

Health Education & Tobacco Intervention Program (HETIP) in Nepal 1999, 2001-2003, 2004-2006

Health Education & Tobacco Intervention Program (HETIP) in Nepal has been organized by Scheer Memorial Hospital Banepa, Kavre, Nepal, with the help of ETRA-liitto ry (NGO) with the financial support from the Ministry for Foreign Affairs in Finland. It has been arranged together with the local schools, district health and educational authorities and also with the Ministry for Health in Nepal. The pilot was in 1999. The first phase was arranged in 2001-2003 and the second phase in 2004-2006. By the end of the year 2006 the program had reached 23 / 75 districts in Nepal and the two day health course had been arranged in 202 secondary schools for 141.000 students from grades 5 to 10 and the street day drama had been attended by 205.000. The third phase will be in 2007-2009. There is a plan to reach still some 126.000 students in 18 districts and 180 schools.



The Health Education and Tobacco Intervention Program in Nepal has been in 1999-2006 arranged in 202 schools. All the schools have accepted to become No Smoking Schools. The idea for the logo is from Pokhara. Colours in the map represent the years when the districts have been / will be approached.



Nepal's Health Minister
Dr. Ram Baran Yadaw arrives
Scheer Memorial Hospital for the
Inauguration Ceremony of
the Smoking Intervention Program
Aug. 17, 1999



PILOT Smoking Intervention Program in Nepal 1999

During the 10th World Conference on Tobacco or Health in 1997 in Beijing, China, Dr. Mrigendra Raj Pandey of the Mrigendra Samjhana Medical Trust from Kathmandu told in his presentation that "Nepal had one of the highest prevalence rate of smoking in Asia, and unlike many Asian countries there was a high rate of smoking among women." He also said that "although Nepal had been strengthening tobacco control policy there was no restriction yet on direct or indirect advertising or promotion of sports and cultural activities."

During the Conference a Finnish group from ETRA-liitto ry (NGO) told about the tobacco intervention project they had been organizing in Finland and in China. After their presentation they were invited to Nepal with a similar approach

financed by the Ministry for Foreign Affairs in Finland.

Dr. Pandey was the contact person when planning the project. However, the Ministry for Foreign Affairs did not give enough money to send a Finnish group to Nepal to counsel how to teach young people about the health hazards of tobacco. So the little amount of money received was used to a pilot grass root project in Nepal organized by Sundar Thapa, the Health Educator of Scheer Memorial Hospital. The Intervention Programme was conducted in cooperation with the Ministry of Health in Nepal.

The Inauguration Ceremony was honoured by the Health Minister Dr. Ram Baran Yadaw and many local community leaders..

1999

Budget:

10.000 dollars

Support:

FIM 50.000 State of Finland

FIM 12.500 ETRA-liitto ry

Realized in Nepal:

NRP 718,210,84

Activities:

Inauguration Ceremony
Motivational Activities
Program for School Children
Program for Women
Quit Smoking Sessions
Health Screening Program
Street Play Program

District:

Kavrepalanchoch (Kavre)

Communities:

5

Reached:

Street Play Programs: 2.730
Programs in the Schools: 790
Quit Smoking Sessions: 408
Program for Women: 288
Health Screening Program: 190
All together: 4.406

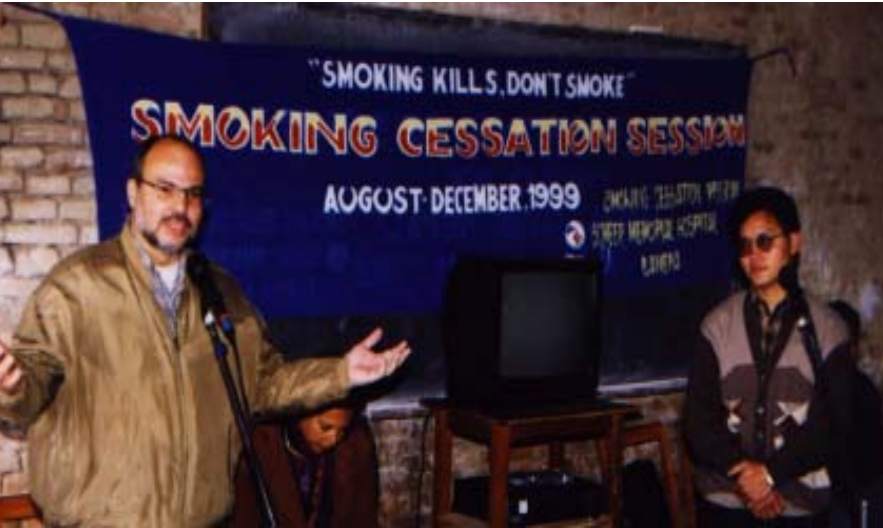
Evaluation:

Number of Smokers: 237
Success rate: 58-86 % (75 %)

Price / Student:

NPR 429

FMK 37



Director of Scheer Memorial Hospital Rafael Gargia and the Health Educator Sundar Thapa carried the main responsibility for the program.

