



TOBACCO-FREE



ISSUE X: SEPTEMBER – OCTOBER 2020

Times

THE NEWSLETTER

www.rctcpgi.org

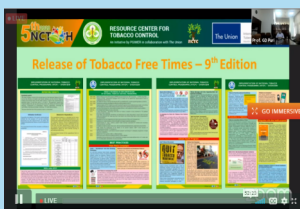
E-RCTC: A Pre-eminent Gateway to achieve tobacco free world



India's first E-Resource Centre for Tobacco Control (E-RCTC), a collaboration of PGIMER and The Union, has crossed 2 lac viewers till date and still counting from over 75 countries globally. The viewers include program implementers, academicians, researchers and other stakeholders working tirelessly in field of tobacco control. The portal has marked its place in making the world tobacco free as it showcases an array of valuable and vital information under various heads like Policies and Legislations, circulars and orders, NTCP structure, IEC material etc. Further it covers the nature and consequences of tobacco use worldwide; tobacco's effects on population health, the economy, the environment, and society; efforts to prevent and control the global tobacco epidemic. The portal also highlights the activities of the tobacco industry and its allies.

TOBACCO FREE TIMES: 9TH EDITION RELEASED

Tobacco-Free Times 9th edition, with the theme "Implementation of National Tobacco Control Programme: Overview" newsletter was launched in the presence of eminent dignitaries Dr Prakash Gupta, Director of Healis-Sekhsaria Institute of Public Health, Mumbai and Chief Advisor of NCTOH; Dr Sanjay Rai, President of Indian Public Health Association, India; Prof GD Puri, Dean (Academic) & Head Department of Anaesthesia, PGIMER, Chandigarh; Prof K. Srinath Reddy, President of Public Health Foundation of India, New Delhi; Mr Hussan Lal, IAS Principal Secretary Health Govt. of Punjab and Sh. Vikas Sheel, IAS, joint Secretary MoH&FW, Govt. of India.



Editor's Speak



I feel extremely contented and honored to release this 10th edition of 'Tobacco Free Times' which features guidelines and good practices related to tobacco free educational institutes. This much needed initiative will prevent deaths of millions of youth in our country by creating tobacco-free environment. I urge all policy makers and implementers to strictly implement these guidelines in their respective jurisdictions for overall interest of public health. I also urge department of education to monitor adherence of these guidelines along with building capacity of school teachers and students so that we save life of our citizens during their formative years.

Dr Sonu Goel

Director E-RCTC & Professor,
PGIMER, Chandigarh

Experts Speak



Congratulations to E- RCTC for the release of 10th newsletter. I do not see it as a report or bulletin but it is outcome of the unified effort of the entire tobacco control fraternity in the country. It is a vision document representing the present, past and future of tobacco control in India. I feel proud to be part of this challenging journey.

Dr Gopal Chauhan

SPO NCD, NTCP NHM Himachal Pradesh



This E-Resource Centre for Tobacco Control (E-RCTC) has given an unique opportunity as a resource pool for providing necessary information on tobacco control themes and activities from across the India. Indeed, such a knowledge based resource centre would definitely helpful for researchers, academicians, implementors, policy making bodies and stakeholders. Realising the health implications of tobacco use, it is pertinent to stop initiation at early age for a tobacco free future generation and well-being of people. This e-platform would certainly help the youths to work for the cause. Best wishes for more success.

