



Delaware NATAL STATS

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News from PRAMS on prenatal and newborn health issues

IN THIS ISSUE:

Smoking, Pregnancy and Your Health

The Delaware Quitline is a free program that can help you become a non-smoker. Their toll free number is:

(866) 409-1858

You can also find information on the Web at www.quitsupport.com

Additional information about the Division of Public Health tobacco program can be found at <http://www.dhss.delaware.gov/dhss/dph/dpc/tobacco.html>

Quitting smoking can be difficult. There are new methods available to help you quit.

Call the Quitline to find out how today!



Smoking and Pregnancy

Many people know that smoking can cause lung diseases, cancer, heart attacks, strokes, and other problems such as shortness of breath, stained teeth and skin. But did you know what can happen while smoking during pregnancy?



Smoking while pregnant can:

- Increase the risk of miscarriage;
- Cause problems with oxygen and food supply for the baby;
- Increase the risk of birth defects;
- Increase the risk of Sudden Infant Death Syndrome (SIDS); and
- Cause preterm or low birth weight babies.

Benefits of not smoking

When you quit smoking (and don't have others smoking in your home) there are benefits for you and your baby. You can have fewer health problems, breathe better and have more energy. Your baby will have fewer wheezing problems, fewer coughs, colds and ear infections, and a reduced risk of SIDS. Quitting also saves you money! You save by not spending money on cigarettes and indirectly with reduced medical costs.

Smoking data

From the 2009 PRAMS* survey we know that overall, for women who were pregnant, about 28% of them

smoked during the three months *before becoming pregnant*. That is about 1 in 4 women. When looked at by age, smokers are primarily young women. The greatest percentage of smokers are in the 20-24 year old age group, with slightly over 39% having smoked before pregnancy (see Figure 1). That is about 4 in 10 women for that age group. By education level, 42% of women with a high school education indicated they smoked. For those with more than 12 years of education, 18.7% indicated they smoked before pregnancy. (see Figure 2). It's best not to smoke at all, but if you are a smoker and thinking of getting pregnant, stop smoking as soon as possible. Women who smoke have a harder time getting pregnant. In addition, many women don't know they are pregnant until four or more weeks into the pregnancy. By that time the baby could have been exposed to the over 4,000 potentially harmful chemicals found in cigarette smoke.

*Delaware PRAMS – Pregnancy Risk Assessment Monitoring System – is an ongoing population based surveillance system of maternal health and behaviors before, during and just after pregnancy, of women who gave birth in Delaware. It is a joint project of the Centers for Disease Control and the Division of Public Health. PRAMS

supplements vital records data by providing state-specific information to be used for planning and evaluating maternal health programs. Further information: <http://www.cdc.gov/PRAMS> <http://www.dhss.delaware.gov/dhss/dph/hp/prams.html>



It can be hard to quit smoking.

Overall, 28.7% of women indicated they smoked in the three months before pregnancy. 16.6% reported they smoked during the last three months of pregnancy.

This shows that while many women do quit during pregnancy, others continue to smoke throughout.

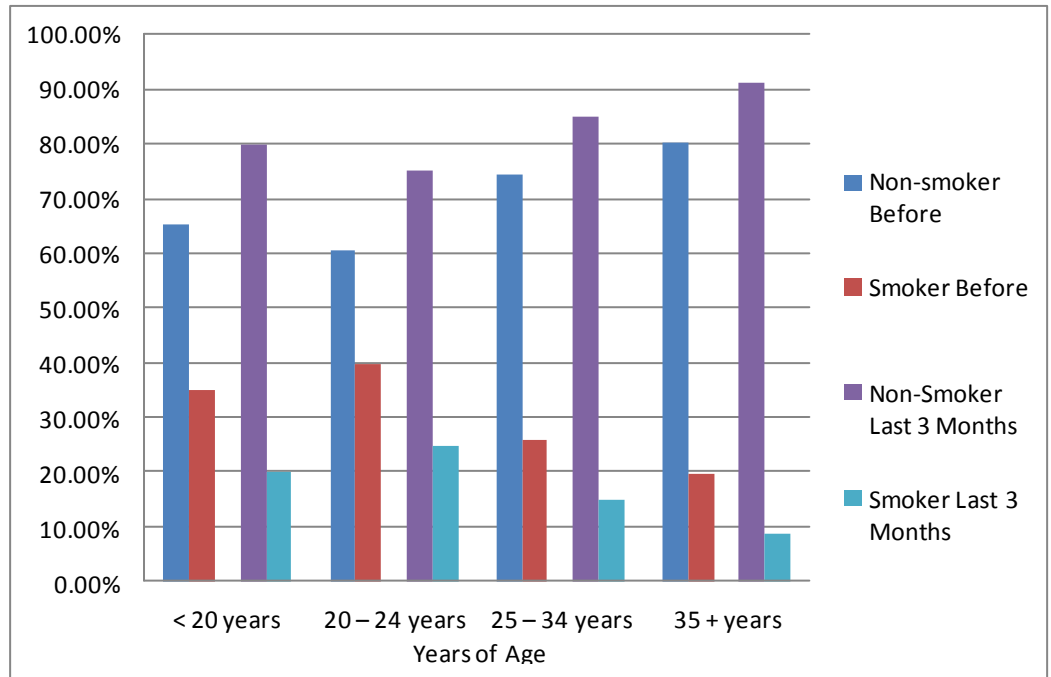
For those who did not quit, some report that they reduced the number of cigarettes smoked, while others continued to smoke the same amount.

