



# When parental right to smoke clashes with children's right to health

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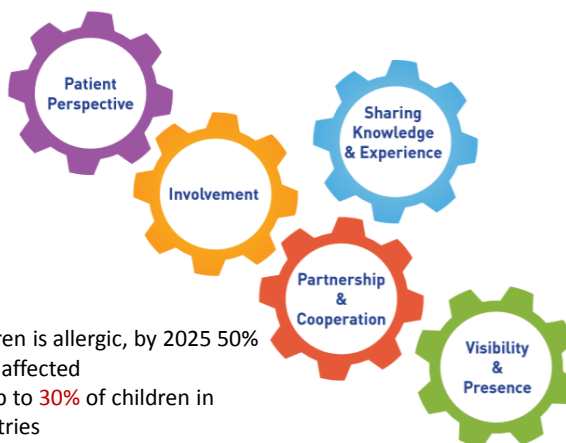


## WHO IS EFA?

### EFA's core values

The European Federation of Allergy and Airways Diseases Patients' Associations (EFA) is an independent non-profit European alliance of 40 allergy, asthma and chronic obstructive pulmonary disease (COPD) patients' associations representing 30% of European citizens currently living with these diseases

- $\frac{1}{3}$  of European children is allergic, by 2025 50% of Europeans will be affected
- Asthma is affecting up to 30% of children in some European countries
- Most common chronic diseases in children and leading cause of emergency visits and hospital admissions (!)




**EFA** European Federation of Allergy and Airways Diseases Patients' Associations

## KEY FACTS ON TOBACCO

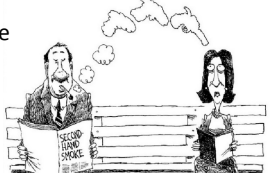
Tobacco smoke is harmful:

**SMOKING....  
HELPS YOU  
RELAX!**




- Over **250 chemicals** generated through the smoking of tobacco are known to be toxic
- Both voluntary and involuntary smoke are **class A carcinogens**

Second-hand smoke causes:



- **600,000** yearly premature deaths worldwide
- Loss of **10,9 million** healthy life years due to diseases in children and adults who do not smoke
- More than **10%** of all tobacco-related deaths

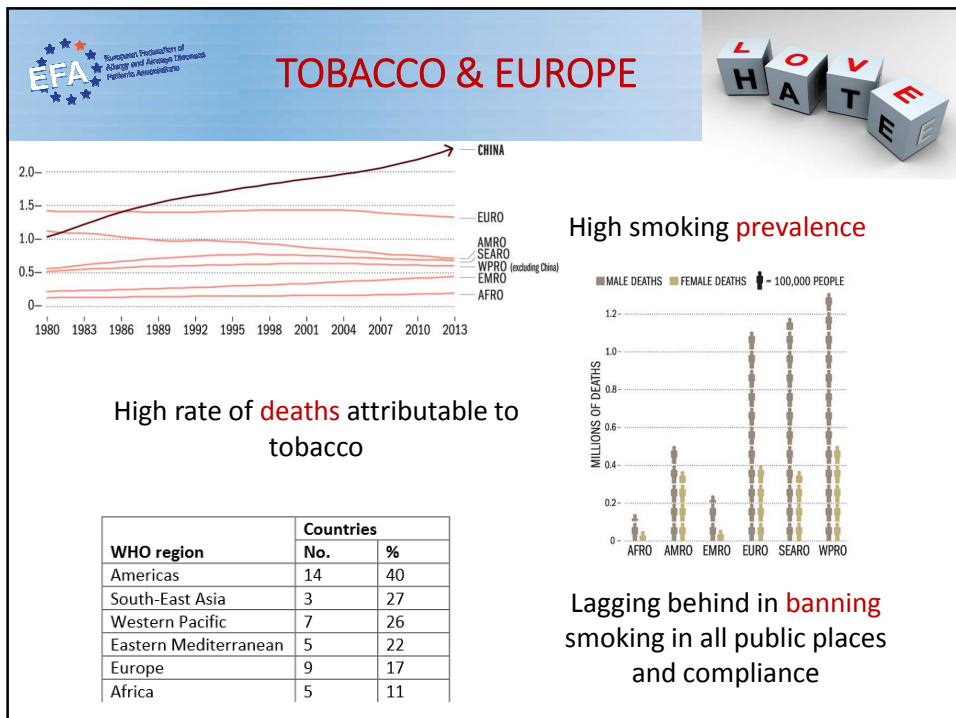
**31%** of the deaths attributable to second-hand smoke occurs in children

