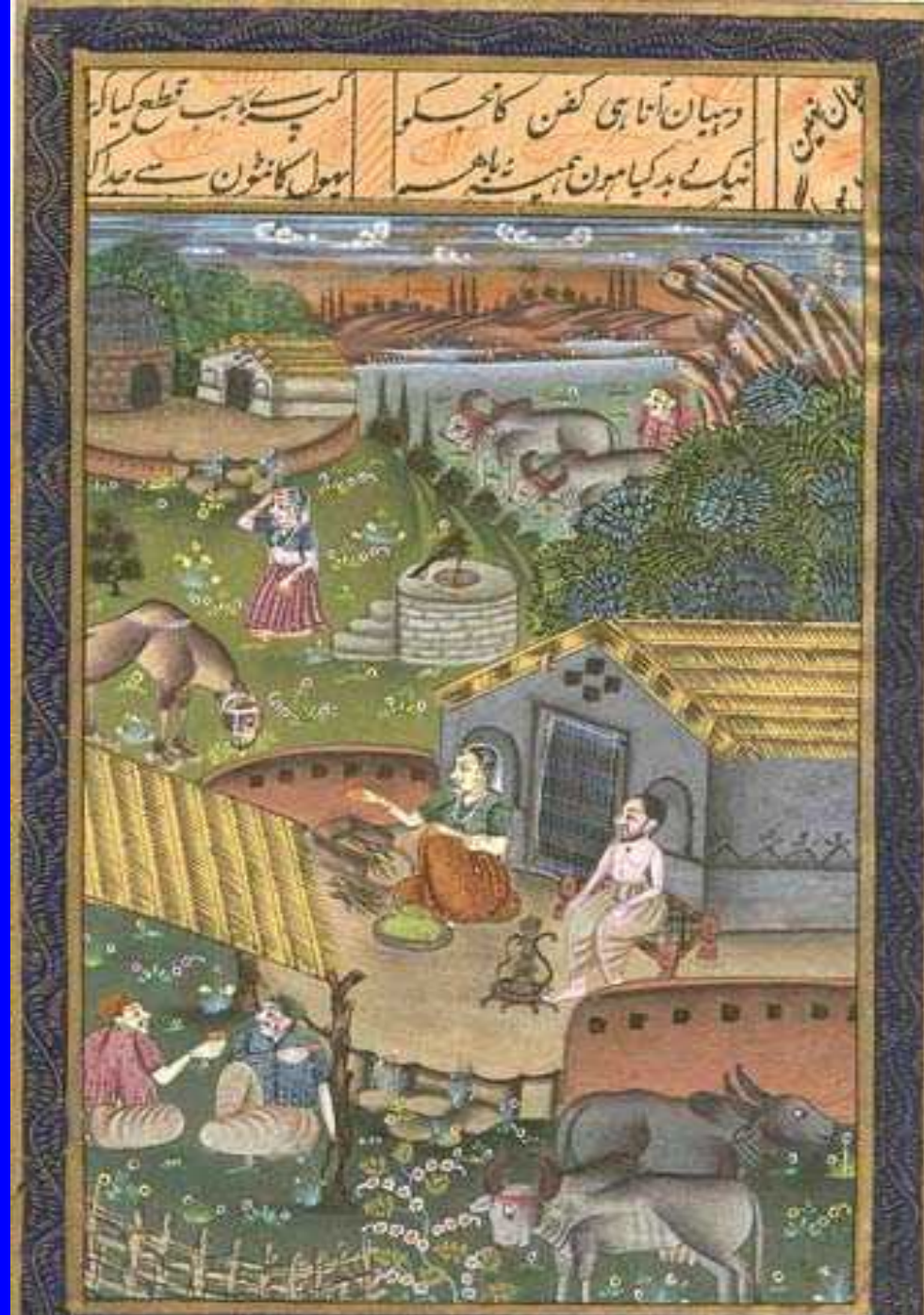


Household Air Pollution

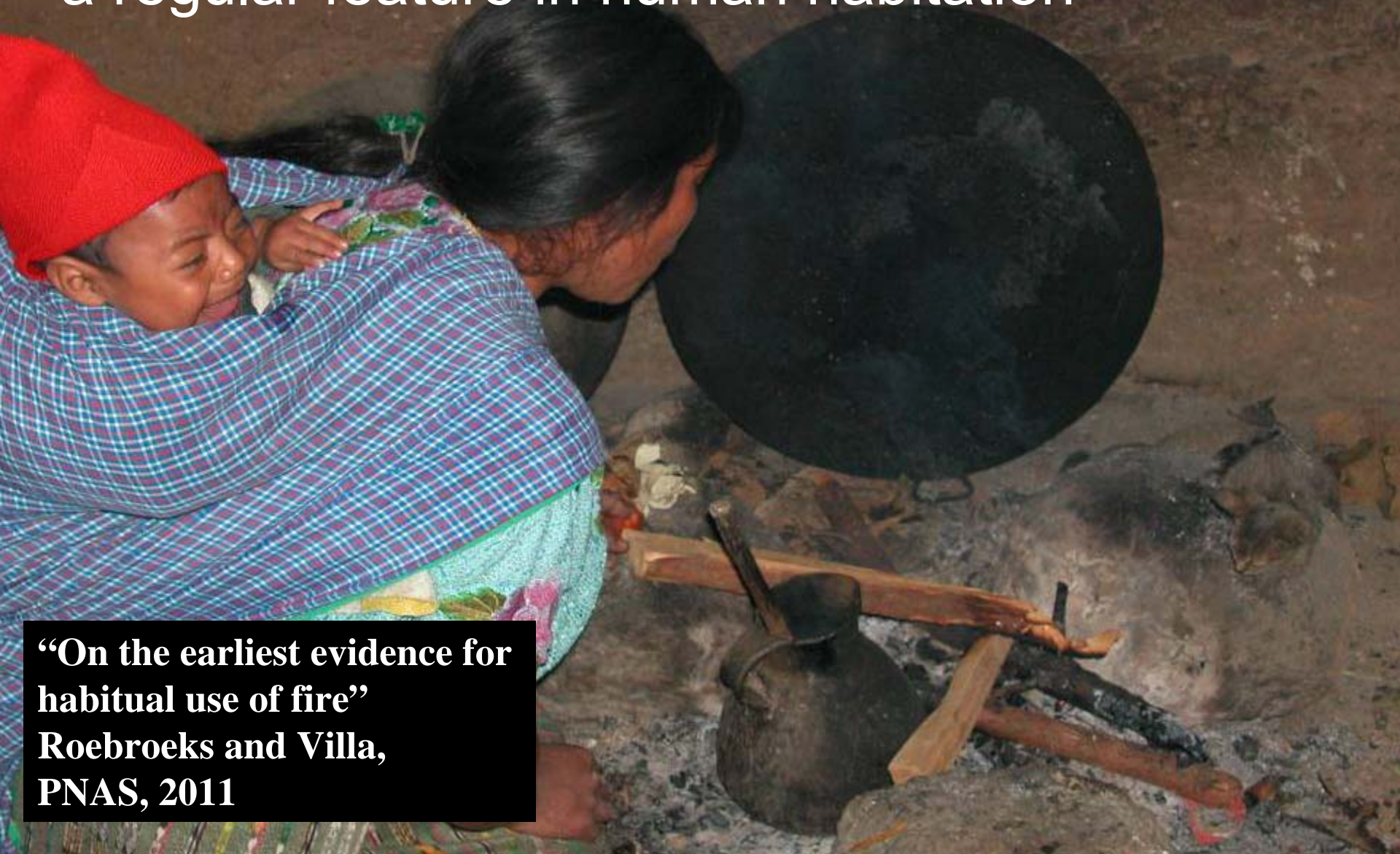
New Evidence of Health Impacts from Guatemala and Elsewhere

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

August 2, 2011
Centro de Estudios en Salud
Universidad del Valle



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

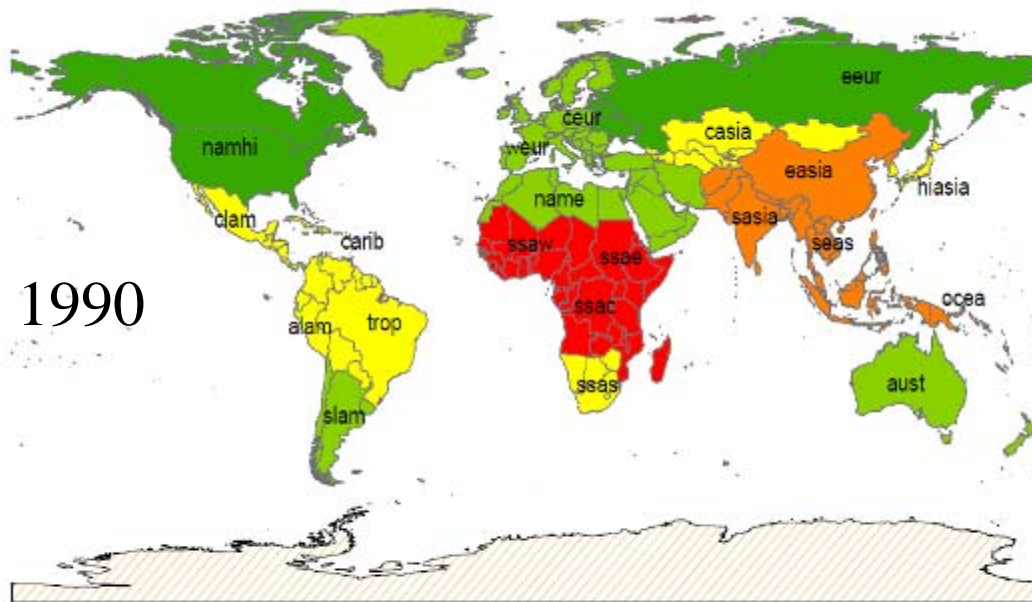
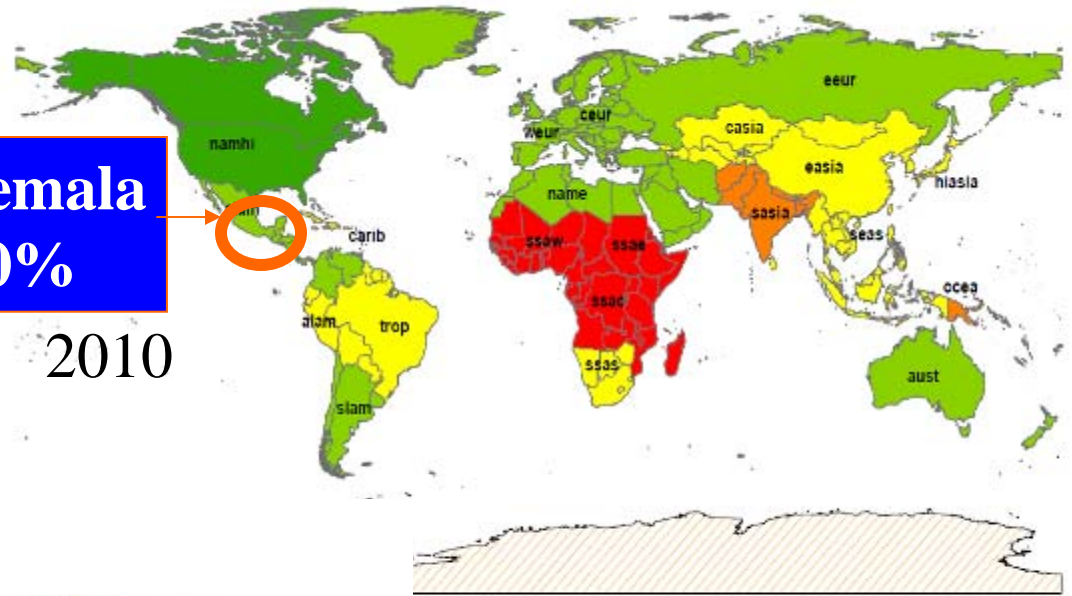


**“On the earliest evidence for
habitual use of fire”
Roebroeks and Villa,
PNAS, 2011**

Households
using
biomass
or coal to
cook

Guatemala
~50%

2010

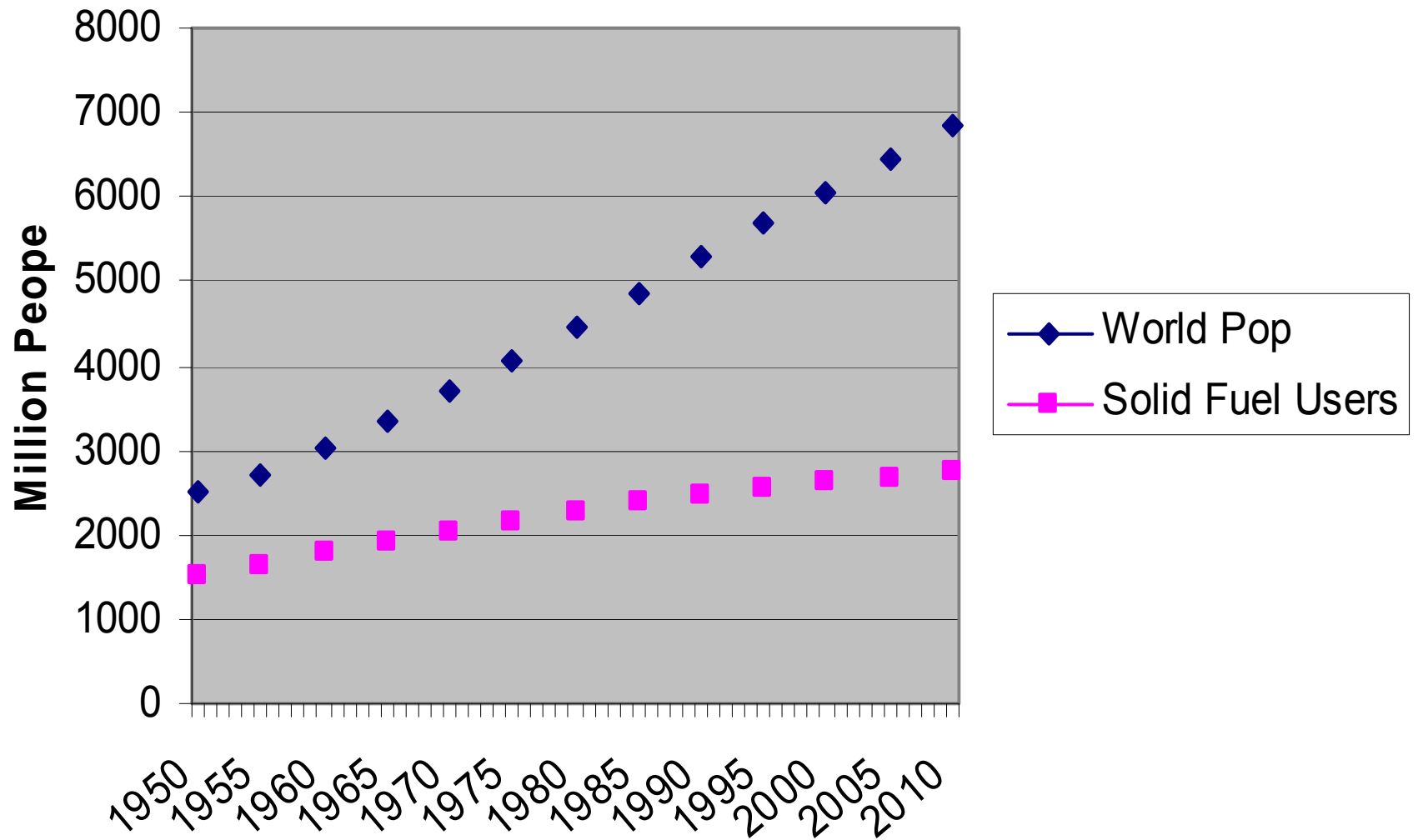


% of HH Exposed to HAP



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

World Population Using Solid Fuels



Biomass Cooking in History

- Today, ~40% use solid fuels, about 2.7 billion people
- Although the percentage is dropping, the absolute number is still rising.
- Indeed, there are more people using solid fuels today for cooking than the total world population in 1950
- Or any year previously

**A problem that has lasted
one-third of a million years
and is showing no sign of
quickly going away by itself.**

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)?

