

CONSUMPTION

In 2018, one in 10 Maine women reported smoking cigarettes and consuming any alcohol in their last trimester.¹



Over half of women who had smoked prior to pregnancy did not abstain during pregnancy.¹



About 4% of Maine women reported taking prescription pain medication one month before pregnancy.¹

Maine women reporting marijuana use while pregnant increased from 9% in 2016 to 12% in 2018. Rates were highest among pregnant women ages 20 to 24 (21%).¹

CONSEQUENCES



In 2019, there were 858 notifications to Child Protective Services regarding infants born exposed to substances (drug-affected babies); this accounted for about 7% of the live births in Maine.²

From 2013 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

Women who reported marijuana or prescription drug use before, during, or after pregnancy were more likely to give birth to a baby weighing less than 2500 grams (≈5 pounds, 8.2 ounces).¹



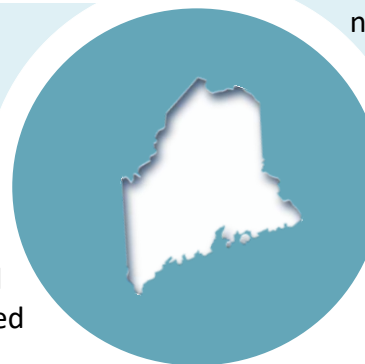
CONTRIBUTING FACTORS

Cigarette and marijuana use during pregnancy was most common among women ages 20-24 and those who did not obtain a high school diploma.¹



Nationwide, 9.1 million (14.7%) of women of childbearing age (15-55 years old) smoked marijuana in the past month.⁴

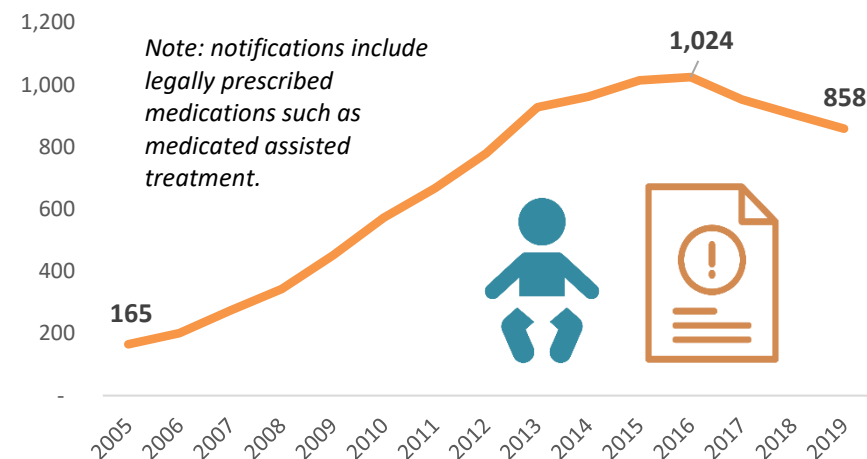
Marijuana use during pregnancy was higher among those who did not plan pregnancy opposed to those who did (15% vs. 10%).¹ In 2018, about one and five (19%) births were unintended.¹



Substance use in pregnancy remains a significant public health problem, which can lead to several harmful maternal and neonatal outcomes.⁵

After steadily increasing from 2005 to 2016, the number of substance exposed baby notifications have decreased by 16% from 2016 (1,024) to 2019 (858).²

Number of substance-exposed infant notifications: 2005–2019



¹ Pregnancy Risk Assessment Monitoring System (PRAMS)*
² Office of Child and Family Services (OCFS),
 Maine Automated Child Welfare Information System (MACWIS)
³ Web Infrastructure for Treatment Services (WITS)
⁴ National Survey on Drug Use and Health (NSDUH)*
⁵ National Institute on Drug Abuse
 *Self-reported data