

## Original Research Article

# An evaluation of compliance with the cigarettes and other tobacco products act 2003 in Koppal district, Karnataka

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## ABSTRACT

**Background:** Tobacco is a major risk factor for a number of diseases affecting all age groups. One person dies every six seconds due to tobacco use and up to half of current users will eventually die of a tobacco-related disease. Government of India has enacted cigarette and other tobacco products act (COTPA) in the year 2003 to control tobacco use. The objective of study was to estimate the level of compliance to selected sections (4 to 9) of COTPA (cigarette and other tobacco products – prohibition of advertisement and regulation of trade and commerce, production, supply and distribution) act, 2003 in Koppal district, Karnataka.

**Methods:** The present study was a cross sectional study conducted as an independent evaluation of COTPA act 2003 in Koppal district as per National Tobacco Control Program guidelines. Cluster sampling technique was used for sample selection and sample consisted of 158 public places, 102 educational institutional, 87 shops/ sell points and 60 tobacco products. Data entry and analysis was done using microsoft office excel 2013.

**Results:** The prevalence of compliance to section 4, 5, 6A, 6B, 7, 8 and 9 of COTPA act 2003 in Koppal district were 80.3%, 96.5%, 98.9%, 64.8%, 53.3%, 63.3% and 50% respectively.

**Conclusions:** Compliance level was poor especially in relation to display of health warnings on tobacco products which needs to be tackled through strict enforcement of the existing laws.

**Keywords:** Compliance, Smoke, Tobacco products

## INTRODUCTION

Tobacco addiction is a global epidemic and is one of the major preventable causes of premature death and disease globally. Tobacco use is responsible for an estimated 6 million deaths each year, out of which nearly 1 million occur in India alone. Tobacco use causes a wide range of diseases and adverse health impacts that affect almost every organ of the body. The high prevalence of tobacco consumption has been attributed to a rapid rise in disease burden, health care costs and other fiscal losses during recent decades.<sup>1-4</sup>

Currently there are more than one billion smokers worldwide, of whom more than 80% live in low- and middle-income countries and are potentially exposing all others to second-hand smoke (SHS). Exposure to second-hand smoke causes an estimated 5 % of the global burden of disease, higher than the burden from direct use of tobacco (4%). According to global adult tobacco survey (GATS) - 2009, nearly 35% of adults in India were using tobacco in any form and the average age at initiation of daily tobacco use was 17.9 years. Further, there were an estimated 111.2 million smokers who exposed 52% adults at home, 30 % adults in indoor workplaces and

29% adults in any of the public places to the harmful effects of SHS.<sup>5-7</sup>

In the interest of public health and to control the ever increasing menace of tobacco use, Government of India passed a legislation “Cigarette and other tobacco products (prohibition of advertisement and regulation of trade and commerce, production, supply, and distribution) Act, 2003. The law intends to prevent the present and future generations from the adverse effects of tobacco use and its successful implementation is an important strategy to prevent the tobacco related deaths and to improve the productivity of the country.<sup>1,3,4-5,7-8</sup> Any health related program or legislation needs periodic evaluation to assess its effectiveness and to make necessary changes if needed. With this background, the present evaluation survey of COTPA act 2003 was undertaken in Koppal district, which is one of the backward district in Hyderabad Karnataka region as per Article 371J.<sup>9</sup>

The objective of the study is to estimate the level of compliance to selected sections (4 to 9) of COTPA (Cigarette and other tobacco products – prohibition of advertisement and regulation of trade and commerce, production, supply and distribution) act, 2003 in Koppal district.

## METHODS

The present cross sectional study was conducted in the month of March 2018 as an Independent evaluation of COTPA act 2003 in Koppal district as per National Tobacco Control Program (NTCP) guidelines. All the Public places, Educational institutions, Shops/ Points of sale/ Outlets for tobacco Products as well as tobacco products available at those shops (as defined in the COTPA act 2003) in the study setting constituted study population.<sup>8</sup> The sample for the present study was selected by Cluster sampling technique and in order to have uniform representation, each of the four taluks of Koppal district namely Koppal, Gangavathi, Yalburga and Kushtagi were considered as different clusters. In each cluster, a number of public places (including educational institutions), educational institutions, shops/ sale points/ outlets for tobacco products as well as tobacco products available at those shops/outlets were randomly selected and included as sampling units.

