

World No Tobacco Day 2018



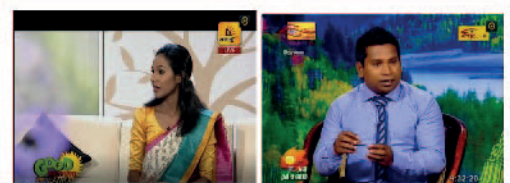
The focus of World No Tobacco Day 2018 is "Tobacco and heart disease". This year NATA made partnership with ADIC and disseminated No Tobacco Day theme posters Island wide. This year mainly ADIC approach was mainly focused on empowering shop owners to stop selling cigarettes in their shops and to make tobacco free towns and villages.



80 town campaigns were conducted in different community groups such as District secretariat officers, librarians, Samurdhi officers, MOH, children's clubs, police officers, forces, railway, WDF, school children and teachers, shop owners, celebrities and youth societies.

World No Tobacco Day Media Campaign

In Sri Lanka 20,000 people die due to tobacco related diseases and more than Rs.380 million spent per day for tobacco use. This issue is a major obstacle to development of the civilians and the country. For this matter, we take media space to discuss this issue and how can we can effectively participate to solve this problem. In this year on "NO Tobacco Day", ADIC took media space from seven TV programmes, eleven radio programmes and from three news paper articles.



IOGT INTERNATIONAL WORLD CONGRESS 69



ADIC represented at the IOGT International World Congress 69 which was held from 6th to 11th of August 2018 at Sigtuna, Sweden. ADIC executive director, Mr. Pubudu Sumanasekara was appointed as the vice president for the second time at IOGT Congress. The Congress offered an exciting program consisting of seminars, workshops, exhibitions and youth camp covering diverse range of topics. ADIC members participated in five presentations on child participation, update on Narcotic drugs, using research on policy and prevention, cheers to an alcohol convention and sharing experience of ADIC approach on working with youth to youth members of different countries. At the exhibition ADIC displayed number of case study posters and explained the approach and the contribution of ADIC to the participants of the Congress.



Kiribathgoda Town campaign



A town campaign was held on 31st July at Kiribathgoda area informing a large amount of shopkeepers to quit selling cigarettes in their shops. This included distribution of stickers, leaflets and displaying banners on Tobacco prevention. Secretary of the 'National Sangha council' Rev. Ananda Sagara thero, The president thero of the Mahara "Pradeshiya shasanarakshaka bala mandalaya", National drug prevention unit Officers, Officers of the Excise department, Police officers of the Kiribathgoda police Station, Public Health Inspectors and Divisional council officers participated in this event to aware shop owners and people in the town.



SPOT Survey 2018

Data collection for 2018 SPOT Survey was conducted in July. More than 2500 individuals has been interviewed across Hambanthota, Matale, Monaragala, Mannar, Batticaloa, Jaffna, Puttalam, Polonnaruwa, Ratnapura, Kalutara and Colombo districts. ADIC SPOT survey is an annual survey to study Tobacco and Alcohol usage trends in the country. This has been conducted continuously since 1998 on annual basis. It is the only study in Sri Lanka carried out in this scale on yearly basis. 2017 SPOT Survey results showed a general reduction of alcohol and tobacco consumption in the country. To know if this favorable trend has continued for 2018, can be assessed with 2018 results.

Public Health Midwives Training Programme

ADIC MOH programme conducted programme to train 60 Public Health Midwives (PHM) in Nuwara Eliya District. Our main objective is making free and happy environment for pregnant mothers. PHMs aware pregnant mothers and their husbands regarding how secondary smoking affects the fetus during the pregnancy and how to reduce alcohol use of husbands in this pregnancy period. In addition



through midwives, we aware mothers on how media promote smoking and alcohol which is explicitly exposed to children and how parents can immunize their children from such promotion.

Child Club Programme in Mathugama and Panadura



Child Right Promotion Officers in Mathugama and Panadura organized two child friendly Alcohol, Tobacco awareness programmes for 22 child clubs in Mathugama and Panadura. 180 children participated to this programme. ADIC Child Programme Coordinator conducted this programmes using group work and she discussed the industry strategies which company use to target children and real harm of Alcohol and Tobacco.

Stop Selling Cigarette Campaign During Poson Week - Conducted by Public Librarians

In Sri Lanka, due to the Wesak and Poson week government banned selling alcohol and butcher shops because those products harm to people and animals. In Sri Lanka tobacco kills 20,000 people per year, but no one considered this matter. In 2016 Library Network introduced this campaign series on stop selling cigarettes in Poson week and aware shop owners that they knowingly or unknowingly contribute to the deaths of people in the country. We convince them and try to agree them to stop selling cigarettes in their shops. In this Poson week 14 librarians organized 14 town campaigns and stopped selling cigarettes in more than 145 shopenes on Poson Week.