Research shows that people smoke to relieve stress. While this is a short term solution, smoking makes long term problems for mothers and babies.

Pregnancy puts a lot of stress and strain on the body. Smoking only makes it harder for your body to get through pregnancy and for you and

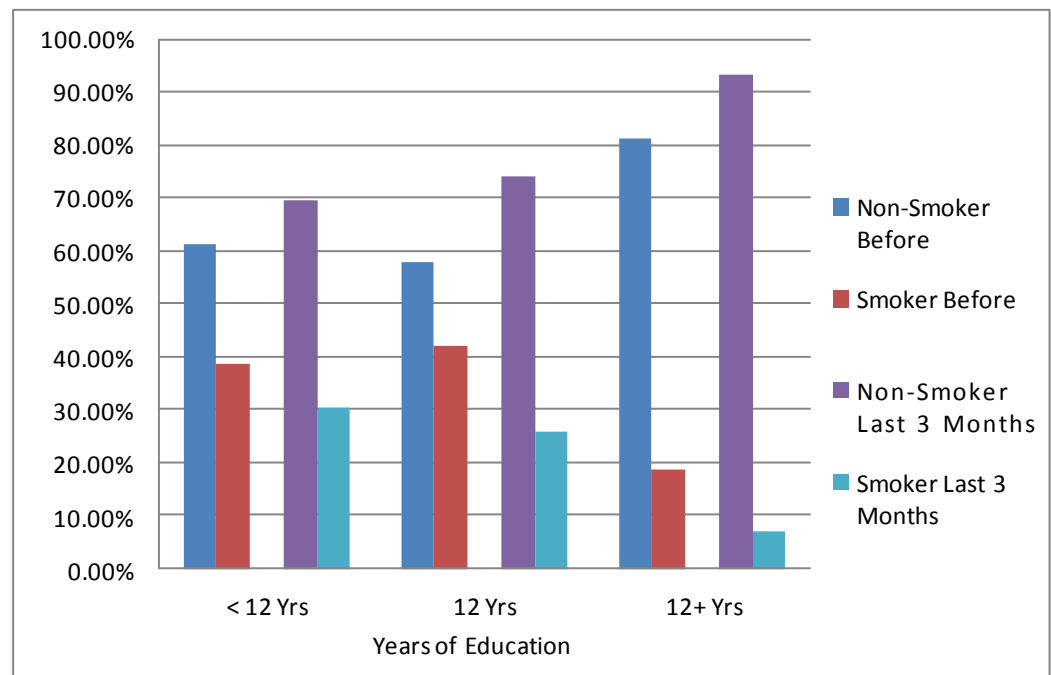
your baby after pregnancy. Don't let the stress lead you to cigarettes. Talk to your doctor about other ways to deal with stress.

Figure 1. Percentage smoking, 3 months before pregnancy, last three months of pregnancy, by age group. Delaware PRAMS 2009.



PRAMS survey lead in question was “In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? The PRAMS data reflect live births of Delaware mothers during 2009. Note: Percentages are within categories (Before/Last), not across.

Figure 2. Percentage smoking, 3 months before pregnancy, last 3 months of pregnancy, by years of education. Delaware PRAMS 2009.



References

<http://www.cdc.gov/reproductivehealth/MaternalInfantHealth/index.htm>
<http://women.smokefree.gov/pregnancy-motherhood.aspx>
<http://www.nlm.nih.gov/medlineplus/smoking.html>