

Smokefree Air Promotes Healthy Hearts



NOVEMBER 2008: HEART ATTACK ADMISSIONS IN MICHIGAN

► **Henry Ford Health System** released a study on November 11, 2008 linking smokefree air legislation to a projected reduction in the number of patients admitted for a heart attack in Michigan hospitals.

During the study, researchers examined the average number of heart attack hospital admissions in Michigan from 1999 to 2006 and concluded that smokefree air could lower admissions by up to 3,340 admissions annually.

The study was conducted by using meta-analysis, a statistical method, to calculate the impact of smokefree air and hospital admission incidence. Researchers used the average heart attack admissions rate for the past eight years, and then multiplied it with the attributed risk calculated from several studies to estimate the projected heart attack admissions rate in Michigan if smokefree air legislation was passed.

From the study, Dr. Mouaz AL-Mallah, Henry Ford's director of cardiac imaging research, stated that once smokefree air laws are implemented in Michigan, a 12 percent drop in heart attacks would be seen in the first year.

DECEMBER 2008: HEART ATTACK ADMISSIONS IN PUEBLO, CO

► **The Center for Disease Control** released a study citing a 41 percent drop in those hospitalized in Pueblo, Colo. three years after smokefree laws were enacted. The study also showed that heart attacks reduced dramatically from 257 per 100,000 before smokefree laws were enacted, to 152 per 100,000 three years later.

The study was conducted by classifying hospital patients by zip codes, looking at Pueblo residents while also looking at the same data for nearby cities where smokefree laws are not in place. There was no drop in the neighboring cities, which according to researchers is a clear sign that smokefree laws are responsible for Pueblo's drop.

The CDC's study in Pueblo is considered the best and longest-term research on health effects of secondhand smoke.

2005: HEART ATTACK ADMISSIONS IN ITALY

► **A study done at the University of Turin, Italy** provides evidence that smokefree air in public places helps prevent heart attacks. After the Italian government created smokefree environments in January 2005, hospital admissions among people under 60 years old fell 11 percent.

The report compared heart attack admission rates from October to December 2004 with rates from February to June 2005, as well as admissions for the same periods the previous year. The study found that heart attack admissions in the Piedmont area reduced from 922 to 832 since smokefree laws were enacted.

2003: HEART ATTACK ADMISSIONS IN HELENA, MT

► **A study conducted by researchers from the University of California** measured the change in the amount of heart attacks during the six-month period that smokefree laws were in effect in Helena, MT.

Within the six-month period, 40 percent fewer heart attacks were reported. When the law was overturned, the number of heart attack admissions returned to previously higher levels.

