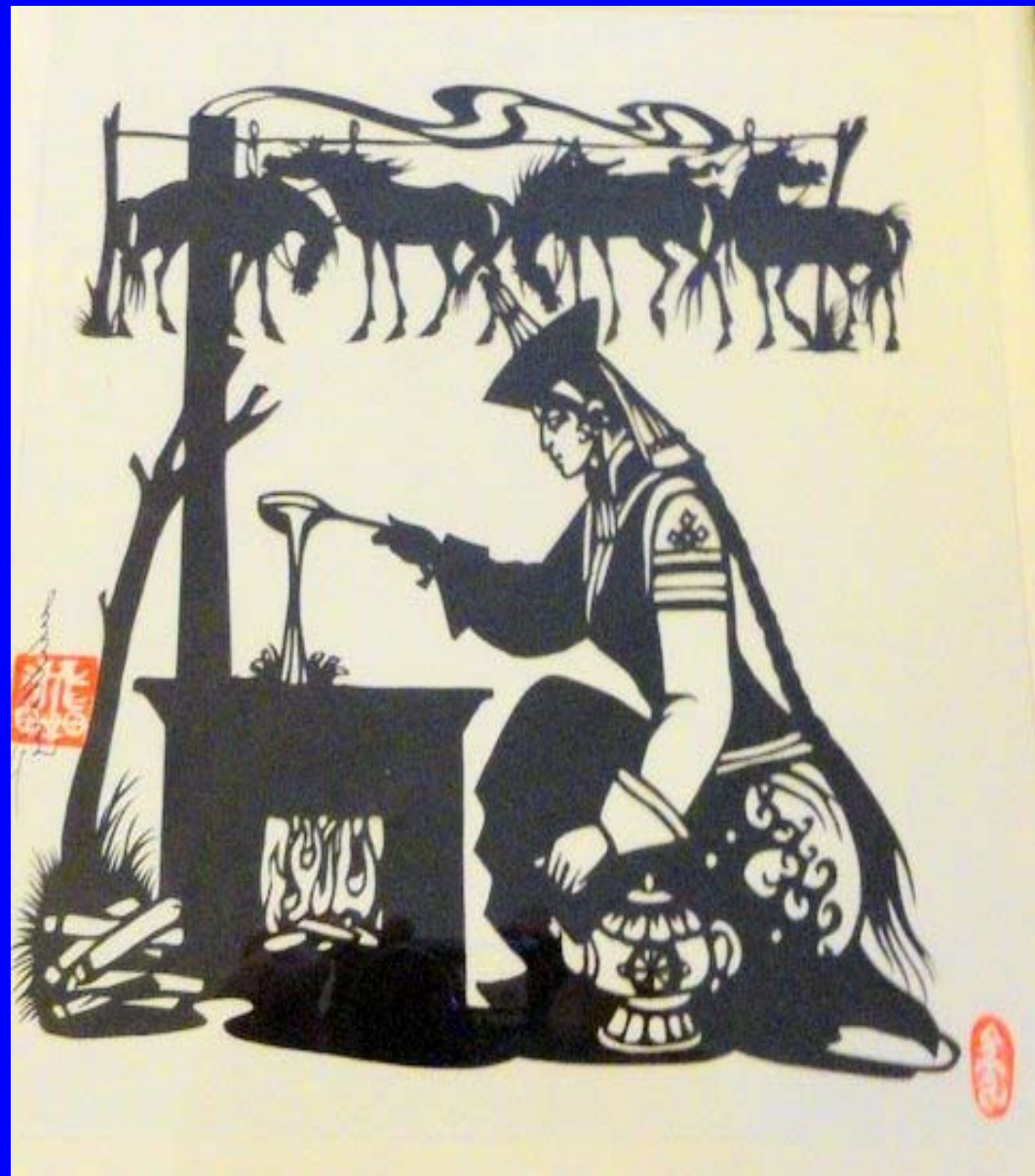


**Smoke, health, and
climate:
the unfinished
global agenda of
poor combustion**

*Kirk R. Smith
Professor of Global
Environmental Health
University of California,
Berkeley*

**David Bates Memorial Lecture
Annual Symposium on
Environmental, Occupational,
and Population Health
Semiahmoo, Washington
Jan 6, 2012**

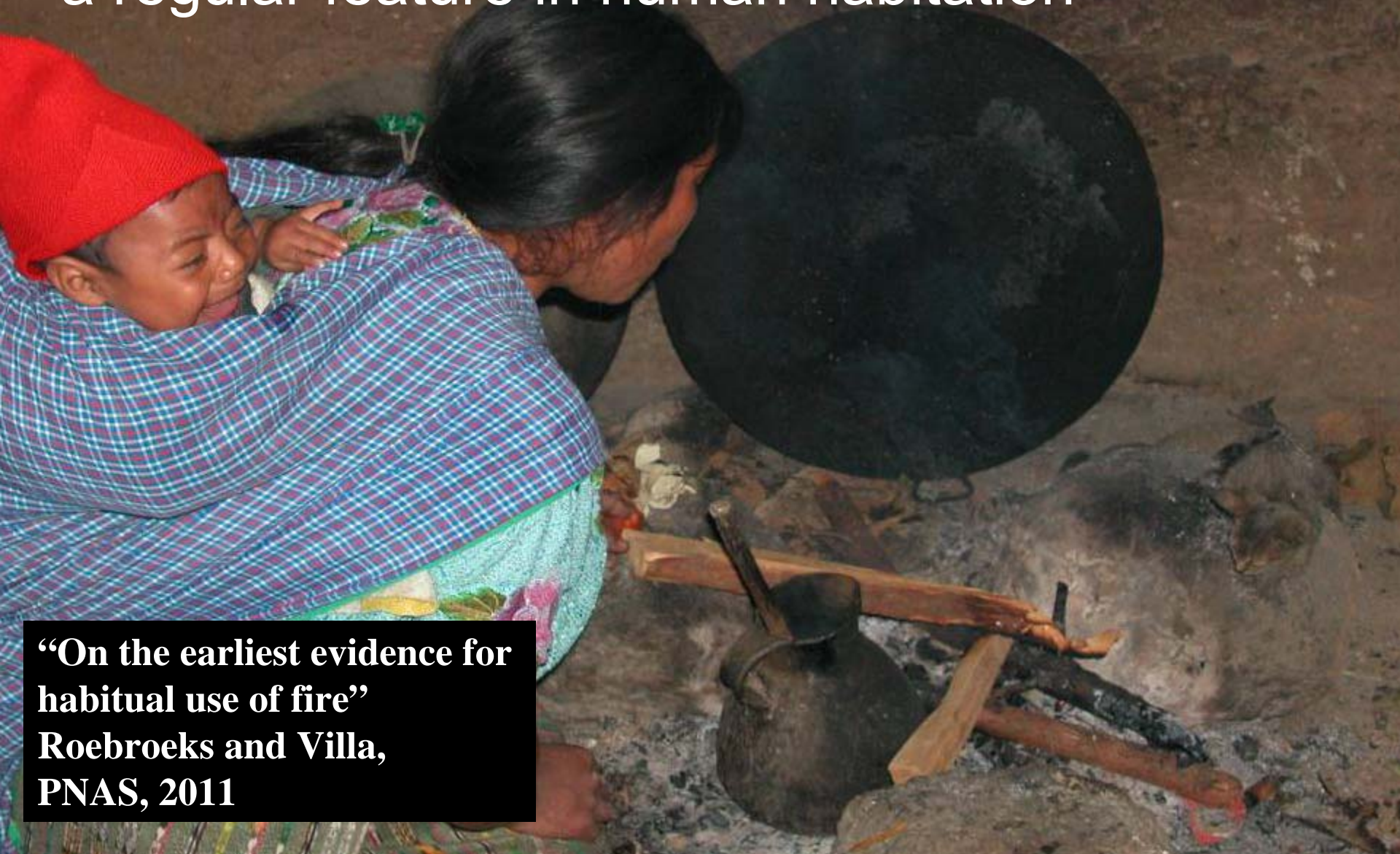


David V Bates 1922 - 2006



This photograph was taken in downtown Vancouver by a press photographer a few days before my 79th birthday in May 2001; it appeared on the front page of the Vancouver Sun on Saturday, May 19th 2001.

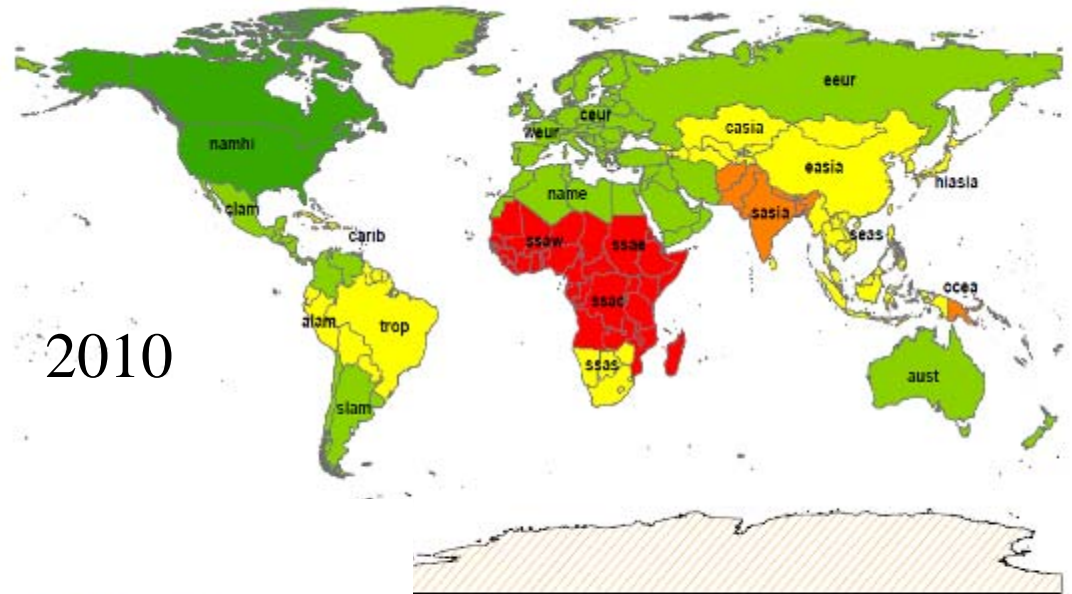
300-400 thousand years ago, hearths became
a regular feature in human habitation



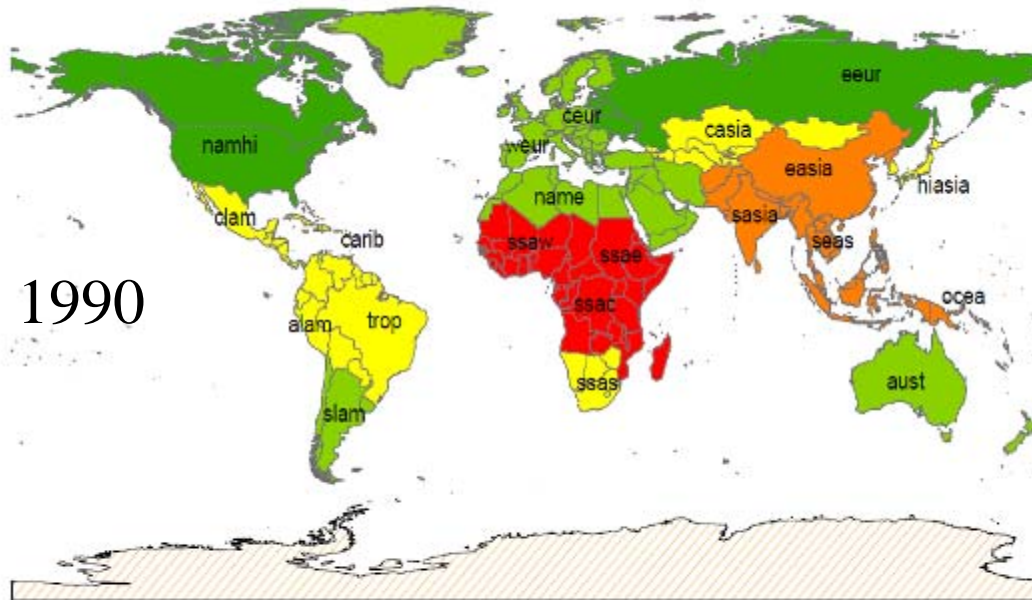
**“On the earliest evidence for
habitual use of fire”
Roebroeks and Villa,
PNAS, 2011**

Households using biomass or coal to cook

2010



1990

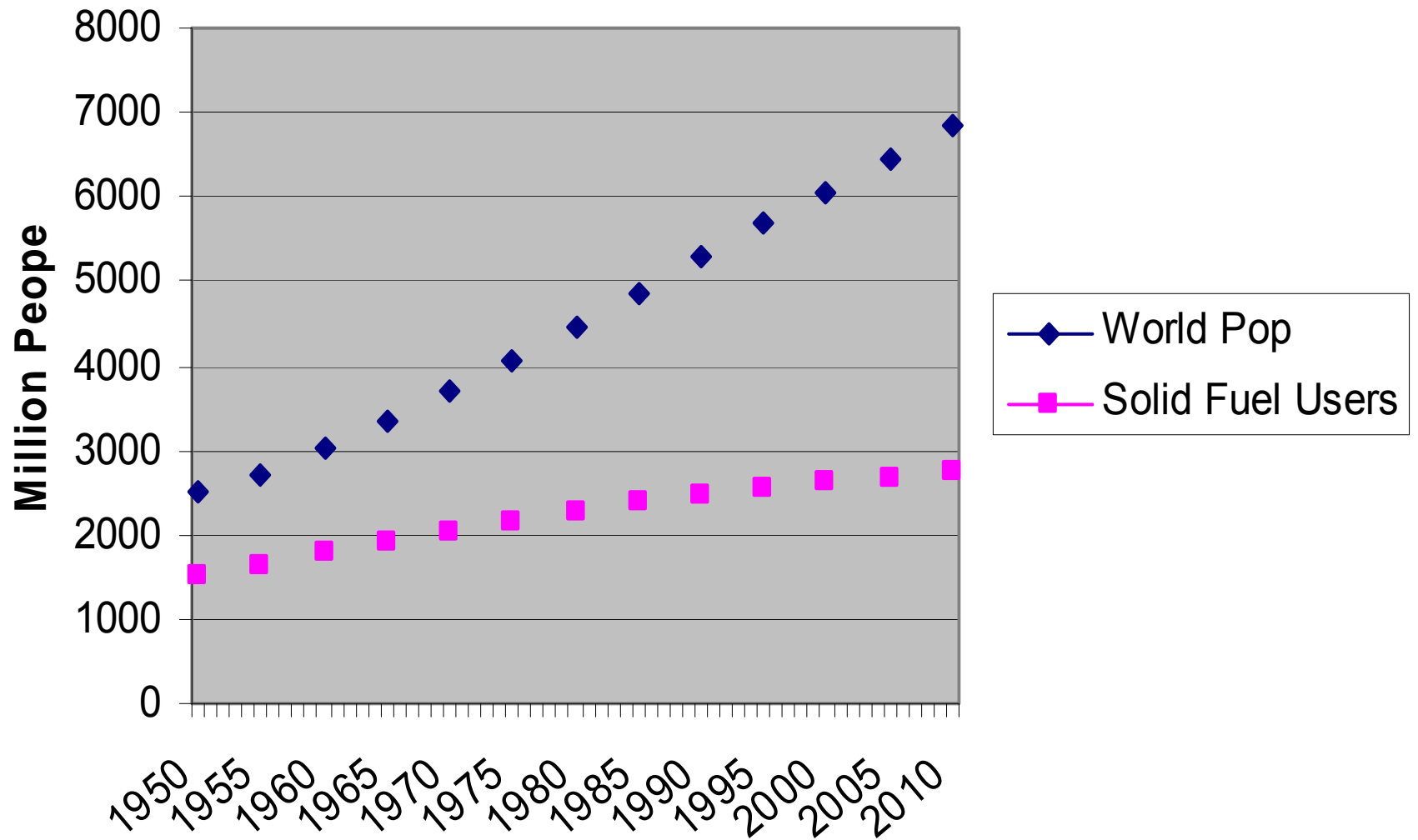


% of HH Exposed to HAP



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

World Population Using Solid Fuels



The three major solid fuels



Woodsmoke is natural – how can it hurt you?

Or, since wood is mainly just carbon, hydrogen, and oxygen, doesn't it just change to CO_2 and H_2O when it is combined with oxygen (burned)?

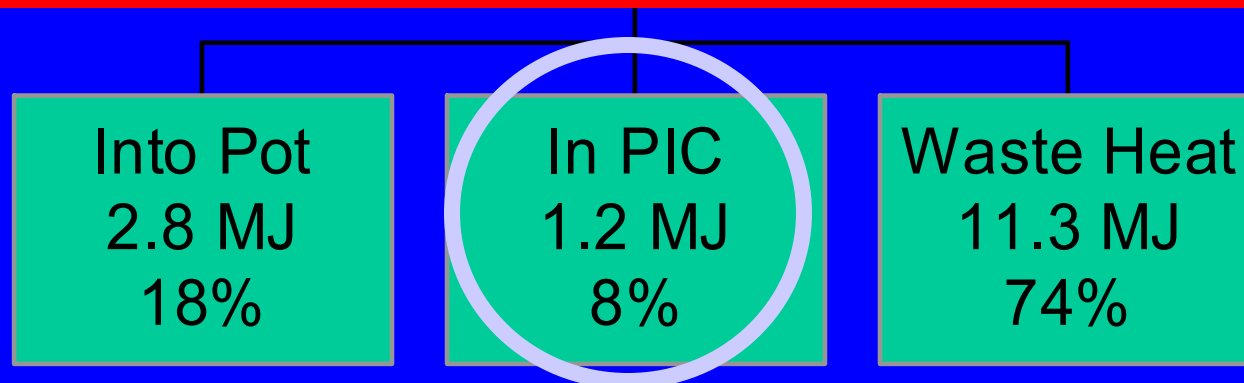


Reason: the combustion efficiency is far less than 100%

Energy flows in a well-operating traditional wood-fired Indian cooking stove

A Toxic Waste Factory!!

