Mother of four, Kanchhi Maya Jimma from Makwanpur District in Nepal cannot talk for more than a few minutes without breaking into a violent, coughing fit. Gasping for air, she quickly reaches out for her inhaler; it is constantly by her side. The 46-year-old suffers from chronic obstructive respiratory disease as a result of exposure to smoke while cooking.

**Facts**

- Chronic respiratory diseases claimed 1.6 million lives in South-East Asia Region in 2012.
- Tobacco use, exposure to second-hand smoke and use of solid fuels such as wood, coal, dung, crop residues are major risk factors for these diseases.
- 61% of households in the Region use solid fuels as a primary source for cooking.

"We have to use firewood to cook our food – there is no other choice. We are poor and cannot afford to instal a chimney in our home."