On September 9, 1999, the first International Fetal Alcohol Spectrum Disorders (FASD) Awareness Day was observed. The date 9/9 was chosen to serve as a reminder that all forms of FASD are completely preventable if a woman does not consume alcohol during the nine months of pregnancy.

Yet, alcohol-exposed pregnancies continue to be a leading cause of birth defects and intellectual disabilities in the United States, and individuals with an FASD are often unrecognized or misdiagnosed, even as adults.

Promote Public Awareness of FASD.

International FASD Awareness Day 2014 provides a perfect opportunity to spread important messages:

✓ FASD is 100 percent preventable.
✓ Women who are or may become pregnant should be supported in avoiding alcohol.
✓ Services are available to individuals and families affected by these disorders.

We encourage you to share this flyer in hard copy, online, or via e-mail:

✓ Share with your primary care doctor or behavioral health provider.
✓ Share with a friend who is—or is trying to become—pregnant.
✓ If you are a provider, share with your clients of childbearing age.
✓ Post the flyer online to an organizational website or forum.
✓ Use social media to reach new audiences.

Be Creative. Lend Your Voice.

The past 15 years of FASD awareness efforts have affected countless lives, but there are countless more where we can still make a difference. For more information, call 1-866-STOPFAS (786-7327) or go to http://www.fasdcenter.samhsa.gov.

Spread the word. #FASDay