

## **Supporting Underserved Pregnant Women through Smoking Cessation**

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This project assessed smoking behaviors and supported smoking cessation in underserved pregnant women. Using a longitudinal design, women were recruited from a community prenatal center. Using the Transtheoretical model, interventions were designed to support the subjects' movement along the stages of change. Subjects willing to quit were given a smoking cessation "quit kit." For subjects not contemplating smoking cessation, information about the harmful effects of smoking was distributed to encourage movement towards quitting. Women who were smoking were followed throughout their pregnancy and up to one year after delivery. Subjects (N = 134) ranged in age from 18 to 41; 71% were single; and 63% had household incomes less than \$20,000 per year. Subjects were primarily African American (40%). 57% had previously smoked. 35% were current smokers. Of the smokers (n = 27), 26% were not considering quitting (pre-contemplation), 56% had planned to quit (contemplation), and 18% had an action plan (preparation). Six weeks post-delivery (n = 12), one woman quit smoking and the others were planning to quit. Six months post-delivery (n = 7), two women quit smoking and the remaining smokers were planning to quit. One year post-delivery (n = 9), one woman quit smoking and of the remaining smokers only six planned to quit. Results will add to the growing body of evidence about smoking patterns of underserved pregnant women.

### *Information about the Authors:*

Emily Bernhard and Lauren Paczkowski are senior nursing students, Nathan Matejczyk and Nina Tu are junior nursing students, and Michelle De Young is a sophomore nursing student. This team has developed and implemented multiple research projects about smoking cessation in the Northwest Indiana area. Their current project is a longitudinal study about smoking patterns of undergraduate students and promotion of Valparaiso University's tobacco-free campus.

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