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**PREVALENCE OF TOBACCO USE AND AWARENESS OF ILL
EFFECTS OF TOBACCO USE AMONG DAILY WAGE WORKERS IN
NORTH CHENNAI – A KAP SURVEY**

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ABSTRACT

Background: Despite various initiatives, menace of tobacco problem still remains a cause of concern globally. Job of construction site workers is primarily monotonous which predisposes to tobacco habit.

Aim: Assessing behavior regarding tobacco consumption among construction site workers of Delhi.

Methodology: A cross-sectional study was carried out among all daily wage workers of Indian Oil Corporation Limited, Chennai, Tamil Nadu, India. Study included 221 workers by distributing a questionnaire in person to all the participants in English, Hindi, and regional language (Tamil),

Results: Majority (86%) were tobacco users, and out of these, 46% were using smokeless tobacco, 44% were consuming bidi, and 54% were consuming cigarettes. Tobacco as cause of cancer was named by 53%. Most common place (97.4%) for tobacco consumption was workplace.

Conclusion: Hence the views of workers are of great importance before implementing any anti-tobacco measures at workplace.

Keywords: Behaviour, Daily wage worker, tobacco use

INTRODUCTION

Tobacco sixth leading causes of death [1]. It is proven that nearly 80% of the premature deaths occur among people with tobacco use living in low and middle income countries [2]. Tobacco cessation initiatives in all forms have increased with time, but still the tobacco related problem still remains a cause of concern globally. According to World Health Organization (WHO), there is very low awareness of the harmful effects of tobacco in South East Asia [3]. By the year 2030 if the current trend continues, tobacco would kill more than 8 million people worldwide every year [4].

The relationship between tobacco consumption and poverty is very well-documented; however, the tobacco control measures are not uniformly applied [4].

Nearly 300 million people in India live in below the poverty line [4]. Almost 28.6% of the population use tobacco regularly [4]. Surveys conducted national level and community-based studies have demonstrated that tobacco consumption among the poor is more [4]. There is a cyclical relationship between the use of tobacco among the poor due to tobacco-related diseases is also well-documented [5]. Health expenditure is a personal expenditure in India and it also exacerbates the poverty rates due to self-expenditure for the treatment of tobacco-related diseases [5]. Tobacco-related diseases consequence of poverty [6]. It is not only social and cultural problem but it is also multifaceted and comprises of biomedical and economic issues. [6] The use of tobacco in India is

projected to have devastating consequences [7].

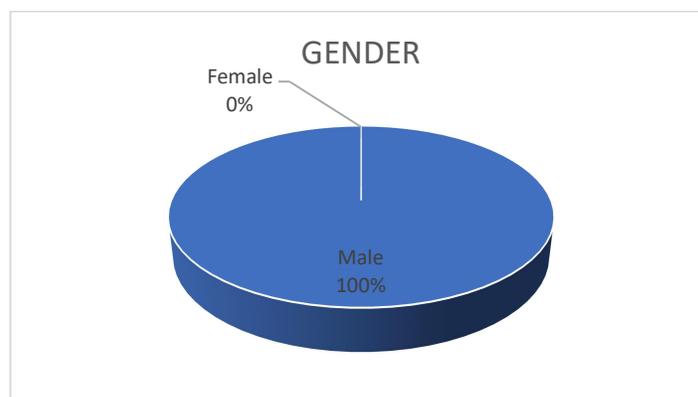
It is important to understand the tobacco-use knowledge, attitudes, and behaviours among daily wage workers is of significance in the provision of behavioural therapy for habit cessation [3]. Thus, the views and attitudes of the tobacco users are of great importance to be determined before implementing any anti-tobacco measures. There are several studies which were done to investigate the tobacco behaviours among daily wage workers [4], there is a lack of literature focusing individually on the population of daily wage workers of IOCL, North Chennai, Chennai. The objective of our study was to evaluate the prevalence of tobacco use and assess the awareness of ill effects of tobacco use among daily wage workers in IOCL, Ennore, Chennai.

