



# ILCAAAP

Illinois Church Action on Alcohol & Addiction Problems

## Pray at 9:09 on September 9th FASD Awareness Day



Support abstinence from alcohol during pregnancy

Fetal Alcohol Spectrum Disorder (FASD) is widely recognized as the largest preventable cause of birth defects and developmental disabilities in the United States. FASD is 100% preventable if a woman does not drink alcohol while she is pregnant.

International FASD Awareness Day is September 9th. Churches are asked to ring their bells at 9:09 on September 9 as a reminder not to drink alcohol during the entire nine months of pregnancy. Individuals can set the alarm on their cell phones for 9:09 AM on 09/09 as a reminder to pray for individuals and families who struggle with FASD.

Women are drinking more alcohol and starting to drink at a younger age. Alcohol use during pregnancy can lead to lifelong effects. [Read more at the CDC.](#)

To help women abstain from alcohol during pregnancy, ILCAAAP is supporting Pregnant Pause, which asks spouses, family members, and friends to support mothers-to-be by not drinking alcohol during the pregnancy. We hope you, too, will share and support this initiative of the Foundation for Alcohol Research and Education to help prevent FASD.

### FOR IMMEDIATE ACTION

1. **Share this Alert** with your faith community and ask them to PRAY.
2. **Forward** to 10 others.

Click here to donate to Illinois Churches in Action.

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