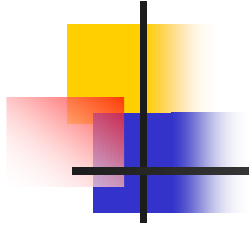


SMOKE FREE HEREFORDSHIRE



Smoke-free legislation: the background

Dr Frances Howie
Associate Director of Health Improvement
Herefordshire PCT



- Policy background
- What is second hand smoke?
- Health effects of SHS
- Likely benefits of a ban



Policy Trail

- Evidence from 1950s showing that smoking causes lung cancer
- 'Smoking Kills' White Paper, 1998
- Wanless report, 2004, health gap and need to improve health related behaviours
- 'Choosing Health' white Paper, 2004
- Health Bill late 2005, exemptions removed 2006
- Series of surveys showing majority favour a ban



What is second hand smoke (SHS)

- Sidestream (from the burning tip) and mainstream (exhaled by smoker) smoke
- Has over 4,000 chemicals in particles and gases
- Many toxic gases are higher in sidestream than mainstream smoke
- 85% of smoke in a room is from sidestream
- In USA tobacco smoke is a class A carcinogen, with asbestos, arsenic, benzene, radon gas.



Legislation to limit SHS: why?

- Nanny state?
- Curtailing freedom of the individual?
- Stop people enjoying themselves?

Smoke free legislation

because:

- **SECOND HAND SMOKE KILLS PEOPLE**
- Exposure at home kills about 10,700 a year
- Exposure at work kills 600-700 a year
- Of these, 54 in the hospitality industry
- Compared with 235 deaths a year from industrial accidents



Second hand smoke kills

- 30 minutes exposure is enough to reduce coronary heart flow
- Increases significantly the risk of stroke, heart disease and cancer – the major causes of premature death in this country

Second hand smoke makes people ill



- Eye irritations, headaches, coughs, sore throats, dizziness, nausea
- Asthmatics have a significant decline in lung function
- Lung cancer



Likely benefits: improved health

- Expect all adverse health outcomes to improve
- Expect early effects
- One study showed an impact within 6 months on heart attack rates. Heart attack risk is non-linear, whereas lung cancer risk rises with amount of smoke



Likely benefits of the ban: reduced smoking prevalence

- Reduction in smoking prevalence found in other countries
- Simple way to encourage smokers to quit
Estimated 4% reduction in the UK
- Almost 700,000 fewer smokers
- Research shows fewer young people will start if workplaces are smoke free (300,000 16 year olds start work a year)



Reduced prevalence will reach children

- 17,000 children under 5 years are admitted to hospital every year because of second hand smoke
- Increased bronchitis, pneumonia, bronchiolitis
- Reduced lung function
- Increased risk and severity of symptoms of asthma
- Increased risk of cot death
- Prenatal risks of low birth weight and reduced lung function



Likely benefits: financial

- CMO estimates £2.3 – £2.7 billion a year net benefit
- Savings in NHS costs
- Reduced absenteeism
- Savings to the fire services
- Increased tourism and hospitality trade



Summing up

- The ban is being introduced because second hand smoke kills people and makes them ill.
- Workers have a right to a safe working environment.
- Privileged to be part of the generation who can be part of changing the way this country limits the deadly effects of smoking.