

FASD NPN Communications Bulletin

A collection of content updates + tips

Issue 18 | February 2026



Quick Tip

Continue to use #FASDNPN in your social media posts!

This official NPN hashtag was created during a collaboration office hour in Y1 of our cooperative agreement. Using #FASDNPN on social media supports collaboration and amplifies our messages.

📌 The next Communications Bulletin will feature insights about how #FASDNPN has been used across the NPN in Y4. Will your project win the #FASDNPN gold, silver, or bronze medal? There is still plenty of time to get on the podium! 🏆 🥈 🥉

FASD NPN Resource Updates

Resources to recognize Alcohol Awareness Month and National Alcohol & Other Drug-Related Birth Defects Awareness Week

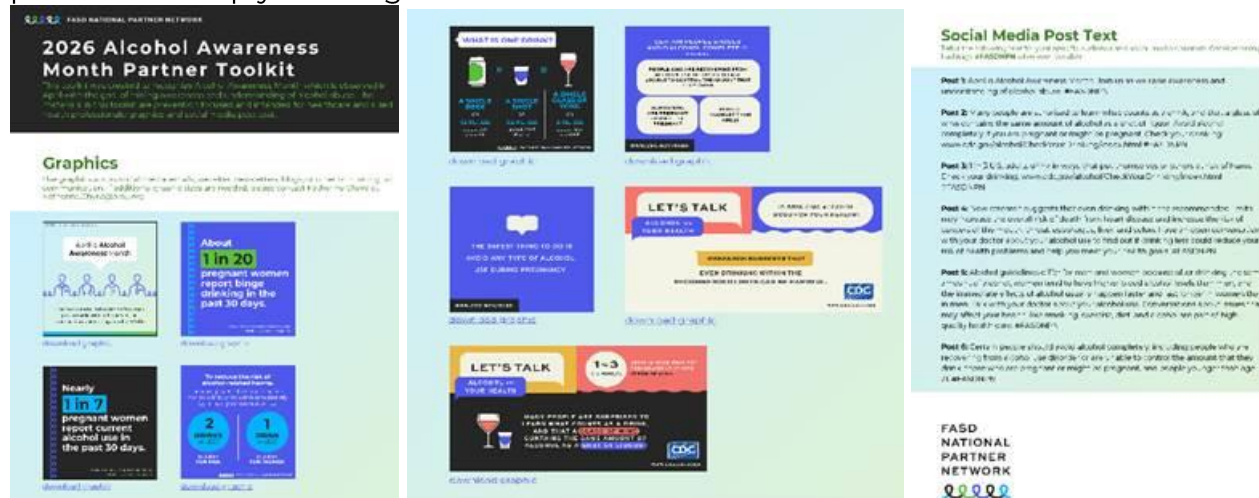
Alcohol Awareness Month



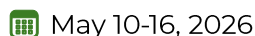
April

👉 raise awareness and understanding of alcohol abuse

The [2026 Alcohol Awareness Month Partner Toolkit](#) includes graphics and social media post text to help you recognize this awareness month.



National Alcohol & Other Drug-Related Birth Defects Awareness Week

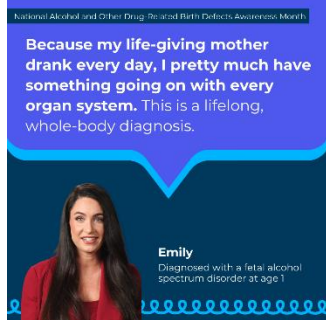


May 10-16, 2026

👉 highlight impacts of prenatal alcohol exposure on a fetus

The [FASDs Video Series Partner Promotion Toolkit](#) includes graphics and short video clips to help you recognize this awareness week!

[Download Graphic #1](#)



[Download Graphic #2](#)



[Download a Social Media Video Clip](#)

Jen talks about how prenatal alcohol exposure impacted her son.

