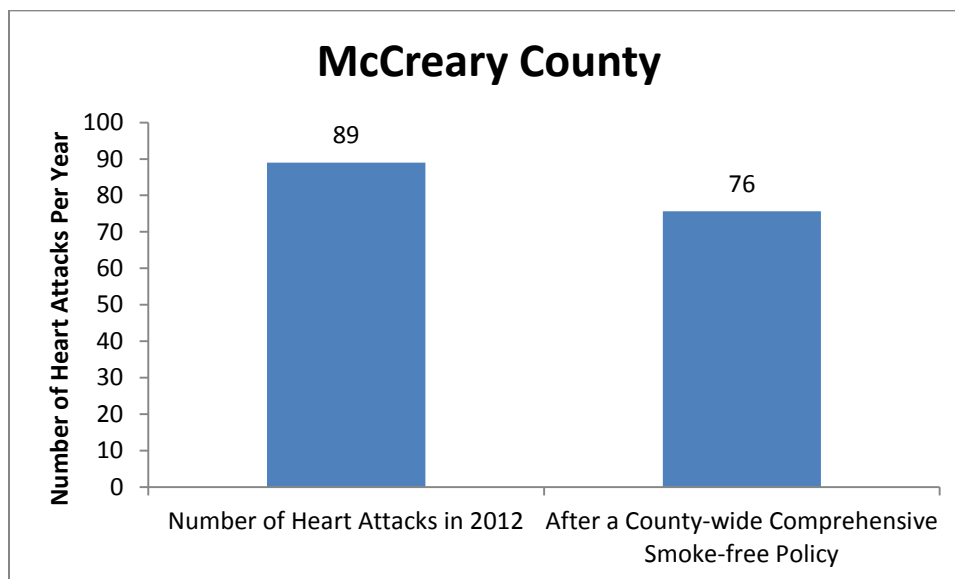


Smoke-free McCreary County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in McCreary County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **13** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.

2. Lush CC. *AMI Data-Calendar Year 2012-McCreary County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.

3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.

4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.

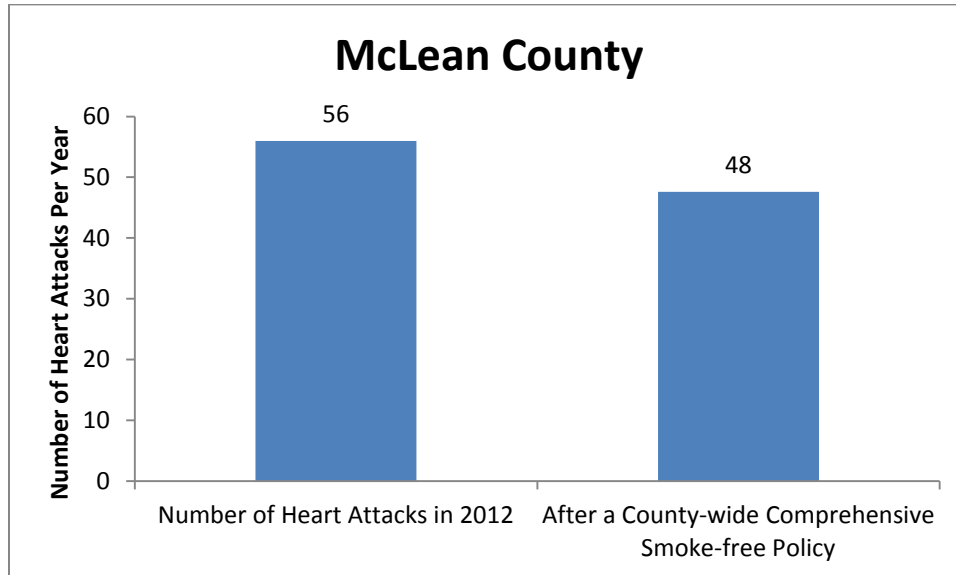
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

For more information, contact the Kentucky Center for Smoke-free Policy University of Kentucky College of Nursing, (859) 323-4587 or www.kcsp.uky.edu.

Smoke-free McLean County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in McLean County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **8** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

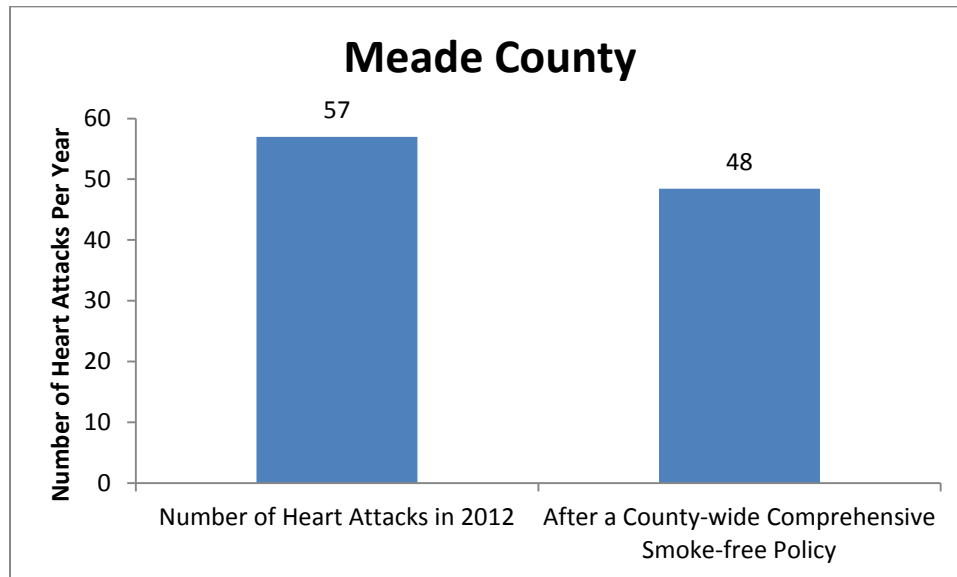
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-McLean County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Meade County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Meade County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **9** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

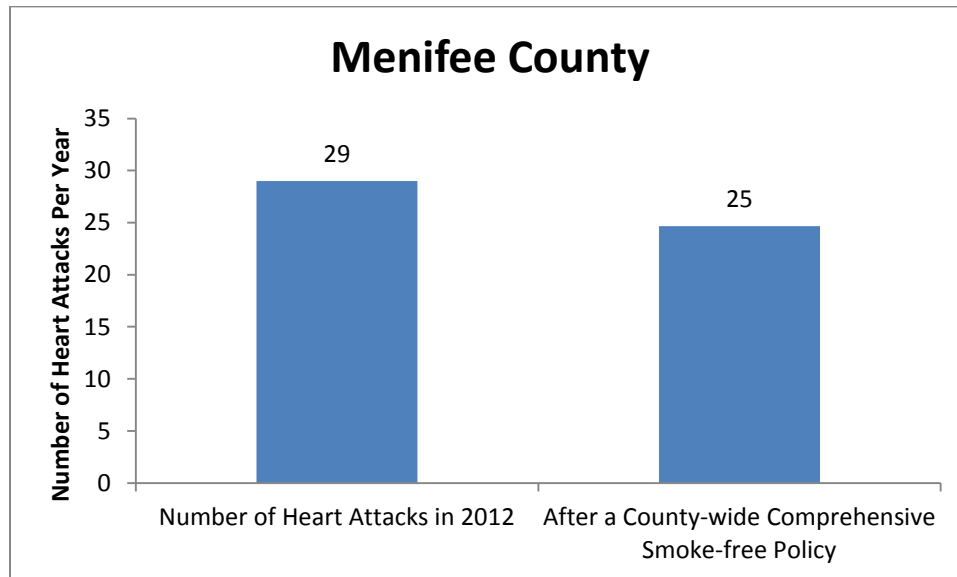
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Meade County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Menifee County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Menifee County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **4** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

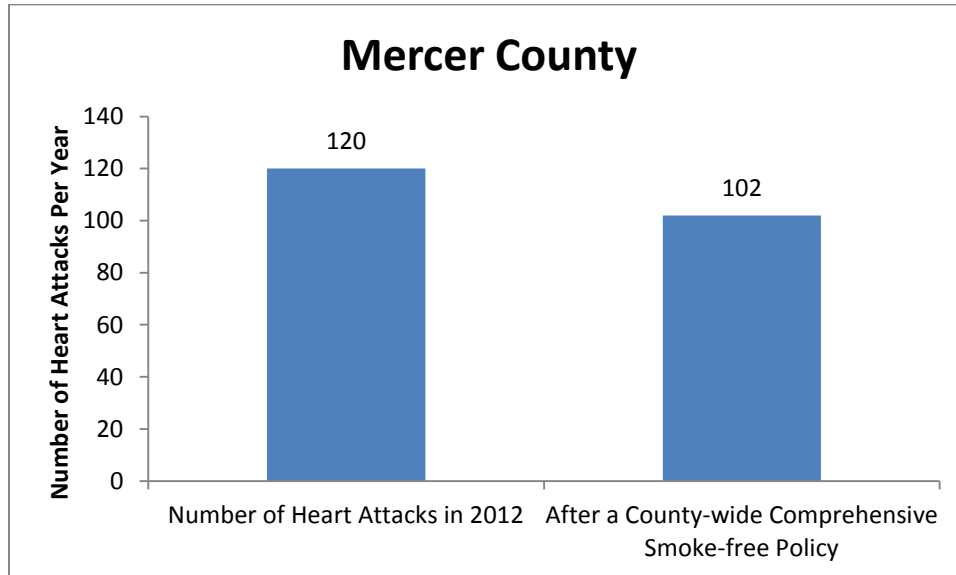
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Menifee County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Mercer County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Mercer County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **18** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

