

BUILDING HEALTHY CITIES



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## Indore Workshop Report: Training and Capacity Building for City Officers on Cigarettes and Other Tobacco Products Act



July 20, 2018

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## ACRONYMS

BHC	Building Healthy Cities
COTPA	Cigarettes and Other Tobacco Products Act, 2003
ISCDL	Indore Smart City Development Limited
JSI	JSI Research & Training Institute, Inc.
MP	Madhya Pradesh
NCD	noncommunicable disease
USAID	United States Agency for International Development

### Building Healthy Cities

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# INTRODUCTION

The United States Agency for International Development (USAID)-funded Building Healthy Cities (BHC) project worked with Indore Smart City Development Limited (ISCDL) to train city officers on the harms of tobacco use, initiatives for tobacco control, and provisions under the Cigarettes and Other Tobacco Products Act (COTPA), 2003. This training, the first of its kind in Indore, was organized on July 20, 2018 at the Brilliant Convention Centre.

The BHC project, which is being implemented in Indore, Madhya Pradesh (MP) in collaboration with ISCDL and other government departments, supported this training. This activity was part of a joint workplan with the objective of embedding health as an important component of the Smart City Mission.

In 2003, the Government of India passed the COTPA, which addresses smoking in public places, restriction on sales, ban on advertisements, pictorial warning on packs, etc. In addition, the National Tobacco Control Provision was launched in 2007-08 to take measures to control tobacco use. These initiatives, coupled with public awareness through various media, have led to some reduction in tobacco use in India. Despite some improvements, ISCDL identified smoking in public places and tobacco chewing as issues in Indore that need to be addressed via training and capacity building.

Tobacco use is one of several lifestyle risk factors, like unhealthy diet and alcohol abuse, which can lead to noncommunicable diseases (NCDs). NCDs such as diabetes, hypertension, heart disease, chronic lung disease, and cancer are the cause of 60 percent of deaths in India. Prevention and control of these diseases is possible only through addressing lifestyle risk factors as well as environmental risk factors like air pollution.

Tobacco use, both in smoking and non-smoking forms, is one of the most important risk factors for chronic lung diseases, heart diseases, and cancers, particularly cancer of the mouth, esophagus, stomach, and lungs. Nearly 10 lakh deaths are attributed to tobacco use in India. In 2010, nearly 35 percent of adults were using tobacco in any form; 48 percent of men used tobacco, compared to 20 percent of women. Chewing tobacco was more common than smoking. In spite of the COTPA, there is no substantial reduction in its use.

# WORKSHOP DESIGN

This training was developed in consultation with several experts on tobacco control, including key officials from the Government of India, Government of Madhya Pradesh, faculty from Mahatma Gandhi Memorial (MGM) Medical College, and NGOs. Attendees for this training included officers from Indore Municipal Corporation; the departments of Health, Social Welfare, Slum Development, and Police; and NGOs actively working in Indore. The number of participants who registered for the training was 198.

