

Jornada del

Día Mundial SIN TABACO

29 de Mayo 2024



Salón de Actos Ernest Lluch
Ministerio de Sanidad
Paseo del Prado, 18
28014 Madrid

La importancia de los espacios libres de humo, también en exteriores

Dr. Esteve Fernández
@StvFdz



Jornada del

Día Mundial SIN TABACO

29 de Mayo 2024



Salón de Actos Ernest Lluch
Ministerio de Sanidad
Paseo del Prado, 18
28014 Madrid

La importancia de los espacios libres de humo, también en exteriores

Dr. Esteve Fernández
@StvFdz

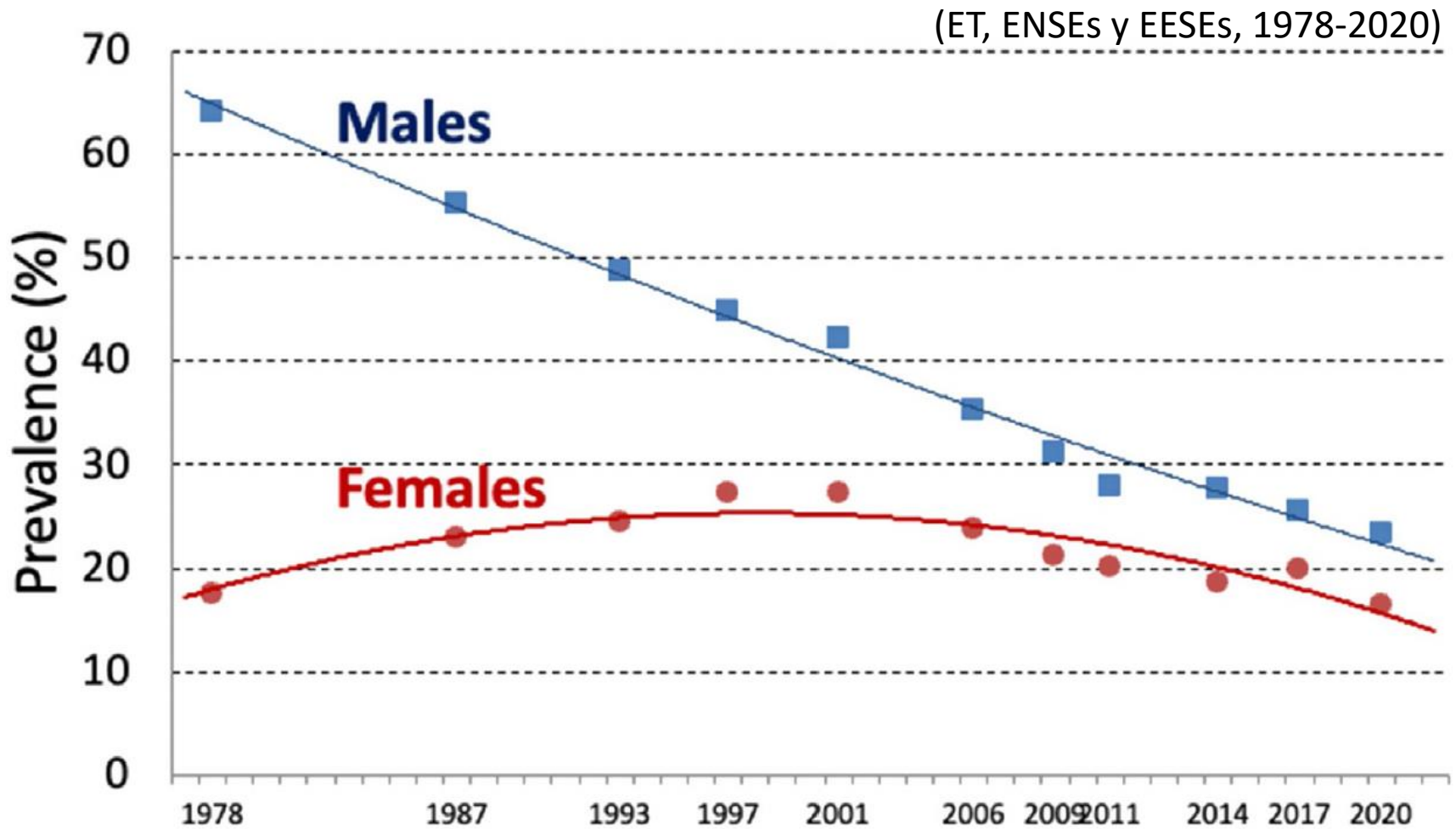




- ¿Cómo estamos en España y en el mundo?
- ¿Cómo podemos avanzar?
 - Evidencias en España y nuestro entorno
 - Novedades en Europa
 - Ámbitos de progresao
- Conclusiones



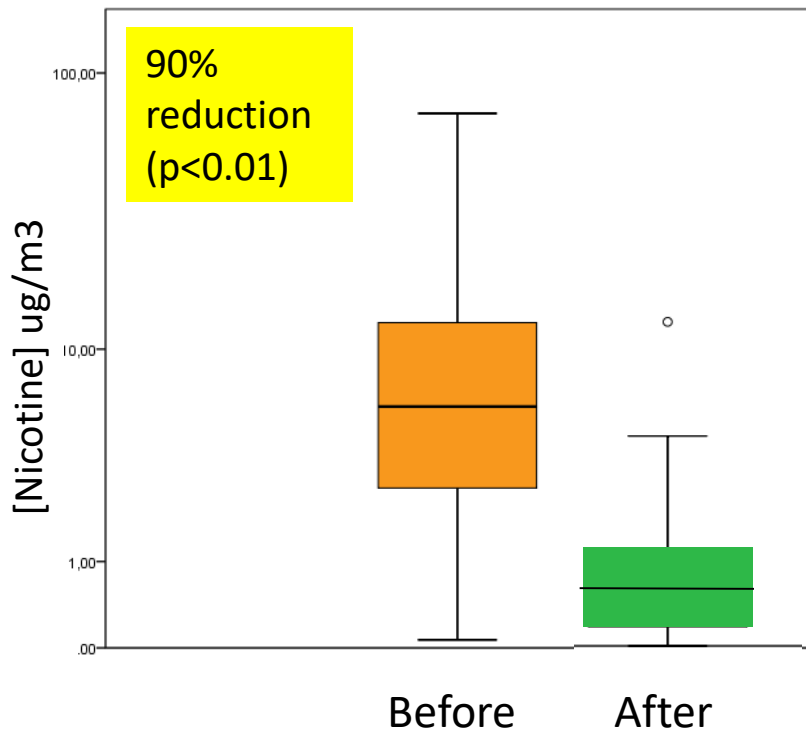
Archivo municipal de Vallbona de les Monges (1936)



