

Health aspects of indoor air quality

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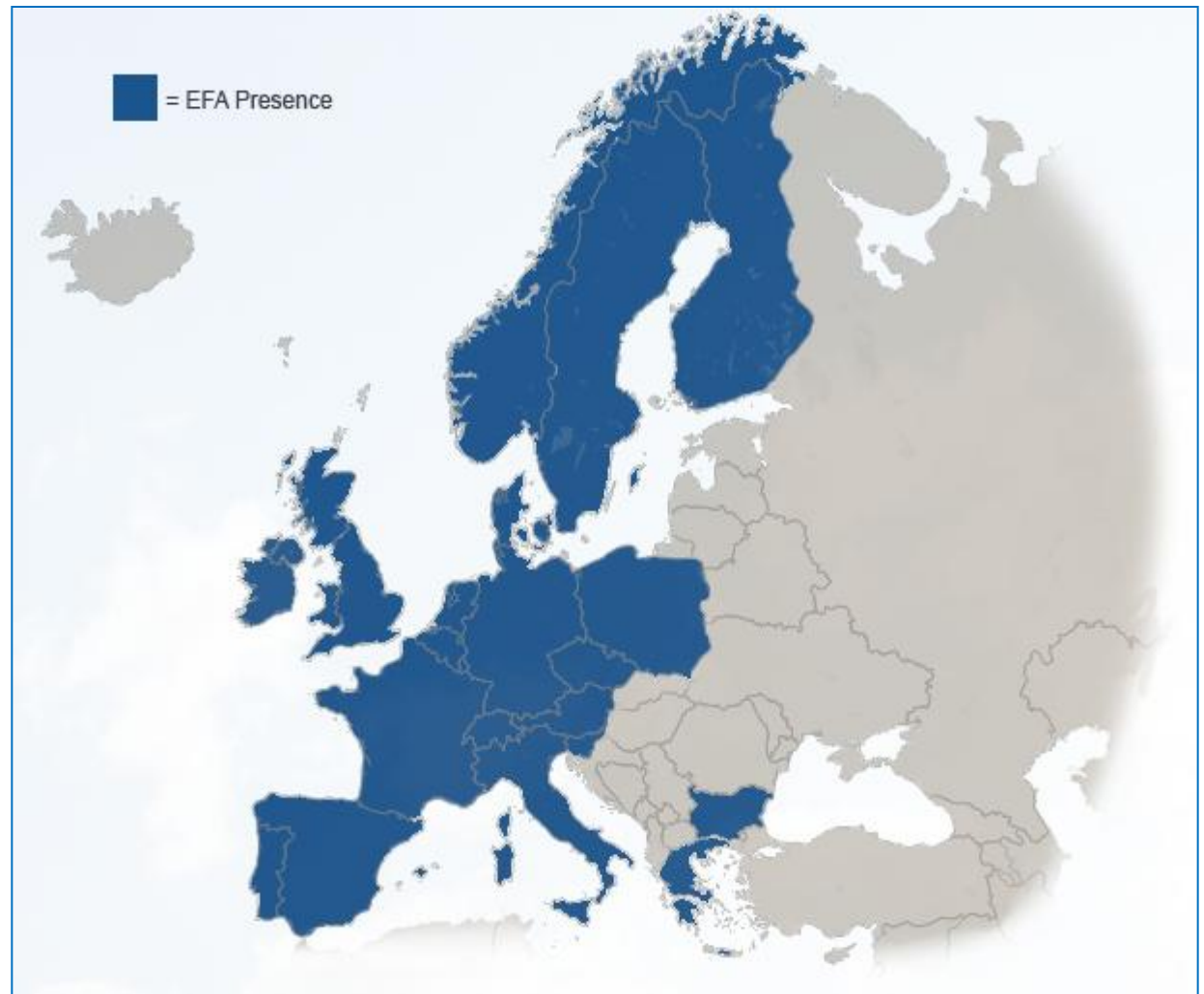


Who we are

The European Federation of Allergy and Airways Diseases Patients' Associations (EFA) is a non-profit network of allergy, asthma and COPD patients' organisations, representing 35 national associations in 22 countries and over 400,000 patients in Europe.