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



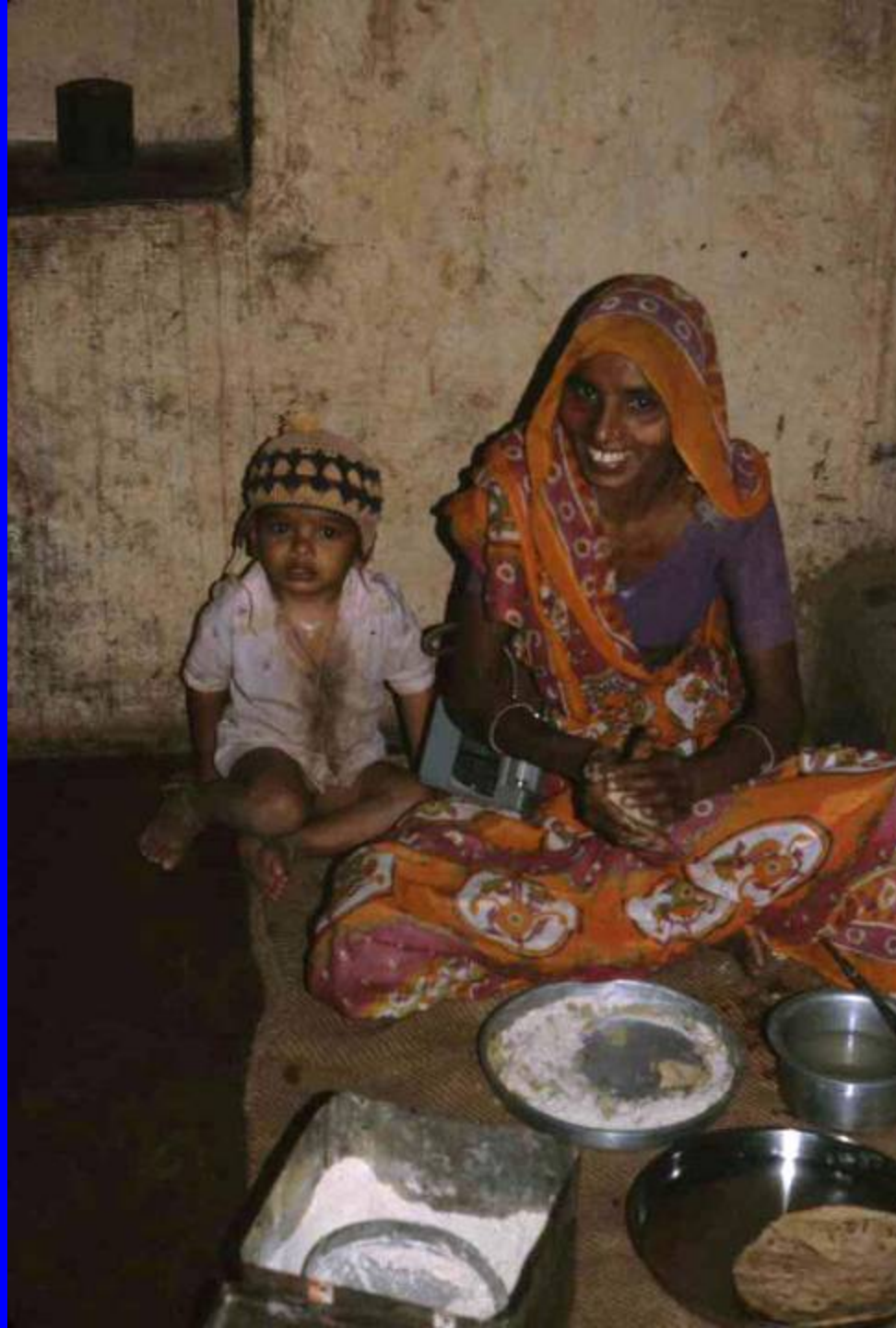
PIC = products of incomplete combustion = CO, HC, C, etc.

Source:
Smith,
et al.,
2000

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

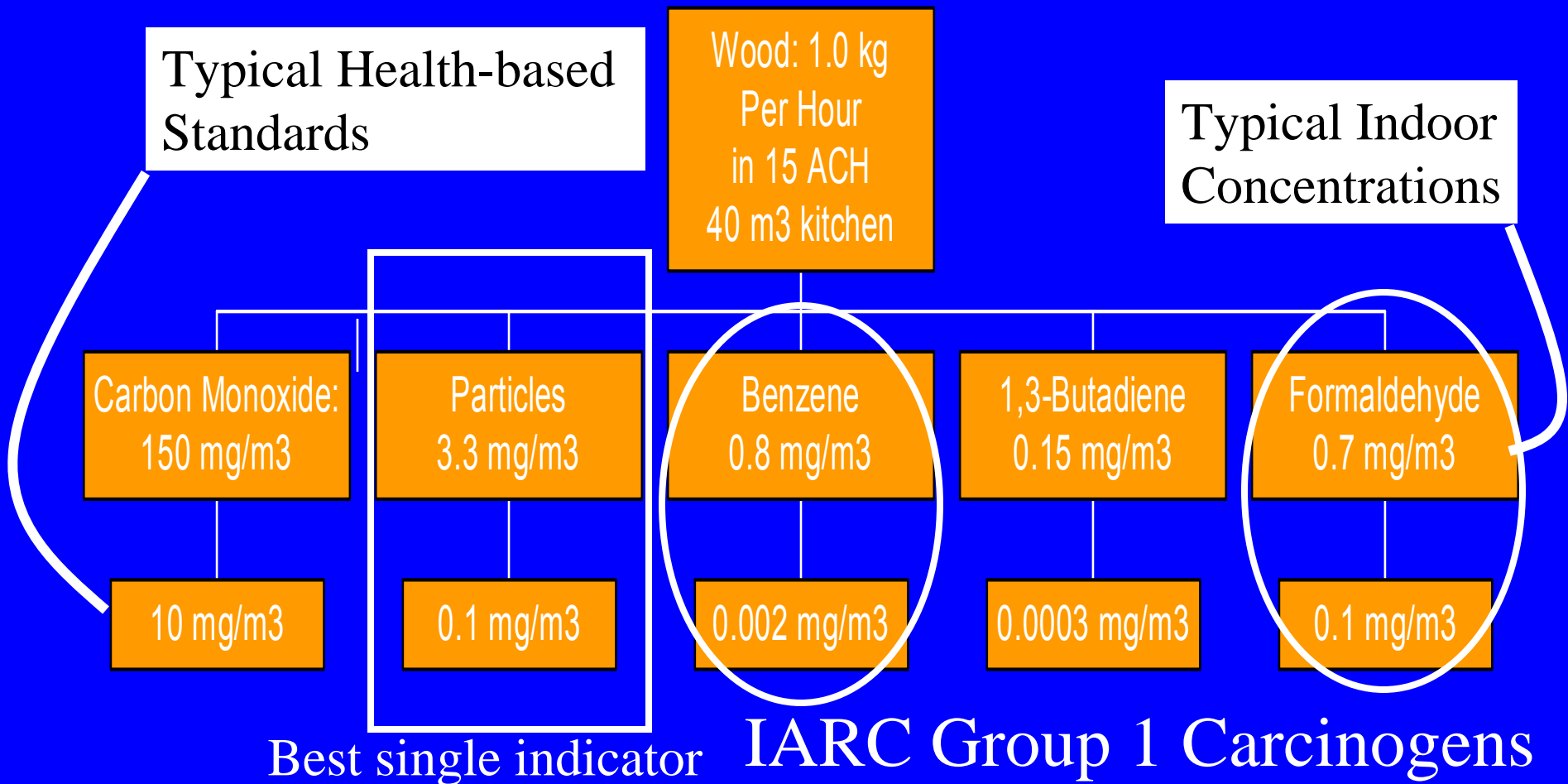
- Small particles, CO, NO₂
- Hydrocarbons
 - 25+ saturated hydrocarbons such as *n-hexane*
 - 40+ unsaturated hydrocarbons such as *1,3 butadiene*
 - 28+ mono-aromatics such as *benzene & styrene*
 - 20+ polycyclic aromatics such as *benzo(α)pyrene*
- Oxygenated organics
 - 20+ aldehydes including *formaldehyde & 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



How much
Ill-health?

Health-Damaging Air Pollutants From Typical Woodfired Cookstove in India.



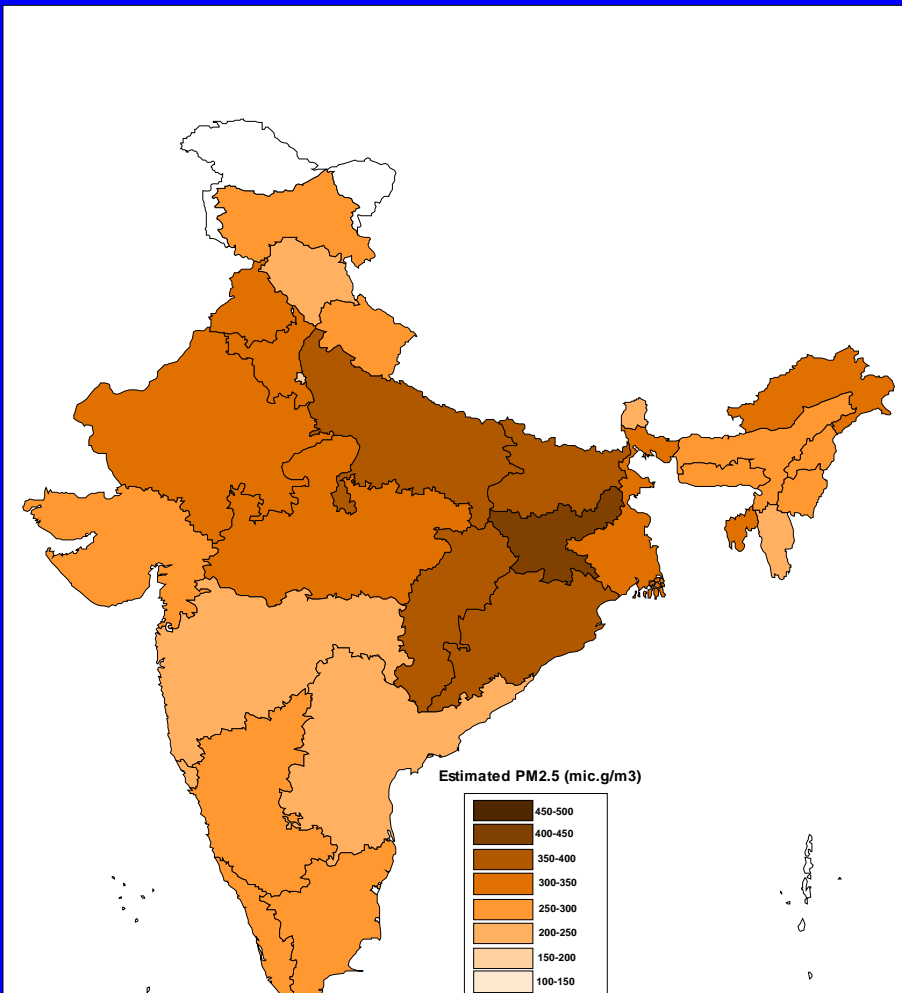
First person in human history to have her exposure measured doing the oldest task in human history

Emissions, yes,
but what about
exposures?

Kheda District,
Gujarat, 1981

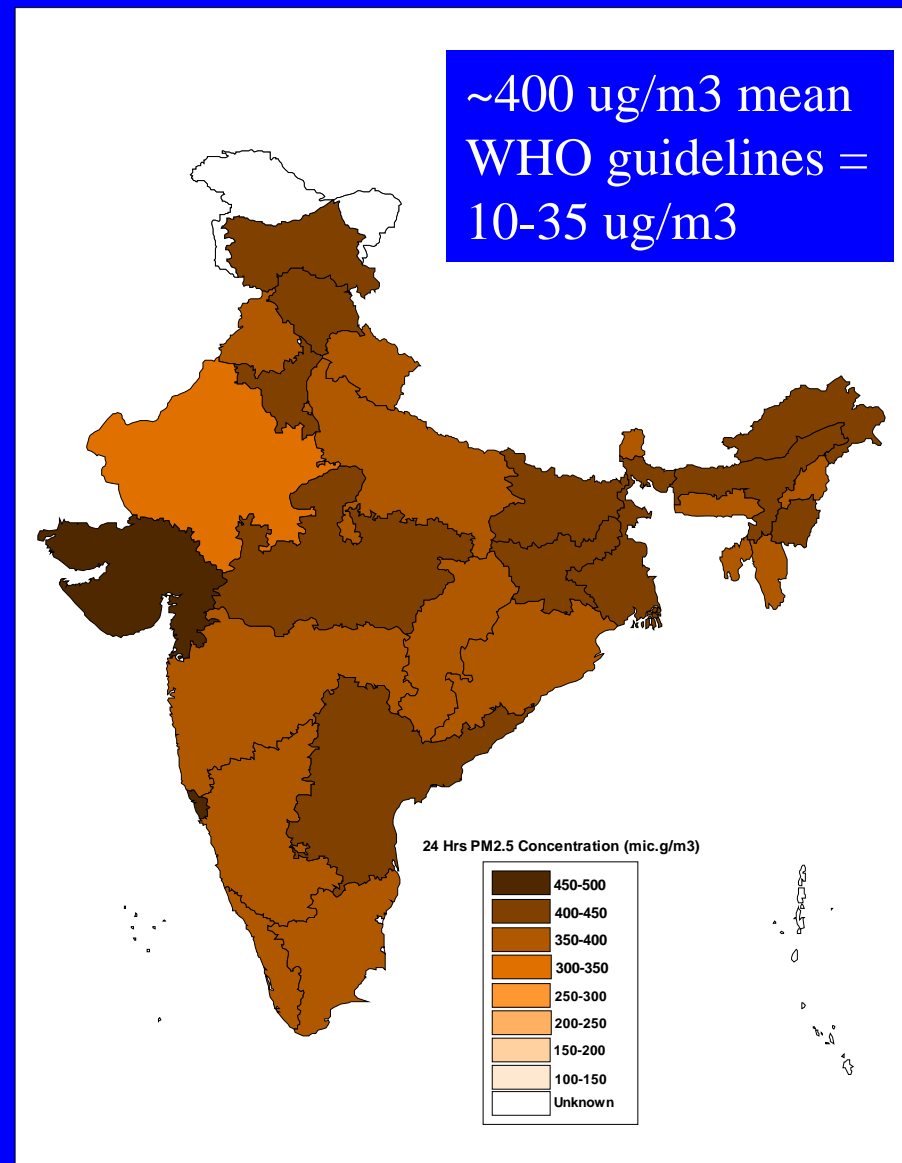


Estimated PM2.5 indoors for all households

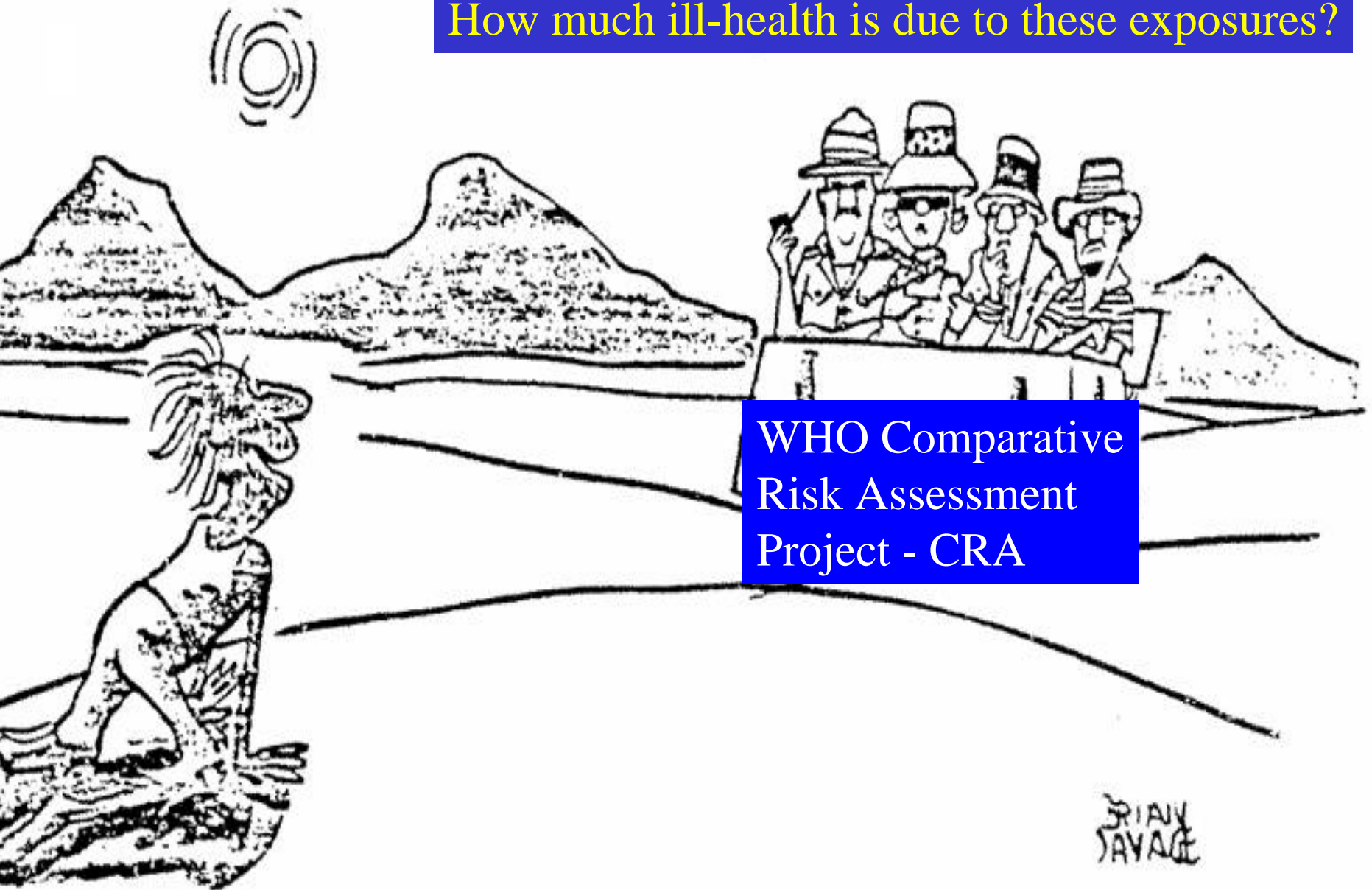


Preliminary results from the Household Air Pollution Comparative Risk Assessment, 2011

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



How much ill-health is due to these exposures?



