

Nearly half of women who stop smoking during pregnancy go back to smoking soon after baby is born

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Credit: Vera Kratochvil/public domain

A major new review published today by the scientific journal *Addiction* reveals that in studies testing the effectiveness of stop-smoking support for pregnant women, nearly half (43%) of the women who managed to stay off cigarettes during the pregnancy went back to smoking within 6 months of the birth.

While not [smoking](#) during [pregnancy](#) is very important, there is an urgent need to find better ways of helping mothers stay of cigarettes afterwards.

Approximately 18,887 pregnant smokers in the UK (3% of all maternities) used NHS stop-smoking support in the financial year 2014/15.^{1,2} This represents a considerable investment.

Lead author Dr Matthew Jones says, "Smoking during pregnancy is a major global public health issue: a conservative estimate for the annual economic burden in the UK is £23.5 million and in the US \$110 million. Our report reveals a wide gulf between what [pregnant women](#) need to quit smoking and what our healthcare services currently provide."

More information: Jones M, Lewis S, Parrott S, Wormall S, and Coleman T (2016) Restarting smoking in the postpartum period after receiving a smoking cessation intervention: A systematic review. *Addiction* 111: [DOI: 10.1111/add.13309](https://doi.org/10.1111/add.13309)

Provided by Wiley

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