EFA members

22 European
countries
35 member
organisations
representing over
400,000 patients
& carers



Mission

EFA is dedicated to making Europe a place where people with allergy, asthma and COPD:

- Have the right to the best quality of care and safe environment
- Live uncompromised lives
- Are actively involved in all decisions influencing their health



What EFA can do at the EU level

“Giving voice to patients with asthma, allergy and
COPD in Europe ”



1. Advocacy:

- Represent patients towards EU decision makers
- Allow for constructive participation in EU policy formulation

2. Communication:

- Follow up and communicate EU policy developments to members
- Share best practices

3. Project management:

- Represent patients in EU funded research and health projects

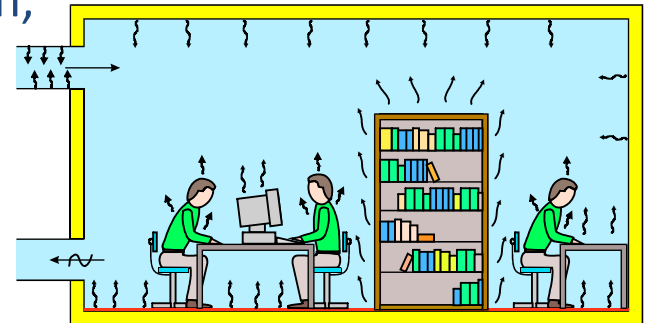
Healthy indoor air as a right

- In OECD countries, people spend on average 90% of their time in indoor environments
- Under the principle of the human right to health, everyone has the right to breathe healthy indoor air (WHO, The Right to Healthy Indoor Air, 2000)

↓ BUT

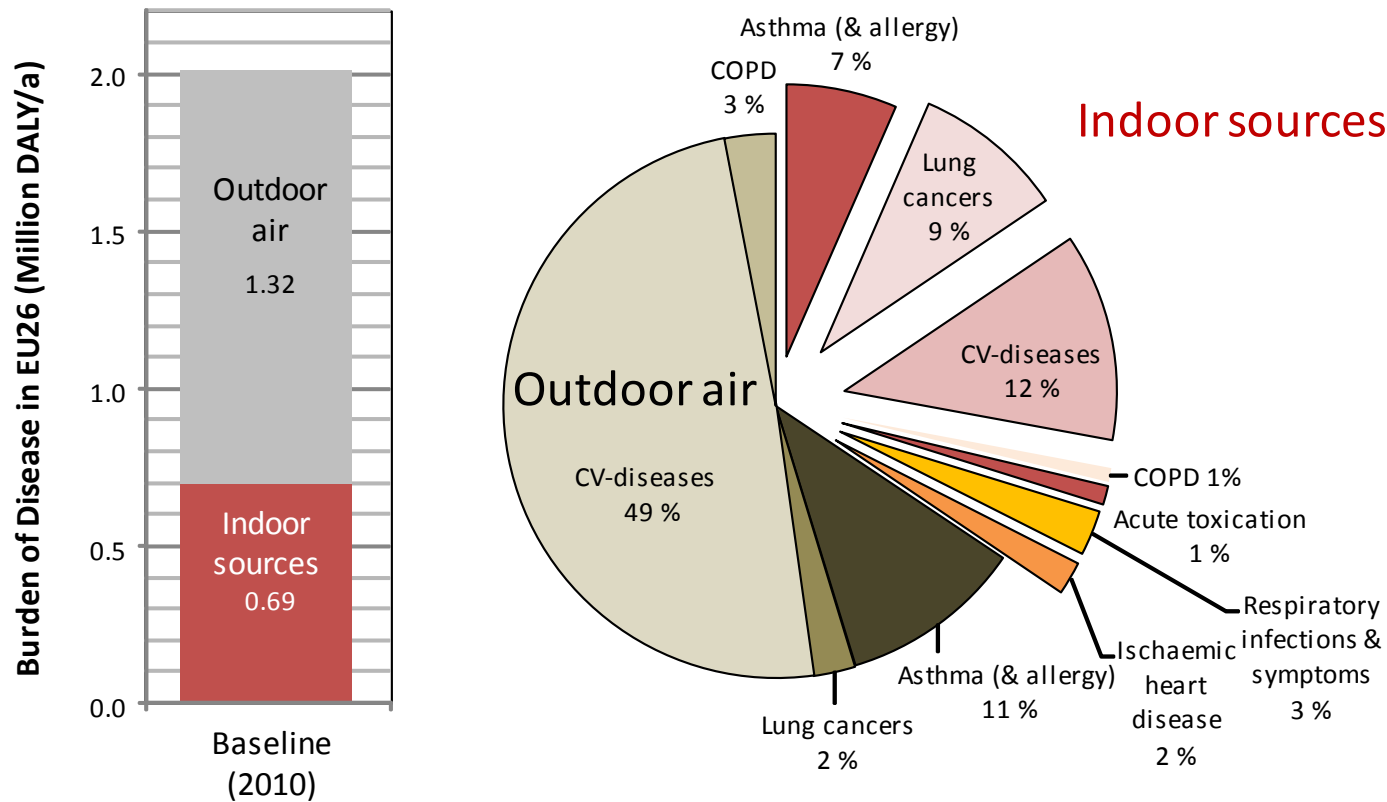
- Several sources of pollution regularly breach such a right

