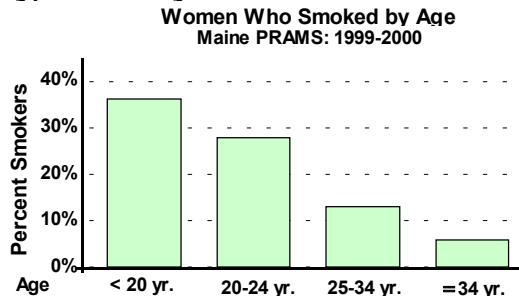
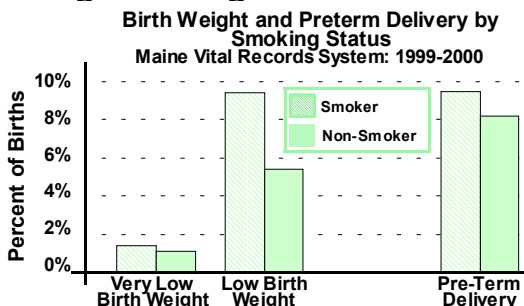


SMOKING AND MAINE'S NEW MOTHERS

Data are from the

MAINE PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS): 1999 - 2000

- ➔ Smoking during pregnancy can cause adverse outcomes, including low birth weight, intrauterine growth retardation, and infant mortality.¹
- ➔ PRAMS data for 1999 and 2000 indicate that 18% of Maine's pregnant women smoked cigarettes during the last trimester of pregnancy (compared to 12½% nationwide). These Maine women gave birth to an estimated 4,800 babies during that 2 year period.
- ➔ Women who smoked during pregnancy were more likely to have a pre-term birth and nearly twice as likely to have a low birth weight baby than women who did not smoke. Babies born early or with low birth weight are at greater risk for morbidity, disability and death.²



- ➔ Adolescent mothers (women younger than 20) were more likely to smoke during pregnancy than their older counterparts.
- ➔ Unmarried women were 4 times more likely to smoke during pregnancy than married women. Thirty-eight percent of unmarried women smoked while they were pregnant compared to 9% of married women.
- ➔ Women without a high school education were 9 times more likely to smoke during pregnancy than women who continued with education after high school. Of those new mothers with less than 12 years of school, 51% smoked during pregnancy.

Women Who Smoked During Pregnancy : Maternal Characteristics
Maine PRAMS: 1999 - 2000

- 9% of married women smoked during pregnancy, 91% did not.
- 38% of unmarried women smoked during pregnancy, 62% did not.
- 36% of women younger than 20 years old smoked during pregnancy, 64% did not.
- 16% of women 20 years old or older smoked during pregnancy, 84% did not.
- 51% of women with less than a high school education smoked during pregnancy, 49% did not.
- 23% of women with a high school education smoked during pregnancy, 77% did not.
- 6% of women with education beyond high school smoked during pregnancy, 94% did not.
- 36% of women with incomes of less than \$16,000, smoked during pregnancy, 64% did not.

- ➔ 56% of low weight babies born to smokers were also preterm.

Notes: Low birth weight is a birth weight less than 2,500 grams (5½ pounds); very low birth weight is a weight less than 1,500 grams (3½ pounds). Very low birth weight babies are included in low birth weight counts.
Preterm delivery is a birth occurring before the fetus reaches 37 weeks gestation.

¹ "Prenatal Smoking", State Prenatal Smoking Databook, 1999, CDC. ² "Quick Reference and Fact Sheets: Low Birth-weight" and "Preterm Birth", March of Dimes. Full citations are available upon request.

For further data on this topic, please contact:
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at 161 Capitol Street, #11 State House Station, Augusta, Maine 04333-0011
The contact person is: Marty Henson - (207) 287-5500 287-2070 (TTY)
Visit the PRAMS website at: <http://www.maine.gov/dhs/bohodr/prams.htm>

For prevention information, please contact MaryBeth Welton at 287-5381

John Elias Baldacci
Governor

