providers throughout Orange County, California asked pregnant patients to complete a short anonymous questionnaire on alcohol, tobacco and other drug use (ATOD). The questionnaire asked patients about ATOD use: 1) the month prior to becoming pregnant, 2) at any time during pregnancy, and 3) during the past month of their pregnancy. A total of 1,125 surveys were returned. Among those women who responded, 31.5% indicated ATOD use in the month prior to becoming pregnant. This number fell to a reported 15.1%, when asked about ATOD use at any point during their pregnancy and 8.9% in the past month of pregnancy. Rates of specific use are briefly described below.

### *Alcohol Use*

More than one-quarter of women (28.3%) reported drinking at least one alcoholic drink in the month prior to becoming pregnant, with an average of six drinks per month. This number reduced by over fourteen percent to 12.9%, when asked about use at any time during pregnancy. In contrast, 7.3% reported having at least one drink during the past month of pregnancy.

### *Tobacco Use*

Fewer than 1 in 10 women (7.8%) reported smoking at least one cigarette in the month prior to becoming pregnant, with an average of 7 cigarettes per day. This rate reduces to 4.9% when asked about use during pregnancy, and 2.7% when asked about last month use.

### *Illicit Drug Use*

Approximately 4.7% women used illicit drugs in the month prior to pregnancy, while 2.6% reported using illicit drugs during pregnancy. Only 1.1% reportedly used drugs during the previous month of pregnancy. When considering specific drug use, the biggest decline in drug use from pre- to during-pregnancy was in the use of marijuana (4.1% to 0.7%). There was no reported heroin or barbiturates use before or during pregnancy in the present survey.

### *Exposure to Second-Hand Smoke*

Nearly one in ten women (8.9%) were present when someone else was smoking in a home or car the month before becoming pregnant, while 6.6% had been exposed to second-hand smoke in the prior month during pregnancy.

### *Family History of Alcohol or Drug Problems*

One-out-of five ATOD users reported a family member with a drug and/or alcohol problem. Only 1 in 14 non-ATOD users reported a family member with a drug and/or alcohol problem.

*Variations in Substance Use by Trimester*

Women in their 2<sup>nd</sup> trimester were slightly more likely to drink alcohol and use illicit drugs in the previous month than women in their 1<sup>st</sup> or 3<sup>rd</sup> trimesters. Similarly, more women in their 2<sup>nd</sup> trimester were exposed to second-hand smoke than women in their 1<sup>st</sup> or 3<sup>rd</sup> trimesters. In contrast, more women smoked during their 1<sup>st</sup> trimester than during their 2<sup>nd</sup> and 3<sup>rd</sup> trimesters.

*Estimate of Substance Exposed Babies*

Based on the self-reported prevalence rate of 15.1% for substance use at any time during pregnancy in our sample and the 45,000 babies born annually, it is estimated that about 6,800 babies annually are exposed to the deleterious effects of alcohol, tobacco and/or drugs in Orange County. Alcohol was the most commonly used substance (12.9%) exposing an estimated 5,800 babies, followed by 2,200 babies whose mother smoked while pregnant (based on a 4.9% prevalence rate). Approximately 1,170 babies are exposed *in utero* each year to illicit drugs based on the self-reported prevalence rate of 2.6%. This finding is very similar to the 2.4% prevalence rate for illicit drug use found in the hospital based urine toxicology study reported previously (i.e., 1,100 babies are likely exposed near the time of birth to illicit drugs). These expectant mothers are placing their unborn children at risk for developmental, physical, behavioral, and social disabilities due to their prenatal substance use.

## TABLE OF CONTENTS

<b>SECTION I: OVERVIEW OF STUDY DESIGN</b>	<b>4</b>
Administration	4
Data Collection	4
Data Analysis	4
<b>SECTION II: RESPONDENT DEMOGRAPHICS</b>	<b>4</b>
Age	4
Race/Ethnicity	5
Source of Payment	5
Education	6
Household Income	6
Trimester	7
Response Rate by Region	8
<b>SECTION III: OVERALL SUBSTANCE USE SELF-REPORTED</b>	<b>9</b>
Race/Ethnicity and Substance Use	9
Education and Substance Use	10
Age and Substance Use	10
<b>SECTION IV: SELF-REPORTED ATOD USE</b>	<b>11</b>
Overall Substance Use	11
Alcohol Use	11
Tobacco Use	11
Illicit Drug Use	11
Use of Specific Types of Illicit Drugs	12
<b>SECTION V: REGIONAL USE PREVALENCE RATES</b>	<b>12</b>
<b>SECTION VI: SUBSTANCE USE BY TRIMESTER</b>	<b>15</b>
<i>Overall Substance Use</i>	15
Alcohol Use	15
Tobacco Use	15
Illicit Drug Use	15
<b>SECTION VII: FAMILY HISTORY &amp; SECOND HAND SMOKE EXPOSURE</b>	<b>16</b>
Family History	16
Second Hand Smoke Exposure	16
Does Substance Use Before Pregnancy Predict Use During Pregnancy?	16
<b>SECTION VIII: CONCLUSIONS</b>	<b>18</b>
<b>APPENDIX A: SURVEY INSTRUMENT</b>	<b>19</b>

## SECTION I: OVERVIEW OF STUDY DESIGN

### *Administration*

The study period began on May 1, 2007 and ended on July 31, 2007. The names of all practicing prenatal care providers were obtained from Info USA and the Orange County Master Birth data file. All doctors were contacted by way of direct mail. In addition to describing the merits of the study this letter also asked the doctors to indicate if they had an interest in participating in the study. To determine the number of surveys each physician would receive, doctors who agreed to participate were asked to indicate the number of patients they served per month and the primary language of their clients.

### *Data Collection*

A total of (1,168) surveys were returned. Of those who responded, 43 gravid females indicated that they had completed the survey previously, so they were excluded from any analysis. Of the 1,125 respondents used in the study, 76.7% were returned from individual doctors offices, while the remaining 23.3% were obtained from community clinics within Orange County. When accounting for those prenatal care providers that participated, there was a response rate of 21.5% ( $n = 1,125/5,243$ ).

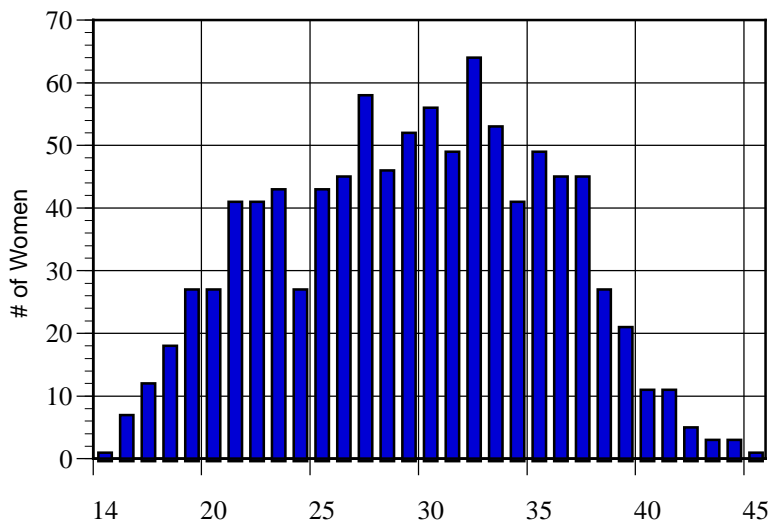
### *Data Analysis*

In the initial phase of analysis, the survey instruments were cleaned, scanned and coded. The second phase of data analysis consisted of descriptive, bivariate and multivariate analysis. Descriptive statistics were generated to produce minimum value, maximum value, mean and standard deviations for variables of interest. Additional analyses were conducted using cross-tabulations, *t*-tests, and analysis of variance to determine if differences existed between various groups. Significance of differences between groups was tested at the 95% confidence level ( $p < .05$ ).

## SECTION II: RESPONDENT DEMOGRAPHIC

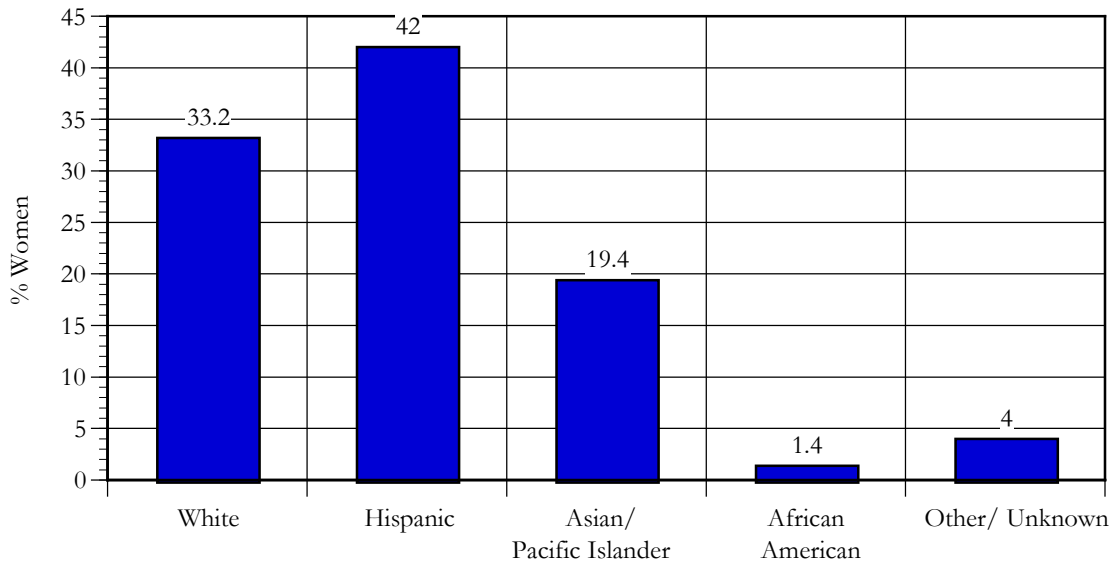
### *Age*

Of those women who provided their age, ( $n = 971$ ), the average age was 29 years, with the youngest being 14 and the oldest at 45 years old. The majority of the respondents (82.1%) were between the ages of 21 and 37.



