

Smoking During Pregnancy

Fact sheet



Smoking During Pregnancy

You have two of the best reasons to reduce and quit smoking: your health and the health of your baby. Your baby's health depends upon you.

While you know this is true, what happens when you feel stressed out and alone or worried? It's easy to think you can cut down your smoking tomorrow.

Why Quitting Tobacco Use Is Important Today

- Smoking nearly doubles your risk for having a low-birthweight baby (less than 5.5 pounds). Low-birthweight can result from poor growth before birth, preterm delivery or both.
- Smoking at any stage of your pregnancy increases the risk for premature birth (before 37 weeks).

Premature and low-birthweight babies are at increased risk for serious health problems such as cerebral palsy, learning problems and death.

The more you smoke, the greater your risk for having a low-birthweight baby. However, if you stop smoking, even by the end of your second trimester of pregnancy (24 weeks), you are no more likely to have a low-birthweight baby than a woman who never smoked.

Babies born to women who smoke during pregnancy are up to three times more likely to die of Sudden Infant Death Syndrome (SIDS) as babies of nonsmokers.

What Can You Do To Quit?

- Visit with your health care provider to start a quit-smoking program.
- Call the **Kansas Tobacco Quitline** for free 24/7 support and a quit-smoking program designed for you as a pregnant woman.
1-800-QUIT-NOW (1-800-784-8669).
- Get support for family members to quit together at your home.
- Keep at it! It is a tough challenge but the rewards are great for you and your baby.

Secondhand Smoke

Have a smoke-free home. If someone you live with or visitors smoke, adopt a rule at home: "Take It Outside." Babies who are exposed to smoke in the home suffer from increased risks for allergies, ear infections, asthma, bronchitis and pneumonia.



References

Centers for Disease Control and Prevention (CDC). "Preventing Smoking and Exposure to Secondhand Smoke Before, During, and After Pregnancy."

March of Dimes Fact Sheet. "Smoking During Pregnancy." http://www.marchofdimes.com/pnhec/159_155.asp