



CIGARETTE SMOKING DURING PREGNANCY

- Cigarette smoking during pregnancy (any time during the 1st, 2nd, or 3rd trimesters) was reported among **0.9% of Tarrant County** live births (approximately 250 live births) in 2024, which was **slightly higher than Texas** (0.8%) and **significantly lower than the United States** (2.4%), all of which met the Healthy People 2030 goal* (<4.4%)
- In Tarrant County:
 - Among women who smoked in the 3 months prior to pregnancy in 2024, **11% quit smoking** for their entire pregnancy and **7% quit before their 2nd trimester**
 - Smoking during pregnancy **was highest** among **Non-Hispanic White** mothers from 2015-2023 and among **Non-Hispanic Black** mothers in 2024
 - Infants born to mothers who smoked** during pregnancy were **significantly more likely** to experience these poor pregnancy outcomes:
 - Low birth weight**
 - Admission into the NICU**
 - Prematurity**
 - Death before their first birthday**

Figure 2. Smoking during pregnancy among mothers who smoked in the 3 months prior to pregnancy, Tarrant County, 2024 (n=279)

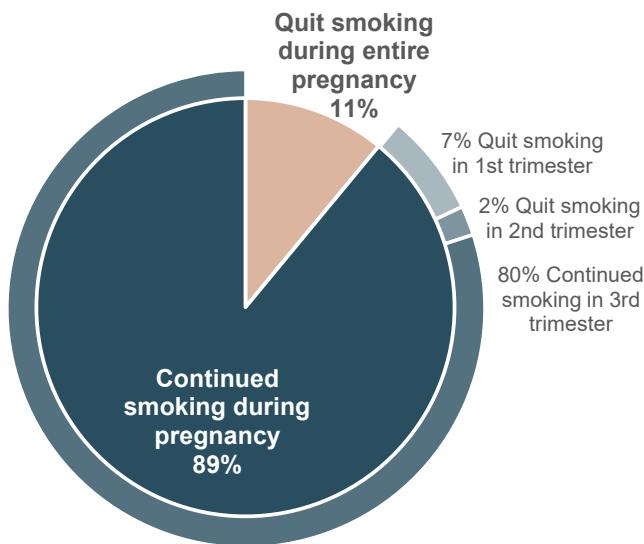


Figure 3. Smoking during pregnancy by race/ethnicity, Tarrant County, 2015-2024

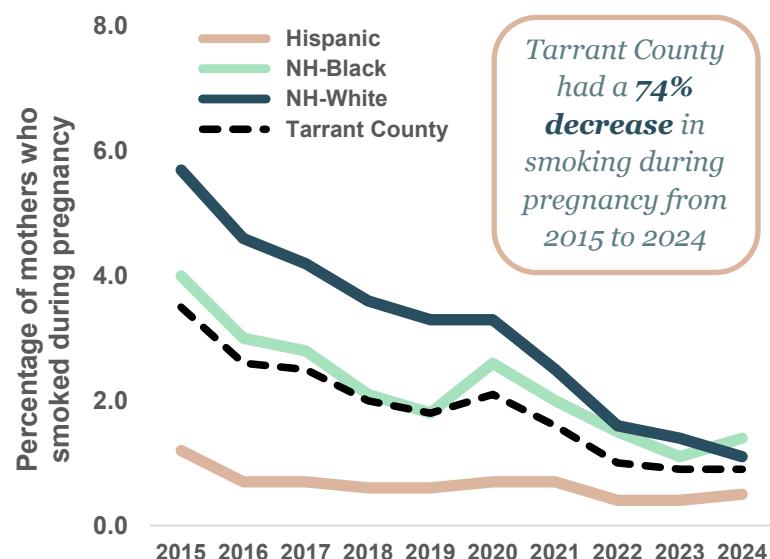
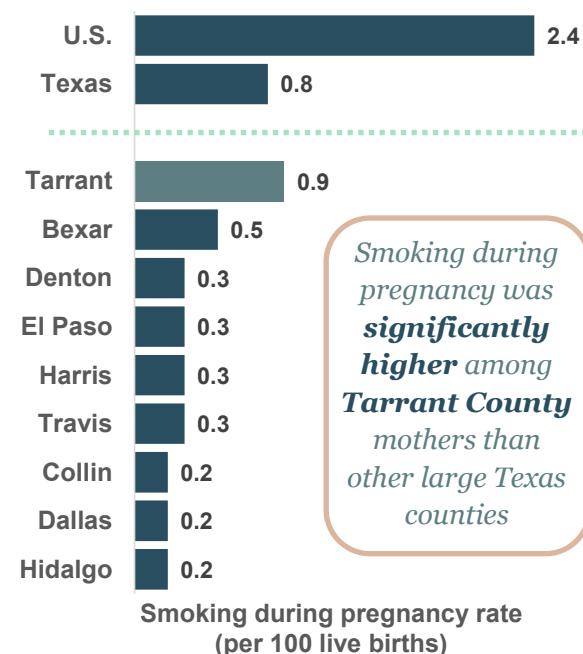