WHO Comparative
Risk Assessment
Project - CRA

"Thank God! A panel of experts!"

Courtesy of Ross Anderson

ALRI/
Pneumonia

Diseases for which we have
epidemiological studies

COPD

Lung cancer
(coal)

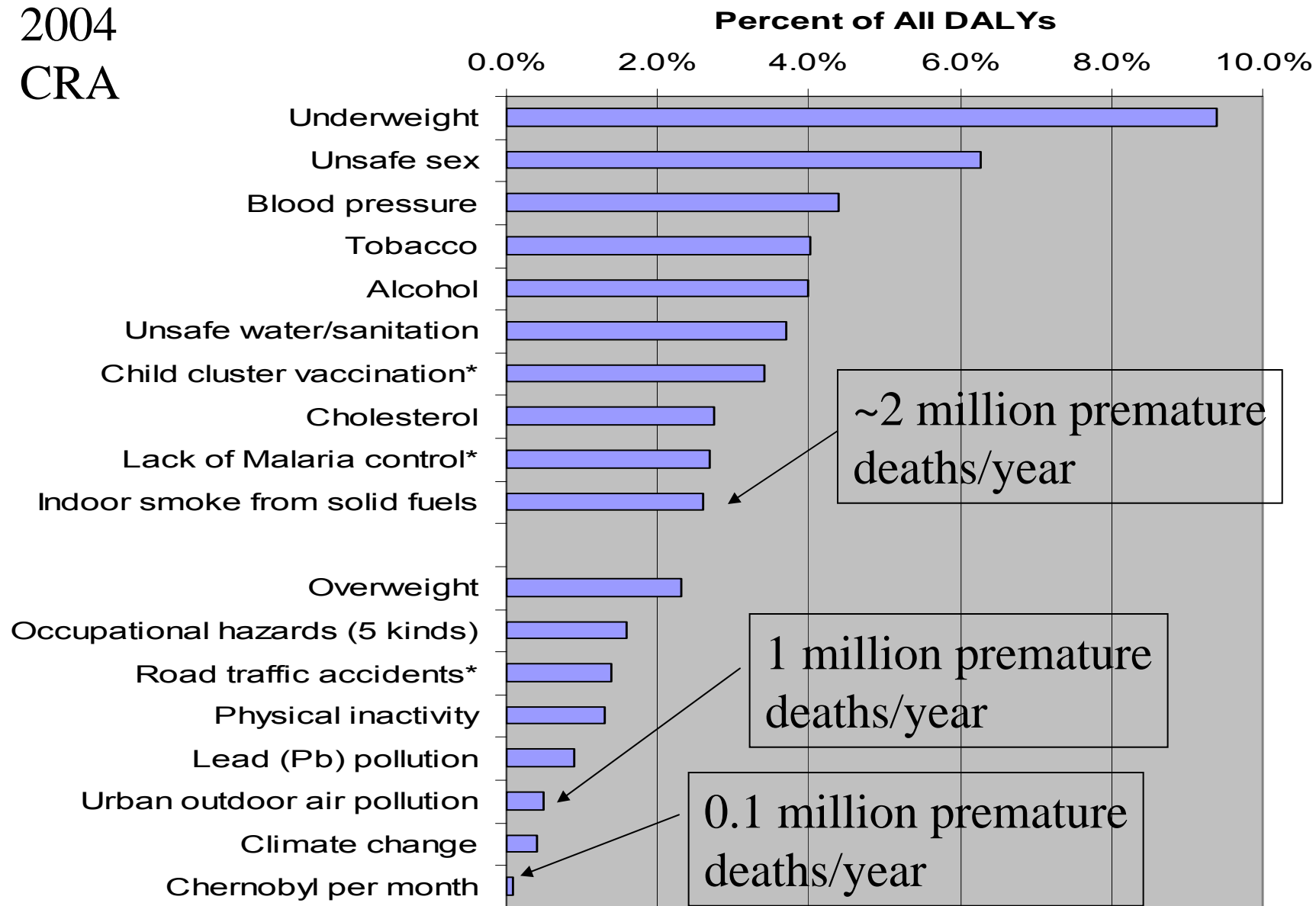


These three diseases were included in the
2004 Comparative Risk Assessment
Managed and published by WHO

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



Windows taskbar showing the Start button and several open applications: Eudora - [In], 5 Microsoft Office ... (three instances), Windows Media Player, WHO Statistical Infor..., and a search bar. The system clock shows 9:36 AM.

ALRI/
Pneumonia

Low birth
weight

Stillbirth

Diseases for which we have
epidemiological studies - 2011

COPD

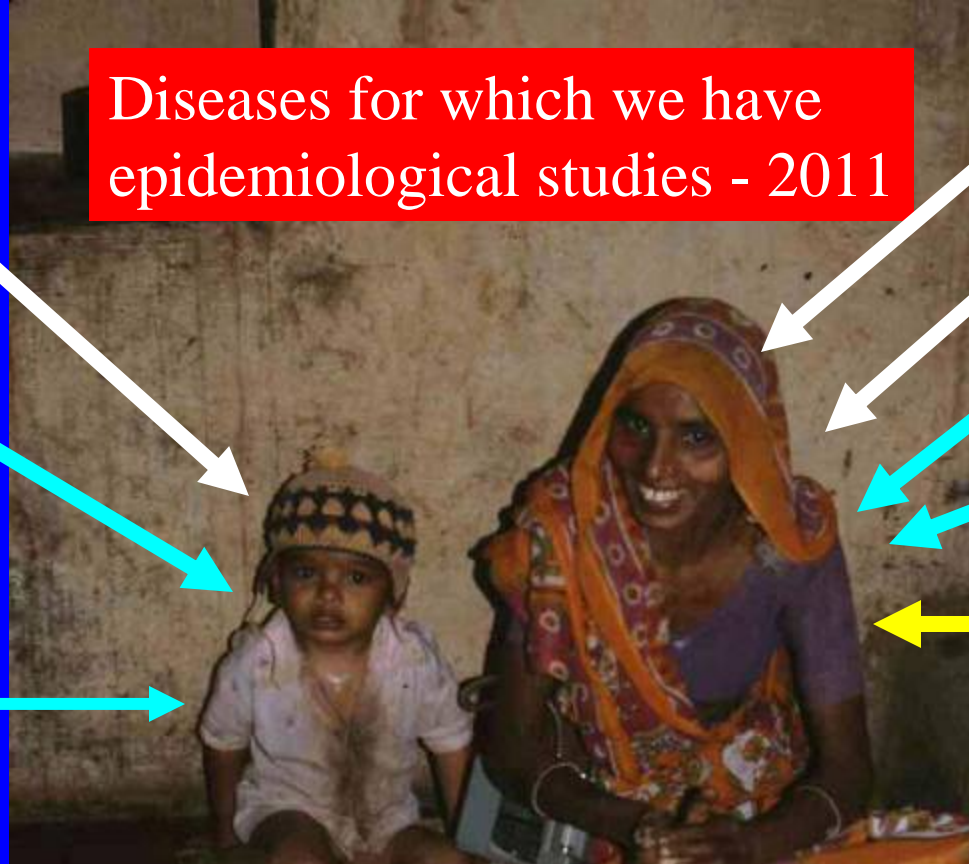
Lung cancer
(coal)

Lung cancer
(biomass)

Blindness
(cataracts, opacity)

CV 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, CVD 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

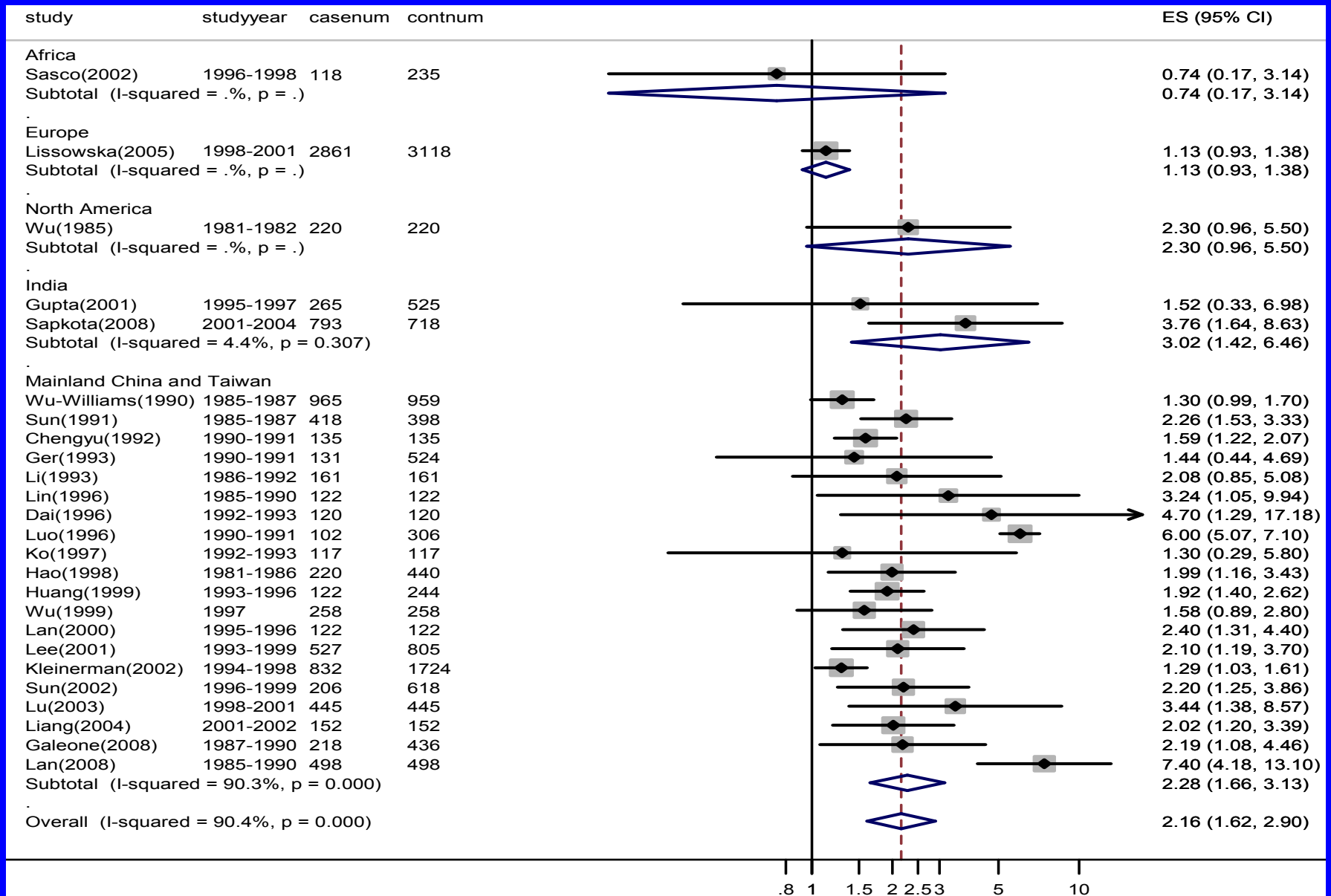
Asthma?

