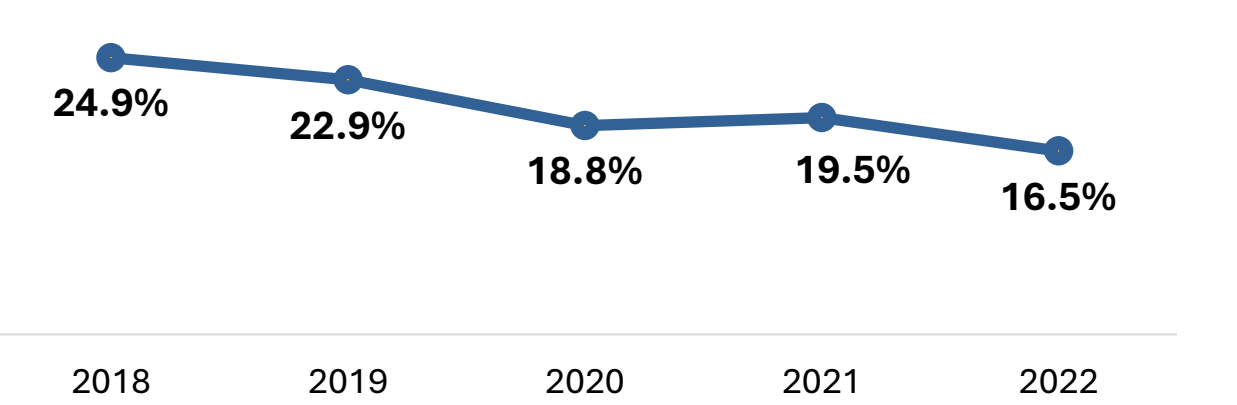


Smoking cessation before pregnancy can improve fertility rates and overall reproductive health.

Smoking can damage genetic material, increasing the risk of miscarriage and birth defects. Ectopic pregnancies and preterm labor are also more common among women who smoke.^a

The percentage of women who smoked cigarettes the three months before pregnancy **has decreased** over the past five years (p<0.001).



51%
of women who smoked in the 3 months before pregnancy had an ACE (adverse childhood experiences score of 4 +)

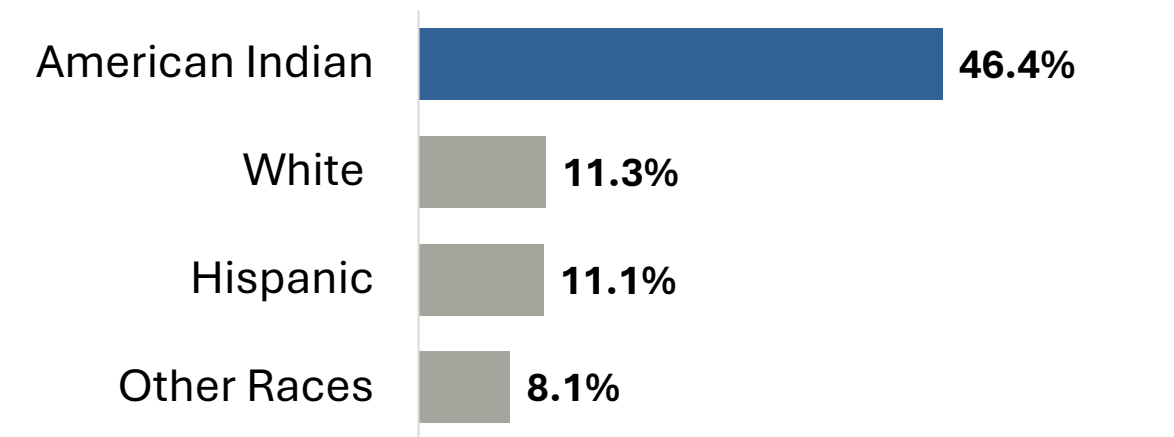
Women who smoked in the 3 months before pregnancy were **5 times** more likely to also use illicit drugs during this time

Married women were **significantly** less likely to smoke in the 3 months before pregnancy

