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Physical health impacts of FASD: Preliminary results from a caregiver survey



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I have no disclosures or conflicts of interest to declare.

Post-PhD submission: Vancouver 2017



Developmental Origins of Health and Disease



Presentation by Prof Karen Moritz:
Long term chronic disease outcomes
following prenatal alcohol exposure



FASD as a whole body condition

Presentation by Myles Himmelreich, CJ Lutke & Emily Travis: The Lay of the land: Final Results of a health survey of 500 + adults with FASD



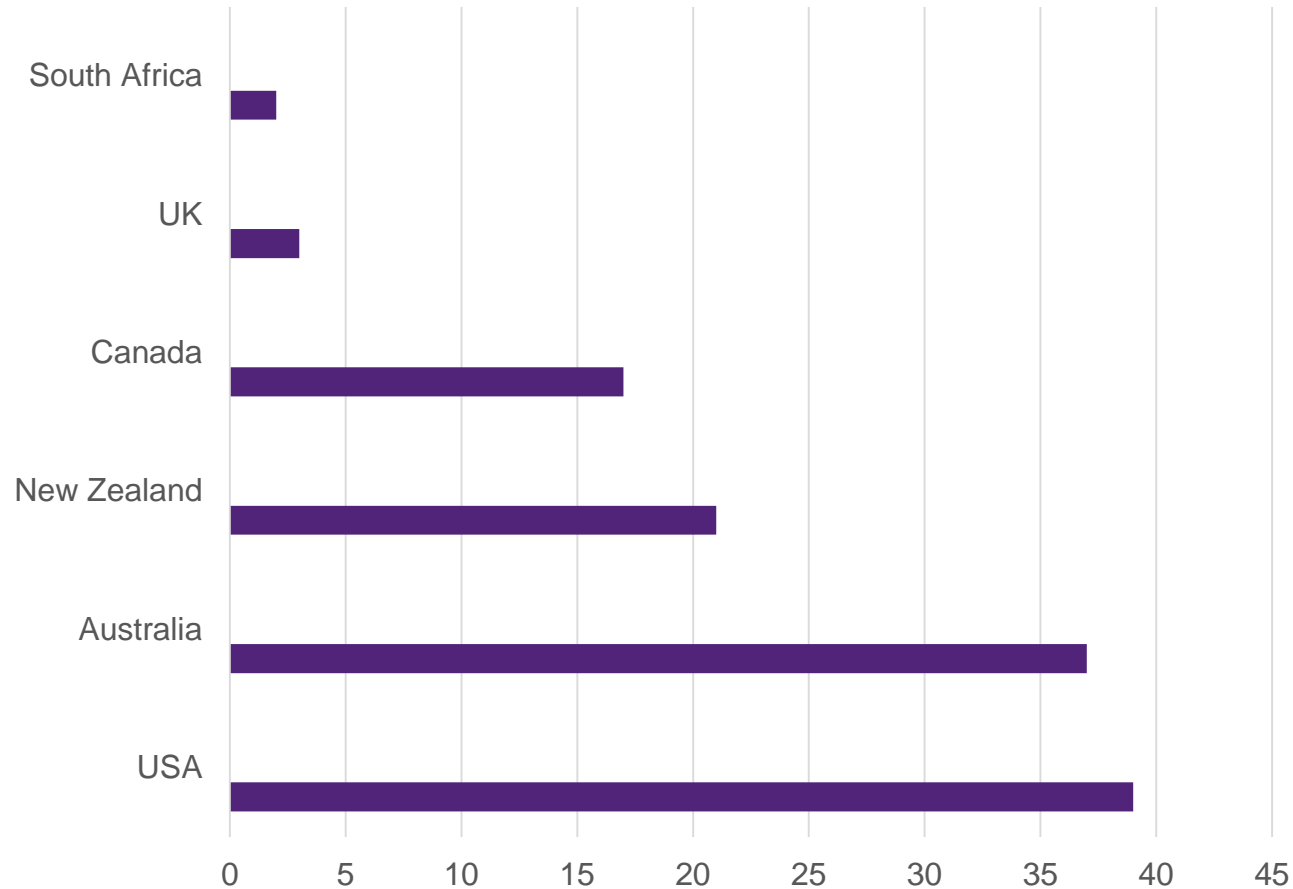
How early could these health problems be identified?

