

# CIGARETTES: SMOKING DURING PREGNANCY

## ISSUE

The effects of smoking cigarettes during pregnancy include causing the baby to: <sup>(1-2)</sup>

- Be born too soon (premature).
- Be born too small (low birth weight).
- Die during pregnancy (fetal death) or die before the baby turns one year old (infant death).

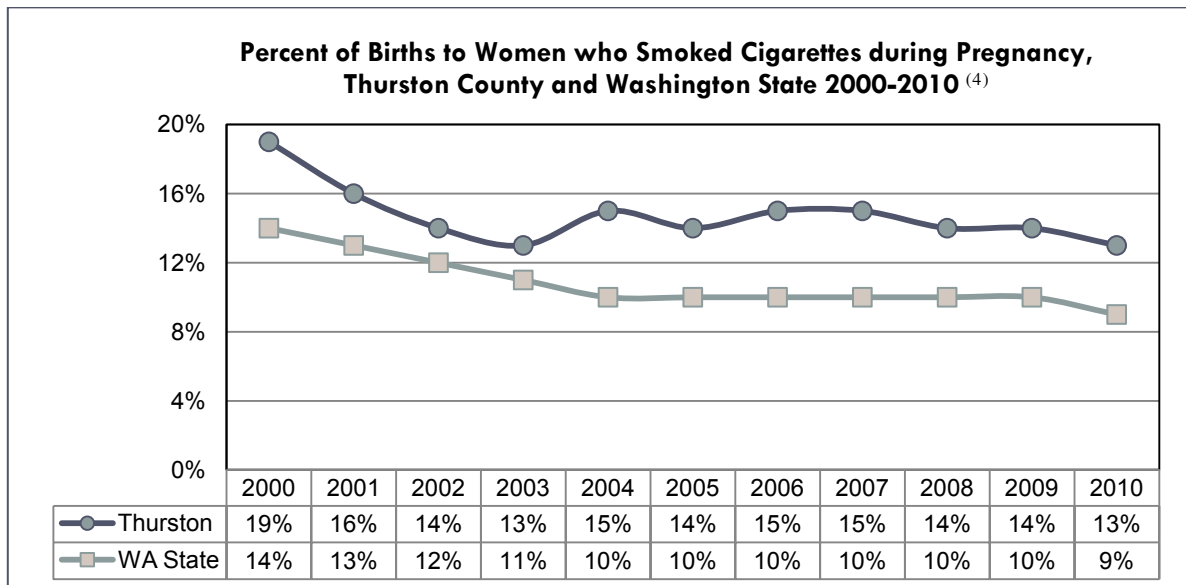
Cigarette smoking is the #1 preventable cause of death for adults. <sup>(3)</sup>

Pregnant women who smoke cigarettes are also more likely to experience a miscarriage or have a baby with birth defects. <sup>(1-2)</sup>

