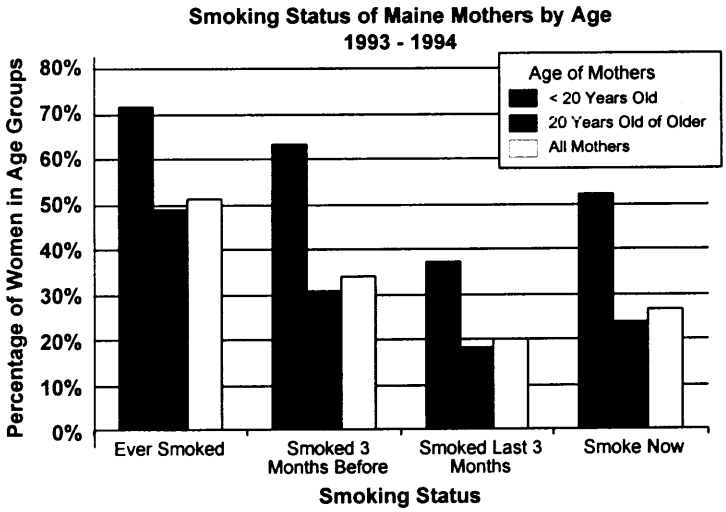
MOTHERS WHO SMOKE

Data from the
MAINE PREGNANCY RISK ASSESSMENT MONITORING SYSTEM (PRAMS)
Maine Residents: 1993-1994

- **A National Health Objective for the year 2000 is to reduce the prevalence of smoking to 10% among pregnant women[1]; in Maine 20% of pregnant women smoke during the last 3 months of pregnancy.**
- **Mothers who smoke during pregnancy are twice as likely to deliver a low weight infant than mothers who do not smoke. Low birth weight (less than 5½ pounds) is a leading factor in infant death and disease[2].**
- **Infants born to mothers who smoke during pregnancy weigh a half pound less (9.5 ounces) on average than infants of non-smoking mothers, increasing those risks associated with low birth weight.**
- **Unmarried women are more than twice as likely to smoke during pregnancy as married women - 1 in 3 unmarried women compared to 1 in 7 among their married counterparts.**
- **Adolescent mothers (women younger than 20 years old) are twice as likely as older mothers to smoke during the 3 months before pregnancy, the last 3 months of pregnancy, and to smoke after their baby is born. 8% of these young women smoke a pack or more daily during the last 3 of pregnancy.**



- **More than a quarter of the women (28%) with less than 12 years of education smoke during pregnancy; these young women are 8½ times more likely to smoke during pregnancy than those with college**
- **Of the women who quit smoking during pregnancy, 44% resumed the habit after delivery.**

Note: Unless otherwise specified, "during pregnancy" means the last three months of pregnancy.

***Footnote 1**: Public Health Service. Healthy People 2000, National Health Promotion and Disease Prevention Objectives, 1991. **Footnote 2:** Public Health Service. Monthly Vital Statistics Report, Vol. 44, No. 11 Supplement, National Center for Health Statistics, June 24, 1996. Full citations are available upon request.*

For further data on this topic, please contact:
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