

NIAAA: Current Priorities and Future Goals

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National Institute
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Alcool : quand l'enfant trinque in utero (Alcohol: When the child in utero is “toasted”)

LE MONDE SCIENCE ET TECHNO | 31.03.2015 à 12h10 • Mis à jour le 02.04.2015 à 15h04 |

“Ce devrait être une excellente nouvelle : la première cause de handicap mental et d'inadaptation sociale non génétique est complètement évitable. Mais les troubles causés par l'alcoolisation foetale (TCAF), c'est-à-dire l'ensemble des manifestations qui peuvent survenir après une exposition prénatale à l'alcool, demeurent un problème méconnu de santé publique.”

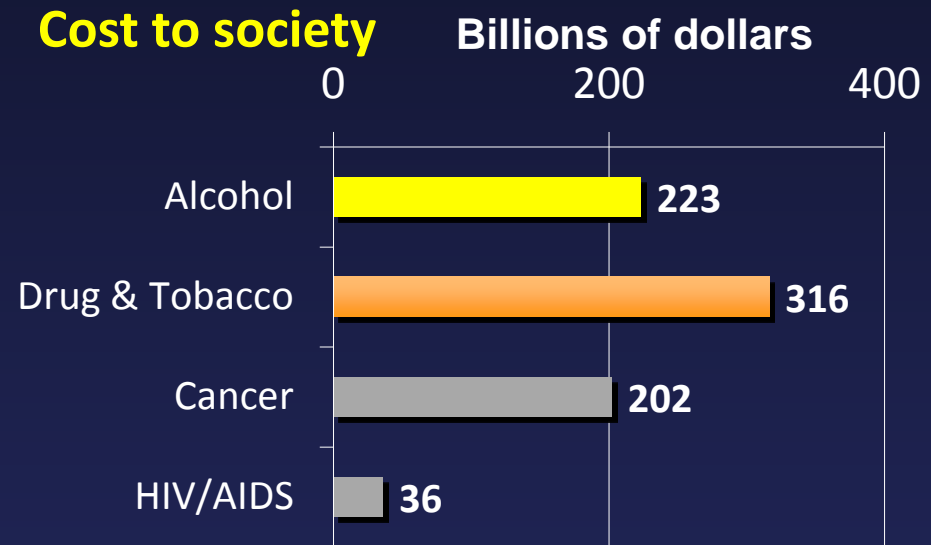
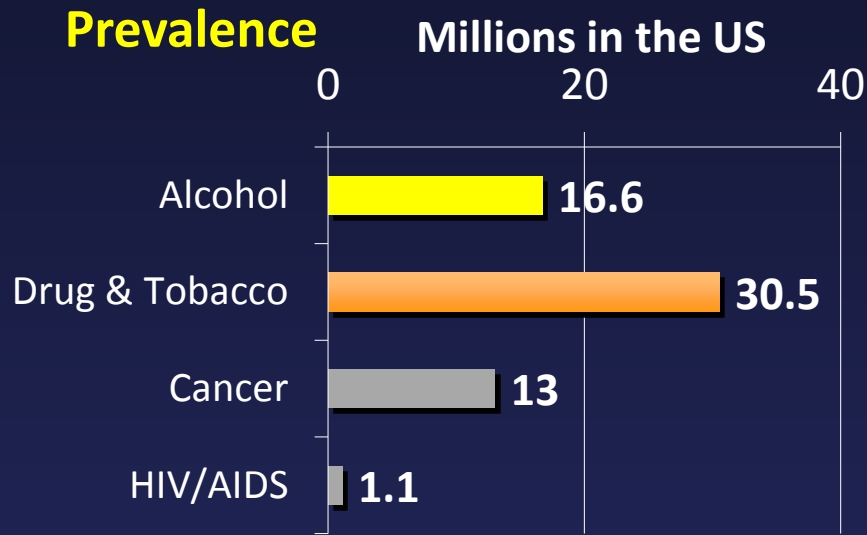


“This should be great news: the leading cause of non-genetic mental disability and social maladjustment is completely preventable. But, the disorders caused by fetal alcohol (FASD), that is to say, the range of consequences that can result from prenatal exposure to alcohol, remain an unrecognized public health problem.”

