

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a survey of women who recently gave birth that asks about their experiences, behaviors and healthcare utilization before, during and shortly after their pregnancy. Vermont has participated in PRAMS since 2001.

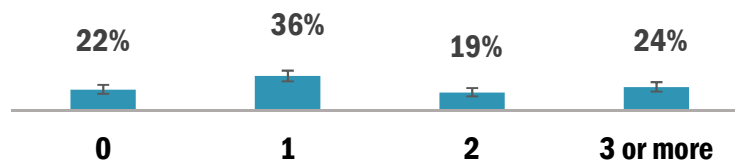
Since 2012, Vermont PRAMS has asked smokers which strategies they used to try to quit smoking during pregnancy. This data brief presents information about smoking cessation strategies reported by Vermont women who gave birth in 2016-2017 and who smoked cigarettes during the period before pregnancy, and trends from 2012-2017<sup>1</sup>.

### KEY POINTS

- There has been no change in the rates of smokers who made a cessation attempt during pregnancy.
- “Quit[ting] on your own” is by far the most common cessation strategy.
- Most smokers who successfully quit used only one strategy.

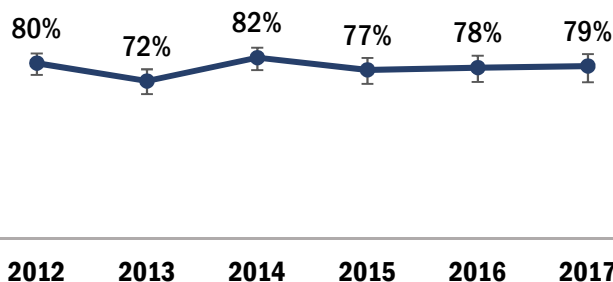
## Smoking Cessation During Pregnancy and Reported Use of Any Strategy

Number of Cessation Strategies Reported, All Smokers, 2016-2017 Vermont PRAMS



Among Vermonters who gave birth in 2016 and 2017, 23.2% smoked cigarettes during the 3 months before pregnancy. Of these, 43.5% quit smoking during pregnancy.

Smokers Who Reported A Cessation Strategy 2012-2017 Vermont PRAMS



Smokers who reported using at least one cessation strategy were significantly more likely to quit smoking. About 32.9% of smokers who did not report using any strategy successfully quit smoking before the end of pregnancy, compared to 45.2% of those who reported at least one strategy.

There was no significant change in the percentage of smokers reporting at least one cessation strategy during the years 2012-2017.

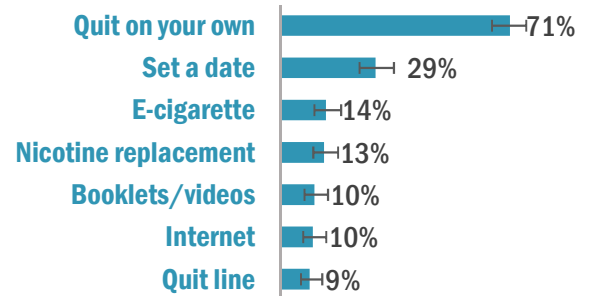
<sup>1</sup> This data brief also revises previous reports of the percent of smokers who reported a smoking cessation strategy in annual Vermont PRAMS overviews for 2013, 2014, and 2015. Those annual overviews used a different method of calculating the proportion of smokers who reported a smoking strategy, which likely overestimated the actual rates of strategy use.

## Strategies for Smoking Cessation Reported by All Smokers

Most smokers who gave birth in 2016-2017 reported trying to “quit on [their] own.” The second most common strategy reported was setting a specific date to quit smoking. The next most commonly reported strategies were the use of an e-cigarette or use of a nicotine patch, gum, lozenge, nasal spray or inhaler.

Less than five percent of smokers reported that they went to counseling, attended a class or program, took a pill like Zyban® (also known as Wellbutrin® or bupropion) or Chantix® (also known as varenicline), used a cessation texting program, or used a cessation application or “app.”

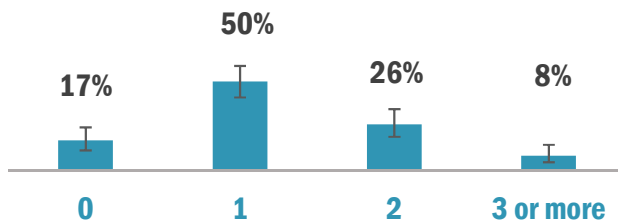
**Percent of Smokers Reporting Each Strategy  
2016-2017 PRAMS**



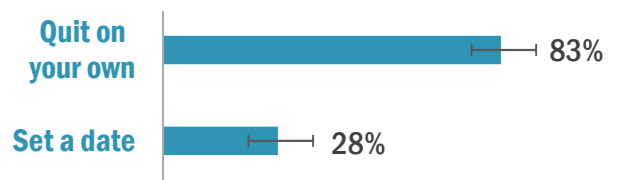
## Among Those Who Quit: Number & Type of Cessation Strategies Reported

Of smokers who quit smoking during pregnancy, 83% reported at least one cessation strategy. About half reported only one cessation strategy. Seventeen percent of those who quit did not report any strategy.

**Number of Cessation Strategies Reported by  
Smokers who Quit During Pregnancy, 2016-2017**



**Percent of Smokers Reporting Each Strategy  
Smokers who Quit During Pregnancy, 2016-2017**



Of smokers who quit during pregnancy, 83% cited quitting on their own as a strategy they used. The next most common strategy, setting a specific date to quit, was reported by 28% of those who quit.

Less than five percent of those who quit reported they used booklets or other materials to help quit, went to counseling, called a quit line (like 802Quits) or website, attended a class or program, used a nicotine substitute such as gum or a patch, used a cessation texting program, used the internet, used an e-cigarette, or used a cessation application or “app.” There were not enough respondents who reported using a pill such as Zyban® or Chantix® to provide an estimate of the percent who used those strategies.

## Key Takeaways

Most smokers who successfully quit smoking during their pregnancy reported only one strategy. The most common strategy cited by those who successfully quit was “quit[ting] on [their] own”.

### The following questions were used for this data brief:

- In the 3 months before you got pregnant, how many cigarettes did you smoke on 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
  
- Listed below are some things about quitting smoking. For each thing, check No if it did not apply to you during your most recent pregnancy or Yes if it did. During your most recent pregnancy, did you –
  - Set a specific date to stop smoking
  - Use booklets, videos, or other materials to help you quit
  - Call a national or state quit line (like 802Quits) or go to a website
  - Attend a class or program to stop smoking
  - Go to counseling for help with quitting
  - Use a nicotine patch, gum, lozenge, nasal spray or inhaler
  - Take a pill like Zyban® (also known as Wellbutrin® or Bupropion) to stop smoking
  - Take a pill like Chantix® (also known as Varenicline) to stop smoking
  - Try to quit on your own (e.g., cold turkey)
  - Use the internet
  - Use a cessation texting program
  - Use a cessation application or “app”
  - Other - Please tell us: \_\_\_\_\_

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