#### How Environmental Health Risks Change with Development: With Special Attention to China

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# **Environment and Health**

- It is quite clear that health issues are very important for general environmental control.
  - Outrage over unhealthy community environments led to modern environmental movement.
  - Most regulations officially based on health criteria
- Natural tendency to think that dirty, ugly, smelly conditions are unhealthy
- Our ability to detect very low exposures and small risks has improved dramatically.
- Sometimes hard to admit, however, that evidence of environmental degradation and risk does not necessarily translate into significant health damage
- In a world with many priorities, we need to show how important environmental risk factors are in the total health picture

## Environment and Health (cont.)

- On the one hand, figuring actual health impact often involves a quite different perspective than general environmental quality
  - Exposure rather than environmental quality
  - Vulnerable/sensitive populations, including age and sex
- On the other hand, making the case for a major impact on health requires using different metrics than the environmental health community normally does and remembering that

<u>Risk does not equal burden</u>

### Plan of talk: How does one answer questions about the importance of environmental risk factors for health?

- One compared with another, e.g., water versus air pollution?
- Environmental risk factors compared to other important risk factors, such as poor nutrition, smoking, etc.?
- How do environmental health risks tend to change as countries develop?
  - Does environment tend to become more or less important?
  - Do some types of environmental risk rise while others fall?
- How does climate change affect these relationships?

## What is health?

- "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."
  - First of nine principles on first page of World Health Organization Constitution adopted in NYC in July 1946 by 61 nations
  - "spiritual well-being" added in 1999 by World Health Assembly, which at that time had 191 member states
    - http://www.ldb.org/iphw/whoconst.htm

# **Environmental Health Effects**

#### • Example of outdoor air pollution

- Asthma attacks
- Missing workdays
- Missing school days
- Days with cough
- Emergency room visits
- Hospital admissions
- Physician visits
- Medication use
- Daily death rate
- Lung function
- Self-reported health status
- Etc.
- How can these be compared across time, cities, countries, age groups, sectors (e.g., transport versus power plants), etc.?
- Let alone compared with the health impacts from completely different risk factors, such as water pollution, lead exposure, high cholesterol, unsafe sex, etc.?

## Single Universal Measure of Ill-health?

- Death is most common
  - Easy to determine
  - Commonly tabulated
- Severe problems as a measure
  - Everyone dies
  - Health never achieved
  - Age is clearly important
- Deaths + Illness = ?

## **Combined Measure**

- What else to use?
  - Money? Are you kidding?
  - Is used in legal and other realms, but not appropriate for public health
- Most fundamental deprivation is loss of **time**:
  - Same potential life length shared by all humans
  - The degree to which a person does not achieve this life length is a measure of ill-health
  - Can be used for disabilities, as well, but need to weight relative severity of disabilities as well as tabulate their duration

# Quality Adjusted Life Years QALY

- Basically the number of fully healthy life years lost to a particular disease or risk factor.
- Considers the age at which the disease or death occurs and the duration and severity of any disability created.
- Type of QALY used here is the Disability Adjusted Life Year (DALY), which is used widely in international health assessments

# Disability Adjusted Life Year The DALY, a kind of QALY

- Principle #1: The only differences in the rating of a death or disability should be due to age and sex, not to income, culture, location, social class.
- Principle #2: Everyone in the world has right to best life expectancy in world
- DALY = YLL + YLD
  - <u>Years of Lost Life</u> (due to mortality)
  - <u>Years Lost to Disability (due to injury & illness)</u>

# Finally, a C<sup>4</sup> Database in Health

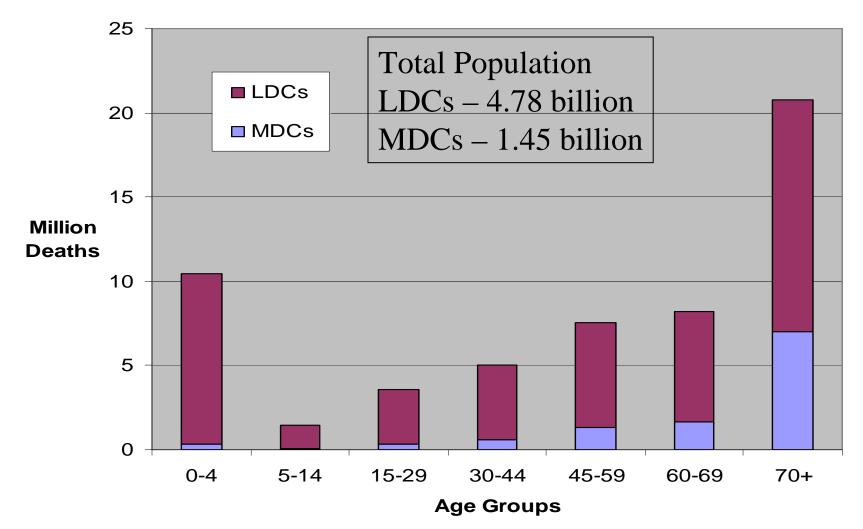
(Which we have had in many other fields for long periods)

- <u>Combined</u> mortality and morbidity: lost life years
- <u>Complete</u>
  - Much of the world unrepresented in past databases
  - Many important disabilities unaccounted
- <u>Consistent</u> definitions of disease states
- <u>Coherent</u>
  - Deaths by disease need to add to total
    - By age and sex
    - Match with demographic stats
  - No natural discipline, i.e. no import stats from the afterlife tabulating how many died of what

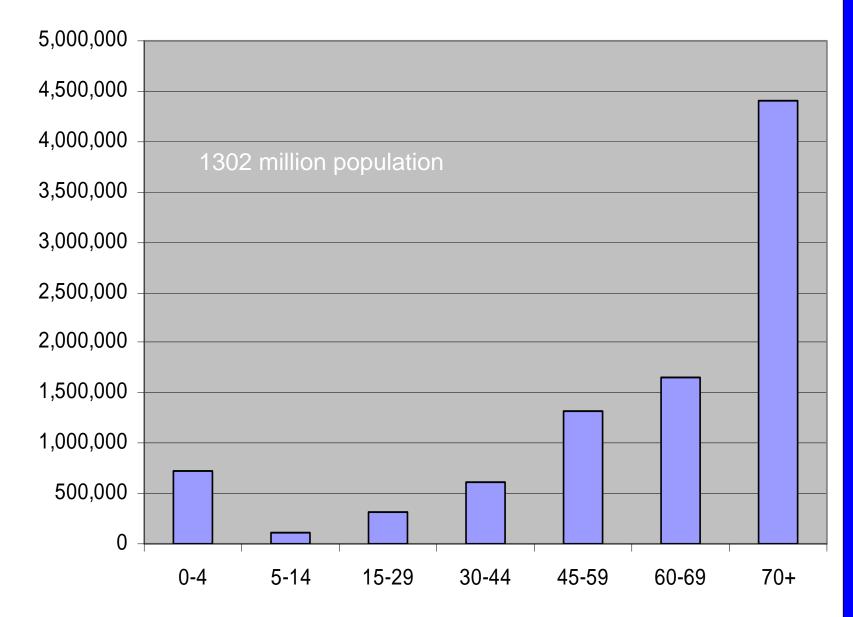
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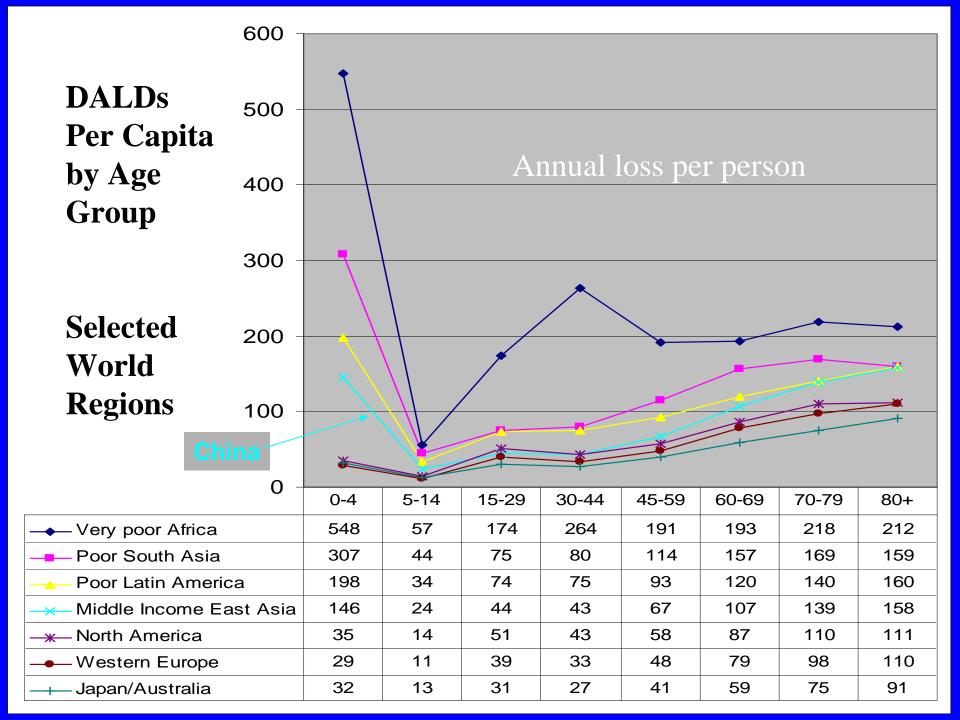
### Just having coherence in mortality is valuable