MATERIALS AND METHODS

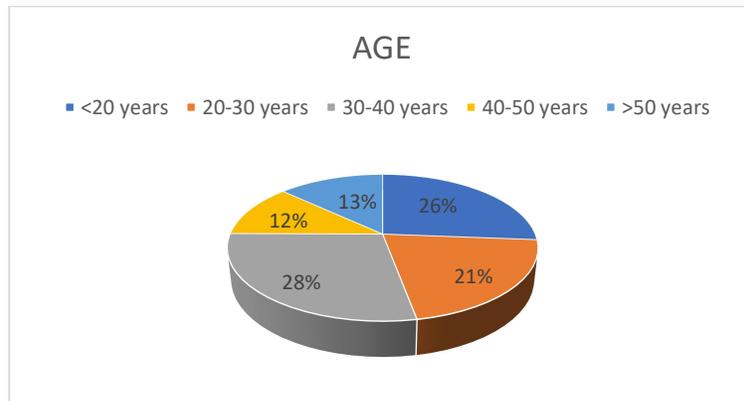
This cross sectional survey utilizes a well-structured, modified and validated questionnaire from similar questionnaires that were used in other studies. The data were obtained in person by distributing the questionnaire. Nearly 221 daily wage workers (Driver and load carriers workers) participated in the survey. The questionnaire included age, sex, occupation, income, type of tobacco use, frequency of use, awareness of workers regarding the its effect on oral and general health. The questionnaire (Tamil & English) was distributed in person to the workers and they were asked to fill in the details.

RESULTS

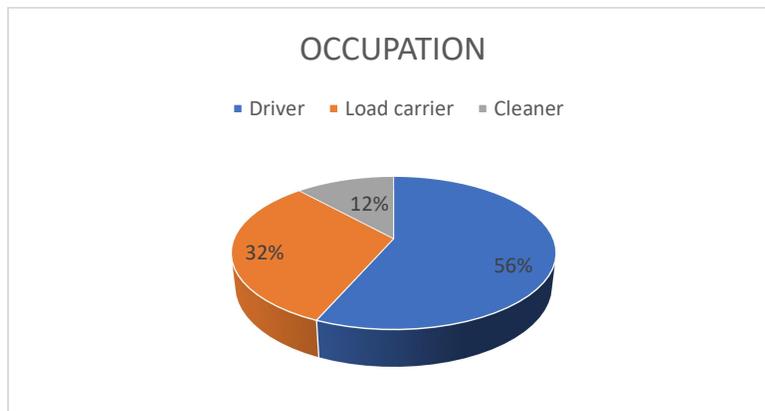
The questionnaire contained 25 questions in total. The response for all the questions in the questionnaire in Graph 1, Graph 2, Graph 3, Graph 4, Graph 5, Graph 6, Graph 7, Graph 8, Graph 9, Graph 10, Graph 11, Graph 12, Graph 13, Graph 14, Graph 15 respectively.



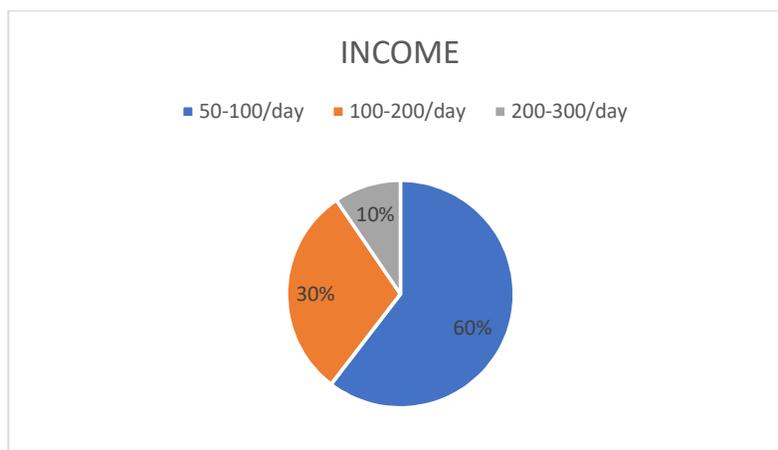
Graph 1: Pie chart on participants gender



