

April

ALCOHOL AWARENESS MONTH



SAY NO TO ALCOHOL DURING PREGNANCY

There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant. There is also no safe time for alcohol use during pregnancy. All types of alcohol are equally harmful, including all wines and beer.

Source: Centers for Disease Control and Prevention



ALCOHOL USE DURING PREGNANCY IS DANGEROUS BECAUSE

It can cause miscarriages.
It can cause stillbirths.
It can cause lifelong physical, behavioral, and intellectual disabilities known as Fetal Alcohol Spectrum Disorders.

More Information on Fetal Alcohol Spectrum Disorders:

<https://www.cdc.gov/ncbddd/fasd/facts.html>



NEW MEXICO PRAMS SURVEY: PREGNANCY AND ALCOHOL

From 2018-2020, 51% of New Mexico birthing persons responded yes to drinking any alcohol during the 3 months before becoming pregnant

More Information on alcohol and pregnancy in New Mexico:

<https://ibis.health.state.nm.us/>

SAMHSA's
National Helpline

1-800-662-HELP (4357)
English and Spanish
[samhsa.gov/treatment](https://www.samhsa.gov/treatment)

GET HELP!

If you plan to get pregnant and have difficulty stopping drinking, evidence-based treatments are available.

Find Treatment:

<https://www.findtreatment.gov>



Questions?

Contact us:

NM.PRAMS@state.nm.us