

PREVENTION OF FASD IS A WOMEN'S HEALTH ISSUE

International FASD Awareness Day is held on Sept 9th each year. The Centre of Excellence for Women's Health works with many others across Canada to promote prevention of FASD through awareness, policy action and support to women and families. We see prevention as a women's health issue that is accomplished through multilevel action. Here we highlight examples of collaborations on FASD prevention achieved this year. [Click here](#) for more info on our model of multi-level FASD prevention.



LEVEL 1 AWARENESS

All people need to go alcohol free if they are pregnant, while trying to conceive, or having unprotected sex. We recently provided advice to the CanFASD Research Network on the content of the first Canada-wide FASD prevention campaign with this message.

See www.thinkfasd.ca

LEVEL 2 – BRIEF SUPPORT

Non-stigmatizing, trauma-informed conversations about alcohol are key. We worked with The Society of Obstetricians and Gynaecologists of Canada on updating guidelines for health professionals on having conversations and providing brief support to women of childbearing years and their partners.

See www.sogc.org



LEVELS 3 & 4 – WRAP AROUND SUPPORT

We work with community agencies and researchers across Canada on best and promising approaches to offering support to pregnant women and new mothers who have substance use problems.

See a recent article on [wraparound support](#)

SUPPORTIVE POLICY

Low risk drinking guidelines and other supportive alcohol policies (e.g. on pricing and availability) are important to FASD prevention.

See www.ccsa.ca/policy-and-regulations-alcohol.

Policies and practices that support mother-baby togetherness encourage mothers to access needed prenatal care.

See www.bcwomens.ca/health-professionals/professional-resources/perinatal-substance-use

