

# Smoke, health, and climate: the unfinished global agenda of poor combustion

*Kirk R. Smith*

*Tyler Laureate 2012*

*Professor of Global Environmental Health*

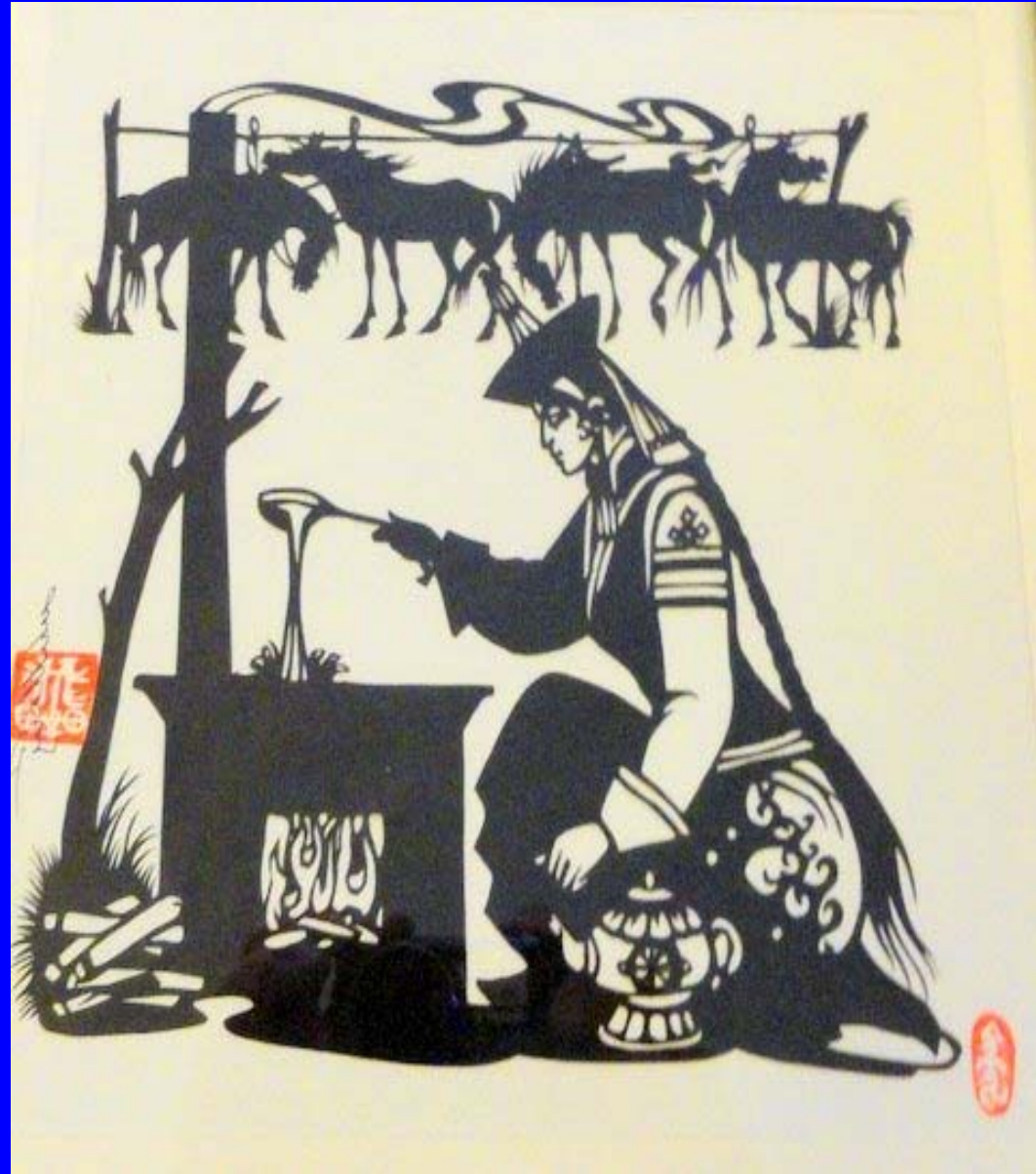
*University of California, Berkeley*

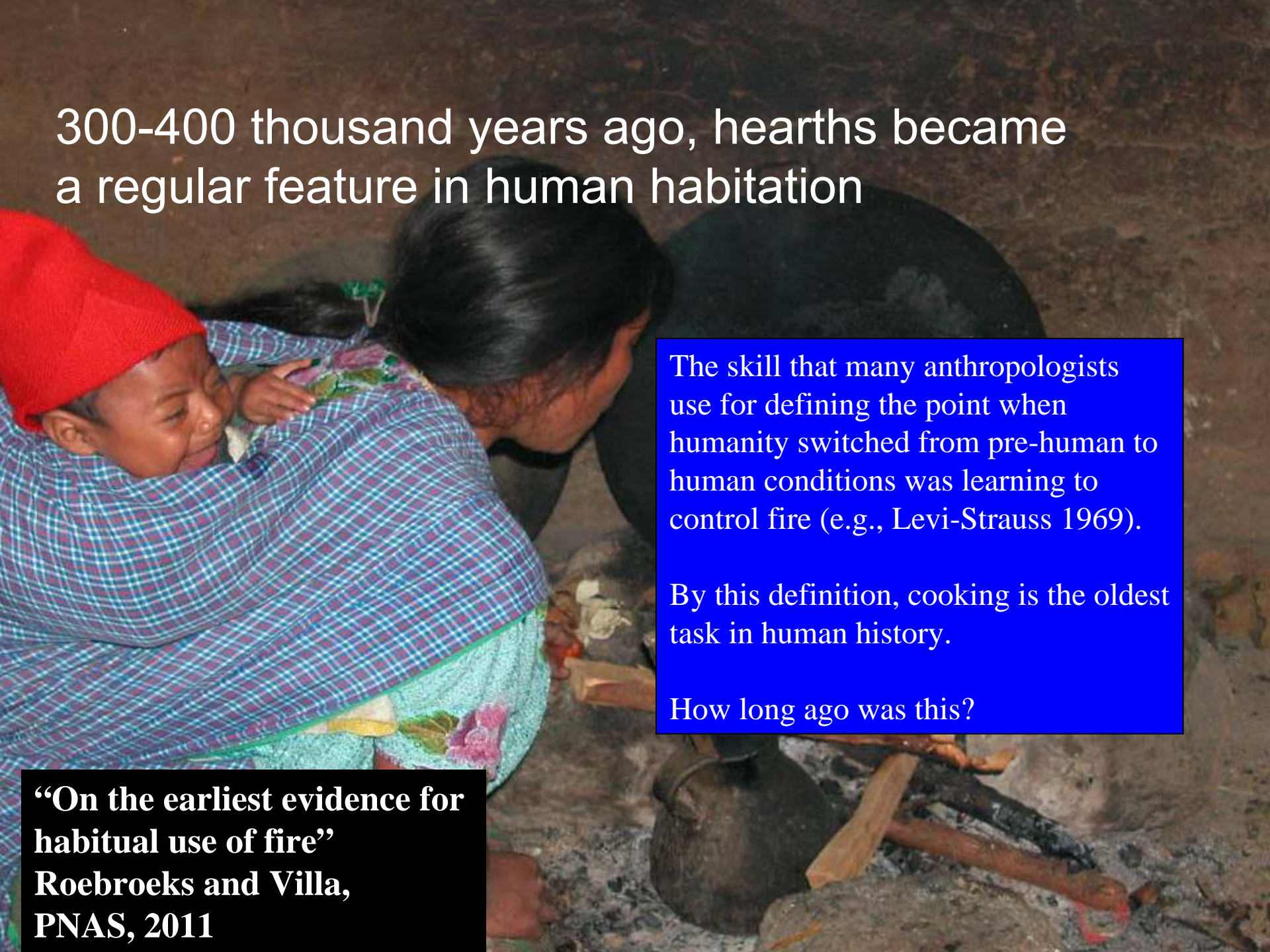
*May 29 & 31, 2012*

*The School of Public Health*

*Gadjah Mada University, Yogyakarta  
and*

*Research Center for Climate Change  
University of Indonesia  
Jakarta*





300-400 thousand years ago, hearths became  
a regular feature in human habitation

The skill that many anthropologists use for defining the point when humanity switched from pre-human to human conditions was learning to control fire (e.g., Levi-Strauss 1969).

By this definition, cooking is the oldest task in human history.

How long ago was this?

