

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a survey of women who recently gave birth that asks about their experiences and behaviors 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 report presents information about smoking cessation strategies used by Vermont women who gave birth in 2012 and 2013 and who smoked cigarettes during the period before pregnancy.

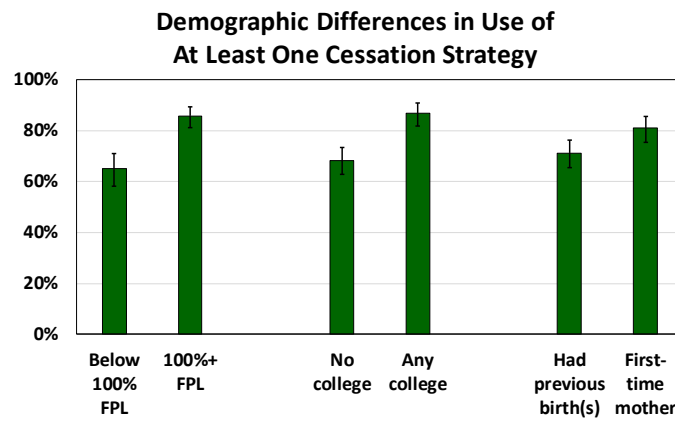
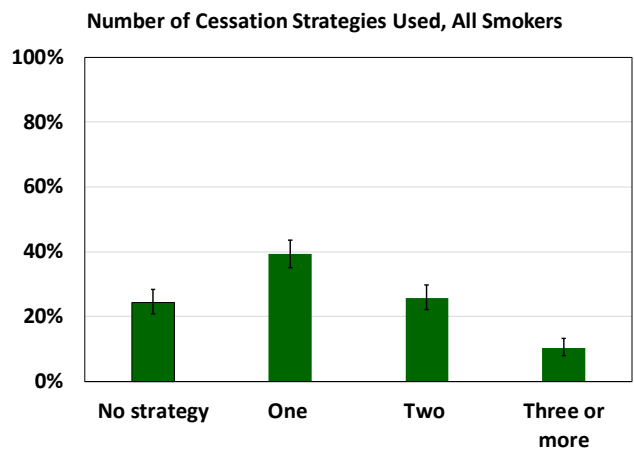
Smoking Cessation during Pregnancy

Among Vermonters who gave birth in 2012 and 2013, 29.6% (27.6%-31.8%) smoked cigarettes during the 3 months before pregnancy. Of these, 43.5% (39.3%-47.7%) quit smoking during pregnancy.

The use of at least one cessation strategy was associated with successful cessation. Only about one in four smokers, or 22.9% (16.1%-31.5%) of smokers who did not use any strategy successfully quit smoking before the end of pregnancy, compared to 47.8% (42.8% - 52.8%) of those who used at least one strategy.

Around three-quarters of smokers used at least one cessation strategy during pregnancy.

- 39.3% (35.2%-43.7%) of smokers used one strategy
- 25.8% (22.2%-29.8%) used two strategies
- Around one in ten, or 10.4% (8.0%-13.4%) of smokers, used three or more strategies.



Prevalence by FPL, education, and previous birth were all significantly different per Pearson Chi-square ($p \leq .011$).

Women living in households with incomes below 100% of the federal poverty level (FPL) were significantly less likely to use a cessation strategy than those at or above 100% FPL, and women with no college education were less likely to use a cessation strategy compared to those with some college education.

First time mothers were slightly *more* likely to use a cessation strategy than those with a previous live birth.

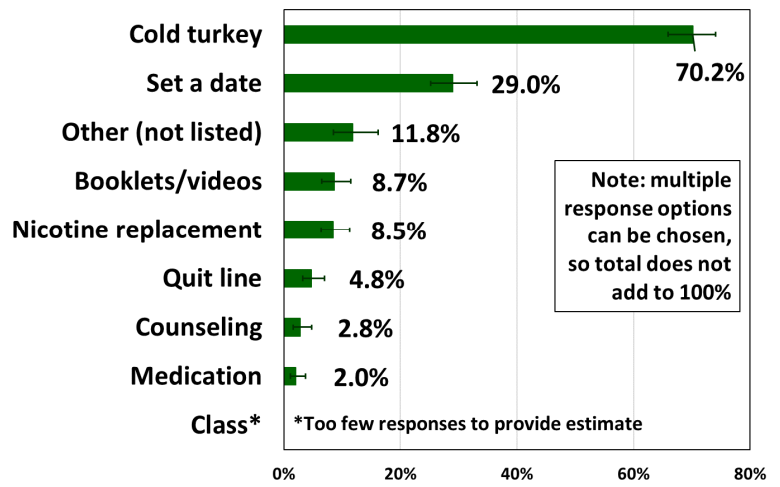
Strategies for Smoking Cessation

The most common strategy used was “cold turkey,” used by 70.2% (66.0%-74.1%) of all smokers who gave birth in 2012-2013.

The most common overall approaches (strategy or combination of strategies) taken by smokers were:

- Cold turkey only: 34.5% (30.4% - 38.9%)
- Nothing: 24.0% (20.3% - 28.1%)
- Setting a date and cold turkey: 18.6% (15.4% - 22.4%)
- "Other" only: 2.9% (1.7% - 4.9%)
- Nicotine replacement and cold turkey: 1.8% (1.0% - 3.5%)

Percent of Smokers Using Each Strategy



Of the smokers who used only one strategy to try to quit, 87.9% (82.5% - 91.8%) tried cold turkey, and 7.6% (4.6% - 12.2%) tried another strategy not listed in the questionnaire, such as e-cigarettes or substituting with candy or non-nicotine chewing gum. No other strategies that were listed on the questionnaire were used frequently enough on their own to provide a meaningful estimate.

Of those using two strategies, cold turkey (97.8% [93.8% - 99.2%]) and setting a date to quit (74.5% [66.6% - 81.1%]) were the most common. A smaller number of smokers (7.6% [4.2% - 13.5%]) used a nicotine replacement such as a patch, or used another strategy not listed in the questionnaire (7.2% [3.9% - 12.8%]). Using booklets or videos, calling a quit line, counseling, and medication were all selected by respondents who used two strategies, but not frequently enough to provide a meaningful estimate.

Among the approximately 10% of smokers who used three or more cessation strategies, the most common were:

- Cold Turkey: 91.4% (79.5% - 96.7%)
- Setting a date: 84.2% (72.3% - 91.6%)
- Booklets/videos: 68.7% (55.6% - 79.4%)
- Nicotine replacement: 52.5% (39.2% - 65.5%)
- Quit line/website: 32.7% (21.5% - 46.3%)
- Counseling: 22.1% (12.5% - 36.0%)
- Classes: 18.4% (9.7% - 32.1%)

Using medication and using another strategy not listed were also selected by some respondents who used three or more strategies, but not frequently enough to provide a meaningful estimate.

The following tobacco use and tobacco cessation questions were used for this data brief:

- In the 3 months before you got pregnant, 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

- 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 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®) or Chantix® (also known as Varenicline) to stop smoking
 - Try to quit on your own (e.g., cold turkey)
 - Other: Please tell us: _____

Questions or comments about this report, or requests for further data, may be sent to John Davy at john.davy@vermont.gov or (802) 863-7661. More information about Vermont PRAMS can also be found at the Vermont Department of Health's population health surveys and data page at <http://healthvermont.gov/stats/surveys>.