

# Pregnant Women & Smoking

Tobacco use is the single most preventable cause of death and disease and the impact of tobacco on the Indiana is staggering costing Hoosiers 9,700 lives each year. Smoking can impact the lives of even the youngest Hoosiers. Approximately 16.6% of women in Indiana smoked during pregnancy in 2011, a slight decline from 20% in 2000. Indiana has one of the highest smoking rates in the country.

Smoking during pregnancy is associated with poor health outcomes:

- Twenty to thirty percent (20-30%) of the cases of low birth weight babies can be attributed to smoking.
- Women who smoke during pregnancy have more than twice the risk of delivering a low birth weight baby.
- Babies of mothers who smoked during pregnancy have twice the risk of SIDS than infants of nonsmoking mothers.
- Women who smoke have a higher incidence of ectopic pregnancy.
- Pregnant smokers also have a 30-50% higher risk of miscarriage than nonsmokers.

Prenatal exposure to secondhand smoke is also harmful to a child's mental development. Children of mothers who were exposed to secondhand smoke when pregnant have lower scores on cognitive development tests at age two, compared to children of mothers living in smoke free homes during pregnancy.

Pregnant smokers who are ready to quit should know that it's never too late to quit smoking during pregnancy. Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting, but quitting entirely is the best thing a pregnant woman can do for themselves and their baby. The benefits of quitting smoking can be seen immediately. After just one day of not smoking, the baby will get more oxygen. While women experience withdrawal symptoms, these are often signs that the body is healing. They are normal, temporary, and will lessen in a couple of weeks. Quitting will increase the mother's energy levels and help make breathing easier.

## **The Indiana Tobacco Quitline's 10-call Protocol for Pregnant Women**

The Indiana Tobacco Quitline offers pregnant smokers greater intensity of behavioral support – 10 calls instead of 4. The treatment plan is tailored to meet their needs, and for those who quit offers additional postpartum contact to prevent relapse. The Indiana Tobacco Quitline uses evidence-based treatment practices to help pregnant smoker quit and stay quit.

**Tobacco Prevention and Cessation Commission ~ [www.in.gov/isdh/tpc](http://www.in.gov/isdh/tpc) ~ 317.234.1787**  
**[www.QuitNowIndiana.com](http://www.QuitNowIndiana.com) ~ [www.indianaquitline.net](http://www.indianaquitline.net)**

## Percent of mothers who reported smoking during pregnancy, Indiana counties, 2011

County	Percent	County	Percent	County	Percent	County	Percent	County	Percent
Adams	8.4 (s)	Dubois	13.6	Jasper	23.1 (s)	Morgan	28.1 (s)	Spencer	20.3
Allen	12.2 (s)	Elkhart	13.1 (s)	Jay	20.6	Newton	26.4	Starke	24.6 (s)
Bartholomew	15.8	Fayette	27.0 (s)	Jefferson	29.7 (s)	Noble	23.5 (s)	Steuben	22.0
Benton	18.9	Floyd	11.8 (s)	Jennings	26.6 (s)	Ohio	22.7 (u)	Sullivan	25.4 (s)
Blackford	35.2 (s)	Fountain	22.1	Johnson	17.9	Orange	26.9 (s)	Switzerland	22.5
Boone	11.6 (s)	Franklin	21.6	Knox	29.5 (s)	Owen	33.2 (s)	Tippecanoe	13.9
Brown	16.5	Fulton	26.8 (s)	Kosciusko	16.6	Parke	19.8	Tipton	15.7
Carroll	22.6	Gibson	26.8 (s)	LaGrange	6.9 (s)	Perry	28.9 (s)	Union	23.2 (u)
Cass	20.8	Grant	27.1 (s)	Lake	12.5 (s)	Pike	20.8	Vanderburgh	20.0 (s)
Clark	14.9	Greene	23.9 (s)	LaPorte	26.8 (s)	Porter	14.0	Vermillion	26.3
Clay	20.8	Hamilton	3.4 (s)	Lawrence	26.0 (s)	Posey	20.1	Vigo	21.1 (s)
Clinton	20.7	Hancock	13.4	Madison	22.1 (s)	Pulaski	26.8	Wabash	28.5 (s)
Crawford	30.9 (s)	Harrison	21.4	Marion	14.3 (s)	Putnam	23.3	Warren	22.7
Daviess	12.0	Hendricks	9.5 (s)	Marshall	16.8	Randolph	26.2 (s)	Warrick	16.8
Dearborn	22.8 (s)	Henry	30.5 (s)	Martin	24.4	Ripley	27.6 (s)	Washington	17.9
Decatur	22.6	Howard	23.9 (s)	Miami	25.4 (s)	Rush	28.8 (s)	Wayne	21.7 (s)
DeKalb	22.7 (s)	Huntington	26.9 (s)	Monroe	17.6	St. Joseph	11.9 (s)	Wells	17.5
Delaware	22.4 (s)	Jackson	21.2	Montgomery	25.5 (s)	Scott	36.2 (s)	White	24.8 (s)
						Shelby	24.3 (s)	Whitley	16.7

SOURCE: 2011 Indiana Natality Report, Indiana State Department of Health - Epidemiology Resource Center

Percentages are calculated using total births in each county.

s= significantly different from state percent

u= unstable rate due to fewer than 20, but more than 4, birth outcomes

The rate of Indiana mothers who reported smoking during pregnancy is considerably higher than the national average of 10.7%. Even more alarming are rates in Indiana counties that exceed state and national rates. The table above lists Indiana's counties along with the percentage of mothers who reported smoking during pregnancy.

- County rates range from 3.4% to 36.2%.
- Thirty-nine (39) of Indiana's 92 counties have a smoking during pregnancy rate significantly higher than the Indiana average of 16.6%.
- All but 4 Indiana counties have a smoking during pregnancy rates higher than the United States average (10.7%).

Sources: 2011 IN Natality Report, Indiana State Dept of Health - Epidemiology Resource Center; 2004 National Health Interview Survey; Ventura, S.J. 2003. "Trends and Variations in Smoking during Pregnancy and Low Birth Weight: Evidence from the Birth Certificate, 1990-2000." *Pediatrics* 111(5 Part 2):1176-1180.<sup>1</sup> SDHHS. 2001. *Women and Smoking: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Public Health Service: Rockville, MD, Office of the Surgeon General, U.S. Government Printing Office: Washington DC. ; Gavin, N.I., et al. September 2001. *Review and Meta-Analysis of the Evidence on the Impact of Smoking on Perinatal Conditions Built into AMMEC II*. Final Report to the National Center for Chronic Disease Prevention and Health Promotion. Research Triangle Park: Research Triangle Institute.; Columbia Center for Children's Environmental Health. *Neurotoxicology and Teratology*, March 2004

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