April is Alcohol Awareness Month

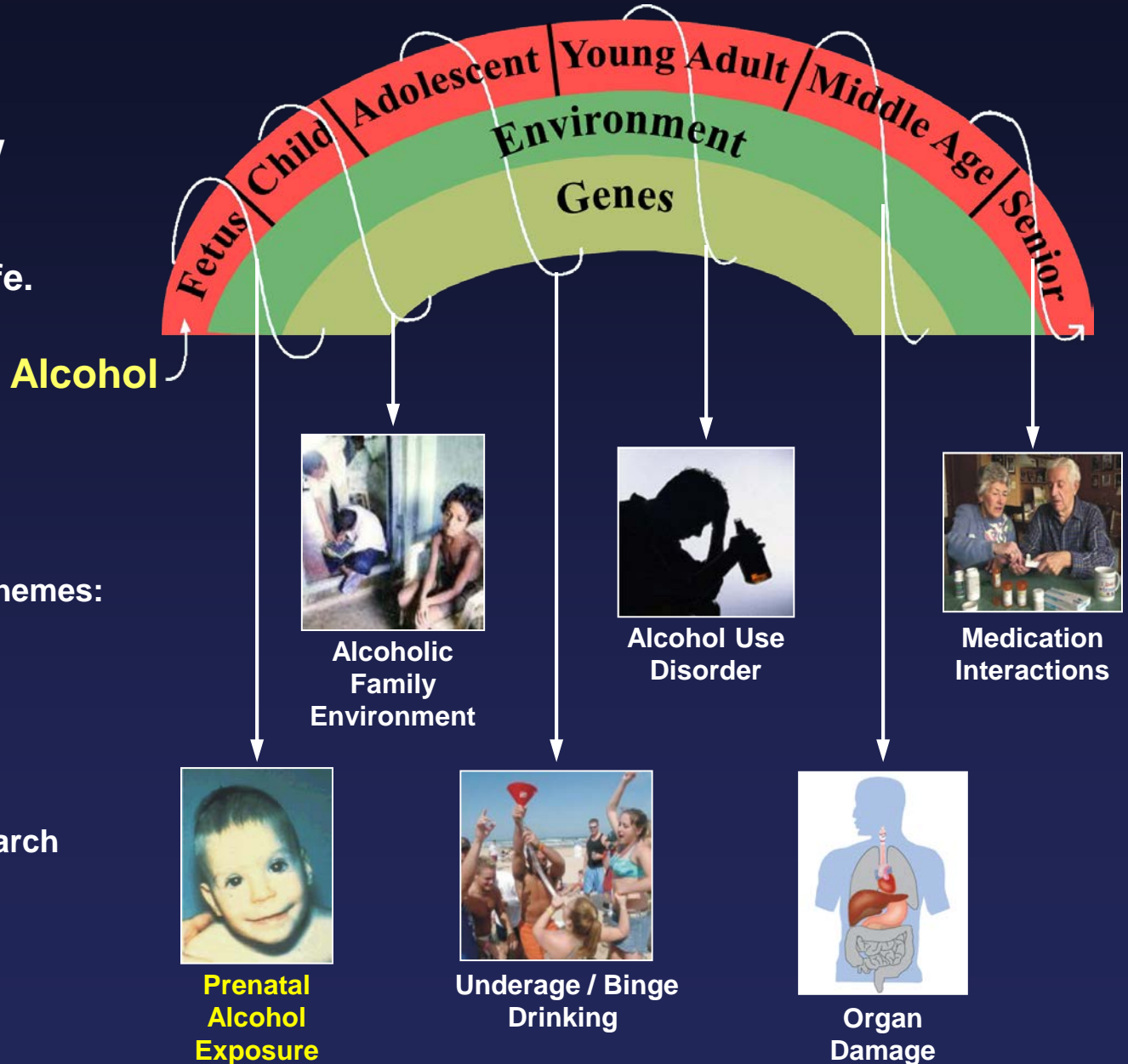
- 16.6 million Americans have alcohol use disorder (AUD).
- Binge drinking is not uncommon among adults and is a major problem among adolescents.
- Alcohol misuse results in a range of adverse personal and health consequences, including fetal alcohol spectrum disorders (FASD).
- 10% of children live with a parent with alcohol problems.
- Excessive drinking cost the U.S. \$224 billion in 2006.
- Any time is a good time to rethink your drinking.

