

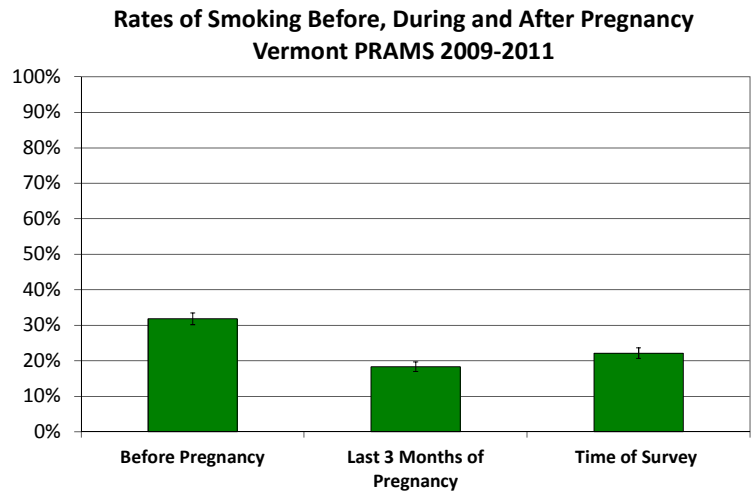
Tobacco Use Before, During & After Pregnancy: Vermont PRAMS 2009-2011, Part I

This is a report on the Pregnancy Risk Assessment Monitoring System (PRAMS), a survey conducted on a sample of Vermont women with live births since 2001. This report presents information about cigarette smoking before, during and after pregnancy for Vermont births in the years 2009 through 2011, as well as trends over the last 10 years.

Rates of Smoking Before, During & After Pregnancy

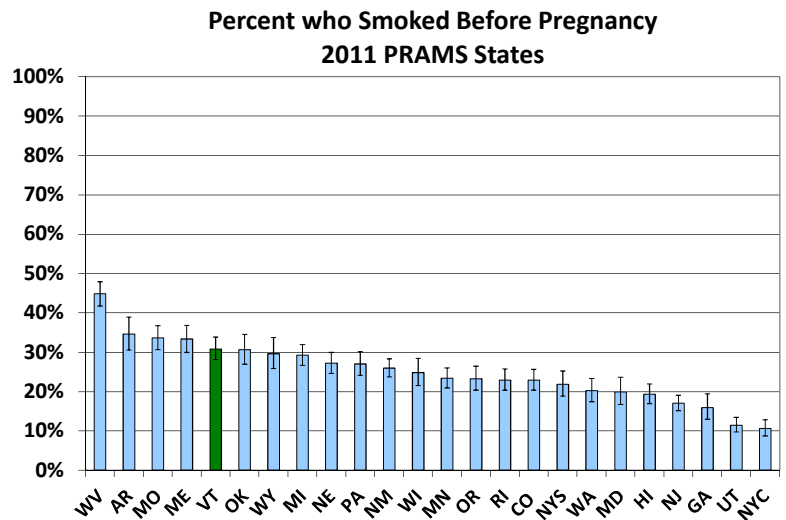
The PRAMS survey asks about cigarette smoking during the three months before pregnancy, during the last three months of pregnancy, and at the time of the survey, which is two to nine months after delivery. The percent of women who smoked at each of these three times was significantly different.

During the three months before pregnancy, 31.8% of all Vermont women who delivered a live birth between 2009 and 2011 smoked cigarettes. This decreased in the last three months of pregnancy, when 18.2% smoked, increasing again to 22.1% after delivery.

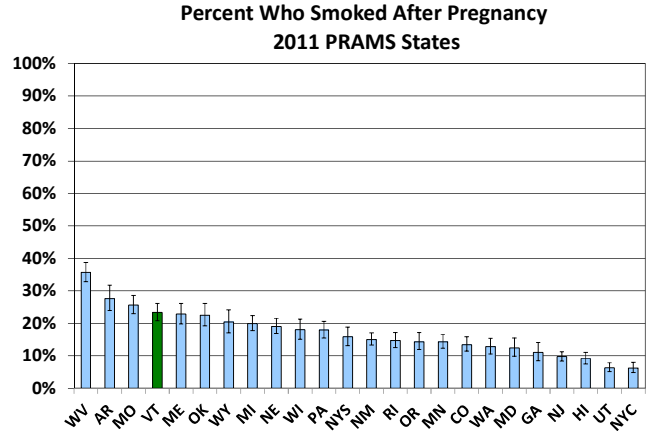
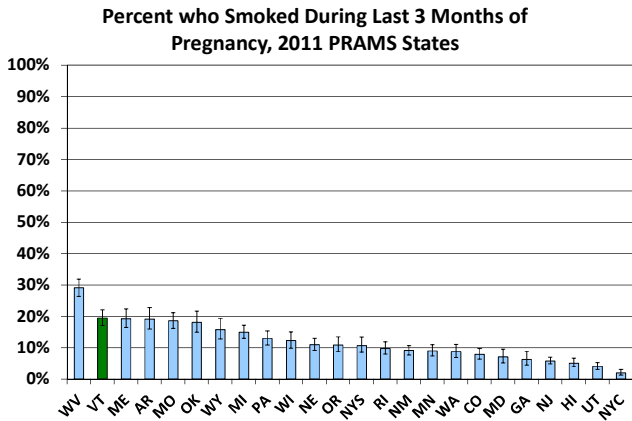


