

Protect people from tobacco smoke

KEY MESSAGES

- 1 The number of countries in the WHO European Region in which all public places are completely smoke-free (or at least 90% of the population is covered by subnational smoke-free legislation) increased from four in 2007 to 18 in 2022 (7). Still, two thirds of countries in the Region have more lenient laws that do not adequately protect people from the dangers of second-hand smoke (Fig. 1).
- 2 Prohibition of smoking, which provides protection from exposure to second-hand smoke, **remains insufficient in government facilities, indoor offices, restaurants, pubs and bars and on public transport**. Despite evidence that designated smoking rooms (DSR) do not fully protect people in indoor public areas, 12 countries continue to allow them in many venues, especially in the hospitality sector (Fig. 2).
- 3 European countries are increasingly extending smoke-free laws to other public venues. Cultural facilities, such as theatres and cinemas, are the best covered (34 countries), followed by shops (33 countries) and indoor waiting areas for public transport (e.g. train and metro stations) (30 countries). While most countries now prohibit smoking on aircraft, only 19 have adopted 100% smoking bans in airports, with no DSR. Thus, 34 countries in the Region do not fully protect airport staff and passengers from second-hand smoke. In recognition of the harm of second-hand smoke for children, half of the countries in the Region ban smoking in children's outdoor areas such as playgrounds, and 14 countries have made smoking in cars with passengers under the age of 18 years illegal (Fig. 3).

Fig. 1. Percentages of countries with bans on smoking in public places in the WHO European Region, 2022



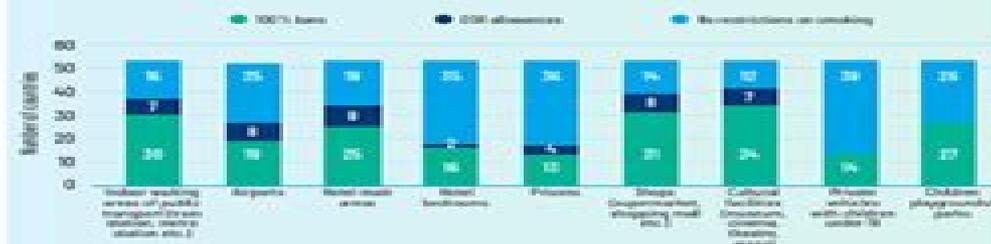
Source: WHO/EU.

Fig. 2. Numbers of countries with comprehensive bans on smoking and with designated smoking rooms (DSR), by venue, 2022



Source: WHO/EU.

Fig. 3. Indoor and outdoor smoke-free venues in the WHO European Region, 2022



Note: Airports does not have an airport.

Source: WHO/EU.

Smokefree Guide How To Eliminate Tobacco Smoke From Your Environment

Huangqi Zhang



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Women's Guide to Navigating Midlife Dr. Pratiksha Prashant, The woman you once were no longer feels familiar something deep within has shifted and what used to feel normal before now seems dull Your emotions are scattered your body is changing and your relationships are evolving rapidly Alongside if the search for meaning and purpose feels more urgent than ever midlife is likely calling for women in their forties and fifties Though challenging this phase offers an opportunity for profound growth and transformation This book serves as a compassionate guide for women navigating the emotional physical and mental shifts of midlife If you've ever felt alone in your struggles or unsure how to embrace these changes you'll find understanding and support here Through insightful advice and personal reflections this book will encourage you to acknowledge accept and thrive through this transformative stage of life Aging is a gift a privilege denied to many yet one we often overlook in the rush of life Together we can learn to appreciate and welcome it finding beauty strength and wisdom in every stage of the journey **Environmental Tobacco Smoke** Florida Tobacco Control Clearinghouse, 2001 Adult-Gerontology Practice Guidelines, Second Edition Jill C. Cash, Cheryl A. Glass, 2019-02-05 Praise for the First Edition Because of the way it is organized this book meets the needs of both novice and experienced advance practice nurses Each chapter defines the problem how often it occurs and what leads to the problem To aid in assessment the book includes the physical examination landmarks as well as diagnostic tests that might be needed A plan of care is offered with several different alternatives for treatment and then notes what type of follow up is needed This would be a great resource for anyone working in the field of geriatrics Score 92 4 Stars Doody's Reviews The first book to encompass adult gerontology practice guidelines for primary care this comprehensive resource is useful as both a clinical reference and as a text for health care practitioners working with this population Concise and up to date the book is distinguished by its easy to read outline format that enables readers to quickly access the information they need The second edition features 27 completely new entries associated with the aging population an entirely new section on geriatric syndromes and multiple updates to guideline changes for screenings Polypharmacy issues are incorporated throughout and the BEERS list of medications is highlighted to guide prescribers in safely tapering or adding medications to a patient's drug regimen For quick and easy access to information practice guidelines are organized primarily by body system disorders are listed alphabetically within each body system and all disorders are presented in a consistent format With an emphasis on history taking the physical exam and key features of the aging population each of the more than 240 disorder guidelines include definition incidence pathogenesis predisposing factors common complaints other signs and symptoms subjective data physical exam diagnostic tests differential diagnoses plan of care health promotion follow up guidelines and tips for consultation referral Particularly helpful features include Practice Pointers highlighting crucial information for a disorder

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