Alcohol and Pregnancy

- FAS: major cause of disability
- Incidence: 0.5 à 3 for 1000 birth (few studies)
- 700 to 3000 children for 750 000 births in France each year
- evaluated about 60 000 to 180 000 persons
- very few data on pregnant women consumption

Dehaene 1995
Boussiron 2003
Alcohol and pregnancy

- teratogenic effect: for an only toxic consumption or chronic intoxication
- on neurologic system: negative effect at any period of the pregnancy
- several degrees of severity but no level known for safety
- the safest option is « no alcohol during pregnancy »

INSERM 2001
SFA 2003
Hypothesis

- The population is generally poorly informed on this issue
- The recommendation « zero alcohol »: has to be broadly spread out no only for pregnant women
- The whole population is concerned
- The message has to be accompanied and needs explanations
French situation:

- Conference of the minister of health in 2004 (August 5th)
- >>> a global strategy: laws of 8th August 2004 and 11th February 2005 and six targets
French situation:

- Information for students in school
- Communication in women magazines and specific clinics
- Information for pregnant women in their « pregnancy book »
- Epidemiological survey (InVS)
- Best training for professionals
- Labelling on alcoholic beverages units
Discussion

Loi de santé publique 9 août 2004

- national media campaigns
- information in high schools
- training for medical students and practitioners
Discussion

Loi du 11 février 2005

- Labelling on alcohol contents:

« toutes les unités de conditionnement des boissons alcoolisées doivent porter un message à caractère sanitaire préconisant l’absence de consommation par les femmes enceintes »
Discussion

- Impact of the labels?
  - USA: awareness of the public but light impact on behaviours
  - Risk with the labelling: let people think that the problem is completely solved with prevention
  - Raise the mother’s feeling that they are guilty when there is a problem
Discussion

- For a better prevention:
  - The message must be very clear and unique: abstention during pregnancy
  - and the information must open a dialog

- wide information
  - For pregnant women
  - For the general population
  - For young women and men who want to be parents
  - For young people
Some women: have risky consumption or very difficult situations and need a special help

>>>new working group for guidelines to enforce this help (net) and the large collaboration of different professionals around these persons (REUNISAF)
Thank you