

Cannabis Use During Pregnancy: VDH Data

Maternal Health Data Task Force
June 2025

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Exposures

Timing

Dose

Route

Research has suggested:

- Inconsistent study results related to causing structural birth defects at this time
- Potential for fetal growth issues, low birth weight, preterm birth
- Trimester(s) of use and daily use may change risk
- Withdrawal symptoms in baby at birth possible
- For lactation, no conclusive evidence of long-term impact currently
- Potential neurodevelopmental and behavioral issues longer-term in children exposed prenatally

VDH Data Sources

State Level Data

Birth certificate data

- Self-report of mom using marijuana during pregnancy
- The percentage of women reporting marijuana use increased from 1.8% in the year prior to legalization (2019) up to 2.4% in 2023, representing a 33% increase.

Inpatient hospitalization data of newborns

- P04.81 (newborn affected by maternal use of cannabis)
- Currently no specific obstetric codes for cannabis use

Postpartum Assessment of Health (PAHS)

- 2020 survey question

Pregnancy Risk Assessment Monitoring System (PRAMS)

- 2021-2023 questionnaire supplement

About the PRAMS Data Source

- Established in 1987 as part of an Infant Health Initiative when Congressional funding provided to CDC to establish state-based programs
- Population-based surveillance system
- Self-reported maternal behaviors and experiences around the time of pregnancy
- Supplements birth certificate information
- Provides state and near-national estimates



PRAMS Survey Marijuana Questions

D1. At any time during the 3 months *before* you got pregnant or *during* your most recent pregnancy, did you use marijuana or cannabis in any form?

- ☐ No → **Go to Question D6**
☐ Yes

D2. During the 3 months *before* you got pregnant, on average, about how often did you use marijuana products?

- ☐ Daily
☐ 2-6 days a week
☐ 1 day a week
☐ 2-3 days a month
☐ 1 day a month or less
☐ I didn't use marijuana then

D3. *During* your most recent pregnancy, on average, about how often did you use marijuana products?

- ☐ Daily
☐ 2-6 days a week
☐ 1 day a week
☐ 2-3 days a month
☐ 1 day a month or less
☐ I didn't use marijuana then → **Go to Question D6**

D4. *During* your most recent pregnancy, how did you use marijuana?

Check ALL that apply

- ☐ Smoked it
☐ Ate it
☐ Drank it
☐ Vaporized it
☐ Dabbed it
☐ Other → Please tell us:

D5. Why did you use marijuana products *during* pregnancy? For each item, check **No** or **Yes**.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. To relieve nausea or vomiting..... | <input type="checkbox"/> | <input type="checkbox"/> |
| b. To relieve stress or anxiety..... | <input type="checkbox"/> | <input type="checkbox"/> |
| c. To relieve symptoms of a chronic condition..... | <input type="checkbox"/> | <input type="checkbox"/> |
| d. To help me sleep..... | <input type="checkbox"/> | <input type="checkbox"/> |
| e. To relieve pain..... | <input type="checkbox"/> | <input type="checkbox"/> |
| f. For fun or to relax | <input type="checkbox"/> | <input type="checkbox"/> |
| g. Some other reason..... | <input type="checkbox"/> | <input type="checkbox"/> |
- Please tell us:

D6. *During any of your prenatal care visits*, did a healthcare provider do any of the following things? Please include if they asked you on a written form or in a conversation. For each item, check **No** or **Yes**.

- | | No | Yes |
|--|--------------------------|--------------------------|
| a. Ask me if I was using marijuana | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Recommend that I use marijuana for any reason | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Advise me not to use marijuana | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Advise me not to breastfeed my baby if I was using marijuana..... | <input type="checkbox"/> | <input type="checkbox"/> |

D7. *During any of your prenatal care visits*, did a healthcare provider refer you to treatment because of drug use (prescribed or non-prescribed drugs)?

- ☐ No
☐ Yes
☐ I didn't use any drugs during my pregnancy

D8. *Since your new baby was born*, have you used marijuana or cannabis in any form?

- ☐ No
☐ Yes

D9. After using marijuana, how long do you think someone should wait to breastfeed their baby?

