

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.^{1,2} There is no cure for FASD.

FASD is 100% preventable with the right information and support.³

FASD can be prevented by not drinking any alcohol during pregnancy.⁴ 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) ⁵
- American Academy of Pediatrics ⁶
- American College of Obstetricians and Gynecologists (ACOG) ⁷
- U.S. Surgeon General ⁸

FASD by the numbers:

- In Minnesota, 13% of pregnancies are exposed to alcohol.⁹
- This means that about 8,755 babies are born with alcohol exposure each year.¹⁰
- As many as 1 in 20 children in the United States has an FASD.¹¹
- FASD costs more than \$23,000 per person per year.¹²
- Minnesota has one of the highest binge drinking rates in the United States.¹³
- 1 in 5 Minnesotans binge drink.¹⁴
- 60% of women in Minnesota drank alcohol in the past 30 days.¹⁵
- In Minnesota, 40% of pregnancies are unplanned.¹⁶
- 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.¹⁷
- 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.¹⁸

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.

Sources:

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