Burns and the health/safety
impacts of fuel gathering

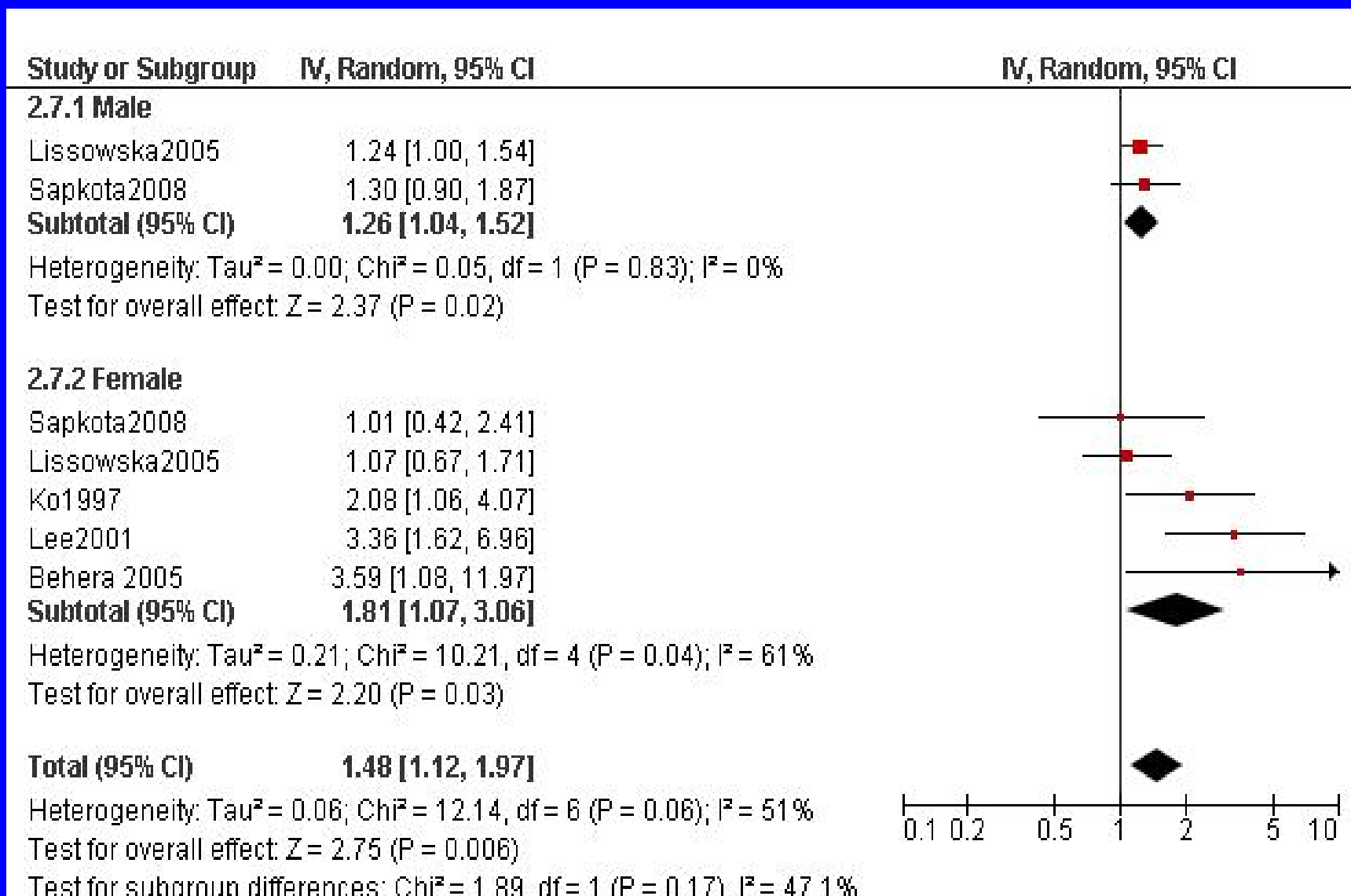
Tuberculosis
ALRI

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

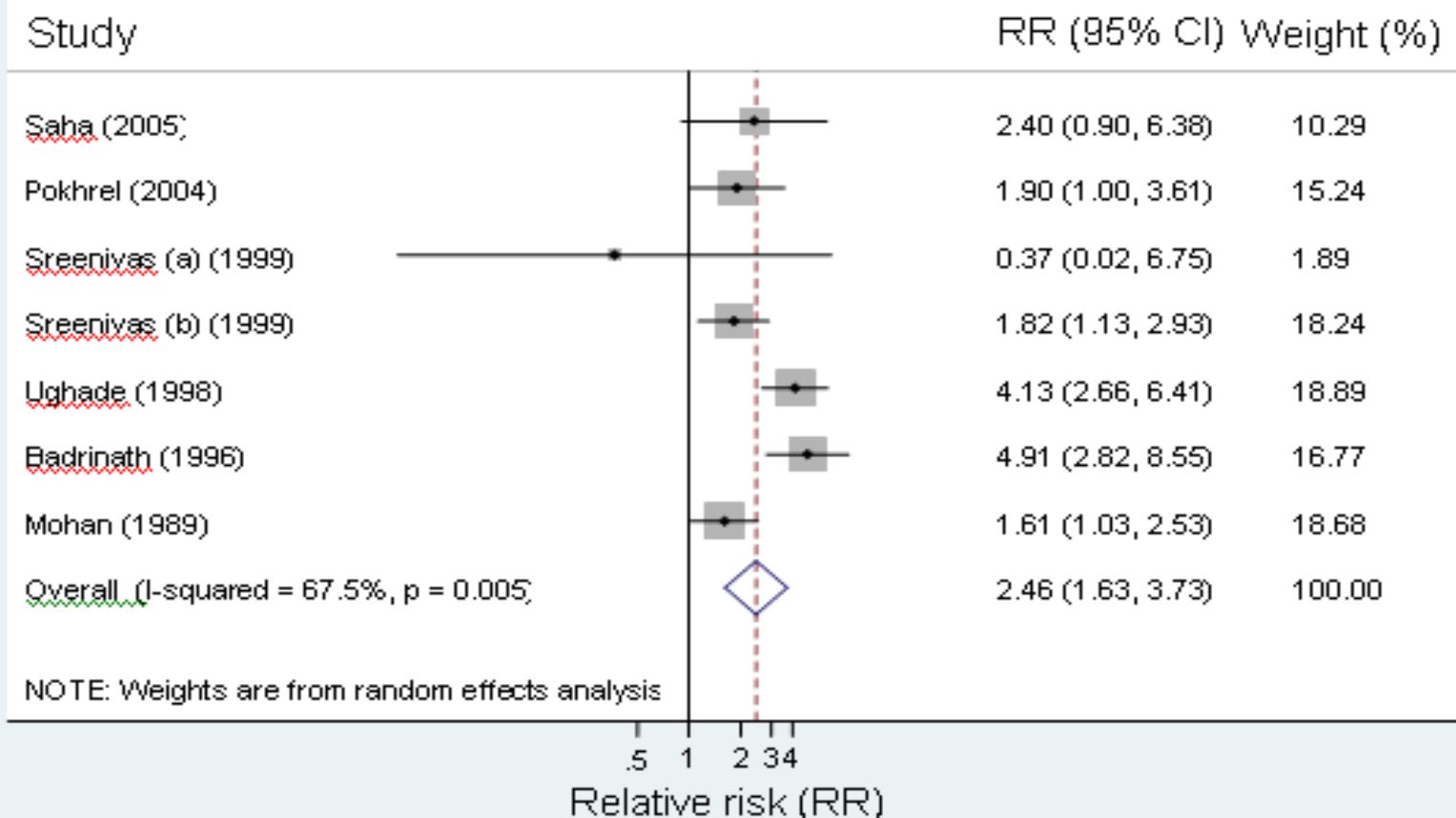


Lung Cancer: Biomass vs. clean fuel



Cataracts and Biomass Cooking Smoke*

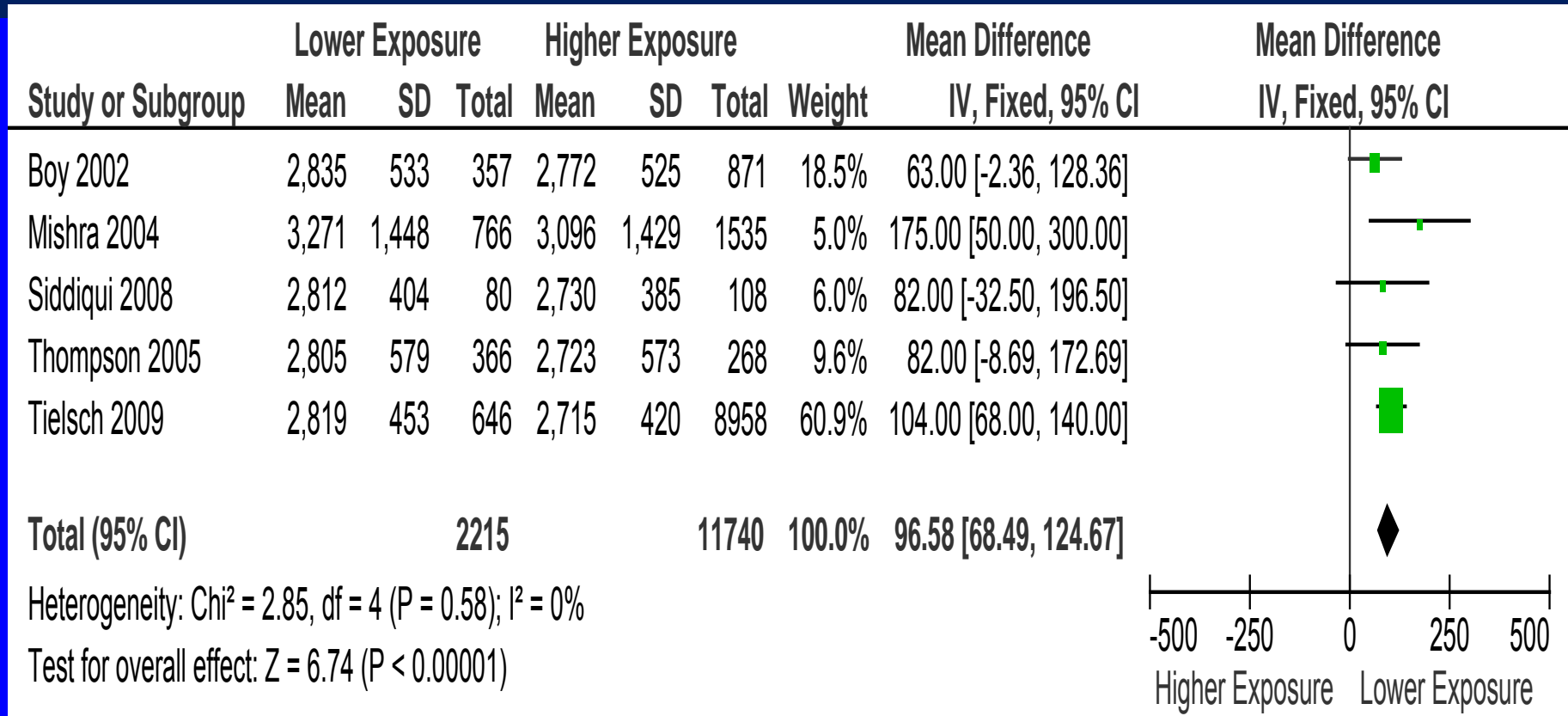
Active Smoking Adjusted- Random Effects Model



* Adjusted for UV

CRA Preliminary, Adair et al.

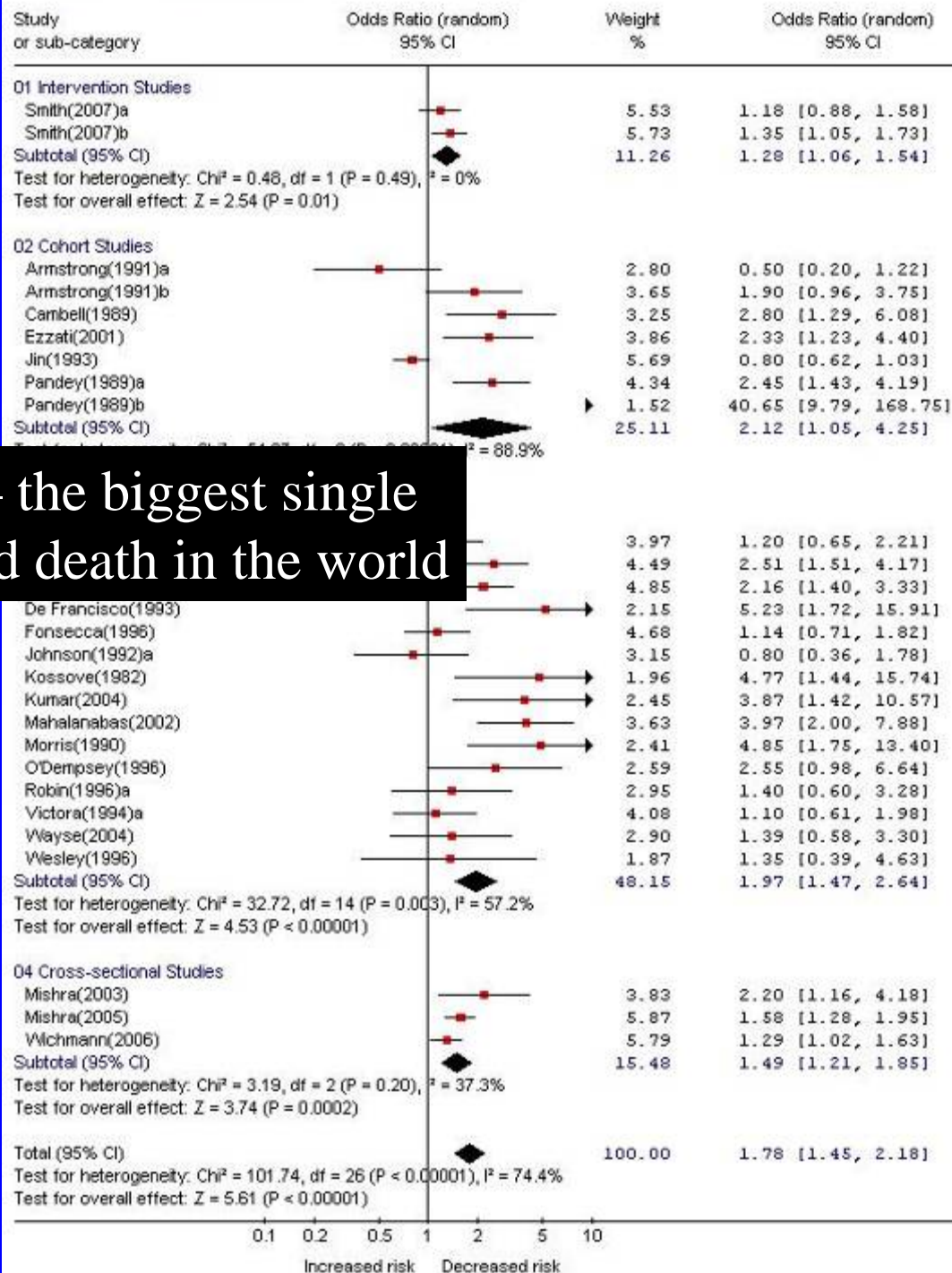
Pooled birth weight difference (low minus high exposure): Adjusted estimates (Boy and Tielsch have GA)



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

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



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^a, Brenda Eskenazi^b, Carolina Romero^c, John Balmes^{a,d}, Kirk R. Smith^{a,*}

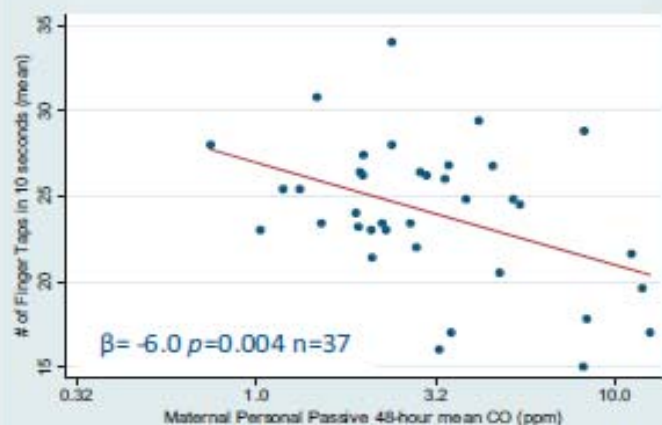
^a Division of Environmental Health Sciences, School of Public Health, University of California, Berkeley, CA 94720-7360, USA

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

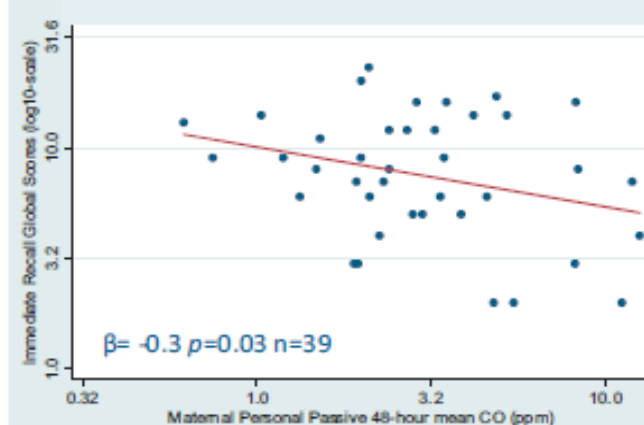
^c Centro de Estudios en Salud Universidad Del Valle, Guatemala

^d 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



Story of Two Conferences

- Air pollution conference
 - High exposures to large vulnerable population
 - No more health effects work needed
- International health conference
 - Need to know exact benefit to be expected
 - Still some doubt about causality
- Where are your randomized controlled trials?

History of an RCT

- ~1980: Case reports of health effects in South Asia
- 1981: First measurements of pollution levels in India
- 1984: International meeting to decide on needed research
 - Chose randomized controlled trial (RCT) of ALRI
- 1986-89: Unfunded proposals to do RCT in Nepal
- 1990: WHO establishes committee to find best sites
- 1990-1992: Criteria established and site visits made
- 1992: Highland Guatemala chosen
- 1991-1999: Pilot studies to establish data needed for proposal – does stove work and do people use it?
- 1996-1999: Unfunded proposals
- 2001: NIEHS funding secured
- 2002-2006: Fieldwork completed
- 2011: Main results published
- 25+ years from deciding to conduct RCT to results!

THELANCET-D-09-06268R3

S0140-6736(11)60921-5

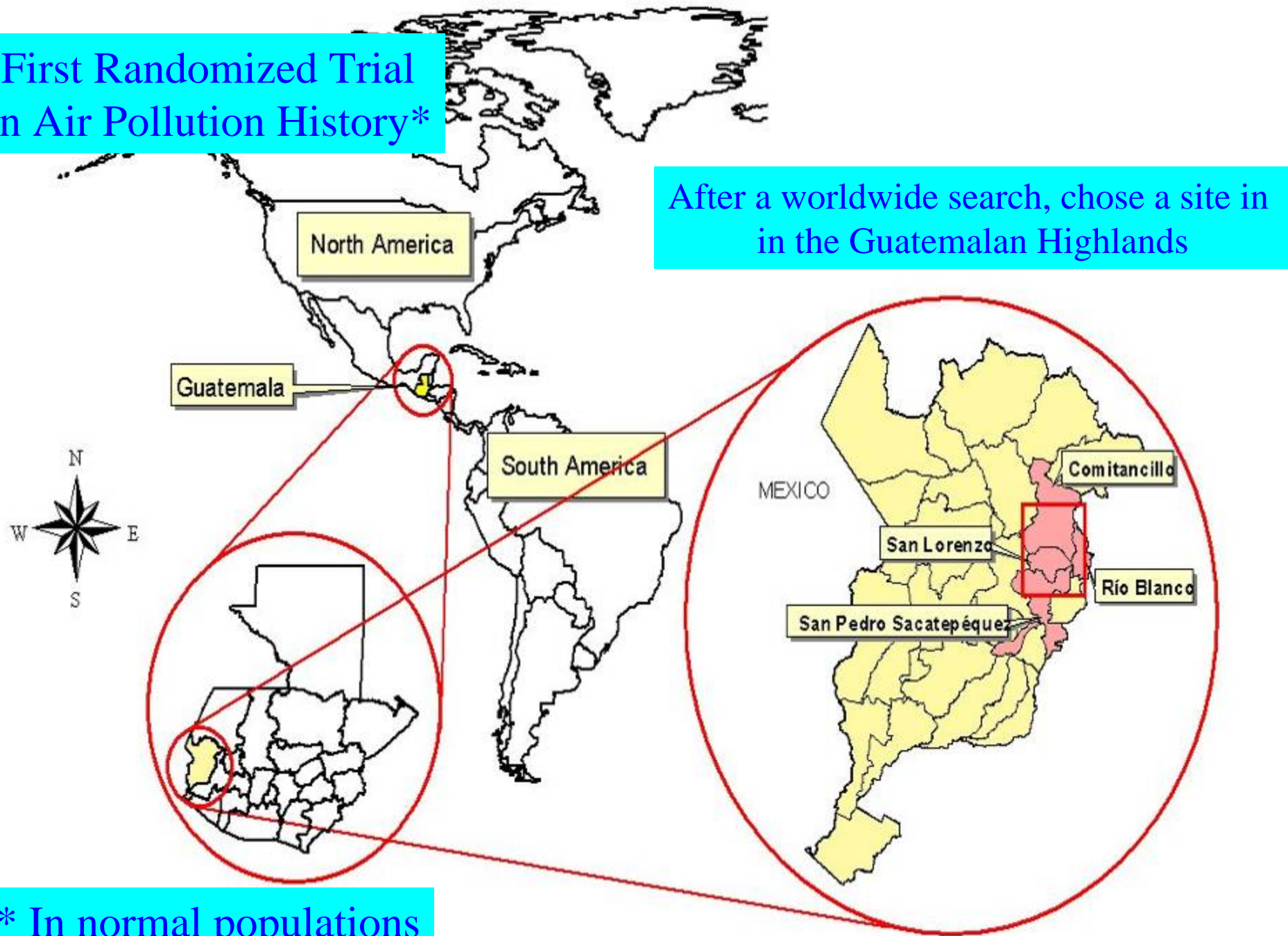
Embargo: [add date when known]

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*



* In normal populations

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'