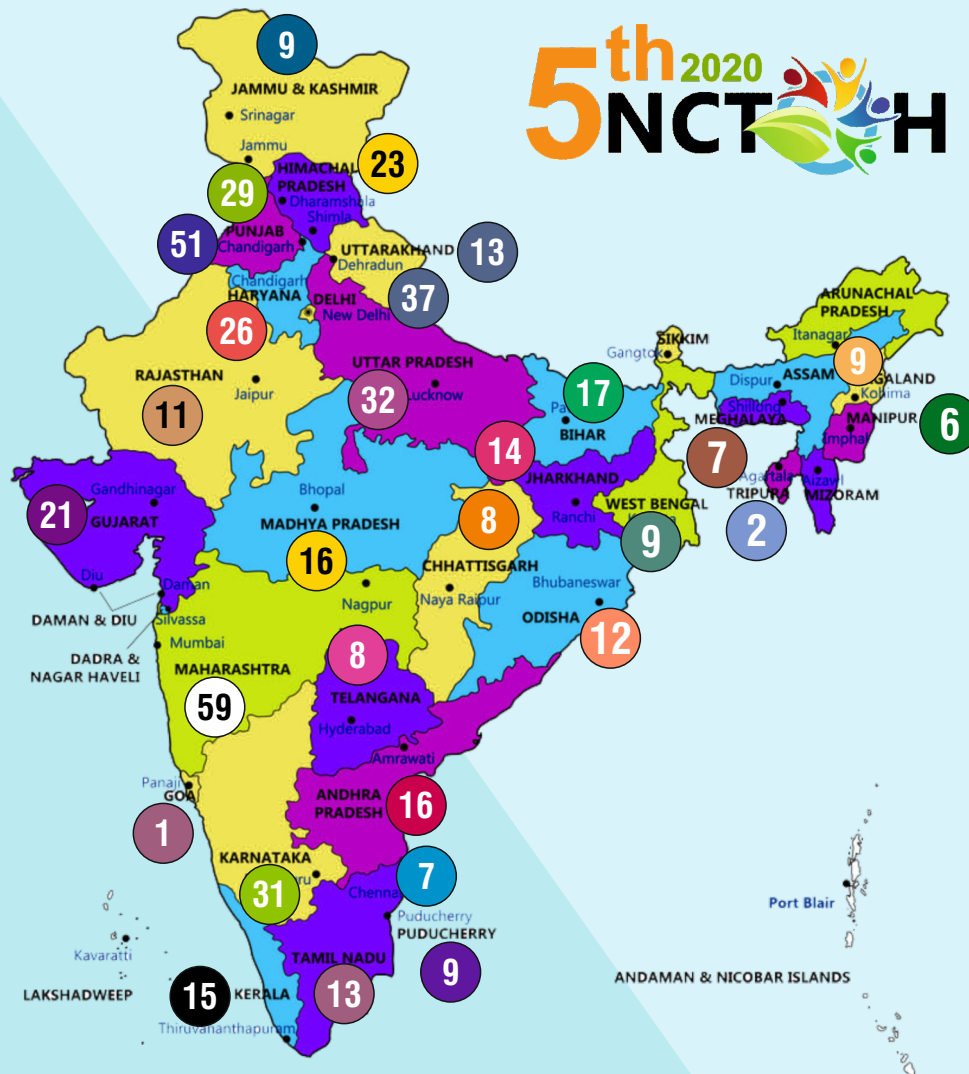
Ms. Surekha Sundari Swain

Deputy Secretary-cum-NSS Coordinator, Higher
Education Department, Government of Odisha



PROJECT UPDATES

Strengthening tobacco control initiatives in India: NCTOH



A virtual curtain raiser of 5th National Conference on Tobacco or Health (NCTOH) was conducted by the Department of Community Medicine and School of Public Health, PGIMER Chandigarh on 25th- 26th September 2020 under the guidance Ministry of Health and Family Welfare (MoHFW), Government of India and in collaboration with The Union South-East Asia (The Union). More than 500 participants from 32 states across country including tobacco control professionals, health programme managers, public health experts, civil society advocates, academicians and researchers from various clinical and non-clinical disciplines joined on one platform for sharing contextual experiences and best practices in tobacco control in order to advance tobacco control in the country. Besides this there was a considerable number of registrations from South East Asia Region and around 65 who joined the event from India, USA, Sri Lanka, Bangladesh and Maldives. Conducting a virtual mega event in the stressful time of COVID pandemic provided a learning opportunity for many through very systematically organised informative sessions. Many important sessions including diverse public health issues and challenges in tobacco control, ranging from multi-sectoral convergence, tobacco industry interference, COVID-19 and other emerging and re-emerging issues were well covered during the event.

PROJECT UPDATES



Webinar on “Tobacco Free Schools – A Way Forward to Smoke Free Education” in Puducherry.

A webinar on Tobacco Free Schools – A Way Forward to Smoke Free Education” was organised by Resource Centre for Tobacco Control (E-RCTC), PGIMER Chandigarh in collaboration with JIPMER, Puducherry, Department of Health & Family Welfare, Puducherry and The Union South-East Asia (The Union) on 7th October 2020. Since the schools have the potential to reach a large number of children repeatedly at an age when they are tempted to experiment with tobacco, they play an integral part in putting an end to initiation of tobacco use. It is in this context



that the webinar was organized with an aim to sensitize principals, teachers and other staff about the impact of tobacco on children and orient them on Tobacco -Free Institution Policy and to make Puducherry Schools as “Tobacco Free Schools”. The resource persons of the webinar were Dr. S. Govindrajan, State Nodal Officer (HIV, TB & Tobacco Control) Dr. Suriya Kumar, State Consultant, NTCP- Puducherry ;Dr. Amit Yadav, Senior Technical Advisor- Tobacco Control at The Union, South East Asia, New Delhi; Dr. Sitanshu Sekhar Kar, Additional Professor, Department of P&SM, JIPMER, Puducherry and Dr. Sonu Goel, Professor DCM&SPH, PGIMER, Chandigarh and Director E-Resource Centre for Tobacco Control(E-RCTC)

Orientation Training of field investigators on base line assessment

Orientation training on Epi - collect for base line assessment of COTPA was conducted for freshly recruited data collectors of all four project states was successfully held on 12th October, 2020. This meeting was managed by the project coordinator Mr. Rajeev Kumar and was attended by the project staff as well.

