

Connecticut Department of Public Health

Fact Sheet

PREGNANCY AND SMOKING

- In Connecticut between 1998 and 2005, about 24,561 women who gave birth reported smoking during pregnancy.¹
- Between 1998 and 2005 in Connecticut, the percent of women who gave birth and reported smoking during pregnancy¹:
 - ◊ Decreased overall
 - ◊ Decreased among Whites, non-Hispanics
 - ◊ Decreased among Blacks, non-Hispanics
 - ◊ Remained relatively unchanged among Hispanics
- Smoking during pregnancy can cause health problems for both mothers and their babies. These problems can lead to:
 - ◊ Pregnancy complications
 - ◊ Premature birth
 - ◊ Low birth weight
 - ◊ Still birth
 - ◊ Sudden Infant Death Syndrome (SIDS)
- In 2005, Connecticut had its lowest rate of smoking among pregnant women.¹ Connecticut's rate of 8.3% was the best in New England.
- Even though Connecticut has one of the lowest rates of smoking during pregnancy, every year thousands of women who give birth reported smoking while pregnant. Cigarette smoking during pregnancy can cause serious health problems in an unborn child.
- Health care costs associated with pregnancy and smoking are approximately \$4.1 million per year in Connecticut (\$198,576,762 in neonatal expenditures and \$3,021,337 in smoking-attributable expenditures).²
- According to the American College of Obstetricians and Gynecologists, smoking is the most modifiable risk factor for poor birth outcomes.
- Women who quit smoking before or during pregnancy can reduce or eliminate the risks associated with smoking during pregnancy.
- Lifetime medical care costs of caring for a premature baby are conservatively projected to be \$500,000 per case.
- Smoking has a negative impact on the weight of a newborn and its survival. The carbon monoxide and nicotine in the cigarettes smoked by the mother cause a decrease in the amount of nutrients and oxygen that get to her baby, and, as a result, the baby's birth weight may be low.

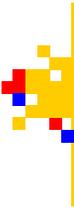
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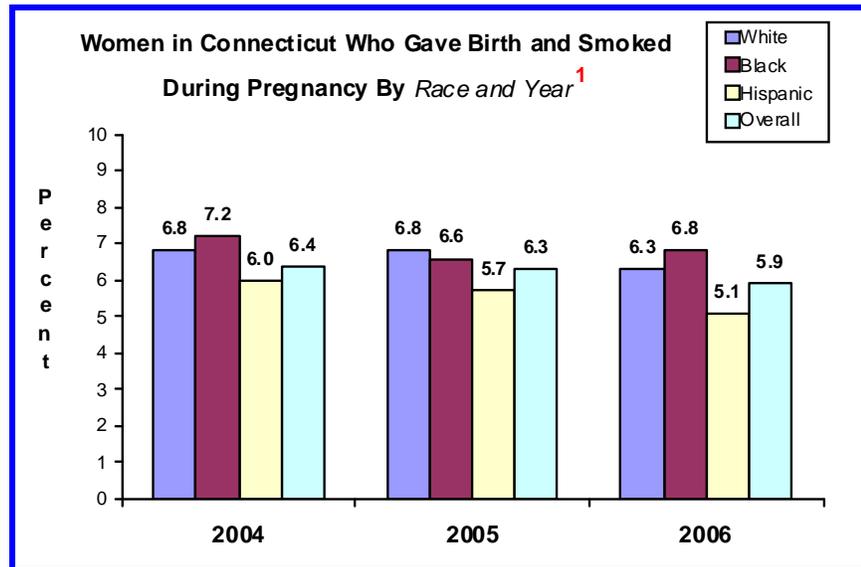
Keeping Connecticut Healthy



PREGNANCY AND SMOKING

Just a thought... Not one of the more than 4,000 different chemicals in tobacco smoke is nutritious or beneficial for you, your baby, or your family. Instead, you could take the money that you would spend on cigarettes, invest it, and use it to put your child through college when the time comes. And remember, the money a pack-a-day smoker spends on cigarettes every year is enough to buy a year's worth of disposable diapers, plus a crib and other baby accessories.

- Recent research in Connecticut suggests that a woman who smokes during pregnancy increases her risk of low birth weight babies two-fold.
- Exposure to intrauterine smoke toxins increases an infant's risk of Sudden Infant Death Syndrome (SIDS).³
- There were 170 SIDS deaths in Connecticut between 1994 and 2000. Some of these deaths may in part be attributable to an infant's exposure to secondhand smoke in the home.¹
- Women who smoke have nicotine in their breast milk; therefore, their baby ingests nicotine while nursing.⁴
- Overall, women showed a decrease in smoking during pregnancy from 2004-2006 (see graph).



**CONNECTICUT
QUITLINE**
1-866-END-HABIT

¹ Connecticut Department of Public Health, Vital Records, 1998-2005

² CDC, MCH SAMMEC, Economic Outcomes Report, 2007

³ Surgeon General's Report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke, Reproductive & Developmental Effects from Exposure to Secondhand Smoke*, Chpt. 5, 2006

⁴ Children, Youth & Women's Health Service, Health Topics, Breastfeeding - Medications and Drugs, website