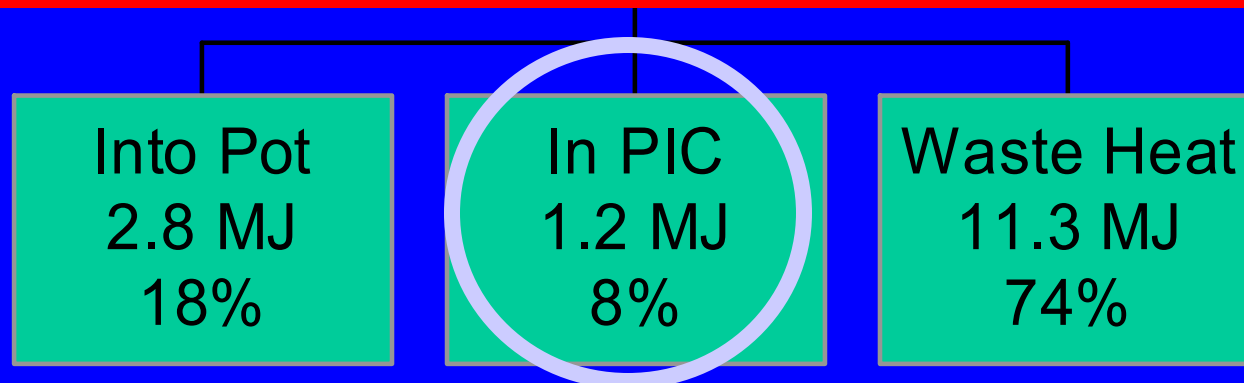


Reason: the combustion efficiency is far less than 100%

Energy flows in a well-operating traditional wood-fire 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.

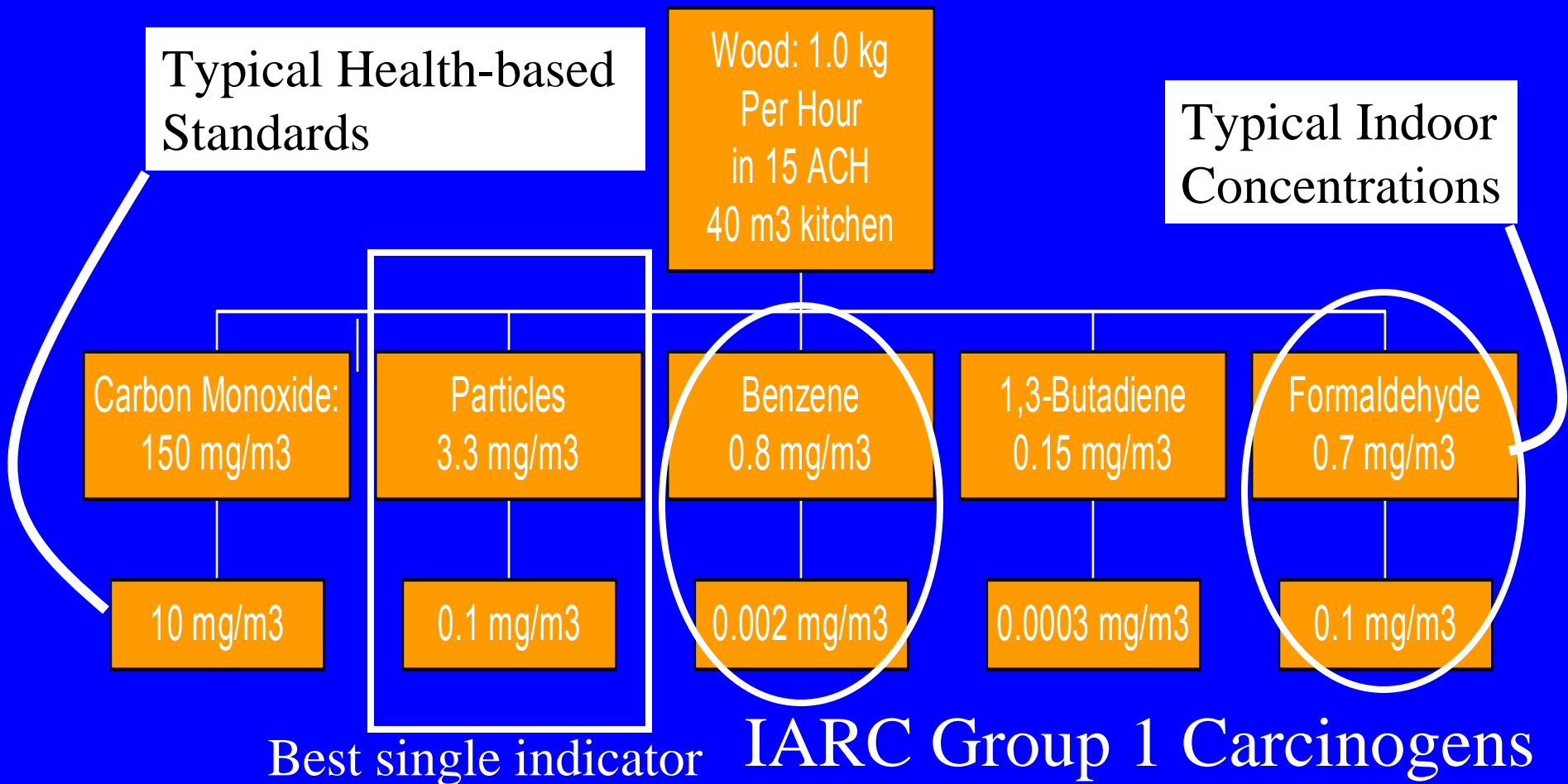
Source:
Smith,
et al.,
2000

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

- Small particles, CO, 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: Naehrer et al,
J Inhal Tox, 2007

Health-Damaging Air Pollutants From Typical Woodfired Cookstove

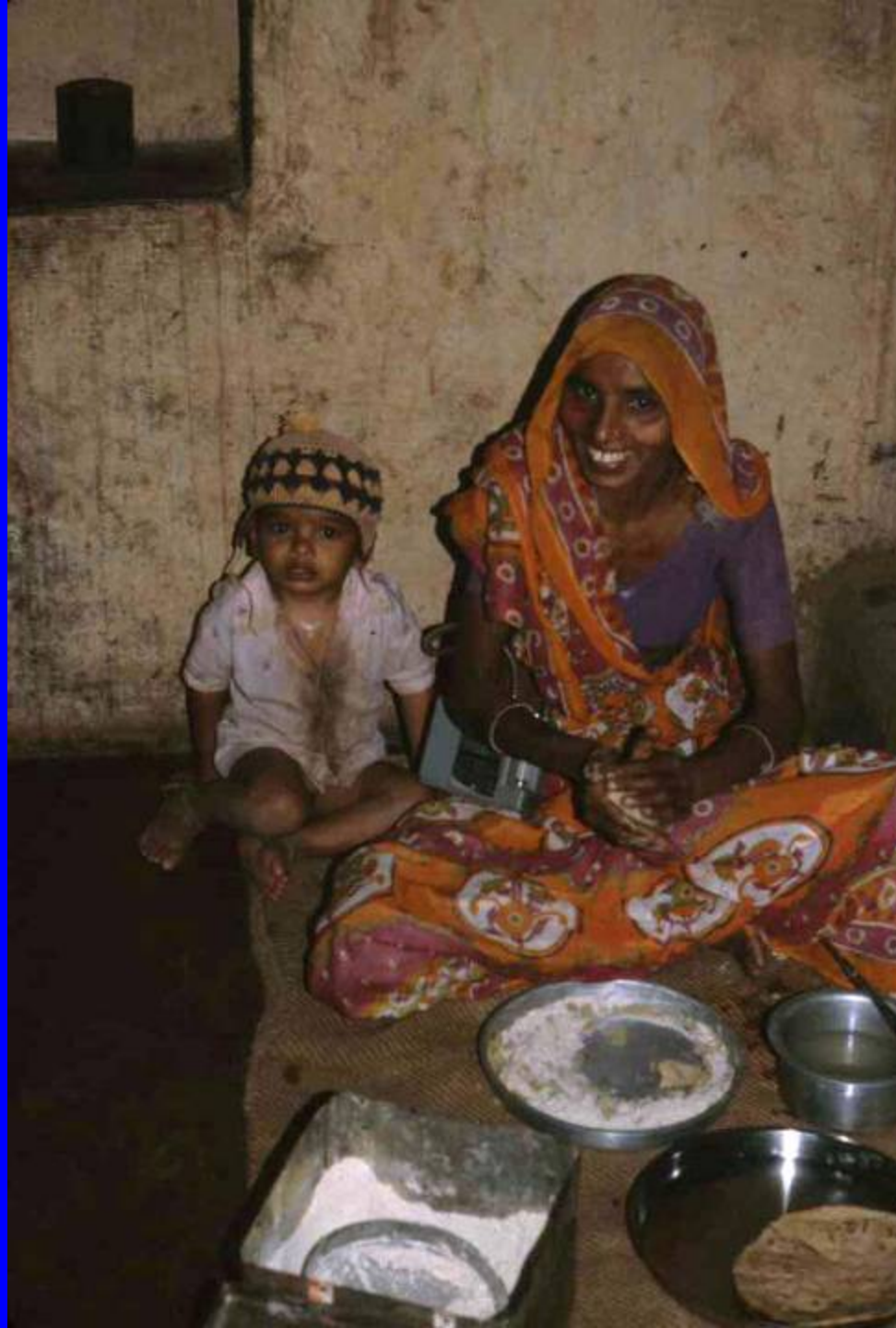


First person in human history to have her exposure measured doing the oldest task in human history

How much exposure?

Kheda District,
Gujarat, 1981





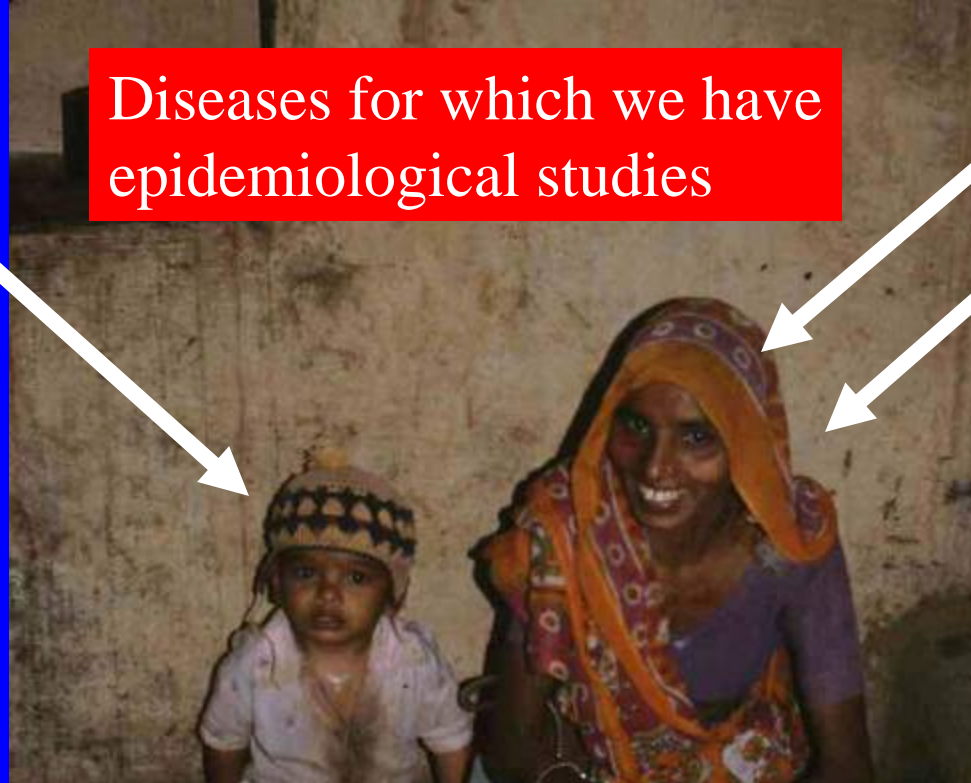
How much
Ill-health?

