

DHD#10 REMINDS RESIDENTS MARIJUANA USE DURING PREGNANCY AND BREASTFEEDING NOT RECOMMENDED

September 07, 2021 – Though Marijuana is legal in Michigan for medical and recreational use, District Health Department #10 (DHD#10) reminds residents it is not safe for use while individuals are pregnant or breastfeeding.

The main chemical in marijuana is Tetrahydrocannabinol (THC) a substance that can be passed from mother to baby during pregnancy and breastfeeding. Any kind of Marijuana use whether smoked, vaped, or eaten, puts a baby at unnecessary risk of harm as THC in any form is dangerous.

THC use while pregnant can decrease the amount of oxygen and nutrients that a baby receives, putting them at risk for low birth weight and premature birth, and can affect a baby's brain, making it harder for them to pay attention and learn as they get older.

Using THC while breastfeeding can also harm a baby's brain and body. THC can remain in breast milk for long periods of time and can be passed and stored in a baby's body fat and brain for weeks or even months. "Pumping and dumping", the technique of pumping breast milk and discarding instead of giving to a child does not work after using marijuana like it does with alcohol.

If someone in your home uses marijuana, make sure that it is locked up and not easily accessible to children. If a child accidentally ingests marijuana, call 911 or go to the emergency room right away.

Talk to your doctor if you are pregnant or breastfeeding and need help to stop using marijuana, or if you use marijuana for medical reasons as there are other options to treat medical problems that would be safer for you and your baby. Other resources to help include:

- The National Parent Helpline 1-855-427-2736
- Learn how to talk to your kids about substance use at www.talksooner.org
- Or find local recovery resources at www.mirecovery.info

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families America, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.



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