Peruga et al. Arch Bronconeumol. 2023

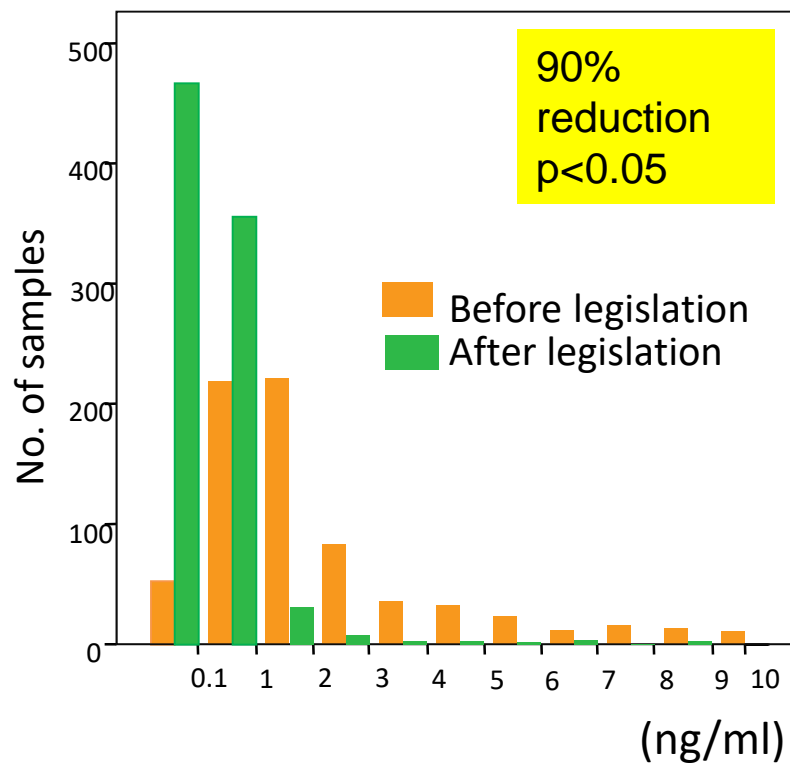


Nicotine concentration ($\mu\text{g}/\text{m}^3$) in hospitality venues before and after law 42/2010

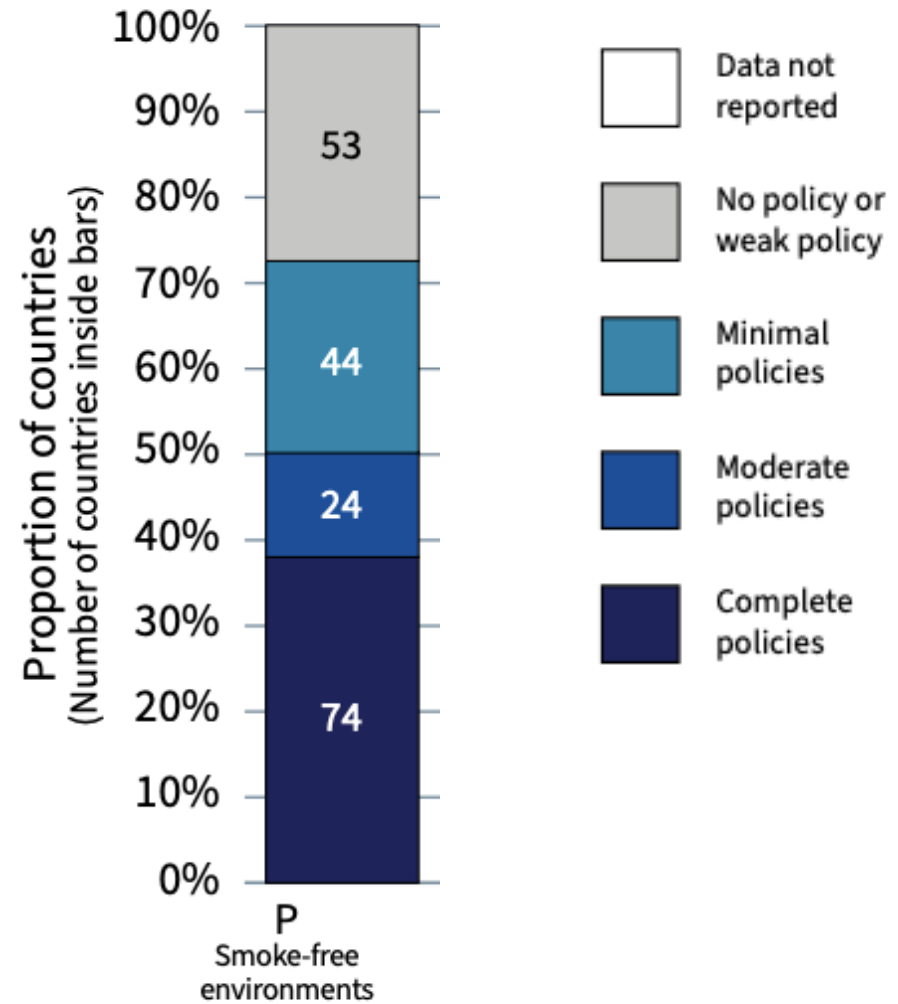
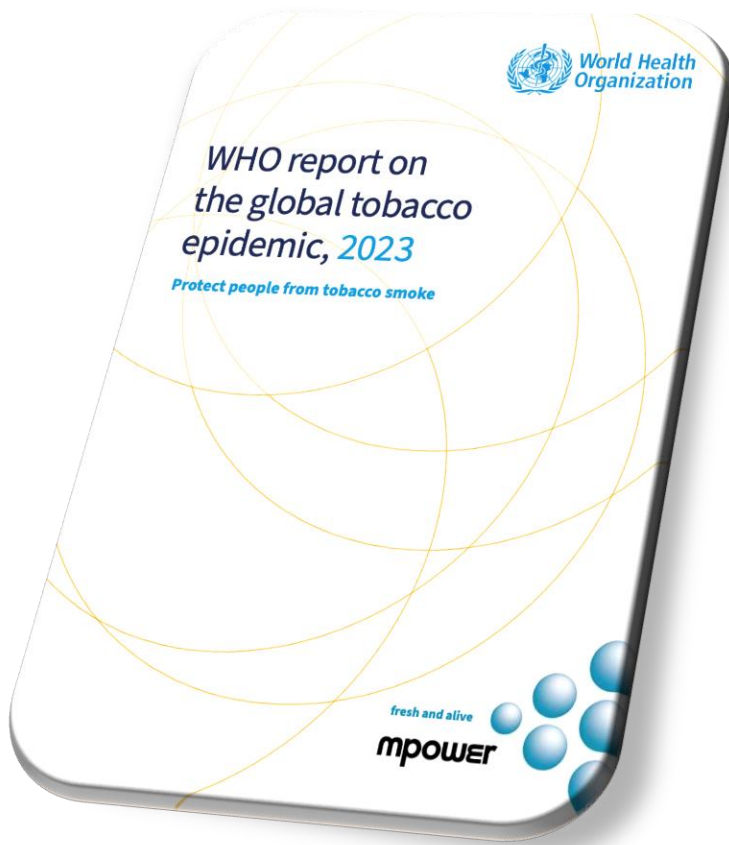


López et al. Nicotine Tob Res. 2013

Salivary cotinine concentration in the Barcelona adult population (ng/ml) before and after law 42/2010



Sureda et al. PLOS One. 2014





To effectively protect people, smoke-free policies must be comprehensive

Comprehensive smoke-free policies mean that all indoor public places; all indoor workplaces; all public transport; and possibly other (outdoor or quasi-outdoor) public places are free from exposure to tobacco smoke.

