
WIC



HEALTH AND BEHAVIOR WORKBOOK

This workbook is based on research protocols tested in Project CARE funded by NIAAA (R01#AA12480) and the Office of Research on Minority Health (ORMH).

Nutritionist's Copy

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WELCOME TO WIC

This workbook will help you and the nutritionist discuss your alcohol use.

- The workbook is yours to keep.
- Write in the workbook as you complete each of the steps.

Adapted with the permission of Michael Fleming and Janet Hankin

INTRODUCTION

This workbook will help you and I discuss your alcohol use.

The workbook is yours to keep, and you may write in the workbook as we go through it.

IF YOU DRINK, YOUR UNBORN BABY DRINKS TOO

DRINKING WHEN YOU ARE PREGNANT
CAN HARM YOUR UNBORN BABY



MAJOR PROBLEMS

Small Size
Mental Retardation
Deformed Face
Heart Problems

OTHER PROBLEMS

Eating and Sleeping
Hyperactivity
Attention
Language Development
Memory
Learning
Hearing and Vision

DESCRIPTION OF CONSEQUENCES OF DRINKING DURING PREGNANCY

Many women do not know that if they drink during pregnancy, their baby is exposed to the alcohol too. Drinking when you are pregnant can harm your baby. Some babies whose mothers drink during pregnancy are born very small and have a hard time growing healthy and strong. Some babies have physical abnormalities that can affect their face or other parts of their bodies like their hearts. Some grow up to have trouble learning in school and may be mentally retarded. Even if they don't have such serious problems, some babies are difficult to care for because they have trouble eating or sleeping. Some are very active when they are growing up and have trouble paying attention in school. Their language may be delayed and they may have problems with their hearing or vision. Are you familiar with any of these problems?

**You can have
a healthier baby
if you
quit drinking
when you are pregnant.**



ENCOURAGING THE WOMAN TO ABSTAIN FROM DRINKING

I know that you want the best for your baby and that you want the baby to grow up healthy and strong.

If you stop drinking now, you can have a healthier baby.

There is no known safe limit for drinking during pregnancy, so it is important to cut down or stop drinking right now.

RISKY SITUATIONS

People drink for different reasons. Try to think about what causes you to drink. Circle the ones that apply to you.

- depression
- watching TV
- children
- frustration
- parties
- when cannot sleep
- boredom
- with meals
- friends
- feeling nervous
- other people
- when smoking
- feeling lonely
- after work
- feel happy drinking
- anger
- weekends
- celebrations
- failure
- arguments
- family

Are there any other reasons?

RISKY SITUATIONS IN WHICH THE WOMAN MAY FEEL LIKE DRINKING

People drink for different reasons. Some people use alcohol to help them deal with stressful situations. Other people expect that it will make good times seem even better. Some feel more confident when they drink. Try to think about what causes you to drink alcohol. Circle the ones that apply to you. Can you give specific examples of when you felt like you wanted to drink? ***(Allow the woman time to give specific examples, and give her encouragement when she is able to clearly identify drinking triggers.)***

Are there any other reasons that are not listed that might cause you to want to drink? If there are other reasons, write them down in your workbook and we can talk about them. ***(Go over other risky situations that she identifies and ask her to write them down. Give her encouragement when she is able to identify specific drinking triggers.)***

WAYS TO COPE WITH RISKY SITUATIONS

It is important to figure out how you can resist drinking in risky situations. Here are some ways.

- grab a snack
- telephone a friend
- go for a walk
- tell yourself that drinking will not improve the situation
- drink nonalcoholic beverages
- talk to a neighbor
- read a magazine
- exercise

List ways you could cope with risky situations:

Think about other situations and ways you could cope without using alcohol.

WAYS TO COPE WITH RISKY SITUATIONS

People often can think of good ways to resist the urge to drink. It is important to figure out how you can resist drinking in risky situations. Here are some of the ways that many people have found to be useful. Now let's list the ways that you could resist the urge to drink if it came up. Circle ways in which you could cope with risky situations. ***(Let her take time to circle coping strategies and discuss each one with her. Try to get her to be as specific as she can be.)*** Are there any other situations and ways you could cope without using alcohol? ***(Give her time to think about any other coping strategies to reduce her alcohol consumption.)***

WHAT IS A STANDARD DRINK?

1 STANDARD DRINK =



12 ounces of **regular beer** or **light beer**
(5% pure alcohol)



12 ounces of **wine cooler**
(5% pure alcohol)



5 ounces of **table wine**
(12% pure alcohol)



1-1/2 ounces of **hard liquor**
(gin, rum, vodka, whiskey)
(40% pure alcohol)



3 ounces of **fortified wine**
(18-20% pure alcohol)

WHAT IS A STANDARD DRINK

Now, let's explore what a standard drink is. (***Point to pictures while explaining.***) A 12 ounce can or bottle of regular or light beer has the same amount of alcohol as a 12 ounce bottle of wine cooler, a 5 ounce glass of wine, and 1 1/2 ounces or a shot of hard liquor. If you drink fortified wine such as sherry a 3 ounce glass is equal to a standard drink.



WHAT IS A STANDARD DRINK

Have you seen these drinks that come in larger containers? Some drinks come in larger containers and are equal to more than one standard drink. For example, a 22 ounce bottle of Old English or 32 ounce bottle of King Cobra contains about 3 regular drinks, or 3 cans of regular beer. Saint Ides Malt Liquor and other malt liquors that come in 40 ounce bottles contain about the equivalent of 5 and one-third cans of regular beer or standard drinks. Colt 45 comes in a large container but has a lower percentage of alcohol and is equal to about 4 and a half regular beers or 4 and a half standard drinks.

