



NATIONAL
ORGANISATION
FOR
FASD

The Cost of Inaction on FASD

An Easy Read summary



National FASD

June 2026

How to use this booklet

- This is an Easy Read booklet.
- It uses easy words and pictures.
- Some words are hard. These hard words are in **bold blue**. We explain what they mean.
- This booklet is a short summary. It tells you the main points.
- There is a longer report with more facts.



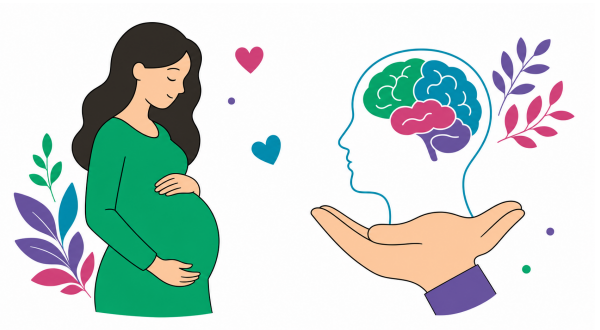
Who we are

- We are **National FASD**.
- We are a small charity.
- We help people with FASD and their families.
- We have done this work since 2003.



What is FASD?

- **FASD** means Fetal Alcohol Spectrum Disorder.
- FASD happens when a baby is affected by alcohol before it is born.
- This can change how the baby's brain and body grows.
- FASD lasts for the whole of a person's life.
- Every person with FASD is different.
- People with FASD have strengths. They also need the right help.



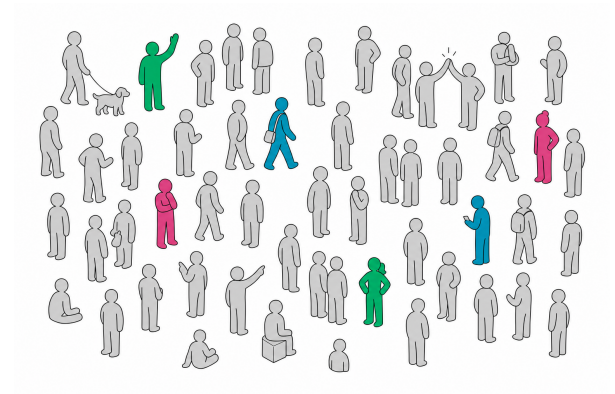
FASD is not the person's fault

- FASD is not the fault of the person who has it.
- It is a brain condition. It is not bad behaviour.
- People with FASD should be treated with respect.



The problem: FASD is often missed

- Many people with FASD are never found or helped.
- Up to 2 to 4 children in every 100 may have FASD.
- This could be up to 2.8 million people in the UK.
- Most do not have a **diagnosis**. A diagnosis is when a doctor says what condition you have.



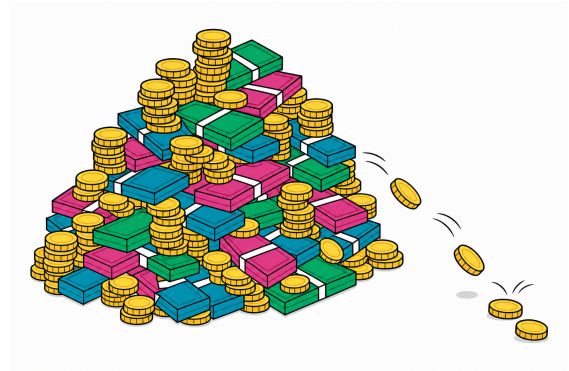
What people tell us

- People with FASD and their families tell us the same things again and again:
- “We wait too long for help.”
- “People do not understand FASD.”
- “We feel alone.”
- “We get blamed.”



This costs a lot of money

- When people do not get help early, problems get worse.
- This costs the country a lot of money.
- FASD costs the UK about £9.2 billion every year.
- Over 30 years this could be about £160 billion.



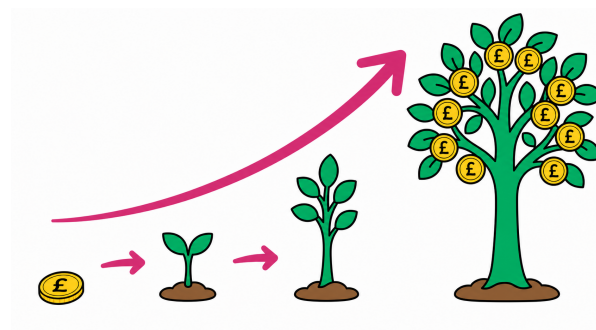
FASD is not talked about enough

- People in Parliament do not talk about FASD much.
- They talk about autism and ADHD far more often.
- This means FASD gets left out of new plans and laws.
- When FASD is left out, people do not get the right help.