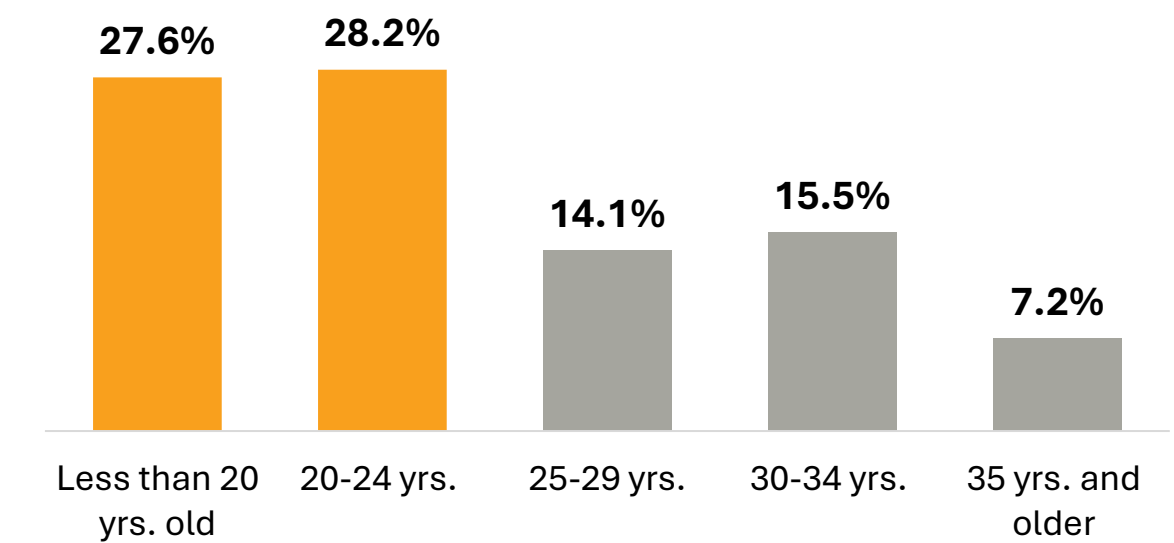
Compared to women who did not smoke, those who *did* smoke in the 3 months before pregnancy were *significantly* more likely to report:

	Smoker	Non-smoker
▪ Drinking alcohol before pregnancy	71.5%	62.5%
▪ Experiencing depression	43.5%	18.1%
▪ Using illicit drugs before pregnancy	41.9%	8.5%
▪ Attending less than 80% of prenatal care visits	26.5%	11.0%
▪ Delivering a preterm baby	16.1%	6.5%
▪ Never breastfeeding	13.7%	8.0%
▪ Delivering a low-birth-weight baby (<2500g)	10.0%	4.1%
▪ Experiencing emotional abuse during pregnancy	9.7%	3.7%
▪ High blood pressure	8.3%	4.9%
▪ Diabetes	4.0%	1.7%

American Indian women are much more likely to report tobacco use the three months before pregnancy (p<0.0001).



Women under 25 years of age were significantly more likely to report smoking the 3 months before pregnancy (p<0.0001).

