

CONSUMPTION



Between 2015 and 2019, alcohol use during the last trimester increased from 6% to 10%, while cigarette use during the last trimester decreased from 14% to 11%.¹

According to the America Health Rankings, Maine has the 8th highest rate of women who smoke cigarettes while pregnant.²



In 2019, about 1 in 10 women who gave birth used cannabis* while pregnant. Three percent reported using a prescription pain reliever the month prior to pregnancy. Both rates have remained stable.¹

CONSEQUENCES

The percentage of substantiated child welfare investigations related to prenatal drug exposure doubled from 2% (60 cases) in 2019 to 4% (120 cases) in 2020.³



After a decline from 2016 to 2019, the number of substance-exposed infants notifications increased by 5% from 2019 (858) to 2020 (903); this accounted for 8% of live births.³

Women who reported cannabis* use before, during, or after pregnancy were more likely to give birth to a baby weighing less than 2,500 grams (~5 pounds, 8.2 ounces) in 2019.¹



CONTRIBUTING FACTORS

1 in 4 women in Maine who recently gave birth reported that they experienced depression 3 months prior to pregnancy, 1 in 5 reported feeling depressed while pregnant, and 1 in 10 reported postpartum depression.¹



Cigarette smoking while pregnant tends to be more common among:

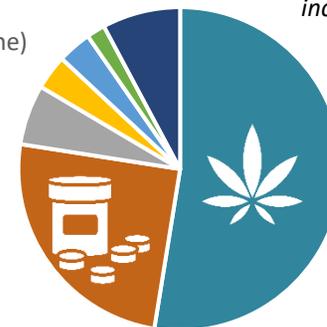


- Low-income mothers
- Mothers with partners who smoke
- Mothers of multiple children
- Mothers ages 20-24⁴

Substance use prior to and during pregnancy is a public health concern that is associated with several harmful maternal and fetal consequences.⁵

Percentage of substance-exposed infant notifications, by primary substance type: 2019-20³

- Cannabis*
- Buprenorphine (Suboxone)
- Methadone
- Heroin
- Prescription Opioids
- Cocaine
- Other



Note: notifications may also include legally prescribed medications such as medicated assisted treatment.



During the 2019-20 period, among substance exposed infant notifications that had a primary substance listed, over half (53%) were cannabis, followed by buprenorphine (e.g., Suboxone) at 25%, methadone (6%), heroin (3%), and prescription opioids (3%).³



¹ [Pregnancy Risk Assessment Monitoring System \(PRAMS\)**](#)
² [America's Health Rankings](#)
³ Office of Child and Family Services (OCFS), Maine Automated Child Welfare Information System (MACWIS)
⁴ [Alcohol and Drug Review](#)
⁵ [Forray A. Substance use during pregnancy](#)
 **Self-reported data

*For the purposes of this factsheet, the term cannabis has been used universally despite some sources using the interchangeable term marijuana.