

INTER-COUNTRY MEETING ON SMOKELESS TOBACCO POLICY

**16-18 August 2017
New Delhi, India**

Badri Bahadur Khadka

Director, NHEICC/MoH, Nepal

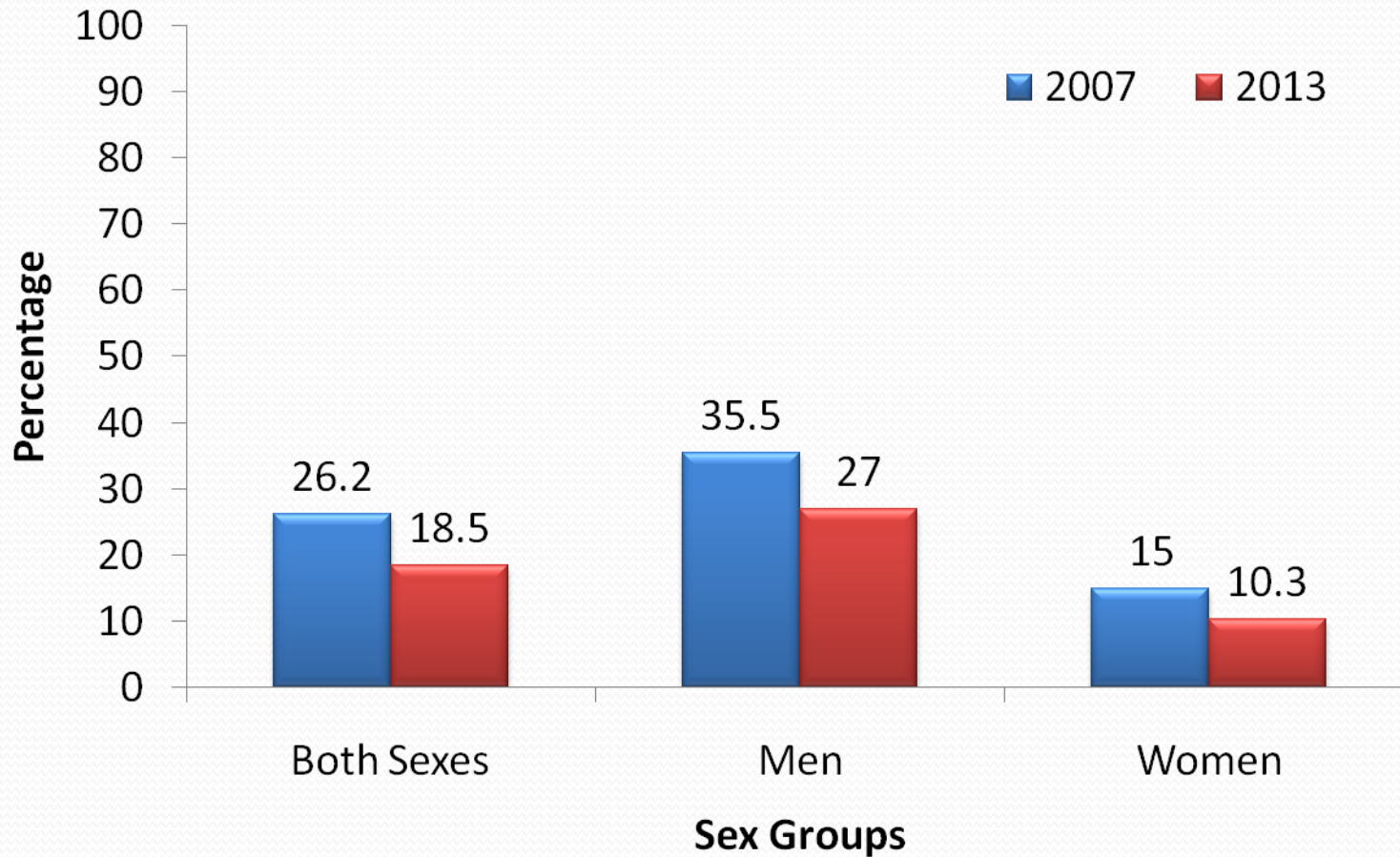
***& Tobacco Control and WHO FCTC Technical
Focal Point***

