



Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO
SCHOOLS DIVISION OF MISAMIS ORIENTAL

Office of the Schools Division Superintendent

May 29, 2024

DIVISION MEMORANDUM

No. 430, s. 2024

WORLD NO TOBACCO DAY CELEBRATION

**To: Public Schools District Supervisors/Districts In-charge
Principals/School Heads
Teachers
District Nurses, and Staff
All Others Concerned**

1. The Schools Division Office joins the public in the celebration of International No Tobacco Day which is observed globally every year on May 31. This day serves as an opportunity to raise awareness about the harmful effects of smoking and to encourage individuals to quit smoking for the betterment of their health and well-being.
2. Commit to Quit, the World Health Organization's (WHO) campaign for this year's World No Tobacco Day.
3. Per DepEd Order (DO) No. 48, s. 2016 titled, Policy and Guidelines on Comprehensive Tobacco Control, the term, cessation interventions, refers to the treatment of Tobacco dependence, which includes a range of techniques such as motivation, advice and guidance, counseling, telephone and internet support, and appropriate pharmaceutical aids all of which aim to encourage and help Tobacco users to stop using Tobacco and avoid subsequent relapse. DO 48, s. 2016 further provides that cessation intervention services shall be made accessible to learners and personnel in need of such services.
4. The Global Campaign aims to help create healthier conditions that promote Tobacco cessation through:
 - a. supporting robust tobacco cessation policies,
 - b. improvising access to cessation services,
 - c. raising awareness about the tactics of the tobacco industry, and



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d. supporting people who want to quit Tobacco via Quit and Win initiatives.

5. As an educational institution dedicated to promoting the health and well-being of our students and staff, we encourage everyone in our school division to support this important cause. We recognize the impact that smoking can have on individuals and their families, and we are committed to providing a smoke-free environment for all members of our school community.

6. On International No Tobacco Day, we urge you to take a moment to reflect on the importance of maintaining a healthy lifestyle and to consider the positive impact that quitting smoking can have on your life and the lives of those around you. Let us work together to support one another in making healthy choices and fostering a culture of wellness within our school division.

7. For those planning to quit smoking and vaping do not hesitate to call the Nationwide Quit line: 1558 (National toll-free number).

8. For guidance and compliance.

EDILBERTO L. OPLENARIA, EdD, CESO V
Schools Division Superintendent

For the Schools Division Superintendent

JANICE LOURDES S. RESURRECCION
Administrative Officer V
Officer In-charge
Office of the Schools Division Superintendent

ELO/MMA/sgod/mma - emd



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**THE RISK OF TUBERCULOSIS
IS ESTIMATED TO BE
TWICE AS HIGH
IN PEOPLE WHO SMOKE
COMPARED TO NONSMOKERS.**

Research also shows that smoking is associated with poorer TB treatment outcomes, greater disease severity, and increased mortality.



SOURCE

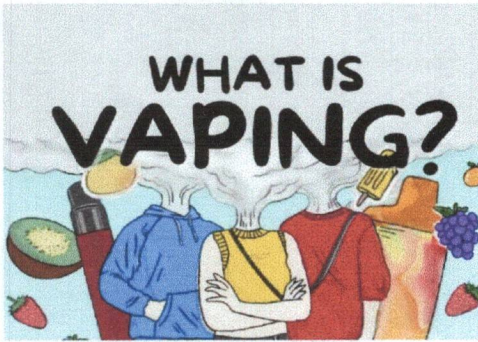
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Burusie A et al. PLoS One (2020); 15(9): e0239333.
Quan DH et al. Eur Respir J (2022);31: 210252



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According to the American Heart Association, vaping is the act of inhaling and exhaling aerosol, often referred to as vapor, which is produced by an e-cigarette.

DO YOU KNOW?

Vape contains:

- Nicotine
- Vitamin E acetate
- Glycerol and propylene-glycol-based solution
- Formaldehyde, Acrolein, Pulegone and traces of metals nickel, lead and cadmium with potential carcinogenic effects
- Carbonyl which may cause cardiovascular toxicity



HARMFUL EFFECTS OF VAPING



BRAIN

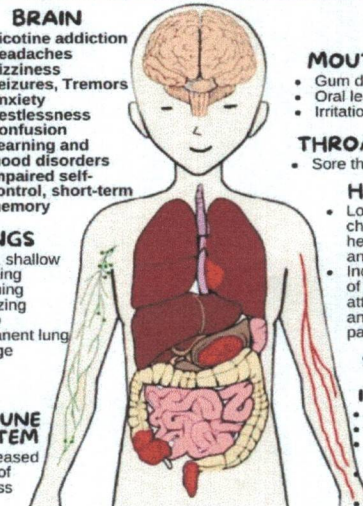
- Nicotine addiction
- Headaches
- Dizziness
- Seizures, Tremors
- Anxiety
- Restlessness
- Confusion
- Learning and mood disorders
- Impaired self-control, short-term memory

LUNGS

- Rapid, shallow breathing
- Coughing
- Wheezing
- COPD
- Permanent lung damage

IMMUNE SYSTEM

- Increased risk of illness



MOUTH

- Gum disease
- Oral lesions
- Irritation

THROAT

- Sore throat

HEART

- Long term changes in heart rate, BP, and arrhythmia
- Increased risk of heart attack, stroke and chest pain

STOMACH AND INTESTINES

- Vomiting
- Nausea
- Abdominal pain
- Ulcerative colitis
- Diarrhea and Bleeding
- Gastric burning and altered bowel movements



Today **1 in 5** teens vape
 American Heart Association (2019)

Medical and non-medical students are vulnerable to the use of vape products. Students are aware of the risks. However, they use vape products mostly to relieve stress and anxiety and due to lack of information regarding the risks of vaping to our health.

For more inquiries, scan to view the following:



DOH Quitline Page



Marian Peer Counselor Program



HOW TO QUIT VAPING?

Raypole (2023)

- Identify alternative coping skills.
- Surround yourself with people who can support you in quitting.
- Buy gum, hard candies, toothpicks, and other things to help fight the urge to vape.
- Get rid of vaping products.
- Go for a walk or do exercise.
- Stop gradually by doing a "test run" a day or two at a time.

Marian Peer Counselor Program

A program that helps students in:

- Reducing stress and anxiety
- Empowering people
- Promoting mental well-being
- Preventing students from trying harmful vices such as vaping
- Providing proper education and support system.



References:

- American Heart Association. (2019). The 101 on e-cigarettes. Retrieved from: https://www2.heart.org/site/DocServer/AHC_FY22_101_E-Cigarette.pdf?docid=1wAR1d9VB-1pQbPE0kkuQ9-Hah2K28TGOA85LV6sFLn5CPRP5ir9pzFTEXiU
- Raypole, C. (17 October 2023). Ready to ditch vaping? 9 tips for success. Healthline. <https://www.healthline.com/health/how-to-quit-vaping>



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