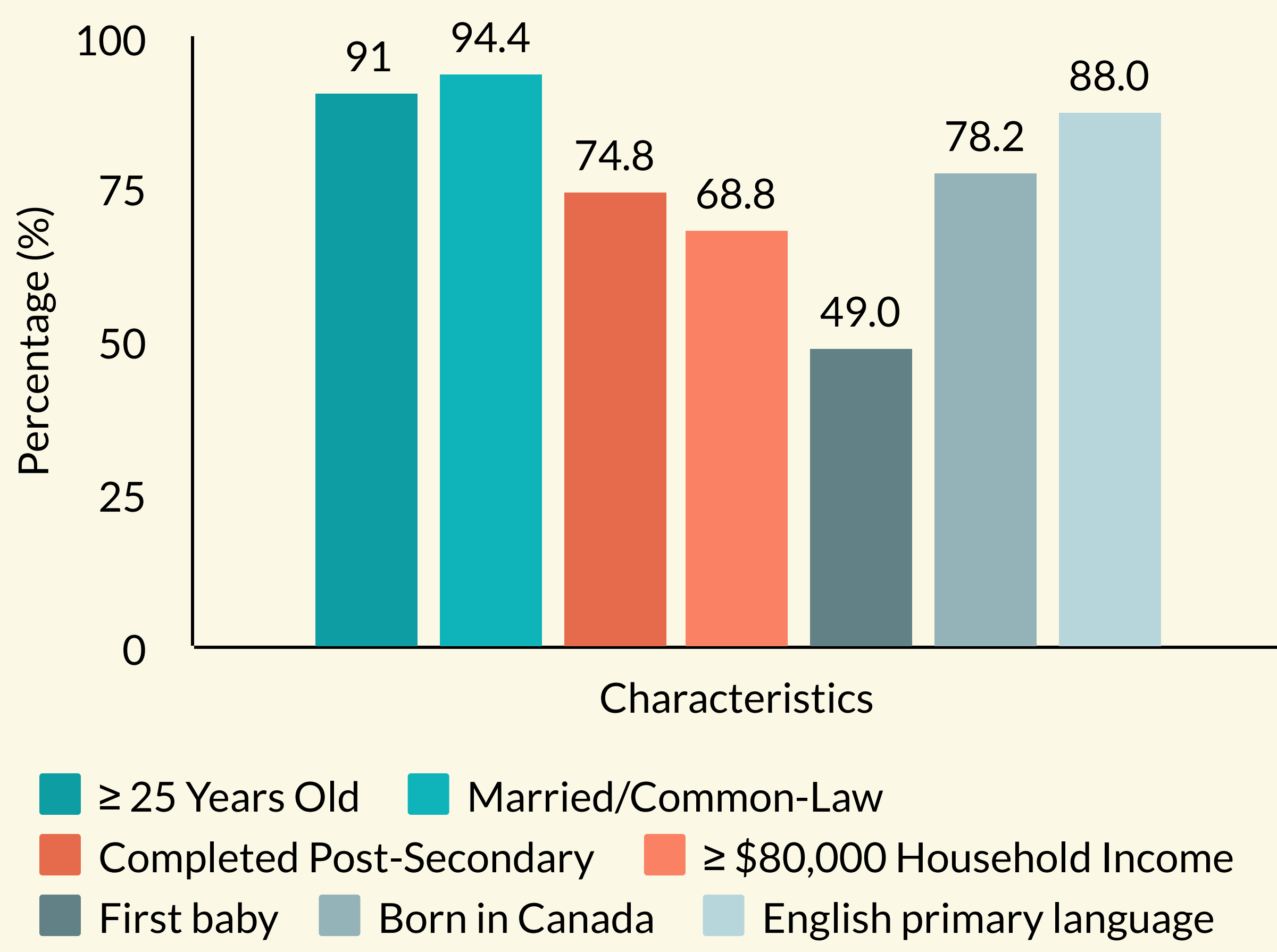


WHO WE ARE



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.

