

Reproductive Health, Pregnancy and Smoking

Smoking Before Pregnancy

Smoking has a negative impact on both women's and men's reproductive health:

- Women who smoke before pregnancy have a 30% higher chance of being infertile.¹
- The risk for delayed conception is twice as high among women who smoke compared to women who don't smoke.¹
- Smoking may be associated with erectile dysfunction among men.²
- Smoking may harm men's sperm, leading to birth defects, decreased fertility or miscarriage.³

Smoking During Pregnancy

- Smoking during pregnancy increases the risk of pregnancy complications, miscarriage, stillbirth, Sudden Infant Death Syndrome (SIDS), low birth weight babies and premature delivery.^{3,4}
 - The risk of dying from SIDS is 1.4 to 3 times greater among babies born to women who smoked during pregnancy.¹
 - Babies born to women who smoked during pregnancy weigh an average of 200 grams less than babies born to women who did not smoke.¹
 - The risk of being born prematurely is increased by 30% among babies born to women who smoked during pregnancy.¹
- Smoking during pregnancy negatively affects infants' lung development.⁵
- Women who smoke during pregnancy are more likely to experience placenta previa (when the placenta grows too close to the womb's opening) and placental abruption (when the placenta separates from the wall of the womb too early). Both conditions cause pregnancy complications and can negatively affect the baby's health.⁵
- The risk of giving birth to an infant with congenital heart defects is greater among women who smoked during the month before pregnancy to the end of the first trimester compared to women who did not smoke during this period.⁶

Secondhand Smoke & Pregnancy

- The odds of giving birth to a low birth weight baby are 20% higher among pregnant women who are exposed to secondhand smoke compared to pregnant women who are not exposed to secondhand smoke.¹
- Babies who are exposed to secondhand smoke have a higher risk of dying from SIDS.⁷
- Babies and children exposed to secondhand smoke suffer higher rates of ear infections, bronchitis and pneumonia.³

Health Care Costs Related to Smoking & Pregnancy

- In the United States, neonatal health care costs attributable to maternal smoking are approximately \$366 million per year, or \$704 per maternal smoker.⁸
- In Minnesota in 2007, smoking-attributable neonatal health care costs were \$4 million.⁹
- Helping pregnant women quit smoking is one of the best cost-saving preventive services available:
 - Up to \$6 saved per \$1 invested in a prenatal tobacco cessation program¹⁰
 - \$4,000 saved per low birth weight baby prevented¹¹
 - \$63,000 per perinatal death prevented¹¹
 - \$210,000 per Sudden Infant Death Syndrome (SIDS) case prevented¹²

References

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To learn more about smoking cessation, visit www.workshifts.org.