

CDC states city smoking during pregnancy 125% higher than state average; offers tips on quitting



Time to kick the nasty habit!!

Recently, the Centers for Disease Control launched its Tips from Former Smokers Campaign, a series of new commercials that started airing across the United States on July 7. Each of the seven commercials features the story of a former smoker and their journey to quitting. In one particularly hard-hitting commercial, former smoker Amanda tells the story of how smoking led to the premature delivery of her daughter.

In New Bedford alone, **the rate of smoking during pregnancy is 126% higher than the statewide average.** Smoking during pregnancy can cause serious health problems for both a mother

and her baby. Babies whose mothers smoke during pregnancy have a higher chance of being born too early, having a birth defect, or dying from sudden infant death syndrome (SIDS). Simply being around secondhand cigarette smoke can cause health issues for a mother and her baby.

For more information on the TIPS campaign and to see Amanda's story, visit www.cdc.gov/features/smokers-tips-2014-july. To quit smoking and greatly reduce your risk for disease and early death, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJEL0-YA (1-855-335-3569).
