



ព្រឹត្តិបត្រ ថ្នាក់ ឬ សុខភាព

ព្រឹត្តិបត្រ ថ្នាក់ ឬ សុខភាព ឆ្នាំទី៦ លេខ១

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កម្ពុជា នៃ ការ ប្រយុទ្ធនឹង ការ ប្រើប្រាស់ បារី ក្នុង ប្រទេស កម្ពុជា
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karTbsat(kareRbR)as,falok;



BFRokasmCmNVi KrekasI üPthPaKraCFanPthBj nigGnuvTual yGtEbkkhCatlnKpnEpSg)arI
Smoke Free Zone Declaration at the Regional Teacher Training Center and O Bekkoam Junior High School . Please, read the text in Khmer on page 4. -Sth.GanenATBzV4!

raCFanPthBj -semphhtEsn naykrda
mRnk(m&a)ansnuafa ngChij [mankarp];
scabnBRbetSkmeadI ;snfsBaRtvt
BnitükareRbR)as,falok; -WHO FCTC;
rbs,GgkarsxPaBBPBel ak EdI)ancU
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el akevCbNt shtu Gthl -Shigeru
Omi;naykGgkarsxPaBBPBel ak Rbcam
enAtln)aslnh xagl ic kyxN³ CbRbCma
myel akkal Bl éfTl 28 Exkmø enH .
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RtvtBnitüfalok; edm,IsxPaRbCaCnkm&a
eTAéfQnakT} .

karkat;bnBykareRbR)as,falok; enA
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el akevCbNt Gthl)aneFTsSnkic&A
km&a edm,CbCamyfaKdklnalbsrdæ
Pjal Epksxapjal BPakSabbBaamy
cmhFM . bnabBkicRbCmI akevCbNt
Gthl)anmanRbsasnfa {eyg´sthsakm
dl karebCacitprbsssemphnaykrdaRnpkgy

edaysarGkCk)arCabrs Gayal IsBl
20qälmandI eTA 54° enH RbetSkme&
ngRtURbQmmxngkarcINayyagFbfG
el karéTatxPaB .

bcb,nenH BPBel ak)anTTV sál ;fa

matkaBtman	
snfsBaRtbsatkarRbR)as,falok;	TBzV1 nig3
WHO FCTC.....	page 1&4
RbetSbtan>hamXatkarCij dupI itpl falok;	TBzV2
Bhutan...to ban Tobacco Sales.....	page2
RKhsAnskSak(pnEpSg)arI	TBzV4 nig7
Smoke Free School Declaration.....	page4&7
rgthel kTikcitplI RK(SarGkminCk)arI	TBzV5 nig7
Smoke Free Award for Glasgow's Homes.....	page5&7
kareI lkksmreBTükgeyaFBI exmPthinKpnEpSg)arI	TBzV6
Smoke Free Military Hospital Promotion Workshop..	page6
karRsbEpSg)arBek	TBzV7 nig8
Secondhand Smoke.....	page7&8
vfbBabbkarCk)arI	TBzV8
How to Quit Smoking.....	page8

Cambodia Pledges to Support WHO FCTC

Prime Minister Hun Sen says he will push for ratification of the treaty

Phnom Penh - Cambodian Prime Minister Hun Sen pledged to push for Cambodia's ratification of the World Health Organization Framework Convention on Tobacco Control (WHO FCTC), which entered into force on Sunday 27 Febru-

ary 2005. Prime Minister Hun Sen made the pledge to Dr Shigeru Omi, Regional Director for the Western Pacific during a meeting on Monday 28 February. Prime Minister Hun Sen stated: " I recognize the importance of tobacco control for the future health of the people of Cambodia." (Continued on page 4)

RbeTsbttankayCaRbeTSThYenAel BPBel akEdl hamXatkar Cj dtpl itpl falk;

bhmmYEdl dakeTA el karCj dtpl itpl falk;)ancU CaFrmanehly enA RBHraCaNacRkbttan Edl sifenAtWnhi-maeL dacrSyal enah .

rdap)al bttan)anbgab; eTakanbNp hagl k;Thij sNakar ePaCnydan nigrgA sal nanaEdl manl kpl itpl falk; [e]alhecal)arEdl mankjstik [)anmm eBl eFlkarhamXat; .

karhamXat;falkenH minGnutpTael GkeTscrNgreTs GikkarTt bEikEdl eFlkarenAtambNpGgkareRkArdaP)al eT .

ekyI faRbeTSEdl kansasnaRBHBTs CaFMKwa RbeTSThYel BPBel ak Edl dak;[manbhmEbbenH . ral karCk)arl enAtamTIsaFarN³ kRtU)anhamXat; Edr .

vFankarenH KWaEpikmyenkicXitxRng ERbgrbsrdaP)al edm,bFV RbeTsbttan kayCaRbeTSEdl KpinEpSg)arl .

rdarNpittaneQph Jigme Thinley)an manRbsasnfa {eylmgincg;[mankarbBul briyas nig cg;[RbCaBl rdabseytg man sXPaBl } . kjcNnam 20 RskénRBH raCaNacRkbttan man 18 Rsk Edl)an ham XatkarCj dtpl itpl falk;)an mmkal kNnt; .

RskEdl FmAxtpThimphu nigRsk myenAEbkxagekkténex tp Samdrup Jongkhar CaRskicg erkayek Edl dakecj nUbMamenH .