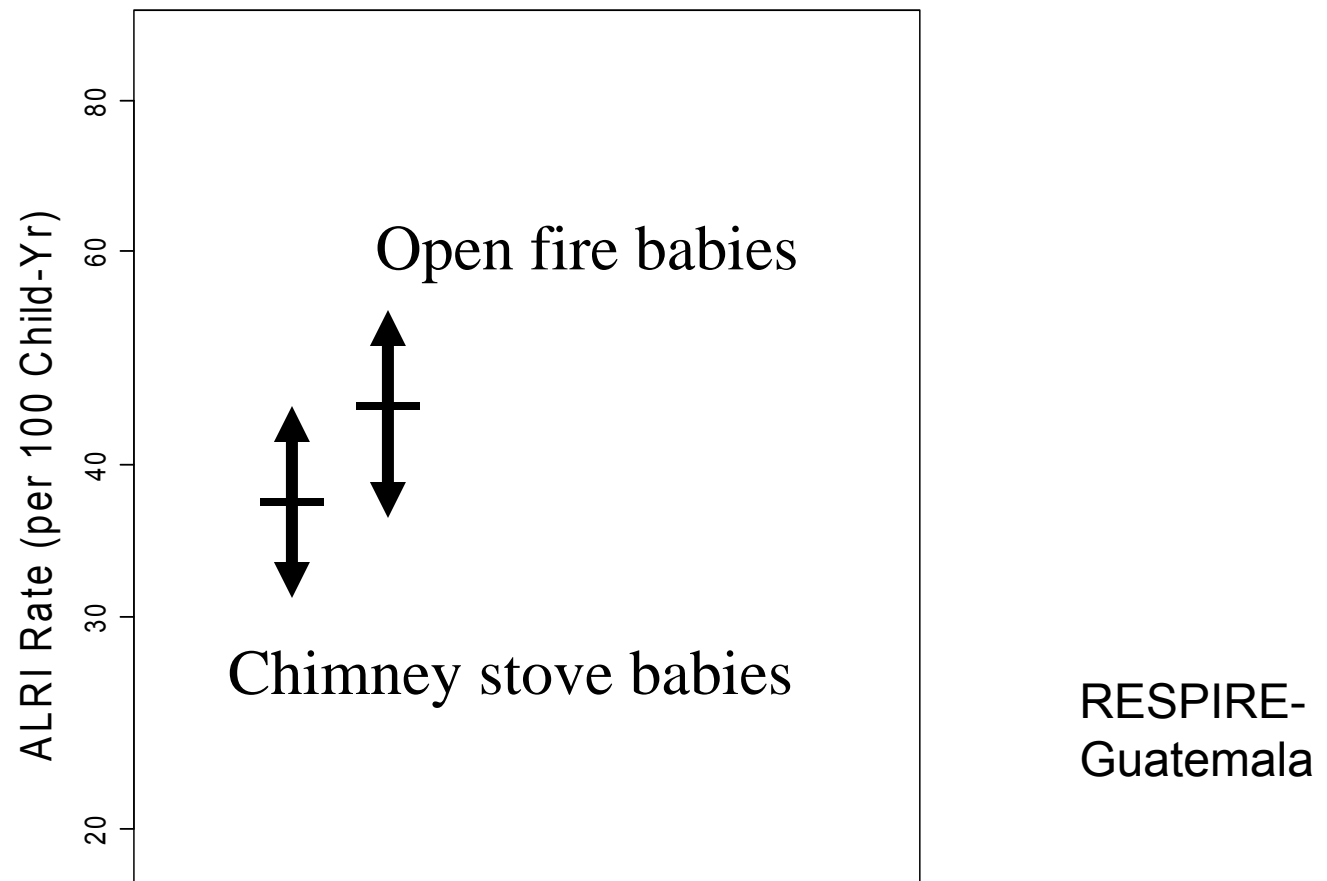
Year 1

5500
Households
total

Years
1-3

Years
3-4

MD-diagnosed Acute Lower Respiratory Infection



0.78 (0.59, 1.06)

0.095

Fieldworker assessed outcomes:

ITT: 50% mean reduction in child exposure

AURI*	RR	95% CI	P-value
Cases of AURI	1.01	0.87, 1.17	0.88
Number of weeks with AURI	0.99	0.87, 1.12	0.87
ALRI ('WHO Pneumonia')	RR	95% CI	P-value
New cases: all	0.91	0.74, 1.13	0.39
New cases: severe**	0.56	0.32, 0.97	0.04

* Excludes evidence of pneumonia based on FW and physician assessment

** Severe: ill with cough or difficulty breathing and chest wall indrawing and/or unable to drink / breast feed

Physician-assessed outcomes (ITT)

(blind to intervention status)

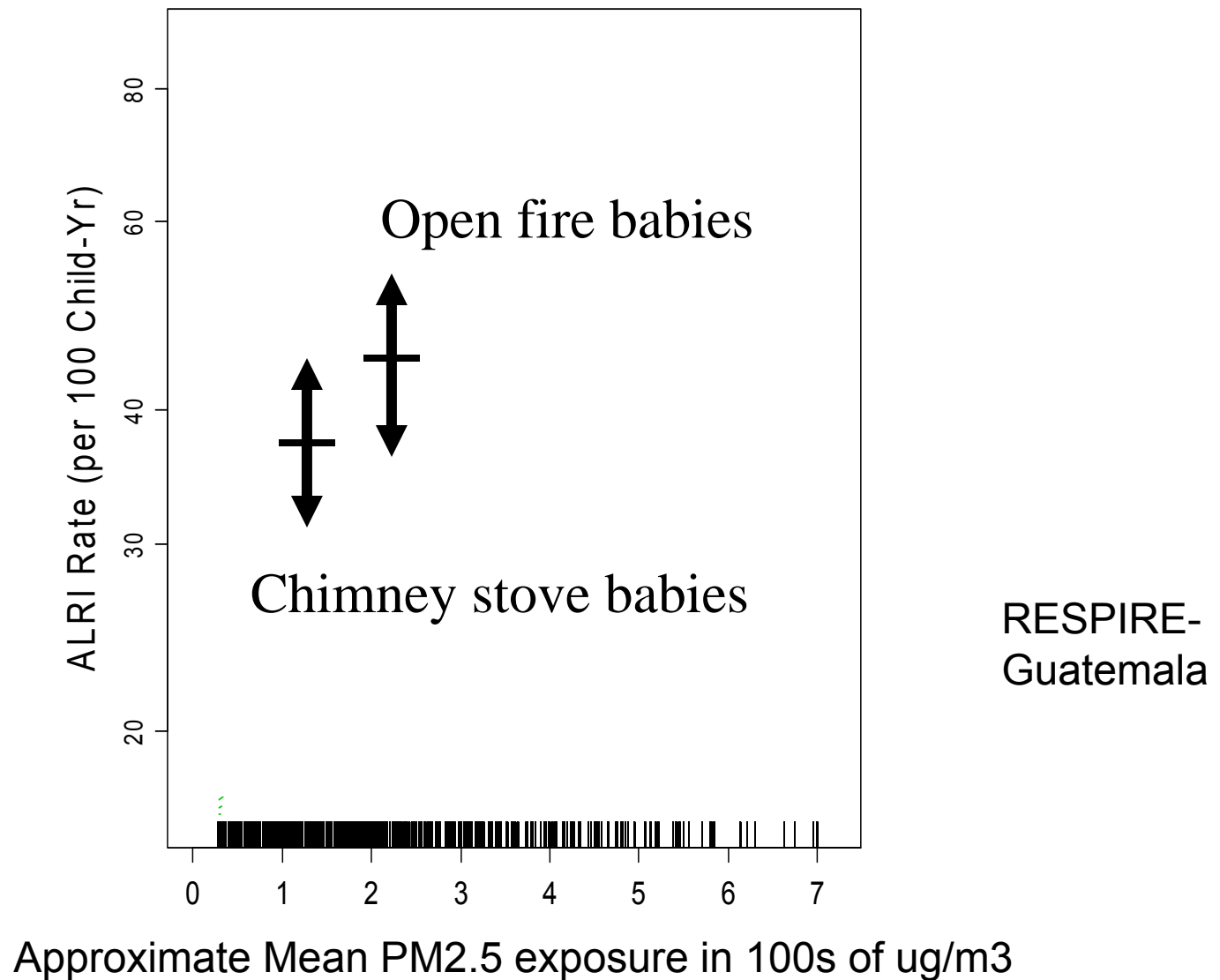
Case finding	Outcome	adj RR (95% CI)	P-value
Physician diagnosed pneumonia	All	0.78 (0.59, 1.06)	0.095
	- Severe (hypoxic)	0.67 (0.45, 0.98)	0.042
	CXR +ve	0.74 (0.42, 1.15)	0.231
<u>Investigations:</u>	- CXR +ve & hypoxic	0.68 (0.36, 1.33)	0.234
- Pulse oximetry	RSV +ve	0.76 (0.42, 1.16)	0.275
- RSV direct antigen test	- RSV +ve & hypoxic	0.87 (0.46, 1.51)	0.633
	RSV -ve	0.79 (0.53, 1.07)	0.192
- Chest X-ray	- RSV -ve & hypoxic	0.54 (0.31, 0.91)	0.026



CO monitor

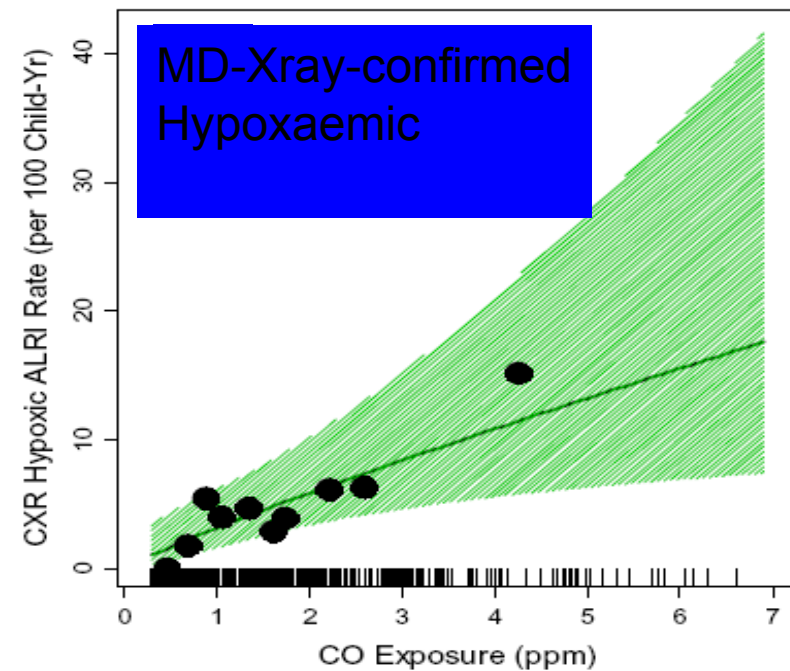
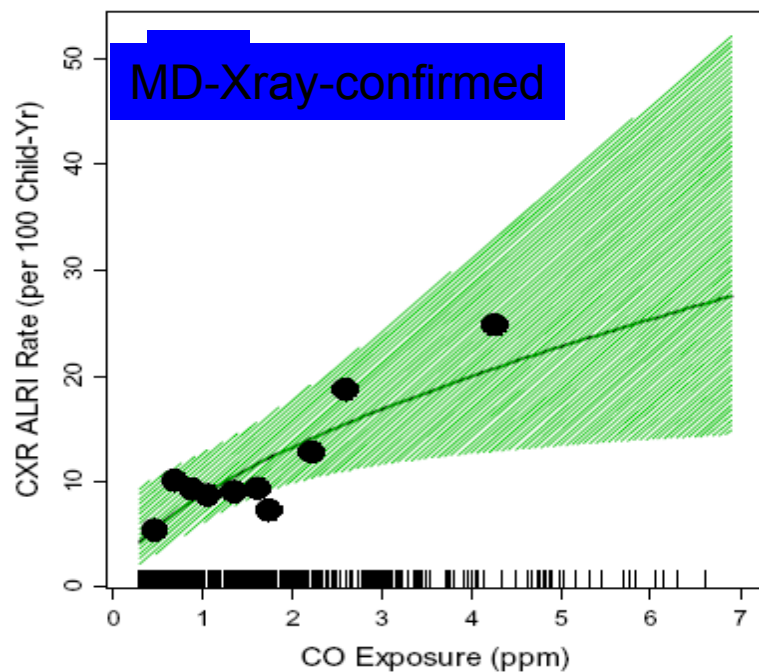
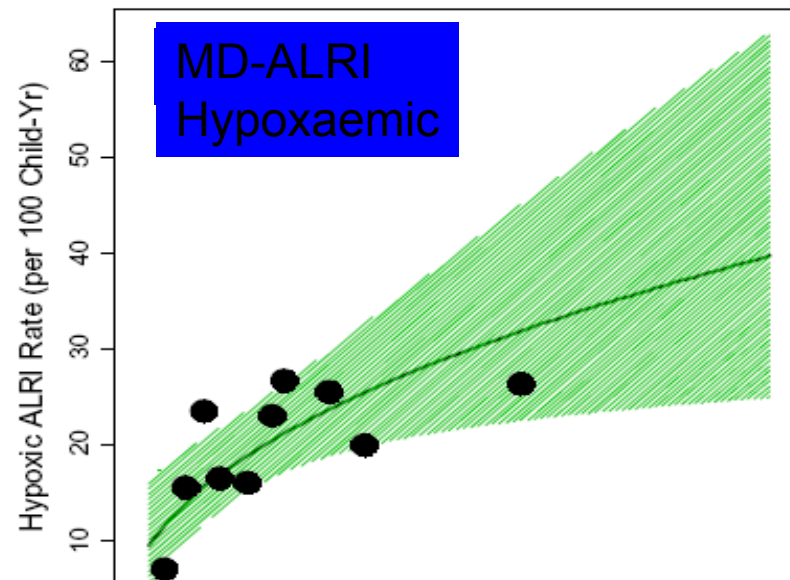
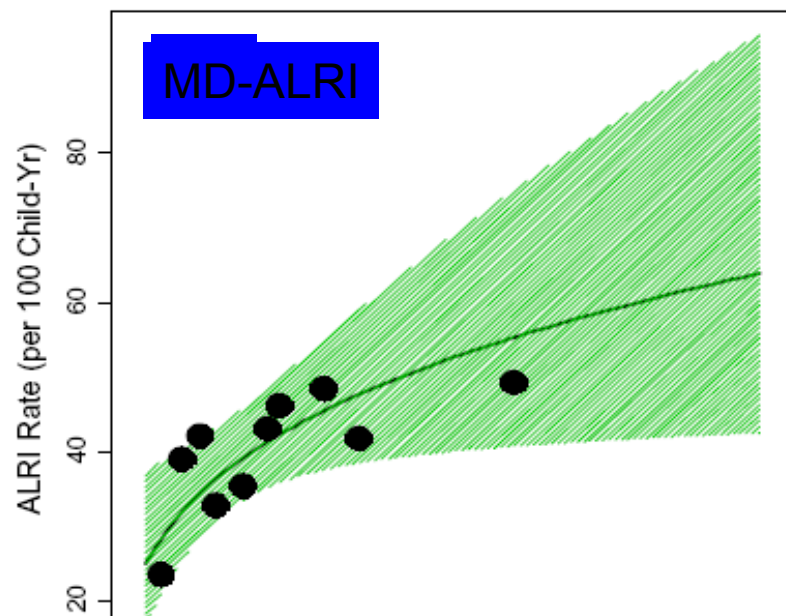
CO monitor

MD-diagnosed Acute Lower Respiratory Infection



Adjustments for Exposure-Response Model

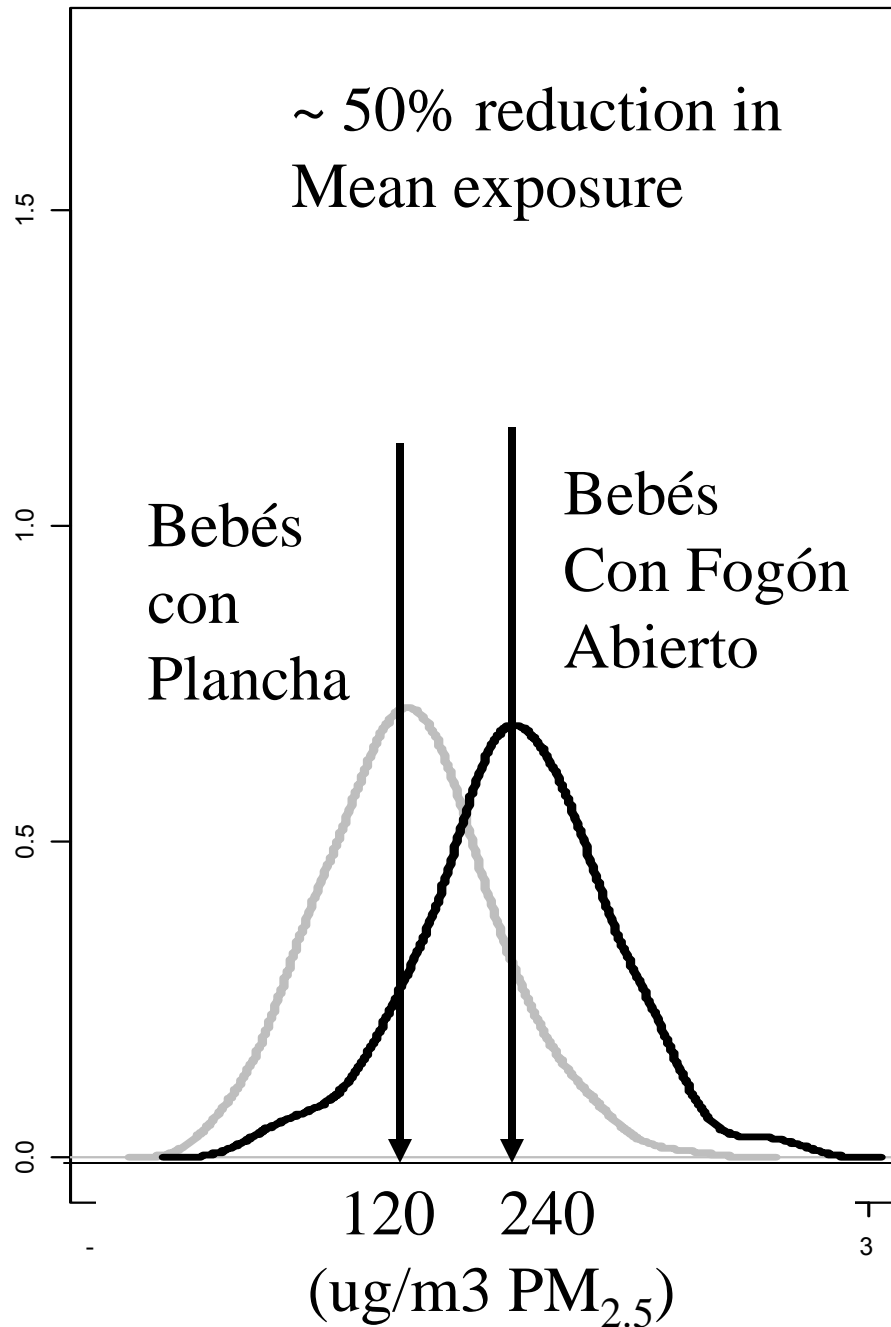
- Adjusted for child's age (quadratic), sex, birth interval less than 2 yr (yes/no), mother's age (quadratic), maternal education and paternal education (none/primary/secondary), secondhand tobacco smoke exposure (yes/no), latrine (yes/no), piped water (yes/no), electricity (yes/no), kerosene lamp (yes/no), wood-fired sauna (yes/no), bedroom in kitchen (yes/no), roof type (metal sheet/tiles/straw), earth floor (yes/no), asset index (linear over range 0 to 6), animal ownership index (linear over range 0 to 4), crowding index (people per room), altitude (5 categories), occupation (farm other land/farm own land/other), and season (cold dry, warm wet, warm dry).



