

Fetal Alcohol Spectrum Disorder (FASD)

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What are FASDs?

- A set of physical, behavioral and cognitive disorders seen in individuals exposed to alcohol prenatally.
- Lifetime disability with brain injury that never goes away.
- Broad range (spectrum) of characteristics that vary from person-to-person.

Fetal Alcohol Spectrum Disorders

Fetal Alcohol Syndrome
Alcohol Related Neurodevelopmental Disorder
Partial Fetal Alcohol Syndrome
Alcohol Related Birth Defect
Neurodevelopmental Disorder-Prenatal Alcohol Exposure

FAS

ARND

PFAS

ARBD

ND-PAE

Mac Thanks you for learning about FASD

To learn More about FASD
www.nofas.org



Fetal Alcohol Spectrum Disorders (FASD),
an umbrella term intended to encompass
all individuals along a broad continuum of
clinical deficits related to
prenatal alcohol exposure.

[Parenting Complex Children.Blogspot.com](http://ParentingComplexChildren.Blogspot.com)

What Are the Symptoms of Fetal Alcohol Spectrum Disorders?

- Learning and memory
- Understanding and following directions
- Switching attention between task
- Controlling emotions and impulsivity
- Communicating and developing social skills
- Experiencing depression and anxiety
- Performing daily life skills, including feeding, bathing, counting money, telling time , and minding personal safety

Statistics

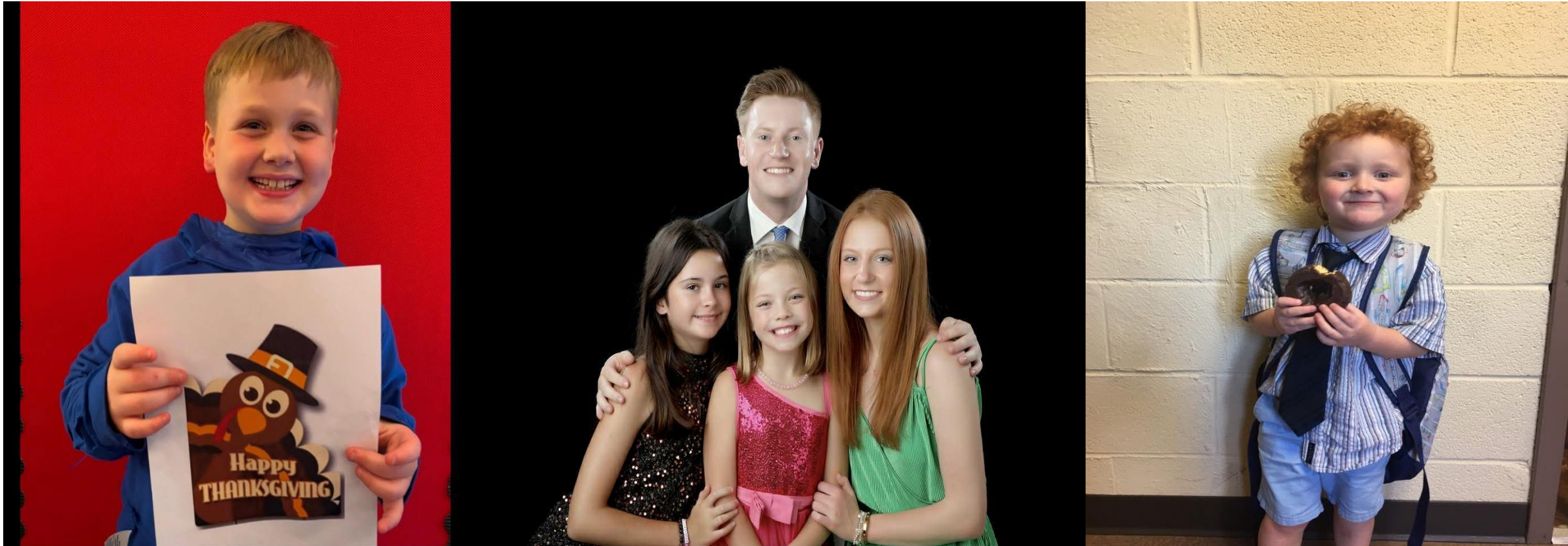
- 1 in 20 school-aged children in the United States may have FASD with higher rates may be found in certain populations, such as those with high levels of alcohol consumptions and those living in poverty
- 428 possible comorbid conditions
- 90% of people with FASD diagnosis experience mental health challenges

How Common Is Alcohol Use During Pregnancy in the United States?

