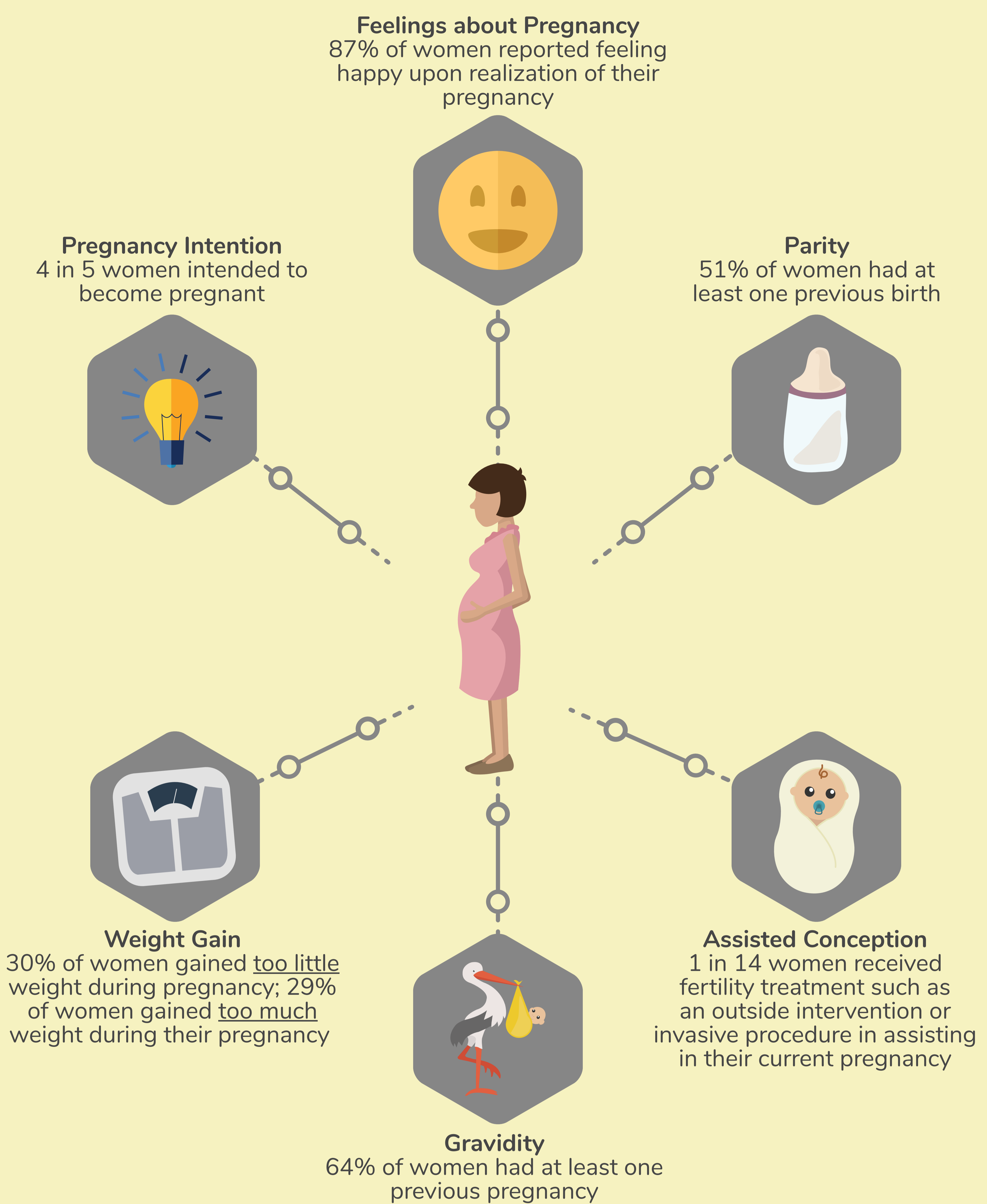


WE'RE EXPECTING!



All Our Families (AOF) is a community-based, longitudinal pregnancy cohort in **Calgary, Alberta** designed to understand relationships between life experiences, maternal and family well-being, and child development.



