



# Maternal Cigarette Smoking

## New Jersey — PRAMS, 2012-2016



### 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)

NJ PRAMS is a joint project of the NJ Department of Health (NJ DOH) and the Centers for Disease Control and Prevention (CDC). Information from PRAMS is used to help plan better health programs for NJ mothers and infants. One out of every 50 mothers are sampled each month, when newborns are 2-6 months old. Survey questions address their feelings and experiences before, during and after pregnancy. The PRAMS sample design oversamples smokers and minorities. Data are weighted to give representative estimates of proportions in specific categories and of actual persons. Almost 24,000 NJ mothers were included between 2002-2017 with an average response rate of 70%.

### 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	New Jersey %*					34 PRAMS Sites %
	2012	2013	2014	2015	2016	2015
Smoking during the 3 months before pregnancy	16.3	17.0	14.2	11.9	14.3	19.4
Smoking in the last 3 months of pregnancy	5.6	5.6	4.8	4.4	4.5	8.8
Smoking after delivery <sup>†</sup>	10.1	10.4	7.9	7.5	7.7	12.6

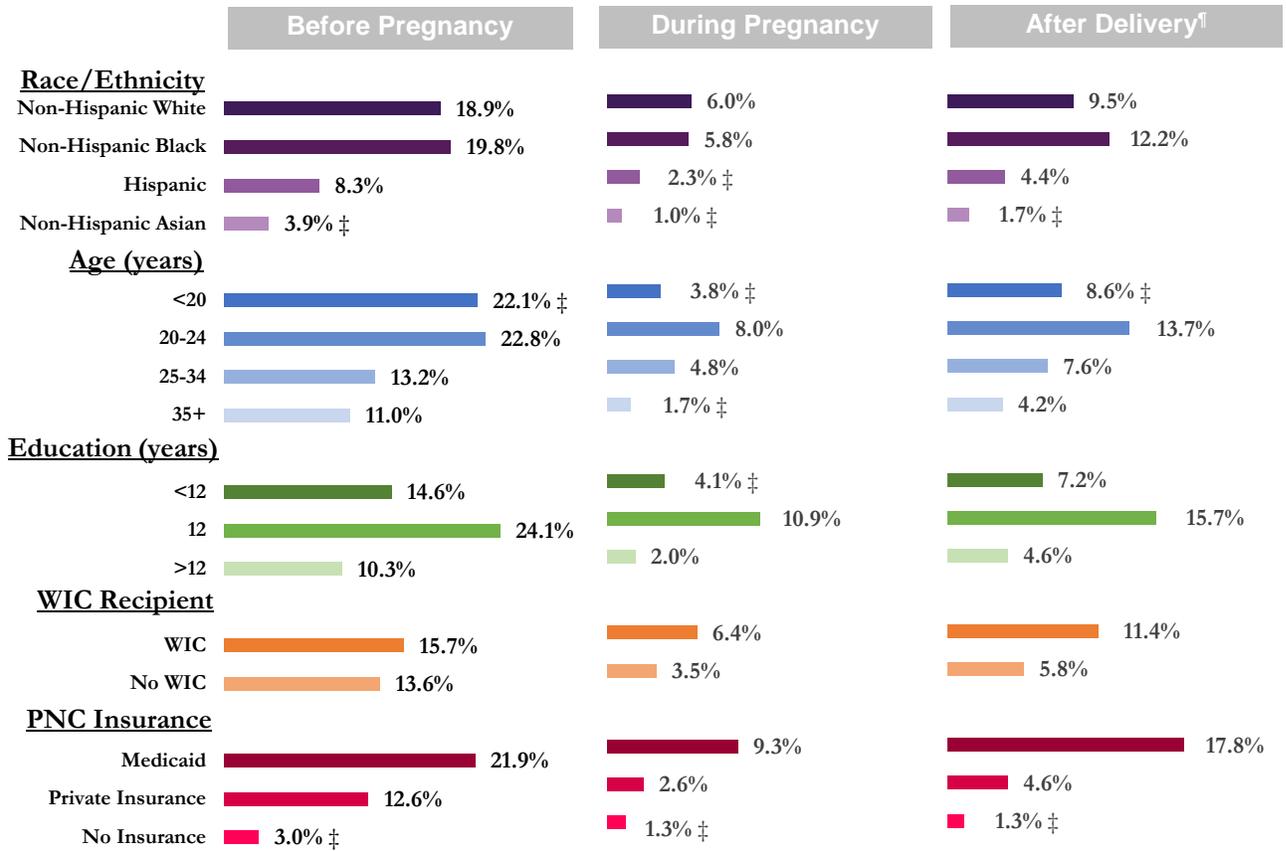
\* Weighted Percentage

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

# New Jersey PRAMS: Maternal Cigarette Smoking

## Who Smokes Cigarettes?

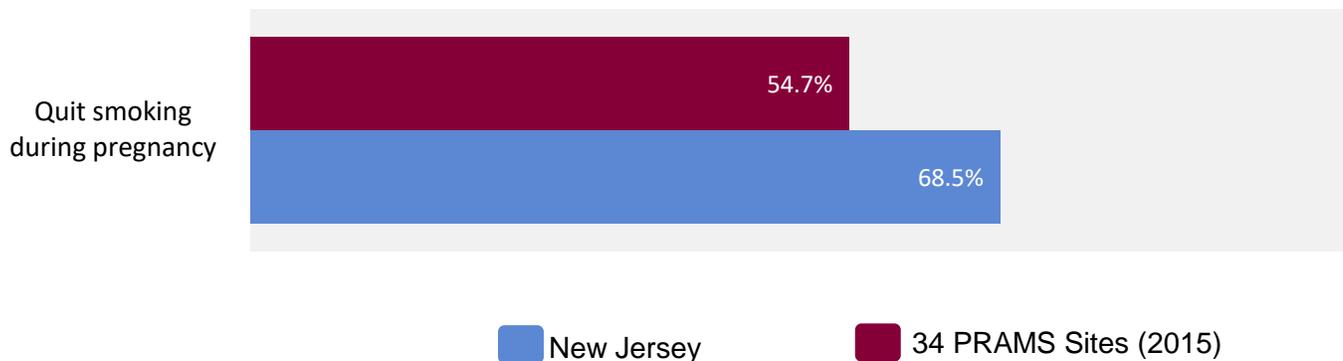
Women who reported smoking during the 3 months before pregnancy, in the last 3 months of pregnancy or after delivery, by maternal characteristics — New Jersey, 2016



Abbreviations: WIC = Special Supplemental Nutrition Program for Women, Infants, and Children  
 ‡ < 20 respondents; may not be reliable.

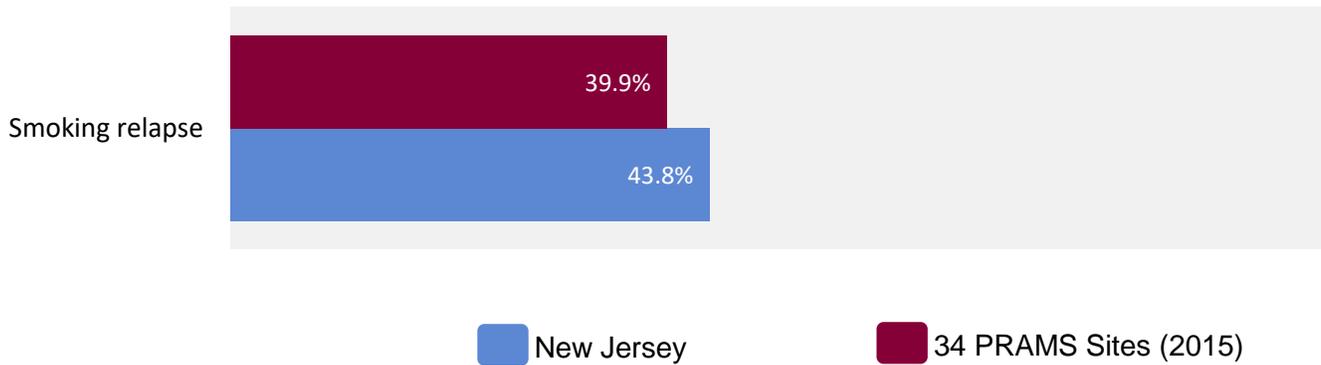
