



SMOKEFREE HOMES

Risks of Second Hand Smoke (SHS) to children

- ✓ Second Hand Smoke (SHS) is a known human carcinogen ¹
- ✓ Children's exposure to Second Hand Smoke is linked to pneumonia, bronchitis, asthma, middle ear infection, decreased lung function and Sudden Infant Death Syndrome (SIDS) ²
- ✓ Second Hand Smoke is also linked to poor school attendance and attainment, and increased hospital admissions for some children ³

Smoking in the home

- ✓ Many children don't have the personal power to complain or remove themselves from exposure to Second Hand Smoke ⁴
- ✓ Exposure is linked to parents' poor knowledge of the relationship between exposure to Second Hand Smoke and the specific health risks for children ⁵
- ✓ Low income households have fewer restrictions on smoking in the home ⁶
- ✓ Passive smoking in children accounts for over 300,000 GP consultations a year in the UK ⁷
- ✓ 9,500 children hospital admissions a year in the UK are due to passive smoking ⁸
- ✓ 40 deaths from Sudden Infant Death Syndrome a year are caused by passive smoking in the UK ⁹
- ✓ In 2007, Smokers Materials' accounted for 8% of accidental dwelling fires, 12% of casualties and 44% of fatalities in such fires in Wales ¹⁰

Benefits of a smoke-free home

- ✓ New born babies are less likely to develop respiratory infections and Sudden Infant Death Syndrome
- ✓ Children are less likely to develop asthma, respiratory infections or glue ear
- ✓ The risk of fire will be reduced in the home
- ✓ There will be protection of families and friends from Second Hand Smoke

¹ Scientific Committee on Tobacco and Health (SCOTH). Secondhand Smoke: review of evidence since 1998. Update of evidence on health effects of secondhand smoke. London: DoH, 2004.

² Scientific Committee on Tobacco and Health (SCOTH). Secondhand Smoke: review of evidence since 1998. Update of evidence on health effects of secondhand smoke. London: DoH, 2004.

³ Children and Secondhand smoke. Faculty of Public Health/ASH 2008. Accessed at: http://www.ash.org.uk/files/documents/ASH_687.pdf

⁴ Thomson George; Wilson Nick; Howden-Chapman Philippa 2005. Attitudes to, and knowledge of, secondhand smoke in New Zealand homes and cars. The New Zealand medical journal 2005;118(1213)

⁵ ASH Scotland. Child exposure to second-hand smoke in the home. 20009. Accessed at: http://www.ashscotland.org.uk/ash/files/Smokinginhome_Briefing_Dec09.pdf

⁶ Phillips R, Amos A, Ritchie D, et al. Smoking in the home after the smoke-free legislation in Scotland: qualitative study. BMJ 2007; 335: 553-57

⁷ Passive smoking and children. A report of the Tobacco Advisory Group of the Royal College of Physicians. March 2010

⁸ Passive smoking and children. A report of the Tobacco Advisory Group of the Royal College of Physicians. March 2010

⁹ Passive smoking and children. A report of the Tobacco Advisory Group of the Royal College of Physicians. March 2010

¹⁰ Firebreak Wales. Fire safety report 2009 executive summary. Accessed at:

http://www.firebrake.org/uploads/attachments/Firebrake_Wales_Fire_Safety_Report_Executive_Summary_eng.pdf



- ✓ Pets are less likely to suffer from respiratory problems

Potential barriers to a smoke-free home

- ✓ Nicotine dependence
- ✓ Lack of knowledge of health effects of a smoky home
- ✓ Lack of belief in ability to create a smoke-free home
- ✓ Concerns about negative reactions of family and friends
- ✓ Restricted mobility which makes it difficult to go outside
- ✓ Lack of appropriate outdoor space to smoke e.g. flats
- ✓ A desire to smoke in comfort and/or privacy of own home
- ✓ Lack of control over home situation
- ✓ Difficulties associated with the supervision of children

FOR MORE INFORMATION ON THE SMOKEFREE LIVING INITIATIVE AND HOW TO MAKE YOUR HOME SMOKEFREE CONTACT ASH WALES: WWW.ASHWALES.CO.UK

SMOKEFREE HOMES LEAFLETS AND STICKERS ARE AVAILABLE FROM ASH WALES AND THE TOBACCO POLICY BRANCH AT THE WELSH ASSEMBLY