



European Federation of Allergy and Airways  
Diseases Patients' Associations

# Uncompromised ambient air quality in resource- efficient buildings

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# PATIENTS UNITED FOR THE PATIENTS

European alliance of more than 40 allergy, asthma and chronic obstructive pulmonary disease (COPD) national patients' associations representing more than 30% of European citizens living with these diseases

Patients' participation in every decisions influencing their health, partnership & sharing knowledge

Official stakeholder in the European Chemicals Agency



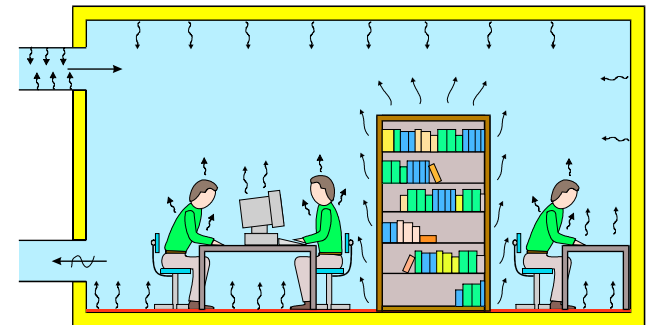
# RIGHT TO GOOD INDOOR AIR QUALITY

- In OECD countries, people spend on average 90% of their time in indoor environments
- Under the principle of the fundamental right to health, everyone has the right to breathe healthy indoor air (WHO, The Right to Healthy Indoor Air, 2000)



