

TOBACCO USE: BEFORE & DURING PREGNANCY

Prenatal cigarette smoking is the greatest known risk factor for low birth weight births,^{25, 26} accounting for 20-30 percent of all low birth weight births in the United States. Smoking during pregnancy is associated with infant mortality, preterm delivery, miscarriages, sudden infant death syndrome (SIDS), and newborn respiratory problems.²⁶ According to the 2004 Surgeon General's Report, eliminating maternal smoking may lead to a 10 percent reduction in all sudden infant deaths and a 12 percent reduction in deaths from perinatal conditions.²⁶

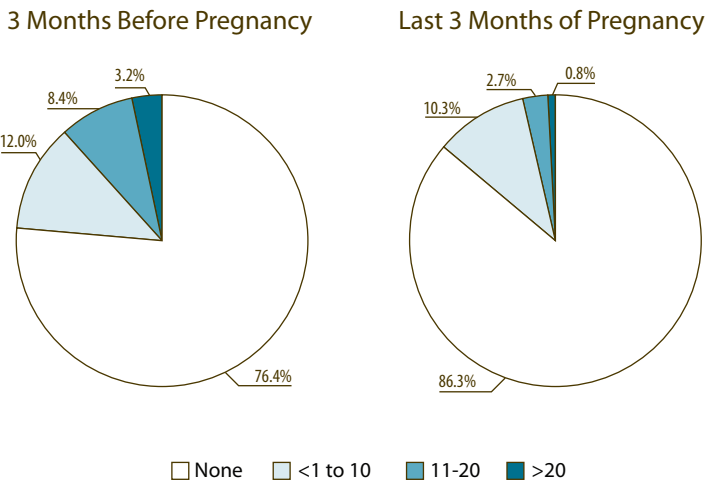
- In 2004, approximately one-fourth (23.6 percent) of Oregon births were to women who reported smoking prior to pregnancy. Only 13.7 percent reported smoking during the last three months of pregnancy.
- The prevalence of smoking before and during pregnancy among Oregon women (23.6 and 13.7 percent, respectively) was similar to U.S. women²⁷ (23.2 and 13.1 percent, respectively).
- American Indian/Alaska Native women had the highest prevalence of pre-pregnancy smoking (46.4 percent) – significantly higher than any other race/ethnic group.
- American Indian/Alaska Native women were also significantly more likely to smoke during pregnancy than any other race/ethnic group – more than one-fourth (28.4 percent) reported that they smoked during the last three months of pregnancy.

Healthy People 2010 Target

Prenatal cigarette smoking..... < 1%

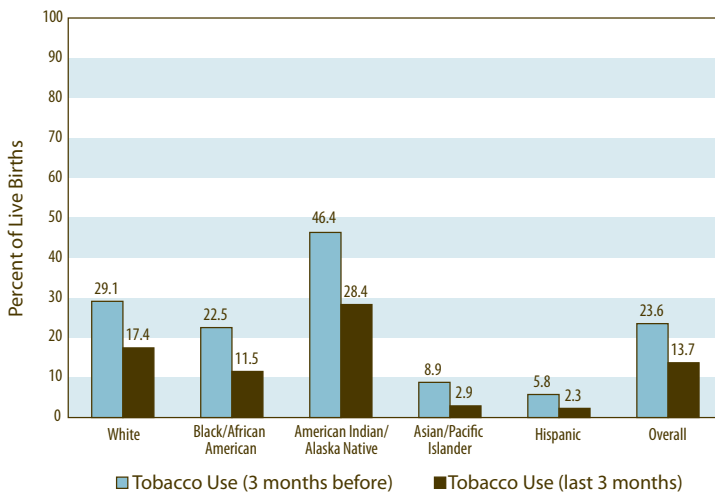
CHAPTER 3: PERINATAL HEALTH

Cigarettes Smoked per Day, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

Cigarette Smoking Before & During Pregnancy by Race/Ethnicity, Oregon, 2004



Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

TOBACCO USE: QUITTING & STAYING QUIT

Cigarette smoking kills an estimated 178,000 women per year in the U.S. Lung cancer, heart disease, and chronic lung disease are the leading smoking-related causes of death in women.²⁸

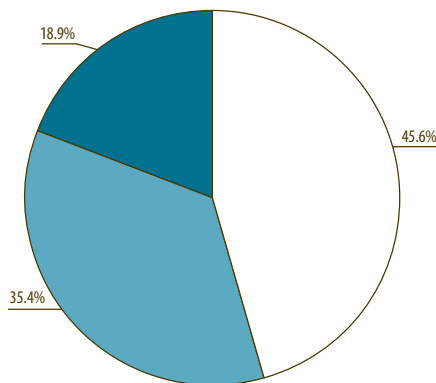
Women who quit smoking before or during pregnancy can substantially reduce risks to themselves and their infants. Infants who are exposed to secondhand smoke are more likely to die from sudden infant death syndrome (SIDS) than infants who are not exposed to cigarette smoke. These infants are also at increased risk of adverse health conditions such as bronchitis, pneumonia and ear infections.²⁹

- During 2002-2004, 45.6 percent of Oregon women who smoked prior to becoming pregnant quit smoking by the last three months of pregnancy; 35.4 percent reduced the number of cigarettes they smoked per day.
- Among the 45.6 percent of women who quit smoking during pregnancy, 60.7 percent reported staying quit when surveyed an average of 3-4 months after delivery.
- Older women who quit smoking during pregnancy were significantly more likely to stay quit after pregnancy than younger women. Although women 34 years or older were least likely to quit smoking during pregnancy (25.8 percent), those who did quit were most likely to stay quit after delivery (83.9 percent).
- Women with more than a high school education were significantly more likely to quit smoking during pregnancy (61.8 percent) and more likely to stay quit postpartum (76.9 percent) than women with less education.

Due to the small number of respondents who report smoking during pregnancy in Oregon, three years of data (2002-2004) were combined.

CHAPTER 3: PERINATAL HEALTH

Change in Smoking Behavior During Pregnancy Among Smokers, Oregon, 2002-2004

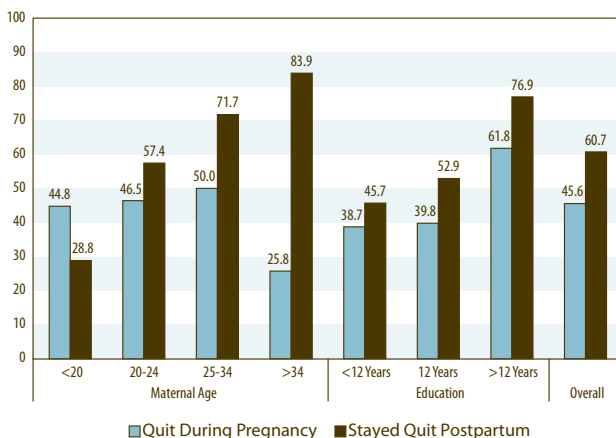


The reported change among women who smoked 3 months prior to pregnancy :

Quit
 Decreased
 No Change

Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)

Cigarette Smoking (quitting during & staying quit after pregnancy) by Age & Education, Oregon, 2002-2004



The denominator for "Quit During Pregnancy" is all respondents who smoked 3 months prior to pregnancy. The denominator for "Stayed Quit Postpartum" includes only those who quit smoking during pregnancy.

Data Source: Oregon Pregnancy Risk Assessment Monitoring System (PRAMS)