

# FASD NPN Communications Bulletin

## A COLLECTION OF CONTENT UPDATES + TIPS

Issue 4 | October 2023



### NPN Content Stream

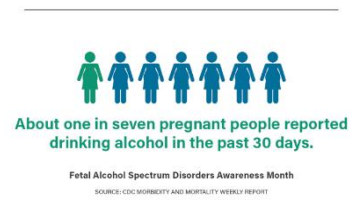
Between July 26 and September 30, the FASD NPN disseminated **380 social media posts** about prenatal alcohol and polysubstance use and FASDs reaching approximately **3,479,107 people**. A selection of posts is featured in this section.

### RECOGNIZING FASD AWARENESS MONTH

FASD Awareness Month was observed across the NPN

Check out highlights and explore original posts:

- [ACOG](#) explained [risks of alcohol use during pregnancy](#), like teratogenic effects, and highlighted [obgyns' role](#) in screening and intervention.
- [FASD United](#) shared things to...  
[LEARN](#): [caregiver advice](#), [contraceptive counseling needs](#), [referral and diagnosis options](#), [stigma's impact on treatment for alcohol use disorder](#)  
[BE](#): [an advocate](#), [a friend](#), [an ally](#), [a light](#), [a reason](#)  
[DO](#): utilize the [Family Navigator](#), [help spread the word](#)  
[SAY](#): [encouragement](#), [constructive feedback and guidance](#), [appreciation](#), [honor and respect](#)  
[SHARE](#): the FASD United [Affiliate Map](#)
- [MSU](#) with [NACCHO](#) explained [the meaning behind](#) September 9th as FASD Awareness Day.
- [ORAU](#) shared [research findings](#) to encourage healthcare professionals and patients to communicate about the risks of alcohol and pregnancy.
- [UAA](#) with [AWHONN](#) shared their [position statement](#) and [encouraged asking patients about their alcohol use](#).
- [UAA](#) with [NPWH](#) featured 'why stories' of FASD Champions - hear from [Marilyn Pierce Bulger](#), [Meagan Thompson](#), [Alyssa Lantieri](#), and [Maricelly Perez](#).



- UNR with [AAMA](#) encouraged [starting a dialogue](#) about alcohol use during the walk to the exam room.
- UNR/[MAP](#) (Medical Assistant Partnership for Healthy Pregnancies and Families) highlighted [things to avoid during pregnancy, stigma, the need for FASD informed systems](#), & [the value of voices of people living with an FASD](#).
- UTA with [NASW](#) highlighted the prevalence of [drinking alcohol during pregnancy](#) and [FASDs in school children](#)



## ☆NPN Social Media Collaboration Spotlight☆ NPN organizations contributed to #FASDChat2023

View a sampling of posts and like your favorites:

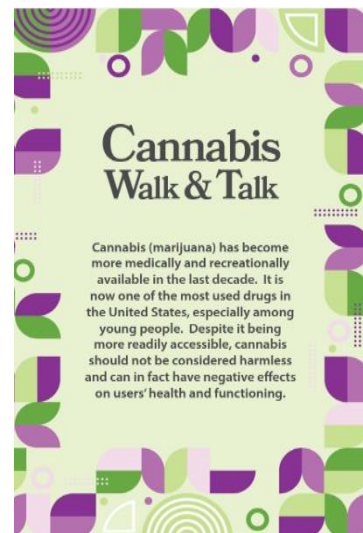
What are FASDs and how common are they?

- A group of conditions that can occur in a person who was exposed to alcohol before birth. ([MAP](#))
- Lifelong effects from FASDs can include problems with behavior and learning as well as physical problems. FASDs are preventable if a developing baby is not exposed to alcohol. ([CDC NCBDDD](#))
- The exact prevalence is unknown, but a @CDCgov study found that about 1 in 7 pregnant people reported alcohol use, and this was more common among people who experienced frequent mental distress and who didn't have a primary health care professional. ([ACOG](#))
- FASD can be a “hidden disability” that is often missed, misdiagnosed, or mistreated. Common misdiagnoses include ADHD and Autism Spectrum Disorder. ([FASD United](#))



What are the risks of alcohol use during pregnancy?

- During pregnancy, alcohol can pass from the pregnant person to the fetus & affect its development. It's impossible to know which babies will be affected. ([CDC NCBDDD](#))
- A twin study, published in Advances in Pediatric Research, found that the same amount of prenatal alcohol exposure can result in different outcomes. There's currently no way to predict vulnerability, and there's no safe amount of alcohol use during pregnancy. ([ACOG](#))



What have we learned in the past 50 years since FASD was first identified in the U.S.?

- HCPs: Alcohol SBI works to reduce excessive alcohol use and is recommended for all adults in primary care, incl. patients who are pregnant. ([CDC NCBDDD](#))
- Each person living with FASD is unique. Strengths-based research highlights how individuals with FASD shine and supports they may require. ([FASD United](#))

How can we support individuals and families living with FASD?

