

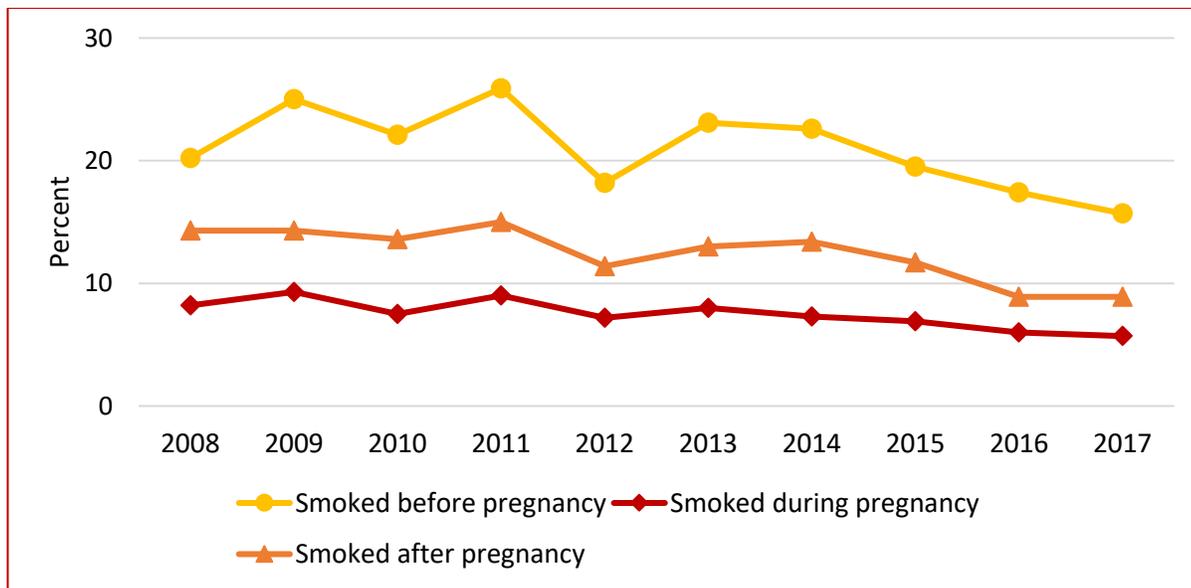


Maternal Smoking Before, During and After Pregnancy - New Mexico PRAMS

by MCH Epidemiology, Family Health Bureau, PHD-NM Department of Health

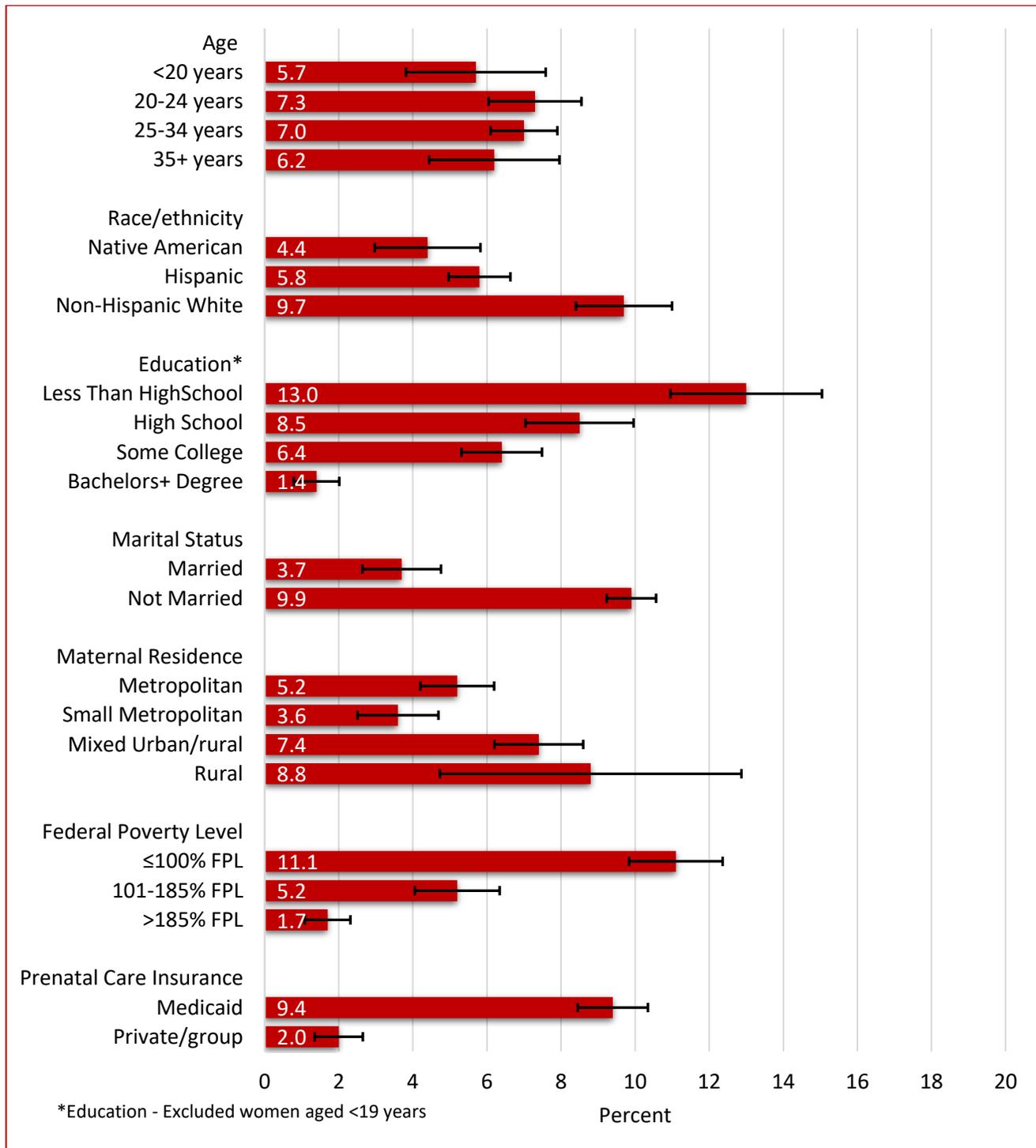
Smoking during pregnancy increases the risk of poor birth outcomes including miscarriage, preterm birth, low birth weight infant and birth defects of the mouth and lip. And smoking during or after pregnancy are associated with a risk for Sudden Infant Death Syndrome (SIDS). Infants and children exposed to second-hand smoke are more likely to suffer from ear and respiratory tract infections, decreased lung function and asthma.