- About 1 in 10 (9.8%) pregnant women report *current alcohol use*.
- About 1 in 22 (4.5%) pregnant women report *binge drinking*.
- Alcohol use is highest among women who are in the *first trimester of pregnancy*, with about 1 in 5 (19.6%) reporting current alcohol use and 1 in 10 (10.5%) reporting binge drinking.
- About 40% of pregnant women who report current drinking also report current use of *one or more other substances*—most commonly tobacco and marijuana.

A study¹⁷ that analyzed 2015–2018 data from the [National Survey on Drug Use and Health](#) reports that:

Faces of FASD



FASD Respect Act (Federal Legislation)

- **Continue, establish, or improve** programs and services for FASD education, intervention, prevention, and support delivery.
- **Provide funding** to State and Tribal Systems for FASD Services throughout the lifespan.
- Include a **definition of FASD-informed** in Federal code.
- **Strengthen nationwide, state and tribal capacity** to identify, treat, and support individuals with FASD and their families.

How Are Alcohol-Free Pregnancies Supported in Kentucky?



The state requires a warning sign for alcohol sales.

Warning signs about the risks associated with prenatal alcohol exposure are required for alcohol sales.

Ky. Rev. Stat. Ann. § 243.895



13% of people binge drink.

Binge drinking is especially risky, whether or not someone is pregnant. Reducing alcohol use can improve health outcomes.



47% of pregnancies are unintended.

Prenatal alcohol exposure can happen before pregnancy is confirmed. When pregnancy is unintended, this may take at least 4–6 weeks, and many people continue drinking during this time.



13.5% of pregnancies in the United States are exposed to alcohol.

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.

Sources:

- May, PA, Chambers, CD, Kalberg, WO, Zellner, J, Feldman, H, Buckley, D, et al. (2018). Prevalence of fetal alcohol spectrum disorders in 4 US communities. *JAMA*. 319(5):474–82.
- Gosdin UK, Deputy NP, Kim SY, Dang EP, Denny CH. Alcohol Consumption and Binge Drinking During Pregnancy Among Adults Aged 18–49 Years — United States, 2018–2020. *MMWR Morb Mortal Wkly Rep* 2022;71:10–13.
- Alcohol Policy Information System. (2023) Warning Signs: Drinking During Pregnancy. <https://alcoholpolicy.niaaa.nih.gov/apis-policy-topics/warning-signs-drinking-during-pregnancy/24>
- Centers for Disease Control. (2024). BRFSS Prevalence & Trends Data. <https://www.cdc.gov/brfss/brfssprevalence/>
- Guttman Institute. (2016). State Facts About Unintended Pregnancy: Kentucky. https://www.guttman.org/sites/default/files/factsheet/ky_17.pdf

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Local Resource on FASD:



How is **FASD** Recognized in the State of **Kentucky**?

FASD stands for fetal alcohol spectrum disorders, a range of disabilities caused by prenatal alcohol exposure (PAE). As many as 1 in 20 children in the United States have an FASD. To learn more, visit FASDUnited.org



FASD is not recognized by the State Department of Health.

Information about FASD is not available on the Kentucky Department for Public Health website.



The state does not include FASD in its definition of Developmental Disability.



People with FASD may qualify for waiver services through the State.

Although FASD is not a named condition, a person with FASD may still qualify. There is no IQ cutoff for waiver services, and individuals have to be diagnosed prior to age 22.



FASD is not recognized by name in the state for Special Education services.

FASD is not specifically listed as a condition to qualify for Special Education.



The state tracks rates of alcohol-exposed pregnancies.

Questions about prenatal alcohol use are asked in the state's PRAMS survey.

What can we do in Kentucky?

- Change laws and regulations to recognize FASDs as a disability
- Provide services for individuals with FASDs
- Increase individuals who can diagnose FASDs
- Begin funding research on FASDs
- Mandate FASD Education for:
 - Medical staff and professionals
 - Individuals of childbearing years
 - Teachers
 - Childcare Providers
 - Judicial system
 - Law enforcement
 - DCBS

FASDs is 100% preventable!!



Resources

[About Fetal Alcohol Spectrum Disorders \(FASDs\) | Fetal Alcohol Spectrum Disorders \(FASDs\) | CDC](#)

[FASD Legislation in the 119th Congress – FASD United Policy And Training Center](#)

[FASD, Mental Health, and Comorbidities](#)

[FASD United -Fetal Alcohol Spectrum Disorders](#)

[Understanding Fetal Alcohol Spectrum Disorders | National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)