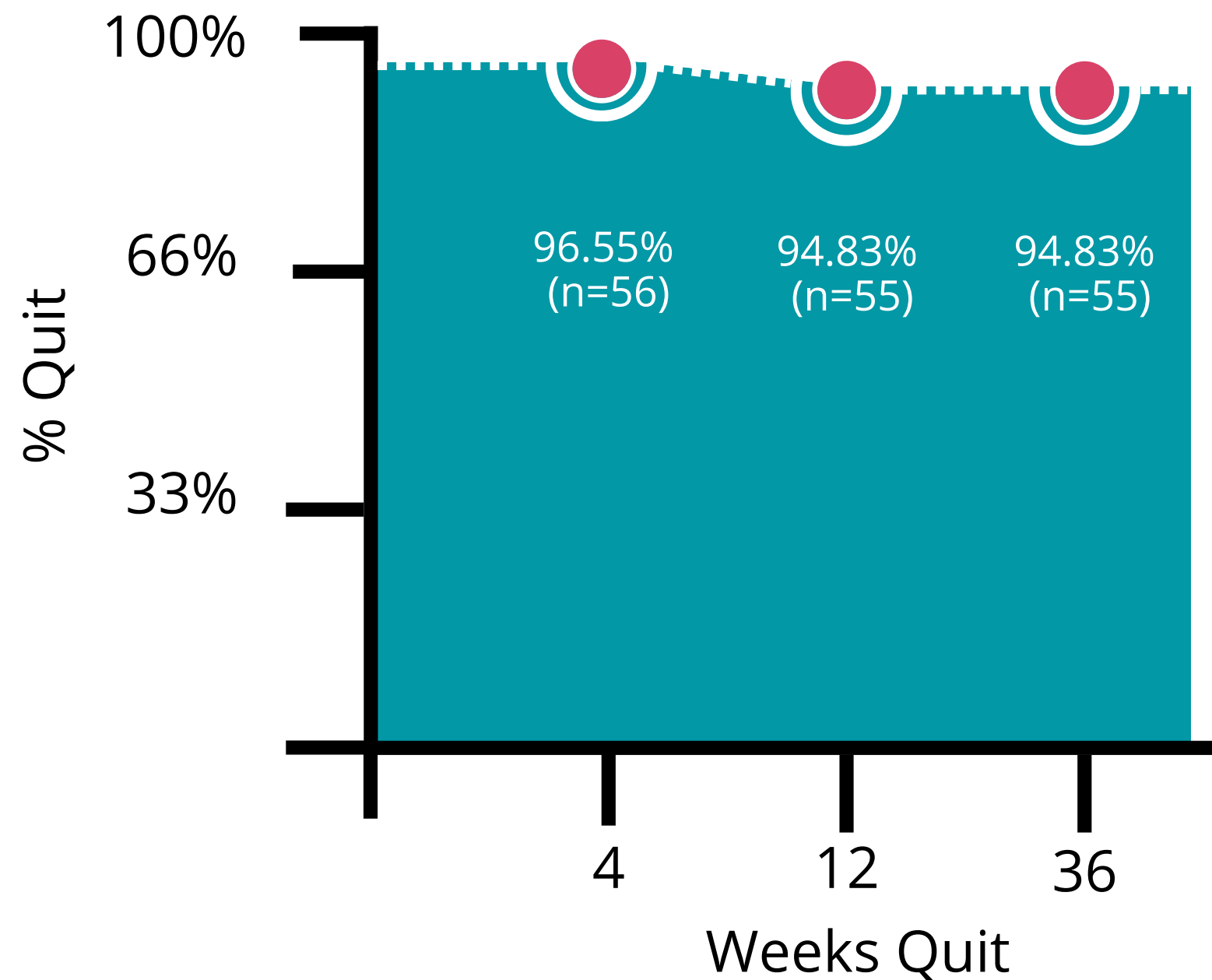


# Integrating iCOquit Monitors to Reduce Smoking During Pregnancy in Somerset



Pregnant Persons Using iCOquit Monitor (N=58)

93.1%  
(n=27)

found the monitor either very (59.26%, n=16) or somewhat helpful (40.74%, n=11) to quit and sustain their quit

Pregnant Persons Evaluating Their Use of iCOquit Monitor (n=29, 50%)

> 50%  
(n=15)

51.72% (n=15) stated the CO results helped them to remain quit

31.03%  
(n=9)

described the monitor as a motivational tool

## Themes regarding the value of the monitor

- Strengthening self-care skills
- Expanding practitioner support for self-care
- Requiring technological advancement

*"The combination of the ICOquit and an advisor (Stop Smoking Practitioner) is what it helped me to quit"*

(service user, 2022)