Check ONE answer

- ☐ I don't think they need to wait at all
☐ I think they should wait until they are no longer high
☐ I think they should wait at least 2-3 hours after they are no longer high
☐ I don't think it is safe to use marijuana at all while breastfeeding

[Questionnaires and Documentation – PRAMS](#)

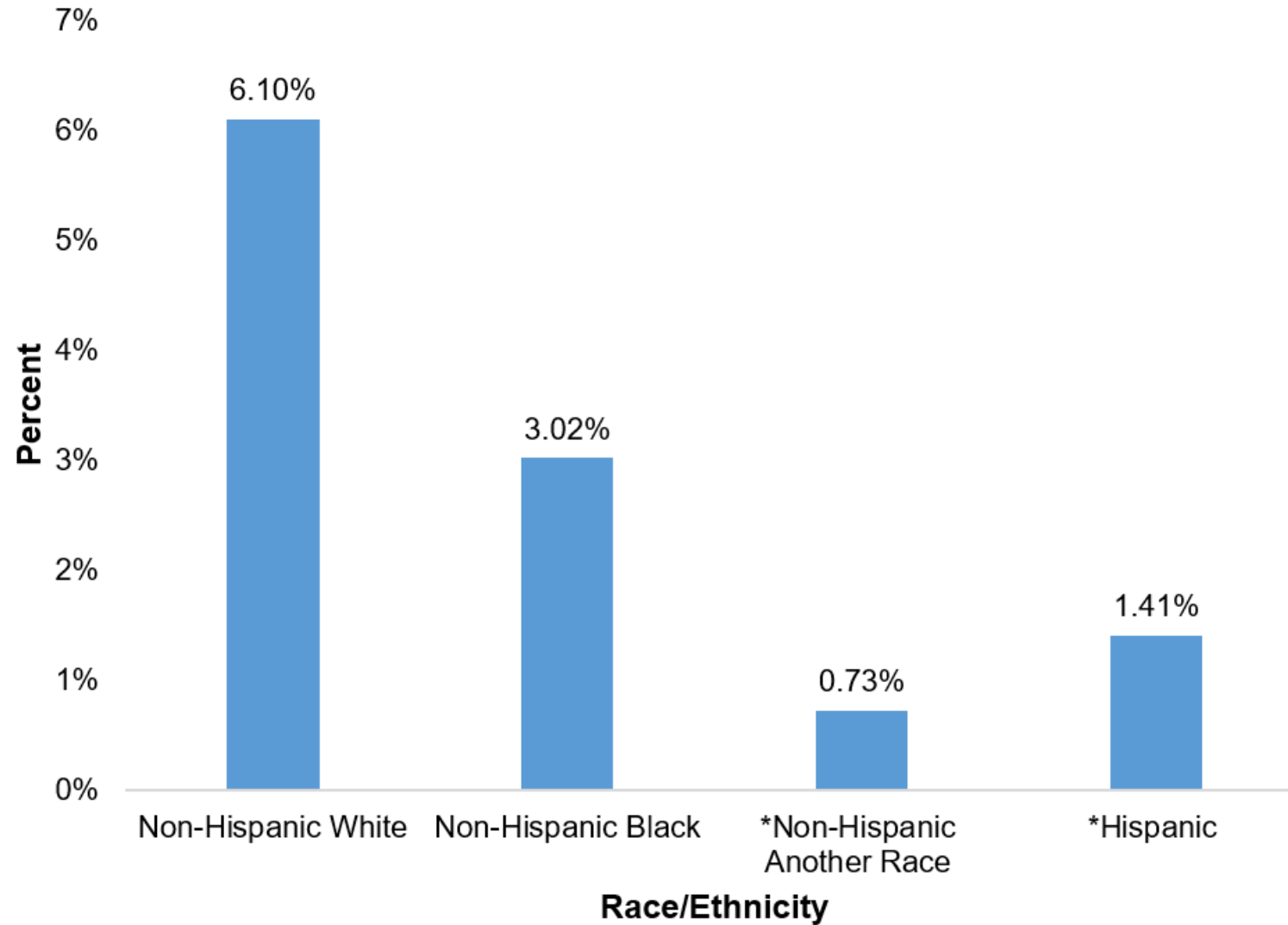
Cannabis Use – PRAMS 2022-2023

- Of all PRAMS respondents:
 - 27.7% reporting being advised not to use marijuana during prenatal care visits
 - 59.6% reported being asked if they were using marijuana during their prenatal visits
- Of the 28.6% of respondents who reported marijuana use during pregnancy:
 - 5.3% reported marijuana use 1 day or less per month while pregnant
 - 88.7% took marijuana products to relieve stress or anxiety
 - 73.5% reported using marijuana to relieve nausea or vomiting

