

Smoking During Pregnancy



Tobacco Prevention
and Cessation

November 2025

Everyone deserves the opportunity to be healthy, free from the harm commercial tobacco product use can cause. Use of commercial tobacco products impacts even the youngest Indiana residents, as smoking during pregnancy can harm the health of both pregnant Hoosiers and their children.

Smoking During Pregnancy in Indiana and the United States

- In 2024, the rate of smoking during pregnancy among Indiana residents* was reported as **3.8%** which is significantly lower compared to 2023, where **5.3%** was reported¹
- The percentage of Indiana residents who smoked during pregnancy has historically been higher than the national average. In 2024, the U.S. rate of smoking during pregnancy was 2.4%.^{2**}
- In 2024, among counties with stable rates, county rates of smoking during pregnancy ranged from **1.7% (Hendricks County)** to **12.1% (Randolph County)**[^]
- **Of Indiana's 92 counties, 23** had a smoking during pregnancy rate significantly higher than the statewide rate. **Five** additional counties had a smoking during pregnancy rate significantly lower than the statewide rate.

Risks of Smoking During Pregnancy.

Smoking can impact every phase of reproduction.³ When trying to become pregnant, smoking can reduce fertility among women.

During Pregnancy

Smoking can increase the risk of several pregnancy complications, including:

- Low birth weight/reduced growth
- Baby born too early (premature birth)
- Ectopic pregnancy
- Miscarriage
- Problems with the placenta
- Adverse infant outcomes (cleft lip and palette)

After Pregnancy

Exposure to secondhand smoke can increase the risk for additional complications for the baby, including:

- Sudden Infant Death Syndrome (SIDS)
- Childhood respiratory infections due to weakened lungs

Fast Facts

- In 2024, **3.8%** of Indiana residents smoked during pregnancy.
- There were over **3,000 babies** born to Hoosiers who smoked during pregnancy in 2024.

Resources for Quitting:

Quit Now Indiana provides free counseling and support and is welcoming to all Hoosiers interested in quitting tobacco.

Call **1-800-QUIT-NOW**

or visit

[QuitNowIndiana.com](https://www.QuitNowIndiana.com).

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

**The national smoking during pregnancy rate in 2024 is based on data from all U.S. states and the District of Columbia. Due to changes in the collection and cleaning of Indiana birth data starting in 2021, Indiana smoking during pregnancy variables should not be directly compared to the U.S. estimate.

[^] Among counties with stable rates

Benefits of Quitting Smoking

It is never too late to treat nicotine dependence. Many pregnant women are tempted to cut down the number of cigarettes they smoke, but quitting is the best thing to do for their pregnancy. The benefits of quitting smoking can be seen immediately:

- After one day of not smoking, the baby will get more oxygen and the mother will have more energy and be able to breathe more easily
- Many risks for the baby, including premature birth and low birth weight are reduced
- For the mother, the risk of diseases such as heart and lung disease, stroke and cancer are reduced

Conclusions

While smoking during pregnancy in Indiana has declined, more is needed to prevent new generations from being exposed to the harms of tobacco and secondhand smoke.

Quit Now Indiana - Pregnancy Program

For those who are planning to get pregnant, are expecting, or have recently given birth, Quit Now Indiana offers a **tailored cessation program** including seven coaching sessions with treatment specialists trained to support the quit journey during pregnancy and postpartum to prevent relapse.

