NORMALIZATION OF ALCOHOL USE AMONG WOMEN: DOES IT MATTER?

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Disclosures

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Objectives

- Recognize how the media has normalized drinking among women of all ages in the United States.
- Define excessive alcohol intake among women.
- Recall the health risks associated with excessive alcohol intake for women across the life span.
- Identify an effective screening tool to identify alcohol misuse and abuse disorders among women.
- Recognize the importance of both educating women on the risks associated with excessive alcohol intake and intervening when alcohol misuse or abuse disorder is identified.
The Anti-Saloon League (ASL) was founded in 1893 in Oberlin, Ohio.

ASL 1912 Poster

ALCOHOL INFLAMES THE PASSIONS, thus making the temptation to sex-sin unusually strong.

ALCOHOL DECREASES THE POWER OF CONTROL, thus making the resisting of temptation especially difficult.

AVOID ALL ALCOHOLIC DRINK ABSOLUTELY. The control of sex impulses will then be easy and disease, dishonor, disgrace, and degradation will be avoided.

(Gately, 2008)
Prohibition

- 1917 – World War 1 threatened to overshadow the issue of prohibition
- ASL promoted abstinence as the key to victory over the beer-swilling Germans
- Food Control Act in 1917 allowed President Wilson to limit the amount of grain allowed for brewing
- Further restrictions in 1918
- Eighteenth Amendment of the Constitution of the United States became law January 16, 1919
  - America was officially DRY

(Gately, 2008)
- The Volstead Act – adopted in October 1919- implemented the 18th Amendment
- Prohibition started in January of 1920
  - *Billy Sunday* – a dry evangelist
    - Staged a mock funeral for John Barleycorn “The reign of tears is over, the slums will soon be only a memory. We will turn out prisons into factories and our jails into storehouses and corncribs.”
    - Some communities sold off their jails
      (Gately, 2008)
Volstead Act

- Created the Bootlegger
- Moonshine – poisoned thousands of Americans
- The saloon may have been dead but the Speakeasy replaced it
  - A speakeasy could be a single room in a tenement dwelling or a palatial institution with a restaurant, dance floor, and jazz band

(Gately, 2008)
Patronized by both sexes – unlike the saloons they replaced
After WW I women expanded their domain beyond the home
Wage earners and with the 19th amendment had gained the right to vote
Women started drinking in public during Prohibition
1920’s – cocktail parties replaced the dinner parties of the Victorian Age

(Gately, 2008)
Dorothy Parker

- Credited with the following ditty

  *I like to have a Martini*
  *Two at the very most*
  *After three I’m under the table*
  *After four I’m under the host*

(Gately, 2008)
Repeal of Prohibition

- Late 1920’s business, American women, and organized labor rebelled against 18th amendment
- Business – desire to reduce tax bills by restoring liquor revenues
- Women – formed the Women’s Organization for National Prohibition Reform (WONPR) in 1929 and by 1932 had over a million members
- Organized labor – Prohibition perceived as discriminatory against urban and factory workers. Workers were catered to by bootleggers and had to endure the violence associated with Prohibition.
  - Wealthy were generally able to procure pure liquors and those with less means are at risk for poisoning

(Gately, 2008)
21\textsuperscript{st} Amendment

- Franklin Delano Roosevelt’s new deal included termination of Prohibition
- April 7, 1933 the Cullen Bill permitted the sale of beer
- December 5, 1933 the 21\textsuperscript{st} amendment was ratified
- Prohibition had lasted 13 years, 10 months, and 18 days

(Gately, 2008)
Availability

- In 2012 – total U.S. Breweries was 2,475
- In 2016 – total U.S Breweries was 5,301
- # of regional craft breweries doubled from 2012 to 2016
- Alabama – 24 craft breweries, Ranks 47th in breweries per capita

(Brewers Association, 2017)
Producing wineries in the U.S. 2017, by state

Number of wineries in the United States in 2017, by state*

<table>
<thead>
<tr>
<th>State</th>
<th>Number of Wineries</th>
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<tbody>
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<td>California</td>
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<tr>
<td>Washington</td>
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<td>Illinois</td>
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Note: United States; 2017
Further information regarding this statistic can be found on page 8.
Source: Wines & Vines; ID 259365
Alcohol and the Media Influence

Washington Post
Measuring the Burden of Alcohol

- Alcohol sales in U.S. indicate slowly rising consumption from the mid-1990’s until the 2008-2009 recession – with a small decline during the recession.

