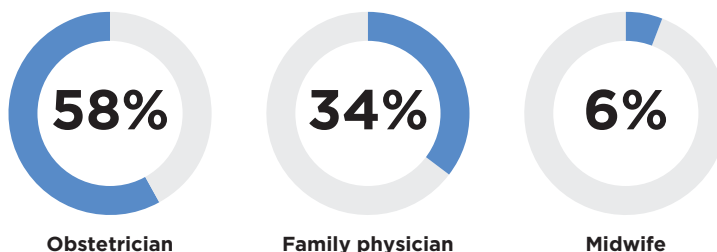


PREGNANCY IN CANADA

Women receive the majority of their prenatal care from:



<p>PRENATAL EDUCATION</p>	<p>INVOLVEMENT IN DECISION MAKING</p>	<p>CHRONIC CONDITIONS</p>
<p>66% of all primiparous women attend prenatal education classes</p>	<p>73% of Canadian mothers are very satisfied with their level of personal involvement in decision making about their care during pregnancy, labour and birth and postpartum</p>	<p>27% of pregnancies are affected by a chronic condition</p>
<p>MENTAL HEALTH</p>	<p>MEDICATION USE</p>	<p>INTIMATE PARTNER VIOLENCE</p>
<p>16% of women are diagnosed with depression or treated with anti-depressants before they become pregnant</p>	<p>59-66% of women use prescription medication during pregnancy</p>	<p>6-8% of pregnant women experience violence</p>
<p>NAUSEA AND VOMITING</p>	<p>THYROID DISORDERS</p>	<p>GESTATIONAL DIABETES MELLITUS</p>
<p>85% of pregnant women experience nausea and vomiting</p>	<p>3% of pregnant women have hypothyroidism</p>	<p>5% of women are diagnosed with gestational diabetes mellitus</p>
<p>SUBSTANCE USE</p>		
<p>11% of women smoke cigarettes daily or occasionally during the last 3 months of pregnancy</p>	<p>11% of women drink alcohol during pregnancy</p>	<p>1% of women use illegal drugs during pregnancy</p>

For references consult **Chapter 1: Family-Centred Maternity and Newborn Care in Canada: Underlying Philosophy and Principles**, **Chapter 2: Preconception Care**, **Chapter 3: Care during Pregnancy** and **Chapter 4: Care during Labour and Birth** in: Public Health Agency of Canada. Family-Centred Maternity and Newborn Care: National Guidelines. Ottawa (ON): PHAC; 2017/2018/2019.

For more information about the **Family-Centred Maternity and Newborn Care: National Guidelines**, or to download this document, please search “maternity and newborn care” on **CANADA.CA**.

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