Local Health Authorities and Village Development Committeemembers were invited to the opening meeting of the program.



Drama presentations were given for secondary age youth groups in the schools. The picture is from Kushadevi.

Team members beside the hospital vehicle with information about the program topics.



Health lectures were arranged in the schools both for the students and older people. Plenty of AV-material was used. Pictures from Kushadevi and Panauti.



Quit Smoking Sessions were arranged in every target area. All the participants were given Non-Smoking T-shirt.



Street Play Shows were arranged for example in village bus stations etc..

Health Clinic Activity was arranged to create awareness and promote Smoking Cessation Program.





Nepal's Health Minister Sharat Singh Bhandari delivered a speech in the Health & Smoking Intervention Programme 2001 Inauguration Ceremony.

Health & Smoking Intervention Programme in Nepal 2001-2003

The Tobacco Intervention Program organized by Scheer Memorial Hospital succeeded so well in 1999 that a new application was made to the Ministry for Foreign Affairs in Finland. The plan was made based on the experiences during the pilot project. There was a need to add some other health topics in the program. The new Health and Tobacco Intervention Programme in Nepal began in 2001. Nepal had by then received a new Health Minister Sharat Singh Bhandari. Also he was interested to cooperate with the program and delivered a speech in the Health & Smoking Intervention 2001 Inauguration Ceremony.

On May 1, 2001 Minister of State for Health Tirharam Dangol said that "His Majesty's Government support all who initiatives for tobacco free society, and is committed to take concomitant action at the country level." It was also told that accord-

ing to the World Health Organization (WHO) 74 % of the adults (20 years and above) in Nepal smoked. In the hilly region 84,7 % of men and 71,7 % of women were smokers. In the article it was said: "Despite these hard facts and efforts being made by both the governmental and nongovernmental organizations to wean people from the habit of smoking, the efforts seem to have paid little dividend."

The statistics were similar to 1983 survey. In it the overall prevalence of daily smoking in Nepal was 73,7 % (85,4 % male and 62,4 % female). Prevalence rates differed by region from 77,7 % in Ucca Pradesh to 37,0 % in urban Kathmandu. Smoking rates for males were higher than for females, in Ucca Pradesh 84,7 % / 71,7 %, in Kathmandu 64,5 % / 14,2 %. The female smoking rate 71,7 % is one of the highest in the world.

2001

Budget:

20.000 dollars

Promised Support:

FIM 160.000 State of Finland

FIM 40.000 ETRA-liitto ry

Realized in Nepal:

NRP 1,550,278.10

Activities:

- Training of Trainers
- Inauguration Ceremony
- Program Implementation
- Lecture Session
- Audiovisual Session
- Street Play
- Contest Program

District:

Kavrepalanchoch (Kavre)

Schools:

25

Reached:

Street Play Programs: 15.708

Lectures in the Schools: 9.079

Audiovisual Programs: 9.079

Price / Student:

NPR 170

FMK 13



Sundar Thapa introduces Health & Smoking Intervention Program.



Training of Trainers (TOT) seminar going on in Scheer Memorial Hospital.



Audio-visual presentations were given by Sundar Thapa in the schools. Presentations in Krishna and Sarnamangala.



Trainers with Roy and Fylvia Kline before Scheer Memorial Hospital.



Bikash Bhaila looks on as the students pledge to stay away from smoking and to teach their parents about the harmful effects of tobacco.

Street Play presentation in Mahendra Jyotai.



Kalpana Niroula lectures Grade 5 of Hanuman Secondary School, Patalekheta.



Happy team members are greeting Finland and saying: Thank You!





Asko Luukkainen from the Finland's Embassy in Kathmandu is welcomed to the Inauguration Ceremony. In the picture he is with Roy Kline and Sundaar Thapa.



The WHO (South-East Asia Region) statistics from the year 2001 showed that the use of tobacco in Nepal had gradually increased almost four times larger from the year 1970 to the year 1990.

Haiti were found to be the countries where cigarette consumption per adult had grown most from 1970-1972 levels. In the study the World Smoking Prevalence was 29 % (males 47 %, females 11 %). The heaviest male smokers were found in East Asia and Pacific, 61 %. South Asia came last with 21 % cigarette smokers and 21 % bidi smokers.