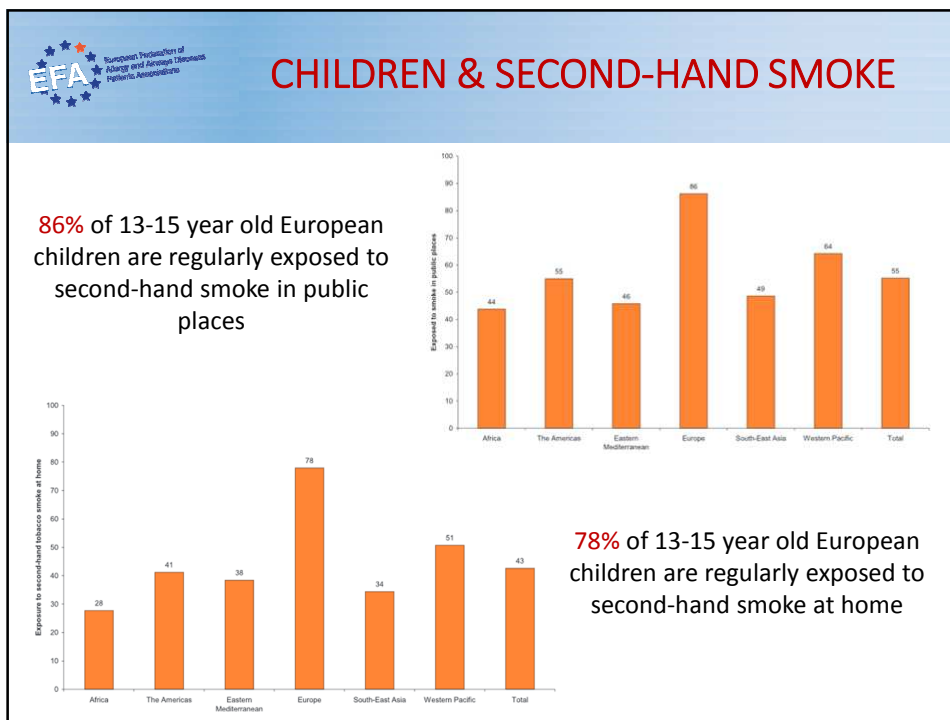


**"Mind if I smoke?"**

**"Care if I die?"**

*Every six seconds, someone somewhere in the world dies because of tobacco use!!!*





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## HEALTH CONSEQUENCES – I

Exposure to second-hand smoke:

- Is responsible for **24% to 32%** of all **Sudden Infant Death Syndrome (SIDS)** cases in Europe
- Is linked to childhood **cancers**
- Causes the **thickening of arterial walls** (an early stage of atherosclerosis) starting as young as 15 years of age
- Under the age of 2, increases by **70%** the risk for **lung diseases**
  - Causes **20%** of all **asthma** cases in childhood: children whose parents smoke are **1.5** times more likely to develop asthma
  - **Doubles** the risk of **readmission for asthma** within 1 year
  - Causes **higher degree of asthma severity**, worsening of symptoms, increased hospital admissions, accelerated decline in lung function, limited short-term responses to medicines and poor asthma control
- In babies, strengthens **sensitisation to allergen**
- Causes **ear problems**
- Increases by **1.5-2** times the **likeliness to start smoking**

## HEALTH CONSEQUENCES – II

Parental smoking during pregnancy is associated with:

- Low birth weight, foetal death and preterm delivery
- Reduced lung function
  - Hospital admission for bronchitis of 20% of infants under the age of 5
  - Influenced also before pregnancy: grandmothers' smoking patterns due to multigenerational transmission + fathers quitting smoking 5 years before conceiving
- 30% higher risk of cleft lip → due to limited resources for surgical repairs, in low- and middle-income countries, higher risk of death or not being adequately treated in a timely manner
- Possible increased risk of learning disability and attention-deficit/ hyperactivity disorder