**“On the earliest evidence for  
habitual use of fire”  
Roebroeks and Villa,  
PNAS, 2011**

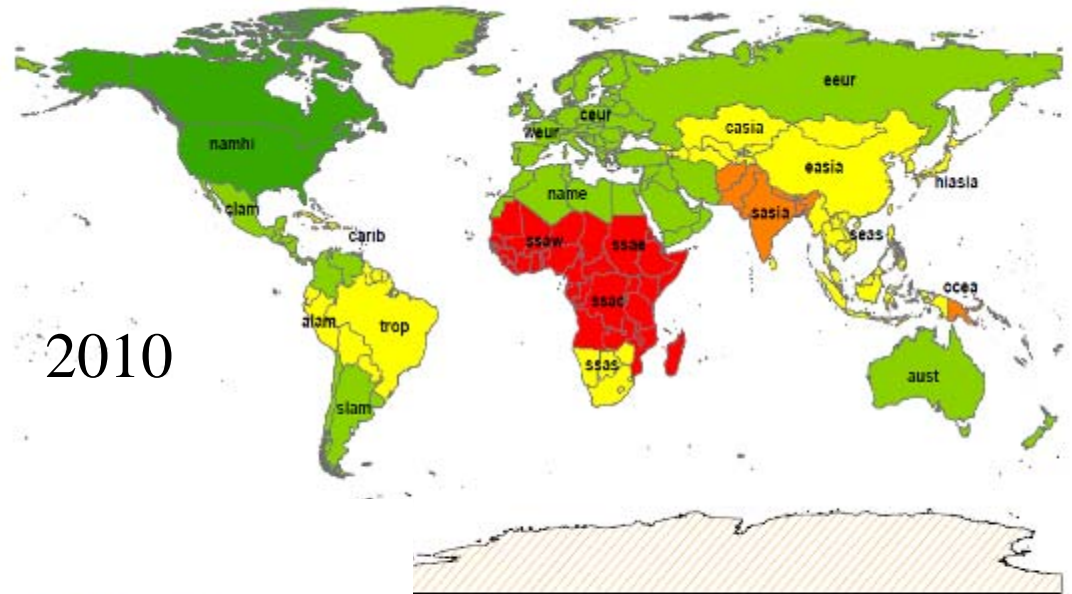


The three major solid fuels

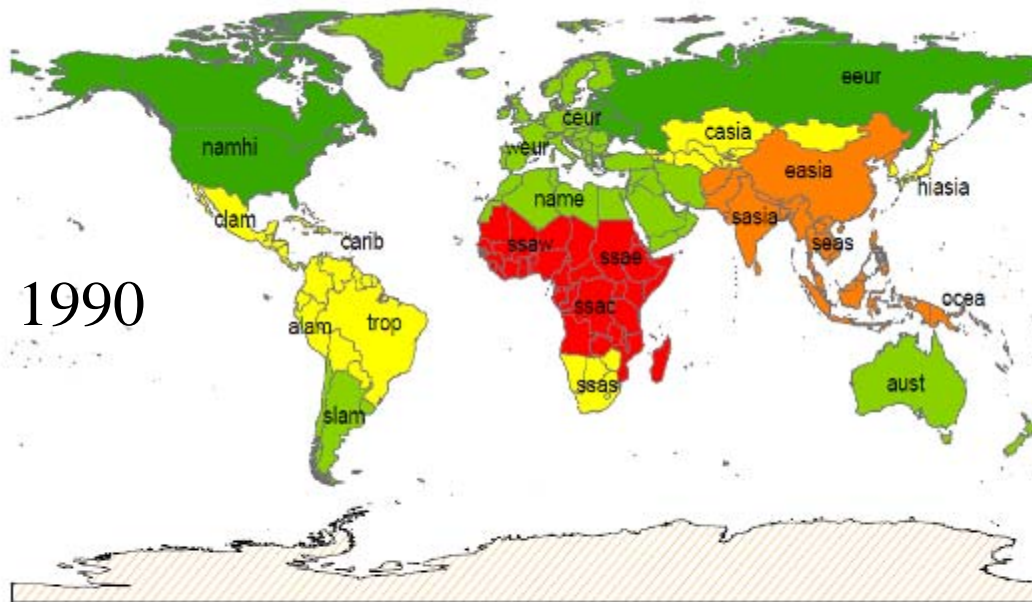


# Households using biomass or coal to cook

2010



1990

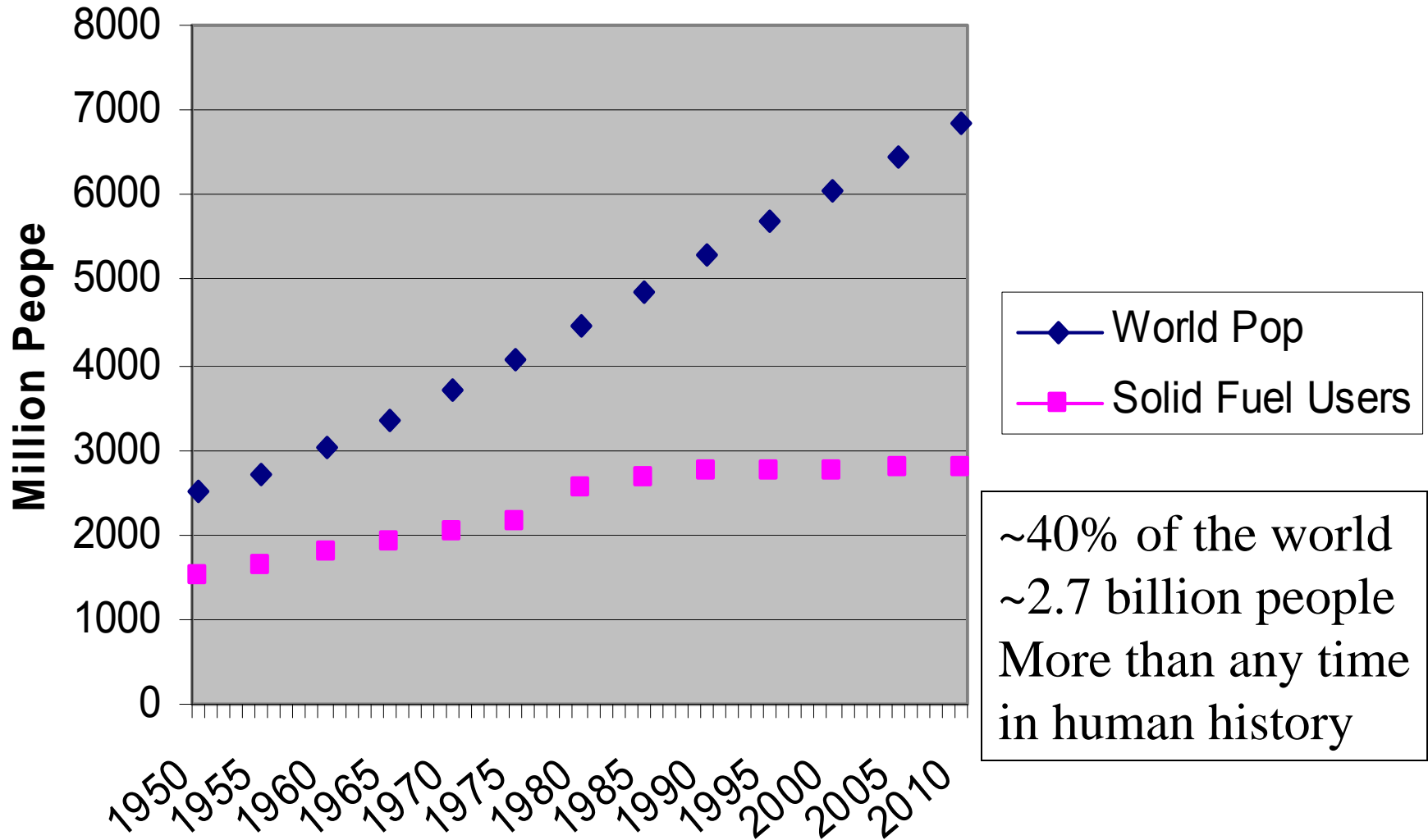


% of HH Exposed to HAP



**Comparative Risk  
Assessment (CRA)  
2011- preliminary,  
Adair, et al.**

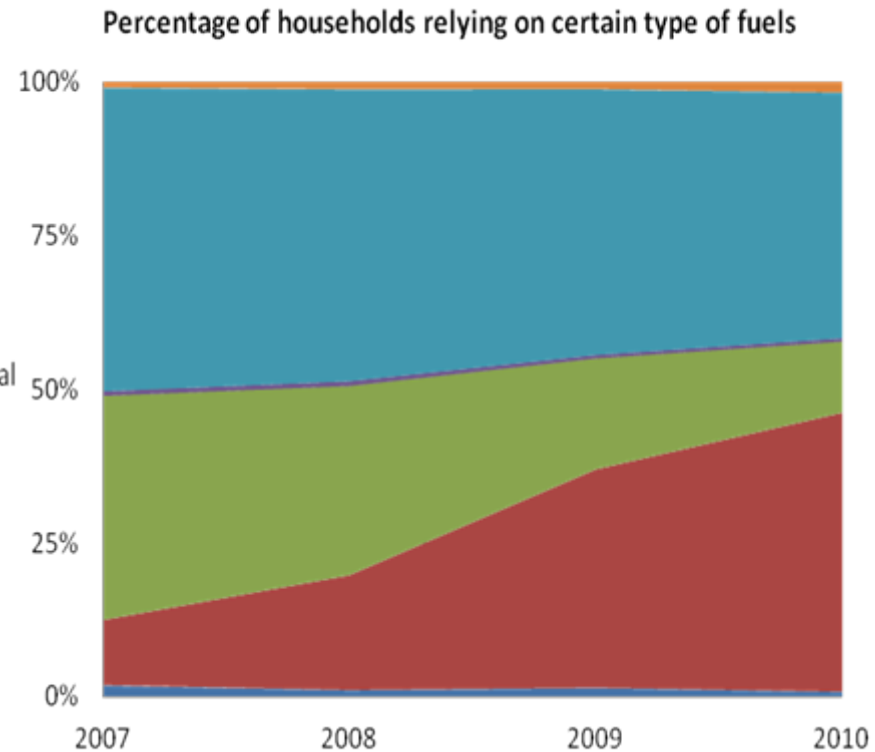
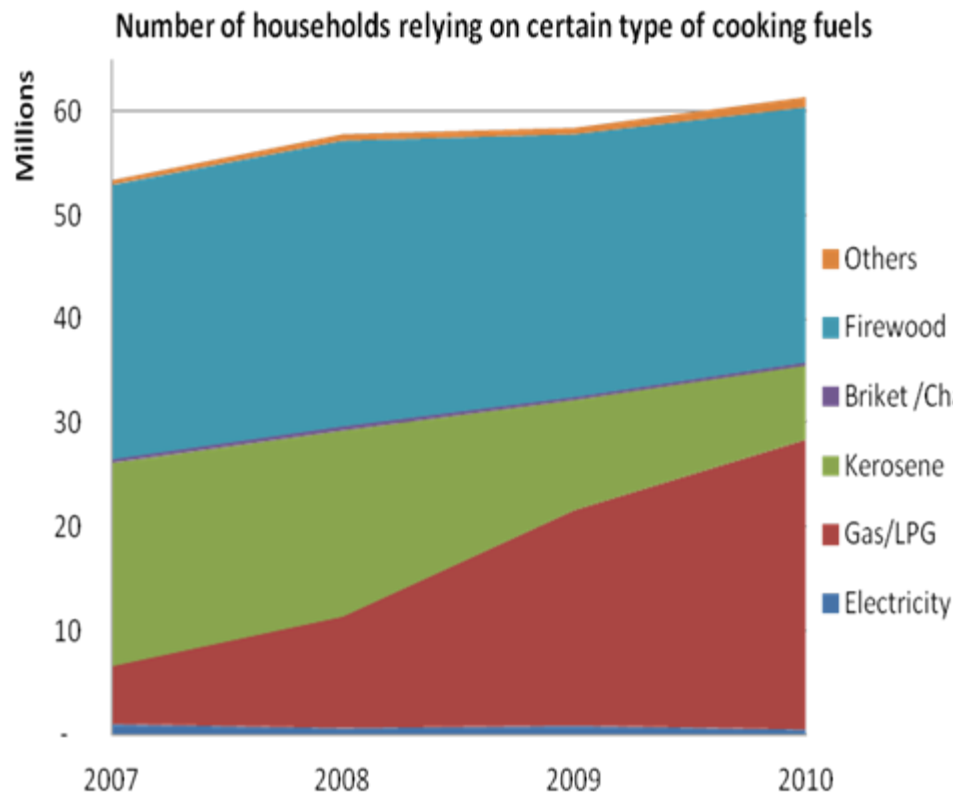
# World Population Using Solid Fuels



# Indonesia Cooking Fuel Situation 2007-2010

YDD, 2012

- ❑ Number of wood users remains large and not much affected by the LPG conversion program and will still become the dominant cooking fuel in the future;
  - ❑ 49.4% to 40.1% (26.3 million to 24.5 million)
- ❑ LPG users rapidly increase after 2007, in replacement of the kerosene users
  - ❑ 10.6% to 45.6% (5.6 million to 27.6 million)
- ❑ Kerosene users decrease significantly, accounting for only 11.7% of all households in 2010. : 36.6% to 11.7% (19.5 million to 7.1 million)



Source: National Socio-Economic Survey, BPS 2008-2011

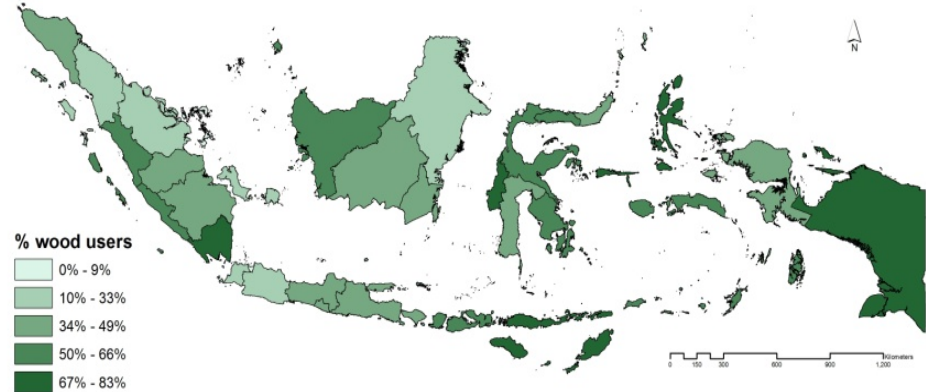
# Wood Users in 2010: 40% nationally

Number of households relying on wood for cooking in 2010



Source: BPS 2011

Percentage of households relying on wood for cooking in 2010



Source: BPS 2011

- ❑ Wood still dominates more than half of all provinces in Indonesia and these provinces are mainly distributed in the Islands of Papua, Sulawesi, and Nusa Tenggara.
- ❑ Wood continues to be the mostly used cooking fuel in 18 provinces out of 33. These provinces scatter all over the country, stretching from the west to the east.
- ❑ East Java, Central Java, and West Java remain the provinces with the largest number of wood-dependent households.
- ❑ Rate is increasing in Papua

# Woodsmoke is natural – how can it hurt you?

Or, since wood is mainly just carbon, hydrogen, and oxygen, doesn't it just change to  $\text{CO}_2$  and  $\text{H}_2\text{O}$  when it is combined with oxygen (burned)?



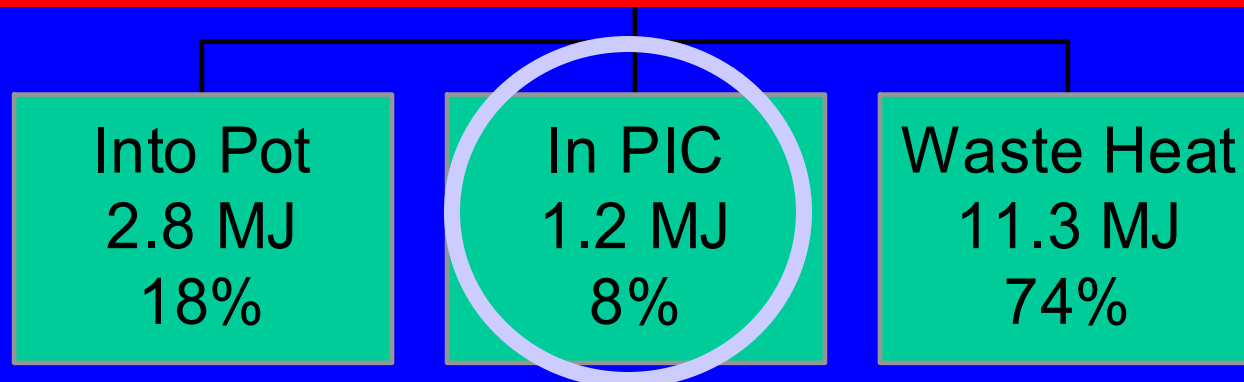
Reason: the combustion efficiency is far less than 100%



# Energy flows in a well-operating traditional wood-fired cookstove

A Toxic Waste Factory!!

Typical biomass cookstoves convert 6-20% of the fuel carbon to toxic substances



PIC = products of incomplete combustion = CO, HC, C, etc.

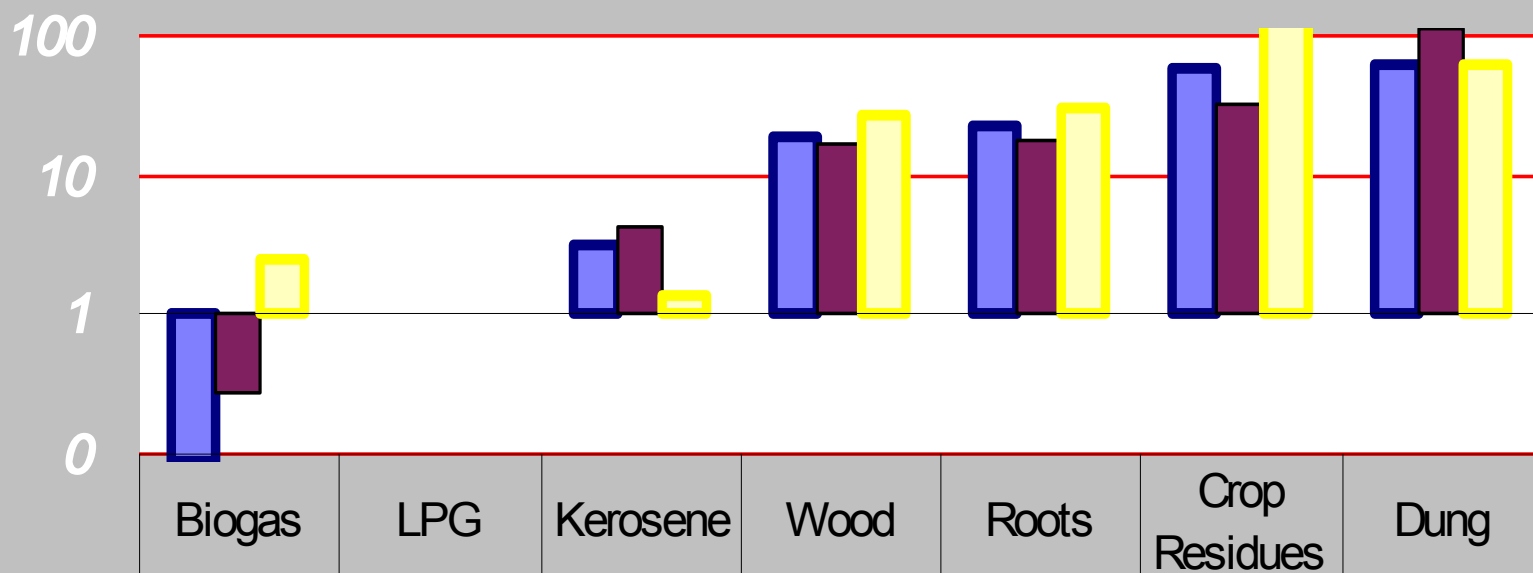
Source:  
Smith,  
et al.,  
2000

# Toxic Pollutants in Biomass Fuel Smoke from Simple (poor) Combustion

- Small particles, CO, NO<sub>2</sub>
- Hydrocarbons
  - 25+ saturated hydrocarbons such as *n-hexane*
  - 40+ unsaturated hydrocarbons such as *1,3 butadiene*
  - 28+ mono-aromatics such as *benzene & styrene*
  - 20+ polycyclic aromatics such as *benzo(α)pyrene*
- Oxygenated organics
  - 20+ aldehydes including *formaldehyde & acrolein*
  - 25+ alcohols and acids such as *methanol*
  - 33+ phenols such as *catechol & cresol*
  - Many quinones such as *hydroquinone*
  - Semi-quinone-type and other radicals
- Chlorinated organics such as *methylene chloride* and *dioxin*

Source: Naeher et al,  
*J Inhal Tox*, 2007

## Health-Damaging Pollutants per Unit Energy Delivered Ratio of Emissions to LPG



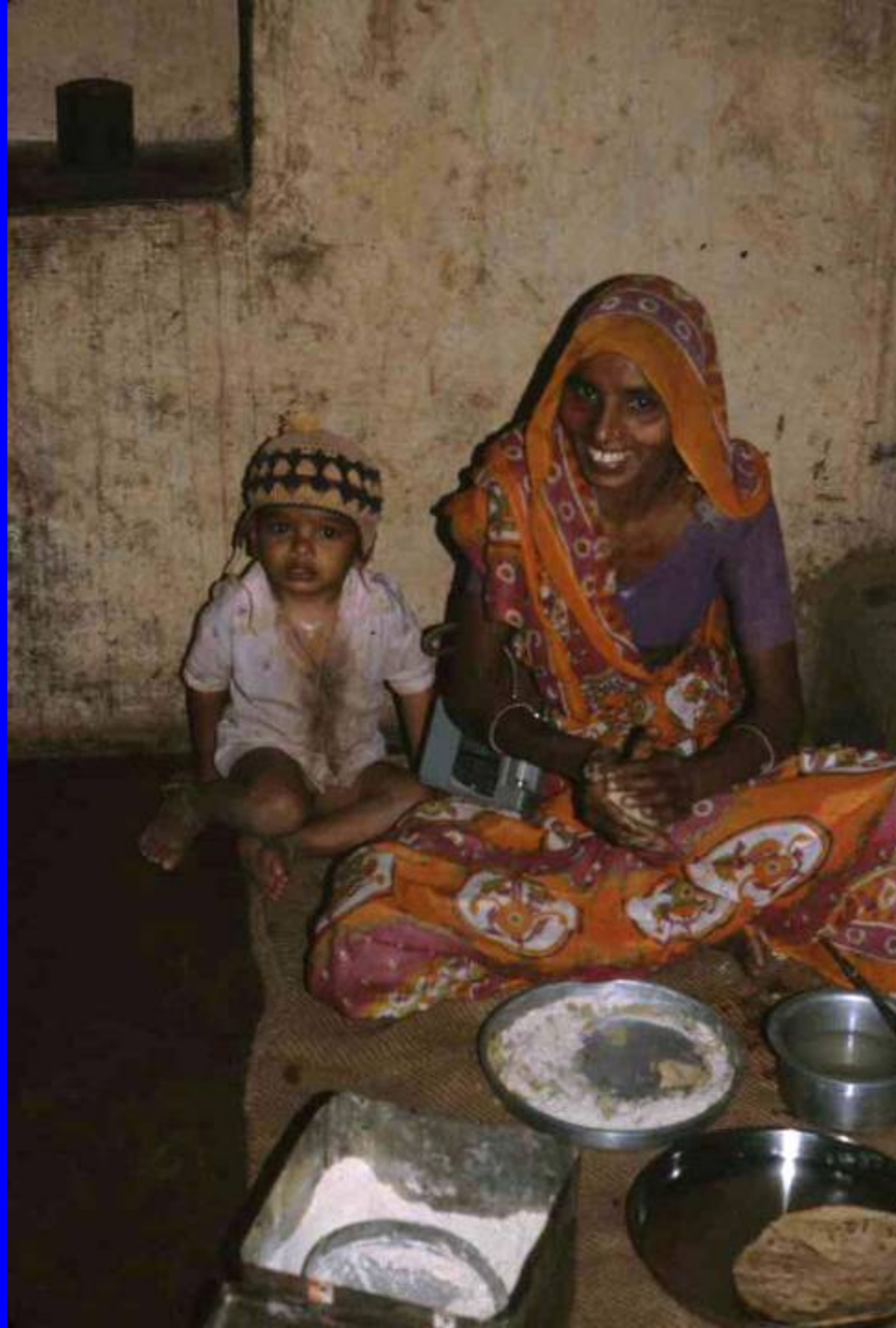
■ CO	0.1	1.0	3	19	22	60	64
■ Hydrocarbons	0.3	1.0	4.2	17	18	32	115
■ PM	2.5	1.0	1.3	26	30	124	63

■ CO ■ Hydrocarbons ■ PM

# Perfect Storm for Health Impacts

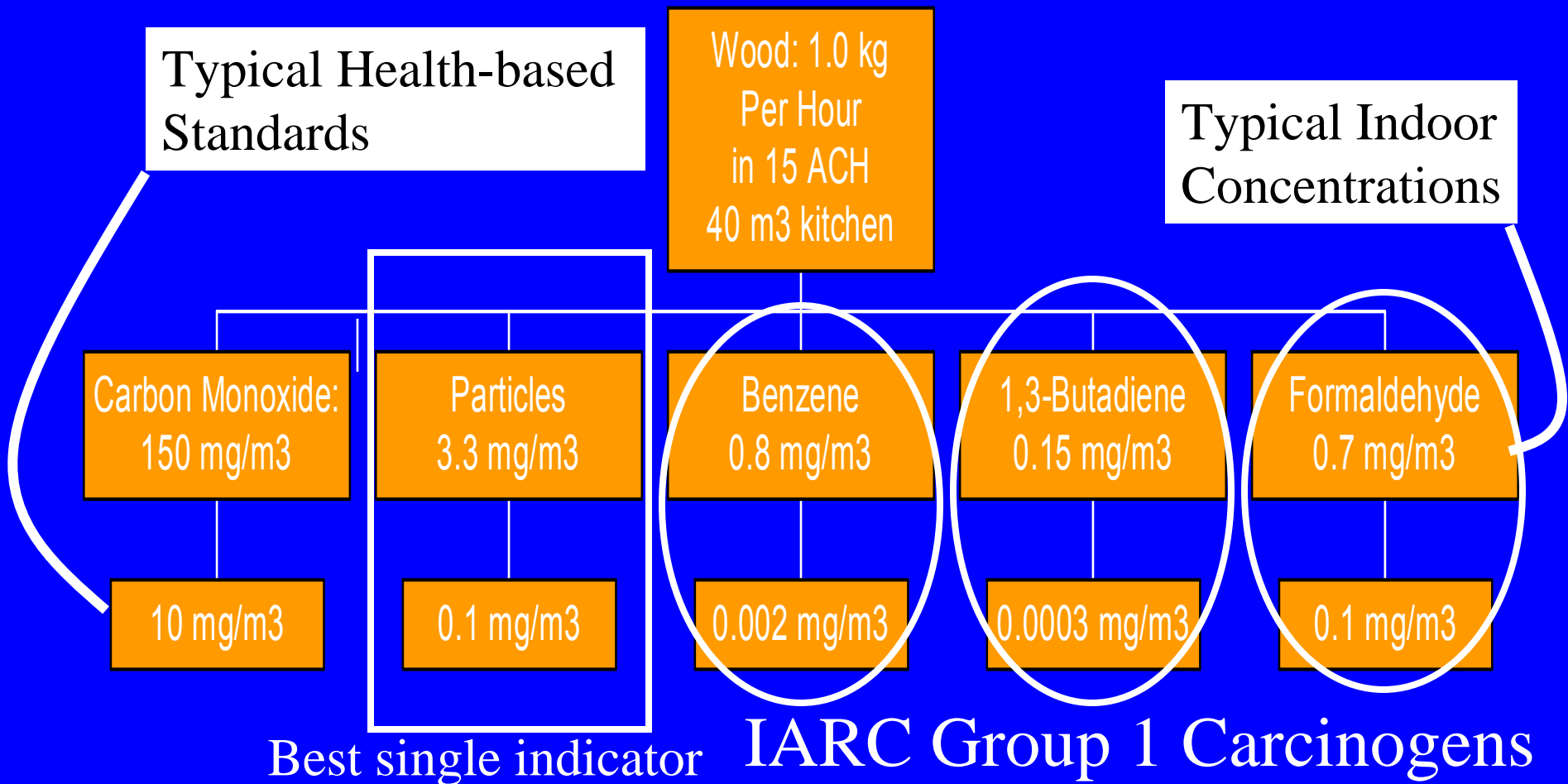
- Highly polluting activity
- Half of world households
- Several times a day
- Just when people are present
- Most vulnerable (women and young children) most likely to be there





How much  
Ill-health?