The elimination of smoking and tobacco smoke should be absolute to create a comprehensively smoke-free environment. Other approaches including ventilation, air filtration and the use of DSRs have repeatedly been shown to be ineffective, and conclusive evidence exists that engineering approaches do not protect against exposure to tobacco smoke (see Table 2). Voluntary smoke-free policies are not effective and the adoption of effective legislative, executive or administrative measures is necessary. Partial smoke-free laws simply fail to protect people from the harms of SHS (83,84).

Some countries have adopted legislation to extend smoke-free environments into private spaces and outdoor public places

As described in the previous chapter, Article 8 of the WHO FCTC requires that all indoor workplaces, indoor public places, public transport as well as “other public places as appropriate”, are smoke-free. Some countries have taken steps to make outdoor public spaces smoke-free, for example, outdoor places like playgrounds, school campuses and the grounds of health care facilities, as well as quasi-outdoor spaces, such as terraces or doorways, where vulnerable populations, such as children or hospital patients, may be exposed to SHS. Bus stops and train platforms, are examples of outdoor public areas where people who do not want to be exposed to SHS may be forced to wait for transport and

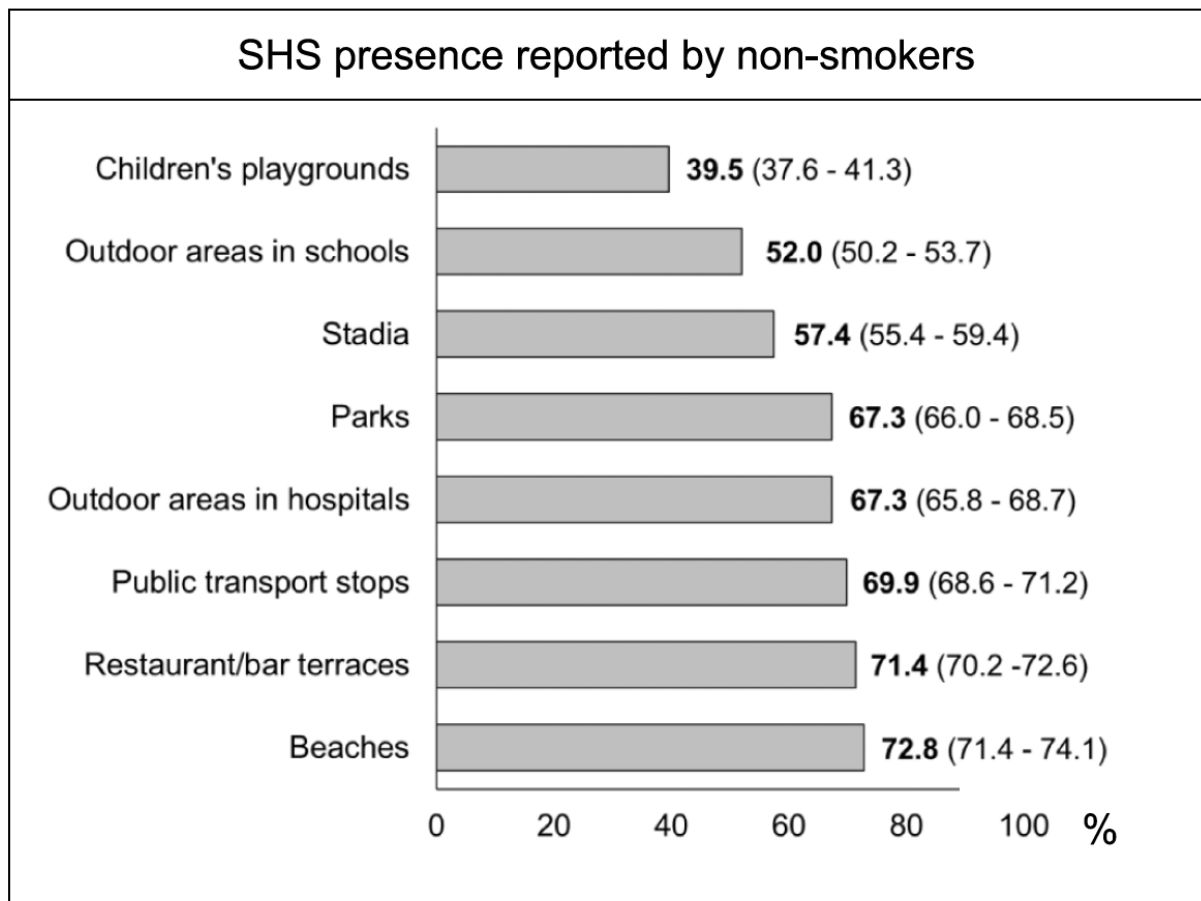
Although more transient than indoor levels, outdoor levels of secondhand smoke can be quite high, depending on the setting.

© Toronto Star via Getty Images



Secondhand smoke presence in outdoor areas in 12 European countries

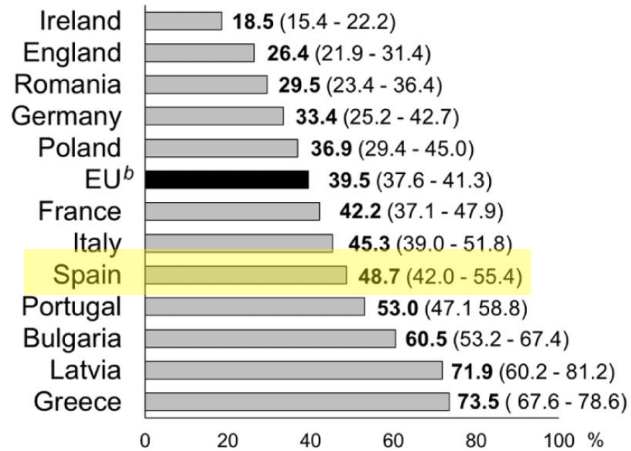
The TackSHS Project Investigators, Elisabet Henderson^{a,b,c}, Alessandra Lugo^d, Xiaoqiu Liu^d, Xavier Contente^{a,b,e}, Esteve Fernández^{f,g,h,i}, Maria J. López^{a,b,c,e,*}, Silvano Gallus^d