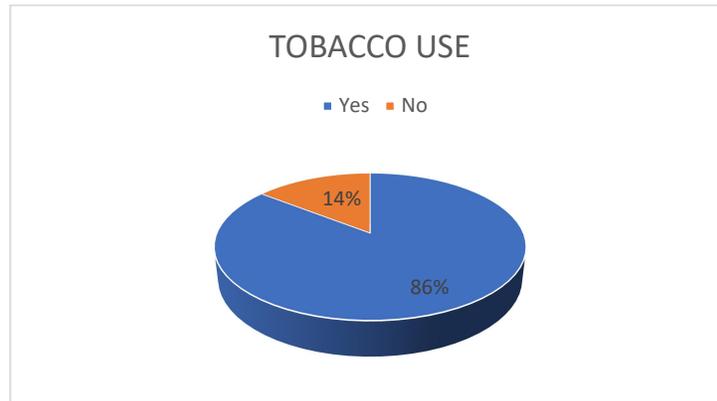
Graph 2: Pie chart of age of the participants



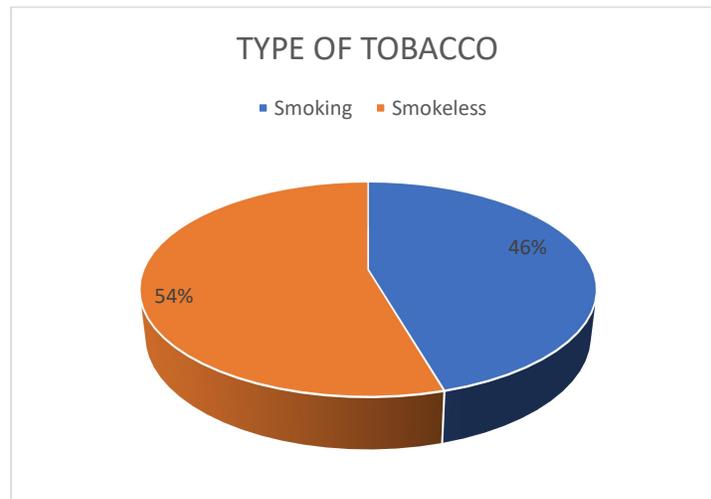
Graph 3: Pie chart on occupation of the participants



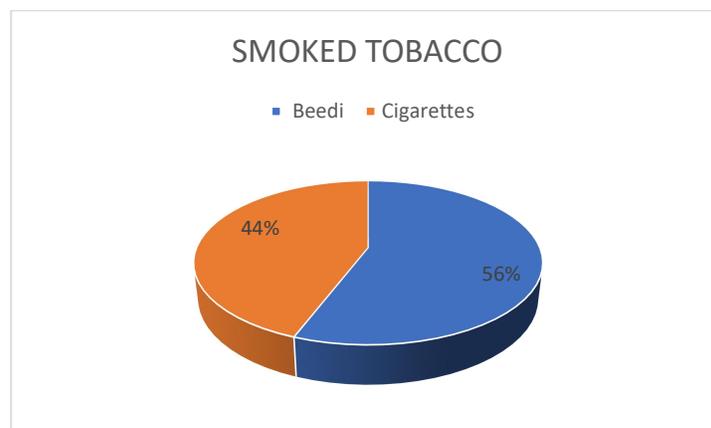
Graph 4: Pie chart depicting the average daily income of participants



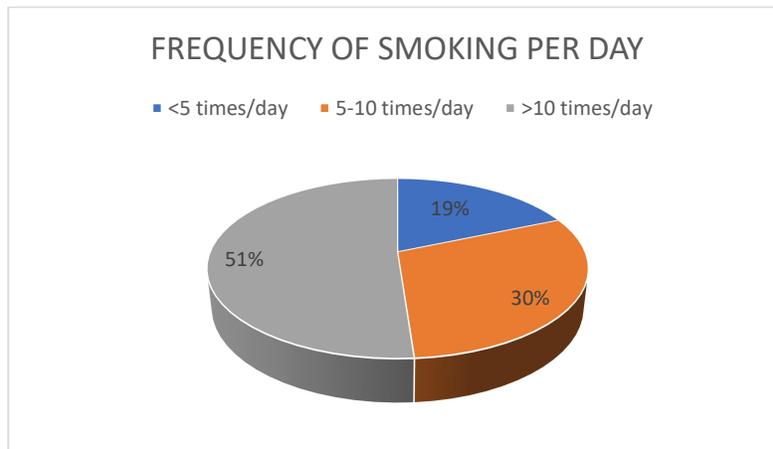
Graph 5: Pie chart depicting percentage of tobacco use among participants