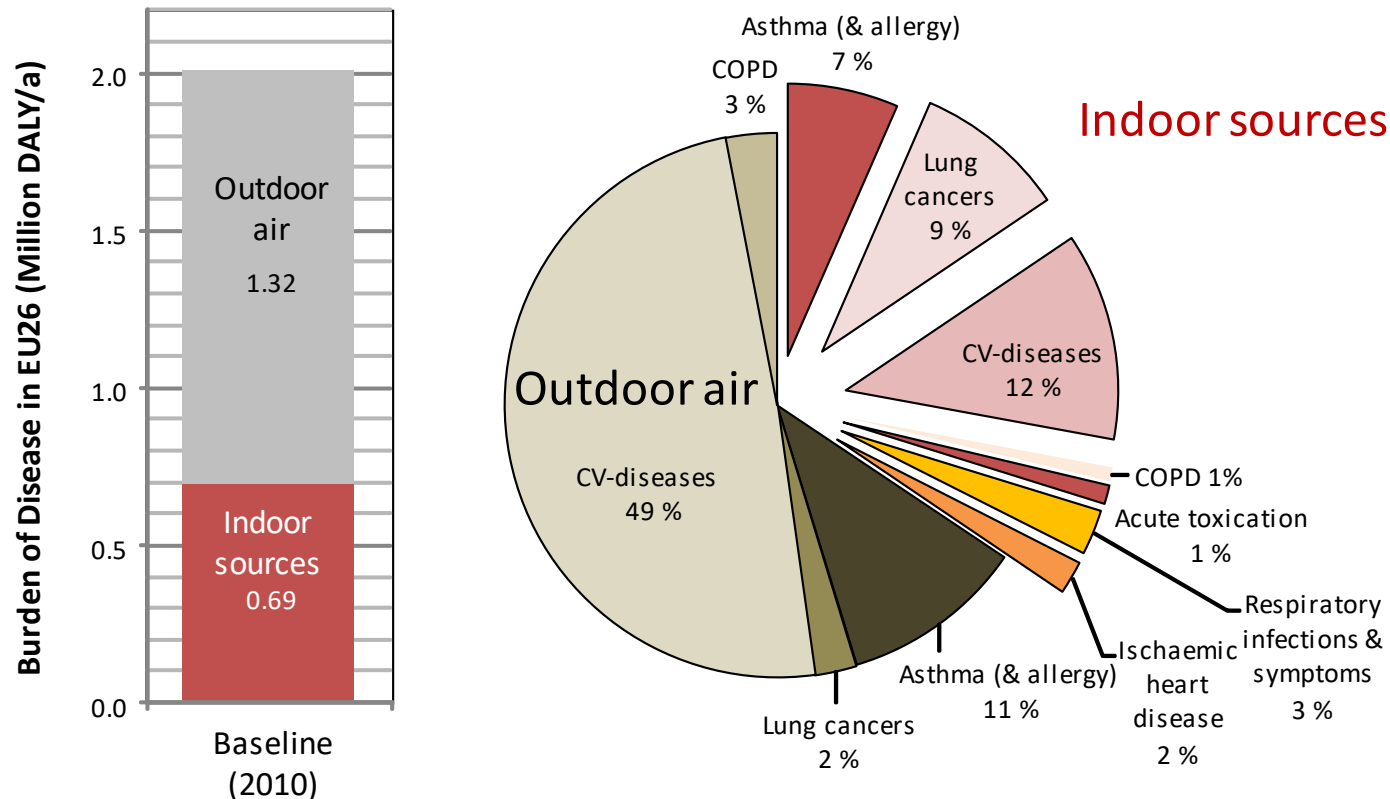
**BUT**

- Several sources of pollution regularly breach such a right
  - Outdoor air: combustion, industrial pollution, traffic, pollens – causing 50% of IAQ burden of disease (EnVIE project)
  - Building: building materials, furnishing, equipment, consumer products
  - Ventilation system: ventilation, air-conditioning
  - Humans: occupants and their activities



# BURDEN OF DISEASE

2 million healthy years are lost in the EU every year due to poor indoor air quality (IAIAQ project)



Source:  
HealthVent  
report

Figure 1. Burden of disease at the baseline (2010) in EU-26 divided into indoor and outdoor source components (left) and fractions associated with different diseases (right).

People with allergy and respiratory diseases are particularly affected (first to react and worsening of symptoms)

- Smoking
- Cooking
- Household chemicals
- Ground on which buildings are built (radon)
- Building materials
- Heating and cooling
- Bedding and furnishings
- Moisture and dampness
- Pets

## Sources

- Irritated nose and throat
- Increased chance of respiratory symptoms such as cough
- **Worse asthma**
- **Worse COPD**
- Lower lung function
- Lung cancer

## Lung effects

- Carbon monoxide poisoning and death
- Difficulty breathing (dyspnoea)
- Intoxication
- Pneumonitis
- Inflammation of the lung airways
- Shortness of breath
- **Allergic reactions**
- Nasopharyngeal cancer

## Lung effects

# NOT ONLY HEALTH...

Loss of 9% of productivity due to offices' poor indoor air quality  
Carpeting and less ventilation reduce typing speed and proofreading accuracy by 4%  
64 million students and 4.5 million teachers are affected by bad indoor air quality in Europe with impact on absenteeism, learning and student performance, as well as behaviour  
Social exclusion







“Fragrances are increasingly being used in places frequented by the public. Another aspect of this trend is the habit of making fragrances long-lasting – a disaster if you have asthma and someone near you is using such products! This pungent odour makes it hard for people with asthma and allergy to remain in the vicinity. They are forced to leave or in the best case to take more medication to be able to stay.”

**Joanna Bottema – Astmafonds (The Netherlands), EFA Book on Respiratory Allergies: Raise Awareness, Relieve the Burden**



Tomorrow will be canceled due to  
lack of interest.





- Inclusion of indoor air quality requirements in the national regulations of all European countries, especially for schools and kindergardens, and in line with WHO guidelines
- Inclusion of indoor air quality auditing in the review of EPBD, IAQ in the energy certificate
- Harmonised construction products labelling criteria
- Common regulation in Europe on health-based ventilation rates, harmonising calculation practice among countries
- European guidance on proper scope, design, construction, maintenance and inspections of ventilation systems
- Inclusion of indoor air quality considerations in health and safety at work legislation

# PATIENTS' RECOMMENDATIONS – CONTD

- Inclusion of patients' organisations in IAQ decision-making
- Development of new EU policies promoting sustainable buildings considering distance with industry, big roads, etc.
- Stricter comprehensive and sectorial legislations tackling ambient air pollution (e.g.: transport, industry)
- Labelling of consumers products
- Establishing national indoor air quality help-lines
- Banning of smoke in all public places
- No fragrance or scents in public buildings
- Separate heating and ventilation systems (reducing ventilation, not turning it off)
- Introduction of sensing devices for the monitoring of indoor air quality

# EP IG ON ALLERGY AND ASTHMA CALL TO ACTION



A political call to action in Europe #CallAllergyAsthma

## SAVE THE DATE

**25 April 2017 | 18:00-20:00 | European Parliament, Brussels**

**A political Call to Action on allergy and asthma in Europe**

**Launch Event Hosted by MEP Sirpa Pietikäinen (EPP, Finland)**



We need a **common comprehensive** and **urgent** response to tackle both indoor and outdoor air pollution

**We** *breathe*  
**the same**  
*air.*



# THANK YOU!

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