Smoking During Pregnancy

Indiana Department of Health | **Tobacco Prevention and Cessation**

Everyone deserves the opportunity to be healthy, free from the harm commercial tobacco use can cause. Use of commercial tobacco products impacts even the youngest Indiana residents, as smoking during pregnancy can harm the health of both pregnant Hoosiers and their children.

Smoking during Pregnancy in Indiana and the United States

- In 2022, the rate of smoking during pregnancy among Indiana residents was reported as **6.6%** which is significantly lower compared to 2021, where **9.0%** was reported.*

- The percentage of Indiana residents who smoked during pregnancy has historically been considerably higher than the national average. In 2022, the U.S. rate of smoking during pregnancy was 3.7%.**

- In 2022, county rates of smoking during pregnancy ranged from **0.6% (Hamilton County) to 20.4% (Crawford County).**

- Of Indiana's 92 counties, 55 had a smoking during pregnancy rate significantly higher than the statewide rate.

Fast Facts

In 2022, **6.6%** of Indiana residents smoked during pregnancy.

There were over **5,200 babies** born to Hoosiers who smoked during pregnancy in 2022.

Risks of Smoking during Pregnancy

Smoking can impact every phase of reproduction. When trying to become pregnant, smoking can cause problems with fertility.

During Pregnancy
Smoking can increase the risk of several pregnancy complications, including:

- Low birth weight/reduced growth
- Baby born too early (premature birth)
- Ectopic pregnancy
- Miscarriage
- Problems with the placenta

After Pregnancy
Exposure to secondhand smoke can increase the risk for additional complications for the baby, including:

- Sudden Infant Death Syndrome (SIDS)
- Health problems due to weaker lungs

With the transition to the new platform for recording vital records data, Database for Registering Indiana's Vital Records Events (DRIVE), in 2021, new questions were added to the Indiana birth worksheet pertaining to tobacco use. The added questions focused on use of different forms of tobacco, trying to quit tobacco during pregnancy, and how soon an individual smoked cigarettes after waking up. We attempted to calculate a more complete statistic for people who had smoked during pregnancy using new variables that had been added to our data. However, due to questions around quality and completeness, we determined that these newer variables are not ready for reporting. For this reason, we have decided to revert to our method of reporting before our DRIVE transition. This means that smoking during pregnancy is calculated using variables for each trimester indicating whether the person had smoked during that trimester. Applying this method to our 2021 calculations results in a slight adjustment.

*Smoking during pregnancy estimates are among people that had a live birth.

**The national smoking during pregnancy rate in 2022 is based on data from all U.S. states and the District of Columbia. Due to changes in the collection and cleaning of Indiana birth data in 2021, Indiana smoking during pregnancy variables should not be directly compared to the U.S. estimate.

Benefits of Quitting Smoking

It is never too late to treat nicotine dependence. Many pregnant women are tempted to cut down the number of cigarettes they smoke, but quitting is the best thing to do for their pregnancy. The benefits of quitting smoking can be seen immediately:

- After one day of not smoking, the baby will get more oxygen and the mother will have more energy and be able to breathe more easily.
- Reduces many risks for the baby, including premature birth and low birth weight.
- Reduces the risk of diseases such as heart and lung disease, stroke and cancer.

Quit Now Indiana - Pregnancy Program

Quit Now Indiana (1-800-QUIT-NOW) offers free, evidence-based nicotine dependence treatment to Hoosiers who use commercial tobacco products. For those who are planning to get pregnant, are expecting, or have recently given birth, Quit Now Indiana offers a tailored cessation program including seven coaching sessions with treatment specialists trained to support the quit journey during pregnancy and postpartum to prevent relapse. For more information, visit QuitNowIndiana.com.

Percentage of Indiana residents who smoked during pregnancy, Indiana Counties, 2022*

County	%	County	%	County	%	County	%
Adams	3.3 (L)	Franklin	8.8 (H)	Lawrence	14.2 (H)	Rush	11.3 (U)
Allen	4.8 (L)	Fulton	11.3 (H)	Madison	10.6 (H)	Scott	17.8 (H)
Bartholomew	8.7 (H)	Gibson	8.0 (H)	Marion	4.2 (L)	Shelby	12.1 (H)
Benton	15.6 (U)	Grant	17.0 (H)	Marshall	7.3 (H)	Spencer	5.8 (U)
Blackford	11.3 (U)	Greene	11.5 (H)	Martin	10.0 (U)	St. Joseph	4.9 (L)
Boone	3.9 (L)	Hamilton	0.6 (L)	Miami	16.3 (H)	Starke	9.4 (H)
Brown	5.0 (U)	Hancock	3.6 (L)	Monroe	6.8 (H)	Steuben	9.2 (H)
Carroll	7.9 (U)	Harrison	9.9 (H)	Montgomery	15.7 (H)	Sullivan	9.2 (H)
Cass	9.8 (H)	Hendricks	2.8 (L)	Morgan	10.3 (H)	Switzerland	14.9 (U)
Clark	7.6 (H)	Henry	11.0 (H)	Newton	13.6	Tippecanoe	5.1 (L)
Clay	14.6 (H)	Howard	10.6 (H)	Noble	7.0 (H)	Tipton	7.2 (U)
Clinton	6.4 (L)	Huntington	11.8 (H)	Ohio	18.4 (U)	Union	Suppressed
Crawford	20.4	Jackson	8.5 (H)	Orange	11.7 (H)	Vanderburgh	7.7 (H)
Daviess	7.2 (H)	Jasper	9.6 (H)	Owen	12.4 (H)	Vermillion	13.8
Dearborn	7.5 (H)	Jay	8.7 (H)	Parke	8.2 (U)	Vigo	10.3 (H)
Decatur	14.7 (H)	Jefferson	16.4 (H)	Perry	11.1 (U)	Wabash	6.8 (H)
DeKalb	12.6 (H)	Jennings	19.1 (H)	Pike	10.0 (U)	Warren	Suppressed
Delaware	13.7 (H)	Johnson	4.8 (L)	Porter	3.0 (L)	Warrick	4.5 (L)
Dubois	3.8 (U)	Knox	12.0 (H)	Posey	8.8 (H)	Washington	12.7 (H)
Elkhart	4.7 (L)	Kosciusko	8.1 (H)	Pulaski	9.2 (U)	Wayne	11.3 (H)
Fayette	15.9 (H)	LaGrange	2.9 (L)	Putnam	11.1 (H)	Wells	11.0 (H)
Floyd	7.5 (H)	Lake	3.8 (L)	Randolph	9.1 (H)	White	10.6 (H)
Fountain	9.1 (U)	LaPorte	12.1 (H)	Ripley	11.6 (H)	Whitley	9.0 (H)

H=Significantly higher than the statewide rate,   L=Significantly lower than the statewide rate, U=Rates based on counts less than 20 are considered unstable and should be interpreted with caution. Rates are suppressed if based on counts less than 5.
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