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WORLD NO TOBACCO DAY, 31 MAY 2023: “WE NEED FOOD, NOT TOBACCO” A COMMITMENT TO A SMOKE-FREE GENERATION

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Puncak Alam, 31st May, 2023 - Al-Sultan Abdullah Hospital (HASA) and the Faculty of Medicine (UiTM) focus on patient treatment and emphasize disease prevention. World No Tobacco Day (WNTD) is an initiative by the World Health Organization (WHO) since 1997 that serves as a global platform to raise awareness about tobacco-related issues, preventable deaths, and diseases.

In line with this, HASA and the Faculty of Medicine, UiTM, in collaboration with The Rakan Strategic World No Tobacco Day (WNTD), an alliance of various NGOs and CSOs, professional bodies, institutions, and industrial agencies,

organized a program to commemorate the day, on 31st of May 2023.

ORGANIZED BY

Quit Smoking Clinic (KBM), Primary Care Medicine Department, Faculty of Medicine UiTM & Centre for Occupational Safety, Health & Wellbeing (COSHAW), UiTM

CO-ORGANIZED BY:

- Department of Public Health, HASA UiTM
- Department of Dentistry, Dental Faculty, UiTM
- Department of Pharmacy, HASA UiTM
- Department of Medical Education (DOME), FoM UiTM
- Perpustakaan Tun Abdu Razak (PTAR), FoM UiTM
- Health Education and Awareness Leaders (HEALX)

This event aimed to increase awareness among adolescents, students from various faculties at UiTM, HASA staff, and the public regarding the significance of addressing tobacco and vaping problems while promoting healthy lifestyle practices.



Clinical Learning and Activities:

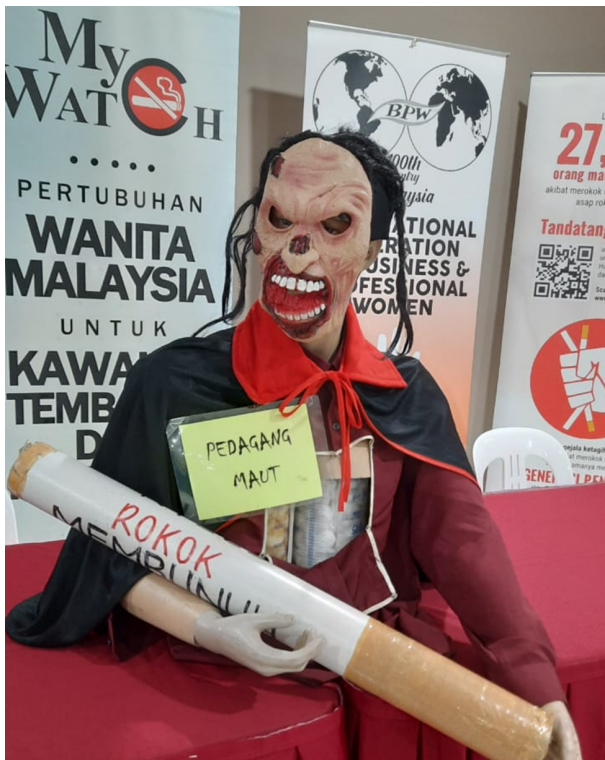
The day started with a tobacco-themed "Clinicopathological Conference" by the Department of Primary Care Medicine, Faculty of Medicine, emphasizing the global burden of smoking, its prevalence among the population, smoking and vaping cessation modalities, and the tobacco endgame roadmap. This paved the way for the much-anticipated event highlight, featuring an expert panel forum led by family physicians, an emergency physician, a health economist, and clinical pharmacists. The forum presented a power-packed discussion to demystify the hazards of tobacco versus vaping. Special emphasis was placed on legislation and awareness of advocacy towards the tabling of the Control of Tobacco Products and Smoking Bill (RUU CTPS) with the empowerment of the Generational End Game 2007 (#GEG2007)



Engaging Students and the Community:

To actively raise awareness among school students and university undergraduates, a sketch competition entitled "Tak Nak Rokok" was next showcased. This competition encouraged school-going students, whilst being coached by university undergraduates, to creatively express their understanding of the dangers of smoking and teen vaping. This led to a gripping and heartwarming, on-stage display of determination towards advocacy and steps to combat the effects of peer influence on tobacco and vape use among adolescents.

Concurrently, general health screening was offered to participants with specialist consultation onsite and appropriate referrals to the dedicated smoking cessation clinic (Klinik Berhenti Merokok) run by the Primary Care Medicine team in PPUiTM, Sungai Buloh.



The event was also host to an interactive display of exhibition booths involving various agencies dedicated to the battle against tobacco and vape use, such as the Malaysian Women's Action for Tobacco Control and Health (MyWatch) and our very own departments of Public Health, Dentistry, Pharmacy and the Centre of Occupational Safety, Health and Wellbeing (COSHaW).



Output and Conclusion:

The informative clinical learning session, expert panel discourse, teen sketch competition, health screenings, and colorful booth exhibitions provided valuable insights and resources for attendees to comprehend tobacco and vaping issues effectively. With more than 700 participants registered for the event, which was also streamed online via eight social media platforms, this inaugural program served as a significant milestone toward increasing awareness and knowledge regarding tobacco and vaping-related issues in HASA (UiTM).

The involvement of school-going students, undergraduates from various faculties in UiTM, hospital staff, and the public at large created an opportunistic platform for the continued promotion of healthy lifestyle practices and awareness on the prevention of tobacco and vaping use.



Through like-minded collaborations, Al-Sultan Abdullah Hospital (HASA) and the Faculty of Medicine, UiTM remains committed to supporting efforts against the harms of tobacco and the evolving vape pandemic.