



Protecting Our Future, Preventing FASD

Imagine a world where all babies are born healthy. Now imagine what the world could be for those children who suffer from mental retardation and developmental disabilities if their disabilities were preventable.

There is one birth defect that is 100 percent preventable – Fetal Alcohol Spectrum Disorders.

Fetal Alcohol Spectrum Disorders (FASD) describes the range of effects that can occur in a baby whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. Because of these varying effects, FASD is difficult to diagnose.

Each year, as many as 40,000 babies are born with FASD, costing the nation about \$4 billion (Source: FASD Center for Excellence). There is no safe time and there is no safe amount to drink during pregnancy.

Although the various effects of FASD are permanent conditions – it is a disease – specific symptoms may be treatable or manageable. People with FASD can grow, improve and function in life with proper support.

Ohio's state agencies and providers are working together to prevent FASD, properly diagnose it, and intervene to support those individuals who have it. They formed an FASD Steering Committee, whose goals are to:

- ◆ Increase the availability of services for those already affected by FASD and for parents and other caregivers;
- ◆ Increase awareness regarding the risks associated with alcohol use during pregnancy;
- ◆ Provide FASD-specific education and training for agencies, organizations and professionals who provide services to children and families with or at risk of FASD;
- ◆ Adopt appropriate FASD screening tools and protocols and increase access to screening;
- ◆ Create and implement a data tracking system to track FASD risk factors, prevalence, and incidence in Ohio, and measure progress toward reaching the other four goals.

Help Ohio's agencies protect our future and prevent FASD. Please tell all the women of child-bearing age that you know not to drink alcohol during pregnancy or nursing. Make sure they know not a single drop! For more information on FASD, visit www.notasingledrop.org or call 800-788-7254.

**Ohio's FASD
Initiative**

800-788-7254
www.notasingledrop.org