End line assessment of COTPA in project states: Telangana & Puducherry:

The End line assessment of COTPA was successfully completed in state of Telangana & Puducherry. Further, the assessment has also been initiated in the state Meghalaya and Odisha.

Data compilation of IEC material completed in all 4 project states.

Collection and compilation of data related to IEC material developed by all four project states was successfully completed.

Formulation of a tool for reporting instances of TII

A tool was formulated for mapping the incidences of Tobacco Industry Interference in the project states. The tool, to be populated by the State Program Officers, aims to record the nature, source and the action taken in response to such events. This would in turn strength the implementation of Article 5.3 in the concerned states.

Baseline assessment of COTPA got under way in Telangana and Puducherry

After the comprehensive training session for newly appointed data collectors, Data collection for base line assessment of COTPA in state of Telangana & Puducherry was successfully initiated.



Perception of Threat and Efficacy for SARS-COV-2 Infection: A study

The results of ongoing study on “Perception of threat and efficacy for SARS-COV-2 infection among users and non-users of tobacco in Meghalaya, Odisha, Puducherry and Telangana” are being compiled.

Instance of Tobacco Industry Interference Observed: Meghalaya

A hoarding of “shikhar pan masala” was observed by NTCP- SNO in a public place in Laitumkhrach, Shillong. In this regard, a mail was sent by the STCC to the owner informing them that any promotional activity regarding tobacco products is banned in the state of Meghalaya.



TOBACCO-FREE EDUCATIONAL INSTITUTIONS A WAY FORWARD



Background:

The tobacco epidemic is one of the biggest public health threats and single largest cause of preventable deaths and illness the world has ever faced, killing more than 8 million people as year around the world. Over 80% of the 1.3 billion tobacco users worldwide live in low- and middle-income countries, It kills half of its users prematurely, mostly in their most productive age and is a major risk factor for cancer, cardiovascular diseases (CVD), diabetes, chronic lung disease, stroke, infertility, blindness, tuberculosis (TB), oral cavities etc. In India, over 13.00 lac people die from tobacco use every year, i.e. about 3500 people die per day. As per the Global Youth Tobacco Survey (GYTS), 2009, 14.6% of students in India aged between 13 to 15 years use tobacco with the rate for boys (19.0%) being significantly higher than that for girls (8.3%). Among them, 8.1% of students smoked tobacco for boys (11.2%) being three times higher girls (3.7%). Also, boys (11.1%) had significantly higher use of SLT than girls (6.0%). Between 2003 and 2009, cigarette smoking had not changed but bidi smoking increased from 2.2% to 5.3 % . Both boys and girls had a significant increase in bidi smoking between 2003 and 2006 with boys (5.8%) were 3.3 times as likely to smoke bidi (7.3% versus 2.2%) as compared to girls.

In 2008, Ministry of Health and Family Welfare, Government of India had launched the "Guidelines for Tobacco Free Schools/Educational Institutions" and "Step by Step Guidelines for implementation of Section 6 (b) of the Act and Rules" in 2017. These guidelines provide a fresh momentum to implementation of tobacco control initiatives among adolescents and young adults.

Need of Tobacco Free Educational Institutions

- More awareness about harmful effects of tobacco use amongst the students, teachers, workers and officials.
- Awareness about various avenues available for tobacco cessation.
- A healthy and tobacco free environment in educational institutions.
- Better implementation of legal provisions regarding sale and use of tobacco products.
- Youth being future of the nation should be safeguarded
- Tobacco litter desecrating the campus.
- Aggressive marketing of tobacco companies, which are particularly targeting youth.
- Prevent exposure to second-hand smoke (SHS).

TOBACCO-FREE EDUCATIONAL INSTITUTIONS A WAY FORWARD



Guidelines of Tobacco Free Educational Institutions

Display of "Tobacco Free Educational Institution" and "Tobacco Free Area" signage on the boundary wall, the main entrance, the official notice boards within the premises of educational institution and outside. The signage could be in the form of boards or wall paints. The educational institutions are encouraged to innovate or adapt the signage according to their capacity and context.