### Total Global Deaths in 2002: 57 million

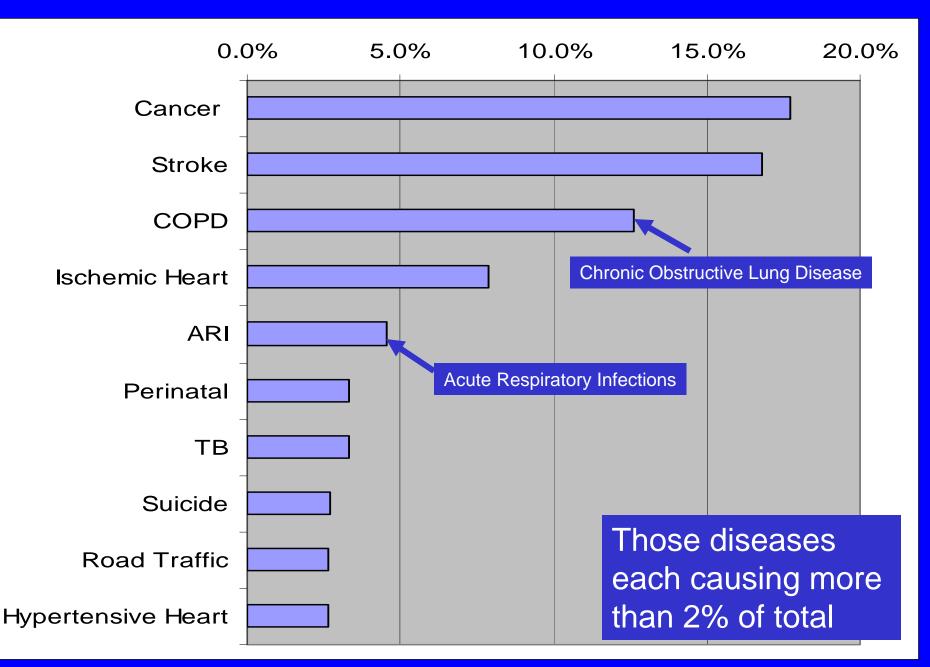


#### Chinese Deaths in 2002: Total = 9.1 million

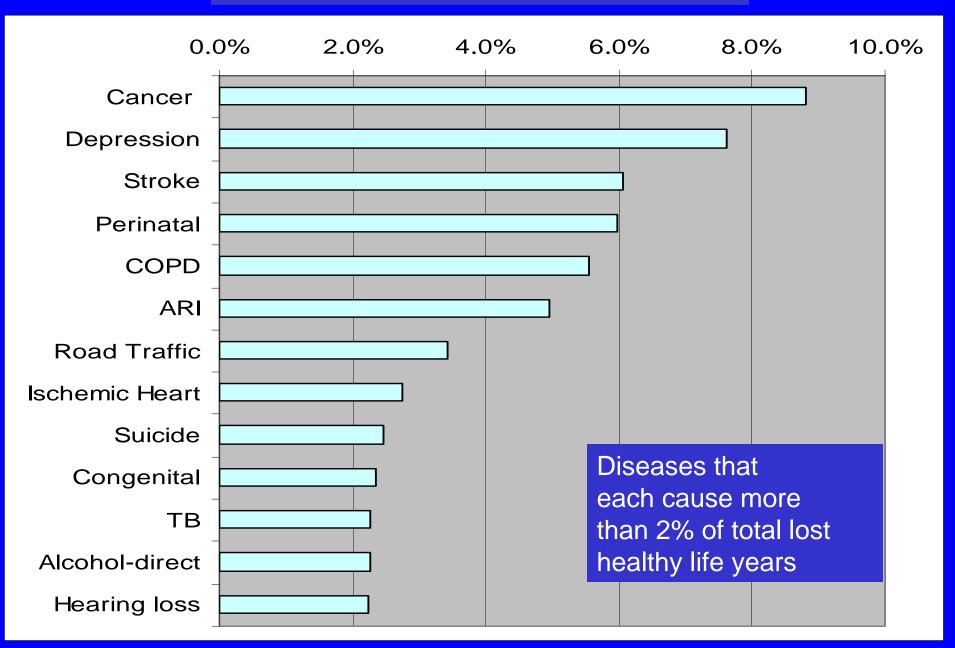




#### Major Causes of Death in China



### **Chinese Burden of Disease**



Comparative Risk Assessment Project 2-year 30-institution study organized by WHO

> Disease, injury, and death due to major risk factors calculated by age, sex, and 14 global regions.

Fully Published in 2 vols, Fall 2004 Now being updated for year 2005 WHO-led Program to Develop Global Burden of Disease Estimates for 26 Major Risk Factors

- More policy relevant and, usually, more distal risk factors than disease or cause of death.
- Represent viable interventions for which costeffectiveness can be determined.
- Common methods and criteria for including evidence used across risk factors.

# Risk Factors in WHO Comparative Risk Assessment

- Malnutrition (underweight)
- Micronutrient deficiency (Zn, Fe, Vit-A)
- Hypertension
- Cholesterol
- Obesity/BMI
- Lack of fruit & veg
- Physical inactivity
- Lack of contraception
- Unsafe sex

- Unsafe medical injection
- Childhood sexual abuse
- Tobacco (active smoking)
- Illicit drugs
- Alcohol
- Lead (Pb)
- Water/hygiene/sanitation
- <u>Climate change</u>
- Indoor air pollution
- Urban outdoor air pollution
- Occupational hazards (several types)

## Attributable Risk?

- The amount of ill-health that would not exist today if the exposure to the risk factor had not occurred in the past.
- Assumes all other risk factors remain constant
- Counter-factual level important, i.e., what lower exposure level would have been possible?

