

Cannabis Use While Pregnant or Breastfeeding

Maine Department of Health and Human Services
Maine Centers for Disease Control & Prevention



Cannabis Use During Pregnancy Can Pass from the Pregnant Person to Baby ¹

Possible Effects of Cannabis Use



Using cannabis while pregnant may increase the risk of a baby being born with low birth weight which can lead to developmental problems.²



1 in 4 pregnant people (26%) reported using cannabis in the month before or during pregnancy

Is Cannabis Use Safe During Pregnancy?



There is no known safe amount or type of cannabis use while pregnant. The U.S. Centers for Disease Control and Prevention (CDC) recommends against using cannabis during pregnancy.³



1 in 4 (24%) low birth weight babies were exposed to cannabis during pregnancy

Provider Practices



It is unsafe to use any medicines or drugs while pregnant or breastfeeding that are not recommended by a doctor. If you are pregnant or planning to become pregnant and using cannabis, you should talk to your doctor.⁴



9 in 10 (87%) pregnant people reported their prenatal care provider *asked* them about cannabis and other drug use

2 in 5 (38%) pregnant people reported their prenatal care provider *advised* them not to use cannabis during pregnancy⁵



Cannabis Use Data Source:
Maine Pregnancy Risk Assessment Monitoring System (PRAMS)
Data, Research, & Vital Statistics
Maine Center for Disease Control & Prevention
Maine Department of Health & Human Services

All data is from the 2021 Pregnancy Risk Assessment Monitoring System (PRAMS), unless otherwise indicated
1-3: U.S. Center for Disease Control & Prevention, *What You Need to Know About Marijuana Use & Pregnancy*
4: GoodtoKnowMaine.org, *How Marijuana Affects Pregnant & Breastfeeding Women*
5: 2017 PRAMS Supplemental Marijuana Questionnaire

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Cannabis Use During Pregnancy



The CDC recommends avoiding or reducing cannabis use while pregnant or breastfeeding. If you are using cannabis during pregnancy, your doctor can help you quit or find alternatives.⁶

Frequency of Use Among People who Used Cannabis During Pregnancy⁷

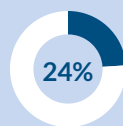


Method of Use⁸

Of the people who reported cannabis use during pregnancy (reflects multiple responses per participant)



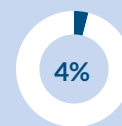
Smoked Cannabis



Consumed Edibles



Vaped Cannabis



Dabbed Cannabis

Cannabis Use After Pregnancy

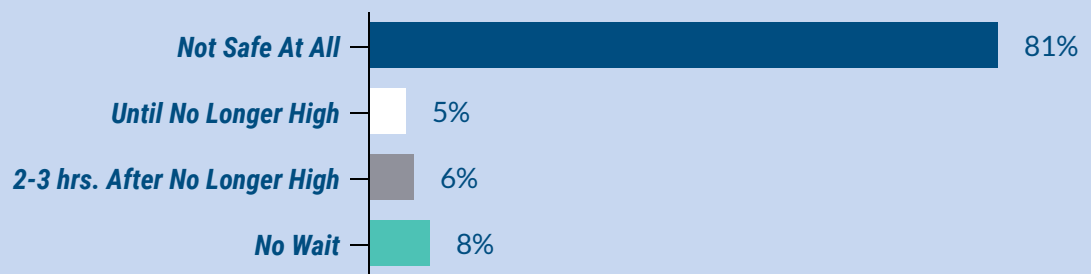


The CDC does not recommend the use of cannabis while breastfeeding. The chemicals in any form of cannabis, like THC, can pass through the breastmilk to the baby. This exposure may have a long-term impact on your child's ability to learn¹⁰.



1 in 6 birthing people (17%) reported using cannabis since their new baby was born

81% of Parents who Recently Gave Birth Believe it is Not Safe to Breastfeed After Using Cannabis¹¹



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Data, Research, & Vital Statistics
Maine Center for Disease Control & Prevention
Maine Department of Health & Human Services

6: GoodtoKnowMaine.org, How Marijuana Affects Pregnant & Breastfeeding Women
7 and 8: 2017 PRAMS Supplemental Marijuana Questionnaire

9: Dabs are concentrated doses of cannabis that are made by extracting THC and other cannabinoids using a solvent like butane or carbon dioxide.

10: GoodtoKnowMaine.org, How Marijuana Affects Pregnant & Breastfeeding Women
11: 2017 PRAMS Supplemental Marijuana Questionnaire