Designate Tobacco Monitor(s) whose name, designation and phone number should also be mentioned on the signages.

No tobacco products are sold inside the premises and in an area within a 100 yards from the premises. Any violation should be reported to the National Quitline at 1800-11-2356.

The EI management must not permit consumption of tobacco products in the premises of the institution.

Must not participate in any event sponsored by any firm or a subsidiary of a firm or a seller, which promotes the use of or manufactures or sells tobacco products in any form. EIs/ Students should also not accept any prize or scholarship instituted by such firms

Prohibit use of tobacco substitutes like electronic and nicotine delivery systems(ENDs) which are usually marketed as safer alternatives for conventional cigarettes.

Use the Self-Evaluation Scorecard to assess the status of implementation of the ToEFI Guidelines in their institution and get a certificate to this effect to those EIs who score 90% and above marks.

The prescribed formats of the signage:

TOBACCO FREE EDUCATIONAL INSTITUTION

Sale of cigarettes and other tobacco products in an area within radius of one hundred yards of this educational institution is strictly prohibited and is a punishable offence.

If you see any violation, please report to –

Name _____

Designation _____

Contact Person _____

OR

Call at Quitline Number – 1800-112-356 (Toll free)

By Order _____

The prescribed format of Self-Evaluation Scoreboard FOR TFI is:

Self-Evaluation Scorecard for Tobacco Free Educational Institution			
Name of the Educational Institution:-			
Name and Designation of Evaluator:-			
Date of Evaluation:-			
Final Score of the Educational Institute: _____			
Sl. No.	Criteria	Weightage Points	Scored points by the Institute
1	Display of 'Tobacco Free Area' Signage inside the premise of Educational Institute at all prominent place(s).	Mandatory (10)	
	The name/designation/contact number are mentioned / updated in the signage	Mandatory (10)	
2	Display of "Tobacco Free Education Institution" signage at entrance/ boundary wall of Educational Institute.	Mandatory (10)	
	The name/designation/contact number are mentioned / updated in the signage	Mandatory (10)	
3	No evidence of use of tobacco products inside the premise i.e. cigarette/beedi butts or discarded gutka/tobacco pouches, spitting spots.	Mandatory (10)	
4	Poster or other awareness materials on harms of tobacco displayed in the premise.	9	
5	Organisation of at least one tobacco control activity during last 6 months.	9	
6	Designation of Tobacco Monitors and their names, designations, and contact number are mentioned on the signages	9	
7	Inclusion of "No Tobacco Use" norm in the EI's code of conduct guidelines	9	
8	Marking of 100 yards area from the outer limit of boundary wall / fence of the EI.	7	
9	No shops selling tobacco products within 100 yards of the Educational Institute.	7	





TOBACCO-FREE EDUCATIONAL INSTITUTIONS A WAY FORWARD

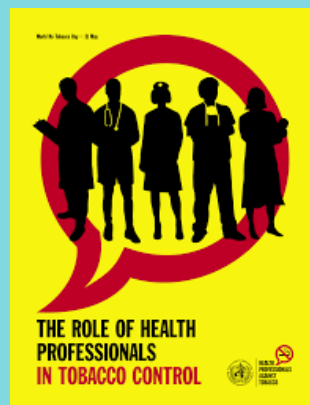
Legal Provisions of Tobacco Free Institutions (TFI)

ACT	Section	Offence	Penalties
COTPA	Section 4*	Smoking in Public Places	Fine upto Rs.200 under section 21
	Section 6a*	Sale of tobacco products to or by minors	Fine upto Rs.200 under section 24
	Section 6b*	Sale of tobacco products within 100 yards of any Educational Institute	Fine upto Rs.200 under section 24
	Section 5	Direct/indirect advertisement of tobacco products and scholarship/ sponsorship of any event by tobacco companies	Under Section 22- First Offence: Fine up to Rs. 1000/- or Imprisonment up to two years or both Subsequent offence: Fine up to Rs. 5000/- or imprisonment up to five years or both
	Section 7	Mandatory display of specified health warnings on all tobacco product packs	Under Section 20 - First Offence for Producer or Manufacturer: Fine up to Rs 5,000/- or imprisonment up to two years or both. Subsequent Offence: Fine up to Rs 10,000/- and imprisonment up to five years Under Section 20 - First Offence for Seller or distributor: Fine up to Rs 1,000/- or imprisonment up to one year or both. Subsequent Offence: Fine up to Rs 3,000/- and imprisonment up to two years
Juvenile Justice Act	Section 77	Giving or causing to give any addictive substance including tobacco to minors	Upto 1 lakh fine and 7 years imprisonment
Indian Penal Code	Section 268	Creating Public nuisance which causes any common injury, danger or annoyance to the public	Fine upto Rs. 200/-
	Section 269	Negligent act likely to spread infection of disease dangerous to life	Imprisonment upto 6 Months or Fine or both
	Section 278	Making atmosphere noxious to health	Fine upto Rs. 500/-
Food Safety and Standards Act, 2006 (FSSA, 2006)	Regulation 2.3.4 of Food Safety and Standards (Prohibition and Restrictions on sales) Regulations, 2011	Use of Tobacco and nicotine as ingredients in any food products.	Penalty not exceeding Rs. 10.00 lakh under Section 57 (1) (ii) of FSSA, 2006

