

SCR

44

STATE OF ALASKA
THE LEGISLATURE

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Mary Van Nimwegen

SCR 44

H. HESS

3/13/90

HOUSE COMMITTEE REPORT

(7)

Date Referred: March 5, 1990

FURTHER REFERRALS:

Date of Committee Action: 3/13/90

The HEALTH, EDUCATION, & SOCIAL SERVICES Committee considered: SCR 44
SENATE CONCURRENT RES. NO. 44 ALCOHOL-RELATED BIRTH DEFECTS AWARENESS
Relating to Alcohol-Related Birth Defects Awareness Week.

RECOMMENDATIONS:

- [] be replaced with _____ [] the same title
[] have attached amendment(s) [] a new title
[X] do pass
[] do not pass
[] no recommendation
[] individual recommendations
[] additional referral to the _____ Committee

ADOPTS: _____ letter of intent

ATTACHES NEW FISCAL NOTE(S):
(Dept)

APPROVES PREVIOUS: (Date/Dept)

- [] fiscal impact _____
[] zero fiscal note _____
[] zero with analysis _____

- [] fiscal note(s) _____
[X] zero fiscal note(s) 2/27/90 DHS
[] zero fn/analysis _____

SIGNING DO PASS:

JL Ellis

Debra Davis
John Jones
Mr. [Signature]

SIGNING:
(Check approp. column)

	Do Not Pass	No Rec	Amend

JL Ellis
Chairman's Signature

FISCAL NOTE

REQUEST:

Revision Date: _____
 Title: Related to Alcohol-related
 birth defects awareness week
 Sponsor: Senator Binkley
 Requestor: _____

Agency Affected: Health & Social Services
 DRU: _____
 Components: _____

EXPENDITURES/REVENUES: (Thousands of Dollars)

OPERATING	FY 91	FY 92	FY 93	FY 94	FY 95	FY 96
PERSONAL SERVICES						
TRAVEL						
CONTRACTUAL						
SUPPLIES						
EQUIPMENT						
LAND & STRUCTURES						
GRANTS, CLAIMS						
MISCELLANEOUS						
TOTAL OPERATING	-0-	-0-	-0-	-0-	-0-	-0-
CAPITAL	-0-	-0-	-0-	-0-	-0-	-0-
REVENUE	-0-	-0-	-0-	-0-	-0-	-0-

FUNDING: (Thousands of Dollars)

GENERAL FUND						
FEDERAL FUNDS						
OTHER						
TOTAL	-0-	-0-	-0-	-0-	-0-	-0-

POSITIONS:

FULL-TIME	-0-	-0-	-0-	-0-	-0-	-0-
PART-TIME	-0-	-0-	-0-	-0-	-0-	-0-
TEMPORARY	-0-	-0-	-0-	-0-	-0-	-0-

ANALYSIS : (Attach a separate page if necessary)

Fiscal impact for FY 90 is "0".

Prepared by: Sally Head, Coordinator
 Division: Office of Prevention
 Approved by Commissioner: Myra M. Munson
 Agency: Department of Health & Social Services

Phone: 561-4211
 Date: _____
 Date: 2/26/90

- Distribution (by preparer):
- Legislative Finance
 - Legislative Sponsor
 - Requestor
 - Office of Management and Budget
 - Impacted Agency(ies)



Official Business

Alaska State Legislature

SENATE


Committee on Finance

P.O. Box V
State Capitol
Juneau, Alaska 99811

MEMORANDUM

March 9, 1990

TO: Representative Johnny Ellis, Chairman
Health, Education and Social Services Committee

FROM: Senator Johne Binkley 

RE: SCR 44 - Relating to Alcohol-Related Birth Defects
Awareness Week

SCR 44 requests the Governor to declare Mother's Day Week, May 13-19, as Alcohol-Related Birth Defects Awareness Week. A similar resolution has been passed by the Legislature for the past three years.

ARBD Awareness Week calls on the people of Alaska, including schools, health care organizations and practitioners, and other public and private agencies to observe this week with appropriate activities to increase public awareness and education about the problems associated with drinking alcohol during pregnancy.

Medical authorities estimate that a minimum of 87 children are born each year in Alaska with Alcohol-Related Birth Defects. The number may be as high as, or higher than, 319. Twenty-nine of these children are born with the most severe damage called Fetal Alcohol Syndrome.

