



ILLINOIS LIQUOR CONTROL COMMISSION

FOR IMMEDIATE RELEASE

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One Decision, A Lifetime of Impact

Fetal Alcohol Spectrum Disorder Awareness Month

September marks not only the beginning of the fall season but also Fetal Alcohol Spectrum Disorder (**FASD**) Awareness Month. The Illinois Liquor Control Commission (ILCC) urges citizens to share an important message: no amount of alcohol is safe during pregnancy.

Fetal Alcohol Spectrum Disorders (**FASD**) refer to a range of lifelong physical, behavioral, and cognitive disabilities caused by alcohol exposure before birth. **FASD** affects an estimated [1% to 5% of first graders in the U.S.](#) Individuals living with FASD may experience daily challenges in areas such as:

- Learning and memory
- Understanding and following directions
- Switching attention between tasks
- Controlling emotions and impulsivity
- Communicating and developing social skills
- Experiencing depression and anxiety
- Performing daily life skills, including feeding, bathing, counting money, telling time, and minding personal safety

“For those struggling with alcohol dependency, the Illinois Liquor Control Commission (ILCC) urges you to seek help for both you and your unborn child,” said Executive Director Lisa Gardner. We encourage anyone facing dependency to talk with a healthcare provider or counselor. Support is available you just need to reach out.

About the Illinois Liquor Control Commission

The Illinois Liquor Control Commission’s mission is to protect the health, safety, and welfare of the people of Illinois through careful control and regulation of the manufacture, distribution, and sale of alcoholic liquors and through the development of strategies to reduce youth access to alcohol products and the provision of training and education on responsible beverage service.

To learn more about the ILCC and its divisions, visit www.ILCC.Illinois.gov. To submit a tip or complaint to the ILCC’s Enforcement Division, click [here](#).

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