

# FASD in Minnesota

## About FASD:

Drinking alcohol during pregnancy can cause fetal alcohol spectrum disorders (FASD). FASD refers to a range of birth defects including brain injury and physical, behavioral and intellectual disabilities.<sup>1,2</sup> There is no cure for FASD.

## FASD is 100% preventable with the right information and support.<sup>3</sup>

FASD can be prevented by not drinking any alcohol during pregnancy.<sup>4</sup> There is no known safe amount or type of alcohol during pregnancy.

## This message is shared by all major health groups:

- Centers for Disease Control (CDC) <sup>5</sup>
- American Academy of Pediatrics <sup>6</sup>
- American College of Obstetricians and Gynecologists (ACOG) <sup>7</sup>
- U.S. Surgeon General <sup>8</sup>

## FASD by the numbers:

- In Minnesota, 12% of pregnancies are exposed to alcohol.<sup>9</sup>
- This means that about 8,200 babies are born with alcohol exposure each year.<sup>10</sup>
- As many as 1 in 20 children in the United States has an FASD.<sup>11</sup>
- FASD costs more than \$23,000 per person per year.<sup>12</sup>
- Minnesota has one of the highest binge drinking rates in the United States.<sup>13</sup>
- 1 in 5 Minnesotans binge drink.<sup>14</sup>
- 60% of women in Minnesota drank alcohol in the past 30 days.<sup>15</sup>
- In Minnesota, 40% of pregnancies are unplanned.<sup>16</sup>
- Most people do not find out they are pregnant until at least 4 weeks into the pregnancy. They may drink alcohol during that time without knowing they are pregnant. This exposure to alcohol can affect how the fetus develops.
- About 70% of women in Minnesota did not talk with a doctor about how prepare for a healthy pregnancy.<sup>17</sup>
- In Minnesota, 1 in 5 women did not hear correct information from their doctors about alcohol use during pregnancy. Some were told they could drink small amounts. Others were not given any information at all about drinking during pregnancy.<sup>18</sup>

## Everyone plays a role in preventing FASD:

- If you can become pregnant, talk with your care provider about preventing an alcohol exposed pregnancy.
- If you are a health care provider, take every opportunity to have conversations with patients about alcohol use before and during pregnancy.
- Become an advocate for change as it relates to alcohol policies in your community and state.
- Learn more about FASD and how you can support those impacted by this disorder at [proofalliance.org](https://proofalliance.org).

## Sources:

1. Subramoney S, Eastman E, Adams C, Stein DJ, Donald KA. The early developmental outcomes of prenatal alcohol exposure: A review. *Frontiers in Neurology*. 2018;9.
2. Lebel C, Roussotte F, Sowell ER. Imaging the impact of prenatal alcohol exposure on the structure of the developing human brain. *Neuropsychol Rev*. 2011;21:102-118.
3. Hubberstey C, Rutman D, Hume S, Van Bibber M, Poole N. Toward an Evaluation Framework for Community- Based FASD Prevention Programs. *Canadian Journal of Program Evaluation*. 2015;30(1):79-89.
4. Roozen S, Peters G-JY, Kok G, et al. Systematic literature review on which maternal alcohol behaviours are related to fetal alcohol spectrum disorders (FASD). *BMJ Open*. 2018;8:e022578.
5. Centers for Disease Control and Prevention. Fetal Alcohol Spectrum Disorders (FASDs). <https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>
6. American Academy of Pediatrics. AAP Says No Amount of Alcohol Should Be Considered Safe During Pregnancy. <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Says-No-Amount-of-Alcohol-Should-be-Considered-Safe-During-Pregnancy.aspx>
7. American College of Obstetricians and Gynecologists (ACOG). Fetal alcohol spectrum disorders (FASD) prevention program. <https://www.acog.org/About-ACOG/ACOG-Departments/Tobacco--Alcohol--and-Substance-Abuse/Fetal-Alcohol-Spectrum-Disorders-Prevention-Program>
8. Centers for Disease Control and Prevention. Notice to Readers: Surgeon General's Advisory on Alcohol Use in Pregnancy. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm5409a6.htm>
9. Minnesota Department of Health. Alcohol and other drugs: Quick facts. <https://www.health.state.mn.us/communities/alcohol/data/quickfacts.html>
10. 2017 Annual MN Births, Minnesota State Demographic Center X percentage of pregnancies exposed to alcohol in Minnesota. (68,703 births\*12%)
11. May et al. Prevalence of Fetal Alcohol Spectrum Disorders in 4 US Communities. *JAMA*. 2018;319(5):474-482.
12. Greenmyer JR et al. A multicountry updated assessment of the economic impact of fetal alcohol spectrum disorder: Costs for children and adults. *Journal of Addiction Medicine*. 2018;12(6):466-473.
13. Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System (BRFSS), 2018.
14. Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System (BRFSS), 2018.
15. Minnesota Department of Human Services, Alcohol and Drug Abuse Division. Substance abuse in Minnesota: A state epidemiological profile. 2018.
16. Guttmacher Institute. State facts about unintended pregnancy: Minnesota. [https://www.guttmacher.org/sites/default/files/factsheet/mn\\_17.pdf](https://www.guttmacher.org/sites/default/files/factsheet/mn_17.pdf)
17. Minnesota Pregnancy Risk Assessment Monitoring System (PRAMS), 2012-2015.
18. Wilder Research. Alcohol Use and Pregnancy: The Beliefs and Behaviors of Minnesota Women. 2013.