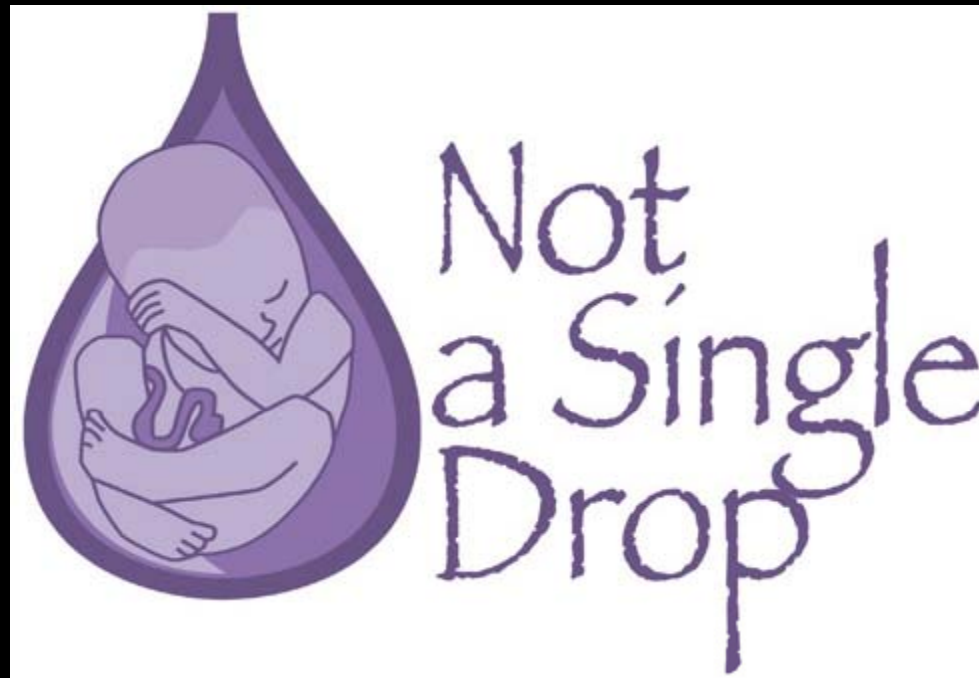


Fetal Alcohol Spectrum Disorder (FASD)



Community Education and
Information Program

FASD IS A SIGNIFICANT PROBLEM

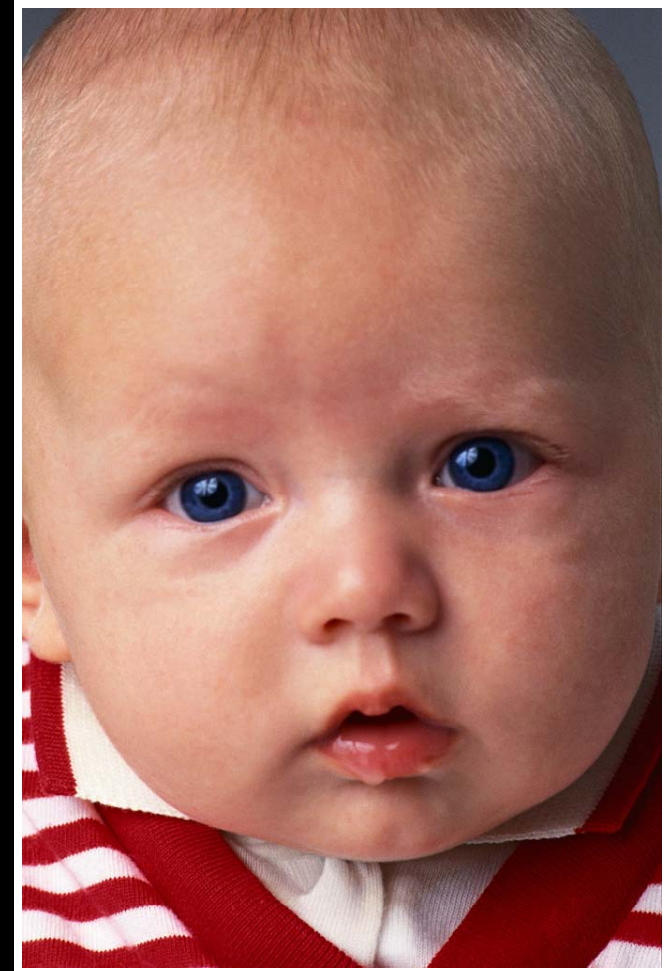
- FASD is the **leading known cause** of mental retardation in the United States
- Prevalence of FASD is estimated to be 10 per 1,000 births.
- **FASD affects at least 40,000 newborns each year.**
 - The cost to the nation of FAS alone may be up to \$6 billion each year.
 - For one individual with FASD, the lifetime cost is at least \$2 million