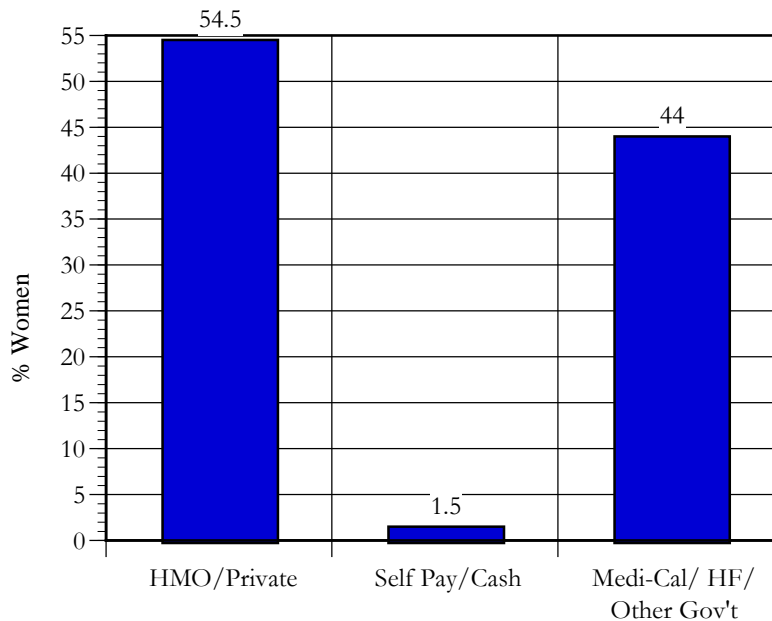
*Race/Ethnicity*

More than three quarters of the respondents were Hispanic (42%) or White (33.2%). Asians and Pacific Islanders made up the third largest group (19.4%). African Americans comprised 1.4% of respondents, 4% identified themselves as “other race,” or did not identify their race.



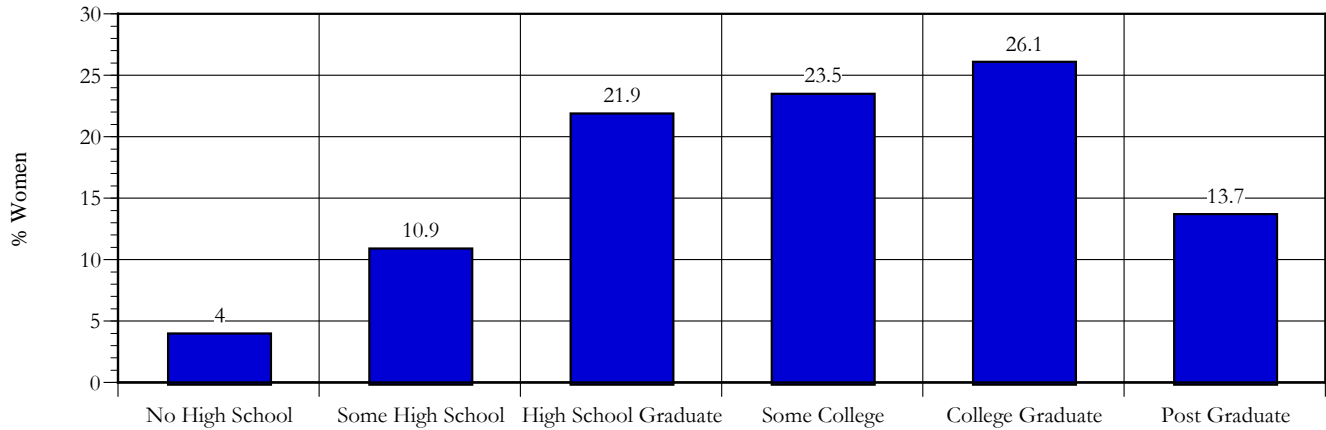
*Source of Payment*

When respondents were asked how they paid for prenatal care, over half (54.5%) indicated that they had private insurance (including HMOs), 44% were covered by some type of government plan, such as Medi-Cal or Healthy Families, and 1.5% were self-paying.



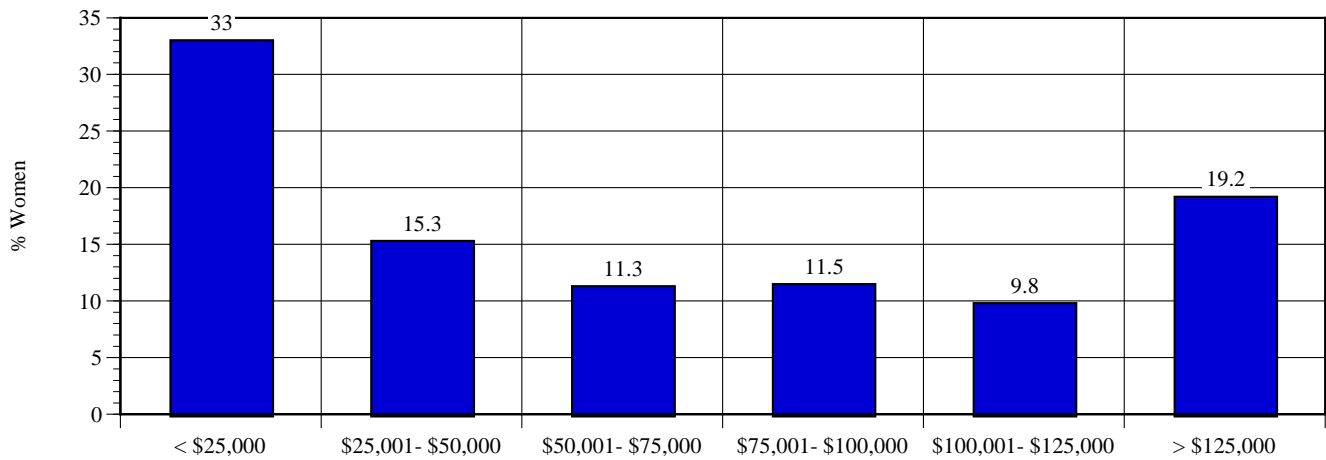
*Education*

Most respondents (85.1%) had at least a high school degree. Of these, 21% were solely high school graduates, 23.5% had some college, 26.1% were college graduates, and 13.7% had some graduate education. Approximately 11% had some high school, while the remaining 4% had no high school education at all.



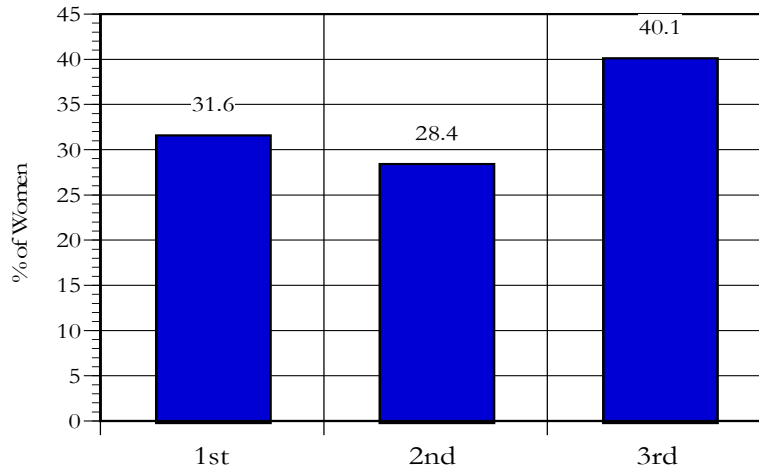
*Household Income*

About half of the respondents (48.3%) reported making \$50,000 or less. Of those, approximately 33% made less than \$25,000, while 15.3% made between \$25,001 and \$50,000 per year. Approximately one in five respondents reported an annual household income between \$50,001 and \$100,000, and more than one-quarter (29%) reported a household income over \$100,000 per year.



