

Tobacco

Tobacco Use Before, During, and After Pregnancy; Quitting Smoking during Pregnancy; Smoking Relapse after Delivery; and Secondhand Smoke Exposure in the Home



Background

Besides other known health risks, smoking before pregnancy is associated with reduced fertility and conception delays.¹ During pregnancy, smoking has detrimental health effects on the mother and the fetus, as well as on the infant post-delivery. Smoking is associated with pregnancy complications including placenta previa, placental abruption, and premature rupture of membranes, and with stillbirth, intrauterine growth retardation, low birth weight, and infant death.² Infants exposed to secondhand smoke are at higher risk for Sudden Infant Death Syndrome (SIDS), and acute lower respiratory tract and ear infections.³

Reducing the overall use of tobacco is a CDC Winnable Battle,⁴ and smoking cessation during pregnancy is a particularly urgent public health goal. Three *Healthy People 2020* objectives address smoking around the time of pregnancy, and include aims to increase the proportion of women delivering a live birth who: 1) did not smoke in the three months prior to pregnancy to 85.4%^{*}; 2) did not smoke during pregnancy to 98.6%[†]; and, 3) who quit smoking during pregnancy to 30%[‡].⁵

PRAMS Questions

Q1: Have you smoked any cigarettes in the *past 2 years*? Response options are Yes and No.

Q2: In the *3 months before* you got pregnant, how many cigarettes did you smoke on an average day? Response options are:

- 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

* Healthy People Objective MICH-16.3. <http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=26>

† Healthy People Objective MICH-11.3. <http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=26>

‡ Healthy People Objective TU-6. <http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=41>

Q3: In the *last 3 months* of your pregnancy, how many cigarettes did you smoke on an average day?

Response options are:

- 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

Q4: How many cigarettes do you smoke on an average day *now*? Response options are:

- 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 don't smoke now

Q5: Which statement best describes the rules about smoking *inside* your home *now*. Response options are:

- No one is allowed to smoke anywhere inside my home
- Smoking is allowed in some rooms or at some times
- Smoking is permitted anywhere inside my home

Findings from women who delivered a live-born infant in 2009 in any of the 29 PRAMS states that met the response rate threshold of 65%[§] are included in this report.

Findings in Brief

In 2009, 25.2%^{**} of women who delivered a live-born infant reported smoking in the three months before pregnancy. The prevalence was highest among women who were younger than 20 years of age (32.3%), white, non-Hispanic (31.0%), had a high school education (35.9%) and had Medicaid coverage during pregnancy (37.2%) or at delivery (34.3%). In contrast, the prevalence of smoking in the three months before pregnancy was lowest among women who were 35 years or older (14.1%), Hispanic (12.6%), had more than a high school education (18.3%), reported having no insurance during pregnancy (12.7%), or had private insurance at delivery (17.0%) (Figures 1 and 2; Table 1).

The prevalence of smoking in the last three months of pregnancy was 12.4% among PRAMS respondents who had a live birth in 2009[§]. Women who were younger than 20 years of age (14.7%), white, non-Hispanic (16.1%), had a high school education (19.4%), and reported Medicaid as their source of insurance coverage during pregnancy (21.5%) and at delivery (19.8%) had the highest prevalence. The prevalence of smoking in the last three months of pregnancy was lowest among women who were 35 years or older (6.5%), Hispanic (3.8%), had more than a high school education (6.8%), reported having

[§]The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

^{**}95% confidence intervals (CI) for all percentages are included in the figures and tables.

no insurance during pregnancy (5.7%), and reported private insurance at delivery (6.1%) (Figures 3 and 4; Table 2).

Among women who smoked in the three months before pregnancy, 51.7% quit smoking during pregnancy. The prevalence of quitting during pregnancy was highest among women who were younger than 20 years of age (55.1%), Hispanic (71.9%), had more than a high school education (63.8%), and women who reported private or other insurance during pregnancy and at delivery. Lower proportions of quitting were found among women who were 20-34 years of age (50.8%), white non-Hispanic (48.6%), had less than a high school education (39.1%) and who reported Medicaid as their source of insurance coverage during pregnancy (43.3%) and at delivery (44.2%) (Figures 5 and 6; Table 3).

In 2009, smoking after delivery was reported by 17.6% of respondents. The prevalence was highest among women who were younger than 20 years of age (24.1%), white, non-Hispanic (21.8%), and had a high school education (27.3%), and were enrolled in Medicaid during pregnancy (29.1%), and at delivery (27.0%). Prevalence of smoking after delivery was lowest among women who were 35 years or older (8.8%), Hispanic (6.9%), had a high school education (10.7%), and those who reported having no insurance during pregnancy (7.8%) or private insurance at delivery (9.6%) (Figures 7 and 8; Table 4).

Nearly half (44.4%) of women who reported having quit smoking during pregnancy resumed smoking (relapsed) after delivery. The prevalence of relapse was highest among women who were younger than 20 years of age (53.7%), Black non-Hispanic (64.9%), had less than a high school education (53.6%), reported Medicaid as their source of insurance coverage during pregnancy (51.7%), and who reported no insurance coverage at delivery (53.6%). Relapse was lowest among women who were 35 years or older (28.0%), Hispanic (38.1%), had more than a high school education (36.1%), reported no insurance coverage during pregnancy (27.7%), and those who reported private insurance at delivery (36.3%) (Figures 9 and 10; Table 5).

The prevalence of women who delivered a live-born infant in 2009 and reported that no smoking was permitted anywhere inside their home was 93.2%. The prevalence of reporting 100% smoke-free homes was highest among women who were 35 years or older (96.9%), Hispanic (96.9%), had more than a high school education (96.7%), had no insurance during pregnancy (96.0%), and those with private insurance at delivery (97.4%) (Figures 11 and 12; Table 6). In contrast, the prevalence of 100% smoke-free homes was lowest among women who were younger than 20 years of age (83.6%), black, non-Hispanic (87.2%), had less than a high school education, and those who reported Medicaid as their source of insurance coverage during pregnancy (87.2%) or at delivery (88.4%).

Public Health Implications

Smoking is a modifiable behavior that is known to have negative consequences on the health of mothers and their offspring. In 2009, the prevalence of smoking before pregnancy (25.2%) and during pregnancy (12.4%) shows that more work is needed to achieve the *Healthy People 2020* objectives aimed at reducing both smoking prior to pregnancy and smoking during pregnancy. While all PRAMS states included in this report achieved the *Healthy People 2020* objective of 30% of pregnant smokers quitting during pregnancy, more effort is needed to help women remain smoke-free after delivery. Close to half of women who reported quitting smoking during pregnancy resumed smoking after delivery (44.4%)^{††}.

