

# Give **FASD** a seat at the table.



Fetal Alcohol Spectrum Disorders (FASDs) are a group of diagnosable medical conditions that can occur in a person who was exposed to alcohol before birth. Effects are lifelong and can include mental health conditions, learning disabilities, sensory issues, and physical manifestations such as heart defects, hearing and visual impairments, and more.

## FASD belongs in conversations about:



Education



Mental Health



Policy



Public Health



Justice



Healthcare



Pregnancy



Disabilities



Child Welfare



Substance Use



Neurodiversity



Although prevalent, FASD remains under diagnosed due to:

- social stigma
- complexity of diagnosis
- reliance on facial features
- overlap with many diagnoses, such as ADHD, NAS, NOWS and Autism
- generalized lack of diagnostic capacity

**Join the conversation, we saved you a seat.**

FASD affects an estimated **1 in 20** school-aged children. According to the National Institutes of Health (NIH), prenatal alcohol exposure is a leading cause of birth defects in the United States.

(Greenmayer, 2024)

### Common experiences throughout the lifespan can include:

- Infancy: Birth defects (structural changes present at birth that can affect almost any part or parts of the body), feeding issues, and may be diagnosed as "failure to thrive."
- Childhood: School challenges, developmental delays, behavior issues
- Adolescence: Behavior issues, mental health struggles
- Adulthood: Employment, housing, legal issues

(Centers for Disease Control and Prevention. n.d)

## Diagnoses under the FASD umbrella include:

- Fetal alcohol syndrome (FAS)
- Partial fetal alcohol syndrome (pFAS)
- Neurobehavioral disorders associated with prenatal alcohol exposure (ND-PAE)
- Alcohol-related neurodevelopmental disorders (ARND)
- Alcohol-related birth defects (ARBD)
- Static Encephalopathy/Alcohol Exposed (SE/AE)



## Who Does FASD affect?

Any individual may face the possibility of their child developing FASD if they consume alcohol during pregnancy. This includes people with substance use disorders (SUDs) and those who drank prior to recognition of pregnancy. Yet, FASD affects us all. Systems, providers, families, and individuals can benefit from access to accurate, FASD-informed information to promote healthy pre- and post-natal outcomes for everyone.

**FASDs are lifelong and affect people uniquely throughout their lifespan.**

## Social Determinants of Health Related to FASD:

- Access to/quality of healthcare & education
- Access to nutritious foods
- Social and community context
- Economic stability
- Neighborhood & built environment

## FASD-Informed Systems

People with FASD can thrive and succeed when systems are FASD-informed and FASD is given their seat at the table.

Recognition and accommodation of people with FASD and PAE is crucial. Modifications and shifts in practices and policies will support the complex needs of people with FASD. Key systems include:

- Neurodiversity
- Child Welfare
- Education
- Justice
- Public Health

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