Rksj]sSahkmp nigBaNICkmpn RbeTsbttan)anRBmanCaR)akBinY yagFfFf ebmanCnNamak; RkmNamly besBbNaeDl enAet l kdt pl it-

pl falketot .

GikTalgLayNaEdl bBanel bMamenH nigRtUBinY CaTikR)ak; 210 du arGaemrk cNk masHagThij nig sNakar nig RtUdkhtGaCabNIGaCivkmpbsxh . rdaP)al)ansMcfanigykBs 100° el ral kar npl itpl falk;cl mk kjRb- eTs sHabeR)aspel xh cbBahGkEdl - mansBaetbttan .

GaCaFr)an [dofa CnbreTSEdl l k; dtpl itpl falkenAkjRskénH nigRtUdak; eTasTNyagFfFf . -teTATB;



rPaB³ <http://www.who.int/tobacco>

Picture: <http://www.who.int/tobacco>

Bhutan becomes first country in world to ban tobacco sales

A ban on the sale of all tobacco products has come into effect in the remote Himalayan kingdom of Bhutan.

The Bhutanese government ordered shops, hotels, restaurants and bars selling tobacco products to dispose of existing stocks ahead of the ban.

The tobacco ban will not apply to foreign tourists, diplomats or those working for NGOs.

The predominantly Buddhist nation is thought to be the first country in the world to impose such a ban. All smoking in public places has also been banned.

The moves are part of government efforts to make Bhutan a smoke-free nation.

"We want no pollution and good health for our citizens," said Bhutanese minister, Jigme Thinley.

Eighteen of the kingdom's 20 districts had already banned the sale of tobacco products before the deadline.

The capital district of Thimphu and the eastern district of Samdrup Jongkhar are the last to impose the ban.

Bhutan's trade and industry ministry has warned of severe penalties if any person, group or firm is found selling tobacco.

Those who violate the ban will be fined \$210 and owners of shops and hotels will lose their business licenses.

The government has decided to impose

a 100% tax on all tobacco products brought into the country for personal consumption by Bhutanese.

Foreigners selling tobacco to locals will be severely punished, the authorities say.

"If any foreigner is caught selling tobacco products to Bhutanese nationals, he will be charged with smuggling. Tobacco will be treated as contraband," Karma Tshering of Bhutanese Customs told the BBC.

Correspondents say smoking was only popular with a small percentage of the Bhutanese population. Chewing tobacco was much more common.

Source: BBC online

el akevCbNt̩ Gthl)anbBaakeTotfa {esck̩s̩m̩rcbss̩sem̩pnaykr̩d̩m̩R̩np̩ K̩Wa karQ̩as̩ev̩m̩ys̩m̩abR̩bCaC̩nkm̩CaR̩K̩b? r̩b. vak̩g̩g̩j B̩kareb̩c̩acit̩p̩ r̩bsraC̩rd̩æ P̩)al̩ k̩g̩k̩c̩eP̩iv̩D̩An̩s̩x̩PaBR̩bCaBl̩ rd̩æ km̩Ca̩ nigkarb̩b̩j̩ th̩aT̩r̩bs̩x̩h̩enAk̩g̩ R̩beT̩s̩ nigenAel̩ BP̩Bel̩ ak̩}. R̩beT̩skm̩Ca̩ nigc̩U̩ rh̩Cam̩yR̩beT̩sch̩h̩ 57eTot̩ k̩g̩kar p̩j̩ sc̩a̩b̩h̩enH̩ Edl̩ R̩beT̩s̩T̩aj̩Lay̩enah̩ bg̩g̩j̩ B̩karyk̩cit̩p̩k̩dak̩dl̩; s̩x̩PaB R̩bCaBl̩ rd̩æ.

sn̩s̩BaθbsG̩g̩kar̩ s̩x̩PaBBP̩Bel̩ ak̩ s̩p̩karR̩t̩v̩t̩B̩nit̩ük̩areb̩R̩)as̩;f̩a̩k̩; -WHO F̩CTC̩|p̩j̩; [R̩beT̩s̩T̩aj̩enah̩U̩E̩ks̩arc̩;ab; eR̩chC̩agenHeTot̩ s̩h̩abkarR̩t̩v̩t̩B̩nit̩ü̩ k̩areb̩l̩ R̩)as̩;f̩a̩k̩; nigC̩y̩seR̩g̩h̩Gay̩C̩vit̩m̩ns̩S̩ Caer̩chnak̩; . f̩a̩k̩K̩W̩Cam̩U̩ eh̩t̩c̩l̩g̩T̩B̩r̩ en̩kars̩ab̩enAT̩U̩aj̩sk̩l̩ el̩ ak̩ Edl̩ va b̩N̩p̩l̩ [m̩ns̩S̩sab̩Cit̩ 5l̩ annak̩; k̩g̩m̩y̩ q̩a̩h̩. kar̩)anR̩omaN̩T̩aj̩enah̩bg̩g̩j̩ faR̩bs̩n̩ eb̩bc̩b̩, n̩enH̩k̩an̩karT̩bs̩at̩eTenah̩ f̩a̩k̩n̩g̩ eF̩V̩[m̩ns̩S̩sab̩; m̩n̩Gay̩k̩al̩ c̩h̩h̩ 10l̩ annak̩; KitR̩tm̩q̩a̩l̩2020̩ . f̩a̩k̩Ca̩ pl̩it̩pl̩ R̩sbc̩;ab̩m̩y̩ Edl̩ bg̩g̩j̩ B̩akk̩N̩p̩l̩ en̩G̩k̩ Edl̩ eR̩b̩R̩)as̩;vaC̩aeT̩ogT̩at̩; R̩t̩U̩)at̩bg̩; C̩vit̩ . man̩y̩fa̩ k̩g̩c̩h̩Nam̩ 1>3̩ ekad̩en̩ G̩k̩C̩k̩)ar̩l̩n̩g̩man̩m̩ns̩Sch̩h̩ 650̩ l̩ annak̩; sab̩m̩n̩Gay̩k̩al̩ .

