



# Maternal Cigarette Smoking

## Maine — PRAMS, 2012-2015

### Background

Smoking before pregnancy can make it harder for women to get pregnant. During pregnancy, women who smoke cigarettes have a higher risk of delivering their infant too early and with a low birthweight, making it more likely their infant will be sick and have to stay in the hospital longer. These infants also have a higher risk of having some kinds of birth defects such as a cleft lip and palate. Infants whose mothers smoked during pregnancy or were exposed to second hand smoke after delivery have a higher risk of sudden infant death syndrome (SIDS). There is no safe level of tobacco use or exposure for women and their infants. Women should not smoke before, during or after pregnancy.<sup>1</sup>

### Pregnancy Risk Assessment Monitoring System (PRAMS)

PRAMS collects site-specific, population-based data on maternal attitudes and experiences before, during, and shortly after delivery. PRAMS surveys are typically completed 3 to 6 months after delivery. PRAMS sites that met or exceeded the response rate thresholds for 2012-2014 (60%) and 2015 (55%) are included in overall estimates. Results presented in this report include responses to “Core” questions (asked by all PRAMS sites) and to an optional, “Standard” question.

### National Goals to Eliminate Tobacco Use

Smoking	Healthy People 2020 Objective <sup>2</sup>	Title V National Performance Measure <sup>3</sup>
<b>Before Pregnancy</b>	Increase the proportion of women delivering a live birth who did not smoke prior to pregnancy to 87.8%	No related performance measure
<b>During Pregnancy</b>	Increase abstinence from cigarette smoking among pregnant women to 98.6%	To decrease the number of women who smoke during pregnancy
<b>After Delivery</b>	Reduce postpartum relapse of smoking among women who quit smoking during pregnancy to 38.2%	No related performance measure

### Cigarette Smoking Rates

PRAMS data are used to assess progress on Healthy People 2020 smoking objectives.

Core PRAMS Indicators	Maine % (95% CI)*				34 PRAMS Sites % (95% CI)*
	2012	2013	2014	2015	2015
Smoking during the 3 months before pregnancy	35.0 (30.9-39.4)	28.7 (25.5-32.2)	28.6 (25.2-32.3)	26.3 (22.8-30.0)	19.4 (18.7 - 20.0)
Smoking in the last 3 months of pregnancy	21.1 (17.7-25.1)	16.9 (14.3-19.9)	14.4 (11.9-17.4)	14.6 (11.9-17.8)	8.8 (8.4 - 9.3)
Smoking after delivery <sup>†</sup>	25.2 (21.5-29.4)	21.2 (18.3-24.4)	19.1 (16.2-22.3)	18.3 (15.3-21.7)	12.6 (12.1 - 13.2)

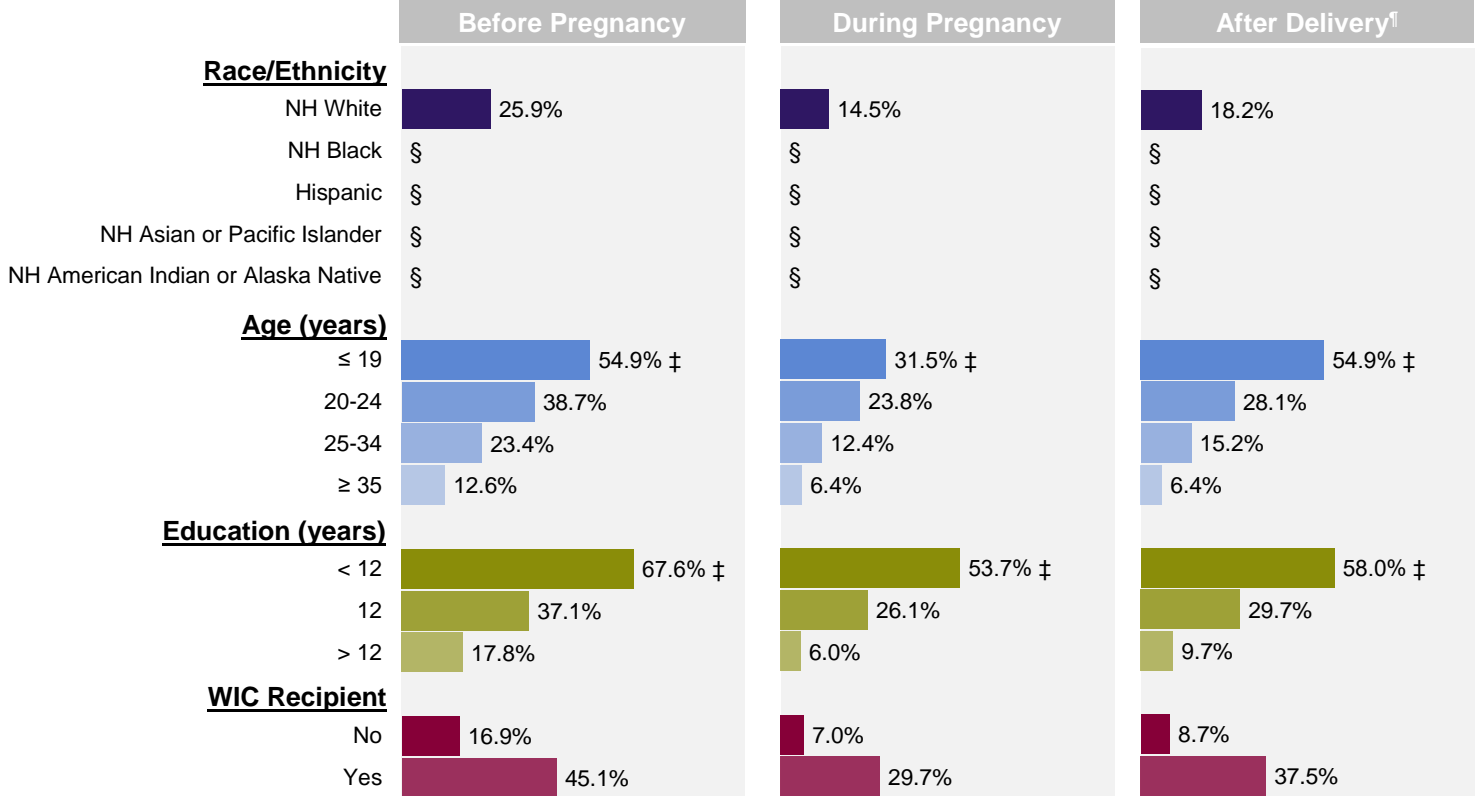
\* Weighted Percentage (95% Confidence Interval)