ALRI/
Pneumonia

Diseases for which we have
epidemiological studies

COPD

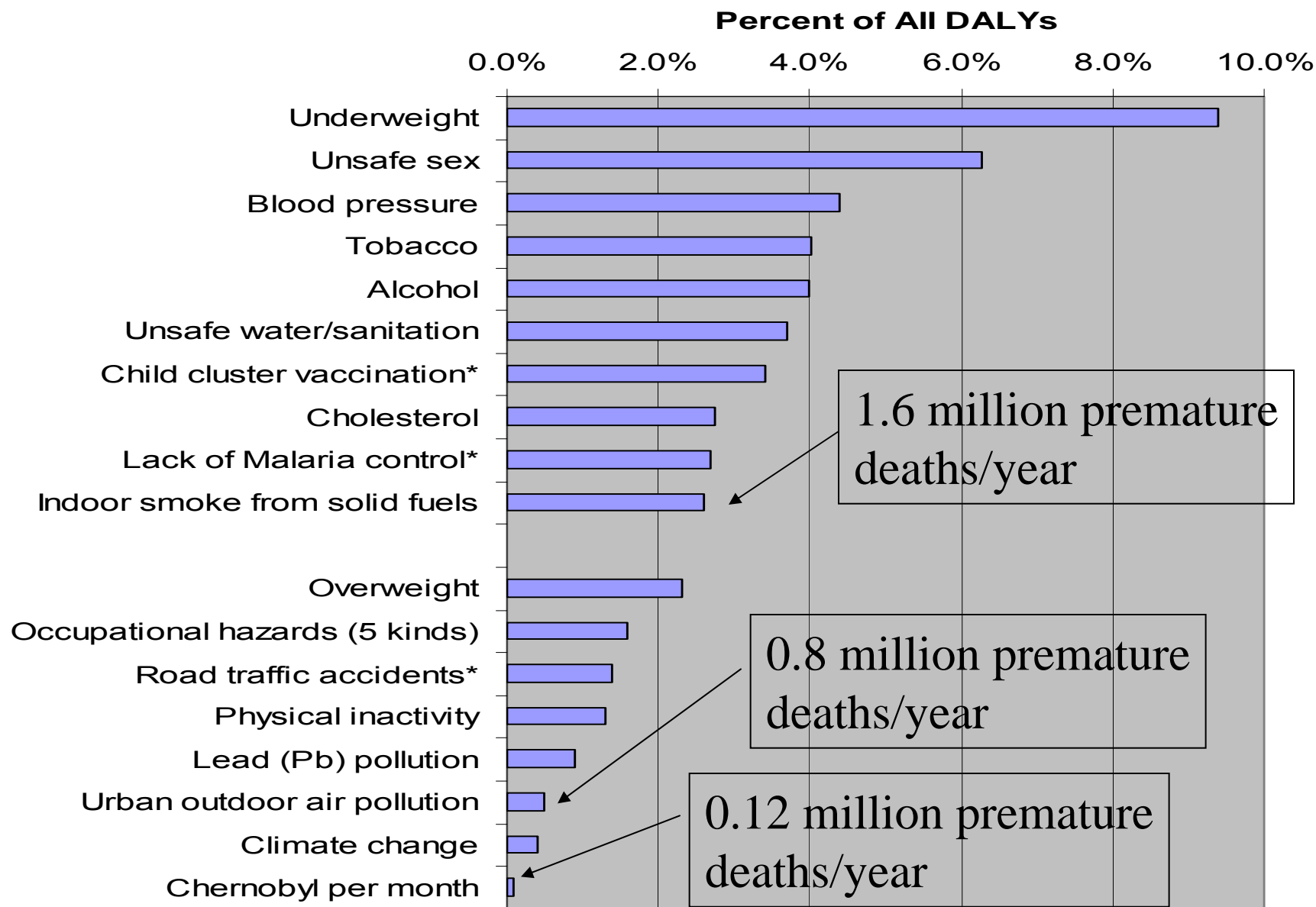
Lung cancer
(coal)



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



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

ALRI/
Pneumonia

Low birth
weight

Stillbirth

Diseases for which we have
epidemiological studies - 2011

COPD

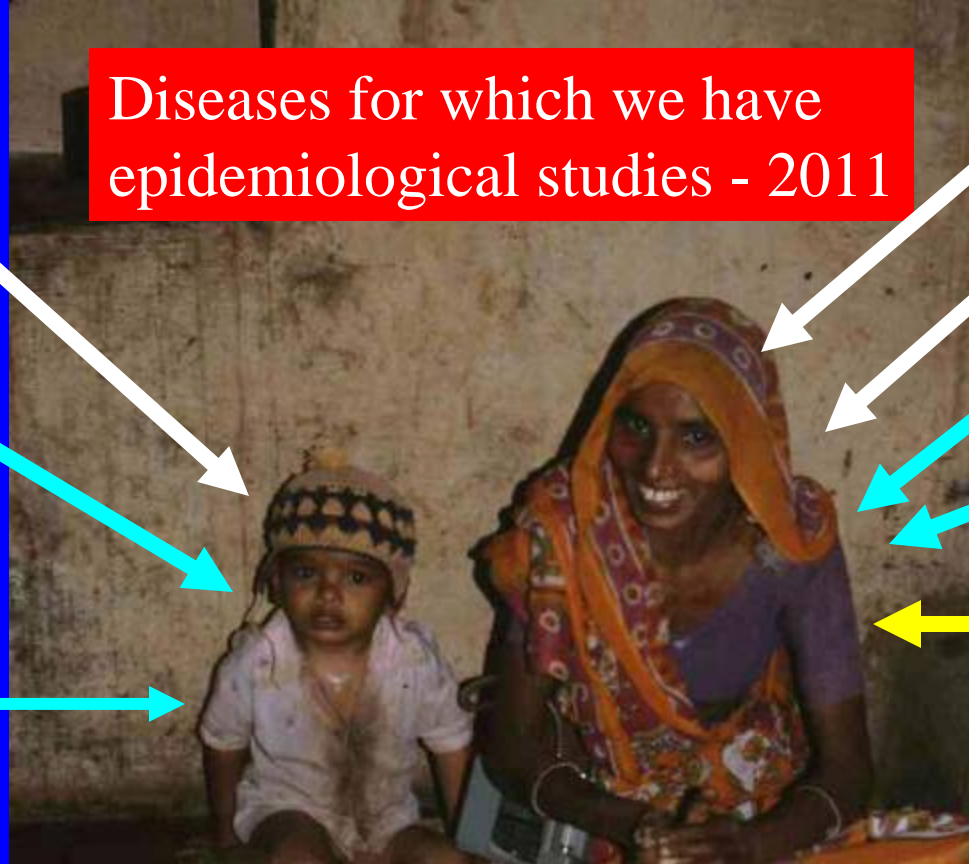
Lung cancer
(coal)

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

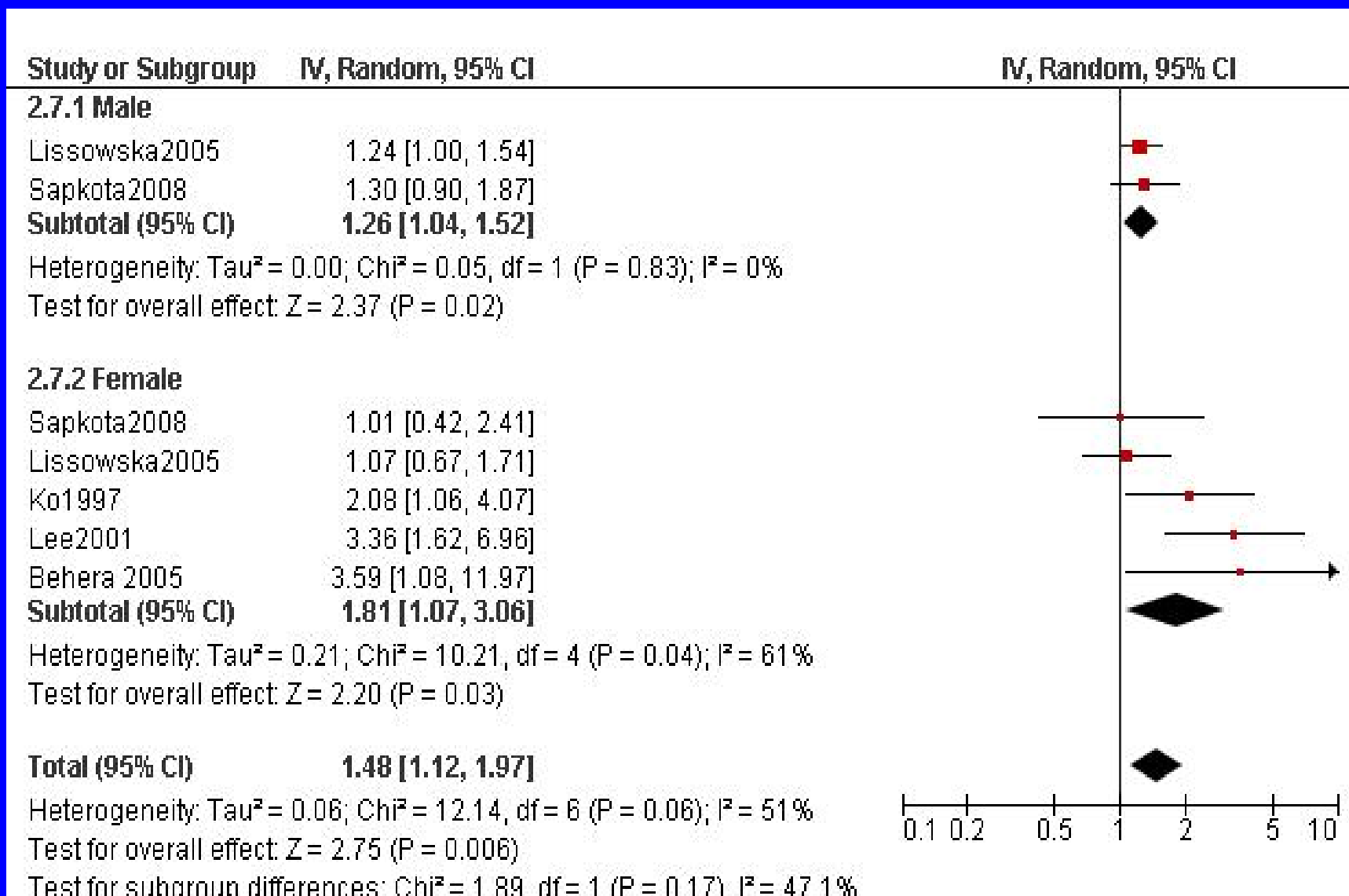
Asthma?

Burns and the health/safety
impacts of fuel gathering

Tuberculosis
ALRI

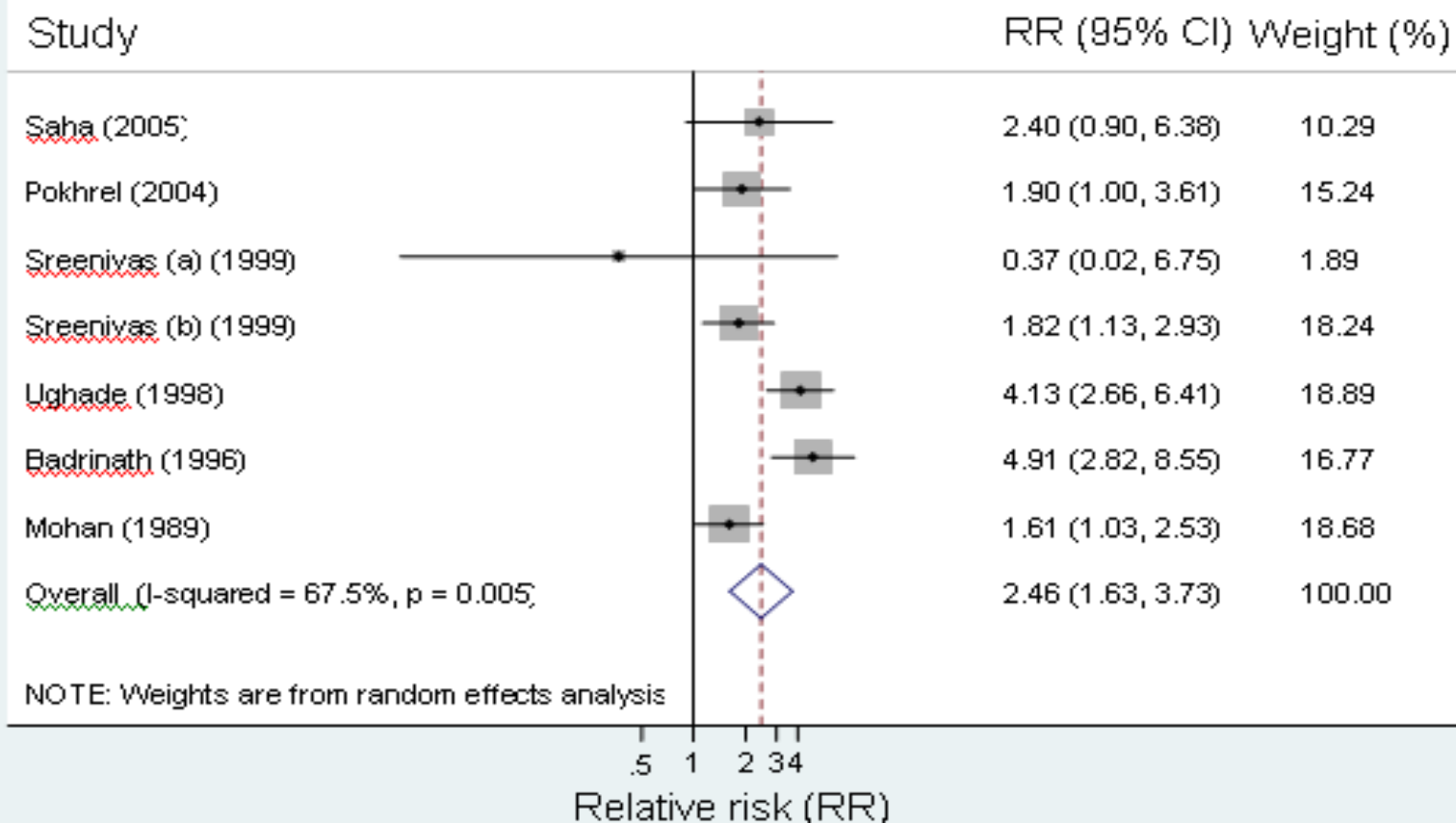
Other cancers
(cervical, NP,
upper airway)

