

## Program Report

### Report

*Multi sectoral Workshop on  
Preventing Tobacco Epidemic in Responding to Communicable and Non Communicable Diseases  
“Shared Responsibilities of National and Subnational Government”*

Wednesday, 24<sup>th</sup> November, 2021

8:30 am – 12:00 noon

Hotel Himalaya, Rato Baithak Hall Kupondole, Lalitpur



**Organizers:** Government of Nepal- Nepal Health Research Council (NHRC), Action Nepal, Health Journalists Forum Nepal (HJFN), The Union, and APCAT.

[www.actionnepal.net](http://www.actionnepal.net)

25<sup>th</sup> November, 2021

## Program Report

### *Background and objectives of the program*

The *Multi sectoral Workshop on Preventing Tobacco Epidemic in Responding to Communicable and Non Communicable Diseases: “Shared Responsibilities of National and Subnational Government”* was successfully held on Wednesday, 24<sup>th</sup> November, 2021 at Hotel Himalaya, Kuponhole, Lalitpur, Nepal. It lasted for 4 hours from 8:30 am to 12:30 pm. The program was organized and managed by Action Nepal in collaboration with Government of Nepal – Nepal Health Research Council (NHRC), Health Journalists Forum Nepal, The Union, and APCAT.

Honorable minister Birodh Khatiwada, Ministry of Health and Population (MoHP), was the chief guest of the program and over 50 persons participated in the program representing different institutions, including WHO, The Union, NHIECC, Professional Organizations, Civil Society, Researchers, and media etc. The speakers also participated in the program via Zoom.

**Key Objectives:** the overall objective of the program was to gain commitments and accountability of national and subnational level leaders on tobacco control to combat with tobacco epidemic. The specific objectives were as follows;

- To build awareness of national and subnational leaders for effective implementation and enforcement of tobacco control laws in order to combat with tobacco epidemic in Nepal.
- To sensitize and coordinate with mayors and local level leaders to develop and implement tobacco control and monitoring mechanism at subnational levels.

### *Commencement of the Program and Presentation by health experts and representative from government organizations and Civil Society.*

Master of Ceremony Visha Kafle, Executive Editor of Health Aawaj (an online news portal), highlighted the overview of the program, and introduced distinguished guests in the program

Welcoming all the guests, speakers, and participants, **Mr. Ananda Bahdur Chand, Chairperson of Action Nepal**, highlighted the objective of the program. Furthermore, he presented comparative analysis of deaths due to COVID-19 and deaths due to tobacco use. He further highlighted how the tobacco industry is targeting the youth, influencing the government, and misleading the society during the COVID-19. Tobacco companies put profit before public health. TIs are promoting their products and expanding their business horizon in the name of CSR during the pandemic. Such CSR activities should be closely monitored and banned in no time, he added. Tax increment on tobacco products, initiation of plain packaging on the pack of tobacco products, and effective implementation of tobacco control laws are keys to curb tobacco epidemic, he suggested. Finally, he urged the all the stakeholders, particularly government, to join hand together to fight with the tobacco epidemic.

**Dr. Pradeep Gyanwali, Member Secretary, Executive Chief, GoN- Nepal Health Research Council (NHRC)**, presented researches findings conducted in several countries on smoking, NCDs, and COVID-19. He summarized his presentation saying that smoking is the leading risk factor of Non-communicable

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disease (NCDs) and COVID-19 has severe health effects to patients with any form of NCDs. He finally urged MoHP and other stakeholders to introduce new and innovative awareness programs on smoking and tobacco control/cessation. IT and community based interventions for “*Quit Tobacco*” should be implemented immediately, he recommended.

“Tobacco is not only the risk factors for heart diseases, cancer, and diabetes, but it is also the root cause of almost all diseases. Hence, the tobacco elimination is must be the government’s priority”, said **Dr. Tara Singh Bam, Director, International Union Against Tuberculosis and Lung Disease (The Union)**. Nepal did not participate on WHO-FCTC conference of parties (COP 9) recently happened and has lost great opportunity to show its leadership in tobacco control in South Asia. The reasons could be tobacco industry’s interference or disinterest of government in tobacco control, he doubted. Finally, he presented that **accountability** of all level of governments in Nepal, **sustainability** of tobacco control laws, plans and policies, and **leadership** from all the stakeholders are the three major pillars for tobacco elimination in Nepal.

**Dr. Lonim Dixit, Representative from WHO Nepal**, highlighted that out of ten people, seven died from NCDs, with tobacco usage being one of the biggest risk factors. She further stated that Nepal has strong tobacco control laws in the world but due to lack of implementation, still no significant progress has been made in tobacco control in Nepal. Additionally, she urged all the concerned authorities to increase tax on tobacco with significant percentage as recommended by WHO as Tobacco tax increment is the single most cost effective method to curb the tobacco epidemic.

