



*Quit smoking for your health and your baby's health.*

**The Nebraska Tobacco Quitline can help you quit tobacco for good.**

The toll-free Quitline: **1-800-QUIT-NOW** (784-8669) — gives Nebraska residents 24/7 free access to confidential counseling and support services.

Tobacco Free Nebraska Cessation Website:

**QuitNow.ne.gov** for further information on quitting.

Smokers often make several attempts before they are able to quit, but new strategies for cessation, including nicotine replacement and non-nicotine medications, can make quitting easier.

# Issue Brief

## Nebraska PRAMS

Revised December 2013

### Smoking during the last 3 months of Pregnancy

Many people are aware that smoking causes lung disease, cancer, heart attacks, and stroke.<sup>1</sup> Do you know the risk for a woman who smokes during pregnancy and her baby?

#### Smoking during pregnancy<sup>2</sup> can:

- Increase the risk of miscarriage.
- Cause problems with the source of the baby's food and oxygen in the mother's womb.
- Increase the risk of birth defects.
- Cause preterm delivery or low birth weight, which increases the chance the baby will be sick and need to stay in the hospital longer and also can increase the risk of death.
- Increase the risk of Sudden Infant Death Syndrome (SIDS).

#### How many women in Nebraska smoke during pregnancy?

After becoming pregnant many women quit smoking or reduce the number of cigarettes they smoke. Other women continue to smoke throughout pregnancy. Nebraska PRAMS is a survey that collects information about experiences and behaviors before, during and shortly after pregnancy from women who have recently had a live birth. **Nebraska PRAMS** asks new mothers: "Have you smoked any cigarettes in the past 2 years?" If they answer "yes," then they are asked "How many cigarettes did you smoke on an average day 3 months before your pregnancy; during the last 3 months

of your pregnancy; and at the time of completing the survey."

#### In Nebraska, during 2009-2010,

- 1 in 4 women (27.4%) smoked 3 months before pregnancy.
- Of women who smoked 3 months before pregnancy, only 1 in 2 (52.2%) quit during pregnancy.
- 1 in 8 women (13.1%) reported smoking during the last 3 months of pregnancy.

*Nebraska PRAMS Data 2009-2010*

#### GOOD NEWS!

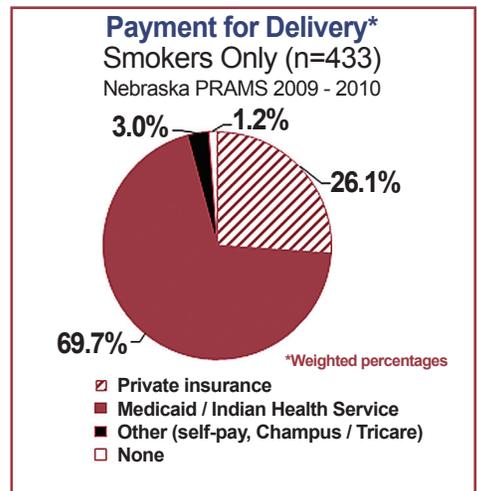
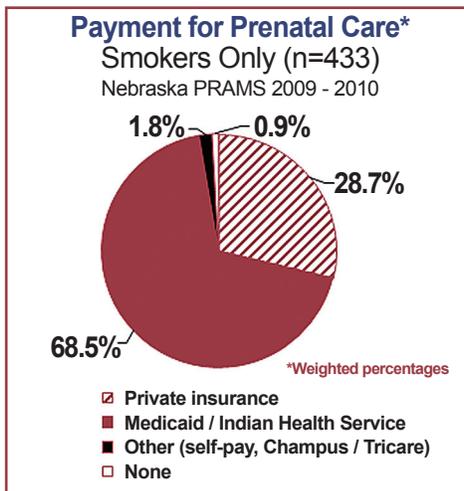
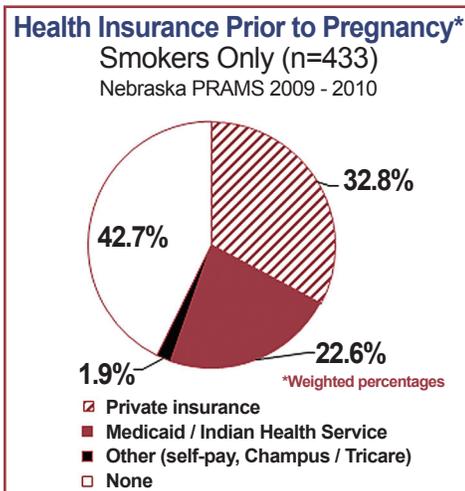
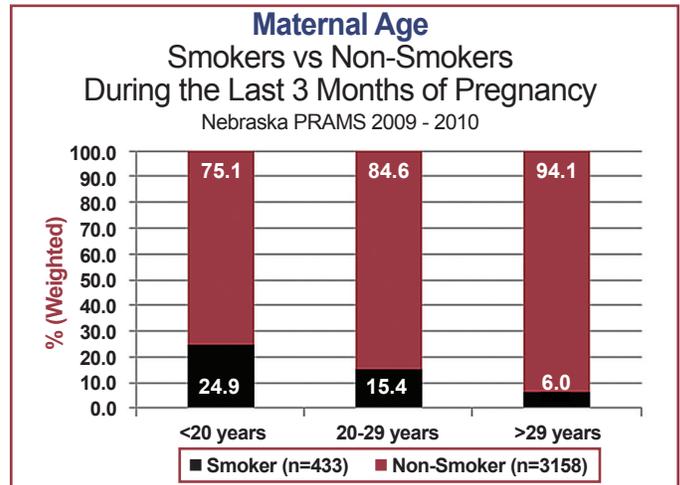
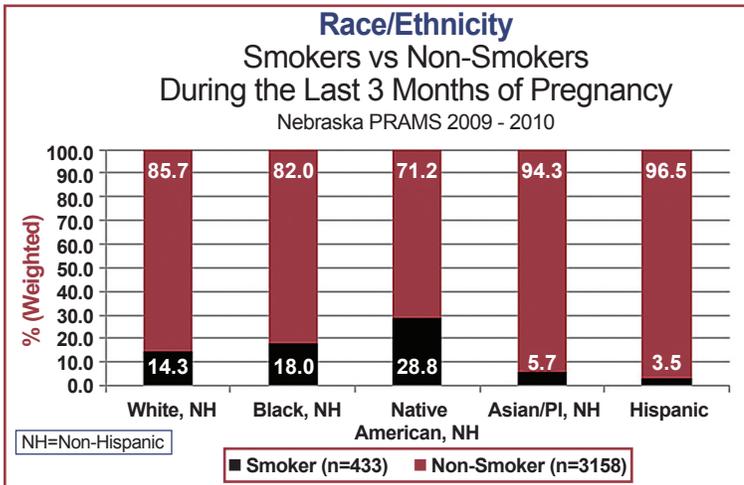
**Quitting at any age and at any time is beneficial. It is never too late to quit, but the sooner, the better.<sup>2</sup>**

