



# National Organization on Fetal Alcohol Syndrome

Helping children & families by advocating for the prevention and intervention of Fetal Alcohol Spectrum Disorders, the leading known cause of mental retardation & birth defects.

## ALL ABOUT NOFAS

*Play it Smart. Alcohol and Pregnancy Don't Mix*



### The National Organization on Fetal Alcohol Syndrome (NOFAS) is the

leading voice and resource of the Fetal Alcohol Spectrum Disorders (FASD) community. NOFAS, the only international FASD non-profit organization, is committed to prevention, advocacy and support. NOFAS effectively increases public awareness and mobilizes grassroots action in diverse communities and represents the interests of persons with FASD and their caregivers as the liaison to researchers and policymakers. By ensuring that FASD is broadly recognized as a developmental disability, NOFAS strives to reduce the stigma and improve the quality of life for affected individuals and families

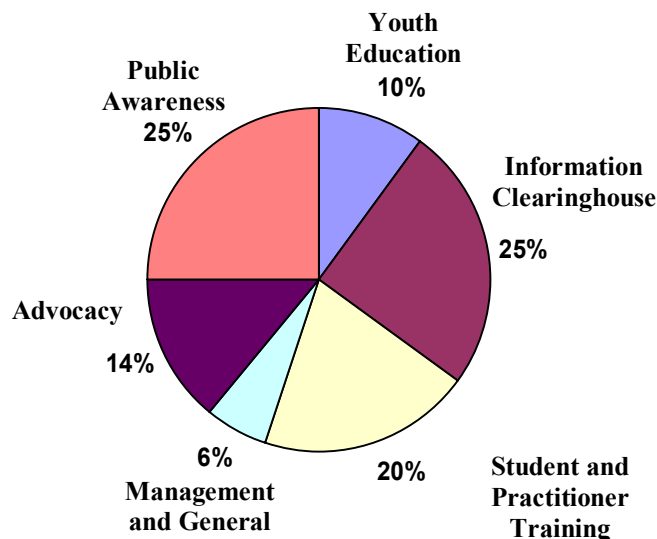
### Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Spectrum Disorders (FASD)

FAS is the most serious set of permanent physical and mental birth defects associated with alcohol consumption during pregnancy. FASD is an umbrella term describing the range of effects—FAS is the most severe—that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

### WHERE THE MONEY GOES...

#### NOFAS Objectives

- ♦ Increase public awareness about the harmful effects of drinking alcohol during pregnancy;
- ♦ Provide referrals, resources, and information on FASD and maternal & child health issues through our national clearinghouse;
- ♦ Develop culturally appropriate public health messages and strategies among diverse populations nationwide;
- ♦ Promote the NOFAS mission and messages through local and national media;
- ♦ Educate health care professionals about the range of health effects related to alcohol and pregnancy;
- ♦ Collaborate and partner with other agencies, organizations, and universities to promote awareness and understanding of FASD;
- ♦ Promote healthy pregnancies for all women;
- ♦ Advocate for individuals and families affected by FASD.



### This year NOFAS has:

Responded to **17,217** requests for information and referrals  
 Reached **4,105** individuals and families living with FAS  
 Trained **7,925** health and human service providers  
 Received **3,242,672** Web site hits  
 Presented **102** workshops and seminars  
 Placed **1,699** television and radio PSAs  
 Distributed over **100,000** brochures, posters, books and other prevention literature and materials  
 Educated nearly **35,000** junior high and high school students  
 Reached **thousands** of women at risk for alcohol dependence

**No Safe Time. No Safe Amount. No Safe Alcohol during Pregnancy. Period.**