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)

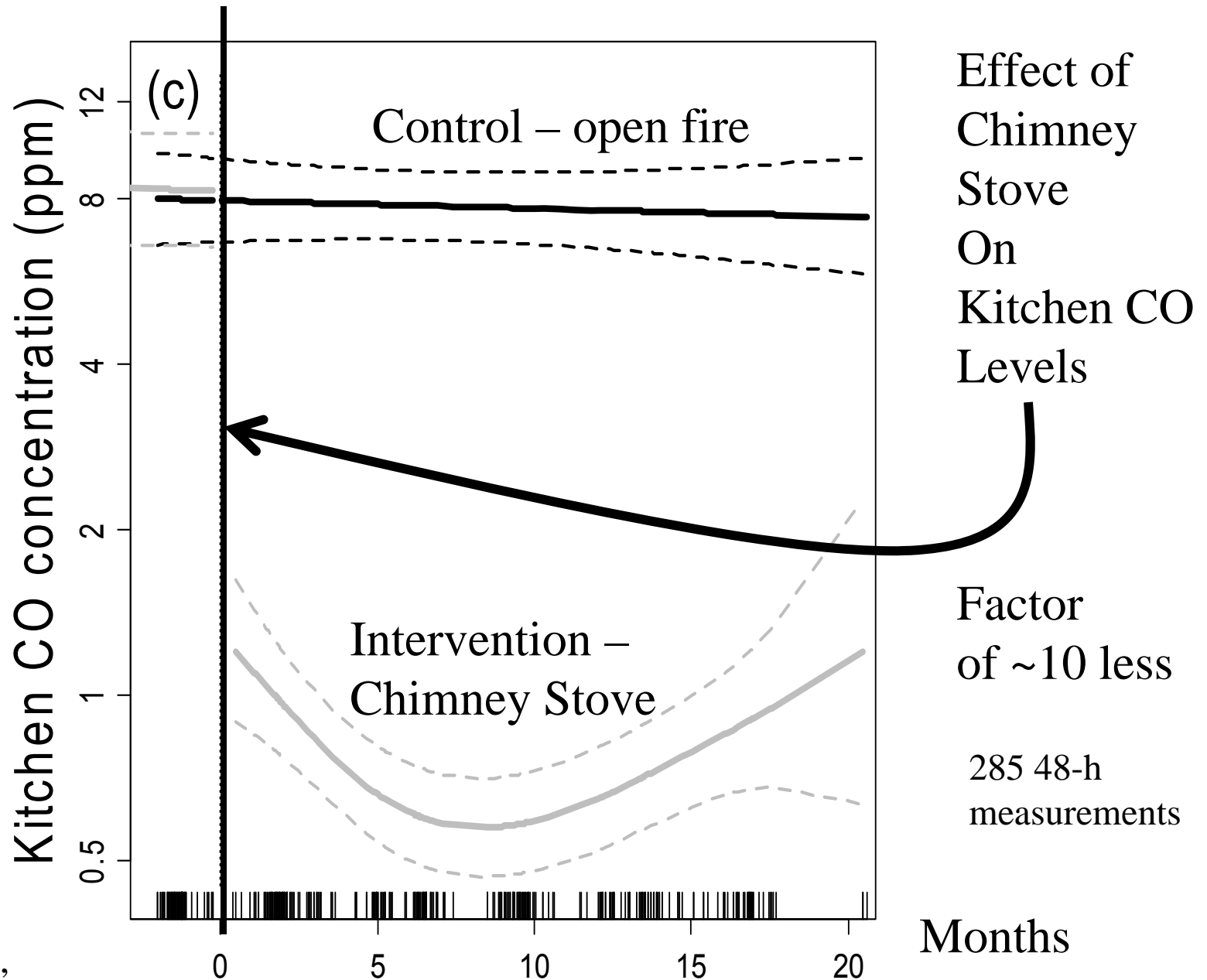
(b)



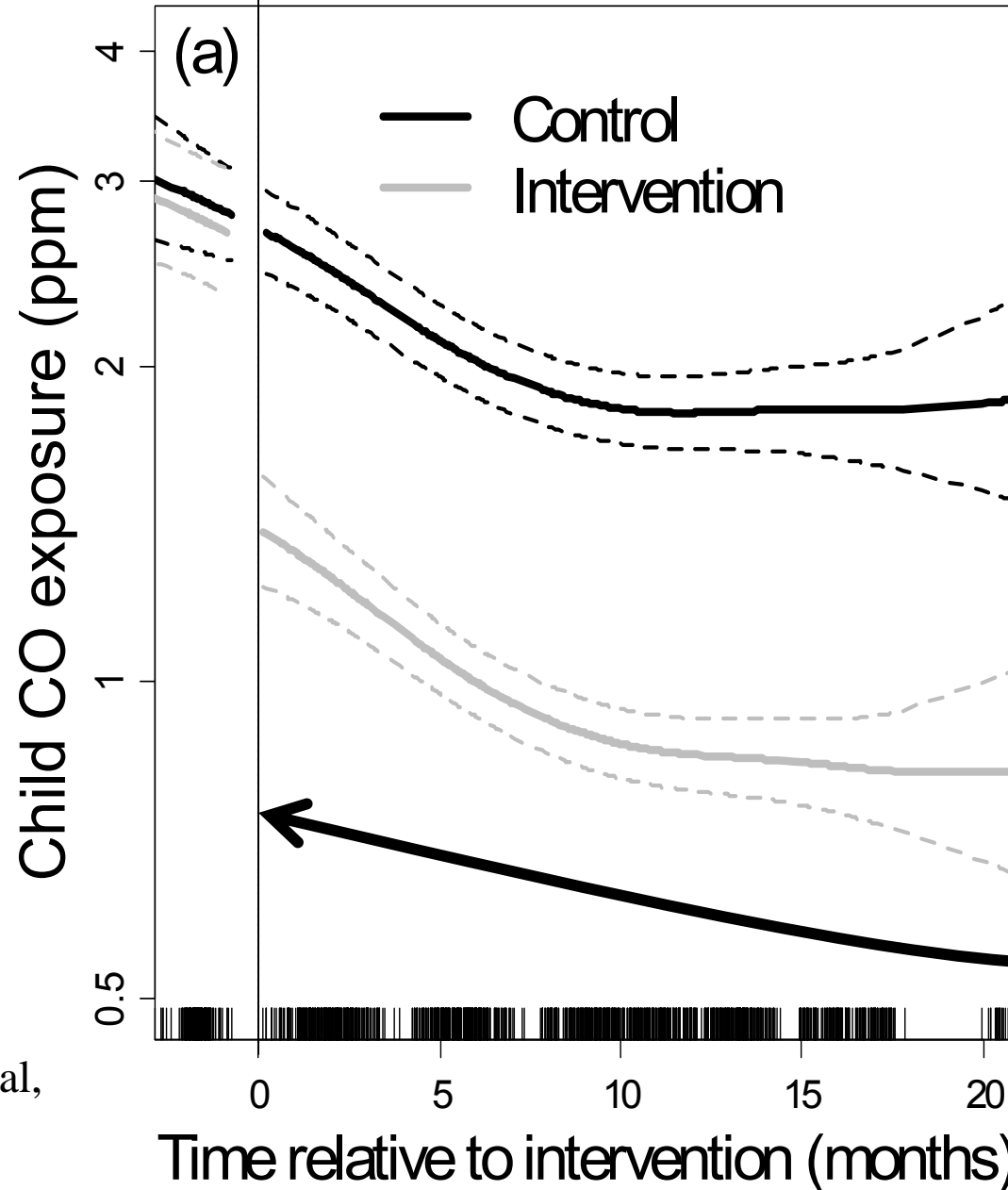
Chimney stove
did not
protect
all babies

McCracken
et al. 2009

Guatemala RCT: Kitchen Concentrations



Infant Exposures



1888 48-h
measurements

Effect of
Chimney
Stove
On
Infant
Exposures
- 2x less

RESPIRE Summary

- Results - ITT
 - Chimney stove did not reduce all MD pneumonia,
 - But did reduce severe MD pneumonia and RSV-negative (bacterial pneumonia)
 - Even though well operating, chimney was not capable of sufficient exposure reduction by itself
- Results – Exposure-response
 - All major outcome showed significant results (still not RSV pneumonia)
 - Partial exposure reduction brings some benefit, but ER curve highly non-linear
 - Large reductions needed for substantial health benefits
 - levels not possible with chimneys

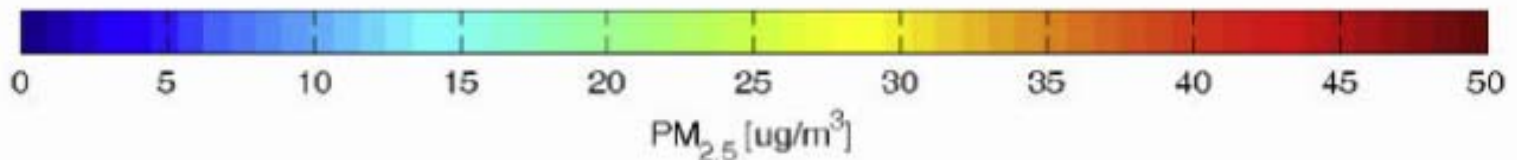
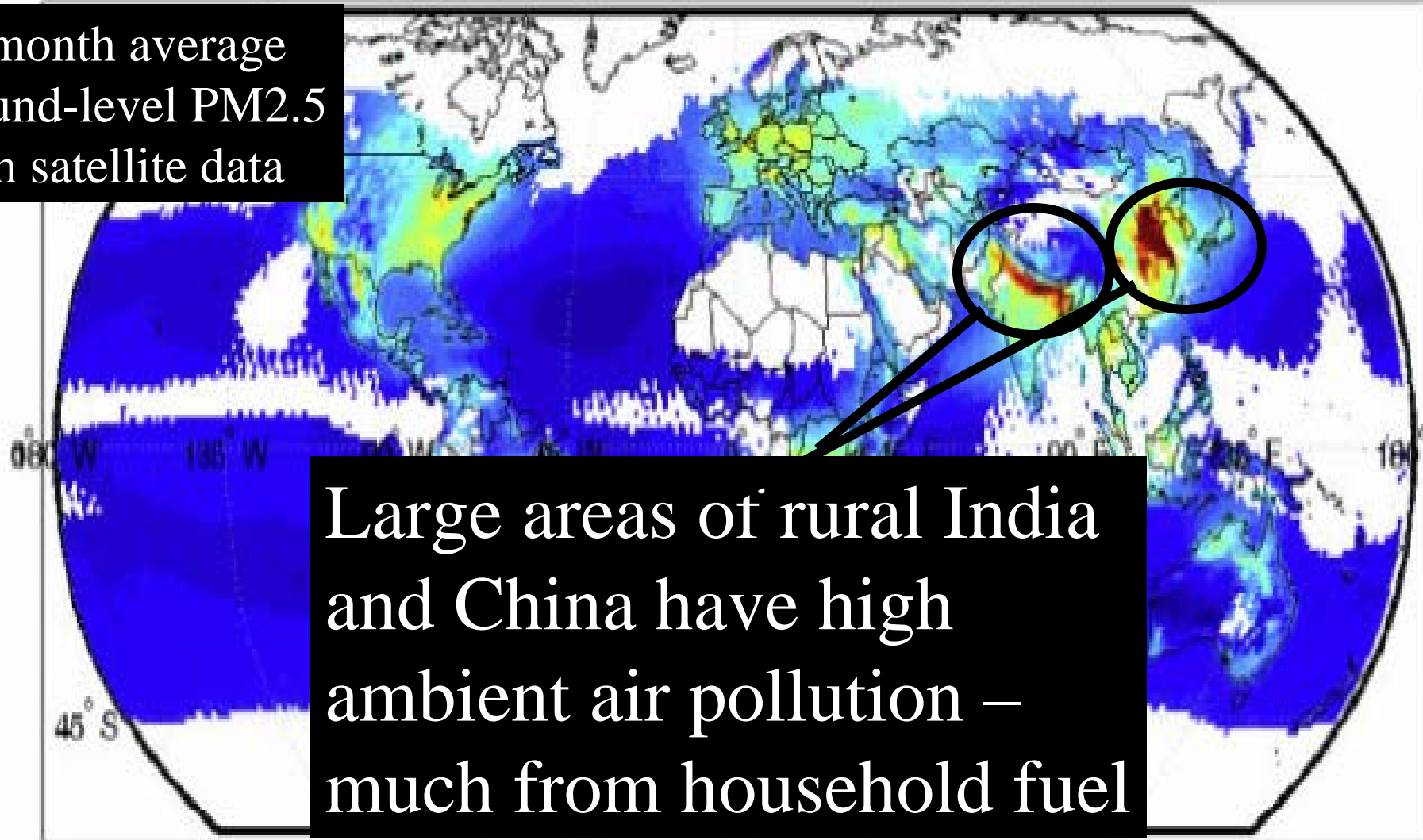
Kitchens down by 10x, but children exposure down by only 2x, because

- 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



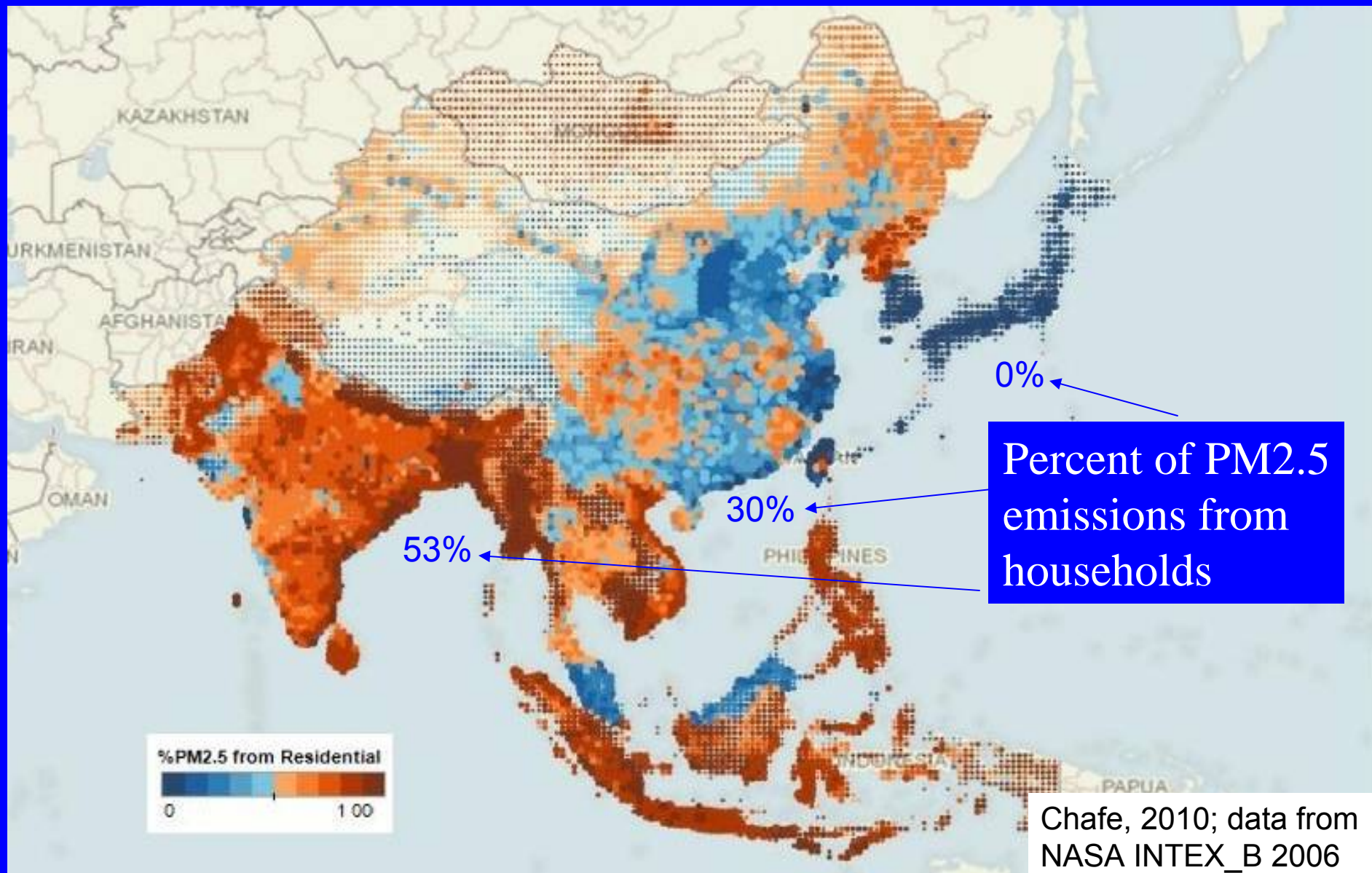
20-month average
ground-level PM_{2.5}
from satellite data

