SMOKING during pregnancy

31% of all South Dakota mothers smoked in the 2 years before pregnancy.

13% of all mothers smoked the last 3 months of pregnancy.

The percent that smoked during the last three months of pregnancy differed by race:

- 10% of all White mothers
- 27% of all American Indian mothers
- 13% of all other race mothers

Among mothers who smoked during the last two years:

- American Indian mothers smoked fewer cigarettes the last three months of pregnancy than White mothers:
  - 6+/day (White > AI)
  - 1-5/day (AI > Other)
  - <1/day (AI > Other)
  - Did not smoke

98% of South Dakota mothers reported that no one is allowed to smoke anywhere inside their home, but this differed by race:

- 99% White
- 90% American Indian
- 94% Other races

A higher percent of White mothers were more likely to cut back (35%), while American Indian mothers were more likely to quit when they found out they were pregnant (45%).

Data from 2014 South Dakota PRAMS-like survey and were weighted to provide statewide estimates. For full report: doh.sd.gov/documents/statistics/2014-SD-PRAMS.pdf.
Quit smoking strategies:

1 **SOUTH DAKOTA QUITLINE PROGRAM**
   The most important time in life for a woman to quit smoking can also be the most difficult. The South Dakota QuitLine offers additional support to pregnant women during and after pregnancy. As an extension of the standard QuitLine phone coaching program, the SD QuitLine Postpartum Program is intended to help moms stay quit during an exciting but stressful time. The program includes:
   - Up to four additional relapse prevention calls with a QuitLine coach
   - Gift card incentives if eligible

   For program information, as well as how to sign up, visit: SDQuitLine.com

2 **SmokefreeMOM**
   SmokefreeMOM is a mobile text messaging service designed for pregnant women across the United States to help them quit smoking.

   For program information, as well as how to sign up, visit: women.smokefree.gov/smokefreemom.aspx

Learn more:
ForBabySakeSD.com