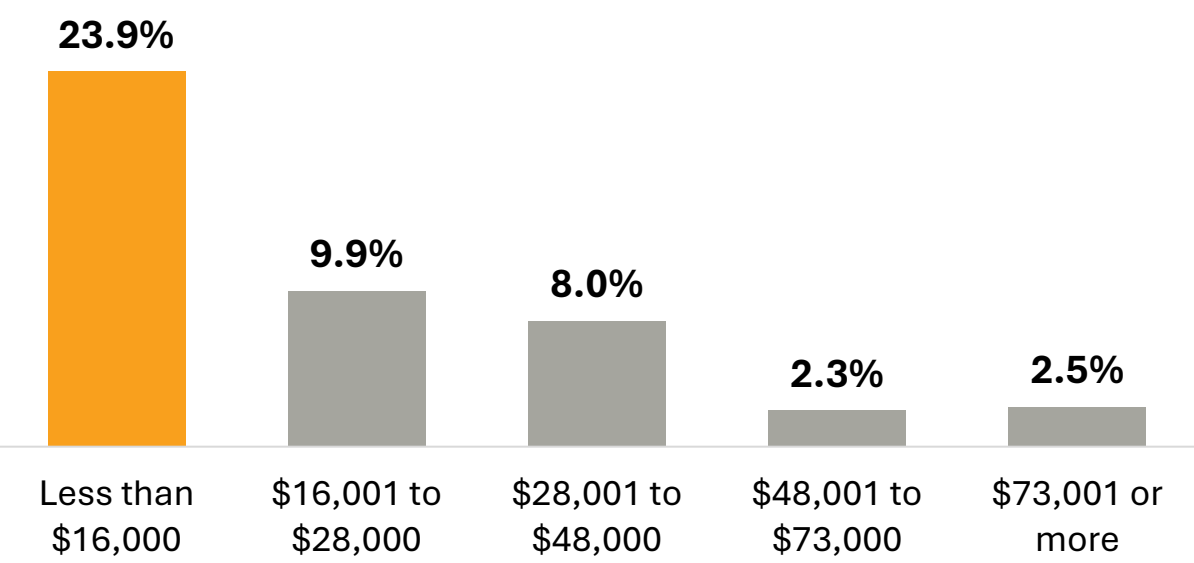


Of those who smoked in the 3 months before pregnancy, **46%** reported using less than 5 cigarettes per day

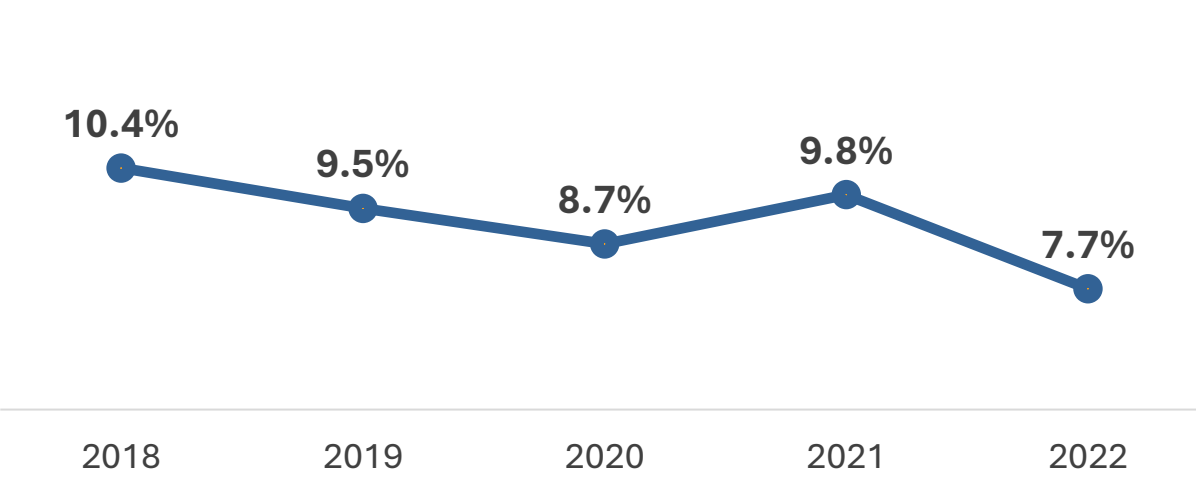
Cigarette use during pregnancy is associated with serious health outcomes for both mother and infant. Some of the risks for infants include sudden infant death syndrome, asthma, and low birth weight.^b

Mother and baby’s health benefit from cessation at any point in the pregnancy.^c

Mothers with a household income of less than \$16,000 were significantly more likely to report smoking the last 3 months of pregnancy (p<0.0001).



The percentage of moms who smoked in the last three months of pregnancy **has not changed**.