Method

- 1. Established an online survey of caregiver reported health concerns**
 - Based on an Adult Health survey developed by Profs Joanne Weinberg and Claire Coles.
 - We also included questionnaires to assess caregiver health and wellbeing e.g. impact of FASD on caregivers and other family members.
 - Started collecting April 2018
 - Initial pilot – 13 caregivers
- 2. Collect in-person health assessments for local families**

Who has completed our caregiver survey so far?

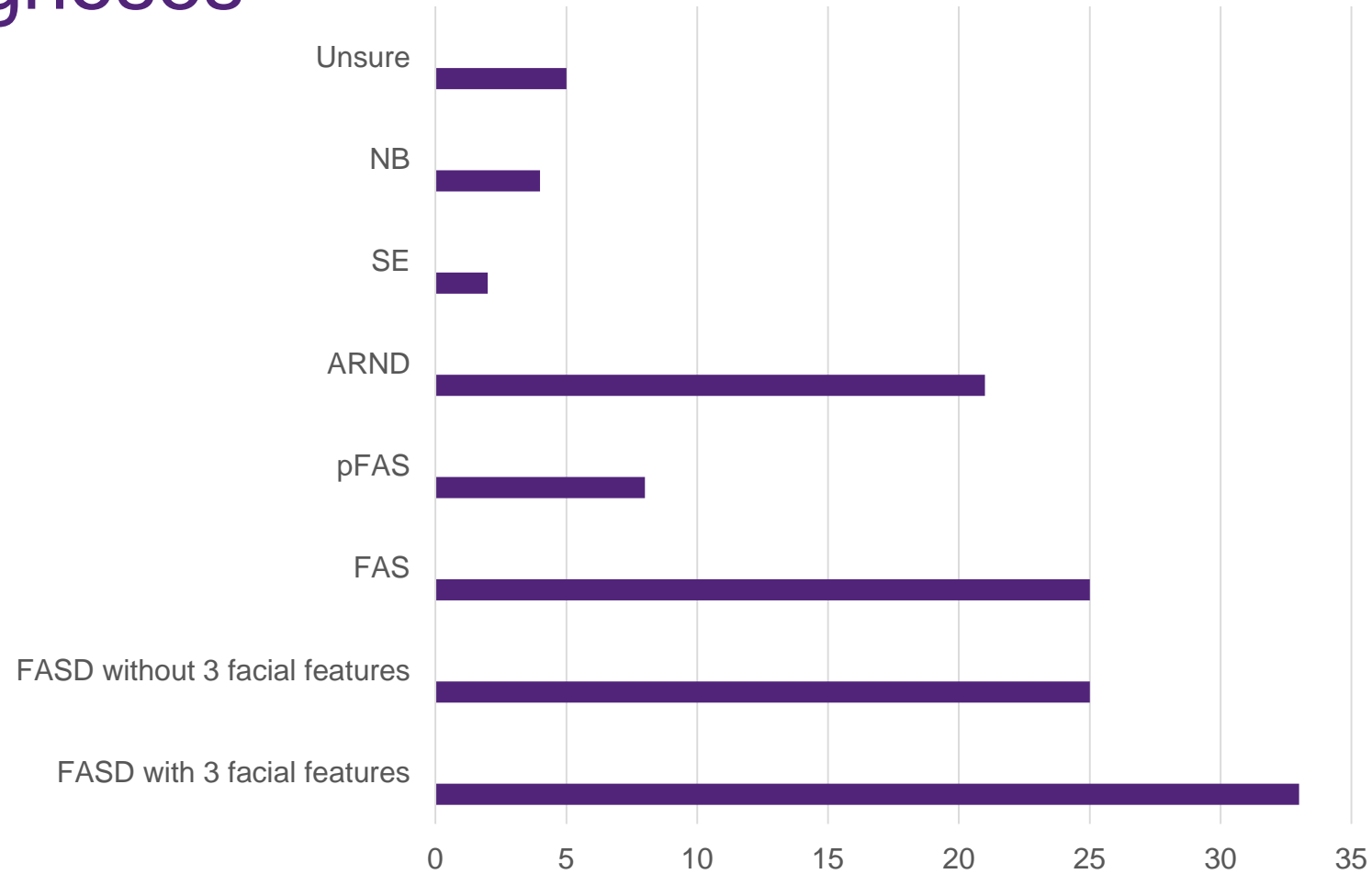
125 caregivers



Child demographic details

Child age		0 – 25 years Mean = 12.22 Standard deviation = 4.42
Child gender	Females	48 (38.4%)
	Males	75 (60%)

