



Morgan McLaurin¹, Bria-Necole Diggs, MSPH^{1,2}, Amrit Baral, MBBS, MPH^{1,2}, Ranya Marrakchi El Fella, MPH^{1,2}, Cynthia Lebron, PhD¹, Sarah E. Messiah, PhD, MPH, FTOS^{3,4,5}, and Denise C Vidot, PhD^{1,2}

¹University of Miami School of Nursing and Health Sciences, ²University of Miami Miller School of Medicine, ³University of Texas Health Science Center at Houston, School of Public Health; ⁴Center for Pediatric Population Health, UTHealth School of Public Health; ⁵Department of Pediatrics, McGovern Medical School

BACKGROUND

Understanding THC and CBD prevalence in breastfeeding due to increasing cannabis use, important for assessing their impact on infants.

- ✦ Increased cannabis use while breastfeeding highlights the importance of studying THC and CBD effects.
- ✦ THC and CBD can pass from mother to infant through breast milk, impacting neurodevelopment.
- ✦ The research outlines how prevalent these cannabinoids are in breastfeeding individuals.

OBJECTIVE

To Assess the prevalence and effects of THC and CBD passed from breastfeeding individuals to infants, given their documented impact on neurodevelopmental processes.

METHODS

- ✦ Data are from the COVID-19 Cannabis Mom Study (N=221)
- ✦ A cross-sectional study utilizing REDCap for consenting and survey distribution
- ✦ The study collected self-reported information on cannabinoid use and breastfeeding history
- ✦ Descriptive statistics and Chi-squared/Fisher's exact tests examined patterns of cannabinoid use by route of consumption and reason for use

RESULTS

Figure 1. Comparison of Cannabis Use Reasons and Percentage of Participants Using THC, CBD or Both When Consuming

Cannabis Use Reason	THC Dominant (%)	THC and CBD Ratio (%)	CBD Dominant (%)	Unknown (%)
Medical	51.6	41.9	3.2	3.2
Non-Medical	58.3	16.7	0.0	25.0