# Health-Damaging Air Pollutants From Typical Wood-fired Cookstove.



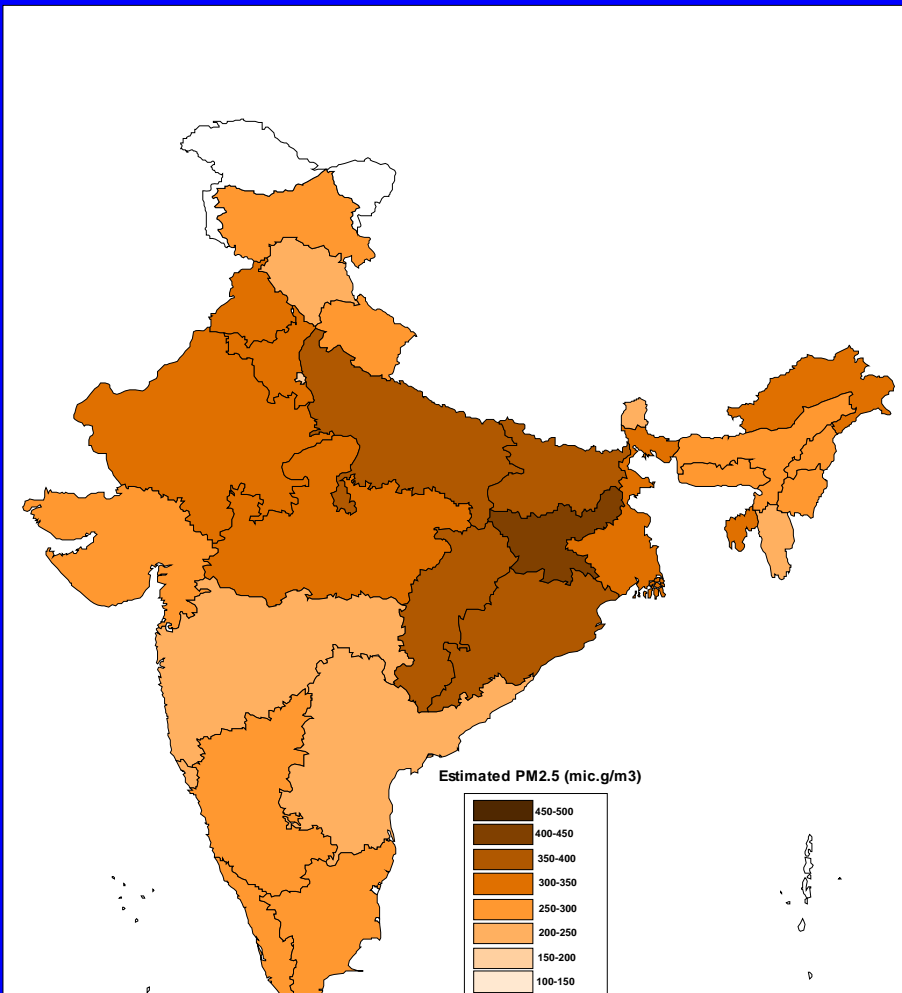
First person in human history to have her exposure measured doing the oldest task in human history

Emissions, yes,  
but what about  
exposures?

Kheda District,  
Gujarat, 1981

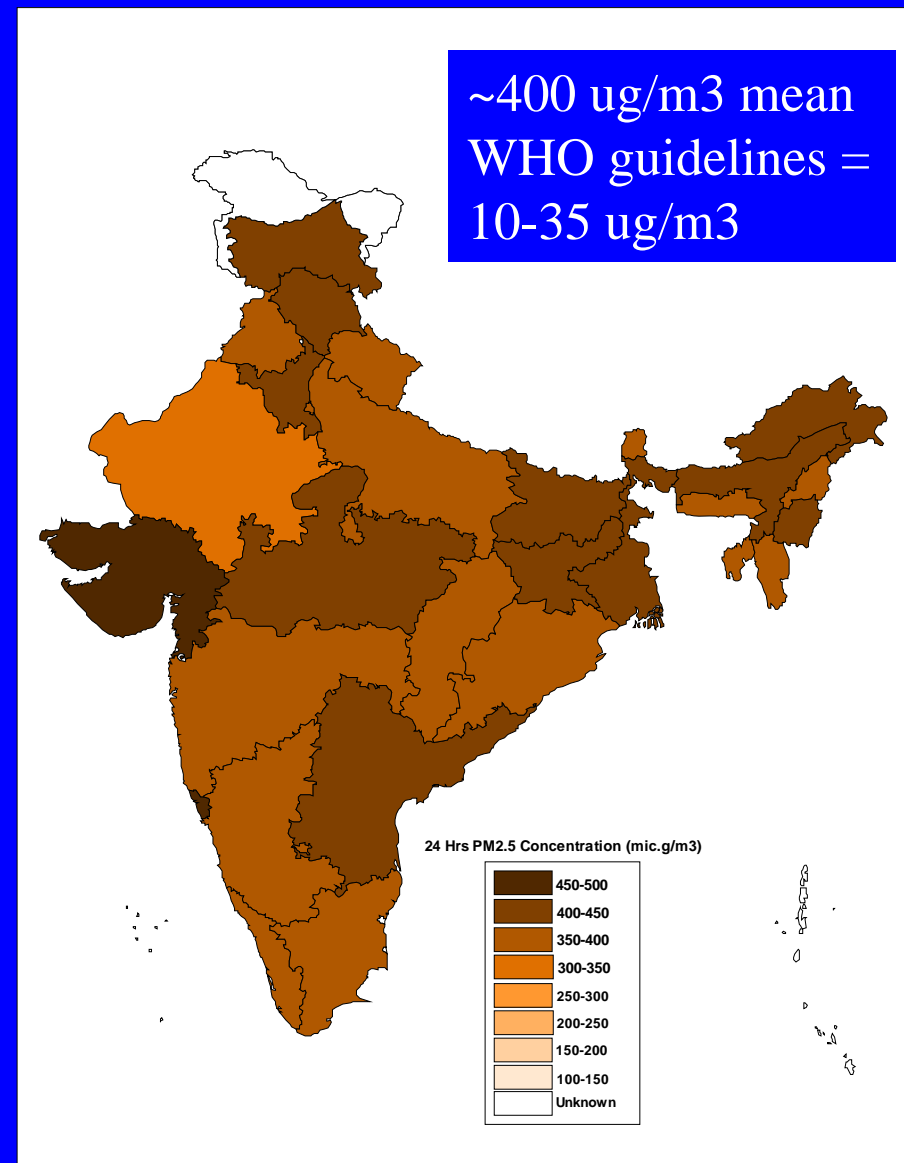


## Estimated PM2.5 indoors for all households



**Preliminary results from the Household Air Pollution Comparative Risk Assessment, 2011**

## Estimated PM2.5 for only solid-fuel-using households





ALRI/  
Pneumonia

Diseases for which we have  
epidemiological studies

COPD

Lung cancer  
(coal)

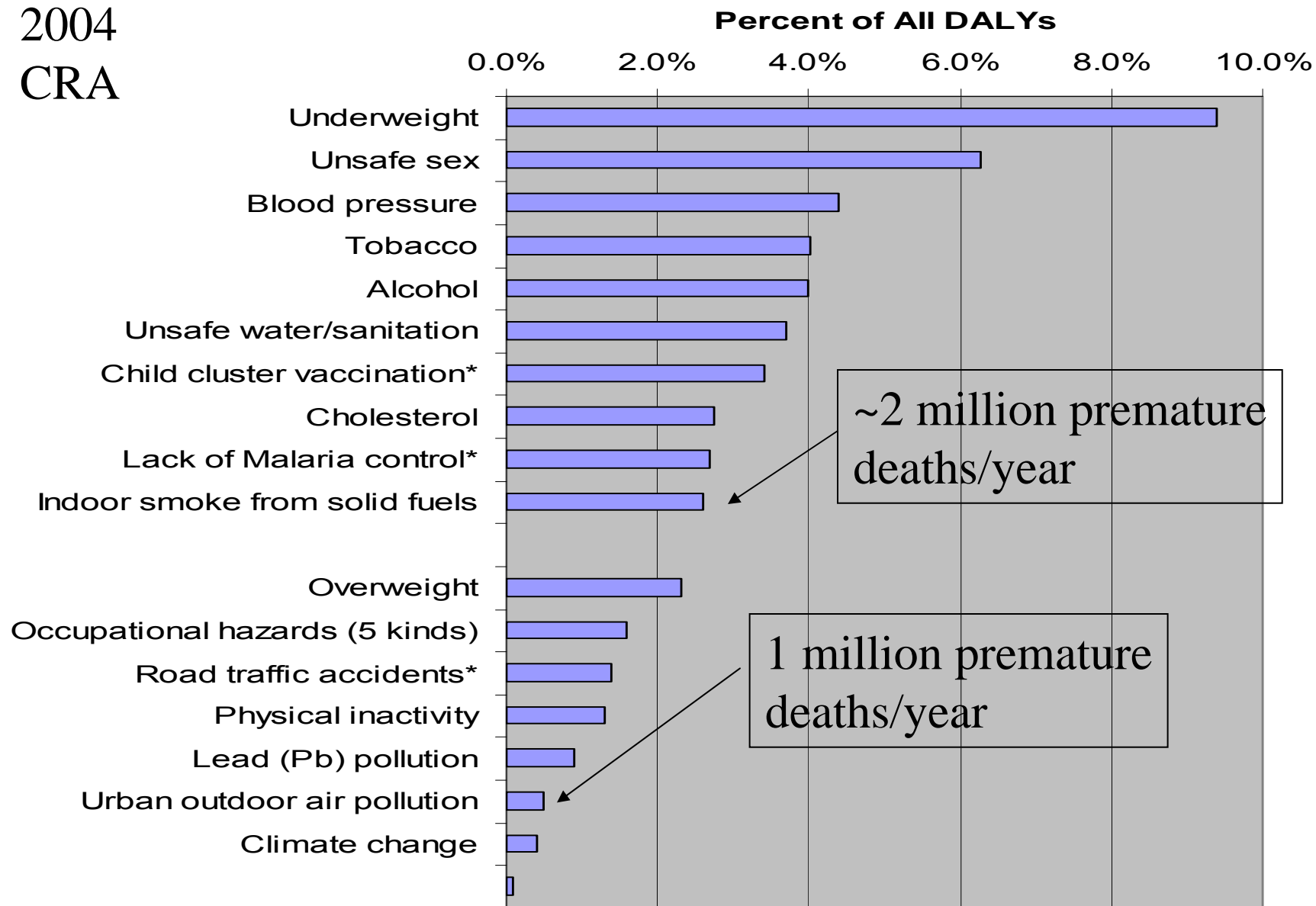


These three diseases were included in the  
2004 Comparative Risk Assessment  
Managed and published by WHO

First ever comprehensive risk assessment  
with consistent rules of evidence  
and common databases

# Global Burden of Disease from Top 10 Risk Factors plus selected other risk factors

2004  
CRA



# Global Burden of Disease Database and Comparative Risk Assessment World Health Organization

Being completely updated  
For 2011 release

For household air pollution:  
New exposure assessment modeling  
New outcome estimates based on meta-analyses  
ALRI, COPD, Lung Cancer  
Low birth weight, cataracts, cardiovascular

# Global Burden of Disease Database and Comparative Risk Assessment

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For household air pollution:  
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ALRI, COPD, Lung Cancer  
Low birth weight, cataracts, cardiovascular

ALRI/  
Pneumonia

Low birth  
weight

Stillbirth

Diseases for which we have  
epidemiological studies - 2011

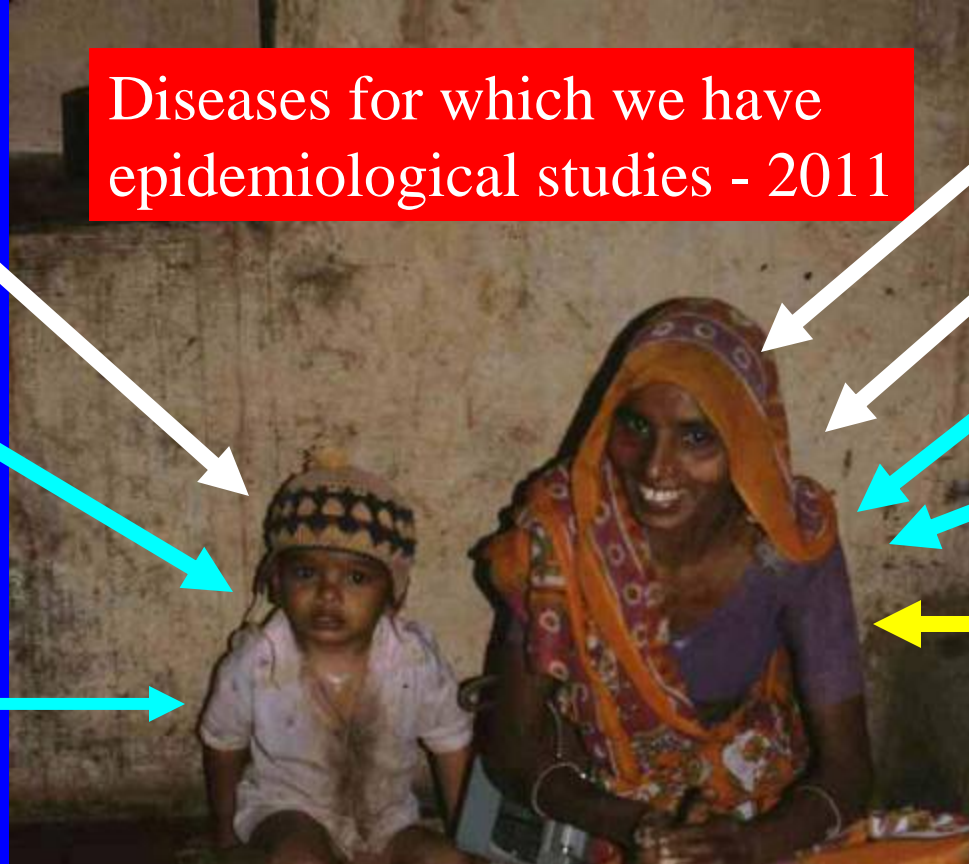
COPD

Lung cancer  
(coal)

Lung cancer  
(biomass)

Blindness  
(cataracts, opacity)

Heart disease  
Blood pressure  
ST-segment



These additional diseases will be included in the  
2011 Comparative Risk Assessment

In addition, using evidence from other  
exposure sources, heart will be included



There is epi evidence for these other diseases, but  
considered insufficient to include in the  
2011 Comparative Risk Assessment



Cognitive  
Impairment

Birth defects

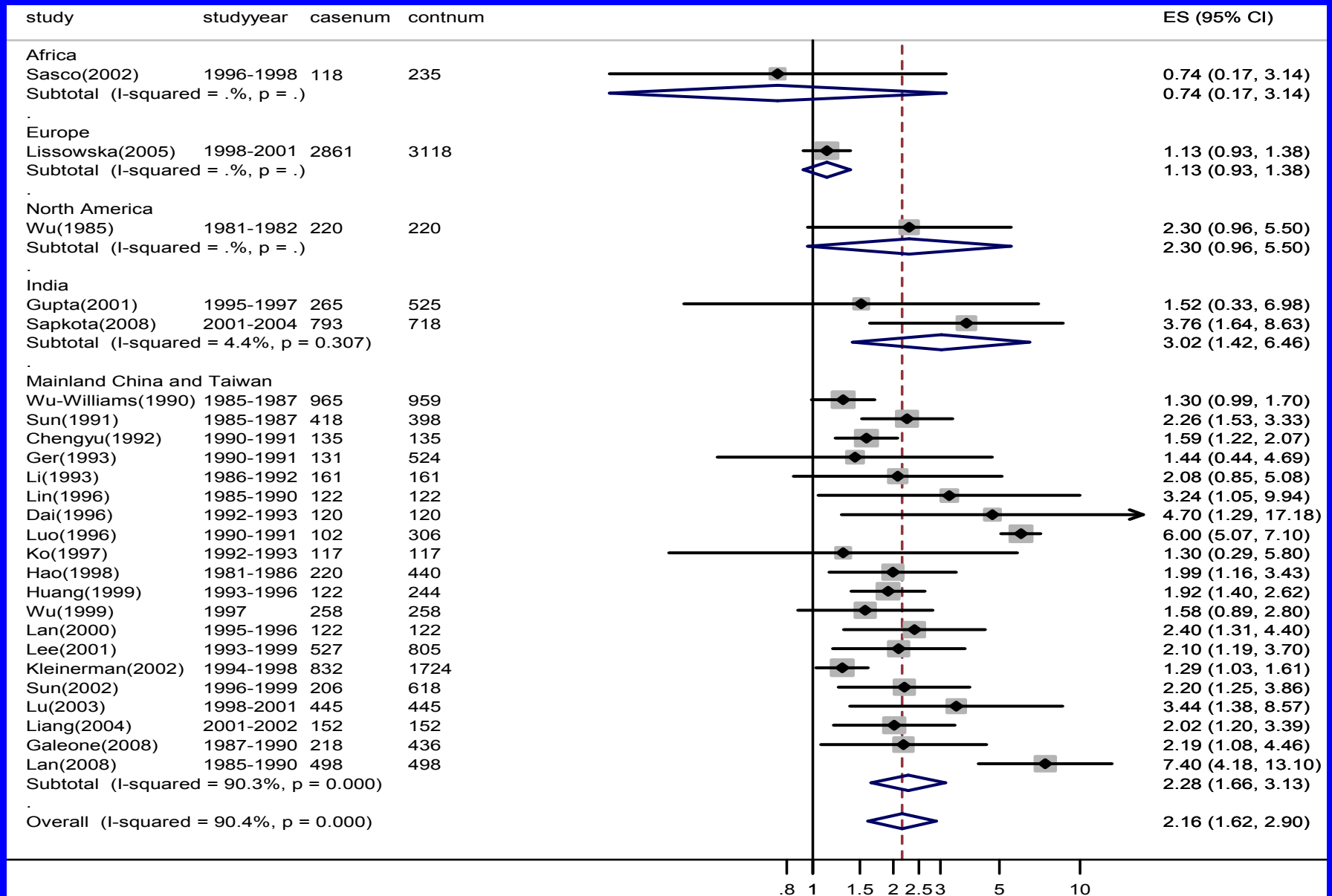
Asthma?