^{††} *Healthy People 2020* has a developmental objective (MICH-18) to reduce postpartum smoking relapse among women who quit smoking during pregnancy. No specific target has been set. For more information, please see: <http://healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=26>

On a positive note, a high prevalence of women who had a live birth in 2009 reported having a 100% smoke-free home rule after delivery (93.2%), which exceeds the *Healthy People 2020* target of 87.0%.^{**}

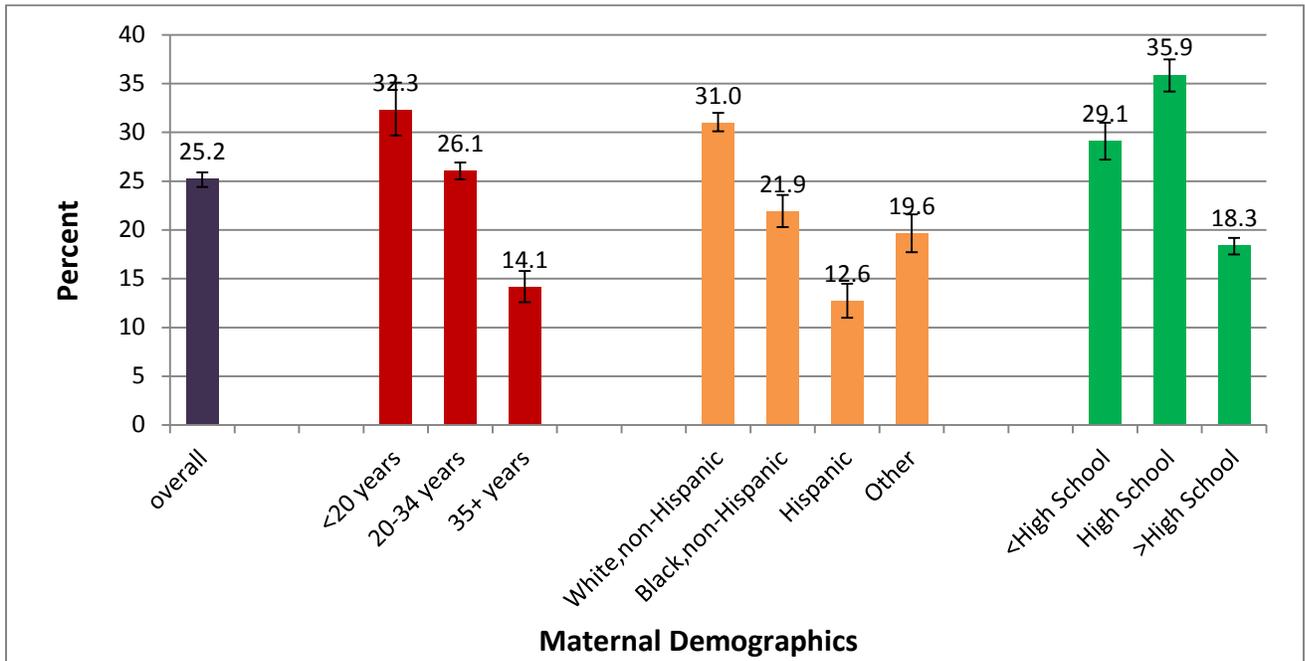
Surveillance and evaluation of tobacco use is a component of the CDC's recommended best practices for comprehensive tobacco control.⁶ PRAMS can be used to inform tobacco control activities at the state level for the prevention of smoking initiation and/or to increase smoking cessation among non-pregnant women of reproductive age.⁷ PRAMS data also can be used to inform the design of targeted cessation interventions for pregnant smokers during prenatal care. Lastly, stress is a known risk factor for smoking⁸ and the period around pregnancy can be particularly stressful.⁹ The PRAMS survey collects data about stressors around the time of pregnancy. This information and data regarding other maternal behaviors, combined with PRAMS tobacco use data, can be used to inform policy and design interventions that address these factors before, during, and immediately after pregnancy, which may help women quit smoking and prevent their babies from being exposed to tobacco and secondhand smoke.

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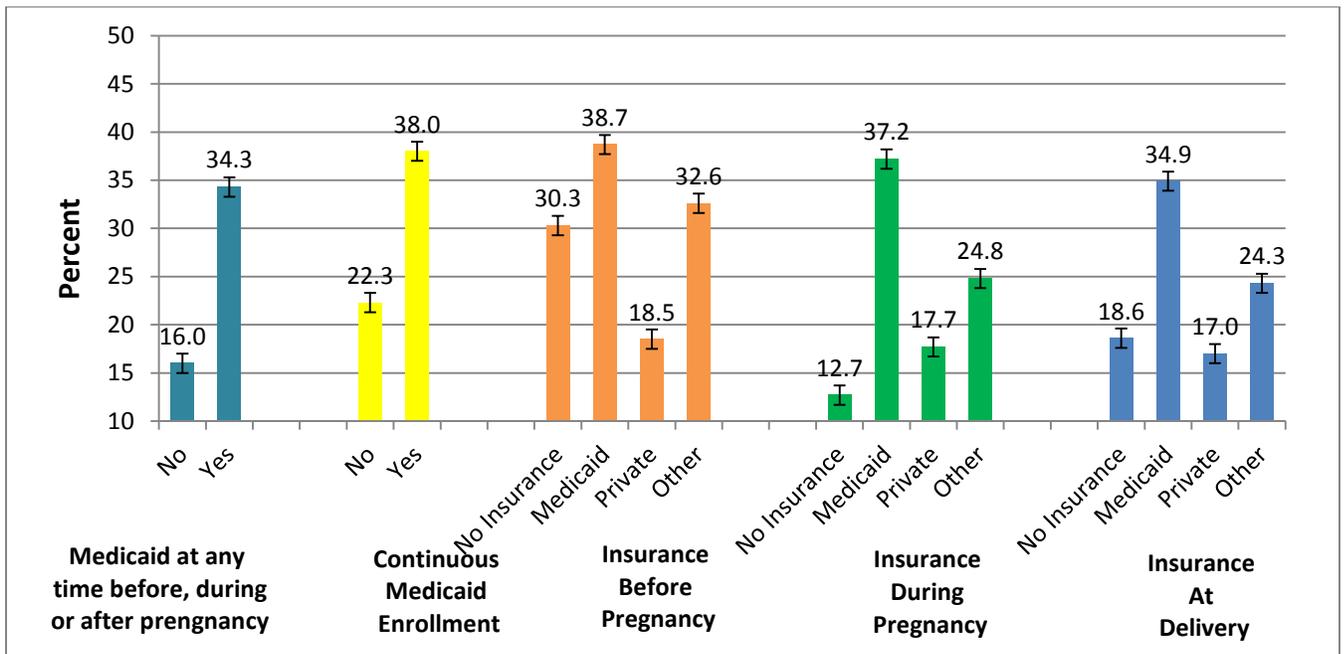
^{**}*Healthy People 2020* objective TU-14;