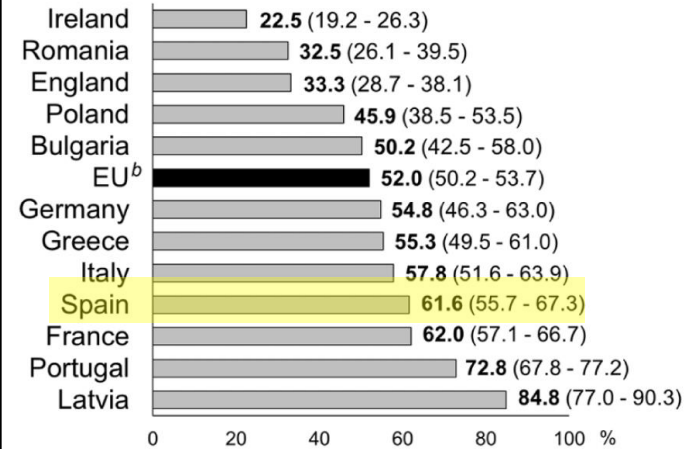
TackSHS



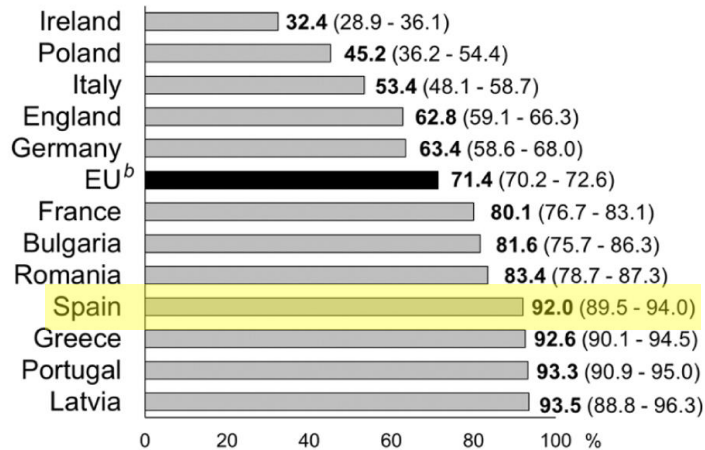
Children's playgrounds



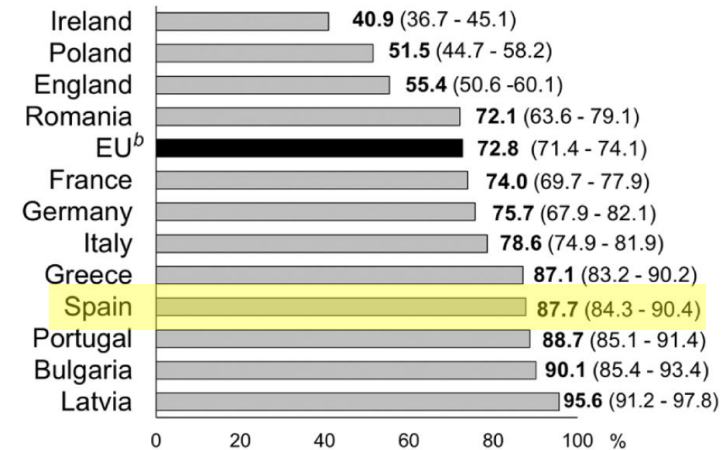
Outdoor areas in schools



Restaurant/bar terraces



Beaches



Secondhand smoke exposure assessment in outdoor hospitality venues across 11 European countries

Elisabet Henderson^{a,b,c}, Xavier Contente^{a,c,d}, Esteve Fernández^{e,f,g,h}, Olena Tigova^{e,f,g,h}, Nuria Cortés-Francisco^{a,d}, Silvano Gallusⁱ, Alessandra Lugoⁱ, Sean Semple^j, Ruairaidh Dobson^j, et al.

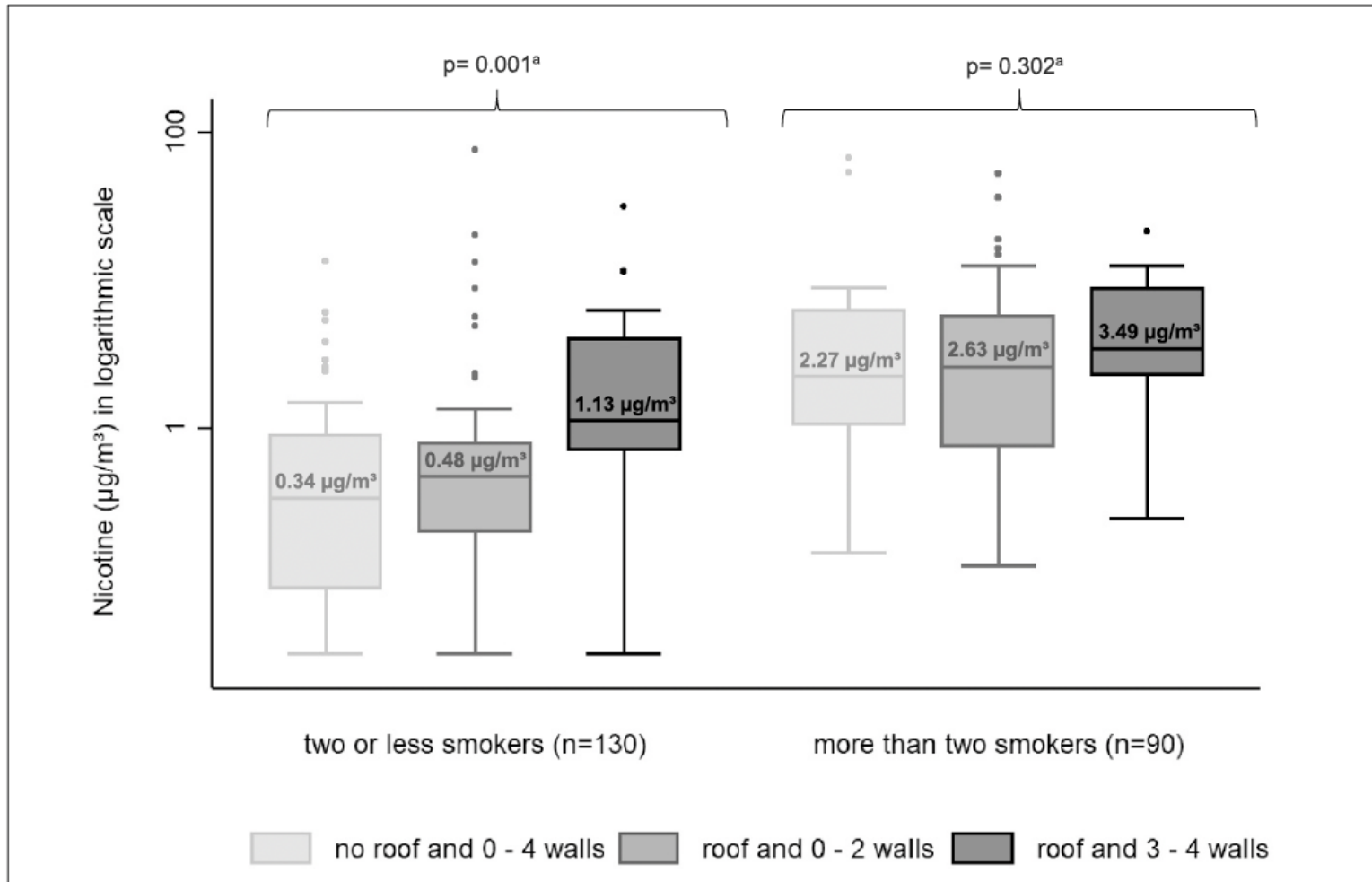
Country	N	Nicotine concentration ($\mu\text{g}/\text{m}^3$) Median ($\mu\text{g}/\text{m}^3$) (IQR)
Overall	220	0.85 (0.30–3.74)
Bulgaria	20	0.66 (0.37–4.21)
France	20	2.16 (0.64–5.05)
Germany	20	0.38 (0.24–1.00)
Greece	20	2.29 (1.13–3.66)
Ireland	20	2.55 (0.53–6.43)
Italy	20	1.36 (0.88–3.10)
Poland	20	0.13 (<0.06–0.36)
Portugal	20	0.31 (0.17–3.46)
Romania	20	3.12 (0.88–6.69)
Spain	20	0.87 (0.49–5.16)
UK	20	0.25 (0.08–0.47)
p-value		0.0001 ^a

