Cigarette Smoking In the Philippines

28.3% Among adults 15 years or older, 28.3% were current tobacco smokers, representing 17.3 million Filipinos.

13.8 MILLION or approximately 22.5% Filipinos smoke everyday

14.6 MILLION MEN Approximately 14.6 million men and 2.8 million women currently smoke tobacco.

2.8 MILLION WOMEN

Cigarette Smoking Facts

Among those who work indoors, 65.4% of their worksites have policies "disallowing" smoking in any closed area; yet 13.9% were exposed in the past 30 days.

Second Hand Smoke In Workplaces

66.7% of workers are exposed to Second Hand Smoke in worksites where smoking is allowed;

75.7% of workers are exposed where there is no anti-smoking policy.

QUITTING

Almost half of smokers (current and former smokers who quit in the past 12 months) made a quit attempt during the past year.

60.6% of current cigarette smokers stated they are interested in quitting.

Majority of adults believe smoking causes serious illness.

95.6% Lung Cancer • 81.3% Heart Attack • 75.5% Stroke
Ad bans lower consumption

Hard-hitting anti-tobacco advertisements and graphic pack warnings — especially those that include pictures — reduce the number of children who begin smoking and increase the number of smokers who quit.

TAXES

DISCOURAGE TOBACCO USE

Tobacco taxes are the most effective way to reduce tobacco use, especially among young people and poor people. A tax increase that increases tobacco prices by 10% decreases tobacco consumption by about 4% in high-income countries and by up to 8% in low- and middle-income countries.

Sources:
2009 Philippines' Global Adult Tobacco Survey [GATS], Department of Health & National Statistics Office

<6 million

people die from tobacco use and exposure to tobacco smoke

TOBACCO USERS NEED HELP TO QUIT

Among smokers who are aware of the dangers of tobacco, most want to quit. Counselling and medication can more than double the chance that a smoker who tries to quit will succeed.

One death every six seconds

CHANGE is a comprehensive workplace health and wellness campaign under the Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.
Philippines Data/
Fact Sheet
HIV, AIDS and Sexually
Transmitted Diseases

Cumulative Data Shows

Sexual contact was the most common mode of transmission, accounting for 9 out of 10 infections.

83% of cases were among males. For each 10 cases, 8 belonged to the 20-39 age group.

Comparison of the Distribution of Male and Female HIV cases by Age-Group and Certain Highlighted Years

Number of Male Cases

Number of Female Cases

Number of HIV/AIDS Cases Reported in the Philippines by the year
Jan 1984 to March 2012

From 1 case every 3 days in 2000
...two cases were recorded each day in 2009

five cases reported daily in 2010...

and at least one every three hours in 2012!

Of the 799 HIV positive cases in 2012
30 were reported as AIDS cases.
29 were males
1 was female.

New HIV Cases by Region as of March 2012

ROT C: Rest Of The Country
Some sexually transmitted infections exist without symptoms.

Sexually transmitted infections are the main preventable cause of infertility, particularly in women. 70% of women and a significant proportion of men with gonococcal and/or chlamydial infections experience no symptoms at all.

In pregnant women with untreated early syphilis:
- 25% of pregnancies result in stillbirth
- 14% in neonatal death

HIV and syphilis can also be transmitted from mother to child during pregnancy and childbirth, and through blood products and tissue transfer.

Male latex condoms when used consistently and correctly are highly effective in reducing the transmission of HIV and other sexually transmitted infections.

HPV One of the most deadly sexually transmitted infections: is the human papilloma virus.

All cervical cancer cases are linked to genital infection with the virus. Cancer of the cervix is the second most common cancer in women, with about 500,000 new cases and 250,000 deaths each year.

The new vaccine that prevents the infection could reduce these cervical cancer-related deaths.

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Global Impact on the Workplace

Fact Sheet
Alcohol and Drug Abuse

Rates of alcohol and drug use are higher among workers who:
- work in high stress jobs;
  e.g., managers, sales staff, physicians, lawyers, bartenders, entertainers;
- work in unsupervised situations;
  e.g., long distance drivers, travelling salespersons;
- work under extreme conditions;
  e.g., army personnel, mining industry workers;
- work round the clock across different time zones in call centers and information technology services.

What’s a Standard Drink?

1 standard drink

1 can of ordinary beer (e.g. 330 ml at 5%)

A glass of wine or a small glass of sherry (e.g. 140 ml at 12% or 90 ml at 18%)

A single shot of spirits (whiskey, gin, vodka, etc.) (e.g. 40 ml at 40%)

Studies have shown that men, young workers, and workers in certain sectors/occupations are more likely to be associated with workplace substance abuse.

&

Globally, 3% of the average workforce is alcohol-dependent.

Substance use and abuse occur in virtually all branches of industry and among all types of people.
Physical Effects of High Risk Drinking

Aggressive irrational behaviour.
- Arguments
- Violence
- Depression
- Nervousness

Alcohol Dependence.
- Memory loss

Premature Aging.
- Drinker's nose

Cancer of the throat and mouth.

Reduced resistance to infection.
- Frequent colds
- Increased risk of pneumonia

Weakness of heart muscle.
- Heart failure
- Anemia
- Impaired blood clotting
- Breast Cancer (for women)

Liver damage.
- Trembling hands
- Tingling fingers
- Numbness

Vitamin deficiency.
- Bleeding
- Severe Inflammation of the stomach
- Vomiting
- Diarrhea
- Malnutrition

Painful nerves.

Inflammation of the pancreas.

