

Fetal alcohol spectrum disorders

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Fetal Alcohol Spectrum Disorders

An important health problem in need of prevention

Sylvia Roozen

1. FASD prevention requires a program planning framework for the application of effective health promotion (*this thesis*).
2. Lack of FASD prevalence estimates for many countries does not automatically imply the absence of FASD in these countries (*this thesis*).
3. FASD is one of the leading preventable forms of intellectual disability (*this thesis*).
4. FASD-related stigma and prevention conflict with each other (*this thesis*).
5. Alcohol consumption in Western societies is a textbook example of a manipulated need.
6. A multidisciplinary and multilevel approach emphasizing the complex interaction between research, practice, and policy, is crucial to tackle the problem of FASD.
7. The complexity of FASD prevention should not hinder immediate actions to increase the chances of a good start in life.
8. FASD prevention messages must provide pregnant women with solutions about what to do instead of telling them what not to do.
9. Innovation arises outside of already existing frameworks.
10. Only when you know the crux of the problem, you can think about solutions.
11. Study the past if you would define the future (*Confucius*).