



Smoke-Free Homes Network Malaysia (SFHNM) Meeting

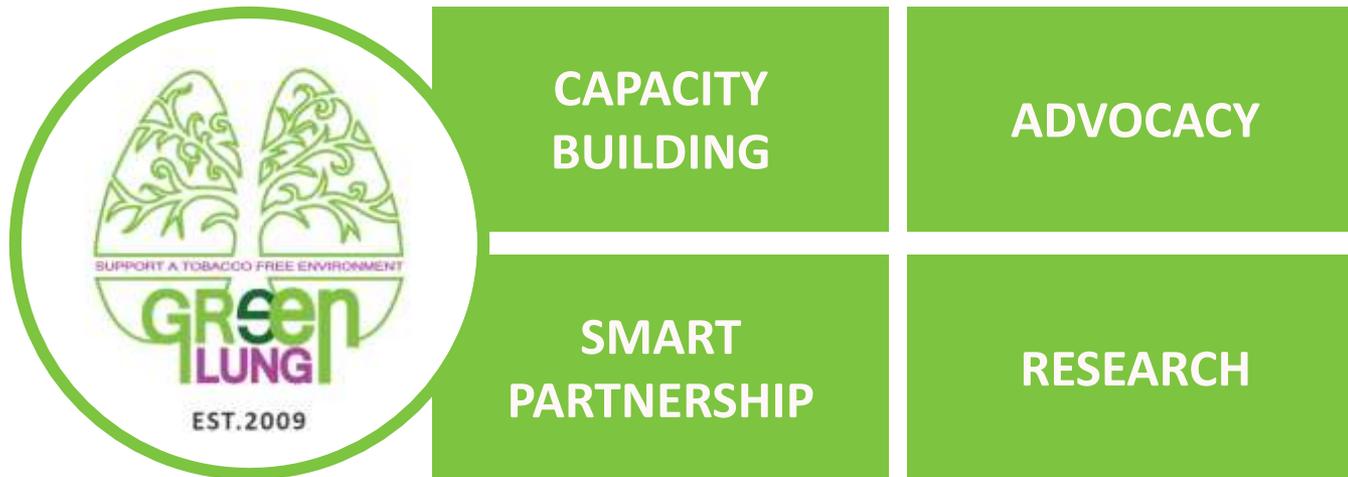
Youth Initiatives on Tobacco-Free Environment

Ho Rhu Yann

Malaysian Green Lung Association



Key activities



Key activities



CAPACITY BUILDING

Content-Focused learning

Interactivity-focused learning

Experiential learning

Assessment



Capacity
Building

Advocacy

Smart
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Research



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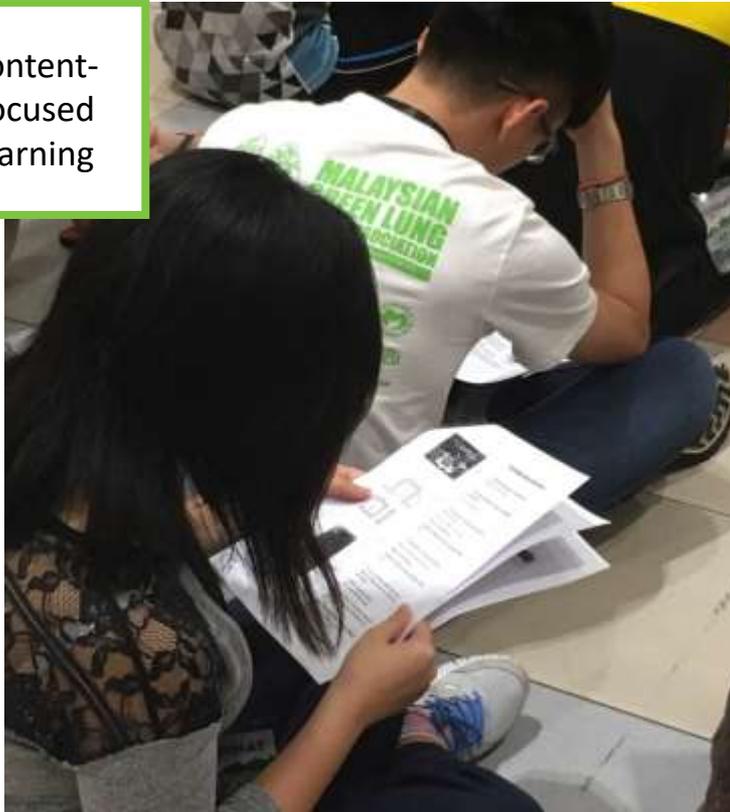
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Key activities