- Since 1979 – decreased drinking among people younger than age 30 but from 2000 to 2010 the overall volume of alcohol consumed increased and number of people drinking more than recommended has increased.

- In the U.S. alcohol misuse is the third leading cause of death and 8th leading risk factor for death worldwide.

(National Institute on Alcohol Abuse and Alcoholism[NIAAA], 2014)
Burden

- More than 200 diseases and injuries causally linked to alcohol

- Alcohol related deaths attributed to 3 broad categories
  - Alcohol-attributable cancer
  - Liver cirrhosis
  - Injury

(NIAAA, 2014)
Dose dependent relationship between alcohol and injury
- 1-2 drinks - 3.3 times more likely to get injured
- 7 drinks are more - 10.1 times more likely to get injured
- Injury risk greater for infrequent heavy drinkers than for frequent heavy drinkers

(NIAAA, 2014)
Burden

- 25 chronic disease and conditions partially or totally attributed to alcohol consumption
  - Alcoholic liver disease
  - Alcohol induced acute and chronic pancreatitis
  - Fetal alcohol syndrome
  - Certain cancers – mouth, esophagus, larynx, colon, rectum, liver, and breast
  - Cardiovascular disease
  - Liver disease

(NIAAA, 2014)
Burden

- Cardiovascular Disease and Diabetes
  - *Risk of Cardiovascular disease and Type 2 diabetes decreases for men and women who have moderate alcohol consumption*
  - *Beneficial health effects diminish as consumption rises*

Consumers need a clear definition of moderate drinking

(NIAAA, 2014)
How Much is Too Much?

Men
- No more that 4 drinks on any day
- No more than 14 drinks per week
- Binge drinking – 5 or more drinks in a 2 hour period
- Any alcohol use by those under 21

Women
- No more than 3 drinks on any day
- No more than 7 drinks per week
- Binge drinking – 4 or more drinks in a 2 hour period (some references 3 drinks in a 2-3 hour period)
- Any alcohol use by pregnant women
- Any alcohol use by those under 21
What is a drink?

- 12 fl oz of regular beer
- 5 fl oz of table wine
- 1.5 fl oz shot of 80-proof distilled spirits
Burden across the lifespan

- College - “training ground for binge drinking”
  - Drink more heavily than non-college peers
  - Large number exceed standard threshold and binge drink
  - Drinking by college students associated with
    - Unintentional death
    - Injury
    - Physical assault
    - Sexual assault
    - Health consequences
    - Drunk driving
    - Alcohol abuse disorders
    - Risk of alcohol overdose
    - Poorer academic performance

(NIAAA, 2014)
Lifespan

- Older Adults
  - Substance dependence is less common than in younger adults but mental and physical health consequences are serious
  - Metabolism becomes less efficient and CNS is more sensitive
  - Decreases in lean body mass increases the effective concentration of alcohol
  - More medications results in increased risk of adverse alcohol-medication interaction
  - Greater risk of injury, depression, memory problems, liver disease, cognitive changes, sleep problems, cancer, and diabetes related to heavier alcohol consumption
  - Mixing alcohol with psychoactive medications – benzodiazepines, sedatives, and opioid analgesics – may have very serious negative outcomes

  (Barry & Blow, 2016)
WOMEN
Guzzle Buddy

The most expensive part of having kids is all the wine you have to drink.
Gender differences

- Women absorb more alcohol
- Women take longer to metabolize alcohol
- Women produce less alcohol dehydrogenase, enzyme responsible for ethanol metabolism, and have less body water
- Immediate effects of alcohol occur more quickly and last longer
- Women are more susceptible to long term health problems

( CDC, 2016)
Teenage girls

Risk factors for underage drinking initiation:

- Parent drinking
- Peer drinking
- Low self esteem and other personality characteristics
- Availability – flavored alcoholic beverages
- “Right of Passage”
- Self medication
- Marketing exposure

The association between magazine advertising and drinking status is particularly strong among girls

(Ross, Henehan, & Jemigan, 2017)
Teen Drinking

- School problems
- Legal problems – DUI
- Hangover or illnesses
- Unwanted, unplanned, and unprotected sexual activity – increased risk of STI
- Disruption of normal growth and sexual development
- Physical and sexual assault
- Higher risk for suicide
- Injuries
- Changes in brain development
- Death from alcohol poisoning
- Early binge drinking causes damage to the cardiovascular system