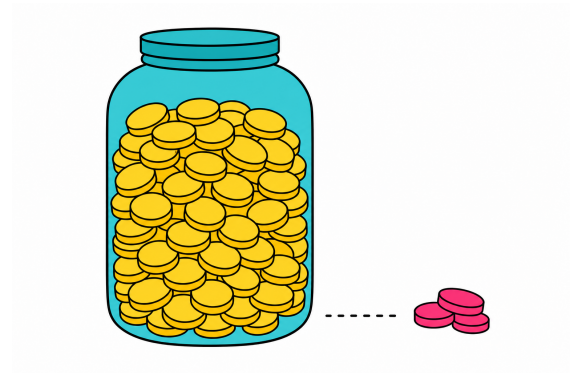
There is a way to fix this

- We have a plan. The plan is called **Invest to Save**.
- This means: spend a little money now to save a lot of money later.
- We are calling it an FASD Prevention and Response Programme.
- This plan helps stop FASD. It also helps people who have FASD.



Where the money comes from

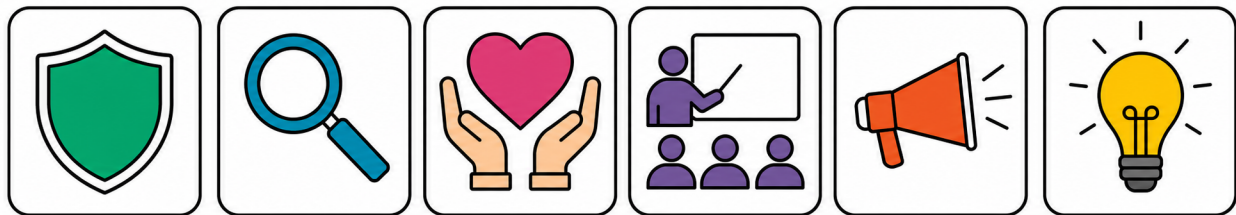
- The Government gets money from the tax on alcohol.
- This is about £13 billion each year.
- We ask for a small part of this. Just **0.25%**.
- This is about £31 to £32 million each year.
- It is a tiny part of the money from alcohol.



What the money would pay for

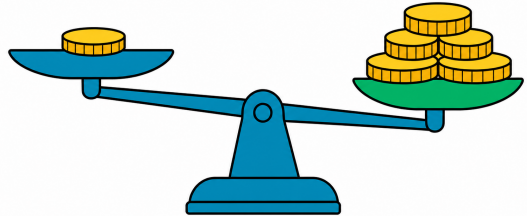
The money would pay for:

- Stopping FASD before it happens.
- Telling people about the risk of alcohol in pregnancy.
- Finding and diagnosing FASD early.
- Helping people with FASD after they get a diagnosis.
- Training doctors, teachers and other workers.
- More research to learn what works.
- Funding for groups that help people with FASD.



This plan saves money

- For every £1 we spend, we save about £3.56.
- Helping early stops bigger problems later.
- This is good for people. It is also good for the country.



It can be done

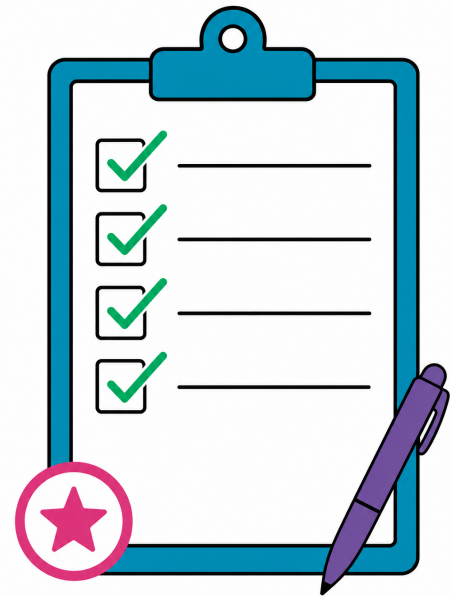
- This plan does not need a new law.
- The money is already there.
- Other countries already do this, like Canada, Australia and the USA.
- All that is missing is the will to act.



What we want to happen

We want the Government to:

- ✓ Check how new plans affect people with FASD.
- ✓ Name FASD in school and health rules.
- ✓ Help stop alcohol harm in pregnancy.
- ✓ Set up FASD centres to help people.
- ✓ Start the FASD fund using the 0.25%.
- ✓ Learn more about FASD with better facts.
- ✓ Listen to people with FASD and their families.



Listen to people with FASD

- People with FASD and their families know what helps.
- They should help make the plans.
- Nothing about us should be decided without us.



The time is now

- FASD has been known for more than 50 years.
- People with FASD have waited a very long time.
- The time to act is now.
- Will you help?



Find out more

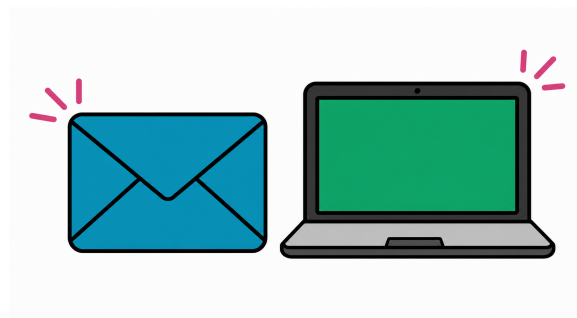
- To learn more, please contact National FASD.

- Email:

info@nationalfasd.org.uk

- For support across the UK:

www.FASDUKAlliance.info



This is an Easy Read summary of the full report “The Cost of Inaction on FASD” (National FASD, June 2026).

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