Figure 1. Prevalence of smoking 3 months before pregnancy by selected maternal demographics, 29 States*, PRAMS 2009



*The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

Figure 2. Prevalence of smoking 3 months before pregnancy by insurance status, 29 States*, PRAMS 2009



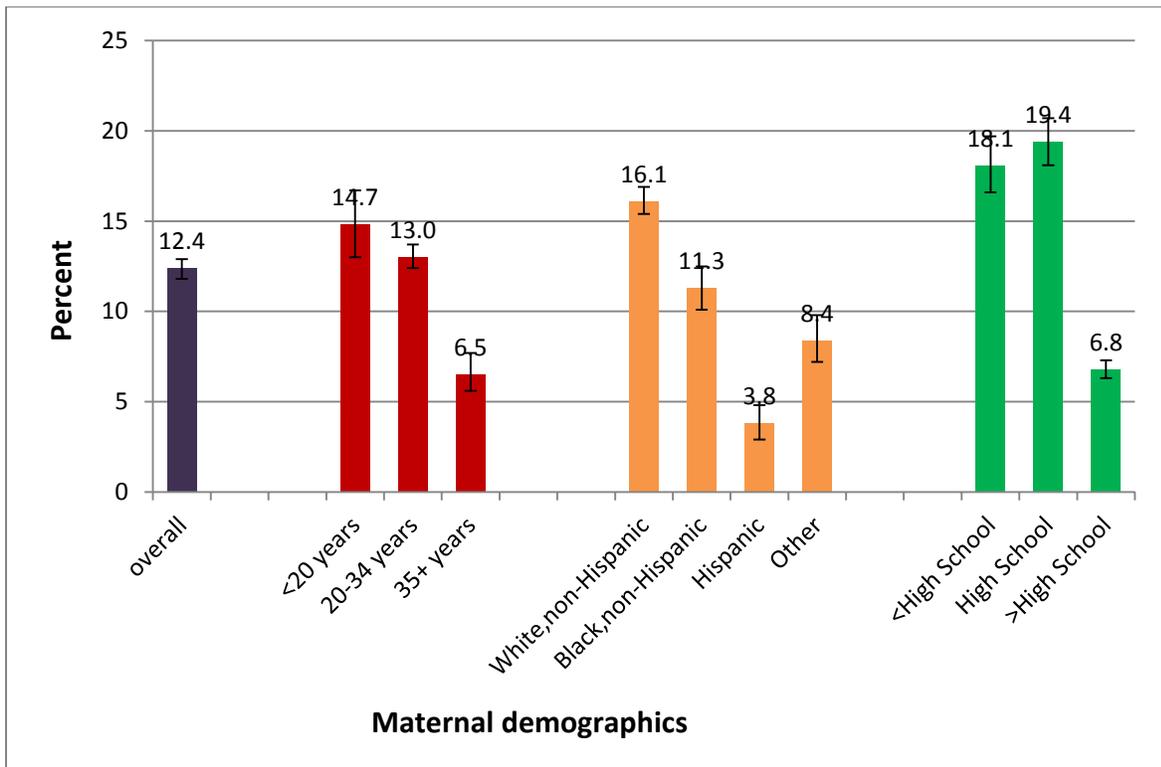
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Table 1. Prevalence of smoking 3 months before pregnancy by selected maternal demographics, 29 States*, PRAMS 2009

	Prevalence of Smoking 3 Months before Pregnancy		Prevalence of Not Smoking 3 Months before Pregnancy	
	Percent (%)	95% CI	Percent (%)	95% CI
Overall	25.2	24.4-25.9	74.8	74.1-75.6
Maternal age				
<20 years	32.3	29.7-35.1	67.7	65.0-70.1
20-34 years	26.1	25.2-26.9	73.9	73.1-74.8
35+ years	14.1	12.6-15.8	85.9	84.2-87.4
Maternal race/ethnicity				
White, non-Hispanic	31.0	30.1-32.0	69.0	68.0-70.0
Black, non-Hispanic	21.9	20.3-23.6	78.1	76.4-79.7
Hispanic	12.6	11.0-14.5	87.4	85.5-89.0
Other	19.6	17.7-21.6	80.4	78.4-82.3
Maternal education				
<High School	29.1	27.2-31.0	70.9	69.0-72.8
High School	35.9	34.2-37.5	64.1	62.5-65.8
>High School	18.3	17.5-19.2	81.7	80.8-82.5
Insurance during pregnancy				
No insurance	12.7	9.5-16.8	87.3	83.2-90.5
Medicaid	37.2	35.9-38.6	62.8	61.4-64.1
Private	17.7	16.8-18.6	82.3	81.4-83.2
Other	24.8	20.7-29.5	75.2	70.5-79.3
Insurance at delivery				
No insurance	18.6	14.3-24.0	81.4	76.0-85.8
Medicaid	34.9	33.7-36.2	65.1	63.8-66.3
Private	17.0	16.1-17.9	83.0	82.2-83.9
Other	24.3	20.2-29.0	75.7	71.0-79.8

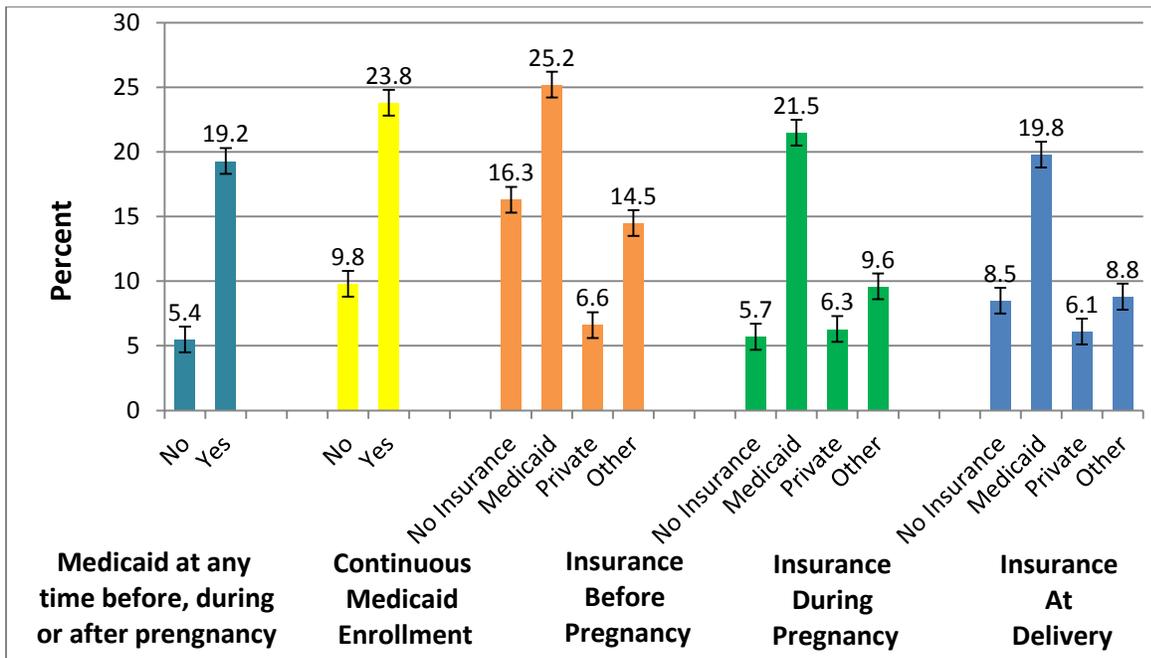
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Figure 3. Prevalence of smoking in last 3 months pregnancy by selected maternal demographics, 29 States*, PRAMS 2009



