



Fetal Alcohol Spectrum Disorders (FASD) in Minnesota



- Approximately 57% of women of childbearing age in Minnesota are “current drinkers” (drank alcohol in the last 30 days) and of these, about 19% of women of childbearing age in Minnesota binge-drink (more than three drinks in one sitting, at a single point in time). (CDC)
- Up to 50% of women who become pregnant will not realize they are pregnant until after their 6th week of pregnancy. Unplanned pregnancy is a contributing factor to FASD because mothers who drink alcohol on a regular basis may not be aware they are pregnant until birth defects have already occurred. (MDH)
- The number of women who drink alcohol while pregnant is not decreasing. According to a 15 year study by the CDC, approximately 1 in 8 women drank any amount of alcohol while pregnant.
- In Minnesota, about 12% of pregnant women consume five or more drinks per month, and 6% of pregnant women binge-drink. (MDH)
These women are most likely:
 - Single
 - College educated
 - Employed
 - Middle to upper income
- Alcohol use is much more prevalent in pregnancy than use of other substances; of the pregnant women who use substances, 80% use alcohol during pregnancy, while only about 8% to 23% use illicit drugs, and 33% or less smoke during pregnancy. (Jr. of Reproductive Medicine)
- According to a mid-1990 study, one-third of women say their health care providers did not mention alcohol at all during their pregnancies, about one-fifth were advised to drink lightly or in moderation and about one-third were advised not to drink at all. (Wilder Foundation)
- Women who are told by their health care providers not to drink at all during pregnancy are most likely to abstain or reduce their consumption of alcohol. Those women who are told to drink lightly or in moderation are least likely to abstain or reduce their consumption of alcohol while pregnant.

FASD Impacts Us All

FASD is common.

Each year, as many as 8,500 babies are born in Minnesota with prenatal alcohol exposure.

Nationally, FASD affects one out of every 100 live births. That's more than Autism and Down Syndrome combined.

FASD is costly.

The cost of FASD to society is high. According to the CDC, the lifetime cost for one individual with FAS in 2002 was estimated to be \$2 million for medical, educational and residential care.

It is estimated to cost Minnesotans \$290,030 per day for FASD.

FASD is preventable.

Fetal Alcohol Spectrum Disorders (FASD) can only be caused by drinking alcohol during pregnancy.

There is no cure, but FASD is 100% preventable.

