

# Vermont PRAMS Data Brief

## Tobacco: Cessation Rates, Prenatal Counseling and Teen Tobacco Use

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with live births during calendar year 2003 and 2004.

Included in the survey are questions about tobacco. Mothers were asked whether they smoked during the 3 months before they were pregnant, the last 3 months of their pregnancy, and at the current time. They were also asked questions about their prenatal care counseling.

### Smoking cessation

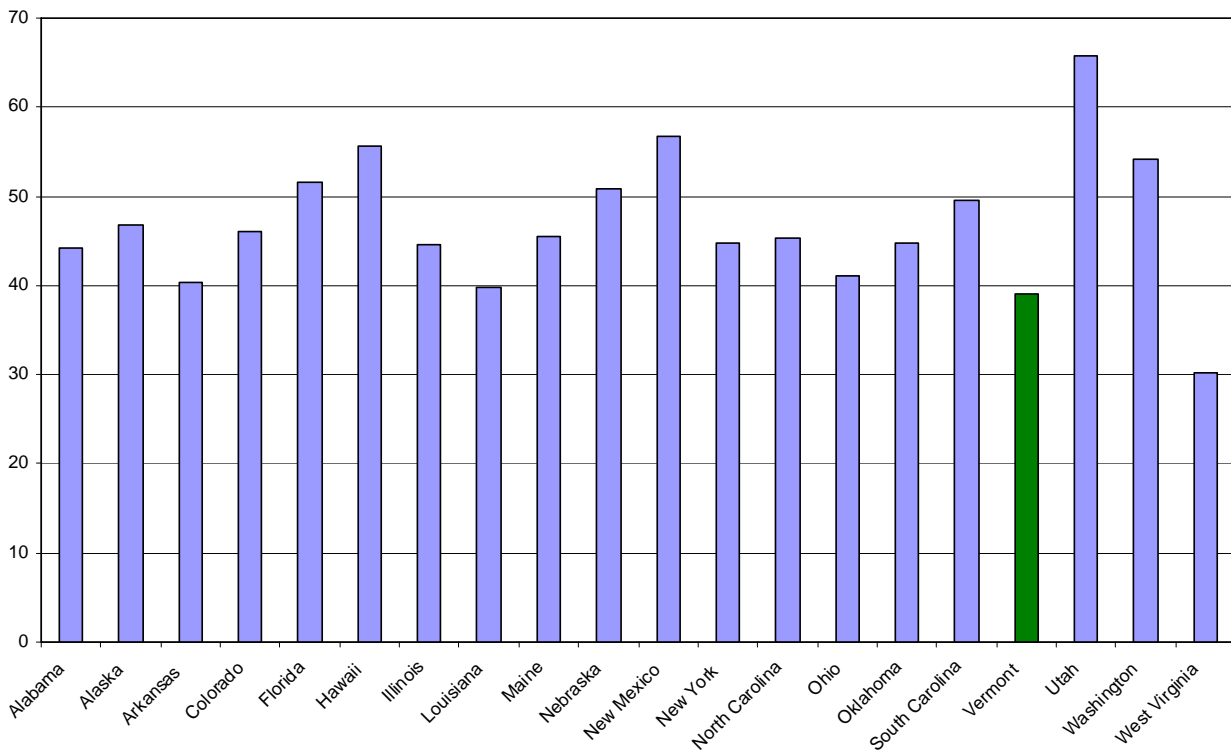
The following is a summary of responses to the smoking questions in 2003 and 2004:

	<u>2003</u>	<u>2004</u>
Smoked 3 months prior to becoming pregnant	25.1%	29.8%
Smoked the last 3 months of pregnancy	15.3%	18.0%
Smokes now (at time survey was completed)	17.6%	22.8%

The rate of quitting smoking for each year was about 40 percent (those no longer smoking during pregnancy out of the total that smoked before pregnancy). This represents over 600 mothers statewide each year who quit smoking by their last 3 months of pregnancy. Note there is a slight increase in smoking rates after birth.