Demographics of Participants



2008
First year of study recruitment

3200+
Number of pregnant women recruited

Our Findings Show:



SOCIAL SUPPORT

Social support has the largest impact on alleviating anxiety and depressive symptoms in postpartum.



FAMILY PLANNING

78% of women planned their pregnancy.



COPING

Social support and increased dispositional optimism are two tools that can help women cope with mental health challenges.



STRATEGIES

Lifetime stress increased the risk for early delivery, however, among those with internal or external coping strategies, this risk of early delivery was reduced.

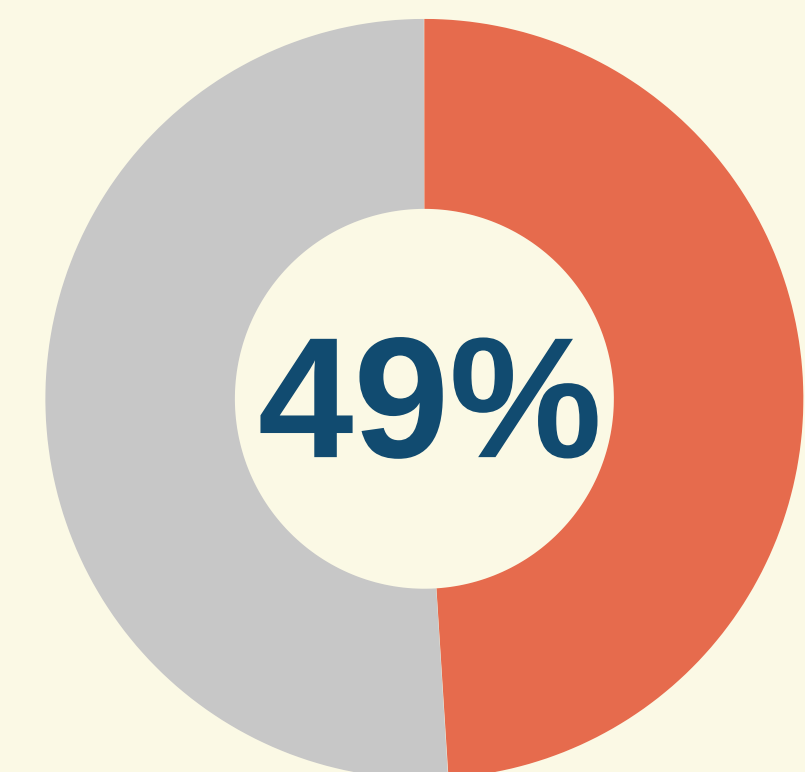


PEER PROGRAMMES

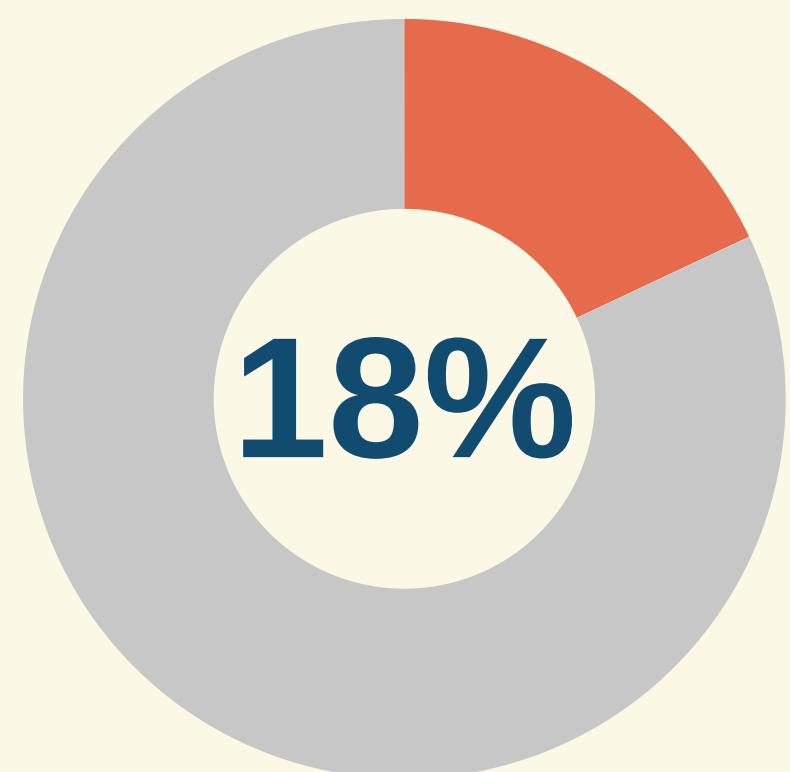
Group prenatal care, prenatal education and peer support programmes have the potential to improve social support.