cab̩t̩aj̩B̩e̩f̩q̩l̩ 29̩ Ex̩vic̩ik̩am̩k̩ man̩ R̩beT̩sch̩h̩ 17̩ eTot̩)an̩k̩ay̩Ca̩PaK̩en̩ sn̩s̩Baθ̩ . R̩beT̩s̩T̩aj̩Lay̩NaEdl̩ k̩ay̩- Ca̩PaK̩l̩n̩g̩R̩t̩U̩P̩ab̩eday̩sn̩s̩Baθ̩en̩H̩ k̩g̩y̩³ eBl̩ 90̩e̩f̩q̩n̩ab̩)and̩ak̩E̩ks̩ar̩ s̩h̩ab̩eF̩V̩ sc̩a̩b̩h̩

-b̩E̩ks̩arep̩S̩geTot̩Edl̩ man̩t̩h̩l̩ es̩j̩ en̩A̩E̩T̩s̩ak̩;kar̩F̩h̩n̩G̩g̩kar̩sh̩R̩bCaC̩ati R̩k̩g̩j̩ U̩y̩k̩ .



el ak̩ LEE̩ Jong-wook̩ GK̩ayk̩G̩g̩kar̩- s̩x̩PaBBP̩Bel̩ ak̩)an̩ [d̩ng̩fa̩ {R̩beT̩sch̩h̩ 58̩ Edl̩ t̩h̩N̩ag̩ [m̩ns̩Sch̩h̩ 2>3̩ ekad̩- nak̩)an̩k̩ay̩Ca̩PaK̩en̩sn̩s̩Baθ̩WHO̩ F̩CTC̩ eh̩ly̩ . kar̩c̩U̩ Ca̩F̩rman̩en̩sn̩s̩Baθ̩en̩H̩)an̩ b̩Ba̩k̩B̩kareb̩c̩acit̩p̩s̩rd̩aP̩)al̩ k̩g̩kar- kat̩bn̩y̩G̩R̩t̩aen̩kars̩ab̩; nigC̩y̩h̩d̩l̩ b̩N̩p̩l̩ mk̩B̩kareb̩R̩)as̩;f̩a̩k̩; }. Kat̩)an̩b̩en̩h̩ eTot̩fa̩l̩ 'kan̩ [R̩beT̩s̩T̩aj̩G̩sc̩U̩ Ca̩PaK̩ en̩sn̩s̩Baθ̩en̩H̩ nig̩G̩n̩ut̩p̩U̩v̩F̩an̩karT̩aj̩ Lay̩ Edl̩ j̩aj̩ [k̩areb̩R̩)as̩;f̩a̩k̩kan̩E̩t̩ man̩karn̩ym̩t̩ceTA² . Cal̩ T̩p̩l̩ vaC̩ac- C̩y̩ seR̩g̩h̩Gay̩C̩vit̩m̩ns̩S̩)an̩rab̩;l̩ annak̩; eh̩ly̩va̩ K̩Wa̩ eCaK̩C̩y̩B̩it̩R̩)ak̩den̩sn̩s̩Baθ̩ en̩H̩ .

Cam̩y̩n̩g̩kar̩c̩U̩ Ca̩F̩rman̩en̩H̩ s̩B̩e̩f̩q̩l̩ R̩beT̩s̩Edl̩ Ca̩PaK̩en̩sn̩s̩Baθ̩WHO̩ F̩CTC̩ R̩t̩U̩eF̩k̩areR̩bs̩R̩m̩l̩ x̩ms̩ar̩Ec̩g̩CaT̩t̩TA̩ en̩ sn̩s̩Baθ̩ [eT̩AC̩ac̩;ab̩; nig̩b̩T̩b̩Baθ̩C̩ati .

]T̩ahr̩N̩³ d̩t̩Ca̩fa̩ R̩beT̩s̩T̩aj̩enah̩n̩g̩R̩t̩U̩ T̩T̩V̩)ann̩U̩ry³eBl̩ b̩q̩a̩m̩ cab̩B̩e̩f̩q̩dl̩ sn̩s̩Baθ̩C̩U̩ Ca̩F̩rman̩ s̩h̩ab̩; [x̩h̩G̩n̩ut̩p̩U̩ v̩F̩an̩karT̩aj̩Lay̩Edl̩ man̩Ec̩gen̩Ak̩g̩sn̩s̩ Baθ̩ F̩ana [man̩sar̩B̩man̩x̩aj̩kaen̩Ael̩ ral̩ k̩arevc̩x̩b̩pl̩it̩pl̩ f̩a̩k̩; b̩k̩R̩t̩U̩eR̩ory³

eBl̩ R̩)ad̩j̩a̩m̩s̩h̩ab̩;T̩bs̩p̩t̩karp̩s̩B̩p̩Say̩Ba̩N̩CC̩ km̩p̩k̩are̩l̩ k̩k̩B̩s̩; nigkar̩]b̩t̩h̩e̩day̩ pl̩it̩- pl̩ f̩a̩k̩;T̩aj̩Lay̩ .