Roles & Responsibilities of Various Stakeholders

Ministry of Health & Family Welfare – Tobacco Control Division (National Tobacco Control Cell)

- Ensure that communications / advisories are sent to State Tobacco Control Cell for monitoring these guidelines at regular intervals.
- Dissemination of IEC materials / prototypes like posters, flip charts, brochures to States and uploaded on the NTCP website



- www.ntcp.nhp.gov.in
- Collaborate with Ministry of Human Resource Development (Department of School Education and Department of Higher Education) for inclusion of a chapter on the harmful effects of tobacco use in curricula.
- Develop a monitoring mechanism for evaluation and assessment of implementation of Guidelines for ToFEI through internal review mechanism.
- Implement a mechanism for certification of EIs and for providing a Certificate to an EI that successfully reaches the benchmark score of 90/100 and above.

State / District Tobacco Control Cell

- Coordinate with state education departments (School/Higher/Technical/Medical Education) to institutionalize tobacco control by incorporating tobacco control activities in their academic calendar.
- Coordinate with state education departments for sending circular to all heads of institutions to comply with the guidelines and permitting them to utilize the funds available under the untied grants.
- Encourage district authorities and local bodies to set up institutional mechanisms to facilitate implementation and monitoring mechanism of these guidelines .
- Disseminate guidelines in all educational institutions in coordination with education departments. Funds under National Tobacco Control Programme can be utilized for this.
- Make efforts to get questions related to 'Tobacco Free Educational Institution' included in existing monitoring/inspection mechanism of Education Departments.
- Engage with department of rural development/urban administration for setting up institutional mechanism for supervision and monitoring of these guidelines through Village Health, Sanitation & Nutrition Committees in rural areas and Mahila Arogya Samitis and Mohalla Samitis\Ward Sabhas in urban areas.
- Co-opt representatives of the state education departments (School/Higher/Technical/ Medical Education) in the state and district level coordination committees.

TOBACCO-FREE EDUCATIONAL INSTITUTIONS A WAY FORWARD



Civil Society Organizations

Civil Society Organizations (CSO) can play a pivotal role in implementation of guidelines, specially in its dissemination and in building capacities of managements and teams in educational institutions. CSO can also support the STCCs, DTCCs and EIs by providing inputs such as technical assistance for IEC. The CSOs can also undertake assessment of implementation status of these guidelines in an EI and assist the institution in removing gaps in implementation or mobilize support from the local institutions.

Role of teachers in achieving tobacco free school status

Micro-level Intervention

- Check the level of knowledge of students on various forms of tobacco and their harmful effects
- Increase the knowledge of students on the harmful effects of tobacco and second-hand smoke exposure.
- Acquaint the students on the occasions where they might be offered tobacco and teach them how to say "NO"

Macro-level Intervention

- Keep a check on smoking in public places near schools.
- Report the sale of tobacco products to or by minors at point of sale.
- Deny permission for any sport/cultural events sponsored by tobacco company in your school.
- Report the sale of cigarette and other tobacco products within a radius of 100 yards of your institution to the Head of the Institution.

Best Practices

Global

The Truth Initiative Tobacco-free College Program

The Truth Initiative Tobacco-Free College Program was started in 2015, which offers grant upto \$ 20,000s to minority-serving academic institutions to engage their campus community in addressing smoking and tobacco use. It targets to reduce tobacco use among young adults, create opportunities to educate students about tobacco and help the economy and environment. Since 2015, Truth Initiative has provided grants to 135 historically colleges and universities to advocate for, adopt and implement a 100 percent smoke-or tobacco-free policy.



Tobacco-Free Generation Campus Initiative (TFGCI)

Since its inception in 2016, with generous support from the CVS Health Foundation, American Cancer Society has provided grants of up to \$20,000 to 106, post-secondary institutions across the U.S, to adopt 100% smoke and tobacco-free campus policies. Its current grantee institutions range from small, private colleges, to large, research universities; and who, together, have the opportunity to positively affect the lives of over 1.7 million students and all of the faculty, staff and visitors on those campuses.