Well-Being & Pregnancy

In the 12 months prior to pregnancy:



49% had 5 or more alcoholic drinks on at least one occasion

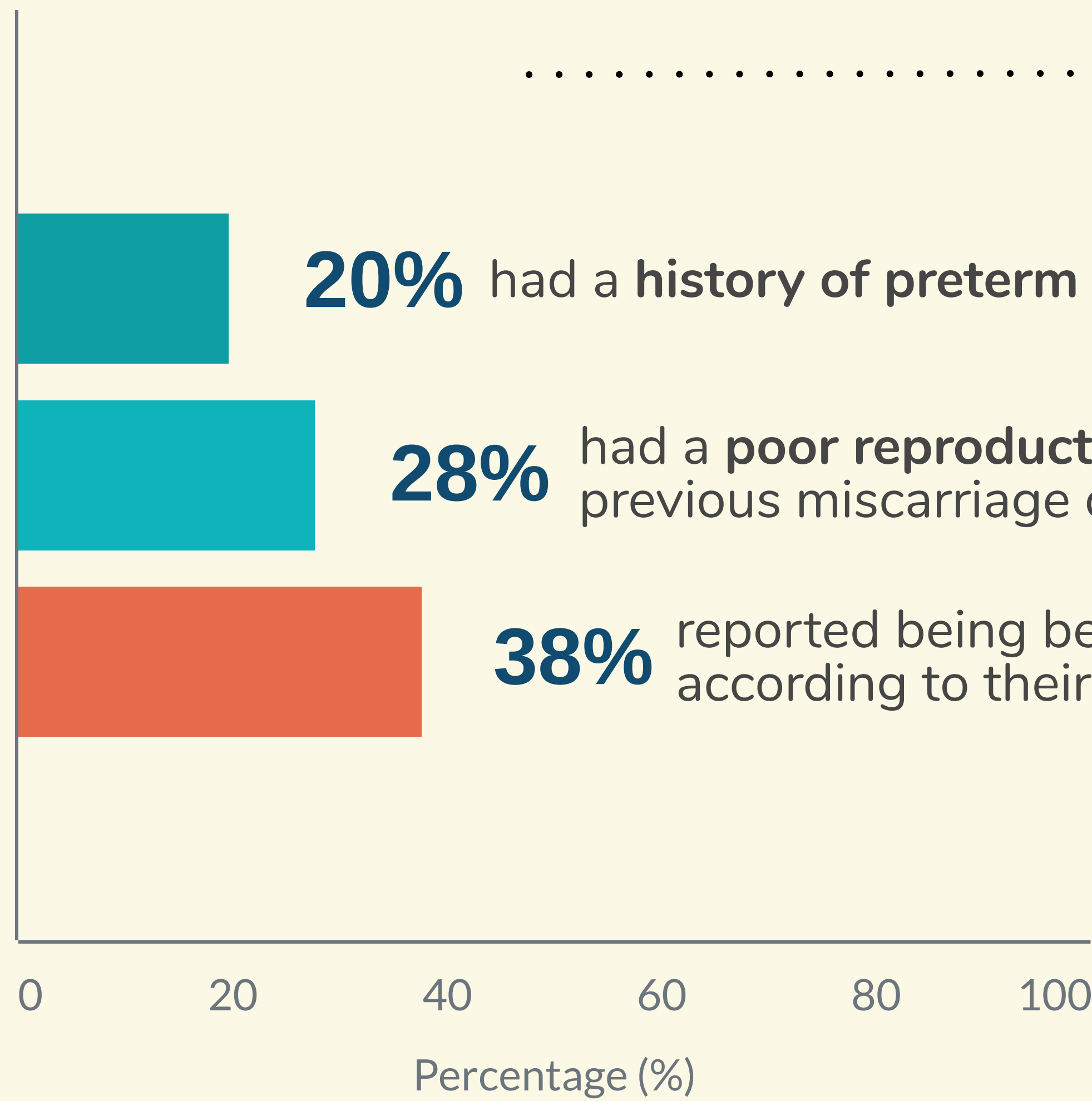


18% smoked cigarettes

1 in 3 women experienced at least two of the following before delivery:

- History of any abuse (physical, emotional, sexual, financial) or neglect
- History of mental health challenges*