Burns and the health/safety  
impacts of fuel gathering

Tuberculosis  
ALRI

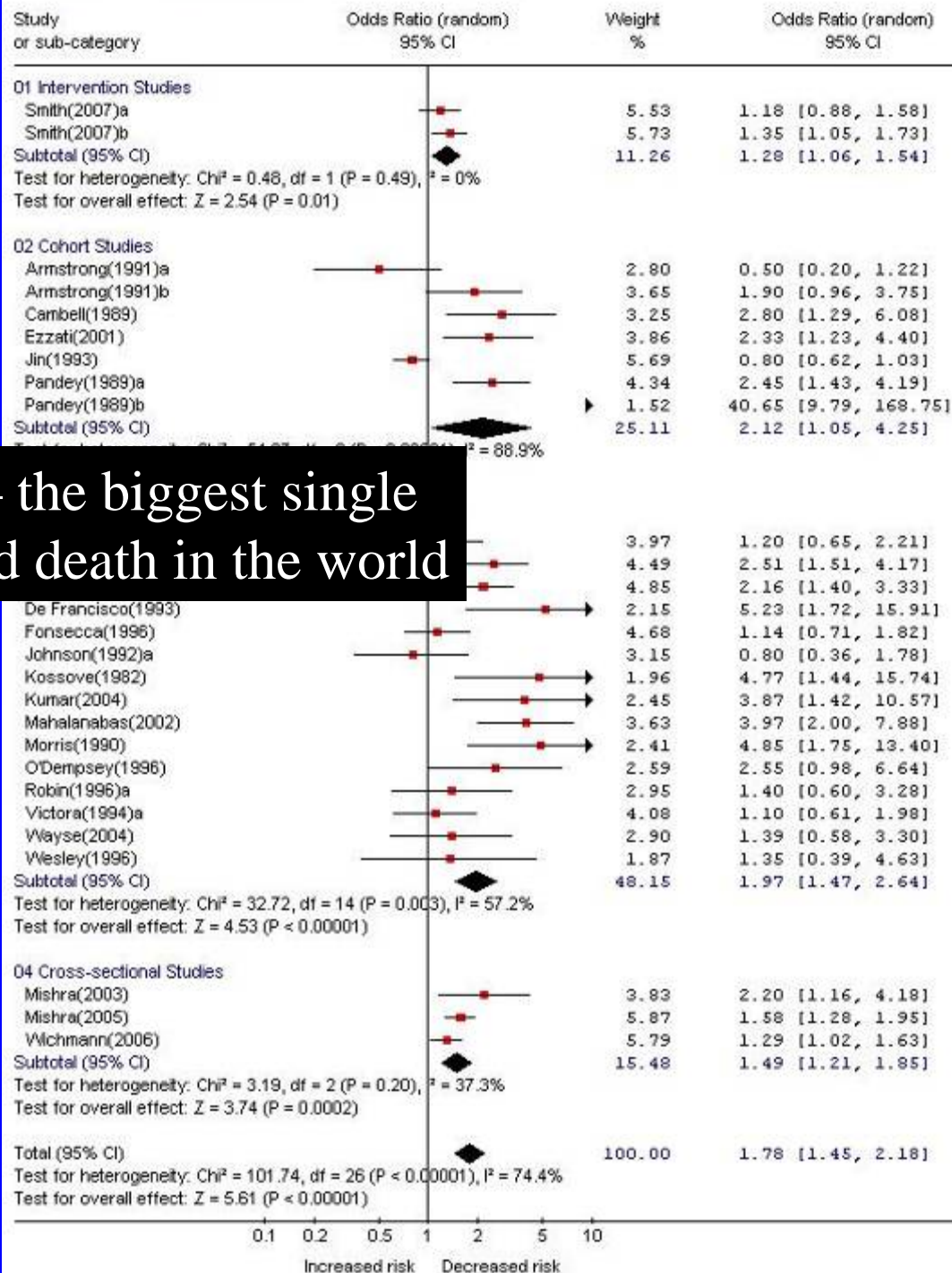
Other cancers  
(cervical, NP,  
upper airway)

# Summary risk estimates of lung cancer associated with in-home coal use for heating and cooking by geographic region



Study design	N*	OR	95% CI
Intervention	2	1.28	1.06, 1.54
Cohort	7	2.12	1.06, 4.25
Case-control	15	1.97	1.20, 3.21
Cross-sectional	3	1.49	1.21, 1.85
All	26	1.78	1.45, 2.18

**Pneumonia – the biggest single cause of child death in the world**



THELANCET-D-09-06268R3

S0140-6736(11)60921-5

Embargo: [add date when known]

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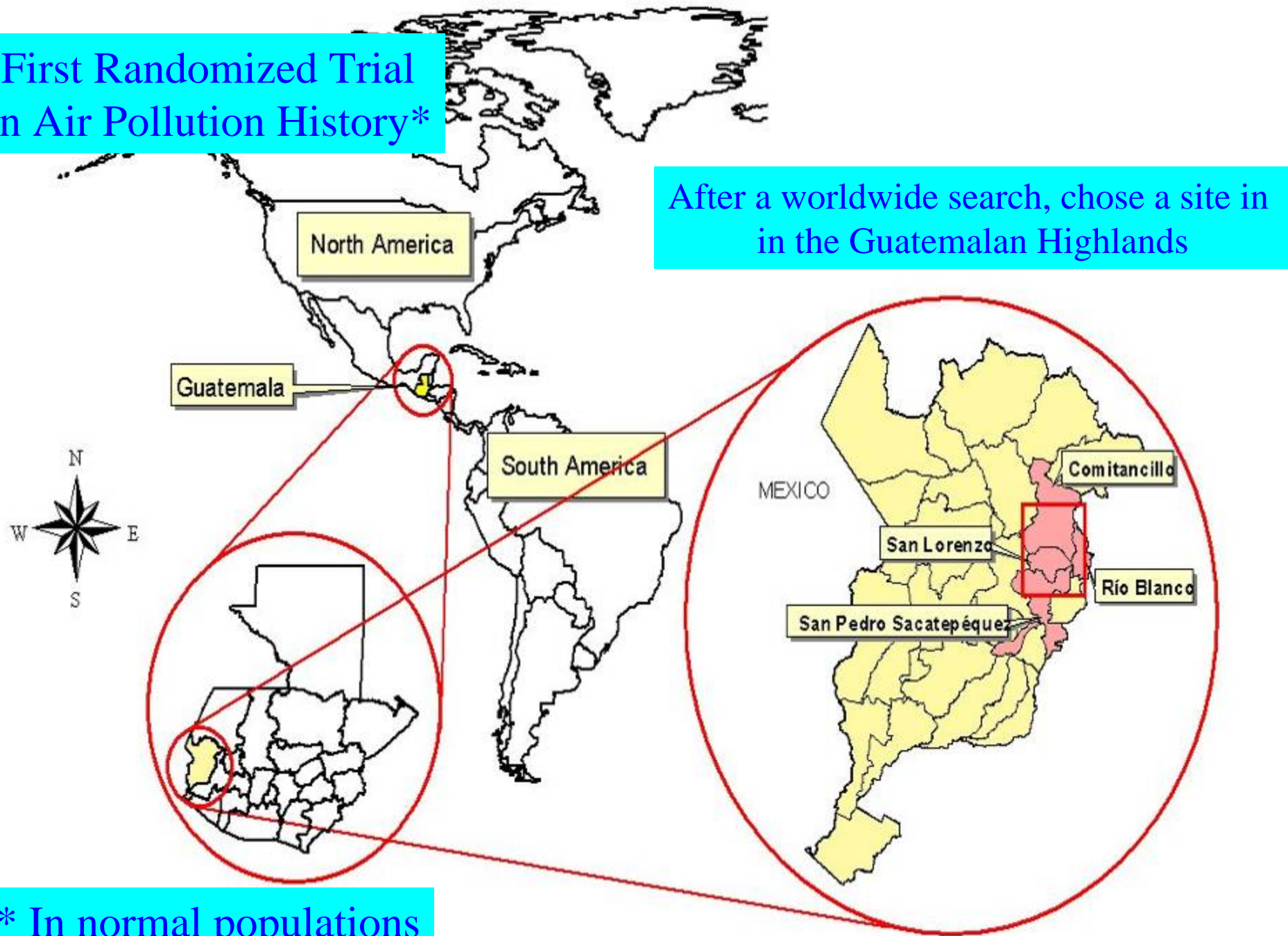
# Effect of reduction in household air pollution on childhood pneumonia in Guatemala (RESPIRE): a randomised controlled trial

*Kirk R Smith, John P McCracken, Martin W Weber, Alan Hubbard, Alisa Jenny, Lisa M Thompson, John Balmes, Anaite Diaz, Byron Arana, Nigel Bruce*

Published Nov 2011



# First Randomized Trial In Air Pollution History\*



# RESPIRE – Randomized trial (n=518)

Impact on pneumonia up to 18 months of age



Traditional open 3-stone fire:  
kitchen 48-hour  $PM_{2.5}$  levels of  
600 - 1200  $\mu g/m^3$



Chimney wood stove, locally made  
and popular with households



# Overview of RESPIRE study design

- 530 eligible households: open fire, woman pregnant or child less than 4 months
- Baseline survey and exposure assessment

Randomize

Keep open fire

*Plancha*

Follow up till aged 18 months

- Surveillance for ALRI, diarrhoea, &c
- Detailed exposure monitoring

Compare incidence and exposure in 2 groups  
Plancha offered to 'controls'

Year 1

5500  
Households  
total

Years  
1-3

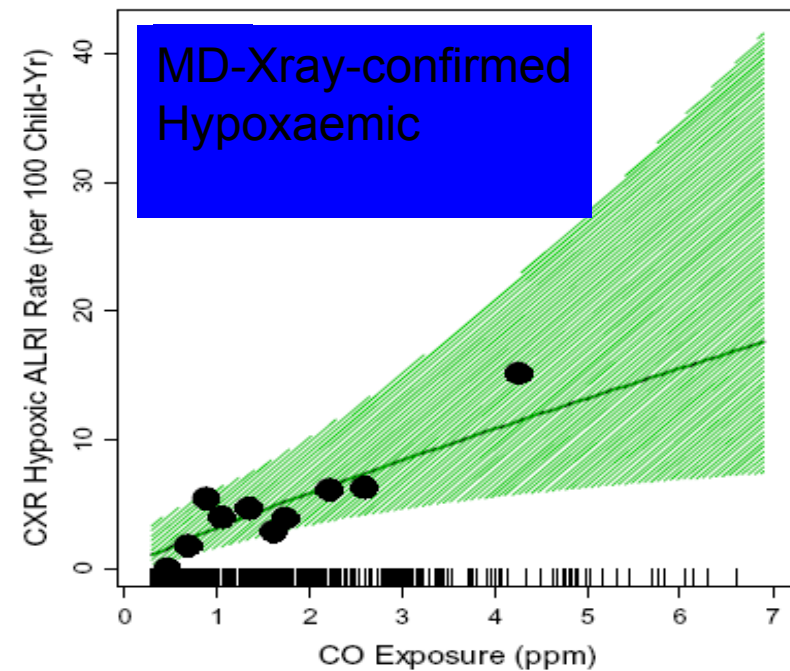
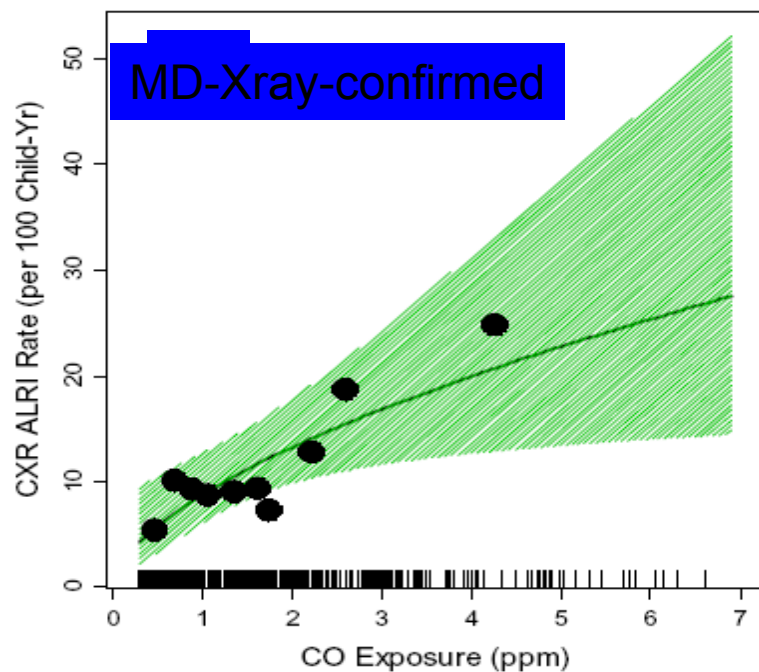
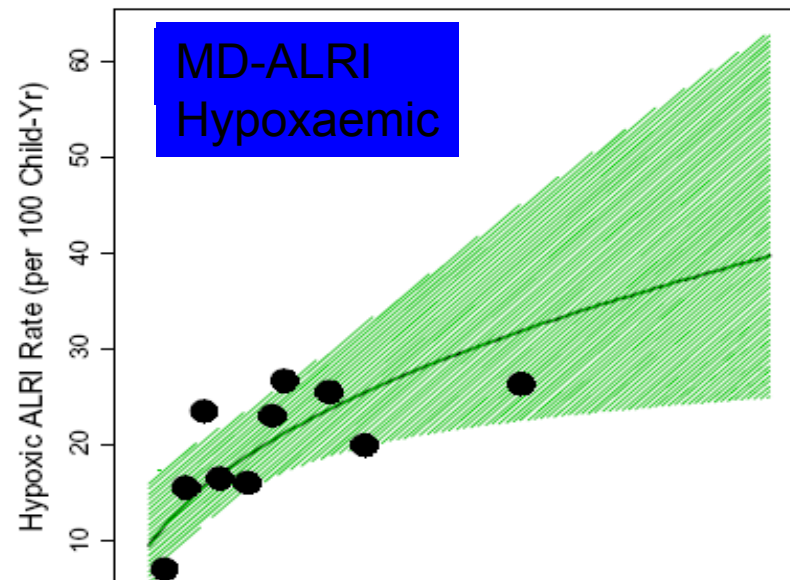
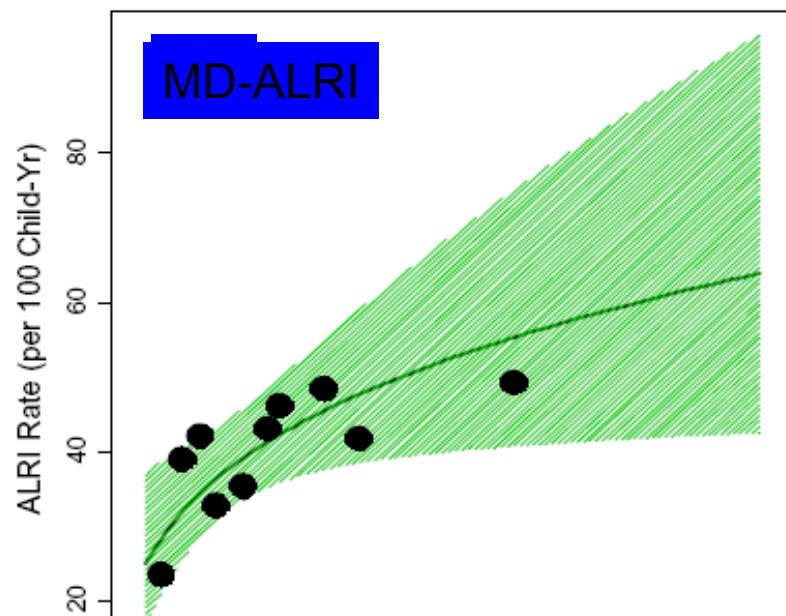
Years  
3-4



