

Pregnant Women and 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 9,800 lives each year. Smoking can impact the lives of even the youngest Hoosiers. Approximately 16.5% of women in Indiana smoked during pregnancy in 2012, 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.
- Women who smoke during pregnancy are at increased risk for premature rupture of membranes, placenta previa (abnormal location of the placenta), abruption placentae (placenta separation from the uterus), and preterm delivery.

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 Enhanced Program for Pregnant Women

The Indiana Tobacco Quitline offers pregnant smokers greater intensity of behavioral support –up to 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 ~ 317.234.1787
www.QuitNowIndiana.com ~ www.indianaquitline.net

Percent of mothers who reported smoking during pregnancy, Indiana counties, 2012

County	Percent	County	Percent	County	Percent	County	Percent	County	Percent
Adams	6.4 (s)	Dubois	13.6	Jasper	19.8	Morgan	26.1 (s)	Spencer	15.5
Allen	11.7 (s)	Elkhart	13.5 (s)	Jay	21.3	Newton	25.2	Starke	27.1 (s)
Bartholomew	13.7	Fayette	26.6 (s)	Jefferson	23.9 (s)	Noble	20.5 (s)	Steuben	24.8
Benton	17.3	Floyd	11.9 (s)	Jennings	27.9 (s)	Ohio	17.6	Sullivan	24.1
Blackford	27.9 (s)	Fountain	23.3	Johnson	17.2	Orange	28.4 (s)	Switzerland	33.9 (s)
Boone	11.7 (s)	Franklin	24.9 (s)	Knox	30.7 (s)	Owen	32.4 (s)	Tippecanoe	15.7
Brown	22.2	Fulton	29.2 (s)	Kosciusko	16.5	Parke	22.5	Tipton	12.2
Carroll	23.2	Gibson	21.4 (s)	LaGrange	8.3(s)	Perry	26.7 (s)	Union	22.1
Cass	18.9	Grant	31.1 (s)	Lake	10.7 (s)	Pike	33.1 (s)	Vanderburgh	19.9 (s)
Clark	17.1	Greene	27.2 (s)	LaPorte	31.0 (s)	Porter	11.4 (s)	Vermillion	21.5
Clay	27.8 (s)	Hamilton	3.9 (s)	Lawrence	29.4 (s)	Posey	21.7	Vigo	21.8 (s)
Clinton	21.1	Hancock	12.1	Madison	24.6 (s)	Pulaski	23.3	Wabash	29.8 (s)
Crawford	26.7	Harrison	21.0	Marion	14.2 (s)	Putnam	18.9	Warren	30.9 (s)
Daviess	12.5	Hendricks	10.1 (s)	Marshall	21.1	Randolph	25.5 (s)	Warrick	15.2
Dearborn	21.7	Henry	30.0 (s)	Martin	22.0	Ripley	26.8(s)	Washington	18.7
Decatur	22.1	Howard	20.6 (s)	Miami	23.6 (s)	Rush	23.7	Wayne	20.3
DeKalb	20.4	Huntington	21.6 (s)	Monroe	16.1	St. Joseph	12.7 (s)	Wells	18.3
Delaware	23.7 (s)	Jackson	23.5 (s)	Montgomery	26.6 (s)	Scott	31.1 (s)	White	26.4 (s)
						Shelby	24.9 (s)	Whitley	18.6

SOURCE: 2012 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

The rate of Indiana mothers who reported smoking during pregnancy is considerably higher than the national average of 9.1% (2011). 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 3.9% to 33.9 %.
- Thirty-eight (38) of Indiana’s 92 counties have a smoking during pregnancy rate significantly higher than the Indiana average of 16.5%.
- All but 3 Indiana counties have a smoking during pregnancy rates higher than the United States average (9.1%).

Sources: 2012 IN Natality Report, Indiana State Dept of Health - Epidemiology Resource Center; Centers for Disease Control and Prevention National Center for Health Statistics; 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):1176-1180.¹ 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

Tobacco Prevention and Cessation Commission ~ www.in.gov/isdh/tpc ~ 317.234.1787
www.QuitNowIndiana.com ~ www.indianaquitline.net



1-800-QUIT NOW
 Indiana's Tobacco Quitline