Tobacco cessation for Vermont and other PRAMS states is available for 2003. The rates of smoking cessation ranged from between 30 % in West Virginia to 65% in Utah. Vermont ranked second lowest in terms of percent of mothers who quit.

Tobacco Cessation by State, 2003



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## Prenatal Counseling

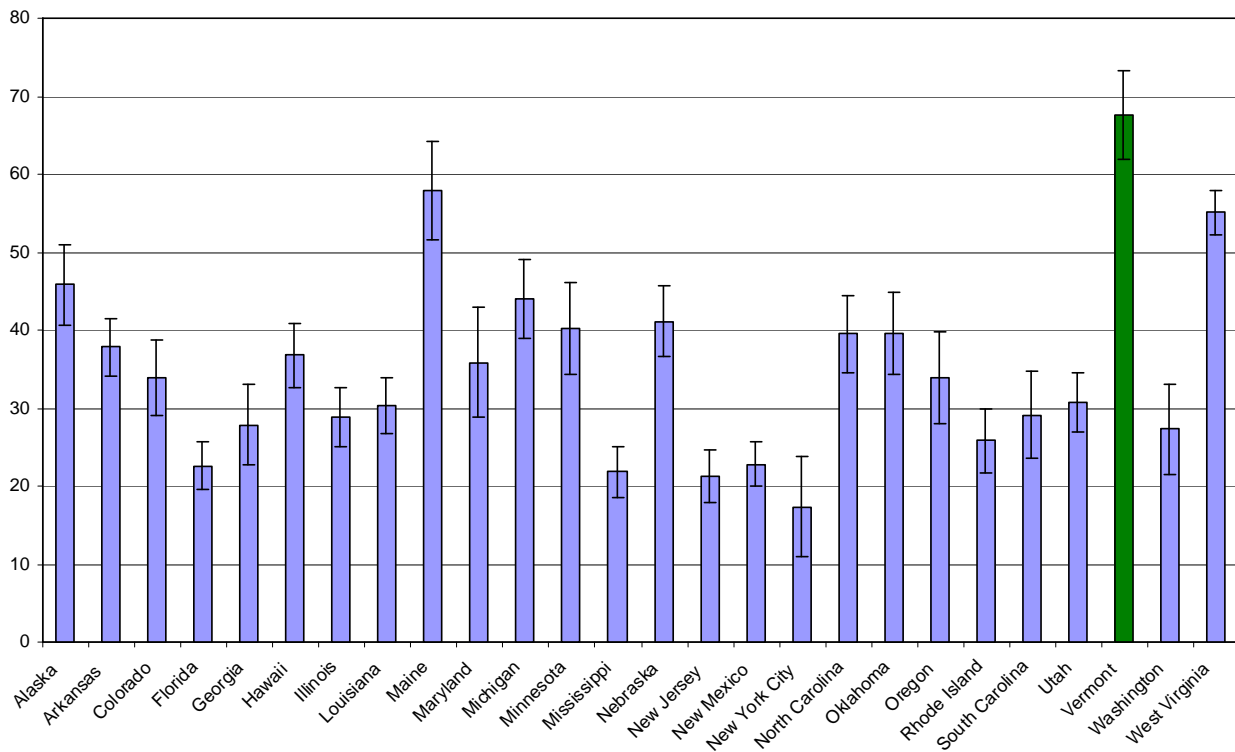
During prenatal care, 77.0% of mothers reported that their health care provider had discussed with them how smoking during pregnancy could affect their baby. Among smokers this figure is higher, with 87.7% reporting their health care provider had discussed with them how smoking could affect their baby.

## Teen Smoking

Smoking by teens (under age 20) was significantly higher in 2004 than the overall rate for Vermont. While 29.8% of all mothers smoked in the 3 months before they became pregnant (a rate similar to other PRAMS states), 67.6% of Vermont teens smoked prior to their pregnancy.