The Nepalese smokers consumed in 1970 170 cigarettes per capita; in 1980 214; in 1989 626 and in 1995 677. Cigarette smoking prevalence stopped growing in 1990 and began decreasing in 1997, the year of the Beijing conference. In 2000 adult smoking prevalence was 31,6 % (males 39,5 %, females 23,8 %) and Youth Smoking Prevalence was 7,8 % (males 15,3 %, females 6,4 %).

The facts were in concordance with the study about Tobacco Control in Developing Countries made by World Bank in 1995. Nepal and

Along the cigarettes, tobacco is used in Nepal in the form of bidis, hookah, sote, sulpa and other locally made tobacco products. The consumption of bidis is more prevalent than the consumption of manufactured cigarettes. According to a national survey on tobacco use covering 4,889 respondents (Karki 2002) the overall tobacco use prevalence among adults (aged 15 and over) was 44,7 % (males 58,1 %, females 31,6 %). Smoking prevalence was 38,4 %, highest on mountain region (57,1 %) and lower in the hills region (38,9 %) and Tarai region (35 %).

2002

Budget:

25.000 dollars

Support:

FIM 50.000 (from 2001)

FIM 90.000 State of Finland

FIM 35.000 ETRA-liitto ry

Realized:

NRP 1,954,791.54

Activities:

Training of Trainers (TOT)

Inauguration Ceremony

Program Implementation

- Lecture Session

- Audiovisual Session

- Street Play

Anti-Smoking Rally

Districts:

Bhaktapur

Chitwan

Nawalparasi

Makwanpur



Schools:

24

Reached:

Lectures: 13.543

Audiovisual Programs: 13.543

Street Play Programs: 22.817

Price / Student:

NPR 145

Euro 1,79



In the Inauguration Ceremoney there was present Asko Luukkainen from the Finnish Embassy in Kathmandu.





Student assembly at Taal Barahi High School, Baidari, Pokhara, Kaski

The decrease in smoking prevalence rates can be seen as a result of anti-smoking work in Nepal. Already in 1992 the Nepalese Government prepared a national plan for tobacco control. Following the implementation of the first phase of a community tobacco control strategy in one rural community in 1992 smoking prevalence fell from 83 % to 69 % (male) and from 63 % to 44 % (female).

In January 2003, 2032 students from the grades 8, 9 and 10 were surveyed in Pokhara, Kaski by MPH Deepak Paudel. It was found that nearly half (47,1 %) of the adolescents had used tobacco products. One in seven (13,2 %) were current users, one in four (22,7 %) were experimental users and one in ten (10,6 %) were past users of any tobacco product.

Only about one-third of adolescent students had good knowledge about the hazards of tobacco use. In the study it was recommended that school based educational programs focusing on all forms of tobacco (both smoked and smokeless) should be planned and implemented.

On World No Tobacco Day 2003 a special program was initiated by Health Ministry and several different organizations and schools to raise a massive awareness of the health hazards of the tobacco to the public by slogan "Tobacco free film, tobacco free fashion." Health Minister Dr. Upendra Devkota addressed the gathering of film stars and producers and stressed that artists can make the use of tobacco look unpopular. In TV there was a program "Request" in which several Nepalese actors explained by drama the hazards of smoking with the help of the HETIP-team members.

In August 2003 the 12th World Conference on Smoking or Health was arranged in Helsinki, Finland. The project director of the Health & Smoking Intervention Programme Sundar Thapa, was invited to the Conference. He had there a presentation and a poster. Framework Convention for Tobacco Control (FCTC) was the most current topic. The head of Planning Division of Health Ministry Dr. Bhuwaneswori Dutta Chatauf signed it for Nepal on the 3rd of December 2003.

2003

Budget:

20.000 dollars

Support:

Euro 1.008 (from 2002)

Euro 15.137 State of Finland (FMK 96.000)

Euro 4.000 ETRA-liitto ry

Realized:

NRP 1,545,894.00

Activities:

Training of Trainers (TOT)

Orientation Training

Press Conference

Program Implementation

- Lecture Session

- Audio-Visual Session

- Street Play

- Contest Program

Program "Request" on May 31

2003 on World No Smoking

Day in the national TV in Nepal.

Districts:

Kaski

Tanahun

Schools:

16

Reached:

Lectures: 9.695

Audiovisual Programs: 9.695

Street Play Programs: 13.735

Evaluation:

Number of Smokers:

Quit Smoking:

Price / Student:

NPR 159

Euro 2,21



Every year before visiting schools a Training of Trainers (TOT) seminar is arranged in Scheer Memorial Hospital.



