**WER SRI LANKA 2018**

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## Say No to Tobacco / Be Free from Tobacco Part II

**Health consequences of tobacco use**

The health consequences of tobacco use are entirely preventable. Tobacco use is a major contributor (16%) to the epidemic of non-communicable diseases globally. Smoking is strongly associated with early myocardial infarctions, strokes and peripheral vascular disease. Cardiovascular diseases (CVD) kill more people than any other cause of death worldwide, and tobacco use and second-hand smoke exposure contribute to approximately 17% of all heart disease deaths. Tobacco use is the second leading cause of CVD, after high blood pressure. Tobacco causes many cancers including lung cancer, cancer of the oral cavity, esophageal cancer, pancreatic cancer, bladder cancer, kidney cancer and cervical cancer. It is also associated with a range of respiratory diseases including bronchial asthma, chronic obstructive pulmonary disease (COPD), chronic bronchitis and increased susceptibility to communicable diseases such as pneumonia and influenza. Smoking significantly increases the susceptibility to tuberculosis. Tobacco use has also shown to have adverse effects on the sexual and reproductive health of both men and women. Men who smoke have a lower sperm count and poorer sperm quality leading to infertility and may develop erectile impotence. In women, it leads to early menopause and infertility. In some countries, children from poor households are frequently employed in tobacco farming to provide family income. These children are especially vulnerable to "green tobacco sickness", which is caused by the nicotine that is absorbed through the skin from the handling of wet tobacco leaves. Nearly 70% of tobacco farm workers are women, putting them in close contact with often hazardous chemicals. For women, there are unique risks. Women over 35 who smoke and use birth control pills are in a high-risk group for heart attack, stroke, and blood clots of the legs. Women who smoke are more likely to have a miscarriage or a lower birthweight baby. Smoking also causes premature wrinkling of the skin, bad breath, bad smelling clothes and hair, and yellow fingernails and an increased risk of macular degeneration, one of the most common causes of blindness in the elderly. Based on data collected in the late 1990s, the US Centers for Disease Control (CDC) estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking.

**Effects of second-hand smoking**.

Second-hand smoke is formed from the

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side stream smoke emitted into the environment from the smoldering of cigarettes and from the mainstream smoke exhaled by the smoker. The terms "passive smoking" or "involuntary smoking" are also often used to describe the exposure to second-hand smoke. It contains many of the same chemicals that are present in the smoke inhaled by smokers. The US National Toxicology Program estimates that at least 250 chemicals in second-hand smoke are known to be toxic or carcinogenic. Several individual compounds found in tobacco smoke have also been listed as developmental or reproductive toxicants. (e.g. carbon monoxide, lead and nicotine). Secondhand smoke has been designated as a known human carcinogen. Exposure of pregnant mothers to secondhand smoke can cause foetal growth retardation, foetal death and various respiratory problems in the newborn. Infants exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma recurrent bronchitis, pneumonia, impaired brain development, learning difficulties

and allergies. Exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer.

### Economic consequences of tobacco use

Tobacco use also burdens the global economy with an estimated US$ 1.4 trillion in healthcare costs and lost productivity each year. Tobacco and poverty are interrelated. Tobacco use is more common among the lower income groups and tobacco use aggravates poverty. Economic costs incurred by tobacco include costs of health care expenditure due to tobacco related illness and productivity losses due to employee absenteeism and reduced labour productivity. Tobacco users who die prematurely deprive their families of income. It deteriorates health disparities and exacerbates poverty, as the deprived individuals spend less on essentials such as food, education, and health care. Increase premature deaths due to a rise in tobacco use, affect the productivity of the country and increased health care expenditure.

