

**FOR INFORMATION AND HELP
CALL:**

Healthy Mothers Healthy Babies
Coalition of Hawaii
www.hmhb-hawaii.org
Oahu - (808) 737-5805
845 22nd Avenue
Honolulu, HI 96816
Email: info@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 (Voice & TTY available)

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/

06/2014

For information on FASD
Hawaii Department of Health,
Family Health Services Division
<http://health.hawaii.gov>
(808) 733-9018



NEIL ABERCROMBIE
GOVERNOR OF HAWAII

LINDA ROSEN, M.D., 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



Have a **healthy** baby.
Be an **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.



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