Through funding from the American Legacy Foundation, the Ingham County Health Department has developed the *House Calls* program, which focuses on tobacco use treatment among pregnant and parenting women.

If you want to quit smoking, call us at 517.887.4322 to learn more about the *House Calls* program.

**Yalana Wilson**
- Quit smoking July 24, 2009, while in her third trimester of pregnancy.
- Pictured with her daughter, Jaya'Vonni.

**Brieanne Wickner**
- Quit smoking October 29, 2009.
- Pictured with her son, Leroy.

**Natasha Garcia**
- Quit smoking November 2, 2009.
- Pictured with photo of mother, Judy Garcia.

It’s not impossible to quit smoking.

Make the choice. Make the change. It’s never too late for you or your baby.

Ingham County Health Department
5303 South Cedar
Lansing, MI 48911
phone: 517.887.4322
fax: 517.887.4384
www.ingham.org/hd

With support from:

American Legacy Foundation
**Stacy O’Berry**
Quit smoking June 14, 2009 when Gracelynn was six months old.
Pictured with her mother, Susan and daughter, Gracelynn.

**Remanda Faith**
Quit smoking during first month of pregnancy.
“I'm older and wiser and just wanted to do everything right this time.”

**Jessica Marcolini**
Quit smoking at 30 weeks pregnant.
Pictured with her fiancé, Greg.
“I have more self control than I ever thought I had.”

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**What services are provided?**
- Regular home visits
- Tobacco use treatment and education
- Support

**Contact us**
House Calls will work with you to provide a healthy and supportive environment for you and your family. Your decision to stop using tobacco starts today. House Calls wants to work with you to begin looking at your tobacco use, for you and your baby’s health.

CALL TODAY! 517.887.4322

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**How can smoking hurt my unborn baby?**
Cigarette smoke contains more than 4,000 chemicals plus nicotine. It is not known for certain which of these chemicals are harmful to the developing baby, but both nicotine and carbon monoxide play a role in causing negative pregnancy outcomes, including:
- Low-birth weight babies
- Preterm delivery
Premature and low-birth weight babies face an increased risk of serious health problems during the newborn period, chronic lifelong disabilities (such as cerebral palsy, mental retardation and learning problems), and even death.


**Why do I smoke?**
Pregnant women smoke for many reasons, all of which make stopping smoking difficult.
- To spend time with friends or family
- To cope with stress
- To deal with another person in your home who smokes
- To deal with your addiction—you feel like you have to smoke to feel normal

**Who is eligible for services?**
- Pregnant or parenting women who use tobacco
- Women who are interested in learning about smoking less
- Mothers who live in Ingham County
- Women who are willing to have a House Calls team member visit them in their home

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**How can smoking hurt my child as he gets older?**
A mother’s smoking during pregnancy impacts an older child’s development as well. Studies have shown that children whose mothers smoked during pregnancy have children who are more likely to be affected by:
- Attention Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiant Disorder (ODD)
- Conduct Disorder (CD)


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**Kelsey Sova**
Quit smoking during the first few weeks of pregnancy.
Five months smoke-free and no plans to ever pick up a cigarette again.