Shine
Smoke-free Homes International Network

Summer 2026

NEWSLETTER

Welcome!

Welcome to our Summer 2026 SHINE newsletter, covering global research in the field of smoke-free homes (SFHs). Included in this issue: nicotine-replacement therapy for SFHs, migrant health in Malaysia, SFHs intervention in Catalonia, and the success of a SHINE member defending her PhD!
If you have a story to share or would like to contribute to our next issue, please contact Lisa.Macaulay@stir.ac.uk

Contents

Pilot RCT explores feasibility of use of nicotine replacement therapy (NRT) to create a smoke-free home

Study team at University of Glasgow, February 2026

In February 2026, SHINE members Dr Rachel O'Donnell, Professor Sean Semple and Becky Howell led a synthesis meeting with partners from NHS Lanarkshire, the University of Glasgow, and Advisory Board members of the NRT and smoke-free homes study, funded by the Chief Scientist Office. This meeting facilitated a shared understanding of study findings with recommendations agreed for policy, practice and research.

Insights were also presented by Rachel and Becky at the Prevention Research 2026 conference in March, co-hosted by the Prevention Research Network, Population Health Improvement UK, and the National Institute for Health and Care Research.

Study findings were discussed at an online dissemination event in May 2026, with all 14 Scottish Health Boards represented. The published study protocol is available to download here.

Air quality monitor in the home

Recruitment Closes for Smoke-Free Homes Trial in Catalonia

In June 2026, an ongoing project in Catalonia promoting smoke-free homes among households with minors will close its participant recruitment phase. The intervention, originally developed at Emory University, consists of four components: three mailings of printed materials to participants' homes and one coaching call. Having proven effective in several US trials, it was adapted to the Catalan context in 2022 by the Tobacco Control Unit of the Catalan Institute of Oncology, under the coordination of Prof. Esteve Fernández.

Following a pilot study, the intervention is now being offered to families with at least one minor and one smoker, where smoking is allowed at home.

A school recruitment event in Catalonia

Recruitment is taking place through schools, particularly via Associations of Students' Families. In this cluster randomized trial of approximately 400 participants, half receive the intervention while the other half form the control group, who will be offered the intervention after completing the final follow-up at 6 months post-baseline.

Over the coming months, the team will focus on data analysis, and results on the effectiveness of this adapted intervention in a new context should be available soon.

LLARS SENSE FUM

SHINE webinar 2026 - featuring updates from Ireland and Scotland

In March, Professor Sean Semple, Dr Lisa Macaulay and Becky Howell hosted a webinar for the Smoke-free Homes International Network (SHINE) focusing on the progress on smoke-free homes in Scotland and the Smoke Free Homes Challenge hosted in Ireland. There were 45 attendees from all over the world and the recorded webinar can be viewed here.

Tobacco smoke infiltration (TSI) into residential apartments

Several legal cases concerning tobacco smoke infiltration (TSI) into residential apartments remain pending in Israel. A key case (HCJ 1416/21), brought by the Clean Air Association and seven individuals, seeks a court order requiring the Ministries of Environmental Protection, Health, and National Security to issue regulations protecting residents from TSI exposure. Although hearings and submissions concluded in February 2026, a final judgment has not yet been issued. Several additional cases seeking remedies for TSI exposure are also pending and are expected to be heard soon.

SHINE Scotland First Meeting – August 2026

The first meeting of SHINE Scotland will be held in August this year. This network replaces the previous Smoke-free Homes Scotland Network and will bring together health professionals and policymakers in Scotland with an interest in smoke-free homes. If you are based in Scotland and would like to be involved, please email lisa.macaulay@stir.ac.uk

University of Stirling Online Survey Results

Sean Semple

At two recent meetings involving experts working in Tobacco Control and/or Social Housing the team at the University of Stirling have carried out a rapid online survey to gather views on how specialists would prioritise interventions or measures to increase the proportion of smoke-free households in Scotland and across the UK. Participants were asked to rank six options for ways to support or encourage those who smoke to create a smoke-free home. The six options were presented in random order and included:

- Health education on the benefits of a smoke-free home - mass media, social media and/or schools/community education
- Financial incentives to encourage smoke-free homes
- Provision of NRT to support temporary abstinence in the home among those expressing interest in creating a smoke-free home
- A focus on smoking cessation - fewer smokers means more smoke-free homes
- Legislation - you shouldn't be allowed to smoke in a home where children live
- Provision of personalised air quality feedback to demonstrate the impact of smoking in the home