**Dr. Chandramani Adhikari, Director, Shahid Gangalal National Heart Centre**, presented international scientific evidences indicating that 23% of heart disease patients die before being admitted to a hospital. Heart disease-related deaths are on the rise in Nepal. “The smoking is the single cause of 20 percent of heart disease among others. Unfortunately smoking habit is increasing among the youth. As a result, number of heart diseases patients below 45 years is rapidly increasing in Nepal”, he said.

**Mr. Sunil Raj Sharma, Director of NHEICC**, stated that NHEICC has been working hard to combat the tobacco epidemic in Nepal for a long time. During COVID-19, we are collaborating closely with the Ministry of Health and Population and the World Health Organization-Nepal to educate people about tobacco and its harmful impacts on human health. **Dr. Prakash Prasad Shah, Director of National Tuberculosis Control Center, Government of Nepal** said that smoking has a deleterious impact on human immunity, which worsens the severity of COVID-19 in patients with NCDs such as tuberculosis. “The majority of tobacco control activities and programs take place in metropolitan areas. However, a large percentage of tobacco smokers live in rural areas, especially in hilly areas. Tobacco control operations at the subnational and local levels should be pursued for better results,” he urged.

Smoking promotes NCDs, and NCDs are connected to poverty, according to **Dr. Devi Prasad Parsai, Health Economist**. In Nepal, medical costs associated with NCDs have increased poverty by two percentage points. “Tax increment is essential for win-win situation for both MoHP and Ministry of

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finance. Tobacco Tax increment is strongly recommended for reducing tobacco consumption and creating sustainable source of health financing”, he added.

**Hon’ble Birodh Khatiwada, Minister, Government of Nepal, MoHP** said that tobacco control activities have been in place since long but no significant progress have been achieved. Now is the time to embrace a new strategy and approach. He also advised all doctors to warn and educate smokers about the harmful effects of tobacco use. Patients must be encouraged to give up cigarettes or they will be no more. "Instilling fear of death in cigarette smokers is the most effective method," he said. **Dr. Dipendra Raman Singh, Director General (DG) of the Department of Health Services**, stated that collaboration between the NHIECC, the Ministry of Health, and the Department of Health Services is critical in achieving visible results in Nepal's tobacco control efforts. "Apart from the loss of human life, Nepal has suffered a billion-dollar loss as a result of tobacco consumption. These monetary losses and deaths can be minimized through eradication of the tobacco epidemic”, he added.

### Conclusion

The program was concluded by the **Mr. Ram Prasad Neupane, President, Health Journalist Forum Nepal**, with his vote of thanks to all guests, speakers, and participants.

Altogether 35 journalists from different media houses participated in the program. Total of 23 online, 3 print news and 1 TV news have been released.

### Enclosed Material:

- Attendance Sheet.
- List of media release.
- Program Photos



List of participants:

Action Nepal						
Tripureshwar -11, Kathmandu						
Date : Nov 24, 2021						
Multi sectoral Workshop on Preventing Tobacco Epidemic in Responding to Communicable and Non Communicable Diseases; "Shared Responsibilities of National and Subnational Government"						
Venue: Hotel Himalaya, Kupondole, Lalitpur						
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17	Jagdish Shakel	Healthpati.com	CEO	healthpati05@gmail.com	9851048362	
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21	Tulasia Ghimire	Health Journalist forum		ghimire.tulasia@gmail.com	9849142805	
22	Nam Raj Bhatta	Health News	Reporter	nrbhatta6@gmail.com	9848851122	