Babies with FAS are smaller than they should be, and they don't catch up. They have heads and brains that are too small and varying degrees of mental retardation. They are jittery and poorly coordinated; many have short attention spans and behavioral problems. Facial features are frequently distorted and many have heart defects or defects of other body parts. The medical and societal costs of these children, over their lifetime, average more than \$1.4 million each. Most FAS children are not being raised by their natural mothers.

More and more mothers are learning to make the wise decision to abstain from alcohol during their pregnancy. These women need support and encouragement from their family, friends, and health and social service providers. Women who have not made that choice need to be encouraged and supported by these same people.

The resolution has a -0- fiscal note and is supported by the Department of Health and Social Services.

STATE OF ALASKA



Executive Proclamation

by

Steve Cowper, Governor

Fetal Alcohol Syndrome (FAS) is a leading cause of birth defects in Alaska and is the most common cause of mental retardation.

FAS usually results in serious health problems for these children. Children with FAS often need extraordinary medical attention and lifelong special care. The cost of care for FAS children is enormous for families and government and the quality of life of FAS children is diminished.

The burdens FAS creates can be reduced if pregnant women and women who plan to become pregnant abstain from alcohol consumption. Additionally, research is now indicating the father's alcohol consumption may impact the health of his unborn children.

FAS is preventable through public education about the effects of alcohol on unborn children and through individual efforts on the part of pregnant women to abstain from alcohol consumption.

NOW THEREFORE, I Steve Cowper, Governor of the State of Alaska, do hereby proclaim Mother's Day Week, May 14-20, 1989, as:

Fetal Alcohol Syndrome Awareness Week

In Alaska, and urge all residents to learn the effects of alcohol on unborn children and to give support to women who make the wise decision not to drink during pregnancy.

DATED: MAY 1, 1989

DONE BY



Handwritten signature of Steve Cowper.

*Steve Cowper, Governor,
who has also authorized the seal
of the State of Alaska to be
affixed to this proclamation*

POSITION PAPER

Senate Concurrent Resolution No. 44

SCR 44 designates the week of May 13 -- 19, 1990 as Fetal Alcohol Syndrome Awareness Week. This special designation coincides with national efforts to warn pregnant women about the dangers of drinking alcohol during pregnancy.

BACKGROUND

In 1981, the United States Surgeon General recommended that women who are pregnant or are considering pregnancy, abstain from alcoholic beverages and be aware of the alcohol content of foods, beverages, and medication. However, to date, this warning has not been adequately reinforced in our society.

The public is not sufficiently aware of all of the short- and long-term effects of alcohol on their health and their children's health. People simply do not know that Fetal Alcohol Syndrome (FAS) is one of the leading causes of mental retardation. It is the only cause which is completely preventable -- if women abstain from all alcohol during pregnancy or when they are trying to become pregnant. Since there is no way to predict how much alcohol is "safe," women planning a pregnancy are strongly advised to stop consuming alcohol before attempting to conceive and throughout pregnancy and nursing.

POSITION

Establishing an FAS Awareness Week will help inform pregnant women, women who are considering pregnancy, and other Alaskans of the dangers of alcohol use during pregnancy.

The Department of Health and Social Services supports this legislation.

Recommended by:

Sally Mead
Sally Mead, Coordinator
Office of Prevention

Date:

Approved by:

Myra H. Munson
Myra H. Munson, Commissioner
Department of Health and
Social Services

Date:

2-15-90

FISCAL NOTE

REQUEST:

Revision Date: _____
Title: Related to Alcohol-related birth defects awareness work
Sponsor: Senator Binkley
Requestor: _____

Agency Affected: Health & Social Services
BRU: _____
Components: _____

EXPENDITURES/REVENUES: (Thousands of Dollars)

OPERATING	FY 91	FY 92	FY 93	FY 94	FY 95	FY 96
PERSONAL SERVICES						
TRAVEL						
CONTRACTUAL						
SUPPLIES						
EQUIPMENT						
LAND & STRUCTURES						
GRANTS, CLAIMS						
MISCELLANEOUS						
TOTAL OPERATING	-0-	-0-	-0-	-0-	-0-	-0-
CAPITAL	-0-	-0-	-0-	-0-	-0-	-0-
REVENUE	-0-	-0-	-0-	-0-	-0-	-0-

FUNDING: (Thousands of Dollars)

GENERAL FUND						
FEDERAL FUNDS						
OTHER						
TOTAL	-0-	-0-	-0-	-0-	-0-	-0-

POSITIONS:

FULL-TIME	-0-	-0-	-0-	-0-	-0-	-0-
PART-TIME	-0-	-0-	-0-	-0-	-0-	-0-
TEMPORARY	-0-	-0-	-0-	-0-	-0-	-0-

ANALYSIS : (Attach a separate page if necessary)

Fiscal impact for FY 90 is "0".