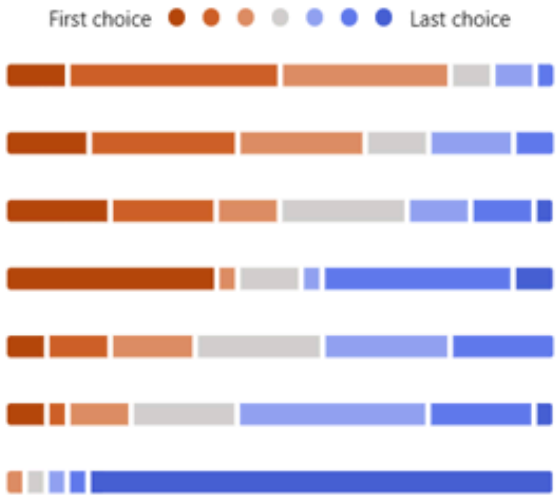
The results of the surveys from both sessions are presented below and show that there is strong support for health education, provision of NRT to support temporary abstinence, and having a focus on cessation support given that reducing the number of smokers will inevitably reduce the number of homes where smoking continues to take place.

Results from Session 1

A range of measures have been tried to reduce smoking in the home. Please can you rank the following in order of what you think would be your approach to increasing the proportion of smoke-free homes (use the arrows at the side of each statement to move each up and down with the ones you rate as most important appearing at the top).

26 Responses

Rank	Options
1	Provision of NRT to support temporary abstinence in the h ome among those expressing interest in creating a smok...
2	Focus on smoking cessation - fewer smokers means more smoke-free homes
3	Health education on the benefits of a smoke-free home - mass media, social media and/or schools/community ed...
4	Legislation - you shouldn't be allowed to smoke in a home where children live
5	Financial incentives to encourage smoke-free homes
6	Provide personalised air quality feedback to demonstrate t he impact of smoking in the home
7	Other - any idea we've missed (you can add details of wha t this is in Q2 below)

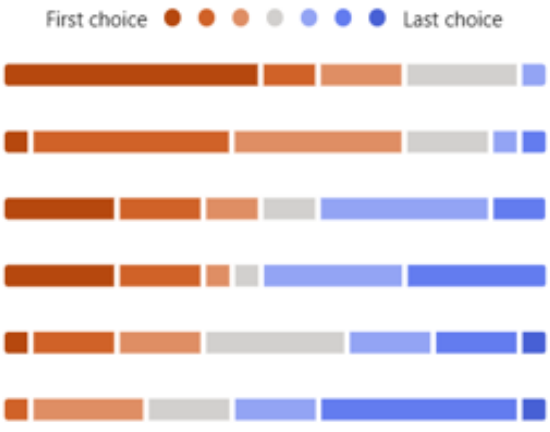


Results from Session 2

1. A range of measures have been tried to reduce smoking in the home. Please can you rank the following in order of what you think would be your approach to increasing the proportion of smoke-free homes (use the arrows at the side of each statement to move each up and down with the ones you rate as most important appearing at the top).

19 Responses

Rank	Options
1	Health education on the benefits of a smoke-free home - mass media, social media and/or schools/community ed...
2	Provision of NRT to support temporary abstinence in the h ome among those expressing interest in creating a smok...
3	Focus on smoking cessation - fewer smokers means more smoke-free homes
4	Legislation - you shouldn't be allowed to smoke in a home where children live
5	Provide personalised air quality feedback to demonstrate t he impact of smoking in the home
6	Financial incentives to encourage smoke-free homes



PIECES Project Consortium Meeting in Tirana, Albania

The PIECES Consortium members in Tirana, Albania

Professor Sean Semple, Associate Professor Rachel O'Donnell and Dr Lisa Macaulay represented the University of Stirling at the EU-funded PIECES project 3rd consortium meeting in Tirana, Albania on 6-8 May, hearing about developing results as the project reaches its final year. The project aims to increase the reach and effectiveness of primary cancer prevention programmes, and the repository and toolkit are helping teams across Europe to identify and implement interventions to help reduce exposure to cancer risk factors including tobacco and second-hand smoke. The consortium now looks ahead to the finalising data collection and analysing results before the final PIECES event in Brussels in March/April 2027.

