



A MINUTE OF HEALTH WITH CDC

Clearing the Air

Reduced Hospitalizations for Acute Myocardial Infarction After Implementation of a Smoke-Free Ordinance — City of Pueblo, Colorado, 2002–2006

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Just because you don't smoke doesn't mean you're not at risk for health consequences from cigarette smoke. Breathing secondhand smoke — the smoke from someone else's cigarette — can have both immediate and long term effects on your heart. A recent study by researchers in Colorado found that a municipal law prohibiting smoking in indoor workplaces and public places resulted in a decrease in hospitalizations for heart attacks. Many states and communities are moving to make indoor workplaces and public places smoke-free, but some jurisdictions still allow smoking in these settings. Avoiding indoor spaces where smoking is permitted helps protect your heart.

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