el akevCbNt̩ Vera Luiza da Costa e Silva̩ nayk̩km̩y̩F̩p̩p̩ep̩h̩kan̩f̩a̩k̩en̩G̩g̩a̩ kar̩s̩x̩PaBBP̩Bel̩ ak̩)an̩ [d̩ng̩fa̩ {man̩ R̩beT̩s̩Caer̩ch̩)and̩akec̩j̩ [G̩n̩ut̩p̩U̩v̩F̩an̩ karT̩aj̩en̩H̩eh̩ly̩} . {Pa̩B̩x̩s̩K̩a̩ s̩h̩ab̩kar̩ R̩t̩v̩t̩B̩nit̩ük̩areb̩R̩)as̩;f̩a̩k̩; s̩h̩en̩A̩R̩T̩g̩fa̩ R̩beT̩s̩PaK̩l̩T̩aj̩Lay̩en̩sn̩s̩Baθ̩ G̩ac̩n̩g̩ G̩n̩ut̩p̩am̩v̩F̩an̩karT̩aj̩en̩H̩ bep̩S̩g̩B̩en̩HeTot̩ tam̩meF̩u̩a̩)ay̩Edl̩ G̩acs̩R̩m̩bs̩R̩m̩l̩ nig- man̩l̩ k̩N̩³Ca̩b̩T̩dan̩ Ca̩B̩ess̩c̩b̩a̩h̩R̩beT̩s̩ T̩aj̩Lay̩NaEdl̩ s̩h̩en̩A̩t̩amb̩N̩p̩B̩W̩dn̩} . R̩b̩k̩aren̩H̩n̩g̩p̩j̩ n̩U̩cen̩ah̩ kan̩E̩t̩t̩ceTA² s̩h̩ab̩;]s̩S̩ah̩km̩f̩a̩k̩; Edl̩ s̩B̩e̩f̩q̩h̩k̩B̩g̩ E̩tr̩k̩meF̩u̩a̩)ay̩eK̩cevs̩B̩c̩;ab̩C̩ati .

P̩s̩t̩ag̩bg̩g̩j̩ fa̩ kar̩C̩k̩)areF̩V̩[man̩ eR̩k̩ah̩f̩ak̩dl̩ es̩t̩E̩t̩R̩K̩bs̩r̩rag̩k̩x̩h̩m̩ns̩S̩ ey̩l̩geT̩Aeh̩ly̩ . k̩areb̩R̩)as̩;f̩a̩k̩;bg̩g̩j̩ man̩ C̩y̩h̩h̩arks̩t̩ eh̩ly̩va̩)an̩P̩a̩beT̩An̩g̩C̩y̩W̩ m̩h̩ark̩k̩s̩t̩h̩ nig̩t̩R̩m̩gen̩am̩ . eR̩k̩ah̩f̩ak̩; dl̩ s̩x̩PaB̩deT̩eTot̩Edl̩ Tak̩;T̩gn̩g̩f̩a̩k̩; rh̩ man̩ C̩y̩h̩k̩Say̩eb̩h̩d̩y̩ C̩y̩h̩ac̩s̩r̩es̩Q̩am̩x̩f̩ k̩;al̩ nig̩eb̩h̩d̩y̩ r̩l̩ak̩T̩gs̩t̩ C̩y̩h̩h̩ nig̩ C̩y̩h̩h̩de̩g̩t̩ep̩S̩geTot̩ k̩a̩t̩C̩akar̩x̩W̩C̩v̩C̩ati ep̩S̩g̩²pg̩Edr̩ . k̩areb̩R̩)as̩;f̩a̩k̩;bn̩p̩k̩ral̩ dal̩ Ca̩B̩essen̩Ab̩N̩p̩R̩beT̩s̩k̩B̩g̩G̩P̩iv̩D̩An̩ Edl̩ man̩ B̩akk̩N̩p̩l̩ en̩G̩k̩eR̩b̩R̩)as̩;f̩a̩k̩; R̩t̩U̩sab̩; . Kit̩mk̩R̩tm̩q̩a̩l̩2020̩ R̩bs̩nebl̩ K̩an̩karT̩bs̩at̩G̩V̩Tenah̩ k̩g̩c̩h̩Nam̩m̩ns̩S̩ sab̩; 10̩nak̩; n̩g̩man̩ 7̩nak̩; sab̩eday̩sar̩f̩a̩m̩ C̩k̩; . Source:WHO Western Pacific Region Public Information Unit

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km&a nigel aknayk énRKWsAnskSaTaj Br CaKN³Fbtl. clü rhCaePovkit#ys nig CasmaCikGg#BFI edm,IGbGrsarTrnÜ smit#l enH rhman el akRKUG#kRKUbK# k skSa KnsisS sisSanisS SCag 700nak; nigmR#kmp#F#F#k; bs#PaBrbs; Gg#kar GarDakm&aCaerchr#p#gedr .

manmtEF#s#n#kfaenAK#»kasenah el akéN emgGan)anbBaakBGt#y#én t#nKpnEpSg)arenHfa cabB#F#RokasCa p#karenHeTA enAk#b#r#v#Nsal a nigGaKar- TajmÜ Kpn#r#Nam#k; Ck)areLly ehly nigminCkCaerogr#ht .

