



# Reasons for Cannabis Use During Pregnancy Varies by Ethnicity: Results from the COVID-19 Cannabis Mom Study

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## BACKGROUND

### Cannabis and Motherhood

- Growing concern over cannabis use during pregnancy and breastfeeding due to legalization.
- Need to understand factors influencing use during breastfeeding.
- Importance of developing public health interventions and guidelines.
- Study explores reasons for use across different race/ethnic groups.
- Aims to highlight disparities and inform culturally competent guidance.

## OBJECTIVE

- Analyze reasons for cannabis use during breastfeeding across different race/ethnic groups to highlight disparities and inform culturally competent guidance.

## METHODS AND PROCEDURES

- Analyzed cross-sectional data from the COVID-19 Cannabis Mom Study (N=221).
- Conducted informed consent and data collection anonymously via a REDCap electronic survey link.
- Participants self-reported cannabis usage and reasons for use during pregnancy and breastfeeding.
- Categorized ethnicity as Hispanic/Latino, Non-Hispanic White (NHW), and Non-Hispanic Other (NHO), including African Americans/non-Hispanic Blacks, Asians, Native American/Alaskan Natives, and Pacific Islanders.
- Used Chi-Square/Fisher's Exact tests to examine reasons for cannabis use by race/ethnic group.

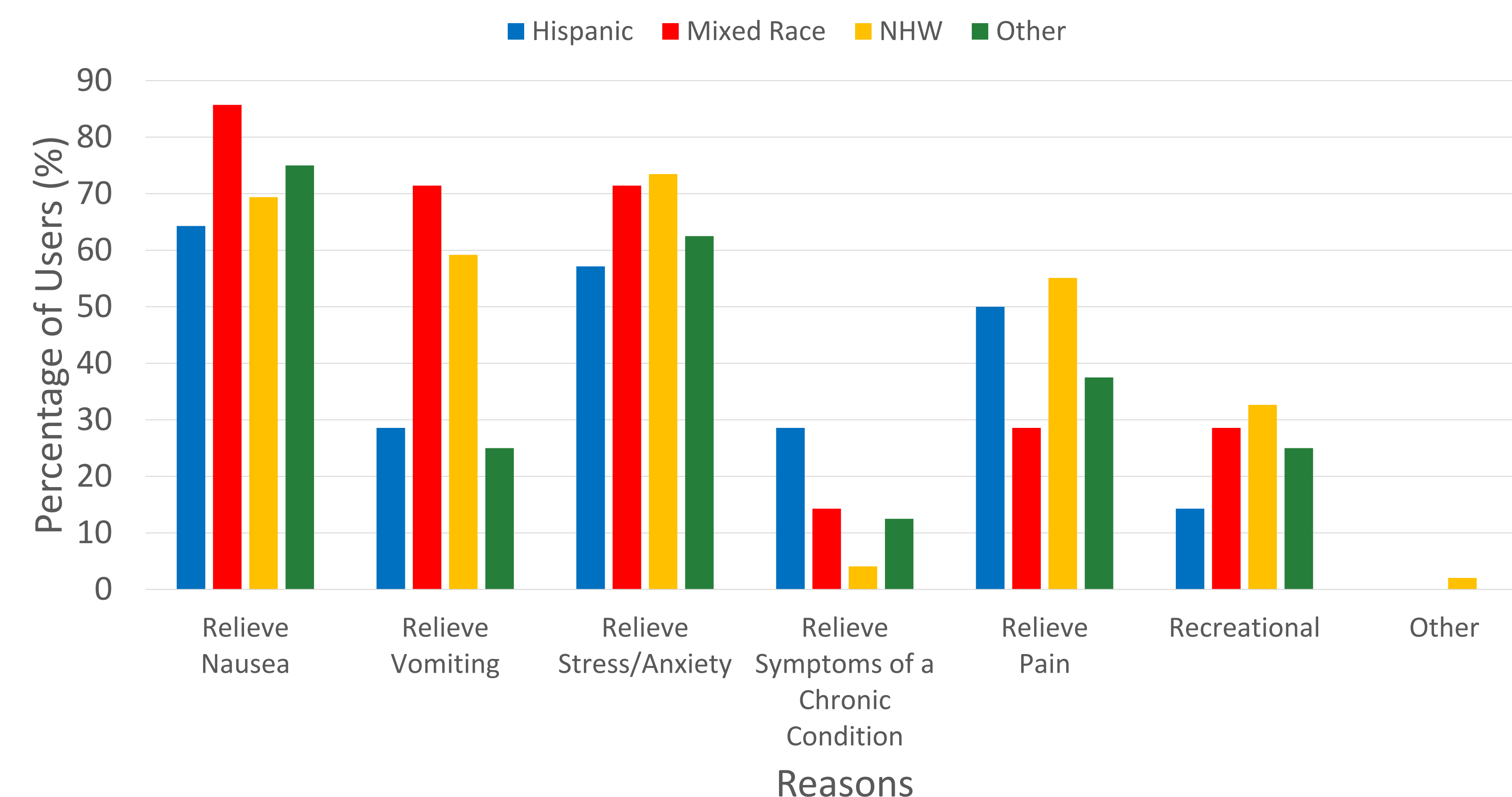
## MEASURES

- Conducted informed consent and data collection anonymously via REDCap survey.
- Participants self-reported cannabis usage and reasons during pregnancy and breastfeeding.
- Ethnicity categorized as Hispanic/Latino, Non-Hispanic White (NHW), and Non-Hispanic Other (NHO).
- Used Chi-Square/Fisher's Exact tests to examine reasons for cannabis use by ethnicity.

## DATA AND RESULTS

- Overall sample (N=221):
  - 64.1% Non-Hispanic White (NHW)
  - 16.6% Hispanic/Latino
  - 65.4% currently pregnant (22.7% in first trimester, 44.0% second trimester, 33.3% third trimester)
- Majority (94.7%) reported consuming cannabis before pregnancy, and 89.3% reported current cannabis use during pregnancy.
- No statistically significant differences by race/ethnicity in proportions of cannabis consumption during pregnancy for relieving nausea, stress, anxiety, pain, or for fun or relaxation.
- Difference in reasons for use by ethnicity:
  - Relief of vomiting: NHW: 59.2%, NHO: 46.6%, Hispanic/Latino: 28.6% (p=0.05)
  - Relief of symptoms of chronic condition: NHW: 4.1%, NHO: 13.3%, Hispanic/Latino: 28.5% (p=0.03).

Figure 1: Reasons for Cannabis Use During Pregnancy



## DISCUSSION

- A significant portion of participants reported cannabis use before and during pregnancy, with no significant racial/ethnic differences observed in pregnancy cannabis use.
- However, differences in reasons for use emerged:
  - Hispanic/Latino individuals more often used cannabis during pregnancy to alleviate chronic condition symptoms.
  - Non-Hispanic Other (NHO) individuals used it more for vomiting relief.
- Tailored interventions are crucial for addressing the specific needs and motivations of diverse racial and ethnic groups in promoting maternal and child health outcomes.

## CONCLUSION

- Findings show most pre-pregnancy cannabis users continue use during pregnancy.
- Reasons for cannabis use vary by race/ethnicity.
- Hispanics/Latinos consume cannabis during pregnancy more to relieve symptoms of a chronic condition compared to NHW and NHO.
- NHO have a higher prevalence of cannabis use to relieve vomiting compared to Hispanics/Latinos.
- Findings emphasize the need for culturally inclusive public health education and harm-reduction interventions.
- Importance of pregnancy health provider education on differential reasons for cannabis use during pregnancy by ethnicity.

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