<sup>†</sup> “After delivery” is defined as the time when the PRAMS survey was completed

# Maine PRAMS: Maternal Cigarette Smoking

## Who Smokes Cigarettes?

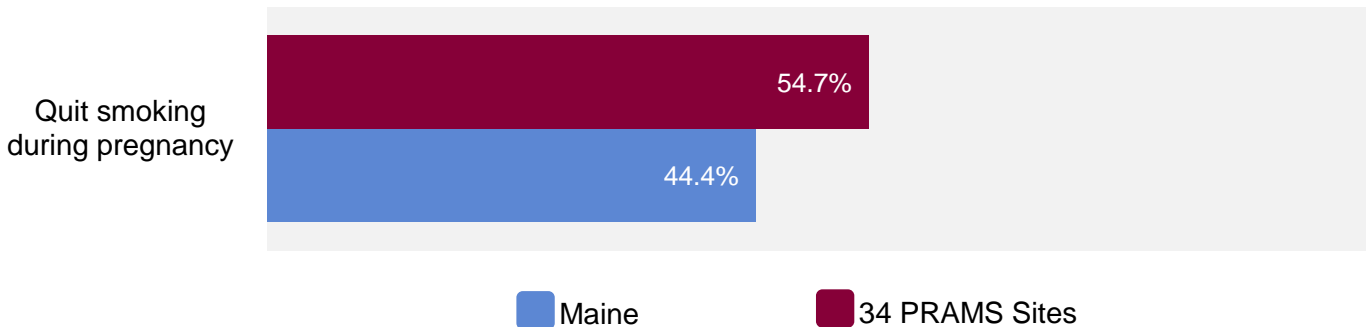
Women who reported smoking during the 3 months before pregnancy, in the last 3 months of pregnancy or after delivery, by maternal characteristics — Maine, 2015



Abbreviations: NH=Non-Hispanic, WIC = Special Supplemental Nutrition Program for Women, Infants, and Children  
 § < 30 respondents; not reported.  
 ‡ < 60 respondents; may not be reliable.

## Quitting Cigarette Smoking

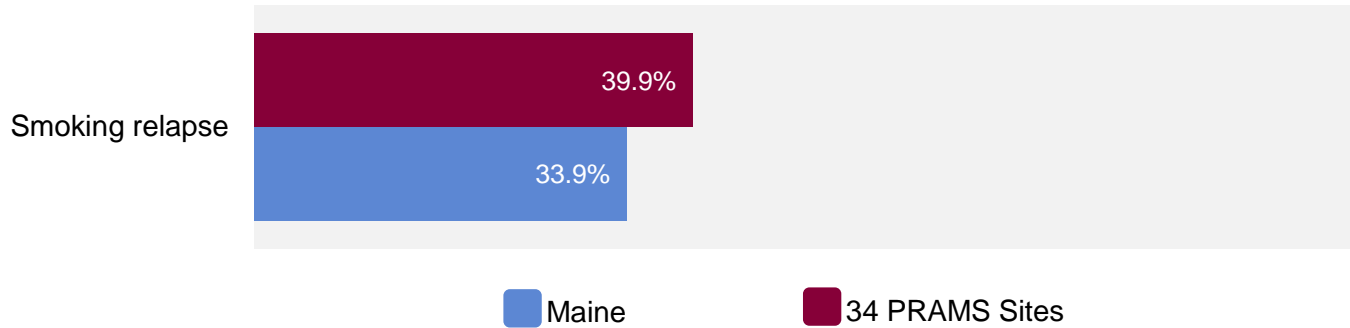
Quitting smoking by last trimester among women who smoked in the last 3 months before pregnancy — Maine, 2015