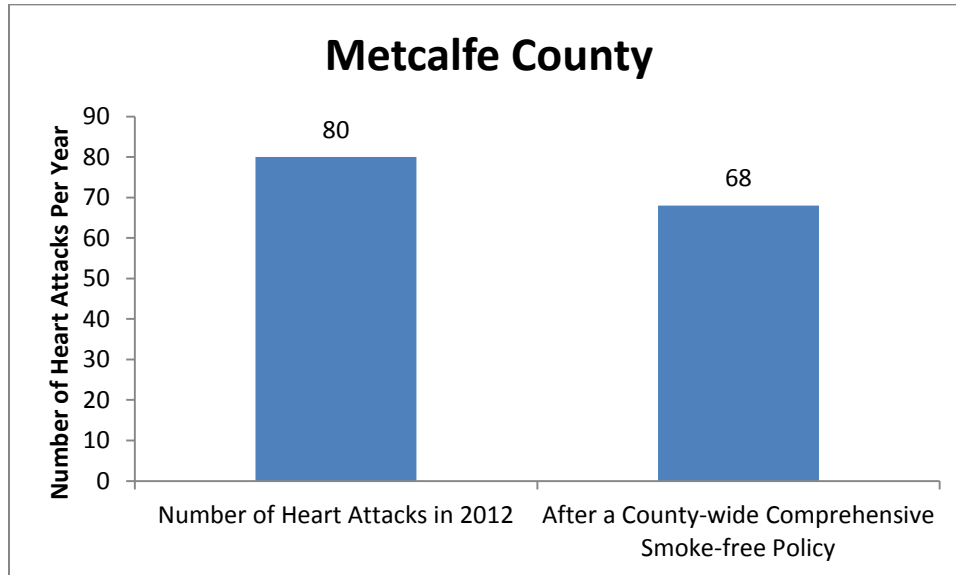
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Mercer County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Metcalfe County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Metcalfe County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **12** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

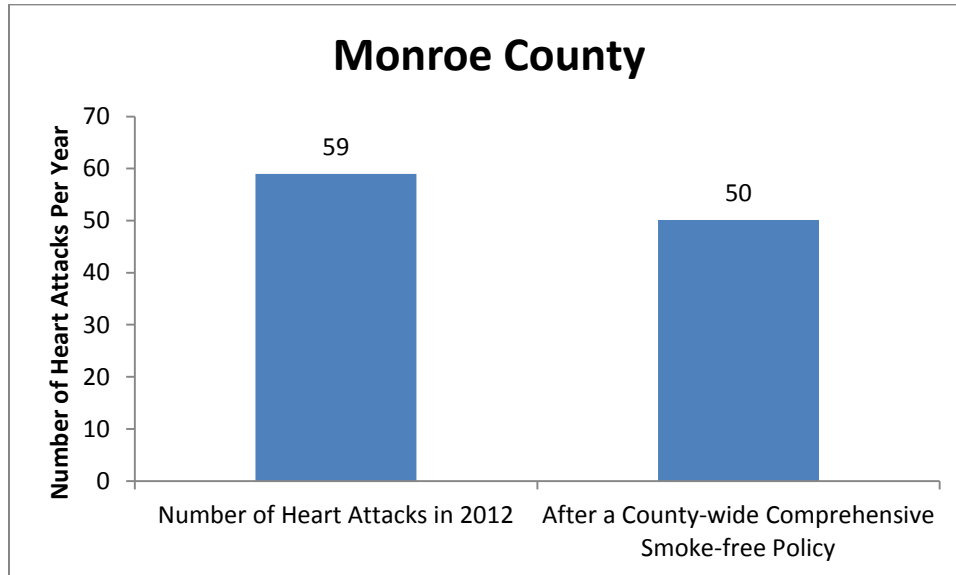
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Metcalfe County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Monroe County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Monroe County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **9** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

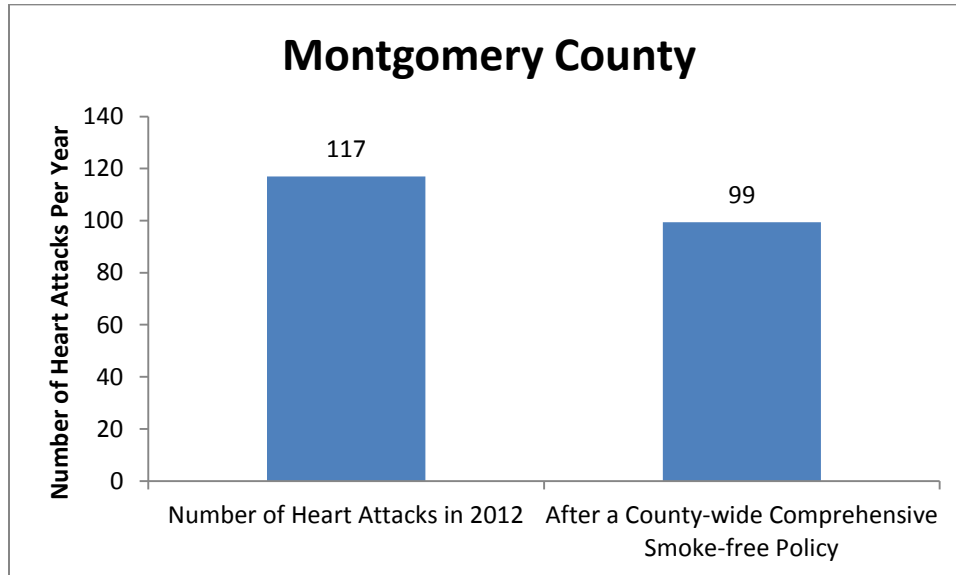
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Monroe County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Montgomery County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Montgomery County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **18** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

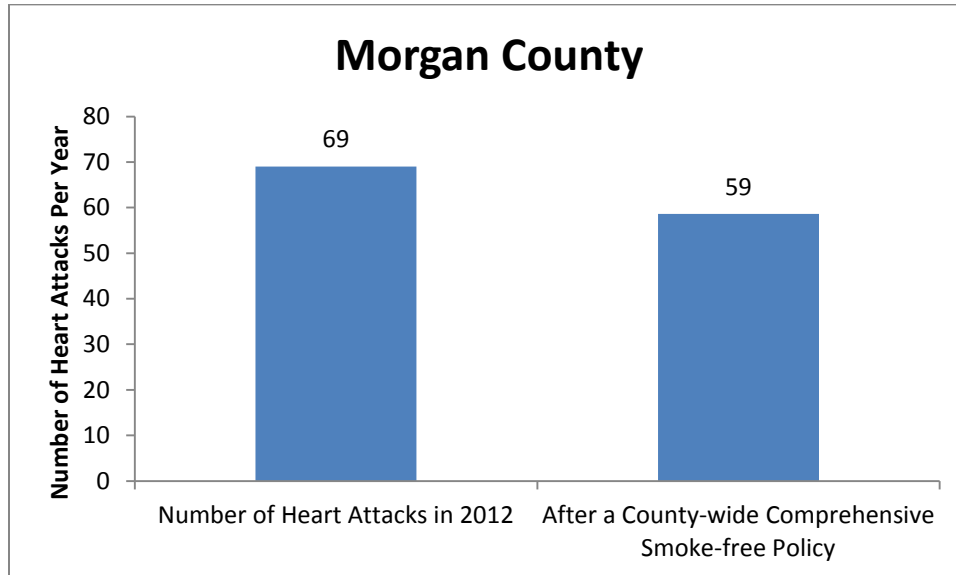
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Montgomery County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Morgan County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Morgan County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **10** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

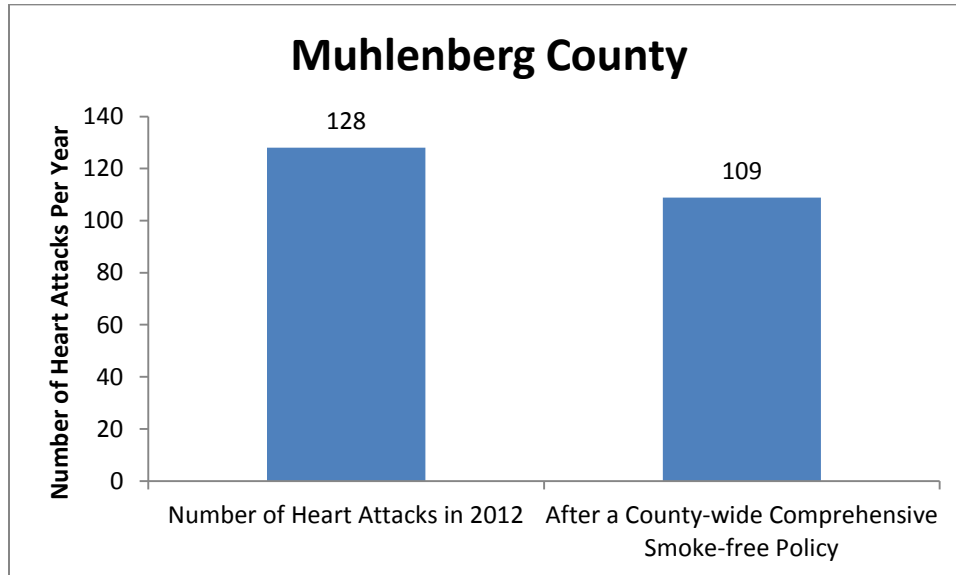
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Morgan County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Muhlenberg County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Muhlenberg County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **19** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

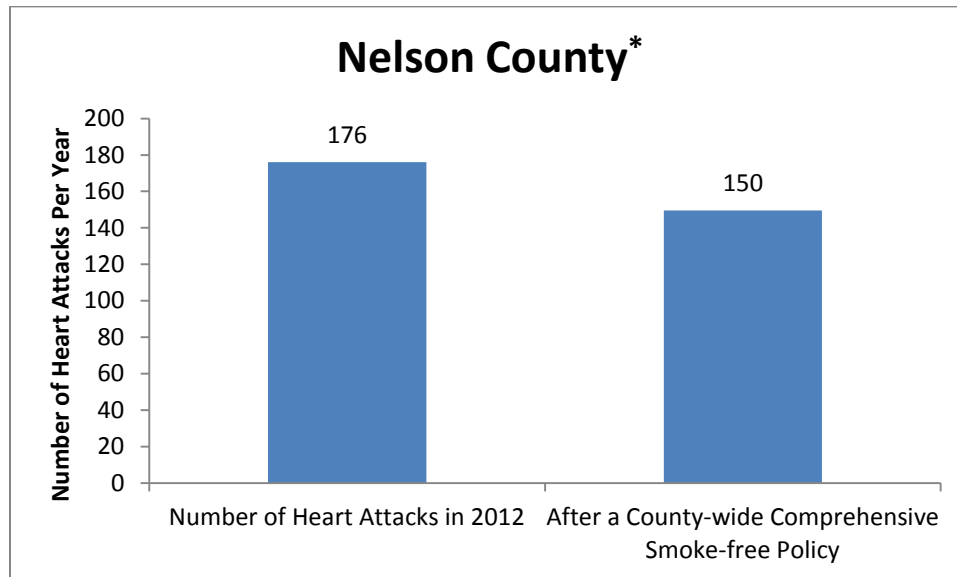
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Muhlenberg County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Nelson County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Nelson County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **26** fewer heart attacks.^{1,2}



*Bardstown has a smoke-free ordinance; these data represent estimates with a comprehensive county-wide policy.

