## Smoking: Before, During and After Pregnancy

<table>
<thead>
<tr>
<th>Before</th>
<th>During</th>
<th>After</th>
<th>2 Year Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>About 2 in 7 women smoke</td>
<td>Smoking during pregnancy has not significantly declined over the past 6 years</td>
<td>1 in 3 women who quit smoking during pregnancy relapse</td>
<td>1 in 5 women smoke</td>
</tr>
<tr>
<td>Among WIC participants 2 in 5 smoke</td>
<td>5 in 6 women who smoke are on Medicaid</td>
<td></td>
<td>1 in 11 women use E-cigarettes</td>
</tr>
</tbody>
</table>

### Overall

- **28.3%** of women smoked before pregnancy
- **15.1%** of women smoked during pregnancy
- **19.4%** of women smoked after pregnancy

### Did You Know?

- MO HealthNet offers help to quit smoking.
  - Nicotine patches or gum
  - FDA approved medications
  - Individual counseling
  - Group counseling
  - Coverage for unlimited quit attempts

### Promote Tobacco Cessation

- Use the “Ask, Advise and Refer” approach to increase cessation rates—it takes just 3 minutes!
- **1 in 4** pregnant women say that their doctor, nurse or other provider did not discuss how smoking during pregnancy affects their baby.

### Did You Know?

- Missouri Tobacco Quitline
  - 800-QUIT-NOW (800-784-8669) or www.quitnow.net/Missouri

- Text4baby Project
  - Text BABY (or BEBE for Spanish) to 511411 or www.text4baby.org

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