

Collaborative for Alcohol-Free Pregnancy: Partnering for Practice Change

[Fetal alcohol spectrum disorders](#) (FASDs) are physical, behavioral, and intellectual problems that can occur in a person who was exposed to alcohol before birth. FASDs last a lifetime but are completely preventable if a developing baby is not exposed to alcohol.

The Centers for Disease Control and Prevention (CDC) works with FASD Practice and Implementation Centers (PICs) and National Partners, or “PICs and Partners,” to prevent FASDs by improving healthcare practice, education, and awareness among healthcare professionals. CDC recognizes the following strategies as essential among healthcare professionals working to preventing FASDs:

- Use of evidence-based practices, such as alcohol [screening and brief intervention](#) (SBI), to prevent alcohol-exposed pregnancy and risky alcohol use
- Care for women at risk of an alcohol-exposed pregnancy
- Work with people living with FASDs

PICs and Partners

Healthcare professionals play a crucial role in the prevention, identification, and management of FASDs. CDC’s PICs and Partners is a collaborative of national partners, medical societies, university centers, and a variety of practitioners from six health disciplines who work together to prevent FASDs and risky drinking. The goal of the PICs and Partners is to impact healthcare practice at the systems level and enhance FASD prevention opportunities nationally for women of childbearing age and their support networks.



FASD PICs and Partners by Health Discipline

Family Medicine	Baylor College of Medicine; American Academy of Family Physicians (AAFP)
Medical Assisting	University of Nevada, Reno; American Association of Medical Assistants (AAMA)
Nursing	University of Alaska Anchorage; University of California, San Diego; University of Pittsburgh School of Nursing; Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN); American College of Nurse-Midwives (ACNM); National Association of Nurse Practitioners in Women’s Health (NPWH)
Obstetrics and Gynecology	University of Missouri; American College of Obstetricians and Gynecologists (ACOG)
Pediatrics	University of California, San Diego; University of Wisconsin; American Academy of Pediatrics (AAP)
Social Work	Baylor College of Medicine; University of Missouri; University of Texas at Austin School of Social Work; National Association of Social Workers (NASW)

The National Organization on Fetal Alcohol Syndrome (NOFAS) works across all six disciplines to enhance coordination and collaboration among training efforts, to ensure that FASD messages are effective, and to further the reach of community-level FASD resources.

Advancing Practice and Systems Changes

Since 2014, PICs and Partners organizations have achieved the following objectives:

- Established new partnerships with the American Academy of Family Physicians, American Association of Medical Assistants, National Association of Social Workers, National Association of Nurse Practitioners in Women's Health, and American College of Nurse-Midwives
- Begun developing centralized, web-based trainings and resources to meet FASD learning needs within various health disciplines
- Identified successful training and implementation strategies that result in changes in healthcare practice
- Identified systems and partners to implement high-impact projects that result in broad changes in healthcare practice through the following methods:
 - An interprofessional, alcohol-exposed pregnancy prevention model
 - Provide evidence for Medicaid and private insurance payers on reimbursement of health professionals for alcohol SBI
 - Efforts to reduce the stigma associated with drinking during pregnancy



Plans are underway for the following activities:

- Launch online courses covering a range of FASD-related topics for healthcare providers
- Launch a CDC-hosted website with resources for health professionals and patients
- Develop evidence-based policy guidelines and healthcare practice statements
- Create a group of diverse champions to influence change at the healthcare practice and systems levels by adopting and publicizing evidence-based practices and messages around FASDs and risky alcohol use

Learn More

- [CDC's FASD Training and Education Web page](#)
- [CDC's Alcohol and Public Health Program](#)
- [CDC's National Center on Birth Defects and Developmental Disabilities](#)
- [CDC's Pregnancy Gateway](#)
- [AAP's Fetal Alcohol Spectrum Disorders Toolkit](#)
- [ACOG's Fetal Alcohol Spectrum Disorders Prevention Program](#)
- [National Organization on Fetal Alcohol Syndrome \(NOFAS\)](#)