- Depressive symptoms during pregnancy
- Elevated anxiety during pregnancy
- Low social support during pregnancy

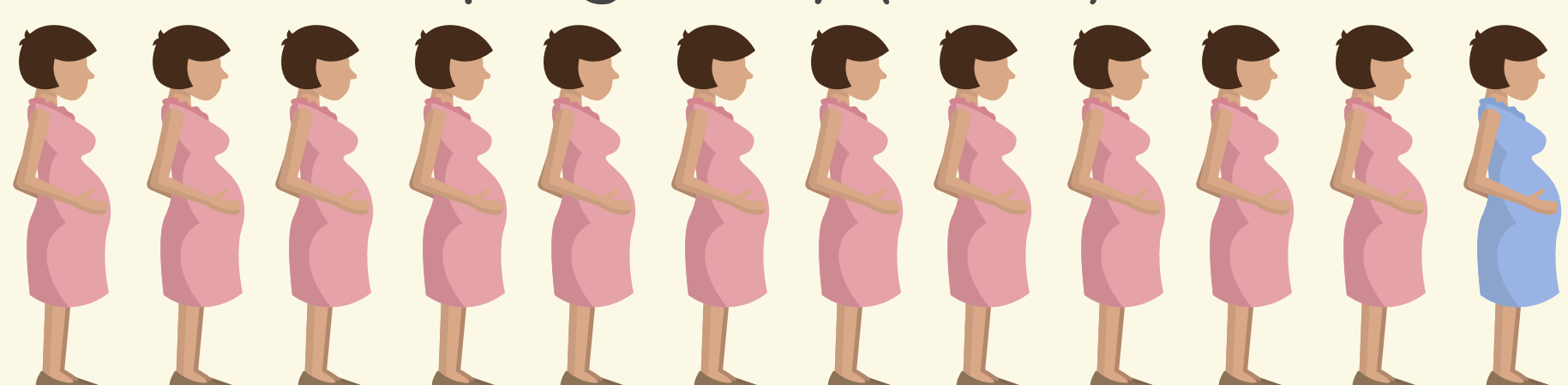
* Feeling sad, blue, depressed or down for at least two weeks, or diagnosed with other mental disorders such as generalized anxiety disorder, bipolar disorder, schizophrenia, or obsessive compulsive disorder.



