

Smoking and Secondhand Smoke Exposure During Pregnancy

February 2014

Smoking

- Smoking before and during pregnancy is the single most preventable cause of illness and death among mothers and infants in the United States.
 - Women who smoke before pregnancy are more likely to experience delayed conception and infertility.
 - Smoking during pregnancy increases the likelihood of potentially life threatening complications such as abruptio placentae, placenta previa and premature rupture of membranes.

Secondhand Smoke

- Pregnant women who are exposed to secondhand smoke are 20% more to give birth to a low-birth weight baby compared to women who are not exposed to secondhand smoke during pregnancy.¹
- Pregnant women exposed to secondhand smoke are 2.3 times more likely to have a preterm birth.²
- 15% of all births in Louisiana are preterm births, second highest in the US (national average 11.5%).³
 - Preterm births by ethnicity:
 - White:12.6%
 - Black:19.7%

Louisiana Pregnancy Risk Assessment for Monitoring System⁴

- Fourteen percent (14%) of women reported smoking during the last 3 months of pregnancy.
- When asked, “About how many hours a day, on average, is your new baby in the same room with someone who is smoking?”, participating mothers reported the following:

Infant Secondhand Smoke Exposure	Percent of Respondents Agreeing
3	2.6
1-	5.7
Non	91.8

** Percents column exceeds 100% due to rounding*

Conclusion

- Secondhand smoke during pregnancy is associated with preterm birth and low birth weight.
- These complications can have serious complications for both mother and child and are expensive to treat and manage.
- The Surgeon General has concluded that the only way to protect against the dangers of tobacco smoke is to live in and visit only 100% smoke-free environments.

1. CDC. 2007. Preventing smoking and exposure to secondhand smoke before, during, and after pregnancy. Available at: <http://www.cdc.gov/nccdphp/publications/factsheets/prevention/pdf/smoking.pdf>

2. Ashford KB, Hahn E, Hall L, Rayens MK, Noland M, Ferguson JE. 2010. The effects of prenatal secondhand smoke exposure on preterm birth and neonatal outcomes. *Journal of Obstetrics Gynecology Neonatal Nursing*, 39(5): 525-535.

3. March of Dimes. 2014. March of Dimes Report Card. Available at: <http://www.marchofdimes.org/materials/premature-birth-report-card-louisiana.pdf>

4. Louisiana Department of Health and Hospitals, Office of Public Health, Bureau of Family Health. 2009. Louisiana Pregnancy Risk Assessment for Monitoring System: 2009 Surveillance Report. Available at: http://www.dhh.louisiana.gov/assets/oph/Center-PHCH/Center-PH/maternal/2009SurveillanceReport_LaPRAMS.pdf.