Lung Cancer: Biomass vs. clean fuel



Cataracts and Biomass Cooking Smoke*

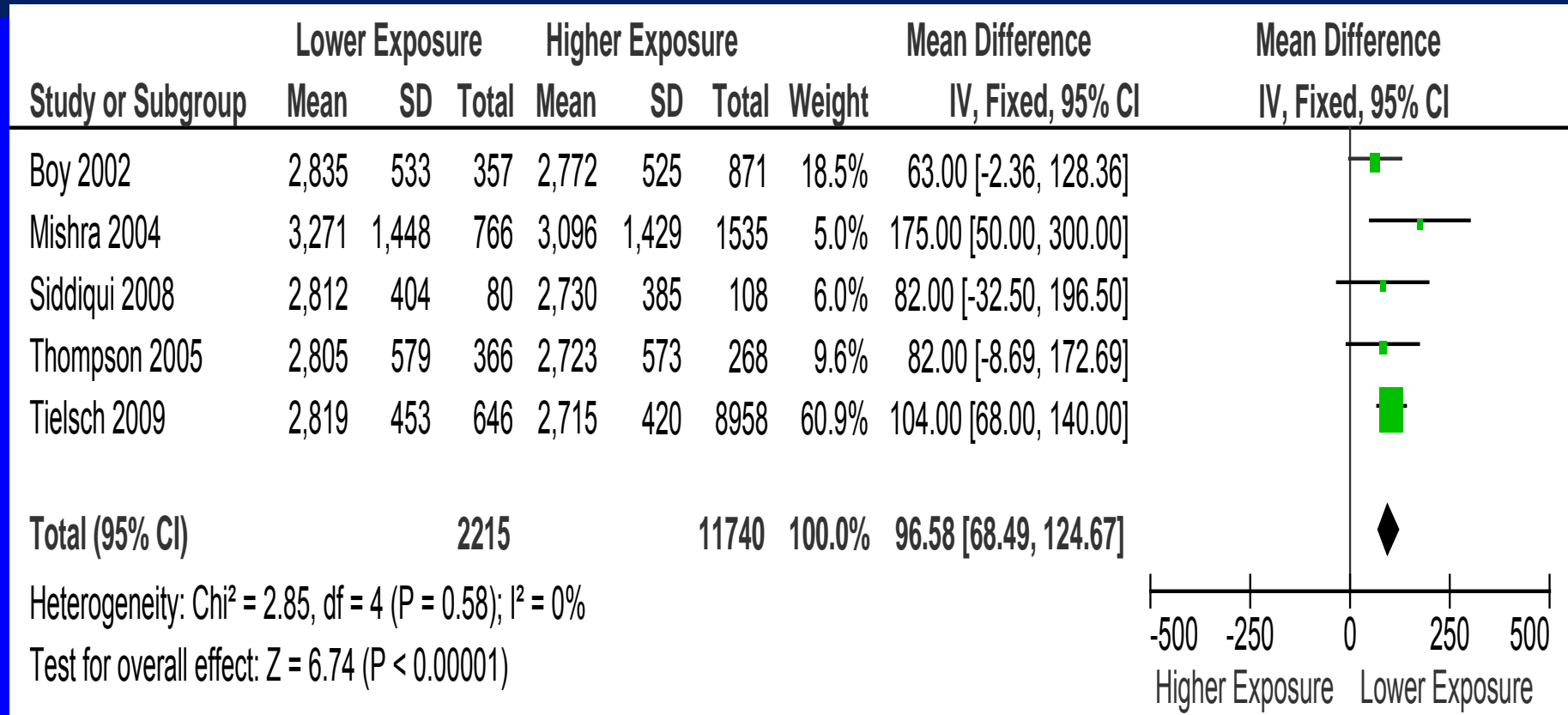
Active Smoking Adjusted- Random Effects Model



* Adjusted for UV

CRA Preliminary, Adair et al.

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



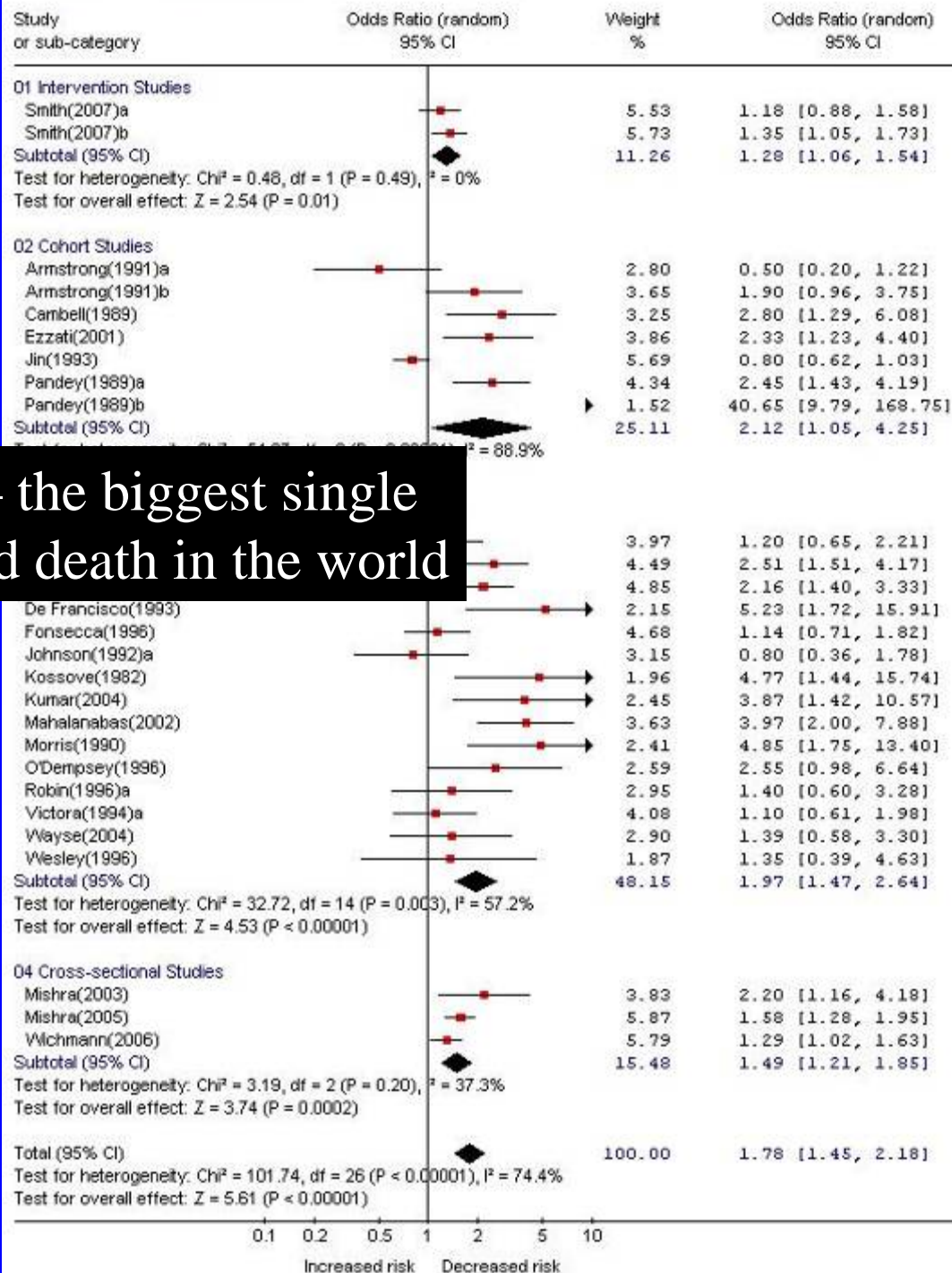
All estimates: +96.6g (68.5, 124.7)
Excluding self-reports +93.1g (64.6, 121.6)

Preliminary CRA Effect Estimates

Health Outcome	Sex	Age	Level of Outcome	Risk Estimate
ALRI	M & F	< 60 mo	la	1.78 (1.45 to 2.18)
ALRI: exposure/response	M&F	< 60 mo	lb	2.3 (95% CI ?)
COPD	F	>15 yr	la	2.7 (1.95 to 3.75)
COPD	M	>15 yo	la	1.9 (1.15 to 3.13)
Lung Cancer (coal)	F	> 15 yr	la	1.98 (1.16 to 3.36)
Lung Cancer (coal)	M	> 15 yr	la*	1.38
Cataract	F	> 30 yr	la	2.45 (1.61 to 3.73)
Cataract	M	> 30 yr	la	?
LBW (OR)	M & F	Perinatal	la	1.52 (1.25 to 1.80)
LBW (mean weight)	M & F	Perinatal	la	93.1g (64.6, 121.6)
Lung Cancer (biomass)	F	> 15 yr	la	1.81 (1.07 to 3.06)
Lung Cancer (biomass)	M	> 15 yr	la	1.26 (1.04 to 1.52)
CVD	F	> 30 yr	lb	1.3 to 1.4 (95% CI)
CVD	M	> 30 yr	lb*	1.16

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



Story of Two Conferences

- Air pollution conference
 - High exposures to large vulnerable population
 - No more health effects work needed
- International health conference
 - Still doubt about causality
 - Need to know exact benefit to be expected
- 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 (we hope)
- 25+ years from deciding to conduct RCT to results!

First Randomized Trial In Air Pollution History*



* In normal populations

RESPIRE – ALRI in Children under 18

Randomized Exposure Study of Pollution Indoors and Respiratory Effects



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



Plancha, a 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

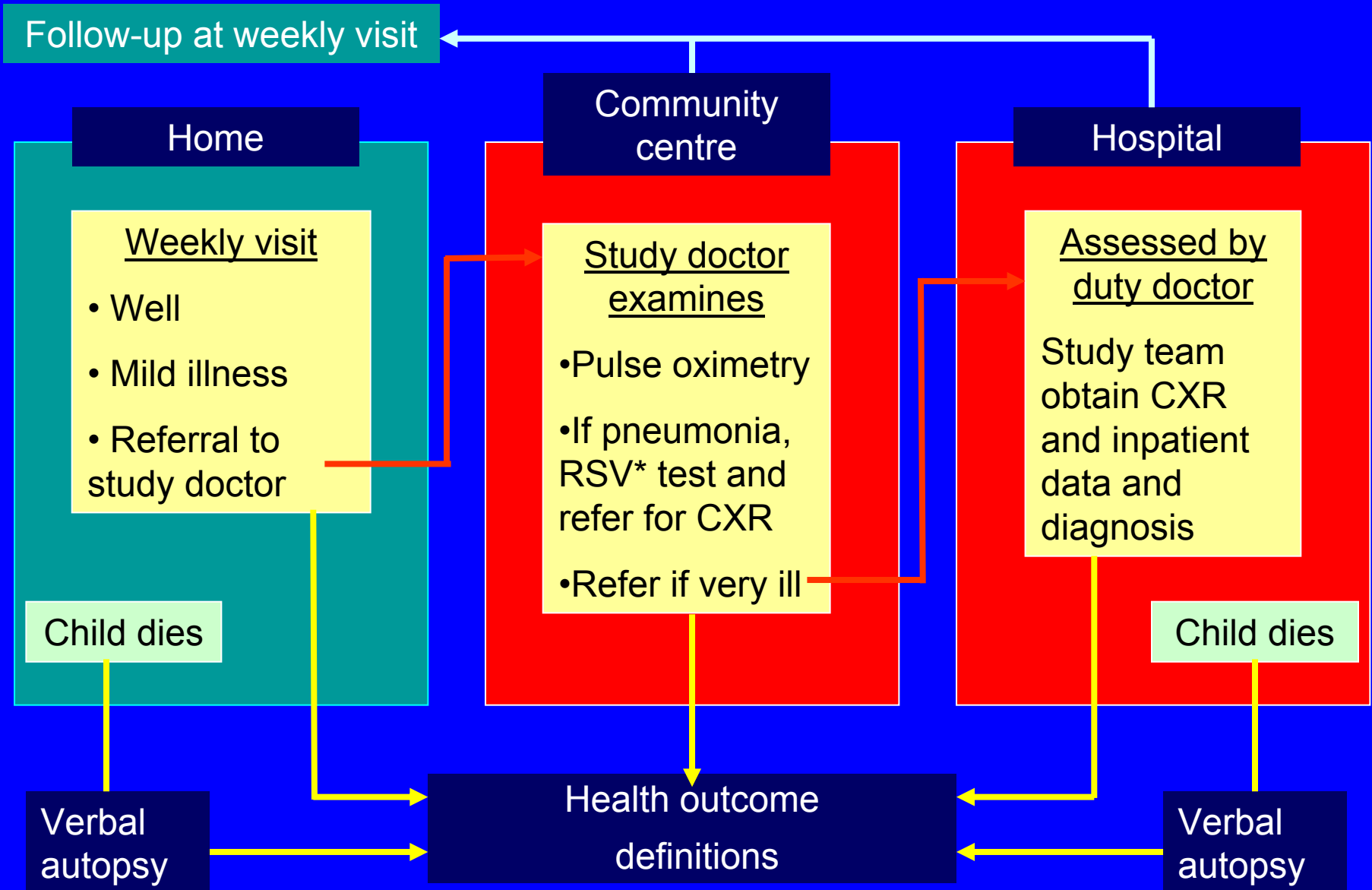
Years
1-3

Years
3-4

Randomisation: balance of groups at baseline

Variable	Control	Intervention
Socio-demographic factors		
Mother's Age (years)	27.0	26.4
Pregnant at recruitment (%)	48.3	51.3
Own home (%)	92.8	94.1
Migrates part of year (%)	17.7	17.1
House structure		
Separate enclosed cooking area (%)	76.2	74.3
Completely open eaves (%)	42.7	40.6
Walls – adobe (mud) (%)	88.7	90.7
Roof – metal (%)	77.4	74.3
Floor – earth (%)	92.5	88.8
Leaks in roof (water) (%)	24.5	33.3
Electricity (%)	70.8	69.3
Other sources of smoke		
Other fire near house (%)	14.6	14.4
Smoking (tobacco) indoors (%)	26.8	20.4
Use traditional sauna bath (%)	84.5	87.8
Geographic		
Mean altitude (metres)	2613	2601

