

Smoking Cessation Effects on Birth Weight

Population: pregnant women (16 to 26 weeks) who have smoked cigarettes during the past 7 days

Intervention: a [randomized trial](#) comparing

- [best-practice](#) counseling alone
- best-practice counseling plus an [ultrasound](#) accompanied by information on the potential harmful effects of smoking on the fetus
- [motivational interviewing](#) plus the information-guided ultrasound

Control:

- this analysis focuses on fetal growth restriction. To control for reduced birth weight associated with preterm delivery and multi-fetal gestation, only women with full-term (gestational age at delivery ≥ 37 weeks) with single pregnancies were included
- to observe the effect of change in smoking exposure, women with salivary [cotinine](#) values consistent with non-active smoking were excluded

Outcome:

- compared to sustained heavy smoking, smoking cessation was associated with a 299g increase in birth weight
- reduced exposure from heavy to light smoking was associated with a
 - 199g increase in birth weight compared to sustained heavy smoking
 - 103g increase in birth weight compared to increased exposure

