Smoking and Pregnancy Quiz

1. Smoking affects a baby’s developing brain.
   - True
   - False

2. In Northeast Tennessee, rates of pregnancy smoking are almost four times higher than the national average.
   - True
   - False

3. Smoking while pregnant increases the chance that a woman will have a miscarriage.
   - True
   - False

4. It is not harmful for a pregnant woman to be around people who smoke as long as she doesn’t smoke.
   - True
   - False

5. It is recommended to cut down on cigarettes or smoke light cigarettes while pregnant.
   - True
   - False

6. Risk of SIDS (Sudden Infant Death Syndrome) increases when a woman smokes during pregnancy.
   - True
   - False

7. Research has suggested that babies born to women who smoke have the same birth weights as women who do not smoke during pregnancy.
   - True
   - False

8. If you smoked throughout an earlier pregnancy and there were no problems you can smoke during a future pregnancy with no problems.
   - True
   - False
9. Smoking while pregnant increases the chances for children to develop behavioral and attention problems later in life.
   - True
   - False

10. Smoking and secondhand smoke is more dangerous to developing fetus then cocaine, alcohol or marijuana.
   - True
   - False

Answers

1. True – Nicotine in smoke can interfere with the brain development of a fetus.
2. True – The average US pregnancy smoking rate is 12.6% and in some areas of Northeast Tennessee the rates are as much as 49%.
3. True – Smoking increases the chances of miscarriage, spontaneous abortion, ectopic pregnancies, and a number of other pregnancy complications.
4. False – Secondhand smoke has the same chemicals and is just as dangerous to adults, children, infants and fetuses as is smoking.
5. False – Light cigarettes are no safer than regular cigarettes and cutting down still raises risks and complications for babies.
6. True – The risk of SIDS increases if the mother smoked while pregnant or if the baby is exposed to secondhand smoke.
7. False – Smoking during pregnancy is the leading cause of underweight babies.
8. False – Every pregnancy is different and the age and overall health of the mother are two of the many factors that influence just how severely cigarettes will negatively affect a developing baby. Increased age alone increases the negative effects that cigarettes smoke has on a baby, so why take the chance.
9. True – Research has revealed a link between smoking and early childhood behavior and attention problems.
10. True – Studies have found that smoking and secondhand smoke is more dangerous to a developing fetus.