-teTAT#17!

WHO FCTC... (Continued from page 1)

Dr Omi was visiting Cambodia to meet with Government leaders in the health sector to discuss a wide range of issues. "We welcome Prime Minister Hun Sen's commitment to curtailing the use of tobacco in Cambodia," Dr Omi said after the meeting.

"With 54% of its men over 20 years of age smoking, Cambodia faces huge public health costs in the future. The world now realizes what a serious toll smoking and other uses of tobacco can take on a nation's health."

"The Prime Minister's decision is a wise one for all Cambodians. It also demonstrates the government commitment to improving the health of Cambodians and playing its role in the region and the world," Dr Omi noted. "With ratification, Cambodia will join 57 other countries to this Treaty, all countries which have shown responsible concern about their citizens' health."

The World Health Organization Framework Convention on Tobacco Control gives countries more tools to control tobacco use and save lives. Tobacco is the second leading cause of death globally, causing nearly five million deaths a year. Estimates show that it will prematurely kill ten million people a year by 2020 if current trends are not reversed. Tobacco is the only legal product that causes the death of half of its regular users. This means that out of 1.3 billion smokers, 650 million people will die prematurely.

Seventeen additional countries have

become Party to the treaty since 29 November. For these, and every country which becomes Party from now on, the Treaty becomes legally binding 90 days after their date of deposit of the instrument of ratification or equivalent at the



rbPaB³ http://www.who.int/tobacco
Picture: *http://www.who.int/tobacco*

United Nations Headquarters in New York.

"Already 58 countries have become Party to the WHO FCTC, representing 2.3 billion people. Its entry into force is a demonstration of governments' commitment to reduce death and illness from tobacco use," said Dr LEE Jongwook, WHO Director-General. "I encourage all countries to become Party to this Treaty, and to implement the range of measures which will make tobacco use less and less attractive to people. This can result in millions of lives saved, and that is where the real success of this Treaty resides," he added.

Now, with the entry into force, countries Party to the WHO FCTC are bound

to translate its general provisions into national laws and regulations. These countries, for example, will have three years from the day it enters into force for that country to implement measures to ensure that tobacco packaging has strong health warnings, or five years to establish comprehensive tobacco advertising, promotion and sponsorship bans, among others.

"Many countries have already put these measures in place," said Dr Vera Luiza da Costa e Silva, Director of the Tobacco Free Initiative at the WHO. "The difference for global tobacco control is that countries Party to the Convention will be able to implement these and other measures, especially those with cross-border implications, in a coordinated and standardized way. This will leave fewer loopholes for the tobacco industry, which currently finds ways to circumvent national laws."

Evidence shows that smoking harms nearly every organ of the body. Tobacco use is the cause of the majority of lung cancer cases and it has been linked to many other types of cancer, such as cervical and kidney cancer. Other health risks associated with tobacco include heart attacks, strokes and other cardiovascular diseases; bronchitis, asthma and other respiratory diseases as well as infertility. Tobacco use continues to expand, especially in the developing world, where currently half of the deaths due to tobacco occur. If current trends continue, seven out of every ten deaths due to tobacco will occur in the developing world by 2020.

Source: WHO Western Pacific Region Public Information Unit

rglneI kTikcitpl RK(SarminCk;)arl enATRkg kashU

enATRkg Glasgow eKngypI rglneI k Tikcitpl RK(SarminCk;)arl enATRkg kashU (an hamR)amkarCk;)arl .

KbragKpnEpSg)arenAtampH EdI CaKM eragdWgeKenARbeTS Scotland enH ng tHgeKal edAeTaeI GikCkenAcgpbBa' eday pl CbCavBaabnbKtdI GikEdI eKarBBaku snuarbsxH .

GikEdI)anchtHtBl xa el Kbrag scRbNIFan{mas}RtUEtRbkanxab; [pH sEm,g rbsBkeK CakEngEdI KpnEpSg)arl Etmgj cMnkGikEdI)anchtHtBl xael KbragscRbNIFan{R}ak; RtUKWntkar Ck;)arlin [manenAtambnb;EdI manekg² rSenA .

KbragenHsbWAEtAel RK(SarEdI manekg bFarkekItCgWenAtampHkgtHnxagekit ehly Rbsineb)aneCaKCy eKngBRgkeTA- tantWnnaeTot .

KbragenH KWaEpikmyenyTjarkkldat; fraWkrbsRkmRbkSaraCFanI EdI eKcNay Gs;TikR)ak; 250x000 epan . vanjcab; eppnGnutpenAedmExminanH .

kmyFIQbCk;)arldtKaenHedr)an nig kBgEtRbRbtpTAenAtambNpTRkgEdI eK erbPasaGgeKs .