Nepal Percentage of Current Users of Tobacco *(Including Smoke & Smokeless)*

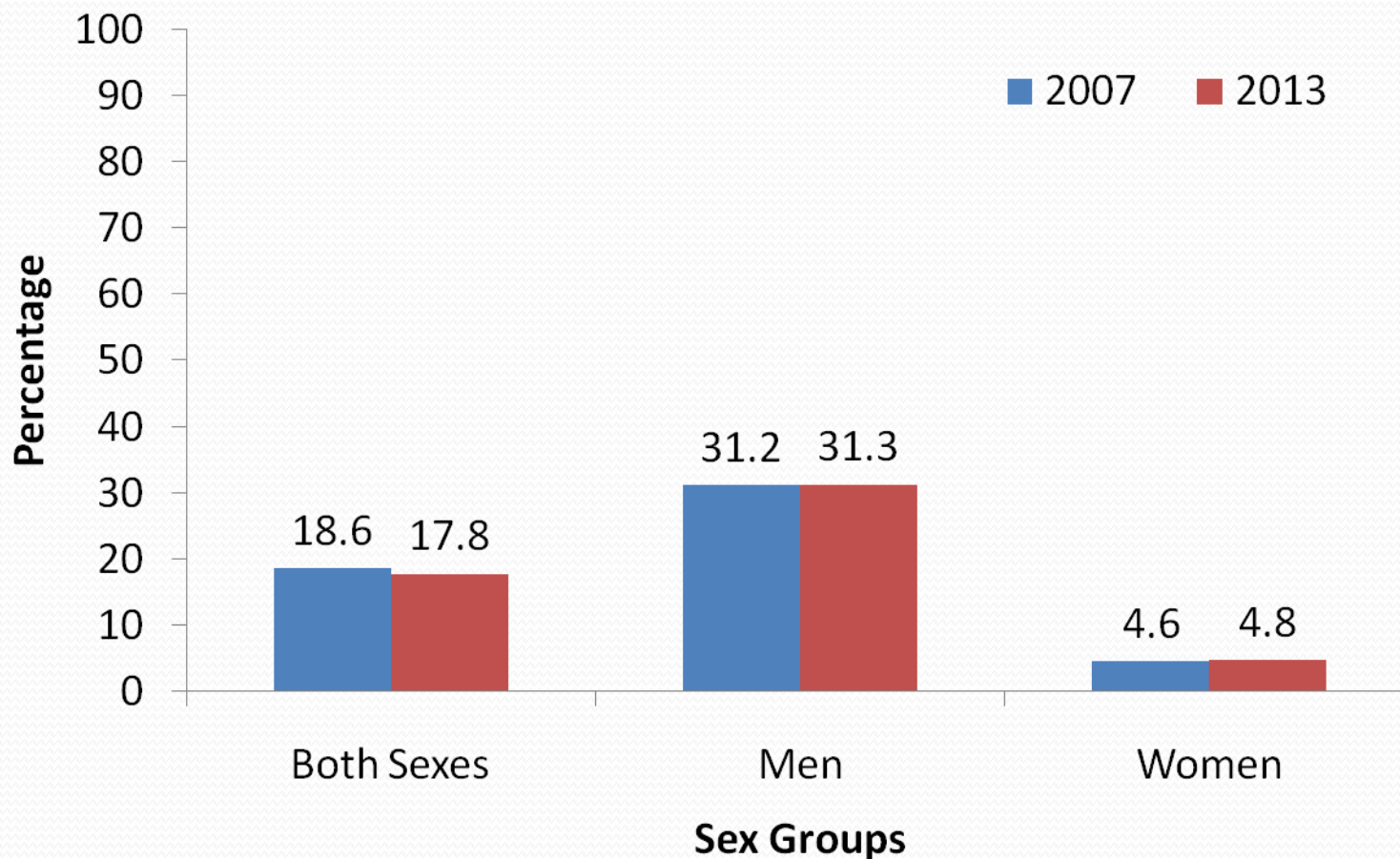
Age Range	Men	Women	Both Sexes
15-29	35.3	3.8	19.3
30-44	56.6	16.5	35.6
45-69	61.8	29.8	45.9
15-69	48.1	14.1	30.8