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

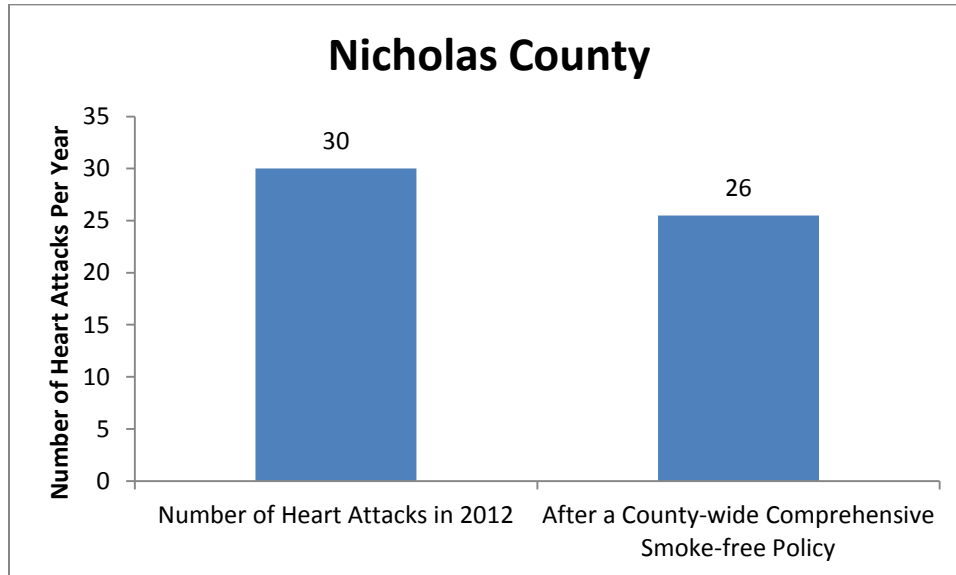
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Nelson County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Nicholas County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Nicholas County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **4** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

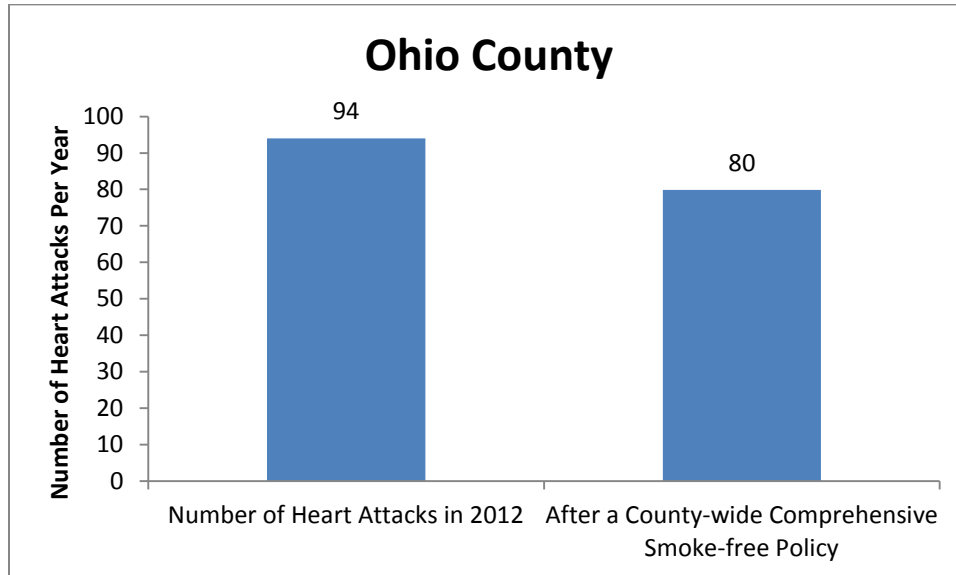
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Nicholas County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Ohio County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Ohio County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **14** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

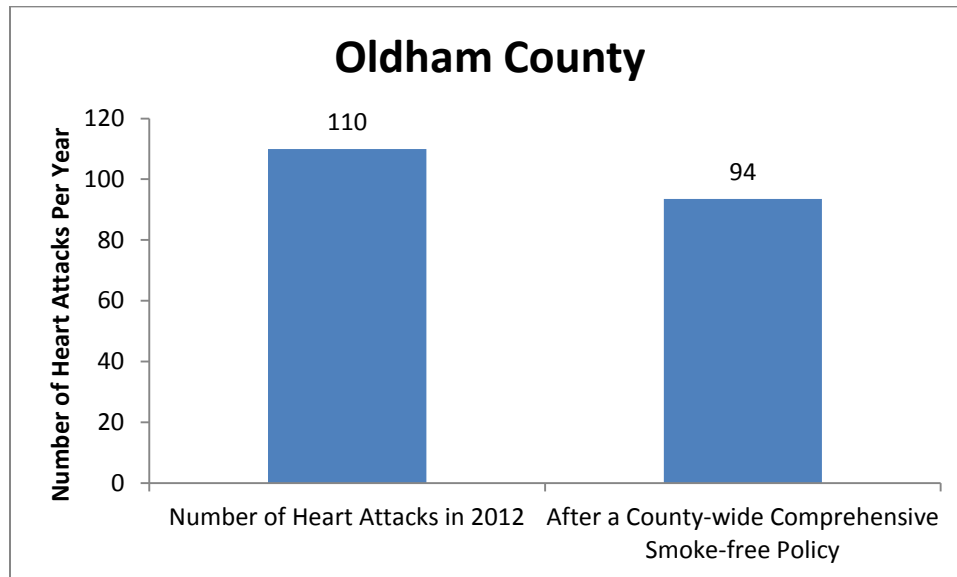
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Ohio County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Oldham County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Oldham County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **16** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

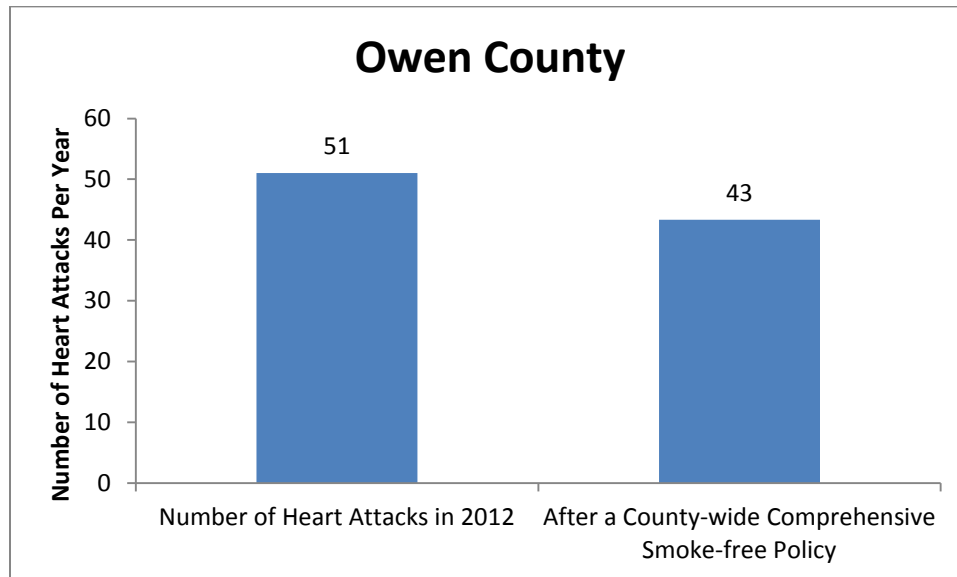
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
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3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Owen County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Owen County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **8** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