*Trimester*

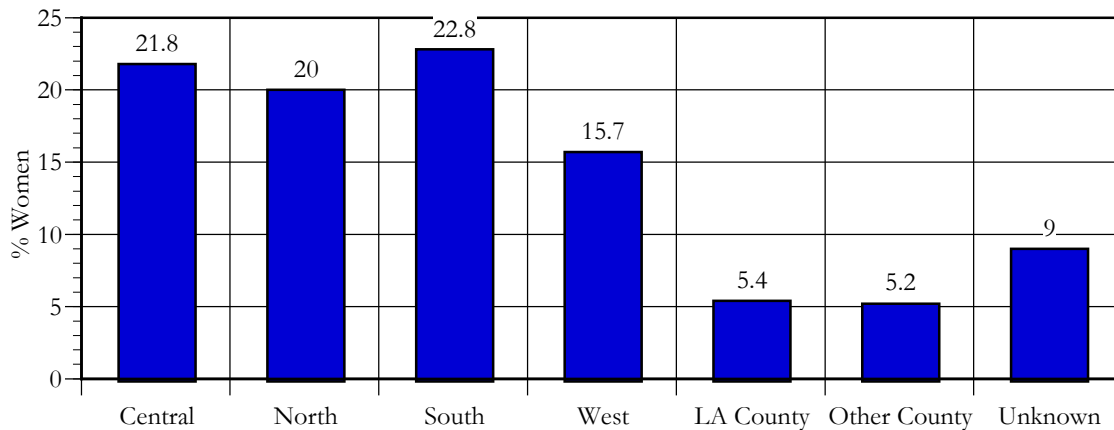
Just over half (55%,  $n = 612$ ) of the pregnant women in the sample reported how many weeks pregnant they were (see figure below). Of those women, 31.6% ( $n = 193$ ) were in their 1<sup>st</sup> trimester (weeks 1-13), 28.4% ( $n = 173$ ) were in the 2<sup>nd</sup> trimester (weeks 14-27), and 40.1% ( $n = 245$ ) were in their 3<sup>rd</sup> trimester (weeks 28-40).



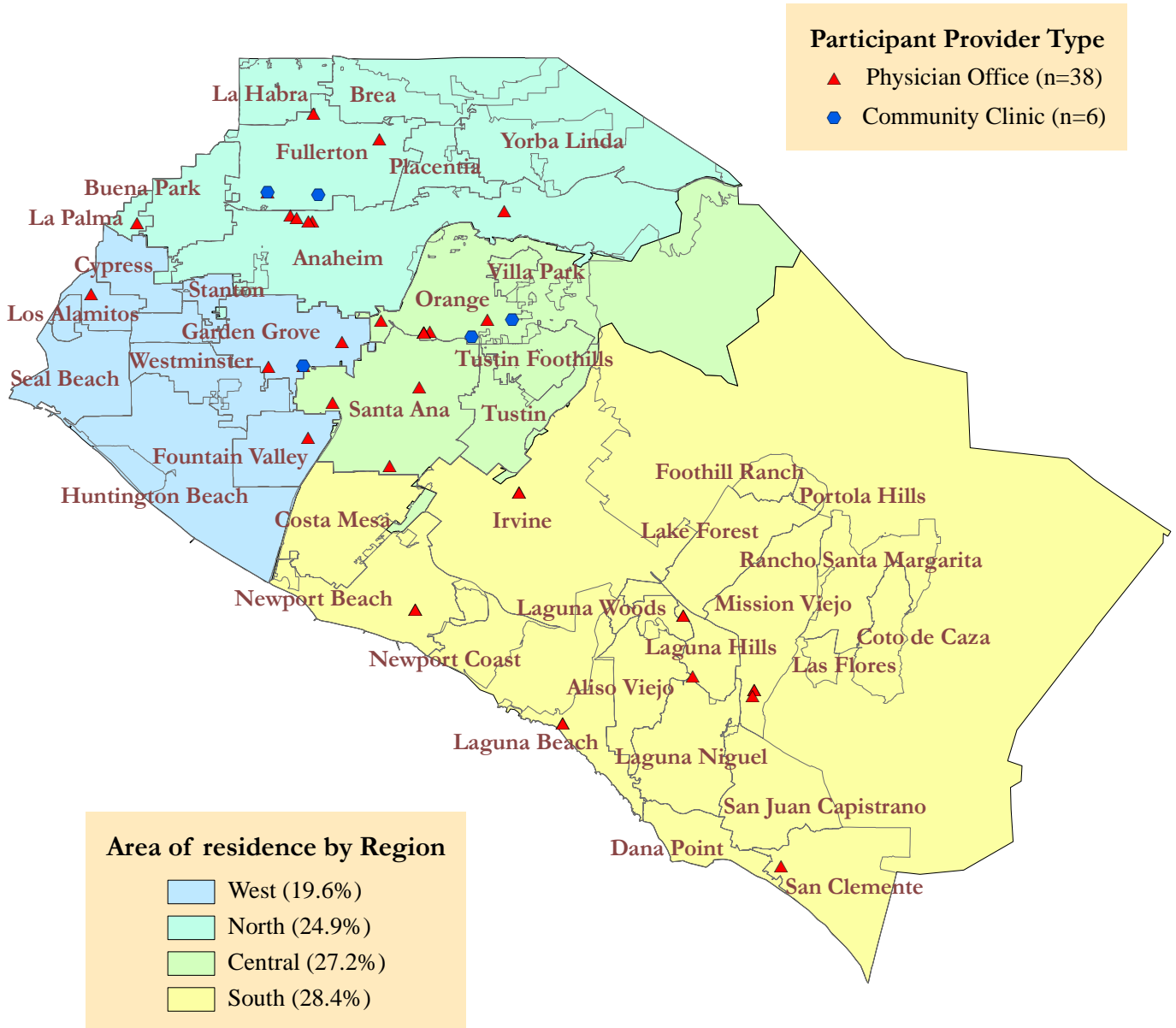
Women in their 1<sup>st</sup> trimester were more likely to have higher education (i.e., 92% had a high school diploma or higher) than women in their 2<sup>nd</sup> and 3<sup>rd</sup> trimesters (i.e., 82% of women in their 2<sup>nd</sup> trimester and 80% of women in their 3<sup>rd</sup> trimester has at least a high school diploma). There were no significant differences between women in their 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> trimesters in terms of their age, racial/ethnic group affiliation, income, or insurance/payment type.

*Response Rate by Region*

Based on the ZIP code provided by respondents, a county of residence was assigned to each respondent, where applicable. Most respondents indicated that they lived in Orange County (80.4%). Another 5.4% reported residing in Los Angeles County, and 5.2% were from other counties. County of residence could not be established for 9% of respondents. Residence within Orange County was further divided into four regions: the central, north, south, and west. Over 21% were from the central region. Another 20% live in the northern region, with the largest number coming from Anaheim and Fullerton. Another 22.8% live in the southern region of the county. Almost 16% of respondents reported living in the west region.



The map represents the response rate of pregnant women by region (based on their zip code of residence). When considering only those respondents who lived within Orange County, 27.2% live in the central region, 24.9% live in the northern region, 28.4% live in the south region and 19.6% live in the west region. The Map also represents the number of participating Prenatal care providers ( $n = 38$ ) and community clinics ( $n = 6$ ).

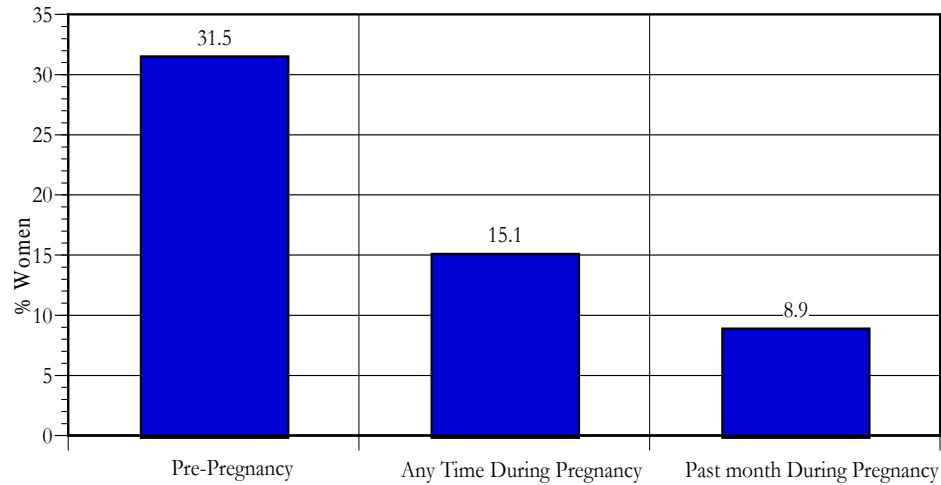




### SECTION III: OVERALL SUBSTANCE USE SELF-REPORTED

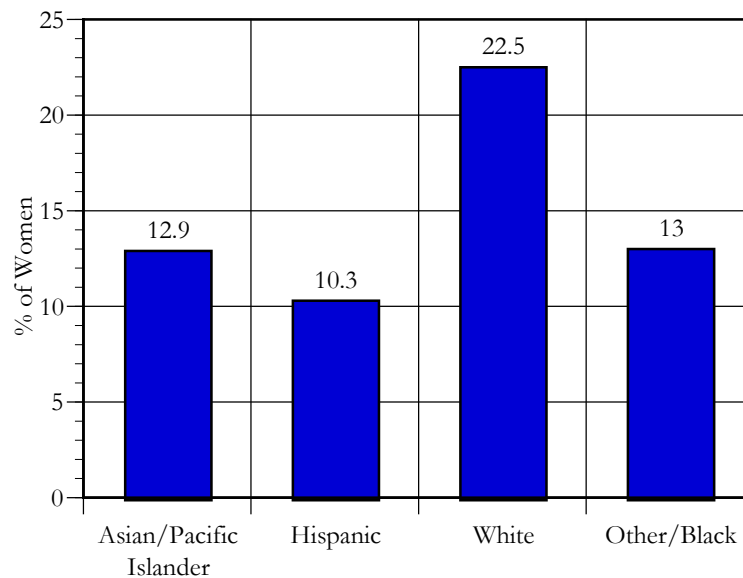
#### Overall Substance Use

Among women who responded, 31.5% indicated that they had used alcohol, tobacco, and/or drugs (ATOD) in the month before becoming pregnant. When asked about ATOD use at any time during pregnancy, 15.1% indicated having used. During the past month of pregnancy reported ATOD use fell to 8.9%.



