

**SUMMARY REPORT ON HEALTHY LUNG FOR LIFE EVENT AMONG MINE WORKER IN  
MERERANI, SIMANJIRO DISTRICT  
31<sup>ST</sup> JULY 2020**

**Overview**

The Small-Scale Miners (SSM) are among the communities highly impacted with illnesses related to breathing of unclean air and smoking, with these being risk factors for other diseases of public health importance, including Tuberculosis (TB). Joint efforts among stakeholders should be strengthened so as to address these challenges in their totality. Through support from the European Respiratory Society (ERS) and the European Lung Foundation (ELF) through the Healthy Lung for Life Grant, the Kibong'oto Infectious Diseases Hospital (KIDH) conducted educational and sensitization sessions on quality air and smoking cessation on 31<sup>st</sup> July 2020.

**Activity**

A team of three staff from KIDH and seven from a group of former TB patients working in the mining community organized and conducted a one-day Healthy Lung for Life Event (HLLE). The event focused on sensitizing and educating the SSM on air quality and smoking cessation which are among the key challenges facing the SSM. The event also involved other community members engaging with other non-mining activities in the mining premises, but who are also indirectly affected.

The team manage to reach 6 mining pits with a total of 370 mine workers and also around 500 mine workers and individuals involved with non-mining activities at the open public area withing the premises. The participants were sensitized and provided with educational information on the meaning of air quality and its importance in relation to their routine work. Also, they provided extensive education on various forms of smoking/ exposure to products of smoking, its effects on one's lung health (and human health in general), especially its linkage with TB and lung cancers and also were sensitized on smoking cessation.

There were Q&A sessions in all occasions and among the key issues that came up either as questions or comments included:

- If everyone smoking will end up getting TB
- Whether the locally made cigarettes have same effects on the lungs as the industrial ones
- How will the miners know the air they breathe is safe
- Why are some mine workers have chronic cough and shortness of breath while they don't smoke and have no TB
- Whether wearing a cloth mask is enough to clean the air as there is lot of dust in the mining pits
- Lastly was recommended for these communities to be supported with screening and investigation services for the conditions related to smoking at their working places.

All raised questions were clarified and comments were taken for discussion with appropriate authorities for possible implementation.

Among the individuals reached, 67 reported to had one or more chest related issues and were offered with referral note to KIDH – Occupational Health Service Center (OHSC) for more evaluation.

**Conclusion**

The event proved very beneficial as though being just a one-day event, but significant number of individuals were reached and provided with key educational information. The mine workers were very welcoming and happy for the event. As the area is estimated to have around 11,000 mine workers, the event has touched just a tip of the community in need of the service, hence efforts should be taken to cover more of the miners and even provided the extended lung health tests and treatment on site.

### Pictorials