Impaired sensation leading to falls.
- Numb, tingling toes
- Painful nerves

In Men:
- Impaired sexual performance

In Women:
- Risk of giving birth to deformed, retarded babies
- Low birth weight babies

**Sources:**

(ILO, 2003)

SOLVE: Integrating Health Promotion into Workplace OSH Policies


**CHANGE** is a comprehensive workplace health and wellness campaign under the **iFLY Fit Live Young.**

Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.
TB has consistently ranked as one of ten leading cause of deaths in the Philippines. The Philippines ranks ninth on the list of 22 high TB burden countries which, together, contribute 80% of the global TB burden.

12,081 new TB cases in 2010 as recorded by private clinics and hospitals.

Case detection rate of 72%.

Treatment success rate reached WHO’s target of 85% in 1999 and has remained around 88 percent since then.

TB is the sixth greatest cause of morbidity and mortality in the country.

Estimated cases of MDR-TB among notified cases of pulmonary TB in 2010 is 8,800. Failure to complete the anti-TB drug treatment, the patient may develop multi-drug resistant TB (MDR-TB).

In the Philippines, the Department of Health provides Directly Observed Treatment, Short-course (DOTS) services in government health facilities for free.

2010 Estimated TB Incidence Rates.
8.8 million people fell ill with TB

A total of 1.4 million people died from TB (including 350,000 people with HIV).

Up to 70,000 children died due to TB globally.

...But Tuberculosis is curable and PREVENTABLE!

- It is still one of the world's top infectious killers.
- It is still among the top three causes of death among women aged 15 to 44.
- It is still occurring in every part of the world.

*No country has ever eliminated this disease.*

Sources:


World Health Organization's (WHO's) Global Tuberculosis Control 2011.

CHANGE is a comprehensive workplace health and wellness campaign under the Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.
Nearly 50% of death in the Philippines are caused by diseases that may be brought about by unhealthy lifestyle.

3 out of 10 mothers experienced food insecurity because there was no food or money to buy food in the past 3 months.

Skipped eating or missing meal(s) was the most frequent experience among food insecure mothers.

Hunger was experienced by about 2 out of 10 mothers.

Why Mothers Stop Breastfeeding

1. Perception that she has no or inadequate milk
2. Returning to work within 4 to 8 weeks of delivery into a work environment that is not conducive to continued breastfeeding

Republic Act 10029
The Expanded Breastfeeding Promotion Act of 2009

Mandates the setting up lactation facilities in private & public workplaces.

Minimum of 40-minutes break each day for every eight-hour working period or Lactation Breaks for nursing employees.
Global Data

According to 2010 figures, 43 million children under age five are overweight.

More than 1 billion adults are overweight at least 300 million of them are clinically obese.

An estimated 17.6 million children under five are estimated to be overweight worldwide.

Sources:

7th National Nutrition Survey: Philippines, 2008: Initial Results


Millennium Development Goals Fund (MDG-F) 2030, ppt file.

http://www.who.int/features/factfiles/nutrition/en/index.html

http://www.who.int/hpr/NPH/docs/gs_obesity.pdf

A mother who feeds her baby only with breastmilk, on demand day and night during the baby's first six months, can delay the return of menstruation and help prevent pregnancy.

birth of a sibling

One of the threats to the health and growth of a child under age 2.

For the older child, breastfeeding may stop, and the mother has less time to prepare the foods and provide the care and attention the child needs.

CHANGE is a comprehensive workplace health and wellness campaign under the iFLY Fit Live Young Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.
Adults aged 18–64 should do at least 150 minutes of moderately intense physical activity throughout the week or at least 75 minutes of vigorous activity throughout the week or an equivalent combination of moderate- and vigorous activity.

All physical activity should be performed in bouts of at least 10 minutes duration.

Globally, 6% of deaths are attributed to physical inactivity.

This follows high blood pressure (13%), tobacco use (9%) and is equal to high blood glucose (6%).

Physical Inactivity is responsible for:

- 3.2 million deaths annually
- more than 20% of breast and colon cancers
- 27% of diabetes cases
- 30% of ischaemic heart diseases

4th leading cause of deaths worldwide

Based on the results of the 2008 National Nutrition Survey:

- Impaired and high fasting blood sugar increased with age
- Prevalence of high total cholesterol averaged 7% for men and 13% for women.
- Women are almost twice more likely to be obese than men.
- Prevalence of obesity was highest among men in the 30's and 40's and among women in the 40's and 50's.
- Less than 1/4 of adults had work related physical activity, with little variation by gender and age group.
The Filipino Pyramid Activity Guide

Recommendation for total health

Enjoy Leisure & Recreational Activities, Aerobic, Strength and Flexibility Activities as often as you can.

Do day to day activities habitually and regularly for metabolic efficiency.

10 minutes at a time for
30 minutes a day at least
5 days a week

Leisure Activities
- Go Mall - strolling
- Play Golf
- Go Bowling

Often
(2-3 times a week at least 30-45 minutes or longer)
- Exercise for Strength & Flexibility stretching
- Yoga
- Tai Chi
- Resistance Training

Aerobic Exercise
- Brisk Walking
- Running/Jogging
- Bicycling
- Aerobic Dancing
- Swimming
- Aero-Kick Boxing

Regularly
(3-5 times a week at least 30-45 minutes or longer)
- Recreational Activities
- Ballroom Dancing
- Badminton, Basketball, Softball
- Skating, Roller Blading
- Tennis

Habitually
(as often as possible)
- Taking the stairs instead of the elevator
- Taking longer routes
- Walking to the store, church or banks
- Parking your car farther away
- Aiding extra steps to your daily routes
- Taking stretch breaks at home or work
- Doing household chores
- Running errands
- Grocery Shopping

Sources:

7th National Nutrition Survey: Philippines, 2008: Initial Results


Philippine Association for the Study of Overweight and Obesity (PASOOO)

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