

# Health Indicator Report

## Attitudes Towards Drinking Alcohol During Pregnancy

### Background

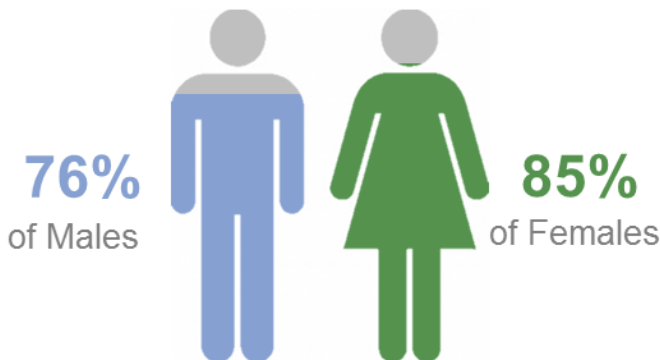
The purpose of this health indicator report is to provide information about public opinion on alcohol use during pregnancy among adults aged 18 and over living in Halton Region.

When consumed during pregnancy, alcohol increases the risk of giving birth to a baby with a range of physical, social, mental and emotional problems referred to as Fetal Alcohol Spectrum Disorder.<sup>1</sup> Therefore the Public Health Agency of Canada suggests that there is no safe amount or safe time to drink alcohol during pregnancy or when planning to become pregnant.<sup>1</sup>

This health indicator report uses data from the Rapid Risk Factor Surveillance System (RRFSS).

### Sex

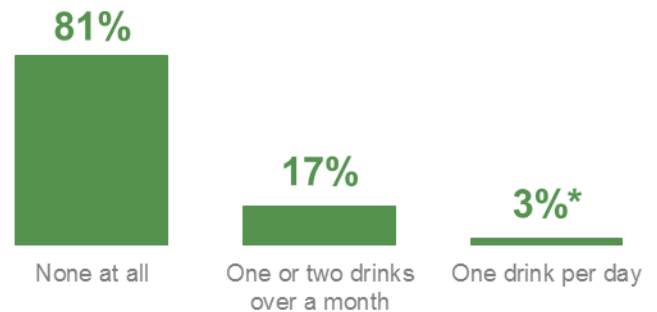
In 2016, Halton females were more likely than males to report that they thought there was no safe level of alcohol to drink during pregnancy and this difference was **statistically significant**.



Percentage of adults aged 18 and over who reported that they thought there was no safe level of alcohol to drink during pregnancy, by sex, Halton Region, 2016

### Overall Findings

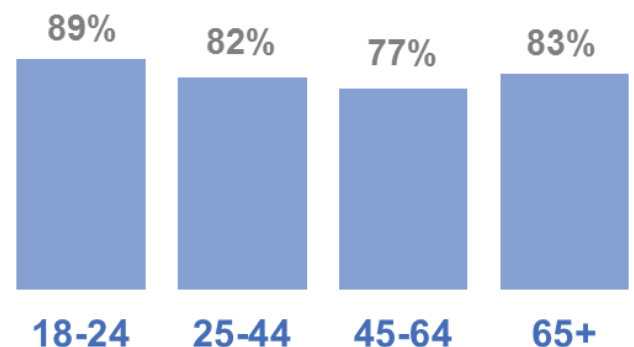
In 2016, 81% of Halton adults reported that they thought there was no safe level of alcohol to drink during pregnancy, 17% thought one to two drinks over a month was safe, and 3%\* thought that one drink per day was safe.