MODIS

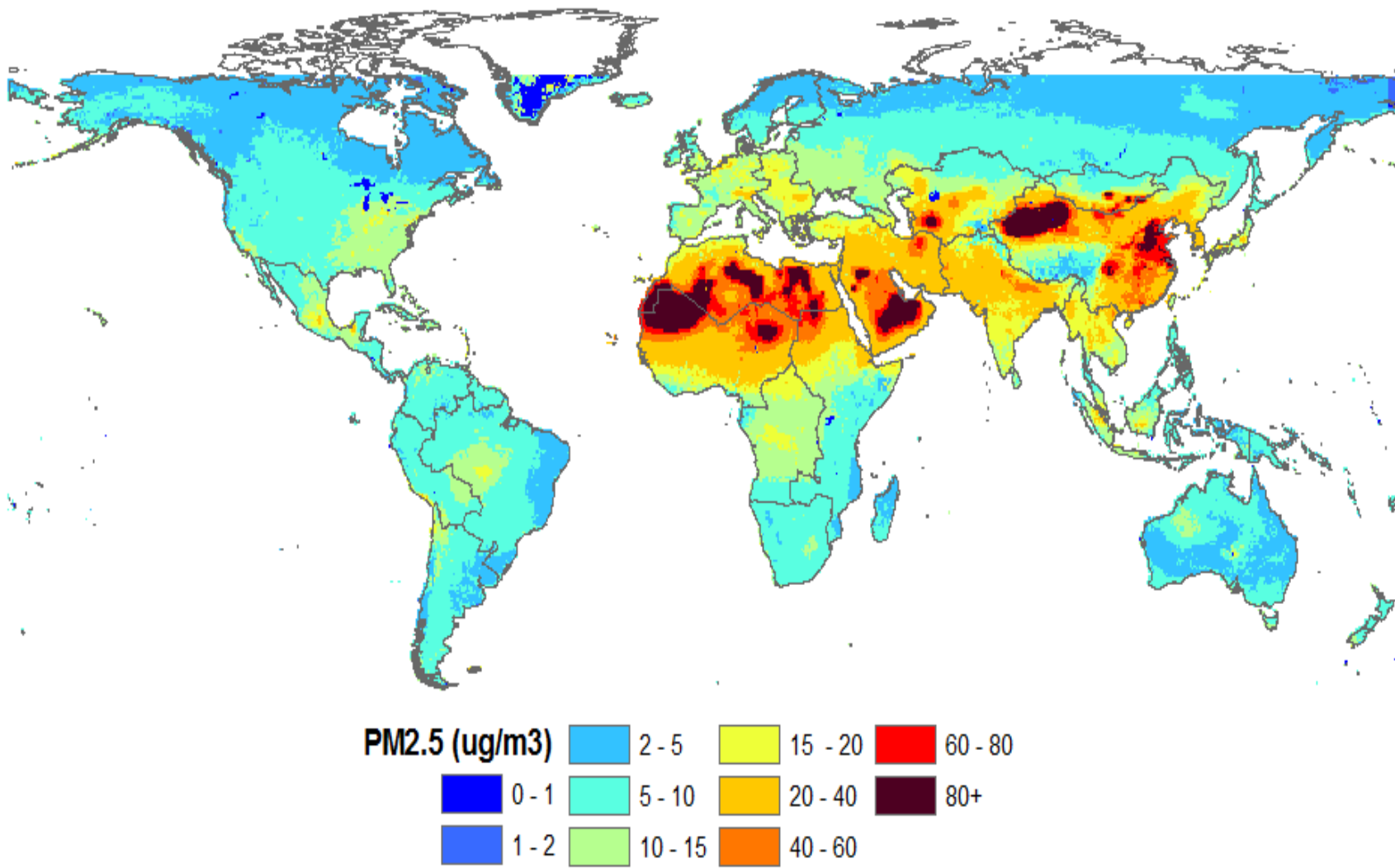


NASA INTEX_B Database

Percent PM_{2.5} emissions from households

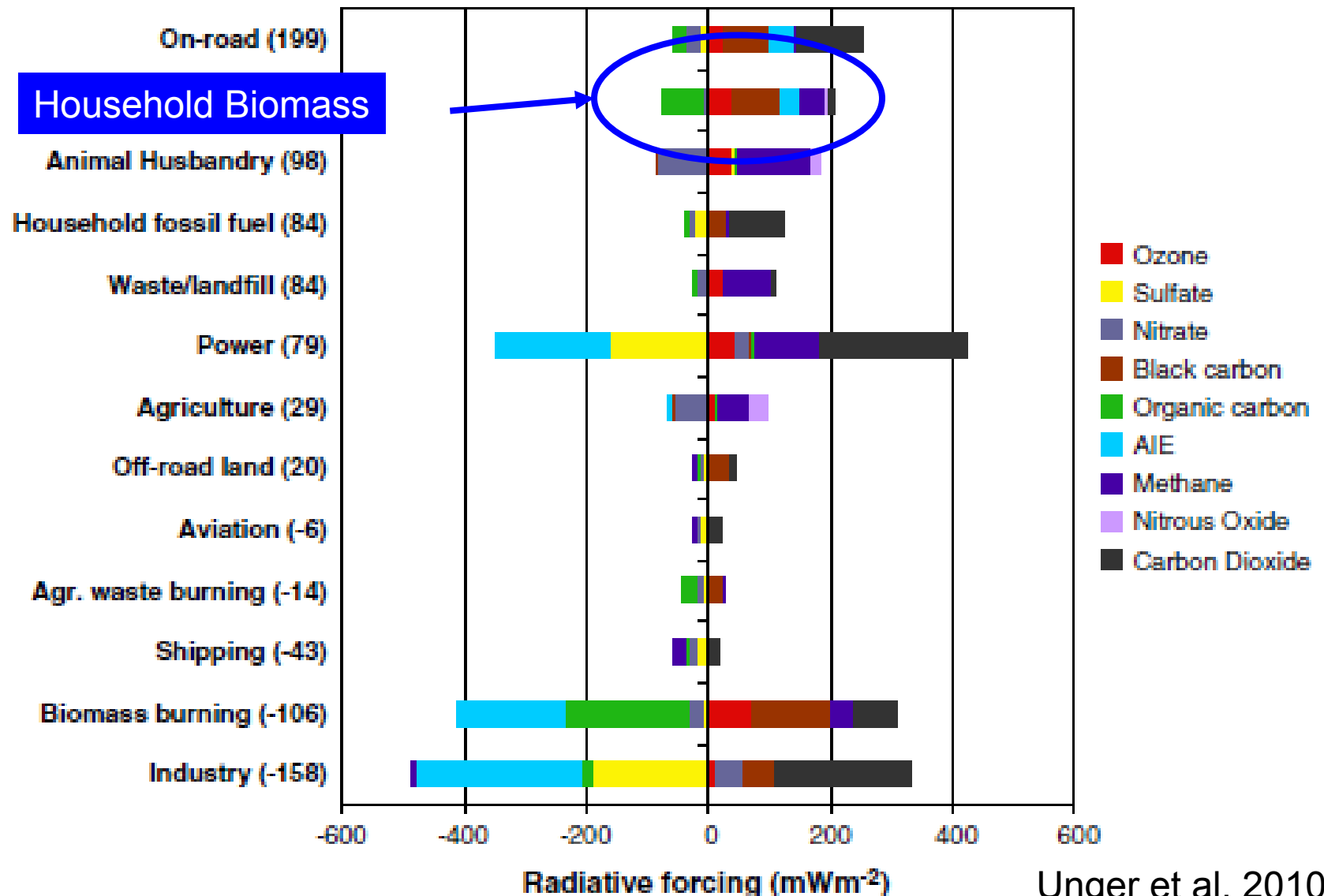


Mean PM_{2.5} in 2005



Brauer et al. EST 2011

Climate Warming in 2020 Under Present Trends

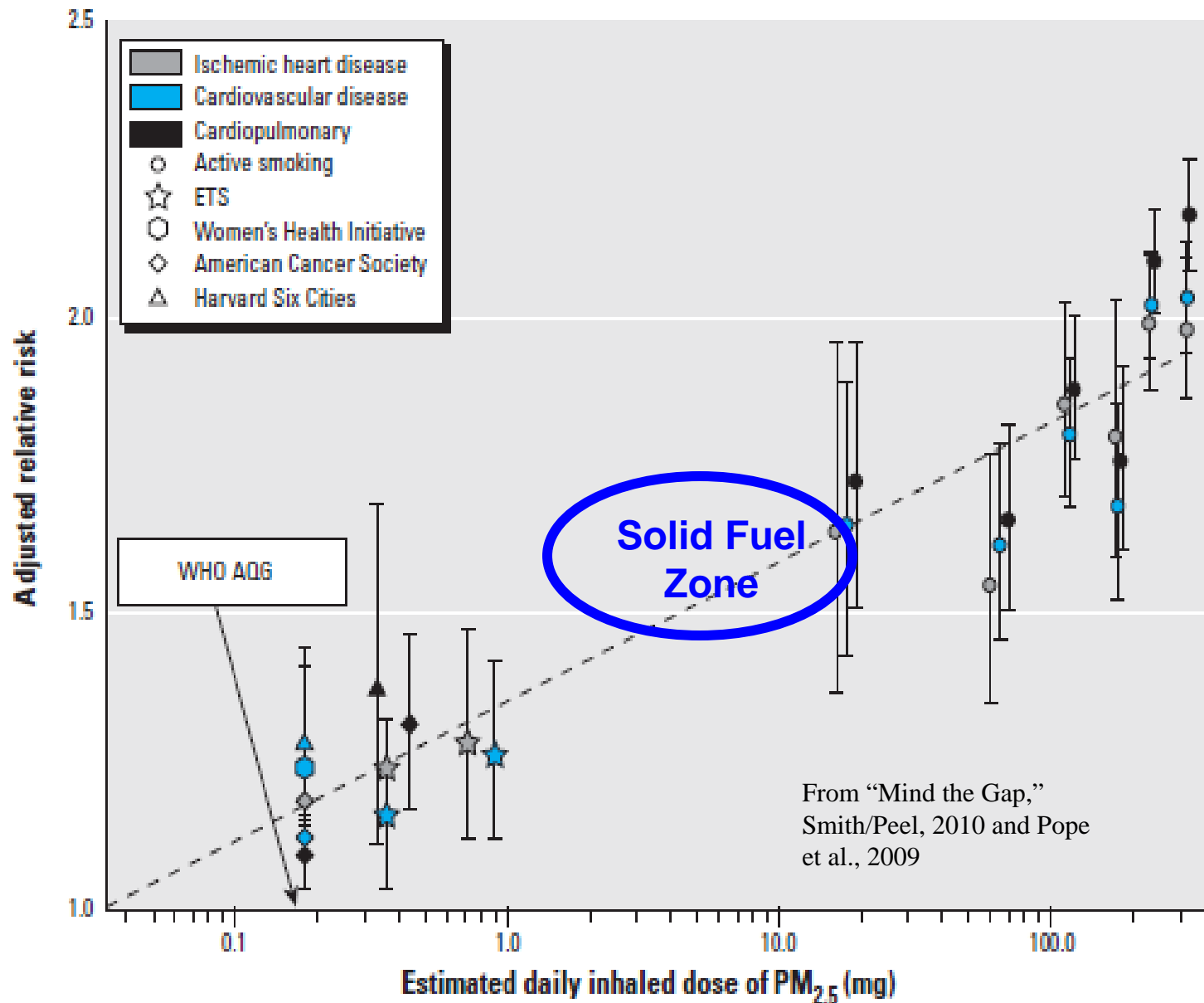


Unger et al. 2010

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,^{1,2} Kirk R. Smith,² Peter Stone,³ Anaité Díaz,⁴ Byron Arana,⁴ and Joel Schwartz¹

¹Department of Environmental Health, Harvard School of Public Health, Boston, Massachusetts, USA; ²Environmental Sciences Division, University of California, Berkeley, California, USA; ³Brigham and Women's Hospital, Boston, Massachusetts, USA; ⁴Center 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 ≤ -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.

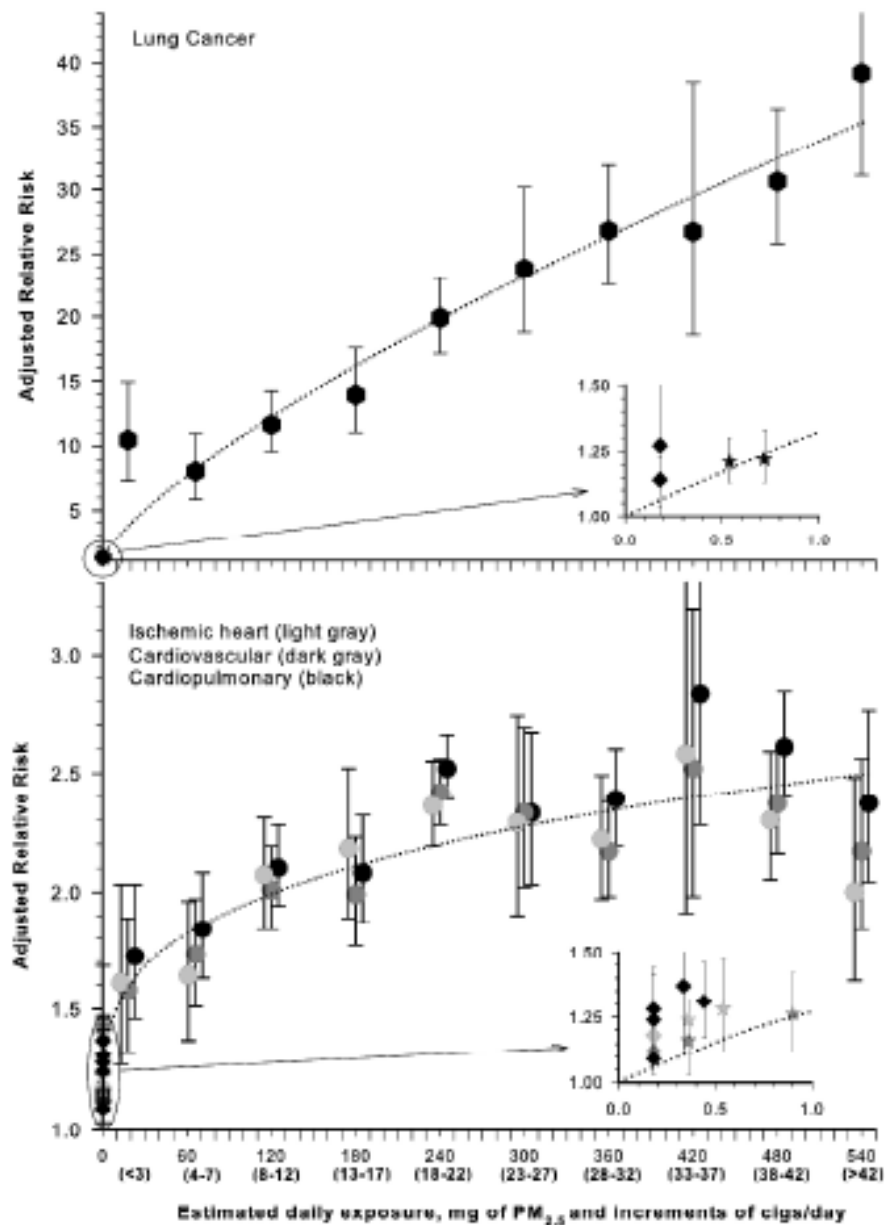
Comparison	Crude		Adjusted	
	OR (95% CI)	p-Value	OR (95% CI)	p-Value
Between-groups	0.34 (0.15, 0.81)	0.015	0.26 (0.08, 0.90) ^a	0.033
Before-and-after (only control group)	0.41 (0.24, 0.70)	0.001	0.28 (0.12, 0.63) ^b	0.002

^aAdjusted 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). ^bAdjusted 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^a 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 _{2.5} (mg) ^b
		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 ³ ambient PM _{2.5}	-----	-----	-----	1.31(1.17-1.46)	0.44
ACS-air pol. extend.	10 µg/m ³ ambient PM _{2.5}	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 ³ ambient PM _{2.5}	-----	-----	-----	1.37(1.11-1.68)	0.33
HSC-air pol. extend.	10 µg/m ³ ambient PM _{2.5}	1.21(0.92-1.69)	-----	1.28(1.13-1.44)	-----	0.18
WHI-air pol.	10 µg/m ³ ambient PM _{2.5}	-----	-----	1.24(1.09-1.41) ^c	-----	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) ^d	-----	-----	0.36
INTERHEART	Live with smoking spouse	-----	1.28(1.12-1.47) ^d	-----	-----	0.54