ADVOCACY CAMPAIGNS

Public health
campaign

Kid-centred health
education

Quit smoking



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Public health campaign



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Students show support for smoke-free environment

By ANDREA FILMER
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Photos by CHIN CHENG YEANG

MORE than 100 Universiti Sains Malaysia (USM) students froze in place for four minutes around 1.30pm yesterday in support of a fully tobacco-free campus.

The students, consisting mainly of members from a USM voluntary students' group called Green Lung, came to a complete standstill in a corridor leading to the university's Hanada Seneh 1 Library.

The coordinated group action was Green Lung's second activity to date after organising an awareness campaign during USM's recent convocation ceremony in August.

"Green Lung was established in May 2009 in collaboration with the World Health Organisation (WHO)," said Green Lung president Ho Ruh Wan, 22.

"The group aims at creating a 100% smoke-free environment."

He said the group now consisted of 123 members and they hoped to achieve their goal of a smoke-free campus within the next four years.

"We are currently formulating a proposal for 90M year's activities which include the constitution of peer-to-peer services for smokers, the launching of a newsletter and an inspection team that will gather at smoking hotspots on campus to gather statistics on bad (and unhealthy) habits in USM."

"After that, we intend to divide USM into zones, for example red and green zones, that reflect the smoking levels of each area on campus," said Ho, who is a third year pharmaceutical science student.

He added that brainstorming with representatives from International Islamic University Malaysia, Universiti Teknologi Mara, Universiti Malaysia and Universiti Teknologi Mara, who had attended a past Capacity Building Workshop in USM, would also be held in January next year.

Green Lung advisor Prof Rahmat Awang said the group received a RM30,000 grant from WHO for the project along with an additional RM20,000 from the university.

"The aim of the Capacity Building Workshops was to build up leaders in tobacco control among university students."

"We want to give them a good foundation in campus," said Prof Rahmat, who heads USM's WHO Collaborating Centre for Drug Information.

He said on top of the funds received from WHO and USM, Green Lung was also in the process of finding outside sponsors to help fund next year's activities.

"Under the law, university campuses are designated smoke-free zones but we still see some smoking hotspots on campus," he said.

Making a statement: USM students freezing in place for four minutes yesterday in support of a 100% tobacco-free campus

Ho: Group aims to achieve its goal of a smoke-free campus within four years



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7000+ TOXIC CHEMICALS IN TOBACCO SMOKE

70 OF THEM CAUSE CANCERS

<p>Turpentine Used in paint strippers</p> 		<p>Methoprene Chemical to eliminate flies on your pet</p> 
<p>Propylene glycol Used in automotive antifreeze and engine coolants</p> 		<p>Benzopyrene Found in coal tar and one of the most potent cancer-causing agents</p> 
<p>Butane Highly flammable. Used in lighter fluid</p> 		<p>Nicotine Used as insecticides</p> 
<p>Cadmium Active component in batteries</p> 		<p>Acetone Found in nail polish removers</p> 
<p>Ammonia Found in common household cleaners</p> 		<p>Lead Used in batteries</p> 
<p>Formaldehyde Embalming fluid to preserve dead bodies</p> 		<p>Benzene Found in pesticides, detergents and petrol</p> 