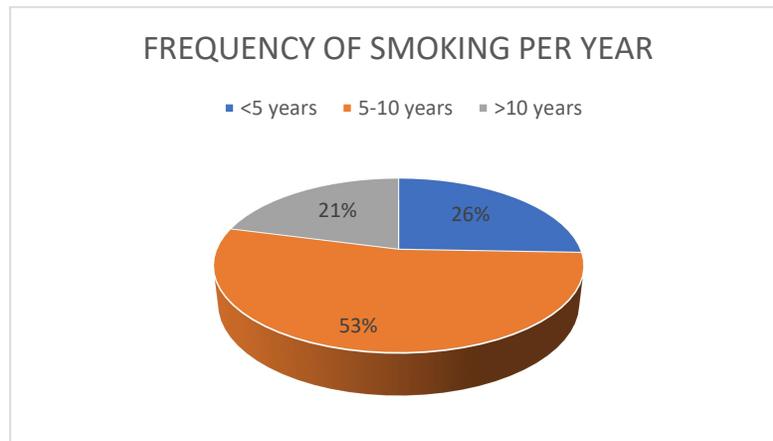
Graph 6: Pie chart depicting percentage of type of tobacco use



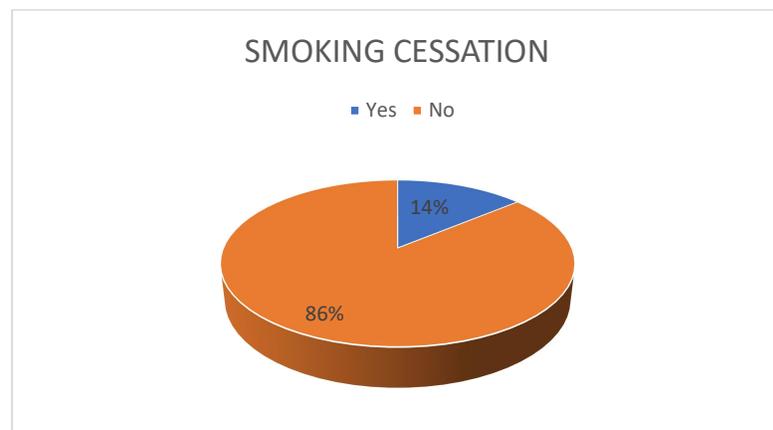
Graph 7: Pie chart depicting percentage of smoked tobacco use



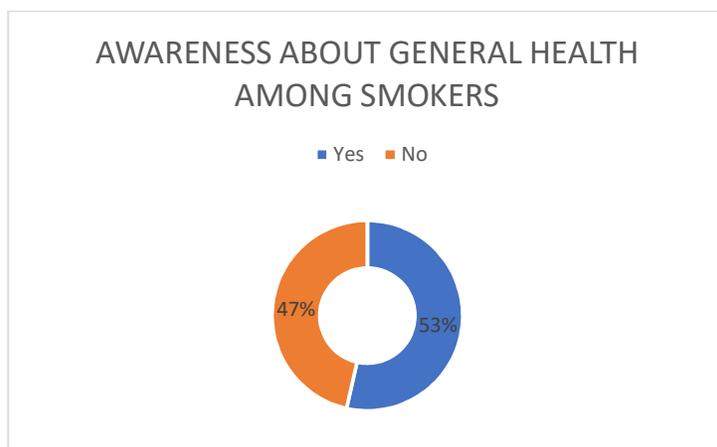
Graph 8: Pie chart on frequency of smoking/day



