

Pregnant Women and Smoking

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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 as Approximately 18.5% of women in Indiana smoked during pregnancy in 2003, a slight decline from 21% in 1999. 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 attributable to smoking.
- Women who smoke during pregnancy had more than twice the risk of delivering a low birth weight baby.
- Babies with mothers who smoked during pregnancy have twice the risk of SIDS and infants of nonsmoking mothers.
- Women who smoke have a higher incidence of ectopic pregnancy.
- Pregnant smokers also have a 30-50% higher risk for miscarriage than nonsmokers.

Prenatal exposure to secondhand smoke is also harmful to children affecting mental development. Children of mother who were exposed to secondhand smoke during pregnancy have lower scores on test for cognitive development at age two compared to children living in smoke free homes.

Pregnant smokers 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 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 gives more energy and helps make breathing easier.

Sources: 2003 Indiana Natality Report; Martin, J.A., et al. December 17, 2003. "Births: Final Data for 2002." National Vital Statistics Reports 52(10):1-113. Hyattsville, MD: National Center for Health Statistics. ; U.S. Department of Health and Human Services (USDHHS). 2000. Healthy People 2010, 2nd Ed. U.S. Government Printing Office: Washington, DC.; 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

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The rate of Indiana mothers who reported smoking during pregnancy is considerably higher than the national average. 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 35% to 5%.
- Sixty-four (64) of Indiana's 92 counties have a smoking during pregnancy rate higher than the Indiana average.
- All but five Indiana counties have a smoking during pregnancy rates higher than the United States average.

Percent of mothers who reported smoking during pregnancy, Indiana Counties, 2003

County	Percent	County	Percent	County	Percent	County	Percent	County	Percent
Adams	10.3	Dubois	11.0	Jasper	21.1	Morgan	23.1	Spencer	17.2
Allen	15.1	Elkhart	16.1	Jay	23.8	Newton	28.4	Starke	29.3
Bartholomew	19.0	Fayette	28.9	Jefferson	31.0	Noble	23.5	Steuben	25.3
Benton	16.1	Floyd	22.2	Jennings	28.4	Ohio	29.0	Sullivan	24.1
Blackford	28.8	Fountain	23.0	Johnson	15.2	Orange	25.9	Switzerland	27.8
Boone	13.4	Franklin	22.0	Knox	30.8	Owen	25.0	Tiptecanoe	14.2
Brown	17.8	Fulton	27.0	Kosciusko	17.2	Parke	30.7	Tipton	18.5
Carroll	16.5	Gibson	23.5	LaGrange	9.0	Perry	32.6	Union	28.4
Cass	25.0	Grant	24.3	Lake	14.1	Pike	25.2	Vanderburgh	21.3
Clark	23.4	Greene	21.9	LaPorte	25.1	Porter	15.8	Vermillion	35.5
Clay	25.7	Hamilton	5.4	Lawrence	25.0	Posey	22.3	Vigo	28.1
Clinton	19.4	Hancock	16.6	Madison	23.6	Pulaski	26.2	Wabash	23.6
Crawford	31.9	Harrison	24.2	Marion	17.6	Putnam	27.5	Warren	17.0
Daviess	18.5	Hendricks	10.6	Marshall	17.4	Randolph	24.9	Warrick	15.1
Dearborn	24.2	Henry	23.8	Martin	21.8	Ripley	22.2	Washington	26.9
Decatur	25.3	Howard	24.2	Miami	27.1	Rush	27.6	Wayne	27.1
DeKalb	22.8	Huntington	26.7	Monroe	16.3	St. Joseph	13.4	Wells	18.6
Delaware	21.0	Jackson	23.5	Montgomery	26.2	Scott	31.1	White	18.5
						Shelby	23.5	Whitley	18.5