

How do Nordic countries prevent FASD? What can Sweden learn?

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Picture: Luna Pimentel / Unsplash



Picture: Annisa Ica / Unsplash

A close-up photograph of a pregnant woman's midsection. She is wearing a blue and white horizontally striped long-sleeved shirt. Her hands are gently cradling her bare, rounded pregnant belly. The background is a soft, out-of-focus light blue. Overlaid on the image is white text.

Use of alcohol and other substances during pregnancy - in a Nordic perspective

About the project

- Initiated by the Nordic Welfare Centre in March 2019 on assignment from the Norwegian Directorate of Health.
- Cooperate with researcher from Folkhälsan Research Center, Helsinki.
- Focus on smoking, **alcohol** and other substance use during pregnancy and the harms to the fetus (e.g. **FASD**) caused by maternal substance use during pregnancy.
- **Results of the project:**
 - Expert meeting – follow-up report
 - Report: Identifying use of alcohol...



Results of the expert meeting on FASD

- An online platform for sharing knowledge on FASD in the Nordic countries - www.fasdnordic.org
- **Nordic research collaboration**



Fetal Alcohol Spectrum Disorders

Report from expert meeting
Helsinki 10-11 October 2019

How do Nordic countries prevent FASD?



Report: Identifying use of alcohol and other substances during pregnancy: A Nordic overview

— Aim of the report:

- Give an overview of the use of tobacco, other substances and alcohol among pregnant women in the Nordic countries

— Situation in all Nordic countries:

- Review the national guidelines of alcohol use during pregnancy
- Look into the screening instruments used at antenatal care to identify alcohol use during pregnancy
- What services are available for pregnant women with alcohol dependence?



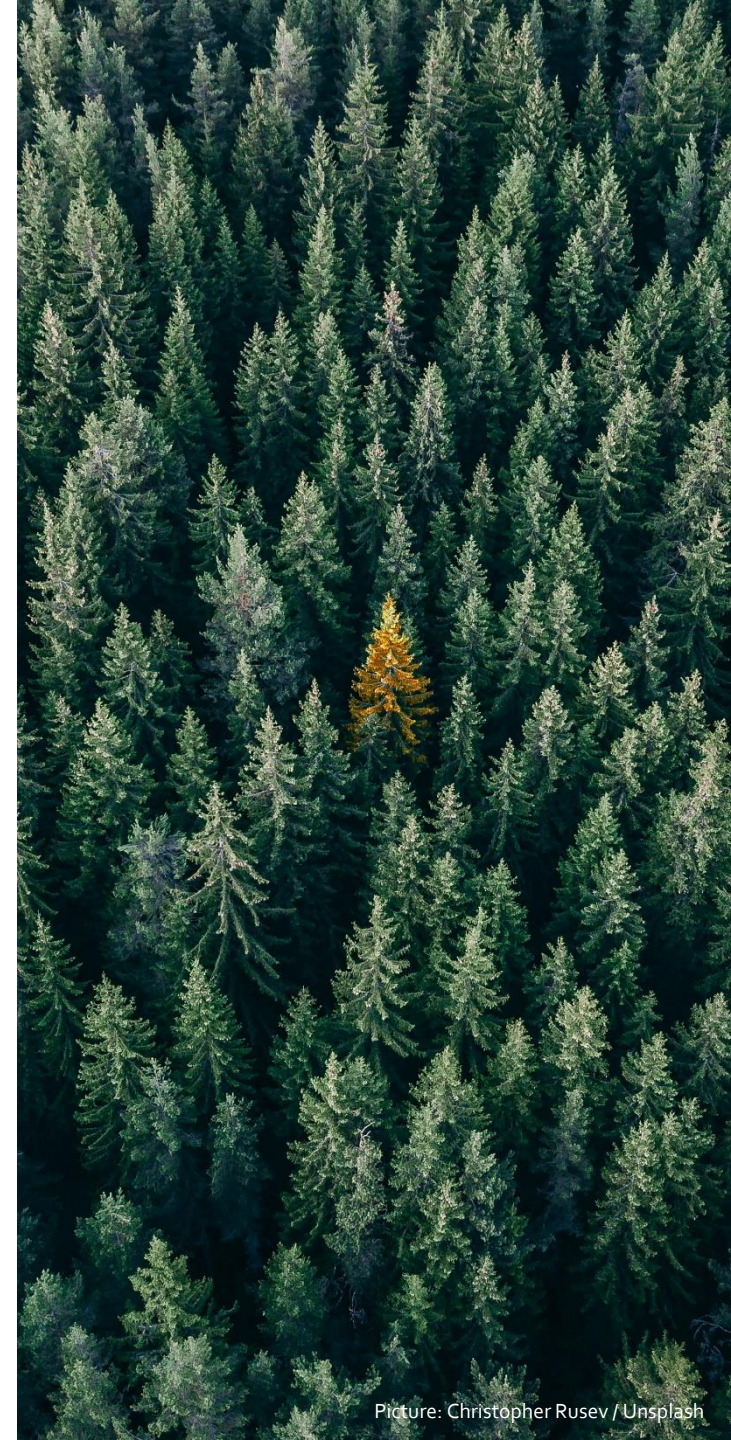
Similarities between the Nordic countries?

- Antenatal care is free of charge
- Guidelines against the use of alcohol and other substances during pregnancy
- Lifestyles habits incl. use of alcohol / other substances is discussed early with pregnant women
 - the first visit before pregnancy week 12
- Specialized services for substance using pregnant women



Differences between the Nordic countries?

- The use specific screening instruments to identify alcohol use
 - AUDIT, TWEAK or a combination of both
- Services for pregnant women with substance use (involuntary vs. voluntary treatment)
- Training programs for healthcare professionals and parents
- FASD competence centre in Norway
- Follow-up of exposed children



What can Sweden learn?

- Identifying alcohol use among all pregnant women
 - Feel competent and comfortable to initiate a conversation on substance use among pregnant women → competent to intervene if needed
 - Specialized services for substance using pregnant women
- FASD competence center / follow-up of affected children / services for affected children
- Competence and knowledge to diagnose FAS(D) among healthcare workers
- Research:
 - Prevalence studies
 - The size of the problem is unknown as FASD is an undiagnosed disorder
 - Without knowing the size of the problem it is difficult to influence the political level to get the right support and funding





nordicwelfare.org/publikationer/FASD



Identifying use of alcohol and other substances during pregnancy

A Nordic overview



Do you want to know more?

- Nordicwelfare.org
- Facebook: Nordens välfärdscenter
- Twitter: @Nordicwelfare1



Thank you.

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