# WORKSHOP SUMMARY

Table 1: Workshop Agenda

09:30	Registration	
10:00–10:40	Inaugural Session	
10:00	<b>Introduction and Opening Remarks</b> Dr. Damodar Bachani BHC Deputy Project Director, John Snow India Pvt Ltd, New Delhi	
10:05	<b>Welcome Address</b> Mr. Rohan Saxena Chief Executive Officer, Indore Smart City Development Ltd	
10:15	<b>Address</b> Dre. H. N. Nayak Chief Medical & Health Officer, Indore	
10:25	Distribution of certificates to team members of NCD Risk Factor & Environment Survey - Indore	
10:40–11:15	Plenary Session 1	
10:40	<b>Prevalence of Tobacco Use in India/MP</b> Dr. Amit Malakar Program Officer, Tobacco Control, Indore (MP)	Chair: Dr. Dilip Kumar Acharya Surgical Specialist & Ex Civil Surgeon, Indore
10:55	<b>Effect of Tobacco Use on Health</b> Dr. Salil Bhargav Prof & HoD Pulmonary Medicine, MGM Medical College, Indore	
11:15	Tea Break	
11:30–13:50	Plenary Session 2	
11:30	<b>National Tobacco Control Program: Objectives and Activities &amp; Provisions Under COTPA</b> Dr. L. Swasticharan Chief Medical Officer, Tobacco Control, Ministry of Health & Family Welfare, Government of India, New Delhi	Chair: Dr. B. M. Shrivastava Ex- Dean, Government College of Dentistry, Indore
12:20	<b>Best Practices in Tobacco Control</b> Mr. Nirmalya Mukherjee MANT, Kolkata  Dr. B. M. Shrivastava Ex- Dean, Government College of Dentistry, Indore	Chair: Dr Salil Bhargav Prof & HoD Pulmonary Medicine, MGM Medical College, Indore
13:00	<b>Recommendations for Tobacco Control in Indore</b> Mr. Mukesh Sinha Executive Director, VHAI (MP Chapter)	
13:25	<b>Concluding Remarks</b> Dr. Damodar Bachani BHC Deputy Project Director, John Snow India Pvt Ltd, New Delhi	
13:30	Lunch and Close	

## Inaugural Session

In his opening remarks, Dr. Damodar Bachani, BHC Deputy Project Director, described the training objective of building capacity of city officers to implement control measures contained in the COTPA. He mentioned the rising prevalence of lifestyle diseases, for which tobacco is a deadly risk factor. The National Monitoring Framework outlines a need to reduce tobacco use by at least 30 percent by 2025 in order to reduce the risk of diseases attributed to tobacco use.

Mr. Rohan Saxena, Chief Executive officer of Smart City Mission and Additional Commissioner, Indore Municipal Corporation, Indore expressed gratitude to the many officers who joined this training program. He mentioned that their untiring efforts and dedication could make Indore the cleanest city of India in 2017 and 2018 and expressed hope that they would continue with the same zeal in making Indore a healthy and tobacco-free city. He also mentioned that communicable diseases caused by environmental factors continues to be a challenge and a balanced approach is required to prevent both communicable and noncommunicable diseases. He also mentioned how the city has been able to control air pollution by reducing suspended particulate matter from 145 (2015) to 75-80 (2017) in 3 years.

Dr. H.N. Nayak, Chief Medical & Health Officer, Indore described the harmful effects of tobacco use on the health of the user and their family, as well as the negative economic implications. He emphasized strengthening the health system with effective referral linkages to prevent and manage NCDs.

This was followed by issuing certificates to members of the survey teams who conducted a NCD Risk Factor and Environment Survey in Indore during May-June 2018 under BHC. The survey assessed the prevalence of risk factors of lifestyle diseases, including tobacco use. It was co-funded by BHC and Indore Smart City, and was conducted by faculty and investigators from MGM Medical College, Indore School of Social Work, and Government College of Nursing, with technical guidance from All India Institute of Medical Science, New Delhi. Mr. Rohan Saxena praised the members for undertaking this difficult community-based survey with passion and dedication. Dr. Damodar mentioned that data were being analyzed and results would show the extent of the problem of risk factors and common NCDs in Indore. He thanked all participating institutions for their contributions.



Introduction and opening remarks by Dr. Damodar Bachani.



Welcome address by Mr. Rohan Saxena.





Presentation of certificates to NCD Risk Factor & Environment Survey Team.



Members of the NCD Risk Factor & Environment Survey Team.

## Plenary Session 1

This session was chaired by Dr. Dilip Kumar Acharya, Surgery Specialist & Ex Civil Surgeon, Indore. He is the National Chairman, IMA Cancer & Tobacco Control Committee and Honorary Secretary, Cancer Society of Madhya Pradesh, in addition to many other committees.

The first presentation was made by Dr. Amit Malakar, Program Officer, Tobacco Control of Indore District under National Health Mission. He presented key findings of the Global Adult Tobacco Surveys (I&II) for India as well as the State of MP. Though there has been a drop in overall use of tobacco, the challenges are still quite severe and continued efforts are required to reduce it further.