### Comparative Risk Assessment Method <sup>ent</sup>

Exposure Levels: Past actual and past counterfactual

#### Exposure-response Relationships (risk)

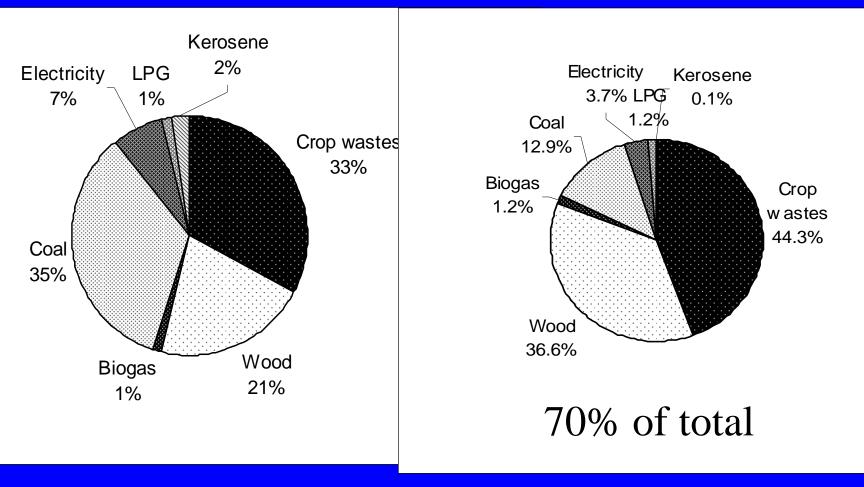
Disease Burden by age, sex, and region

Attributable Burden by age, sex, and region

#### Rural Energy in China: 2004 Rural population ~ 65% of populations

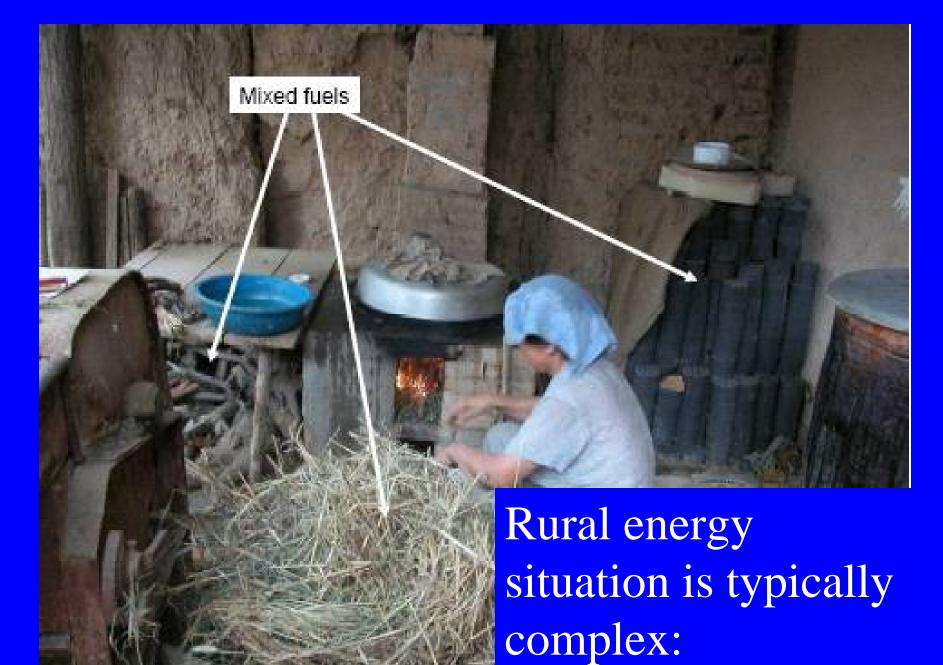
#### Total

#### Households



#### **Ministry of Agriculture**

National Bureau of Statistics



### 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  $benzo(\alpha)pyrene$
- 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

## Pollution and health effects of indoor fuel smoke exposure in China\*

- Lung cancer
- Respiratory illnesses
- Lung function impairment
- Immune system weakening
- CO poisoning
- Endemic arsenism and fluorosis

\*120+ publications from studies conducted in China

Ir	China:									
W	Women who live in households using									
C	coal have about 2 times more									
lu	lung cancer compared to those									
li	living with other fuels -2.46)									
	Women	1.17 (1.02-1.35)	1.94 (1.09	9-3.47)						
	Combined	1.86 (1.48-2.35)	2.55 (1.58	3-4.10)						

\*Adjusted for smoking and chronic respiratory disease.

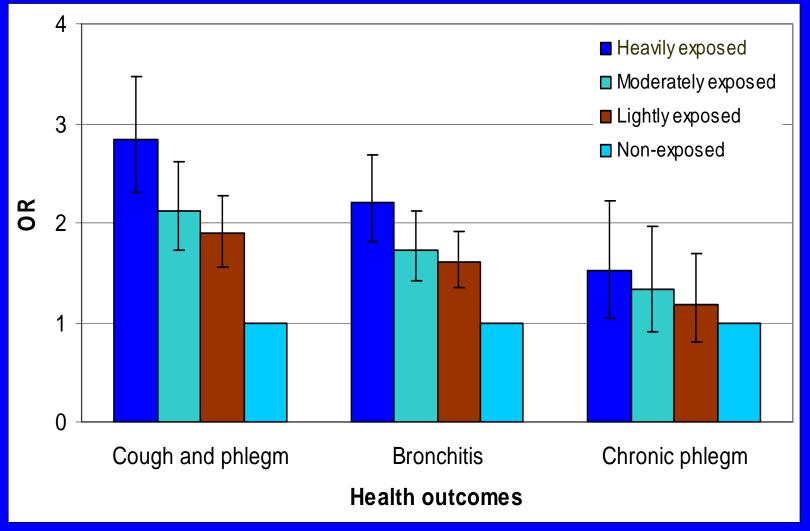
(Smith et al. 2004)

# Children's Respiratory Illness (Salo et al. 2004, Zheng et al. 2002)

Odds Ratios	Coal for cooking/ heating	Coal for heating	Coal for cooking w/o vent
Wheezing w/ colds	<b>1.57</b> (1.07-2.29)		
Wheezing w/o cold	<b>1.44</b> (1.05-1.97)		
Asthma		<b>1.5</b> (1.1-1.9)	<mark>2.3</mark> (1.5-3.5)

Other illnesses reported include: rhinitis, faucitis, tonsillitis, and pneumonia (Cheng et al. 2002, Zhou et al. 1994).

# Lifetime exposure to heating coal smoke and health outcomes children (Qian and Zhang et al, 2004)



n = 7,058 school children in four Chinese cities.

### Adults' Respiratory Illnesses (Zhou et al. 1995)

Odds Ratios	"Smoky" coal	"Smokeless"
	vs. "smokeless"	coal vs. wood
	coal	
Shortness of breath	1.73	
Cough	3.30	1.35
Phlegm	4.23	1.67

\*Coal and passive smoking together increase prevalence rates of chest illness, cough, phlegm, and shortness of breath in women (Pope and Xu 1993).

### **Health Benefits of Fuel/stove Intervention**

Best published studies in the world were done by examining introduction of improved coal stoves in China

### Improved Stoves Brought to Xuanwei County in early 1980s

- The reduction in particle levels was ~a factor of about three.
- Reduction in lung cancer was ~40% in men and ~45% in women. (*Journal of the National Cancer Institute*)
- Reduction in COPD rates was also significant at about 50% in both men and women (*British Medical Journal*)
- Reduction in lung cancer and COPD took 10 years to fully develop after IAQ improvement.

<u>ALRI/</u> <u>Pneumonia</u> (meningitis)

Asthma

Low birth weight & stillbirth

> Early infant death Cognitive Effects?

Diseases for which we have epidemiological studies, but very few in China <u>Chronic</u> <u>obstructive</u> <u>lung disease</u>

Interstitial LD

<u>Cancer</u> (lung, NP, cervical, aero-digestive)

Blindness (cataracts, trachoma)

Tuberculosis

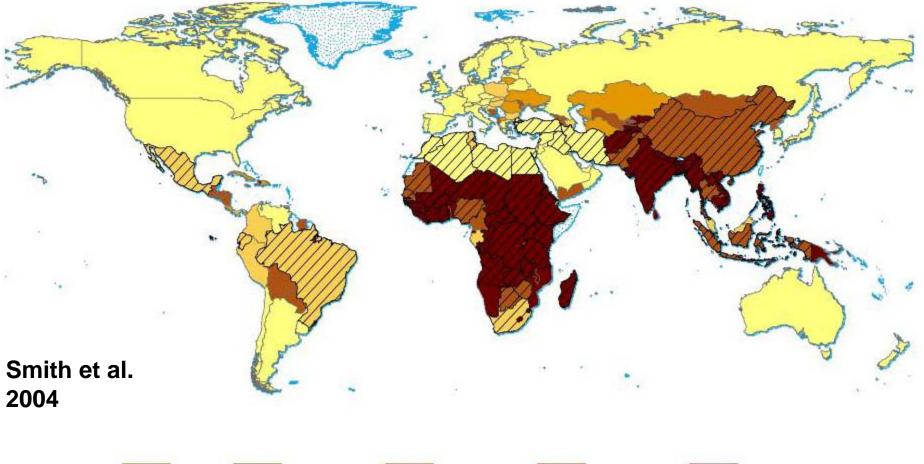
Heart disease?

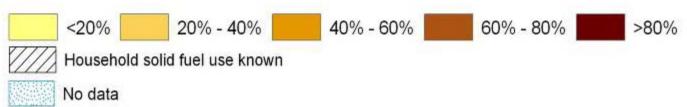
Health Effects of Indoor Biomass Combustion: Major impacts based on systematic reviews and metaanalyses of dozens of studies

Use of biomass fuels in households increases risk of

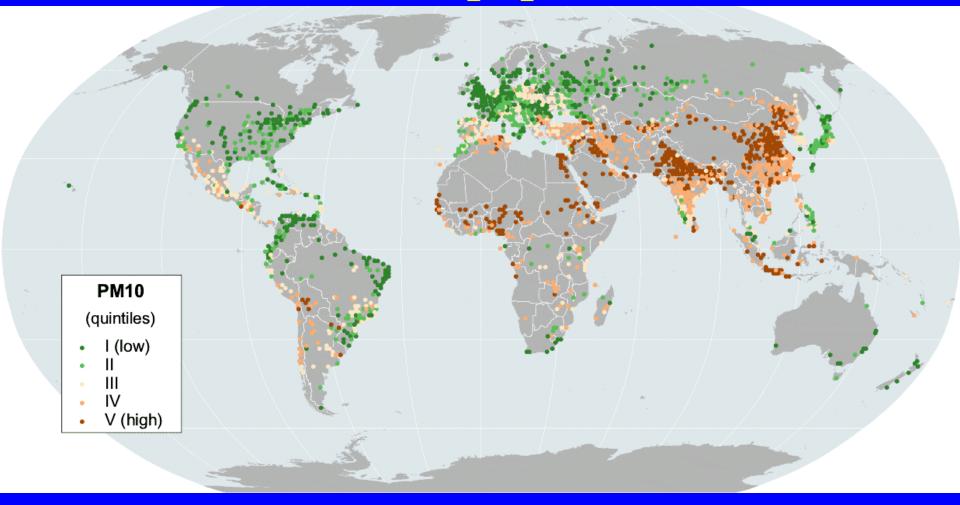
- Chronic Obstructive Pulmonary Disease in adult women by a factor of 3.2 (95% CI: 2.3-4.8).
- Pneumonia in children under 5 years old by a factor of 2.0 (95% CI: 1.7-2.5).