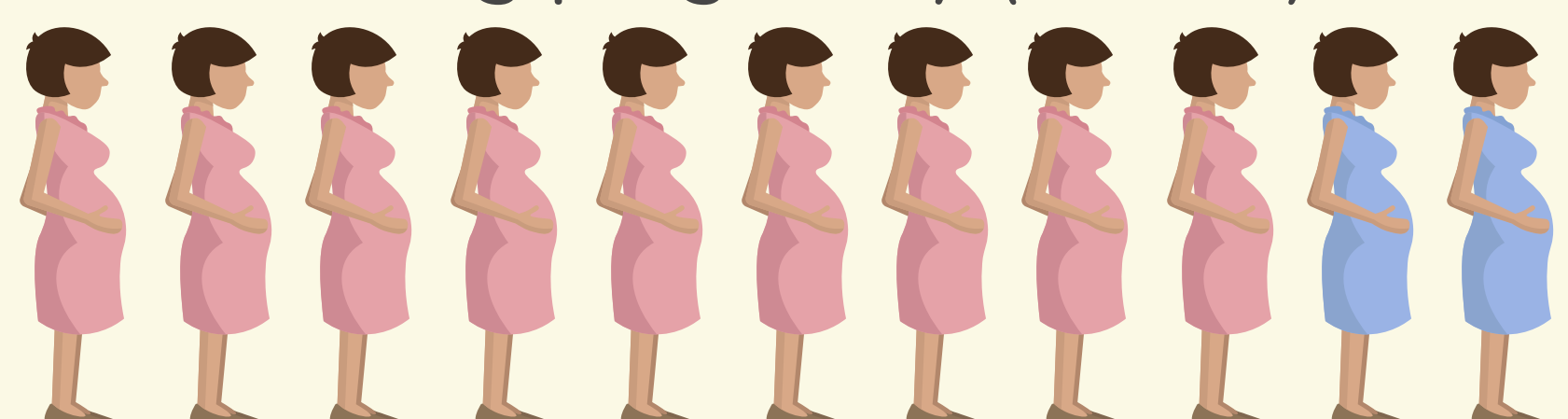
† Either had a previous preterm birth, or personal/family history of preterm birth.

During the second trimester (study intake):

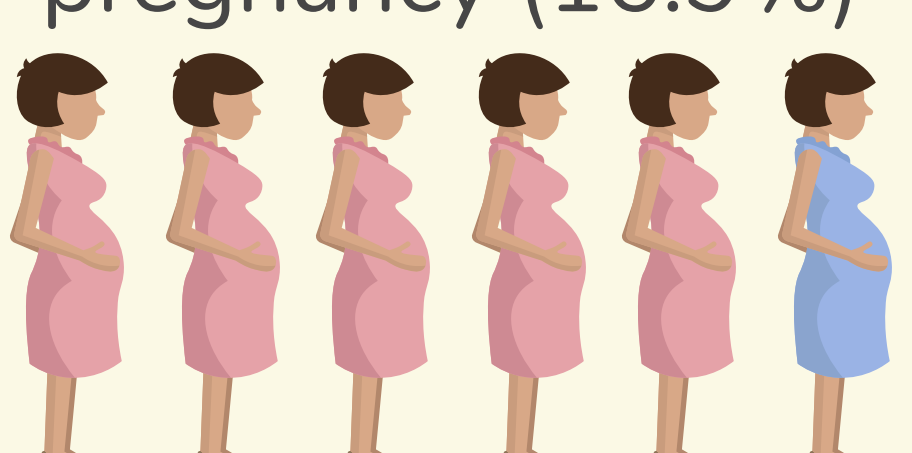
1 in 12 reported depressive symptoms during pregnancy (8.1%)



