



Smoking During Pregnancy

Montana Statistics

- 13% of pregnant women smoke in Montana, compared to 6% nationally.^{1,5}
- 1,468 babies were born in 2019 to smoking mothers in Montana.¹
- 22% of pregnant women aged 19 or younger smoke in Montana.¹
- In Montana, 27% of American Indian women reported smoking during pregnancy, compared to 12% of White pregnant women.¹

Risks of Smoking During Pregnancy for Mom

- Smoking harms nearly every organ in the body, leading to serious health conditions including, but not limited to, heart disease, lung disease, stroke and cancer in almost every organ in the body.²
- Women who smoke have more difficulty becoming pregnant and have a higher risk of never becoming pregnant.³
- Smoking while pregnant can lead to complications such as ectopic pregnancy, preterm labor, bleeding from the vagina, and problems with the placenta.⁴

Risks of Smoking During Pregnancy for Baby

- Babies born to mothers who smoke during pregnancy are more likely to be born prematurely, have birth defects, have low birthweight, die before birth from miscarriage or stillbirth, or die of sudden infant death syndrome (SIDS) after birth.⁴
- Babies who are exposed to secondhand smoke after birth are also more likely to die of SIDS.³

Quit Now Montana Pregnancy Program

The Montana Tobacco Quit Line offers a program for pregnant and postpartum women who are ready to quit all forms of commercial tobacco use. The program includes:

- FREE coaching calls with a personal female coach.
- FREE nicotine replacement therapy during pregnancy and additional weeks postpartum (when approved by a physician).
- CASH INCENTIVES - \$20 for completed coaching calls while pregnant \$30 post-partum.

Quit Now Montana Pregnancy Program and the Montana American Indian Commercial Tobacco Quit Line

now offer a combined protocol to deliver our culturally tailored program for pregnant American Indians along with the cash incentives and post-partum support, which includes:

- A CULTURALLY ADAPTED PROGRAM that respects traditional tobacco and cultural values while quitting commercial tobacco.
- COACHING delivered by American Indian female coaches who have knowledge of traditional practices and lived experiences in American Indian communities.

SOURCES

1. Data source: Office of Vital Statistics, Montana Department of Public Health and Human Services. Retrieved on October 20th, 2021 from Montana Department of Public Health and Human Services, Indicator-Based Public Health Information System website: <http://ibis.mt.gov/>
2. Centers for Disease Control and Prevention. Health Effects of Cigarette Smoking. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm Accessed September, 2021.
3. Centers for Disease Control and Prevention. Smoking During Pregnancy. https://www.cdc.gov/tobacco/basic_information/health_effects/pregnancy/index.htm Accessed September 2021.
4. March of Dimes. Smoking During Pregnancy. <https://www.marchofdimes.org/pregnancy/smoking-during-pregnancy.aspx> Accessed September, 2021.
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