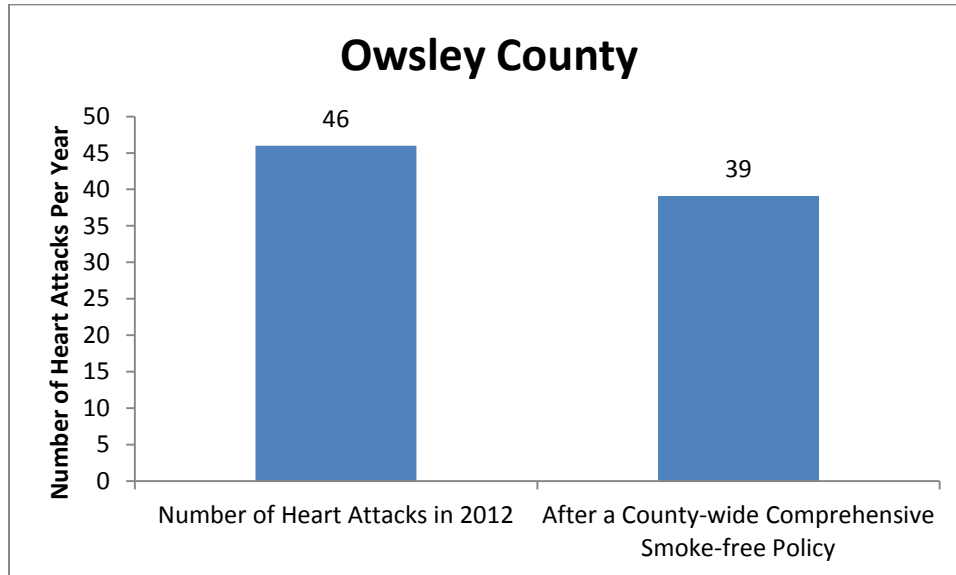
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5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Owsley County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Owsley County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **7** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

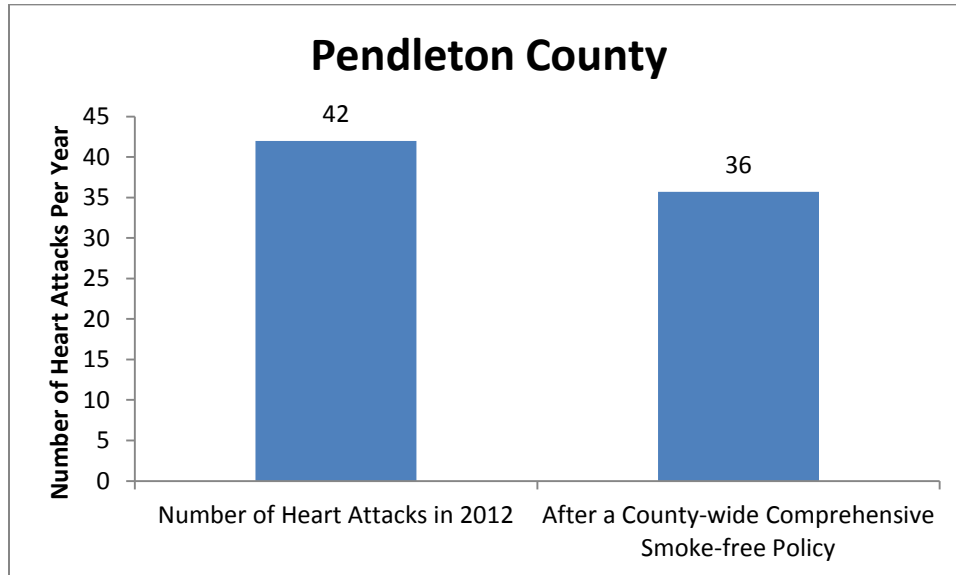
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
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3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
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Smoke-free Pendleton County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Pendleton County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **6** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

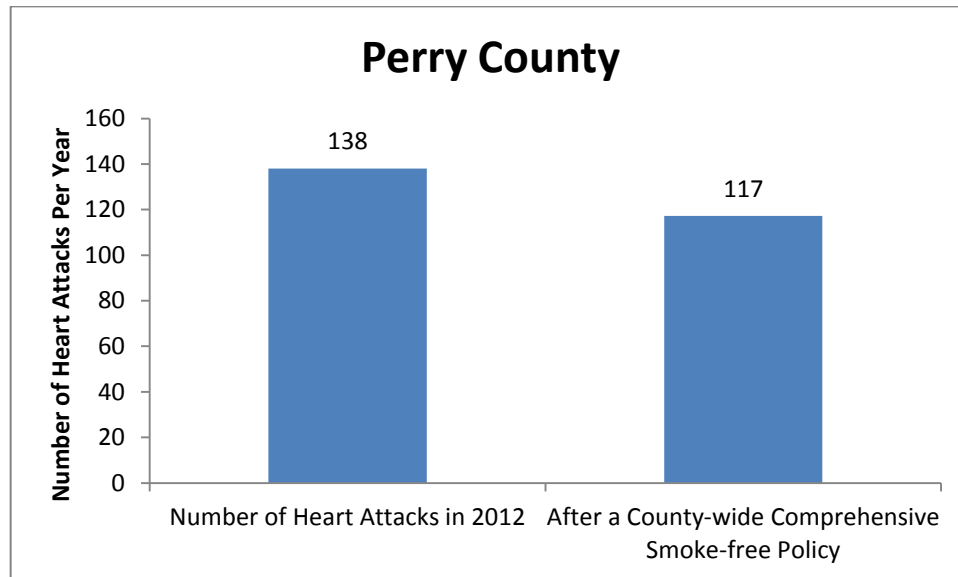
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Pendleton County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Perry County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Perry County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **21** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

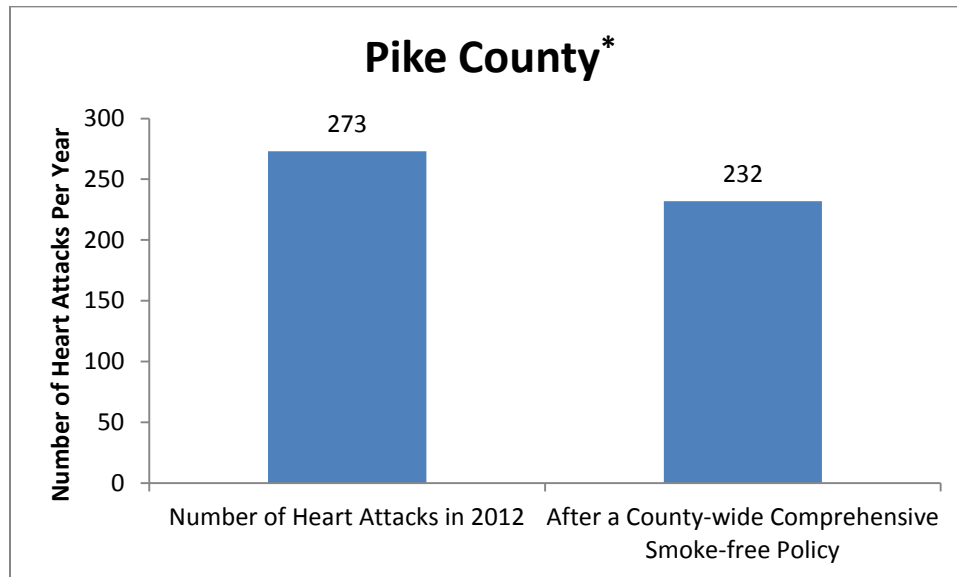
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Perry County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Pike County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Pike County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **41** fewer heart attacks.^{1,2}



*Pikeville has a smoke-free ordinance; these data represent estimates with a comprehensive county-wide policy.

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
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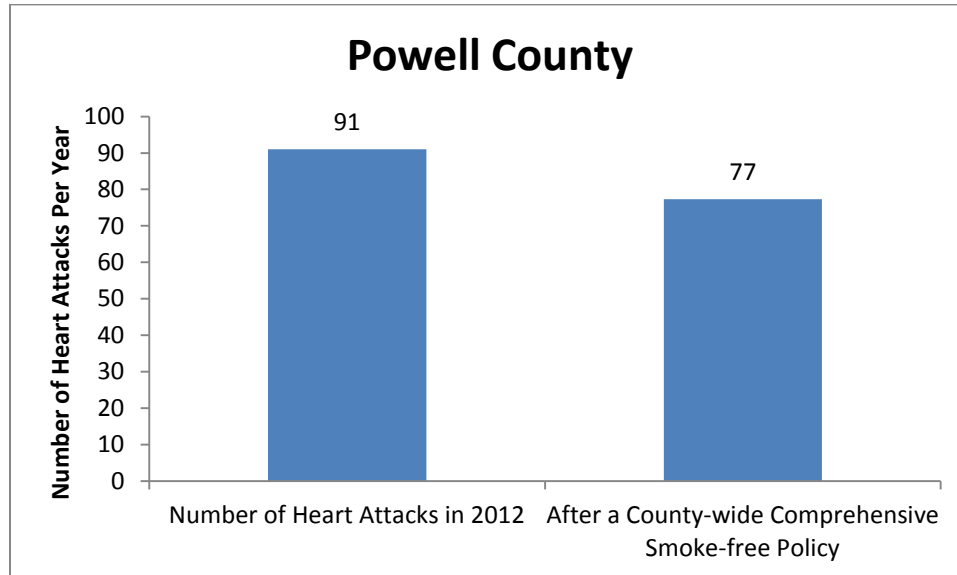
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Smoke-free Powell County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Powell County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **14** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

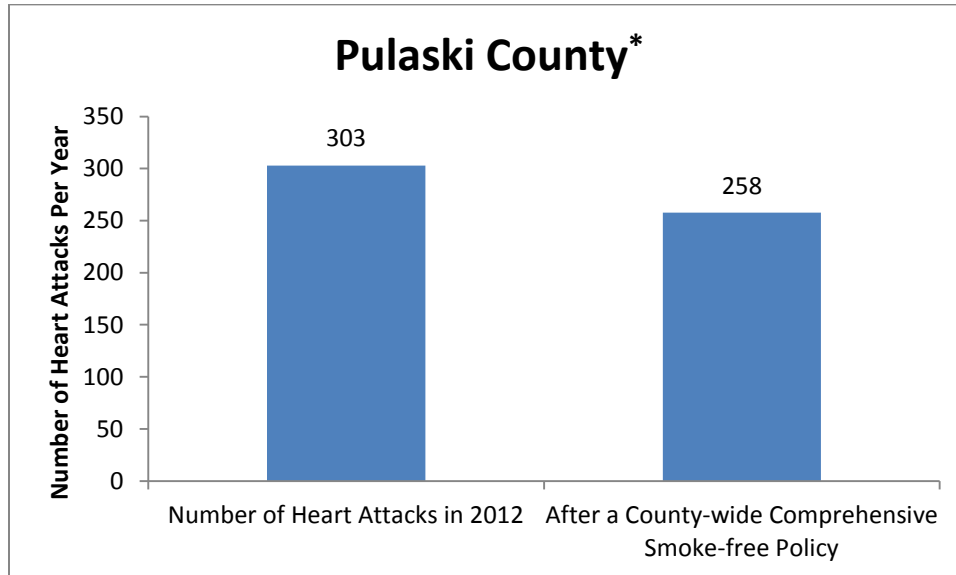
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3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
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Smoke-free Pulaski County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Pulaski County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **45** fewer heart attacks.^{1,2}



*Somerset has a smoke-free ordinance; these data represent estimates with a comprehensive county-wide policy.