Tobacco Use increasing with age, significant difference between sex groups

Decreasing trend of current smokers from 2007 to 2013



Smokeless Tobacco Users



Tobacco Use Prevalence

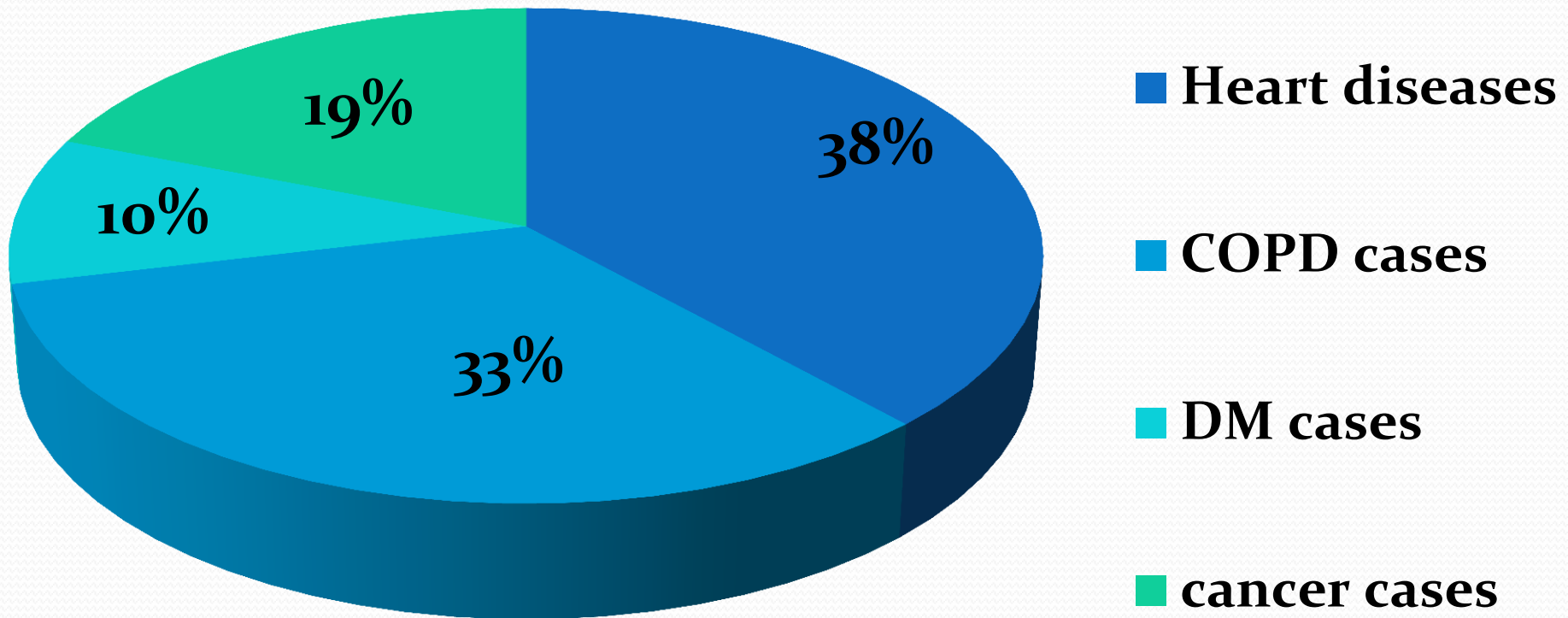
Youth (13-15 yrs), GYTS 2011

- Current Tobacco use: 20.4
(24.6%-boys;16.4% -girls)
- Current smokeless tobacco use 16.2% (Boys = 19.7%, Girls = 12.9%)

Burden of Diseases : by HMIS Data

- **Health Institutional based National data on Non-communicable Diseases among Out-Patient is almost 80% and above**