According to data Sri Lankans spend around Rs. 100 million per day on cigarettes

| Table 1 : Water Quality Surveillance Number of microbiological water samples  April 2018 | | | |
|---|---|---|---|
| **District** | **MOH areas** | **No: Expected *** | **No: Received** |
| Colombo | 15 | 90 | **86** |
| Gampaha | 15 | 90 | **83** |
| Kalutara | 12 | 72 | **NR** |
| Kalutara  NIHS | 2 | 12 | **9** |
| Kandy | 23 | 138 | **5** |
| Matale | 13 | 78 | **27** |
| Nuwara Eliya | 13 | 78 | **57** |
| Galle | 20 | 120 | **47** |
| Matara | 17 | 102 | **47** |
| Hambantota | 12 | 72 | **59** |
| Jaffna | 12 | 72 | **168** |
| Kilinochchi | 4 | 24 | **28** |
| Manner | 5 | 30 | **6** |
| Vavuniya | 4 | 24 | **30** |
| Mullatvu | 5 | 30 | **NR** |
| Batticaloa | 14 | 84 | **78** |
| Ampara | 7 | 42 | **41** |
| Trincomalee | 11 | 66 | **NR** |
| Kurunegala | 29 | 174 | **35** |
| Puttalam | 13 | 78 | **51** |
| Anuradhapura | 19 | 114 | **21** |
| Polonnaruwa | 7 | 42 | **45** |
| Badulla | 16 | 96 | **107** |
| Moneragala | 11 | 66 | **75** |
| Rathnapura | 18 | 108 | **3** |
| Kegalle | 11 | 66 | **0** |
| Kalmunai | 13 | 78 | **37** |
| * No of samples expected  (6 / MOH area / Month) **NR** = Return not received | | | |

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## Table 1: Selected notifiable diseases reported by Medical Officers of Health　12th – 18th May 2018 (20th Week)