Overview of child health outcomes assessment



* Respiratory syncytial virus

Overview of weekly visits

		Plancha	Control
Number of children		265	253
Weekly visits	Total possible in follow up period	16,446	15,664
	Completed	14,756	14,369
% of possible weekly visits completed		89.7%	91.7%*
Mean (SD, range) visits per child		55.7 (17.8; 1 to 80)	56.8 (17.3; 2 to 81)
Number (%) children - no missed visit		17 (6.4%)	19 (7.5%)
Withdrawals		19 (7.2%)	14 (5.5%)

* P < 0.001

RESPIRE Results

(Randomized Exposure Study of Pollution Indoors
and Respiratory Effects)

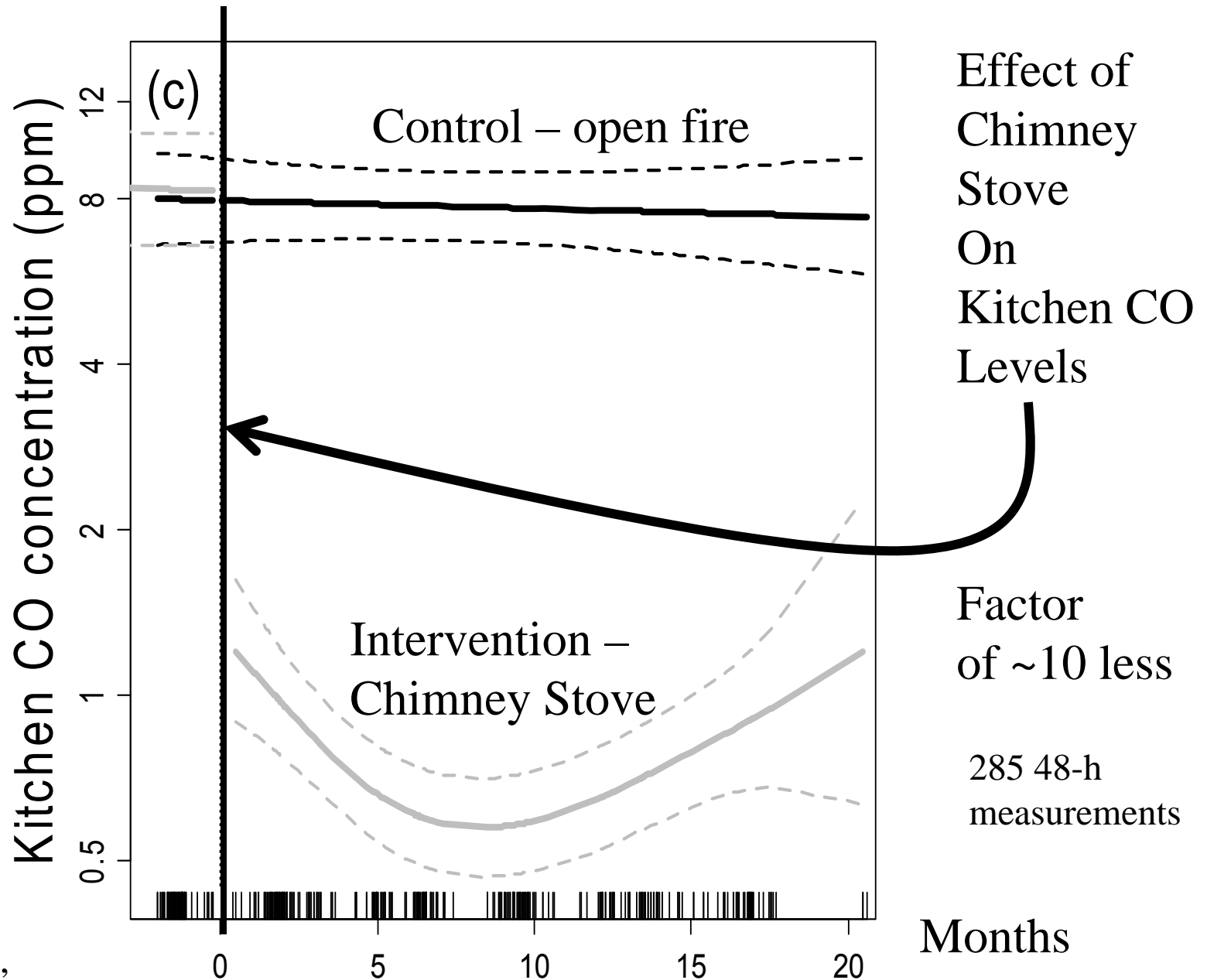
- Intention-to-Treat analysis of the RCT under journal embargo
- Will present preliminary results of the exposure-response analysis, which is most relevant to this audience



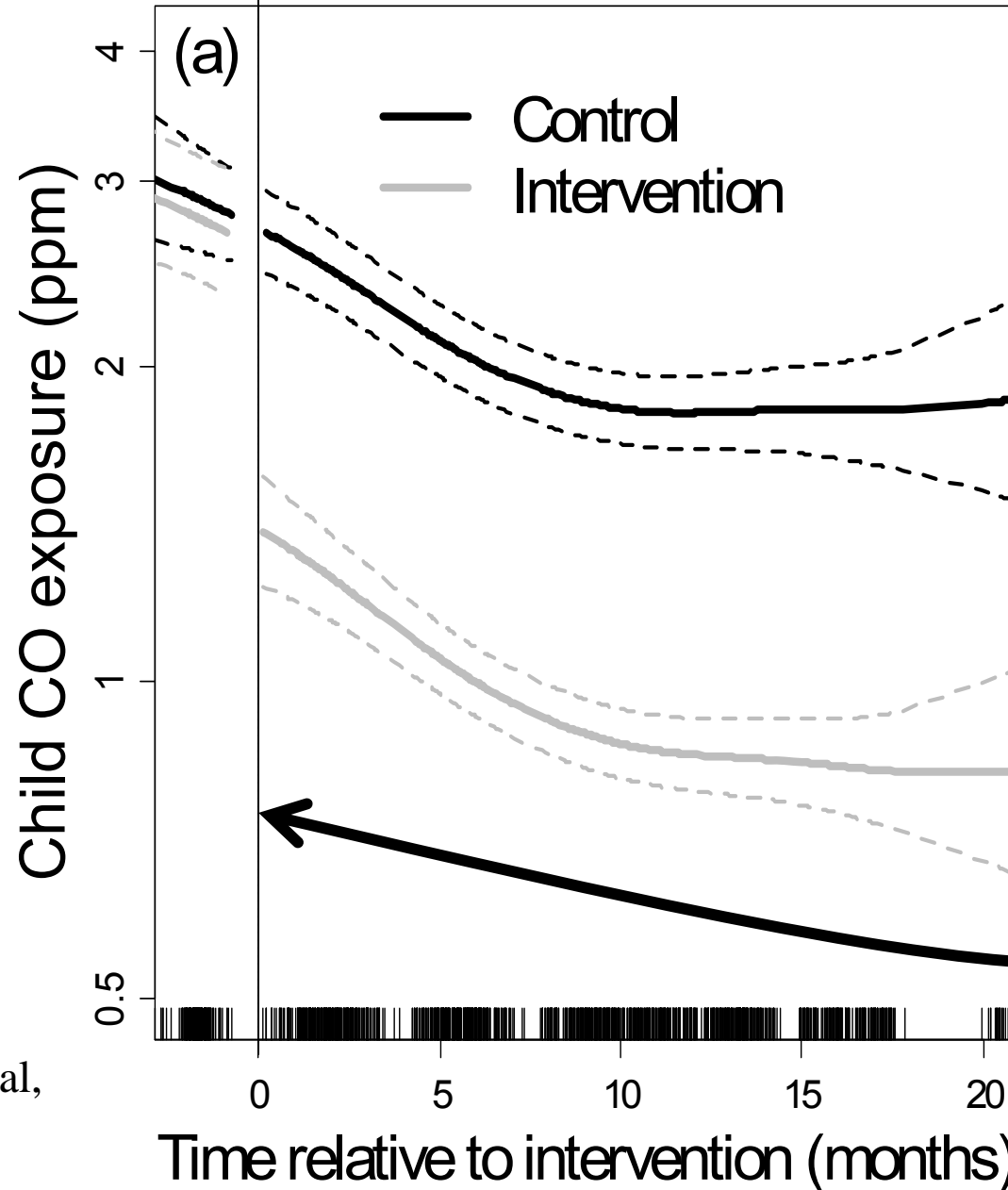
Tubito

Tubito

Guatemala RCT: Kitchen Concentrations



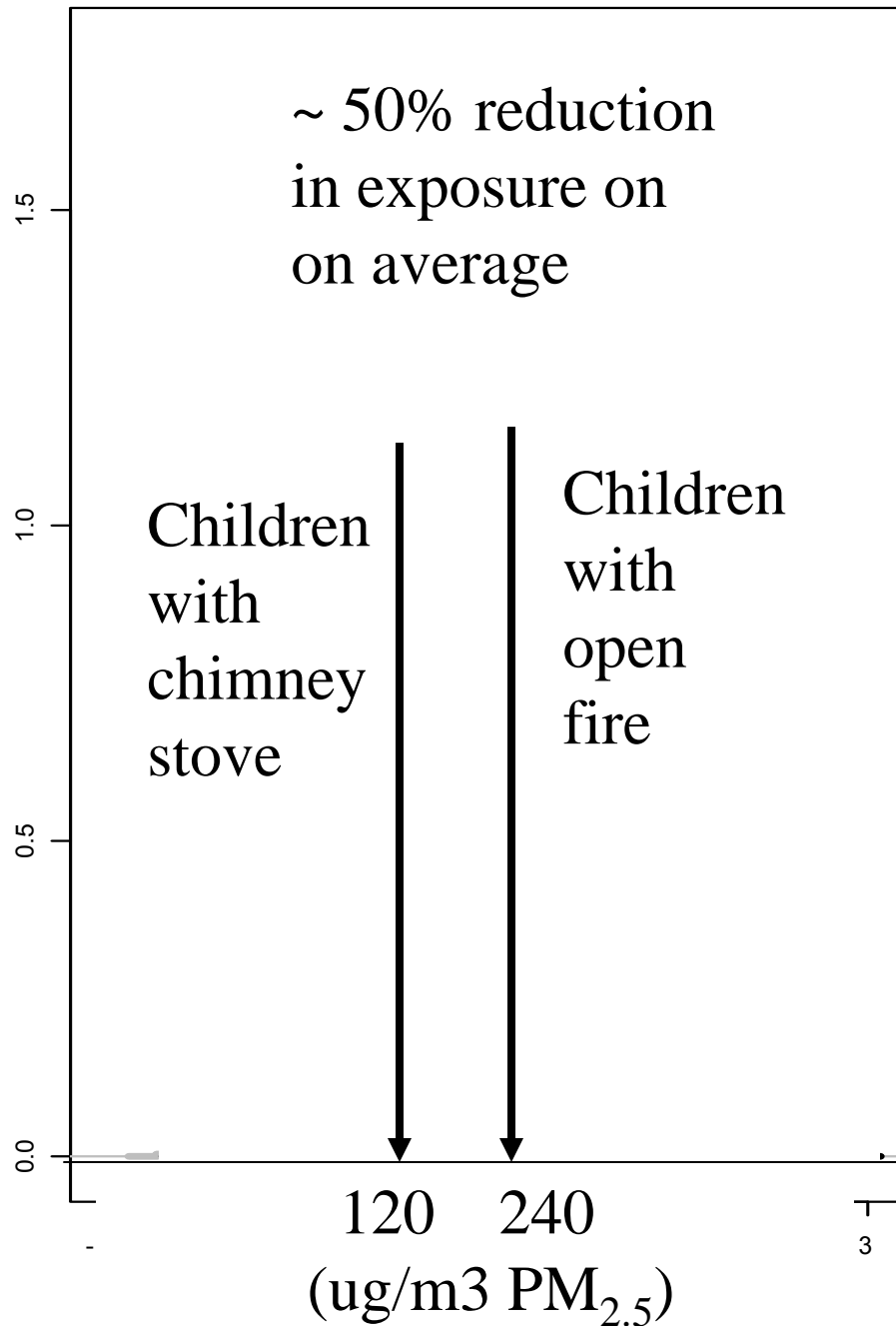
Infant Exposures



1888 48-h
measurements

Effect of
Chimney
Stove
On
Infant
Exposures
- 2x less

(b)