Cost and Scope of Addiction



Alcohol Effects Across the Lifespan

NIAAA supports research to study how alcohol can affect health and well-being at various stages of life.



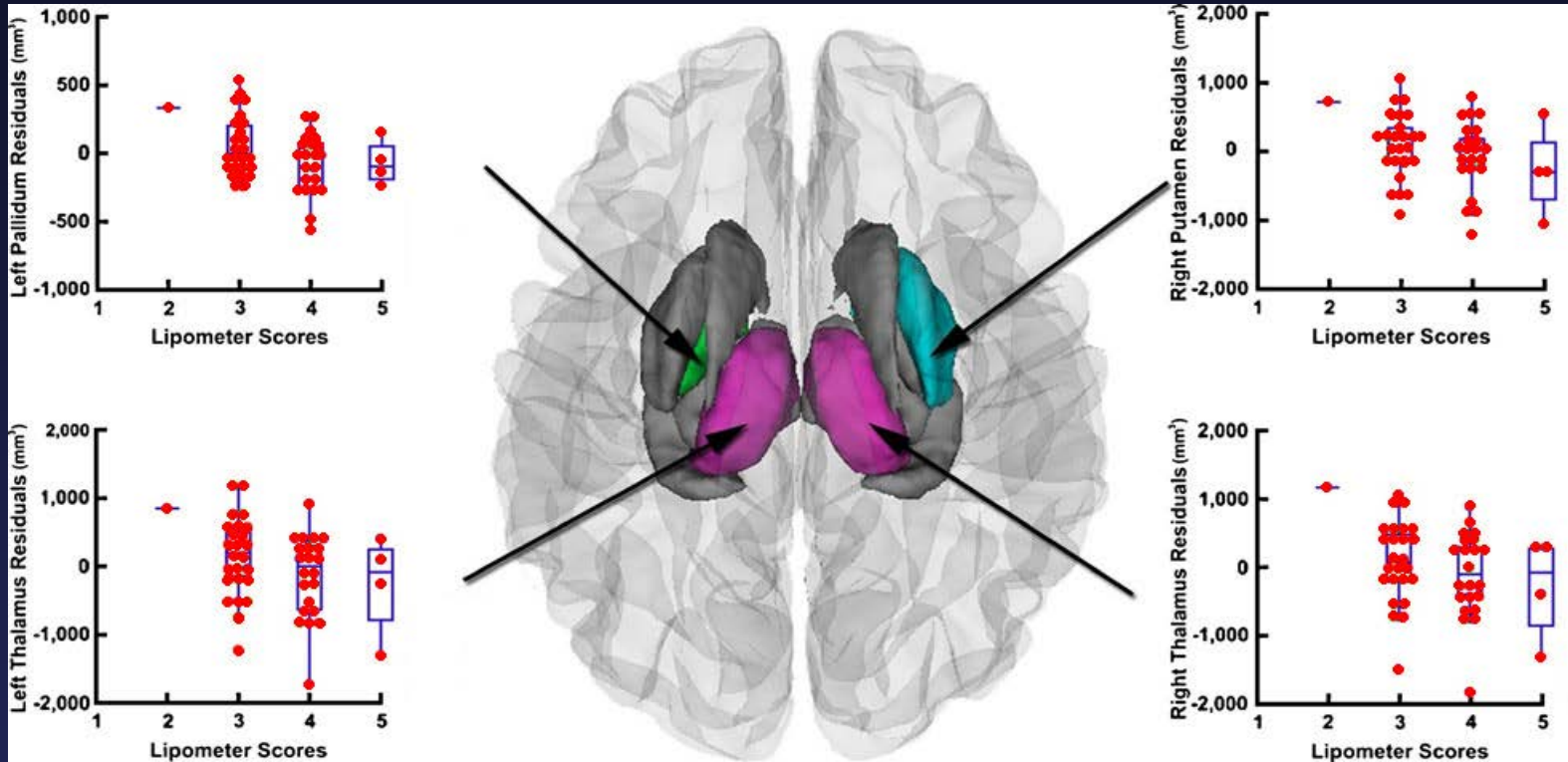
Lifespan Transcending Themes:

- Neurobiology
- Metabolism
- Genetics
- Epigenetics
- Epidemiology
- Health Services Research

Key NIAAA Initiatives and Programs

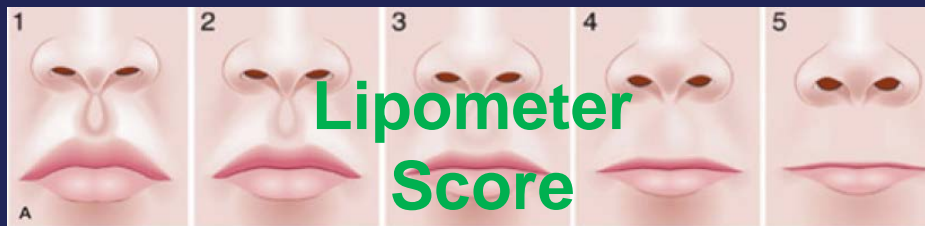
1. **Fetal Alcohol Syndrome / Fetal Alcohol Spectrum Disorders – Early Diagnosis**
2. **Underage and Excessive Drinking – N-CANDA, ABCD, CollegeAIM**
3. **Treatment – Medications Development**
4. **Co-Morbidity – PTSD**
5. **Alcoholic Liver Disease**
6. **Alcohol and HIV/AIDS**
7. **Alcohol Biosensors**

Fetal Alcohol Spectrum Disorders (FASD) Facial Features



Negative correlations between brain volume and lipometer scores after controlling for scan location, age, sex, and ICV in subjects with FASD. (N=52)

With permission
Lebel & Sowell



NIAAA's Research Program in Fetal Alcohol Spectrum Disorders

NIAAA's FASD Research Portfolio: Each year NIAAA expends about 8-9% of its extramural research and training budget (~\$30 million), towards FASD-related grants.

This portfolio includes studies on:

- preventing prenatal alcohol exposure
- treating women with alcohol use disorder
- improving the diagnosis of FASD
- establishing more precise prevalence estimates of FASD in the U.S.
- increasing understanding of the effects of alcohol on the unborn child
- developing effective interventions to mitigate the health effects on prenatally exposed individuals