NCDs -Distribution Nepal



Source: Nepal Health Research Council , 2010

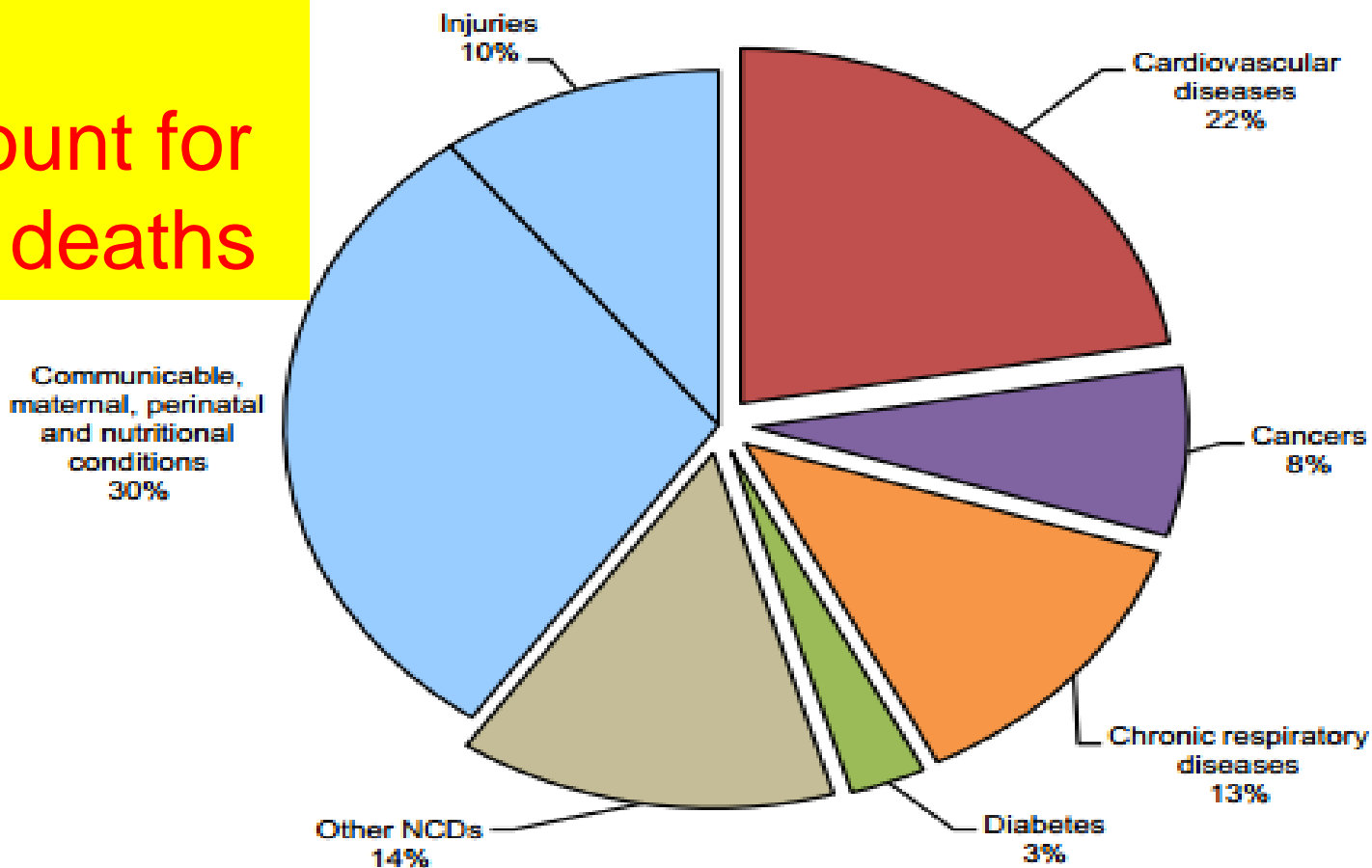
NCDs Deaths in Nepal

Percentage of population living in urban areas: 17.0%

Population proportion between ages 30 and 70 years: 33.8%

Proportional mortality (% of total deaths, all ages, both sexes)*

In Nepal,
NCDs account for
60 % of all deaths



Total deaths: 186,000

NCDs are estimated to account for 60% of total deaths.

Burden of Death

- **Tobacco kills more than 15,000 people every year in Nepal**
- **2 people die every hour**
- **Tobacco attributable death is 11% (15% Male and 2% Female)**

Tobacco Control Policies and Program

General Obligations:

- **National Health Education Information Communication Centre (NHEICC), National Focal point for Tobacco Control under MoH/GoN**
- **Tobacco and NCD Control Section, established at NHEICC**
- **Tobacco Product Control and Regulatory Committee formed under the Chairmanship of Secretary, MoHP**

Tobacco Control Policies and Program

- **Smoking ban in 1992 by Cabinet Decision**
- **Electronic media ban in 1998 by Cabinet Decision**
- **Nepal signed FCTC in 3 Dec. 2003**
- **Nepal ratified FCTC in Nov 2006**
- **Supreme Court Verdict 2006 for smoking ban and Advertisement ban in media**

Tobacco Control Policies and Program

- **Tobacco Product (Control & Regulatory) Act 2011**
 - **Ban on tobacco use including smokeless tobacco in public places, workplaces & public transportation**
 - **90% pictorial health warnings in tobacco product packet including smokeless tobacco**
 - **Complete ban on direct and indirect tobacco advertisement, promotion & sponsorship**
 - **Ban on sale of tobacco products to minors and pregnant women**
 - **Provision of Health Tax Fund for tobacco control**