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Figure 4. Prevalence of smoking in last 3 months pregnancy by insurance status, 29 States*, PRAMS 2009

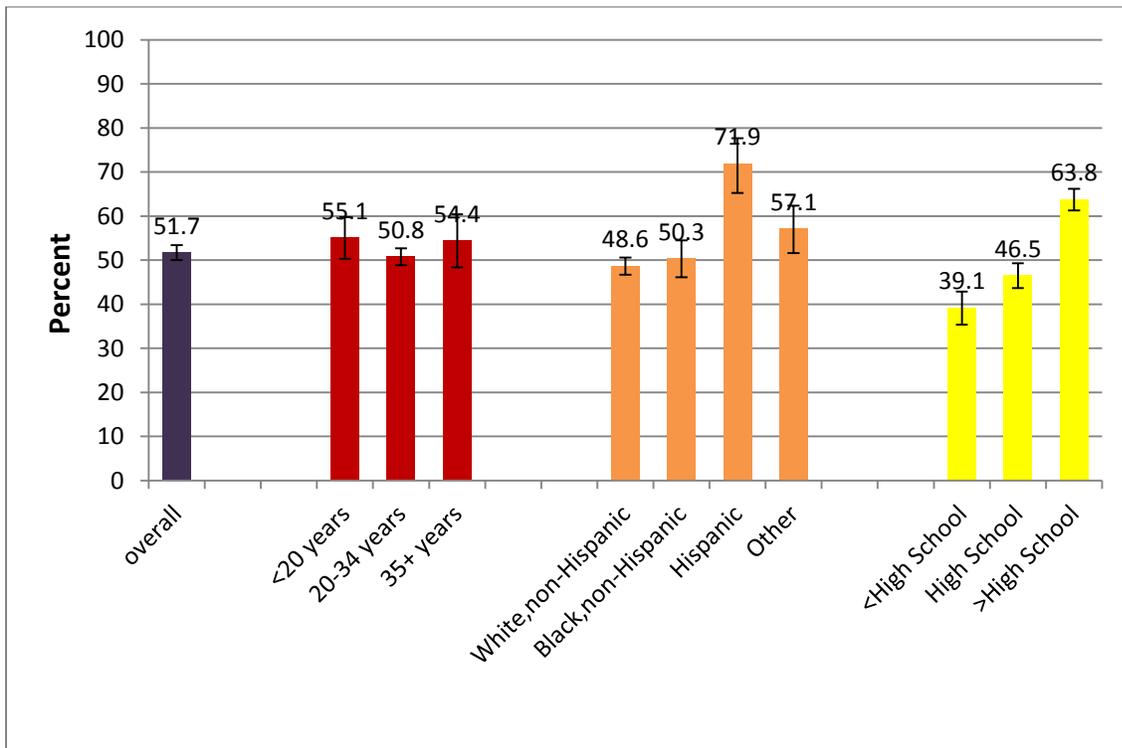


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Table 2. Prevalence of smoking in the last 3 Months of pregnancy by selected maternal demographics, 29 States*, PRAMS 2009				
	Prevalence of Smoking in Last 3 Months of Pregnancy		Prevalence of Not Smoking In 3 Last Months of Pregnancy	
	Percent (%)	95% CI	Percent (%)	95% CI
Overall	12.4	11.8-12.9	87.6	87.1-88.2
Maternal age				
<20 years	14.7	13.0-16.7	85.3	83.3-87.0
20-34 years	13.0	12.4-13.7	87.0	86.3-87.6
35+ years	6.5	5.6-7.7	93.5	92.3-94.4
Maternal race/ethnicity				
White, non-Hispanic	16.1	15.4-16.9	83.9	83.1-84.7
Black, non-Hispanic	11.3	10.1-12.5	88.7	83.0-84.6
Hispanic	3.8	2.9-4.8	96.2	95.2-97.0
Other	8.4	7.2-9.7	91.6	90.2-92.7
Maternal education				
<High School	18.1	16.5-19.7	81.9	80.2-83.4
High School	19.4	18.1-20.7	80.6	79.3-81.8
>High School	6.8	6.2-7.3	93.2	92.8-93.7
Insurance during pregnancy				
No insurance	5.7	3.9-8.1	94.3	91.8-96.0
Medicaid	21.5	20.3-22.6	78.5	77.3-79.6
Private	6.3	5.7-6.8	93.7	93.1-94.2
Other	9.6	7.2-12.5	90.3	87.4-92.7
Insurance at delivery				
No insurance	8.5	6.0-11.7	91.5	88.2-93.9
Medicaid	19.8	18.8-20.8	80.2	79.1-81.1
Private	6.1	5.5-6.6	93.9	93.3-94.4
Other	8.8	6.6-11.5	91.2	88.5-93.3