- Early identification, support, and evidence-based interventions can improve outcomes across the lifespan of individuals with FASD. ([FASD United](#))

Access [resources](#), learn more about our FASD Prevention Program, and look up current FASD and alcohol-related resources specific to your location. ([ACOG](#))



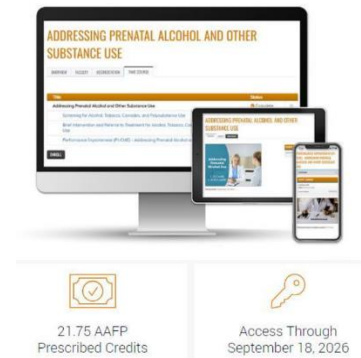
## NPN PRODUCTS AND TRAININGS

\*live training or event has already occurred

MAP highlighted AAFP's CME activity

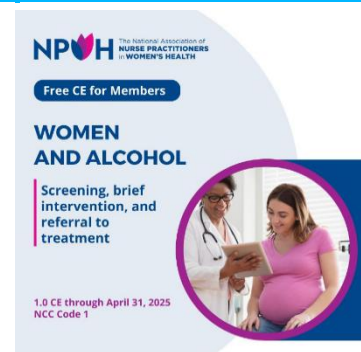
Share this post: [X \(Twitter\)](#) | [Instagram story](#)

"The CDC & @AAFP have partnered to publish an [online CME activity](#) to support family physicians & their team members in enhancing screening, brief intervention, & referral to treatment for prenatal alcohol & other substance use for improved patient outcomes."



UAA/NPWH highlighted their online course: Women and Alcohol – screening, brief intervention, and referral to treatment

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MSU/NACCHO hosted a webinar for local health departments: Promoting Substance-Free Pregnancies\* (available to watch on-demand)

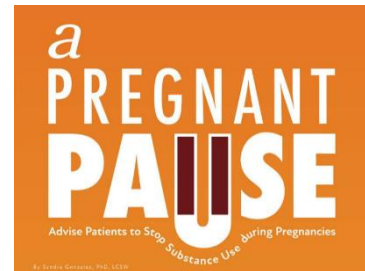


Share this post: [X \(Twitter\)](#) | [Facebook](#)

MAP highlighted an article in CMA Today magazine: A Pregnant Pause

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"A Pregnant Pause," by Sandra Gonzalez, Ph.D., LCSW. This article highlights the importance of advising patients to abstain from alcohol and other substances during pregnancy! Dr. Gonzalez helps to educate, empower, and encourage medical providers to understand the risk that alcohol poses to a developing fetus in order to provide accurate, non-stigmatizing information to all patients. Get your copy of CMA Today to read it! ... #FASDNPN"



AAFP promoted their Alcohol Use Practice Manual

Share this post: [X \(Twitter\)](#) | [Facebook](#)

"Between 2018 and 2020, 13.5% of pregnant adults reported current drinking, despite the risk of miscarriage, stillbirth and fetal alcohol spectrum disorders. To help address patients' alcohol use, we recently updated our alcohol use practice guide. #FASDNPN"



aaafp.org  
AAFP Updates Alcohol Use Practice Manual  
An updated practice manual that helps family physicians address patients' use of alcohol and other substances, including during pregnancy, stands as the ...

MAP offered a CE training: A Circle of Recovery for Creating Mother's with the Lived Experience of using Alcohol or other Substances while Pregnant\*

Like AAMA's post: [X \(Twitter\)](#) | [Facebook](#) | [Instagram](#)

Like MAP's post: [X \(Twitter\)](#) | [Instagram](#)



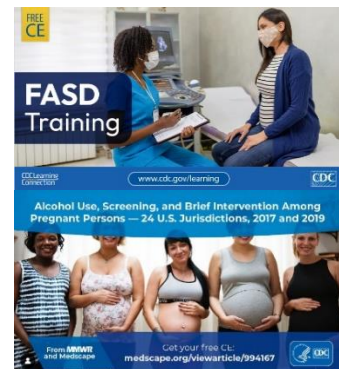
NPN organizations shared CDC trainings

NACCHO promoted FASD Primer for Healthcare Professionals

Share this post: [X \(Twitter\)](#) | [Facebook](#) | [Instagram](#) story

MAP promoted Alcohol Use, Screening, and Brief Intervention Among Pregnant Persons —24 U.S. Jurisdictions, 2017 and 2019

Share this post: [X \(Twitter\)](#) | [Instagram](#) story



[FASD United's Notes from the Navigator Newsletter](#) provided educational support and tips

Includes a [customizable form](#) to introduce a student with an FASD to their teacher

Like this post: [X \(Twitter\)](#) | [Facebook](#) | [Instagram](#)



## EDUCATING AND AWARENESS RAISING

NPN organizations shared CDC's [new report](#): Polysubstance Use in Pregnancy: Surveillance, Interventions, and Next Steps

Share [MAP's](#) post: [X \(Twitter\)](#) | [Instagram story](#)

Share [FASD United's](#) post: [Facebook](#) | [Instagram story](#)



[FASD United](#) responded to incorrect information about FASD in a recent [TIME](#) article

Like this post: [X \(Twitter\)](#) | [Facebook](#) | [Instagram](#)

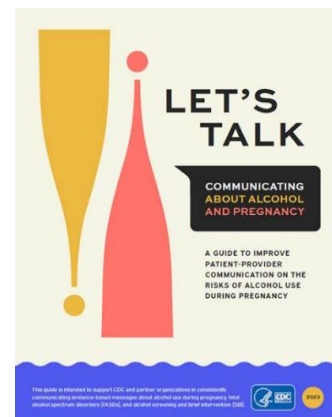
"TIME magazine released an article about prohibition with incorrect information about FASD due to outdated language of 'FAS.' To see how we responded read our [blog post](#)."