Airborne nicotine concentration ($\mu\text{g}/\text{m}^3$) in **outdoor terraces of hospitality venues** by country.





Nicotine median concentrations ($\mu\text{g}/\text{m}^3$) in **outdoor areas of hospitality venues** according to the degree of enclosure and by the average number of smokers present in the observation.



SHS exposure in terraces of hospitality venues



- ✓ Presence of nicotine in **more than 90%** of the terraces studied
- ✓ In countries with partial regulations (banning according to the type of enclosure) we also found nicotine

Secondhand smoke exposure in outdoor children's playgrounds in 11 European countries



Elisabet Henderson^{a,b,c}, Xavier Contente^{a,c,d}, Esteve Fernández^{e,f,g,h}, Olena Tigova^{e,f,g,h}, Nuria Cortés-Francisco^a, Silvano Gallusⁱ, Alessandra Lugoⁱ, Sean Semple^j, Rachel O'Donnell^j, et al.

Country	N	Median ($\mu\text{g}/\text{m}^3$) (IQR)	% nicotine presence (n)
All	219	< 0.06 (< 0.06–0.125)	40.6 (89)
Bulgaria	19	0.090 (< 0.06–0.125)	73.7 (14)
France	20	0.190 (0.113–0.305)	90.0 (18)
Germany	20	< 0.06 (< 0.06–0.085)	40.0 (8)
Greece	20	0.196 (0.099–0.289)	95.0 (19)
Ireland	20	< 0.06 (< 0.06– < 0.06)	5.0 (1)
Italy	20	< 0.06 (< 0.06– < 0.06)	25.0 (5)
Poland	20	< 0.06 (< 0.06– < 0.06)	0.0 (0)
Portugal	20	< 0.06 (< 0.06–0.065)	25.0 (5)
Romania	20	0.604 (0.063–2.354)	75.0 (15)
Spain	20	< 0.06 (< 0.06– < 0.06)	15.0 (3)
UK	20	< 0.06 (< 0.06– < 0.06)	5.0 (1)
p-value		0.0001 ^a	< 0.0001 ^b



SHS exposure in children's playgrounds



✓ Presence of nicotine in **more than 40%** of the playgrounds



✓ Higher levels in:

- countries without regulations
- more deprived neighborhoods

Secondhand smoke exposure and other signs of tobacco consumption at outdoor entrances of primary schools in 11 European countries



Elisabet Henderson^{a,b,c}, Xavier Contente^{a,c,d}, Esteve Fernández^{e,f,g,h}, Olena Tigova^{e,f,g,h}, Nuria Cortés-Francisco^{a,d}, Silvano Gallusⁱ, Alessandra Lugoⁱ, Sean Semple^j, Rachel O'Donnell^j, et al.

Country	N	Median ($\mu\text{g}/\text{m}^3$) (IQR)	% nicotine presence (n)
All	220	<0.06 (<0.06 to 0.119)	45.9 (101)
Bulgaria	20	0.178 (<0.06 to 0.346)	75.0 (15)
France	20	<0.06 (<0.06 to <0.06)	20.0 (4)
Germany	20	<0.06 (<0.06 to <0.06)	20.0 (4)
Greece	20	0.118 (0.077 to 0.200)	80.0 (16)
Ireland	20	<0.06 (<0.06 to <0.06)	20.0 (4)
Italy	20	0.068 (<0.06 to 0.139)	70.0 (14)
Poland	20	<0.06 (<0.06 to <0.06)	20.0 (4)
Portugal	20	<0.06 (<0.06 to 0.115)	50.0 (10)
Romania	20	0.831 (0.262 to 2.464)	95.0 (19)
Spain	20	<0.06 (<0.06 to 0.097)	50.0 (10)
UK	20	<0.06 (<0.06 to <0.06)	5.0 (1)



SHS exposure at entrances of primary school buildings

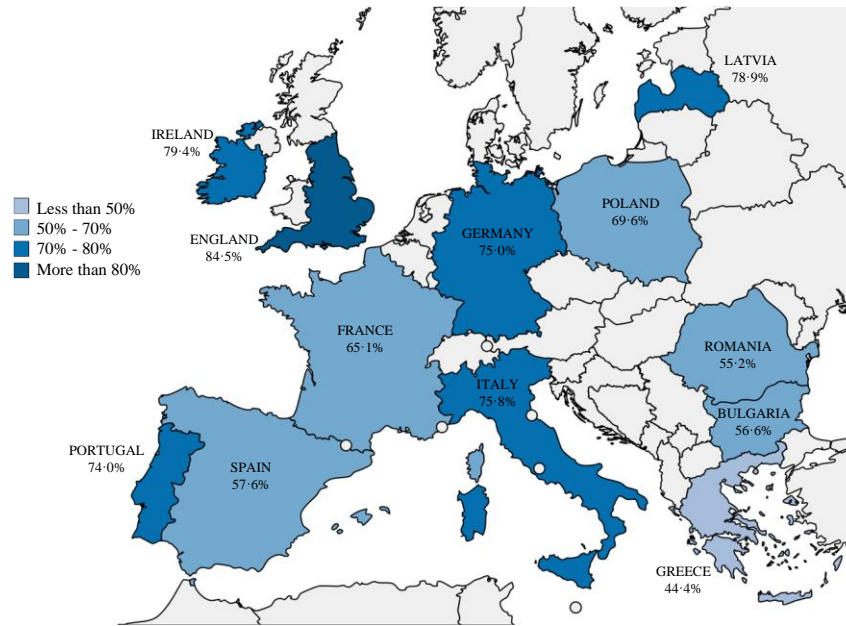


- ✓ Presence of nicotine in **more than 45%** of the entrances
- ✓ Higher presence of people smoking in the more deprived neighborhoods



