

GOVERNMENT OF MEGHALAYA
DIRECTORATE OF INFORMATION & PUBLIC
RELATIONS

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Meghalaya ranks 5th with 47% tobacco users and 2nd with 31.6% smokers in the North Eastern region

Shillong, May 30th, 2019 : Tobacco use is the world's leading single cause of death and one of the largest preventable causes of morbidity and mortality in the world. Each year, 7 million people die from tobacco related causes, of which 1.2 million die in India from smoking alone. 80% of oral cancer is attributed to tobacco use.

According to GATS 2 (2016 -2017), Meghalaya ranks 5th with 47% tobacco users and 2nd with 31.6% smokers in the North Eastern region. Meghalaya also has the highest incidence of esophageal (food pipe) cancer in the country.

Tobacco use is a risk factor for six of the eight leading causes of death in the world namely, Ischaemic heart diseases, cerebro vascular diseases, lower respiratory infections, chronic obstructive pulmonary diseases, tuberculosis, trachea-bronchus, lung cancer.

The average monthly expenditure on cigarettes for a daily smoker is Rs. 1192. If this present pattern of use persists, tobacco use could cause as many as 1 billion premature deaths globally during the 21st century.

National Tobacco Control Programme (NTCP), NHM started in Meghalaya in 2013-14 under the 12th Five Year Plan with the goals to :

Prevent initiation of tobacco use among youth and adults, promote quitting of tobacco use among adults and youth

eliminate exposure to tobacco smoke (second hand smoking),

reduce demand of tobacco products through IEC campaigns

ban on tobacco advertisements

promotion of sponsorship (TAPS) and pack warning and reduce supply by restricting access to minors.

The Government of Meghalaya along with NTCP has taken several initiatives in implementing this program. A State Level Coordination Committee (SLCC) and a District Level Coordination Committee have been constituted comprising various stake holders from different departments.

Section 4 of the Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003 or COTPA, 2003 prohibits smoking in public places.

Section 6A prohibits the sale of tobacco products to minors and by minors.

Section 6B bans the sale of tobacco within 100 metres of educational institutions. However, enforcement squads and heads of educational institutions have a major role to play in this endeavour. Several awareness programmes are being conducted in different schools in the city to impart knowledge about the ill effects of tobacco. Children are also encouraged to take the pledge against the use of tobacco.

World No Tobacco Day is being observed on 31st May, 2019 with the theme “Tobacco and Lung Health” and the main goals are to create awareness on the negative impact of tobacco on people’s lung health, from cancer to chronic respiratory diseases.

Wan basan ka Meghalaya ha ka jingbun nongpyndonkam дума

Shillong, Jymmang 30, 2019 : Ka jingkyrni ia ka jingbam/jingdih дума ka long ka daw kaba kongsan eh kaba wanrah ka jingiap bad ka long ruh kawei ka jingmlen kaba dkhat kloi ia ka jingim briew. Man ka snem, hynniew milian ki briew ki iap na ka daw ba ki bam/dih дума. Ha Ri India, 1.2 milian ki iap tang na ka jingdih дума.

Na ka thain Shatei Lam Mihngi, ka Meghalaya ka wan basan ha kaba 47% ki briew ki bam дума bad ka wan ba-ar ha kaba 31.6% ki long kiba dih дума katkum ka GATS 2 (2018-2017). Ha ka ri baroh kawei, ka Meghalaya ka long ka jylla kaba bun tam ki briew kiba ioh pang esophageal cancer (bampong ha u tangkro). 80% na kiba pang cancer ha ka shyntur ki dei na ka jingbam/jingdih дума.

Napdeng ki phra tylli ki jingpang kiba shyrkhei tam kiba dkhat ia ka jingim briew, ka jingdih/bam дума ka don jingiadei bad hynriew tylli na kitei ki phra tylli ki jingpang. Kita ki long ki jingpang klongsnam, ki jingpang kiba ktah ia ki thied snam bad jingbymiaid bha ka snam kaba lam sha ka jingduna ka lyer oxygen ha ka jabieng, ki jingpang ba ktah ia ki tyndong ring mynsiem, ki jingpang dap shadem, jyrhoh, sahiaw, tuberculosis (TB), ki jingpang ha ki tyndong pynmih sur ha ki rukom bapher bapher, cancer ha ki tor bad shyntur.

U briew uba dih sikret man ka sngi u pynlut antad T. 1192/- man u bnai. Lada ka jingkyrni dih/bam дума ka neh kumne, ka lah ban dkhat noh shiteng rta ia shi bilian ngut ki briew ha ka pyrthei baroh kawei tang ha ka Spah Snem kaba Arphew-wei.

Ka National Tobacco Control Programme (NTCP), NHM ka la sdang ha Meghalaya ha ka snem 2013-14 hapoh ka Plan San Snem kaba 12 bad ka thong ka long kumne harum :

- Ban khanglad ia ka jingsdang mad/dih дума ha ki samla bad kiba la san
- Ban pynshlur ia ka jingpynduh dih/bam дума ha ki samla bad kiba la san

- Ban pynduh ia ka jingring mynsiem ia ka tдем duma (second hand smoking)
- Pynduna ia ka iew die duma lynba ki IEC campaigns, khanglad ia ki antor kiba pynbna paidbah ia ki duma bad kiwei de
- Pynduna ia ka jingpynmih duma da kaba khanglad ia ki khynnah ba kin ioh ia u

Ka sorkar Meghalaya ryngkat bad ka NTCP ka la shim ki sienjam ban pyntreikam ia kine ki prokram. La thung ia ka State Level Coordination Committee (SLCC) bad ki District Level Coordination Committee kaban kynthup ia bun ki tnat treikam.

Ka Section 4 jong ka Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003 lane COTPA, 2003 ka mana ban dih sikret ha ki jaka paidbah.

Ka Section 6A ka mana ban die duma sha ki khynnah bad da ki khynnah

Ka Section 6B ka mana ban die duma hapoh 100 mitar na ki skul. Bad na ka bynta kane, ki Enforcement Squad bad ki khlieh jong ki jaka pule ki don ka bynta kaba khraw ha kane ka jingpyrshang. La pynlong bun tylli ki prokram pynsgewthuh ha ki skul jong ka nongbah ban ai ka jingtip shaphang ka jingsniew jong u duma bad ban pynshlur ia ki khynnah ba kin raikut ban nym bam ne dih duma.

Yn rakhe ia ka World No Tobacco Day ha ka 31 tarik Jymmang, 2019 halor ka phang pdeng “Tobacco and Lung Health” lane u Duma bad ka Jingkhiah krat ki Tor. Ka thong kaba hakhmat eh ka long ban pynshai paidbah ia ka jingpynsniew u

duma ia ki tor, naduh ka cancer haduh ki jingpang kiba shong ha ki dkhot met ba ring bad pynhiar mynsiem.

DON'T LET TOBACCO TAKE YOUR BREATH AWAY



CHOOSE HEALTH NOT TOBACCO

31 MAY WORLD NO TOBACCO DAY **#NoTobacco**

