

## Pregnant Women

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*"Smoking during pregnancy is the single most preventable cause of premature birth and low birthweight babies."*

—Cathy Melvin, Ph.D., M.P.H.  
Chair, The National Partnership to Help Pregnant Smokers Quit

Many women are motivated to quit during pregnancy because of the risks to the woman and the fetus.

Clinicians can reinforce the understanding that cessation will reduce health risks.

Quitting tobacco use prior to conception or early in pregnancy is most beneficial, but health benefits result from abstinence at any time.

A pregnant tobacco user should receive encouragement and assistance throughout the pregnancy.

Pregnant tobacco users should be offered extended or augmented psychosocial interventions that exceed minimal advice to quit.

Thirty percent of pregnant smokers who quit start again after the baby is born.

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*Pregnant Women*. U.S. Public Health Service. Agency for Healthcare Research and Quality. Rockville, MD. <http://www.ahrq.gov/clinic/tobacco/pregnant.htm>

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