

PREGNANCY AND MARIJUANA DO NOT MIX

Avoid Marijuana use during pregnancy to give your baby a health start

August 30, 2022 – Marijuana remains illegal at the federal level, even as states have legalized it for adult recreational and medicinal use. It is the most widely used drug during pregnancy in the US.

Marijuana use during pregnancy is not safe and comes with potentially serious risks. Not everyone may experience these risks and it cannot be predicted who will or will not be affected. Avoiding marijuana during pregnancy and breastfeeding can give your baby a healthier start in life.

The American Academy of Pediatrics released guidelines in 2018 advising women who are pregnant or breastfeeding to avoid marijuana use. No amount of marijuana has been proven safe for during pregnancy or breastfeeding. There are nearly 500 chemicals found in marijuana, and THC (tetrahydrocannabinol) has been proven to pass through a woman's placenta to her baby during pregnancy and through breast milk. Whether it is smoked, eaten, or vaped, marijuana use still poses a risk to your baby.

Studies show that marijuana use during pregnancy may be harmful to baby's health and cause a variety of problems, including:

- Fetal growth restriction (when a baby does not gain the appropriate amount of weight before birth)
- A greater risk of stillbirth
- Preterm birth (being born before 37 weeks of gestation)
- Low birth weight
- Long-term brain development issues affecting memory, learning and behavior

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. There are other options to treat medical problems that are safer for you and your baby. Other resources to help you include:

- The National Parent Helpline 1-855-427-2736,
- Resources to learn how to talk to your kids about substance use at talksooner.org,
- Or find local recovery resources at <https://www.mirecovery.info>.

For more information about Marijuana's effects on pregnancy, visit <https://www.samhsa.gov/marijuana/marijuana-pregnancy>.

###



MEDIA CONTACT

Nicholas Eckhart
Public Information Officer
O: 616-500-0246
C: 575-405-9082
E: neckhart@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10



[districthealthdept10](https://www.instagram.com/districthealthdept10)