#### Race/Ethnicity and Substance Use

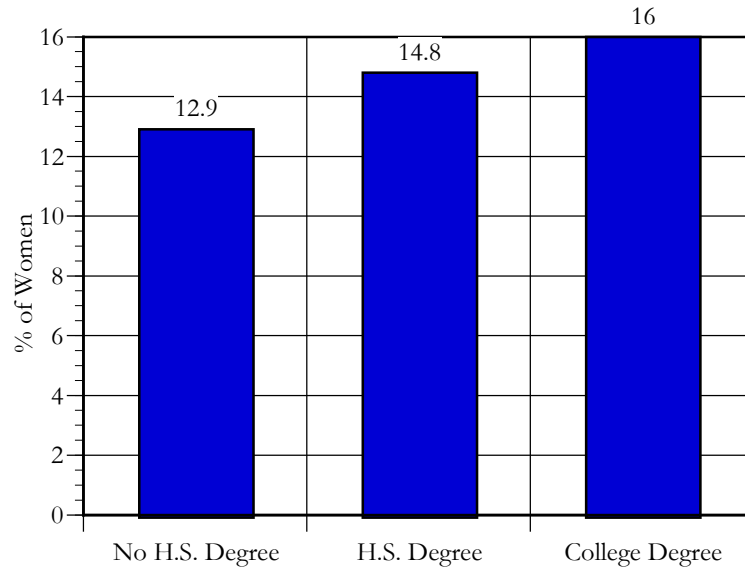
The prevalence of substance use within each racial/ethnic group is presented in the figure below. White women were found to have the highest substance use prevalence rate; at 22.5% they were significantly higher than all other groups. This rate is followed by women in the “Other” category (including African Americans) with 13% using at sometime during their pregnancy.<sup>1</sup> Almost 13% of Asian/Pacific Islander women were found to have used substances. Hispanic women used substances far less than any other race/ethnic group, with 10.3% using substances during pregnancy.



<sup>1</sup> Estimate may be unreliable due to the small sample size.

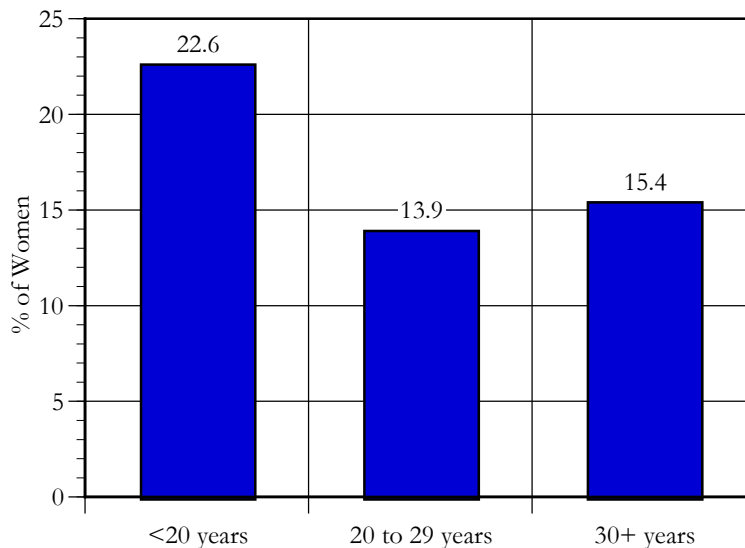
*Education and Substance Use*

Substance use varied by educational level. Almost thirteen percent (12.9%) of women with no high school degree were substance users, while 14.8% of high school graduates and 16% of college graduates used substances during pregnancy.



*Age and Substance Use*

Substance use varied by age with adolescent women (those 20 years and under) having the highest use at 22.6%. Women between 20 and 29 years of age had a prevalence rate of 13.9%, while 15.4% of those 30 years and over used substances while pregnant. The average age of women who used substances during pregnancy was 30 years.

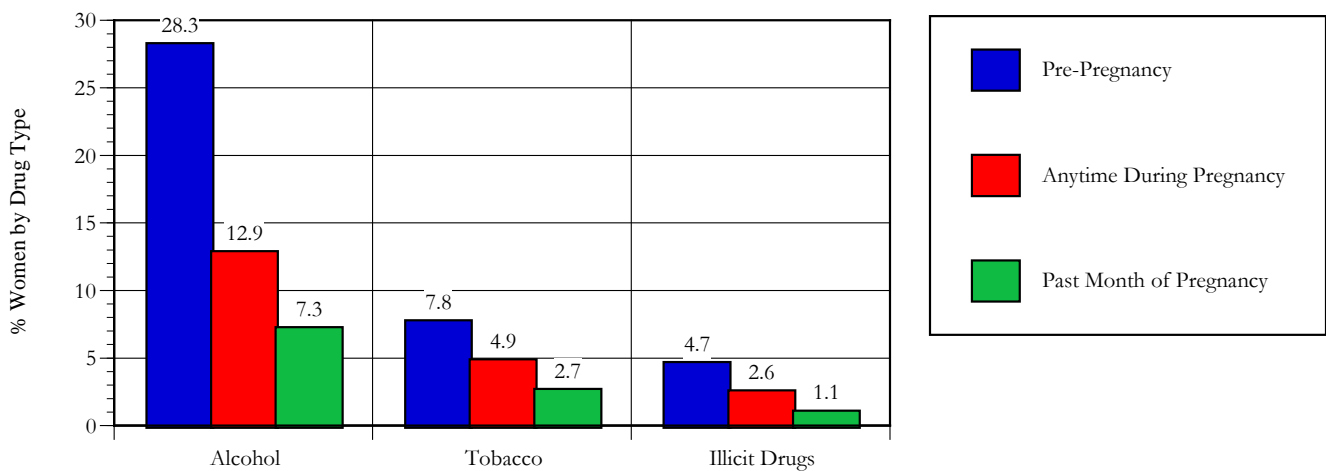


## SECTION IV: SELF-REPORTED ALCOHOL, TOBACCO AND OTHER DRUG USE (ATOD)

### Alcohol Use

More than one-quarter of women (28.3%) indicated that they had at least one alcoholic drink in the month prior to becoming pregnant (see figure below). The mean number of drinks consumed during that time was six drinks, but ranged from one to sixty drinks. Of those who reported the number of drinks they consumed ( $n = 285$ ), slightly more than half (57.1%) reported having between 1 and 4 drinks per month, and nearly one in five (19.2%) consumed 10 drinks in the month prior to becoming pregnant.

A total of 12.9% of women reported using alcohol at “any time during their pregnancy.” When asked about the past month of their pregnancy, only 7.3% indicated that they had at least one alcoholic drink. The range of drinks consumed was between 1 and 20, with four individuals (5.8%) consuming at least 10 drinks in the previous month.



### Tobacco Use

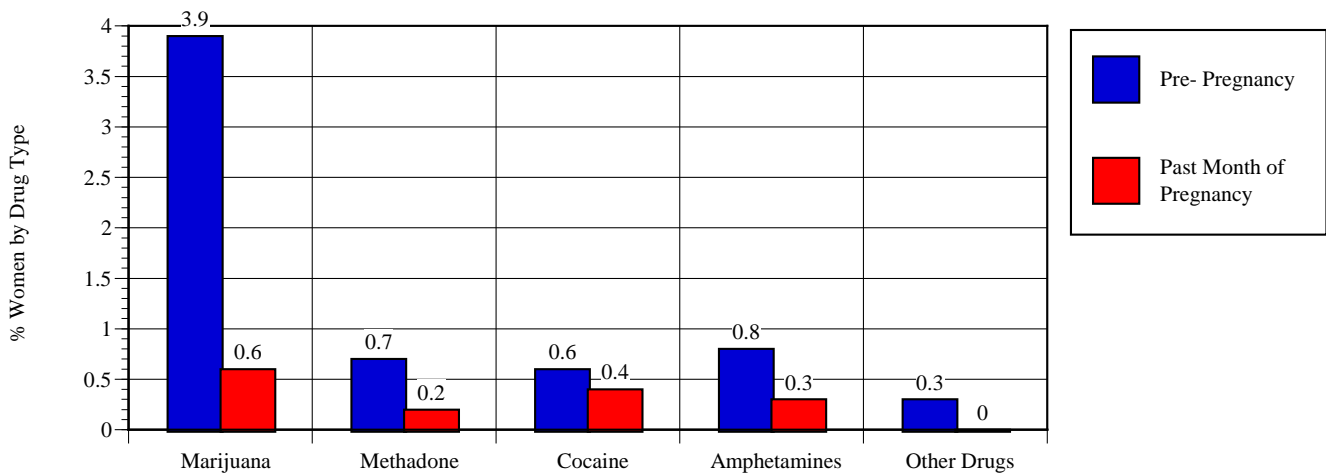
Less than one in ten women (7.8%) reported smoking at least one cigarette in the month prior to becoming pregnant. Among this group, the mean number of cigarettes smoked per day was 7, with the majority (60%) indicating that they smoked 5 or fewer cigarettes per day. However, one in four reported smoking between 10 and 60 cigarettes per day in the month before pregnancy. About five percent (4.9%), reported smoking at least one cigarette at some time during their pregnancy. During the previous month of pregnancy, 2.7% reported smoking at least one cigarette per day, with an average of 3 cigarettes per day. Half (56%) of women who had smoked in the previous month smoked one or two cigarettes per day. Another 15% smoked 3 cigarettes per day, while the remainder smoked between 4 and 15 cigarettes per day during pregnancy.