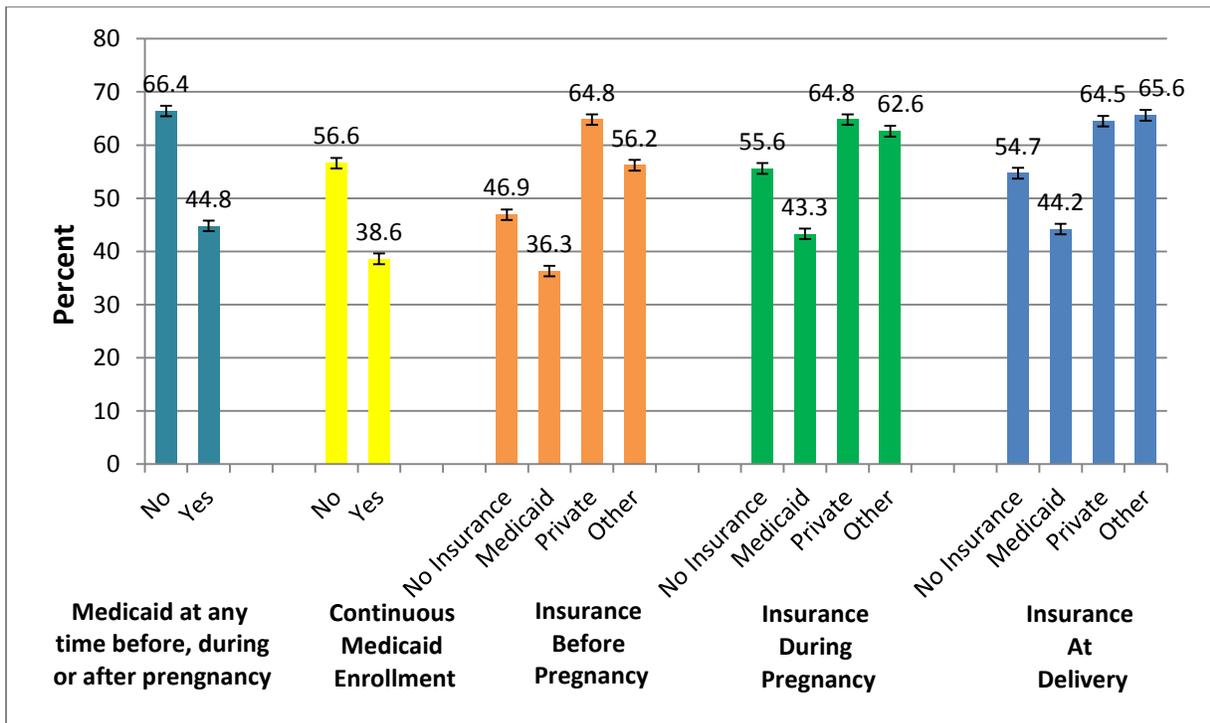
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Figure 5. Prevalence of quitting smoking during pregnancy among women who smoked before pregnancy by selected maternal demographics, 29 States*, PRAMS 2009



*The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

Figure 6. Prevalence of quitting smoking during pregnancy among women who smoked before pregnancy by insurance status, 29 States*, PRAMS 2009



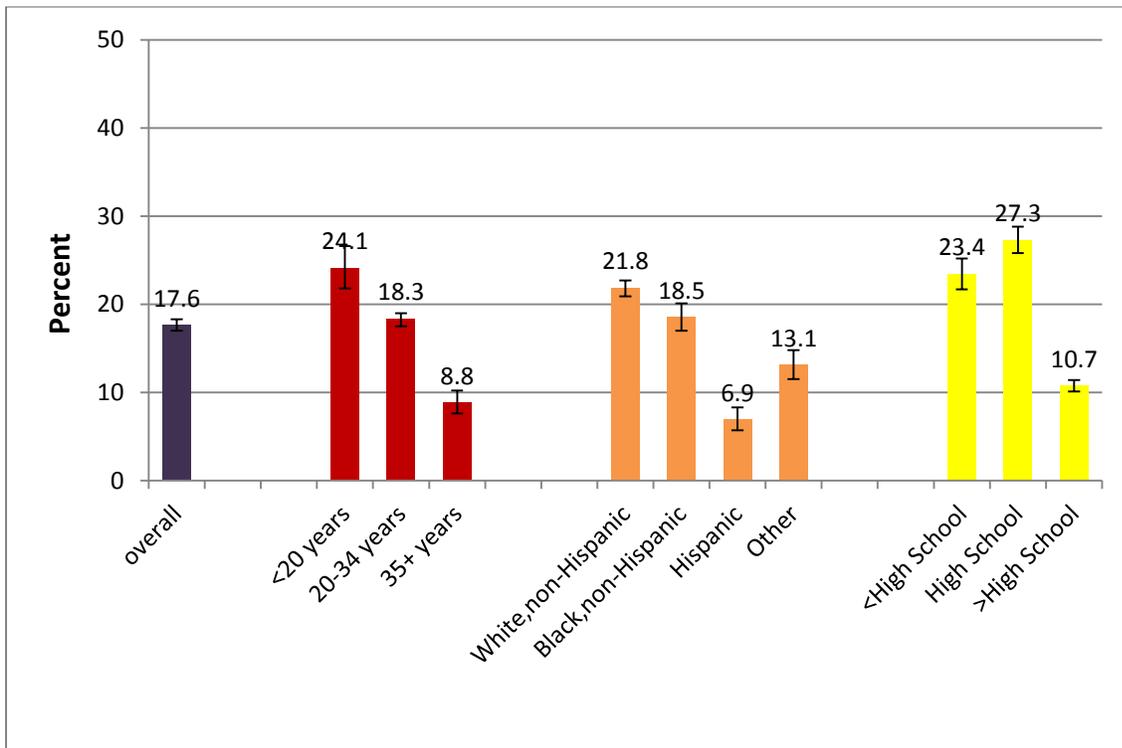
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Table 3. Prevalence of quitting smoking during pregnancy among women who smoked before pregnancy, stratified by selected maternal demographics, 29 States*, PRAMS 2009

	Prevalence of Quitting during Pregnancy		Prevalence of Not Quitting during Pregnancy	
	Percent (%)	95% CI	Percent (%)	95% CI
Overall	51.7	50.0-53.3	48.3	46.6-50.0
Maternal age				
<20 years	55.1	50.3-59.8	44.9	40.2-49.6
20-34 years	50.8	48.9-52.7	49.2	47.2-51.0
35+ years	54.4	48.3-60.3	45.6	39.6-51.6
Maternal race/ethnicity				
White, non-Hispanic	48.6	46.6-50.5	51.4	49.4-53.3
Black, non-Hispanic	50.3	46.1-54.4	49.7	45.5-53.8
Hispanic	71.9	65.3-77.7	28.1	22.2-34.6
Other	57.1	51.5-62.3	42.9	37.6-48.4
Maternal education				
<High School	39.1	35.4-42.9	60.9	57.0-64.5
High School	46.5	43.6-49.2	53.5	50.7-56.3
>High School	63.8	61.3-66.2	36.2	33.7-38.6
Insurance during pregnancy				
No insurance	55.6	41.0-69.2	44.4	30.7-58.9
Medicaid	43.3	41.0-45.5	56.7	54.4-59.0
Private	64.8	62.1-67.4	35.2	32.5-37.8
Other	62.6	52.9-71.3	37.4	28.6-47.0
Insurance at delivery				
No insurance	54.7	40.9-67.6	45.3	32.3-59.0
Medicaid	44.2	42.0-46.3	55.8	53.6-58.0
Private	64.5	61.7-67.2	35.5	32.7-38.2
Other	65.6	56.1-73.8	34.4	26.1-43.8