SET YOUR GOAL

Decide on a drinking limit for yourself for the next month. Talk with your nutritionist so you can agree on a goal you can meet. A reasonable goal for pregnant women is abstinence - not drinking any alcohol. What would you like to do?

stop drinking

cut down

On a scale of 1 to 5, how sure you are you can lower your drinking for **one month**.

1	2	3	4	5
I cannot cut down/stop drinking	I am not sure if I can cut down/stop drinking	Maybe I can cut down/stop drinking	Probably I can cut down/stop drinking	I am sure I can cut down/stop drinking

SETTING A DRINKING GOAL

Now thinking about how much alcohol you have told me that you drink on any one occasion and when you drink more than your usual amount, what goal would you like to set for yourself for the next month? A reasonable goal for pregnant women is abstinence or not drinking any alcohol. However, some women find that total abstinence is difficult. What goal would you like to set for yourself? Stop drinking altogether or cutting down? ***(Point to the two options and have her "X" the box she has chosen.)***

On a scale of 1 to 5, rate how sure you are you can lower your drinking for one month. ***(Point to options 1 to 5, allow her to circle the one she wants, and then repeat that option. For example, if she says she thinks that she can cut down on her drinking and she circles option 4, then say, "So you think you can probably cut down on your drinking?"***

DRINKING GOALS

What will be the maximum you will drink during the next month?

Maximum number of days you will drink per week Maximum number of drinks per day Maximum number of drinks in a week

$$\square \times \square = \square$$

Mother's Copy

DRINKING GOALS

If she has indicated that she will be ABSTINENT on her Set Your Goal form, then say: That's a great goal. We will put zeroes in all the boxes indicating that you plan not to drink during the next month. This is like a contract or agreement that we have. We will review your progress toward this goal at your next visit.

If she has indicated that she wishes to CUT DOWN on her Set Your Goal form, then say: Let's set a drinking goal. Let's look at what your upper limit will be for the next month. What will be the maximum number of days you will drink per week? ***(Have her give an answer.)*** And what will be the maximum number of drinks per day you will drink? ***(Have her give an answer.)*** Okay, the maximum number of days you will drink per week is _____, times the maximum number of drinks per day which is _____, equals a total of _____ drinks in a week. Is _____ the number of drinks you plan to consume per week in the next month? ***(Repeat the numbers she has given to you. Do not indicate in any way your feelings about her decision to continue to drink.)*** This is like a contract or agreement that we have. We will review your progress toward this goal at your next visit.

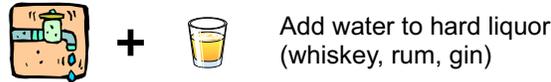
**IF YOU CANNOT STOP DRINKING RIGHT NOW,
HERE ARE WAYS TO CUT DOWN**



Drink water or juice instead of alcohol



Eat food when you drink



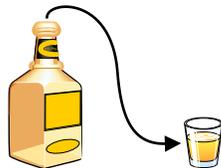
Add water to hard liquor
(whiskey, rum, gin)



Sip your drinks



Drink no more than one drink per hour



Measure your drinks



Do not drink from the bottle

WAYS TO CUT DOWN ON DRINKING

(NOTE: SKIP THIS PAGE IF SHE SAID THAT SHE WILL STOP DRINKING.)

Now let's look at ways you can cut down on your drinking.

You can substitute other drinks such as water or juice instead of alcohol.

You can reduce the desire for alcohol if you eat food when you drink.

You can add more water to hard liquor.

You can sip your drinks to try to make them last longer.

You can time your drinking so that you have no more than one drink in an hour.

You can measure out your drinks rather than pouring directly from the bottle.

Try very hard not to drink directly from a bottle of an alcoholic beverage because if you do, you will drink more than you think you are drinking.

VISIT SUMMARY

We have covered a lot today. Changing one's behavior, especially drinking, can be hard. Remember the following points over the next few weeks. **You are changing a habit, and that can be hard work. It will become easier.**

- ~ Remember your drinking goal.
- ~ If you are tempted to drink and do not drink, congratulate yourself because you are breaking your old habit.
- ~ At the end of each week, think about how many days you did not drink.
- ~ Some people have days when they drink too much. If this happens to you, **DO NOT GIVE UP.**
- ~ Your follow-up visit is important. Please remember to come back for your next WIC appointment.

Good Luck!

VISIT SUMMARY

We have covered a lot today. Changing one's behavior, especially drinking, can be hard. We know that you want the best for your baby and will try hard to honor the agreement we have made. Try to remember some of the things we talked about over the next month. Refer to your workbook if you need a reminder. Remember that you are changing a habit, and that can be hard work. It will get easier and we will work with you.

- ~ Remember your drinking goal.
- ~ If you resist the temptation to drink and do not drink, congratulate yourself because you are breaking your old habit.
- ~ At the end of each week, think about how many days you did not drink and congratulate yourself.
- ~ Some people have days when they drink too much. If this happens to you, **DO NOT GIVE UP**, simply start the next day a new and renew your promise to yourself and your baby.
- ~ Your follow-up visit is important. Please remember to come back for your next WIC appointment. I look forward to your success. I know that you can do it.

Good luck!