

- According to the Centers for Disease Control and Prevention (CDC), 1 in 8 pregnant women drink alcohol .
- Drinking during pregnancy can cause permanent harm to the developing baby.
- Fetal alcohol spectrum disorders (FASD) is an umbrella term used to describe the range of lifelong physical, cognitive, and behavioral effects that can occur due to alcohol use during pregnancy. Fetal alcohol syndrome (FAS) is one specific conditions that can occur.
- FAS is a leading, preventable cause of birth defects in the U.S. If a woman does not drink alcohol during her pregnancy, her child will not be born with an FASD.

Sample FASD Awareness Activities

Proclamation: Each year dignitaries across the U.S. and internationally issue proclamations declaring September 9th FASD Awareness Day.

Minute of Reflection: On September 9th many groups observe a moment of reflection at 9:09 to serve as a reminder of the importance of not drinking alcohol during the nine months of pregnancy.

Bell Concordance: Some communities ring a bell (e.g. carillon, school/church bells) as a symbol of warning and/or of importance for Awareness Day.

FASD Knot: In 1999 a group of FASD advocates developed the “FAS Knot” in remembrance of Abel Doris (1968–1991); an individual with FAS whose life was portrayed in his father’s book “The Broken Cord”.

2010 FASD Awareness Day

September 9, 2010 is International FASD Awareness Day. The Great Lakes FASD Regional Training Center (GLFRTC) encourages you to join an international group of professionals, families, advocates, and others who are interested in preventing fetal alcohol spectrum disorders (FASD) and promoting understanding about the life-long impact of prenatal alcohol use on individuals, families, and communities. In part, ‘Awareness Day’ promotes nine healthy months of pregnancy—and each year is celebrated on the ninth day of the ninth month of the year.

There is no safe time, no safe kind, and no known safe amount of alcohol to drink during pregnancy.

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