SUMMARY

Air pollution is the world’s largest single environmental health risk, with over 90% of the global population living with unsafe levels of air pollution.

In the developing countries like Pakistan, air pollution and tobacco smoking are known to be a severe issue where remedial measures are almost nil. There are many vulnerable community groups especially traffic police, we ran an awareness campaign "HLFL" for traffic police in collaboration with City Traffic Police Gujranwala to reduce these serious problems in this most affected community. After getting departmental approval, we approached to Traffic Police Wardens (70percent) and constables 30percent (n= 124) those spent six to eight hours of their duty amidst of polluted working environment. They are likely to be exposed to higher level of air pollutants long working hours on the roads more than the other individuals. 35-45 percent of the personnel were smokers (traffic office sources). Surveys showed that traffic warden faced many environmental pollutions borne diseases i.e. cough (76.7%), breath difficulty (51.3%), wheezing (5.3%), Running Nose (7.3%), Throat Irritation (40.0%), Throat diseases (33.3%), skin diseases (30.7%), viral hepatitis (21.3%), Congestion (16.0%) etc.


Around 1,000 wardens (Punjab metropolitan cities) have left the job due to health reasons. https://tribune.com.pk/story/2398736/number-of-traffic-wardens-dwindles We reached out to the traffic wardens at their duty points and reach out in office to inform them to take preventive measures like wearing masks, quitting smoking, physical breathing exercises and regular check-ups to avoid getting sick. After face to face counselling, we provided them with informative toolkits and free face masks.
It is hoped, Traffic police wardens/constables and city traffic police department will act as LHFL advocates by disseminating LHFL messages to colleagues and into inter-departmental communications.

**PROJECT ACTIVITIES**

**Aim**

“Traffic police exposed to high levels of air pollution - preventive measures could improve their health”

It has been observed in Pakistan that most of the population is not health conscious and only consults doctors when they are seriously ill. Urban populations in Pakistan regularly experience poor air quality, particularly high concentrations of fine particulate matter (PM$_{2.5}$)

**Activity 1 – 20$^{th}$ November 2023**

Meeting with City Traffic Police Officer CTPO to discuss impact of anticipated HLFL activities on health of traffic personnel and to seek his approval to work with Traffic Police Wardens/Constables

**Delivery**

Office meeting

**Beneficiaries**

CTP department

**Activity 2 – 6-16$^{th}$ November 2023**

Addressing the traffic police, we will develop a risk communication kit (n=160) to convey the messages of HLFL with titled “Do not fill your lungs with smoke” as there is a lack of understanding about how harmful the problem is, and what can be done to solve it.

**Link**

https://mail.google.com/mail/u/0?ui=2&ik=6aba217005&attid=0.1&permmsgid=msg-f:1782070354272525304&th=18bb2f8b9f2b1bf8&view=att&disp=inline&realattid=f_loqv6ccr0
Do not fill your lungs with smoke

Background
Exposure to high traffic pollution and smoking exacerbate health problems:
Air pollution and tobacco smoking are known to be a severe issue worldwide mainly in the developing countries like Pakistan where remedial measures are almost nil. There are many vulnerable community groups especially traffic policies.

Traffic police are exposed to the most traffic pollution as they have to spend their duty hours in high traffic zones. They are likely to be exposed to higher level of air pollutants also due to long working hours on the roads more than the other individuals. 35-45 percent of the personnel are also smokers (traffic office sources). Surveys show that traffic wardens faced many environmental pollutants borne diseases i.e. cough (75.7%), breath difficulty (51.3%), wheezing (5.3%). Running Nose (7.3%), Throat irritation (40.0%), Throat diseases (33.3%), skin diseases (30.7%), viral hepatitis (21.3%), congestion (15.0%) etc.

Active and passive smoking:
Active smoking is a process where the smoker (the person who inhales the smoke from burnt tobacco. Passive or second-hand smoking means breathing in smoke produced from other people’s tobacco. Around 108,000 persons die every year and 5000 admit to hospitals due to tobacco use.

Health risks from smoking:
Approximately 50% of cancers in males and 30% in females. Almost 31,000 of these deaths are due to exposure to secondhand smoke. Smoking causes cancers, heart diseases, stroke, respiratory illnesses, lung cancer, chronic obstructive pulmonary disease, weakening of the immune system, and reduction in lung function.

Air pollution affects our vital organs:
Indoor and outdoor air pollution: IAQ is caused by smog, tobacco smoke, and household cooking products. It is found in higher levels compared to outdoor air pollution. OAP is often referred to as ambient air. The common sources of outdoor air pollution are emissions caused by combustion processes from motor vehicles, solid fuel burning, dust and industries. Women and children are extensively at risk due to amount of time spent in kitchens. Indoor air pollution accounts for 20,000 deaths a year and 40 million cases of acute respiratory illness.

Smoking and long-term outdoor air pollution exposure leads to the risks of cardiovascular, respiratory diseases and reduce lung function. It has been observed in Pakistan that most of the population is not health conscious and consults doctors when they are seriously ill. Around 1,000 wardens (Punjab metropolitan cities) have left the job due to health reasons https://tribune.com.pk/story/2398736/number-of-traffic-wardens dwindles

There is a lack of understanding about on how harmful the problem is, and what can be done to solve or minimize it. An awareness can improve health and protect the lives.
Covering topics:
- Air pollution and its impacts on human health
- Hazards of smoking and benefits of quit smoking
- Importance of exercise especially breathing exercise
- Importance of regular check-up
- Spirometry tests

Beneficiaries:
City traffic Police and general public

Activity 3 – 20-24th November 2023

Delivery:
Face-to-face communication at their place of duties or at office meetings
**Beneficiaries:**
City traffic Police (n=60) and general public

**Activity 4 – 26th November 2023**

**Delivery**
Newspapers and Social media

**Beneficiaries**
Newspaper readers to reach the maximum people through print media & Social media users

**Activity 5 – 02th December 2023**

We again met with traffic police wardens/constables to get feedback and assess the impact of interventions. An awareness session was conducted with traffic wardens, constables and officers to get their feedback and reach out to those who missed the "HLFL" awareness campaign at their duty points. Participants were also motivated to educate their colleagues, friends and others on how to take care of their lungs and live a healthy life.

**Beneficiaries**
Traffic Police and people from other near departments like Food, education and commissioner office personals
Delivery
Visiting point of duties or phone calls

Activity 6 – 10th December 2023
Submitting final report to CTPO for consideration and inter-departmental sharing

Delivery
The final report was shared with traffic police office

Submitted by
Qamar Iqbal (dctcgwl@gmail.com)
+92 3436049931

Submitted to
European Lung Foundation & European Respiratory Society

Copy:
1. City Traffic Police Gujranwala
2. Press Club Gujranwala