FASD Diagnoses



Note: Caregivers asked to provide the clinic and Doctor who provided the diagnosis

SE = static encephalopathy (alcohol exposed); NB = Neurobehavioural Disorder (alcohol exposed)

Total diagnosed health problems

82% reported a diagnosis of at least one health condition

25% reported 2 conditions

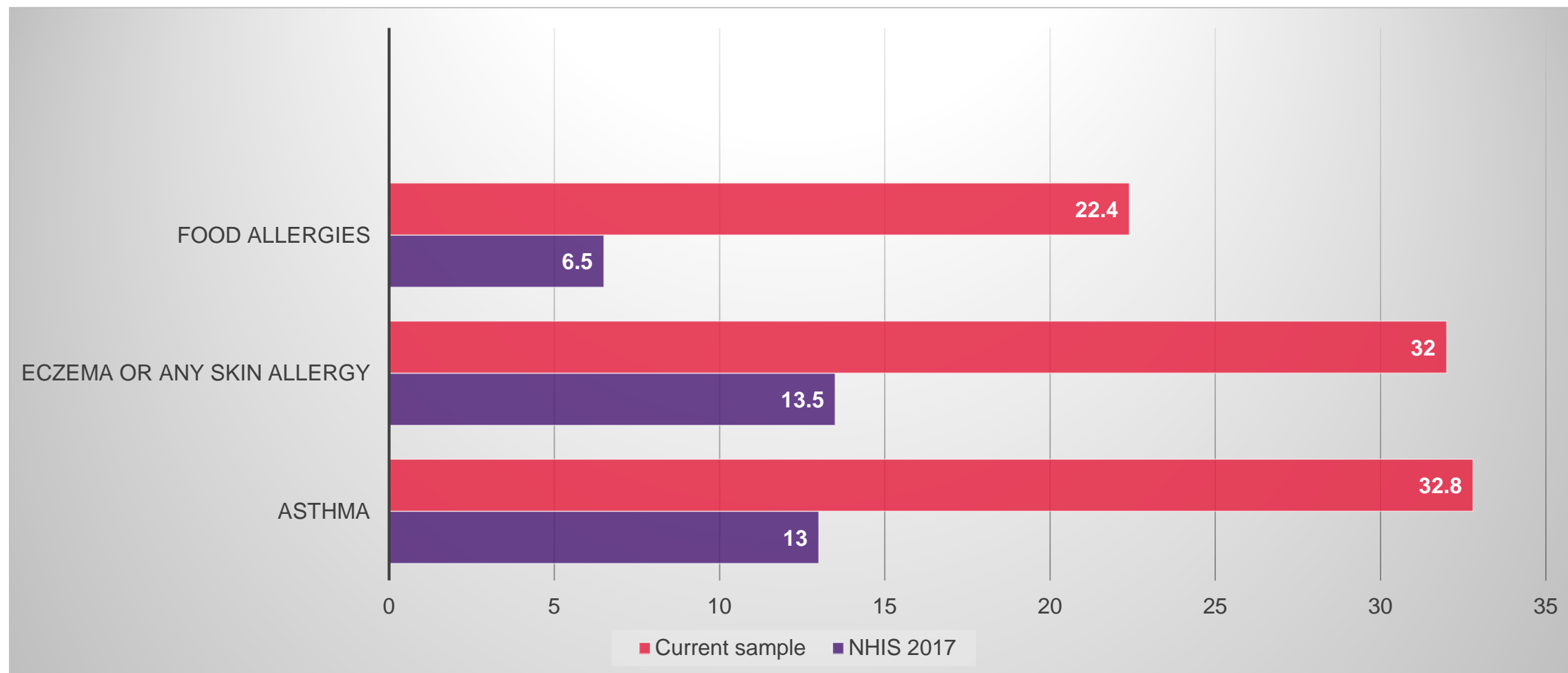
37% reported 3 or more

Max 7 diagnosed conditions (2 children)