CO monitor

CO monitor

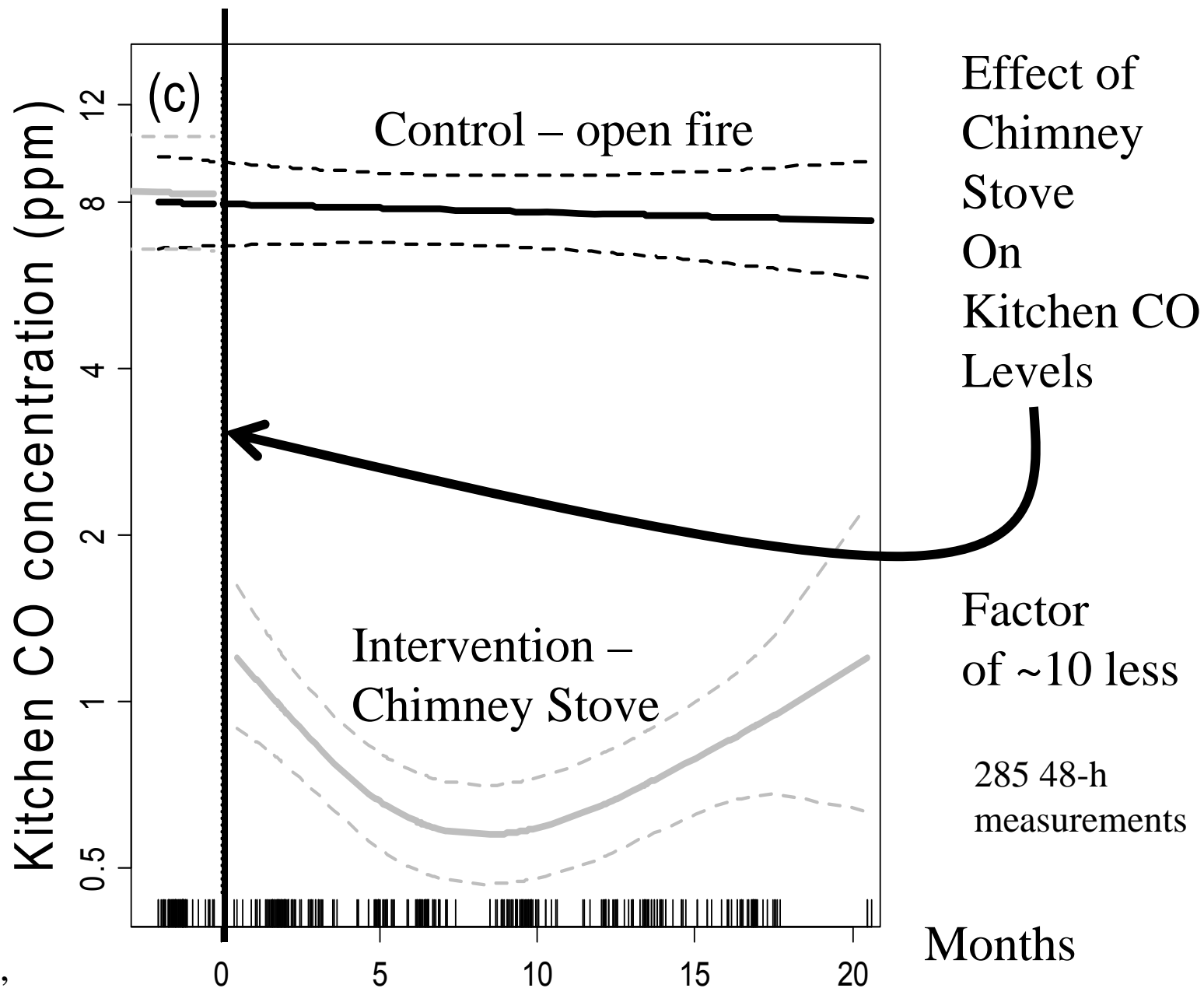




## RESPIRE: Pneumonia Reductions with Exposure Reduction Preliminary Results

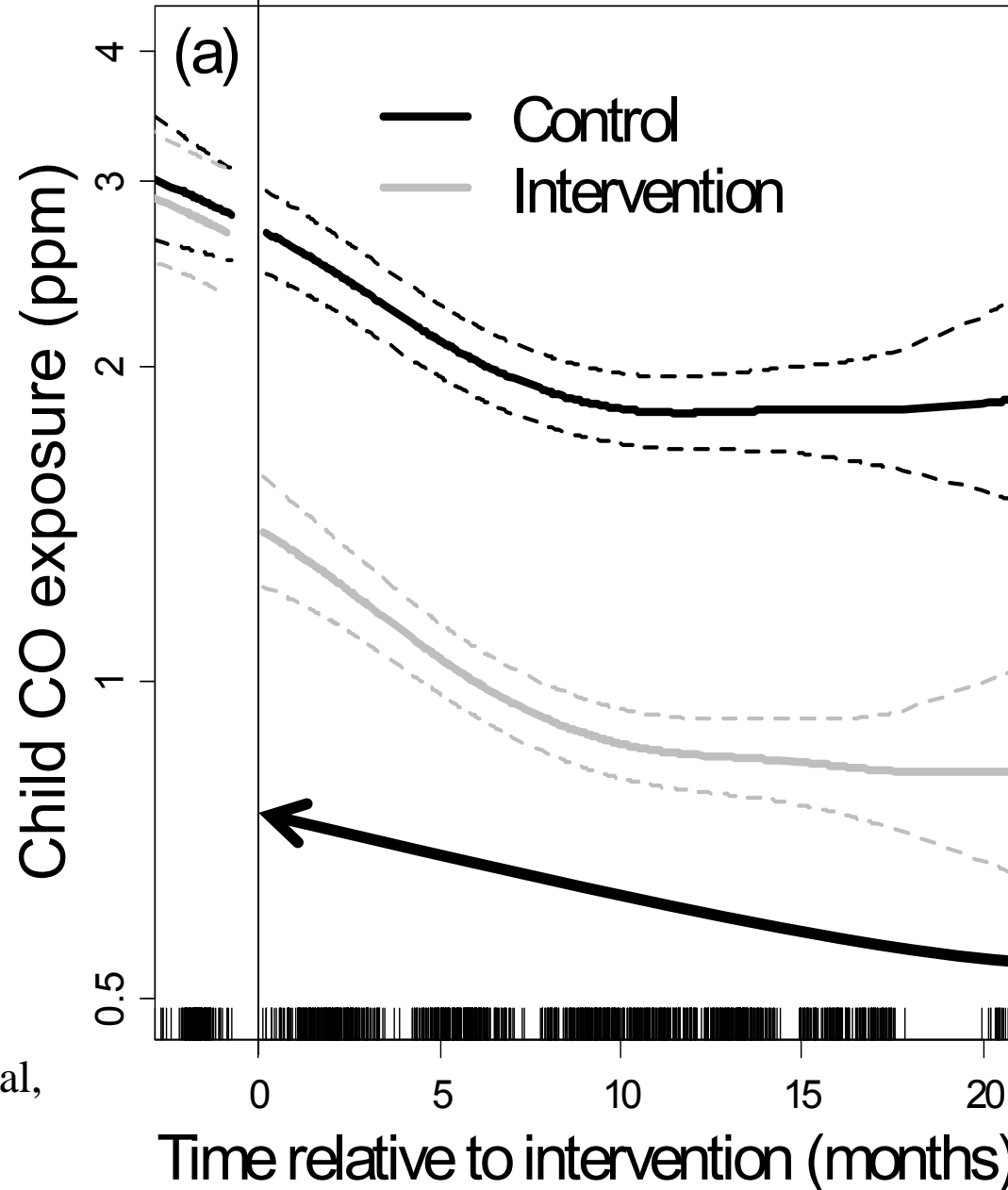
Exposure reduction	Overall MD-pneumonia	Severe (hypoxic) MD-pneumonia	CXR pneumonia	Severe (hypoxic) CXR pneumonia
25%	0.92 (0.86, 0.99)	0.88 (0.80, 0.97)	0.84 (0.74, 0.96)	0.79 (0.69, 0.95)
50%	0.82 (0.70, 0.98)	0.73 (0.59, 0.92)	0.66 (0.49, 0.91)	0.56 (0.40, 0.88)
75%	0.67 (0.50, 0.96)	0.53 (0.35, 0.84)	0.44 (0.24, 0.83)	0.31 (0.16, 0.78)
90%	0.51 (0.31, 0.93)	0.35 (0.17, 0.76)	0.26 (0.09, 0.74)	0.15 (0.05, 0.67)

# Guatemala RCT: Kitchen Concentrations





# Infant Exposures



1888 48-h  
measurements

Effect of  
Chimney  
Stove  
On  
Infant  
Exposures  
- 2x less

Kitchens down by 10x, but children exposure down by only 2x, because

- Time-activity: the kids do not spend their entire day in the kitchen
- Household (or “neighborhood”) pollution: a chimney does not reduce smoke, but just shifts it outside into the household environment, where the difference between intervention and control households was less
- No significant difference in bedrooms

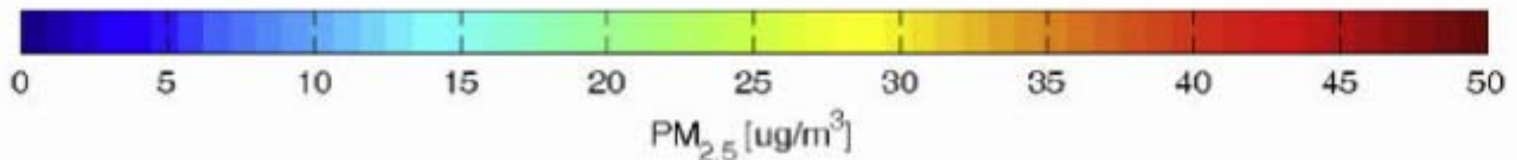
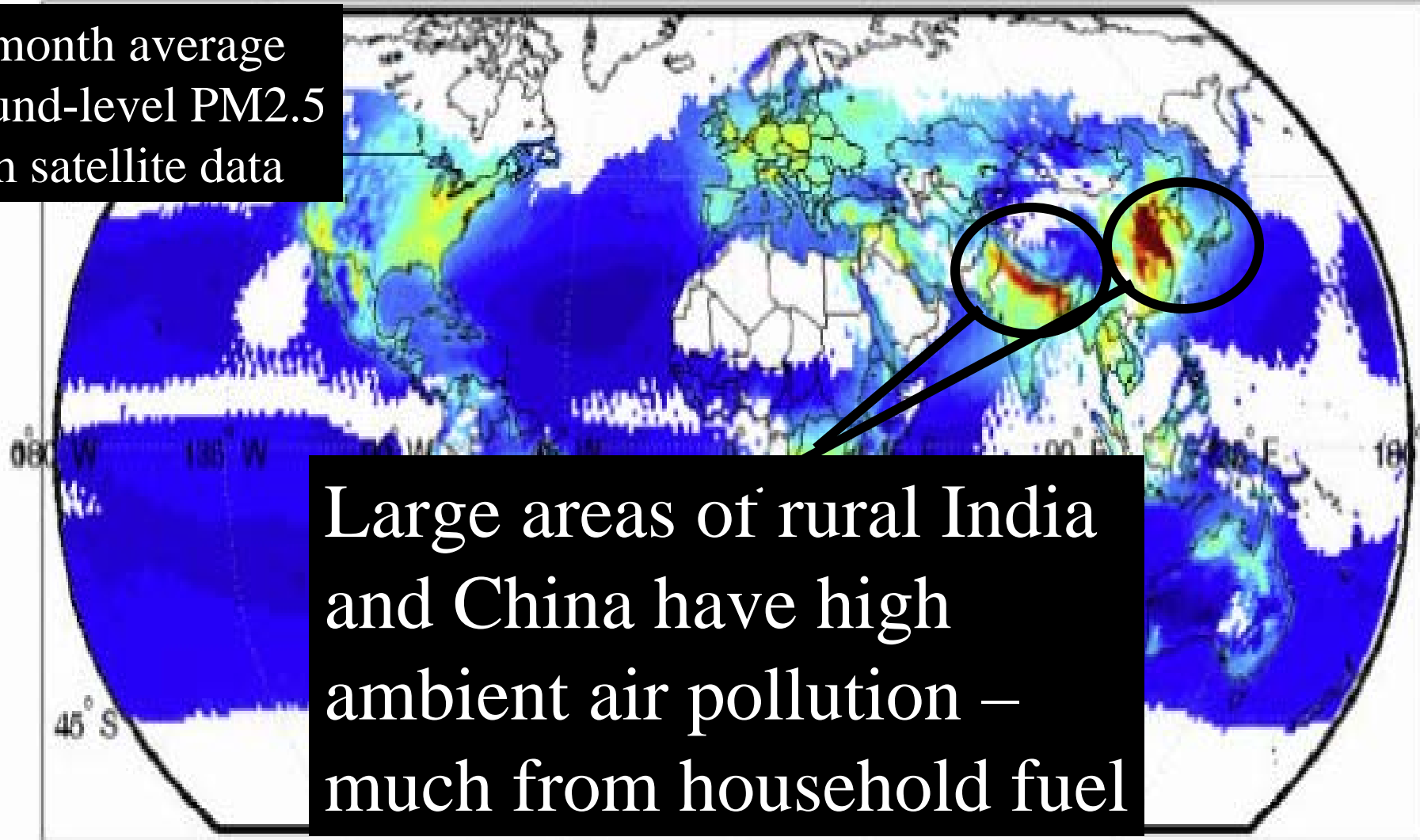