### National Household Solid Fuel Use, 2000

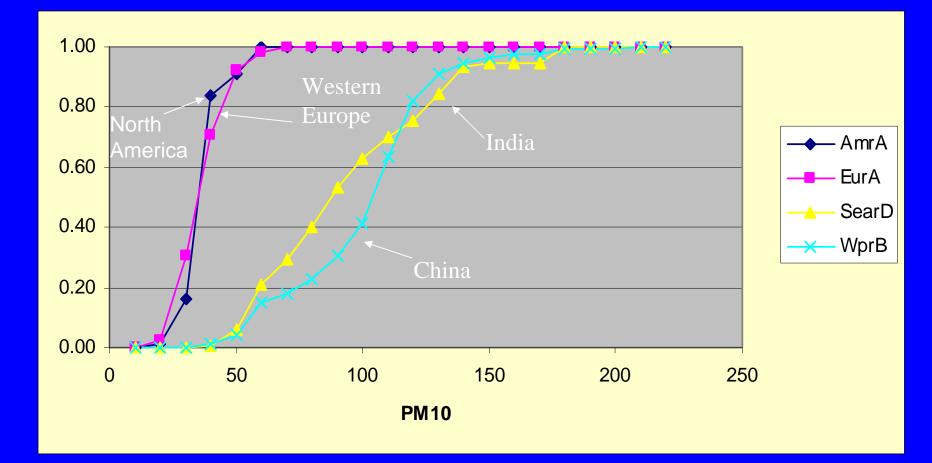




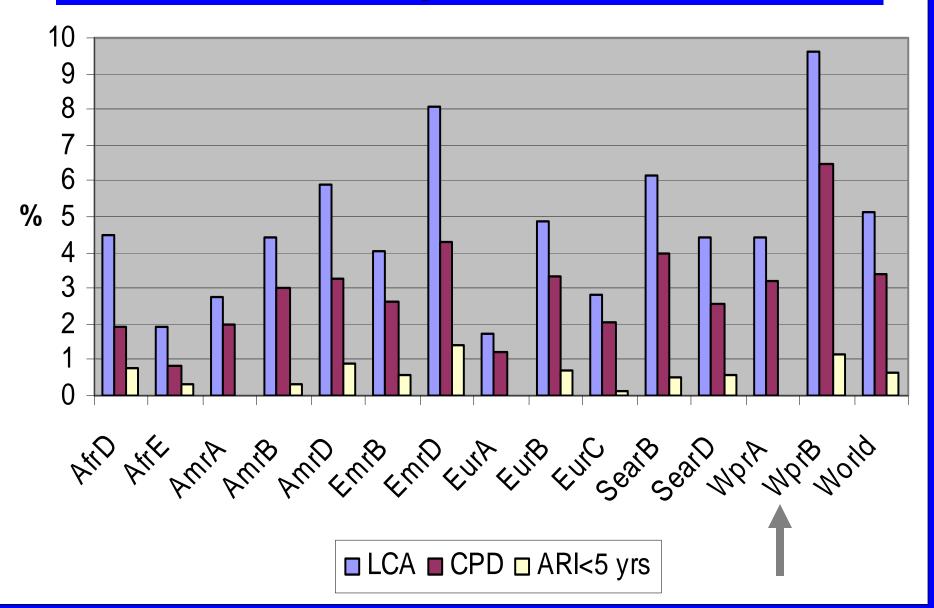
## Estimated Particle Concentration in World Cities (pop=100,000+)



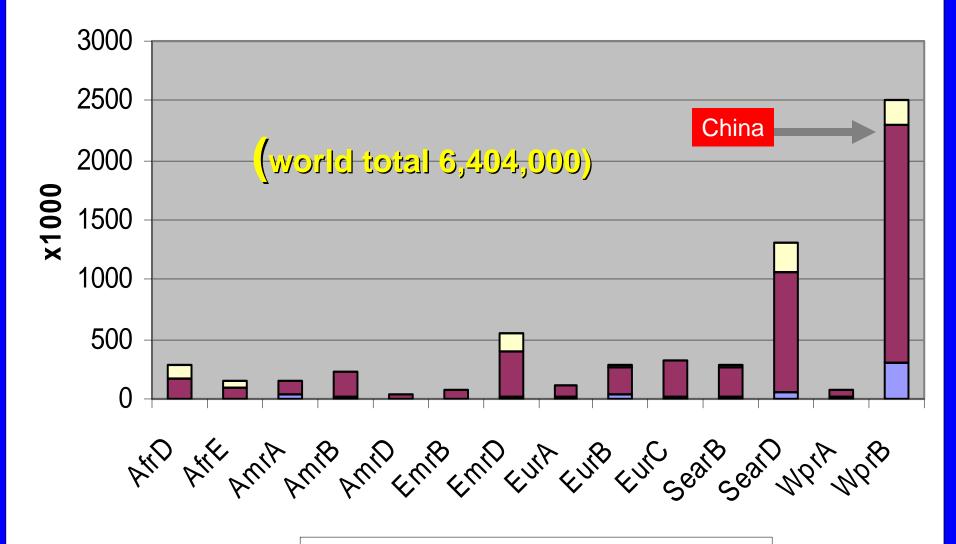
#### Cumulative distribution of particle concentrations in cites Selected World Regions