(CDC. 2016)
Reproductive Age Women

- ½ of all pregnancies are unplanned
- 3.3 million reproductive age women report drinking alcohol in the past month and having sex without the use of contraception
- Only 1 in 6 U.S. adults report talking to a healthcare provider about their drinking
- Prenatal alcohol exposure is #1 preventable cause of birth defects and intellectual and developmental disabilities in children
- Teratogen and crosses the placenta
- Alcohol use during pregnancy is associated with increased risk of spontaneous abortion, intrauterine growth restriction, stillbirth, preterm birth, and SIDS

(Nurse Practitioners in Women’s Health [NPWH], 2016)

No known safe amount of alcohol use at any time during pregnancy
Alcohol use and binge drinking – pregnant women

- 1 in 10 reported alcohol use in last 30 days
- 1 in 33 reported binge drinking in the past 30 days
- Highest prevalence of any alcohol use in pregnant women was among those who were
  - 35 – 44 years
  - College graduates
  - Not married

(CDC, 2013)
Fetal Alcohol Spectrum Disorder (FASD)

- Preventable if alcohol is not consumed during pregnancy
- Underlying structural changes in the brain
- FASD is an umbrella term for a range of possible effects:
  - Physical
  - Intellectual
  - Behavioral
  - Learning disabilities
  - Language delays

*Lifelong implications*
Identification of Fetal Alcohol Syndrome

- 3 facial abnormalities – smooth philtrum, thin vermillion border, small palpebral fissures
- Documentation of growth deficits
- Documentation of central nervous system abnormalities
- Alcohol use during pregnancy?
Characteristics of FAS

- Low birth weight
- Small head circumference
- Developmental delay
- Poor coordination/fine motor skills
- Poor socialization skills
- Learning difficulties
- Poor memory problem
- Behavioural problem
In Addition.....the Reproductive Age Woman is:

- At risk for injury
- Sexual assault
- Alcohol use disorder
- Legal consequences (DUI)
- Sexually transmitted infections
Take Action to Prevent Fetal Alcohol Exposure

■ Non judgmental respectful approach
■ Counsel each reproductive age woman that there is no safe amount of alcohol consumption
■ Alcohol screening annually and during each trimester of pregnancy
■ Provide an evidence-based brief intervention when at risk alcohol use is identified
■ Stop drinking alcohol when attempting to conceive
■ If sexually active use contraception or abstain from alcohol
■ Refer women for additional services/recognize that all women cannot stop without assistance
■ Provide follow-up to monitor drinking and offer encouragement and support

(NPWH, 2016)
Sexual Minority Women

- Increased risk of hazardous drinking and alcohol dependence
- More likely to have sought help for alcohol problems
- WHY?
  - Greater exposure to stress
  - Use of drinking contexts
  - Internalized homophobia
  - Greater risk for victimization in childhood and adulthood

(Drabble & Trocki, 2013)
Older Women

- Women who drink between 2 and 5 drinks per day have up to a 41% increased incidence of breast cancer, risk increases linearly with consumption. (ACOG, 2011)
- National Comprehensive Cancer Network’s (NCCN) Breast Cancer Risk Reduction guidelines (2016) recommend limiting alcohol consumption to less than 1 drink per day
- Wilsnack & Wilsnack (2016) – light drinking defined as 1-3 standard drinks per week and moderate drinking as 4 – 7 drinks per week
- Alcohol can disrupt later stages of sleep (Wilsnack & Wilsnack, 2016)
- Up to a drink a day reduces risk of cardiovascular disease/ Heavy drinking adversely affects risks of atrial fibrillation, cardiomyopathy, and congestive heart failure (Wilsnack & Wilsnack, 2016)
Bone Health and Alcohol

- NOF recommends limiting alcohol to no more than 2-3 drinks per day
- Light to moderate drinking after menopause is consistently associated with improved bone mineral density (alcohol increases circulating estrogen levels)
- Heavy drinking is harmful for bone health
- May increase risk of falls

(Wilsnack & Wilsnack, 2016)
Older women

- Light to moderate drinking lowers a women’s risk of Type 2 diabetes
- Heavy drinking may contribute to weight gain during and after menopause
- Alcohol consumption may reduce a woman’s risk of rheumatoid arthritis
- Consider risk factors when advising a woman on alcohol intake
- Health benefits do not warrant encouraging abstainers to begin drinking

(Wilsnack & Wilsnack, 2016)
United States Preventive Services Task Force (USPSTF)

- Recommends screening for alcohol misuse in adults age 18 and older

- Screen with AUDIT, abbreviated AUDIT-C, or single question
  - “How many times in the past year have you had 4 (for women and all adults older than 65 years) or more drinks in a day?”

