

No Safe Smoke: Tobacco Use and Pregnancy in Nebraska

Tobacco use remains one of the leading preventable causes of disease and death.¹



Cigarettes contain more than **7000** chemicals.¹



The chemicals found in cigarettes can damage every organ in the body.¹



Tobacco Related Health Risks To Mother and Baby

Exposure to tobacco and nicotine can harm both the mother and the developing fetus, yet cessation opportunities are still missed.²



For Babies²

- Low Birth Weight
- Preterm Birth
- Restricted Growth
- Increased Risk for SIDS
- Increased Risk for Respiratory Illness



For Mothers²

- Placental Complications
- Miscarriage (Occurs before 20 weeks of pregnancy)
- Stillbirth (Occurs at/after 20 weeks of pregnancy)



E-cigarettes are not a safe alternative during pregnancy and still pose potential harm.³ **Nearly half (44.4%)** of e-cigarette users reported using them to reduce or quit cigarette smoking.⁴

Even though many women quit smoking during pregnancy, long-term success can be challenging. In 2022, about **71%** of women who smoked were able to quit during pregnancy, but nearly **18%** resumed smoking after delivery.⁵

Nebraska Perinatal Smoking and E-Cigarette Use



Before Pregnancy

8.5%

10.3%

During Pregnancy

3.2%

3.7%

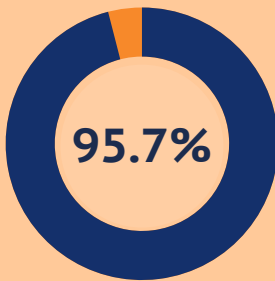
After Pregnancy

3.7%

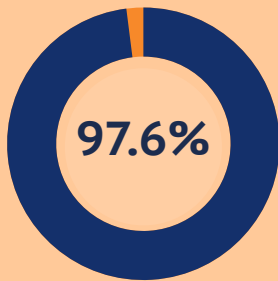
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National Cigarette Smoking Goal:

Increase abstinence from cigarette smoking among pregnant women:



Healthy People 2030 Target (MICH-10)⁶



2024 National Estimate⁶

*After delivery, e-cigarette use was not assessed using the same measure

Provider Screening and Counseling

In 2022, about **half (48.4%)** of mothers reported that prior to pregnancy, their provider discussed how smoking affects the baby.⁵

In 2023, **92.3%** of mothers reported that their provider asked them about smoking cigarettes, using E-cigarettes, or other smokeless tobacco during prenatal care.⁴

Additionally, **72.2%** reported their provider asked about tobacco use prior to pregnancy, and **60.4%** providers asked during postpartum visits.⁴



Provider Action Steps



Screen for tobacco use at every visit: preconception, prenatal, and postpartum.⁷



Use the 5 A's: Ask, Advise, Assess, Assist, Arrange.⁸



Provide cessation counseling and document use as a vital sign.⁷



Refer to Nebraska Tobacco Quitline and other cessation resources.⁷



QuitNow.ne.gov
1-800-QUIT-NOW (784-8669)
1-855-DÉJELO-YA (335-3569)



Follow-up throughout pregnancy and postpartum.⁷

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