



## Pregnant or Post Partum Moms and Tobacco

“Women who quit smoking before or early in pregnancy significantly reduce the risk for several adverse outcomes. Compared with women who do not smoke, women who smoke prior to pregnancy are about twice as likely to experience a delay in conception and have approximately 30% higher odds of being infertile. Women who smoke during pregnancy are about twice as likely to experience premature rupture of membranes, placental abruption, and placenta previa during pregnancy.”<sup>1</sup>

### Community Use

- Nationally, between 12-20% of all pregnant women smoke.<sup>2</sup> In 2008 in North Carolina, 10.4% of all live births were to women who reported smoking during pregnancy, although in some counties as many as 33% of babies were born to women who smoked.<sup>3</sup>
- The percentage of women who smoke after giving birth in North Carolina varies by race/ethnicity; 3% of Hispanic/Latino, 17% of White, 18% of Black, and 14% of Other race/ethnicity post partum women smoke after pregnancy. There was no available data on American Indian women<sup>4</sup>.
- According to You Quit Two Quit (a program that works with healthcare providers to establish a comprehensive system to screen and treat pregnant and postpartum women for tobacco use), tobacco use amongst pregnant Hispanic/Latino women is increasing.
- American Indian pregnant women in North Carolina have the highest smoking rate (24%) compared to White (15%), African American (10%), Asian American/Pacific Islander (2%), and Hispanic pregnant women (1%).<sup>5</sup>

### Cessation

- In North Carolina, half of women smokers of reproductive age quit smoking during pregnancy.<sup>6</sup> However, 80% return to smoking within the first year of their baby’s life, highlighting the need for more continuous care.
- Quitting smoking while pregnant increases the chances newborn babies will go home from the hospital with their mother. For more information on quitting while pregnant go to [www.youquittwoquit.com](http://www.youquittwoquit.com)

### Tobacco’s Effect on the Community

- In North Carolina, according to You Quit Two Quit, 33% of all infants are exposed to second hand smoke.
- Babies born to women who smoke during pregnancy have higher odds of being born prematurely, are more likely to be born with low birth weight, and are more likely to die of Sudden Infant Death Syndrome (SIDS).<sup>1</sup>



- Children who are exposed to secondhand smoke are at increased risk for bronchitis, pneumonia, ear infections, more severe asthma, respiratory symptoms, and slowed lung growth.<sup>1</sup>

## **Tobacco's effect on the fetus**

- The evidence of the negative impact of smoking on pregnant women, infants and mothers continues to grow. For example, a recently published study found that continuous smoking during pregnancy increases the likelihood that children will have behavioral and attention deficit problems.<sup>7</sup>
- This new research adds to the large body of knowledge about the harmful effect of smoking on this population. Women who smoke are less likely to become pregnant, compared to non-smokers. Smoking during pregnancy has been linked to up to 10% of all infant deaths. Pregnant smokers are twice as likely to have a low birth weight baby and more likely to deliver their babies prematurely. Babies whose mothers smoked during their pregnancy are more likely to die from Sudden Infant Death Syndrome (SIDS) than those whose mothers did not smoke. Smoking during pregnancy may impair normal fetal brain and nervous system development.<sup>8</sup>
- The direct medical costs of a complicated birth are 66% higher for smokers than for non-smokers, reflecting the greater severity of complications and the more intensive care that is required.<sup>9</sup>

## **Environmental Tobacco Smoke**

- Smoking after the baby is born poses risks for the mother, child, and other household members. Twenty-seven percent of US children aged 6 years and under live with a parent or other family member who smokes; the annual direct medical costs associated with this exposure to parental smoking is estimated at \$4.6 billion.<sup>10</sup>
- Environmental tobacco smoke, also known as second-hand smoke, can contribute to an increase in respiratory illnesses in mothers and babies, middle ear infections in children, children with impaired lung function<sup>11</sup> and an increase in SIDS.<sup>12</sup>

## **Ask**

- Ask parents about folk remedies for teething. Considered a folk remedy by Asian, American Indian and rural communities, rubbing smokeless tobacco on the gums of teething babies and toddlers results in exposure to nicotine at an early age that may have long-term health consequences. If tobacco is used as a folk remedy, work with the parents to find another method of soothing their baby's sore gums, insect bites, etc.<sup>13, 14</sup>



## References

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