

**FOR INFORMATION AND HELP  
CALL:**

Healthy Mothers Healthy Babies  
Coalition of Hawaii Mothers Care  
Oahu - (808) 737-6661  
Neighbor Island Toll-Free  
1-888-951-6661  
Website: [www.hmhb-hawaii.org](http://www.hmhb-hawaii.org)

For children 0 -3 years of age  
Hawaii Department of Health,  
Hawaii Keiki Information Service System  
(H-KISS)  
Oahu – (808) 594-0066  
Neighbor Island Toll-Free  
1-800-235-5477

Kapiolani Medical Specialists  
Hawaii Community Genetics  
(808) 973-3403

**OTHER RESOURCES**

FASD Center for Excellence  
<http://www.fasdcenter.samhsa.gov/>

Western Regional Training Center  
for FASD  
<http://www.semel.ucla.edu/fas>

National Organization on Fetal Alcohol  
Syndrome (NOFAS)  
<http://www.nofas.org>

The Center for Disease Control and  
Prevention  
[www.cdc.gov/ncbddd/fas/](http://www.cdc.gov/ncbddd/fas/)

For information on FASD  
Hawaii Department of Health,  
Family Health Services Division  
(808) 733-9018



**NEIL ABERCROMBIE**  
GOVERNOR OF HAWAII

**LORETTA J. FUDDY, A.C.S.W., M.P.H.**  
DEPARTMENT OF HEALTH, DIRECTOR

The Hawaii Department of Health provides access to activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 at (808) 586-4616 (voice/tty) within 180 days of a problem.

Alcohol can hurt  
your baby at any  
time during your  
pregnancy



Be an **healthy** baby.  
**alcohol-free**  
mother-to-be

**FETAL ALCOHOL  
SPECTRUM  
DISORDER  
(FASD)**

## FACTS ABOUT FASD

FASD is 100 % preventable.

No amount or form of alcohol is safe to drink during pregnancy.

FASD is the most common preventable cause of mental retardation.

The effects of FASD can also include: defects of the heart, skeleton, kidney and liver, and hearing and vision.

The effects of FASD are lifelong.

Those affected by FASD often have problems at school and work, and with personal relationships.

Each year in the U.S. as many as 40,000 babies are born with FASD.

The cost of caring for one child with Fetal Alcohol Syndrome is \$1.4 million over the child's lifetime.

***“Of all the substances of abuse (including cocaine, heroin, and marijuana) alcohol produces, by far, the most serious neurobehavioral effects on the fetus.”***

**Institute of Medicine, 1996**

## WHAT IS FASD?

FASD stands for Fetal Alcohol Spectrum Disorders. FASD describes the range of effects that can occur in an individual whose mother drank alcohol during pregnancy.



Be an **healthy** baby.  
**alcohol-free** mother-to-be.

## WHAT CAN I DO?

Do not drink alcohol if you plan on becoming pregnant.

Stop drinking alcohol if you may be pregnant.

Do not drink alcohol at anytime during your pregnancy.

Tell others not to drink alcohol during their pregnancy.

## SIGNS AND SYMPTOMS OF FASD

### Infant

Small size at birth  
Small head size/microcephaly  
Poor growth or “failure to thrive”  
Feeding and sleep problems  
Delay development

### Toddler/Preschool

Small for age  
Small head size/microcephaly  
Short attention span/hyperactivity  
Speech delay  
Poor coordination

### Early School Years

Kindergarten delayed or repeated  
Learning problems  
Attention deficit disorder/hyperactivity  
Poor impulse control  
Memory problems  
Difficulty making or keeping friends

### Older Children and Teens

Learning problems  
Poor impulse control  
Poor peer relationships  
Difficulty recognizing “personal space” of others  
High risk for truancy/dropout

***If you drank alcohol during your pregnancy and you think your child has one or more of the symptoms listed – Talk with your pediatrician or other health care provider.***