*Source: US Department of Health and Human Services



CAUSE OF FASD

- When a pregnant woman drinks, the **alcohol crosses the placenta into the fetal blood system**. Thus, alcohol reaches the fetus, its developing tissues, and organs.
- **No alcohol consumption is safe during pregnancy**. In addition, the type of alcohol (beer, wine, hard liquor, wine cooler, etc.) does not appear to make a difference.





WHAT IS FASD?

- “Fetal Alcohol Spectrum Disorders” (FASD) is an **umbrella term** describing the range of effects that can occur in an individual who was prenatally exposed to alcohol.
 - FAS - fetal alcohol syndrome
 - ARND - alcohol related neurodevelopmental disorder
 - ARBD - alcohol related birth defects

FASD Has Four Major Components

- A characteristic pattern of facial abnormalities
 - small eye openings, indistinct or flat mid face, thin upper lip
- Growth deficiencies
 - such as low birth weight
- Brain damage
 - such as small skull at birth, structural defects, and neurological signs, including impaired fine motor skills, poor eye-hand coordination, and tremors
- Cognitive difficulties
 - Behavioral or cognitive problems may include mental retardation, learning disabilities, attention deficits, hyperactivity, poor impulse control, social, language and memory deficits.

WHAT PROBLEMS DO PEOPLE WITH AN FASD FACE?

- A **University of Washington study** shows the percentage of people age 6 to 51 with FASD who had difficulties in the following areas:
 - 94% had mental health problems.
 - 23% had received inpatient care for mental illness.
 - 83% of adults experienced dependent living.
 - 79% of adults had employment problems.
 - 60% of those age 12 and older had trouble with the law.
 - 35% of adults and adolescents had been in prison for a crime.
 - 45% engaged in inappropriate sexual behavior.
 - 43% had disrupted school experiences (e.g., dropped out).

Prevalence of FASD in Ohio and Montgomery County*

FASD occurs in about **10 per 1,000 live births**, or about 40,000 babies per year in United States.

- It now outranks Down syndrome and autism in prevalence.
- Of the 7,000 to 8,000 babies born in Montgomery County annually, it is estimated that **seventy to eighty** children are born with FASD.



*Source: US Department of Health and Human Services

*Drinking Among Women Age 15 to 44 In the United States**

- 1 in 2 reports using alcohol use in the past month.
- Approximately **1 in 4 reports binge drinking** (defined as 4 or more drinks, on one occasion).
- About **1 in 20 reports heavy alcohol use** (defined as binge drinking on at least 5 days in the last month)

*Source: US Department of Health and Human Services

FASD CAN BE PREVENTED!

- **FASD is 100% preventable.** The only cause of an FASD is prenatal exposure to alcohol.
- If a woman does not drink during pregnancy, her baby will not have FASD.
- Individuals who already have FASD should receive an accurate diagnosis and appropriate treatment, prevention, and support services.

The Plan For Public Education

- Billboards
- T.V. infomercials
- Radio spots
- Newspaper ads
- Education in schools
- Education materials in hospitals, doctor's offices, DVD's used by outreach clinics and visiting nurses
- Faith-based Bell ringing program



Funding

- Montgomery County Board of Mental Retardation and Developmental Disabilities with Human Services Levy Funds
- FCFC funds from TANF



Collaborating Partners

- Montgomery County Board of MRDD
- Public Health of Dayton and Montgomery County
- Montgomery County ADAMHS
- Family and Children First Council
- Help Me Grow
- Montgomery County Board of Education

Comment and Questions?

Pregnant? Nursing?

Prevent Birth Defects!



Think, Don't Drink!



CALL 937-208-4769



Not
a Single
Drop