



Memorandum

#14-102

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Lindsay Rodgers, Manager
Nutrition Services Section

DATE: September 2, 2014

SUBJECT: September 9, 2014 is Fetal Alcohol Spectrum Disorders (FASD) Awareness Day

September 9, 2014, is FASD Awareness Day. On this day we remind all women and men that there is no safe time, no safe amount, and no safe kind of alcohol consumption during pregnancy.

FASD is an umbrella term used to describe a range of permanent birth defects caused by maternal consumption of alcohol during pregnancy. What makes FASD different from other birth defects is that it is 100% preventable if a woman does not drink any alcohol during her entire pregnancy, even before she knows she is pregnant.

On September 9th, and all month long, please help raise awareness about FASD. Pass on the information to someone you care about who may be pregnant or planning to be. If a family thinks they may have a child with an FASD, they should consult their doctor. Remember, anytime is a good time to remind women who are, who may be, or who are trying to become pregnant, that they should not drink alcohol.

Listed below are a few ideas of how local agencies may observe FASD awareness in September and all year long:

- Offer the NE class, “Fact or Myth” (NR-000-17).
- Display FASD awareness materials on a bulletin board. Find more resources and printable handouts at:
 - <http://www.cdc.gov/ncbddd/fasd/freematerials.html>
 - <http://www.nofas.org/>
 - <http://fasdcenter.samhsa.gov/fasdawarenessday/FASDAwarenessDay.aspx>
 - <http://fasday.com/>
- Have pamphlets about FASD available for clients to take, such as “Drinking and Your Pregnancy” (13-06-13276) that is available from the WIC catalog.
- Include a booth about FASD at your next health fair or nutrition carnival.
- WIC staff can attend FASD online training. See the Texas WIC training schedule for more information.

If you have questions or require additional information, please contact Angela Gil, Nutrition Education Consultant, at 512-341-4590, or angela.gil@dshs.state.tx.us.