Tobacco Control Policies and Program

Tobacco Product (Control & Regulatory) Rule, 2012 approved

- **Determined basic requirements of designated public places of airport and prison**
- **25% of tobacco excise tax need to be deposited to Health Tax Fund for tobacco control**
- **Additional responsibility to inspector of tobacco control (Assistant CDOs)**
- **Development of directive for effective implementation of tobacco control act and rule**

Tobacco Control Policies and Program

- **Tobacco Pictorial Health Warning Directive, 2011 & amend 2014 issued**
- **90% pictorial health warnings in tobacco product packet including smokeless tobacco**
- **5 pictorial health warning decided-**
 - **cigarette - all 5 including stroke**
 - **bidi - second hand smoke death & Lung cancer**
 - **Smokeless tobacco- 2 cancer of mouth**

Tobacco Control Policies & Program including smokeless tobacco

- orientation to health workers and managers on tobacco control & legislation**
- posters, pamphlets, stickers, fact sheets and signage, booklet produced & disseminated**
- tobacco control messages disseminated through Radio, Television and FM**
- Sensitization, Interaction and awareness programs to the community people on legislation and danger of use of tobacco**

Types of Smokeless tobacco used in Nepal

- Khaini/Surti
- Gutkha
- Zarda
- Paan with tobacco ingredients
- Leaf tobacco-raw tobacco



Khaini/Surti

- Raw tobacco is called as Surti and Khaini is prepared from raw tobacco.
- Khaini/Surti is a chewing tobacco widely consumed tobacco products in Nepal.
- It is chewing of dry tobacco leaves and lime
- It usually contains the tobacco, slaked lime, areca nut, catechu, saffron, saccharine, and flavorings



Gutkha

- Gutkha is betel quid with tobacco is mainly consumed in Nepal, India, Bangladesh and Pakistan.
- It is industrially manufactured by using tobacco, betel leaf, areca nut, slaked lime (calcium hydroxide).
- It is marketed in sachets as shown in Picture



Zarda

- Zarda tobacco is the flavored tobacco, primarily used in paans.
- It is the blending of tobacco leaves, perfumes, sweeteners and other compounds unique in Manufactures



Paan

- The major chewing form of tobacco is paan with tobacco and is mostly famous in Terai region of Nepal
- The culturally popular product is “paan,” which consists of a number of ingredients, including tobacco, areca nut, slaked lime, and spices as shown in Picture



Tobacco leaf

- Tobacco leaf is sun cured and usually fermented leaf tobacco in the form of flakes, strands or finely cut consumed orally or used in rolling cigarettes as shown in Picture



Gaps in Smokeless Tobacco

- No specific provision in law for smokeless tobacco control
- No specific research study on reason of using smokeless tobacco
- No smokeless tobacco industry establishment policy
- No specific intervention related to smokeless tobacco
- No specific contents in the curriculum and text book of schools, colleges
- Low taxation in SLT

Issues and Challenges

- High prevalence of smoking particularly smokeless tobacco
- Limited knowledge to the public about policies and regulation
- Limited training to health workers and other stakeholders
- Adolescents are eager to try new things and easy purchase
- Inadequate financial, technical and human resources for tobacco control

Issues and Challenges

- Tobacco industry interference, i.e.:
 - previously filed 10 cases against section 9 of the act and still one case in supreme court,
 - provoking farmers and tobacco product business communities and
 - influencing policy makers or creating obstacles for delaying the implementation of plan and policies
- Illicit trade of smokeless tobacco product
- mushrooming of smokeless tobacco industry

Issues and Challenges

- Thought of alternative to smoking
- Challenge in printing pictorial health warning
- Low compliance in printing pic health warning

Civil Societies Working in Tobacco Control

- **Action Nepal**
- **Resource Centre for Primary Health Care**
- **Nepal Cancer Relief Society**
- **CWIN, Nepal; Cancer Society Nepal**
- **PHD Group**
- **Health & Environmental Awareness Forum Nepal**
- **Tobacco Control & Community Dev. Foundation**
- **Community Health Promotion Center**
- **Mrigendra Samjhana Medical Trust,**
- **Mithila Public Health Foundation**
- **Scheer Memorial Hospital, Banepa, Kavre**
- **Com. Media Organizations**



Thank You