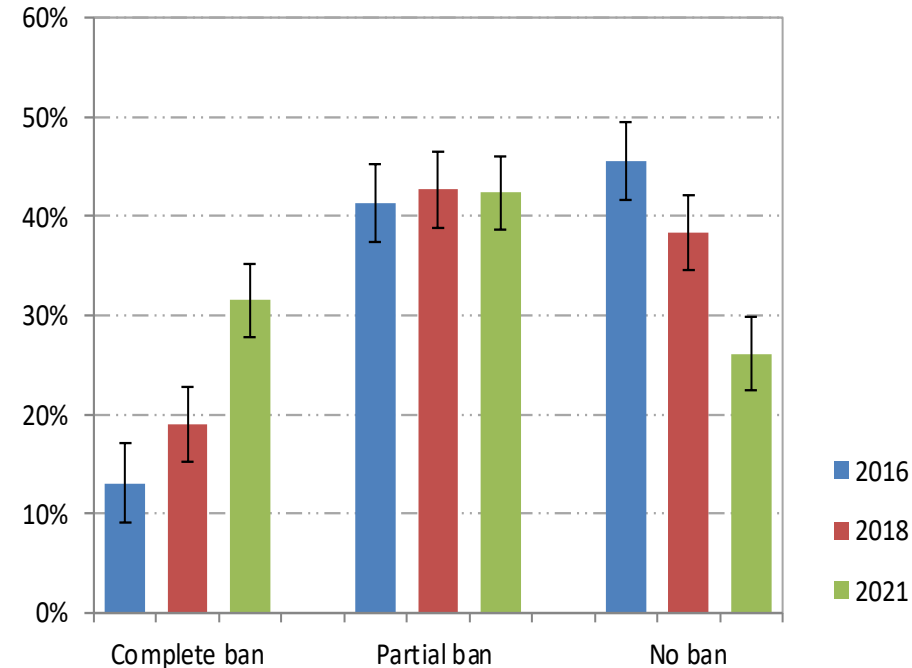


TackSHS



Prevalence (%) of smoke-free homes in 12 European countries (N=11,734; TackSHS Survey, 2018).

eurest^{plus} SPAIN



Prevalence (%) and 95% CI of different home-smoking rules among Spanish adult smokers (N=1,001; Eurest-Plus Spain Project).



Consumo de tabaco en 45 hospitales de la “Xarxa Catalana d’Hospitals sense Fum”, estudio ANELTcat, febrero-marzo 2023.

	Accés principal hospitals	Recinte hospitalari*	Accés secundari hospitals*
Nº Observacions	n = 45	n = 43	n = 44
Nº persones	302	363	158
% persones fumant	21,3	35,3	32,3

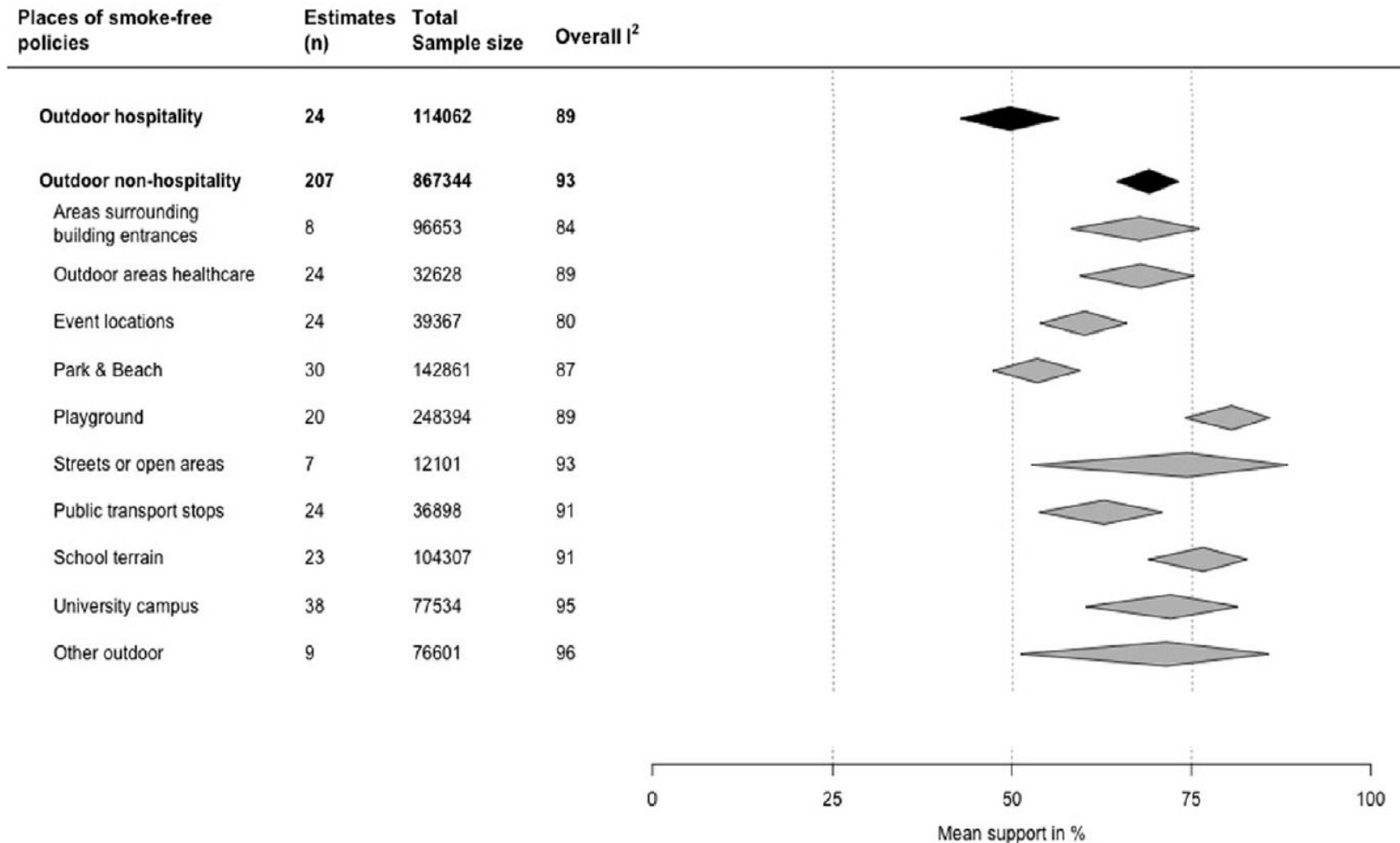
Consumo de tabac en 80 Centros de Salud del “Programa de Atención Primaria sense Fum” en Catalunya, estudi ANELTcat-2023.