## PROMOTING LET'S TALK MATERIALS

[MSU/NACCHO](#) promoted [Communicating About Alcohol and Pregnancy: A Guide to Improve Patient-Provider Communication on the Risks of Alcohol Use During Pregnancy](#)

Share this post: [X \(Twitter\)](#) | [Facebook](#)



## [ORAU](#) shared a [Graphic Set](#) about the risks of drinking alcohol while pregnant

Like this post: [Facebook](#) | [Instagram](#)

"FASDs are a group of conditions that can occur in a person exposed to alcohol before birth. FASDs can cause lifelong behavioral, intellectual, and physical disabilities. Help ORAU and CDC spread the word: FASDs are completely preventable if a developing baby is not exposed to alcohol before birth. Find [more information](#) on #FASD and alcohol use during pregnancy #FASDNPNN"



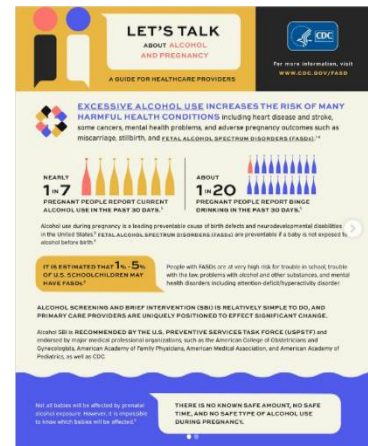
## [MAP](#) promoted two [Let's Talk Fact Sheets](#)

### [Let's Talk about Alcohol and Pregnancy](#)

Like this post: [X \(Twitter\)](#) | [Instagram](#)

### [Let's Talk about Alcohol SBI](#)

Like this post: [X \(Twitter\)](#) | [Instagram](#)



## FASD NPN Brand Guide

Notice a new look and feel in this edition of the communications bulletin? We're excited to debut elements from the new [FASD NPN Brand Guide](#)!

The attached brand guide was created for the NPN to enhance individual, project-related materials and promote a shared FASD NPN identity. It includes logos, brand colors, typography, and graphic elements.



- It can be used along with other logos (e.g., university, organization) and was designed to complement the [CDC Let's Talk](#) design style.
- ORAU is creating NPN templates that incorporate the new brand styling (e.g., PowerPoint slide deck, social media graphics). [Send us an email with specific design requests.](#)
- Get answers to other questions you may have on page 2 of the brand guide.

[Download the FASD NPN Brand Guide + accompanying graphics!](#)

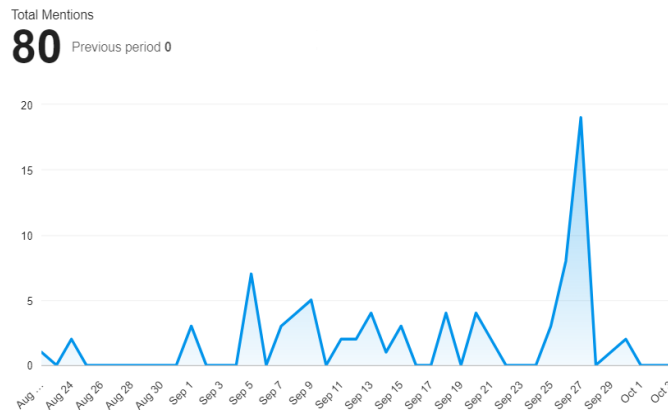
## Quick Tips

### Continue using #FASDNPN on project-related social media posts!

The official NPN hashtag was created during the first Collaboration Office Hour on August 11. The group voted to use the hashtag year-round on partnership and project-related posts.

### #FASDNPN has been used 80 times by NPN organizations

The hashtag supports collaboration on social media and amplifies use of consistent language. Posts containing #FASDNPN have received 599 engagements.



### What are the top keywords used in posts that include #FASDNPN?

**pregnancy** is the top keyword used in posts created by the NPN. Since August 22, 19 posts contained this keyword. Consistently using the hashtag helps generate messaging insights from across the NPN.

fasd awareness fetal alcohol spectrum disorders prevention  
alcohol use evidence free pregnancies  
download community help developmental disabilities  
fetal alcohol spectrum disorders support  
alcohol information **pregnancy** diagnosis important topics  
partners chat bio to access  
risks of alcohol use local health departments  
affiliate quote patients materials collaboration  
brief intervention annual meeting alcohol screening  
healthcare professionals and patients healthcare professionals

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**