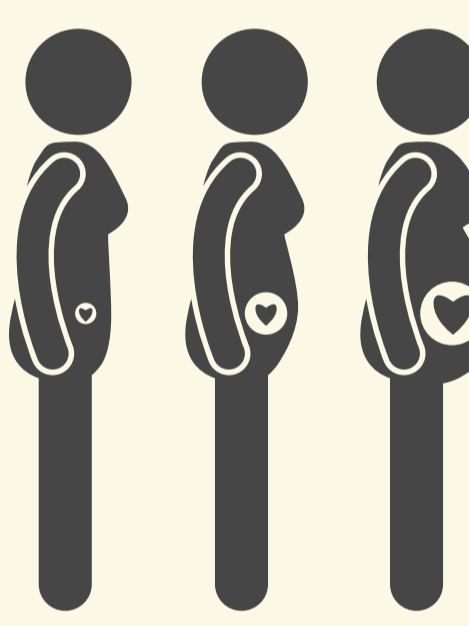
Prenatal Care & Mental Health

93% of women initiated prenatal care in their first trimester

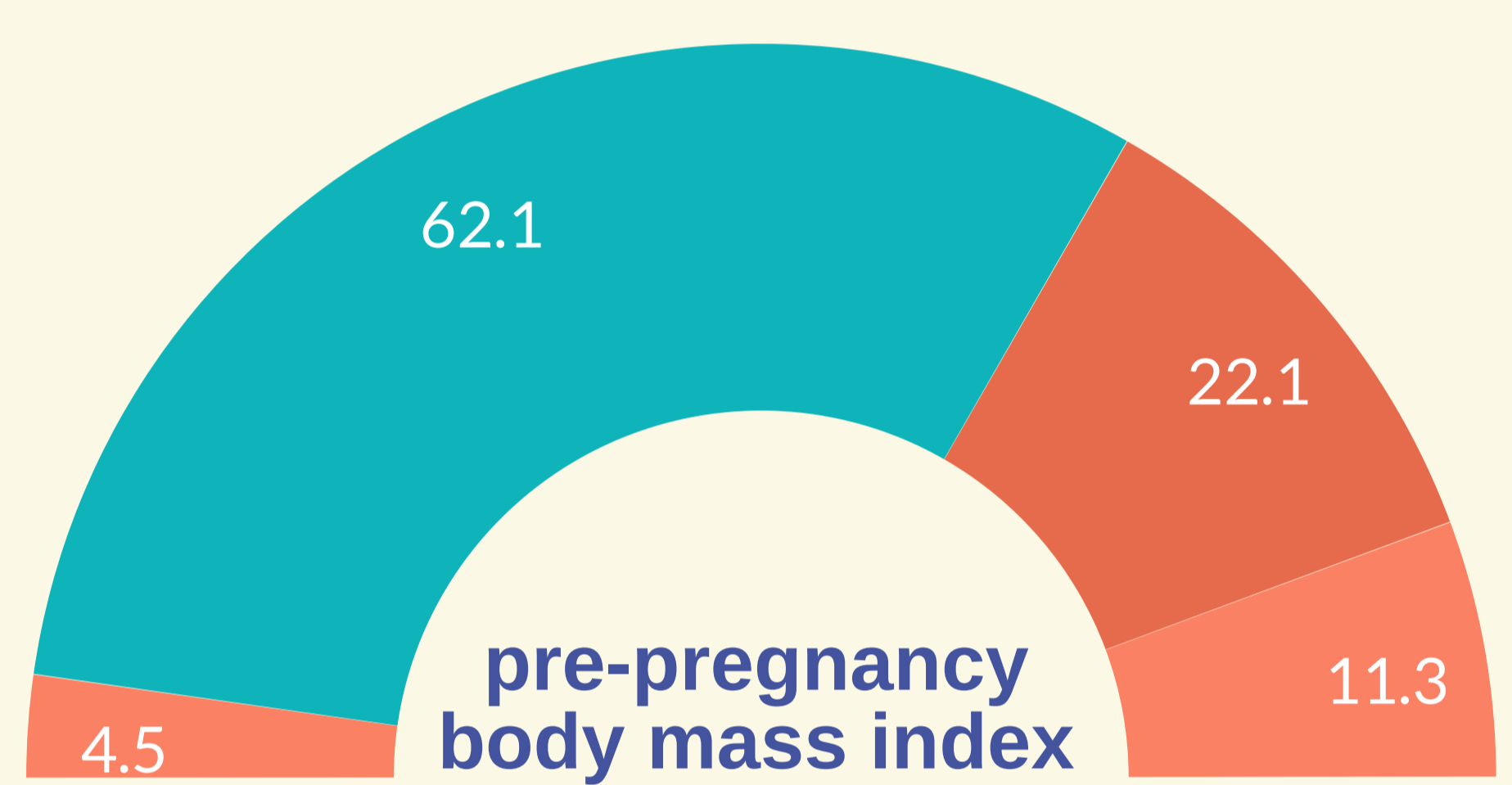


86% of women received their first ultrasound within the first 18 weeks of their pregnancy

