



# Black Infant Health



## SUBSTANCES TO AVOID DURING PREGNANCY

### Why It Matters

#### RISK OF STILLBIRTH INCREASES WHEN USING SUBSTANCES DURING PREGNANCY.



2.2 times more likely with marijuana



2.8 times more likely with tobacco

For more information, access the Maternal Health Data Snapshot [here](#)

For every 1,000 births, 40.1 Black mothers have acknowledged substance use during pregnancy. This statistic is higher than in other subpopulations, however, it is likely that Black women are being asked more often about substance use during pregnancy than other women. This is important to note so that it is not misunderstood or interpreted to mean that Black women are more likely to use substances during pregnancy. To change this, the MHN encourages universal screenings for all women to identify substance use and to connect women to the appropriate resources to address the issue - regardless of race, class or other identifiable characteristics.

### Three Things to Know

#### 1 Substances

While pregnant, avoid using the following substances:

- Smoking & Vaping
- Alcohol
- Marijuana
- Illicit drugs like heroin and methamphetamine

#### 2 Foods

Some foods increase your risk of bacterial infection that can harm your baby's development. These include unpasteurized foods, seafoods high in mercury, raw or undercooked seafood, meat, and eggs, and unwashed fruits and veggies.

#### 3 Physical Activity

It is important to remain physically active while pregnant, but there are a few activities you should avoid:

- Lifting objects over 50 pounds
- Activities with high risk of falling

### Additional Resources on the Topic

For more information on this topic, please follow these resource links:



**Impact of Breastfeeding Interventions:** This systematic review answers the question: What is the impact of breastfeeding interventions targeting ethnic/racial minority women in the U.S.?



**Motherhood and Race: Ways to Support Black Breastfeeding Moms:** A brief primer outlining barriers to breastfeeding for black parents and how to address them.