

Podcast 1

Web-Based Assessment and Brief Intervention for Alcohol Use in Women of Childbearing Age (Dr. Katia Delrahim Howlett)

Narrator: Welcome to Health IT Spotlight from the Agency for Healthcare Research and Quality. Fetal Alcohol Spectrum Disorders result from prenatal exposure to alcohol and occur in about one in every 100 children born in the United States. Research has shown that one in eight women report using alcohol during pregnancy. Dr. Katia Delrahim Howlett evaluated a Web-based program to assess alcohol consumption in women of child-bearing age. Dr. Delrahim Howlett...

Delrahim Howlett: The web-based screening program that I evaluated can be used to quickly assess alcohol consumption and encourage reduction in use among non-pregnant women. This program also provided personalized feedback on alcohol use and associated health risks. In my study of 150 non-pregnant women aged 18 to 44 that were drinking at risky levels, I found that Web-based screening - substantially reduces alcohol consumption.

Narrator: To learn more about the project, visit healthIT.ahrq.gov. This podcast is a production of the U.S. Department of Health and Human Services.