### Illicit Drug Use

Approximately 4.7% of women used illicit drugs in the month prior to becoming pregnant. Almost three percent (2.6%) reported using some type of illicit drug at some point during their pregnancy, while 1.1% reportedly used illicit drugs during the previous month of pregnancy.

*Use of Specific Types of Illicit Drugs*

Marijuana use was the most frequently reported drug used prior to pregnancy (3.9%), although use of this substance dropped to 0.6% during the previous month of pregnancy. In contrast, less than 1% of women reported using each of the following illicit drugs before or during pregnancy: methadone, cocaine, amphetamines, or other illicit drugs. Moreover, use of these substances decreased during pregnancy. Specifically, methadone use was reported by 0.7% of the women, prior to becoming pregnant, but dropped to 0.2% during the previous month of pregnancy. Cocaine use was reported by 0.6% of the women prior to pregnancy and by 0.4% of pregnant women in the month prior to the survey. Women using amphetamines before pregnancy was reported at 0.8%, while 0.3% of women reported using amphetamines while pregnant in the previous month. Finally, 0.3% reported using some other type of illicit drug in the month before pregnancy, and none reported using other illicit drugs while pregnant. No women reported abusing heroin or barbiturates before or during pregnancy.



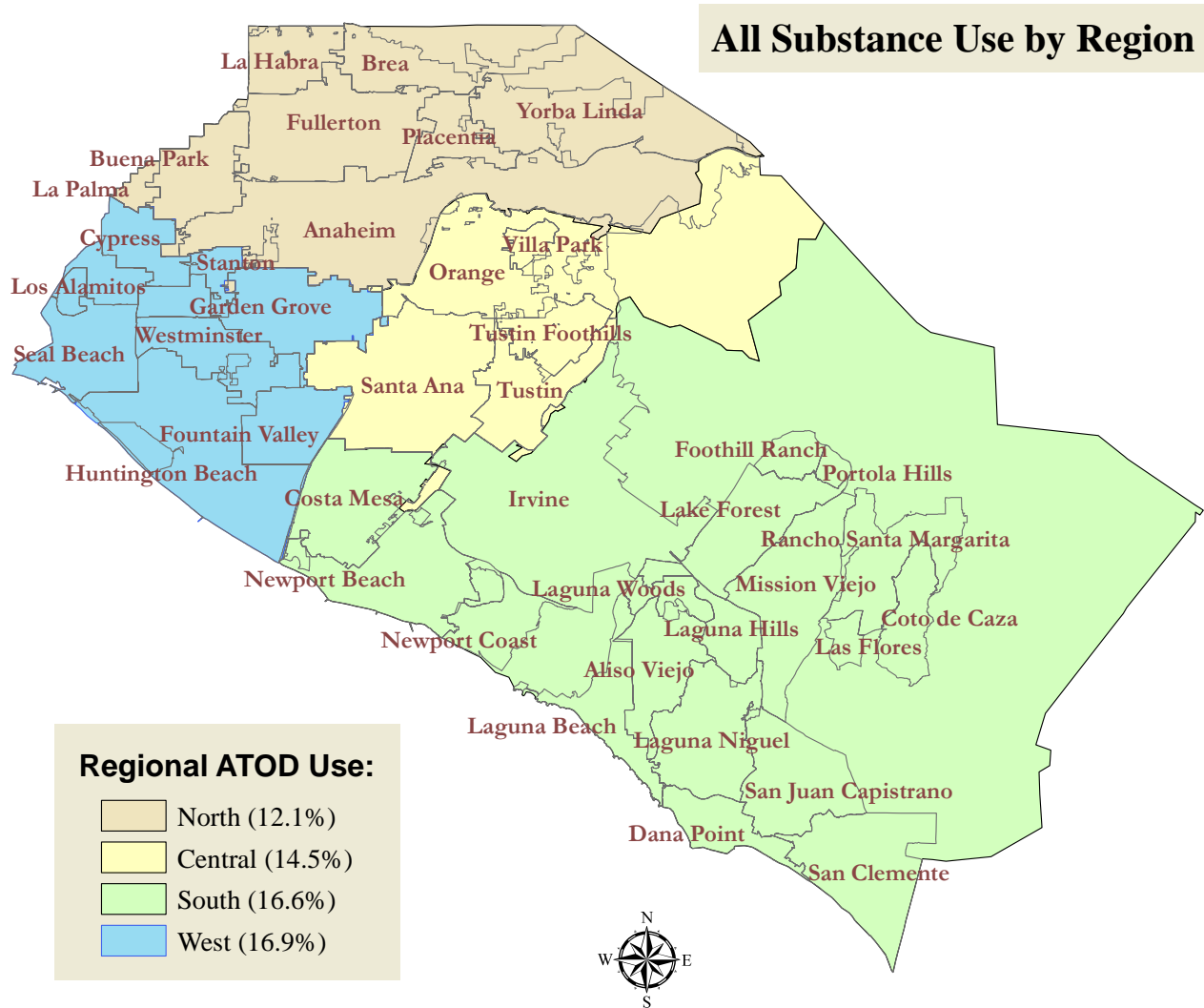
**SECTION V: REGIONAL SELF-REPORTED ATOD USE**

Substance use prevalence findings were analyzed by the respondent’s ZIP code of residence. Rates were based on responses to ATOD at “any time during pregnancy.” The regional prevalence rates for all substances and specific breakouts for alcohol, tobacco and drugs are presented in the table and maps below.

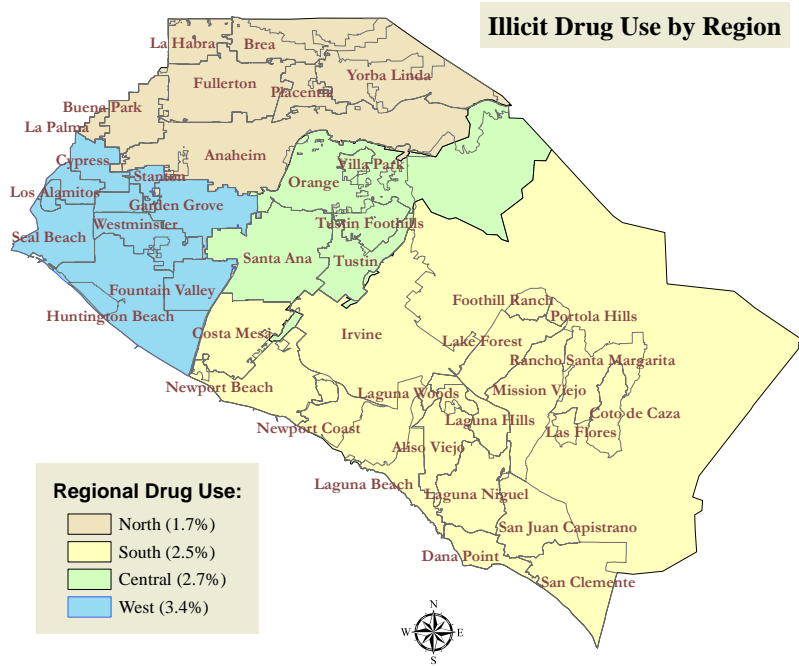
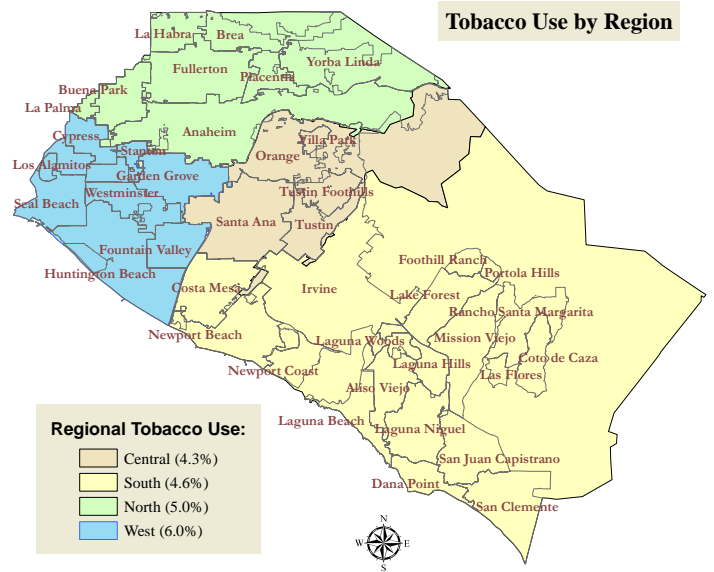
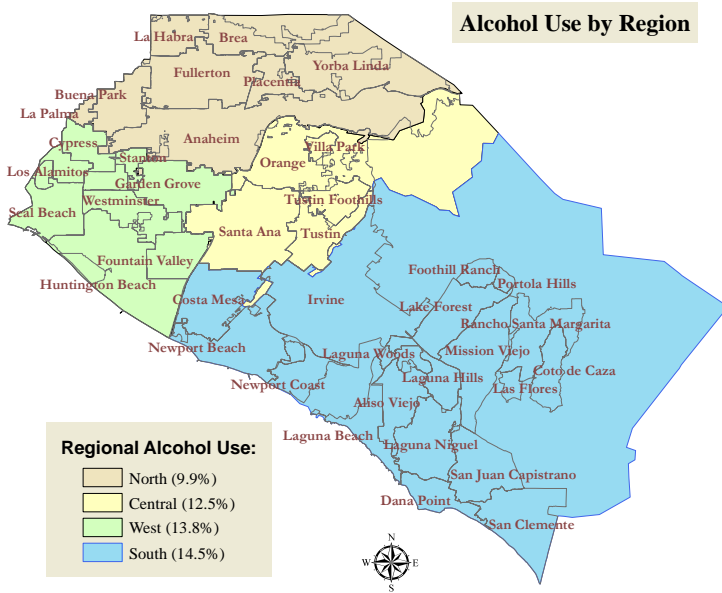
Region	All Substances	Alcohol	Tobacco	Drugs
West	16.9%	13.8%	6.0%	3.4%
South	16.6%	14.5%	4.6%	2.5%
Central	14.5%	12.5%	4.3%	2.7%
North	12.1%	9.9%	5.0%	1.7%

