



Prenatal Alcohol Exposure (PAE) Fetal Alcohol Spectrum Disorders (FASD) In Alaska

Prenatal Alcohol Exposure (PAE) *is exposure to alcohol before birth.*

Fetal Alcohol Spectrum Disorders (FASDs) *are a range of diagnoses that can result from prenatal alcohol exposure, including Fetal Alcohol Syndrome (FAS), Static Encephalopathy Alcohol-Exposed (SE/AE), Alcohol-Related Neurodevelopmental Disorder (ARND), and others.*

FACTS & FIGURES

- PAE/FASD is brain-based, with neurodevelopmental impacts.
- People with PAE/FASD require accommodations and appropriate interventions
- 1.7 out of 1,000 live births in Alaska may experience Fetal Alcohol Syndrome (FAS), and accounts for 10% of the total diagnoses on the fetal alcohol (FASD) spectrum.^[1]
- Individuals with other diagnoses on the FASD spectrum are estimated to be 65 per 1,000 (90% of the diagnoses).^[2]
- Only 1 of every 600 individuals impacted by prenatal alcohol exposure will receive an FASD diagnosis.^[3]
- PAE/FASD is often misdiagnosed as Attention Deficit Hyperactive Disorder (ADHD), Autism, or Oppositional-Defiant Disorder, resulting the wrong interventions and exacerbated symptoms.

The impacts of PAE/FASD vary from person to person, depending on how much alcohol was consumed, what was developing at the time it was consumed, the metabolism of the mother and developing baby, environmental influences.

With or without a diagnosis, exposure to alcohol before birth can impact how a brain develops. Brain development impacts behavior, memory, emotional regulation, attention, impulse control.

**There is No Known Safe Amount
of Alcohol During Pregnancy**

^[1] Health Impacts of Alcohol Misuse in Alaska, Alaska Division of Public Health, (2018).

^[2] Alaska Mental Health Trust, Drugs and Alcohol Report, FASD Summary, (2020).

^[3] Fetal Alcohol Spectrum Disorder: Can We Change the Future?, Alcohol, Clinical, and Experimental Research, (2020)