WE'RE EXPECTING!

All Our Families (AOF) is a community-based, longitudinal pregnancy cohort in Calgary, Alberta designed to understand relationships between life experiences, maternal and fetal well-being, and child development. Pregnancy data can be accessed at https://allourfamiliesstudy.ca.

**Feeling about Pregnancy**
87% of women reported feeling happy upon realization of their pregnancy.

**Pregnancy Intention**
4 in 5 women intended to become pregnant.

**Parity**
51% of women had at least one previous birth.

**Weight Gain**
30% of women gained too little weight during pregnancy while 29% gained too much weight during pregnancy.

**Gravimetry**
64% of women had at least one previous pregnancy.

**Prenatal Care & Mental Health**
93% of women initiated prenatal care in their first trimester.

**Assisted Conception**
1 in 24 women received fertility treatment such as an outside intervention or invasive procedure in assisting in their current pregnancy.

**9.1 weeks**
average gestational age at the first prenatal care visit

**12.8**
the average number of prenatal care visits throughout pregnancy

**WHAT DID WE LEARN?**
We are learning that women in Calgary are seeking prenatal care in the first trimester and are meeting or exceeding national rates for vaginal delivery, and rates to initiate breastfeeding are high. Most women are managing stress and anxiety during this dynamic time in life.