Sanu Ale demonstrates the cigarette model to the students of Janajagriti Secondary School in Sarankot, Kaski.



Orientation Training for Health Education and Smoking Intervention Program is held in all districts visited .



xxx secondary School



Sundar Thapa attended the 12th World Conference on Tobacco or Health in Helsinki, Finland.



Team in the the year 2003.



Anti-Smoking Rally on the main street in XXXXX.





Aune and Ben Gregg
from Finland welcomed to
Everest Academy.

Health Education and Tobacco Intervention Program (HETIP) in Nepal 2004-2006

In 2004 a new three year long Health Education and Tobacco Intervention Program was initiated. The change in the name from smoking to tobacco reflected the fact that smoking cigarettes is only one of the Nepalese ways to use tobacco. The budget was again more than doubled. It meant that more schools and students could be reached each year and better teaching material bought.

The Finnish project secretary Aune Gregg and her husband Ben were asked to visit Nepal to evaluate the project. They could follow the team in Jhapa, Ilam and Dhankuta. First the project director contacted the District Education Office and had an Orientation Program for the schools which have been chosen. Then the team has a two day health course in each school. About a month later a street play drama was arranged.

In all the schools the health course was heartily welcomed. The students were eager to learn. They followed the teaching. The teachers wanted to discuss how the teaching could be applied in their life and the life of the village. One of the principals in Jhapa told: "This health program does not only help my 800 students but all the 6.000 inhabitants in our village."



2004

Budget:

60.000 dollars

Support:

FIM 40.000 State of Finland

FIM 10.000 ETRA-liitto ry

Realized:

NRP

Activities:

Training of Trainers (TOT)

Orientation Training

Press Conference

Program Implementation

- Lecture Session

- Audio-Visual Session

- Street Play

- Contest Program

Districts:

Dhankuta

Ilam

Udayapur

Jhapa

Sunsari

Sihara

Schools:

50

Reached:

Street Play Programs: 62.682

Lectures in the Schools: 29.440

Audiovisual Programs: 29.440

Evaluation:

Number of Smokers:

Quit Smoking:

Price / Student:

NPR 154

FMK 13



Each student makes his/her own Health Manual. They follow the instructions which are given by the teacher with the help of computer and videoprojector.



The students were very eager to learn and ready to make questions.



While in Nepal the Finnish evaluation team visited also the Finnish Embassy in Kathmandu to see Pauli Mustonen, the Chargé d' Affaires a.i. and Finnish Development Cooperation Coordinator.



Street Plays Show in Ilam and Dhankuta gathered also many parents. The Street Plays program consists of several shorter plays about health hazards of smoking, alcohol, HIV/AIDS etc.



No Smoking Zone board is passed by Ben Greggias to the principal of Kankai Secondary School in Surunga Jhapa. In his school there were more than 2000 students and a special class for deaf students.

HETIP-team with the Finnish visitors in Birthamote.





On the World No Tobacco Day (May 31, 2005) A National Anti-Smoking Song Contest was arranged. Five programs about it was sent the national TV.

In Nepal the expected lifetime has increased. In 1960 it was still under 40 years. 50 years was passed in the 80's. When HETIP program began in 1997 the expected lifetime was about 57 years, less for women than for men. 60 years was achieved by 2000. 2005 it was 63,3 years.

Globally the expected lifetime reflects educational and economical level. In Nepal a great change has taken place after 1990 when the new constitution was enacted. Only after that schools became open to anyone. The literacy level have increased from 1990 to 2004 from 27 % to 47 % (males from 47,4 % to 62,7 %, females from 14,6 % to 34,9 %). However, no compulsory education exists in Nepal, and about 20 % of the children from poorest families do not go to school.

The difference can also be seen in the health knowledge. Michael Hahn, the director of UNAIDS in Nepal, estimated in 2003 that the number of HIV infections was likely to rise to 150,000 - about 1.5

percent of adults - by 2005. A major reason for his pessimistic estimate was widespread illiteracy and ignorance of the disease in the isolated mountain kingdom. The recent government survey conducted in the nation's 75 districts had showed that only 71.7 percent of males and 49.6 percent of females had even heard of AIDS.

The same trend could be seen in the national sample survey on tobacco use in Nepal (Dr. Yagua B. Karki, 2002). The tobacco use prevalence among adults (aged 15 and over) was 44,7 %, but it was much higher among the illiterates (55,2 %) than the literates (36,1 %). The trend could be seen also by gender (males: illiterates 77,4 %, literate 49,4 %; females: illiterates 44,3, literates 12,6 %). In the survey only 4,2 % of population aged 15 and over were past smokers. The survey covered 4,889 respondents.

