

Make Yours a Fresh Start Family



Impetus



McDonough County's IPLAN identified that a disproportionate percentage of pregnant women smoked (18%) compared to the Illinois statewide average (12%).

Research Question



Is there a decrease in the number of cigarettes smoked among pregnant women in a rural physician's office with repetitive discussion about smoking cessation?

Method



- Sample: Smoking pregnant women who had pre-natal visits between November 2001 and March 2002 in a rural office with six practicing physicians.
- Average number of prenatal visits among sample: 1

Method (continued)



- During pre-natal visits at a rural physician's office, pregnant women were asked about their smoking habits. Women who smoked were then counseled about smoking cessation.
- Number of cigarettes smoked were recorded at initial and subsequent visits.

Direct Research Results



- Out of the 69 patients sampled, 2 identified themselves as smokers

Indirect Research Results



Implementation of an on-going state supported preventative health program into a private practice.



Discussion

- Due to the small number of patients identifying themselves as smokers, the effect of the intervention on smoking could not be assessed.
- The success of this program lies in its implementation into a rural physician's office.

Recommendations



To decrease smoking among pregnant women, rural physicians should discuss smoking habits with their patients at each visit.