Length: 1:17



NPN Content Stream

Between December 1, 2025, and January 31, 2026, the FASD NPN disseminated **305 social media posts** about prenatal alcohol and polysubstance exposure and FASDs reaching approximately **1,305,669 people**. A selection of posts is featured in this section.

RECOGNIZING AWARENESS DAYS + OBSERVANCES

Birth Defects Awareness Month was observed across the NPN

Check out highlights and explore posts:

- [FASD United](#) emphasized the importance of [early detection, intervention, and support](#) for babies born with a birth defect and shared [new birth defect estimates](#)
- [MSU](#) with [NACCHO](#) highlighted their [portfolio of resources](#) for local health departments to promote substance-free pregnancies and address FASDs
- [UAA](#) highlighted how [soon-to-be-moms](#) can increase their chances of having a healthy baby
- [UAA](#) with [AWHONN](#) shared that [not all birth defects](#) can be [prevented](#)
- [UAA](#) with [NPWH](#) highlighted [WHNP-BC's role](#) in preventing alcohol-exposed pregnancies; reminded that prevention starts with [trust, communication, and informed decision-making](#); promoted an [on-demand training session](#)
- University of Nevada, Reno/AAMA's [Medical Assistant Partnership for Healthy Pregnancies and Families \(MAP\)](#)



highlighted that alcohol use during pregnancy is a leading preventable cause of [birth defects](#) and [neurodevelopmental disabilities](#); amplified [encouragement and practical guidance](#) for parents and caregivers navigating life with FASDs; promoted [resources to help MA's implement SBI](#)

📣 Shout out to [AAMA](#) for sharing MAP's post

"January is #BirthDefects Awareness Month 💖 Join us as we raise awareness about fetal alcohol spectrum disorders (FASDs) and the importance of an alcohol-free pregnancy. **#FASDNPN**"



National Birth Defects Awareness Month

FASD
NATIONAL
PARTNER
NETWORK

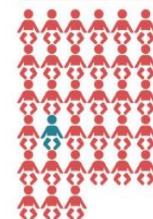
There is no known
safe amount, no safe
time, and no safe
type of alcohol use
during pregnancy.



**Birth Defects
Awareness Month**



Every 4.5 minutes,
a baby is born with a
birth defect in the
United States.



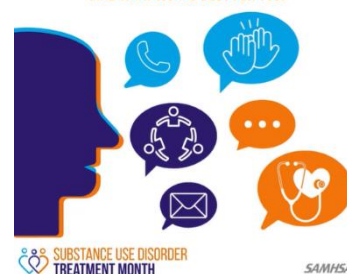
Birth defects affect
1 in every 33
babies born in the
United States
EACH year.

MAP recognized Substance Use Disorder Treatment Month

[X | Instagram](#)

"Recovery from substance use disorders is possible with the right tools! A safe, supportive environment; employment & legal support; stable housing; and reliable transportation can make all the difference. Ready to look for treatment? Visit <http://findtreatment.gov> **#FASDNPN**"

TALK TO A PROVIDER TO FIND TREATMENT
OPTIONS FOR SUBSTANCE USE DISORDERS.
FIND WHAT WORKS BEST FOR YOU.



SUBSTANCE USE DISORDER
TREATMENT MONTH

SAMHSA

FASD United recognized National Pediatrician Day

[X | Facebook](#)

"Today we celebrate National Pediatrician Day and the doctors who care for children with skill, compassion, and dedication. From routine checkups to complex care, pediatricians play a important role in helping kids grow, thrive, and feel safe. We are grateful for their commitment to families and communities every single day!"

**National Pediatrician
Day**
January 28th, 2026



FASD United and MAP with AAMA recognized Maternal Health Awareness Day

- FASD United

[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

"Today is Maternal Health Awareness Day 🍷 For the FASD community, maternal health includes providing compassionate, non-judgmental care and clear information on how to support a healthy pregnancy. By advocating for better maternal health outcomes, we are building a stronger foundation for current and future mothers."

