

***Policy and Practice to Tackle  
Fetal Alcohol Spectrum Disorders***

*Co-hosted by the Polish National Center for the Prevention of Addictions, with support from the Institute of Mother and Child, Warsaw, Poland*

**13th of September 2022 (9:00-17:00), Thon Hotel, Arendal, Norway**, as a part of the European Conference on FASD (EUFASD 2022, 12-14 Sept)

## SCOPE AND PURPOSE

Alcohol exposed pregnancies (AEP) entail a high risk to the unborn child and may result in a series of adverse effects including congenital anomalies and behavioural, cognitive and adaptive deficits<sup>1</sup>. Although there is evidence of effective interventions to prevent AEP, many pregnant women in Europe continue drinking, and there are still few region and nation-wide practices in Europe. The EU has the world's highest rates of FASD - over 2.5 times the global average.<sup>2</sup>

The final Thematic Capacity-building workshop organised by FAR SEAS ([www.far-seas.eu/capacity-building/](http://www.far-seas.eu/capacity-building/)) invites around 40 policymakers, multi-sectoral professionals and the scientific community to exchange knowledge and experiences, discuss barriers and solutions in carrying out national prevalence estimates of FASD, and effective policy and practice to reduce prenatal alcohol exposure (PAE) in European contexts.

## STRUCTURE AND SETTING

The interactive 1-day workshop will take place within the programme of the EUFASD Conference in Arendal, Norway, and is divided into 2 consecutive and linked sessions:

- **Session 1: The population impact of FASD: Implementing large-scale prevalence of FAS/FASD studies:** Gives an overview of the latest estimates of the prevalence of alcohol exposure during pregnancy and FASD in general populations for different jurisdictions, WHO regions and globally, and a more detailed look at prevalence in special sub-populations, and costs and comorbidities associated with FASD. The first session will also provide a practical introduction to the WHO methodology to assess national prevalence of FASD and first-hand accounts from the experience of this in different European countries, and include debate of the barriers and facilitators and need for harmonization in large-scale prevalence estimates.
- **Session 2: Where we go next - Policy and practice to reduce the risk and prevalence of FAS/FASD:** focuses on best practice alcohol prevention efforts to address PAE and FASD. The second session will share the results of the FAR SEAS best practice review, guidelines and pilot study and outputs to promote reduction of prenatal alcohol exposure in European contexts, and include discussions to find solutions to common barriers and issues at the national, sub-national and European levels.

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<sup>1</sup> Popova, S., Lange, S., Shield, K., Mihic, A., Chudley, A.E., Mukherjee, R.A., et al. (2016a). Comorbidity of fetal alcohol spectrum disorder: a systematic review and meta-analysis. *Lancet*, 5;387(10022), 978-87.

<sup>2</sup> Okulicz-Kozaryn K., Borkowska M., Brzózka K. (2017) FASD Prevalence among Schoolchildren in Poland. *JARID*, 2017; 30(1): 61-70

## PROVISIONAL AGENDA

### Session 1 - The population impact of FASD: Implementing large-scale prevalence of FAS/FASD studies

Time	Topic	Chair + Speakers
9:00	Welcome message and introduction <ul style="list-style-type: none"> <li>- Welcome + overview from the hosting Member State (Poland)</li> <li>- The FAR SEAS Contract – Context and aim of the workshop</li> </ul>	Chair: F Braddick (FCRB, ES) <ul style="list-style-type: none"> <li>- Katarzyna Łukowska (KCPU, PL)</li> <li>- Fleur Braddick</li> </ul>
9:20	Presentation of the existing evidence + Q&A <ul style="list-style-type: none"> <li>- Global and specific population prevalence estimates – updates and trends</li> <li>- Public health impact of FASD – key comorbidities and economic costs</li> </ul>	<ul style="list-style-type: none"> <li>- Lana Popova (CAMH, CA)</li> </ul>
9:40	Practical introduction to the WHO methodology	<ul style="list-style-type: none"> <li>- Lana Popova</li> </ul>
10:00	Stakeholder perspectives – Experiences of applying and adapting the WHO methodology in EU contexts + Q&A: <ul style="list-style-type: none"> <li>- UK – The value of starting small-scale regional</li> <li>- National prevalence studies</li> </ul>	Chair: K Okulicz-Kozaryn (KCPU/IMC, PL) <ul style="list-style-type: none"> <li>- Penny Cook (UK)</li> <li>- Diana Akhmedzhanova (UKR)</li> </ul>
10:30	Stakeholder perspectives – relevance in different sectors + Q&A: <ul style="list-style-type: none"> <li>- Prevalence of FASD in the care system</li> <li>- The experience of FASD in different areas of society</li> </ul>	Chair: J Colom (Gencat) <ul style="list-style-type: none"> <li>- Oscar Garcia (Catalonia, ES)</li> <li>- Alessandra Pisa (IT)</li> </ul>
11:00	Summary + explanation of the group work + split into groups	L Popova + F Braddick
11:05	Coffee Break	
11:30	Breakout groups (each group discusses a different issue/step): <ol style="list-style-type: none"> <li>1. Ethical considerations + participant protection</li> <li>2. General or subgroup population estimates</li> <li>3. Communicating the results</li> <li>4. Policy responses to support those with FAS/FASD</li> </ol>	
12:05	Feedback to the plenary (with rapporteurs)	Rapporteurs
12:25	Wrap up	L Popova + F Braddick
12:30	Close session (Participants go to lunch in Clarion Tyholmen)	

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Session 2: Where we go next - Policy and practice to reduce the risk and prevalence of FAS/FASD

Time	Topic	Chair + Speakers
13:40	Welcome back and feeding forward <ul style="list-style-type: none"> <li>- Welcome back + overview from the hosting Member State (PL)</li> <li>- Feeding forward outcomes from the morning session</li> </ul>	Chair: E Scafato <ul style="list-style-type: none"> <li>- Ewa Mierzejewska (IMC, PL)</li> <li>- F Braddick</li> </ul>
14:00	Mapping advances in good practice in Europe and beyond + Q&A <ul style="list-style-type: none"> <li>- The FAR SEAS inventory of good practice to prevent FAS/FASD</li> <li>- Guidelines aimed at reducing FAS/FASD</li> </ul>	<ul style="list-style-type: none"> <li>- Carla Bruguera</li> <li>- Lidia Segura</li> </ul>
14:30	Stakeholder experiences with implementation + Q&A <ul style="list-style-type: none"> <li>- Regional Pilot in Poland and preliminary results</li> <li>- Including end-users' voices</li> <li>- Finland - Reaching partners of women who drink in pregnancy</li> </ul>	Chair: Fleur Braddick <ul style="list-style-type: none"> <li>- Kasia Okulicz-Kozaryn (PL)</li> <li>- Lesley Smith (UK)</li> <li>- Taija Voutilainen (FI)</li> </ul>
15:10	Summary + explanation of the group work + split into groups	L Segura, K Okulicz + F Braddick
15:15	Coffee Break	
15:45	Breakout groups (each group discusses a different issue/barrier): <ol style="list-style-type: none"> <li>1. Coordination of referral pathways</li> <li>2. Changing public and professional attitudes</li> <li>3. Ethical issues and discrimination</li> <li>4. Adapting to different country settings</li> </ol>	
16:20	Feedback to the plenary (with rapporteurs)	
16:40	Way forward at European level (roundtable to discuss how EU policy and action can stimulate national prevalence studies and effective prevention practice)	F Braddick <ul style="list-style-type: none"> <li>- Discussants TBD</li> </ul>
17:00	Close session 2 (End of day)	

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