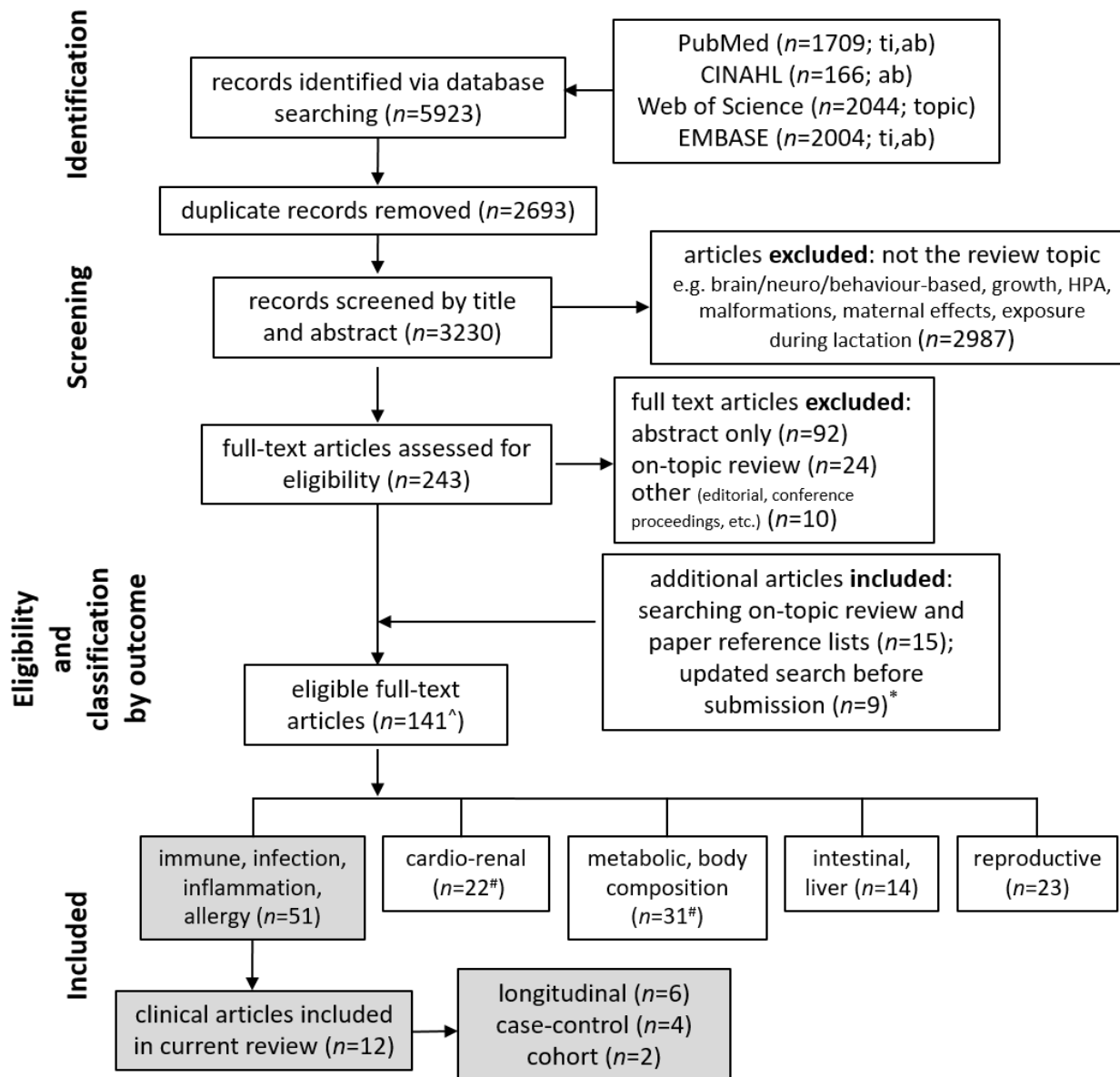
These included:

- Heart problems (33%)
- Bowel problems (36%)
- Kidney problems (6%)
- Pre-diabetes (6%) or diabetes (1%)
- Thyroid problems (5%)
- Skin problems e.g. eczema (32%)
- Allergies (38%)
- Asthma (33%)
- Autoimmune disorders (2%)
- Chronic infections (22%)

Immune-related conditions



Systematic review results



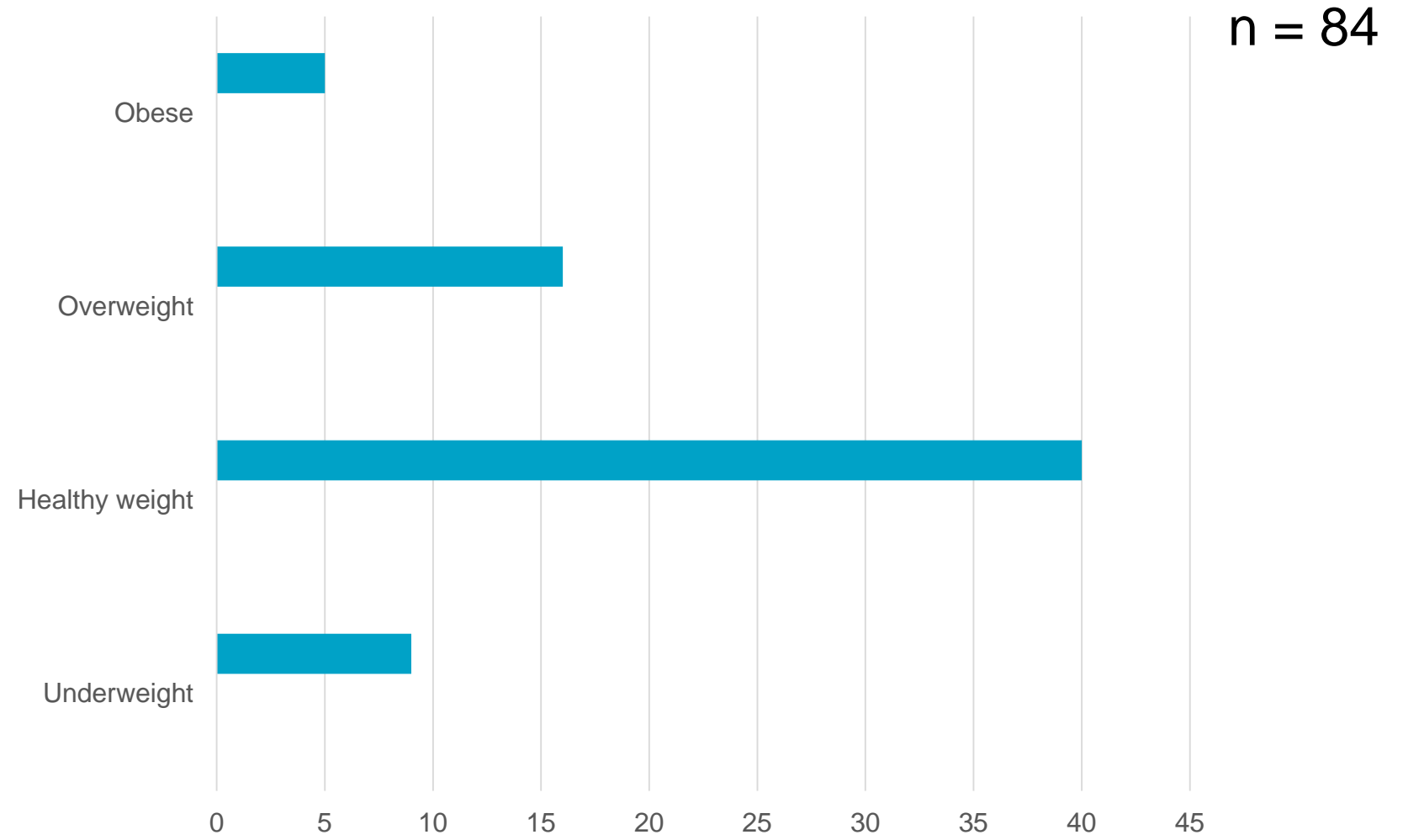
Akison, Moritz & Reid. 2018. *Reproduction*