## Action Nepal

Tripureshwor -11, Kathmandu

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SN	Name of Participants	Organization	Designation	Email	Cell No.	Signature
23	Milau Dahal	khobarhub.com	KAM	milaudahal8787@gmail.com	9862633533	
24	Dr. Roshan Pokhrel	MOHP	Secretary		9852024182	
25	Reshma Singh	Webtv.khobar.com	reporter	rsb961140@gmail.com	9848852205	
26	Kalpna Acharya	Health TV Chit	Editor	9841098869	Kalpna Acharya	
27	MANESH Karki	theicc		9813848944		
28	Harisram Subedi	MOHP		9841225711		
29	Krishna Singh Dhimi	Farakdhaa.com	Reporter	9848841510		
30	Mahesh Timalsina	Rise media	Reporter	mahesh.timalsina@gmail.com 9843656690		
31	Prakash Basyal	Nepal F.M	Reporter	prakashbasyal@gmail.com 9847483334		
32	Dr. Pradip Gyawali	WHO	Chief	Prgyawali.65@gmail.com		
33	Dr. Dipendra Ramwan Singh	DoHS	DG	dipendrasingh@gmail.com	9857110011	
34	Prativa Chand	Deshsancha	Reporter	chandprativa@gmail.com	9843715397	
35	Man Bdr Basnet	MOHP	Under-Secretary (Law)	manbasnet123@gmail.com	9841475334	
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37	Dr. Prakash P. S. Shah	NTCC	Director	prakash.dshah@yahoo.com	9852052243	
38	Maya Shrestha	Ratopali.com	Reporter	mayashresthanper@gmail.com	9847789466	
39	मीतीय विरोध खतिवा	खाह्य तया अरुतया nepal24	खाह्य तया अरुतया अरुतया			
40	Bun Tharu	Ekantipur	Reporter	tharu.bun@gmail.com	9860632978	
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42	S B Khakka	Nepalline	Reporter	shona.khakkag@gmail.com		
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44	AJITA RIJAL	The Rising Nepal	Reporter	aj.lawo.3@gmail.com	9841782081	

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Tribupreswori -11, Kathmandu

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SN	Name of Participants	Organization	Designation	Email	Cell No.	Signature
45	Riya Bhandari	NEWS24 TV	Sto Reporter	healthzunbc@gmail.com	9851164870	
46	Dipal Paudyal	NEWS24 TV	Camera person		9841478606	
47	Uma Kefle	NHRC	R-O.	dahaluma1@gmail.com		
48	Kopila Khadka	NHRC	Research officer	KopilaK90@gmail.com	9851019812	
49	Roshni Choudhary	health post nepal	sr reporter	choudharyr@gmail.com	9743382253	
50	Sanjita Khanal	meronew.com	Sr. Reporter	khanalsanjita@gmail.com	9845713149	
51	Sapana Paudel	APITV	Reporter	paudelsapana88@gmail.com	9848163527	
52	Sanjya Neupane	APITV	camera person		9851246905	
53	Shanta Ram Bhandari	MOHP	press Advisor	bhandars@gmail.com	9851145186	
54	Yasima Mahat	Sanatimes.com	E-Editor	mahatoyasima@gmail.com	9861494445	
55	Ramuni Sijakasa	Himal Media	Correspondent	rspress@saptara.com	9840073654	



**Multi sectoral Workshop**  
on  
**Preventing Tobacco Epidemic in Responding to Communicable and Non Communicable Diseases**  
**“Shared Responsibilities of National and Subnational Government”**

**Date: Wednesday, 24<sup>th</sup> November, 2021**  
**(Mangsir 08, 2078)**  
**Time: 8:30 am – 12:30 pm**  
**Venue: Hotel Himalaya, Kupondole, Lalitpur**



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**News Published**

<b>A. Online news</b>			
<b>S. N</b>	<b>Name of the media outline</b>	<b>Title of the News</b>	<b>Link</b>
1	<b>Health tv online</b>	‘चुरोट सेवन गर्नेमा हृदयघात हुने सम्भावना ८ गुणा बढी’ नेपालमा चुरोटकै कारण युवा अवस्थामै हृदयघात बढ्दो	<a href="https://healthtvonline.com/health-news/2021/11/38324/">https://healthtvonline.com/health-news/2021/11/38324/</a>
2	<b>Nepali Health</b>	सुरतजन्य पदार्थ नियन्त्रण सम्वन्धी कानूनको कार्यान्वयन गराउन पहल गर्छु स्वास्थ्य मन्त्री खतविडा	<a href="http://www.nepalihealth.com/2021/11/24/65025/">www.nepalihealth.com/2021/11/24/65025/</a>
3	<b>Janata times</b>	कोरोना भन्दा खतरा धुम्रपान चार गुणा बढीको मृत्यु	<a href="https://janatatimes.com/archives/109336">https://janatatimes.com/archives/109336</a>
4	<b>Mero News</b>	सुरतजन्य पदार्थको सेवन गर्ने अधिकांशलाई हृदयघात दुई अरब रुपैयाँ नेपालीले चुरोटको धुँवामा उडाए महानरिदेशक सहि	<a href="https://www.meronews.com/2021/11/86711">https://www.meronews.com/2021/11/86711</a>
5	<b>Swasthyakhabar.com</b>	सुरतीजन्य पदार्थको नियन्त्रण र नियमनका लागि ७७ वटै जिल्लाका सडिओ सँग छलफलको तयारी	<a href="https://swasthyakhabar.com/story/43182">https://swasthyakhabar.com/story/43182</a>
6	<b>Kathmandupati.com</b>	चुरोट सेवन गर्ने महिलाहरुमा हृदयघातको जोखमि १३ गुणाले बढी	<a href="https://www.kathmandupati.com/news/churot-news/198737/">https://www.kathmandupati.com/news/churot-news/198737/</a>
7	<b>Setokhabar.com</b>	युवामा कनि बढी रहेको छ हृदयघात डा चन्द्रमणिका यस्ता छन् सुझाव	<a href="http://www.setokhabar.com/news/212438">www.setokhabar.com/news/212438</a>
8	<b>Nepal views</b>	‘नेपालमा मृदुरोग र हृदयघातको प्रमुख कारक तत्व धुम्रपान’	<a href="https://www.nepalviews.com/2021/11/24/18423/">https://www.nepalviews.com/2021/11/24/18423/</a>
9	<b>Ratopati</b>	सुरतीजन्य पदार्थ नियमनका लागि ७७ वटै जिल्लामा तत्काल छलफल गर्न नरिदेशन	<a href="https://ratopati.com/story/208182/2021/11/24/health-news-">https://ratopati.com/story/208182/2021/11/24/health-news-</a>