Figure 1. Smoking during pregnancy in the United States, Texas, and large Texas counties, 2024

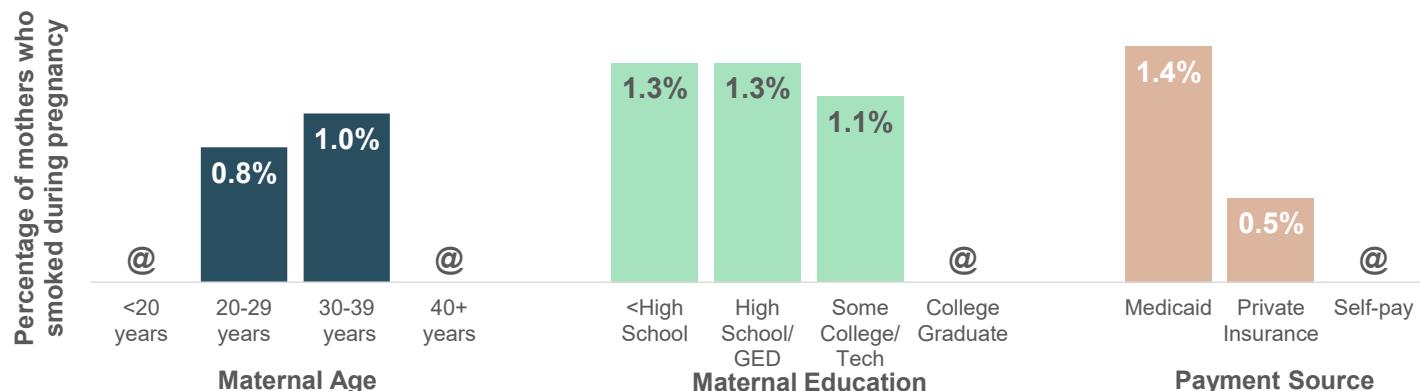


Smoking during pregnancy was significantly higher among Tarrant County mothers than other large Texas counties

*HP Goal = Healthy People 2030 Objective: increase the percentage of women who abstain from smoking cigarettes during pregnancy to 95.7% 2024 data are provisional and subject to change. All significant differences detected with a p-value <0.05

Data sources: Texas Department of State Health Services, Centers for Disease Control and Prevention
Data Brief provided by: Statistical Analysis Team

Figure 4. Smoking during pregnancy by maternal characteristics, Tarrant County, 2024



Smoking during pregnancy was **highest among mothers who were 30-39 years of age, had a high school education or less, and used Medicaid as their payment source**

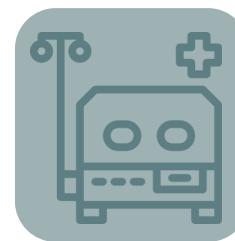
Tarrant County infants born to mothers who smoked during pregnancy were significantly more likely than non-smokers to have the following poor outcomes:



Low birth weight[#]
(21% vs 8%)



Preterm birth^{\$}
(21% vs 11%)



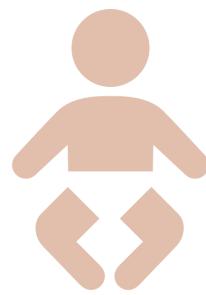
NICU admission
(23% vs 9%)



Death within first
year of life
(IMR 13.10 vs 5.02)[†]

Risks of smoking and/or exposure to secondhand smoke during pregnancy

Infants



Higher risk of:

- Preterm birth
- Low birth weight
- Birth defects
- Brain and lung damage
- Sudden infant death syndrome (SIDS)

Mothers



Higher risk of:

- Fertility problems
- Miscarriage
- Abnormal bleeding during pregnancy and delivery
- Other maternal complications

Resources To Quit Smoking

Live Tobacco Free

[\[health.tarrantcountytx.gov\]](http://health.tarrantcountytx.gov)

SmokeFree@TarrantCountyTX.gov

Free tobacco cessation classes for adults at Tarrant County Public Health

Yes Quit

[\[yesquit.org\]](http://yesquit.org) 1-877-YES-QUIT

Free 24/7 Texas Tobacco Quitline with quit coaches and online quitting plans

Smoke Free

[\[smokefree.gov\]](http://smokefree.gov)

Collection of online resources to help quit smoking

[#] = number too small to calculate reliable estimates, [†]Low birth weight = <2,500 grams, ^{\$}Preterm birth = <37 weeks gestation, [†]IMR = Infant mortality rate = infant deaths per 1,000 live births (2019-2022)

2024 data are provisional and subject to change. All significant differences detected with a p-value <0.05

Data sources: Texas Department of State Health Services, Centers for Disease Control and Prevention

Data Brief provided by: Statistical Analysis Team