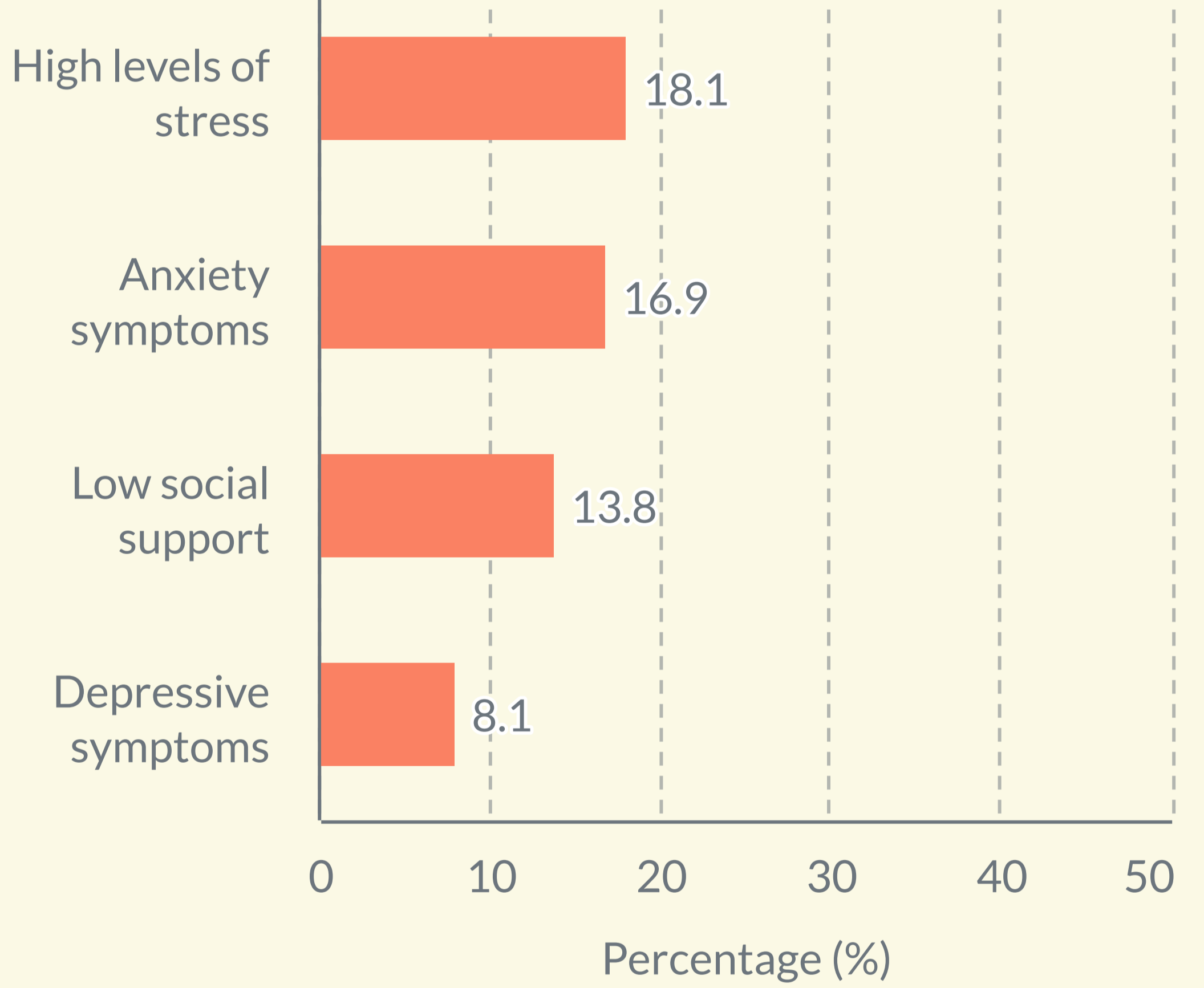
9.1 weeks
average gestational age at the first prenatal care visit