### Fraction of mortality attributable to outdoor air pollution

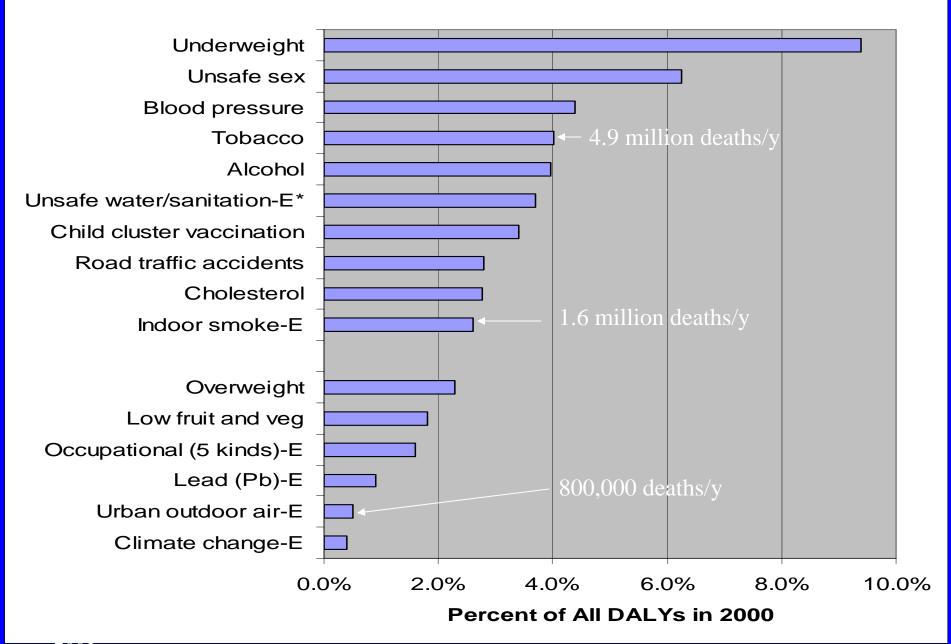


# **DALYs attributable outdoor AP**



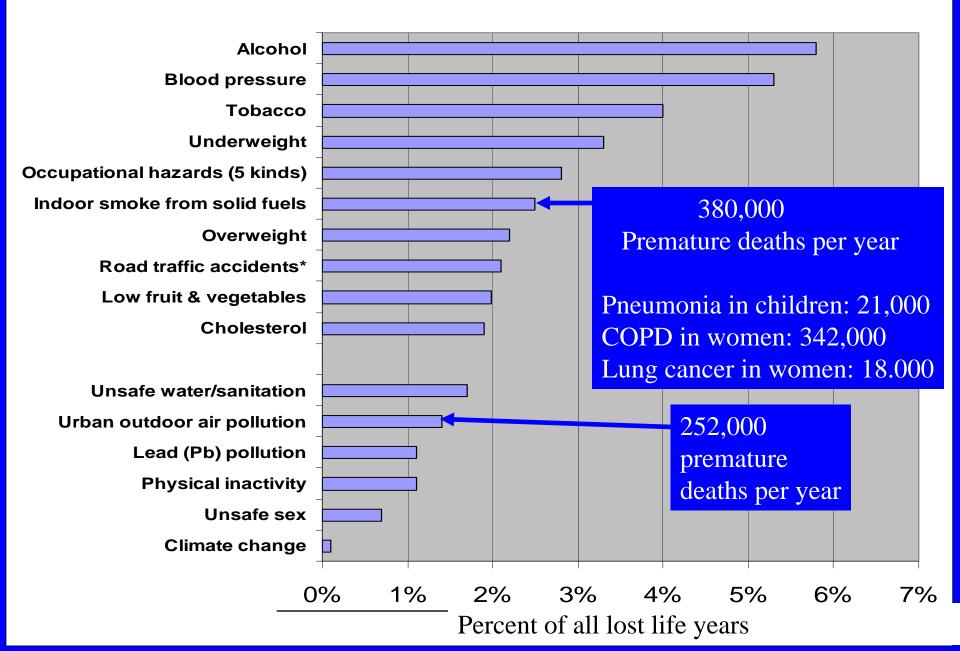
□ LCA ■ Cardiopulmonary □ ARI < 5yrs

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



#### Chinese Burden of Disease from Top 10 Risk Factors

**Plus Selected Other Risk Factors** 

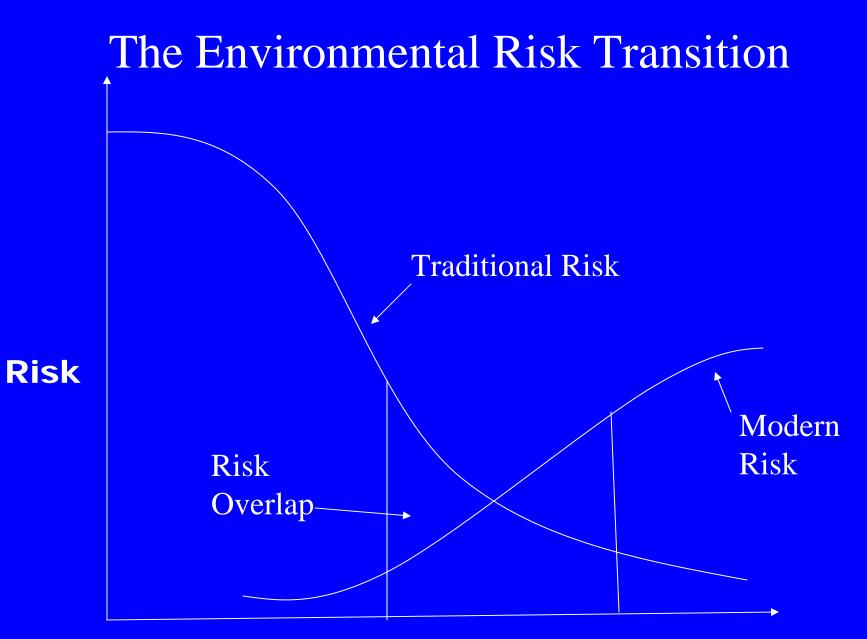




#### **Development**



#### **Development**

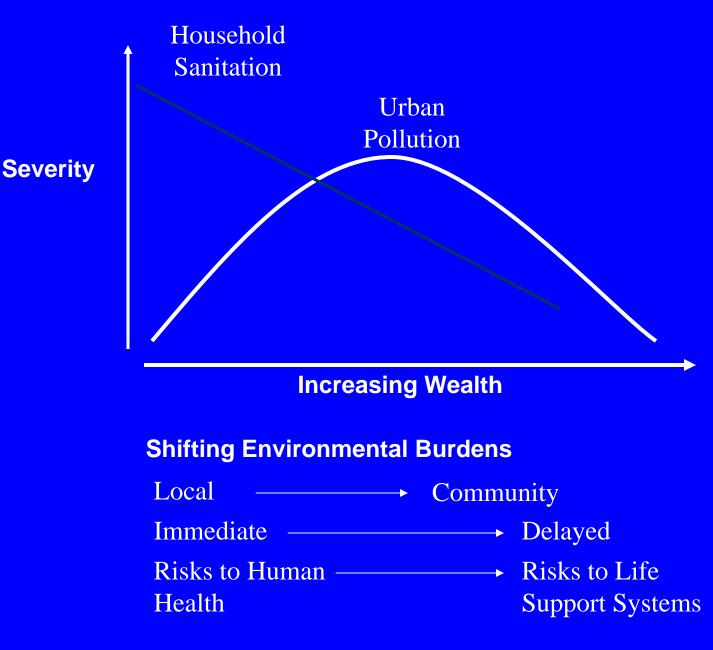


#### **Development**

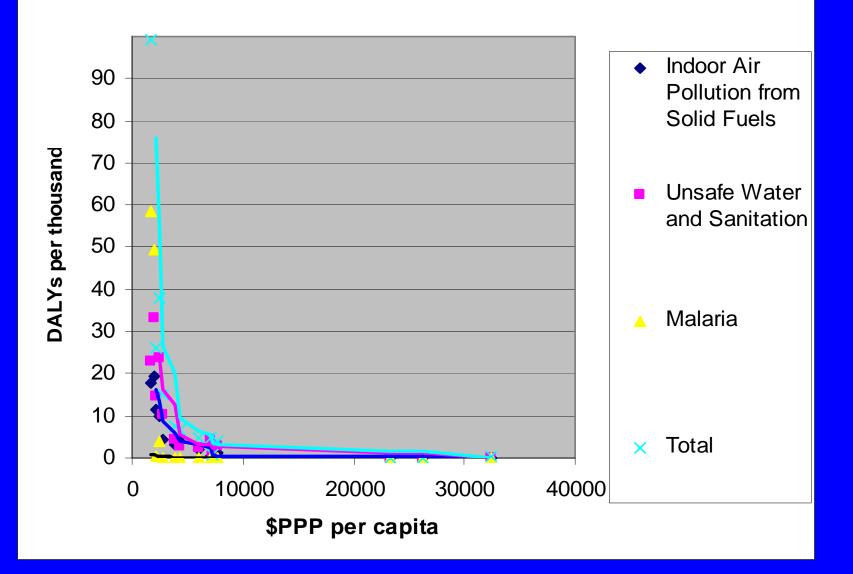
# The Risk Overlap

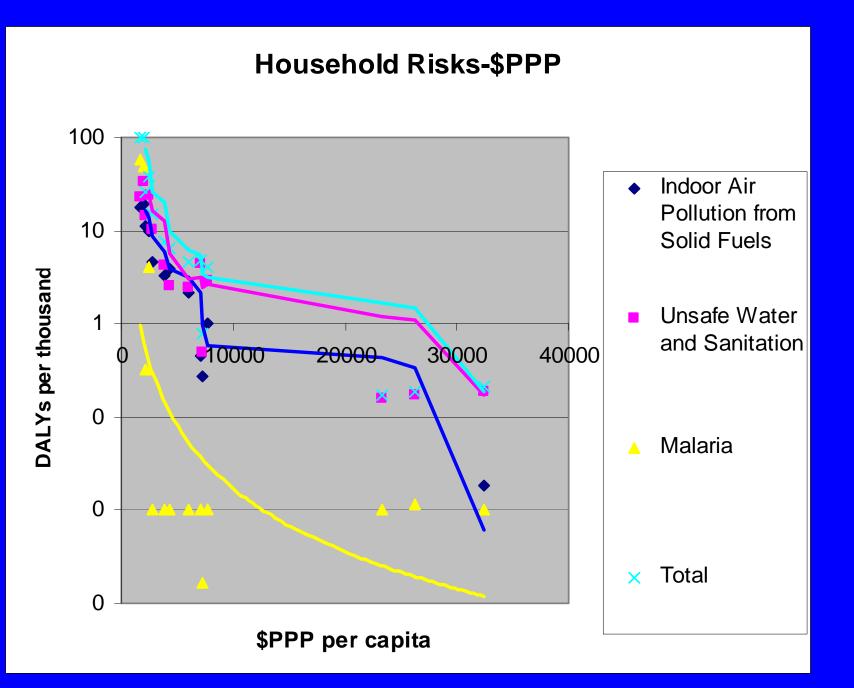
- Risk Genesis: new types of risk created
- Risk Transfer: attempts to control one type can make other types worse
- Risk Synergism: risk of one type changes sensitivity to other risks