- AAMA

[X](#) | [Instagram](#) | [Facebook](#)

"#MaternalHealthAwarenessDay highlights the vital role medical assistants play in supporting healthy pregnancies and strong families. Through education, compassion, and connection to trusted resources, medical assistants help ensure expecting parents receive quality, patient-centered care. We're proud to highlight AAMA partner Medical Assistant Partnership for Healthy Pregnancies and Families (MAP), who provides tools to support parents and help prevent fetal alcohol spectrum disorders."



FASD United recognized Dry January

[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

"This month is Dry January! Taking a break from alcohol, even for just a month, can improve sleep, boost energy, and help you meet your overall health goals. Every day of abstinence is a step toward a healthier life."

Dry January

January 2026



NPN PRODUCTS, EVENTS + SERVICES

FASD United shared updates about the International Conference on Adolescents and Adults with FASDs

- Registration is open
[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

- The program is live
[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

"... This year's program directly reflects feedback from clinicians, researchers, families, advocates, and people with FASD. The most requested topics are now front and center, making it easier than ever to build a schedule that fits your goals. Highlights include:

- ✓ Real-world perspectives from birth mothers
- ✓ Honest conversations about parenting choices
- ✓ Emerging research on FASD and autism
- ✓ Practical guidance for policy, practice, and advocacy
- 🗳️ Choose your pre-conference path!
- 💡 Reduced registration rates—up to \$100 off—are available through February 13.
- 🏠 Conference hotel rooms are available for \$239 + tax with flexible cancellation."



FASD United promoted their new resource: [The FASD Self-Advocate Guide](#)

[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

"Now available: the FASD Self-Advocate Guide, a free, strengths-based resource created for individuals with FASD, not just about them. This guide was thoughtfully reviewed by self-advocates with FASD to ensure accessibility, clarity, and respect."



FASD United highlighted their [Family Navigator Service](#)

[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

"Is it worth it to get a diagnosis?" "Can adults be diagnosed?" Our Family Navigators hear this every day & we're here to help. No matter your background or story support is just a call away."



MAP highlighted the impact of their [Walk & Talk products](#)

[X](#) | [Instagram](#)

"Medical assistants are often the first point of connection for patients—yet many feel underprepared to discuss substance use. MAP's Walk & Talks provide brief, practical tools to support confident, evidence-based conversations 📱🗣️"

📦 15K+ ordered | 🗺️ 42 states | 📊 88% return rate

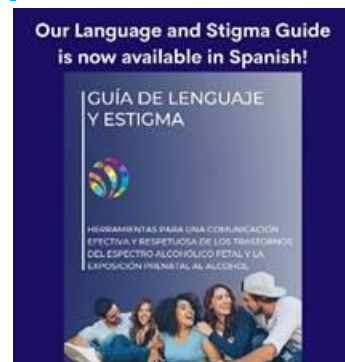
#PublicHealth #MedicalAssistants #FASDPrevention #MaternalHealth #FASDNPN



FASD United highlighted that their [Language and Stigma Guide](#) is now available in [Spanish](#)

[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

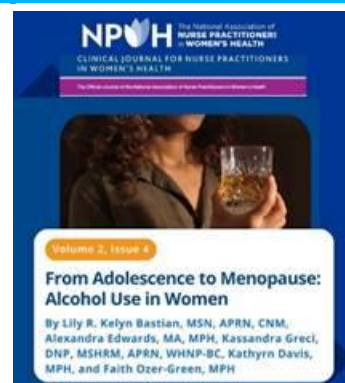
👉 Did you know? Our "Language and Stigma Guide" about #FASD is now available in Spanish! Use this essential tool to foster understanding, respect, & inclusion, and to combat stigma in your community."