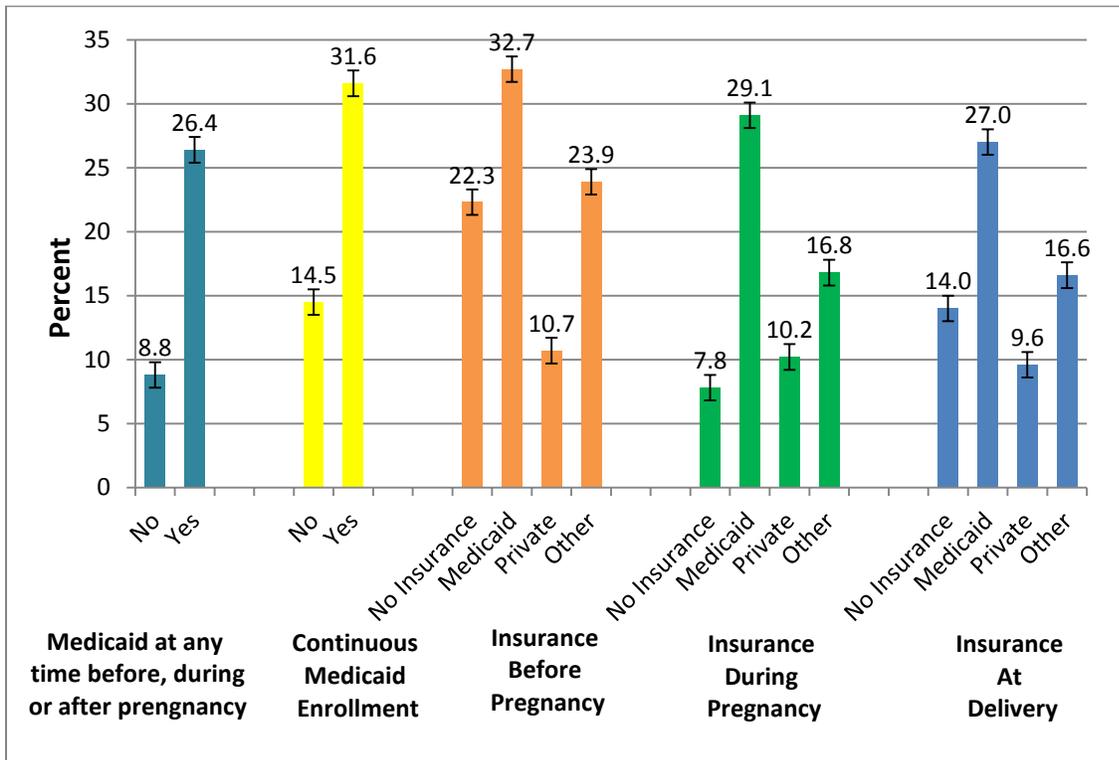
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Figure 7. Prevalence of smoking after delivery by selected maternal demographics, 29 States*, PRAMS 2009



*The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

Figure 8. Prevalence of smoking after delivery by insurance status, 29 States*, PRAMS 2009



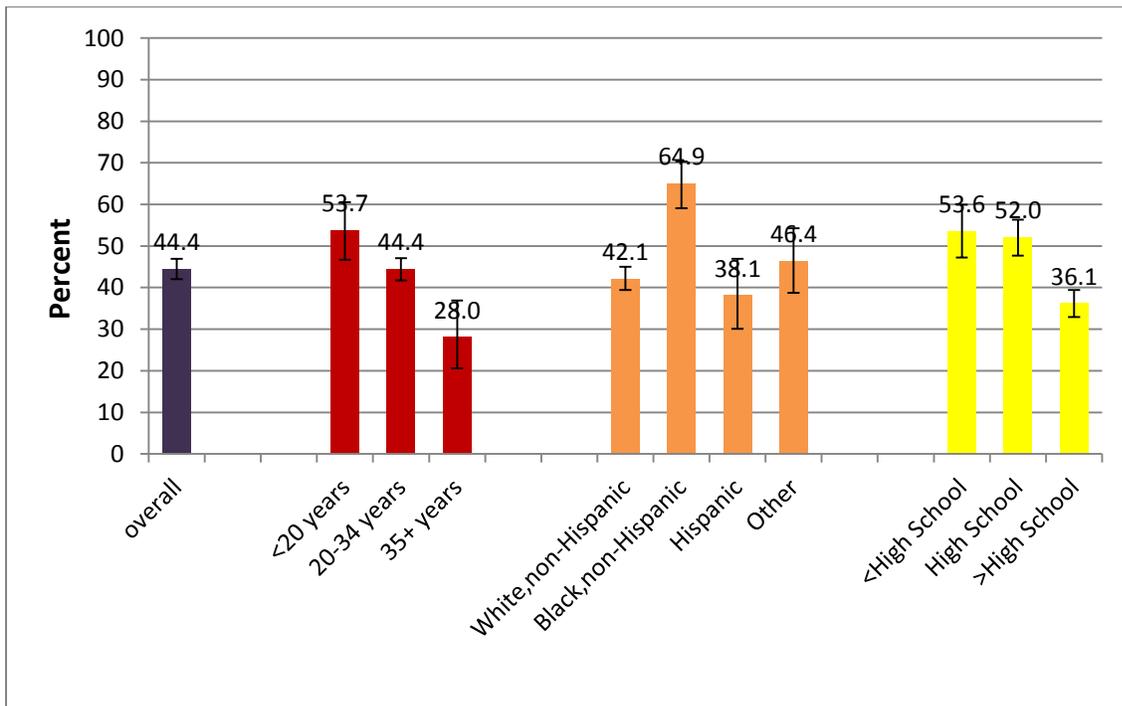
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Table 4. Prevalence of smoking after delivery by selected maternal demographics, 29 States*, PRAMS 2009

