

EPV0778

Measuring CO in an anti-smoking campaign in Virovitičko-podravka County in Croatia

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Introduction: Measuring carbon monoxide (CO) in exhaled breath with a visual representation can aid in smoking cessation by increasing smokers' awareness of how smoking negatively affects their health and how many harmful substances they introduce into their bodies. Individuals attempting to quit smoking can regularly measure CO levels to monitor their progress in reducing this gas in their system. The national „Smoke Out Day” is a day aimed at encouraging smokers to quit smoking in the Republic of Croatia. It is celebrated on the first day of Lent, as it is a period when most people contemplate giving up something they enjoy throughout the year. The Institute of Public Health of Virovitičko-podravka County sets up a booth in one of the cities in County on that day. There we offer pamphlets to passersby with information about the harmful effects of smoking and provide them with the opportunity to measure carbon monoxide in their exhaled breath.

Objectives: The aim of this study was to explore relationship between smoking status, smoke exposure and the levels of exhaled carbon monoxide.

Methods: For measuring CO we used piCO simple Smokerlyzer. From April 2015 till May 2023, 462 individuals have participated in this measurement. The data were processed using the Python programming language version 3.9 and the statistical library Pingouin version 0.5.3. Data visualization was performed using the Seaborn library version 0.12.2. The statistical analyses employed in this study are partial correlations. The Spearman method was used for partial correlations because it can identify nonlinear relationships and is more accurate and robust when the assumptions for Pearson correlation are not met.

Results: Partial correlation analysis indicates that there is a statistically significant relationship between the level of carbon monoxide and the following parameters:

- Non-smoking status in years ($\rho = -0.526$, $p < 0.001$, two-tailed test).
- Number of cigarettes smoked per day ($\rho = 0.369$, $p < 0.001$, two-tailed test).
- Testing time after 3 PM ($\rho = 0.234$, $p < 0.001$, two-tailed test).
- Number of years as a smoker ($\rho = 0.230$, $p < 0.001$, two-tailed test).
- Age in years ($\rho = -0.179$, $p < 0.001$, two-tailed test).
- Time spent in a smoky area ($\rho = 0.114$, $p < 0.016$, two-tailed test).

Conclusions: In summary, these results provide valuable insights into the factors associated with carbon monoxide levels in humans, with smoking-related variables, age, and testing time showing notable partial correlations. It is important to consider these relationships when assessing and managing carbon monoxide exposure and its potential health implications.

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The Nefashot Initiative's Journey: Transforming from Local Activism into a Diverse Community Promoting Mental Health through Arts and Culture

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Introduction: *Nefashot*, meaning 'Souls' and 'People' in Hebrew, emerged from a local group of impassioned activists. Our core mission is to promote mental health awareness through cultural and artistic expressions, bridging gaps in open and inclusive conversations.

Objectives: In our early years, our primary goal was to infuse MH discussions into public spaces through art. However, as our community has evolved, so too have our objectives. Today, we recognize the profound impact of these connections and discussions, both within and beyond our dynamic community. We've come to understand that belonging to this community is, in itself, a catalyst for change. This shift in perspective has allowed us to fully embrace the transformative potential of community engagement and direct our activities.

Methods: At the heart of our approach is the nurturing of a profound sense of belonging within our diverse community. We achieve this through two vital activities: (1) Ongoing Community Communication: Within our dynamic community, which includes individuals dealing with mental health challenges, professionals, family members, friends, and allies, communication is paramount to our unity. We maintain an open and continuous dialogue through a dedicated WhatsApp group. This platform facilitates connection, sharing of experiences, and mutual support, strengthening the bonds that unite us in our shared mission. (2) Community-Driven Event Production: Beyond our annual 'Osim Nefashot' week, held around World Mental Health Day, we seize opportunities throughout the year to organize events or collaborate with larger events like International Women's Day in March or Book Week in June. Encouraging active participation in event planning and execution not only amplifies the voices of our members but also deepens their sense of belonging within our ever-evolving community.

Results: Our hallmark is a sustainable process, welcoming new creators, forging connections, and expanding our influence while retaining core members. This renewal and continuity enable us to reach new audiences and expand mental health awareness through art and culture. Our growth is showcased, with 90 events organized last year.

Conclusions: Nefashot's transformation from activists to a diverse community is an ongoing journey requiring commitment and deliberate steps. Our allocated resources and activities ensure each participant, from creators to venues to attendees, plays a vital role in advancing mental health awareness. We remain dedicated to nurturing inclusivity and promoting mental well-being through art and culture.

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