

Cigarette Smoking During Pregnancy Washtenaw County, MI 2014-2016



10.7% of all women in Washtenaw County who gave birth in 2016 reported that they smoked cigarettes while pregnant.

Why does this matter?

Smoking during pregnancy increases the risk of complications in pregnancy and after birth. Babies born to women who smoked while pregnant have a higher risk of low birth weight (LBW), preterm birth and sudden infant death syndrome (SIDS), while also being more likely to show signs of distress and excitability.

Pregnancy is a time when many women make changes to be healthier. Quitting smoking is one of the best things a women who smokes can do to improve her health.

Goal: Decrease national rate of smoking during pregnancy to 1.4% by 2020 (Healthy People 2020 [HP2020]).

Cigarette Smoking During Pregnancy Washtenaw County 2014-2016, Singleton births only ⁱ	
	% Smoked
Mother's Age	
Less than 25 yrs	23%
25-34 yrs	10%
More then 35 yrs	6%
Mother's Race	
White	10%
Black or African American	20%
Asian	2%
Health Insurance	
Private Insurance	6%
Medicaid	26%
Mother's Education	
Less than high school	31%
High school grad/GED	29%
Some college	18%
Bachelors degree	4%
Graduate school	1%
Washtenaw County Overall	11%
N=10,607 (3,600 to 3,900 singleton babies per year)	
Data source: MDHHS Vital Records ⁱⁱ	

Key Findings:

- **Good news:** In Washtenaw County, the smoking rate for singleton pregnancies **decreased significantly** from 14% in 2013 to 11% in 2016.
- Black or African American women are more likely than other racial groups to smoke while they are pregnant.
- Women in poverty, as indicated by Medicaid coverage at the birth of their baby are more likely to smoke in pregnancy.
 - **Good news:** Smoking rate for women with Medicaid health insurance **decreased significantly** from 28% in 2008-2013 to 26% in 2014-2016.
- Younger women and less educated women are more likely to smoke during pregnancy.
 - **Good news:** Women who are less than 25 years old **significantly decreased** their rates of smoking during pregnancy.
 - **Good news:** Smoking rates **decreased significantly** for women with less than a high school education.

Want to Quit? Quitting is difficult, but it is possible. Even decreasing the number of cigarettes is a healthy step. Follow these quit tips.

- 1) Remove temptations like ashtrays and matches.
- 2) Drink lots of water and substitute cigarettes with sugar free gum or raw vegetables.
- 3) Find a quitting partner, or find support and coaching by calling **MI Tobacco Quitline at 1 (800) QUIT NOW**
-Quitline support is free to all pregnant women

ⁱ **Definitions:** Low birth weight (LBW) = Less than 2500g (5.5 lbs) at birth; Sudden infant death syndrome (SIDS) = Sudden death of an infant less than 1 year of age that cannot be explained after a thorough investigation; Singleton = A child born singly, rather than as part of multiples

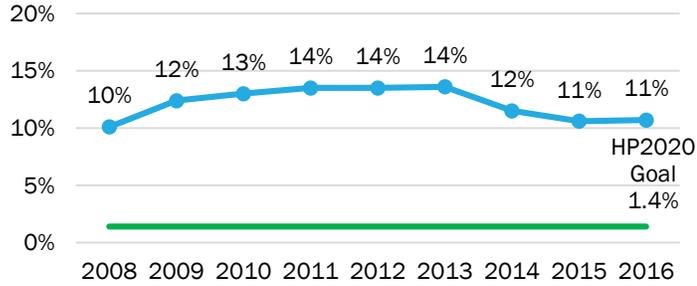
ⁱⁱ At the birth of her child, a woman reports smoking and other behaviors on the Michigan Resident Birth File. This record also contains clinical characteristics like birth weight. Tables and charts developed from Washtenaw County Health Department analysis of de-identified singleton birth records from Michigan Department of Health and Human Services Vital Records from the years 2014 to 2016.

* Smoking remains a significant risk factor for low birth weight and prematurity even when controlling for mother's insurance status, age, race and ethnicity, education level, and baby's sex and year of birth in multivariate analysis (not shown).

Smoking during pregnancy beginning to decrease

Cigarette Smoking During Pregnancy

Washtenaw County, Singleton births only



Data source: MDHHS Vital Recordsⁱⁱ

Rate of cigarette smoking during pregnancy in Washtenaw County reached a recent peak in 2013. Since then, this rate has begun to decrease.

Smoking rates in pregnant women are slightly lower than smoking rates for all women of reproductive age in Washtenaw County, according to analysis of 2015 Health Improvement Plan (HIP) Survey data. These data indicate that 13.3% of women of reproductive age (18 to 49 years) were current smokers in 2015.

Smoking during pregnancy can harm infant health

Negative Outcome by Smoking Status

Washtenaw County 2014-2016, Singleton births only

Outcome for Infant	Rate in women who smoked	Rate in women who did not smoke
Preterm birth (37 weeks or less)	14%	8%
Low birth weight (less than 2500g or 5.5 lbs)	11%	5%
Congenital anomalies	1.6%	1.1%
Immediate ventilation required for infant	7%	4%
Infant ventilation required for 6+ hours	1.5%	0.6%
NICU	10%	5%

Data source: MDHHS Vital Recordsⁱⁱ

Smoking during pregnancy increases the risk of complications in pregnancy and after birth. Infants born to smoking mothers are more likely to show signs of physical and mental distress at and after birth*.

- Babies born to women who smoke are **two times as likely to be low birth weight**, compared to those born to women who didn't smoke.
- **Preterm birth rate increased by 31% for babies born to women who smoked during pregnancy.**

Some areas of Washtenaw have higher rates of smoking in pregnancy

There are large differences in rates of smoking during pregnancy across Washtenaw County.

- **Improvement Opportunity:** Both urban and rural areas of eastern Washtenaw County have high rates of women smoking while pregnant.
 - 48167 = 26%
 - 48198 = 23%
 - 48189 = 21%
 - 48191 = 21%
- **Good News:** Smoking rates during pregnancy decreased in rural areas in western Washtenaw County (48118, 48130, and 48158).

The national goal is to decrease rate of smoking during pregnancy to 1.4% by 2020 (HP2020). Zip code 48105 is the closest to meeting this goal, at a 2.1% rate of smoking during pregnancy.

Cigarette Smoking During Pregnancy by Zip Code

Washtenaw County 2014-2016, Singleton births only