(USPSTF, 2014)
Positive screen for alcohol misuse

- Provide brief behavioral counseling interventions to persons engaged in risky or hazardous drinking (USPSTF, 2014)
- Brief, multi-contact behavioral counseling has best evidence for effectiveness (USPSTF, 2014)
- Take advantage of “teachable moments”
- Prenatal counseling – “No blame, no shame...be factual and plant the seed”
The Alcohol Use Disorders Identification Test: Interview Version

Read questions as written. Record answers carefully. Begin the AUDIT by saying “Now I am going to ask you some questions about your use of alcoholic beverages during this past year.” Explain what is meant by “alcoholic beverages” by using local examples of beer, wine, vodka, etc. Code answers in terms of “standard drinks”. Place the correct answer number in the box at the right.

1. How often do you have a drinking obtaining alcohol?
   
   (0) Never [Skip to Qs 9-10]
   (1) Monthly or less
   (2) 2 to 4 times a month
   (3) 2 to 3 times a week
   (4) 4 or more times a week

2. How many drinks containing alcohol do you have on a typical day when you are drinking?
   
   (0) 1 or 2
   (1) 3 or 6
   (2) 5 or 6
   (3) 7, 8, or 9
   (4) 10 or more

3. How often do you have six or more drinks on one occasion?
   
   (0) Never
   (1) Less than monthly
   (2) Monthly
   (3) Weekly
   (4) Daily or almost daily

4. How often during the last year have you found that you were not able to stop drinking once you had started?
   
   (0) Never
   (1) Less than monthly
   (2) Monthly
   (3) Weekly
   (4) Daily or almost daily

5. How often during the last year have you failed to do what was normally expected from you because of drinking?
   
   (0) Never
   (1) Less than monthly
   (2) Monthly
   (3) Weekly
   (4) Daily or almost daily

6. How often during the last year have you needed a drink in the morning to get yourself going after a heavy drinking session?
   
   (0) Never
   (1) Less than monthly
   (2) Monthly
   (3) Weekly
   (4) Daily or almost daily

7. How often during the last year have you had a feeling of guilt or remorse after drinking?
   
   (0) Never
   (1) Less than monthly
   (2) Monthly
   (3) Weekly
   (4) Daily or almost daily

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
   
   (0) Never
   (1) Less than monthly
   (2) Monthly
   (3) Weekly
   (4) Daily or almost daily

9. Have you or someone else been injured as a result of your drinking?
   
   (0) No
   (1) Yes, but not in the last year
   (2) Yes, during the last year

10. Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?
    
    (0) No
    (1) Yes, but not in the last year
    (2) Yes, during the last year

Record total of specific items here

If total is greater than recommended cut-off, consult User’s Manual.
AUDIT-C Questionnaire

Patient Name __________________________ Date of Visit _________________

1. How often do you have a drink containing alcohol?
   a. Never
   b. Monthly or less
   c. 2-4 times a month
   d. 2-3 times a week
   e. 4 or more times a week

2. How many standard drinks containing alcohol do you have on a typical day?
   a. 1 or 2
   b. 3 or 4
   c. 5 or 6
   d. 7 to 9
   e. 10 or more

3. How often do you have six or more drinks on one occasion?
   a. Never
   b. Less than monthly
   c. Monthly
   d. Weekly
   e. Daily or almost daily
Resources

■ One Key Question
  – Oregon Foundation for Reproductive Health
    ■ “Would you like to become pregnant in the next year?”

(Oregon Foundation for Reproductive Health, 2012)
Resources

- [https://www.nofas.org/](https://www.nofas.org/) National Organization on Fetal Alcohol Syndrome (NOFAS)
- [http://www.thearc.org/learn-about/fasd](http://www.thearc.org/learn-about/fasd) The ARC for people with intellectual and developmental disabilities
- [https://www.cdc.gov/ncbddd/fasd/documents/alcoholsbibiimplementationguide.pdf](https://www.cdc.gov/ncbddd/fasd/documents/alcoholsbibiimplementationguide.pdf) CDC: Planning and Implementing Screening and Brief intervention for Risky Alcohol Use
Intervention

“Motivation for change fostered by an accepting, empowering, and safe atmosphere”

- F – feedback on screening
- L – listen for change talk
- O – options for change in drinking patterns

■ Be prepared to refer. Know your resources.

■ SAMHSA’s National Helpline – mental or substance abuse disorders
  1-800-662-HELP (4357)
Questions??????
References