#### How quitting helps YOU<sup>3</sup>:

- Fewer health problems.
- Gives you more energy and helps you breathe easier.
- Saves you money that you can spend on other things.

#### How quitting helps YOUR NEWBORN BABY<sup>3</sup>:

- Fewer ear infections, chest colds, and coughs.
- Fewer asthma and wheezing problems.
- Lower risk of SIDS.
- Decreased likelihood of becoming a smoker as an adult.

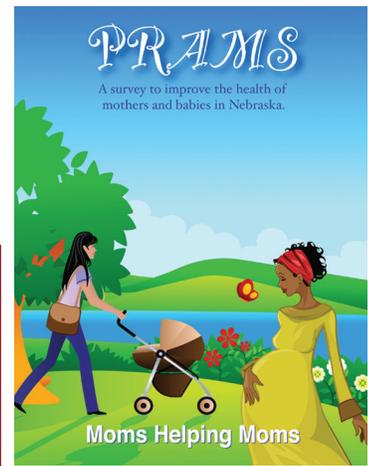


### For More Information for Women & Families:

- [www.QuitNow.ne.gov](http://www.QuitNow.ne.gov)
- [www.dhhs.ne.gov/tfn](http://www.dhhs.ne.gov/tfn)
- [www.cdc.gov/reproductivehealth/tobaccousepregnancy/](http://www.cdc.gov/reproductivehealth/tobaccousepregnancy/)
- [www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

### For More Information for Medical/Public Health Professionals:

- [www.dhhs.ne.gov/publichealth/Pages/tfn\\_ces\\_hcp.aspx](http://www.dhhs.ne.gov/publichealth/Pages/tfn_ces_hcp.aspx)
- [www.musom.marshall.edu/medctr/med/tobaccocessation/pregnancyandsmoking/login.aspx](http://www.musom.marshall.edu/medctr/med/tobaccocessation/pregnancyandsmoking/login.aspx)
- [www.acog.org/About\\_ACOG/ACOG\\_Departments/Tobacco\\_Alcohol\\_and\\_Substance\\_Abuse](http://www.acog.org/About_ACOG/ACOG_Departments/Tobacco_Alcohol_and_Substance_Abuse)
- [www.helpstarthere.org/mind-and-spirit/addictions/addictions-tip-sheet-understanding-tobacco-addiction.html](http://www.helpstarthere.org/mind-and-spirit/addictions/addictions-tip-sheet-understanding-tobacco-addiction.html)



### REFERENCES

1. U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.
2. The National Cancer Institute's Tobacco Control Research Branch maintains the Smokefree Women website and its related social media resources. <http://women.smokefree.gov/pregnancy-motherhood.aspx>
3. 1.800.QUIT.NOW / Tobacco Users / Quitting for Pregnant Women / Pregnancy- Quitting for you and your baby.

