

WHAT IS FASD?

Fetal Alcohol Spectrum Disorder



Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb.¹

1 in 25

FASD impacts approximately 4% of Canadians. That's more than autism, cerebral palsy, and Down syndrome combined.²



There is no known safe amount, type, or time to consume alcohol during pregnancy.

The safest option is not to drink alcohol while pregnant, breastfeeding, or trying to conceive.³



Most individuals with FASD show no obvious physical signs of impairment, often making it an “invisible” disability.⁴



Each person with FASD has both strengths and challenges and will need supports to help succeed in various aspects of their daily lives.⁵



Caregivers have been shown to experience higher levels of stress than most people: 92% had clinically elevated stress levels.⁶



Parents and caregivers are experts in their loved ones with FASD. They need support from peers, providers, and the community to reduce stigma and barriers to success.⁷

Early and accurate diagnosis helps families access intervention and support services, which can mitigate the development of adverse symptoms.⁸

Each of us has a role to play in creating a society that supports individuals with FASD and promotes healthy pregnancies. When we all take action, we build a more inclusive, informed, and supportive society.⁹

Canada needs a National FASD Framework that outlines a coordinated approach to addressing the complexities of FASD.¹⁰