# Maine PRAMS: Maternal Cigarette Smoking

## Cigarette Smoking Relapse After Delivery<sup>¶</sup>

Smoking relapse after delivery,  
among women who quit smoking during pregnancy — Maine, 2015

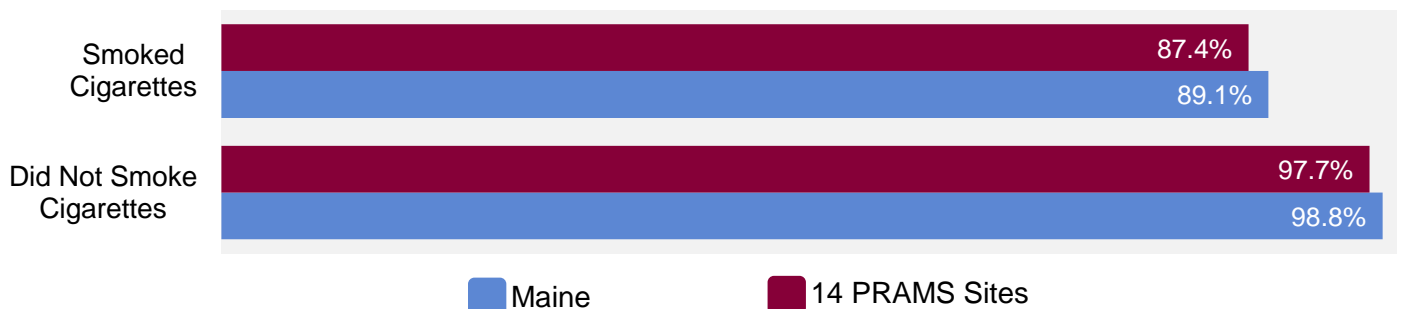


## Household Smoking Rules After Delivery

Standard PRAMS Indicator	Maine % (95% CI)*				Subset of PRAMS Sites % (95% CI)*
	2012	2013	2014	2015	2015
No one is allowed to smoke anywhere inside my home	97.0 (95.1-98.2)	94.6 (92.5-96.1)	95.9 (94.0-97.2)	97.0 (95.2-98.2)	96.5 (96.0 - 96.9)
Smoking is allowed in some rooms or at sometimes or smoking is permitted anywhere inside my home	3.0 (1.8-4.9)	5.4 (3.9-7.5)	4.1 (2.8-6.0)	3.0 (1.8-4.8)	3.5 (3.1 - 4.0)

<sup>¶</sup>“Subset of PRAMS Sites” estimates include 14 PRAMS sites (Alabama, Alaska, Colorado, Delaware, Louisiana, Maine, Nebraska, New York City, Oklahoma, Tennessee, Texas, Virginia, West Virginia, and Wisconsin)

Women who reported cigarette smoking was not allowed anywhere inside their home after delivery,  
by smoking status after delivery — Maine, 2015



## Summary of Results

### Cigarette Smoking Rates

- Nearly one in five (19.4%) PRAMS respondents reported smoking cigarettes in the 3 months before becoming pregnant and nearly one in ten (8.8%) reported smoked in the last 3 months of pregnancy.
- Overall, slightly more than one in ten (12.6%) PRAMS respondents reported smoking at the time they completed the PRAMS survey after infant delivery.

### Quitting Cigarette Smoking and Relapse After Pregnancy

- Among women who smoked during the 3 months before pregnancy slightly more than half (54.7%) reported quitting smoking by the last trimester of pregnancy.
- Among women who quit smoking during pregnancy, two in five (39.9%) PRAMS respondents reported smoking cigarettes at the time they completed the PRAMS survey.

### House Smoking Rules After Delivery

- Most (96.5%) women reported that cigarette smoking was not allowed anywhere inside their house.

Summary of Results based on results from estimates for 34 PRAMS sites

## Resources

**Smokefree Women:** <https://women.smokefree.gov/Default.aspx>

**Smokefree:** <https://smokefree.gov/>

**The Community Guide:** <https://www.thecommunityguide.org/topic/tobacco>

**Tips From Former Smokers:** <https://www.cdc.gov/tobacco/campaign/tips/partners/health/hcp/index.html>

## References:

- 50 Years of Progress: A Report of the Surgeon General: <https://www.surgeongeneral.gov/library/reports/50-years-of-progress/50-years-of-progress-by-section.html>
- Healthy People 2020 Objectives: <https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>
- Title V National Performance Measures: <https://mchb.tvisdata.hrsa.gov/PrioritiesAndMeasures/NPMDistribution>

To learn more about PRAMS methods and to see data availability by state and year visit: <https://www.cdc.gov/prams>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES