

Commercial Tobacco & Pregnancy



Prenatal smoking cessation in early gestation is proven to decrease negative health outcomes related to commercial tobacco.

32.5% of AI/AN woman smoke, the highest rate of any ethnic group.

26% of AI/AN women smoke during their last 3 months of pregnancy.



Smoking and Birthweight



- ◆ 1st trimester, quitting before 2nd trimester resulted in normal birthweight
- ◆ 2nd trimester, babies were born with shorter femurs
- ◆ 3rd trimester, babies were born with lowest birthweight and head Circumference

For each additional **11 or more** cigarettes smoked per day in the **3rd trimester** there was an average 27 grams reduction in birthweight.

11 ciggs a day= 0.96 ounces less
15 ciggs a day= 14 ounces less
1 pack a day =1.2 pounds less
1.5 packs a day =1.7 pounds less

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Waiting to breastfeed 95 minutes after smoking will decrease nicotine levels in breastmilk by 50%.



Breast Feeding

Chemicals in cigarettes and chewing tobacco enter breast milk and may cause:

- ◆ Decrease of Vitamin C in breast milk
- ◆ Decreased sleeping hours (average 30 min less)
- ◆ Insufficient iodine –causing thyroid dysfunction, decreasing brain development
- ◆ Vomiting and Diarrhea
- ◆ Increased heart rate
- ◆ Decrease the supply of breast milk
- ◆ Colic

Infants who are exposed to secondhand smoke after birth are at greater risk for SIDS...

- ◆ Infantile colic
- ◆ Low birth weight
- ◆ Phenomena
- ◆ Physical and mental development delays
- ◆ Ear infections
- ◆ Asthma
- ◆ Heart disease
- ◆ Stroke
- ◆ Bronchitis
- ◆ Miscarriages
- ◆ Cancer
- ◆ Tooth Decay

For more information on commercial tobacco use and health effects please contact Ryan Sealy (Tobacco Specialist) and Antoinette Aguirre (Cancer Prevention Coordinator) at the Northwest Portland Area Indian Health Board.

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