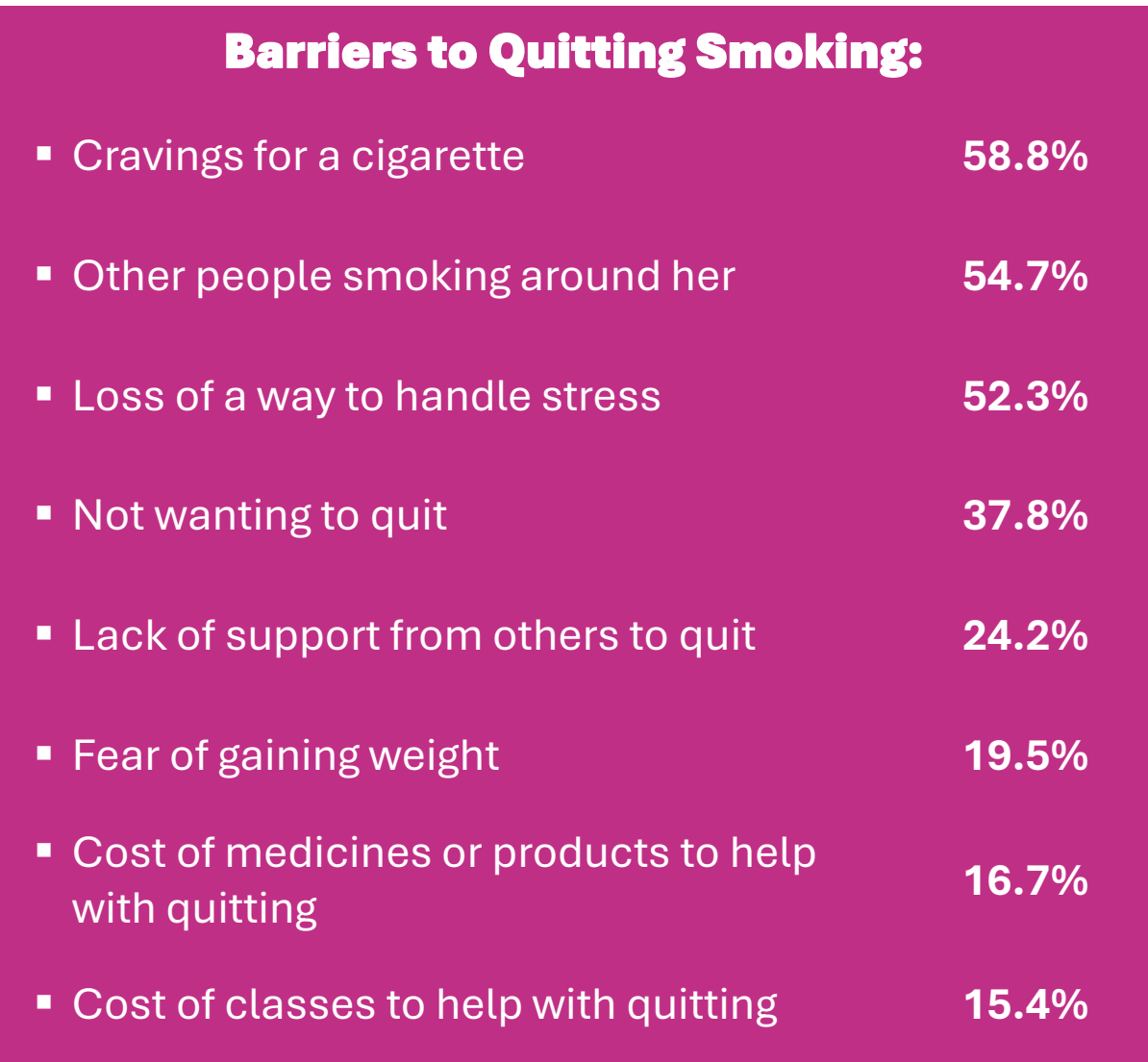


Mothers who smoked during pregnancy were also *more likely* to report:

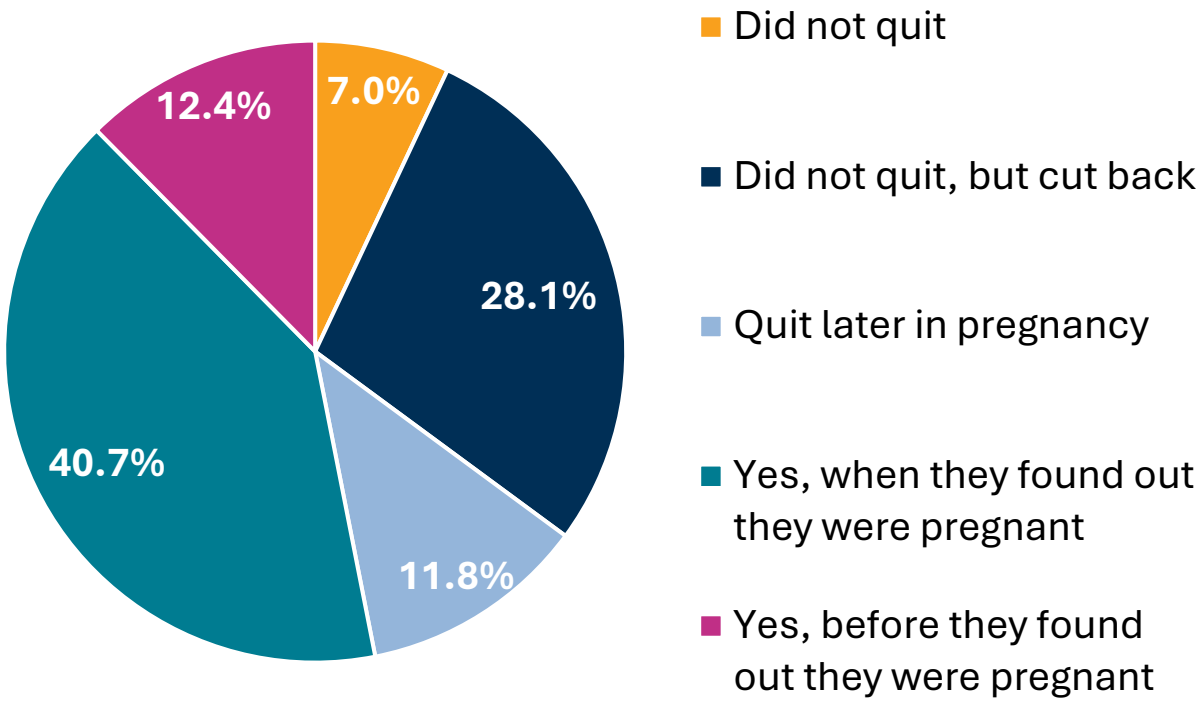
- Attending <80% of prenatal care visits
- Experiencing emotional abuse during pregnancy
- Delivering a low-birth-weight baby (<2500g)
- Delivering a preterm baby
- Never breastfeeding

