



PEI Tip Sheet

SUBSTANCES TO AVOID DURING PREGNANCY



What You Need to Know

RISK OF STILLBIRTH INCREASES WHEN USING SUBSTANCES DURING PREGNANCY.

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



2.2 times more likely
with marijuana



2.8 times more likely
with tobacco

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.

Additional Resources on the Topic

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



Mother To Baby: A comprehensive resource for information on exposure during pregnancy, including patient-friendly fact sheets and information services to answer patient questions.



Substance Use Disorder Hurts Moms & Babies: A resource developed by the National Partnership for Women and Families describing the effects of Substance Use Disorder (SUD) and highlighting the challenges faced by pregnant BIPOC people with SUD.

Sharing Our Message

Download and customize the following messages from our website:
www.maternalhealthnetworksb.com/what-to-avoid



Referring to Programs

Click onto the following links to refer families to these programs

Black Infant Health

Group-based services where Black/African American women can connect, learn and prepare for the birth of their child.

Home Visiting

Home visiting services are offered to Black/African American families.

Fatherhood Partnership

The 24/7 Dad program offers Black/African American fathers the opportunity to learn and grow together.

Doula Supports

Doulas are available to Black/African American families in their birthing experience.