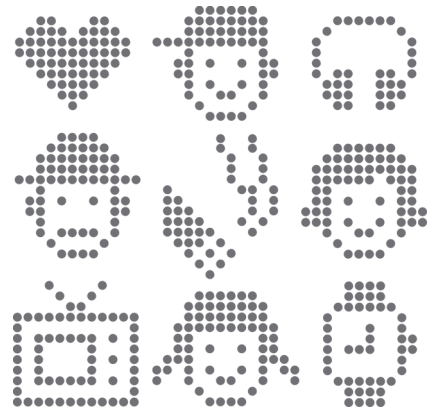


# FACTSHEET ON



CHANGES IN CHILD EXPOSURE TO ENVIRONMENTAL TOBACCO SMOKE



## WHAT IS CHETS?

In March 2006 the Scottish Government introduced a law which means that people are no longer allowed to smoke in indoor public places (such as workplaces, indoor leisure facilities and covered shopping centres). CHETS is a research project run by Edinburgh University that looked at whether the smoking ban in Scotland made a difference to the amount of secondhand smoke that children breathe in. Secondhand smoke, sometimes called passive smoke or environmental tobacco smoke, is smoke that comes from other people's cigarettes, cigars or pipes.

## WHO TOOK PART?

Primary 7 children from over 100 Primary schools across Scotland (including your school) took part in this study in January 2006 and January 2007.

## WHAT DID THEY DO?

Children who wanted to take part answered some questions by filling out a questionnaire. They were asked if they smoke or if anyone in their family smokes and whether they were recently in any places where people were smoking.

Children also gave a sample of saliva by placing a small piece of cotton wool in their mouths for around 3 minutes. The saliva was sent to a laboratory and tested for a chemical called cotinine. Cotinine shows if someone has breathed in smoke either from other people smoking nearby or from smoking themselves.



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## WHAT DID WE FIND?

- Most P7 children do not smoke.
- The smoking ban has been good for children.
- The amount of secondhand smoke that children breathe in has reduced a lot since the ban.
- Some people thought that parents who smoke might smoke at home more often after the ban because they are no longer allowed to smoke in indoor public places. The results of our project show that this is not true.

### After the smoking ban, children told us:

- There was no difference in the amount of contact they had with other people's smoke in their own home or car.
- Fewer people were smoking when they visited other people's homes.
- Fewer people were smoking in cafés/restaurants and on public transport such as buses or trains.

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Child & Adolescent Health Research Unit (CAHRU), The Moray House School of Education,  
The University of Edinburgh, St Leonard's Land, Holyrood Road, Edinburgh EH8 8AQ.

[www.education.ed.ac.uk/cahru](http://www.education.ed.ac.uk/cahru)

General enquiries 0131 651 6550 Fax: 0131 651 6271 Email: [patricia.akhtar@ed.ac.uk](mailto:patricia.akhtar@ed.ac.uk)

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