Chimney
stove did
not protect
all children

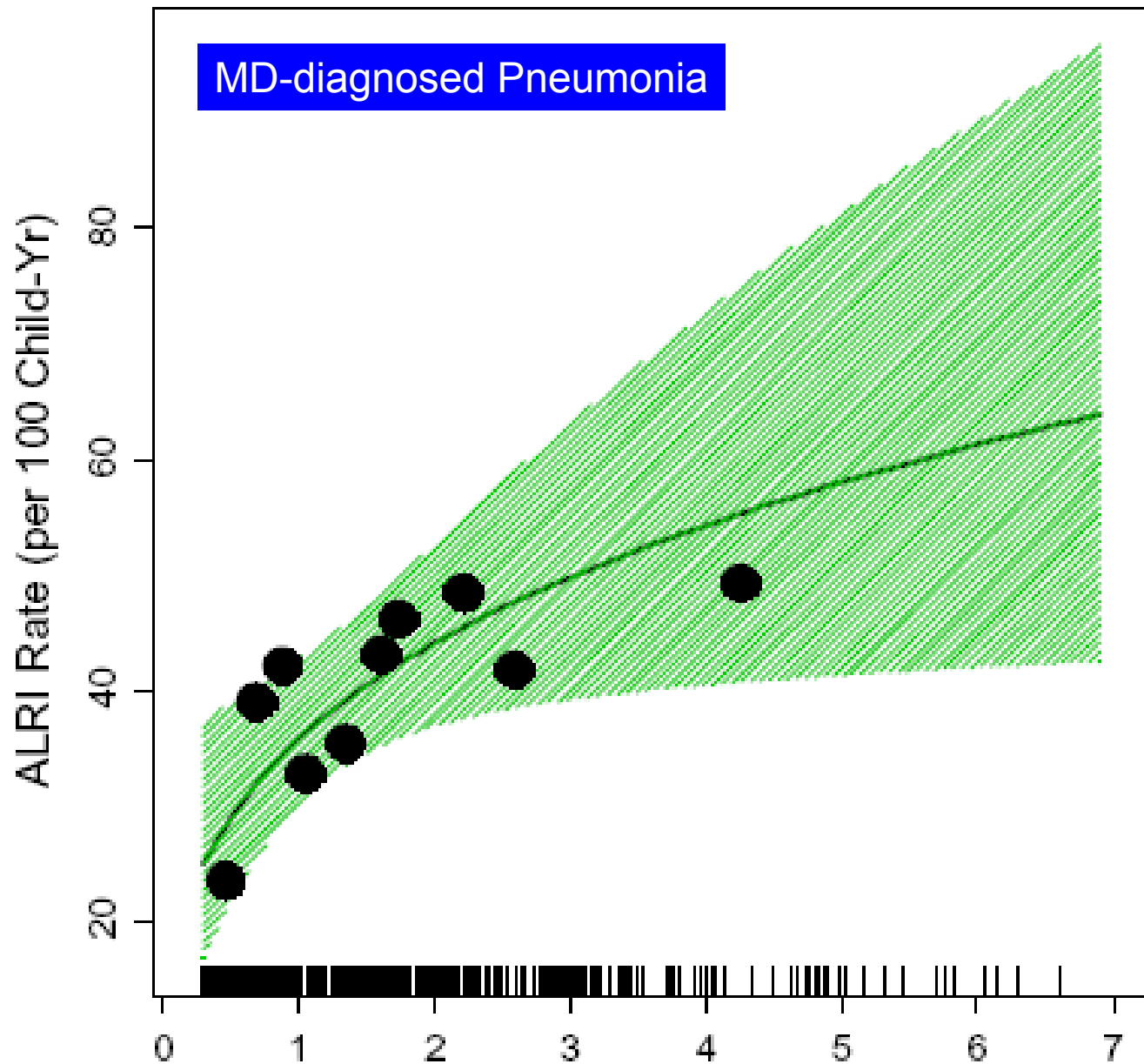
Kitchens down by 10x, but children exposure down by only 2x, because

- 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

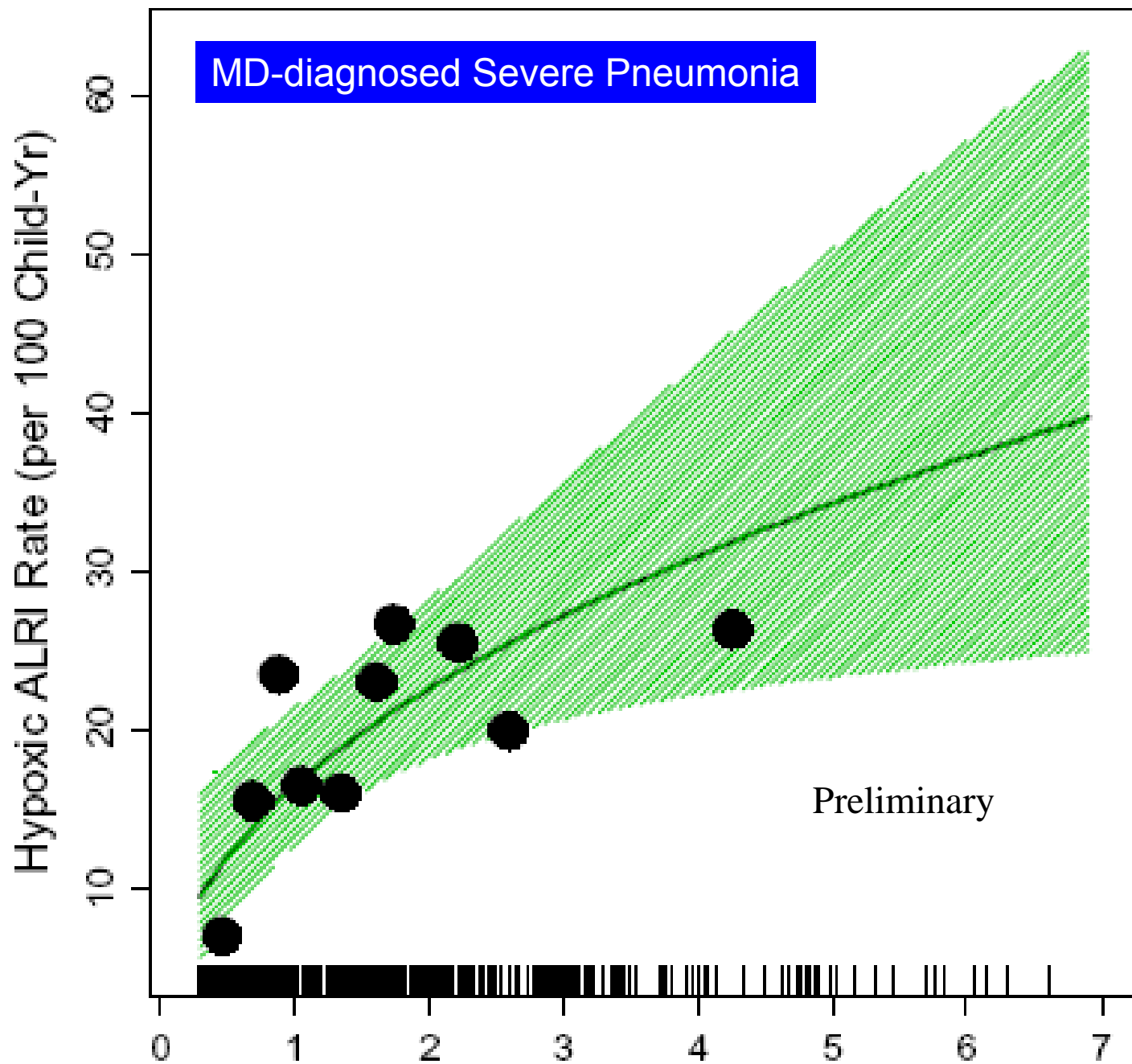


Preliminary Adjustments for Exposure-Response Model

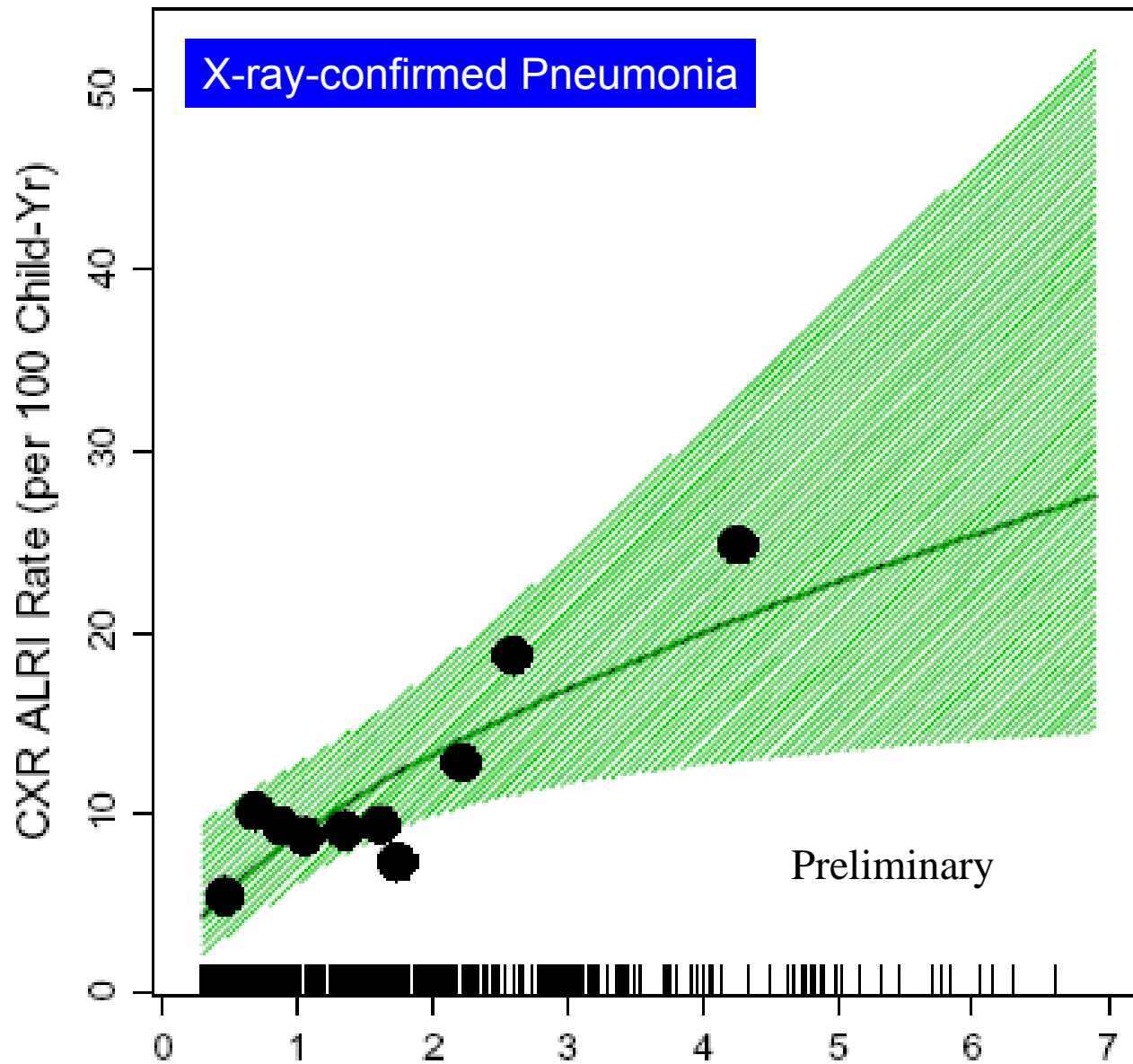
- Adjusted for child's age (quadratic), sex, birth interval less than 2 yr (yes/no), mother's age (quadratic), maternal education and paternal education (none/primary/secondary), secondhand tobacco smoke exposure (yes/no), latrine (yes/no), piped water (yes/no), electricity (yes/no), kerosene lamp (yes/no), 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).



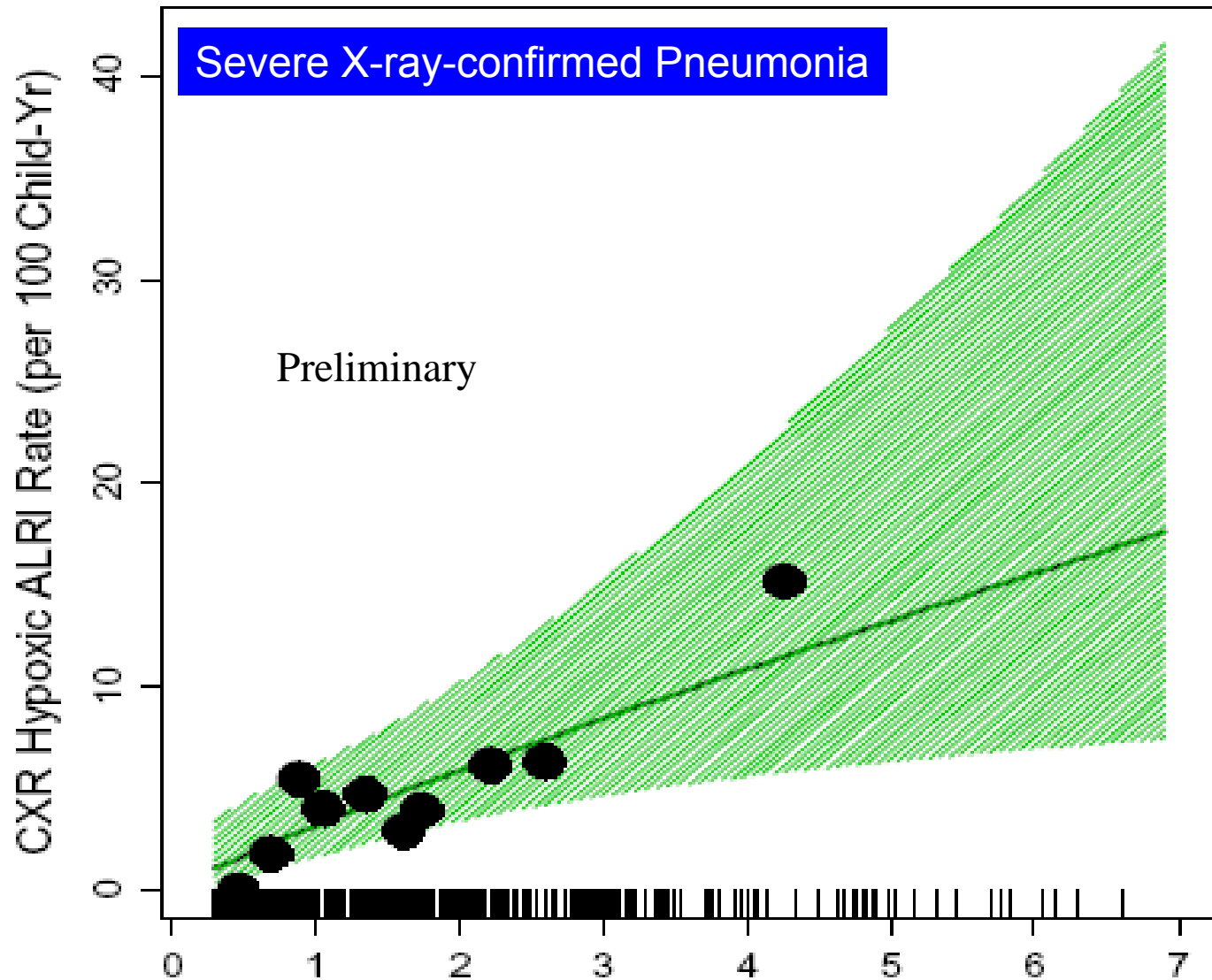
Approximate Mean PM2.5 exposure in 100s of ug/m3



Approximate Mean PM2.5 exposure in 100s of $\mu\text{g}/\text{m}^3$



Approximate Mean PM_{2.5} exposure in 100s of $\mu\text{g}/\text{m}^3$



Approximate Mean PM2.5 exposure in 100s of ug/m3

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)

Other studies at San Lorenzo Household Air Pollution Research Site

- First: Blood pressure, *Environmental Health Perspectives*, 2007
- First: ST-segment, *Environmental Health Perspectives*, in press
- Low birth weight, *Environmental Health Perspectives*, 2011 (first with exposure measures)
- First: measurements of dioxin levels in village kitchens using biomass – in review
- First: cognitive function in children related to prenatal exposures of mothers – in review
- CRECER – chronic respiratory outcomes

New exposure methods

- Inexpensive datalogging particle monitor based on smoke alarm technology
- Inexpensive time-activity monitor based on ultrasound technology
- Inexpensive stove-use monitor based on temperature dataloggers
- Application of industrial hygiene monitors to determine long-term exposure of infants
- Urinary biomarkers of woodsmoke exposure



SMALL, SMART, FAST, & CHEAP

monitoring devices for household energy & health

Ajay Pillarisetti, Ilse Ruiz-Mercado, and Nick Lam on behalf of Prof. Kirk R. Smith's Research Group at University of California, Berkeley
Visit obs.sph.berkeley.edu/krsmith for more information



STOVE USE MONITORS UTILIZATION

Time-of-use measuring devices allow more accurate estimations and objective definitions of usage patterns including cooking periods, meal times, and technology adoption rates.