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

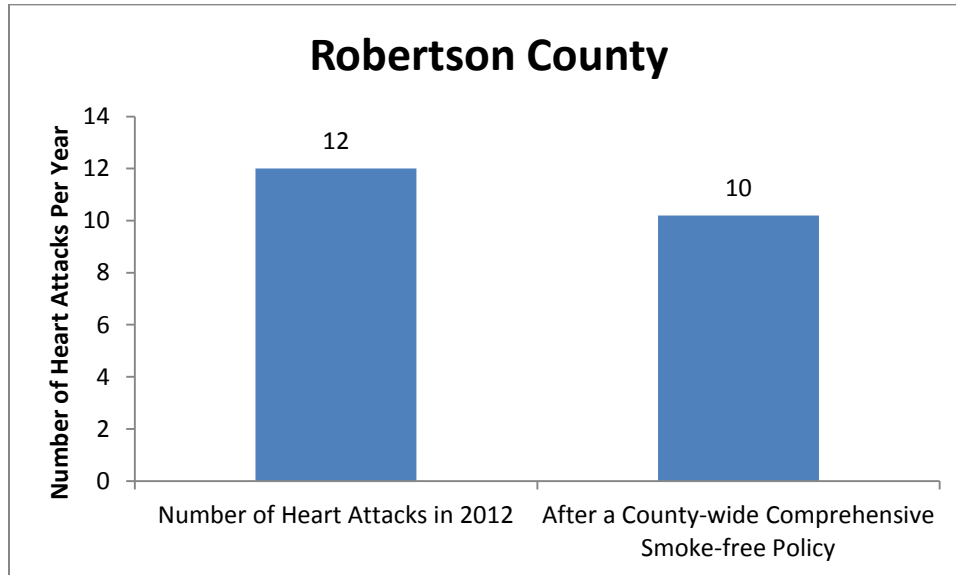
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3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
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Smoke-free Robertson County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Robertson County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **2** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

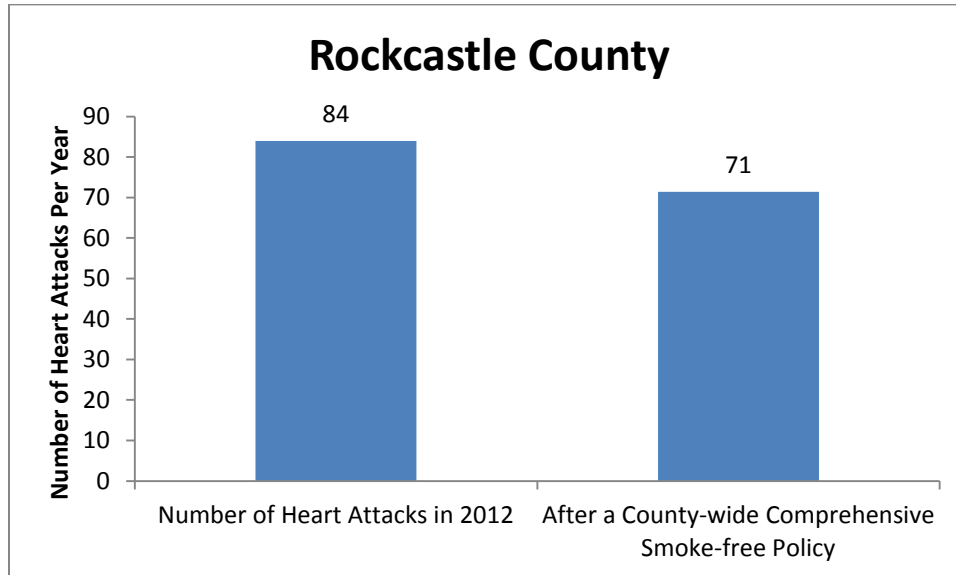
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Robertson County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Rockcastle County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Rockcastle County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **13** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

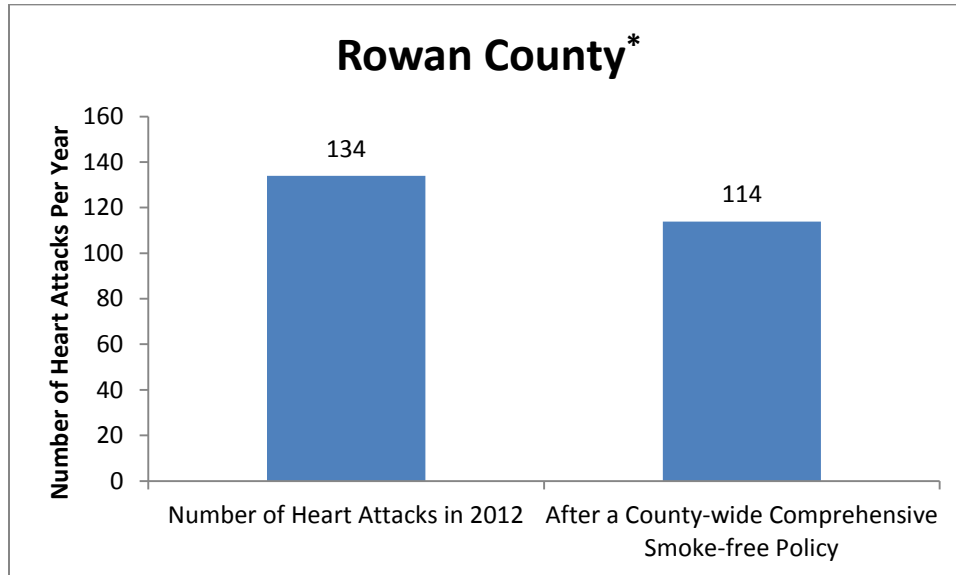
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Rockcastle County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
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Smoke-free Rowan County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Rowan County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **20** fewer heart attacks.^{1,2}



*Morehead has a smoke-free ordinance; these data represent estimates with a comprehensive county-wide policy.

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

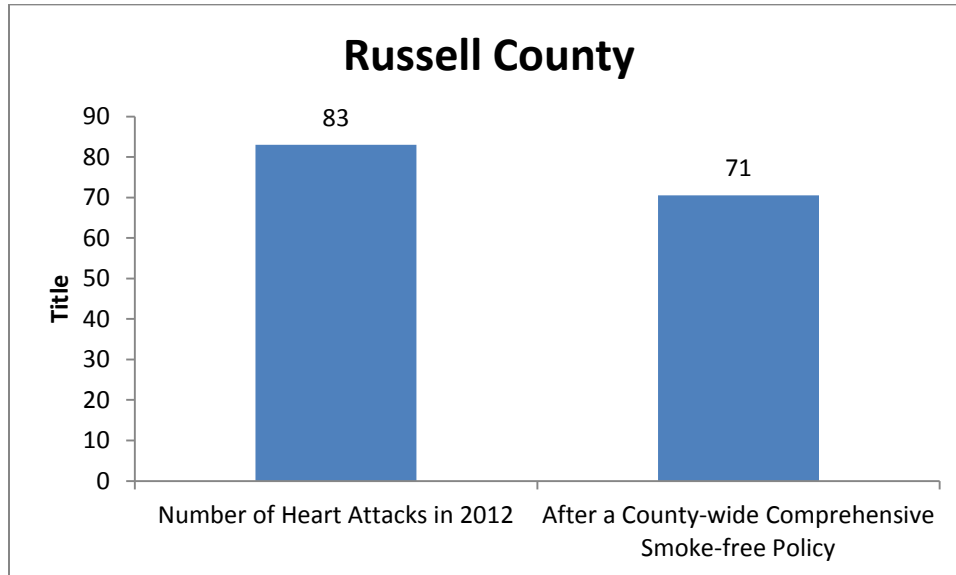
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2. Lush CC. *AMI Data-Calendar Year 2012-Rowan County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
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5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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Smoke-free Russell County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Russell County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **12** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

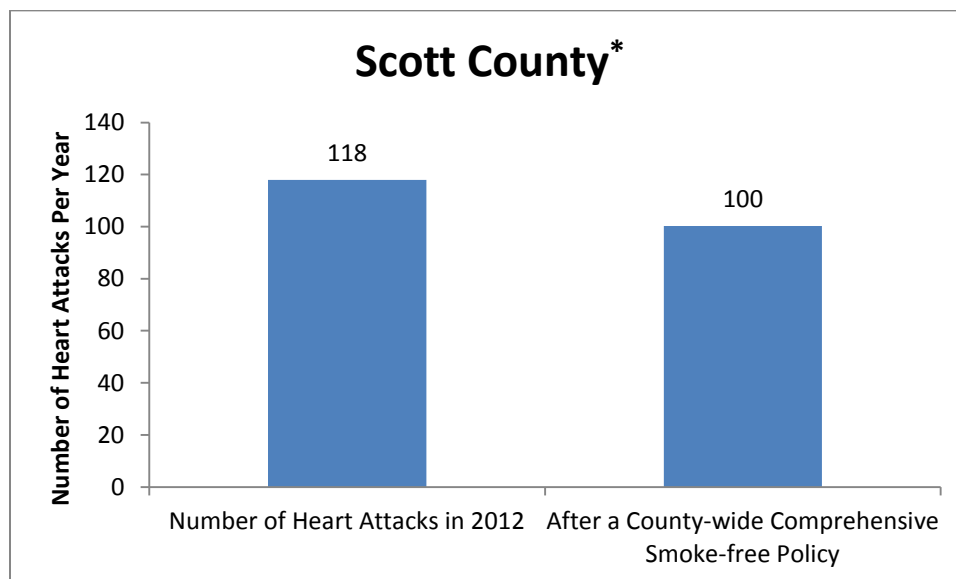
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3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
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Smoke-free Scott County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Scott County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **18** fewer heart attacks.^{1,2}



*Georgetown has a smoke-free ordinance; these data represent estimates with a comprehensive county-wide policy.