Cessation

Among moms who were smoking in the three months before pregnancy, 53.1% quit smoking **before or when** they found out they were pregnant.



Quit status around the time of pregnancy



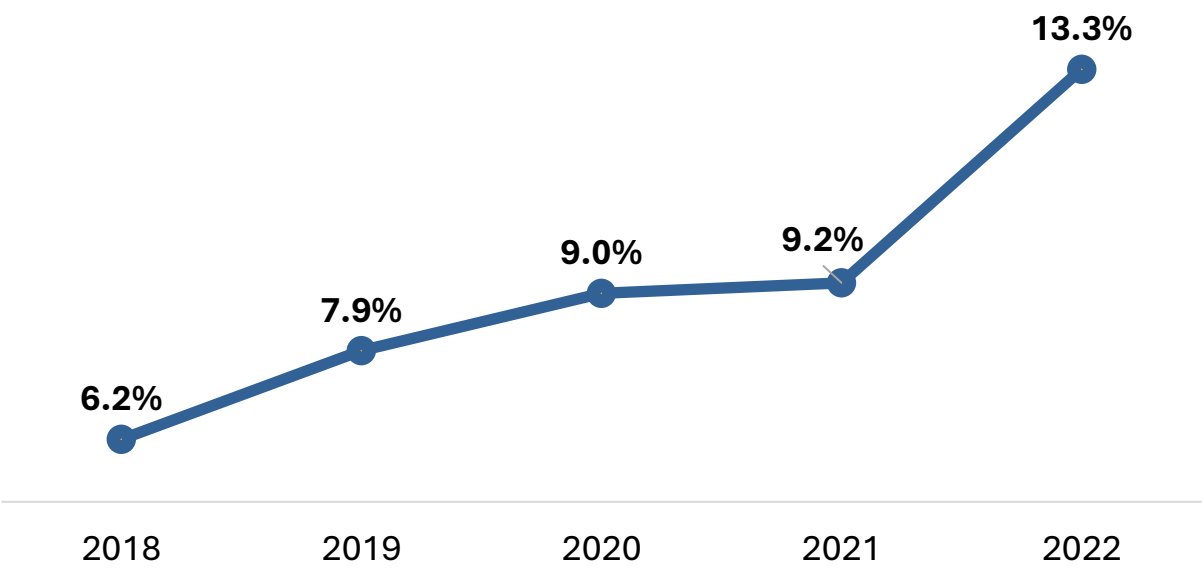
RELAPSE RATE

Among moms who quit smoking during pregnancy,
44.7%
were smoking again at the time of the survey.