Stove Use Monitors (SUMS) quantify utilization of cookstoves to improve estimates of personal exposure and environmental benefits related to household energy use. SUMS are based on commercially available, low-cost, small temperature loggers.



The stainless steel temperature sensors are the size of a coin and can record time, date, and temperature. Programming and downloading data can be easily performed in the field. They are easy to use, unobtrusive, waterproof and tamper-resistant. They come with algorithms and software to systematically assess stove use patterns.

Measurements of stove surface temperature can be used to test the effectiveness of behavioral interventions on stove use. Because they give precise, unbiased measures of a simple physical parameter, statistically reliable information is provided using smaller sample sizes than required for a household survey.

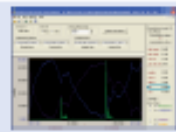
PARTICLE AND TEMP SENSOR CONCENTRATION

The ability to measure concentrations of small airborne particles is vital in understanding adverse health effects from combustion-derived air pollution. Available instrumentation to conduct such measurements is complex and expensive. Such devices are appropriate for developed countries and ambient air monitoring stations. However, their routine use in real-world household environments is expensive & cumbersome. Monitoring locations may also be remote, where security is questionable and electrical power not available, limiting the applicability of conventional instruments. In an effort to fulfill the needs for small, smart, fast, and cheap particle monitors that could be deployed easily in remote settings, a commercial smoke detector that uses optical scattering was identified and modified so that real-time signals could be logged continuously. This modified particle and temperature sensor is dubbed the UCB-PATS. Customized software handles data importing, graphing, and manipulation.

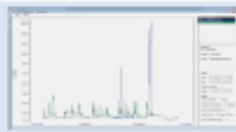


Device Software & Sample Output

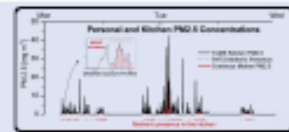
Each device is controlled by software allowing equipment launch, data download and manipulation, and reporting of data files for further analysis. Devices connect with the software over a serial port or via an USB to Serial converter.



Working and processing downloaded data in the UCB-PATS data browser.



Stratified time of activity in Room 1003 - Usage, individualized and aggregated used in one-broadcast from UCB-PATS.



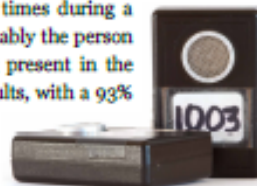
Continuous personal and kitchen PM_{2.5} concentrations and indoor temperature data as a time series on open this data.

TIME-ACTIVITY MONITORING LOCATION

Measurement of exposure to pollutants is vital to the field of environmental health. The significance of a hazard depends on the amount of time a person is in contact with it. For instance, high indoor air pollution levels have been found in many homes globally. The risk of respiratory disease depends on the amount of time people spend in the presence of this pollution.

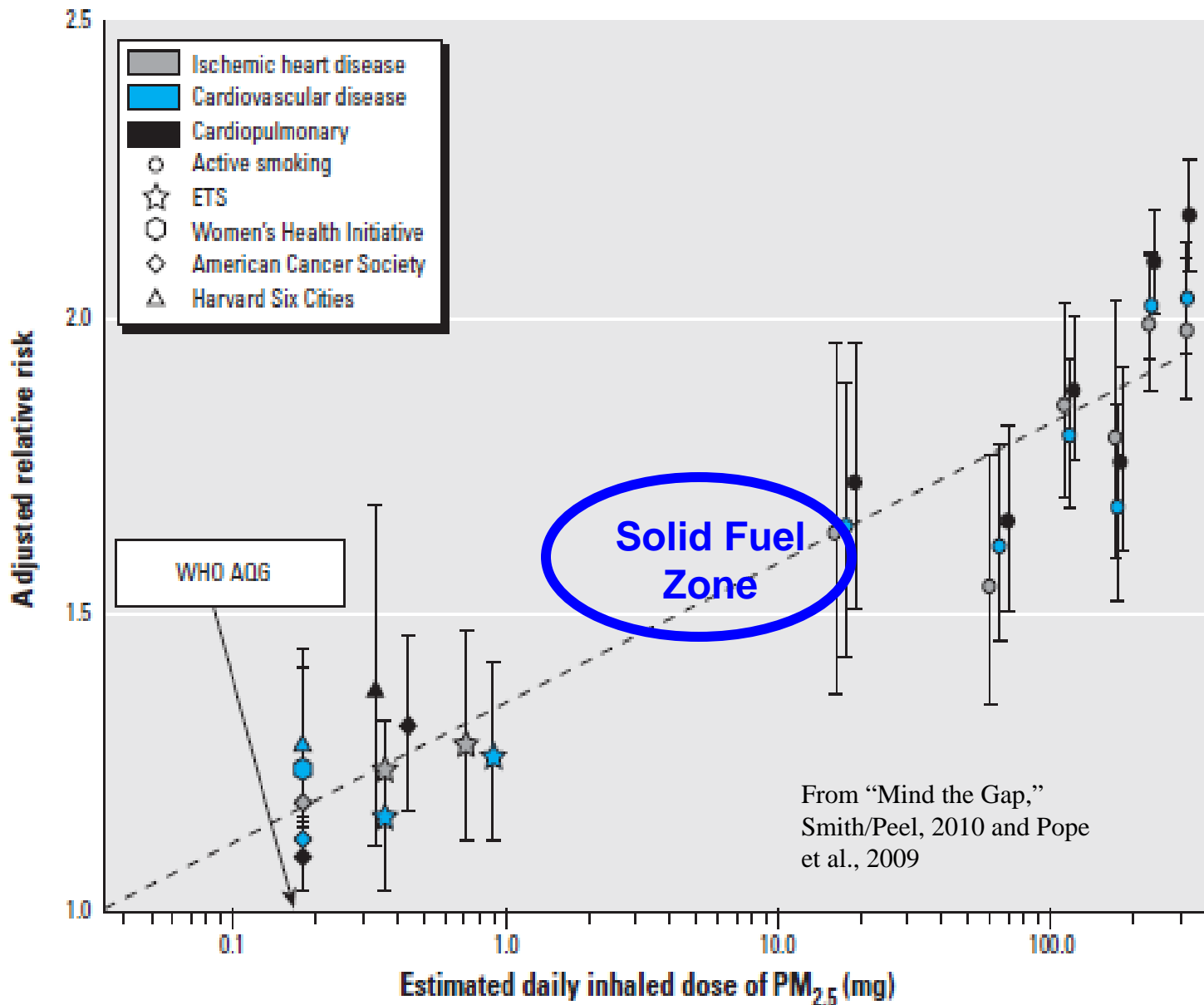
Time-Activity Monitoring System (TAMS) detects the presence or absence of individuals in an enclosed space. The system consists of one to five small ultrasound emitting devices worn on an individual's clothing. Each produces a distinct pattern that is emitted every few seconds. An ultrasound receiver is mounted on the wall of a room and detects the unique pattern from the device worn by an individual.

If the identifying signal pattern emitted from a particular locator is received a certain number of times during a minute, that locator, and presumably the person wearing it, is recorded as being present in the room. Field trials show good results, with a 93% accuracy rate as measured against direct observation.

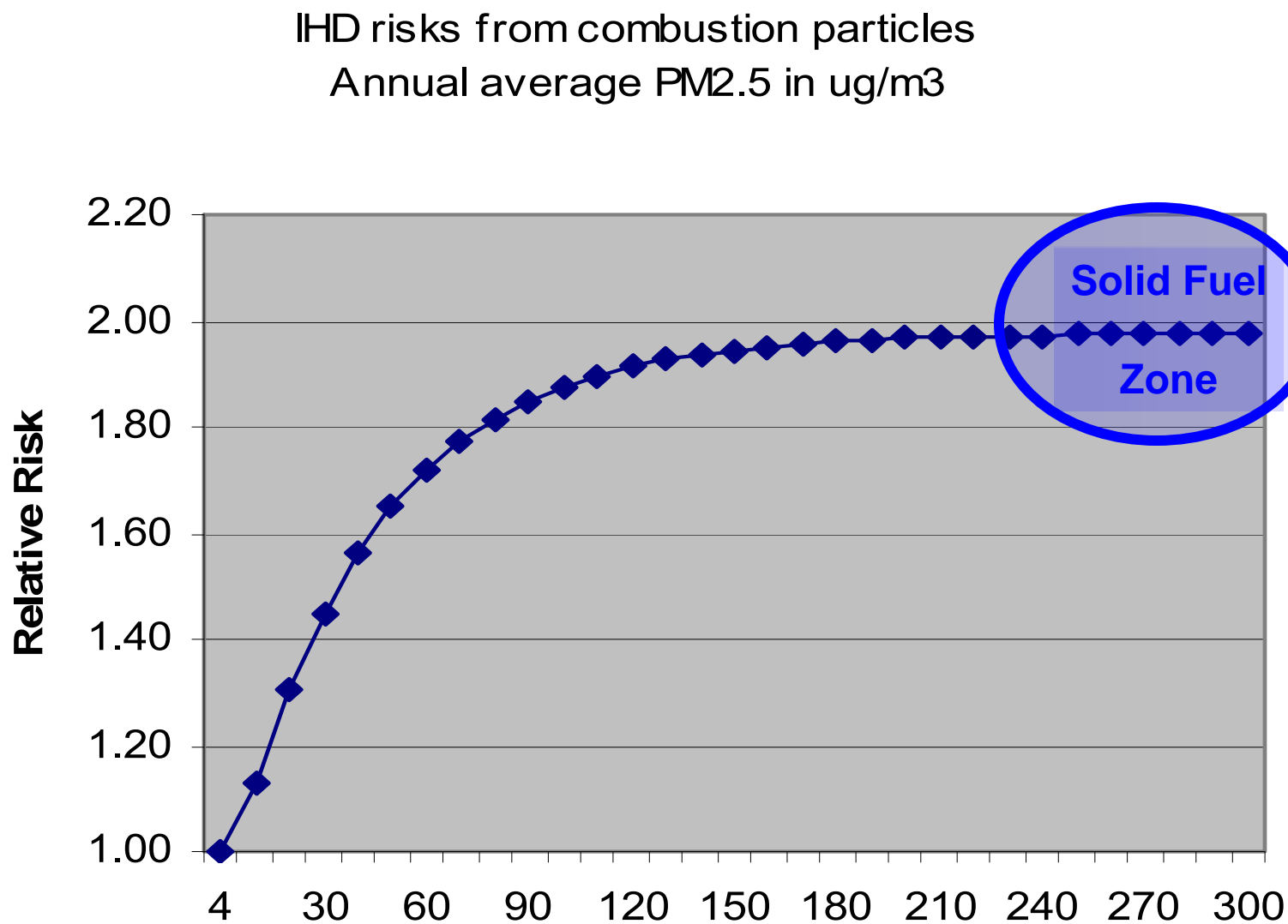


For more information, google "Kirk R Smith" • To acquire devices, visit berkeleyair.com