Akison et al (Revised). *ACER – Metabolic*

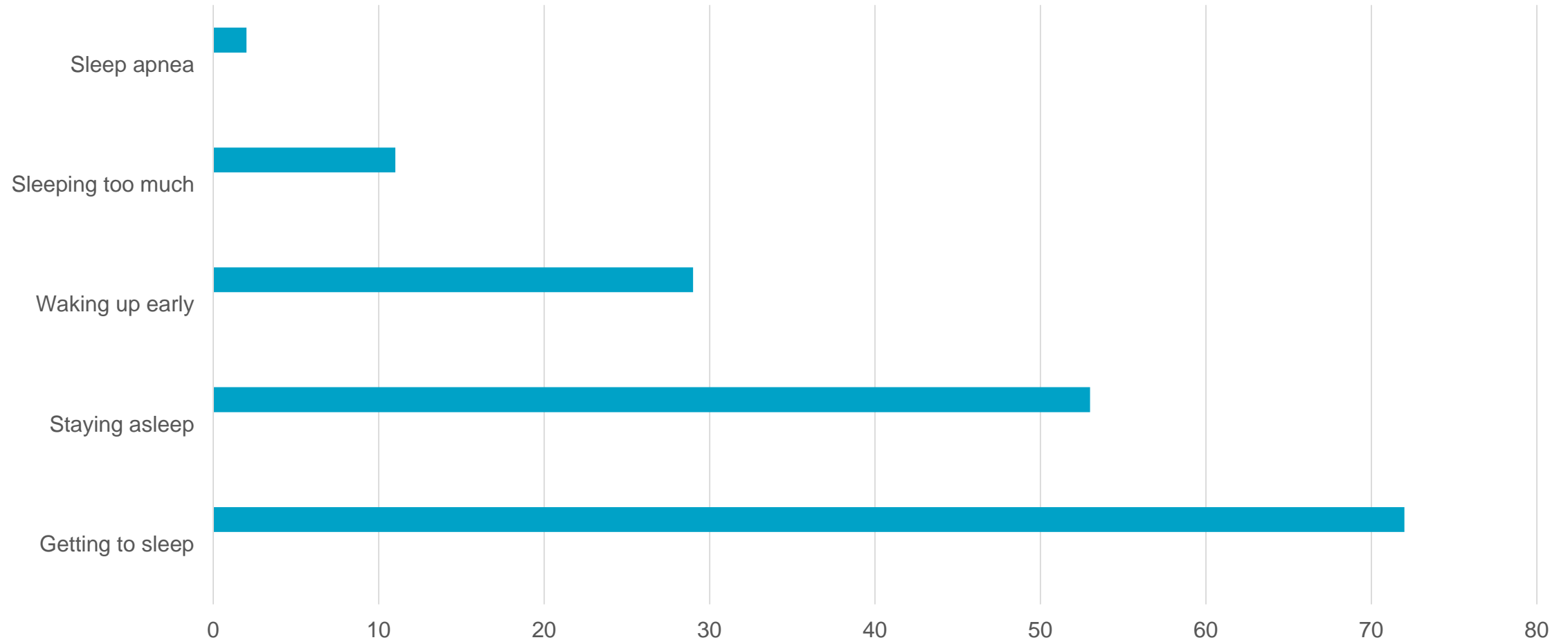
Reid et al (Under Review) – *Cardio-renal*