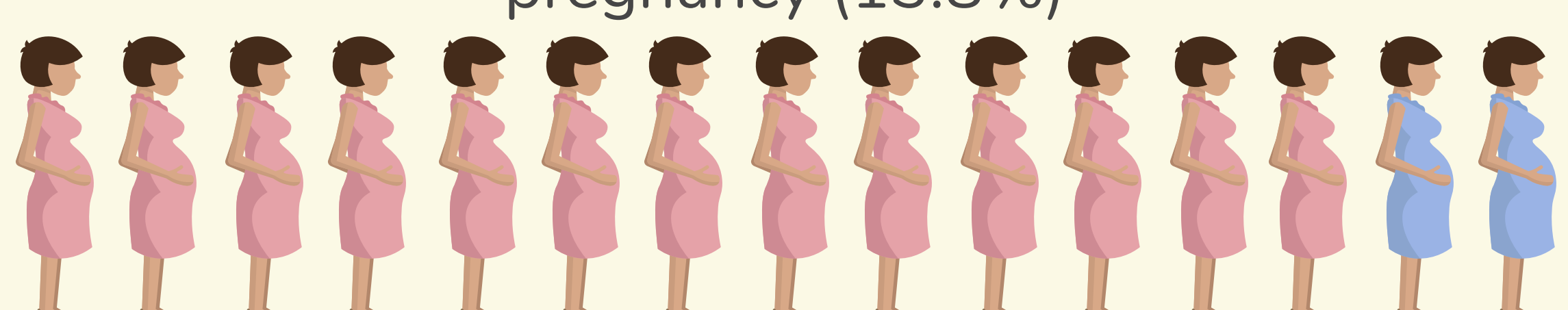
2 in 11 reported high levels of stress during pregnancy (18.1%)



1 in 6 reported anxiety symptoms during pregnancy (16.9%)



2 in 15 reported low social support during pregnancy (13.8%)



Along with these experiences, most women had:



Happy relationships with their partners

72%



Strong social support systems

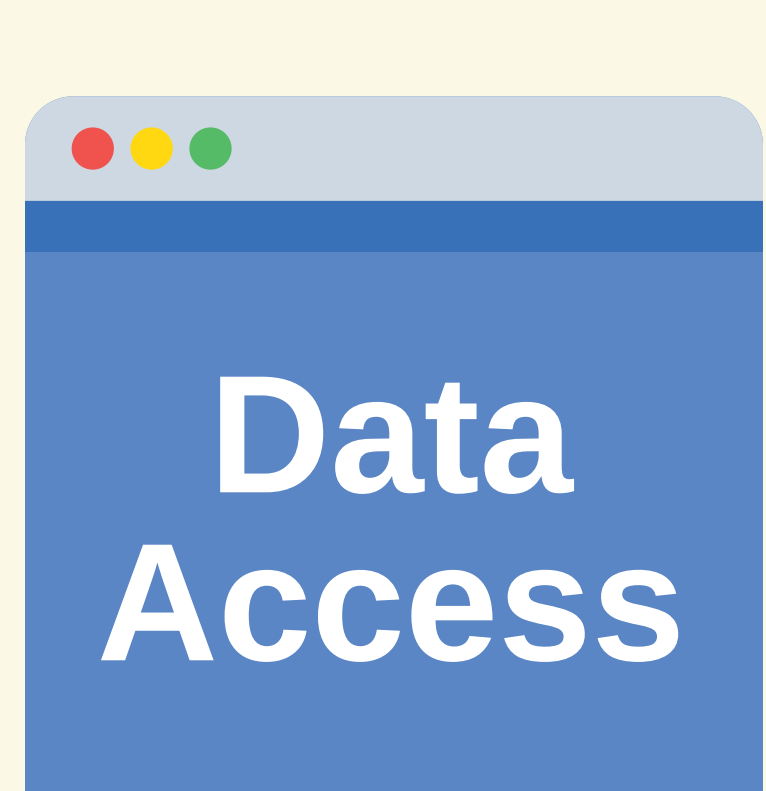
86%



Active participation in their community

85%

We are learning that across economic circumstances women can experience challenges to mental health and coping. Importantly, most women are in happy relationships with their partners, having strong social support systems, and use community resources such as attending parenting classes, story time at the library, and places of worship. **Social supports and community resources improve well-being for mom and baby.**



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/>

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Learn more about us here: allourfamiliesstudy.com