Pregnant women living in the west and south regions of Orange County had the highest reported combined ATOD rate. Conversely, women residing in the central and north regions had lower combined ATOD rate. A similar pattern for substance use was observed in the Hospital UA study, where the highest combined ATOD prevalence rates were found in the west and south regions. With respect to drugs, the prevalence rates in the present self-report survey were highest for the west region, similar to the results in the UA study.

The following map represents the regional distribution of women who reported using alcohol, tobacco, and/or other drugs (ATOD) at anytime during pregnancy.



The following maps represent the regional prevalence rates within each of the four regions of the county, by type of substance used. The south region had the highest reported rates of use for alcohol. The highest tobacco and illicit drug use was found in the west region of the county (6.0% and 3.6%, respectively).



## SECTION VI: SUBSTANCE USE BY TRIMESTER

### Overall Substance Use

Women in their 2<sup>nd</sup> trimester were more likely to report using ATOD in the previous month than women in their 1<sup>st</sup> and 3<sup>rd</sup> trimester<sup>2</sup> (see figure below).

### Alcohol Use

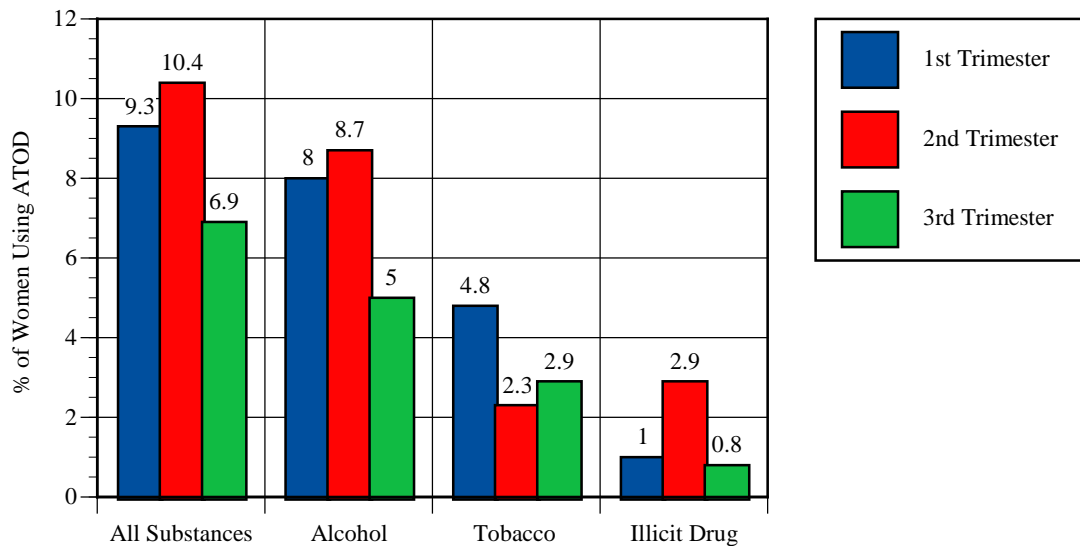
Rates of alcohol use varied somewhat across trimesters. Specifically, 8% of women in their 1<sup>st</sup> trimester, 8.7% of women in their 2<sup>nd</sup> trimester, and 5% of women in their 3<sup>rd</sup> trimester reported drinking alcohol in the previous month. Women in their 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> trimesters who drank alcohol in the previous month consumed a comparable number of drinks per month, on average (1.88, 1.73, and 2.82 drinks, respectively).

### Tobacco Use

Tobacco smoking rates were lower for women in their 2<sup>nd</sup> and 3<sup>rd</sup> trimesters than for women in their 1<sup>st</sup> trimester. Specifically, 4.8% of women in their 1<sup>st</sup> trimester, 2.3% of women in their 2<sup>nd</sup> trimester, and 2.9% of women in their 3<sup>rd</sup> trimester smoked cigarettes in the previous month. Women in their 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> trimesters who smoked cigarettes in the previous month differed in the number of cigarettes they smoked per day, on average (3.7, 2.9, and 4.7 cigarettes, respectively).

### Illicit Drug Use

Slightly more women in their 2<sup>nd</sup> trimester had used any type of illicit drug (2.9%) than women in their 1<sup>st</sup> (1.0%) or 3<sup>rd</sup> (0.8%) trimester.



Of the three pregnant women who reported using amphetamines during the previous month, two were in their 1<sup>st</sup> trimester and one was in her 2<sup>nd</sup> trimester. Of the two pregnant women who reported using cocaine in the previous month, one was in her 2<sup>nd</sup> trimester and one was in her 3<sup>rd</sup> trimester. Both pregnant women who reported using methadone in the previous month were in their 2<sup>nd</sup> trimester. Finally, of the pregnant women who used marijuana in the previous month, two were in their 1<sup>st</sup> trimester, two were in their 2<sup>nd</sup> trimester, and one was in her 3<sup>rd</sup> trimester.

<sup>2</sup> Note that rates are not additive. Some mothers use two or three substances (i.e., poly-substance users).

## SECTION VII: FAMILY HISTORY AND SECOND-HAND SMOKE EXPOSURE

### *Family History*

Almost one in ten women (9.0%) indicated that at least one person in their family has a drug or alcohol problem. Among them, 2.7% reported that a brother or sister had a drug problem, 1.4% had a parent with a drug or alcohol problem, 1.2% had a husband or partner with a substance abuse problem, and 1.4% reported having more than one family member with a substance use problem. The remaining 2.4% indicated that they had some “other” family member with an alcohol/drug problem.

One-out-of five ATOD users (around 20%) reported a family member with a drug and/or alcohol problem. Only 1 in 14 non-ATOD users (7.1%) reported a family member with a drug and/or alcohol problem.

Among women who reported using alcohol at some time during their pregnancy, 20.2% reported a family history of drug/alcohol use, with 5.9% reporting more than one family member having a drug/alcohol problem.

Of the women who reported smoking at some time during pregnancy, thirteen women (30.2%) reported at least one family member having a history of drug/alcohol problem and six of those women (15.4%) reported more than one family member had a problem with drugs/alcohol.

Among those women who used illicit drugs while pregnant, six (27.3%) reported having a family history of drug/alcohol problems, and three women (14.3%) reported more than one family member with a drug/alcohol problem.

### *Second-Hand Smoke Exposure*

In the month prior to pregnancy, 8.9% of women had been present when someone else was smoking either in the home or car. Furthermore, 6.6% had been present when someone else was smoking either in the home or car during the past month. Women in their 2<sup>nd</sup> trimester (8.6%) were more likely to be exposed to second-hand smoke than women in their 1<sup>st</sup> or 3<sup>rd</sup> trimesters (5.1% and 5.6%, respectively).

### *Does Substance Use Before Pregnancy Predict Use During Pregnancy?*

Correlations examined whether pre-pregnancy substance use predicted use at any time during pregnancy and use during the previous month. Women who drank alcohol in the month previous to becoming pregnant were more likely to drink alcohol at some time during pregnancy and during the previous month while pregnant. Similarly, women who smoked cigarettes in the month prior to becoming pregnant were more likely to smoke cigarettes at some time during pregnancy and during the previous month. Women who used any type of illicit drug prior to getting pregnant were more likely to use illicit drugs at some time during pregnancy and in the previous month of their pregnancy. Finally, pregnant women who spent time around smokers in a house or car in the month prior to becoming pregnant were more likely to spend time around smokers in the previous month.

