

Cigarette Smoking During Pregnancy Washtenaw County, MI 2008-2013

13.6% of women in Washtenaw County who gave birth in 2013 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 smoker can do to improve her health.

Cigarette Smoking During Pregnancy Washtenaw County 2008-2013, Singleton births only ⁱⁱ	
	% Smoked
Mother's Age	
Less than 25 yrs	26%
25-34 yrs	10%
More than 35 yrs	6%
Mother's Race	
White or Caucasian	12%
Black or African American	21%
Asian	1%
Health Insurance	
Private Insurance	6%
Medicaid	28%
Mother's Education	
Less than high school	37%
High school grad/GED	29%
Some college	17%
Bachelors degree	4%
Graduate school	2%
Washtenaw County Overall 2008-2013	13%
N=21,739 (3,600 to 3,900 singleton babies per year)	
Data source: MDHHS Vital Records ⁱⁱ	

Who does this brief focus on?

- The focus is on women in Washtenaw County who gave birth to a single live baby.
- The purpose is to identify groups who are more likely to smoke while pregnant and examine the outcomes associated with this.
- 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.

Key Findings:

- In Washtenaw County, the smoking rate during pregnancy **increased** from 12.5% in 2008 to 13.6% in 2013.
- Women in poverty, as indicated by Medicaid coverage at the birth of their baby, and black or African American women are more likely to smoke in pregnancy.
- As women get older or more educated, they are less likely to smoke.
- **Goal: Healthy People 2020 aims to decrease national rates of smoking during pregnancy to 1.4% by 2020.**

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

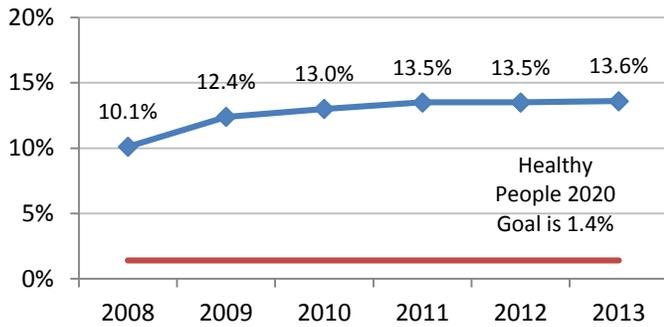
- 1) Remove temptations like ashtrays and matches.
- 2) Drink lots of water and substitute cigarettes with sugar free gum or raw vegetables.
- 3) Find a quitting partner or find support and coaching by calling **MI Tobacco Quitline at 1 (800) QUIT NOW**

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-being pregnant with one baby

ⁱⁱ Tables and charts developed from Washtenaw County Public Health analysis of de-identified singleton birth records from Michigan Department of Health and Human Services Vital Records from the years 2008 to 2013.

Smoking during pregnancy has increased since 2008

Cigarette Smoking During Pregnancy
Washtenaw County, Singleton births only



Data source: MDHHS Vital Recordsⁱⁱ

Rate of cigarette smoking during pregnancy in Washtenaw County has increased since 2008. Smoking rates in pregnant women are similar to smoking rates in 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 2008-2013, Singleton births only		
Outcome	Rate in women who smoked	Rate in women who did not smoke
Preterm birth (less than 37 weeks)	11.6%	8%
Low birth weight (less than 2500g or 5.5 lbs)	9.7%	5.0%
Congenital anomalies	2.0%	1.0%
Immediate ventilation required for infant	6.2%	4.8%
Infant ventilation required for 6+ hours	2.0%	1.2%
NICU	10.6%	8.0%

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.

- **Low birth weight increased by 60% in infants whose mothers smoked** during pregnancy, compared to those who didn't smoke.
- **Preterm birth increased by 19% in these same infants.**
 - Smoking remains a significant risk factor 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).

Some areas of Washtenaw have higher rates of smoking in pregnancy

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

- Areas of eastern Washtenaw County have the highest rates of smoking while.
 - 48198 = 25%
 - 48191 and 48167 = 23%
- Some rural areas have elevated rates of smoking during pregnancy
 - 48160 = 16%
 - 48158 and 48189 = 19%
- **Healthy People 2020 aims to decrease national rates of smoking during pregnancy to 1.4% by 2020.** Zip code 48105 is the closest to meeting this goal, at a 3.5% rate of smoking during pregnancy.

Cigarette Smoking During Pregnancy by Zip Code
Washtenaw County 2008-2013, Singleton births only