- Tar for paving roads
- Arsenic in rat poison
- Naphthalene in moth balls
- Sulfuric acid in car battery
- Hexamine in barbecue lighter fluid
- Acetic acid in hair dye
- Methanol in rocket fuel
- Methane in sewer gas
- Toluene in industrial solvent
- Carbon monoxide in exhaust fumes

SMOKE-FREE EATERIES

Universal protection for people from all walks of life

Smoking is banned on any premises, whether inside or outside building, where food is prepared, served or sold. This includes:

- any area within a radius of three metres from any table or chair which is placed for preparing, serving or selling food;
- Any area on a vehicle where food is prepared, served or sold and any surrounding area within a radius of three metres from the vehicle; and
- Any room or area on a ship or train where food is prepared, served or sold.

All eatery premises including its land and outbuildings



Restaurants



Cafes



Canteens



Hotels and lodges



Eating places including its land and any outbuildings

All mobile eateries including tables and chairs where food is prepared, served and sold



Food trucks



Food trucks



Ships and trains



Trucks

Other eating places where food is prepared, served and sold



Dining tables



Dining tables



Dining tables

Eatery owners, please take note!

- Eatery owner who fails to display no smoking signage will be fined up to RM1000 or jailed up to 6 months.
- Eatery owner who is found to allow customers to smoke in the premises will be fined up to RM5000 or jailed up to one year.



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Handover of the petition for smoke-free restaurants to the former Health Minister



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Kamishibai storytelling



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Assessment of knowledge after storytelling



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Quit smoking



The launch of mQuit services – a public-private collaborative quit smoking service



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Key activities



SMART PARTNERSHIP

Government agencies
and local authorities

Local organisations
(NGOs, companies)

Regional
organisations



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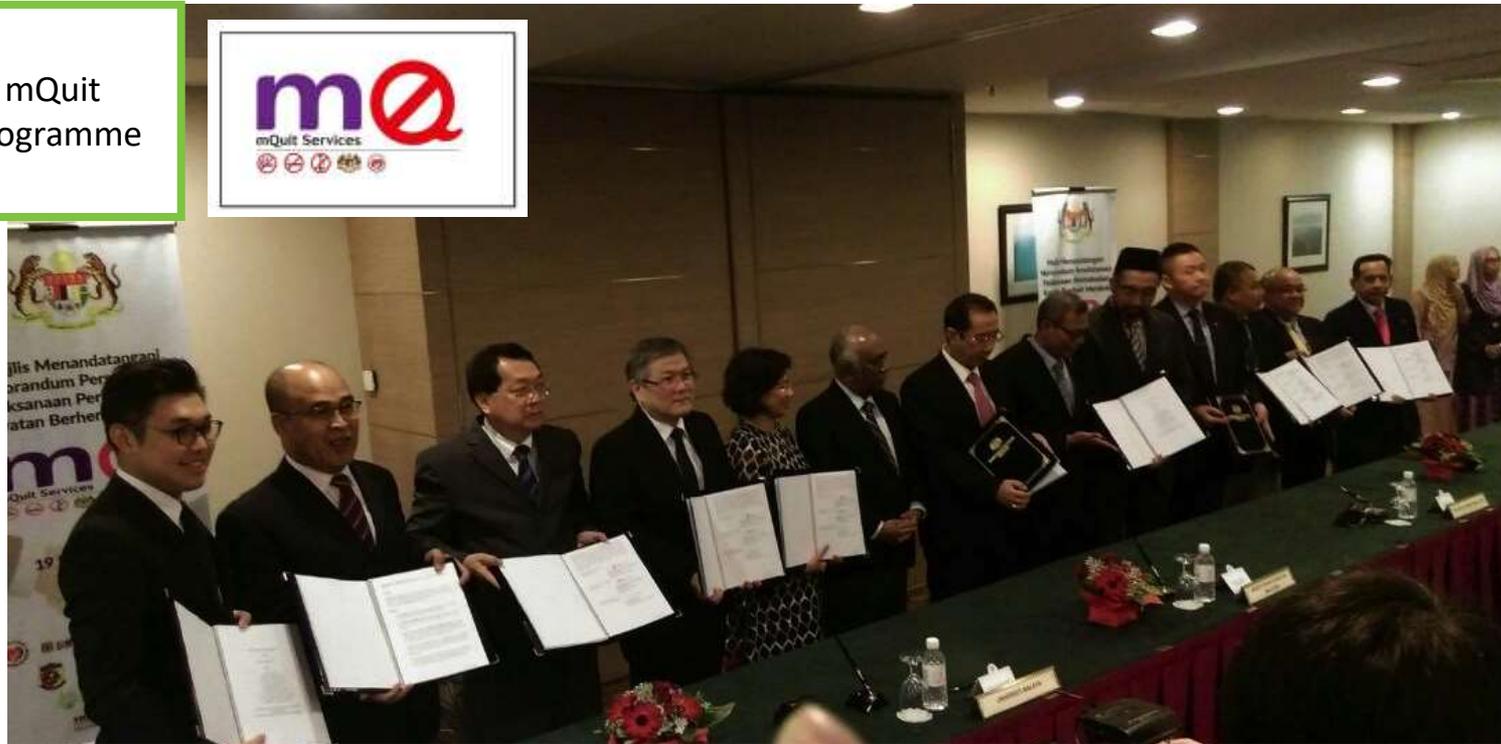
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mQuit
Programme