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.

2. Lush CC. *AMI Data-Calendar Year 2012-Scott County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.

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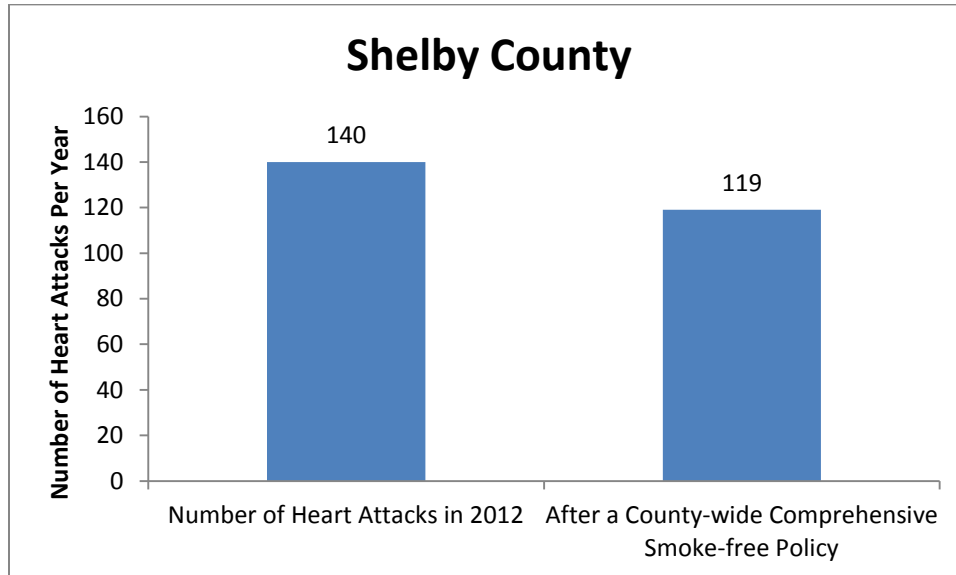
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Smoke-free Shelby County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Shelby County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **21** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

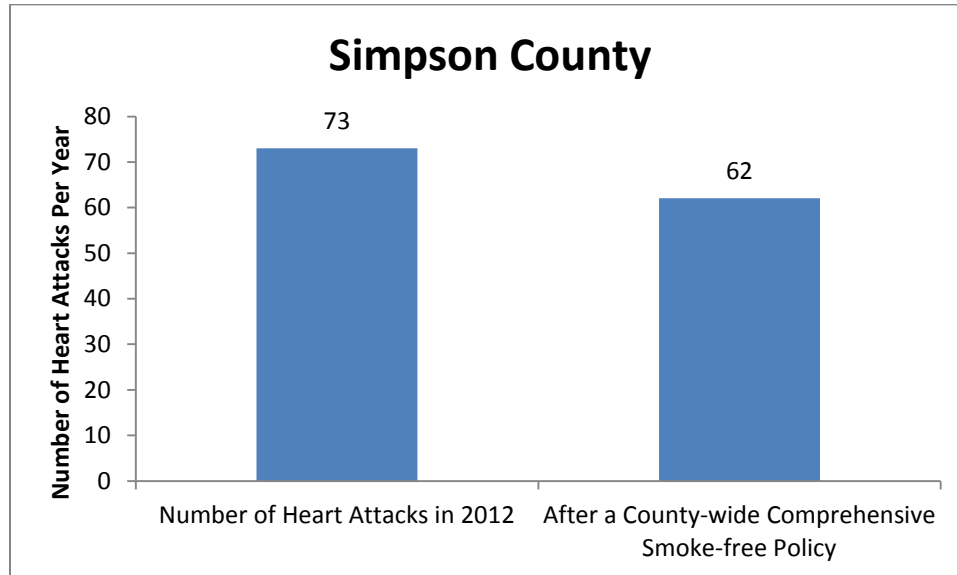
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Smoke-free Simpson County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Simpson County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **11** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

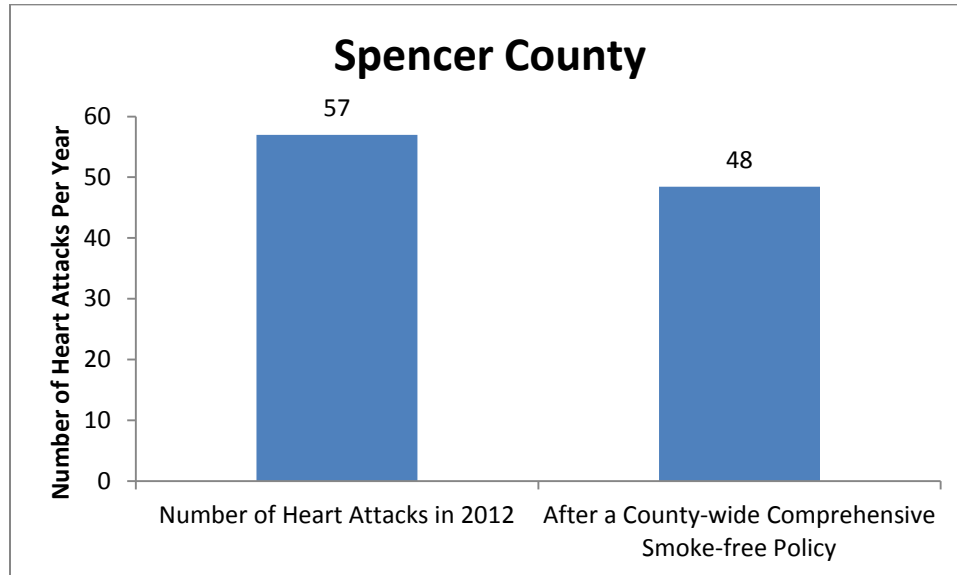
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Smoke-free Spencer County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Spencer County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **9** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

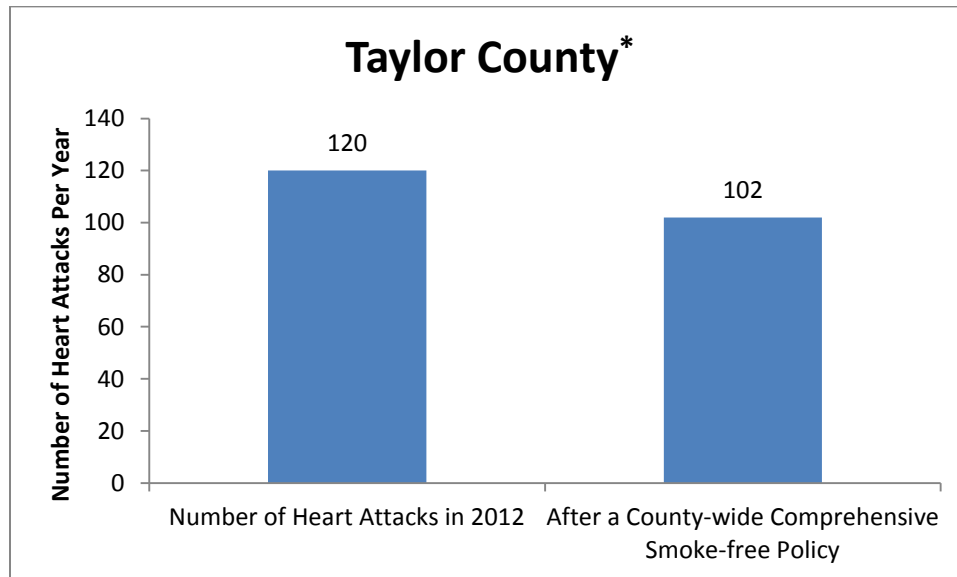
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Smoke-free Taylor County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Taylor County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **18** fewer heart attacks.^{1,2}



*Campbellsville has a smoke-free ordinance; these data represent estimates with a comprehensive county-wide policy.