## FINDINGS

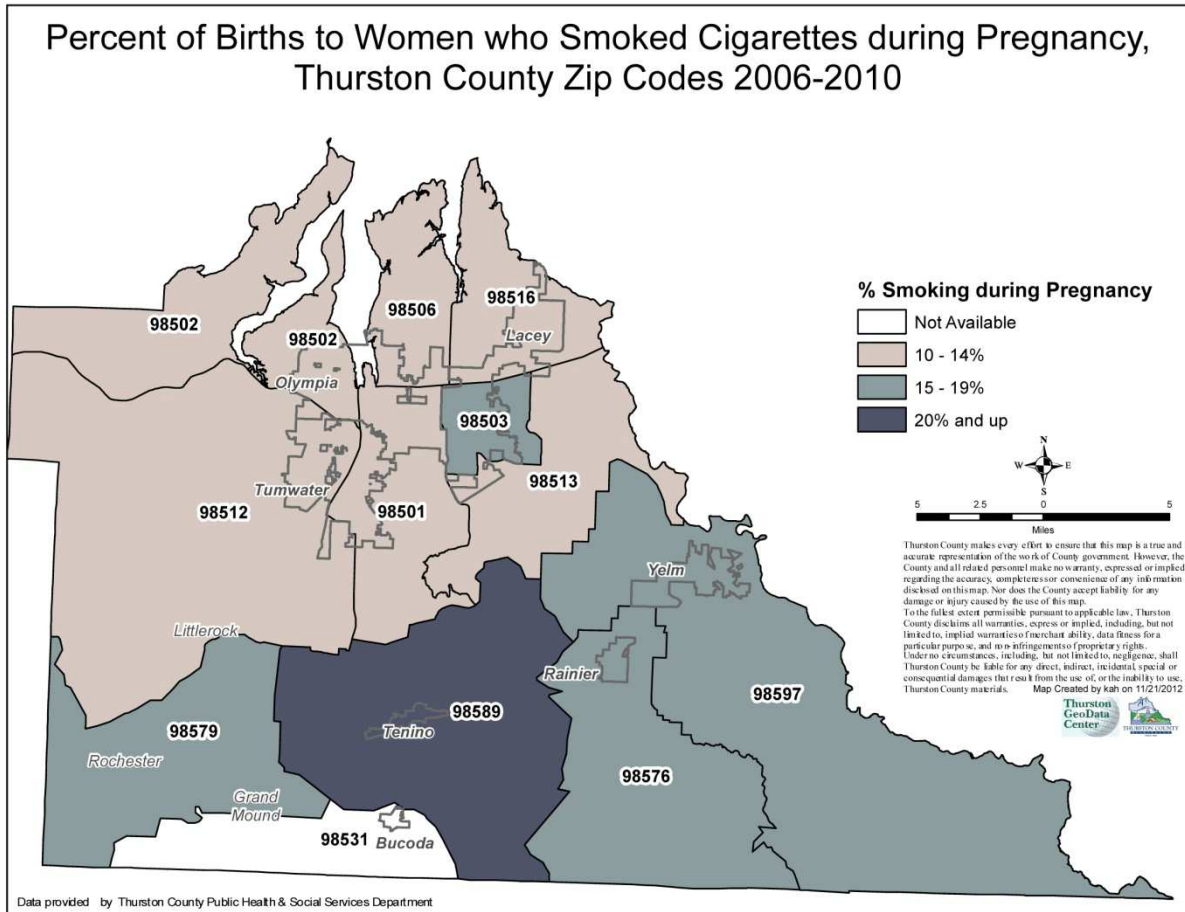
Cigarette smoking during pregnancy has decreased over the past decade, but remains high among pregnant Thurston County women. Thurston County women have *significantly* higher rates of cigarette smoking during pregnancy compared to Washington State women.

- In 2010, 13% of births to Thurston County women involved cigarette smoking during pregnancy (87% of did not involve smoking during pregnancy). <sup>(4)</sup>
- Each year on average 418 babies are born to Thurston County women who smoked cigarettes during pregnancy (based on 2006-2010 data, most recent five years). <sup>(4)</sup>



## DETAILED DATA

- In general, births to women who live in southern areas of Thurston County are more likely to involve cigarette smoking during pregnancy. <sup>(4)</sup>



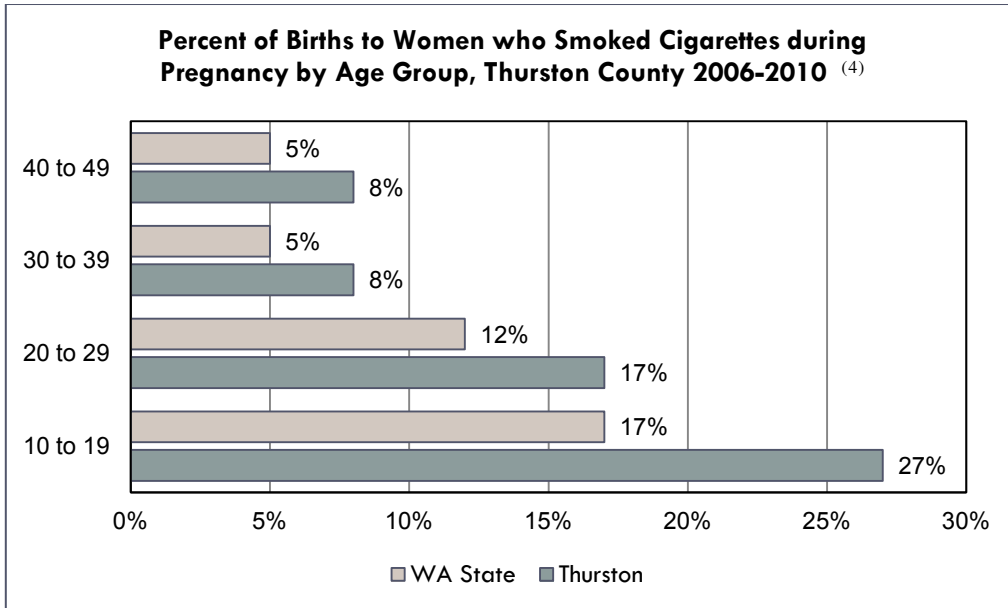
- The 98589 zip code (Tenino) has the highest percent of births to women who smoked cigarettes during pregnancy. The 98516 zip code (Olympia-Lacey) the lowest percent. <sup>(4)</sup>

