

QUICK FACTS

- Fetal Alcohol Spectrum Disorder (FASD) has a prevalence rate of 4%, according to CanFASD.
- Hamilton's population in 2017 was 579,200 so that could mean up to 23,268 individuals with FASD in Hamilton.
- FASD is considered to be the leading cause of developmental disabilities in Canada
- Over 90% of individuals with FASD DO NOT have the facial features
- 61% of pregnancies are unplanned.
- 70% of women drink alcohol.
- 90% of people with FASD also experience mental health issues.
- Most individuals with FASD have problems with Executive Functioning: which includes self-regulation, problem-solving, cause-effect reasoning, flexible thinking, adaptability, decision-making, organization and planning ahead, etc.



Factors that could lead to drinking alcohol during pregnancy include:

- Lack of information about the risks of drinking while pregnant
- Drinking prior to pregnancy recognition
- Social pressures to drink and/or partner drinking
- Dependence on alcohol
- Untreated or unrecognized mental health problems
- Biological determinants (e.g. genetics, stress)
- Social determinants (e.g. poverty, poor nutrition, lack of support networks, personal autonomy, adverse life events, gender-based violence, trauma, and social isolation)