



# Smoke Out

## Second School to be Announced Smoke Free in Pursat



On December 12, 2003 the Prek Sdey Junior Secondary School was declared a smoke free school in Pursat province.

As the second smoke free school in Pursat province this is a remarkable step towards health education and promotion for Cambodian children.

Conducted in cooperation between the three stakeholders- ADRA's ToH program, the Ministry of Education Youth and Sport and the Prek Sdey high school- the event was attended by Government officials, 1000 students and 60 teachers. The audience received a full picture of the effects of smoking: Smoking does not only negatively affect people's health but also attacks their purse, as the average Cambodian smoker uses about 10% of the family income on smoking.

Smoking has now been prohibited for anyone on the school compound. Most Youth start to smoke because they see their parents and peers doing so.

Continued on Page 2

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kmpFŋŋk; bŋs PaBŋGgkarGarDakmCa  
ngvŋTŋal ƳERBks pxtpBaFisat; BFbnH  
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RBmTaj el akRKŋKŋcmhRbmaN60nak;  
pgEdr. Gŋkcŋ rŋmTajGs;TTY )annŋ  
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bnpTATŋ12

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### The Monthly Newsletter

Editor-in-chief :  
Yel Daravuth

Layout, Editor ,  
Writer and  
Translator:  
So Dina

**Khmer Quit Now!**  
Helping you gain  
better health



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Either they do not know or do not care about the dangers of tobacco, being led by the wish to feel what advertisements seem to promise. Unfortunately outcomes of smoking include lung cancer and less money.

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HELP FOR HEAVY SMOKERS

Cambodia is known to have one of the world's highest prevalence of smokers among its male population. Most people only realize how dangerous their habit is when they have to go for treatment. Not surprising, a person who is sick is more likely to stop smoking.

Still smokers often need a lot of support and encouragement during this phase. Following this fact, ADRA Cambodia's TOH program has recently conducted eight "Quit Counselors Training" workshops in Phnom Penh and in various provinces.

The participants were health professionals, NGO staff, monks, military officers and communities. All those attending the workshop are often confronted with heavy smokers who wish to give up smoking but struggle with the difficulties of quitting.

A person who wants to give up smoking needs a lot of encouragement. The workshop provided those attending with the knowledge and skills they need to help smokers quit.



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küjeBI enaehlyEdI BkeKTabjGsenahrTukarkarCYyKaNT nigChij el kTikcitpBGikdét. eyageTAtamPaBCakEspjenHkmpFI falk; bSxPaBénGgkarGardakmEa)anbegit skesal aGikRbtkSaQbCk;)arl chñR)addeI krçmkehlyenAkçjTRkçjPñBj nigenAtamTkEngmlychñh küextpna.

GikEdI )anmkçU rñkçjvKñNñbNñI RbtkSaeyabI eGayQb; Ck;)arl KWARKBTü bKA kGgkareRkArdaP)al RBHsgç nayTahan RKbCanfak; nigRbCaBI rdçgEdr. GikTabjGsenH KWaGikRtURbQm mçCamlyngGikCk;)ar ehlyEdI manbñNgcg,QbCk;)vij bñBkeKman karI MakçjkarQb;

GikEdI manbñNgcg,QbCk;)arRtUkarkareI kTikcitlyagxatjBGik déT. dñenHskesal aenH ngpñ nUchñHdçg nigChij dI skakam TabjLayenAeBI EdI BKkatRtUkarCYdI Gikcg,QbCk;)arl ehlyman karI Makçjkarphçvij enaH.

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# Parents urged to quit smoking for sake of children

Globalink News



New measures have been unveiled aimed at encouraging parents to give up smoking round their children.

According to a new survey which found that 82% of children aged 7-10 years dislike anyone smoking near them. Of smoking parents, over half are told by their children that they should quit; nearly half of their children move away from them when they light up and nearly a third of children leave the room altogether. At a conference on smoking, Chief Medical Officer Sir Liam Donaldson also gave more details of a new phase of the secondhand smoke campaign, which launched this July 2003 with a TV advert showing babies 'exhaling' smoke.

From 5 December 2003 the TV advert will be shown in cinemas before family films; and new billboard and press adverts featuring the slogan 'If you smoke, I smoke' in crayon will appear nationwide during December. Sir Liam Donaldson said: "We recently found from talking to families with children aged 7 to 10 years, that, other peoples' cigarette smoke is a worry for children and parents are concerned about their children's health because of secondhand smoke. It makes children feel uncomfortable, prompting them to leave the room or worry about their health when a parent smokes near them."

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vFankarfInyRtU)anbgäj eLgkjgeKal bMNgedm,CMij eGay«BkmpyTajLayeGayQbCk;)arbnAEk,rkt<sup>2</sup>rbsBK eK.

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To promote a tobacco free life style, the TOH student drama group performed songs describing the harmful effects of tobacco consumption. Their efforts were complemented by members of the TOH team who -with the help of an artificial lung- showed how a single cigarette pollutes the lungs.

If you are interested in learning more about tobacco visit our website at [www.toh.adracambodia.org](http://www.toh.adracambodia.org)



bnBT/14

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enH sthebkNvekHTB/2www.toh.adracambodia.org rbseyg xll

SMrccitpRCIsersClvitEdI KpnEpSg)arl

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The survey also showed that over three-quarters of parents who smoke, do worry about smoking near their children, and the great majority (89%) feel concerned about their children growing up to become smokers. Smoking parents are four times as likely as non-smokers to expect this to happen.

Public Health Minister Melanie Johnson said: "This survey paints a picture of parents concerned for their children, but who may feel trapped by their addiction. We know that nearly half of UK children are estimated to live in a home with at least one smoker".

"I would encourage any parents worried about the effect their smoking has on their children, and who want to stop, to use the free, expert help available to them."

bnBT/15

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{xstbCMj eTAdI «BkmpyTabLayEdI mankarRBy)armNGBkar  
Ck)arfbGaybhBal dl saPaBkt nigGkTabLayEdI manbNngcg;  
QbCk)arl sthemtpQbCk; ehlykngmanGkEkeTsGacCYdI Bkek  
)anEdr}.