EpikEsg²eTot rabbBaPkarpl Ca rglneI kTikcitpl GaCvkrI krayTaj LayNaEdI)ancatvIFankarTbsatkar I kfaWk; [eTABkyuCnek² karel kTik citpl ek²EdI gayrgerKah [Xatqny

BkarCk;)arledayCYdI BkeKnUbBa' six- PaBpocitp [QbCk;)arl ExSPaBynGbrlmin [Ck;)arlsMabsal aeron RBmTajS)ah_ KpnEpSg)arRbcadM

GikChtaj EpiksixPaByI Rsbfa kar Ck;)arKWamU eh tclgEtmyKtenkar bh Bal dI sixPaEdI eKGackarBar)an nig- karsobmnGaykal enATRkg Glasgow EdI manGiksabCamFum 2000 nakCa erogral qabHAKgTRkg edaysarCgWdI - TakTgnngkarCk;)arl .

efGikCgWdI cu mk mAmNt esva sixPaBCati naTRkg kashU edm,IsMak Bua)al CgWdaysar karCk;)arl srlo- TajGsKWag 14 I anepan . GiknaH BakurbSRkmRbkSasixPaB KWel ak Bill Timoney)an [dngfa Kbrag enHmini- yayBkarerobcMEngsRnabGikEF Tdkg² -emedah;eT .

Katniyayfa {KpnGvCakarppckarenateT kjerOgenH . vaCabBaakHobsgamly dI mitPKpEdI pl ; [BkeKnU Gvdl eKal bMNgemH)aneppteTaeI I Camlynnggln; el kTikcitpsMabkarxitxRngERbgrbsBkeK pg} .

el akevCbNt Gerry Spence EdI Ca GikmanbTBesaFnzagBua)al CgW enAcg- bBa' Gsry³eBl Cag 20 qam nigCaGik Chtaj EpikCgWw)anniyayfa {Katman esckpsamnsSrkrayCaxald enAeBl EdI eXlj RkmRbkSamly eRbR)asfvikaeday RtWRtU} .

Kat)anbEnneTotfa ³ {GkEdayEdI mandak; sarbgaj fa karCk;)arCaerOg Garkk; enaHRTUeTel kTikcitp . } bNpGik EdI manCvPaBmFum eKmanGPRKbEbb yag binBkeK)anI HbgkarCk;)arehly ' mankareCOCak;fa bcD,nanH cMHPaKekch snksnspenRbCaCnfaKkmkr kmkarhl k^{3/4} cg;I HbgkarCk;)arldtKaenHedr .

RkmGiksRmbsRmI rbsKbragskmp PaBel karCk;)arlsixPaBk)anel ksrest cbBaHRkmRbkSaenHedr .

Source: Glasgow Evening Times,

Smoke Free awards for Glasgow's homes

Households in Glasgow will be given awards for banning smoking in the home.

The Smoke Free Homes scheme, the first of its kind in Scotland, will be targeted at smokers in the east end, with certificates given to those who keep their promises.

Those who sign up to the Gold Pledge scheme must keep their homes smoke-free, while people signing up to the Silver Pledge will limit smoking to a particular room, with no smoking while children are present.

(Continued on page 7)



RK(SarminCak;)arl
Smoke Free Family

karel kkb smnreBTükgeyaFBI exmrPthinp KpnEpSg)arl

bc, nienH eRkaHfäkenkarCk;)arl RtU)anRCURCabeTAdI RbCaCati esPÉt RKbRbeTs enATUadgskl el akehly ehlykZaanRbeTsmlycMhFM)anGnvtP vFankarTbsátkarCj) dtpI itPl fäÜk; k3/4 dtCa kartRmU [man kardaksar RBman-sxPaB enAel hal kBaB)arl nigkarbeglt tÜhKpnEpSg)arl)anyagmanRbsitPaB eTotpg .

cINkRbeTskm&aeYg k)ancU rh yagskmp kügskmpaB xageI enHedr. CakEsg ffenH semp; naykrdaRnhrn Esn)ansnüafa nigCYChj [mankarptl ; sc&hRbeTskm&a el GnsBaBspkar TbsátkareRbR)asfäÜk; Ggkarsx-PaBBPBel ak . CagenHeTAeTot enAman skmpPaBrbs; GgkareRkArdaP)al mly cMh EdI eFkargarTak;TgeTAnigkarTb; sätkareRbR)asfäÜk; enARBhraCaNaCRk km&a EdI kigenalman GgkarGardakm&a tamry³kmpfäÜk; b= sxPaBCaedm . kügkicXitxRngERbgrbsxÜ edm, I [RbCa BI rd&anyI dngBpI GaRkk; EdI ekt ecj BkareRbR)asfäÜk; kmpfäÜk; b= sxPaB)an nigkBgÉtbnPfkarpSBpSay GbrtdI RbCaBI rd&e sisSanisisS mRnPaC karstlil nigeyaFatamRksygnana RBmTadj RBHsg&tamvtGaram enAküTRkgPbBj nigenAtambNpextpnyclmhpGEDr .

edayELkenAtammnreBTümlyclmH Ca BëssmnreBTükgeyaFBI exmrPthinp eK)anerobcM [eTACammnreBTükpnEpSg)arl EdI enHCakargarmlyKY [emaTn³Nas; .

