

Smoking before and during pregnancy is the most preventable cause of poor pregnancy and birth outcomes.¹

Smoking around this time can lead to¹:



Reduced fertility



Complications during pregnancy or delivery



Chronic health problems during childhood



SIDS (Sudden Infant Death Syndrome)



Premature birth, low birthweight, or birth defects (including brain damage)

At a glance . . .



- ◆ **11.4%** of all women^{**} smoked cigarettes during the last 3 months of pregnancy.
 - ◆ **1.7%** of all women used e-cigarettes during this time.
 - ◆ **16%** of all women smoked cigarettes after pregnancy.

When did women quit smoking around pregnancy?

Cigarette Use

- ◆ **22%** of all women smoked cigarettes before pregnancy.

1 in 2 women who smoked before pregnancy **quit during** pregnancy.



35% of women who smoked before pregnancy **reduced** the amount smoked during pregnancy.

2 in 5 of those women who quit smoking during pregnancy **resumed smoking** after pregnancy.



Of these women, **28%** reduced the amount smoked postpartum compared to before pregnancy.

During Pregnancy

Postpartum Period

E-Cigarette Use

- ◆ **6%** of women smoked e-cigarettes before pregnancy.
- 75%** of women who used e-cigarettes before pregnancy **quit** using them during pregnancy.

**PRAMS does not ask women about post-partum e-cigarette use*

**Source: 2016-2019 Tennessee Pregnancy Risk Assessment Monitoring System (PRAMS)*

*** "All women" includes both non-smokers and smokers*



Which groups were least likely to quit smoking during pregnancy?



Those with less than a high school education



Women who were not first-time moms

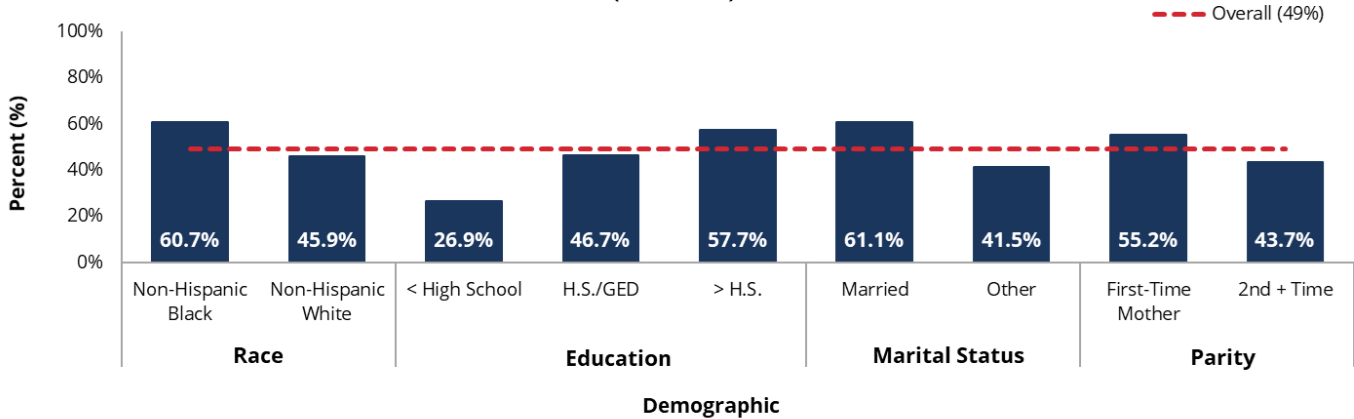


Non-Hispanic white women



Unmarried women

Percent who Quit Smoking by Demographic Group (2016-2019)



What is Tennessee doing to address smoking around Pregnancy?

Since the 2000s, Tennessee has made strides toward reducing the rate of smoking among women before and during pregnancy through various programs like the Tennessee Tobacco Quit Line and the BABY & ME Tobacco Free™.



Tennessee Tobacco Program

<https://www.tn.gov/health/health-program-areas/tennessee-tobacco-program.html>



Tennessee's Tobacco QuitLine

<http://www.tnquitline.org/index.php>



BABY & ME Tobacco Free

<https://www.tn.gov/health/health-program-areas/fhw/baby-me-tobacco-free.html>

For more information on TN PRAMS, e-mail tnprams@tn.gov

References

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3. Tennessee Tobacco QuitLine. <https://www.tn.gov/content/tn/health/health-program-areas/fhw/tobacco.html>. Accessed on January 22, 2021.

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