

# International FASD Awareness Day

## September 9, 2011

# 09.09

**Date:** Monday, September 5, 2011, 1:30 PM

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At 9:09am on September 9th, 1999, the first international Fetal Alcohol Syndrome (FAS) Awareness Day was observed. The date and time was chosen to mark the ninth minute of the ninth hour of the ninth day of the ninth month, which serves as a reminder that FAS, like all Fetal Alcohol Spectrum Disorders (FASD), is completely preventable if a woman does not consume alcohol during the nine months of pregnancy. Yet, alcohol-exposed pregnancies continue to be a leading cause of birth defects and mental retardation in the United States, and children with an FASD often go unrecognized or are misdiagnosed, even as adults.

SAMHSA established the SAMHSA FASD Center for Excellence in 2001 to help address these treatment gaps. Since then, the FASD Center has helped lead the way in the effort to increase services for individuals with an FASD and their families. SAMHSA invites you to visit the official FASD Center Web site (<http://www.fasdcenter.samhsa.gov>) to learn more about preventing FASD, and about the work of the FASD Center, including our toll-free inquiry line (1-866-STOPFAS) and many other products and services:

- A fully searchable database with more than 14,000 FASD-related resources
- A States Systems page with links to state, national, and local FASD resources and information

- Our popular publications, such as the Reach to Teach curriculum for elementary and middle school educators, as well as the Grab and Go page, featuring links to the popular *What You Need to Know* series
- An interactive Requests for Training page that allows programs and individuals anywhere in the U.S. and internationally to request FASD-related training and technical assistance
- Our FASD Awareness Day page, updated annually with links to national and international activities that mark this special day

September 9th, 2011 will be the 13th time that this date helps raise international awareness of FAS and all disorders within the spectrum. On that day, and every day, please remember: Every FASD is 100% preventable, and we can all help.