

**MAKING FASD HISTORY: A MULTI-SITE PREVENTION PROGRAM**  
**SUMMARY: Targeted community education and awareness raising  
in Alice Springs, Northern Territory**

Health promotion activities are an important aspect of primary prevention measures to improve health in Aboriginal and Torres Strait Islander populations. Evidence supports that education and raising awareness about alcohol use, form an important part of a comprehensive approach to reduce alcohol-related harms in the community.

As part of the "[Making FASD history: A Multi-Site Prevention Program](#)", over 100 health promotion events and activities were delivered in the Alice Springs community between 2019 and 2020. These events were delivered by the program team based at the Central Australian Aboriginal Congress Aboriginal Corporation (Congress). Events consisted of educational sessions around topics such as alcohol, drugs, and Fetal Alcohol Spectrum Disorder (FASD) prevention. These sessions were held at multiple venues including organisations such as Drug and Alcohol Services Australia (DASA), Central Australian Aboriginal Alcohol Programmes Unit (CAAAPU), and high-profile events, including the International FASD Awareness Day, the Tangentyere Family Fun Day and during the NAIDOC Week. Events were also held at schools, community groups and other public places where community members were present.

Formal evaluation of these health promotion events and activities was not undertaken. However, findings from one of the activities (which required participants to pour a standard drink of alcohol) demonstrated that of the 42 participants (9 male, 33 female), 33 poured more than the guidelines. Conversely, 4 participants poured the correct amount, and 5 poured less than the recommended amount.

Project staff noted that there seemed to be a general awareness in the community that alcohol could be harmful to an unborn baby. However, not everyone had knowledge or understanding of what these effects may be.

The information gathered from the informal evaluation demonstrates that knowledge around alcohol and alcohol-related harms in the Alice Springs community could be improved. With this information in mind, future activities should aim to create and deliver health promotion activities as a primary prevention measure, to educate the local community on alcohol, other drugs, and FASD.

*References available on request.*

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