You have heard of secondhand  
smoke – from tobacco burning

But there is another kind – from  
cookfires

20-month average  
ground-level PM<sub>2.5</sub>  
from satellite data

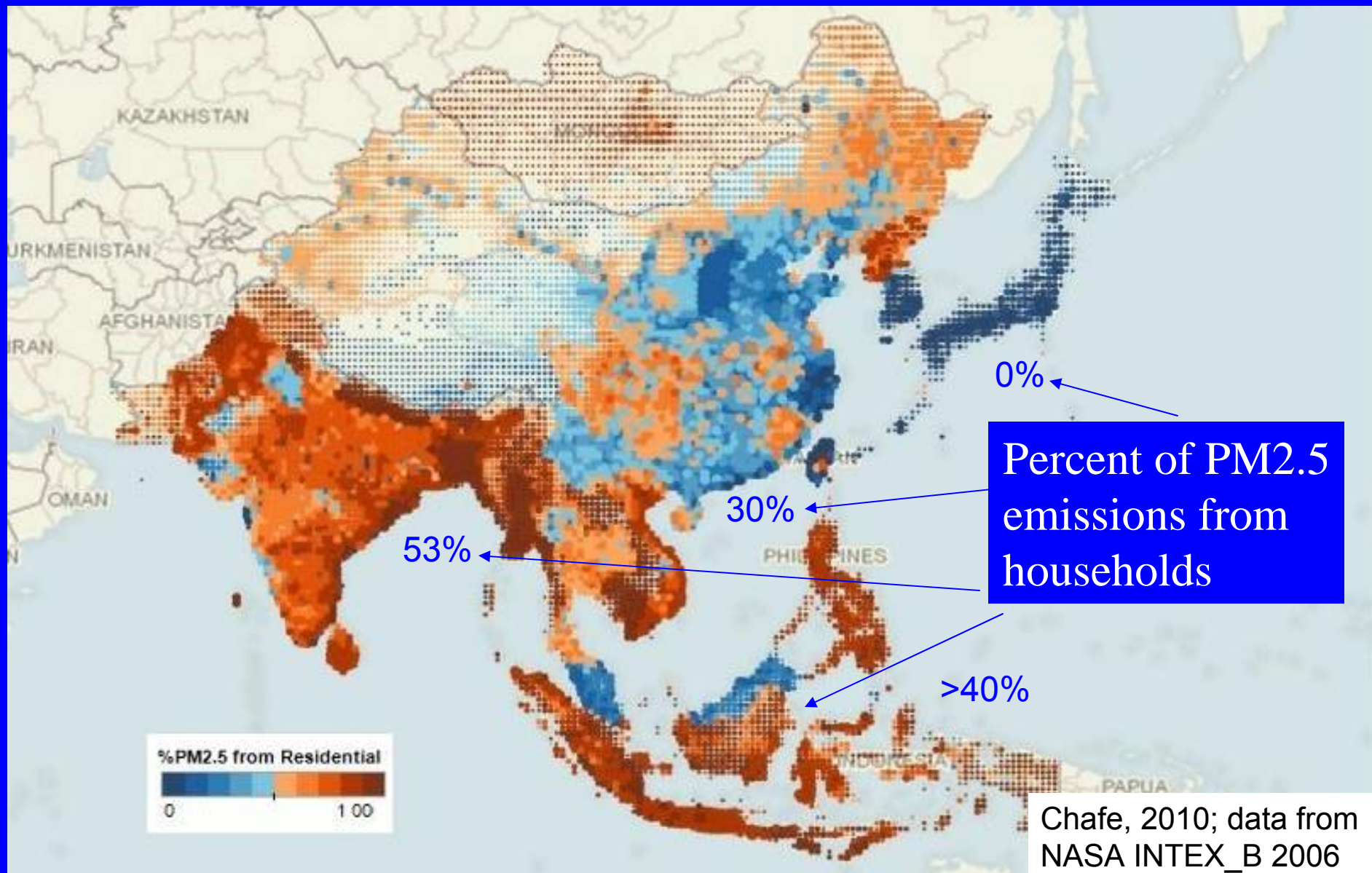
MODIS





# NASA INTEX\_B Database

## Percent PM<sub>2.5</sub> emissions from households



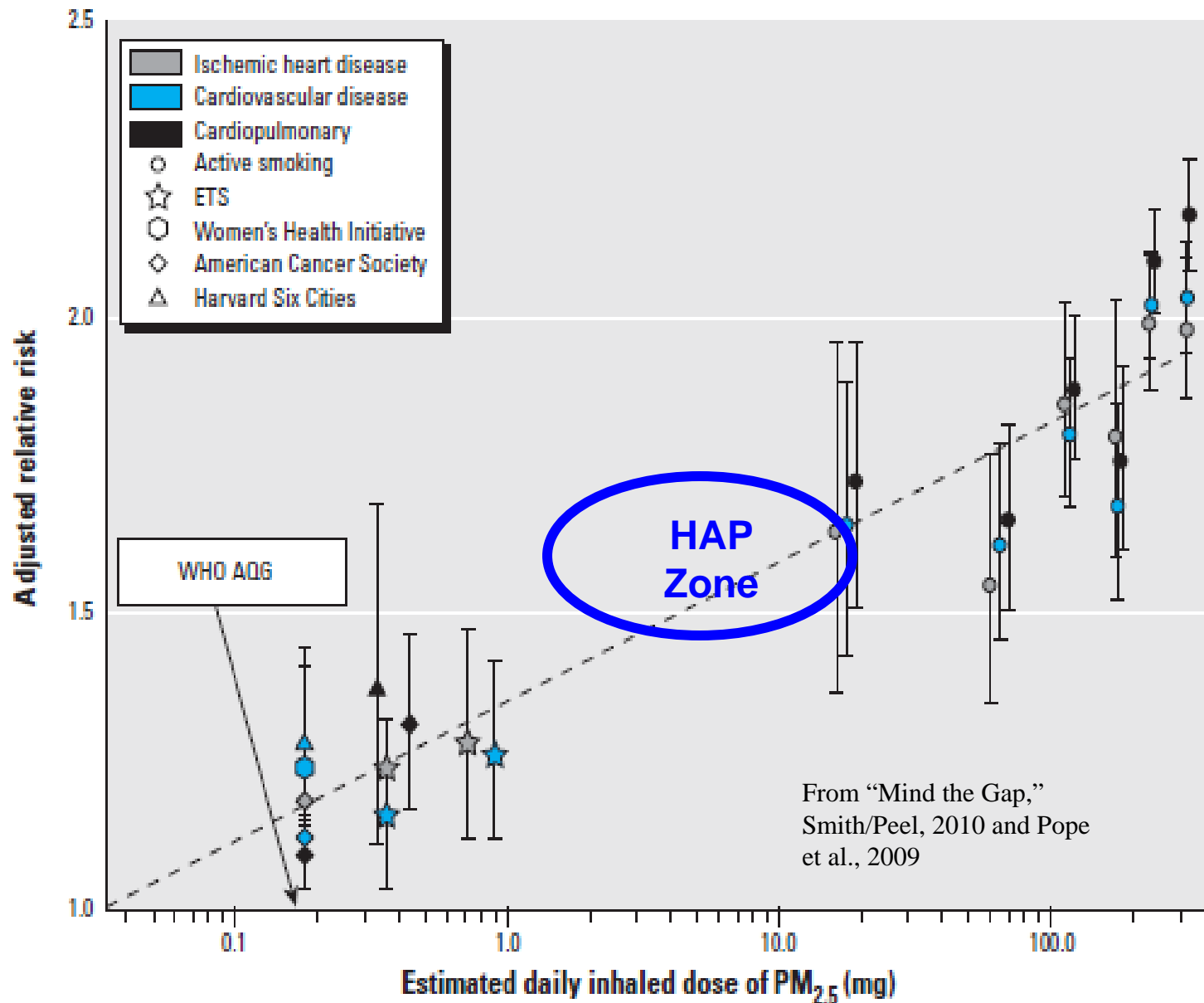
Chafe, 2010; data from NASA INTEX\_B 2006



# Combustion Particles

The Generalized Exposure Response  
(GER)

# Heart Disease and Combustion Particle Doses



# Intervention to Lower Household Wood Smoke Exposure in Guatemala Reduces ST-Segment Depression on Electrocardiograms

*John McCracken,<sup>1,2</sup> Kirk R. Smith,<sup>2</sup> Peter Stone,<sup>3</sup> Anaité Díaz,<sup>4</sup> Byron Arana,<sup>4</sup> and Joel Schwartz<sup>1</sup>*

<sup>1</sup>Department of Environmental Health, Harvard School of Public Health, Boston, Massachusetts, USA; <sup>2</sup>Environmental Sciences Division, University of California, Berkeley, California, USA; <sup>3</sup>Brigham and Women's Hospital, Boston, Massachusetts, USA; <sup>4</sup>Center for Health Studies, Universidad del Valle, Guatemala City, Guatemala

**EHP Nov, 2011**

**Table 3.** Odds ratios (ORs) for nonspecific ST-segment depression (30-min average  $\leq -1$  mm, regardless of slope) associated with chimney-stove intervention compared with open fire from two study designs: between-groups and before-and-after analyses.

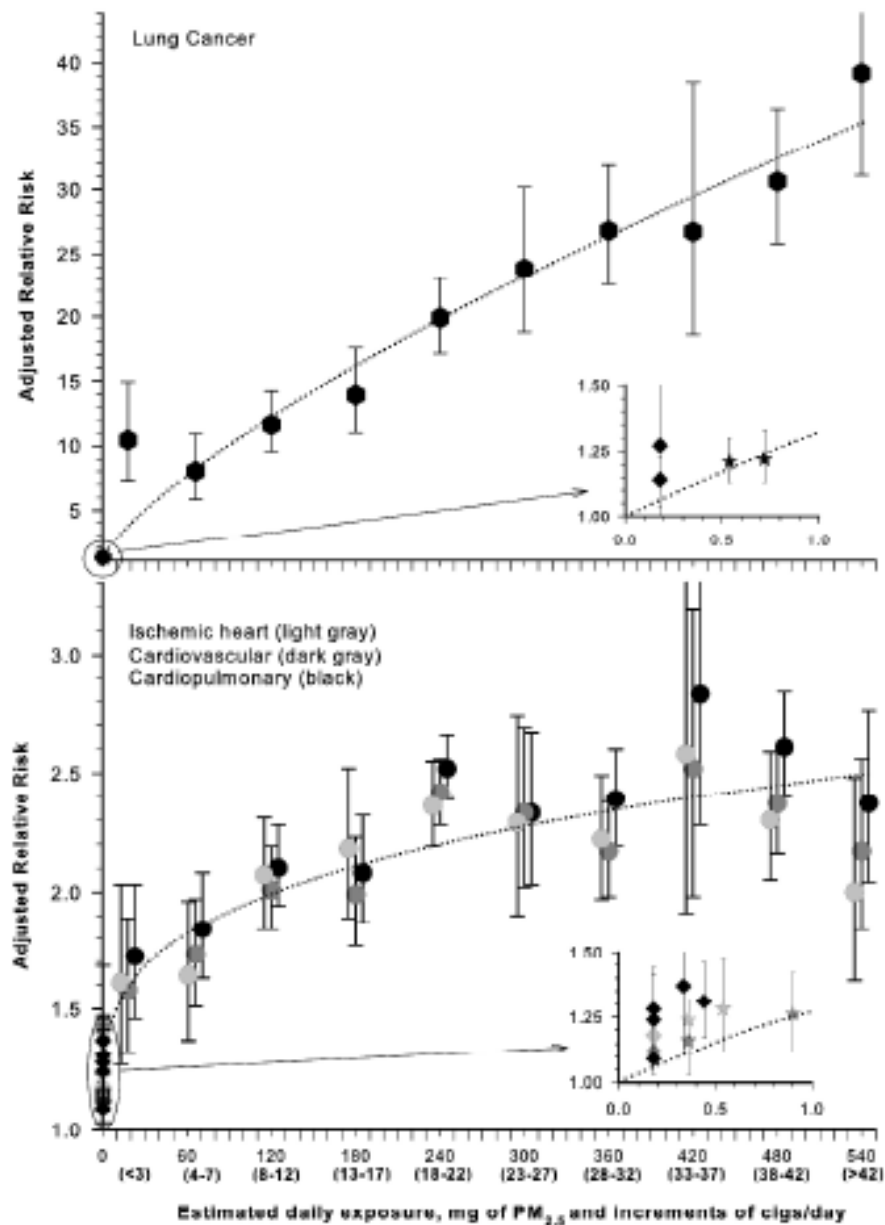
Comparison	Crude		Adjusted	
	OR (95% CI)	p-Value	OR (95% CI)	p-Value
Between-groups	0.34 (0.15, 0.81)	0.015	0.26 (0.08, 0.90) <sup>a</sup>	0.033
Before-and-after (only control group)	0.41 (0.24, 0.70)	0.001	0.28 (0.12, 0.63) <sup>b</sup>	0.002

<sup>a</sup>Adjusted for age (quadratic), BMI (quadratic), asset index category, ever smoking, SHS, owning a wood-fired sauna, recent use of wood-fired sauna, and time of day (natural spline with 5 degrees of freedom). <sup>b</sup>Adjusted for age (quadratic), day of week, season (wet/dry), daily average temperature and relative humidity, daily rainfall, interactions of weather variables with season, recent use of wood-fired sauna, and time of day (natural spline with 5 degrees of freedom).

Table 2. Adjusted relative risk estimates<sup>a</sup> for various increments of exposure from cigarette smoking (versus never smokers), second hand cigarette smoke, and ambient air pollution from the present analysis and selected comparison studies.

Source of risk estimate	Increments of Exposure	Adjusted RR (95% CI)				Estimated Daily Dose PM <sub>2.5</sub> (mg) <sup>b</sup>
		Lung Cancer	IHD	CVD	CPD	
ACS- present analysis	≤3 (1.5) cigs/day	10.44 (7.30-14.94)	1.61 (1.27-2.03)	1.58 (1.32-1.89)	1.72 (1.46-2.03)	18
ACS- present analysis	4-7 (5.5) cigs/day	8.03 (5.89-10.96)	1.64 (1.37-1.96)	1.73 (1.51-1.97)	1.84 (1.63-2.08)	66
ACS- present analysis	8-12 (10) cigs/day	11.63 (9.51-14.24)	2.07 (1.84-2.31)	2.01 (1.84-2.19)	2.10 (1.94-2.28)	120
ACS- present analysis	13-17 (15) cigs/day	13.93 (11.04-17.58)	2.18 (1.89-2.52)	1.99 (1.77-2.23)	2.08 (1.87-2.32)	180
ACS- present analysis	18-22 (20) cigs/day	19.88 (17.14-23.06)	2.36 (2.19-2.55)	2.42 (2.28-2.56)	2.52 (2.39-2.66)	240
ACS- present analysis	23-27 (25) cigs/day	23.82 (18.80-30.18)	2.29 (1.91-2.75)	2.33 (2.02-2.69)	2.33 (2.03-2.67)	300
ACS- present analysis	28-32 (30) cigs/day	26.82 (22.54-31.91)	2.22 (1.97-2.49)	2.17 (1.98-2.38)	2.39 (2.19-2.60)	360
ACS- present analysis	33-37 (35) cigs/day	26.72 (18.58-38.44)	2.58 (1.91-3.47)	2.52 (1.98-3.19)	2.83 (2.28-3.52)	420
ACS- present analysis	38-42 (40) cigs/day	30.63 (25.79-36.38)	2.30 (2.05-2.59)	2.37 (2.16-2.59)	2.61 (2.40-2.84)	480
ACS- present analysis	43+ (45) cigs/day	39.16 (31.13-49.26)	2.00 (1.62-2.48)	2.17 (1.84-2.56)	2.37 (2.04-2.76)	540
ACS-air pol. original	24.5 µg/m <sup>3</sup> ambient PM <sub>2.5</sub>	-----	-----	-----	1.31(1.17-1.46)	0.44
ACS-air pol. extend.	10 µg/m <sup>3</sup> ambient PM <sub>2.5</sub>	1.14(1.04-1.23)	1.18(1.14-1.23)	1.12(1.08-1.15)	1.09(1.03-1.16)	0.18
HSC-air pol. original	18.6 µg/m <sup>3</sup> ambient PM <sub>2.5</sub>	-----	-----	-----	1.37(1.11-1.68)	0.33
HSC-air pol. extend.	10 µg/m <sup>3</sup> ambient PM <sub>2.5</sub>	1.21(0.92-1.69)	-----	1.28(1.13-1.44)	-----	0.18
WHI-air pol.	10 µg/m <sup>3</sup> ambient PM <sub>2.5</sub>	-----	-----	1.24(1.09-1.41) <sup>c</sup>	-----	0.18
SGR-SHS	Low- moderate SHS exp.	-----	-----	1.16(1.03-1.32)	-----	0.36
SGR-SHS	Moderate-high SHS exp	-----	-----	1.26(1.12-1.42)	-----	0.90
SGR-SHS	Live with smoking spouse	1.21(1.13-1.30)	-----	-----	-----	0.54
SGR-SHS	Work with SHS exposure	1.22(1.13-1.33)	-----	-----	-----	0.72
INTERHEART	1-7 hrs/wk SHS exp.	-----	1.24(1.17-1.32) <sup>d</sup>	-----	-----	0.36
INTERHEART	Live with smoking spouse	-----	1.28(1.12-1.47) <sup>d</sup>	-----	-----	0.54