It was not possible to examine correlations between pre-pregnancy and during-pregnancy drug use for any individual illicit drugs, due to the small number of women who used illicit drugs during pregnancy. However, the table below presents a descriptive analysis of the proportion of women who had used each substance before getting pregnant and also during pregnancy.



*Percentage of Women Who Used Substances Before Pregnancy Who Also Used Those Substances During Pregnancy*

<b>Substances Used Before Pregnancy</b>	<b>Percentage Who Also Used Substance At Any Time During Pregnancy<sup>3</sup></b>	<b>Percentage Who Also Used Substance in Past Month During Pregnancy<sup>4</sup></b>
Any Substance ( <i>n</i> = 355 <sup>**</sup> )	47%	28%
Alcohol ( <i>n</i> = 316)	44%	25%
Tobacco ( <i>n</i> = 87)	61%	34%
Illicit Drug ( <i>n</i> = 52 <sup>**</sup> )	55%	23%
Marijuana ( <i>n</i> = 44)	N/A <sup>5</sup>	17%
Amphetamines ( <i>n</i> = 9)	N/A <sup>5</sup>	25%*
Methadone ( <i>n</i> = 8)	N/A <sup>5</sup>	29%*
Cocaine ( <i>n</i> = 7)	N/A <sup>5</sup>	33%*
Exposure to Second-Hand Smoke ( <i>n</i> = 98)	N/A <sup>5</sup>	62%

\*These percentages may be unreliable due to small sample size

\*\*Note poli-drug use.

Overall, 47% (n=167 of 355) of women who reported using any substance the month before pregnancy also reported using any substance some time during their pregnancy, and 28% (n=100 of 355) also reported using any substance during the past month of pregnancy.

Of those women who consumed alcohol before pregnancy, 44% (n=141 of 316) consumed alcohol at some time during pregnancy, and 25% (n=81 of 316) had consumed in the previous month of pregnancy.

Similarly, of those women who had smoked cigarettes in the month prior to getting pregnant, 61% (53 of 87) smoked at some time during pregnancy and 34% (n=30 of 87) had smoked in the previous month of pregnancy.

Of those women who reported using illicit drugs in the month prior to becoming pregnant, 55% (n=29 of 52) also used drugs at some time during their pregnancy, and 23% (n=12 of 52) had used illicit drugs in the past month of pregnancy.

Most women who had been exposed to second-hand smoke before pregnancy were also exposed to second-hand smoke in the past month of pregnancy (66 of 98, or 67%).

<sup>3</sup> This percentage represents the proportion of those who had used in the month prior to becoming pregnant who also used substances at any time during pregnancy.

<sup>4</sup> This percentage represents the proportion of those who had used in the month prior to becoming pregnant who also used in the previous month during pregnancy.

<sup>5</sup> Respondents were only asked about specific drugs used past month and before pregnancy.

## SECTION VIII: CONCLUSIONS

Many pregnant women reported using alcohol, tobacco, or other drugs while pregnant. Substance use in the month prior to pregnancy predicted use during pregnancy, although fewer women used these substances during pregnancy than before they became pregnant. Alcohol, tobacco, and marijuana use showed the greatest declines from pre- to during-pregnancy use. Women in their 2<sup>nd</sup> trimester were slightly more likely to use alcohol and illicit drugs, and were more likely to be exposed to second-hand smoke, during pregnancy than women in their 1<sup>st</sup> or 3<sup>rd</sup> trimesters. In contrast, women were most likely to smoke during their 1<sup>st</sup> trimester. More than one in five women who used alcohol, tobacco, or other drugs during pregnancy had a family history of substance abuse problems.

*Estimate of Substance Exposed Babies.* Based on the self-reported prevalence rate of 15.1% for substance use at any time during pregnancy in our sample and the 45,000 babies born annually, it is estimated that about 6,800 babies annually are exposed to the deleterious effects of alcohol, tobacco and/or drugs. Alcohol was the most commonly used substance (12.9%) exposing an estimated 5,800 babies, followed by 2,200 babies whose mother smoked while pregnant (based on a 4.9% prevalence rate). Approximately 1,170 babies are exposed *in utero* each year to illicit drugs based on the self-reported prevalence rate of 2.6%. This finding is very similar to the 2.4% prevalence rate for illicit drug use found in the hospital-based urine toxicology study reported previously (i.e., 1,100 babies are likely exposed near the time of birth to illicit drugs).

### SEB Estimates

Substance Type	Use at Any Time During Pregnancy	
	Prevalence Rate	Estimated # Babies
All	15.1%	6,800
Alcohol	12.9%	5,800
Tobacco	4.9%	2,200
Illicit Drugs	2.6%	1,170

# Prenatal Alcohol, Tobacco, and Other Drug Survey

**Dear Expectant Mom: We need your input! Please help us identify how many pregnant women use alcohol, tobacco, or other drugs while they are pregnant. Your honesty will help us provide services to women and children in Orange County. Your answers are anonymous and confidential. They will not be shared with your doctor or anyone else. This survey is voluntary and not part of your medical care. Please do not write your name on this form. Thank you for helping us serve you better!**

**DIRECTIONS:** Please use a blue or black pen to mark the boxes.

At any time during this pregnancy, have you tried or used...

Cigarettes?  Yes  No      Alcohol?  Yes  No      Drugs?  Yes  No

**Have you used these drugs in the month before you became pregnant or during the past month of this pregnancy?**

<b>Please check Yes or No in each column</b>	<b>Month before pregnancy</b>	<b>During the past month</b>
Marijuana (pot, bud, grass, weed)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Heroin (smack, horse, brown, tar)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Methadone	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cocaine (crack, rock, coke, powder)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Barbiturates (downers, reds, phenobarb, Seconal)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Amphetamines (meth, uppers, crystal, crank, speed)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Any other drugs (inhalant, Ecstasy, X, acid, PCP, LSD, etc.)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Non-medical use of prescription medication (pain relievers, tranquilizers, stimulants, or sedatives) If yes, what? _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Any alcohol (wine, beer, liquor?) If yes, the usual number of drinks per month: <input type="text"/> <input type="text"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Smoke cigarettes? If yes, the usual number of cigarettes per day: <input type="text"/> <input type="text"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does anyone else smoke in a house or car when you are there?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

What is your age?   years

What ZIP code do you live in?

What is your race/ethnicity?  White/Caucasian  Asian  Pacific Islander  
 Hispanic/Latina  African-American/Black  
 American Indian/Alaskan Native  Other Please specify: \_\_\_\_\_

How do you pay for your prenatal care?

- HMO/Private insurance
- Self pay/cash
- Medi-Cal/Healthy Families
- Other government program

What is your annual household income?

- Less than \$25,000
- \$25,000 to \$50,000
- \$50,001 to \$75,000
- \$75,001 to \$100,000
- \$100,001 to \$125,000
- More than \$125,000

Does anyone in your family have a drug/alcohol problem?

- Yes, my parent
- Yes, my husband/partner
- Yes, my brother/sister
- Yes, other
- No

How many weeks pregnant are you now?

What is the highest level of education you completed?

- No High School
- Some High School
- High School Graduate
- Some College
- College Graduate
- Post Graduate

Check here if you remember doing this survey at a previous visit:

Thank you. Please seal this survey in the pre-paid envelope and put it in the US mail.

Serial Code



2 432272 378040

E

# Encuesta de Prenatal Alcohol, Tabaco y Drogas

**Estimada futura mamá: ¡Necesitamos su participación! Por favor, ayúdenos a identificar cuántas mujeres embarazadas han utilizado alcohol, tabaco, u otras drogas mientras que estuvieron embarazadas. Su honestidad nos ayudará a proporcionar mejores servicios a las mujeres y a los niños del Condado de Orange. Sus respuestas serán mantenidas anónimas, confidenciales y no serán compartidas con su doctor ni con ninguna otra persona. Esta encuesta es voluntaria y no es necesario participar para recibir cuidado médico. Por favor, no escriba su nombre en esta forma. ¡Gracias por ayudarnos a servirle mejor!**

**INSTRUCCIONES:** Favor de usar pluma azul o negra para marcar las cajas.

¿En algún momento durante este embarazo, usted a probado o usado.....

