

Level 1 examples:

- Canada's Guidance on Alcohol and Health is an example of a national awareness raising strategy that includes information about health risks of alcohol use, including during pregnancy
- Other examples include posters, brochures, social media campaigns, community events, etc. that raise awareness about the risks of alcohol use during pregnancy and promote individual and community health

Level 2 examples:

- Evidence-based brief interventions involve non-judgemental information sharing and referrals to resources & services when support is needed
- Collaborative conversations about alcohol & reproductive health can occur in many settings, such as schools, sexual health clinics, & by midwives & other service providers

Level 3 examples:

- Wraparound programming for pregnant women at high risk of having an infant with FASD or prenatal substance exposure, offering nutritional support, connection to culture, housing, trauma/violence supports, mother and child health services, etc.
- Specialized, holistic programs focus on reducing potential harms to pregnant women & their children, & may be co-located to help increase accessibility

Level 4 examples:

- Home visitation by nurses can support families to maintain positive changes made during the perinatal period
- Parent-Child Assistance Programs help mothers who use(d) substances navigate community services & resources with a peer advocate, to support families & prevent further alcohol exposed pregnancies

Action on FASD Prevention in Canada



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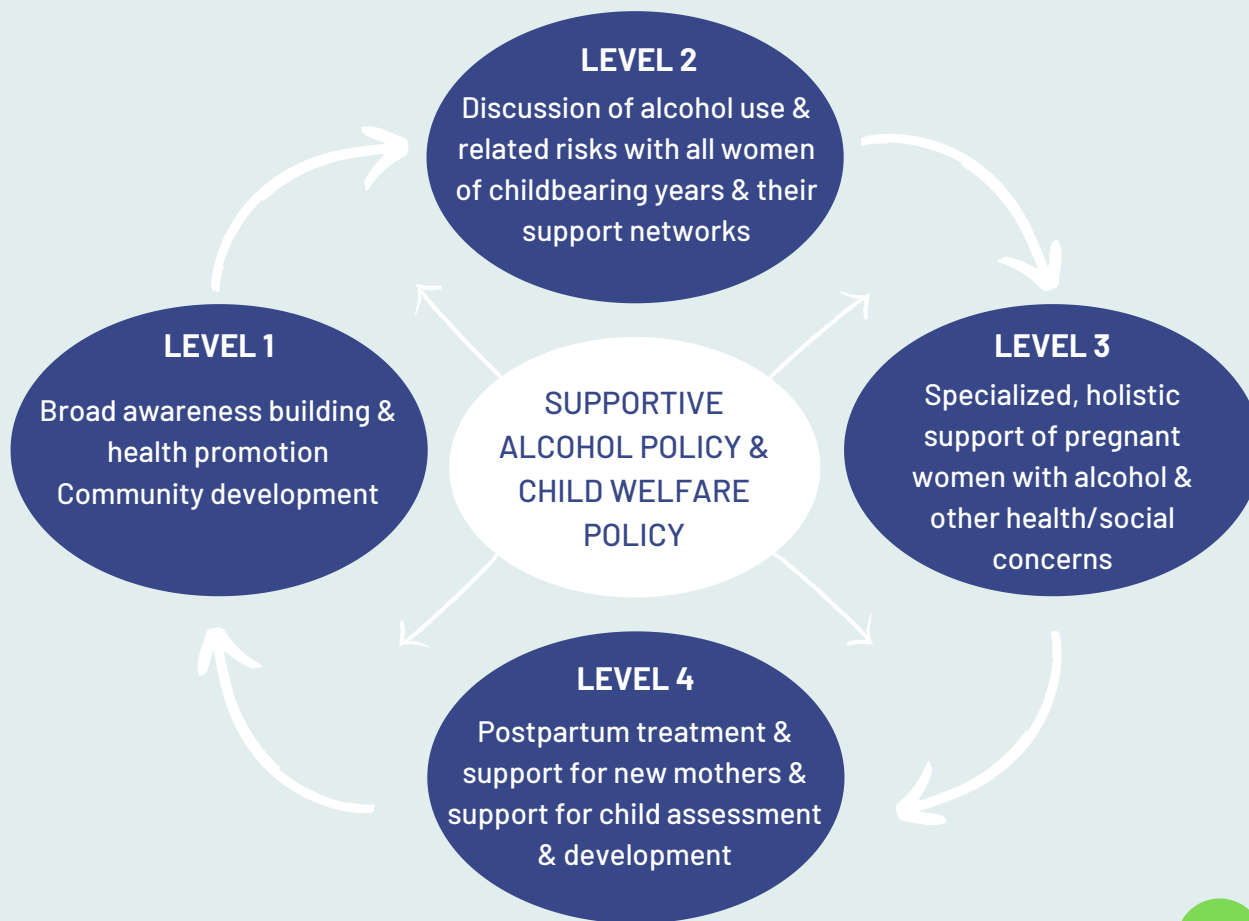
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It is important to use a women's health determinants perspective when working to prevent FASD. These 10 key principles have been identified by researchers, policy advocates, service providers, community activists and those with Indigenous wisdom as fundamental to FASD prevention work.

Alcohol use during pregnancy is influenced by many factors, including pregnancy recognition, knowledge of the risks, and experiences of trauma. In Canada, researchers have identified four mutually reinforcing levels for effective prevention of Fetal Alcohol Spectrum Disorder (FASD). All four levels are supported when accompanied by evidence-based alcohol policies and child welfare policies that prioritize wrapping care around the mother and child.

