

## 049 Prevention Campaign; April is Alcohol Awareness Month



A grant from the Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) will help us educate secondary academy students on the “Zero Alcohol for Nine Months” campaign, better known as the 049 prevention campaign.

Two 287 programs, North Education Center Academy (NECA) and South Education Center Academy (SECA) are proud to announce the award of \$1,000 to help students learn about Fetal Alcohol Spectrum Disorders (FASD) and 049 facts through a traveling interactive prevention fair involving hands-on activities and games.

The events will reach about 200 Academy students and will feature passport prizes, chapsticks, bookmarks, 049 pins and mocktail recipes. Staff from North Education Center and West Education Center including staff from SAFE programs—students diagnosed with an FASD, can attend two separate panel discussions on the benefits of alcohol free pregnancies but also on the effects of FASD. Panel members include professionals in the FASD field, parents and a student.

### Facts Every Parent Should Know:

- Each year, over 7,000 babies are born in Minnesota with prenatal alcohol exposure. Children can be at risk for physical and neurodevelopmental problems that persist across the lifespan.
- The lifetime cost for an individual with an FASD can be as high as \$2.9 million, and is estimated to cost Minnesotans \$131 million each year to support families and individuals with this disorder.
- Prevalence rates of FAS and FASD are higher than previously estimated. In Minnesota, if we apply the current prevalence rate to the total K-12 enrollment in public schools, up to 32,900 students could be impacted by prenatal alcohol exposure. We want to do our part in educating others about 049.