

QUITTING SMOKING

One of the recommendations of the Smoking and Pregnancy Report January 2003¹ was to conduct the survey again in 2002 to enhance the sample so that more detailed analysis of the quit smoking rates during pregnancy could be determined. This section contains results based on the combined 2001 and 2002 data.

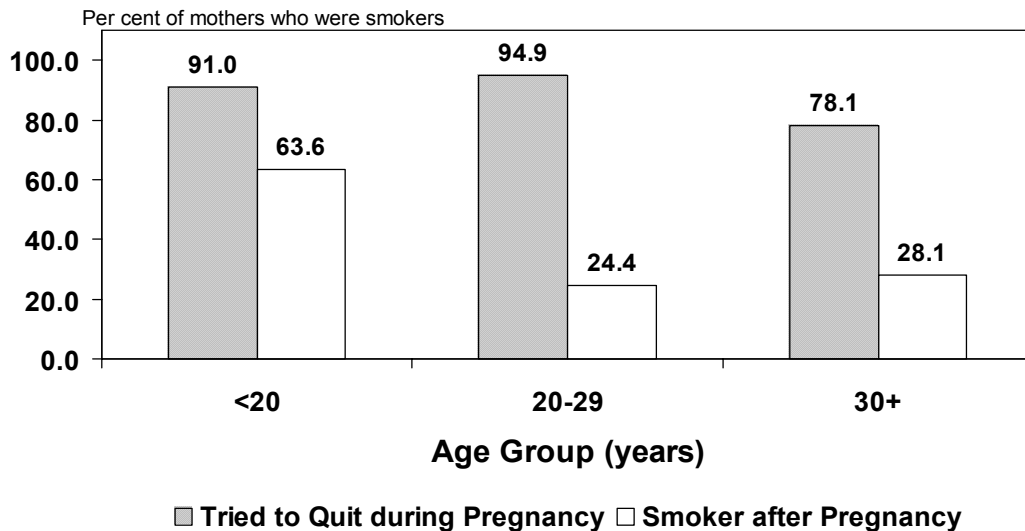
“Trying to quit” was classified as a mother who answered the “tried to quit” question or was successful in quitting some time during her pregnancy. Success at quitting was defined as a mother who was smoke free (did not smoke at all) at the time of the study.

A high proportion of all women who smoked during their pregnancy (87.8%), tried to quit during their pregnancy. Of all the mothers who reported being smokers at the beginning of the study, 67.7% were smoke free at the time of the survey.

The proportion of foreign-born women who tried to quit smoking (93.8%) was slightly higher than the proportion of Canadian born women who tried to quit (85.1%). This difference was not statistically significant (OR=0.40, 95% CI 0.07-1.54). There was also no significant difference between foreign-born and Canadian born women who were successful in quitting (68.8% and 67.3%).

As shown in Figure 6, at least three-quarters of women (Range = 78.1% to 91%) in all age categories tried to quit smoking during their pregnancy. Younger women (ages 19 years or younger) were the least successful at quitting (36.4%) compared to women ages 20-29 (75.6%) and 30 years and older (68.8%). See Appendix F for the full data table for May 2001 and May-June 2002 combined.

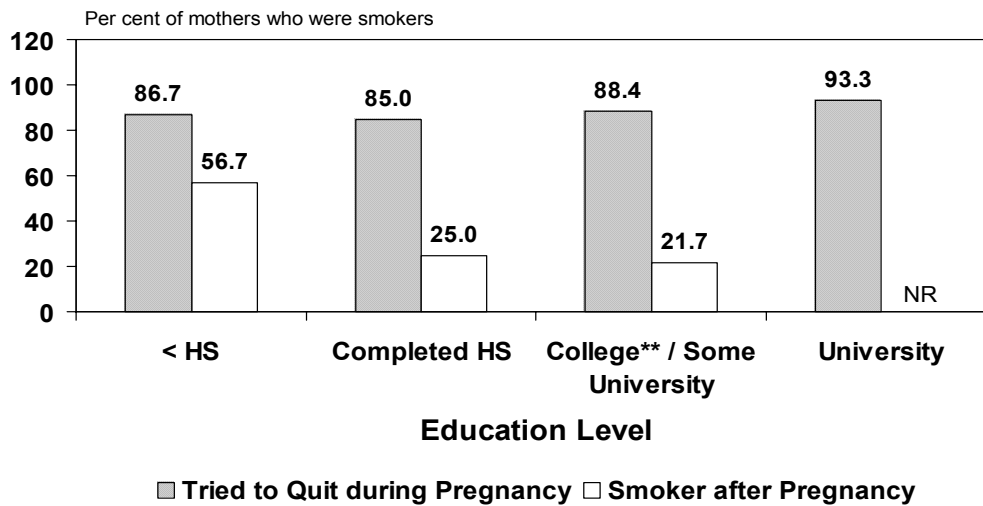
Figure 6
Per Cent of Smokers* who Tried to Quit and Who Smoked at the Time of the Survey by Maternal Age Group, Region of Peel, May 2001 and May-June 2002 Combined



* smoker=defined as smoking daily or almost every day (excludes occasionally)

A high proportion of women across all education levels tried to quit smoking during their pregnancy (85% or greater) (Figure 7); however the proportion of women who were still smoking postpartum, and at the time of the study was higher among women with less than a high school education (56.7%) compared to women with higher levels of education (25% of women who completed high school and 21.7% of women who completed college or some university). For the full data table 2001-2002 combined, see Appendix G.

Figure 7
Per Cent of Smokers* who Tried to Quit and Who Smoked at the Time of the Survey by Education Level, Region of Peel, May 2001 and May-June 2002 Combined



*smoker=defined as smoking daily or almost every day (excludes occasionally)

** Includes women who completed some or all of their college education.

•NR= Not releasable (Less than five respondents)