The MoU signing ceremony for mQuit services



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Smoke-Free City



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Local organisations



AMSA MALAYSIA
Asian Medical Students' Association



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Regional organisations



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Key activities



RESEARCH



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Cigarette butt survey



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Cigarette butt
survey



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Cigarette butt
survey

Result

- **9,364** cigarette butts
- **519** cigarette boxes
- **23** smokers
- Out of 122 zones on campus, 93 (**76.2%**) zones were found to be Red zones, 12 Orange zones (**9.8%**) and 17 Yellow zones (**14%**).



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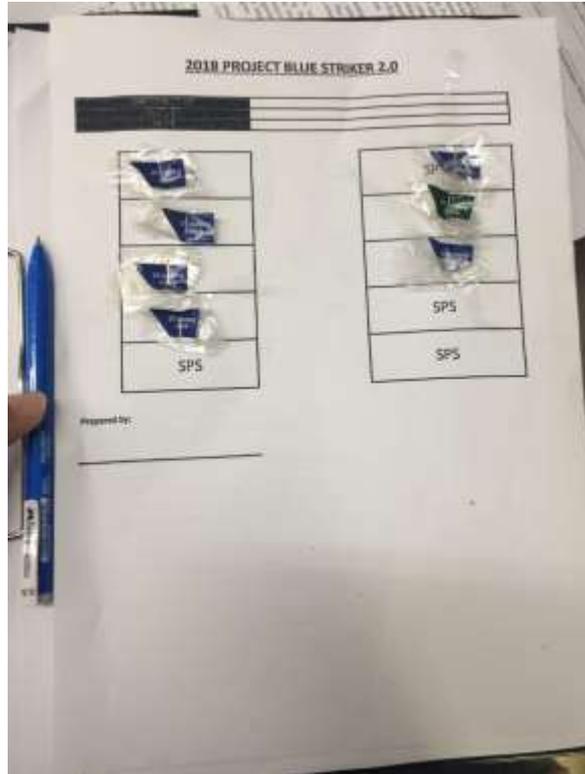
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Retailer Incentive Survey



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Survey: 70% retailers accepted incentives by tobacco companies to display cigarette packs prominently

NATION
Friday, 25 Jan 2019
11:25 AM MYT
By **CLARISSA CHUNG**

(From left) Malaysian Green Lung Association founding president Ho Ithi Yarn, Dr Mary Assunta and Dr Mohamed Hanik.

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Retailer
Incentive
Survey



Presentation of research findings to the former Deputy Health Minister



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THANK YOU





Thank You



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