SHIELD and Malaysia update

As part of the Global Engagement Research/International Science Partnership Funding, Professor Sean Semple and Dr Piotr Teodorowski from University of Stirling led a two-day workshop in Kuala Lumpur (19–20 May) to develop SHIELD Malaysia (Safeguarding Health and Improving Employment Life for Migrant Diasporas in Malaysia), a research initiative focused on the health challenges facing migrant workers.

The workshop brought together academics from four Malaysian universities, alongside representatives from the Department of Occupational Safety and Health (DOSH), PERKESO, and industry stakeholders.

Workshop attendees at SHIELD Malaysia

A PhD Thesis on Smoke-Free Homes Prevalence and Prevention Successfully Defended

On February 3rd, 2026, SHINE member Olena Tigova presented her doctoral research at a viva defence held at the University of Barcelona, where the thesis was awarded the distinction of cum laude. Her research was conducted at the Tobacco Control Unit of the Catalan Institute of Oncology, under the supervision of Prof. Esteve Fernández and Dr. Cristina Martínez.

Olena Tigova (3rd from left) at viva defence

The thesis was composed of two main parts. The first examined the prevalence and determinants of smoke-free homes in Europe and Spain, drawing on evidence from the TackSHS survey (2018) and the ITC Surveys conducted in Spain (2016–2021). The second part focused on the promotion of smoke-free homes in Catalonia, encompassing the protocol of a cluster randomised controlled trial, the adaptation of an evidence-based intervention to the Catalan context, and a pilot study testing the adapted intervention across ten schools in the Barcelona Metropolitan Area.

Olena Tigova presenting study results

Two of the resulting publications are already available, based on the TackSHS survey and the EUREST-PLUS study, while the remaining three manuscripts are currently under review and are expected to be available to readers soon.

Featured Publications

In this new feature for the newsletter, we review four of the recent publications (2025-26) relevant to SHINE.

1. Rise in adoption of smoke-free homes in Spain, but further action is needed

Summary: A Spanish cohort study by **Tigova et al. (2025)** tracked around 1,000 adults who smoke across three survey waves (2016, 2018, 2021) to understand how smoke-free home (SFH) adoption is changing and what drives it. SFH prevalence nearly tripled over the period, from 13% to 32%. Quitting smoking was the strongest predictor of adoption, while high nicotine dependence was a significant barrier. Moving beyond the "precontemplation" stage, even without quitting, also increased the likelihood of adopting an SFH.

Limitations: the study is limited by self-reported data and participant attrition.

Findings: results highlight the need for targeted public health campaigns and tailored support, particularly for heavily dependent smokers and those living with other smokers, as Spain still lags behind countries like Australia and Canada (where SFH rates exceed 60%).

Reference:

Tigova O, Castellano Y, Fu M, Driezen P, Martínez C, Quah ACK, Fong GT, Fernández E. Determinants of smoke-free homes adoption among Spanish adults who smoke: a prospective cohort study from the 2016-2021 International Tobacco Control (ITC) EUREST-PLUS Spain Surveys. Prev Med. 2025;200:108415. Available from: https://doi.org/10.1016/j.ypmed.2025.108415

2. Reducing Children's Exposure to Second hand Smoke at Home: What Works?

Summary: This meta-analysis by **Asi et al. (2026)** reviewed 12 intervention studies involving more than 5,000 participants to assess whether strategies aimed at reducing second hand smoke (SHS) exposure among children aged five years and under are effective. Interventions included counselling, telephone support, educational materials, nicotine replacement therapy, and feedback based on biomarkers or air quality measures. Overall, interventions achieved a moderate reduction in SHS exposure, demonstrating that home-based programmes can help protect young children, although exposure is often not eliminated.

Limitations: included substantial variation between studies, multicomponent interventions that made it difficult to identify the most effective elements, and differences in outcome measures and follow-up periods.

Findings: results highlight the continued vulnerability of young children to SHS and underscore the need for more sustainable, culturally appropriate, and family-centred approaches to achieve lasting shifts towards smoke-free rules within homes.

Reference:

Asi E, Gozum S, Karadag E. Effectiveness of interventions to reduce children's exposure to secondhand smoke at home: a meta-analysis. J Child Fam Stud. 2026;35(4):798-811. Available from: https://doi.org/10.1007/s10826-026-03271-8

Featured Publications (cont.)