10	<b>News 24</b>	सुरतीजन्य पदार्थका रोकथामका लागि पहल गर्छु मन्त्री खतविडा	<a href="https://www.news24nepal.tv/2021/11/24/837544">https://www.news24nepal.tv/2021/11/24/837544</a>
11	<b>Aayomail</b>	सुरतीजन्य पदार्थको सेवन गर्ने युवा हृदयघातको उच्च जोखिममा	<a href="https://www.aayomail.com/khabar/77971/">https://www.aayomail.com/khabar/77971/</a>
12	<b>Nagarik dainik</b>	सुरतीजन्य पदार्थका रोकथामका लागि पहल गर्छु मन्त्री खतविडा	<a href="https://nagariknews.nagariknetwork.com/health/673751-1637744493.html">https://nagariknews.nagariknetwork.com/health/673751-1637744493.html</a>
13	<b>Nepal samaya</b>	हृदयघातको कहालीलाग्दो वृद्धिदर चुरोट त्यागो कम गर्न सकिन्छ जोखिम	<a href="http://nepalsamaya.com/opinion/2021-11-24-202711?">nepalsamaya.com/opinion/2021-11-24-202711?</a>
14	<b>Farakdhar</b>	सुरतीजन्य पदार्थ नयिन्त्रणमा नेपालले के-के गर्‍यो	<a href="https://farakdhar.com/story/67465/">https://farakdhar.com/story/67465/</a>
15	<b>Prasasan</b>	सुरतीजन्य पदार्थका रोकथामका लागि पहल गर्छु मन्त्री खतविडा	<a href="https://www.prasashan.com/2021/11/24/278015/">https://www.prasashan.com/2021/11/24/278015/</a>
16	<b>Kendrabindu.com</b>	चुरोट खानेको दमिगमा डर पैदा गर्नुहोस्: स्वास्थ्य मन्त्री खतविडा	<a href="https://kendrabindu.com/health/79852-1637751841.html">https://kendrabindu.com/health/79852-1637751841.html</a>
17	<b>Online seven</b>	सुरतीजन्य पदार्थ सेवन रोकन पहल गर्छु मन्त्री खतविडा	<a href="http://onlinenews7.com/archives/75455">onlinenews7.com/archives/75455</a>
18	<b>Nepal samaya</b>	सुरतीजन्य पदार्थको सेवन नयिन्त्रण गर्न सबै उपाय अपनाइन्छ स्वास्थ्यमन्त्री खतविडा	<a href="http://nepalsamaya.com/health-life/2021-11-24-173028">nepalsamaya.com/health-life/2021-11-24-173028</a>
19	<b>Health pati</b>	नेपालमा धुम्रपान सुरु गर्ने महिलालाई संख्या नरिन्तर वृद्धि	<a href="http://healthpati.com/detail/14520211124162028.html">healthpati.com/detail/14520211124162028.html</a>
20	<b>Annapurna post.com</b>	चुरोट सेवन गर्नेलाई डाक्टरले डर देखाइदनुपर्‍यो स्वास्थ्य मन्त्री	<a href="https://annapurnapost.com/news/190677">https://annapurnapost.com/news/190677</a>
21	<b>Khabarbhitia.com</b>	सुरतीजन्य पदार्थ नयिमनका लागि ७७ वटै जिल्लामा तत्काल छलफल गर्न निर्देशन	<a href="https://khabarbhitia.com/2021/11/25%E0%A4%A8%E0%A4%95/">https://khabarbhitia.com/2021/11/25%E0%A4%A8%E0%A4%95/</a>
22	<b>Ekantipur</b>	सुरतीजन्य पदार्थ नयिन्त्रणका लागि ऐन कार्यान्वयनमा जोड दनुपर्छ स्वास्थ्यमन्त्री	<a href="https://ekantipur.com/news/2021/11/25/">https://ekantipur.com/news/2021/11/25/</a>
23	<b>Barakhari</b>	नेपालमा सुरतीजन्य पदार्थको प्रयोग नयिन्त्रण गर्न बलियो नयिम, फतिलो नयिमन	<a href="https://baahrakhari.com/news-details/334644">https://baahrakhari.com/news-details/334644</a>