Heart Disease and Combustion Particle Doses

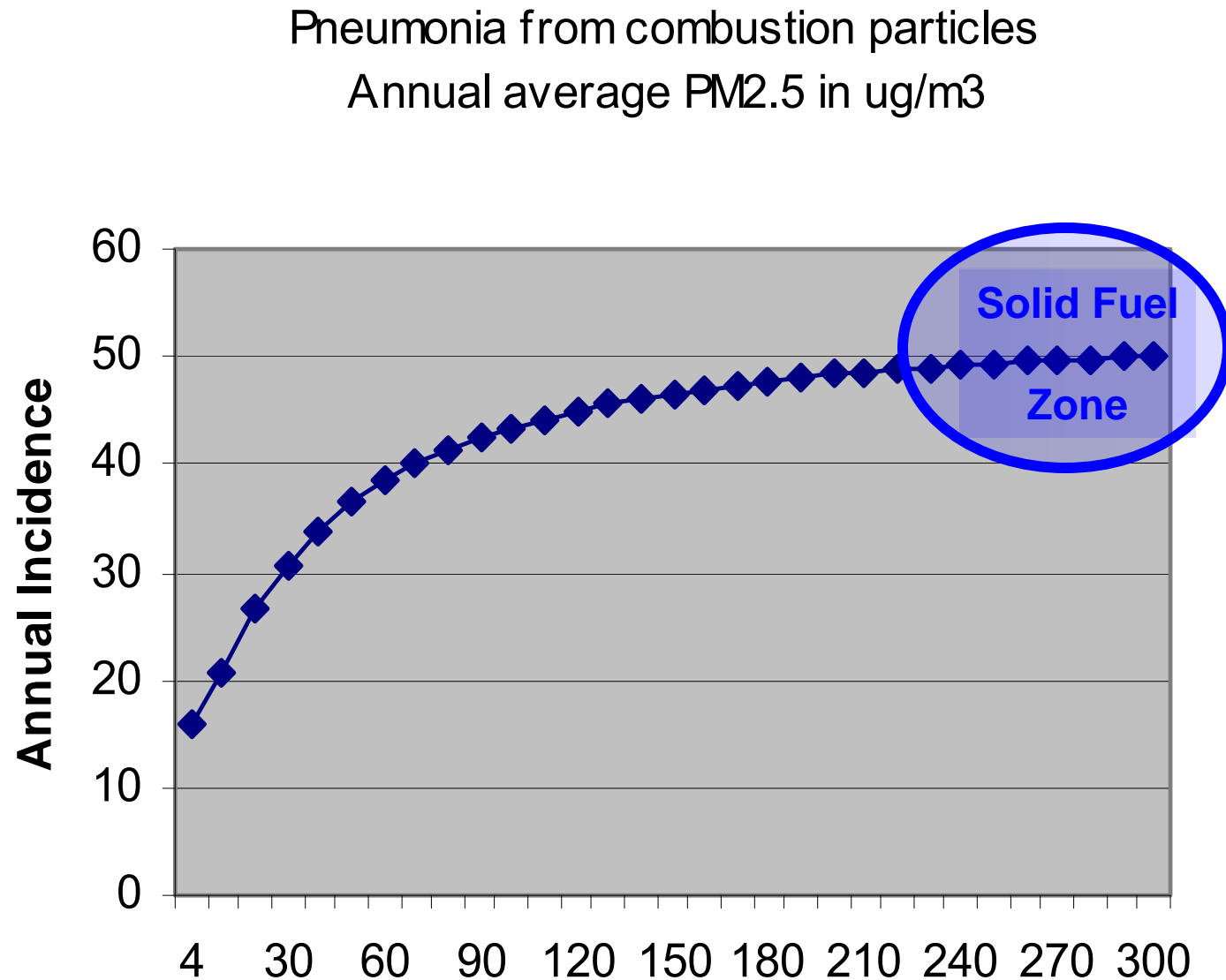


Generalized Exposure-Response: Outdoor Air, SHS, and Smoking

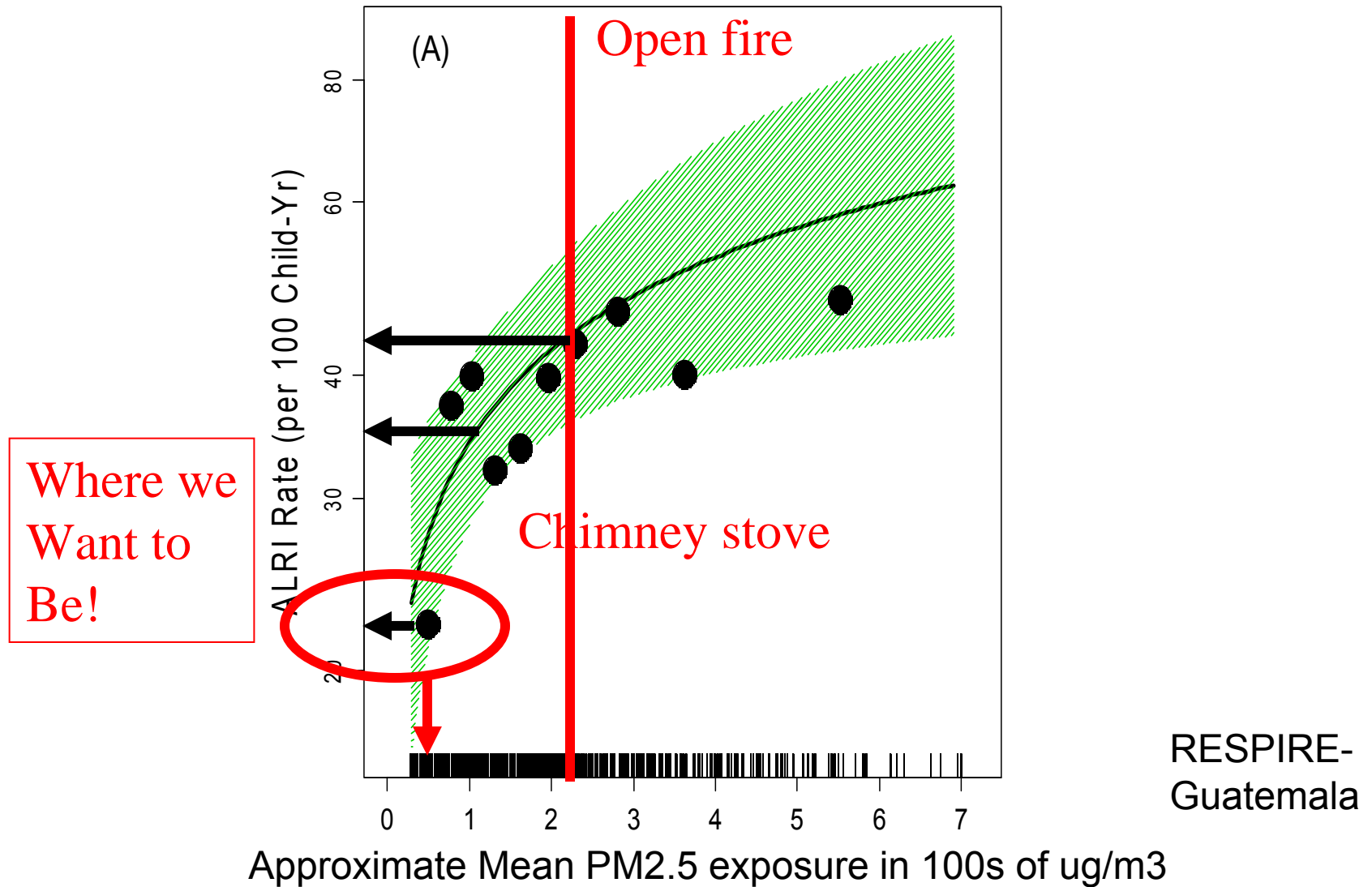


CRA,
2011

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

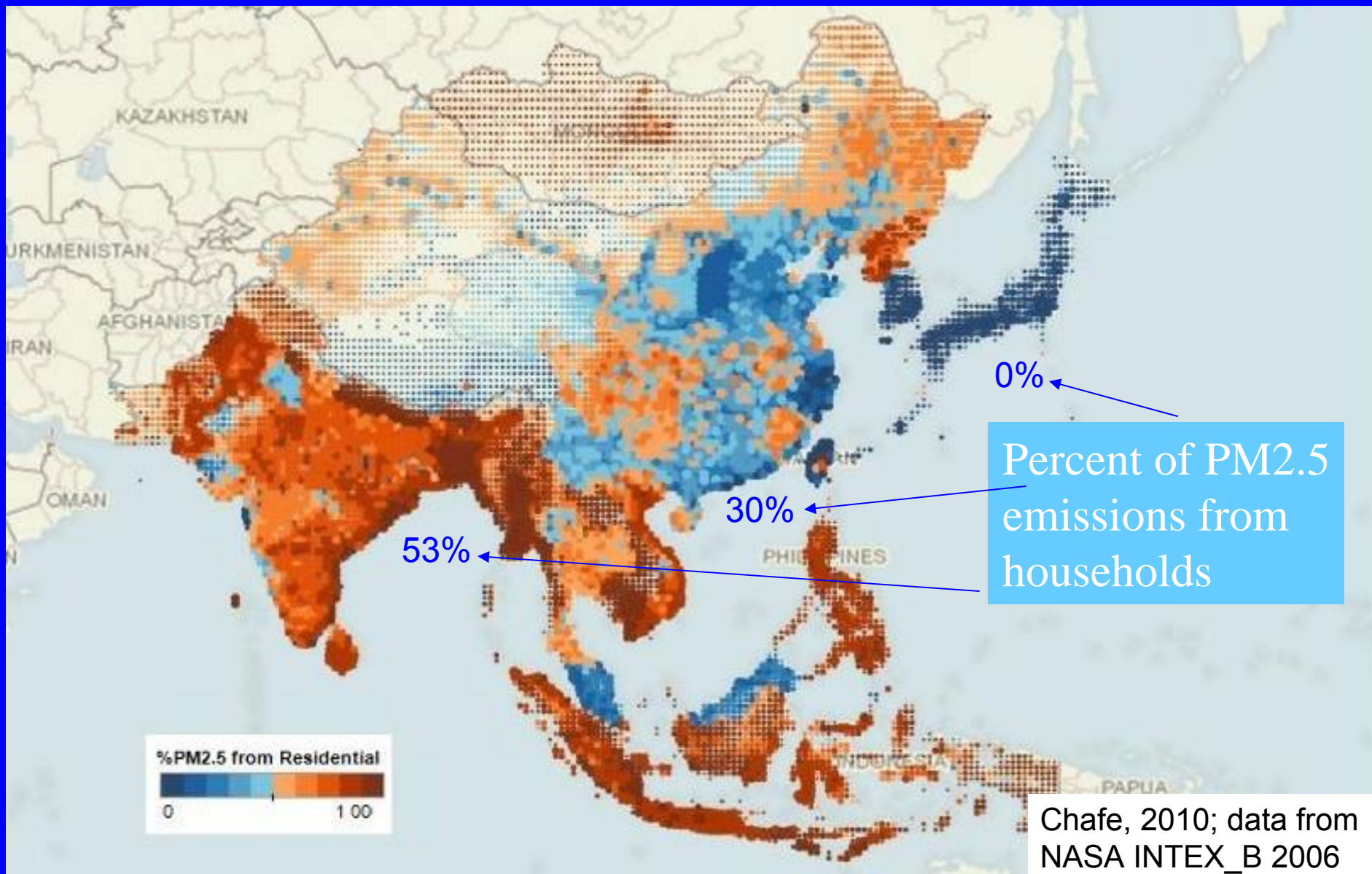


MD-diagnosed Acute Lower Respiratory Infection



NASA INTEX_B Database

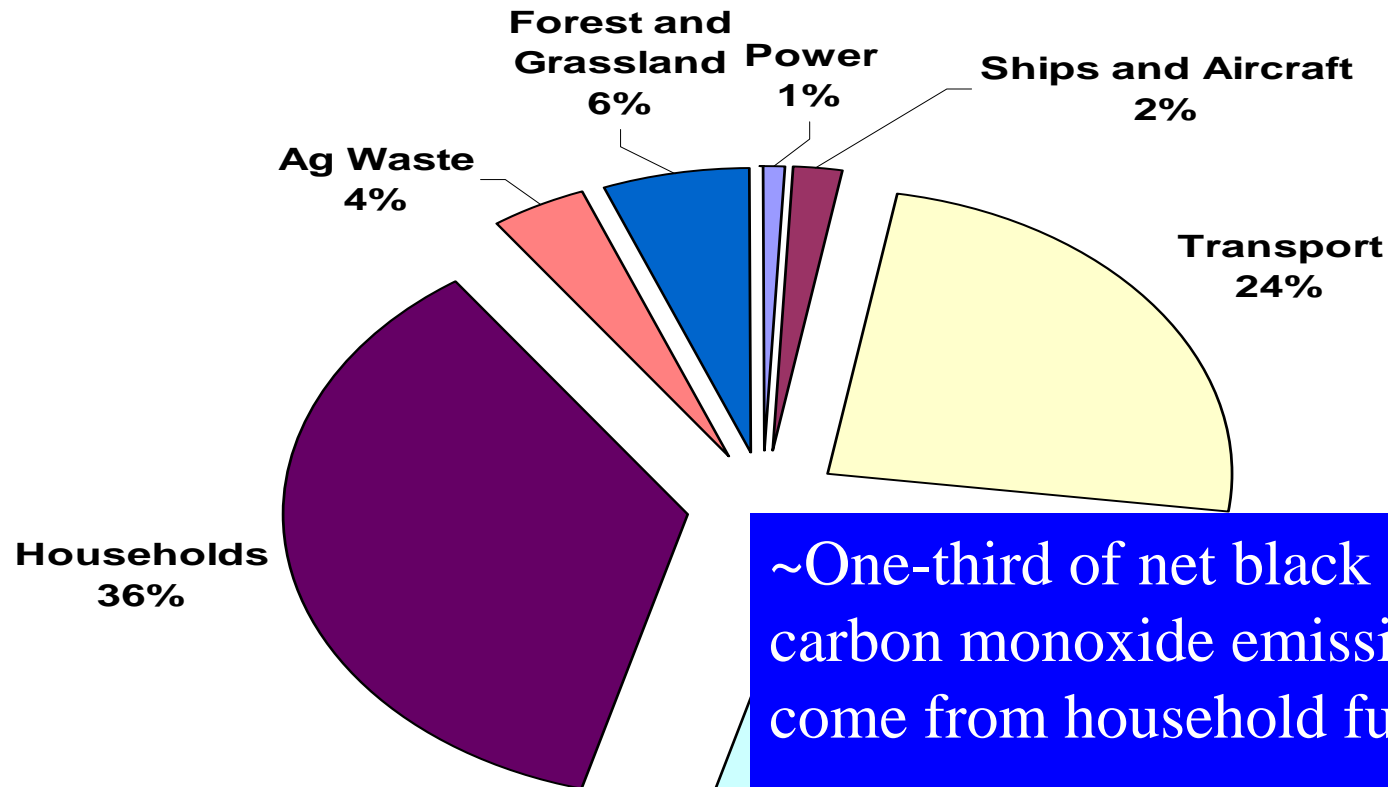
Percent PM_{2.5} emissions from households



Controllable Global Warming from Black Carbon Emissions

Net of OC, Forcings from IPCC, 2007: 0.25 W/m^2

Inventory from T Bond Database, V 7.1.1 Feb 2009



~One-third of net black carbon and carbon monoxide emissions globally come from household fuels

~One-sixth of ozone causing pollutants

~One-twentieth of methane

Many thanks to collaborators and funders

- Ministry of Health, Centro de Estudios en Salud, Universidad del Valle, and others
- National Institute of Environmental Health Sciences, Centers for Disease Control, World Health Organization, and others
- Our highly skilled field staff and fieldworkers
- And the participating women and children of San Lorenzo and Comitancillo

Publications and presentations on
website – easiest to just “google”

Kirk R. Smith

Muchas Gracias