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#15-025

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Amanda Hovis, Director  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** February 17, 2015

**SUBJECT:** Alcohol and Pregnancy Surveys

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Fetal alcohol spectrum disorders (FASD) include a range of effects that can happen to a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems which can range from mild to severe.

A short survey will be mailed **at the end of February** to all Local Agency (LA) WIC Directors. Surveys may be distributed and administered at several different sites. Please be sure all of the surveys you receive are completed by WIC clients from your LA and **returned to the state by Friday, March 27, 2015**.

The results of this survey will help us generate a resource guide for women in pregnancy as well as create public messaging about alcohol in pregnancy. No Texas-specific research exists to provide insight into the knowledge that women of child-bearing age possess about alcohol use in pregnancy. Current, relevant data will help us better construct the resource guide and the messaging.

The quality of the results of this survey is dependent upon how well the survey is administered. Please distribute the surveys so that the results will reflect a good representation of your clients. For best results, we recommend distributing them among the clinics so that all client and ethnic groups, as well as both English and Spanish speakers, are represented.

The survey may be filled out by clients waiting to receive services or after regularly scheduled nutrition education. During field tests it took less than 5 minutes to complete the Alcohol and Pregnancy survey.

If you have questions or require additional information, please contact Debbie Lehman, Ph.D., RD, LD, Nutrition Education Consultant at (512) 341-4517 or [debbie.lehman@dshs.state.tx.us](mailto:debbie.lehman@dshs.state.tx.us).