Prepared by: Sally Head Coordinator
Division: Office of Prevention
Approved by Commissioner: Ed H. Munson
Agency: Department of Health & Social Services

Phone: 561-4211
Date: _____
Date: 01/26/90

Distribution (by preparer):

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- Impacted Agency(ies)



NCADD FACT SHEET: ALCOHOL-RELATED BIRTH DEFECTS

DEFINITIONS

- Fetal alcohol syndrome (FAS) is one of the top three known causes of birth defects with accompanying mental retardation—and the only preventable cause among those three. FAS can be prevented by abstaining from alcohol consumption during pregnancy.¹

FAS is characterized by a cluster of congenital birth defects that develop in the infants of some women who drink heavily during pregnancy. These defects include prenatal and postnatal growth deficiency; facial malformations such as a small head circumference, flattened midface, sunken nasal bridge and flattened and elongated philtrum; central nervous system dysfunction; and varying degrees of major organ system malformations.²

- Fetal alcohol effects (FAE), a less severe version of FAS, is characterized by milder or less frequent FAS signs. Low birthweight, subtle behavioral problems or a partial display of physical malformations, for example, may be seen in the newborns of women who consumed less alcohol during pregnancy than women with FAS newborns.³

INCIDENCE AND RISK FACTORS

- Nearly 5,000 babies – one in every 750—are born with FAS every year. (FAS prevalence rates range from one in 1,000 to one in 200.) Comparatively, FAE may affect 36,000 newborns each year.⁴
- One in six women in the peak childbearing years of 18-34 may drink enough, either chronically or episodically, to present a hazard to an unborn infant.⁵
- Alcoholic women are at highest risk of bearing children with FAS. Alcoholism is a chronic, progressive and potentially fatal disease characterized by tolerance and physical dependency or pathologic organ changes, or both.⁶
- FAS is prevalent in 9.8 of every 1,000 American Indians from a particular high risk culture. Other American Indian populations have rates ranging from 1.3 to 10.3 for every 1,000.⁷
- An average of one to two reported drinks daily is linked to decreased birthweight, growth abnormalities and behavioral problems in the newborn and infant. Increased risk of spontaneous abortion has been found at an even lower dose: one to two drinks twice weekly.⁸
- The probability of having a child with FAS or FAE increases with the amount and frequency of alcohol consumed. Whenever a pregnant woman stops drinking, she reduces the risks of FAE and the consequences of alcohol exposure.⁹
- There is no known safe dose of alcohol during pregnancy, nor does there appear to be a safe time to drink during pregnancy. Although 90 percent of the public is aware that drinking during pregnancy may damage the fetus, one study showed that one-third of women interviewed believed that drinking more than three drinks a day during pregnancy was safe.¹⁰

ECONOMIC FACTORS

- Assuming a conservative estimate of one FAS newborn for every 1,000 live births in 1980, it cost approximately \$14.8 million to treat them; \$670 million to treat the 68,000 FAS children under 18; and \$760 million to treat 160,000 FAS adults. Plus, indirect productivity losses were \$510.5 million.¹¹
- Women are now heavily targeted for marketing of alcoholic beverages. (Women will spend \$30 billion on alcoholic beverages in 1994, up from \$20 billion in 1984.)¹²

PUBLIC HEALTH RECOMMENDATION:

- The best advice for pregnant women is to abstain from alcohol consumption during pregnancy. There is no evidence to establish an alcohol consumption level free of risks to the fetus.¹³
- Women who breastfeed should continue to abstain from drinking alcohol until their babies are weaned. Alcohol readily enters breast milk and heavy alcohol consumption has been shown to reduce lactation.¹⁴
- As of January 1990, nine states and 17 cities/counties require that signs warning of the dangers of drinking during pregnancy be posted wherever alcoholic beverages are served or sold.¹⁵