	Prevalence of Smoking after Delivery		Prevalence of Not Smoking after Delivery	
	Percent (%)	95% CI	Percent (%)	95% CI
Overall	17.6	17.0-18.3	82.3	81.7-83.0
Maternal age				
<20 years	24.1	21.8-26.5	75.9	73.4-78.1
20-34 years	18.3	17.5-19.0	81.7	80.9-82.4
35+ years	8.8	7.5-10.2	91.2	89.8-92.4
Maternal race/ethnicity				
White, non-Hispanic	21.8	20.8-22.6	78.2	77.3-79.1
Black, non-Hispanic	18.5	17.0-20.1	81.5	79.8-82.9
Hispanic	6.9	5.7-8.3	93.1	91.6-94.2
Other	13.1	11.5-14.8	86.9	85.1-88.4
Maternal education				
<High School	23.4	21.7-25.2	76.6	74.7-78.2
High School	27.3	25.7-28.7	72.7	71.2-74.2
>High School	10.7	10.0-11.4	89.3	88.6-89.9
Insurance during pregnancy				
No insurance	7.8	5.5-10.7	92.2	89.2-94.4
Medicaid	29.1	27.8-30.4	70.9	69.6-72.2
Private	10.2	9.5-10.9	89.8	89.1-90.5
Other	16.8	13.2-21.0	83.2	79.0-86.7
Insurance at delivery				
No insurance	14.0	10.3-18.8	86.0	81.2-89.7
Medicaid	27.0	25.8-28.1	73.0	71.9-74.2
Private	9.6	8.9-10.3	90.4	89.7-91.1
Other	16.6	13.1-21.0	83.4	79.1-86.9

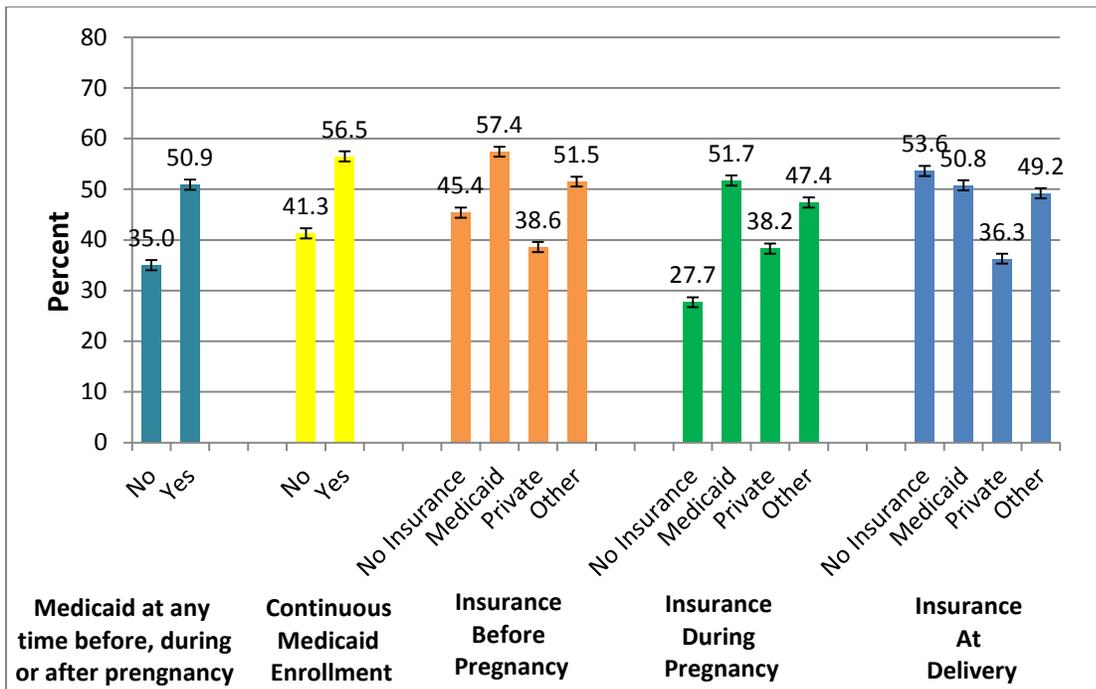
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Figure 9. Prevalence of smoking after delivery among women who quit smoking during pregnancy (relapse) by selected maternal demographics, 29 States*, PRAMS 2009



*The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

Figure 10. Prevalence of smoking after delivery among women who quit smoking during pregnancy (relapse) by insurance status, 29 States*, PRAMS 2009



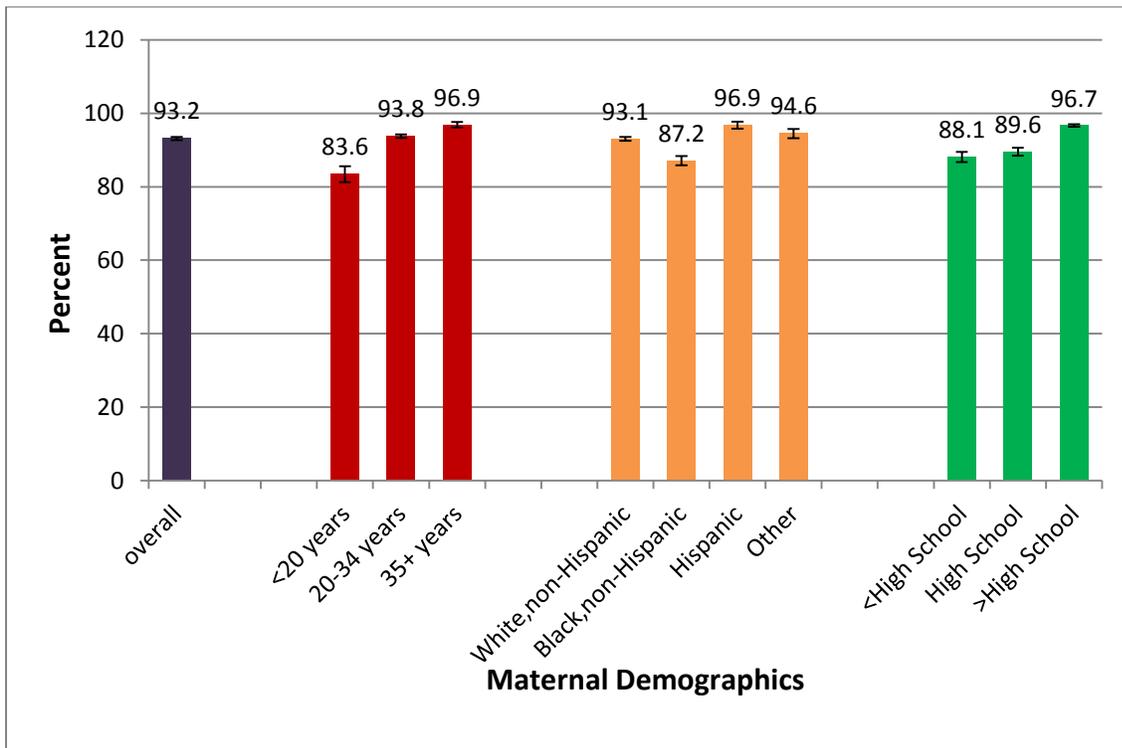
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Table 5. Prevalence of smoking after delivery among women who quit smoking during pregnancy (relapse) by selected maternal demographics, 29 States*, PRAMS 2009