Figure 1. Percentage of Women Who Smoked Before, During and After Pregnancy, NM PRAMS, 2008-2017



From 2008-2017, smoking in the three months before pregnancy declined by 22%, smoking during pregnancy declined by 30% and smoking after pregnancy declined 38% (Figure 1). Among women who gave birth in 2016-2017, 64% (95% CI: 59.5-69.6) of women who smoked before pregnancy quit smoking during pregnancy. Among women who quit smoking during pregnancy, 31% (95% CI: 26.9-39.0) resumed smoking postpartum.

Figure 2. Prevalence of Smoking During Pregnancy by Maternal Demographics, NM PRAMS, 2013-2017 (error bars indicate 95% Confidence Intervals)



Mothers *most* likely to smoke during pregnancy were non-Hispanic White, had less than high school education (among women ages =>20yrs), or were not married. Those with a household income at or below the federal poverty level, or those with Medicaid coverage for prenatal care were also more likely than their counterparts to smoke throughout pregnancy. Those *least* likely to smoke during pregnancy were: Native American women, highly educated women and women with household incomes over 185% of federal poverty (Figure 2).

HEALTH EXPERIENCES AND OUTCOMES BY MATERNAL SMOKING

Figure 3. Percentage of Unintended Pregnancy and Prenatal Care Utilization in the 1st Trimester by Smoking *During Pregnancy*, NM PRAMS 2013-2017