According to Shyam Thapa the same trend could be seen also in Nepal Adolescent and Young Adult (NAYA) survey from the year 2000 in the group of 15-19 years old. Smoking is much more prevalent among them who were not in the school. The sample consisted of 4,175 women and 3,802 men aged 14-22 in five urban districts.



2005

Budget:

60.000 dollars

Support:

Eur 40.000 State of Finland

Eur 10.000 ETRA-liitto ry

Realized:

NRP 4,138,965.00

Activities:

Training of Trainers (TOT)

Orientation Training

Press Conference

Program Implementation

- Lecture Session

- Audio-Visual Session

- Street Play

- Contest Program

Districts:

Palpa

Rupandehi

Baglung

Parbat

Schools:

44

Reached:

Lectures: 32.306

Audiovisual Programs: 32.306

Street Play Programs: 45.020

Evaluation:

Number of Smokers:

Quit Smoking:

Price / Student:

NPR 137

Eur 1,6



**Orientation
Training in xxxx.**



**The students in xxx
and xxxx Secondary
Schools answering
to the questionnaire
with questions
about their
smoking, the
smoking habits of
their parents and
what they have
learnt during the
health course.**



**The students in xxx school raise their
hands to confirm: "Yes, I want to
encourage my parents to stop
smoking."**



**Most of the
school are very
large in Nepal.
Morning
opening in xxx
Sechool School
in xxx**



**A lecture
time in ssss
school.**

**Team members participating in a World No
Smoking Day Health Fair in Banepa.**



**HETIP
team for
the year
2005.**



The Finnish evaluation group headed by Dr. Ari Mönttinen was welcomed by garlands in Janasewa Secondary School, Ghusra, Banke.

In 2006 it was time to make a new evaluation visit to Nepal. It coincided the day when news came that the 10 year long civil war between the Government and Maoists will be finished. That day the Finnish group headed by Dr. Ari Mönttinen was heartily welcomed with overwhelming amount of flowers in Surkhet. The joy was touchable.

Somehow, there was also a deep sorry in the air, because only a few weeks earlier Mr. Pauli Mustonen, the representant of the Finnish government in the program, had died in a helicopter accident in northeastern Nepal when returning from a visit to one of the Finnish cooperation targets, Kanchenjunga National

Park. In the same accident died also Nepal's Forest Minister Gopal Rai and his wife.

By the end of the year 2006 the Health Education and Tobacco Intervention program had been arranged in 200 schools in 22 / 75 districts in Nepal. 140.000 students had accomplished the health course and about 200.000 had followed Street Play Shows. In the schools all the students from grade 5 to 10 took part in the sessions and 8.637 of 10.168 smoking students ceased to smoke. Also 417 of 483 smoking teachers stopped smoking. According to the students even 22.830 of their 62.080 smoking parents finished to smoke.

The Finnish Evaluation team and HETIP team with friends in Janasewa Secondary School.



2006

Budget:

60.000 dollars

Support:

Eur 40.000 State of Finland

Eur 10.000 ETRA-liitto ry

Realized:

NRP 4,050,678.00

Activities:

Training of Trainers (TOT)

Orientation Training

Press Conference

Program Implementation

- Lecture Session

- Audio-Visual Session

- Street Play

- Contest Program

Districts:

Pyuthan

Dang

Banke

Surkhet

Dhanusha

Schools:

38

Reached:

Lectures: 33.955

Audiovisual Programs: 33.955

Street Play Programs: 43.964

Evaluation:

Number of Smokers:

Quit Smoking:

Price / Student:

NPR 119,30

Eur 1,6

Students of the xxx school ready to begin the day with Health Education & Tobacco Intervention Course.



Dr. Ananda Shrestha Director of Health Office in Puythan receives No smoking T-shirt during the orientation program.



Street Play Drama in Mahendra Secondary School. Ranjan & Mani speeding.



Dr. Ari Mönntinen gives the No Smoking Zone board to the Assistant principal in Ananda Higher Secondary School, Gumi

HETIP team 2006 on a bridge.





Health Education & Tobacco Intervention Program (HETIP) -team with Project Director Sundar Thapa in 2006.

Director of the ETRA-liitto ry Dr Ari Mönttinen and his wife Anna-Liisa welcomed to school in Puythan on the 8th of November 2006.



His Excellency Charge of Affairs Mr Kari Karanko and Matti Lahtinen from the Ministry for Foreign Affairs in Finland welcomed to Scheer Memorial Hospital on the 5th of November 2006.

