

FASD resources

Double check all links

Consider adding IDEA, Medicaid links, no amount of safe alcohol during pregnancy

More information on FASD

CDC Fetal Alcohol Spectrum Disorders (FASDs) - <https://www.cdc.gov/fasd/index.html>

- Information on FASDs, what they are, how they are diagnosed, types of treatments available, and real stories of families living with FASD

Understanding Fetal Alcohol Spectrum Disorders -

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-fetal-alcohol-spectrum-disorders>

Data and Statistics

CDC Data and Statistics on FASDs - <https://www.cdc.gov/fasd/data/index.html>

Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. 2024 National Survey on Drug Use and Health. Table 8.22B— Substance use in past month: among females aged 15 to 44; by pregnancy status, percentages, 2023 and 2024. [cited 2025 Aug 12]. Available from: <https://www.samhsa.gov/data/report/2024-nsduh-detailed-tables>

National FASD organizations

FASD United (formerly National Organization on Fetal Alcohol Syndrome NOFAS) - <https://fasdunited.org/>

- Organization focused on connecting families and advocating for FASD-informed resources and services

FASD United Family Navigator Program - <https://fasdunited.org/family-navigator/>

- Helps individuals and their families connect to resources, services, and peer supports

National Institute on Alcohol Abuse and Alcoholism (NIAAA) - <https://www.niaaa.nih.gov/>

- Part of the National Institute of Health, NIAAA's mission is to generate and disseminate fundamental knowledge about the adverse effects of alcohol on health and well-being, and apply that knowledge to improve diagnosis, prevention, and treatment of alcohol-related problems across the lifespan. They support a broad range of basic, translational, and clinical research around alcohol-related disorders.

Research and Clinical Guidelines

Hoyme HE, Kalberg WO, Elliott AJ, Blankenship J, Buckley D, Marais AS, Manning MA, Robinson LK, Adam MP, Abdul-Rahman O, Jewett T, Coles CD, Chambers C, Jones KL, Adnams CM, Shah PE, Riley EP, Charness ME, Warren KR, May PA. [Updated Clinical Guidelines for Diagnosing Fetal Alcohol Spectrum Disorders. Pediatrics.](#) 2016 Aug;138(2):e20154256. doi: 10.1542/peds.2015-4256. Epub 2016 Jul 27. PMID: 27464676; PMCID: PMC4960726.

NIAAA FASD Research Portfolio - <https://www.niaaa.nih.gov/research/fetal-alcohol-spectrum-disorders>

- Information on current research centers/consortia working on FASD, as well as latest news and research on FASD
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FAS Diagnostic and Prevention Network, University of Washington - <https://depts.washington.edu/fasdpn/index.htm>

- Information on screening, diagnosis using the 4 digit diagnostic code, prevention, and training

Resources that support individuals with FASD

Insure Kids Now - <https://www.insurekidsnow.gov/>

- Information on Medicaid and CHIP health insurance coverage

IDEA

FASD Respect Act - <https://www.congress.gov/bill/119th-congress/senate-bill/139>
<https://fasdunited.org/fasd-respect-act-signed-into-law-delivering-support-to-individuals-with-fasd/>

Scientific Literature on FASD

Reid N, Dawe S, Shelton D, Harnett P, Warner J, Armstrong E, LeGros K, O'Callaghan F. Systematic review of fetal alcohol spectrum disorder interventions across the life span. *Alcohol Clin Exp Res*. 2015;39(12):2283–95. PubMed PMID: [26578111](#)

American Academy of Pediatrics [Internet]. Common diagnostic approaches in fetal alcohol spectrum disorder [updated 2021 Nov 29; cited 2023 May 22]. Available from: <https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/common-diagnostic-approaches-in-fetal-alcohol-spectrum-disorder>

May PA, Chambers CD, Kalberg WO, Zellner J, Feldman H, Buckley D, Kopald D, Hasken JM, Xu R, Honerkamp-Smith G, Taras H, Manning MA, Robinson LK, Adam MP, Abdul-Rahman O, Vaux K, Jewett T, Elliott AJ, Kable JA, Akshoomoff N, et al. Prevalence of fetal alcohol spectrum disorders in 4 US communities. *JAMA*. 2018;319(5):474–82. PubMed PMID: [29411031](#)

Williams JF, Smith VC, Committee on Substance Abuse. Fetal alcohol spectrum disorders. *Pediatrics*. 2015 Nov 1;136(5):e1395–e1406. PubMed PMID: [26482673](#)

Wozniak JR, Riley EP, Charness ME. Clinical presentation, diagnosis, and management of fetal alcohol spectrum disorder. *Lancet Neurol*. 2019;18(8):760–70. PubMed PMID: [31160204](#)

Maier SE, West JR. Drinking patterns and alcohol-related birth defects. *Alcohol Res Health*. 2001;25(3):168–74. PubMed PMID: [11810954](#)

Lees B, Mewton L, Jacobus J, Valadez EA, Stapinski LA, Teesson M, Tapert SF, Squeglia LM. Association of prenatal alcohol exposure with psychological, behavioral, and neurodevelopmental outcomes in children from the adolescent brain cognitive development study. *Am J Psychiatry*. 2020;177(11):1060–72. PubMed PMID: [32972200](#)

Mattson SN, Bernes, GA, Doyle LR. Fetal alcohol spectrum disorders: a review of the neurobehavioral deficits associated with prenatal alcohol exposure. *Alcohol Clin Exp Res*. 2019;43(6):1046–62. PubMed PMID: [30964197](#)

McLachlan K, Flannigan K, Temple V, Unsworth K, Cook JL. Difficulties in daily living experienced by adolescents, transition-aged youth, and adults with fetal alcohol spectrum disorder. *Alcohol Clin Exp Res*. 2020;44(8):1609–24. PubMed PMID: [32472600](#)

O'Connor MJ. Mental health outcomes associated with prenatal alcohol exposure: genetic and environmental factors. *Current Developmental Disorders Reports*. 2014;1(3):181–8.

American Academy of Pediatrics [Internet]. Screening for prenatal alcohol exposure [updated 2021 Nov 29; cited 2023 May 22]. Available from: <https://www.aap.org/en/patient-care/fetal-alcohol-spectrum-disorders/screening-for-prenatal-alcohol-exposure>

Petrenko CL, Alto ME. Interventions in fetal alcohol spectrum disorders: an international perspective. *Eur J Med Genet.* 2017;60(1):79–91. PubMed PMID: [27742482](https://pubmed.ncbi.nlm.nih.gov/27742482/)

Stratton K, Howe C, Battaglia F, editors. Fetal alcohol syndrome: diagnosis, epidemiology, prevention, and treatment. Washington, DC: Institute of Medicine, The National Academies Press; 1996. Executive Summary.