

HEALTH EDUCATION THROUGH RELIGIOUS LEADERS : AN
INTERVENTION TO REDUCE TOBACCO SMOKING AMONG
AGE 15 (+) IN NEPAL



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ABSTRACT

Nepal is a developing country. Per capita income is about US \$ 180 and literacy rate is 27% (male 39% and female 14%) according to report of 1992. About 87% of general population live in rural areas. High prevalence of tobacco smoking and large amount of tobacco consumption is a problem among people living in rural community. Prevalence of daily tobacco smoking was 79% in male and 58% in female in the year 1981 and it increased to 85.4% in male and 62.4% in female in 1983. (WHO 1997).

The general objective of the proposed study is to reduce tobacco smoking through health education by trained religious leaders to smokers age 15 + living in Alapot village development committee, Kathmandu district, Nepal.

A two days health education training program for religious leaders will be conducted in month of September 1998 by researcher and resource personnel from National Health Training Center. Trained religious leaders will provide health information of benefits of reducing/quitting tobacco smoking to smokers aged 15 + living in Alapot village, Nepal.

Impact evaluation of health education program will be carried out at six month and one year of implementation. Method of impact evaluation will be semi-structured interview and focus group discussion. The lesson learned from impact evaluation will help to improve the program in future.