

smoke-free europe

reviewing progress, prescribing action



Foreword



**Tomaz Caks
MD MPH**

**Chair,
Tobacco
Action Group**

**European
Forum of
Medical
Associations**

Second-hand tobacco smoke kills tens of thousands of European citizens each year.

As doctors we see the devastating impact of second-hand smoke. We see the patients with cancer, heart disease and respiratory problems caused by exposure to other people's smoke. We treat the children with asthma, and chest and ear infections. We support parents who have lost their babies to the tragedy of cot death.

Robust scientific evidence shows us that there is no safe level of exposure. Expensive ventilation systems cannot protect people from the health risks of second-hand smoke, and non-smoking areas offer partial or no protection.

Only smoke-free laws can save lives.

In this document, doctors' leaders from throughout Europe review smoke-free laws in their countries.

Their experiences show that clean air legislation improves health. That people obey the law, and that businesses continue to thrive. We urge policy makers to listen to the voice of doctors, rather than paid propagandists for the tobacco industry.

The message from the European medical profession is clear – smoke-free policies work. We congratulate those countries that have already made progress. And we look forward to celebrating as more European countries prescribe action, and become smoke-free.



**The world's first ever
public health treaty says...**

*"...scientific evidence has unequivocally established that **exposure to tobacco smoke causes death, disease and disability**"*

*Governments should implement **effective measures to protect people from tobacco smoke** in workplaces, public transport and indoor public places.*

Supporting smoke-free



Markos Kyprianou
European Commissioner for Health and Consumer Protection

“Doctors are well placed to know the damaging health effects of smoking, as they treat them every day in clinics and hospitals across Europe.

This manifesto gives policy makers very clear advice: banning smoking in public places can save lives. Smoke-free public places do more than just protect non-smokers from the dangers of second-hand smoke. They also help smokers to kick the habit and dissuade young people from starting to smoke.

I have no doubt that smoke-free places are the next major step forward for health in Europe. I applaud those countries who have already taken action on this issue. I encourage other governments to heed the success stories from these countries, and urge them to follow their lead. As this document shows so clearly, clean air legislation works in all cultures and climates.

I look forward to a time when all European citizens are able to work and socialise in atmospheres free from the pollution of tobacco smoke. As more countries take action, that time is drawing closer.”



Dr Haik Nikogosian
Regional Adviser, Tobacco-free Europe, WHO Regional Office for Europe

“Unless radical action is taken, the tobacco epidemic will kill 10 million people worldwide every year by 2030. With only 15% of the world’s population the WHO European Region carries almost a third of the global burden of tobacco-related disease.

The WHO Framework Convention on Tobacco Control entered into force in February 2005. This historic document is the world’s first treaty on public health. It mandates Parties to take action to protect their citizens from the illness and death caused by the use of tobacco and by exposure to environmental tobacco smoke.

European countries had a strong voice in developing the FCTC, and 17 ratified the Convention before it entered into force. The movement for the FCTC is growing and we hope that many more countries will join soon. Implementing the FCTC gives governments the opportunity to save many millions of lives. WHO hopes that governments will meet this challenge.”

Smoke-free laws in Europe 2005

Enclosed public places and workplaces smoke-free, very limited exemptions:

Ireland, Italy, Malta, Norway, Sweden

Most enclosed public places and workplaces smoke-free, bars and restaurants generally exempt:

Belgium, Bulgaria, Croatia*, Cyprus, Finland, Iceland, Montenegro, Netherlands, Slovenia, Slovak Republic*, Turkey

Some smoking restrictions in place:

Armenia, Czech Republic, Estonia*, France, Hungary*, Former Yugoslav Republic of Macedonia, Poland, Portugal*, Romania, Serbia*

No, or very few, smoking restrictions:

Austria, Belarus, Denmark, Georgia, Germany, Greece, Latvia, Lithuania, Luxembourg, Russian Federation, Spain*, Switzerland, UK*

* Plans to extend smoke-free provision by law.

FACT Smoke-free laws save lives and improve health

FACT Smoke-free laws are popular and enforceable

FACT Smoke-free laws don't harm businesses

FACT Ventilation and non-smoking areas do not protect health

FACT The tobacco industry has a vested interest in opposing smoke-free laws

Smoke-free Europe: Reviewing progress, prescribing action

Editors: Taniith Muller, Tuija Tengvall

Suggested citation: Smoke-free Europe: Reviewing progress, prescribing action

British Medical Association Tobacco Control Resource Centre, March 2005.

URL: <http://www.doctorsandtobacco.org>

Tobacco Control Resource Centre

Director: Taniith Muller

Projects Manager: Tuija Tengvall

Office Manager: Louisa Stewart

British Medical Association

14 Queen Street Edinburgh EH2 1LL UK

Tel: +44 (0)131 247 3070 Fax: +44 (0)131 247 3071

E-mail: tcrc@bma.org.uk URL: www.doctorsandtobacco.org



For more information and original references, visit the TCRC website, or consult Tobacco FactFile. The BMA Tobacco Control Resource Centre receives funding from the European Commission.