TOBACCO-FREE EDUCATIONAL INSTITUTIONS A WAY FORWARD

Ohio Campus Tobacco Ban

In 2012, the Ohio Board of Regents voted unanimously to issue a strong recommendation to Ohio's college and university trustees that each campus should consider implementing a policy to become tobacco-free.

WHAT'S YOUR REASON FOR QUITTING?
READY TO QUIT? WE'RE READY TO HELP.

OHIO TOBACCO QUIT LINE
800-934-4840

Ohio Tobacco Quit Line services are offered to the deaf and hard of hearing community at TTY: 888-229-2182.

QUIT TIPS

✓ Go for a walk or hike	✓ Read a book
✓ Watch the sunset	✓ Take some deep breaths
✓ Drink lots of water	✓ Nibble on low calorie snacks
✓ Increase physical activity	✓ Keep a journal
✓ Pamper yourself	✓ Stay busy
✓ Avoid alcohol	✓ Take a hot bath
✓ Share your progress	✓ Keep a positive attitude

YOU CAN DO IT!!!

Tobacco-free college campuses

The CVS Health Foundation, in partnership with the American Cancer Society and Truth Initiative, have provided grants to the U.S. colleges and universities who are committed to developing 100% smoke- and tobacco-free campus policies to help them advocate for, adopt and implement policies since 2016.



Red Ribbon Week



Red Ribbon Week is by far the largest and oldest drug prevention campaign launched in 1985 in Mexico City and was started by the National Family Partnership which includes displaying

red ribbons as a symbol of intolerance toward the use of drugs. It takes place on the same dates every year, October 23 through 31st and raises awareness about drugs, including tobacco, inhalants, heroin and more. This national US health observance actively celebrated in nearly all US middle schools and high schools, which have their own locally based campaigns for Red Ribbon Week every year. Red Ribbon Week empowers communities and individuals across the US, especially youth, to take a stand for drug prevention and education.

Tobacco-Free Initiative

Tobacco-free initiative of Bloomberg School of Public Health community was launched in August 2014 to encourage the school community to strive for the health benefits quitting tobacco can bring: more money, a longer life, a cleaner environment and a healthy body.

Under this initiative, school prohibits the use of any tobacco product—including cigars, cigarillos, hookah-smoked products, any oral or chewed tobacco and e-cigarettes—in all buildings, facilities and vehicles. The initiative also forbids the use of tobacco products on all outdoor campus grounds and discourages its use on city property adjacent to campus grounds.



Tobacco-free Generation Campus Initiative for school community

TFGCI addresses a critical need and is being supported by the CVS Health Foundation, as part of their #BeTheFirst campaign, a five-year, \$50 million commitment to deliver the first tobacco-free generation underscoring the importance of supporting young adults with more effective prevention and cessation efforts while eliminating exposure to secondhand smoke and all tobacco use in their learning environments.



TOBACCO-FREE EDUCATIONAL INSTITUTIONS A WAY FORWARD



NATIONAL



SMS campaign to make educational institutions tobacco free

The Assam government had started a campaign to make educational institutions tobacco free in collaboration with Healix Sekhsaria Institute for Public Health and Tata Trusts in June, 2016. Following this, the Assam Education Department has instructed the principal/heads of education institutions and the district education officers to implement the TFEI campaign across the state.

Pledge for life: School children join campaign, say 'no' to tobacco

Say "No" to tobacco campaign was launched by Sambandh Health Foundation (SHF), Tata Trusts, Caring Friends and Voice of Tobacco Victims (VoTV) campaign in collaboration with the Maharashtra Government in October, 2018. The campaign has been initiated as there has been a rise in tobacco consumption among school children and to make schools tobacco-free and make teachers and students say 'No to Tobacco'.



UP government bans tobacco near universities, colleges

The Uttar Pradesh government has banned the sale of tobacco near universities and colleges in the state in April 2018. According to this order, a ban on the use of pan and tobacco in universities and colleges was enforced. Officials have been asked to put up sign boards against tobacco use in campus. No student, teacher, or any employee should be seen consuming tobacco products inside the premises. Educational institutions should also organize various activities to spread awareness on the ill-effects of tobacco, the letter states.



Health ministry calls for 'tobacco monitors' in schools among revised guidelines for Tobacco-free Educational Institutions



The Union Health Ministry has asked educational institutions, especially secondary schools, to designate 'tobacco monitors' from among

students and staff in a bid to boost the implementation of tobacco control initiatives among adolescents. The revised guidelines for **Tobacco-free Educational Institutions**, which were released on the World No Tobacco Day on May 31, 2019, provides a series of activities that schools and educational institutes can undertake to make their institutes free from tobacco.