### Data collection

Data collection was done using separate pretested and semi structured formats for each sampling unit as follows:

- Public places (inclusive of educational institutions): assessed/ observed over a period of 10 minutes each for compliance to Section 4.
  - Active smoking in the premises by any person at the time of visit.
- Educational institutions: assessed for compliance to

section 6B.

- Display of a board containing the warning.
- “Sale of Cigarettes and other tobacco products in an area within a radius of 100 yards from the educational institution is strictly prohibited and that the offence is punishable with a fine which may extend to Rs.200”.
- Location of any shop/ sale point/ outlet for tobacco products within 100 yards.
- Shops/ sale points/ outlets: assessed/ observed over a period of 10 minutes each for compliance to section 5 and 6A.
  - Advertisement of tobacco products and their specifications.
  - Visibility of tobacco products in the shop/ outlet.
  - Display of a board containing the warning. “Sale of tobacco products to a person under the age of 18 years is a punishable offence”.
  - Sale of tobacco products either by a minor or to a minor at the shop.
- Tobacco products: Assessed for compliance to Section 7, 8 and 9.
  - Specifications of Health Warning on Tobacco products.

### Statistical analysis

Data entry and analysis was done using Microsoft Office Excel 2013.

### Ethical clearance

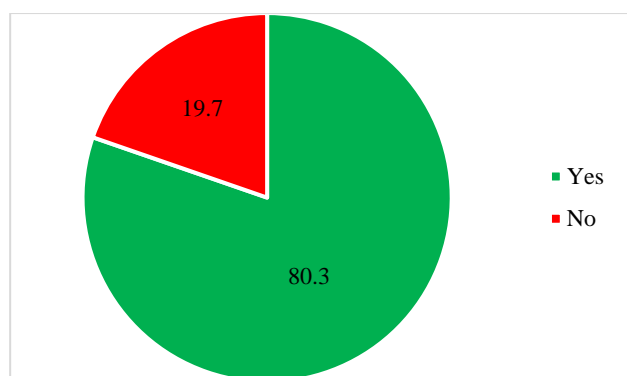
Obtained from Institutional Ethics Committee, Koppal Institute of Medical Sciences, Koppal.

## RESULTS

The final sample for the present survey consisted of 158 public places, 102 educational institutions, 87 shops/ sale points/ outlets selling tobacco products and 60 tobacco products available in those shops/ outlets.

Figure 1 shows the distribution of public places according to their compliance to section 4 of COTPA act 2003. Out of the total 158 public places visited by the team, majority i.e., 127 (80.3%) were in compliance to section 4 of COTPA act which means no one was found smoking in those places at the time of visit.

Table 1 shows the distribution of educational institutions according to their compliance to section 6B of COTPA act 2003. As seen in the table, only 19 (18.3%) of the educational institutions were displaying boards stating prohibition of sale of tobacco products within 100 yards from their premises and consequently only 66 (64.8%) of the educational institutions had no shops selling tobacco products within 100 yards from their premises.



**Figure 1: Distribution of public places according to their compliance to section 4 of COTPA act (prohibition of smoking in public places) (n=158).**

**Table 1: Distribution of educational institutions according to their compliance to section 6B of COTPA act (prohibition of sale of tobacco products within 100 yards of educational institutions) (n=102).**

Sl. No.	Indicator	Number of Educational Institutions N (%)
1	Educational institutions displaying boards prohibiting sale of tobacco products within 100 yards of their premises	19 (18.7)
2	Educational institutions not having any shops/ outlets selling tobacco products within 100 yards of their premises	66 (64.8)