For more information, visit QuitNowIndiana.com or call **1-800-Quit-Now**

Percentage of Indiana residents who smoked during pregnancy by County, 2024*

County	%	County	%	County	%	County	%
Adams	1.5 (U)	Franklin	7.9 (U)	Lawrence	6.7	Rush	6.2 (U)
Allen	2.6 (L)	Fulton	5.3 (U)	Madison	7.3 (H)	Scott	7.4
Bartholomew	4.0	Gibson	4.5 (U)	Marion	2.2 (L)	Shelby	5.8
Benton	6.1 (U)	Grant	9.3 (H)	Marshall	4.3	Spencer	2.7 (U)
Blackford	7.1 (U)	Greene	9.0 (H)	Martin	9.9 (U)	St. Joseph	2.7
Boone	1.3 (U)	Hamilton	0.4 (U)	Miami	6.3	Starke	5.9 (U)
Brown	5.9 (U)	Hancock	1.3 (U)	Monroe	6.2 (H)	Steuben	7.4
Carroll	5.4 (U)	Harrison	5.5	Montgomery	6.9 (H)	Sullivan	9.8 (U)
Cass	4.4	Hendricks	1.7 (L)	Morgan	7.1 (H)	Switzerland	9.1 (U)
Clark	4.9	Henry	7.5 (H)	Newton	4.5 (U)	Tippecanoe	3.7
Clay	6.1 (U)	Howard	7.5 (H)	Noble	5.0	Tipton	6.0 (U)
Clinton	6.1	Huntington	6.7	Ohio	Suppressed	Union	7.8 (U)
Crawford	9.9 (U)	Jackson	3.5	Orange	8.1 (U)	Vanderburgh	3.3
Daviess	3.2 (U)	Jasper	4.4 (U)	Owen	11.3 (H)	Vermillion	8.1 (U)
Dearborn	5.3	Jay	7.9 (H)	Parke	5.4 (U)	Vigo	6.7 (H)
Decatur	9.4 (H)	Jefferson	9.4 (H)	Perry	7.8 (U)	Wabash	9.1 (H)
DeKalb	3.2 (U)	Jennings	8.8 (H)	Pike	4.1 (U)	Warren	Suppressed
Delaware	7.3 (H)	Johnson	3.0	Porter	2.1 (L)	Warrick	Suppressed
Dubois	2.8 (U)	Knox	7.4 (H)	Posey	4.0 (U)	Washington	7.5 (H)
Elkhart	2.7	Kosciusko	3.8	Pulaski	8.1 (U)	Wayne	8.6 (H)
Fayette	9.3 (H)	LaGrange	1.8 (U)	Putnam	4.6 (U)	Wells	5.0 (U)
Floyd	7.5 (H)	Lake	1.8 (L)	Randolph	12.1 (H)	White	4.9 (U)
Fountain	6.7 (U)	LaPorte	7.0 (H)	Ripley	6.3	Whitley	2.4 (U)

U=Rates based on counts less than 20 are considered unstable and should be interpreted with caution. Rates are suppressed if based on counts less than 5,
H=Significantly higher than the statewide rate,
L=Significantly lower than the statewide rate.

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

For additional information on Indiana tobacco prevention and cessation:
in.gov/health/tpc



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References:

1. Indiana Department of Health, Vital Records. 2024
2. Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Natality on CDC WONDER Online Database. Data are from the Natality Records 2016-2024, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/natality-expanded-current.html> on Nov 18, 2025 1:03:31 PM
3. US Department of Health and Human Services. The health consequences of smoking—50 years of progress: a report of the Surgeon General. Rockville, MD: US Department of Health and Human Services, CDC; 2014. https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf_NBK179276.pdf

Notes:

With the transition to the new platform for recording vital records data, Database for Registering Indiana's Vital Records Events (DRIVE), in 2021, new questions were added to the Indiana birth worksheet pertaining to tobacco use. The added questions focused on use of different forms of tobacco, trying to quit tobacco during pregnancy, and how soon an individual smoked cigarettes after waking up. We attempted to calculate a more complete statistic for people who had smoked during pregnancy using new variables that had been added to our data. However, due to questions around quality and completeness, we determined that these newer variables are not ready for reporting. For this reason, we have decided to revert to our method of reporting before our DRIVE transition. This means that smoking during pregnancy is calculated using variables for each trimester indicating whether the person had smoked during that trimester.