**Percent of Births to Women who Smoked Cigarettes during Pregnancy,  
Thurston County Zip Codes 2006-2010 <sup>(4)</sup>**

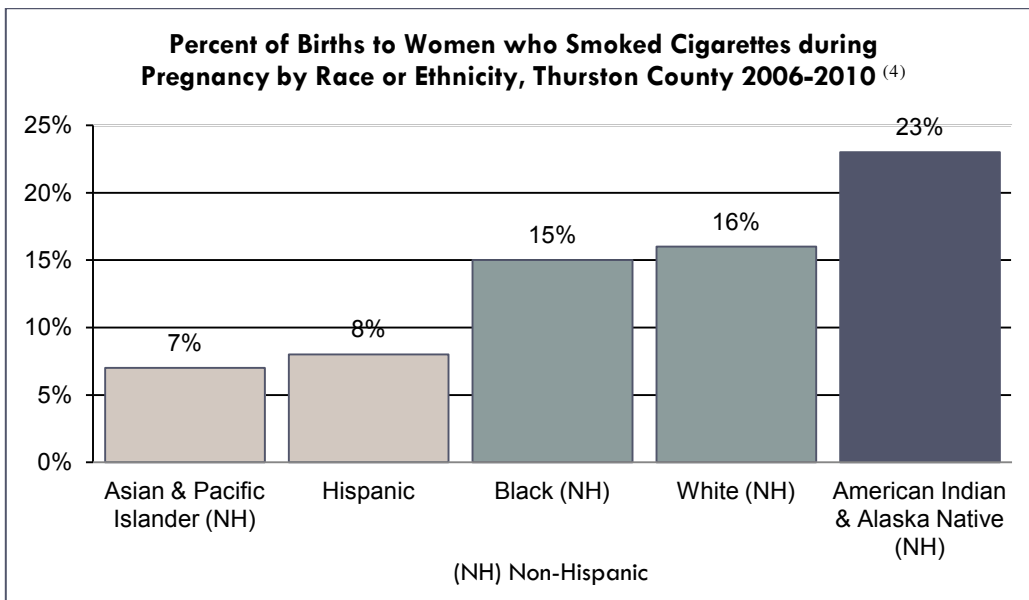
Zip Code	Percent	Zip Code	Percent
98501	12%	98530	(NA)
98502	14%	98531	(NA)
98503	15%	98576	19%
98506	14%	98579	17%
98512	13%	98589	20%
98513	12%	98597	17%
98516	11%		

Zip codes include county residents who live in the city (incorporated area) and county (unincorporated area).  
(NA) Not Available.

- Thurston County women in every age group are more likely than women across Washington State to smoke cigarettes during pregnancy.
  - Births to Thurston County adolescent women and women in their twenties are more likely to involve smoking during pregnancy when compared to other age groups (Age 10-19 = 27% smoking, 73% no smoking; Age 20-29 = 17% smoking, 83% no smoking). <sup>(4)</sup>



- Births to American Indian & Alaskan Native women are more likely to involve cigarette smoking during pregnancy (23% smoking, 77% no smoking). <sup>(4)</sup>



## CITATIONS

- (1) How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking Attributable Disease – A Report of the Surgeon General. 2010. U.S. Department of Health & Human Services, Office of the Surgeon General. [www.surgeongeneral.gov/library/reports/tobaccosmoke/report-index.html](http://www.surgeongeneral.gov/library/reports/tobaccosmoke/report-index.html).
- (2) Risks from Smoking during Pregnancy. U.S. Department of Health & Human Services, Centers for Disease Control & Prevention. [www.cdc.gov/reproductivehealth/tobaccousepregnancy/index.htm](http://www.cdc.gov/reproductivehealth/tobaccousepregnancy/index.htm).
- (3) Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual Causes of Death in the United States, 2000. 2004;291(10):1238-45. The Journal of the American Medical Association.
- (4) Birth Certificate Data. 2000-2010. Washington State Department of Health, Center for Health Statistics.

## NOTES

- *Significantly* = Statistically different, either higher or lower, when compared to another similar number and worth paying attention to.

## MORE INFORMATION

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