

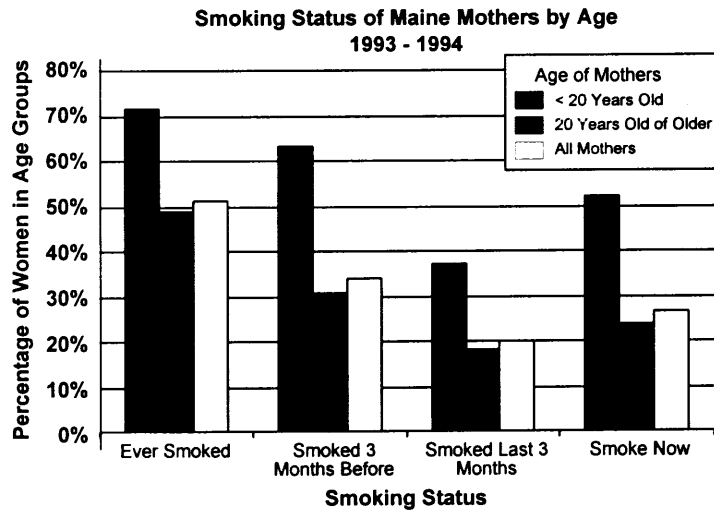
# MOTHERS WHO SMOKE

Data from the  
**MAINE PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS)**  
 Maine Residents: 1993-1994

Number 17

- ➔ A National Health Objective for the year 2000 is to reduce the prevalence of smoking to 10% among pregnant women<sup>1</sup>; in Maine 20% of pregnant women smoke during the last 3 months of pregnancy.
- ➔ Mothers who smoke during pregnancy are twice as likely to deliver a low weight infant than mothers who do not smoke. Low birth weight (less than 5½ pounds) is a leading factor in infant death and disease<sup>2</sup>.
- ➔ Infants born to mothers who smoke during pregnancy weigh a half pound less (9.5 ounces) on average than infants of non-smoking mothers, increasing those risks associated with low birth weight.
- ➔ Unmarried women are more than twice as likely to smoke during pregnancy as married women - 1 in 3 unmarried women compared to 1 in 7 among their married counterparts.

➔ Adolescent mothers (women younger than 20 years old) are twice as likely as older mothers to smoke during the 3 months before pregnancy, the last 3 months of pregnancy, and to smoke after their baby is born. 8% of these young women smoke a pack or more daily during the last 3



of pregnancy.

- ➔ More than a quarter of the women (28%) with less than 12 years of education smoke during pregnancy; these young women are 8½ times more likely to smoke during pregnancy than those with college
- ➔ Of the women who quit smoking during pregnancy, 44% resumed the habit after delivery.

Note: Unless otherwise specified, "during pregnancy" means the last three months of pregnancy.

Footnote 1: Public Health Service. *Healthy People 2000, National Health Promotion and Disease Prevention Objectives*, 1991. Footnote 2: Public Health Service. *Monthly Vital Statistics Report, Vol. 44, No. 11 Supplement*, National Center for Health Statistics, June 24, 1996. Full citations are available upon request.

For further data on this topic, please contact:  
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**For program information, please contact: Tobacco Prevention and Control Unit at 287-5180**

Angus S. King, Jr.  
 Governor



Kevin W. Concannon  
 Commissioner

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