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

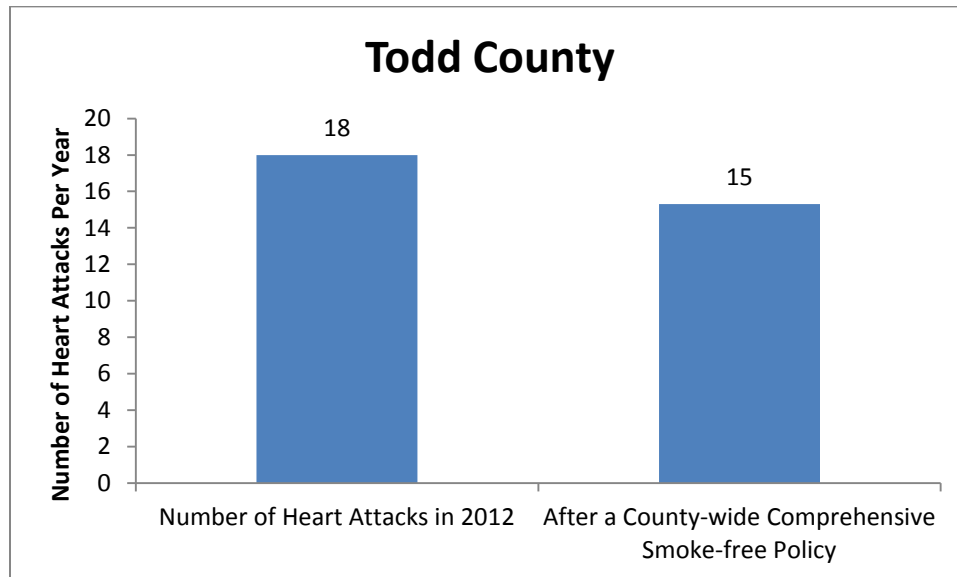
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3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
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Smoke-free Todd County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Todd County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **3** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

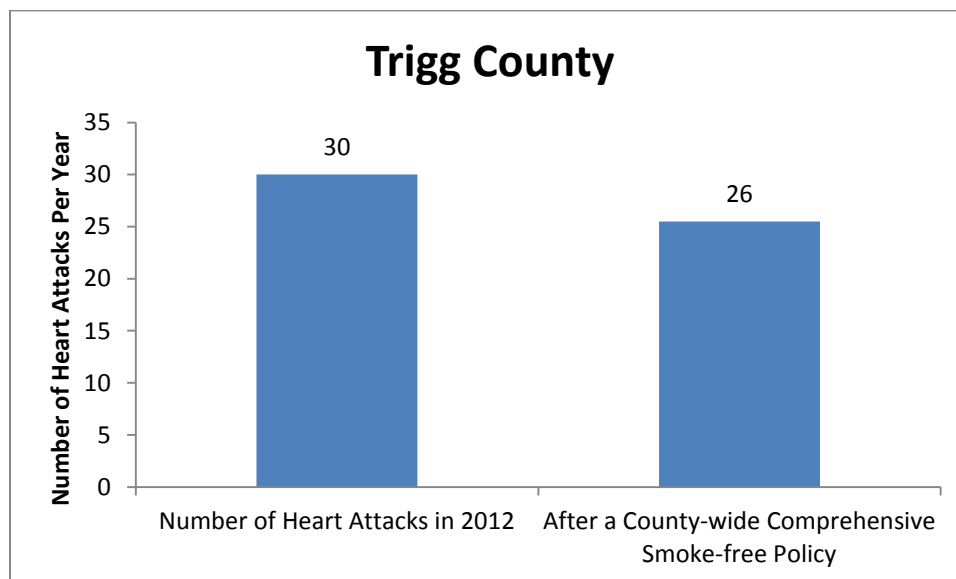
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Smoke-free Trigg County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Trigg County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **4** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

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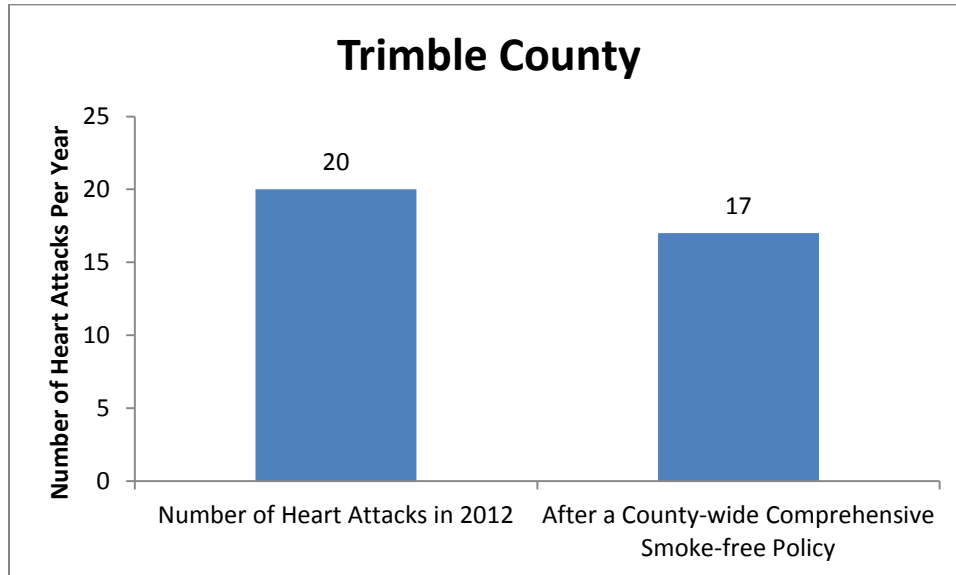
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Smoke-free Trimble County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Trimble County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **3** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

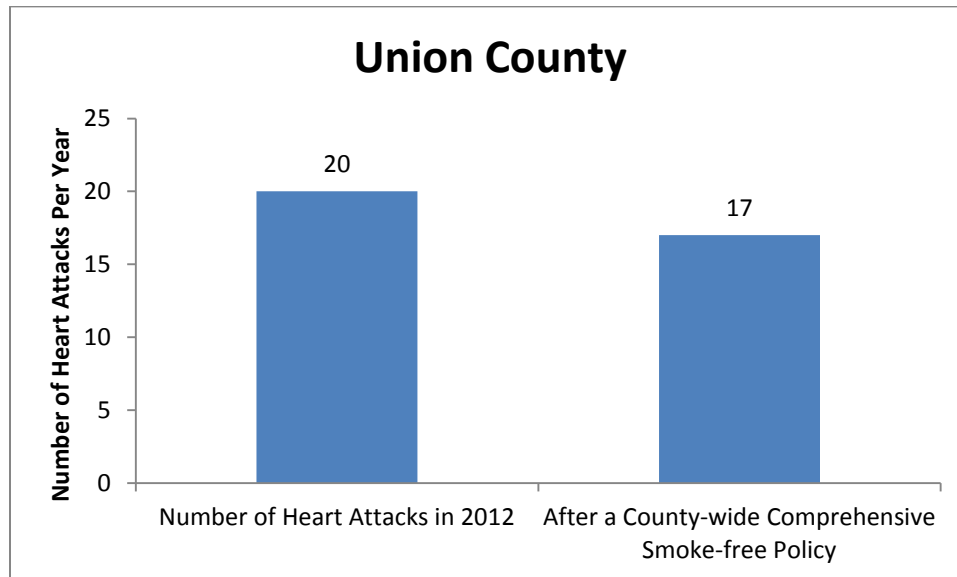
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Smoke-free Union County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Union County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **3** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

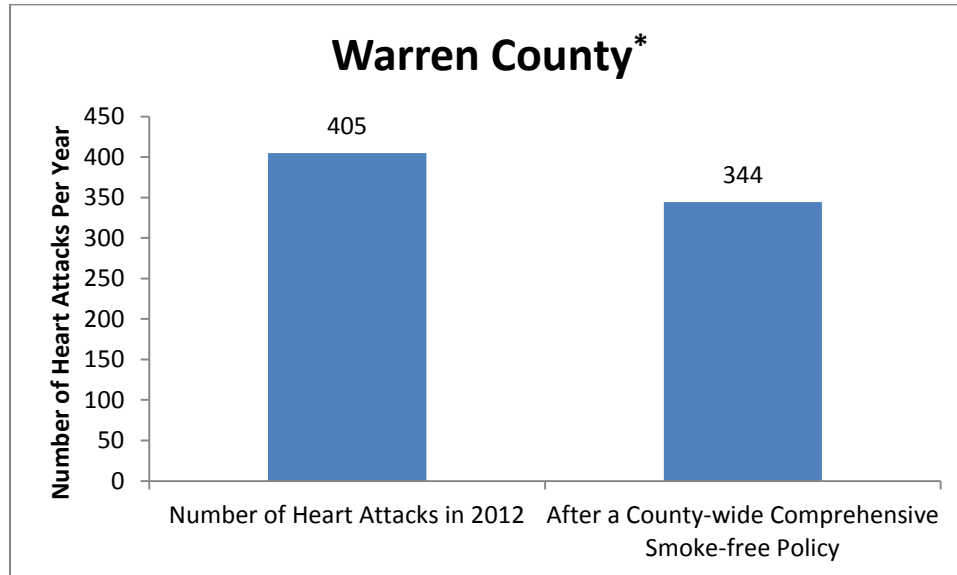
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3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
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Smoke-free Warren County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Warren County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **61** fewer heart attacks.^{1,2}



*Bowling Green has a smoke-free ordinance; these data represent estimates with a comprehensive county-wide policy.