	Prevalence of Resuming Smoking After Delivery (Relapse)		Prevalence of Not Resuming Smoking After Delivery (No Relapse)	
	Percent (%)	95% CI	Percent (%)	95% CI
Overall	44.4	42.0-46.9	55.6	53.1-58.0
Maternal age				
<20 years	53.7	46.7-60.5	46.3	39.5-53.3
20-34 years	44.4	41.7-47.1	55.6	52.9-58.3
35+ years	28.0	20.6-36.9	72.0	63.1-79.4
Maternal race/ethnicity				
White, non-Hispanic	42.1	39.4-44.9	57.9	55.0-60.6
Black, non-Hispanic	64.9	59.1-70.3	35.1	29.7-40.9
Hispanic	38.1	30.0-46.9	61.9	53.1-69.9
Other	46.4	38.7-54.3	53.6	54.7-61.3
Maternal education				
<High School	53.6	47.2-59.9	46.4	40.1-52.8
High School	52.0	47.7-56.2	48.0	43.7-52.3
>High School	36.1	32.9-39.3	63.9	60.6-67.1
Insurance during pregnancy				
No insurance	27.7	12.5-50.6	72.3	49.4-87.5
Medicaid	51.7	48.1-55.3	48.3	44.7-51.9
Private	38.2	34.9-41.7	61.8	58.3-65.1
Other	47.4	34.0-61.2	52.6	38.8-66.0
Insurance at delivery				
No insurance	53.6	32.6-73.5	46.4	26.3-67.4
Medicaid	50.8	47.3-54.2	49.2	45.8-52.7
Private	36.3	32.9-39.9	63.7	60.1-67.1
Other	49.2	35.6-62.9	50.8	37.1-64.4

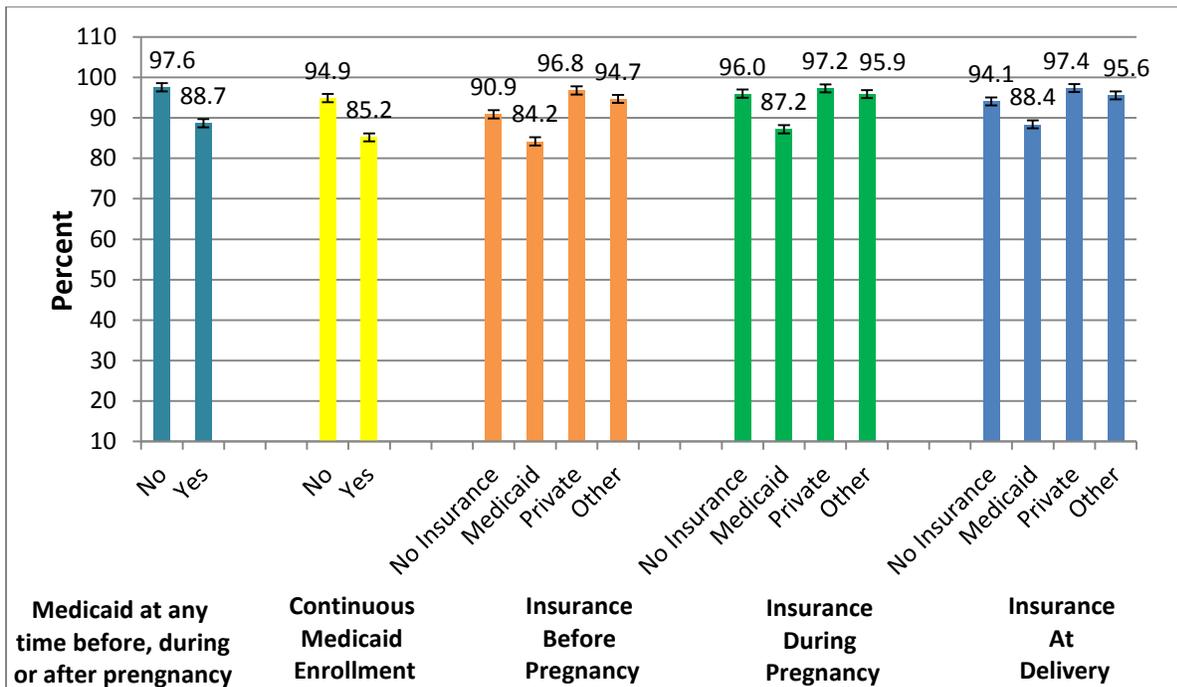
The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

Figure 11. Prevalence of 100% “smoke-free homes” after delivery by selected maternal demographics, 29 States*, PRAMS 2009



*The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

Figure 12. Prevalence of 100% “smoke-free homes” after delivery by insurance status, 29 States*, PRAMS 2009



*The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.

Table 6. Prevalence of 100% “smoke-free homes” after delivery by selected maternal demographics, 29 States*, PRAMS 2009

	Prevalence of 100% “smoke-free homes” after delivery		Prevalence of Not having 100% “smoke-free homes” after delivery	
	Percent (%)	95% CI	Percent (%)	95% CI
Overall	93.2	92.7-93.6	6.8	6.4-7.3
Maternal age				
<20 years	83.6	81.3-85.6	16.4	14.4-18.7
20-34 years	93.8	93.3-94.3	6.2	5.7-6.7
35+ years	96.9	96.2-97.6	3.1	2.4-3.8
Maternal race/ethnicity				
White, non-Hispanic	93.1	92.5-93.6	6.9	6.4-7.5
Black, non-Hispanic	87.2	85.8-88.4	12.8	11.6-14.1
Hispanic	96.9	95.8-97.7	3.1	2.3-4.2
Other	94.6	93.2-95.7	5.4	4.3-6.8
Maternal education				
<High School	88.1	86.6-89.4	11.9	10.5-13.3
High School	89.6	88.5-90.6	10.4	9.4-11.5
>High School	96.7	96.3-97.0	3.3	3.0-3.7
Insurance during pregnancy				
No insurance	96.0	93.5-97.6	4.0	2.4-6.5
Medicaid	87.2	86.2-88.2	12.8	11.8-13.7
Private	97.2	96.9-97.6	2.8	2.4-3.1
Other	95.9	93.2-97.5	4.1	2.5-6.8
Insurance at delivery				
No insurance	94.1	89.8-96.6	5.9	3.4-10.2
Medicaid	88.4	87.5-89.2	11.6	10.8-12.5
Private	97.4	97.0-97.8	2.6	2.2-3.0
Other	95.6	92.8-97.3	4.4	2.7-7.2

*The 29 PRAMS states that met the response rate threshold of 65% in 2009 include: AK, AR, CO, DE, GA, HI, IL, ME, MD, MA, MI, MN, MS, MO, NE, NJ, OH, OK, OR, PA, RI, TN, TX, UT, VT, WA, WV, WI, and WY.