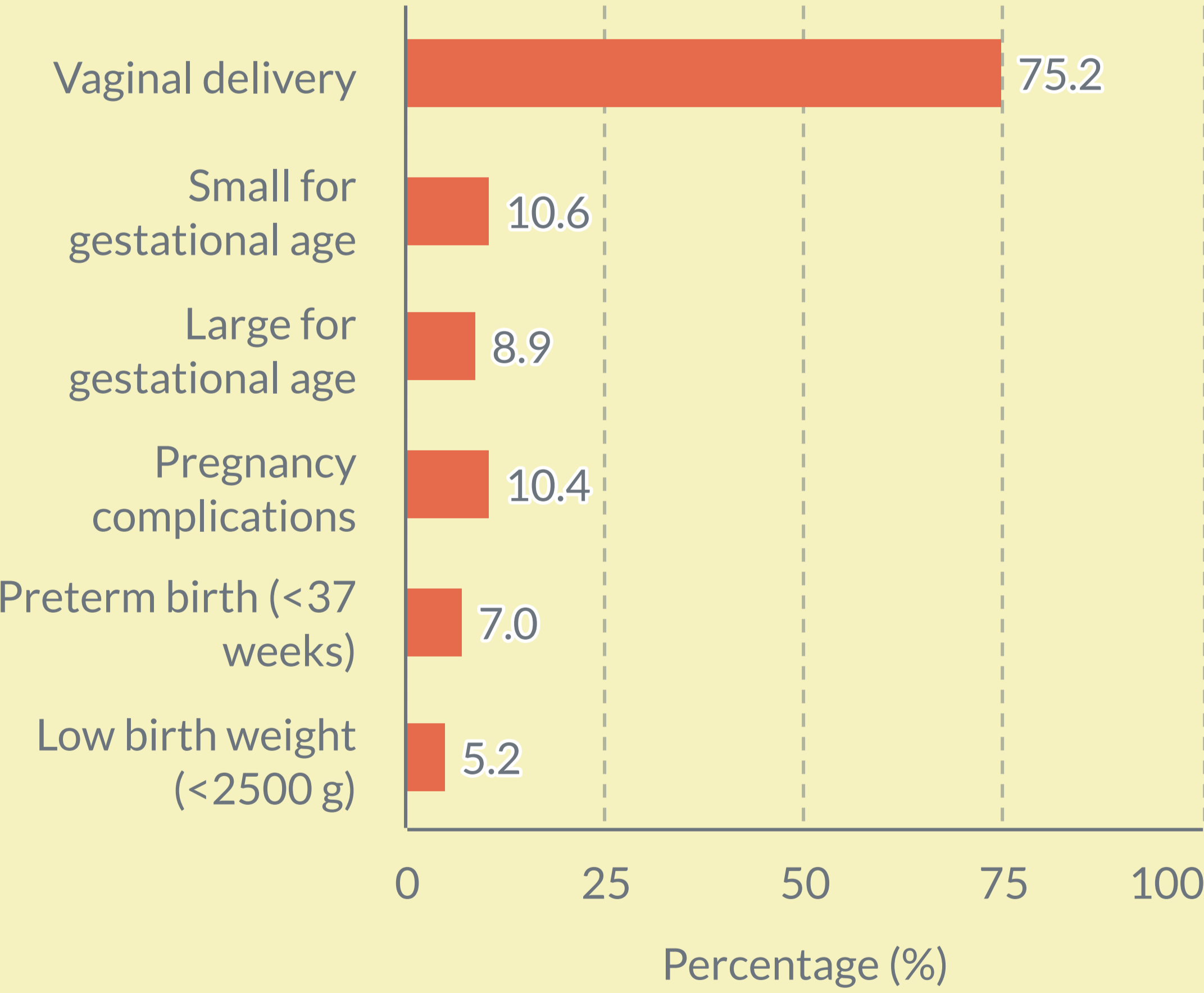
12.8
the average number of prenatal care visits throughout pregnancy



