

National  
 Organization of  
 Mothers  
 Of  
 Twins  
 Clubs, Inc.

SUBJECT:

SMOKING

RESEARCHER:

NOMOTC

DATE:

April 1994 - September 1994

**PURPOSE:** The purpose of this study was to collect information from mothers of multiples who smoke or who have quit smoking.

**METHOD:** A questionnaire was printed in MOTC's Notebook and a National Mailing. This survey was to be filled out by mothers of multiples who were smokers or who had quit smoking.

### BACKGROUND INFORMATION:

Cigarette smoking is one of the main risk factors for heart disease, stroke, and cancer. Heart disease is the #1 killer of adults in the U.S., and lung cancer is the #1 cause of cancer death in both men and women. These facts are common knowledge, however, the popularity of cigarette smoking continues. The addiction to smoking is very hard to beat. In fact, some studies have shown that it is more addicting than heroin. This study will examine the smoking habits of mothers of multiples. Twenty-two mothers of multiples completed this survey. More than half of the respondents were between the ages of 26-40.

### RESULTS:

1. Half of the women started smoking between the ages of 17-19. The two most important factors in causing them to begin smoking were peer pressure and wanting to be "grown up."
2. Only two of the respondents said their parents did NOT smoke. Over half said that their parents' smoking didn't influence them to start smoking.
3. Most of the women had smoked for 5-15 years. Three women had smoked greater than 20 years. About half said they smoked about a pack a day.
4. 64% said they smoked more during times of stress.
5. Only two women stopped smoking during their multiple pregnancy. Two women even smoked MORE while they were pregnant. Although 79% of the women didn't think their smoking affected their pregnancy in any way, these women had the following problems during their multiple pregnancy: premature birth (29%); high blood pressure (14%); and small for gestational age babies (57%).
6. 50% said their partner, or spouse, also smoked. 79% feel that their smoking bothered their partner, and 43% said they had been asked by their partner to quit.
7. 41% feel that their smoking bothered their children, and 69% said their children had asked them to quit. 47% said that at least one of their children smoked.
8. 57% said they had tried to quit a few times, and 21% had tried many times. Those who did quit used the following methods: "cold turkey" (2); nicotine gum (5); hypnosis (3); nicotine patches (2); and behavior modification (4). 36% had tried the nicotine patch to quit, but weren't sure if it was worth the high cost. Four smokers had enrolled in a formal smoking cessation program, but it worked for only one of them.

9. 36% said their doctor had suggested that they stop smoking.
10. Smoking at MOTC meetings was: unrestricted (29%); only at certain times (14%); and only in certain areas (7%). It wasn't allowed at 7% of meetings.
11. 50% felt that other people's health was affected by "second-hand smoke."
12. 64% felt that smokers should have "rights."
13. 57% of those who quit did so for health reasons; 21% quit after encouragement from family members; and 21% quit because of the health risk to their children and spouse.
14. About half of the women said that their children helped them the most when they were trying to quit.
15. 43% said that their children suffered from ailments that could be irritated by smoking. 29% said they would quit smoking if their child were to develop such a medical problem. However, 64% said they would NOT quit smoking if this happened.
16. 57% of those who had quit smoking said they still missed it.
17. 64% felt that NOMOTC should ban smoking from General Sessions at Convention.

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#### CONCLUSION:

1. This is a very small study, therefore, it is not statistically significant.
2. These women started smoking for the same reasons most people do--because of peer pressure and a desire to appear more "grown up."
3. Most of these women did not stop smoking during their multiple pregnancy. They had complications in their pregnancy that could have been the result of smoking: high blood pressure, premature delivery, and infants small for gestational age.
4. Those who quit used a variety of methods, including: nicotine gum; behavior modification; hypnosis; nicotine patches; and quitting "cold turkey."