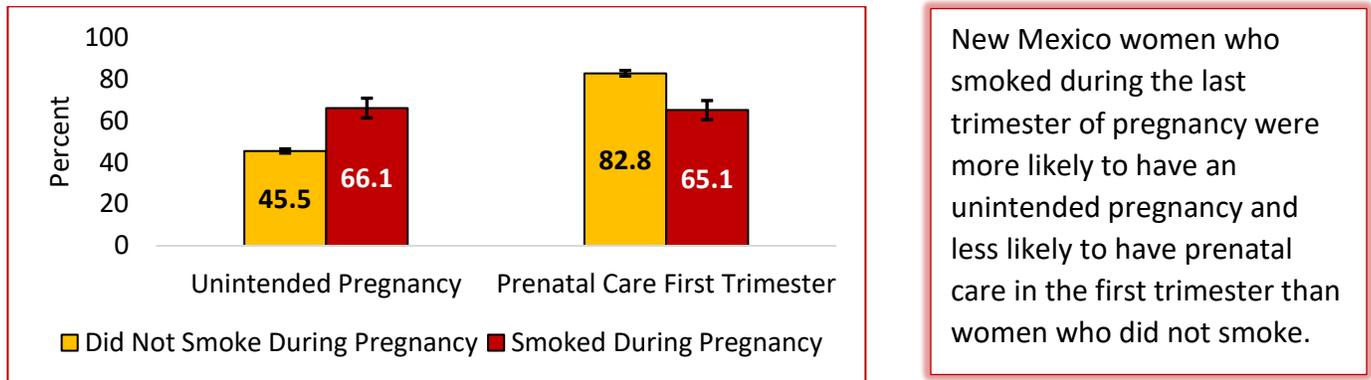
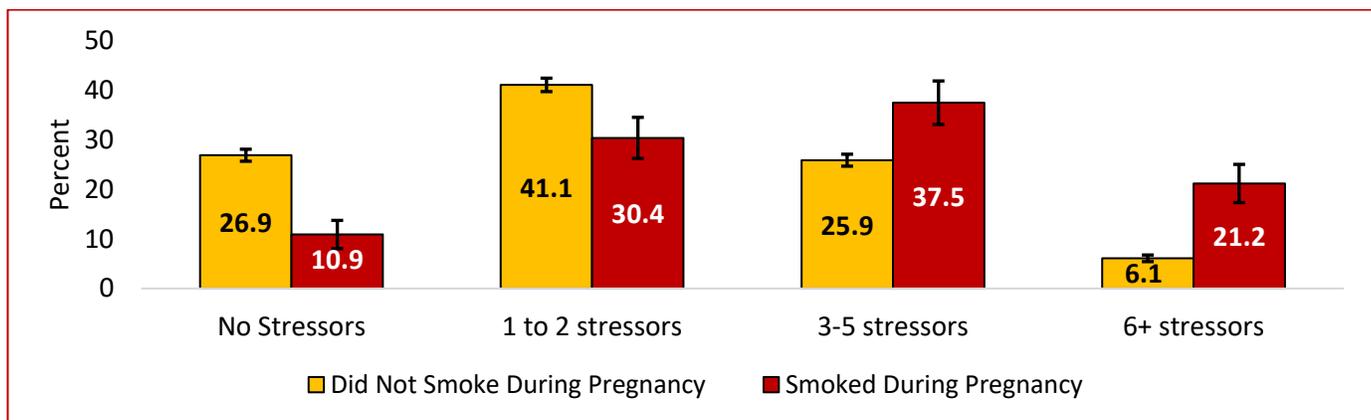
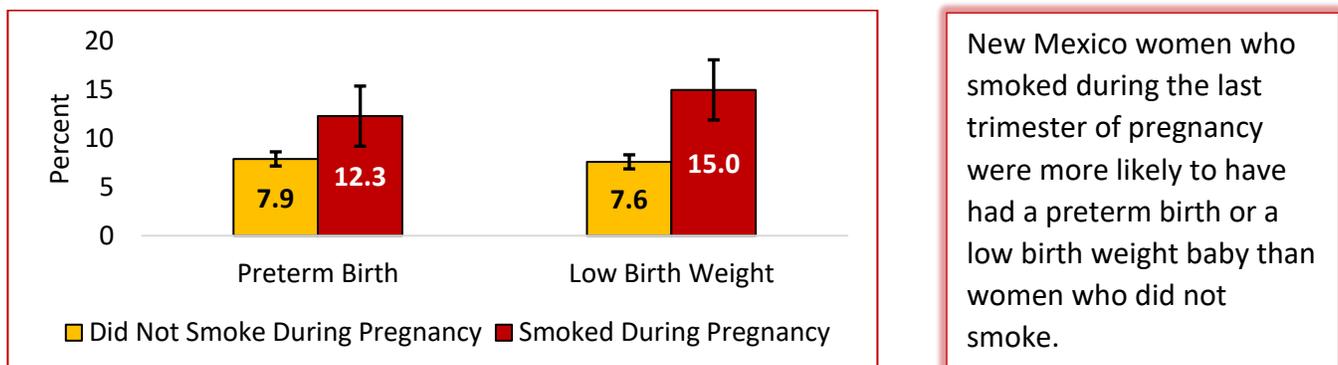


Figure 4. Percentage of Number of Stressful Life Events by Smoking During the 3 Months Before Baby was Born, NM PRAMS 2011-2015 (data not collected after 2015)



- NM women who smoked during the last three months of pregnancy were 3.5 times more likely to have experienced 6 or more stressful events during the 12 months before their baby was born. Stressors include partner stress (e.g., divorce), financial stress (e.g., lost job), traumatic stress (e.g., close person had drug or alcohol problem) and emotional stress (e.g., close family member was very sick or died).