Hambantota Women Development Federation (WDF) Trainers Training

Women in Hambantota Women Development Federation are affectively contributing for the drug demand reduction in Hambantota villagers. Every Year ADIC trained new trainers to work in this field. In the month of July ADIC conducted training programme to train three new teams of trainers. Currently this new team of trainers work on drug demand reduction in their villagers.



Sub Inspectors Training

Mr. Ajith Nawagamuwa, Senior Programme Officer in ADIC conducted a session based on Alcohol and Tobacco Prevention among community and increased knowledge on regulations of NATA Act for police Assistant Sub Inspectors on 2nd August, 2018 at the Sri Lanka Police College, Kalutara.



Volunteer Corner



I'm Salani Ruwanthika Abeyesundara a volunteer working as the Print Media Analyst at the Library and Information Division. This is my first working experience after completing the higher studies. Working ADIC is a great experience with innovation, creativity, dedication and enable me to use my skills for the betterment of the society. It gives me a chance to work in a challenging and fast paced environment, leveraging my current knowledge and fostering creativity with many learning opportunities.

Young Volunteer Training Pool

ADIC Youth programme developed new volunteer team from 8 districts. These new volunteers were selected from the previous programmes conducted by ADIC. In the month of May, ADIC Youth programmes conducted TOT programme for the new volunteer team and developed their prevention knowledge and the presentation skills. Last 04 months these volunteer teams conducted awareness programmes, poster campaigns and town campaigns in their own districts. In addition to all of these volunteer pool conducted a campaign for Katharagama festival, Youth Corp training, Exhibition for the International Youth Day and the Galgamuwa Pradeshiyasabha School.



Youth Corps training series

ADIC Youth Programme coordinators and the ADIC new volunteer pool conducted attractive and active youth programme series for 49 Youth Corps island wide. More than 4000 young people participated to this programme and they gained new knowledge on Alcohol, tobacco real harm, industry tack tiks, myths on alcohol, tobacco and other drugs

and how as a young person realize the reality of drugs and what kind of approaches they can use to prevent usage of other youngsters. Follow-up programme of this programme series is ongoing.

No Safe Limit to Alcohol Use



A large new global study published in the Lancet has confirmed previous research which has shown that there is no safe level of alcohol consumption. The researchers admit moderate drinking may protect against heart disease but found that the risk of cancer and other diseases outweighs these protections. A study author said its findings were the most significant to date because of the range of factors considered. The Global Burden of Disease study looked at levels of alcohol use and its health effects in 195 countries, including U.K, between 1990 and 2016. Analysing data from 15 to 95-year-olds, the researchers compared people who did not drink at all with those who had one alcoholic drink a day. They found that out of 100,000 non-drinkers, 914 would develop an alcohol-related health problem such as cancer or suffer an injury. But an extra four people would be affected if they drink one alcoholic drink a day.

For people who had two alcoholic drinks a day, 63 more developed a condition within a year and for those who consumed five drinks every day, there was an increase of 338 people, who developed a health problem. One of the study authors, Prof Sonia Saxena, a researcher at Imperial College London and a practicing GP, said: "One drink a day does represent a small increased risk, but adjust that to the UK population as a whole and it represents a far bigger number, and most people are not drinking just one drink a day." The lead author of the study Dr Max Griswold, at the Institute for Health Metrics and Evaluation (IHME), University of Washington, said: "Previous studies have found a protective effect of alcohol on some conditions, but we found that the combined health risks associated with alcohol increases with any amount of alcohol. The strong association between alcohol consumption and the risk of cancer, injuries, and infectious diseases offset the protective effects for heart disease in this study. (Source – www.BBC.com)

Alcohol and Drug Information Centre (ADIC) – Sri Lanka is a well-recognised resource centre, promoting demand reduction of alcohol, tobacco and other drugs and advocating for formulating effective policies nationally, regionally and internationally over the last 25 years. ADIC Sri Lanka was inaugurated in April 1987 and was established as an independent organisation in 1990. ADIC is registered under the Companies Act No. 7 of 2007 and Voluntary Social Services Act No. 31 of 1980 as amended by Act No. 8 of 1998 of Sri Lanka and obtained Approved Charity Status in 1992.

Published by;
ADIC Library & Information
Programme

Correspondence;
Alcohol and Drug Information Centre
40/18, Park Road, Colombo 05, Sri Lanka.

www.adicsrilanka.org
adicc@sltnet.lk

adicllibrary@gmail.com
+94 112 584 416