- Outdoor air: combustion, industrial pollution, traffic, pollens → causing 50% of IAQ burden of disease (EnVIE project)
- Building: building materials, furnishing, equipment, consumer products
- Ventilation system: ventilation, air-conditioning
- Humans: occupants and their activities



Burden of disease of IAQ

IAQ responsible for 2 million healthy life years lost annually in 26 EU MSs (IAIAQ project)

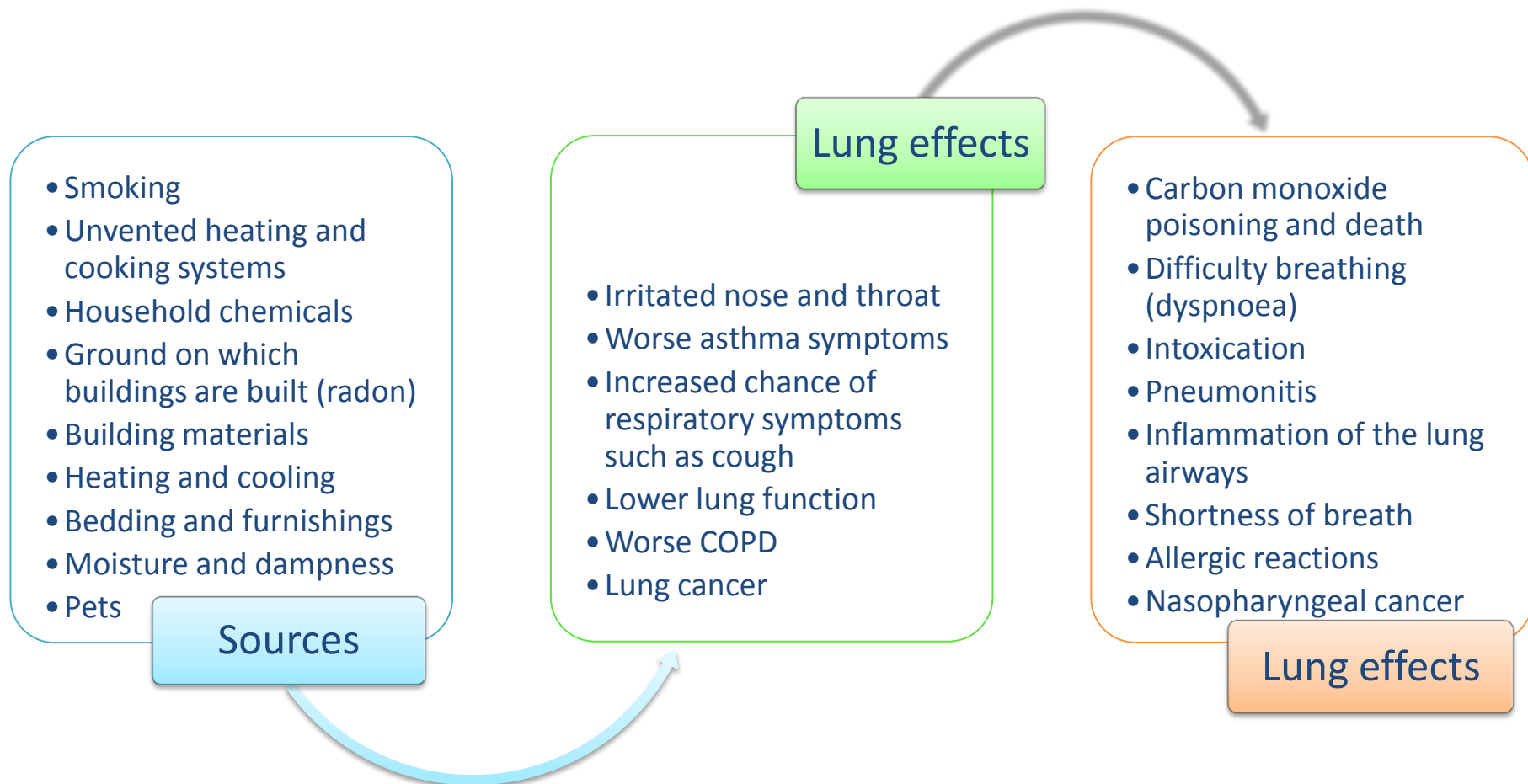


Source: HealthVent report

Figure 1. Burden of disease at the baseline (2010) in EU-26 divided into indoor and outdoor source components (left) and fractions associated with different diseases (right).

IAQ and the lungs

Rationale: people with allergy and respiratory diseases are particularly affected (first to react and worsening of symptoms)



Patients' testimonies

Joanna Bottema – Astmafonds (The Netherlands)

“Fragrances are increasingly being used in places frequented by the public, for instance in department stores, and in the rest rooms of hotels, restaurants and some companies. Another aspect of this trend is the habit of making the fragrance of detergents long-lasting – a disaster if you have asthma and someone near you is using such products! This pungent odour (and the additives) makes it hard for people with (allergic) asthma to remain in the vicinity. They are forced to leave or in the best case to take more medication to be able to stay.”

EFA Book on Respiratory Allergies: Raise Awareness, Relieve the Burden

Patient groups should not be forgotten as partners in IAQ issues!!!

EU policies – The calm...

Poor indoor air quality mistakenly believed to be a private problem



No proper legislative text adopted on IAQ...

- EU Expert Group on IAQ established by DG SANCO in 2006
- Energy Performance of Building Directive (EPBD, 2010) and Construction Products Regulation (CPR, 2011) mention IAQ: although buildings and construction materials should guarantee a good quality of the indoor air, nothing binding is established

...although **EU research and public health funding** allocated to IAQ projects

IAQ under the Second Public Health Programme

Action	EC Contribution	End date
BUMA	579,045,63	31/03/2009
Healthy Air	249,613,00	31/03/2010
GERIE	598,944,00	01/12/2010
HESEINT	600,000,00	31/08/2011
EPHECT	749,829,83	31/05/2013
HealthVent	449,992,50	28/02/2013 (extended)
RADPAR	750,000,50	06/05/2012
