

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.

- <https://pjsr.com.pk/wp-content/uploads/2021/10/4.-Vol.3.Issue1.-March-2021-Ali-Zafar-Ali-Enviornmental-Implications-Traffic-Force.pdf>
- https://www.researchgate.net/publication/333024246_Lung_morbidity_of_traffic_wardens_exposed_to_chronic_vehicular_pollution_in_Lahore_Pakistan

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 – 20th 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 – 6-16th 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



Thanks



Background

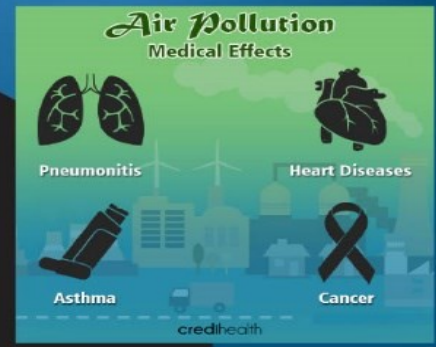
Exposure to high traffic pollution and smoking exacerbate health problems:

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 police



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 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.



Health risks from smoking



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 108,800 persons die every year and 5000 admit to hospitals due to tobacco use

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 : IAP 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 28,000 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-wardensdwindles>

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.



Exposures Of Smoking And Air Pollution

Breathing in air pollutants can irritate your airways and may cause shortness of breath, coughing, wheezing, asthma episodes and chest pain. Exposures to smoking and indoor air pollution puts you at risk for lung cancer, heart attacks, stroke and in extreme cases, premature death. Poor indoor pollution is a danger to lung health, particularly for:

- Babies and children, whose normal breathing is faster than older children and adults;
- The elderly, who may have higher respiratory rates;
- People who work or spend time indoors; and
- People with heart or lung disease.

SOLUTIONS

Smoking and air pollution are preventable:

We can minimize/eliminate the negative consequences of risky behaviours and breathing in air pollution and smoking by taking preventive measures as lung function declines with age, like other parts of your body

"Lungs need clean air, no dust or smoke?"

- Avoid/wear mask when the outdoor air pollutant level is high
- Stop smoking
- Do exercise especially breathing exercise in pollution free area
- Get regular check-up can prevent them from getting sick
- Do Spirometry tests (breathing test)

Thanks

ELF EUROPEAN LUNG FOUNDATION

ERS EUROPEAN RESPIRATORY SOCIETY

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



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Submitted to

European Lung Foundation & European Respiratory Society

Copy:

1. City Traffic Police Gujranwala
2. Press Club Gujranwala