## BREACHING CHILDREN'S RIGHTS

- Children cannot decide where or with whom to live
- They are dependent on parents, family members or carers for transit by car
- They do not fully understand the risks & do not speak out
- Babies' health is affected by parents' habits and lifestyles already in the womb
- Toddlers may be highly exposed to third-hand smoke because they brush on more surfaces

THEREFORE

Their **right to an uncompromised life** is breached

Governments have a duty to protect children from initiating active smoking and from developing nicotine addiction – obligation to fulfil children's right to health and life

- **EU objective** to promote children's rights (introduced by Treaty of Lisbon)
- Protection of children's rights requested by **Charter of Fundamental Rights of the EU**
- Right to life and highest attainable standard of health set up by **United Nations Convention on the Rights of the Child** (ratified by all EU countries)

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Europäischer Atemwegs- und Allergiekliniker Verband

## REASONS FOR GOING SMOKE-FREE

There is **no safe level of exposure** to second-hand smoke

Ventilation does not protect against exposure to second-hand smoke

**SMOKE-FREE ENVIRONMENTS ARE THE ONLY SOLUTION TO PROTECT PEOPLE**

Right of every worker to be protected from exposure to second-hand smoke

Support of citizens for smoke free legislations + high public compliance

Freedom of choice includes **responsibility not to harm others**

Cost-effective public health intervention



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## IMPLEMENTING EU AND INTERNATIONAL MEASURES

**Council recommendation on smoke-free environments:**


- Member States to create smoke-free environments for indoor public places, workplaces, public transport and other public places by 2012
- Special emphasis on protecting **children & adolescents** + complementary tobacco control policies & multi-sectorial strategies to be adopted


**WHO Framework Convention on Tobacco Control (FCTC):**

- Legislative, executive, administrative and other measures protecting from exposure to tobacco smoke in indoor workplaces, public transport, indoor public places and other public places to be adopted & implemented within 5 years from entry into force

**Progress report in 2014:**

- Legislations in place in all EU Member States, but scope varies (e.g.: full ban vs. smoking rooms)
- Sanctions for non-compliance and controls in all Member States, but big differences (e.g.: 14 EUR fine in Latvia vs 10,000 EUR in Greece and Austria)





## POLICY PROPOSALS



- **Total ban** on smoking in all public places across the EU
- Ban on **smoking in cars**
- **Education** for new and future parents
- Smoking considerations in **workplaces** and **indoor air quality** policies



## TOTAL BAN ON SMOKING IN ALL PUBLIC PLACES

Need for **smoking bans at the door of public spaces**, like hospitals, schools, malls, sport centres, ministries, as well as in **bus and tram stops** & other **outdoor public places**



Best examples:

- Pilot project of banning smoking in **parks** in the 14<sup>th</sup> arrondissement in Paris
- “Smoke-free **outdoor dining areas**”, 2-year project lead by EFA member Swedish Asthma and Allergy Association
- Swedish government draft law to ban smoking in **public outdoor areas**





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## BAN ON SMOKING IN CARS

Best examples:

-  → Cyprus banned smoking in cars in presence of minors under 16
-  → As from October, England will ban smoking in vehicles with passengers under 18, except in convertibles (existing law Wales and under consideration in Scotland)
-  → Under consideration in Finland, Ireland and the Netherlands



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## PARENTS' EDUCATION

Best example:

 Hjärt Lungfonden

EFA member Swedish Heart and Lung Association together with four other Nordic associations **campaign against second-hand smoke in homes** "We love smoke-free" targeting parents with children







## WORKPLACES AND INDOOR AIR QUALITY POLICIES

**Workplaces:**

- Directives on **safety of workers** and **pregnant women** to cover exposure to second-hand smoke
- New **legislation on smoke-free workplaces** to be proposed (including waterpipes and electronic cigarettes)
  - Single waterpipe's puff = smoke inhaled from entire cigarette
  - Risks of liquid nicotine poisoning for children under 6 years

**Best example:**  
**EFA/ENSP guidelines** on electronic cigarettes suggesting banning in all public places where smoking is not allowed

**Indoor air quality:**

- Need for a **strategy on indoor air quality** considering second-hand smoke
- Possibility to restrict smoking in **multi-unit housing**

**Best example:**  
EFA member Swedish Asthma and Allergy Association cooperation with property owners in Gothenburg to guarantee **smoke-free apartment blocks**



# Thank you for your attention!



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