

SMOKING AND TOBACCO USE: THE EFFECTS ON PREGNANCY AND CHILD HEALTH

Types of Smoke Exposure

1. *First-hand smoke*: directly smoking a cigarette, using chewing tobacco, or using other forms of tobacco products.
2. *Second-hand smoke*: exposure to or inhaling of the exhaled smoke and smoke given off by a burning tobacco product.
3. *Third-hand smoke*: inhaling the ash and other residual tobacco substances that stick to surfaces, hair, skin, and clothes.

Baby's Potential Health Outcomes

Known

- **Lifelong learning disabilities**
- **Under-developed lungs**
- **Death**
- **Asthma**
- **Cleft lip and/or cleft palate**
- **Still birth**
- **Low birthweight**
- **Increased risk of SIDS**

Suspected

- **Heart defects**
- **Gastroschisis** (a birth defect in which the baby's intestines extend outside of the body through a hole next to the belly button)
- **Clubfoot**
- **ADHD**



Tobacco Products to Avoid

- Cigarettes
- Snus and other chewing tobacco
- Electronic cigarettes including:
 - E-pens
 - Tanks
 - E-hookah
 - Vape pens

Mom's Potential Health Outcomes

- **Difficulty getting pregnant**
- **Pregnancy occurs outside the uterus**
- **Complications with placenta** (an organ that provides oxygen and nutrients from you to your baby) **during pregnancy**
- Increased risk of **preterm labor**, and **premature birth**, and possibly increased risk of **miscarriage**

Resources to Stop Smoking:

Call: 1-800-784-8669

or

www.quitnownm.com

Most insurance companies and Medicaid will pay for tobacco cessation programs.