Pope et al.  
Environmental Health  
Perspectives  
 2011, in press



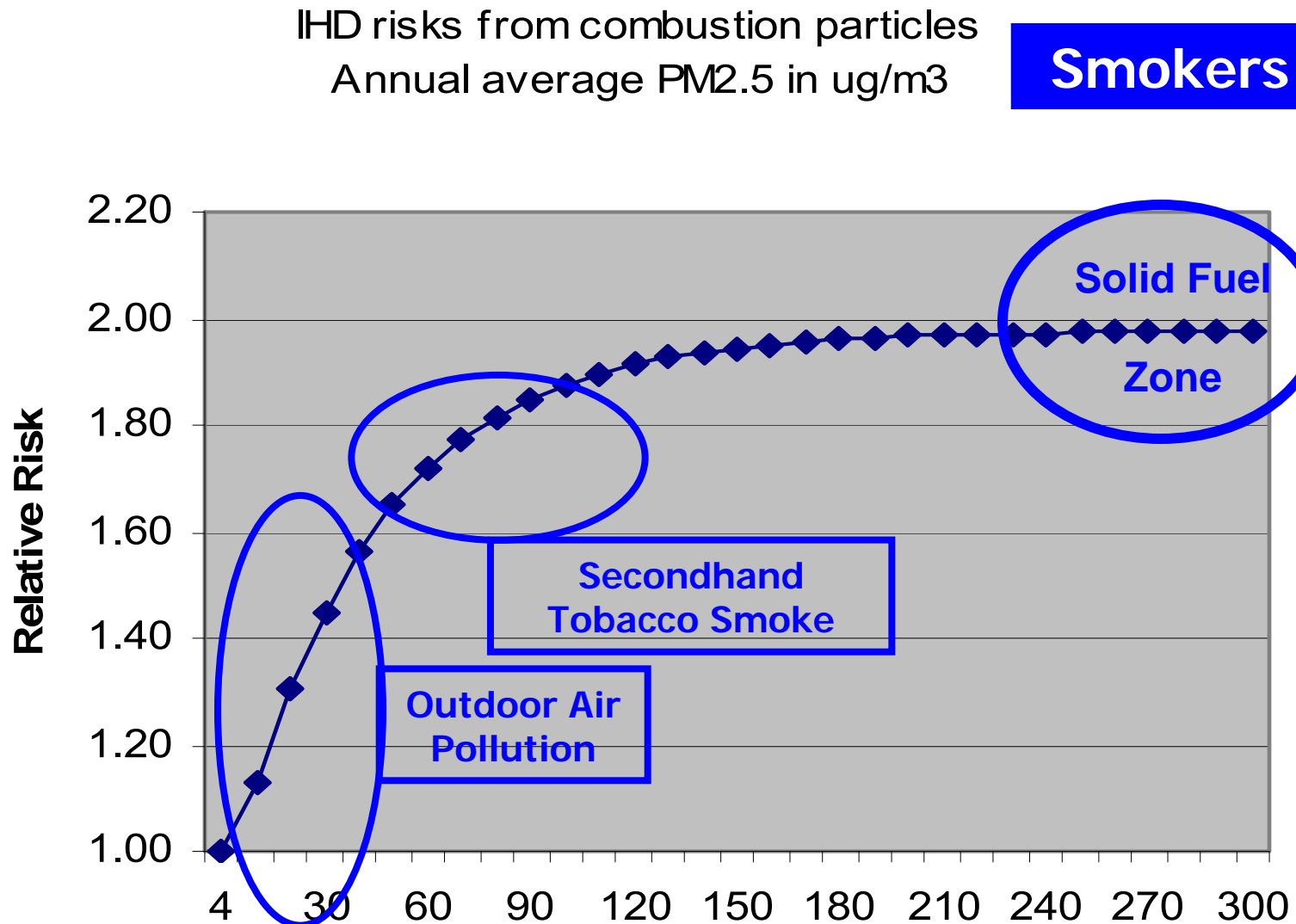
Lung  
Cancer

Heart  
Disease

Pope et al.  
Environmental  
Health  
Perspectives  
2011, in press

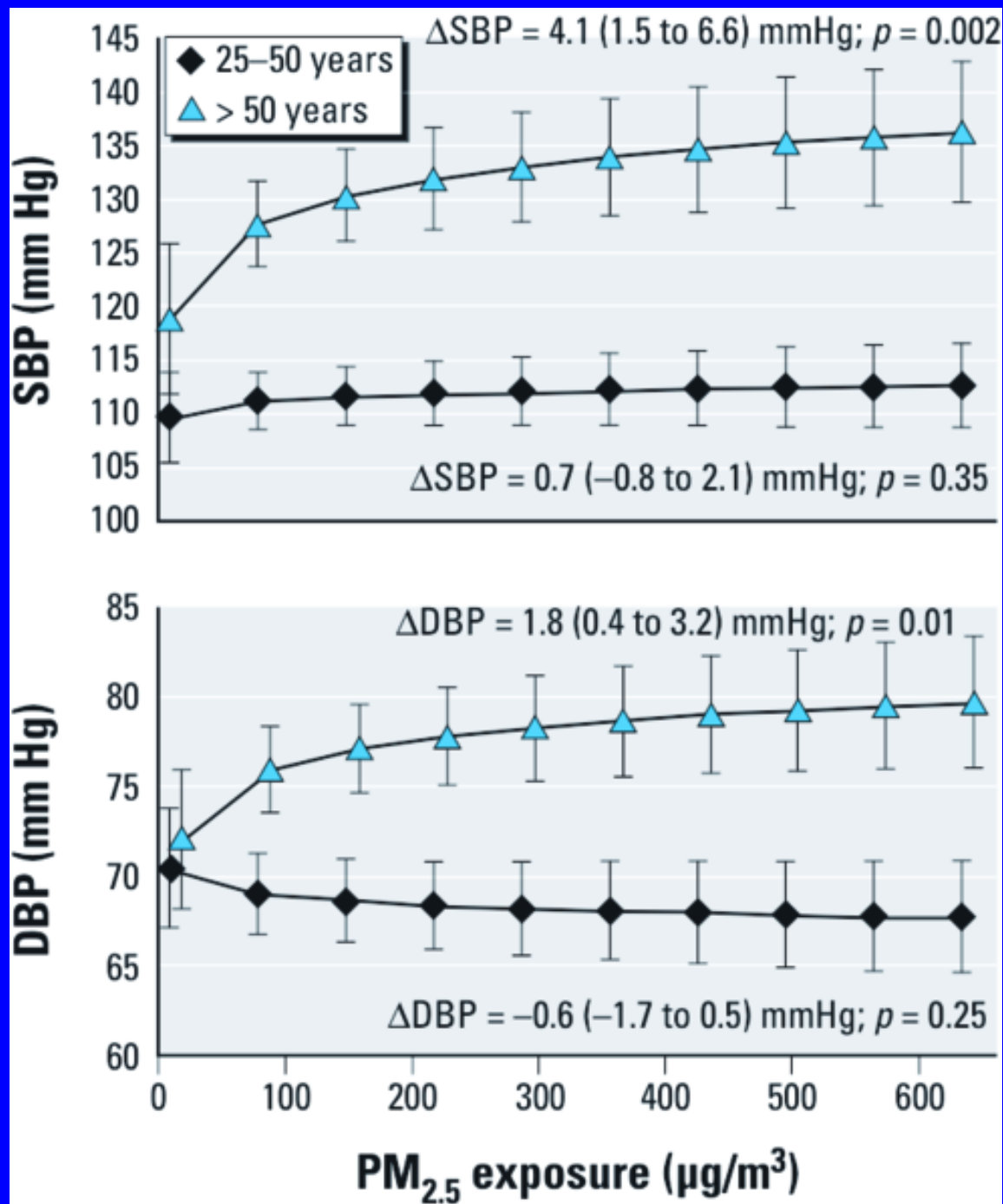


# Generalized Exposure-Response: Outdoor Air, SHS, and Smoking and Heart Disease



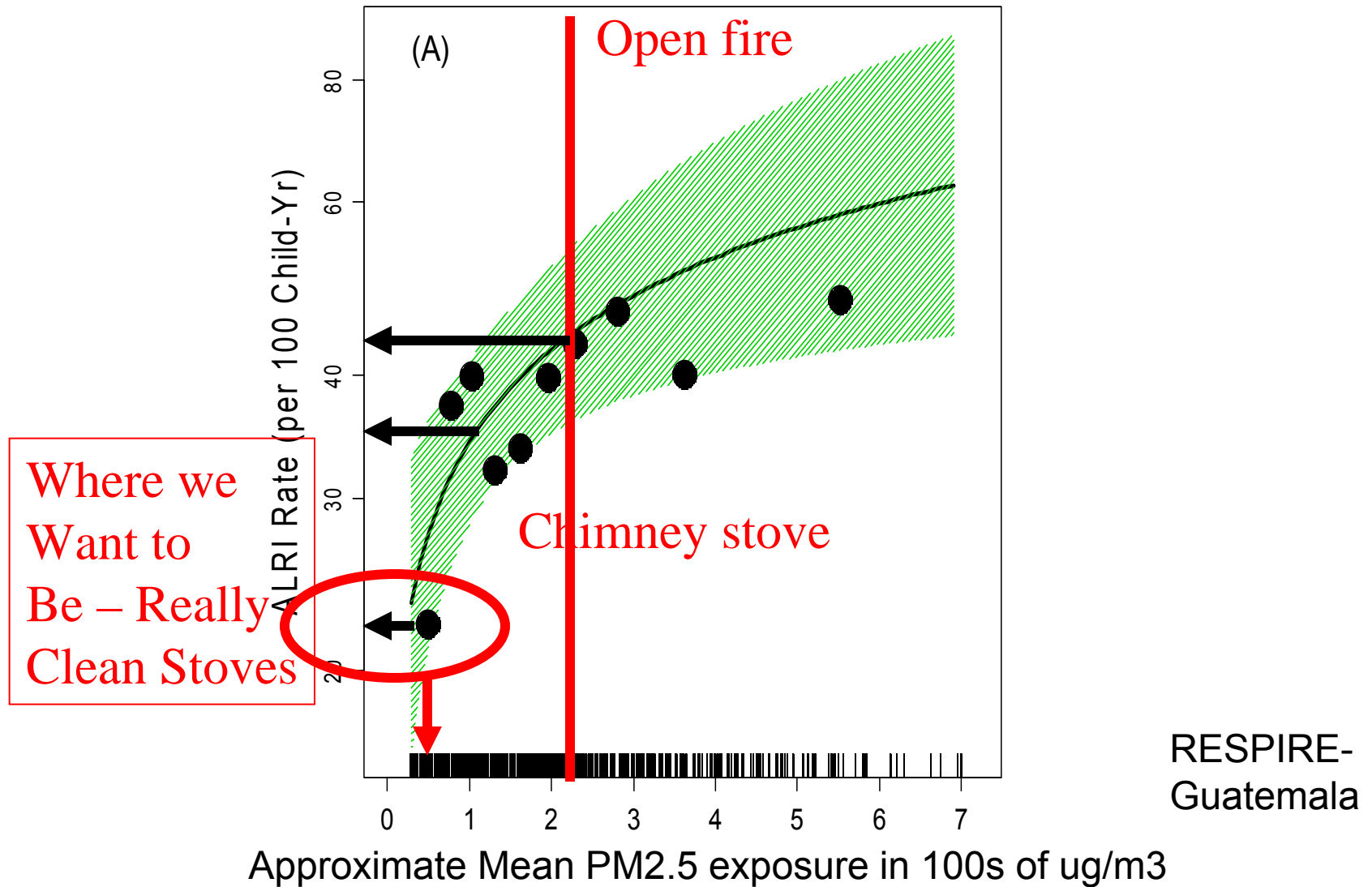
CRA,  
2011

# Household Air Pollution and Blood Pressure In Yunnan

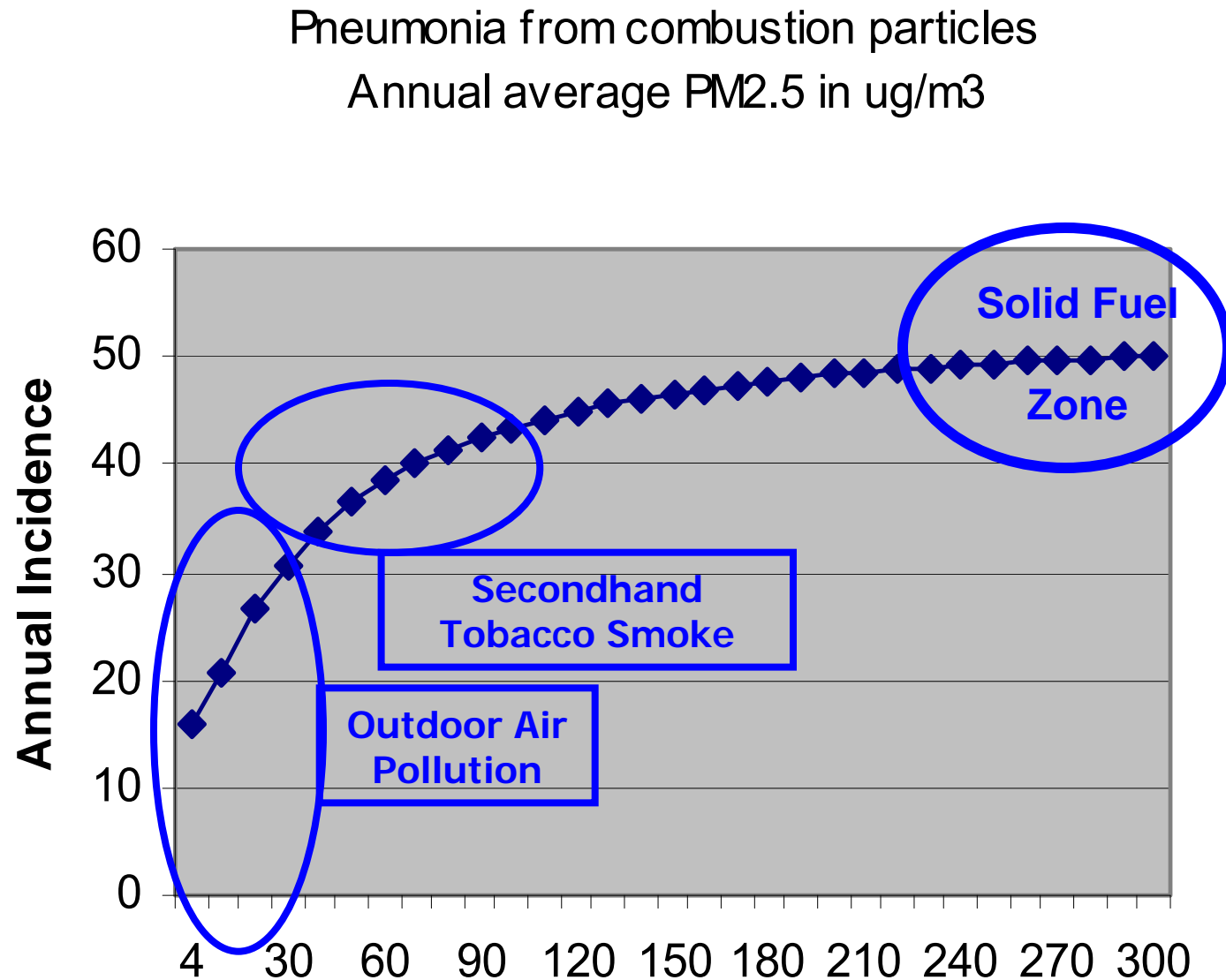


Baumgartner et al.  
[Environmental Health  
Perspectives](#) 2011, Oct

# MD-diagnosed Acute Lower Respiratory Infection



# Generalized Exposure-Response: Outdoor Air, SHS, and HAP





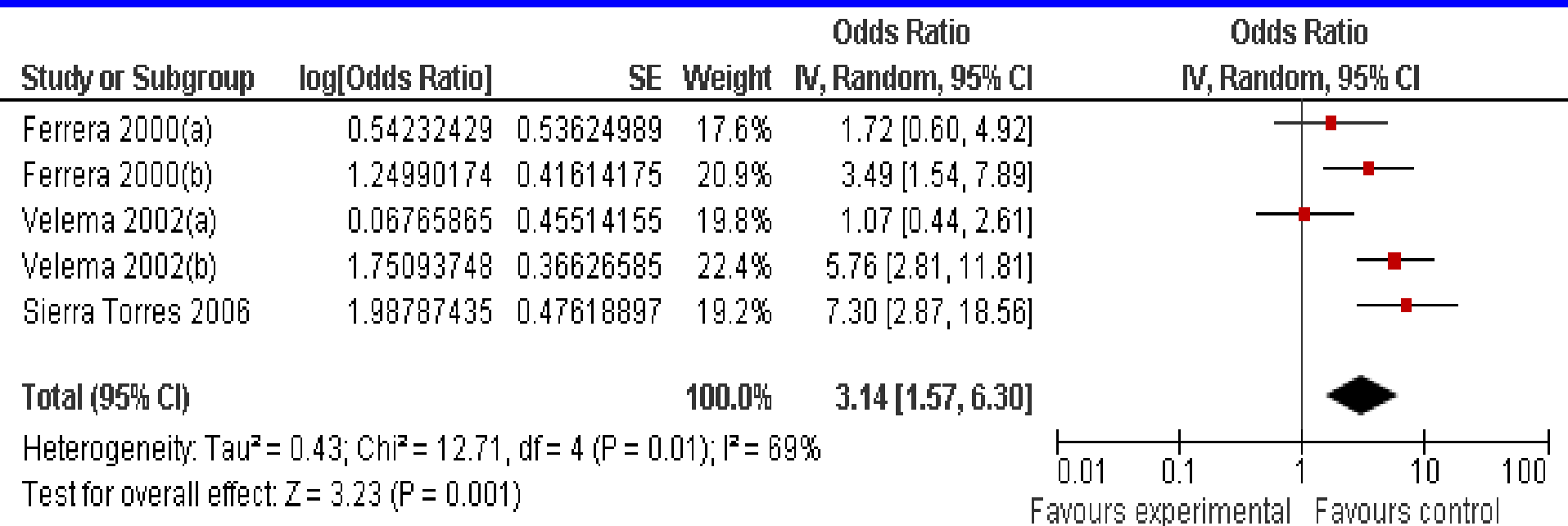
# Biggest impacts from smoking

- Chronic obstructive lung disease
- Lung cancer
- Heart disease and stroke
- All not associated with HAP

# What other cancers from smoking?

- “Traditional” smoking cancers: oral cavity, pharynx, larynx, oesophagus, pancreas, urinary bladder, and renal pelvis
- Newly confirmed cancers: nasal, sinus, nasopharynx, stomach, liver, kidney, uterine cervix, oesophagus, and leukaemia

# Cervical Cancer and Household Air Pollution



Three papers; two done in Honduras, one in Columbia

# Infectious disease and smoking

- pneumonia
- TB
- meningococcal disease
- otitis media
- influenza

*Archives of Internal Medicine*, 2004

# Tuberculosis and Indoor Biomass and Kerosene Use in Nepal: A Case-Control Study

*Amod K. Pokhrel,<sup>1</sup> Michael N. Bates,<sup>1</sup> Sharat C. Verma,<sup>2,3</sup> Hari S. Joshi,<sup>3\*</sup> Chandrashekhar T. Sreeramareddy,<sup>3\*\*</sup>  
and Kirk R. Smith<sup>1</sup>*

<sup>1</sup>School of Public Health, University of California–Berkeley, Berkeley, California, USA; <sup>2</sup>Regional Tuberculosis Center, Ram Ghat, Pokhara, Nepal; <sup>3</sup>Department of Community Medicine, Manipal Teaching Hospital, Manipal College of Medical Sciences, Pokhara, Nepal

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# Risks from fuel use for TB in women in Pokhara

## Cookstove

Gas	1.00
Biomass	1.21 (0.48–3.05)
Kerosene	3.36 (1.01–11.22)

## Heating fuel

No heating fuel use or electricity	1.00
Biomass	3.45 (1.44–8.27)

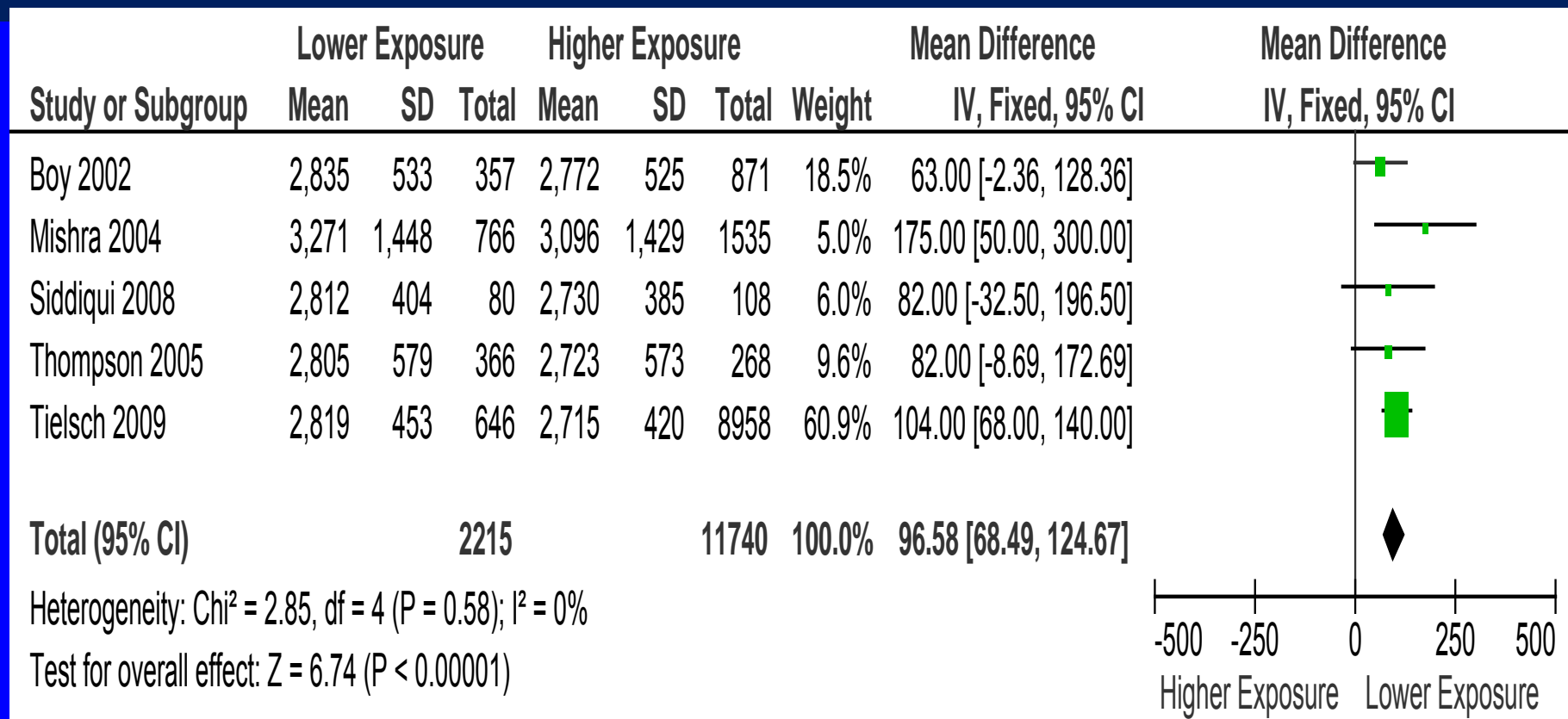
## Main light source in the house

Electricity	1.00
Kerosene lamp	9.43 (1.45–61.32)

