



Women and Substance Use in the Childbearing Years Prevention Primer

Are you a health or social service professional, counselor, educator, or care provider for girls and young women? *The Women and Substance Use in the Childbearing Years: Prevention Primer* is a new tool in preventing the devastating effects of alcohol, tobacco and other drugs on women and children. *The Primer*, prepared by the Minnesota Department of Health, is now available from the Minnesota Prevention Resource Center.

Women's Substance Use

Over the past decade, nationwide research has confirmed women's and children's unique vulnerability to and the lifelong impact of alcohol, tobacco and other drug use on women and children's well-being. The research indicates that the use of alcohol and drugs during pregnancy is a growing, significant and preventable risk for birth defects, disabilities, and a range of lifelong health and social issues.

About the Primer

Minnesota's drug and substance use is complex and pervasive, presenting unique challenges in planning public education and prevention activities. Developed by public health educators and nurses, the Primer serves as a guide for client and community prevention educators and planners in a variety of practice settings. The Primer provides recommended resources and information about the following:

Educational tools and resources about:

- . **Women's substance use, addiction,** and its consequences,

- . **Risk factors associated with**

women's substance use including sexual and domestic abuse, and mental health issues.

***The Primer* is both a compendium of recommended education resources and a prevention planning guide.**

Information on how to engage and activate community members in many different settings.

Includes planning and multilingual education tools for specific Minnesota communities including:

- . American Indians
- . African Americans
- . Latinos
- . Asian Americans
- . College students

Specific tools and resources to help community members take action including:

- . **Resources for males, families,**

friends, partners, health and social service providers, policy planners and community decision makers.

- . **Affordable books, brochures, fact sheets,** posters, Internet tools, curricula, videos, local and national resource centers and more.

Includes materials pricing and ordering information.

Print copies available on a limited basis to
Minnesota professionals

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