PREGNANCY & TOBACCO USE

Quitting smoking can be hard, but it is one of the best ways a woman can protect herself and her baby’s health.

13%–20% of all pregnant tobacco users continue to smoke throughout their pregnancies.

60%–70% of women go back to tobacco 6 months after their child’s birth.

45% of women who quit tobacco during pregnancy go back to tobacco within 2 to 3 months of their child’s birth.

up to 80% of women go back to tobacco by their child’s first birthday.

TRIGGERS THAT MAY MAKE IT HARD TO QUIT

- Your partner smokes or there are one or more smokers in your home
- Feeling nostalgic for one’s “former self”
- Drinking beverages with caffeine or alcohol
- Concerns about weight gained in pregnancy
- Stress and sleep deprivation or interruption
- Baby blues
- Major life change once the baby is born
- Lack of social support

TIPS FOR QUITTING

FIND WAYS TO MANAGE YOUR STRESS TO KEEP FROM GOING BACK TO TOBACCO.

WORK WITH A QUIT COACH TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.

TALK WITH YOUR HEALTH CARE PROVIDER ABOUT THE POSSIBILITY OF USING QUIT MEDICATIONS.

For more information, visit njhealth.org/quittobaccohelp