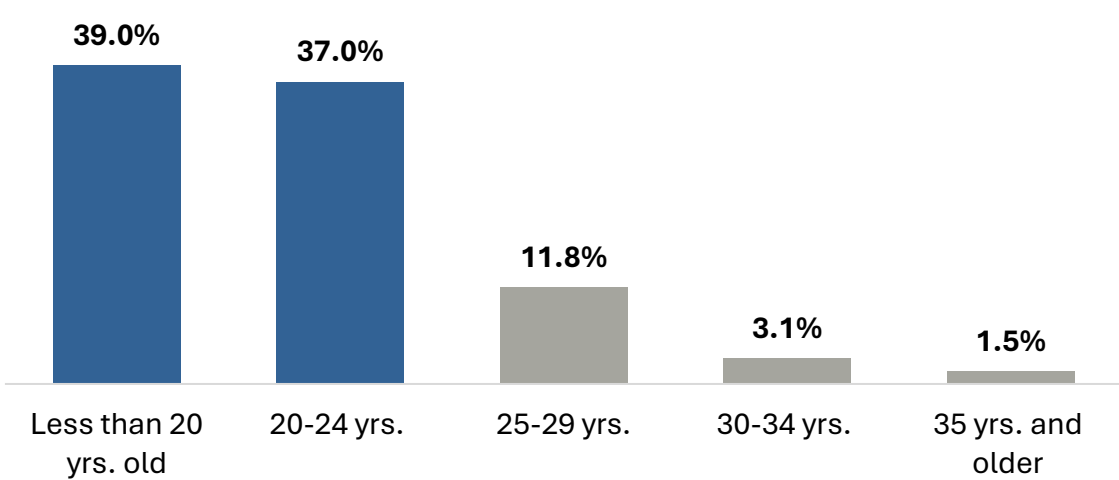
E-cigarette use has become increasingly popular, especially among younger people, leading to an increase in vaping and other nicotine product use before and during pregnancy.

While e-cigarette use is sometimes believed to be a safer alternative to smoking, it has been linked to a higher risk of low birth weight and preterm birth.^d

The percentage of mothers who used e-cigarettes or other electronic nicotine products in the two years before pregnancy **has increased** over time.



Mothers under 25 years of age were significantly more likely to report using e-cigarettes or other electronic nicotine products in the last 2 years ($p<0.001$).



Among moms who reported using e-cigarettes in the past two years, **over half were daily users** in the three months **before** pregnancy.



Of these moms who used e-cigarettes in the past two years, **many had stopped** or decreased use **during** pregnancy.



Moms who reported using e-cigarettes in the last 2 years were more likely to report:

- Lower household income
- American Indian race
- Not insured before pregnancy
- Smoking the 3 months before pregnancy
- Alcohol use in the 3 months before pregnancy
- Illicit drug use in the 3 months before pregnancy
- Emotional abuse during pregnancy
- Depression during pregnancy
- Baby was exposed to smoke
- ACE (adverse childhood experiences) score 4+

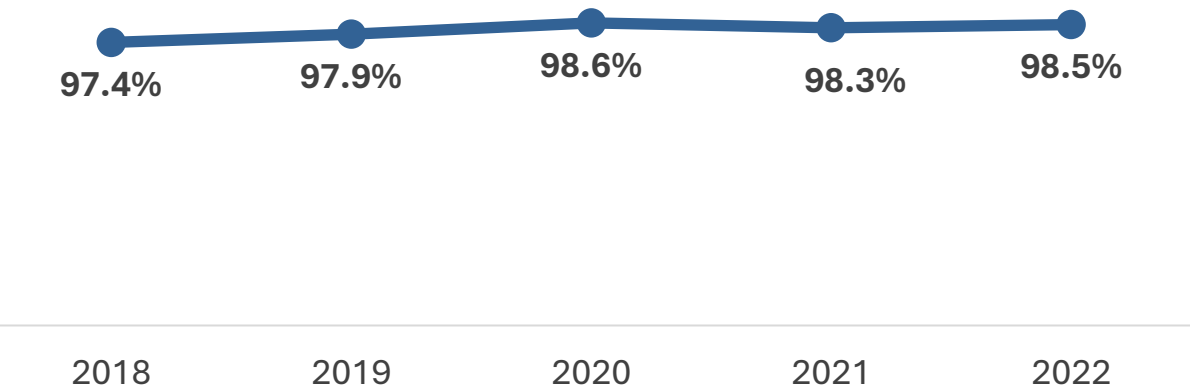
Environmental Smoke Exposure
and Actions of Health Care Provider

SD PRAMS,
2022

Second-hand smoke is the release of smoke into the environment when someone exhales a cigarette.^e

It is important for babies to stay in a smoke-free house as it can help with fewer colds, lower chances of bronchitis or pneumonia, fewer ear infections, and lower risk of SIDS.^f

The percentage of South Dakota mothers who stated that their infant was not in an enclosed space with someone who smoked **has not changed** over time.

