

CONSUMPTION

In 2017, one in seven Maine women reported smoking cigarettes and one in 10 reported consuming any alcohol in their last trimester. ^{1*}



About 5% of pregnant women in the nation report using one or more addictive substances. ²



In 2017, 22% of Maine women reported using marijuana either three months before they got pregnant or while pregnant. ^{1*}

In 2017, 2.4% of pregnant women in Maine reported e-cigarette use within the last trimester. ^{1*}



About 4% of Maine women reported taking prescription pain medication while pregnant. ^{1*}

CONTRIBUTING FACTORS

Four out of five Maine mothers believe that breastfeeding after marijuana use is not at all safe. ^{1*}

Rates of cigarette use during the last trimester were highest among women under 20 years of age (29%) as well as those without a high school diploma (41%) in Maine. ^{1*}



TREATMENT

In 2017, nearly 80% of substance use treatment admissions for pregnant women in Maine were related to opioids/opiates. ³



¹ Pregnancy Risk Assessment Monitoring System (PRAMS)*

² Centers for Disease Control and Prevention

³ Web Infrastructure for Treatment Services (WITS)*

⁴ Office of Child and Family Services (OCFS), Maine Automated Child Welfare Information System (MACWIS)

⁵ National Institute on Drug Abuse

⁶ World Health Organization

*Self-reported data

CONSEQUENCES

In 2018, there were 904 reports to Child Protective Services regarding infants born exposed to substances (drug-affected babies); this accounted for about 7% of the live births in Maine. ⁴



Research indicates that smoking tobacco or marijuana, taking prescription pain relievers, or using illicit drugs during pregnancy could double or even triple the risk of stillbirth. ⁵



Substance use during pregnancy can lead to multiple health and social problems for both mother and child. ⁶

From 2014 to 2018, the proportion of primary admissions for substance use treatment among pregnant women in Maine related to synthetic opiates declined, while heroin admissions steadily increased. ³