#### **The Environmental Risk Transition**

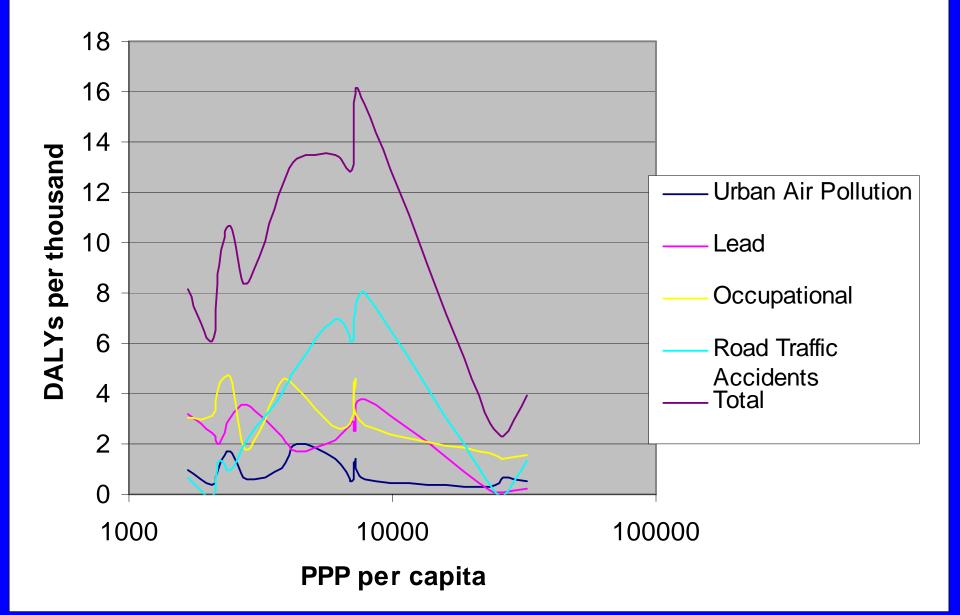


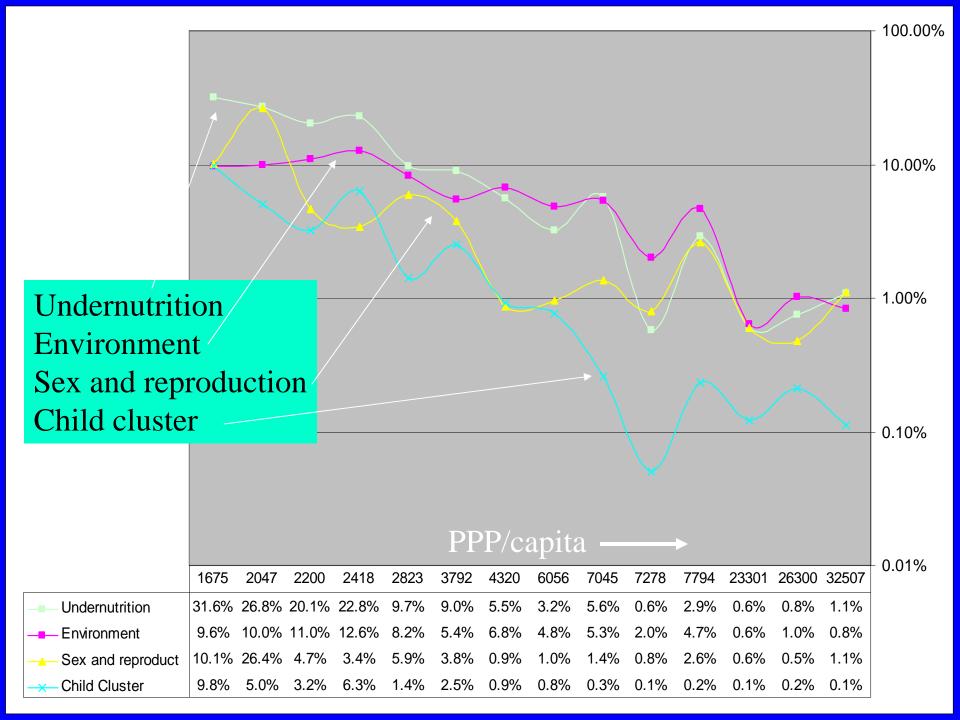
#### Household Risks-\$PPP

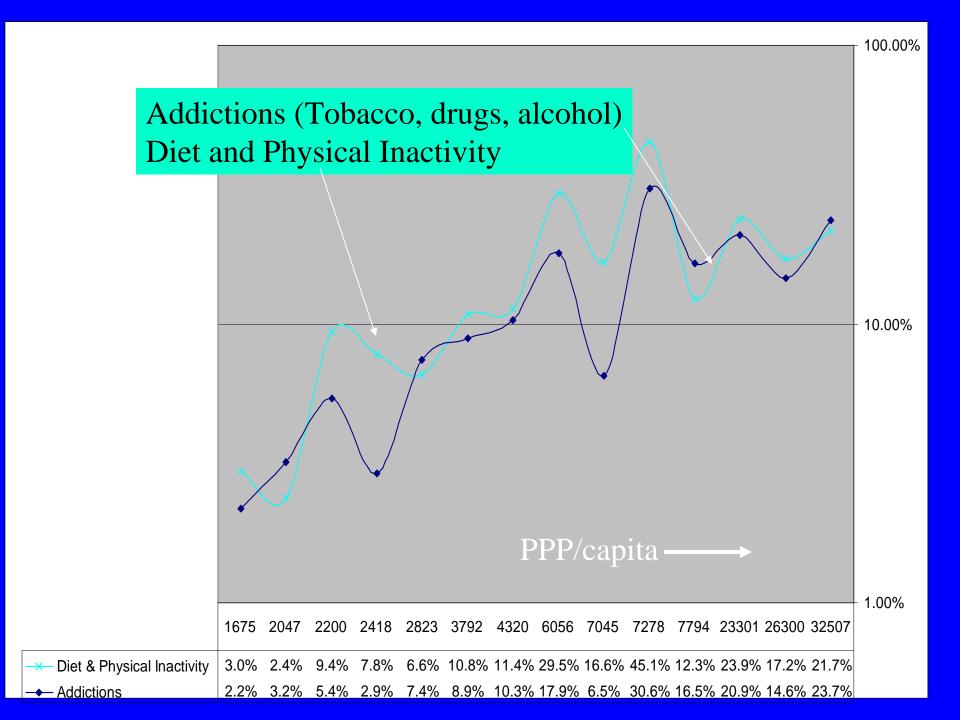




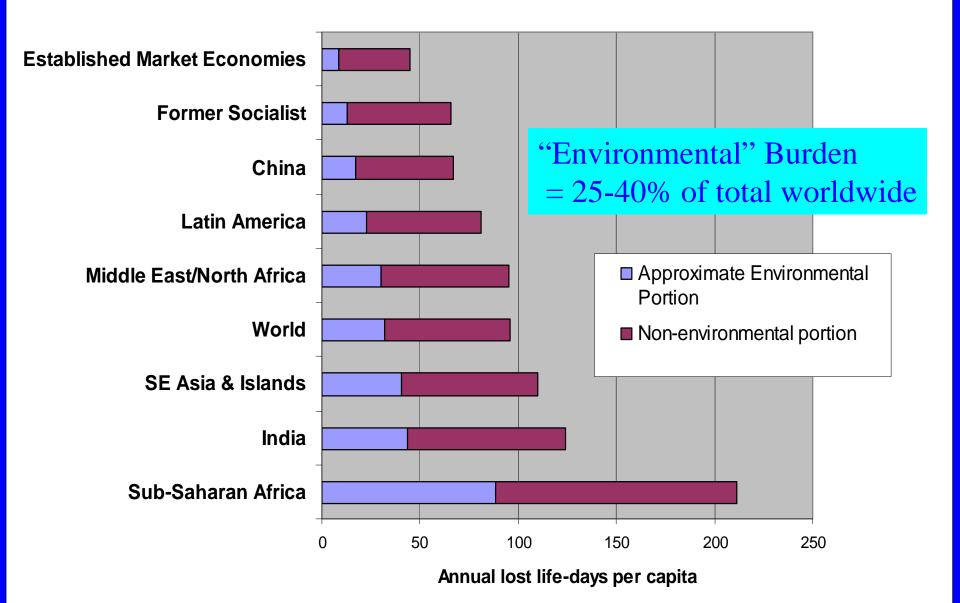
#### **Community Risks**



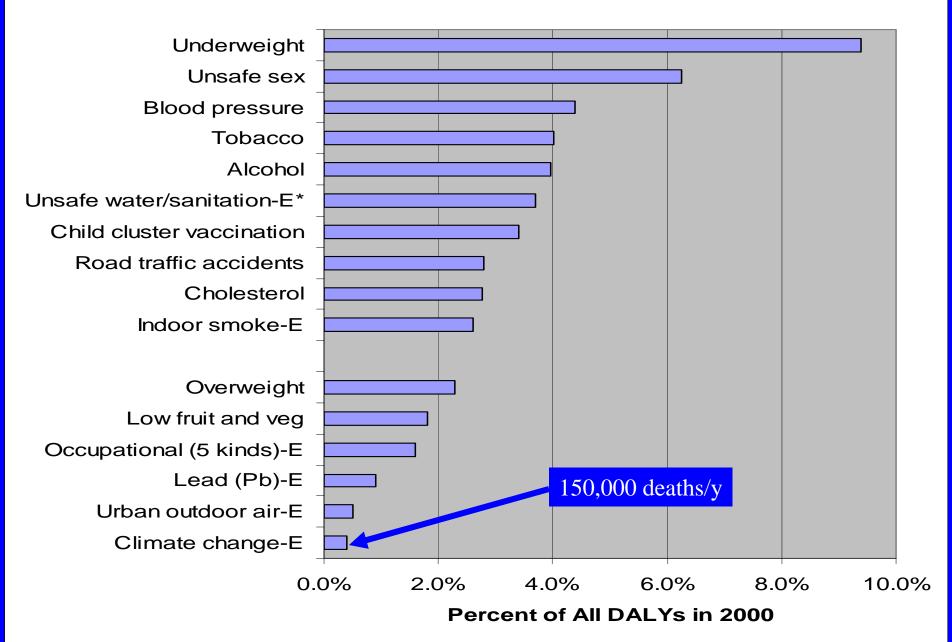




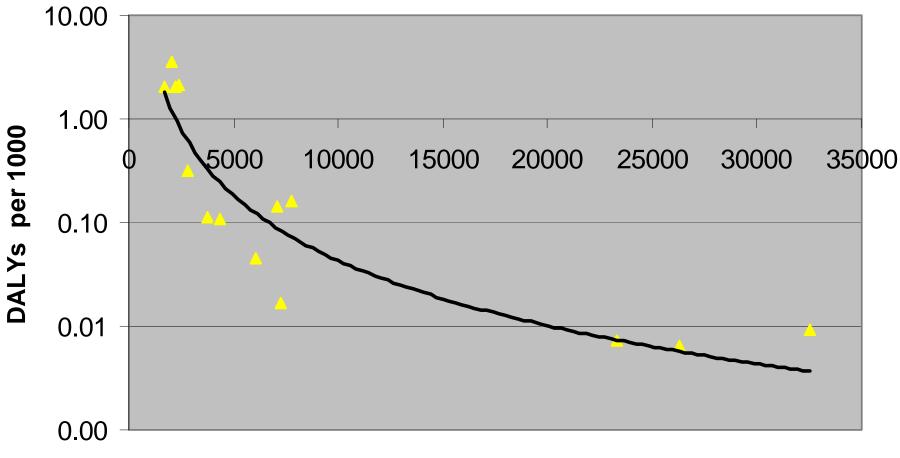
#### **Burden of III-health by Region**



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