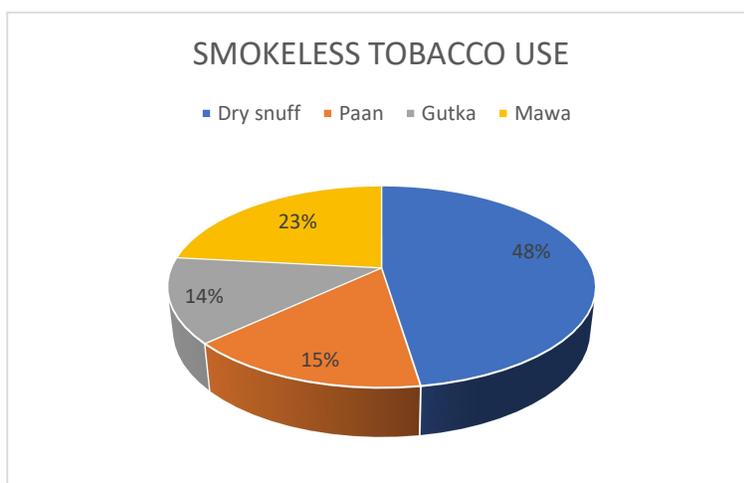
Graph 9: Pie chart on frequency of smoking/year



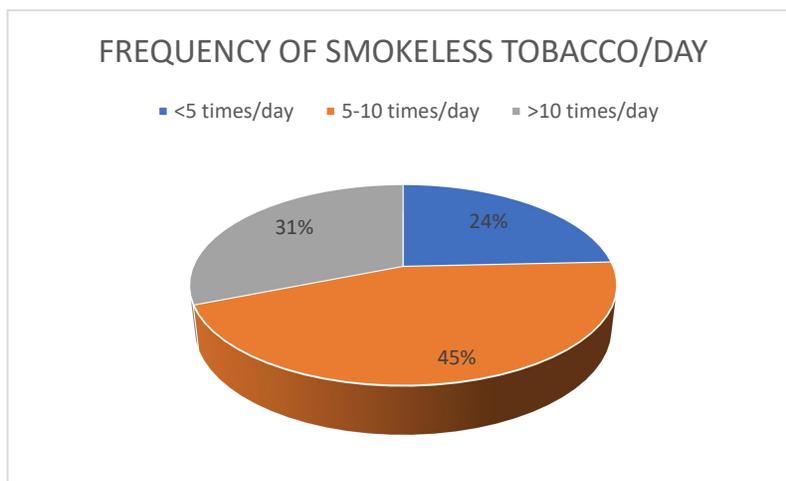
Graph 10: Pie chart on cessation of smoking



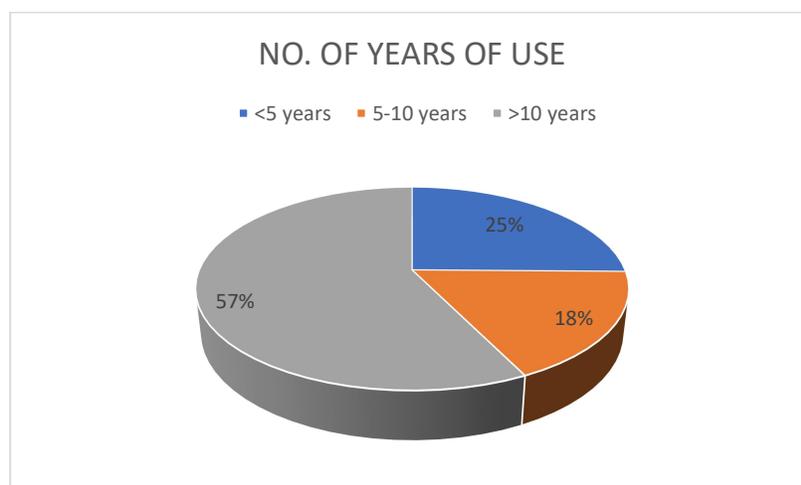
Graph 11: Pie chart on awareness of ill effects of smoking on general health



