



**National Association of State Alcohol and Drug Abuse Directors, Inc.**

April 28, 2010

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Robert I. L. Morrison

Dear NASADAD Members and Colleagues:

On behalf of the National Association of State Alcohol and Drug Abuse Directors (NASADAD), the National Treatment Network (NTN), the National Prevention Network (NPN) and the Women's Services Network (WSN), I am pleased to share the enclosed resolution which was passed unanimously by the NASADAD Board of Directors. This resolution recommends that all NASADAD members consider sending letters to the makers of home pregnancy tests encouraging them to place a warning in a prominent and conspicuous location in the packaging and/or labeling of their test kits which advises women about the risks of using alcohol during pregnancy.

Fetal Alcohol Spectrum Disorders (FASDs) are the leading known cause of preventable mental retardation (May & Gossage; 2001), and are entirely preventable. As you know, in 2005 then Surgeon General Richard H. Carmona warned that "no amount of alcohol consumption can be considered safe during pregnancy" (Surgeon General's news release 2/21/05). In addition, the American College of Obstetricians and Gynecologists (ACOG) advises against drinking at all during pregnancy.

Preventing FASD is also cost-effective. Fetal Alcohol Syndrome (FAS), one kind of FASD, costs the United States nearly four billion dollars per year (Lupton, Burd, & Harwood, 2004). Preventing a single case of FAS can provide cost savings of over one million dollars (Lupton, Burd, & Harwood, 2004).

Please feel free to share this letter and the resolution with your colleagues. We look forward to working with you to prevent FASD, and to encourage home pregnancy test makers to include warnings about the risks of using alcohol during pregnancy.

Sincerely,

A handwritten signature in black ink that reads "Flo Stein".

Flo Stein (NC)  
NASADAD President

Cc: Robert Morrison, Executive Director

**NASADAD Board Resolution – passed unanimously on January 18, 2010**

Whereas alcohol use by a pregnant woman can be dangerous to the woman's own health and her ability to support a healthy pregnancy or directly affect her baby's development; and

Whereas alcohol is one of the most dangerous drugs for a woman to use during pregnancy, particularly in the early weeks, and can cause fetal alcohol spectrum disorders (FASD); and

Whereas FASDs are the leading known cause of preventable mental retardation (May & Gossage; 2001); and

Whereas a recent survey found that nearly 12 percent of pregnant women report using alcohol in the past month (SAMHSA/OAS; 2008); and

Whereas fetal alcohol spectrum disorders are entirely preventable by **not** drinking alcohol during pregnancy; and

Whereas preventing only one case of fetal alcohol syndrome (one kind of FASD) can provide cost savings of over one million dollars (Lupton et al. 2004); and

Whereas, the Board of the National Association of Alcohol and Drug Abuse Directors (NASADAD) believes that it is important for women to be educated about the adverse effects of alcohol during pregnancy.

Therefore, be it resolved that the Board recommends that all State substance abuse agency directors consider sending letters to the makers of home pregnancy tests encouraging them to place a warning in a prominent and conspicuous location in the packaging and/or labeling of their test kits which advises women about the risks of using alcohol during pregnancy.