

Tobacco Control Makes a Difference!

Substantial decreases in tobacco-related hospitalizations and costs since passage of the Iowa Smokefree Air Act in 2008

Tobacco-related hospitalizations in Iowa have declined 10.7% and have saved \$348 million in costs in two years since passage of the Smokefree Air Act.

The Iowa Smokefree Air Act (SFAA) became law in July 2008. A recent examination of hospitalizations in Iowa during the subsequent two-year period through June 2010, has found that hospitalizations for tobacco related diseases are well below those of the previous three years. **More than 10,100 hospitalizations among Iowa residents are estimated to have been prevented because of the Iowa Smokefree Act. This amounts to a savings of \$348 million in hospital costs alone** (the average total cost of a tobacco-related admission is \$34,400!).

- Hospitalization for acute myocardial infarctions or heart attacks declined 8% after passage of the Iowa SFAA. This represents a cost savings of \$16.6 million during the two years post-SFAA.
- Hospitalization for other forms of coronary heart disease (other than heart attacks) declined 31% after passage of the Iowa SFAA. This represents a cost savings of \$225.2 million during the two years post-SFAA.
- Hospitalization for congestive heart failure declined 10% after passage of the Iowa SFAA. This represents a cost savings of \$18.7 million during the two years post-SFAA.
- Hospitalizations for flu and pneumonia have declined 9% after passage of the Iowa SFAA. This represents a cost savings of \$15.4 million during the two years post-SFAA.
- Hospitalizations have also been reduced for chest pain/angina (down 21%), peripheral circulatory disease (down 26%), transient ischemic attacks (down 10%) and smoking-related conditions in newborns (down 10%).

Quick Facts:

- The Iowa Smokefree Air Act, passed in 2008, prohibits smoking in most indoor places, including the majority of workplaces.
- **Acute myocardial infarctions**, or heart attacks, are a leading cause of death for men and women worldwide, and one of the leading and most costly causes of hospitalization. Heart attacks declined 8% after SFAA.
- **Coronary (ischemic) heart disease** is the underlying cause of heart attacks. Admissions for coronary disease (other than heart attacks, i.e. angina and similar) declined 31% after SFAA.
- **Congestive heart failure admissions** declined 10% after SFAA. More than 3 million Americans have this progressive and disabling disease and 30-40% are hospitalized every year.
- Overall there were **17,500 fewer tobacco-related hospitalizations** in the two years after passage of the SFAA compared to before its passage. Of these, an estimated **10,100 were averted due to the SFAA**.
- Tobacco related admissions declined at **more than twice the rate** (10.7%) of all hospital admissions (4.7%) in the two years since the passage of the SFAA.

What are the implications of these results?

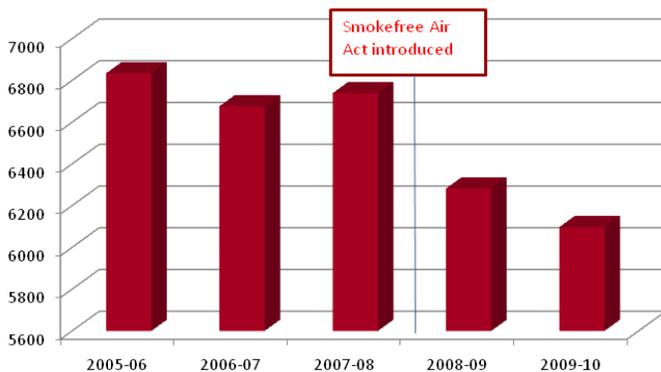
The Iowa Smokefree Air Act has reduced the risk of debilitating or fatal cardiovascular and respiratory disease for *thousands* of Iowans and this is saving *millions* of dollars in health care costs.

The benefits of the Smokefree Air Act are increasing each year as more people are protected from exposure to tobacco smoke.

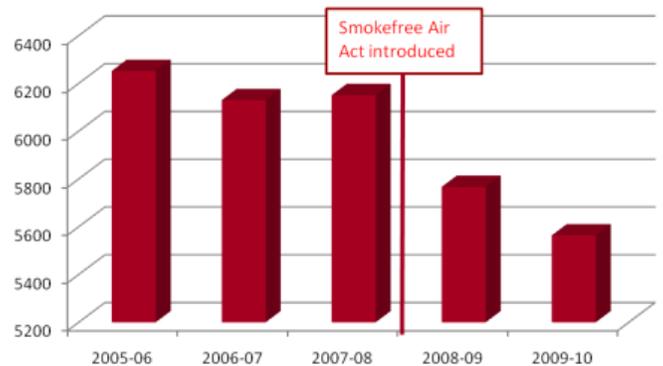
It is important to protect the law and ensure that it is adequately enforced if these benefits are to continue. This requires a well funded and viable Iowa Department of Public Health Division of Tobacco Use Prevention and Control.

Data Charts

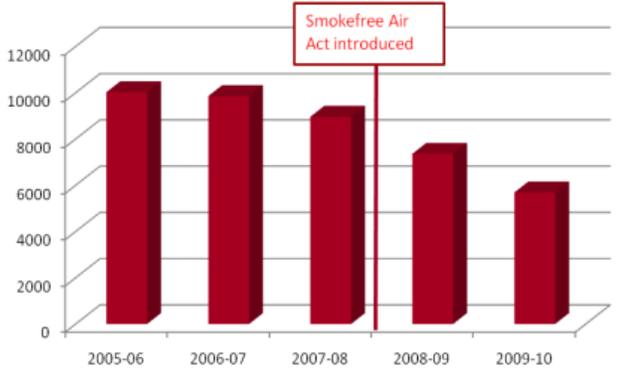
Number of Iowans admitted to hospital each year with heart attacks (acute myocardial infarct)



Number of Iowans admitted to hospital each year with Congestive Heart Failure



Number of Iowans admitted to hospital each year with Ischemic Heart Disease



For more information contact:

American Cancer Society - www.cancer.org
 American Heart Association - www.heart.org
 American Lung Association - www.lungusa.org
 Clean Air for Iowa CAFÉ) - www.cafeiowa.org
 Iowa Tobacco Prevention Alliance - www.iowatpa.org

References Used in this Iowa SFAA Brief

- *Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence*, Committee on Secondhand Smoke Exposure and Acute Coronary Events, Institute of Medicine, 2009
- *State Inpatient Database*, Center for Health Statistics, Iowa Dept. of Public Health, 2005-2010
- *Data Charts*: Dr. Christopher Squier, Department of Oral Pathology and Dr. William Haynes, Department of Internal Medicine, University of Iowa