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

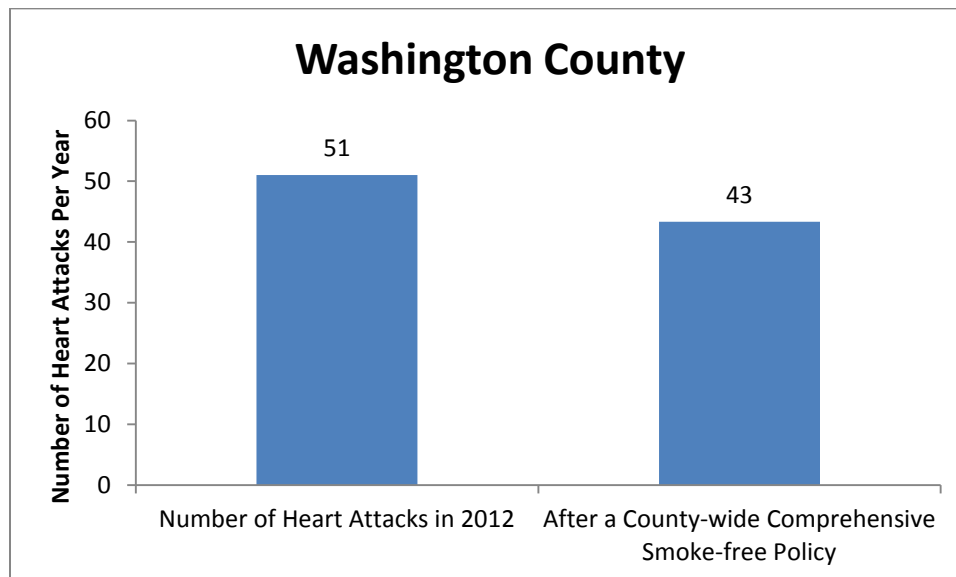
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Smoke-free Washington County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Washington County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **8** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

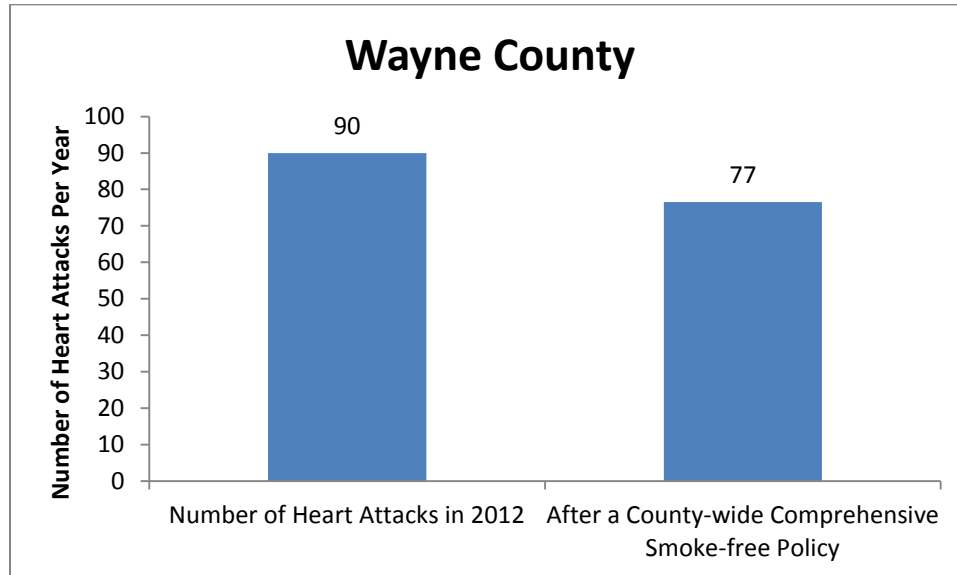
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3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
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Smoke-free Wayne County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Wayne County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **13** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

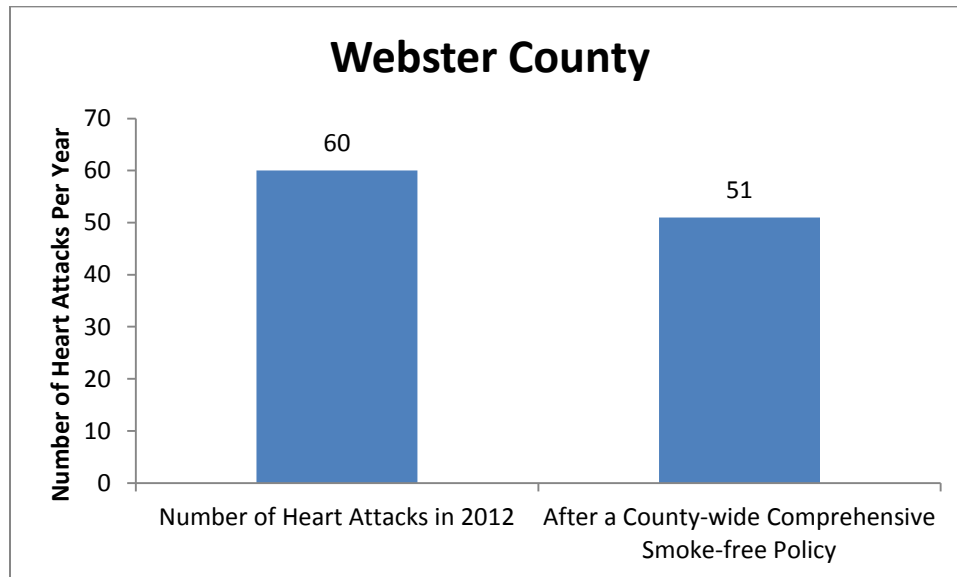
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2. Lush CC. *AMI Data-Calendar Year 2012-Wayne County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
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Smoke-free Webster County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Webster County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **9** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

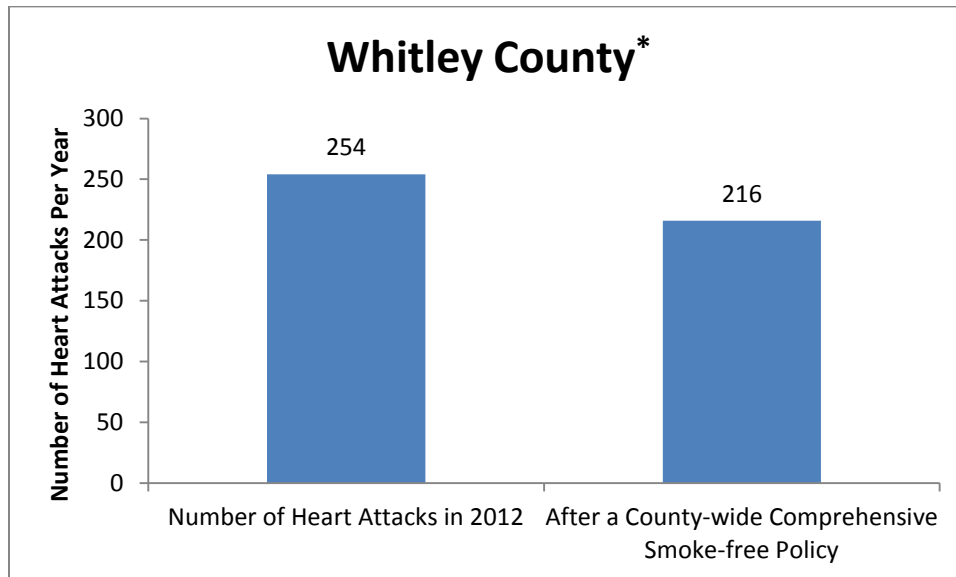
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Webster County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
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Smoke-free Whitley County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Whitley County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **38** fewer heart attacks.^{1,2}



*Corbin and Williamsburg have smoke-free ordinances; these data represent estimates with a comprehensive county-wide policy.

Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

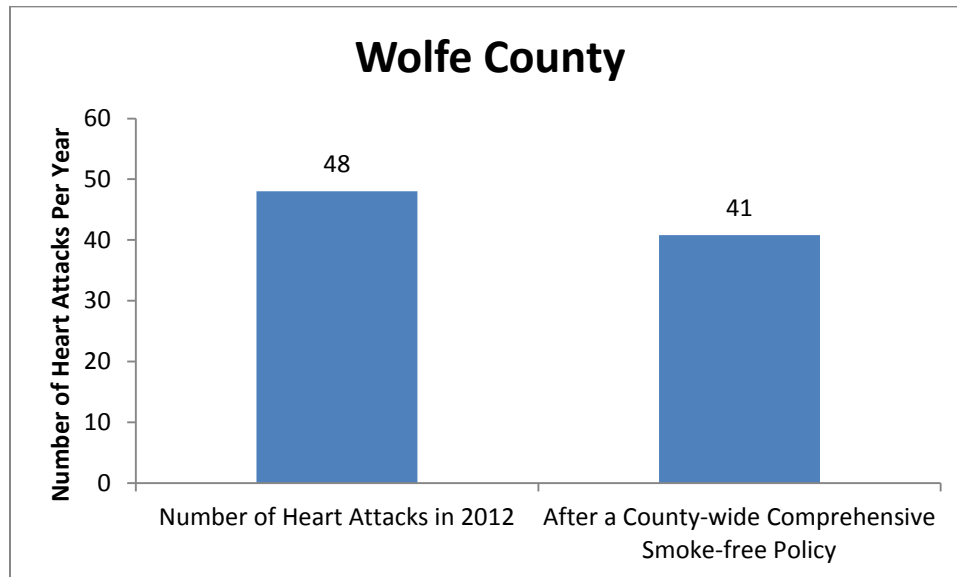
1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Whitley County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
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5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

For more information, contact the Kentucky Center for Smoke-free Policy University of Kentucky College of Nursing, (859) 323-4587 or www.kcsp.uky.edu.

Smoke-free Wolfe County Will Save Lives by Reducing Heart Attacks

Projected reduction in heart attacks with a county-wide, comprehensive smoke-free policy in Wolfe County:

WITHIN THE FIRST TWO YEARS: The number of heart attacks will decrease by an estimated **15%**; approximately **7** fewer heart attacks.^{1,2}



Secondhand Smoke Exposure and Heart Attacks

- Even brief exposure to secondhand smoke can trigger a heart attack.³
 - In just five minutes of exposure, secondhand smoke makes it harder for the heart to pump blood.⁴
 - In 20-30 minutes, fat and blood clots build up in the arteries, increasing the chance of heart attacks and stroke.⁴
 - After 2 hours of secondhand smoke exposure, the heart rate speeds up, leading to abnormal heart rhythms (which can lead to death).⁴
- The fine particles in secondhand smoke are linked to heart attacks.³
- A heart attack may be more severe than it would have been in the absence of exposure to secondhand smoke.⁵

1. Tan CE, Glantz SA. Association Between Smoke-Free Legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases: A Meta-Analysis. *Circulation*, 2012;18:2177-83.
2. Lush CC. *AMI Data-Calendar Year 2012-Wolfe County*. Lexington, KY: UK Healthcare; data obtained from the Kentucky Hospital Association; 2013.
3. Institute of Medicine. *Secondhand smoke exposure and cardiovascular effects: Making sense of the evidence*. Washington, DC: The National Academies Press; 2009.
4. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001; 286(4):436-441.
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.

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