3. Successes and challenges of a health promotion and social marketing campaign focussing on smoke-free homes for an Aboriginal community in Australia

Summary: **Ip et al. (2025)** describe the Aboriginal Smoke-Free Home campaign, a community-led initiative to reduce second-hand smoke exposure among Aboriginal and Torres Strait Islander families in Western Sydney. Developed through community consultation, the campaign used culturally tailored animations, social media, and local advertising to encourage smoking away from the home. It achieved broad reach and received positive feedback on its cultural relevance and clear messaging.

Limitations: COVID-19 disruptions limited opportunities for face-to-face engagement and prevented formal evaluation of behavioural outcomes, meaning the study could only report reach and engagement metrics rather than changes in smoking behaviour.

Findings: results highlight the importance of community co-design, Aboriginal leadership, and culturally responsive communication in developing effective public health campaigns aimed at creating smoke-free home environments.

Reference:

Ip S, Angelo C, Cohen P, Tinker E, Andronicos A, Dickson M. Smoke-Free Home: developing an Aboriginal health promotion and social marketing campaign in Western Sydney, Australia. Health Promot J Austr. 2025;36(2):e949. Available from: https://doi.org/10.1002/hpja.949

4. Insights from Armenia and Georgia on the adaptation of a smoke-free homes intervention from the USA

Summary: **Berg et al. (2025)** aimed to adapt an evidence-based smoke-free homes (SFH) intervention, originally developed in the United States, for use in Armenia and Georgia, where smoking prevalence and second hand smoke exposure remains high. Researchers used focus groups with community members, alongside expert and stakeholder consultation, to identify cultural and contextual adaptations needed to improve relevance and acceptability.

Limitations: include reliance on focus groups from smaller communities, potential self-selection bias, and the fact that the study assessed adaptation rather than intervention effectiveness.

Findings: The intervention was well supported, with cultural adaptations including family-focused messaging, relevant imagery, and content on heated tobacco products. The study highlights a systematic approach to adapting evidence-based interventions that may reduce second-hand smoke exposure and improve public health in low- and middle-income countries.

Reference:

Berg CJ, Dekanosidze A, Owolabi S, Bundy L, Liluashvili L, Gegenava V, Grigoryan L, Torosyan A, Sargsyan Z, Hayrumyan V, Kegler MC. Adapting a brief smoke-free homes intervention for communities in Armenia and Georgia. Health Promot Int. 2025;40(3):daaf047. Available from: https://doi.org/10.1093/heapro/daaf047

Recent publications 2025-2026

Togawa K, Fong GT, Quah ACK, et al. Impacts of revised smoke-free regulations under the 2020 Japan Health Promotion Act on cigarette smoking and heated tobacco product use in indoor public places and homes: findings from 2018 to 2021 International Tobacco Control (ITC) Japan Surveys. Tobacco Control. 2026;35:43-51. https://tobaccocontrol.bmj.com/content/35/1/43

Neyazi N, Chakravarty D, Xia F, Hawes MR, Max W, Kushel M, Vijayaraghavan M. Attitudes toward tobacco-free and cannabis-free policies among residents in permanent supportive housing who use tobacco, cannabis, and other substances. Addict Behav Rep. 2026;23:100686.

Howe S, Wilson T, Morphett K, Mason K, Lai G, Rees VW, Ait Ouakrim D. Estimating the harms from smoking and second-hand smoke exposure in social housing: a modelling study. Soc Sci Med. 2026;398:119197. https://doi.org/10.1016/j.socscimed.2026.119197

Sabado P, Jehi T, Chan L, Mai V. Creating smoke-free multi-unit housing as a strategy to improve health outcomes among vulnerable populations. Health Promot Pract. 2026 [epub ahead of print]. https://doi.org/10.1177/15248399261435627

Lopez-Galvez N, Mahabee-Gittens EM, Quintana PJE, Merianos AL, Dodder NG, Hoh E, Stone L, Watanabe K, Matt GE. Environmental tobacco smoke is a major contributor to lead, cadmium, and arsenic in settled house dust. Chemosphere. 2026;394:144820. https://doi.org/10.1016/j.chemosphere.2025.144820

Benazzouz RSA, Benyagoub M, Mekideche A, Benazzouz MS, Hadjersi F. Household tobacco smoke exposure in asthmatic children in Algeria: a multicenter study. Thorac Res Pract. 2026;27(2):90-95. https://doi.org/10.4274/ThoracResPract.2025.2025-8-2