Complete ban on sale of tobacco in medical, educational institutions of Haryana

The Haryana government constituted steering committees at district-level to ensure complete ban on smoking and sale of tobacco in the periphery of medical and educational institutions in the state in July 2018. The religious institutions, NGOs and social organizations were also invited to participate in this campaign.





TOBACCO-FREE EDUCATIONAL INSTITUTIONS A WAY FORWARD

Punjab bans tobacco near schools, colleges



The Punjab government has imposed a complete ban on tobacco and tobacco products around educational and religious institutions in February 2015. The officers concerned were asked to keep a close vigil near educational institutions, colleges, coaching institutes and schools and ensure complete ban on sale of single stick cigarettes and all kinds of tobacco products within 100 yards of these institutions.

Educational institutes took part in drives for a tobacco-free Thane

Educational institutes across Thane district took part in initiatives to raise awareness against tobacco in 2016. As part of awareness drives, the institutes organized anti-tobacco rallies and pledge to go tobacco-free. A number of schools also created a symbolic holi by burning tobacco wrappers. More than 20,000 students across Thane took a pledge to work towards making their schools and surrounding areas tobacco-free and also placed posters around the school and its premises to draw the attention of students and parents.

Sale of tobacco to be banned near schools in Kerala

The government of Kerala has banned the sale of pan masala and other addictive products within the radius of 400 meters from an educational institution in the year 2011-2012.



Educational Institutes to follow Tobacco free educational guidelines: Himachal Pradesh

The Mission Director, National Health Mission, Shimla, has passed an order in the state that all the educational institutions have to follow tobacco free educational institutions guidelines to get certified as health promoting educational institute.

1/30842/2020



NHMHP-NCD06EN/14/2019-NCD-
National Health Mission
SDA Complex, Kasumpti, Shimla-9
Himachal Pradesh



The committee will submit the signed (each page) assessment checklist to the BMO concerned and the BMO will certify the institute as health promoting school based on the marks obtained. The vehicle for the transportation of the inspecting team shall be provided by the BMO concerned and the DA shall be paid to the team members as per NHM norms out of the monitoring/POL head under NPCDCS program.

The educational institute shall be certified as Health Promoting Educational Institute by the Block Medical Officer for a period of two years. All educational institutes in the state shall take the necessary steps to qualify to be certified as Health Promoting Educational Institute in larger public health interest. The sample of the certificate to be issued for this purpose is attached as Annexure-2.

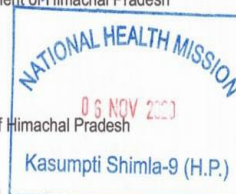
Secretary (Education) to the
Government of Himachal Pradesh

Secretary (Health) to the
Government of Himachal Pradesh

Endst No.as above dated Shimla-9 the

Copy forwarded to the:

1. Special Secretary (Health-A) to the Government of Himachal Pradesh
2. Director Health Services, Himachal Pradesh
3. Director Higher Education, Himachal Pradesh
4. Director Elementary Education, Himachal Pradesh
5. All Deputy Commissioners in Himachal Pradesh
6. All Chief Medical Officers in Himachal Pradesh
7. Office record



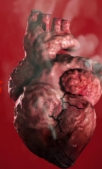
Mission Director, NHM
Himachal Pradesh, Shimla - 9

Almost 2 million people die from tobacco-related heart diseases every year, some tips to reduce your risk: WHO

A report by the World Health Organization (WHO), has said that almost two million people die due to tobacco-related heart diseases.

One in five deaths that occur due to heart disease can be attributed to tobacco use or exposure to second-hand smoke. The report further stated that just a few cigarettes in a day or even occasional smoking can spike the risk of heart diseases. Exposure to second-hand smoke can also have similar effects on the heart.

Hundreds of millions of tobacco users don't realize tobacco causes heart disease



Second-hand smoke sends more kids to the hospital: Study



Children who are exposed to tobacco have higher rates of hospital admissions after visiting emergency departments or urgent care facilities, warn researchers. The study, published in the journal Pediatric Research, found that tobacco smoke exposure also increased the risk of pediatric patients having respiratory-related procedures performed while in the emergency department, as well as medications prescribed.

Air Pollution, Hypertension, Tobacco Usage Among Five Biggest Risk Factors For Death in India: Study

A pioneering research has noted that the top five risk factors for death in India were air pollution (contributing to an estimated 1.67 million deaths), high blood pressure (1.47 million), tobacco use (1.23 million), poor diet (1.18 million), and high blood sugar (1.12 million).