B. Print News		
S.N	Name of the media outline	Title of the News
1	Naya Patrika	 <p><a href="https://epaper.nayapatrikadaily.com/index.php#">https://epaper.nayapatrikadaily.com/index.php#</a></p>
2	Gorkha Patra	

3	The Rising Nepal	<h3>Minister Khatriwada stresses awareness against tobacco use</h3> <p><b>By A Staff Reporter</b> Kathmandu, Nov 24</p> <p>Minister for Health and Population Binod Khatriwada has called for the effective implementation of the relevant acts and laws to control and regulate the import, production, sale, and consumption of tobacco products.</p> <p>Addressing a multi sectoral workshop titled "Preventing Tobacco Epidemic in Responding Communicable and Non Communicable Diseases: Shared Responsibilities of National and International Government", jointly organized by the Nepal Health Research Council, Health Journalists Forum Nepal, Action Nepal, APICAT and The Union here today, Minister Khatriwada vowed to discourage the use of tobacco products by presenting appropriate measures. "We need appropriate measure to control and regulate the use of tobacco products."</p> <p>Minister Khatriwada said that the increment in tax and a pictorial health warning on its packet were not that much effective to discourage the tobacco consumption. "I think doctors can convince and make people aware about the harmful impact of tobacco consumption on their health," said Minister Khatriwada. Doctors can warn and provide proper counselling to tobacco users about the negative impact of tobacco products, he added.</p> <p>Dr. Dipendra Ramon Singh, Director General at the Department of Health Services, said that coordination of multi sectoral stakeholders was essential for the effective execution of the control, regulation acts and laws on tobacco products.</p> <p>Dr. Pradeep Gyawali, Executive Chief of National Health Research Council, highlighted the role of people from all sectors to control the tobacco use. On the occasion, Dr. Chandrasani Adhikari, Director at Shahid Gopal National Health Centre (SGNHC), warned that tobacco use is major cause of heart attack and stroke among young people.</p> <p>According to Dr. Adhikari, the cases of a heart attack have increased by 46 per cent in the past ten years. As per the data of the SGNHC, heart patients in the country are increasing at the rate of 15,000 every year. Among the deaths caused by stroke, 68.9 per cent were found to be smokers, he added.</p> <p>Dr. Adhikari also informed that smoking women, who are using family planning pills, are also at high risk of heart attack.</p> <p>According to Ananda Bahadur Chand, Chairman of Action Nepal, tax on cigarette is lowest in Nepal in comparison to other Asian countries, and added higher prices discourage initiating tobacco use and encourage current users to quit.</p> <p>Similarly, Dr. Tara Singh Bam, Regional Director at the International Union against Tuberculosis and Lung Diseases, opined that a commitment from personal and collective levels was needed for the effective enforcement of laws and acts to control tobacco use.</p> <p>Ram Prasad Neupane, Chair of the Forum, highlighted the positive role of media in discouraging the use of tobacco products and asked for the effective role in the implementation of laws from the government as well. On the occasion, Sandi Sharma, Director at the National Health, Education, Information and Communications, Dr. Prakash Prasad Shakti, Director at the National Tuberculosis Center, Dera Prasad, Health economist, and Dr. Laxmi Datta official of WHO Nepal, gave presentations about situation of Nepal's position on tobacco control. They also highlighted the poor implementation and monitoring part from the concerned authorities for tobacco control.</p>
<b>C. Television Broadcasted News</b>		
1	Ap1 television	<p>स्वास्थ्यका लागि घातक सुरतीजन्य पदार्थ सेवन विश्वमै बढ्दो क्रममा</p> <p>See more at: <a href="https://fb.watch/9uYvgH7j5y/">https://fb.watch/9uYvgH7j5y/</a></p>



Some picture of workshop:





