

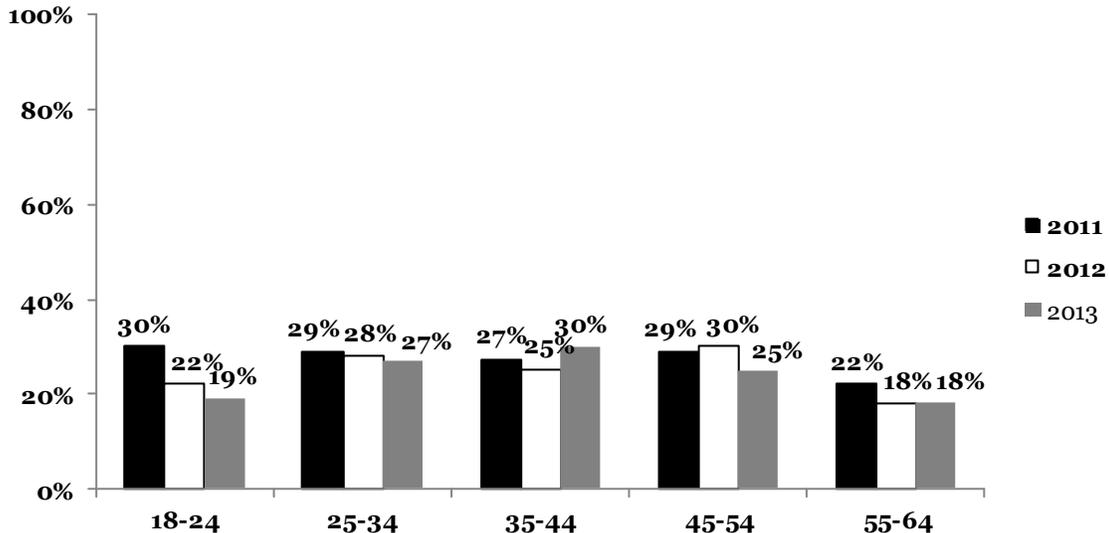
Smoking and Indiana Women

Tobacco use is the single most preventable cause of death and disease in the United States. Smoking alone is responsible for 9,700 premature deaths in Indiana annually and close to 3,800 of these deaths are women. Ninety (90) percent of all lung cancer deaths in women are attributable to smoking. Women are now as likely as men to die from many diseases caused by smoking. The relative risk for dying from coronary heart disease among women 35 years of age and older is now higher than for men. Because the risks for women have increased significantly in the last decades, women who smoke now have about the same high risk of death from lung cancer as men

Smoking Rates among Women in Indiana and the U.S.

- 3.9% of middle school girls and 12.6% of high school girls reported being current smokers (2012 Indiana Youth Tobacco Survey).
- 16.5% (ISDH, 2012 Indiana Natality Report) of pregnant women in Indiana smoke, considerably higher than the national average of 9.1% (CDC, National Center for Health Statistics), making Indiana one of the highest among all U.S. states.
- Indiana women ages 35-44 have the highest proportion of smokers among women of all other age groups at 29.6% (2013 Indiana Behavioral Risk Factor Surveillance System).
- In general, as with all population groups, smoking rates tend to decline as education levels increase. Thirty-four percent (34.4%) of women with less than a high school education are current smokers (2013 BRFSS).

**Indiana Female Smoking Rates by Age Group,
2011-2013 BRFSS**

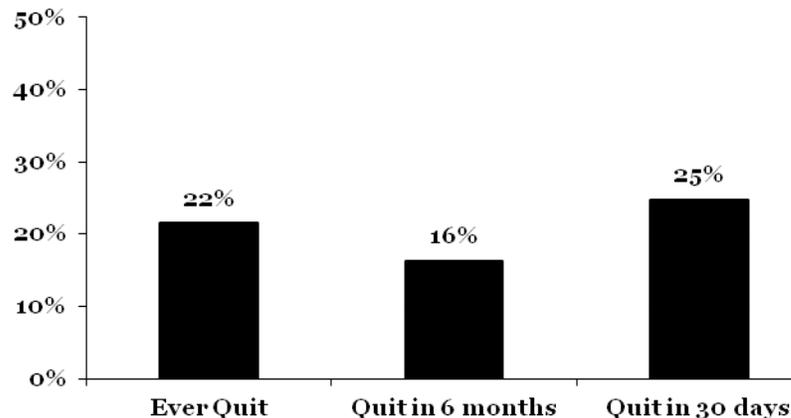


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Intentions to Quit Smoking

Intentions to quit smoking among women in Indiana are similar to the proportion of all smokers in the state. The percent of women smokers in Indiana expecting to quit in the next 6 months, and sometime after 6 months, are higher than the percentage of male smokers intending to quit.

**Quit Intentions among Adult Female Smokers,
2013 Indiana Adult Tobacco Survey**



Smoking During Pregnancy

Cigarette smoking among women increases the risk for infertility, preterm delivery, stillbirth, birth defects, low birth weight babies, and sudden infant death syndrome (SIDS).

- Smoking can cause problems with the placenta-the source of the baby's food and oxygen during pregnancy. Problems including separation of placenta from womb, too early causing bleeding.
- Smoking during pregnancy can cause a baby to be born too early or to have a low birth weight-making it more likely the baby will be sick, stay in the hospital or even die.
- Smoking during and after pregnancy is a risk factor of Sudden Infant Death Syndrome (SIDS).
- Babies born to women who smoke are more likely to have certain birth defects, like cleft lip or palate.
- Pregnant smokers are more likely than other women to have a miscarriage.

The rate of Indiana mothers who reported smoking during pregnancy (16.5%) is considerably higher than the national average (9.1%). Even more alarming are rates in Indiana counties that exceed state and national averages. County rates range from 3.9% to 33.9%. See the ***Pregnant Women and Smoking*** fact sheet for county specific rates.

Prenatal exposure to secondhand smoke is also harmful to children and affects mental development. Children of mother who were exposed to secondhand smoke during pregnancy have lower scores on test for cognitive development at age two compared to children living in smoke free homes.

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