

## MI Reduction After Smoking Ban Is Sustained Over Long Term

The reduction in MI hospitalizations observed after a smoke-free law takes effect appears to be sustained over an extended period, according to a new study [1].

The study examined MI hospitalization rates before and after the implementation of a municipal law in a city making workplaces and public places smoke-free.

Results showed that MI hospitalizations for city residents decreased by 27% in the initial 18-month period (phase 1) after the smoke-free law came into effect on July 1, 2003. In addition, MI hospitalizations decreased by a further 19% during the following 18 months--through to June 30, 2006 (the phase 2 period).

No significant changes in MI hospitalizations were observed in two nearby comparison areas that did not have smoke-free laws in place before or during the study periods. These findings suggest that smoke-free policies can result in reductions in AMI hospitalizations that are sustained over a three-year period and that these policies are important in preventing morbidity and mortality associated with heart disease. This effect likely is mediated through reduced second-hand-smoke exposure among nonsmokers and reduced smoking, with the former making the larger contribution.

1. Alsever RN, Thomas WM, Nevin-Woods C, et al. Reduced hospitalizations for acute myocardial infarction after implementation of a smoke-free ordinance---City of Pueblo, Colorado, 2002-2006. *MMWR Morb Mortal Wkly Rep* 2009; 57; 1373-1377. Available at <http://www.cdc.gov/mmwr/PDF/wk/mm5751.pdf>.