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. 2026;35:412-414. https://doi.org/10.1136/tc-2024-059205

Recent publications 2025-2026

Villarreal YR, Northrup TF, Fischer SM, Norwood JS, Stotts AL. Negotiating health: a qualitative analysis of home smoking rules among families with medically vulnerable infants. Tob Induc Dis. 2026;24. Negotiating health: A qualitative analysis of home smoking rules among families with medically vulnerable infants

Llorens C, Dunn A, Soto P, Puvvala A, Reis V, Miron E, Kamm C, Abraham I, Sacca L. Association of exposure to smoke in households with childhood anxiety and depression in the United States: a secondary analysis from a national dataset. Psychiatry Int. 2026;7(1):32. http://doi.org/10.3390/psychiatryint7010032

Li CC, Mei S, Wu S, Hu T, Matthews AK. Barriers and facilitators to implementing indoor no-smoking policies at home among Chinese American female non-smokers. Am J Health Promot. 2026 [epub ahead of print]. http://doi.org/10.1177/08901171261434765

Saffutra H, Yahya M, Rosemary R, Indah R, Syahrizal D. Striving for smoke-free families: wives' role in Gayo Lues, Aceh-Indonesia. Narra J. 2025;5(2):e1960. http://doi.org/10.52225/narra.v5i2.1960

Marshall LW, Chavez-Sosa G, Gallow TG, Jovelle C, Fischbach L, Dang A, Guglielmo D, Holmes A, Kuo T. Overcoming challenges to adopting smoke-free multi-unit housing policies in a large US metropolitan area: insights and recommendations from affected groups in 20 Los Angeles county cities. Am J Health Promot. 2025;39(3):479-492. http://doi.org/10.1177/08901171241293367

Sadewa DMA, Bintoro BS. A review: how does air quality feedback benefit the implementation of the smoke-free homes initiative? J Community Empowerment Health. 2025;8(2):72-80. http://doi.org/10.22146/jcoemph.98253

Getachew B, Mbulo L. Factors associated with smoke-free rules at home among adult workers in 10 sub-Saharan African countries: Global Adult Tobacco Survey, 2012-2021. Tob Induc Dis. 2025;23(1):A302. Factors associated with smoke-free rules at home among adult workers in 10 sub-Saharan African countries: Global Adult Tobacco Survey, 2012-2021

Recent publications 2025-2026

Rosen L, Steinberg D, Myers V, Quah ACK, Gravely S, Fong G, et al. Should protection from tobacco smoke incursion into homes be included in FCTC strategies? Findings from the 2024 ITC Israel Survey. Tob Induc Dis. 2025;23(1):A507. Should protection from tobacco smoke incursion into homes be included in FCTC strategies? Findings from the 2024 ITC Israel Survey

Brys Z, Pénzes M, Békés V, et al. Gendered educational disparities and in-home smoking and use of electronic tobacco/nicotine devices among cohabiting couples: findings from a Hungarian cross-sectional survey. Tobacco Control. 2025 Oct 28 [epub ahead of print]. doi:10.1136/tc-2025-059333. http://doi.org/10.1136/tc-2025-059333

Steinberg AW, Ozga JE, Tang Z, Stanton CA, Sargent JD, Paulin LM. Rural-urban patterns in household rules limiting combustible tobacco, noncombustible tobacco, and e-cigarette use. Ann Am Thorac Soc. 2025;22(12):1836-1842. http://doi.org/10.1513/AnnalsATS.202504-419OC

Saminathan T, Lourdes T, Yusoff M. Prevalence and factors associated with secondhand smoke exposure at homes in Malaysia: findings from the Global Adult Tobacco Survey 2023. Tob Induc Dis. 2025:203-204. Prevalence and factors associated with secondhand smoke exposure at homes in Malaysia: Findings from the Global Adult Tobacco Survey 2023

Hawes MR, Chakravarty D, Cheng J, Handley MA, Tsoh JY, Lin TK, et al. The Healthy Homes Study: protocol for a cluster randomized trial of a place-based smoke-free home intervention in affordable housing. PLoS One. 2025;20(7):e0328786. http://doi.org/10.1371/journal.pone.0328786

Chen T, Wang P, et al. Increasing trends of household secondhand smoke exposure and widening socioeconomic disparities in Hong Kong adolescents, 2010–2020. Am J Prev Med. 2025;68(4):735-744. https://doi.org/10.1016/j.amepre.2024.12.019