# Other impacts of smoking

- preterm delivery,
- stillbirth,
- low birth weight, and
- sudden infant death syndrome (SIDS)
- lower bone density in older women.
- cataracts
- IQ and cognitive impacts (SHS)

# Pooled birth weight difference (low minus high exposure): Adjusted estimates (Boy and Tielsch have GA)



All estimates: +96.6g (68.5, 124.7)  
**Excluding self-reports +93.1g (64.6, 121.6)**

# Neurodevelopmental performance among school age children in rural Guatemala is associated with prenatal and postnatal exposure to carbon monoxide, a marker for exposure to woodsmoke

Linda Dix-Cooper<sup>a</sup>, Brenda Eskenazi<sup>b</sup>, Carolina Romero<sup>c</sup>, John Balmes<sup>a,d</sup>, Kirk R. Smith<sup>a,\*</sup>

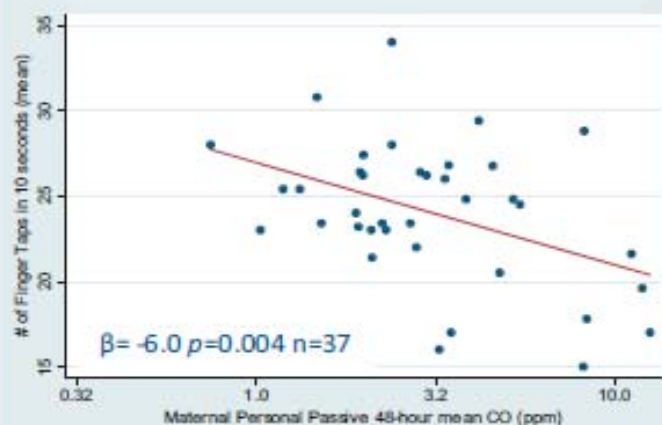
<sup>a</sup> Division of Environmental Health Sciences, School of Public Health, University of California, Berkeley, CA 94720-7360, USA

<sup>b</sup> Center for Environmental Research and Children's Health (CERCH), School of Public Health, University of California, Berkeley, CA, USA

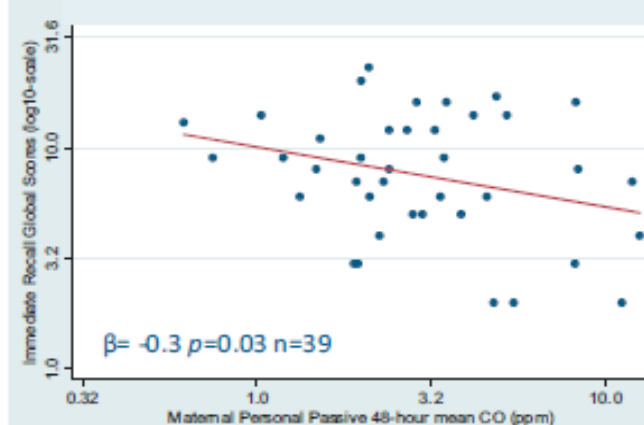
<sup>c</sup> Centro de Estudios en Salud Universidad Del Valle, Guatemala

<sup>d</sup> Division of Occupational and Environmental Medicine, Department of Medicine, University of California, San Francisco, CA, USA

(D) Reitan-Indiana Finger Tapping



(B) Bender Gestalt-II Immediate Recall Figures Phase



# Bottom Lines

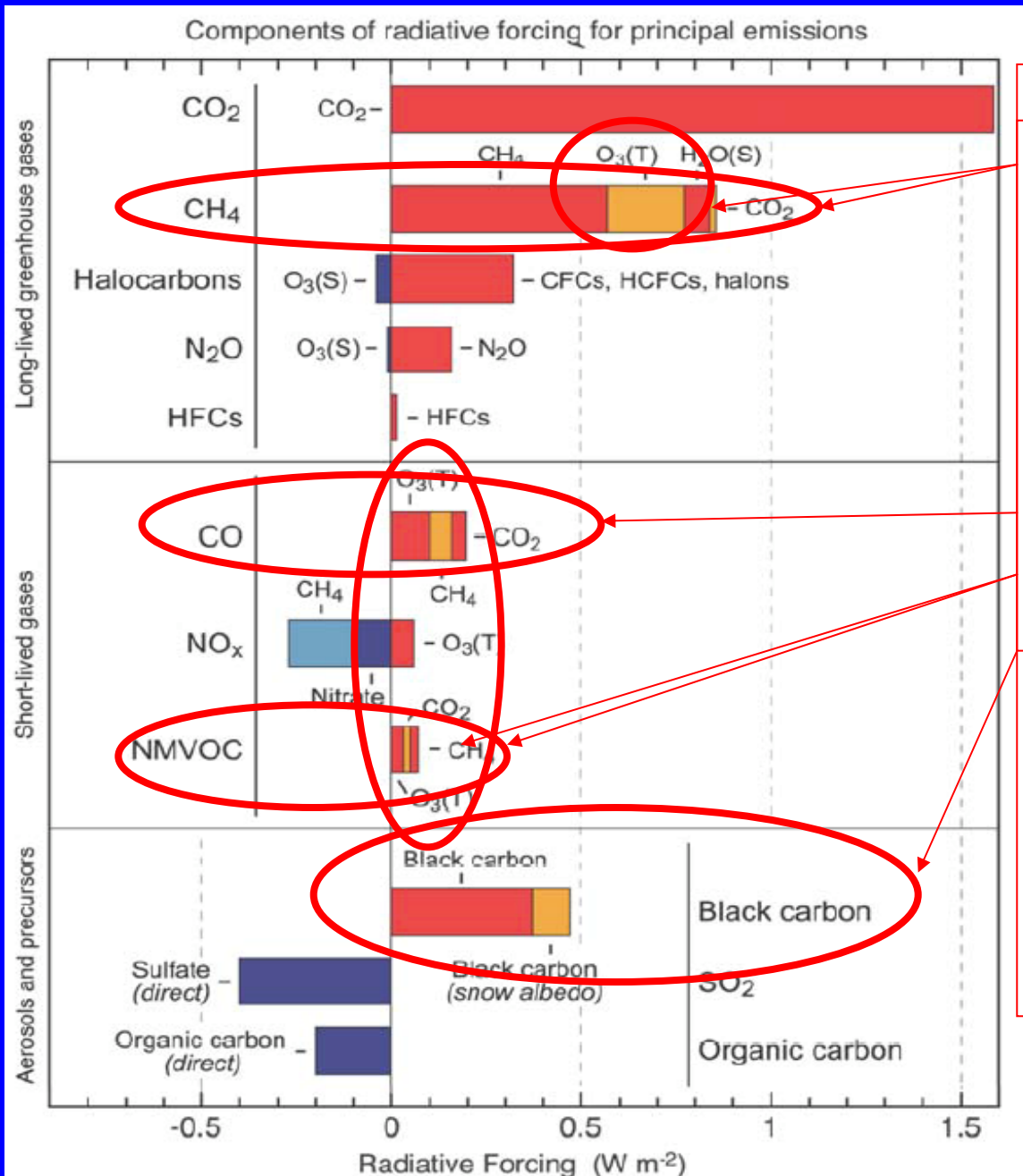
- We understand the risks of combustion particles not only from a large number of studies in households, but also from studies of outdoor air pollution, secondhand smoke, and active smoking.
- Over time, we can expect that nearly every effect found in smokers will be found from household smoke, but at lower risk levels.
- We no longer refer to it as “indoor” air pollution because the exposures occur not only inside, but around the house, down the street, and indeed regionally – “secondhand cook smoke”
- Cannot solve outdoor air pollution problems in South Asia and other regions without reducing substantially household pollution.



What is the climate connection?



# Global warming in 2005 due to all human emissions since 1750



CO<sub>2</sub> is important for climate, but so are many other greenhouse gases create pollutants, including the ones a good proportion of both circled that, unlike CO<sub>2</sub>, also their climate forcing and have significant health as well as climate impacts

the secondary pollutant, tropospheric ozone

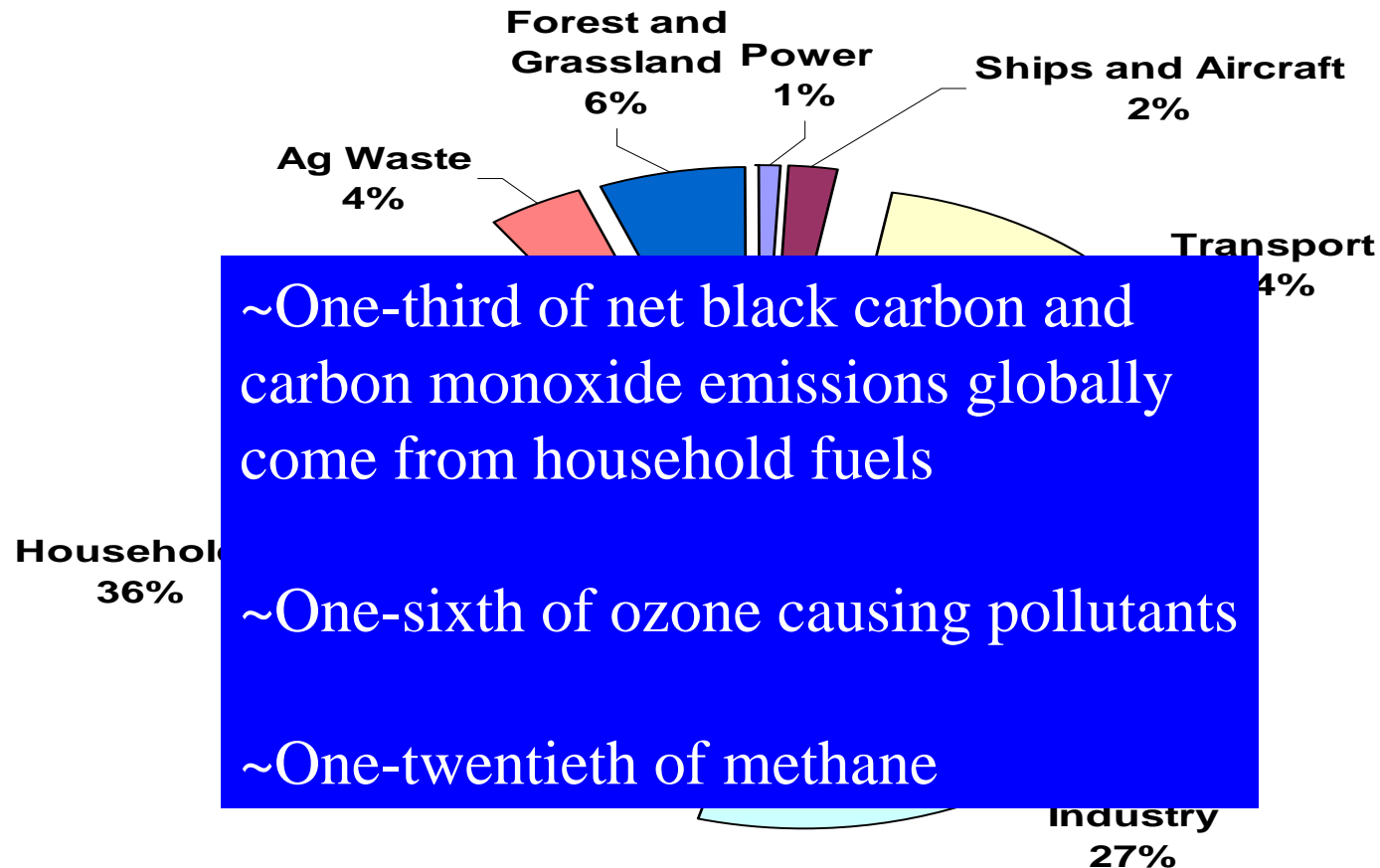
All come from incomplete combustion in households

# Household Fuels and Climate

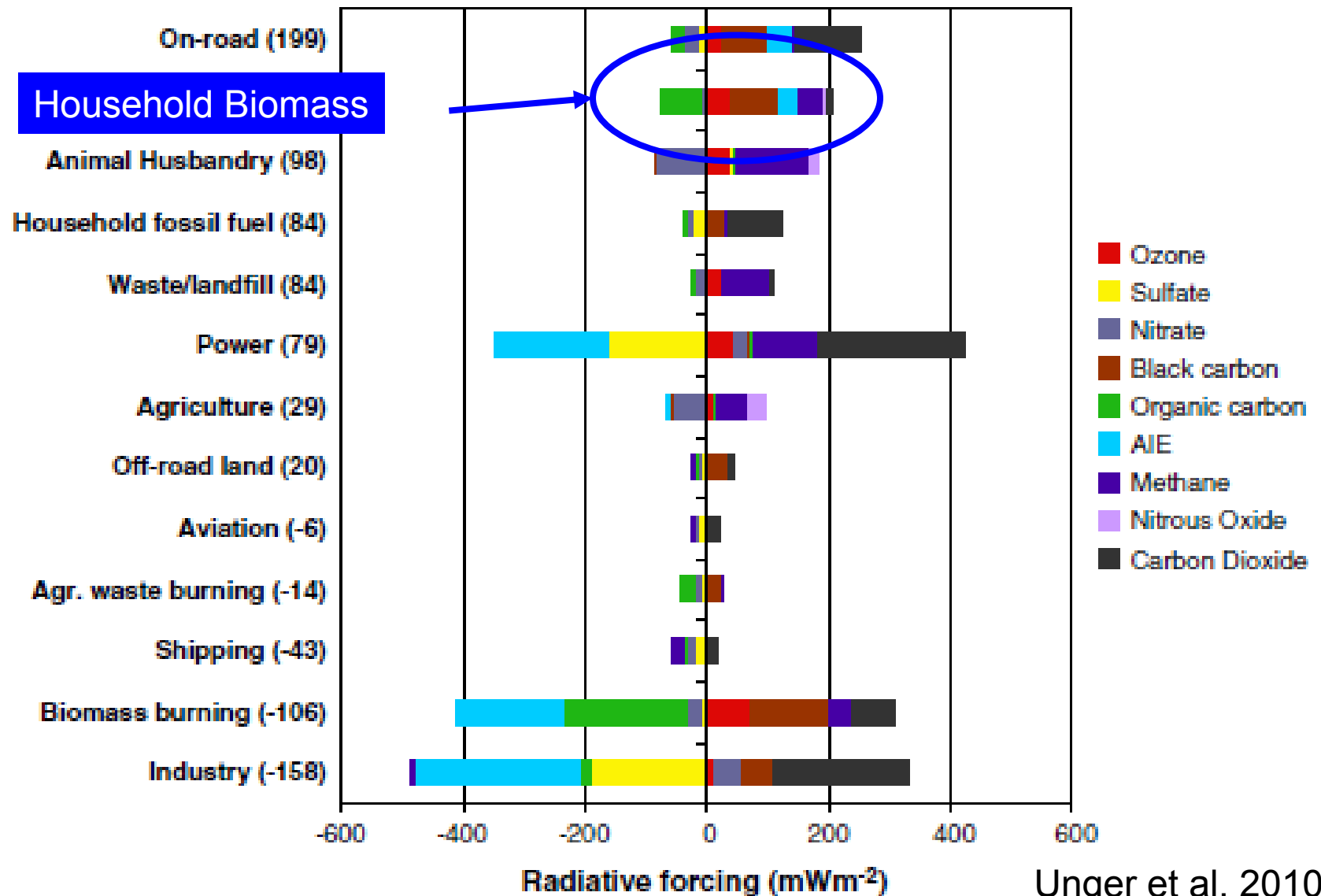
- Climate impacts come from non-renewable biomass and coal, i.e., from net CO<sub>2</sub> emissions
- Poor combustion also leads to other emissions such as the relatively well-understood GHGs – methane and nitrous oxide – which are “Kyoto” GHGs
- In addition, a wide range of less well-understood short-lived GH-related emissions are emitted including
  - CO and black carbon – warming agents
  - Ozone precursors – warming But also cooling agents such as sulfates and organic carbon particles
- There are also indirect climate impacts of these pollutants including
  - Reducing carbon capture of forests by ozone damage
  - Darkening of snow/ice by black carbon

# Controllable Global Warming from Black Carbon Emissions

Net of OC, Forcings from IPCC, 2007:  $0.25 \text{ W/m}^2$   
Inventory from T Bond Database, V 7.1.1 Feb 2009



# Climate Warming in 2020 Under Present Trends





# Perfect Storm for Health Impacts

- Highly polluting activity
- Half of world households
- Several times a day
- Just when people are present
- Most vulnerable (women and young children) most likely to be there

# Just because we know it's a risk, does not mean we know how to fix it

- **1964:** Surgeon General's Report but Framework Convention on Tobacco Control was 2005 and not all countries yet signed up and impacts growing
- **~1900:** Mosquito-born disease cause established, but still 1.4 million die of malaria today
- **~1890:** causation of health risk from human waste in drinking water firmly established: still today one-third of world population without adequate sanitation/water

# Why is it so hard?

- What we know works, gas and electricity, is not “affordable” by the poor.
- Other technologies difficult and less effective and no drug companies to pay for their advancement
- Particularly difficult because of the high component of behavioral change required
- Yet, the fact that 60% of the world is now protected, gives us reason to think we can protect the other 40%
- Will take a new type of research and development, however, both sophisticated and rigorous, to develop and test the interventions in ways to convince the health community
- And completely different levels of funding, for example the kinds of large intervention trials done for vaccines, water/sanitation, bednets, etc. – \$10s of millions each

If it doesn't take fifty years,  
it isn't worth doing.\*

- Let us hope, however, that in 2030 we are not like poor water/sanitation today, i.e., 120 years from when causation was accepted by most people, but still killing millions annually.

\*Attributed to Albert Einstein

# Summary

- Worst thing to do is stick burning stuff in your mouth – 5+ million premature deaths
- Next worse is burning in your house – 2+ million deaths
- Next worse is having someone else nearby sticking in their mouth – 400k+ deaths
- Even bad to have on your planet – 2+ million deaths from outdoor air pollution
- And climate change risks
- Chimneys do not help the last two— need to stop producing the pollution at all.



Many thanks

Publications and  
presentations on website  
– easiest to just  
“google” Kirk R. Smith