¿Cigarillos?  Sí  No      ¿Alcohol?  Sí  No      ¿Drogas?  Sí  No

**¿Díganos si usted ha utilizado las siguientes drogas el mes anterior al embarazo o durante el mes después del embarazo?**

Por favor marque Sí o No en cada columna.	Un mes antes del embarazo	Un mes después del embarazo
Marihuana (hierba, chaquetón, hachís, mota, cannabis)	<input type="checkbox"/> Sí <input type="checkbox"/> No	<input type="checkbox"/> Sí <input type="checkbox"/> No
Heroína (dama blanca, pasta, H, polvo blanco)	<input type="checkbox"/> Sí <input type="checkbox"/> No	<input type="checkbox"/> Sí <input type="checkbox"/> No
Metadona	<input type="checkbox"/> Sí <input type="checkbox"/> No	<input type="checkbox"/> Sí <input type="checkbox"/> No
Cocaína (coca, nieve, talco)	<input type="checkbox"/> Sí <input type="checkbox"/> No	<input type="checkbox"/> Sí <input type="checkbox"/> No
Barbitúricos	<input type="checkbox"/> Sí <input type="checkbox"/> No	<input type="checkbox"/> Sí <input type="checkbox"/> No
Anfetaminas (dexedrina, metanfetaminas)	<input type="checkbox"/> Sí <input type="checkbox"/> No	<input type="checkbox"/> Sí <input type="checkbox"/> No
Algunas otras drogas (ácido, éxtasis, polvo de ángel, etc.)	<input type="checkbox"/> Sí <input type="checkbox"/> No	<input type="checkbox"/> Sí <input type="checkbox"/> No
Uso ilícito de medicina recetada (tranquilizantes, estimulantes, sedativos, analgésicos). Si su respuesta es sí, ¿qué tipo de medicina?	<input type="checkbox"/> Sí <input type="checkbox"/> No	<input type="checkbox"/> Sí <input type="checkbox"/> No
¿Alcohol? (vino, cerveza, tequila, ron, etc.) Si su respuesta es sí, ¿cuántos bebidas al mes?:	<input type="checkbox"/> Sí <input type="checkbox"/> No <input type="text"/> <input type="text"/>	<input type="checkbox"/> Sí <input type="checkbox"/> No <input type="text"/> <input type="text"/>
¿Fuma cigarillos? Si su respuesta es sí, ¿cuántos fuma al día?:	<input type="checkbox"/> Sí <input type="checkbox"/> No <input type="text"/> <input type="text"/>	<input type="checkbox"/> Sí <input type="checkbox"/> No <input type="text"/> <input type="text"/>
¿Alguna otra persona fuma en el carro o en casa en su presencia?	<input type="checkbox"/> Sí <input type="checkbox"/> No	<input type="checkbox"/> Sí <input type="checkbox"/> No
Su edad: <input type="text"/> <input type="text"/> años	¿Cuál es el código postal donde Ud. vive?	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

¿Cuál es su raza/origen étnico?

Blanco       Asiática       De las Islas del Pacífico

Hispano/Latina       Negro/Africano Americano

Indio Americano/de Alaska       Otro. Favor especificar:

¿Cómo paga por su cuidado médico?	¿Cuál es su ingreso anual familiar?	¿Tiene usted algún familiar con problemas de drogas/alcohol?
<input type="checkbox"/> HMO/Seguro privado	<input type="checkbox"/> Menos de \$25,000	<input type="checkbox"/> Sí, mi padre/madre
<input type="checkbox"/> Al contado/en efectivo	<input type="checkbox"/> \$25,000 a \$50,000	<input type="checkbox"/> Sí, mi marido
<input type="checkbox"/> Medi-Cal/Healthy Families	<input type="checkbox"/> \$50,001 a \$75,000	<input type="checkbox"/> Sí, mi hermano/a
<input type="checkbox"/> Otro programa del Gobierno	<input type="checkbox"/> \$75,001 a \$100,000	<input type="checkbox"/> Sí, otro
¿Cuántas semanas de embarazo tiene Ud.? <input type="text"/>	<input type="checkbox"/> \$100,001 a \$125,000	<input type="checkbox"/> No
	<input type="checkbox"/> Más de \$125,000	

¿Cuál es el nivel de educación más alto que usted terminó?

Nunca fue a secundaria       Graduado de secundaria       Graduado de Universidad (U.)

Un poco de secundaria       Un poco de Universidad       Post Graduado de U.

Marque aquí si Ud. recuerda haber completado esta encuesta en una visita anterior:

Gracias. Por favor ponga esta encuesta en el sobre prepagado y dépositelo en el correo.

Serial Code



S

# Bản Thăm Dò Việc Hút Thuốc, Uống Rượu và Sử Dụng Ma Túy Lúc Mang Thai

**Bà Mẹ Tương Lai Thân mến:** Chúng tôi cần sự trả lời của quý vị! Vui lòng giúp chúng tôi tìm hiểu xem có bao nhiêu em bé bị đặt vào tình trạng nguy hiểm bởi rượu, thuốc lá và các loại ma túy trước khi các em được chào đời. Những câu trả lời thành thật sẽ giúp chúng tôi trong việc phục vụ cho các bà mẹ và các em bé. Những câu trả lời của quý vị mang tính ẩn danh và kín đáo. Chúng tôi sẽ không chia sẻ các câu trả lời với bất cứ ai kể cả bác sĩ của quý vị. Việc trả lời mang tính tự nguyện và không liên quan đến sự chăm sóc sức khỏe cho quý vị. Xin đừng viết tên của quý vị trên bản thăm dò này. Thành thật cảm ơn sự giúp đỡ của quý vị để chúng tôi có thể phục vụ quý vị được tốt hơn.

**CHỈ DẪN:** Xin dùng mực xanh hay đen để đánh dấu các ô

Lần mang thai này, có lúc nào quý vị thử hay dùng qua...

Thuốc lá?  Có  Không Rượu?  Có  Không Ma túy?  Có  Không

**Quý vị có dùng các loại ma túy này vào những tháng trước khi mang thai hay tháng rồi lúc mang bào thai này không?**

Xin vui lòng đánh dấu vào các ô theo từng hàng	Tháng Trước Khi Mang Thai	Trong Tháng Qua
Cần sa (pot, bud, cỏ, cỏ dại)	<input type="checkbox"/> Có <input type="checkbox"/> Không	<input type="checkbox"/> Có <input type="checkbox"/> Không
Bạch phiến (Heroin) (smack, horse, brown, tar)	<input type="checkbox"/> Có <input type="checkbox"/> Không	<input type="checkbox"/> Có <input type="checkbox"/> Không
Dược phẩm làm giảm đau (Methadone)	<input type="checkbox"/> Có <input type="checkbox"/> Không	<input type="checkbox"/> Có <input type="checkbox"/> Không
Cô ca in (Cocaine) (crack, rock, coke, powder)	<input type="checkbox"/> Có <input type="checkbox"/> Không	<input type="checkbox"/> Có <input type="checkbox"/> Không
Barbiturates (downers, reds, phenobarb, Seconal)	<input type="checkbox"/> Có <input type="checkbox"/> Không	<input type="checkbox"/> Có <input type="checkbox"/> Không
Amphetamines (meth, uppers, crystal, crank, speed)	<input type="checkbox"/> Có <input type="checkbox"/> Không	<input type="checkbox"/> Có <input type="checkbox"/> Không
Bất cứ loại ma túy nào khác (Thuốc lắc, X, acid, PCP, LCD, v.v..)	<input type="checkbox"/> Có <input type="checkbox"/> Không	<input type="checkbox"/> Có <input type="checkbox"/> Không
Sử dụng toa thuốc bác sĩ không với mục đích chữa bệnh (thuốc giảm đau, thuốc ngủ hay an thần loại nhẹ, thuốc an thần) Nếu có, thì loại nào?	<input type="checkbox"/> Có <input type="checkbox"/> Không	<input type="checkbox"/> Có <input type="checkbox"/> Không
Uống bất cứ loại rượu bia nào (rượu chát, bia, rượu mạnh?) Nếu có, mỗi tháng thường uống bao nhiêu ly:	<input type="checkbox"/> Có <input type="checkbox"/> Không <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Có <input type="checkbox"/> Không <input type="checkbox"/> <input type="checkbox"/>
Có hút thuốc không? Nếu có, bao nhiêu điếu thuốc thường hút mỗi ngày:	<input type="checkbox"/> Có <input type="checkbox"/> Không <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Có <input type="checkbox"/> Không <input type="checkbox"/> <input type="checkbox"/>
Lúc quý vị ở trong nhà hay trong xe, có ai khác hút thuốc không?	<input type="checkbox"/> Có <input type="checkbox"/> Không	<input type="checkbox"/> Có <input type="checkbox"/> Không

Tuổi của quý vị?   tuổi Quý vị sống trong số vùng (Zip) nào?

Quý vị thuộc giống dân nào?  Da trắng  Á Châu  Thái Bình Dương  
 Mễ/Nam Mỹ  Mỹ gốc Phi Châu/Da Đen  
 Da Đỏ/gốc Alaska  Giống dân khác, xin ghi rõ: \_\_\_\_\_

Quý vị trả chi phí khám thai bằng cách nào? Lợi tức hàng năm của gia đình quý vị? Có người nào trong gia đình quý vị bị nghiện rượu/ma túy không?

HMO/Bảo hiểm tư  Dưới \$25,000  Có, cha mẹ tôi  
 Tự trả lấy/trả tiền mặt  \$25,000 đến \$50,000  Có, chồng/người bạn tình  
 Medi-Cal/Healthy Families  \$50,001 đến \$75,000  Có, anh /chị /em tôi  
 Chương trình khác của chính phủ  \$75,001 đến \$100,000  Có, người khác  
 \$100,001 đến \$125,000  Không  
 Hơn \$125,000

Hiện giờ quý vị mang thai được mấy tuần?

Trình độ học vấn cao nhất quý vị đã hoàn tất?  Chưa đến bậc trung học  Tốt nghiệp trung học  Cử nhân  
 Một ít lớp bậc trung học  Một số lớp bậc đại học  Cao học

Nếu quý vị đã điền tờ thăm dò này trong lần khám thai trước xin đánh dấu vào đây

**Xin cảm ơn. Vui lòng bỏ bản thăm dò đã được điền vào bì thư sẵn tem, dán kín lại rồi gửi qua bưu điện.**

Serial Code



V