Pope et al.
Environmental Health
Perspectives
 2011, in press

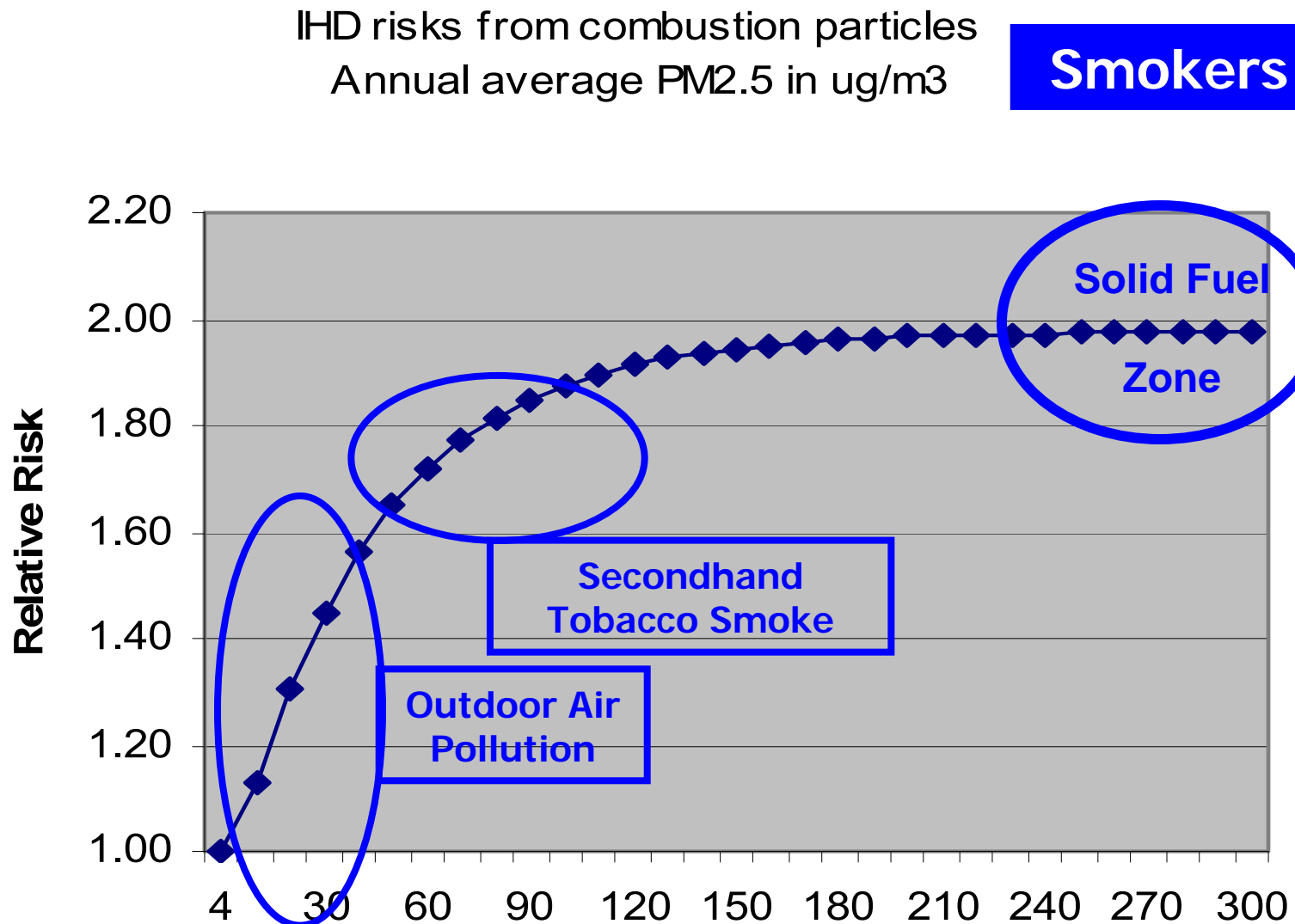


Lung
Cancer

Heart
Disease

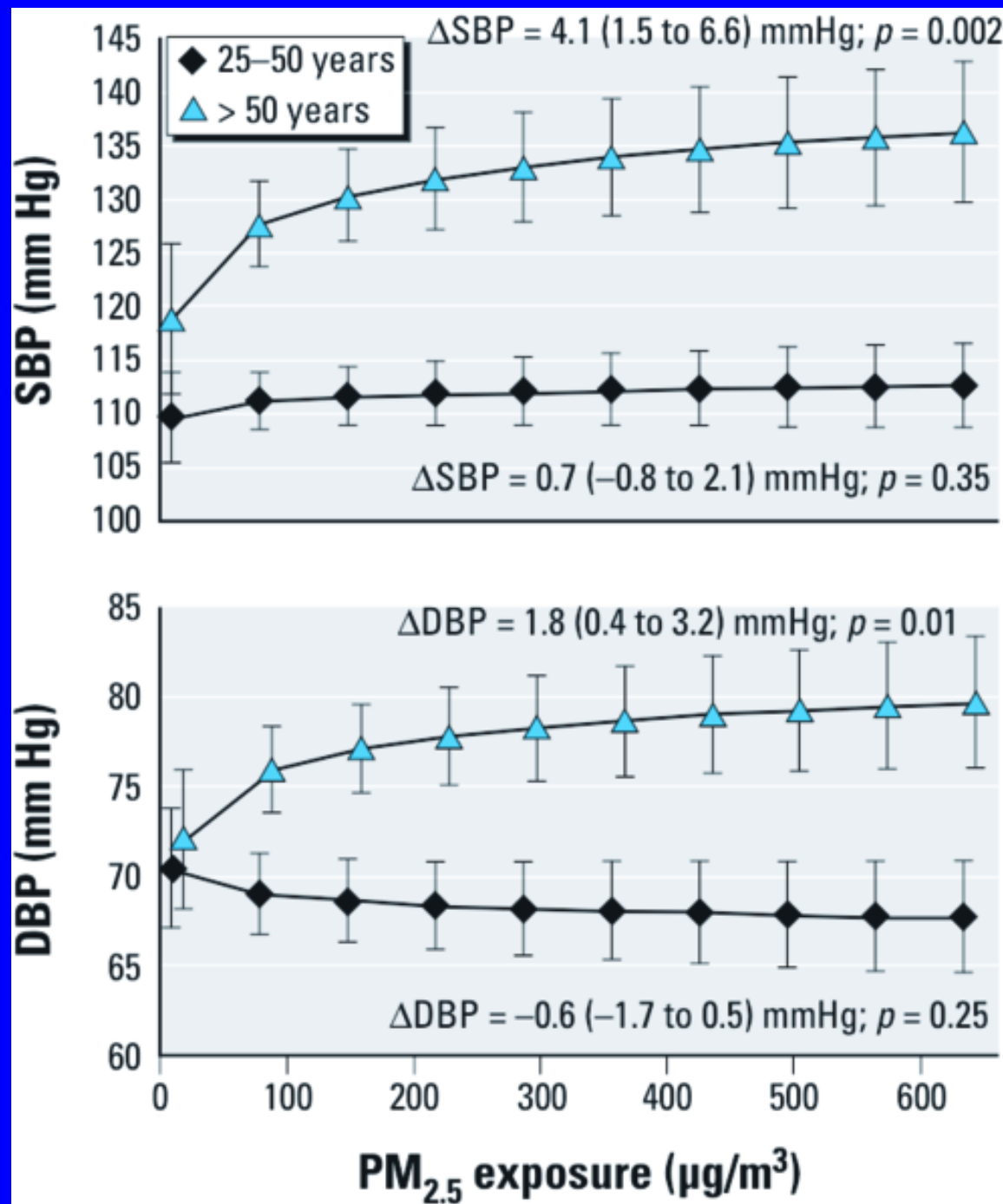
Pope et al.
Environmental
Health
Perspectives
2011, in press

Generalized Exposure-Response: Outdoor Air, SHS, and Smoking



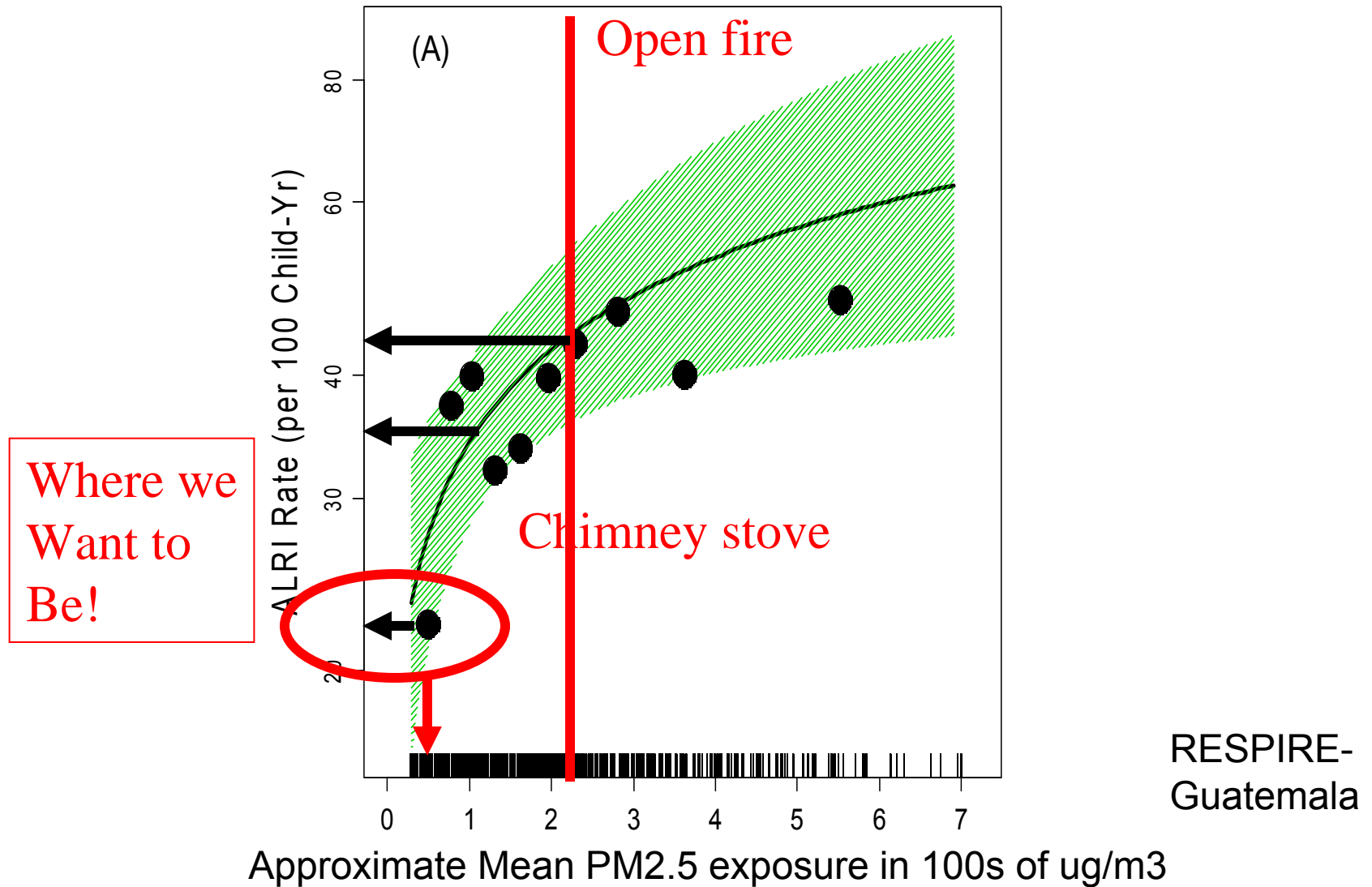
CRA,
2011

Household Air Pollution and Blood Pressure In Yunnan

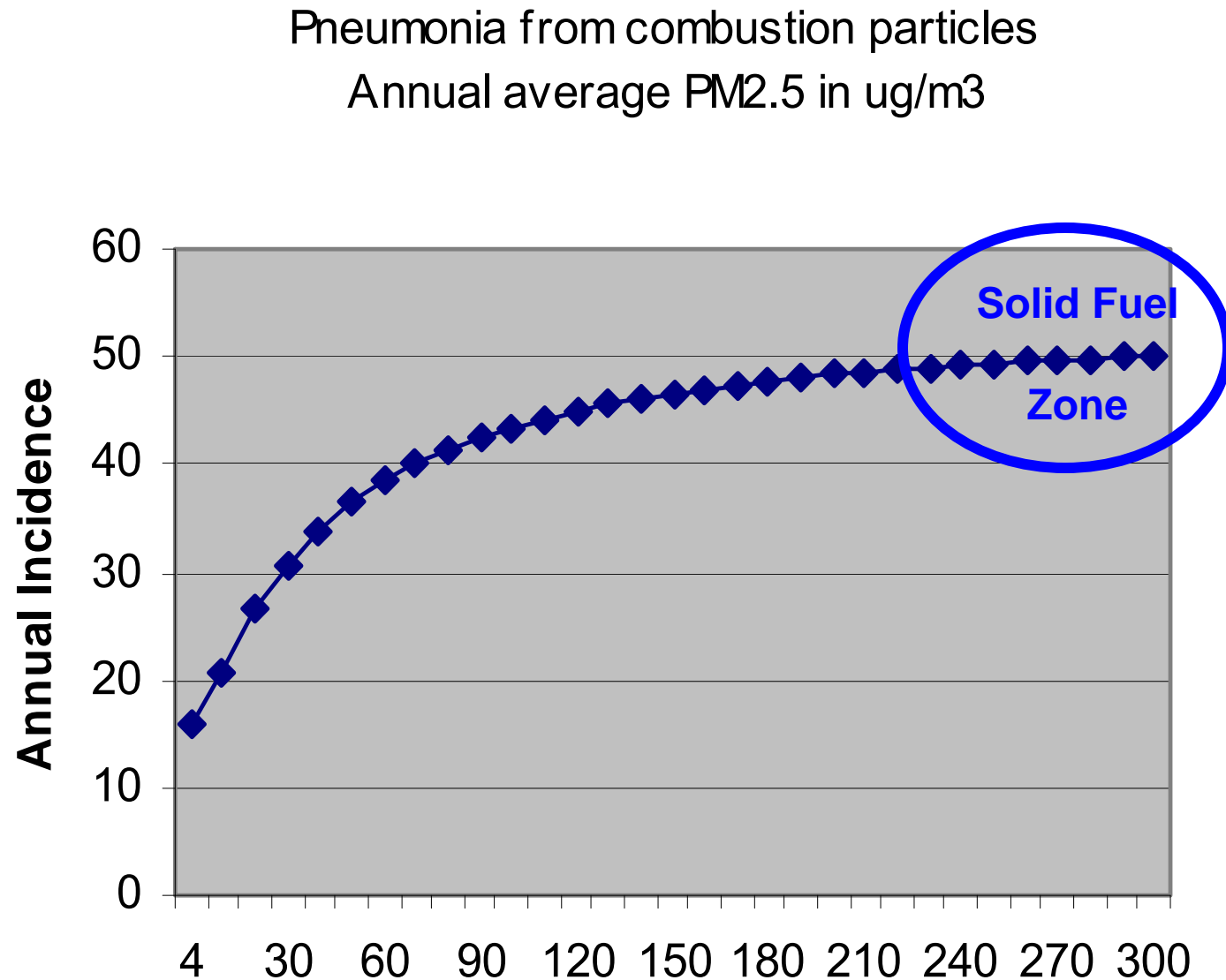


Baumgartner et al.
[Environmental Health
Perspectives](#) 2011, Oct

MD-diagnosed Acute Lower Respiratory Infection



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



Summary

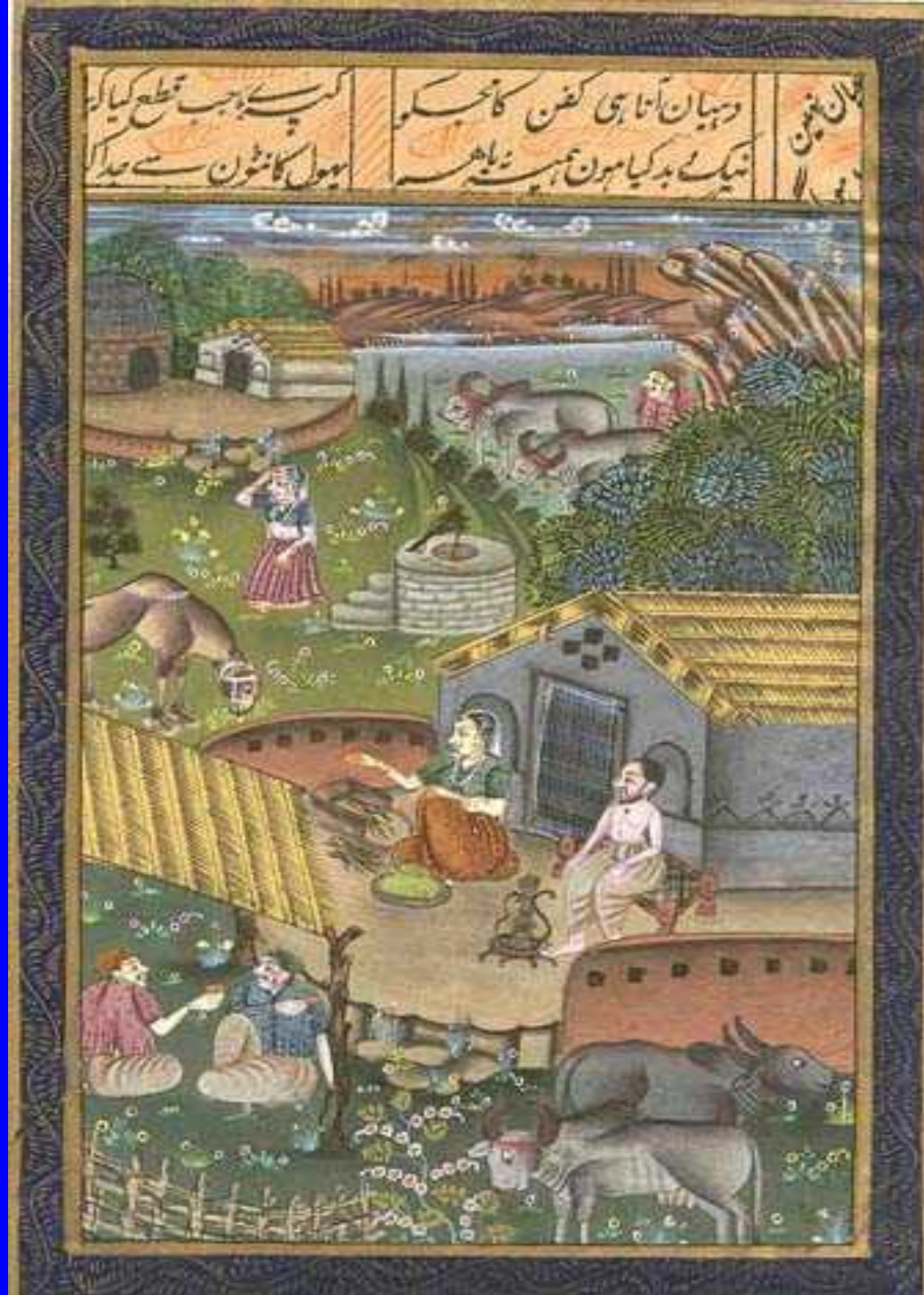
- Worst thing to do is stick burning stuff in your mouth – 5+ million premature deaths
- Next worse is burning in your house – 2 million deaths
- Next worse is having someone else nearby sticking in their mouth – 400k deaths
- Even bad to have on your planet – 2+ million deaths
- Chimneys do not help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

Wood

- “The fuel the heats you twice” - Thoreau
 - Once when you chop it
 - Once again when you burn it
- But actually through the smoke it heats you four times
 - Also the fever from the pneumonia
 - And the global warming it generates
- Get rid of incomplete combustion, however, and you eliminate the second two

Many thanks

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



The David Bates Memorial Lecture

- **David Bates**, UBC, “*Ozone, 42 Years Later*” (2006)
- **David Wegman**, UMASS-Lowell, “*Aging and Globalization from an OH Perspective*” (2007)
- **Moir Chan-Yeung**, UBC/University of Hong Kong, “*Western red cedar asthma*” (2008)
- **Trevor Ogden**, Editor in Chief, Annals of Occupational Hygiene “*Strategy for compliance testing with exposure limits*”(2009)
- **Marc Schenker**, UC-Davis “*Respiratory disease in agriculture workers*” (2010)
- **C Arden Pope III**, BYU “Exploring the Human Health Effects of Air Pollution: Was David Bates on the Right Path?” (2011)