IAIAQ	79,256,00	16/08/2010

HealthVent
provides health-
based ventilation
guidelines for non-
industrial buildings
taking into
consideration
energy efficiency

...before the storm?

- Janez Potočnik, Environment Commissioner: **2013 EU Year of the Air**
- 4-7 June 2013: Green Week “**Cleaner air for all**” – session on IAQ
- **EU air legislation** to be reviewed in September 2013
- Launch of **JRC website dedicated to IAQ**
- **Third Public Health Programme** trialogue

Possible actions funded: actions on internal and external air pollution related to communicable and non-communicable diseases

→ **Seventh Environment Action Programme EP plenary vote**

Under priority objective 3 (safeguarding health and well-being of EU citizens):

- Outdoor and indoor air quality in line with WHO recommended levels and guidelines
- Developing an EU strategy for indoor air quality

Under priority objective 8 (sustainability of EU cities):

- Integrated construction approaches covering environmental and energy performance, safety, health, user requirements, innovation and economic competitiveness

→ **IAQ projects presentations at the EP**

- Executive summary of HealthVent – Guidelines for Health-Based Ventilation in Europe expected before summer
- Preliminary results of Sinphonie – Final results expected soon

Recommendations – Technical aspects

- Inclusion of requirements for indoor air quality in the national regulations of all European countries
- Inclusion of indoor air quality auditing in the future recast of EPBD
- Harmonised construction products labelling criteria
- Common regulation in Europe on health-based ventilation rates, which would harmonise calculation practice among countries
- European guidance on proper scope, design, construction, maintenance and inspections of ventilation systems

Recommendations – Patients' perspective

- Development of new EU policies promoting sustainable buildings considering distance with industry, big roads, etc.
- Labelling of consumers products
- Establishing national indoor air quality help-lines
- Banning of smoke in all public places
- No fragrance or scents in public buildings
- Separate heating and ventilation systems (reducing ventilation, not turning it off)

Thank you for your attention!

European Federation of Allergy and Airways Diseases
Patients' Associations(EFA)

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