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ireland

“Over 7,000 smokers gave up in the 6 months before the law came into force. The new law has encouraged many more smokers to quit – as is evident in the continuing drop in tobacco sales – and they say that they are less likely to start again because their workplaces and social venues are smoke-free.”

Dr James Reilly
President, Irish Medical Organisation



Smoke-free
29 March 2004

FACT

- When fewer adults smoke, children's **exposure to second-hand smoke is reduced.**

FACT

- Sales of cigarettes fell **almost 16%** in the first six months of 2004.



Smoke-free
1 June 2004

norway

“Passive smoking kills 500 Norwegians each year. We now know that half measures such as designated smoking rooms and ventilation cannot protect health - there's no way that we could allow them now.

Our comprehensive law is successful and popular. And despite the scare stories, the latest figures show that the hospitality industry is thriving.”

Dr Hans Kristian Bakke
President, Norwegian Medical Association

FACT

- Secondhand smoke increases the risk of lung cancer by **20-30%**, and heart disease by **25-35%**.

FACT

- Many toxins in second-hand smoke are **invisible, odourless gases**, which are not removed by ventilation and air-filtering systems.



Smoke-free
10 Jan 2005

“As President of the Federation of National Medical Orders and Dentists, I express my keen appreciation to the Minister of Health, Minister Sirchia, for his unyielding and forceful battle against smoking, an indication of his total commitment to the health of the nation.

The new law strongly supports the initiatives being taken by Italy’s doctors with the aim of protecting the most vulnerable individuals as well as society at large.”

FACT

- **90% of Italians** support the law.

Dr Guiseppe del Barone, President
Federazione Nazionale degli Ordini dei Medici Chirurghi e degli Odontoiatri

FACT

- **Smoke-free policies may reduce the risk of young people starting to smoke.**

malta

Malta’s legislation was progressively introduced over 12 months.

“Thanks to our new law, thousands of families are enjoying smoke-free public places for the first time. Our restaurant and bar owners have chosen completely smoke-free premises instead of costly smoking rooms. 8 out of 10 Maltese back the law. We support the Government’s efforts to enforce it for the benefit of everyone.”

Dr Martin Balzan
General Secretary, Medical Association of Malta

FACT

- **The tobacco industry has funded opposition to smoke-free policies worldwide.**

FACT

- **All independent studies show that smoke free laws do not harm the hospitality industry.**



Smoke-free
5 April 2005



sweden

“Fewer than one in every five Swedish adults is a smoker, and most workplaces are already smoke-free. Women are more likely to work in the hospitality sector than men. Our new law will give these workers the same protection from second-hand smoke as other Swedes.”

Dr Eva Nilsson Bågenholm
President, Swedish Medical Association



Smoke-free
1 June 2005

FACT

- Pregnant non-smokers exposed to second-hand smoke are more likely to have low birth weight babies and to **give birth prematurely**.

FACT

- Just 3 cigarettes produce **up to 10 times** as many harmful particles as a car engine left running for half an hour.



uk

Governments in Scotland and Wales, and the English cities of London and Liverpool all have plans to make all public places smoke-free by law.

“Scotland has the highest smoking rates in the UK, and our smoke-filled rooms have choked our health for too long. Scotland will be smoke-free by 2006 – but we simply can’t understand why English people are not entitled to the same protection.”

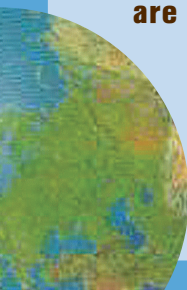
FACT

- Despite voluntary agreements, **fewer than 1%** of British bars are smoke-free.

Dr Peter Terry
Chairman of Scottish Council, British Medical Association

“In Wales, doctors, patients and politicians speak with one voice on smoke-free places. With each delay, more people will die from heart disease and cancer. We ask that the Welsh Dragon be allowed to breathe clean air.”

Dr Tony Calland
Chairman of Welsh Council, British Medical Association





estonia

Extended tobacco law planned for May 2005 will make all establishments where food and drink are served smoke-free.

“Smoke-free laws safeguard human rights. Everyone has the right to protection from preventable health risks.”

FACT

- **Completely smoke-free workplaces could cut smoking rates by 4%.**

Estonia needs a clean air law. Not only would it protect people from the harmful effects of second-hand smoke, it would also support smokers to quit. This must be a priority when about one in five of all deaths in Estonia are caused by smoking.”

Dr Andres Kork
President, Estonian Medical Association

FACT

- **Smoke-free workplaces have been associated with significant reductions in heart disease.**

finland

**Most indoor workplaces have been smoke-free since 1995.
Bars and restaurants can have designated smoking areas.**



“Finland was the first country in Europe to define second-hand smoke as a workplace carcinogen. And we have made sure that no pregnant woman is exposed to second-hand smoke at work. However, smoking areas in bars and restaurants mean that around 16,000 workers are still not protected. For the health of these people we are campaigning for all workplaces to be smoke-free in Finland.”

FACT

- **Non-smoking areas offer partial to no protection from second-hand smoke.**

Dr Pekka Anttila
President, Finnish Medical Association

FACT

- **People exposed to secondhand smoke at work are twice as likely to suffer respiratory disease.**