Cakarbeglt>kasCbCMä edm, BPakSa pas; bpkMiteyabl ; nigEckrM k bTBesaFn_ dl KäeTAvij eTAmk TcatkarsxaP)al én GKlbBaakardankgeyaFBI exmrPthinp shkarcamlykmpfäÜk; b= sxPaBrbs; GgkarGarDa km&a) anerobcMGgAsik&asal a fäkcCatiMly enAÉmmnreBTü RBHektmal a s&BBI {karel k kkb smnreBTükgeyaFBI exmrPthinpKpnEpSg)arl}. sk&asal aenH)anRbRBitpTA Rbkb edayEppá kügy³eBI Bréf eBj erkamGFbtPaBrbs; Ék] tpi]tpesnyeTa eka RTI GKInaykrG GKInaykdan PspPa-hiBaDtB RksykarBarCati kügBfI bit&sk&asal a nigedaymankarshkar] bthÜBGgkarGardakm&a nigGgkarsm& evCs&ks&gnpCatétvan; (TIMA) . cU rh Caskekam énGg&sk&asal a rhmannayk naykrG mnreBTü nay nayrg Kil andan cINURksykarBarCati nigGKlbBaakardankgeyaFBI exmrPthinp.

naTbBaB, mnngBFbitGg&sk&asal a enH sk&akamTadjGs;)anRsbkMlitKä dak; ecj nU GnisasncMhR)aldMhc dlt;xag erkamenH³

1>xitxRngERbg ERbkayKil andan énkg eyaFBI exmrPthinp CakEngKpnEpSg)arl nigEfrkSatÜhKpnEpSg)arl CaClmhan GaTi-PaBbnbb; .

2>eqöteBI evI a edm, GbrÜBpI bHBal ;

nigkarxatbgbNpI mkBkarCk;)arl CY Rbksa GkCk;)arl [QbCk; .

3>minKant nigminTTV kar] bthÜarBRkb; mCAdan edm, IsxPaBeyaFh .

4> minGnBaDt [mankarI kdt nigpSay-



sk&asal afäkcCati s&Bkarel kkb smnreBTükgeyaFBI exmrPthinp KpnEpSg)arl Smoke Free Military Hospital Promotion Workshop

BaNCKmp el kkb spl itPl fäÜk; tam RKbrbPaB enAbrevNGgPaBrbsxÜ .

5> cU rh yagskmp kügkartshti nigGnvtPural skmpaBnana sMdkatbnß GRtaeRbR)asfäÜk; nigGRtasobbNpI mkBkarCk;)arl .

KYrM kpgEdrfa Gg&sk&asal afäkc; Catis&karTbsátkareRbR)asfäÜk; enA kügCYkgeyaFBI exmrPthinpKal Bcggq&M 2003 enah)anptl CaGnissasnclmH 7 clhc . q>amxmsarénGnissasn_Tadj enah fäkdiknaGKlbBaakardan)anGnm&eb ecj CaesckpNnaVel x 01/105 sNn cléf 17 mkra q&M2005 s&Bkarham Ck;)arenAkübrévNénkg ÉkPaBTUadjkgeyaFBI exmrPthinp.

karRS (EpSg) arBek

CaTETA karSg mtmhaCnenAshrdæ
Gaemrik bgøj fa Bkekman karxocrGa nU
sarFatKkmBul enAkGak as nigkjTik .
ehtuBchehly eTb)anCa sarEdI bgøj Bl
sarFatKkmBul aneRKahFakenAkijEpSg)arl
pøl enah GacmanRbsitPab .

]TahrN₃ {EpSg)arEnAkijbriyakasI ay
LMTAeday sarFatKkmrabBanRbePT} .
yagehacNaskkiansarFatKkmCag 40
RbePTedr EdI bga[eTAcCaCijmhark .
EpSgrbs:faUkkkakeTadaybrmaNdeach
snksnsbénkabhmNNGkst EdI Ca

]sijmüageFV[QamminGac
dknaBksLhSn eTAKan;
Cal ikaénsrBag(kay)an
EdI rñmansrragA sMan?
dtCa ebHdy nigxYk,al
kaktCasarFatdeT eTot-
EdI bNpI [ekitCijWbHdy
nigCijWac:srésQamkijxY
k,al .



GbdBhSnsüant Caedm .

Source: Building Public Awareness
About Passive Smoking Hazards

GtBTCaPasarGgeKesenATVAB

- mnssEygtTm rgnURbtikmPbqatCa
mYng sarFatKkmBul Cag 4000
RbePT EdI manenAkijEpSg)arl rñman-

RKWS (SnsKs) arBek

-tmkBITVAV!

Tninenah el ak mak s(ü)anel keLg
GbitRmUkarcaYlac; kigkarERokayRKWS
sikSa [eTAcat m:nKjanEpSg)arlenH
[KrisisS nigsisSanisisStajLay)an
RCVRCab nigBalmUkaryI digenHeTA
EckCbdI RkmRKsar nig mitPkpseK.

CakarCU rñcNkykcitfikdakdI ;
kar GPvDAnswPaBsaFarN³ KN³kmkar
RkbRKgmCämNñ KrakasI ü kaktCa Gñt
vitüal yGUEbkkn EdI manTitajstena
kijbrievNEtmYCamYKäenH)anecj Ca
bTbBaépkijmY EdI hamXatskmPaB
ekBR)aspl itpl fäUk:tamRKbrtPaB rñ
TajkarCij dt nigkareXasna kardaktaj
bda bkarbitxitbXUjSBpSayBaNCkmjarl
enAkijbrievNsal aeron RBmTaj)ancat;

taj [manKN³kmkar RTRTgkmyfFäUk;
bswPaBeTotpg .

epmecj BIGnwtjtambTbBaépkij
enH)anyagxabörmk RKWS(SnsKs)Saxag
el IEdI RKbdNp:el bKA kskSa KrisisS
nigsisSanisisSsrto 1701nak; RtU)an
ERokayCa tñnKjanEpSg)arEdI man Ganu
PaBGnutpcabtajBéfpokasCa pükarenH
eTA .