Iran Launches Five-Year Tobacco Control National Plan

A "tobacco-free" program was launched in Iran and piloted in Qom city. It will eventually be spread across 63 selected cities and 63 villages. The program focuses on both demand and supply reduction strategies, and is therefore expected to gradually reduce smoking rates.

Tobacco responsible for 20% of deaths from coronary heart disease

Dr Eduardo Bianco, Chair of the World Heart Federation Tobacco Expert Group made a statement that considering the

current level of evidence on tobacco and cardiovascular health along with health benefits of quitting smoking, failing to offer cessation services to patients with heart disease could be considered clinical malpractice or negligence. Cardiology societies should train their members in smoking cessation and promote tobacco control advocacy efforts. It was also pointed out that E-cigarettes also raise blood pressure increases the risk of cardiovascular disease.



Campaign pushes to ban the sale of tobacco-flavored products to teens in DC



More than 70 community and public health organizations joined hands together and calling on D.C. legislators to stop the sale of all flavored tobacco products in the District, in this regard, Flavor Hook Kids DC campaign had been launched which aimed at stopping the sale of tobacco products targeted for kids. The campaign also focuses on the need to stop the sale of flavored tobacco to minority communities.

TOBACCO REPORTER

Smoking a risk factor for osteoporosis, bone fractures

In recognition of World Osteoporosis Day, marked annually on October 20, the head of Hamad Medical Corporation's (HMC)



Tobacco Control Center has warned about the link between smoking and osteoporosis in both males and females. Smoking decreases the body's absorption of calcium, disrupts the normal growth of skeletal system, delays bone healing and eventually decreases the effectiveness of Vitamin D in the body.

Government declares Ranchi and Bokaro district smoking-free



The Ranchi district was declared "smoke-free" following a survey conducted by the government on the compliance of Section 4 of the Cigarettes and Other Tobacco

Products Act, 2003 (COTPA). According to the survey, Ranchi has scored more than 82% on all five parameters, making it eligible to qualify for a smoking-free district. Bokaro was declared the second smoke-free district in Jharkhand after Ranchi.

2021 Budget should increase taxes on tobacco, alcoholic beverages-VALD

The Vision for Alternative Development (VALD), a non-governmental organisation has launched a 2020 Tobacco Industry Interferences Index Report-Ghana which calls on government to announce a higher tax on tobacco, alcoholic beverages and other unhealthy products in budget 2021.

Smoking rooms may raise risk of Covid-19 transmission, doctors say

Doctors have expressed concerns that small, poorly ventilated designated smoking areas can



accelerate the spread of coronavirus (Covid-19) disease. Dr. Vikas Maurya, Director of the Department of Pulmonology and sleep disorders at Fortis Hospital, New Delhi, stressed on the fact that when people go to smoke, they take off their masks and touch their lips with their fingers. Also, the virus may remain airborne for a long period in closed space of smoking room.

5th National Conference on Tobacco or Health (NCTOH)

Multisectoral Convergence for Tobacco-Free India by 2030: Leading the way Towards SDG's

September 25-27, 2021 | PGIMER, Chandigarh

Programme Tracks

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| 1) Tobacco epidemiology | 9) Tobacco Advertising and Promotion Strategy (TAPS) |
| 2) National Tobacco Control Program and Acts (COTPA and related Acts) | 10) Supply Side issues- Livelihoods, Cultivation, Illicit Trade, Vendor licensing |
| 3) WHO FCTC Policy | 11) Class action/ Liability |
| 4) Best practices in implementation | 12) Tobacco Endgame - tobacco-free generation; plain packaging etc. |
| 5) Smokeless Tobacco (SLT) and Areca-nut | 13) Product Testing, Regulation, and Policy |
| 6) MPOWER Policy | 14) Economics of tobacco control |
| 7) Multi-stakeholder Engagement like Youth and Tobacco - Raising the age beyond 18 years; sports and tobacco; tobacco-free education institutions etc; Women and Tobacco use, Environment and Occupational Health - SHS, Ecological issues, Tobacco waste etc. | 15) Media and Communication in tobacco control |
| 8) Emerging barriers and challenges - ENDS and new technologies (ENNDS, HTP hookah etc). | 16) Integration with other national programs - TB-Tobacco, DM-Tobacco, Oral Health-Tobacco, Drugs and Alcohol and Substance Abuse, NCD, AYUSH etc. |
| | 17) Capacity Building |
| | 18) Tobacco Industry Interference (TII) |

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