



February 3, 2025

RE: Letter of Support

Dear Ladies and Gentlemen;

As I expressed back in 2019, I would like to take this opportunity to express my support and tremendous admiration for the members of the Polski Instytut FASD in their efforts to address diagnosis, intervention and prevention of Fetal Alcohol Spectrum Disorders (FASD).

FASD is a lifelong disability caused by maternal use of alcohol during pregnancy. It is estimated that 1 infant in every 100 are born with FASD, equivalent to the prevalence of Autism. It costs 30 times more to raise a child with FASD than to prevent FASD in a child. Fortunately, FASD is entirely preventable.

I am a professor of Epidemiology and Pediatrics at the University of Washington in Seattle Washington. I am the founder and director of the Washington State Fetal Alcohol Syndrome Diagnostic & Prevention Network ([FASDPN](http://www.fasdpn.org)). The FASDPN was established in 1992 and has been supported in full by the Washington State Legislature (Senate Bill 5688). The mission of the FASDPN is prevention of FASD through diagnosis, intervention, research and training. I am pleased to report our evidence-based interdisciplinary approach to FASD prevention has successfully reduced the prevalence of FASD in Washington State. I am the author of the FASD 4-Digit Diagnostic Code and FAS Facial Photographic Analysis Software; diagnostic tools used worldwide. The FASDPN provides training to interdisciplinary teams worldwide on how to establish an interdisciplinary FASD diagnostic clinic using the 4-Digit Code. Training includes completion of the 20-hour 4-Digit Code Online Course and participation in our 2-Day FASD training at the FASDPN clinic in Seattle.

Team members from the Polski Instytut FASD have completed both the Online and Seattle trainings and have demonstrated exceptional proficiency, compassion and perseverance in their pursuit of establishing a premier FASD program in Poland. The members of the Polski Instytut FASD had my permission to translate the 2004 version of the *"Diagnostic Guide for FASD: The 4-Digit Diagnostic Guide"* into Polish by a professional translator and provide onsite FASD training in combination with the 4-Digit Code Online Course offered by the FASDPN.

Sincerely,

Susan Astley Hemingway Ph.D.
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