Percentage of adults aged 18 and over who reported what they thought was a safe level of alcohol to drink during pregnancy, Halton Region, 2016

### Age

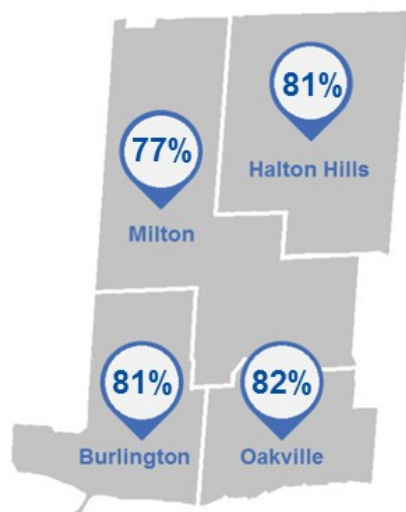
In 2016, adults aged 18-24 were more likely than adults aged 45-64 to report that they thought there was no safe level of alcohol to drink during pregnancy, however this difference was not statistically significant.



Percentage of adults aged 18 and over who reported that they thought there was no safe level of alcohol to drink during pregnancy, by age, Halton Region, 2016

## Municipality

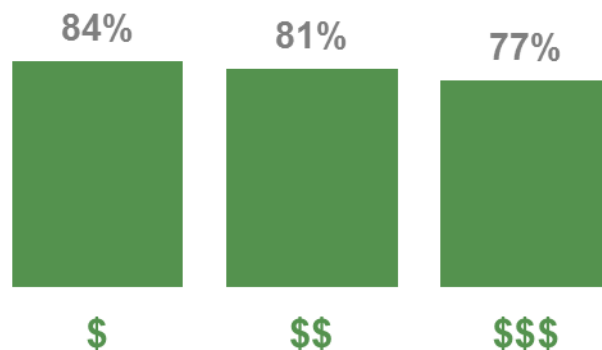
In 2016, there were no statistically significant differences by municipality in the percentage of Halton adults who reported that they thought there was no safe level of alcohol to drink during pregnancy.



Percentage of adults aged 18 and over who reported that they thought there was no safe level of alcohol to drink during pregnancy, by municipality, Halton Region, 2016

## Income

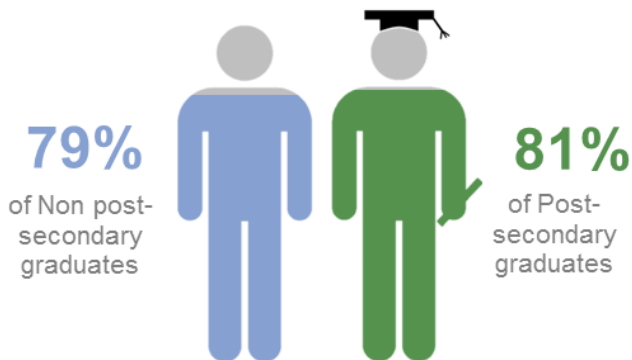
In 2016, there were no statistically significant differences by income in the percentage of Halton adults who reported that they thought there was no safe level of alcohol to drink during pregnancy.



Percentage of adults aged 18 and over who reported that they thought there was no safe level of alcohol to drink during pregnancy, by income, Halton Region, 2016

## Education

In 2016, there was no statistically significant difference by education in the percentage of Halton adults who reported that they thought there was no safe level of alcohol to drink during pregnancy.



Percentage of adults aged 25 and over who reported that they thought there was no safe level of alcohol to drink during pregnancy, by education, Halton Region, 2016

## Data Notes

For more information on RRFSS, methods, statistical significance and limitations associated with health indicator reports, please see the Data Notes and Guide available at [www.halton.ca](http://www.halton.ca)

**Data Source:** Rapid Risk Factor Surveillance System [2016], Halton Region Health Department and Institute for Social Research, York University.

Estimates marked with an asterisk (\*) should be interpreted with caution due to high variability.

### References

1. Public Health Agency of Canada (PHAC). 2008. Fetal Alcohol Spectrum Disorder. Accessed June 2017, from <http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/fascd-etcaf/publications/pdf/factsheet1-fasd-etcaf-eng.pdf>

For more health indicator and health status reports, visit the Halton Health Statistics website at [www.halton.ca](http://www.halton.ca)

**Last Revised: June 6th, 2017**  
**Expected Update: 2020**