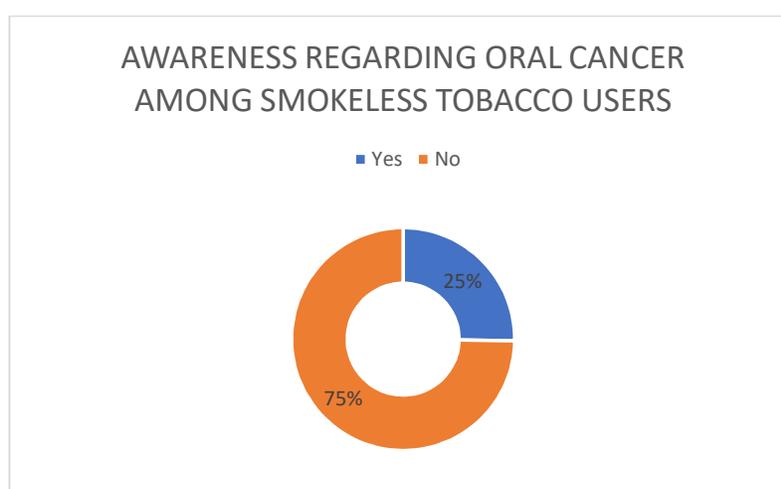
Graph 12: Pie chart on percentage of smokeless tobacco use



Graph 13: Pie chart on frequency of smokeless tobacco use/day



Graph 14: Pie chart on frequency of smokeless tobacco use/year



Graph 15: Pie chart on awareness on ill effects of smokeless tobacco on oral health

DISCUSSION

The present study investigates the tobacco habit of daily wage workers in IOCL, North Chennai. Mean age of workers was 32.1 ± 11.6 years. In another study, mean age of workers was 26.3 ± 8.5 years which is lower than that reported in this study [14]. Nearly half of the tobacco users in our study were aware that tobacco was harmful; however, majority were having little

knowledge about the harmful effect of passive smoking. Mishra *et al* [15] reported that all tobacco users were aware about its harmful effects and most (97%) of them identified passive smoking as being dangerous for health. In rural Kerala, 96.6% of the individuals knew that tobacco use is harmful for health; however, only 22.5% knew that it causes cardiovascular diseases [16]. Differences in knowledge

may be attributed to the different study location, sampling frames, and demographic characteristics of the individuals enrolled. The majority were only aware that tobacco caused cancer and media was the common source of information similar to findings in another studies [16, 17]. Higher education, income, and type of family were associated with higher awareness in the same line with other studies [16, 18, 19]. Participants from our study regarded smoking as a fun and this finding was also observed by a study conducted in Malaysia [20]. Study done by Akram *et al.* in Mangalore among industrial workers found prevalence of tobacco use as 53.7% and prevalence of smoking and tobacco chewing was found to be 11.9% and 41.8%, respectively [21]. The mean age at initiation of cigarette smoking and chewing tobacco was lower in our study than as reported in other studies [22]. The average monthly expenditure on tobacco use in the current study's participants is <200 INR. Employees using smoked form of tobacco spent significantly higher amounts of money as compared to the employees using smokeless forms. In a study from Nepal, the average daily expenditure on tobacco was 20 Nepalese rupees (~0.3 USD) [22]. In the present study, most of the worker smoked and chewed tobacco at workplace. Literature

suggest [14, 23, 24] that rates of tobacco use are especially elevated among workers, particularly those employed at construction site. These workers are employed in settings generally less supportive of nonsmoking. For example, studies from across the world [14, 23, 24] reported a lower prevalence of restrictive smoking policies in worksites where they are employed and less assistance in quitting smoking from employer compared with the assistance reported by other workers

CONCLUSION

The high prevalence of tobacco use among workers in IOCL, North Chennai, India underscores the need for targeted cessation efforts especially for daily wage workers. daily wage workers are less educated, are from lowest economic group and are more likely to use tobacco. It is mandatory to create work environment supportive of tobacco control, through well-enforced tobacco control policies for all forms of tobacco and also by involving co-workers is very important. This could be attained by programmes that guide the users to quit their tobacco use and other co-workers who do not use tobacco to help workers who use to quit tobacco which helps in reducing the mortality and morbidity. There is a need for worksite interventions in future to take into account the social determinants that

increase the risk of tobacco use among workers.

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