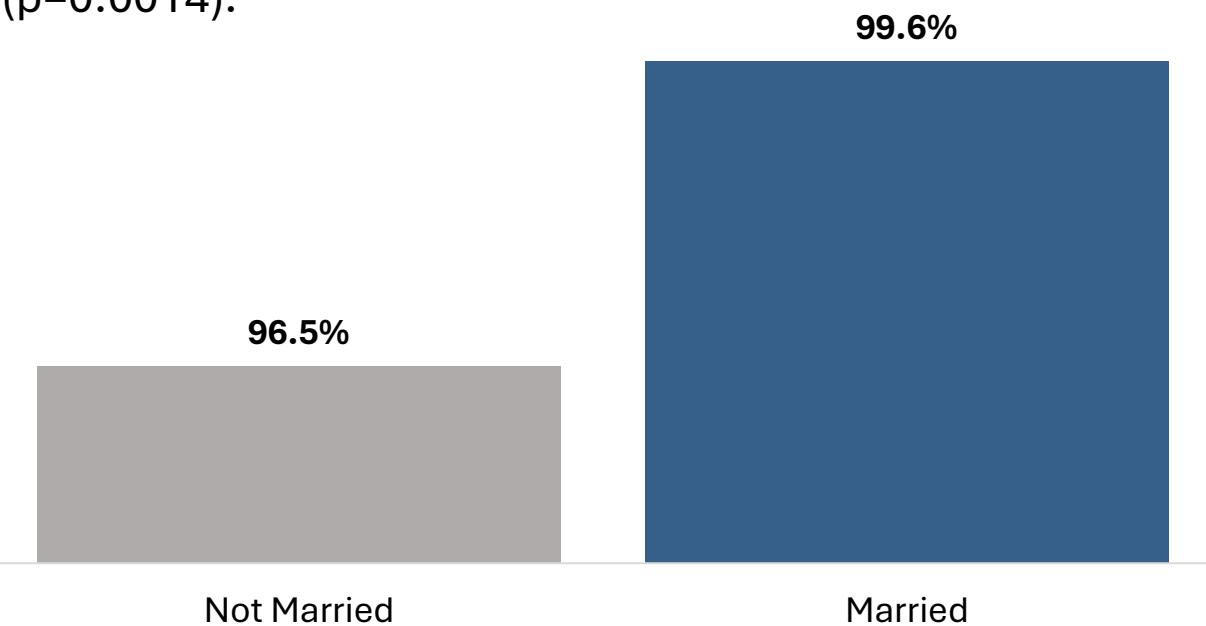


Among smokers, **73%** were advised to quit smoking by their health care provider

Many women who smoked the 3 months before pregnancy were advised to quit smoking by their health care provider. The following are the actions of the health care provider:

- Referred to a national or state quit line 39.5%
- Spent time discussing how to quit smoking 37.8%
- Provided booklets, videos, or other materials to help quit smoking 27.1%
- Suggested attending a class or program to stop smoking 18.2%

Married mothers were more likely to report that their infant was not in an enclosed space with a smoker (p=0.0014).



References

a) American Society for Reproductive Medicine. (2023). *Smoking and Infertility*. Retrieved from <https://www.reproductivefacts.org/news-and-publications/fact-sheets-and-infographics/smoking-and-infertility/>

b) National Library of Medicine. (2021). *Health Outcomes of Smoking During Pregnancy and the Postpartum Period: An Umbrella Review*. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/33771100/>

c) U.S. Centers for Disease Control and Prevention. (2024). *Maternal and Infant Care Settings and Smoking Cessation*. Retrieved from <https://www.cdc.gov/tobacco/hcp/patient-care-settings/maternal-infant.html>

d) Vilcassim, M. J. M., Stowe, S., Majumder, R., Subramaniam, A. & Sinkey, R.G. (2023). *Electronic Cigarette Use during Pregnancy: Is It Harmful?*. *Toxics*, 11(3). Doi: [10.3390/toxics11030278](https://doi.org/10.3390/toxics11030278)

e) American Pregnancy Association. (2024). *Second Hand Smoke and Pregnancy*. Retrieved from <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/second-hand-smoke-and-pregnancy/>

f) Smokefree Women. (2024). *Smoking & Your Baby*. Retrieved from <https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/smoking-and-your-baby>