Reducing Secondhand Smoke Exposure Among Young Children in Rural China (The RESCUE study)

**Background**
Second-hand smoking (SHS) is a health hazard to infants and children, because it is associated with many respiratory diseases and sudden infant death syndrome. In China, especially in rural areas, high prevalence of smoking in adults (52.9% in men) results in high children SHS exposure at home. However, the effectiveness of evidence-based SHS intervention is unknown.

**Study Focus**
Secondhand smoke (SHS) exposure reduction in children, Community Health Workers (CHWs), respiratory health of children

**Status**
Active

**Location**
Taizhou, China; Kunming, China

**Duration**

**Principal Investigator**
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**Main Collaborators**
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- Taizhou Centers for Disease Control & Prevention, Zhejiang, China

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- National Natural Science Foundation of China (NSCF)

**Aims**
- To explore young children SHS exposure within families and tobacco use in their caregivers;
- To analyze main factors that are associated with children’s SHS exposure in rural China;
- To examine the effectiveness of a protection motivation theory-based smoking hygiene intervention (SHI), delivered by community health workers (CHW), to reduce SHS exposure among children in rural China and improve respiratory health of children.

**Study Design**
The study will have two parts, including baseline assessment surveys and randomized controlled trial (RCT) of households in target communities.

**Baseline survey:** To obtain baseline data on SHS exposure among young children, the health status of children, and tobacco use pattern and quit smoking experiences of household members, as well as to screen and recruit participants for the RCT (n=400).

**Randomized control trials:** To assess the effectiveness of a theory-based SHI which will be tailored for rural China. The intervention group will receive six individual counseling within a period of six months about harms of smoking/SHS and importance of children’s SHS exposure reduction and smoking cessation. The control group will receive the counseling in the same format as intervention group, but the content is about child development. The control group will receive the same intervention as intervention group after six months.

**Impact**
- This study could provide clinical evidence for the development of CHW-delivered interventions designed to reduce exposure to SHS and related morbidity and mortality among children in rural China.
- This study could be used to draft guidelines for SHS exposure reduction intervention, which could be implemented as a policy for primary health care settings in rural China and other low- and middle-income countries.