SOURCES

¹¹H. J. Harwood et al., *Economic Costs to Society of Alcohol and Drug Abuse and Mental Illness—1980* (Research Triangle Park, N.C.: Research Triangle Institute, 1984), p. B-3. ¹²"Fetal Alcohol Syndrome," *Alcohol Topics in Brief*, National Institute on Alcohol Abuse and Alcoholism (NIAAA), April 1985, p. 1. K. Warren, "Alcohol-Related Birth Defects: Current Trends in Research," *Alcohol Health and Research World*, NIAAA, Vol. 10, No. 1 (Fall 1985), p. 4. ¹³R. Little and C. Ervin, "Alcohol Use and Reproduction," eds. S. Wilsnack and L. Beckman, *Alcohol Problems in Women* (New York: The Guilford Press, 1984), p. 158. ¹⁴Harwood et al., op. cit., p. B-3; H. J. Harwood and D. M. Napolitano, "Economic Implications of the Fetal Alcohol Syndrome," *Alcohol Health and Research World*, NIAAA, Vol. 10, No. 1 (Fall 1985), p. 41. ¹⁵"Behavior Risk—Factor Surveillance—Selected States," *Morbidity and Mortality Weekly Report*, February 1983, pp. 32–155. ¹⁶NIAAA, *Fourth Special Report to the U.S. Congress on Alcohol and Health*, ed. J.R. DeLuca, DHHS Pub. No. (ADM) 82-1080, 1981, p. 36. ¹⁷P. May, et al., "Epidemiology of Fetal Alcohol Syndrome among American Indians of the Southwest," *Social Biology*, Vol. 30 (1983), pp. 374–387. ¹⁸Little and Ervin, loc. cit., p. 162. ¹⁹J. Funkhouser and R. Denniston, "Preventing Alcohol-Related Birth Defects," *Alcohol Health and Research World*, NIAAA, Vol. 10, No. 1 (Fall 1985), p. 56. ²⁰Ibid., p. 54. ²¹Harwood et al., *Economic Costs to Society*, p. B-11 and B-15. ²²"Betty Briefcase Buys More Bottles," *Advertising Age*, Thursday, September 12, 1985, *Impact*, Vol. 19, No. 15 (August 1, 1989). ²³NIAAA, *Sixth Special Report to the U.S. Congress on Alcohol and Health from the Secretary of Health and Human Services*, DHHS Pub. No. (ADM) 87-1519, 1987, p. 93. ²⁴R. Niven, "Alcoholism—A Problem in Perspective," *Journal of the American Medical Association*, Vol. 249 (1983), pp. 2029-2033. ²⁵NCADD Office for Public Policy, Washington, D.C.

WHAT IS NCADD?

NCADD is a national nonprofit organization combating alcoholism, other drug addictions and related problems through its national office, 200 state and local Affiliates, and thousands of volunteers in communities throughout America. Founded in 1944, NCADD's primary mission is education, prevention and public policy advocacy.

NCADD provides education about alcoholism and other drug addictions as treatable diseases; offers prevention programs for schools, organizations and communities; sponsors medical/scientific information; answers questions from the public, legislative bodies and the media; and publishes a variety of publications. NCADD also offers information and referral services to children, teenagers, and adults seeking help with alcoholism, other drug dependencies, and related problems.

NCADD annually, and has every year since 1952, a prestigious national conference where leaders in the field convene to report their latest findings and to discuss emerging trends and values of recovery. NCADD also sponsors National Alcohol Awards Month in April and National Alcohol Birth Defects Awareness Week beginning just before Father's Day each year.

Programs, services, more information, assist referrals are available at any NCADD Affiliate in their area or the NCADD's national toll-free telephone: 1-800-NCACALL.

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC



12 West 21st Street, New York, NY 10010 • (212) 206-6770
1511 K Street, N.W., Washington, D.C. 20005 • (202) 737-8122

MEN,

ALCOHOL and

BABIES

*Having a healthy baby was once
thought to be the woman's
responsibility...*

It's true that what a mother-to-be eats and drinks affects her baby. That's why pregnant women are advised not to drink alcohol - because it can cause a birth defect called **FETAL ALCOHOL SYNDROME (FAS)**. With **FAS** the baby is growth and mentally retarded, and has facial deformities as well as other physical problems.

BUT THE FATHER'S DRINKING ALSO AFFECTS HIS CHILDREN:

- It affects his ability to father children.
- It increases the chance of other birth defects in his children.
- It lowers his babies' birthweight.

The father's support of the mother during the pregnancy is the most important action a man can do to have a healthy baby. The father can:

- Make an agreement that neither you nor the mother-to-be will drink alcohol, smoke cigarettes or marijuana, or use any drugs during the pregnancy. This agreement makes it easier for a woman to maintain a healthy life style.

- Encourage regular prenatal care, and go with her to the checkups.

- See to it she eats a balanced diet, and takes prenatal vitamins and iron if prescribed.

- Remind her not to take any medicine during the pregnancy unless told to by her doctor.

REMEMBER, IT'S YOUR BABY TOO!