Ongoing NIAAA Initiatives in Fetal Alcohol Spectrum Disorders

- **Collaborative Initiative on Fetal Alcohol Spectrum Disorders (CIFASD)**
 - A multidisciplinary consortium of domestic and international projects addressing FASD prevention, diagnosis of the full range of birth defects associated with prenatal alcohol exposure, and ameliorative interventions for FASD-affected individuals.
- **Prenatal Alcohol and Sudden Infant Death Syndrome and Stillbirth (PASS) Network**
 - An international consortium investigating the role of prenatal alcohol exposure in the risk for Sudden Infant Death Syndrome (SIDS), stillbirth, and FASD.
 - The PASS Network is conducting community-based investigations in high-risk communities in the Northern Plains of the U.S. and the Western Cape of South Africa; the study is enrolling ~12,000 pregnant women and following development of their offspring during pregnancy and through the infants' first year of life.
 - Supported through a partnership with NICHD and NIDCD.
- **Collaboration on FASD Prevalence (CoFASP)**
 - A research consortium focused on establishing a more precise and representative prevalence estimate of FASD among school-aged children in several U.S. communities in California, North Carolina, and the Northern Plains, using active case ascertainment methodology.
 - This initiative is establishing a publically available database to facilitate future FASD research.

NIAAA: The Source for Credible Science Information on Alcohol Across the Lifespan – Including Fetal Alcohol Spectrum Disorders

- Brochures and Fact Sheets
- Journals and Reports
- Professional Education Materials

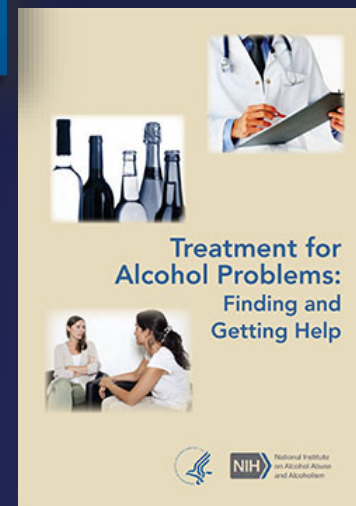
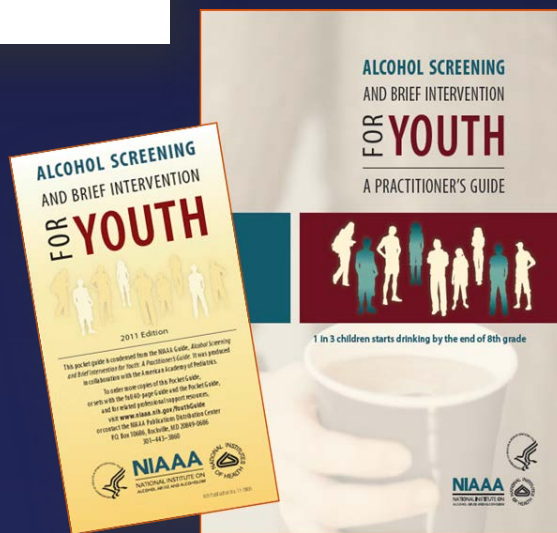
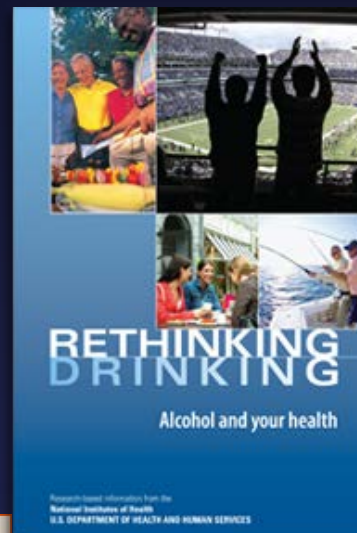
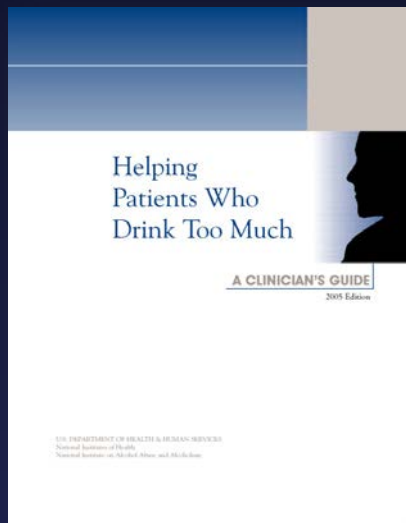
Drinking and Your Pregnancy



U.S. Department of Health and Human Services
National Institutes of Health
National Institute on Alcohol Abuse and Alcoholism
NIH... Turning Discoveries into Health



NIAAA Resources for Health Professionals and the General Public



http://rethinkingdrinking.niaaa.nih.gov/

RETHINKING DRINKING
Alcohol and your health

Home > Tools >

DO YOU KNOW...
WHY BEING ABLE TO "HOLD YOUR LIQUOR" IS A CONCERN?