## Quitting Cigarette Smoking

Quitting smoking by last trimester among women who smoked in the last 3 months before pregnancy — New Jersey, 2016



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

Smoking relapse after delivery,  
among women who quit smoking during pregnancy — New Jersey, 2016



## Summary of Results

### Cigarette Smoking Rates

1. Fourteen percent (14.3%) of NJ PRAMS respondents reported smoking cigarettes in the 3 months before becoming pregnant, and nearly one in twenty (4.5%) reported smoking in the last 3 months of pregnancy.
2. Overall, eight percent (7.7%) of NJ PRAMS respondents reported smoking at the time they completed the PRAMS survey after infant delivery.

### Quitting Cigarette Smoking and Relapse After Pregnancy

3. Among women who smoked during the 3 months before pregnancy, nearly 70% reported quitting smoking by the last trimester of pregnancy.
4. Among women who quit smoking during pregnancy, 44% of NJ PRAMS respondents reported smoking cigarettes at the time they completed the PRAMS survey.

## Resources

**Mom's Quit Connection:** <http://momsquit.com/>

**Tobacco-Free for a Healthy New Jersey:** <https://www.tobaccofreenj.com/>

**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>

# New Jersey PRAMS: Maternal Cigarette Smoking

## References:

1. 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>
2. Healthy People 2020 Objectives: <https://www.healthypeople.gov/2020/topics-objectives/topic/maternal-infant-and-child-health/objectives>
3. 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>  
For more information on NJ PRAMS: <http://www.nj.gov/health/fhs/maternalchild/outcomes/prams/>



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