

# Smoking bans linked to improvement in tobacco use

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(HealthDay)—Smoking bans in the home and city/town are significantly associated with smoking reduction and making a quit attempt, according to a study published online Nov. 26 in *Preventive Medicine*.

Rong W. Zabolocki, from the University of California San Diego in La Jolla, and colleagues used data from follow-up telephone interviews conducted in 2011 for 1,718 current California smokers to examine whether [smoking](#) ban policies (home, work, and town) are associated with changes in tobacco use (reduction in [smoking rate](#) and quit attempts). The correlations were adjusted for demographic and other variables.

The researchers found that, compared with living in a home with no

home ban, living in a home with a total ban correlated significantly with smoking reduction and making a quit attempt (adjusted odds ratios, 2.4 and 2.3, respectively). The odds of smoking reduction and making a quit attempt were also increased with self-reported perception of an outdoor ban in one's city/town (adjusted odds ratios, 1.7 and 1.8, respectively).

"These results provide quantitative evidence that [smoking bans](#) encourage quitting behaviors that positively impact smokers and nonsmokers, underscoring the public health importance of smoking bans inside and outside the home," the authors write.

**More information:** [Abstract](#)  
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