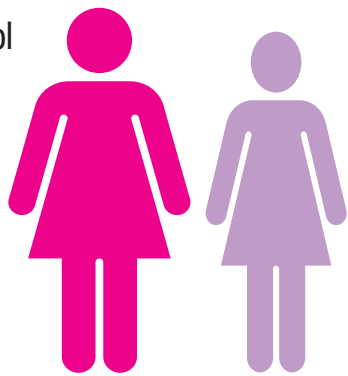


Supporting healthy choices around alcohol use, pregnancy and birth control

- Why?**
- Half of pregnancies are not planned
 - 3 out of 4 Canadian women drink alcohol
 - 1 out of 7 women in Manitoba drink alcohol when pregnant

- How?**
- 4 brief counselling sessions
 - 1 workbook
 - 1 nurse
 - Lots of talking, information and personalized feedback

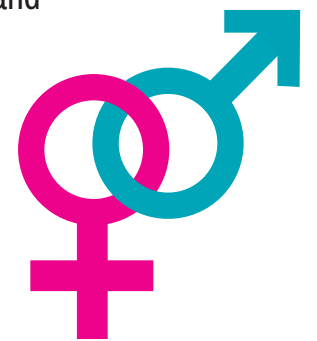
Eligibility →



Women and girls



Drink more than 2 drinks per day or 10 drinks per week



Sexually active with a male partner

Who participated?

- Average age: 20
- Average age of first drink: 13
- Almost half thought it was likely that they would become pregnant soon
- 9 out of 10 thought their drinking behaviour was problematic



What was the impact 3 months after finishing the program?

“I liked learning about birth control. It made me change my mind about taking it. Also it made me realize how much I was drinking.”

4 out of 5 participants said the program influenced them to drink less or completely stop drinking

“I liked how we could talk openly about everything”

	Average Number of Drinks Per Week	Binge drinking (4 or more at one time)	Weekly Drinking (9+ per week)	Ineffective use of birth control
Before the program	43	100%	86%	41%
3 months after the program	19	81%	56%	21%

For more information visit manitoba.ca/healthychild/fasd/choices

“... learning about drinking and pregnancy. What the differences were between a risky drinker compared to a low risk drinker.”