	Accés principal CAP	Recinte CAP*
Nº Observacions	n = 80	n = 42
Nº persones	472	127
% persones fumant	7	6,6

Public support for smoke-free policies in outdoor areas and (semi-)private places: a systematic review and meta-analysis



Nienke W. Boderie,^a Asiyah Sheikh,^b Erika Lo,^b Aziz Sheikh,^c Alex Burdorf,^a Frank J. van Lenthe,^a Famke J. M. Mölenberg,^a and Jasper V. Been^{a,d,e,*}



Public support for smoke-free policies in outdoor areas and (semi-)private places: a systematic review and meta-analysis



Nienke W. Boderie,^a Asiyah Sheikh,^b Erika Lo,^b Aziz Sheikh,^c Alex Burdorf,^a Frank J. van Lenthe,^a Famke J. M. Mölenberg,^a and Jasper V. Been^{a,d,e,*}

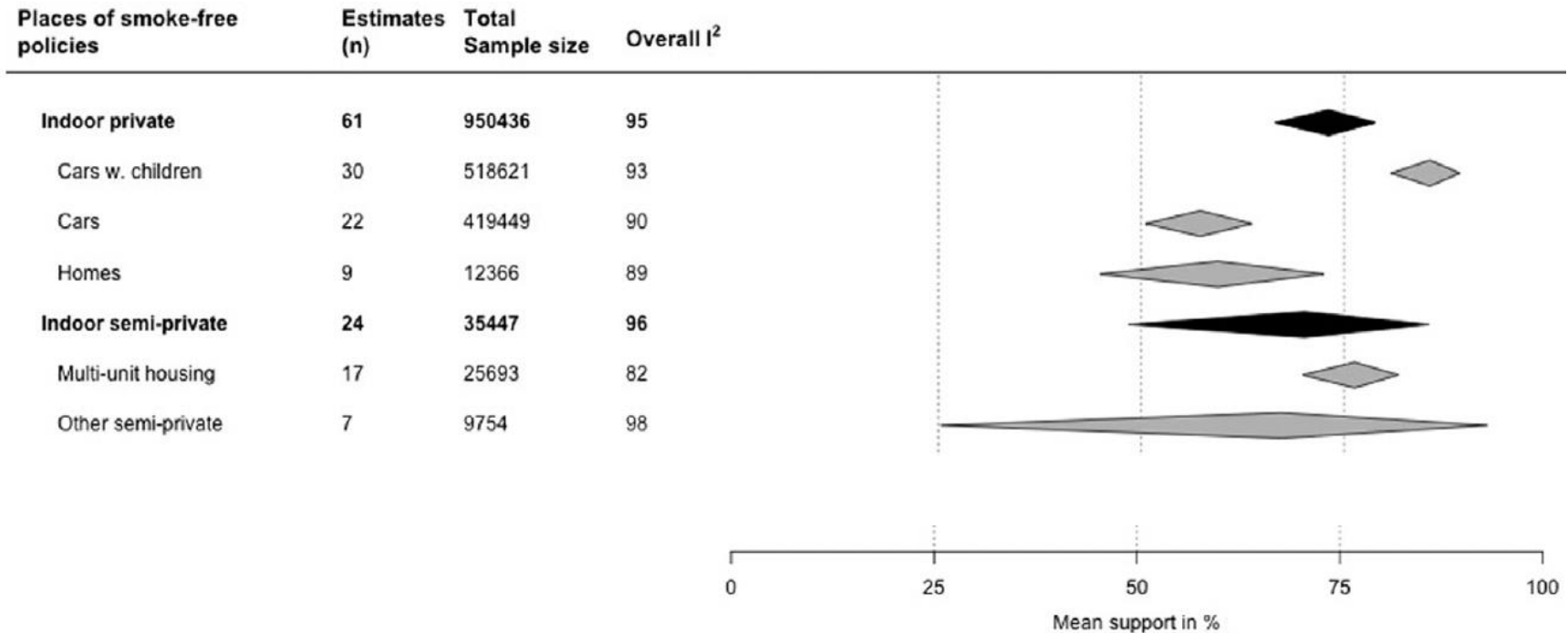




Table 2. Prevalence of favourable opinions on smoke-free regulation **in outdoor places with different regulation** among a nationally representative sample of people who smoke and recently quit smoking. ITC EUREST-PLUS Spain Survey, 2021.