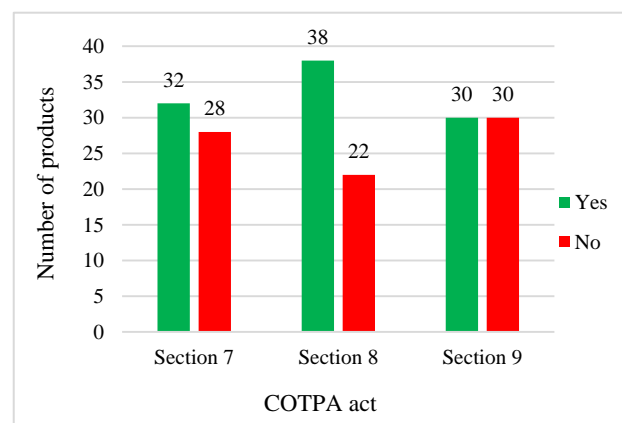
Table 2 shows the distribution of shops/sale points/outlets according to their compliance to section 5 and 6A of COTPA act 2003. Out of the total 87 shops visited, majority i.e., 84 (96.5%) were not having any advertisements of tobacco products and were in compliance to section 5 of COTPA act. The remaining 3 shops which advertised tobacco products, had banners larger than specified size, were without any health warning and were having the name of specific brands. Only 3 (3.5) of the shops were found to have displayed warning boards regarding prohibition of sale of tobacco products to a minor as specified in the act and all the shops kept tobacco products in a way clearly visible to public. No shop in the present survey was seen to be selling any tobacco products to a minor, but one shop i.e., 1 (1.1%) however was seen to be manned by a minor at the time of visit, thereby making a compliance rate of 86 (98.9%) to section 6A of COTPA act.

Figure 2 shows the distribution of tobacco products according to their compliance to section 7, 8 and 9 of COTPA act 2003. Out of total 60 tobacco products examined by the team, more than half i.e., 32 (53.3%) were in compliance to section 7 of COTPA Act i.e., they displayed health warning along with a pictorial

presentation at the recommended place and were of recommended size while others were not having any health warning at all or had it in wrong place or had it of inadequate size. Similarly, 38 (63.3%) of products were in compliance to section 8 of COTPA act i.e., health warnings displayed on those products were legible, prominent, conspicuous and clear and 30 (50%) of products were in compliance to section 9 of COTPA act i.e., health warning was displayed in all those languages in which brand name of tobacco products was mentioned.

**Table 2: Distribution of shops/ sale points/ outlets according to their compliance to section 5 and 6A of COTPA act (n=87).**

Sl. No.	Indicator	Number of Shops/outlets N (%)
1	Shops not having advertisements of tobacco products in a manner violating provisions of the act	84 (96.5)
2	Shops displaying warning boards stating ban on sale of tobacco products to / by a Minor	3 (3.5)
3	Shops not selling tobacco products to a Minor	100 (100)
4	Shops not having a minor as vendor to sell tobacco products	86 (98.9)



**Figure 2: Distribution of Tobacco products according to their compliance to section 7, 8 and 9 of COTPA act (display of health warnings on tobacco product packages and their specifications) (n=59).**

## DISCUSSION

Few studies have been done in the recent years on evaluation of COTPA act 2003 in different study settings and most of them however have focused on evaluation of either one or two sections of the act. The present study in contrast is a comprehensive assessment of the act covering almost all the sections for evaluation in Koppal district.

The compliance to section 4 of COTPA act 2003 in the present study was 80.3% similar to the findings of other studies.<sup>5,10-13</sup> However few studies done in the past have found compliance rates much lesser than the present study, indicating an improvement in the compliance rate over the years.<sup>3,4,14-16</sup> Compliance to section 6B of COTPA act i.e., ban on sale of tobacco products within 100 yards of educational institutions was 64.8% which is better than previous studies done in Karnataka and Kerala and confirms the findings of studies done in Delhi, Chandigarh and Noida.<sup>4,7,12-14</sup>

More than 95% of the shops in the present study were in compliance to section 5 of COTPA act 2003 which is similar to findings of another study done in Karnataka (2013)<sup>14</sup> and better than studies done in other parts of the country.<sup>1,12,18-20</sup> Similarly compliance to section 6A was 98.9% in line with the findings of studies done by different authors in different study settings.<sup>1,7,13,14,19,20</sup> Compliance to section 7, 8 and 9 of COTPA act 2003 in the present survey was 53.3%, 63.3% and 50% respectively which is poorer when compared to studies done in Chandigarh and Ajmer.<sup>12,21</sup>

## CONCLUSION

The present survey demonstrates satisfactory compliance to sections 4, 5 and 6A of COTPA act 2003 whereas compliance to sections 6B, 7, 8 and 9 was poor, thereby emphasizing the need for stringent measures to improve the same.

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*Ethical approval: The study was approved by the Institutional Ethics Committee*

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