

Maternal use of marijuana in CO

PRAMS – Pregnancy Risk Assessment Monitoring System

- Population based survey of pregnant women who recently (within 4 months) delivered a baby in CO
- Assesses maternal behaviors and experience before, during and after pregnancy
- Question on marijuana use added in 2014
 - Estimate prevalence of marijuana use before, during, and after pregnancy
 - Describe pregnant women who use marijuana during these time periods

Results:

Reported MJ use

- On average, 11% (1 in 9) of women who recently gave birth reported using MJ before pregnancy
- Rate falls during and after pregnancy
 - On average, 5% reported using MJ during the first 3 months of pregnancy
 - On average, 2% reported using MJ during last 3 months of pregnancy
 - On average, 5% reported using MJ since baby was born

MJ use compared to other substances

- Alcohol use is significantly higher
 - On average, 67% of women who recently gave birth reported using alcohol before pregnancy
 - On average, 13% reported using MJ during last 3 months of pregnancy
- Cigarette use is significantly higher
 - On average, 17% of women who recently gave birth reported smoking cigarettes before pregnancy
 - On average, 6% reported smoking cigarettes during last 3 months of pregnancy
 - On average, 9% reported using MJ since baby was born

Disparities among mothers who report using MJ during pregnancy – these moms tended to be:

- Younger mothers (ages 15-24 years)
- White, non Hispanic
- Less than high school education
- Unmarried
- Living below 250% of federal poverty level
- Used Medicaid
- **Enrolled in WIC**

PRAMS did not measure:

- Method of MJ use or how much MJ use

Take home message:

- Screen for MJ use in pregnant women; particularly young, unmarried, using social services
- No known safe amount of MJ use during pregnancy or while breastfeeding
- THC in MJ may harm your baby
- Don't use MJ while pregnant, just like not using alcohol or tobacco
- THC gets into breastmilk too and may also harm your baby