



FASD Month Information

About FASD Month

- FASD Awareness Day is held annually on September 9th
- FASD Day was first held in 1999, making 2020 the 21st year
- FASD Day is held on the 9th day of the 9th month to highlight the importance of going alcohol-free during the full 9 months of pregnancy
- CanFASD and many other FASD organizations believe that one day is not enough to improve FASD awareness. We recognize September as FASD Awareness Month or #FASDMonth.

2020 FASD Awareness Month

- Our goal for FASD Awareness Month 2020 is to teach Canadians what #FASDis. We're challenging the current misinformation and stigma surrounding FASD and raising awareness of what it truly means to have FASD.
- 4% of Canadians have FASD. This is more than the number of people with Autism Spectrum Disorder, Cerebral Palsy, and Down syndrome combined. But FASD is still largely misunderstood by the majority of Canadians.
- FASD is a really complex disability and we learn more about it every day. The language we've used to talk about FASD in the past has created stereotypes and stigma that individuals with FASD have to overcome, in addition to their everyday challenges. We're challenging this stigma by sharing what FASD really is using the hashtag #FASDis

Key Messages:

- FASD stands for Fetal Alcohol Spectrum Disorder
- FASD is the most common preventable disability in North America, impacting people who were exposed to alcohol in the womb
 - 1.5 million Canadians (4%) have FASD
 - FASD impacts more people in Canada than Autism Spectrum Disorder, Cerebral Palsy, and Down syndrome combined
- FASD is a lifelong disability but with effective supports individuals with FASD can succeed

More Resources:

- [Frequently Asked Questions \(FAQs\) about FASD](#)
- [FASD language and media guide](#)
- [A standard definition of FASD](#)
- [ThinkFASD](#)
- [Strengths among people with FASD](#)
- [The prevalence of FASD](#)
- [Why FASD diagnosis is important](#)
- [Alcohol and FASD](#)