Glasgow... (Continued from page 5)

It will be aimed at families with asth-
matic children or infants in Easterhouse
and, if successful, will be extended to
other areas.

The scheme is part of the city council's
£250,000 Tackling Tobacco campaign. It
started early January 2005. Similar quit
programmes have operated in some Eng-
lish cities.

Other elements include an award scheme
for retailers who take measures to pre-
vent the sale of tobacco to youngsters;
encouragement to vulnerable youngsters
to stay away from smoking; helping
those with mental health problems to
quit; an anti-smoking video for schools

and an annual no smoking week.

Health experts agree smoking is the sin-
gle most significant cause of preventable
ill-health and premature death in Glas-
gow, with an average of 2,000 people
dying every year in the city due to smok-
ing-related illness.

Total annual in-patient cost to National
Health Services Greater Glasgow for
illness due to smoking is estimated at
more than £14million.

Bill Timoney, the council's health
spokesman, said the scheme was not
about localising the 'nanny state'.

He said: "There's nothing dictatorial in
this. It is about peer pressure, giving

people something to aim for and a nomi-
nal reward for their efforts."

Dr Gerry Spence, a GP in the east end
for more than 20 years and an asthma
expert, said he was "delighted to see a
council putting its money where its
mouth is".

He added: "Anything that gets the mes-
sage across that smoking is bad must be
applauded. The middle classes have all
but given up smoking and I believe the
vast majority of those in working class
areas now want to do so too."

Anti-smoking lobby group ASH Scot-
land also praised the council.

Source: Glasgow Evening Times

vFbBaAbkarCk:)arl (How to Quit Smoking)

eTahbCaGikCk:)armlycMh)andofa)arl Ck:)arpg .

manERkaHfakdI sIxPaBrbseKyagNak3/4 eday kBikeKenAETmankarI MakenAeBI EdI eKcgpjic:)arl . TabjenH KWa\TBI én karej onsarFatmkUthenAkjg:)arbnahEg . meFua)ayd3/4 ¥ kigkarCly [GikQb; Ck:)arl KWihGikpbl Etmg EdI RtUETmancitp cgQbCk:)arl . bnabmk GikGacrK meFua)ay sMhbRKbRKgxMhGik nigCvit rbsGikpbl ; . xagekkamenHKWaeKal karN_ xH²³

1>GikRtUETsMccitifaQbCk:)arlehlyRtU EtQbPam .

2> sthikMh)arenAkjgheae): I agsUat-candakRkj m)arl nigTikEdkekH [qly BGik .

3>abeTAmnsSEdI GiksAl ; nigmitPkp rbsGikfa GikQbCk:)arlehly . ctesistM dI Bkek [Clyel kTikcitpnigClyGik [Qb;

4> sImeCosvag [qlyBGikCk:)arl nigSanPaBedI bgt [GikCk:)arl CaBi-ess kigryeBI 2-3 s)an dltg .

5> stheFkarhat; R)anDdtCa EhI Tik rt; bedkMbanpeday efpeCg .

6> sthpasbptM ab;TtArbsGik nig cMnayeBI [)aneRchCamlymitPkp dI minechCk:)arl .

7> sthbriPaK GaharNaEdI ClybMndI ; sIxPaBdtCa EpøQCaedm .

8> stheTAmnbTnpBTü edm,IsUateFij rbsel akGik ehlyGikRtUETsMccitifa GikEl g [eFij rbsGik Rbl akCabCati nkTheToteLy .



btan>>> -tmkBITM2!

el ak Karma Tshering PakgarKy btan)anR)ab;TtTSSn_BBC fa {Rbshebl CnbreTsrbenah RtU)aneKcabxM eday-sarkarCly dtpI itpl falk; eTA [RbCaCn btan nigRtUCabecaTbbTrtBns . falk; RtU)aneKcat;Tikfa CaTmij ekcBns} .

GikeqlyqgBtmancI 1/2 niyayfa kar Ck:)arCakareBj niym BlsMnakRbCaCn btanEtmyPaKttbbaNhh . Ékarckfal eTbCakareBj niym CaTtACag .

Source: BBC online

Secondhand Smoke

Generally, public opinion polls in the U.S. show that the public fears toxic chemicals in the air and the water. Therefore, messages that highlight the presence of hazardous chemicals in passive smoke can be effective.



For example:
 • Secondhand smoke is a complex mix of thousands of chemicals. At least 40 substances in secondhand smoke are known to cause cancer. Tobacco

smoke also contains large quantities of carbon monoxide, a gas that inhibits the blood's ability to carry oxygen to body tissues including vital organs such as the heart and brain; and other substances causing heart disease and stroke.

- Human are allergic to more than 4,000 toxic chemicals in smoke, including hydrogen cyanide.

Source: Building Public Awareness About Passive Smoking Hazards



ebGikCk:)arl nah ktrbs; Gik nigrg eRkaH eday sarEpSg:)arl
 If you smoke, so does your baby



kmyFfalk;bsIxPaB énGgkarGardakmCa pteI x15 pteI x 574 xNwI ekak raCFanPbBj BtmanbEnh sthTmak;Tmg kBaeylpl In tamTdsBMthsareI x 023 882 634 nigGfmI phalliny@toh.adracambodia.org bRinfo@toh.adracambodia.org