Do you enjoy a drink now and then? Many of us do, often when socializing with friends and family. Drinking can be beneficial or harmful, depending on your age and health status, and, of course, how much you drink.

For anyone who drinks, this site offers valuable, research-based information. What do you think about taking a look at your drinking habits and how they may affect your health? *Rethinking Drinking* can help you [get started](#).

"Sometimes we do things out of habit and we don't really stop to think about it. This made me think about my choices."

"It emphasized that drinking is not bad in and of itself—it's how much you're doing it and how it's affecting your life."

"I thought the strategies for cutting down were really good. It gives you tools to help yourself."

These are comments from social drinkers who reviewed the *Rethinking Drinking* booklet in focus testing. We welcome your comments on the booklet and this Web site as well. Send us an [email](#).

Quick links

- ✓ Check your drinking pattern
- ✓ See signs of a problem
- ✓ Get tools to make a change

TAKE IT with you

Download or order

This 16-page booklet, *Rethinking Drinking: Alcohol and Your Health*

Is your "lite" beer... light in alcohol?

How strong is your mixed drink?

TRY THE COCKTAIL CONTENT CALCULATOR

How many "drinks" are in a bottle of wine?

- Evidence-based information about risky drinking
- Interactive tools to help assess one's drinking habits and readiness for change
- Support for cutting back or quitting
- Cocktail content and calorie calculators

RETHINKING DRINKING
Alcohol and your health

Home > Tools >

Cocktail content calculator
For drinks with two or more ingredients

How strong is your mixed drink or cocktail? Depending on the recipe, you can have one, two, or more "standard" drinks in one cocktail or mixed drink. Click on the drinks below to see the results for some popular recipes from bartender's guides. Be aware, though, that different bars, restaurants, and people often make them somewhat differently. For drinks not shown, try "Check your drink" (see tips, below).

Select a drink:

Mojito

Ingredients	Amount	% alc/vol
Alcohol ingredients		
White rum (80 prt)	2 fl. oz.	40 %
SUBTOTAL	2 fl. oz.	
Non-alcohol ingredients		
Lime juice	2 fl. oz.	
Club soda	2 fl. oz.	
SUBTOTAL	4 fl. oz.	
TOTAL	6 fl. oz.	

RESULTS
This recipe contains:
1.3 U.S. standard drinks and has 13.3% alcohol in 6 total fluid ounces.

How much are you really drinking?
This much ... is really this much

- 🍹 = 1.3 drinks
- 🍹🍹 = 2.6 drinks
- 🍹🍹🍹 = 3.9 drinks

How often you drink matters, too. Try out the quick [drinking pattern checkup](#).

Download or order

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Where We Want to Be

1. FDA approval for medications for treatment of alcohol use disorder (AUD)
2. Implementation of effective behavioral treatments for AUD
3. Implementation of effective prevention strategies for adolescent drinking
4. Implementation of effective prevention strategies for drinking during pregnancy
5. Elimination of alcohol-related HIV pathology
6. **Establishment of effective treatments for fetal alcohol spectrum disorders (FASD)**
7. Development of effective treatments for alcoholic liver disease
8. Appropriate treatment of co-morbidities associated with AUD
9. Successful recruitment of young investigators to the alcohol field; elimination of disparities in the alcohol field; equal pay for women and minorities in the alcohol field.

Thank You!

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