Figure 5. Percentage of Preterm Birth and Low Birth Weight by Smoking Status During Pregnancy, NM PRAMS 2013-2017



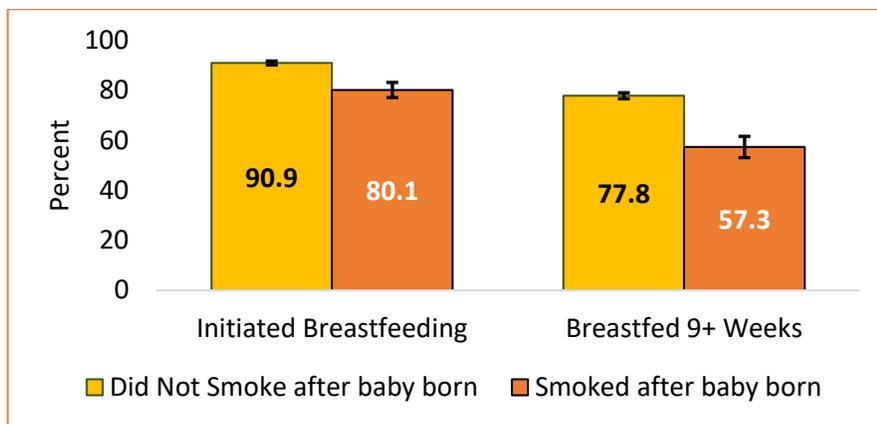
E-cigarettes - Among women who gave birth in 2016-2017:

- 4.8% (95% CI: 3.9-5.8) reported using e-cigarettes during the three months before pregnancy.
- 1.3% (95% CI: 0.8-1.8) reported using e-cigarettes during the last three months of pregnancy.

Prenatal Counseling - Among women who gave birth in 2012-2015:

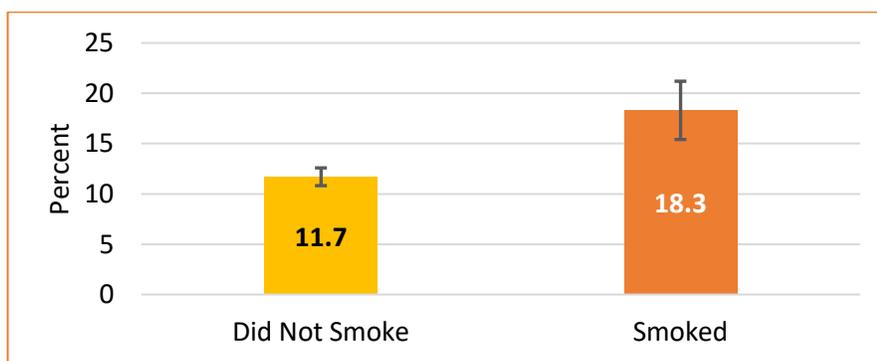
- Approximately 74% of mothers indicated that a health care provider had discussed how smoking during pregnancy could affect their baby during a prenatal care visit.
- Mothers who smoked during the three months before becoming pregnant were more likely to receive counseling on smoking (83.2%, 95% CI: 80.7-85.6) than women who did not smoke during the three months before becoming pregnant (71.9%, 95% CI: 70.3-73.5).

Figure 6. Percentage of women who initiated breastfeeding and who breastfed at least nine weeks by postpartum smoking status, NM PRAMS 2013-2017



New Mexico women who smoked after the birth of a baby were less likely to initiate breastfeeding than women who did not smoke and were less likely to continue breastfeeding more than 8 weeks than women who did not smoke.

Figure 7. Percentage of women with Postpartum Depression by Postpartum Smoking Status, NM PRAMS 2013-2017



New Mexico women who smoked postpartum were more likely to have postpartum depression than women who did not smoke.

Resources on Tobacco Use and Cessation in New Mexico:

- NM Tobacco Use Prevention and Control (TUPAC) <http://nmtupac.com/>
- Quit Now NM <http://quitnownm.com> 1-800-QUITNOW (1-800-784-8669)

New Mexico Pregnancy Risk Assessment Monitoring System (NM PRAMS) is a public health surveillance system of maternal behaviors and experiences before, during and shortly after pregnancy. NM PRAMS provides information representative of NM resident women giving live birth in NM. PRAMS is sponsored by the Centers for Disease Control and Prevention and the NM Department of Health. PRAMS is New Mexico’s only source of representative birth population data.