Reducing smoking during pregnancy is a priority for the Vermont Department of Health. Helping pregnant Vermonters quit smoking reduces poor pregnancy and birth outcomes and promotes health and wellness among Vermont’s women, children and families.

With sustained investment and strategies, Vermont can make progress in reducing the rate of smoking during pregnancy to meet the Healthy Vermonters 2020 goal.

The Health Department implements strategies throughout the state to promote cessation during pregnancy, including:

1. **Building Provider Capacity to Support Cessation During Pregnancy**
   - The Health Department launched the Rutland Incentive Pilot Program. The community- and provider-based program aims to help 30 people quit smoking during pregnancy; provides multiple counseling touch points; and offers incentives up to $1,115 for participants to meet cessation goals. The Health Department will expand the program to other communities if effective.

2. **Collaborating and Employing Evidence-Based Strategies**
   - The Nurse Home Visiting program provides home visits to families with low income during and after pregnancy. Out of 326 clients served in 2017:
     - 35% of clients reported smoking
     - 100% of clients who reported smoking were referred for cessation services
     - 36% of clients who smoked at intake no longer smoked at their 12 month follow-up visit

3. **Providing Cessation Resources for Pregnant Vermonters**
   - Through 802Quit’s Pregnancy Protocol, OB/GYNs can refer pregnant patients to 24/7 quitline services, including an incentive of up to $65 and free NRT to help them quit.

20 providers have been trained in the evidence-based smoking cessation and reduction in pregnancy treatment (SCRIPT®) program.
Vermonters with lower levels of income, education and/or who are younger in age are at greater risk of smoking. These disparities also exist among pregnant Vermonters.

Vermonters who smoke beyond the first trimester of pregnancy are 2X more likely to have a low birthweight baby compared to those who don’t smoke or quit during the first trimester.

Smoking during pregnancy may lead to complications and poor birth and health outcomes, including:
× Miscarriage
× Premature births
× Low birthweight
× Birth defects
× Learning disorders and behavioral problems

Healthcare providers are asking about and advising patients to quit smoking during pregnancy.

Vermonters want to quit smoking during pregnancy and many are having success.