Vermont Compared with Other PRAMS States, 2011

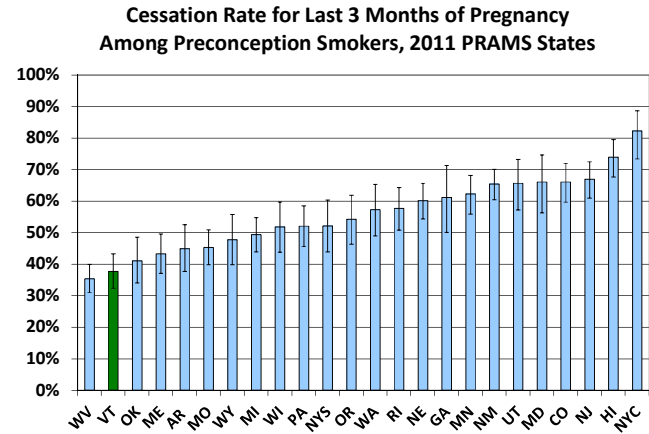
For 2011 births, Vermont had high rates of smoking before (5th highest out of the 24 PRAMS states with 2011 smoking data), during (2nd highest), and after pregnancy (4th highest).



Vermont Compared with Other PRAMS States, 2011 (continued)

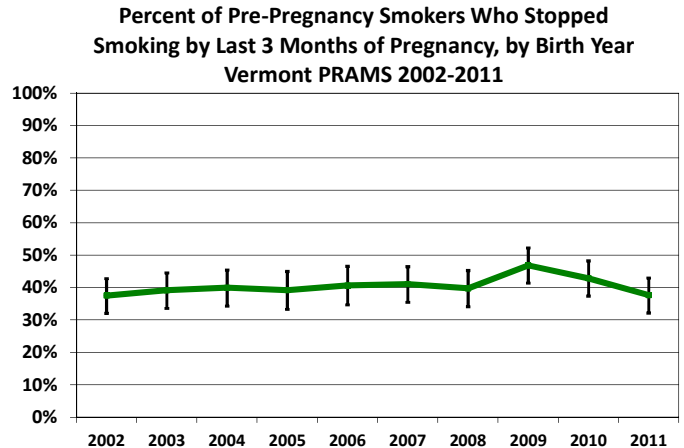
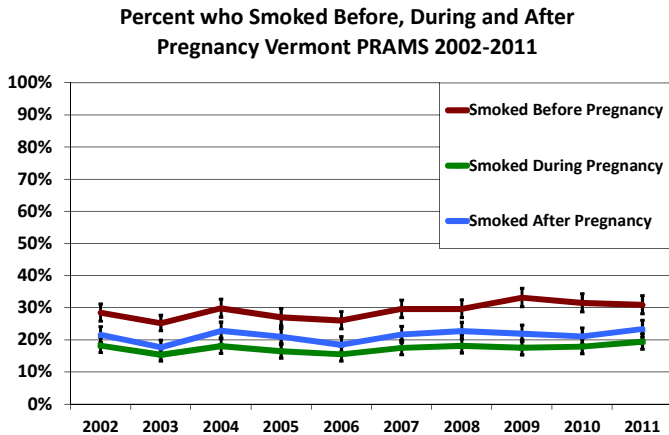


Vermont also had a low rate of smoking cessation relative to other states, as only 38% of mothers of 2011 live births who smoked during the three months before pregnancy did not smoke during the last three months of their pregnancies.



Smoking Rates over Time

Rates of smoking, and of smoking cessation, have remained stable over the last 10 years of available Vermont PRAMS data.



The following PRAMS questions were used for this data brief:

Have you smoked any cigarettes in the *past 2 years*?

- No
- Yes

In the *3 months before* you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I didn't smoke then

In the *last 3 months* of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I didn't smoke then

How many cigarettes do you smoke on an average day *now*? (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I don't smoke now

2011 PRAMS Sites (as abbreviated in above charts):

AR = Arkansas; CO = Colorado; GA = Georgia; HI = Hawaii; MD = Maryland; ME = Maine; MI = Michigan; MN = Minnesota; MO = Missouri; NE = Nebraska; NJ = New Jersey; NM = New Mexico; NYC = New York City; NYS = New York (excluding NYC); OK = Oklahoma; OR = Oregon; PA = Pennsylvania; RI = Rhode Island; UT = Utah; VT = Vermont; WA = Washington; WI = Wisconsin; WV = West Virginia; WY = Wyoming.

Questions or comments about this report may be directed to John Davy at (802)863-7661 or john.davy@state.vt.us. More information about Vermont PRAMS can also be found at <http://healthvermont.gov/research/PRAMS/prams.aspx>.