Figure 2. Cannabis Use: Breastfeeding

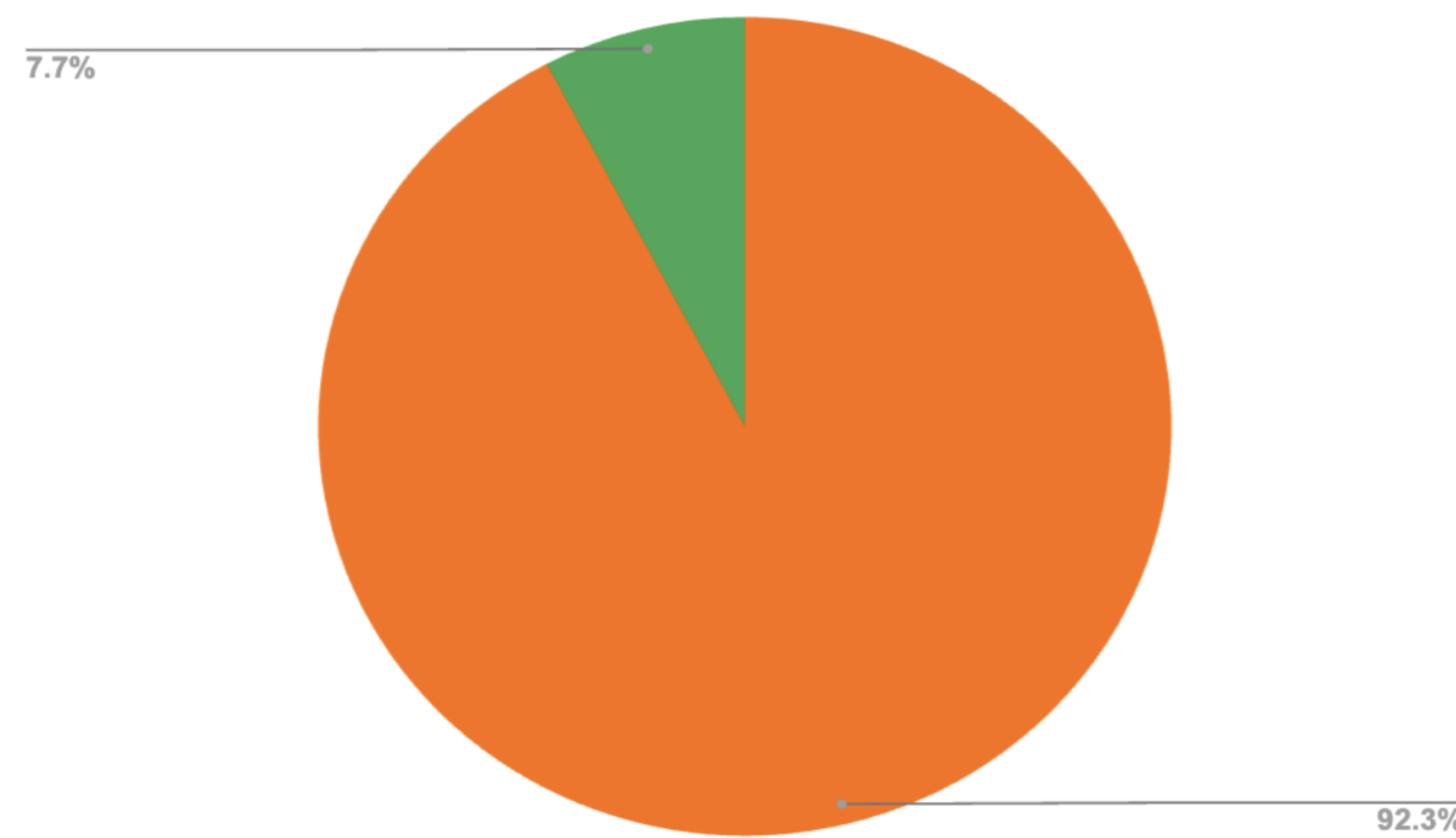
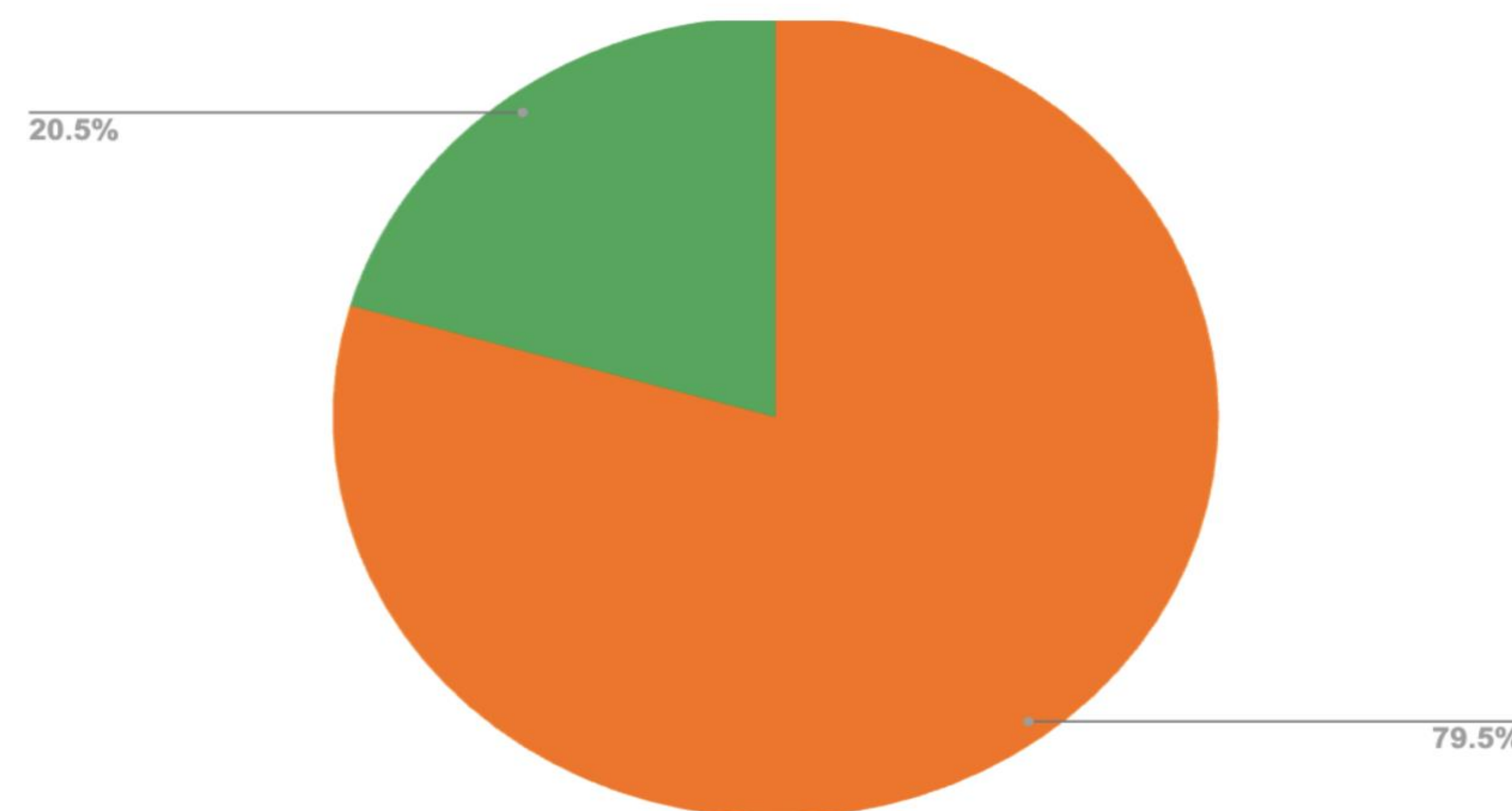


Figure 3. Cannabis Use: Medical



KEY FINDINGS

- ✦ 62.8% Non-Hispanic White, 18.0% Hispanic; 87.2% born in the United States, 2.6% currently pregnant
- ✦ Majority (92.3%) currently consuming cannabis while breastfeeding
- ✦ 34.7% reported increased cannabis use while breastfeeding
- ✦ Most (79.5%) reported cannabis use for medical reasons while breastfeeding
- ✦ Dominant cannabinoid in cannabis consumed:
 - ✦ 52.7% THC dominant
 - ✦ 37.8% THC and CBD ratio
 - ✦ 0.0% CBD dominant

CONCLUSION

- ✦ Findings indicate widespread cannabis use during breastfeeding, with notable distinctions in cannabinoid types among users. Given the different effects of cannabinoids on the endocannabinoid system, tailored education is crucial for breastfeeding individuals
- ✦ Implementation of screening tools to assess cannabinoid use among breastfeeding individuals and offer tailored support and education accordingly

ACKNOWLEDGEMENTS

Thank you for giving me the opportunity to be a part of such a collaborative, research group that has advanced me to become an improved researcher.