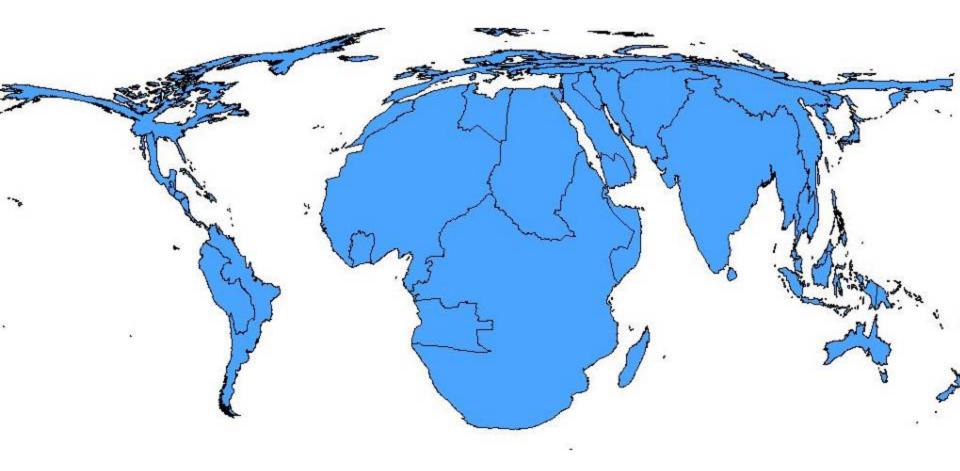






**PPP** per capita

#### Cartogram of Climate-related Mortality (per million pop) yr. 2000

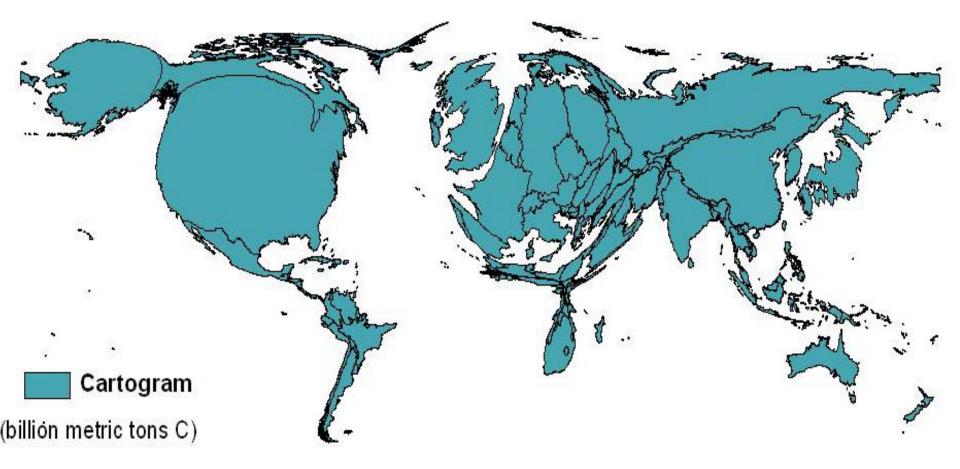


Patz et al. 2007

This map shows estimated mortality (per million people) attributable to climate change by the year 2000. Map is a density-equalizing cartogram in which the sizes of the 14 WHO regions are proportional to the increased mortality.

