

Women and Smoking

Smoking cessation is one of the most important actions a woman can take to improve her health and the health of her family. Tobacco use is associated with multiple health problems such as infertility, low birth weight, and early menopause. In spite of this knowledge, approximately 22 million adult women and at least 1.5 million adolescent girls currently smoke cigarettes.

As primary care providers, CNMs and CMs have an unprecedented opportunity to reduce tobacco use rates in the United States and consequently the burden of illness, death and depleted resources resulting from addiction to nicotine. Studies have long shown that a simple, 5 to 15 minutes counseling session by a trained provider, paired with pregnancy-specific self-help written materials, can decrease the rates of smoking during pregnancy by 30-70%. The past couple of years have seen a marked increase in materials designed to get the word out to providers and to women. This list of resources has been compiled by Trish Payne CNM, MPH, Research Associate and Cathy Melvin PhD, MPH, Director of the Smoke-Free Families National Dissemination Office at the Cecil G. Sheps Center for Health Services Research of the University of North Carolina, Chapel Hill, NC.

OVERVIEW OF SMOKING IN THE US

The Office of the Surgeon General has published several reports, including “*Children and Second-Hand Smoke*” (2007), “*Health Consequences of Involuntary Exposure to Smoke*” (2006), and “*Women and Smoking*” (2001). These reports provide scientific evidence for consequences of tobacco use, and are available at <http://www.surgeongeneral.gov/reportspublications.html#public>.

Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion Centers for Disease Control and Prevention, publishes trends in smoking, and their efforts to control tobacco use (<http://www.cdc.gov/nccdphp/publications/aag/osh.htm>).

Healthy People 2010: www.health.gov/healthypeople/. These broad-based national health goals for the next decade include the goal of reducing tobacco use by 50 percent by 2010. Information about Healthy People 2010 can be found at Office of Disease Prevention and Health Promotion. Phone: 202-401-6295. The Healthy People Information line may be reached at: 800-367-4725.

WOMEN AND SMOKING

Women and Smoking, A Report of the Surgeon General

www.surgeongeneral.gov/library/womenandtobacco/. Released in 2001, this resource provides the scientific evidence for consequences of tobacco use in women. The report reviews in detail what is known about smoking-related diseases among women. An executive summary of this report is also available. CDC Office on Smoking and Health phone: Phone: 770- 488-5705; Toll-Free Number: 800-CDC-1311.

CLINICAL PRACTICE GUIDELINES

The Surgeon General's "Treating Tobacco Use and Dependence: A Clinical Practice Guideline"

www.surgeongeneral.gov/tobacco. This document offers evidence-based information on adult cessation therapies such as nicotine gum, patches, inhalers, nasal sprays, bupropion, as well as telephone counseling. Printed copies are available from any of the following Public Health Service clearinghouses: the Agency for Healthcare Research and Quality: 800-358-9295; Centers for Disease Control and Prevention: 800-CDC-1311; and the National Cancer Institute: 800-4-CANCER.

ORGANIZATIONS/SMOKING CESSATION EDUCATIONAL MATERIALS

National Dissemination Office for Smoke-Free Families: <http://www.helpregnantsmokersquit.org/>.

National program supported by the Robert Wood Johnson Foundation. Phone: 919-843-7663.

American Legacy Foundation (www.americanlegacy.org) is a national, independent public health foundation committed to working with other organizations that are interested in decreasing the use of tobacco in America. Phone: 202-454-5555.

American Legacy has also sponsored a report (<http://www.americanlegacy.org/2259.aspx>) from the Institute of Medicine (<http://www.iom.edu/>) to conduct a study of tobacco policy in the U.S.

TIPS (Tobacco Information and Prevention Source) Center for Disease Control

and Surveillance: www.cdc.gov/tobacco Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion Centers for Disease Control and Prevention. Phone: 770- 488-5705; Toll-Free Number: 800-CDC-1311.

The National Women's Health Information Center, The Office on Women's Health, US Department of Health and Human Services: <http://www.4woman.gov/quitsmoking/>. Provides educational materials on smoking for women and providers. Office on Women's Health, Department of Health and Human Services. Phone: 1-800-994-9662.

The National Cancer Institute, the Center for Disease Control, and the American Cancer Society have created a Web site, www.smokefree.gov, to assist persons who wish to quit smoking.

ACOG: www.acog.org. Provides materials for use by its members including stickers for medical records
Phone: 202-638-5577.

National Survey on Drug Use and Health report, Nicotine Dependence: 2006
(<http://download.ncadi.samhsa.gov/prevline/pdfs/NSDUH08-0124.pdf>)

PREVENTION-CHILDREN AND TEENS

The CDC estimates that more than 3,000 children and adolescents become regular tobacco users each day, and 1,000 of them will die from smoking-related illnesses. Because the majority of adult smokers - roughly 80 percent - started using tobacco as teenagers, the following programs target adolescents and teens:

CDC's Initiative to Reduce Tobacco Use Among Teens and Preteens: (<http://www.cdc.gov/tobacco/youth/index.htm>)
CDC has developed partnerships among federal, state and local agencies to promote tobacco control messages through the media, schools and communities. Phone: 770-488-5705; Toll-Free Number: 800-CDC-1311.

Tar Wars: www.tarwars.org. Sponsored by the American Academy of Family Physicians, the Tar Wars lesson is presented annually to approximately 400,000 fourth- and fifth-grade students by health care professionals and educators and provides health care professionals, school personnel, and community members the opportunity to form coalitions. Phone: 800-TAR-WARS.

The ACNM "QuickInfo" series was developed by the Department of Professional Services to respond to common inquiries, summarizing ACNM resources regarding a particular topic, as well as listing selected literature and a variety of other resources. Your feedback is welcomed; contact Professional Services at 240-485-1800 or info@acnm.org . 11/30/2001

Revised 11/28/05; 7/24/08