



Approved Resources on Fetal Alcohol Spectrum Disorders for Providers

The members of the National Association of FASD State Coordinators (NAFSC), professionals who support and coordinate statewide activities related to the prevention of fetal alcohol spectrum disorders (FASD), are reaching out to providers to partner in the prevention of FASD. (FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy.) Some important things to keep in mind about drinking and pregnancy:

- Maternal alcohol use is the leading known cause of mental retardation.
- Children exposed to alcohol in utero are at risk for growth deficiencies, central nervous impairment, behavioral disorders, and impaired intellectual development.
- Consuming alcohol during pregnancy also increases the risk of miscarriage, low birth weight, SIDS, and stillbirth.
- There is no known safe amount of alcohol during pregnancy.

We encourage providers to:

- Share information about the effects of drinking during pregnancy with their patients
- Share that no amount of alcohol is safe to drink during pregnancy
- Provide appropriate referrals for those patients who may find it difficult to stop drinking

NAFSC members recommend information from the following agencies/organizations and some specific up-to-date, concise resources to share with patients. We thank you for your assistance in preventing this preventable birth defect.

American Congress of Obstetricians and Gynecologists (ACOG)

- This ACOG link includes patient handouts related to drinking and reproductive health: http://www.acog.org/from_home/misc/dept_pubs.cfm

American Medical Association (AMA)

- The motivational interview can be used to discuss alcohol use with pregnant or pre-conceptual women. AMA has a short video on the motivational interview principles and process: <http://www.bigshouldersdubs.com/clients/AMA/22-AMA-Motivating.htm>

American Society of Addiction Medicine (ASAM)

- ASAM is dedicated to educating physicians and improving the treatment of individuals suffering from alcoholism and other addictions: www.asam.org

Canadian Resources

- Guidelines for identifying fetal alcohol spectrum disorder in primary care: <http://www.cmaj.ca/cgi/reprint/172/5/628>
- An article on FASD prevention approaches among Canadian physicians by proportion of Native/Aboriginal patients: <http://www.springerlink.com/content/g7h252jw6165733q/>

Centers for Disease Control and Prevention (CDC)

- This site includes information specific to healthcare providers and links to free educational materials. Users can sign up to receive updates:
<http://www.cdc.gov/ncbddd/fasd/partners.html>

National Association of Community Health Centers, Inc. (NACHC)

- NACHC provides research, training, and advocacy for more than 1,000 community health centers: www.nachc.org

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

- NIAAA publication *Drinking and Your Pregnancy*. It uses plain language and includes questions and answers as well as other resources:
http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy_HTML/pregnancy.htm

Substance Abuse and Mental Health Services Administration (SAMHSA) FASD Center for Excellence

- Information on FASD (prevention and identification):
http://www.fasdcenter.samhsa.gov/documents/WYNK_Effects_Women.pdf
- Two-sided bi-fold brochure *How to have a healthy baby: Be an alcohol-free mother-to-be* appropriate for Ob/Gyn offices:
http://fasdcenter.samhsa.gov/documents/HTB.01.04_We.pdf

Grassroots Information and Advocacy Site

- *How Much Alcohol Can a Woman Safely Drink During Pregnancy?* A compilation of resources on drinking and pregnancy from public health agencies, research institutes, and universities. <http://come-over.to/FAS/ZeroAlcohol.htm>

Online Videos and Presentations

PSAs and awareness videos or other presentations appropriate for physicians:

- Hidden Faces of FASD: <http://fasday.com/FASSN/>
- National Organization on Fetal Alcohol Syndrome (NOFAS) PSA: <http://www.youtube.com/watch?v=fkNg-mULHP4>
- NOFAS PSA for youth: <http://www.youtube.com/watch?v=zIHuCT-gbWE>
- NINEZERO Voices: <http://www.youtube.com/watch?v=eOr2eXqyalg>
- On prevention: <http://www.youtube.com/babybornfree>
- About living with FASD: <http://www.youtube.com/trilevelman>
- Online FASD presentations: <http://come-over.to/FAS/onlinepresentations.htm>