| RDHS Division | Dengue Fever A | Dengue Fever B | Dysentery A | Dysentery B | Encephalitis A | Encephalitis B | Enteric Fever A | Enteric Fever B | Food Poisoning A | Food Poisoning B | Leptospirosis A | Leptospirosis B | Typhus Fever A | Typhus Fever B | Viral Hepatitis A | Viral Hepatitis B | Human Rabies A | Human Rabies B | Chickenpox A | Chickenpox B | Meningitis A | Meningitis B | Leishmaniasis A | Leishmaniasis B | WRCD T* | WRCD C** |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Colombo | 168 | 3070 | 1 | 34 | 0 | 4 | 2 | 25 | 1 | 10 | 1 | 86 | 0 | 6 | 0 | 3 | 0 | 0 | 13 | 353 | 2 | 22 | 0 | 2 | 62 | 100 |
| Gampaha | 53 | 1672 | 3 | 26 | 0 | 4 | 0 | 12 | 0 | 11 | 2 | 107 | 1 | 4 | 0 | 4 | 0 | 0 | 12 | 354 | 0 | 19 | 0 | 14 | 71 | 100 |
| Kalutara | 44 | 1300 | 2 | 29 | 1 | 3 | 0 | 4 | 1 | 35 | 6 | 204 | 1 | 5 | 0 | 5 | 0 | 0 | 21 | 280 | 0 | 31 | 0 | 3 | 54 | 100 |
| Kandy | 80 | 1278 | 5 | 30 | 0 | 4 | 0 | 3 | 0 | 9 | 1 | 19 | 1 | 49 | 1 | 13 | 0 | 0 | 10 | 157 | 0 | 13 | 0 | 7 | 62 | 100 |
| Matale | 41 | 441 | 2 | 8 | 0 | 1 | 0 | 0 | 0 | 10 | 3 | 29 | 1 | 2 | 0 | 3 | 0 | 0 | 0 | 21 | 0 | 5 | 2 | 48 | 60 | 100 |
| NuwaraEliya | 3 | 76 | 3 | 18 | 0 | 3 | 0 | 8 | 0 | 9 | 1 | 10 | 0 | 66 | 2 | 15 | 0 | 0 | 3 | 123 | 0 | 20 | 0 | 0 | 27 | 100 |
| Galle | 20 | 462 | 0 | 18 | 0 | 5 | 0 | 0 | 0 | 2 | 10 | 201 | 1 | 15 | 0 | 1 | 0 | 1 | 14 | 136 | 3 | 24 | 0 | 5 | 13 | 100 |
| Hambantota | 5 | 445 | 0 | 8 | 0 | 2 | 0 | 2 | 0 | 4 | 1 | 21 | 0 | 21 | 0 | 1 | 0 | 1 | 6 | 120 | 0 | 2 | 21 | 275 | 73 | 100 |
| Matara | 18 | 432 | 6 | 21 | 0 | 5 | 0 | 3 | 0 | 21 | 9 | 101 | 1 | 19 | 0 | 6 | 0 | 0 | 7 | 137 | 1 | 4 | 21 | 176 | 54 | 100 |
| Jaffna | 23 | 1314 | 2 | 62 | 0 | 0 | 1 | 25 | 2 | 199 | 1 | 6 | 2 | 213 | 1 | 1 | 0 | 0 | 7 | 172 | 7 | 3 | 0 | 3 | 33 | 93 |
| Kilinochchi | 1 | 125 | 5 | 15 | 1 | 1 | 0 | 8 | 0 | 1 | 0 | 2 | 0 | 7 | 0 | 0 | 1 | 1 | 0 | 25 | 2 | 2 | 0 | 0 | 49 | 100 |
| Mannar | 0 | 26 | 1 | 11 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 23 | 0 | 1 | 0 | 1 | 37 | 100 |
| Vavuniya | 11 | 208 | 0 | 7 | 0 | 3 | 1 | 26 | 0 | 7 | 2 | 19 | 0 | 7 | 0 | 0 | 0 | 1 | 2 | 24 | 1 | 3 | 0 | 3 | 54 | 100 |
| Mullaitivu | 1 | 33 | 0 | 4 | 0 | 0 | 0 | 8 | 0 | 9 | 0 | 7 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 1 | 17 | 100 |
| Batticaloa | 222 | 2840 | 2 | 84 | 0 | 5 | 0 | 2 | 0 | 19 | 3 | 18 | 0 | 0 | 0 | 1 | 0 | 2 | 8 | 67 | 0 | 10 | 0 | 0 | 65 | 100 |
| Ampara | 2 | 64 | 0 | 15 | 0 | 0 | 0 | 1 | 0 | 2 | 0 | 22 | 0 | 0 | 0 | 3 | 0 | 0 | 16 | 105 | 1 | 7 | 0 | 1 | 70 | 100 |
| Trincomalee | 34 | 411 | 3 | 26 | 0 | 0 | 0 | 4 | 0 | 8 | 6 | 33 | 0 | 13 | 0 | 1 | 0 | 0 | 10 | 115 | 0 | 3 | 0 | 11 | 30 | 100 |
| Kurunegala | 25 | 1174 | 2 | 64 | 0 | 6 | 0 | 8 | 0 | 2 | 3 | 45 | 2 | 8 | 0 | 8 | 0 | 1 | 5 | 231 | 1 | 41 | 7 | 97 | 68 | 100 |
| Puttalam | 6 | 1057 | 1 | 18 | 0 | 4 | 0 | 3 | 0 | 4 | 0 | 14 | 0 | 6 | 0 | 1 | 0 | 1 | 0 | 69 | 0 | 33 | 0 | 1 | 73 | 100 |
| Anuradhapura | 20 | 388 | 2 | 23 | 0 | 2 | 0 | 2 | 19 | 30 | 1 | 57 | 0 | 13 | 0 | 4 | 0 | 0 | 18 | 195 | 1 | 15 | 9 | 152 | 43 | 95 |
| Polonnaruwa | 7 | 125 | 0 | 11 | 0 | 1 | 0 | 0 | 0 | 11 | 2 | 56 | 0 | 0 | 0 | 3 | 0 | 0 | 8 | 109 | 0 | 7 | 7 | 90 | 64 | 88 |
| Badulla | 7 | 194 | 3 | 45 | 0 | 4 | 0 | 5 | 2 | 9 | 7 | 66 | 2 | 30 | 0 | 14 | 0 | 0 | 1 | 241 | 6 | 51 | 0 | 4 | 48 | 100 |
| Monaragala | 24 | 473 | 0 | 42 | 0 | 2 | 0 | 1 | 0 | 2 | 9 | 159 | 3 | 64 | 2 | 9 | 0 | 0 | 5 | 82 | 3 | 24 | 0 | 19 | 62 | 100 |
| Ratnapura | 80 | 897 | 7 | 77 | 1 | 25 | 1 | 12 | 0 | 2 | 22 | 195 | 0 | 19 | 0 | 7 | 0 | 1 | 5 | 155 | 4 | 54 | 6 | 120 | 44 | 100 |
| Kegalle | 30 | 580 | 2 | 28 | 0 | 7 | 0 | 4 | 3 | 69 | 11 | 83 | 1 | 43 | 1 | 8 | 0 | 0 | 9 | 172 | 2 | 23 | 0 | 3 | 65 | 100 |
| Kalmune | 58 | 1221 | 0 | 22 | 0 | 0 | 0 | 1 | 0 | 20 | 1 | 3 | 0 | 0 | 0 | 1 | 0 | 0 | 5 | 97 | 0 | 6 | 0 | 1 | 47 | 100 |
| **SRILANKA** | **983** | **20306** | **52** | **746** | **2** | **91** | **5** | **169** | **28** | **507** | **10** | **1564** | **16** | **613** | **7** | **113** | **0** | **8** | **188** | **3569** | **25** | **427** | **73** | **1036** | **53** | **99** |