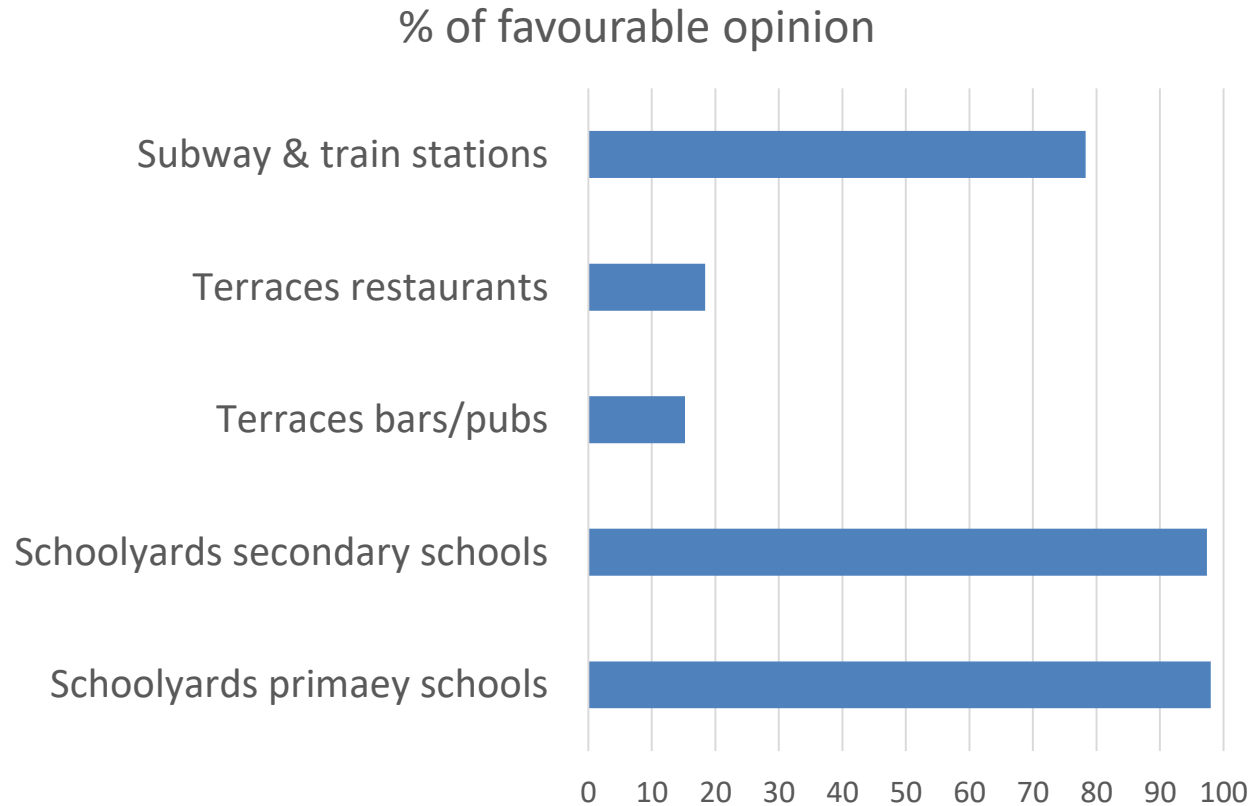
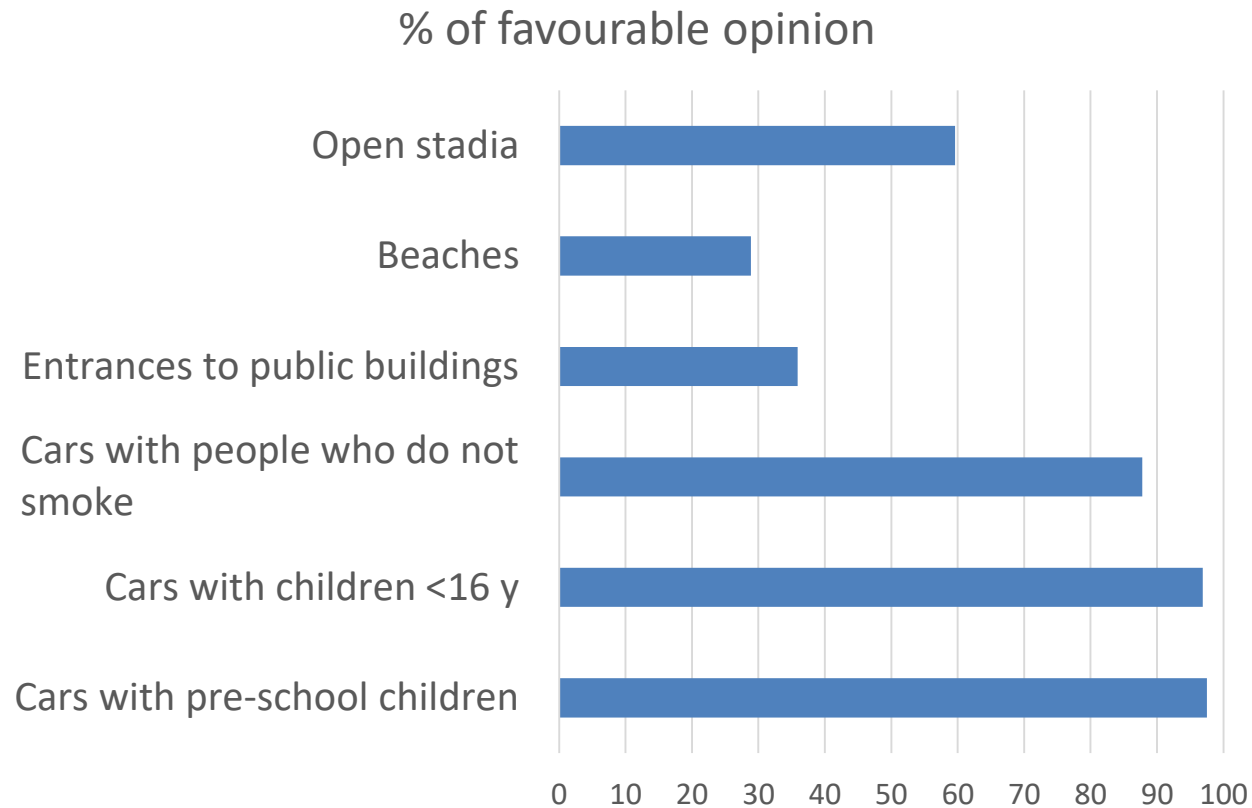




Table 3. Prevalence of favourable opinions on smoke-free regulation in **outdoor places currently not regulated by law** among a nationally representative sample of people who smoke and recently quit smoking. ITC EUREST-PLUS Spain Survey, 2021



Weight of Evidence paper to support the expansion of Smoke- and Aerosol-Free Environments (SAFE) in EU

Objective

To assess and create the framework for the expansion of SAFE in Europe including outdoor areas and some private settings.



Weight of Evidence paper to support the expansion of Smoke- and Aerosol-Free Environments (SAFE) in EU

Methods

- Smoke and Aerosol Free legislation (Smokefree Partnership)
- Tobacco Control Scale (ICO-SFP)
- Report on Smoke-free environments (EC)
- Literature review (WP8-JATC2)
- Consultation on best practices, barriers and opportunities to experts (WP8-JATC2)



Conclusions of Weight of Evidence



Complete ban – without exemptions – and enforcement for:

-  1. Indoor and outdoor workplaces (public and private)
-  Indoor and outdoor hospitality venues (public and private)
-  Indoor and outdoor public transports
-  Indoor and outdoor setting frequented by minors, sports settings
-  Indoor and outdoor healthcare facilities
-  Private vehicles
-  Selected outdoor settings, including parks, forests, and beaches
-  Public housing and multiunit dwellings

Voluntary smoking ban for homes: avoid exposure to vulnerable populations, including minors

Equalizing legislation for electronic cigarettes and heated tobacco products to that of tobacco products



Mensaje final

Legislar, implementar y hacer cumplir las regulaciones de espacios al aire libre libres de humo y aerosoles **es una tarea imposible**, tal como lo fue para los entornos interiores libres de humo.



Mensaje final

Legislar, implementar y hacer cumplir las regulaciones de espacios al aire libre libres de humo y aerosoles **es posible y será un éxito, como fue la implementación de políticas libres de humo en interiores.**

Salut/ ICO

Institut Català d'Oncologia



WHO Collaborating Center for
Tobacco Control