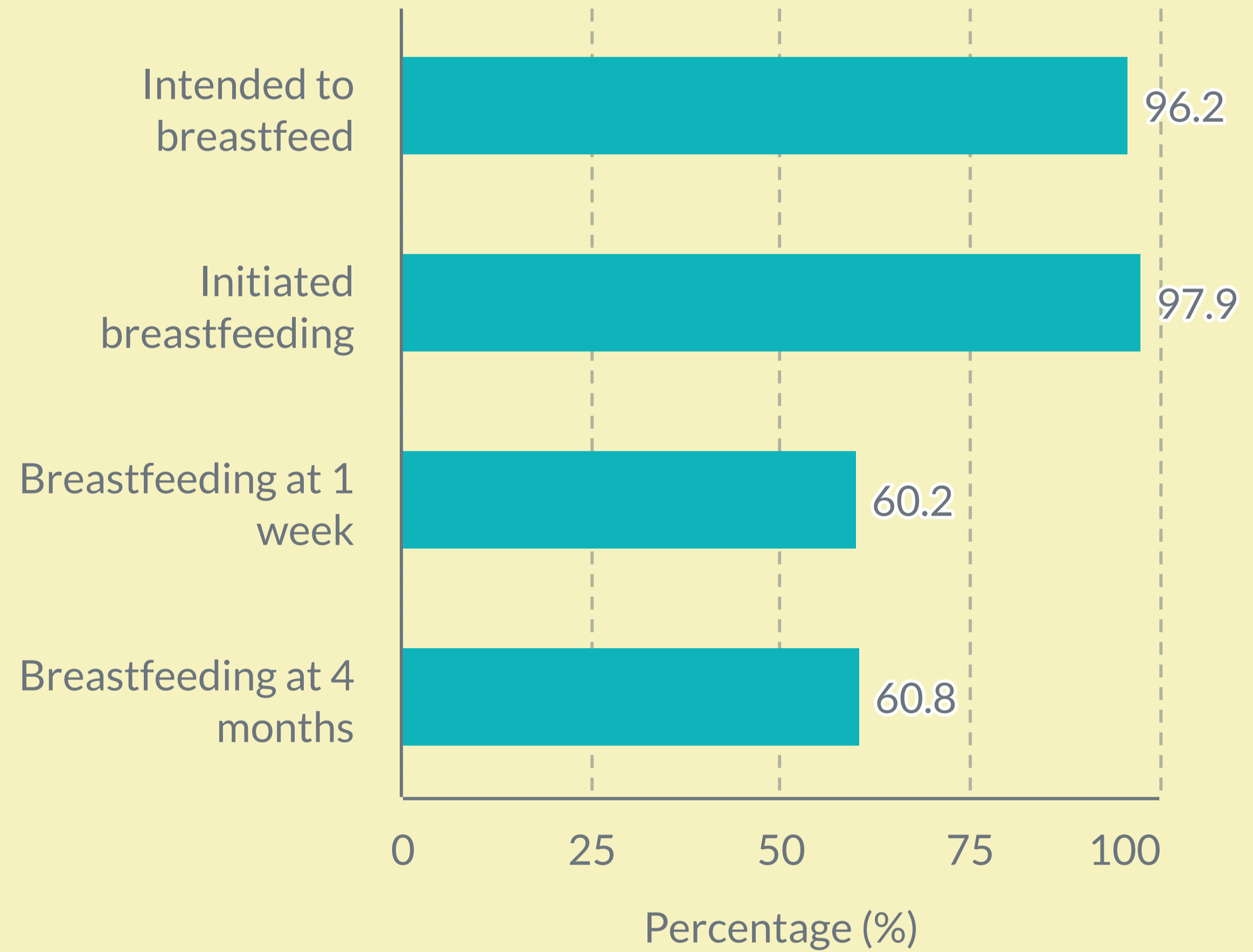
mental health during the second trimester of pregnancy (study intake)



DELIVERY



BREASTFEEDING



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.



Data Access

The All Our Families cohort data can be accessed through the data repository at Secondary Analysis to Generate Evidence (SAGE) at PolicyWise for Children & Families. For more information, contact PolicyWise.

<https://policywise.com/sage/>

References:

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- McDonald SW, Lyon AW, Benzies KM, et al. The All Our Babies pregnancy cohort: design, methods, and participant characteristics. *BMC Pregnancy Childbirth* 2013;13(Suppl 1):S2.
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Acknowledgements

We extend gratitude to our AOF participants.

Learn more about us here: allourfamiliesstudy.com