Source: **Weekly Returns of Communicable Diseases (WRCD).**

**\*T**=Timeliness refers to returns received on or before 18th May, 2018 Total number of reporting units 353 Number of reporting units data provided for the current week: 351 **C\*\***-Completeness

**A** = Cases reported during the current week. **B** = Cumulative cases for the year.

## Table 2: Vaccine-Preventable Diseases  &  AFP

**12th – 18th May 2018 (20th Week)**

| Disease | No. of Cases by Province | | | | | | | | | Number of cases during current week in 2018 | Number of cases during same week in 2017 | Total number of cases to date in 2018 | Total number of cases to date in 2017 | Difference between the number of cases to date in 2018 & 2017 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | W | C | S | N | E | NW | NC | U | Sab | | | | | |
| AFP* | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 01 | 21 | 33 | - 36.36 % |
| Diphtheria | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 0% |
| Mumps | 00 | 00 | 00 | 00 | 03 | 00 | 00 | 00 | 01 | 04 | 03 | 149 | 128 | 16.4 % |
| Measles | 00 | 01 | 00 | 00 | 00 | 00 | 01 | 00 | 00 | 02 | 03 | 54 | 156 | -65.3 % |
| Rubella | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 04 | 06 | -33.3% |
| CRS** | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 0% |
| Tetanus | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 11 | 08 | 37.5 % |
| Neonatal Tetanus | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 0 % |
| Japanese Encephalitis | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 15 | 21 | - 28.5 % |
| Whooping Cough | 00 | 00 | 01 | 00 | 00 | 00 | 00 | 00 | 00 | 01 | 00 | 17 | 06 | 183.3  % |
| Tuberculosis | 92 | 47 | 21 | 03 | 19 | 14 | 01 | 04 | 05 | 206 | 312 | 3172 | 3139 | 1.0 % |

### Key to Table 1 & 2

**Provinces:**　　　**W**: Western, **C**: Central, **S**: Southern, **N**: North, **E**:  East, **NC**: North Central, **NW**: North Western, **U**: Uva, **Sab**: Sabaragamuwa.
**RDHS Divisions:**　**CB**: Colombo, **GM**: Gampaha, **KL**: Kalutara, **KD**: Kandy, **ML**: Matale, **NE**: Nuwara Eliya, **GL**: Galle, **HB**: Hambantota, **MT**: Matara,　**JF**: Jaffna,
　　　　　　　**KN**: Killinochchi, **MN**: Mannar, **VA**: Vavuniya, **MU**: Mullaitivu, **BT**: Batticaloa, **AM**: Ampara, **TR**: Trincomalee, **KM**: Kalmunai, **KR**: Kurunegala, **PU**: Puttalam,
　　　　　　　**AP**: Anuradhapura, **PO**: Polonnaruwa, **BD**: Badulla,　**MO**: Moneragala, **RP**: Ratnapura, **KG**: Kegalle.
**Data Sources:**
**Weekly Return of Communicable Diseases:** Diphtheria, Measles, Tetanus, Neonatal Tetanus, Whooping Cough, Chickenpox, Meningitis, Mumps., Rubella, CRS,
**Special Surveilance:  AFP* (**Acute Flaccid Paralysis ), Japanese Encephalitis
**CRS** =**Congenital Rubella Syndrome
**NA** = Not Available

Influenza Surveillance in Sentinel Hospitals - ILI & SARI

| Month | Human | | | | Animal | | |
|---|---|---|---|---|---|---|---|
| | No Total | No Positive | Infl A | Infl B | Pooled samples | Serum Samples | Positives |
| May | 294 | 88 | 79 | 9 | 1165 | 720 | 0 |

Source: Medical Research Institute & Veterinary Research Institute

Comments and contributions for publication in the WER Sri Lanka are welcome. However, the editor reserves the right to accept or reject items for publication. All correspondence should be mailed to The Editor, WER Sri Lanka, Epidemiological  Unit, P.O. Box 1567, Colombo or sent by E-mail to **chepid@sltnet.lk. Prior approval should be obtained from the Epidemiology Unit before publishing data in this publication**

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