Country highlights – NORWAY
FASD – clinics and research in Norway

Gro CC Løhaugen, neuropsychologist PhD; Thorsten Gerstner MD / PhD student; Professor Jon Skranes MD PhD

Regional Health Authority Resource Center for Children with Prenatal Alcohol/Drug Exposure in Norway
Disclosure

Presenter and authors have no conflict of interest
Drinking habits among women in Norway

- Prevalence of current drinkers (2016)
  - Norwegian women among the highest in Europe (91%)

- Population average of standard drinks daily
  - Norwegian women with the lowest number of drinks

- Binge drinkers (≥10 alcohol units per week)
  - 12% of Norwegian women

GBD 2016 Alcohol Collaborators. *Lancet* 2018;392
Institute of public health, Norway
Drinking habits among pregnant women in Norway

- Drinking after known pregnancy
  - Norwegian women among the lowest in Europe (4.1% vs 16%)
- Planned pregnancy: 70%
  - Change in drinking pattern in 85%, but not until pregnancy was confirmed.
- Women who continue drinking
  - Older, higher education, working, smokers

Prevalence of Fetal alcohol spectrum disorder (FASD)

Figure 1. Global Prevalence of Fetal Alcohol Spectrum Disorder Among Children and Youth in the General Population in 2012

Lange S et al. *JAMA Pediatr* 2017
The prevalence of FASD in Norway

- No well documented prevalence studies exist
- 1.0-2.0 per 1000 live births with FAS?
- 1.0-2.0 per 100 live births with FASD?
- 60,000 births per year in Norway
- White paper 30 (2011): 60-120 «new» children with FAS per year, and 600-1200 «new» children with FASD?
- Conservative estimate (1.5%): about **16,000 children** aged 0-18 years with FASD in Norway. Less than 500 is diagnosed!
- These numbers may be an understatement
- Research is needed!
Diagnosis of FASD in Norway

- Most children with FASD are not diagnosed!
- Who should diagnose FASD in Norway?
  - The hospital-based child specialist services
    - *The Dept. of child and adolescent psychiatry*
      - ADHD, behavioral problems, relational problems
    - *The Department of pediatrics*
      - Delayed psychomotor development, “syndromes”
    - *The Department of child (re)habilitation*
      - Disabilities, learning disorders, mental retardation, autism
Regional Competence Centre for children with prenatal alcohol and/or drug exposure
Arendal, Norway

• Established in September 2015, official opening November 27th 2015. First centre in the Nordic countries

• **Primary aim:** Improved and equal health care services for the actual patient group by:
  – Clinical assessments
  – Educational courses
Research activities

• Combining clinics and research
  – Clinical database: Informed consent to participate
• PhD project: Our patient material – 200 patients
  – Clinical findings, FASD subgroups, EEG findings, MRI findings (subgroup)
• Pilot project: 3D facial imaging of FASD subgroups
• Intervention studies are missing
• International collaboration
Thank you for your attention!
Thank you for your attention!