



ប្រតិបត្តិការ
MONTHLY NEWSLETTER
Volume 3, Issue 13
ADRA
Cambodia



Smoke Out

In this Issue



- Head of Monks Talks about Tobacco
- ToH Awareness Campaign with Soldiers
- Major Powers Blocking Tobacco Advertising Ban, Say NGOs
- Tobacco Farming
- WHO Tells Tobacco Companies Stop "Deceitful" Youth Program

The Monthly Newsletter

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So dina

**Khmer Quit
Now!**

**Helping you
gain better
health**



In the interest of public health His Holiness Samdech Preah Sanghareach Bour Kry and other Buddhist Monks have spoken about tobacco:

Tobacco use causes addiction, death and disease.

Tobacco should be classified under the fifth precept, "Suramerayamajjapamatthana", as a harmful and addictive substance.

Offering tobacco to monks should be considered to be in the third category of wrong offerings "majjadana". Buddhist Monks:

Have a religious right to refuse offerings of harmful substances such as tobacco.

Need to educate Buddhists not to offer tobacco to monks.

Cigarette advertising is misleading, as it glamorizes and promotes tobacco use without informing the public about the extent of its harmful and addictive nature. This is offensive and violates the fourth precept of Buddhism, "Musavadaveramoni" about misleading communication. All tobacco marketing should be banned.

Tobacco contains addictive and poisonous substances, so tobacco business comes under the five wrong businesses, including "Majjavaniija" and "Visavaniija".

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Monks, who are of the highest moral standing should be free of nicotine addiction and therefore should not use tobacco. Furthermore, monks should be active in saving lives by preventing tobacco use, establishing smoke-free areas and helping people quit. This is the application of the Buddhist precept "Sangaha dhamma".

Tobacco use contributes to poverty through its detrimental impact on health and individual family wealth. Therefore, tobacco use reduction should be a part of poverty reduction strategies.

Buddhist monks can work together and with their communities to reduce the spread of the tobacco epidemic.

The situation:

Four million people around the world died of tobacco related disease last year. By 2030 there may be ten million dying each year with 70% from developing countries like Cambodia. (World Health Organization).

Countries pay far more for tobacco than they receive from the tobacco industry. Studies undertaken by the World Bank have established that tobacco is a net loss to almost all economies.

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7> RBHsg(ShkarrhCamlyBITbrisTz edm,ITbsatkareRbR)as,falok; scPaB ³

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MAJOR POWERS BLOCKING TOBACCO ADVERTISING BAN, SAY NGOs

Anti-tobacco non-government organizations (NGOs) have accused the US, Japan and Germany of blocking worldwide efforts to create a strong global treaty against tobacco. Member countries of the WHO are continuing negotiations towards creating a Framework Convention for Tobacco Control (FCTC) which would guide legislation in all countries on how to control youth smoking, passive smoke, smuggling and other problems. Health groups say the US, Germany and Japan, all including the headquarters of major tobacco companies, are almost alone in opposing worldwide bans on tobacco advertising. The NGOs believe it may be necessary for other WHO member countries to seek a strong agreement without the three countries if necessary. The WHO says the death toll from smoking-related diseases has risen to almost five million a year and will double over the next 25 years, with 70% of deaths occurring in developing countries.

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Smoke-Out!



Have your say about tobacco use and control in Cambodia! Share your thoughts, your opinions, your ideas, and your questions about cigarettes, tobacco and health. Send letters to : **Smoke-Out!**

To :

P.O Box : 105, House: 4, Street: 554, Phnom Penh Cambodia Telephone: (855) 23 882-634 Fax : (855) 23 880-305 E-mail:dinas@toh.adracambodia.org

W.H.O. TELLS TOBACCO COMPANIES: STOP "DECEITFUL" YOUTH PROGRAMS

The world's leading health organizations are calling on tobacco companies to halt their so-called "youth tobacco prevention programs" because they have failed to produce evidence that such campaigns work. The International Union Against Cancer, International Union Against Tuberculosis and Lung Disease, and World Heart Federation, which represent hundreds of public health organizations around the world, have sent letters to the tobacco companies condemning their messages that claim to dissuade young people from smoking. The World Health Organization (WHO) has released a report showing that there is no credible evidence to back the tobacco industry's youth smoking prevention initiatives. The WHO report also shows that the messages of these programs are ineffective - and if anything, are likely to encourage smoking. Tobacco companies often use contribution to "drug education" programs as a bargaining chip in negotiations with governments, arguing that their support of these programs should warrant concessions in areas like advertising control or tobacco taxes.

Continued from Page 2

ToH Awareness and smoking cessation program have been conducted by the Khmer Quit Now! facilitators at various departments under the Ministry of National Defense. 200-300 participants attended at one Awareness program and 20-25 smokers in one smoking cessation program. More activities will be needed to reduce smoking prevalence among soldiers and create smoke-free work places.

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