

# 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 18.5% of women in Indiana smoked during pregnancy in 2007, 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, 2007

County	Percent	County	Percent	County	Percent	County	Percent	County	Percent
Adams	9.7	Dubois	11.7	Jasper	22.6	Morgan	28.1	Spencer	16.2
Allen	15.0	Elkhart	15.0	Jay	24.1	Newton	29.0	Starke	31.9
Bartholomew	18.1	Fayette	33.6	Jefferson	25.1	Noble	24.5	Steuben	27.5
Benton	21.2	Floyd	20.8	Jennings	27.5	Ohio	23.3	Sullivan	27.3
Blackford	32.7	Fountain	29.2	Johnson	19.0	Orange	29.5	Switzerland	29.6
Boone	16.1	Franklin	11.0	Knox	30.4	Owen	32.9	Tippecanoe	16.2
Brown	24.1	Fulton	34.8	Kosciusko	20.9	Parke	29.4	Tipton	17.3
Carroll	23.5	Gibson	22.6	LaGrange	12.4	Perry	30.9	Union	8.5
Cass	25.3	Grant	29.3	Lake	13.0	Pike	23.7	Vanderburgh	22.5
Clark	18.9	Greene	27.9	LaPorte	25.2	Porter	15.9	Vermillion	29.7
Clay	28.2	Hamilton	4.5	Lawrence	27.2	Posey	25.6	Vigo	24.9
Clinton	21.7	Hancock	16.2	Madison	24.7	Pulaski	30.0	Wabash	28.6
Crawford	34.7	Harrison	22.2	Marion	15.4	Putnam	32.5	Warren	17.9
Daviess	15.9	Hendricks	10.4	Marshall	21.3	Randolph	25.7	Warrick	13.4
Dearborn	21.3	Henry	28.3	Martin	21.4	Ripley	26.6	Washington	31.4
Decatur	28.9	Howard	24.2	Miami	28.9	Rush	26.9	Wayne	24.0
DeKalb	31.3	Huntington	25.6	Monroe	18.8	St. Joseph	15.7	Wells	18.7
Delaware	20.6	Jackson	23.8	Montgomery	31.4	Scott	36.4	White	21.5
						Shelby	27.6	Whitley	21.6

SOURCE: 2007 IN Birth Certificate Data, Indiana State Department of Health - Epidemiology Resource Center  
Percentages are calculated using total births in each county.

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 below lists Indiana's counties along with the percentage of mothers who reported smoking during pregnancy.

- County rates range from 4.5% to 36.4%.
- Seventy (70) of Indiana's 92 counties have a smoking during pregnancy rate higher than the Indiana average of 18.5%.
- All but 4 Indiana counties have a smoking during pregnancy rates higher than the United States average (10.7%).

Sources: 2007 IN Birth Certificate Data, 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. 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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