



Women and Alcohol - Walk & Talk

In 2022, 66.4 million women ages 12 and older (over 46% of the US female population) reported drinking in the last month, while 27.5 million women 12 and older reported binge drinking (consuming 4 or more drinks on a single occasion).



Excessive alcohol use among women is defined as **consuming more than the recommended daily or weekly limits for health**, which is typically defined as up to one drink per day for women aged 21 and over.

Women are more likely to drink to cope than men and research suggests that people who drink to cope have a higher risk of developing alcohol use disorder.



In a 2022 *Morbidity and Mortality Weekly Report*, researchers found that nearly **1 in 7 pregnant people reported current drinking**, and about 1 in 20 reported binge drinking during the past 30 days.

There is no known safe amount, no safe time, and no safe type of alcohol to drink during pregnancy. Prenatal alcohol exposure is the leading cause of preventable birth defects and neurodevelopmental disabilities, including fetal alcohol spectrum disorders (FASDs).



Mindful Drinking: Tips for Reducing Alcohol Use

- Measure your drinks and track your intake
- Tell family members and friends you want to get healthy
- Try a month of abstinence
- Make a plan for cravings
- Remove alcohol from your house
- Consider non-alcoholic alternatives like mocktails
- Manage stress with healthy coping strategies (e.g., meditation, physical activity, relaxation techniques)

Resources:

SAMHSA Treatment Locator: findtreatment.gov

NIAAA Rethinking Drinking: rethinkingdrinking.niaaa.nih.gov

NIAAA Alcohol Treatment: alcoholtreatment.niaaa.nih.gov

FASD United: fasdunited.org/family-navigator



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fasdmap.org [@MAPFASD](https://twitter.com/MAPFASD)

[@medicalassistantpartnership](https://www.instagram.com/medicalassistantpartnership)

References:

<https://www.cdc.gov/alcohol/>

<https://www.cdc.gov/alcohol-pregnancy>

<https://www.cdc.gov/fasd>

https://www.cdc.gov/mmwr/volumes/71/wr/mm7101a2.htm?s_cid=mm7101a2_w