According to 2004 data released by the CDC, Vermont had higher teen smoking rates than the 25 other PRAMS states.

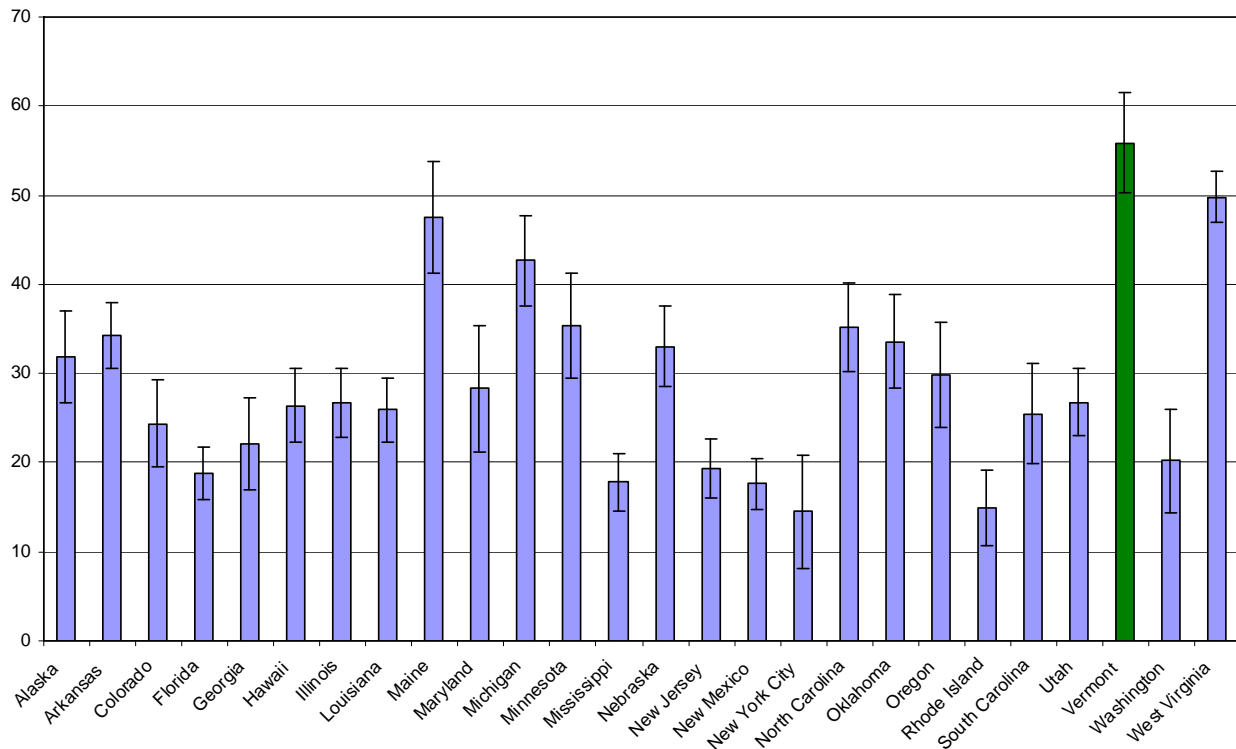
Percent Teens Who Smoked Before Pregnancy, 2004 PRAMS



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There is a decrease in the prevalence of teen smoking postpartum. Although the prevalence drops to 55.9 percent, this rate of postpartum smoking by teens in Vermont is the highest among PRAMS states in 2004.

Percent Teens Who Smoked Postpartum, 2004 PRAMS



Questions or comments about this report may be addressed to John Gauthier, Vermont PRAMS Coordinator, [jgauthi@vdh.state.vt.us](mailto:jgauthi@vdh.state.vt.us), (802)863-7661 or to Mike Nyland-Funke, [mnyland@vdh.state.vt.us](mailto:mnyland@vdh.state.vt.us), (802)863-7261.