The second presentation was made by Dr. Salil Bhargava, Professor and Head of the Department of Pulmonary Medicine MGM Medical College and MY Hospital Indore. He has been working for tobacco control for the last 25 years. His areas of expertise are drug resistant tuberculosis, asthma, chronic obstructive pulmonary disease, and other chronic lung disorders. He presented the participants with a basic understanding of how tobacco use affects almost all parts of the body.

## Plenary Session 2

This session was chaired by Dr. BM Shrivastava. He has been a leading force in the campaigns against Tobacco, betel nut, and paan masala use since 1975, mainly under the banner of the College of Dentistry Indore and the Indian Dental Association. He was the State Nodal Officer for Tobacco Control Program from 2007 to 2010, and completed a leadership course from John's Hopkins Institute, Baltimore in Global Tobacco Control.

The first presentation was made by Dr. Swasticharan who is currently working as the Chief Medical Officer in the Directorate General of Health Services, Ministry of Health and Family Welfare, Government of India for the National Tobacco Control Programme, National Oral Health Programme, and the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke-AYUSH Integration Project. He gave an overview of the National Tobacco Control Program, its objective and



Dr. BM Shrivastava chaired a session in the second plenary.



Dr. Swasticharan presented on the National Tobacco Control Program.

activities. This was followed by a comprehensive presentation on the provisions under COTPA being enforced since 2003.

This was followed by presentations on best practices in tobacco control by Dr. Shrivastava and by Mr. Nirmalaya Mukherjee, who is Director & Head (Tobacco Control), of Manbhum Ananda Ashram Nityanand Trust, a charitable trust working for empowering marginalized people in West Bengal. The Trust has been working in many areas including Tobacco Control.

The last presentation was from Mr. Mukesh Kumar Sinha, Executive Director, MP Voluntary Health Association, who has been working in the field of community health promotion for more than three decades. He is a member of State Level Tobacco Control Committee as well as District Tobacco Control Committee, Indore and has more than two decades of experience in tobacco control programs. He suggested practical action points required for effective control of tobacco use and enforcement of COTPA in Indore.

The training program ended with a vote of thanks to all resource persons, participants and the media.

# PARTICIPANTS

## Participant List

Organization/Position	Number of Participants
Officers from Indore Municipal Corporation	5
Officers from Health Department/Medical Officers	16
Officer from Education Department	1
Faculty from Indore Institute of Management	1
Madhya Pradesh Voluntary Health Association	2
Zonal Officers/Staff from Indore Municipal Corporation	47
Chief Sanitary Inspectors	20
Assistant Sanitary Inspectors	25
Daroga (Inspector/Constables)	35
Social Workers, Master of Social Work Students	18
Media Representatives	3
Doctors, Nurses, and Social Workers who participated in the NCD Risk Factor & Environment Survey were also given certificates during the workshop	46

## Resource Persons

	Name	Designation/Organization
1.	Mr. Rohan Saxena	CEO, Indore Smart City Development Limited; Additional Commissioner, Indore Municipal Corporation
2.	Dr. H.N. Nayak	Chief Medical & Health Officer, Indore
3.	Dr. Swasticharan	Program Officer (Tobacco Control), Ministry of Health & Family Welfare, New Delhi
4.	Dr. N. Mukherjee	NGO dealing with Tobacco Control, Kolkata
5.	Dr. Salil Bhargava	Faculty, MGM Medical College
6.	Dr. Dilip Acharya	Faculty, MGM Medical College
7.	Dr. Amit Malakar	District Tobacco Control Officer
8.	Dr. BM Shrivastava	Retired Dean, Government Dental College, Indore
9.	Mr. Mukesh Sinha	Director, Madhya Pradesh Voluntary Health Association, Indore
10.	Ms. Pooja Rathod	Moderator
11.	Dr. Damodar Bachani	Deputy Project Director, BHC Project, John Snow India Pvt Ltd, New Delhi
12.	Ms. Neha Yadav	City Project Officer, BHC, Indore
13.	Mr. Fareed Uddin	Consultant, BHC, Bhopal



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