

NEWSLETTER

Welcome!

We're delighted to bring you the first SHINE newsletter, covering global research in the field of smoke-free homes. This issue we look at research from Europe, Asia, Australia and the USA.

If you would like to contribute to our next issue, please contact Rebecca Howell r.a.howell@stir.ac.uk

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Smoke-Free Homes – a commentary Sean Semple



Several members of SHINE have recently published a commentary in the BMJ journal Tobacco Control calling on the need to protect children from the harms of second-hand tobacco smoke. The commentary highlighted the numbers of children globally who live in homes where an adult smokes and the need for a new approach to tackling the issue. The work recommends that public health professionals and child rights advocates build an initiative protecting children from the harm of exposure to SHS at home, with a manifesto that includes:

- Urging governments to legislate to protect children from exposure to SHS at home and set national targets to reduce exposure and inequalities;
- Framing the public health debate as children's right to clean air at home, emphasising child welfare, human rights and the environment while ensuring children's voices are heard;
- Tracking public support for legislation protecting children from SHS within homes, at local, national and global levels using a standard question;
- Asking the WHO FCTC Conference of the Parties to modify Article 8 guidance to encourage signatory countries to include private homes as one of the key environments where children require protection from SHS exposure;
- Changing the global social norm and make it unacceptable to smoke inside a home where children are present.

The commentary attracted significant media attention and achieved a global Altmetric score of over 1000, placing it in the top ten of all papers published by the Tobacco Control journal. The commentary has since been translated into Spanish for wider dissemination.

Semple S, Tigova O, Howell R, et al. Protecting children from second-hand tobacco smoke in the home: the need for a new approach. Tobacco Control Published Online First: 15 March 2025. doi: 10.1136/tc-2024-059205

[Click here to read the commentary in full.](#)

Tobacco control interventions for populations living in subsidised, low-income housing: a scoping review

Germaine Lai



Colleagues from the University of Queensland, University of Melbourne and the Harvard TH Chan School of Public Health recently completed a scoping review looking at interventions for those living in low-income housing.

People living in subsidised, low-income housing are more likely to smoke and experience second-hand smoke exposure compared to the general population. While tobacco control interventions have yielded substantial population health benefits, people living in subsidised housing experience a greater burden of tobacco-related harms. We conducted a scoping review to determine the types of tobacco control interventions that have been implemented in subsidised housing globally.

To do so, we synthesised existing peer-reviewed and grey literature that described interventions aimed at reducing smoking or second-hand smoke exposure in subsidised housing. After screening, we included 57 relevant sources. Overall, the most common type of intervention was smoke-free housing policies (SFHPs) that prohibited smoking in all indoor spaces, followed by cessation-focused interventions comprising a range of strategies to reduce smoking (e.g., onsite behavioural counselling, social support, pharmacotherapy). Less commonly, some interventions indirectly addressed smoking.

Of note, we found that SFHPs have been implemented in subsidised housing contexts in the US and Canada. Included studies that reported on implementation experiences showed that residents generally supported SFHPs (50% to 89%) but there were also unintended outcomes (e.g., vandalism) as a result of the SFHPs. Overall, findings from this review suggest that SFHPs can increase smoking cessation and reduce secondhand smoke exposure, especially if implemented alongside cessation support strategies. However, practical challenges with implementation and enforcement should be considered to avoid unintended consequences from SFHPs.

[Click here to read the paper in full.](#)

Smoke Free Homes Initiatives in the Republic of Ireland

Martina Blake



The health risks of second-hand smoke exposure is well documented in the literature and infants and children are especially sensitive to Environmental Tobacco Smoke. Smoking is strongly associated with disadvantage and the gap in prevalence of smoking between the most and least deprived is widening. Targeted efforts to for those with the greatest burden of tobacco related harm and improvements in awareness of the risks of smoking and second-hand smoke exposure for children and adults is necessary as a primary step to help denormalise smoking in the home and remove barriers to the use of cessation services by disadvantaged smokers.

HSE health promotion staff/stop smoking advisor staff have been involved in a number of smoke free homes initiatives across the republic of Ireland since 2009. In most programmes participants are asked to commit to various levels of smoke-free pledges for their homes. Recruitment of families and homes varies and can happen through local schools and or libraries or community groups. Examples of the commitments requested include: Gold: Full commitment to maintaining a smoke-free home, Silver: Partial commitment to smoke-free practices or Bronze: Minimal commitment or simply signing up to making at least 6 of a list of 10 positive changes in their homes for a set number of weeks.

Between registration and the competition end date householders receive weekly information on the benefits of a smoke-free home and information on Stop Smoking Support Services. For the traveller based programmes signups and home visits are delivered entirely by the Traveller community health workers, which is one of the reasons so many Travellers sign up and participate in the programme. One project commencing in 2025 will pilot smoke-free homes for people with COPD and their households, in particular in conjunction with Tallaght University Hospital COPD outreach team.

Some of these initiatives have been developed in partnership with local partnership organisations and or traveller primary health care groups and some initiatives have been extended to include vape-free homes. Many programmes run alongside one to one or group stop smoking support services like 'We Can Quit'.

For further information please contact Tobacco Free Ireland on tfi@hse.ie

Collaborative workshop on reducing children's exposure to second-hand smoke in multi-unit housing settings in South-Asia

Rachel O'Donnell

Earlier this year Dr Rachel O'Donnell led an international team with support from the University of Stirling's Global Engagement Research Fund to scope research to reduce children's exposure to second-hand smoke in multi-unit housing settings. This work involved partners in Malaysia, Indonesia and Singapore, and included a two-day workshop held at the Universiti Putra Malaysia led by Dr O'Donnell and Dr Emilia Zainal Abidin. Workshop presentations and discussions facilitated knowledge exchange on topics including smoke-free homes research in Malaysia, Indonesia and Singapore. We also explored challenges in reducing children's exposure to second-hand smoke in multi-unit housing settings.

We learned about research underway in Scotland exploring the feasibility of use of nicotine replacement therapy for temporary abstinence to help create a smoke-free home, which may offer one possible solution to the specific challenges of living in multi-unit housing with no easy access to outdoor space.



Workshop organisers Dr Rachel O'Donnell and Dr Emilia Zainal Abidin at the Universiti Putra Malaysia

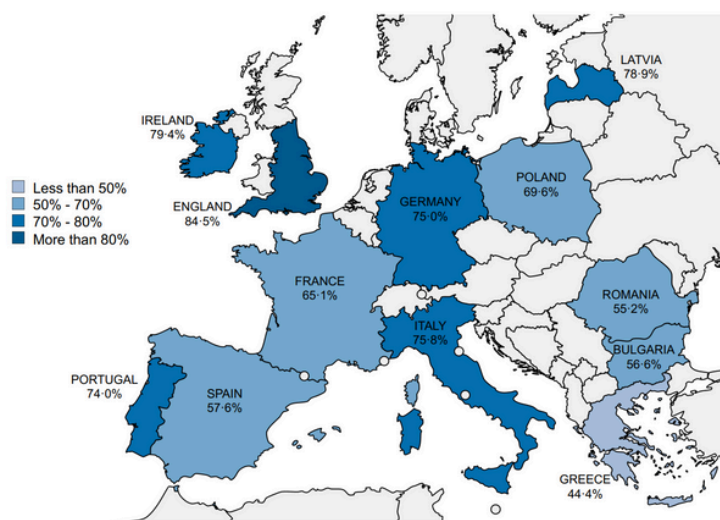
Our workshop team included: Dr Emilia Zainal Abidin, Universiti Putra Malaysia; Dr Bagas Suryo Bintoro and Professor Yayi Suryo Prabandari, Universitas Gadjah Mada, Indonesia; Dr Yvette van der Eijk, National University of Singapore; Dr. Aziemah Zulkifli, Universiti Kebangsaan Malaysia; Dr Rachel O'Donnell and Professor Sean Semple, University of Stirling, Scotland. If you would like to learn more, please contact Rachel at r.c.odonnell@stir.ac.uk

Prevalence and Determinants of Smoke-Free Homes in 12 European Countries: The TackSHS Survey

Olena Tigova

The TackSHS, funded by Horizon 2020 project, focused on providing more evidence on second-hand smoke (SHS) exposure in Europe. One of the TackSHS studies, coordinated by the Mario Negri Institute (Milan, Italy), aimed to explore different aspects of SHS exposure by conducting a survey in 12 countries in 2017–2018 among the general population. For this, face-to-face interviews were conducted with approximately 1,000 respondents in each country: Bulgaria, England, France, Germany, Greece, Ireland, Italy, Latvia, Poland, Portugal, Romania, and Spain. Among other topics, the survey included questions on smoking restrictions in participants' homes, a topic that had not been studied in other multi-country surveys since 2010.

Results indicate that 70.2% of participants lived in smoke-free homes, while 17.5% had partial smoking restrictions at home, allowing smoking in some specific places (for example, kitchen). The prevalence of smoke-free homes varied significantly across countries, ranging from 44.4% in Greece to 84.5% in England:



Women, older individuals, those with a higher level of education, and people living with children were more likely to have smoke-free homes. In contrast, households where people who smoke live were less likely to be smoke-free. Only 43.1% of such households maintained a smoke-free environment, with proportions varying from 26.5% in Spain to 60.5% in England. Additionally, approximately 13% of households without people who smoke allowed smoking indoors when visitors were present.

Comparing these findings with a similar survey conducted in 2010, we observe that more homes in Europe are becoming smoke-free. However, there is still considerable room for improvement in many countries, as the proportion of smoke-free homes is increasing by only about 1% per year. At this rate, it could take another 30 years for all homes in Europe to become smoke-free. Therefore, additional efforts to promote smoke-free private spaces are essential to accelerate this progress.

[Click here to access an early view publication at ERJ Open Research.](#)

Recent publications

Rodnay, M., Agbaria, N., Neumark, Y., Guri-Scherman, A. L. Y., & Bar Zeev, Y. (2024). "What can I do? fight him?" Perceptions and Experiences in Reducing Secondhand Smoke Exposure During Pregnancy: A Qualitative Study Among Israeli Women. *Nicotine and Tobacco Research*, ntae291 (2024). <https://doi.org/10.1093/ntr/ntae291>

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Garritsen, Heike H., et al. "Associations of smoke-free policies in multi-unit housing with smoking behavior and second-hand smoke exposure: A systematic review." *Addiction* 120.4 (2025): 578-588.<https://doi.org/10.1111/add.16724>

Torosyan, Arevik, et al. "Facilitators and barriers to implementing smoke-free homes in Armenia: a qualitative study." *Global Health Promotion* (2024): <https://doi.org/10.1177/1757975925131872>

Kamni SNA, Bahron NANBS et al. Knowledge, beliefs, perceptions and barriers related to implementing smoke-free home practices in two rural settlement areas in Malaysia. *Tob Prev Cessat*. Nov 22;10. (2024) [10.18332/tpc/195460](https://doi.org/10.18332/tpc/195460)

Tattan-Birch H, Jackson S et al. Are people more likely to vape or smoke indoors? a population survey of adults in England. *Nicotine Tob Res* 26;10 (2024): 1404-1411.<https://doi.org/10.1093/ntr/ntae094>

Guri-Scherman A-L Y, Neumark Y et al. Barriers and Enablers to Implementing a Smoke-free Home and Car During Pregnancy: A Qualitative Study Among Expectant Israeli Fathers, *Nicotine Tob Res*, 26;1 (2024) <https://doi.org/10.1093/ntr/ntad149>

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Hassanein, Zeinab M., et al. A qualitative study of barriers and motivators to prevent secondhand smoke exposure among pregnant women and children in Egypt: Identifying appropriate approaches for change."

Nicotine Tob Res 26;11 (2024). <https://doi.org/10.1093/ntr/ntae051>

Siddiqi K, Welch C, et al. "The effect of adult smoking behavior on children's exposure to secondhand smoke. an analysis based on salivary cotinine levels among children in Dhaka and Karachi." *Nicotine Tob Res* 26;11 (2024). <https://doi.org/10.1093/ntr/ntae130>

Sanz-Mas M, Continente X, et al. Changes in prevalence and socioeconomic inequalities in secondhand smoke exposure in Spanish children, 2016–2019. *Tob Induc Dis*. 22 (2024): 10-18332.

<https://doi.org/10.18332/tid/189392>

Bidari M, Amrita G, et al. Changes in Prevalence of Childhood Exposure to Secondhand Smoke in India: A Secondary Analysis of GATS Survey (2009–2017)." *Asian Pacific Journal of Cancer Prevention: APJCP* 25.9 (2024):

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Recent publications

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Mahabee-Gittens EM, Southworth H, et al. Assessment of the Smoke Free Families Tobacco Screening, Counseling, and Referral Program in Pediatric Primary Care Practices. *Academic Pediatrics* 24.2 (2024): 277–283. <https://doi.org/10.1016/j.acap.2023.05.009>

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Perry EW, Self-Brown S et al. Evaluating the effectiveness of Smoke-Free Home SafeCare, an integrated intervention, among families at risk for secondhand smoke exposure and child maltreatment in the United States: a study protocol for a hybrid type 1 trial. *Trials* 25.1 (2024): 661. <https://doi.org/10.1186/s13063-024-08466-2>