UAA with NPWH released an article in the [Clinical Journal for Nurse Practitioners in Women's Health: \[From Adolescence to Menopause: Alcohol Use in Women\]\(#\)](#)

[Instagram](#) | [Facebook](#)

"Alcohol use among women is rising, shaped by shifting biological, psychological, and social factors at every life stage. Staying current on these patterns is essential to offering care that truly supports patients from adolescence through menopause. The article explores how alcohol use evolves across the lifespan and highlights evidence-based approaches to screening, education, and intervention that can strengthen clinical practice and improve outcomes."



EDUCATING + AWARENESS RAISING

FASD United shared FASD statistics

[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

"#FASDAwareness: In the United States, 1 in 7 pregnant adults in the U.S. have consumed alcohol in the past 30 days, which increases the risk of Fetal Alcohol Spectrum Disorders (#FASD). It's critical to raise awareness and provide support for those affected."



FASD United and MAP highlighted new research from the field

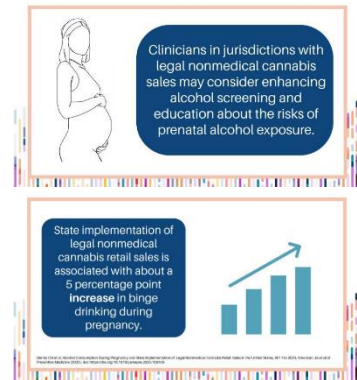
- Alcohol Consumption During Pregnancy and State Implementation of Legal Nonmedical Cannabis Retail Sales in the U.S., 2011–2023

[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

"New CDC-led research in the American Journal of Preventive Medicine highlights a concerning trend: states that implemented legal nonmedical cannabis retail sales saw higher rates of alcohol use and binge drinking during pregnancy.

- ☑ Alcohol use was 1.43x higher
- ☑ Binge drinking was 2.13x higher
- + Retail implementation was linked to a 4.96% increase in binge drinking during pregnancy.

As access to cannabis expands, it's important to raise awareness about how these shifts in substance use may affect pregnant individuals. Clinicians in these states may consider strengthening alcohol screening and education around the risks of prenatal alcohol exposure."



- Descriptive Exploration of Features Among Infants with Prenatal Fentanyl Exposure in a Multisite Cohort of Maternal-Infant Dyads Affected by Opioid Use Disorder

[X](#) | [Instagram](#)

"📺 New CDC-led research in the Journal of Addiction Medicine examines prenatal fentanyl exposure across 5,000+ maternal-infant dyads.

☑ Exposure increased >20x from 2014–2021—but proposed infant features were rare and shaped by multiple factors.

🗣️ The message: more science, less stigma. Pregnant people deserve evidence-based care—not assumptions.

#MaternalHealth #EndStigma #AddictionMedicine #FASD #FASDNPN"

MAP promoted CDC's Check Your Drinking tool

[X](#)

"🎉 Welcome to 2026! 🎉 Curious about your alcohol use? Take this quick, confidential assessment to better understand your drinking habits and how they may impact your health. #FASDNPN"



UAA shared holiday mocktail recipes

Instagram

"Struggling to give your patients advice on how to celebrate the holidays this season while remaining sober? Here are some fun mocktail recipes you can recommend or try yourself! If you give them a try, please share and tag us on Instagram!"



FASD United amplified living experiences of FASD

- Emily

[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

"We are excited to share Emily's story, the latest in our "Glimpses of FASD" series of short videos featuring individuals living with FASD sharing their own stories in their own words. Emily was diagnosed at age 2 and talks about her strengths, including creativity, and her challenges with navigating social interactions."

- Tandi

[X](#) | [Instagram](#) | [Facebook](#) | [Bluesky](#)

"Tandi is featured in our newest "Glimpses of #FASD" video, sharing her triumphs & what truly supports her life. Listen to those with living experience!"



The FASD NPN Communications Bulletin is created by ORAU.
Please send any questions, corrections, or suggestions to [Katherine Chyka](#).

Want something included in the next bi-monthly bulletin?

[Let us know](#). We'd love to hear from you!



FASD NATIONAL PARTNER NETWORK