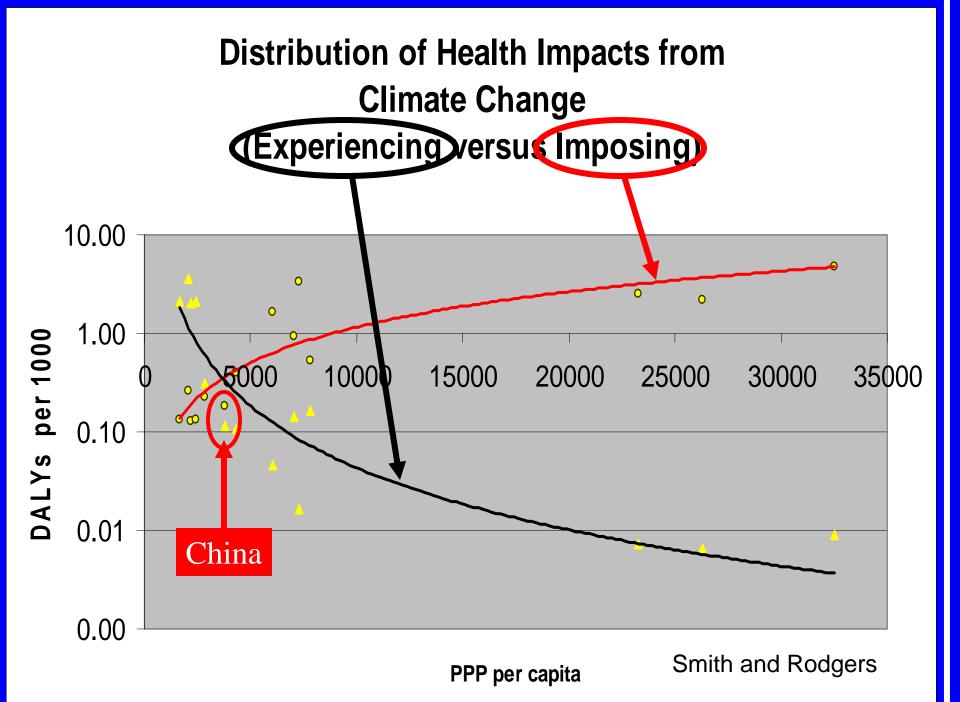


#### Distribution of Natural Debt by Country: Carbon in Cumulative CO<sub>2</sub> emissions

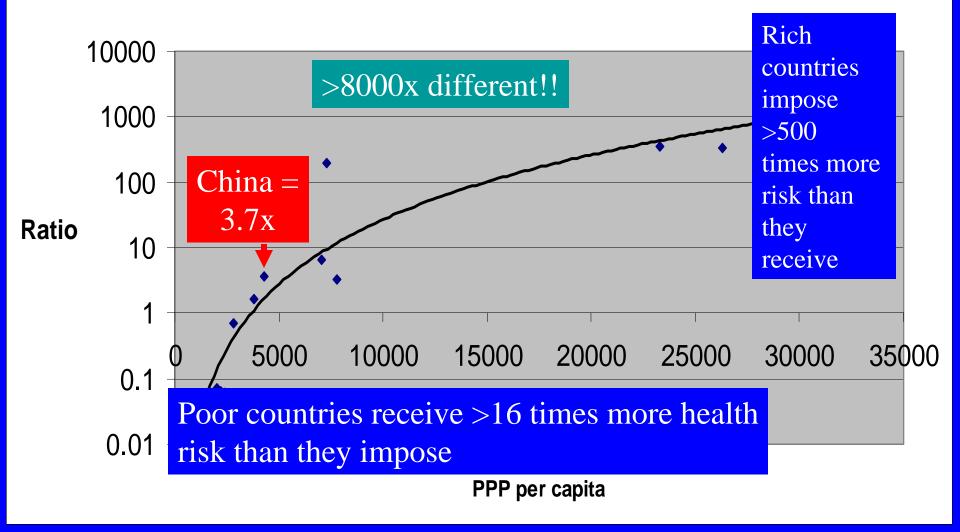


Patz et al. 2007



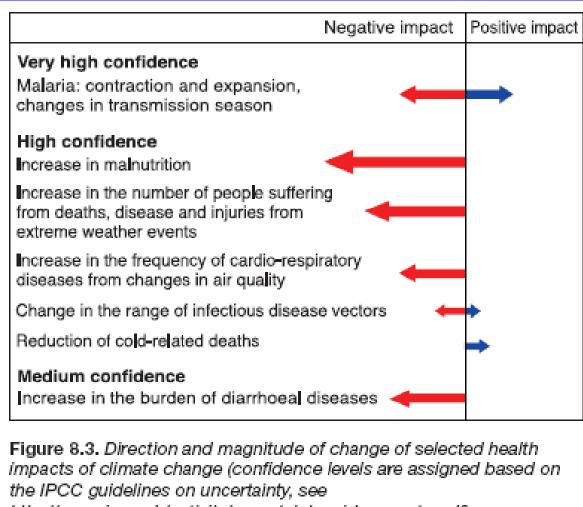


## Distribution of Health Impacts from Climate Change (Ratio: Imposing/Experiencing)



## WHO Comparative Risk Assessment – 2004 Climate Change Health Impacts as of 2000

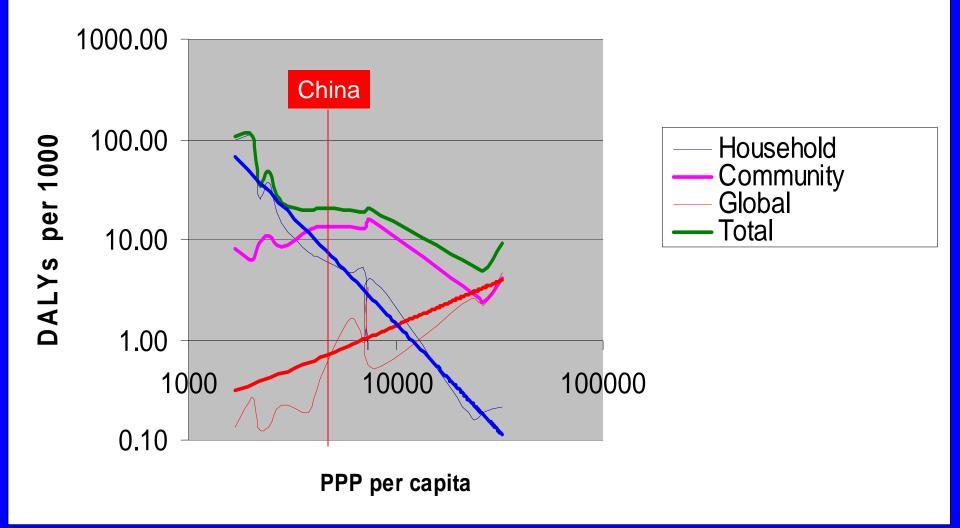
- Diarrhea 2.4% of global burden
- Malaria 2%; 6% in some regions
- 17% of protein-energy malnutrition
- 7% of dengue fever in some rich countries
- 150,000 deaths, 99% in poor countries (46% in South Asia)
- 0.4% of all DALYs
- Most (88%) of impact in children under 5
- Basically acts as a multiplier of other environmental risks
- Since these are highest at the household level in developing countries, that is where the burden will mostly occur

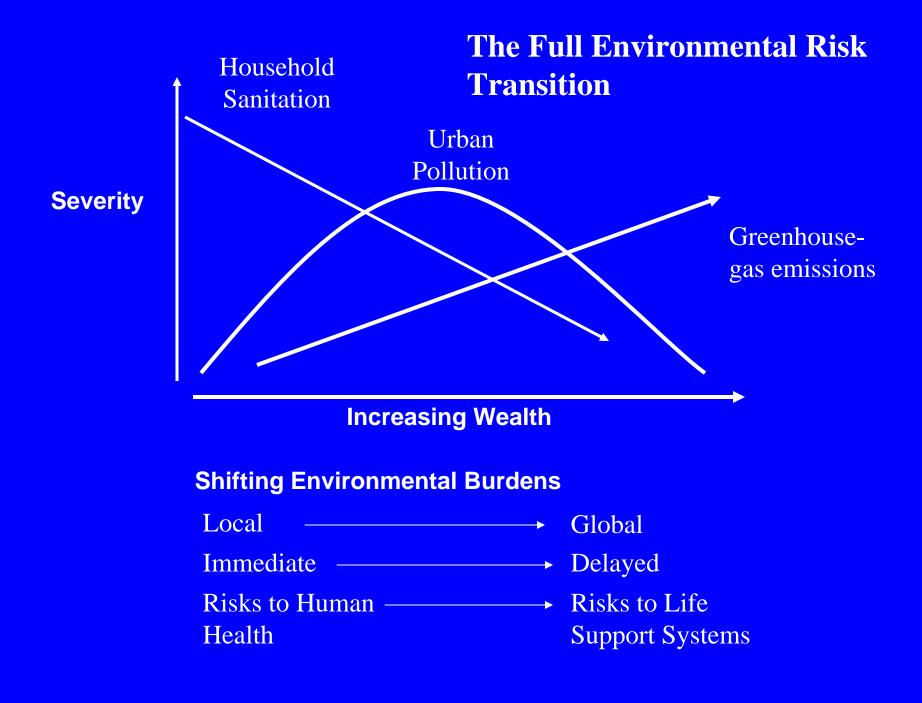


http://www.ipcc.ch/activity/uncertaintyguidancenote.pdf).

#### IPCC WGII, 2007

## Environmental Risk Transition (Imposed Global Risk)





# **Recent references**

- Zhang J & Smith KR, Household Air Pollution from Coal and Biomass Fuels in China: Measurements, Health Impacts, and Interventions. Environmental Health Perspectives <u>115</u> (6): 848-855, 2007
- Confalonieri U. and many others, *Human Health*, Chapter 8 of the IPCC 4<sup>th</sup> Assessment Report, WGII, <u>Impacts</u>, <u>Adaptation, and Vulnerability</u> Cambridge University Press, UK, p. 391-431, 2007
- Smith KR, <u>Mitigating, Adapting, and Suffering: A Bit of</u> <u>Each</u>, (Symposium on Climate and Health, KR Smith, ed), Annual Review of Public Health, <u>29</u> (in press)
- Smith KR, Haigler E, <u>Co-benefits of climate mitigation and</u> <u>health protection in energy systems: Scoping methods</u>, *ibid.*
- Patz JA, Gibbs HK, Foley JA, Rogers JV, Smith KR, <u>Climate</u> change and global health: An unprecedented ethical crisis, *EcoHealth* <u>4</u> (in press)

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Wilkinson P, Smith KR, Joffe M, Haines A, A global perspective on energy: Health effects and injustices,

Markandya A, Wilkinson P, Electricity generation and health,

Woodcock J, Banister D, Edwards P, Prentice AM, Roberts I, Energy and transport,

Wilkinson P, Smith KR, Beevers, Tonne C, Oreszcayn T, Energy, energy efficiency, and the built environment,

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Haines A, Smith KR, Anderson D, Epstein P, McMichael A, Roberts I, Wilkinson P, Woodcock J, Woods J,

Policies for accelerating access to clean energy, improving health, advancing development, and mitigating climate change, Publications available at <a href="http://ehs.sph.berkeley.edu/krsmith/">http://ehs.sph.berkeley.edu/krsmith/</a>

# Thank you