

Tobacco Use and Pregnancy



Tobacco Prevention
and Cessation

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Everyone deserves a fair and just opportunity to be as healthy as possible - free from the harm that commercial tobacco use can cause. Use of commercial tobacco products impacts even the youngest Hoosiers, as smoking during pregnancy can harm the health of both pregnant people and their children.

Tobacco Use during Pregnancy in Indiana and the United States

In 2021, Indiana was able to record not only cigarette smoking during pregnancy but also use of other tobacco products including: e-cigarettes, cigars, little cigars/cigarillos, hookah, and smokeless tobacco.*

- In 2021, **9.8%** of Indiana residents reported **smoking cigarettes** during their pregnancy.**
- **2.0%** of Indiana residents reported using **e-cigarettes or vapes** during their pregnancy.**
- **10.7%** of Indiana residents reported using **any kind of tobacco product** during their pregnancy.**

The percentage of Indiana residents who smoked during pregnancy has historically been considerably higher than the national average. In 2021, the US rate of smoking during pregnancy was 4.6%.***

- In 2021, county rates of smoking during pregnancy ranged from **1.2% (Hamilton County) to 26.7% (Crawford County)**.
- Similarly, county rates of any tobacco use during pregnancy ranged from **1.3% (Hamilton County) and 29.4% (Blackford County)**.
- Of Indiana's 92 counties, 38 had a smoking during pregnancy rate significantly higher than the statewide rate.

Fast Facts

In 2021, **9.8%** of Indiana residents smoked during pregnancy.

There were over **7,800 babies** born to Hoosiers who smoked during pregnancy in 2021.

In 2021, **10.7%** of Indiana residents used tobacco during pregnancy.

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
- Ectopic Pregnancy
- Problems with the
placenta
- Baby born too early/
Premature Birth
- Miscarriage

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

*Due to changes in the collection and cleaning of birth data in early 2021, smoking during pregnancy variables prior to 2021 should not be directly compared to the same variables in and after 2021. Prior to 2021, Indiana had tracked cigarette use 3 months prior to pregnancy, during the first trimester, during the second trimester, and during the third trimester. However, we now track several other tobacco use variables during pregnancy along with cigarette use. These changes may impact the observed proportion of people reporting tobacco use during pregnancy. This change is unique to Indiana and prevents Indiana estimates from being compared to the U.S. estimates.

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

***The national smoking during pregnancy rate in 2021 is based on data from all US 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

- If someone is pregnant and uses tobacco, it is never too late to treat their nicotine dependence!
- Many pregnant people are tempted to cut down the number of cigarettes they smoke, but ending their dependence on tobacco is the best thing to do for their pregnancy.
- The benefits of treating nicotine dependence can be seen immediately. After just one day of not smoking, the baby will get more oxygen. Pregnant people will also have more energy and breathe more easily.
- Seeking nicotine dependence treatment before or during pregnancy reduces many risks including premature birth and low birth weight.
- Ending dependence on tobacco 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, and those who recently gave birth, Quit Now Indiana offers a tailored cessation program including seven coaching sessions with treatment specialists trained to support the quit journey during the pregnancy and postpartum to prevent relapse. For more information, visit QuitNowIndiana.com.

Percentage of people who smoked during pregnancy, Indiana Counties, 2021**

County	%	County	%	County	%	County	%
Adams	4.7 (L)	Franklin	13.2	Lawrence	18.8 (H)	Rush	15.8
Allen	7.4 (L)	Fulton	17.1 (H)	Madison	16.1 (H)	Scott	20.8 (H)
Bartholomew	11.9	Gibson	10.8	Marion	6.3 (L)	Shelby	18.1 (H)
Benton	13.2 (U)	Grant	26.2 (H)	Marshall	8.7	Spencer	9.8 (U)
Blackford	26.2 (H)	Greene	17.6 (H)	Martin	18.2 (U)	St. Joseph	6.3 (L)
Boone	3.9 (L)	Hamilton	1.2 (L)	Miami	23.3 (H)	Starke	16.8 (H)
Brown	12.9 (U)	Hancock	5.1 (L)	Monroe	10.9	Steuben	16.7
Carroll	12.9	Harrison	14.9 (H)	Montgomery	15.0 (H)	Sullivan	16.7
Cass	13.0	Hendricks	4.2 (L)	Morgan	14.2 (H)	Switzerland	14.8 (U)
Clark	13.0 (H)	Henry	14.7	Newton	20.3 (H)	Tippecanoe	9.1
Clay	18.9 (H)	Howard	16.0 (H)	Noble	13.8	Tipton	5.9 (U)
Clinton	8.7	Huntington	13.9	Ohio	14.0 (U)	Union	13.1 (U)
Crawford	26.7 (H)	Jackson	15.3 (H)	Orange	16.0 (H)	Vanderburgh	12.7 (H)
Daviess	6.3	Jasper	13.0	Owen	23.3 (H)	Vermillion	19.8 (H)
Dearborn	13.2	Jay	13.5	Parke	10.6	Vigo	18.0 (H)
Decatur	18.3 (H)	Jefferson	19.7 (H)	Perry	22.3 (H)	Wabash	17.9 (H)
DeKalb	17.1 (H)	Jennings	22.5 (H)	Pike	7.5 (U)	Warren	7.9 (U)
Delaware	16.0 (H)	Johnson	8.4	Porter	5.0 (L)	Warrick	5.8 (L)
Dubois	9.3	Knox	17.4 (H)	Posey	13.1	Washington	16.5 (H)
Elkhart	8.1 (L)	Kosciusko	11.7	Pulaski	21.4 (H)	Wayne	14.1 (H)
Fayette	17.2 (H)	LaGrange	4.0 (L)	Putnam	13.6	Wells	14.2
Floyd	12.9	Lake	6.1 (L)	Randolph	20.3 (H)	White	14.1
Fountain	11.7	LaPorte	15.6 (H)	Ripley	14.2	Whitley	11.1

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