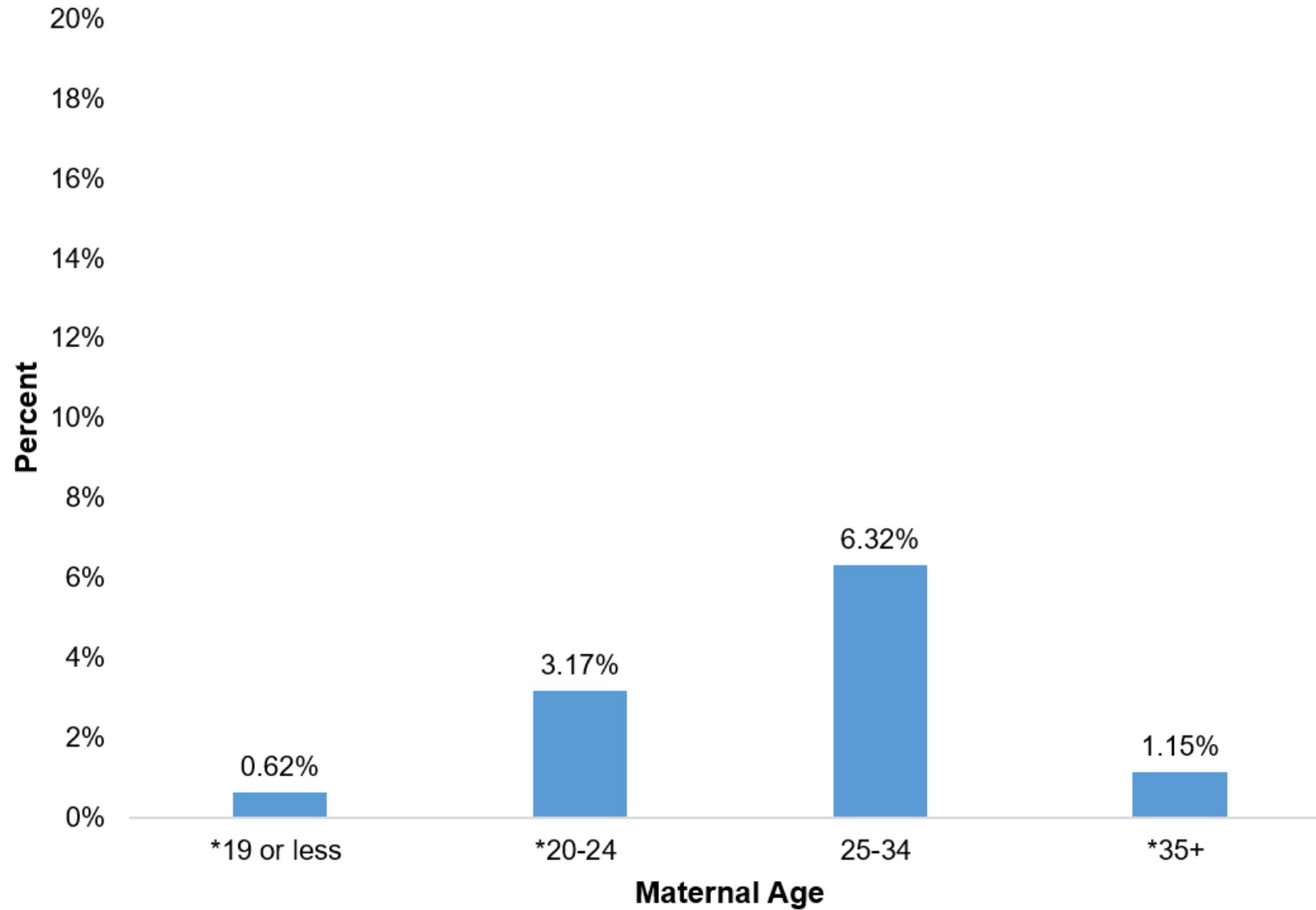
PAHS Marijuana Question

- PAHS is a multi-state follow-up survey to PRAMS. Conducted by Columbia University, PAHS collects data on postpartum health outcomes approximately one year after birth.
- Survey Question
 - Since giving birth, did you use any marijuana/cannabis (e.g., joint, blunt, pipe, bong, edibles)? [Select ONE]
 - Every day
 - Some days
 - Not at all
 - **10%** of PAHS participants reported marijuana/cannabis use every day or some days since giving birth.

Postpartum Marijuana Use by Race/Ethnicity for 2020



Postpartum Marijuana Use by Maternal Age for 2020



Questions?
Thank You!

Contact Us:

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