Reid et al (Under Review) – *Immune*

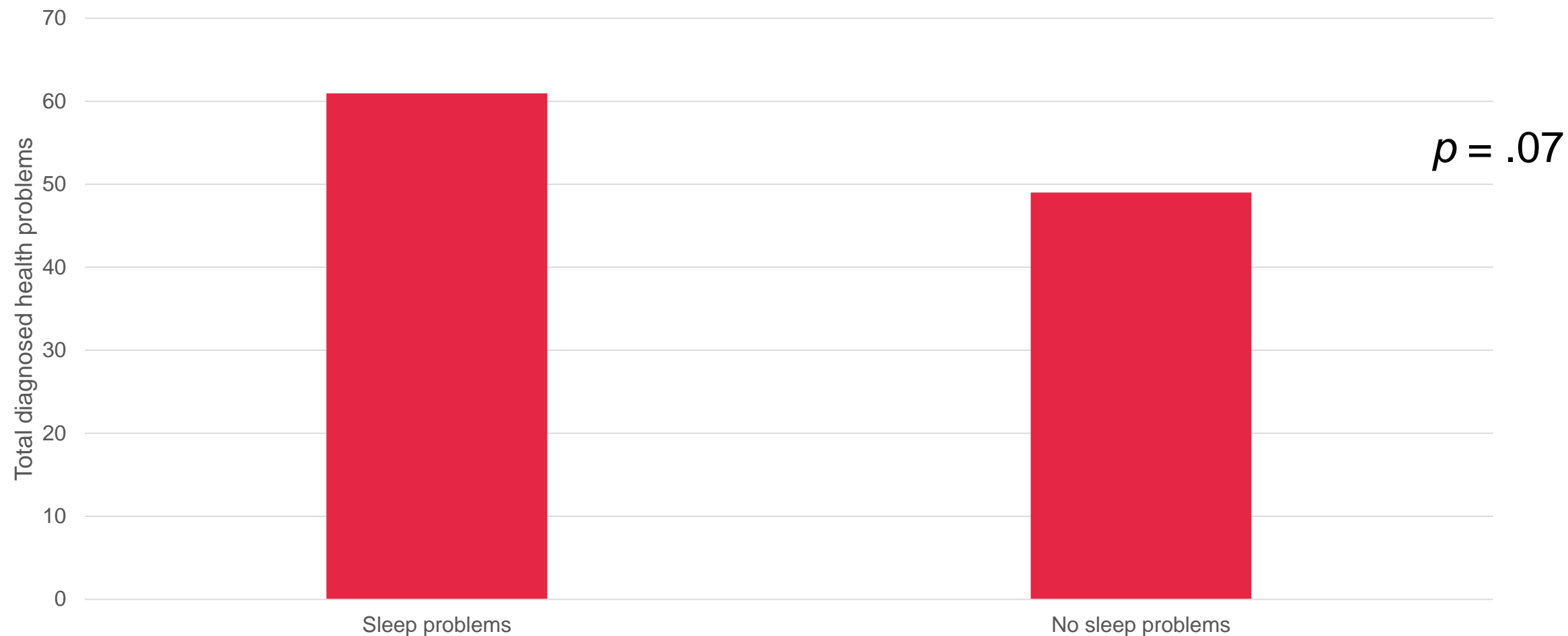
Body Mass Index



Sleep problems – 70%



Do those with sleep problems have more health problems?



Conclusions

- Some preliminary evidence that children and young people with FASD may be at increased risk of some health conditions – but early days
- Some preliminary evidence that those with sleep problems may have more health problems - but again early days

Where to from here?

Looking for more participants!! 😊

PARTICIPATE IN VITAL RESEARCH TO HELP CHILDREN WITH FETAL ALCOHOL SPECTRUM DISORDER (FASD)

Are you the caregiver of a child with FASD?

WE NEED YOUR HELP!

Researchers at the Child Health Research Centre are doing a study to assess health outcomes of children with FASD. We are looking to gather information from caregivers who have children with FASD (aged 5-18 years).

Most of the research so far has investigated the impacts of prenatal alcohol exposure on the developing brain, but there has been very little research about how prenatal alcohol exposure could affect the development of the rest of the body. We are also interested to learn about how caregivers are coping with the stressors of caring for a child with FASD.

With your help, our study hopes to fill in the gaps and learn more about how children have been impacted by prenatal alcohol exposure and how caregivers are managing in their day-to-day lives. Ultimately, this will help to develop interventions to improve the health and wellbeing of individuals with FASD and their families.

WHO CAN BE IN THE STUDY?

Caregiver of children with FASD (aged 5-18 years)

WHAT IS REQUIRED?

Complete an online survey (approx. 30 mins duration) that will ask you questions about your child's past and current health.

HOW DO I COMPLETE THE SURVEY?

Visit www.child-health-research.centre.uq.edu.au/participate-fetal-alcohol-spectrum-disorder-research





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Thank you

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