



Mongolia

Tobacco Free Environments for Youth

## Final Report

**Project Duration:** 25 December 2004 to 25 June 2005  
**Reporting Period:** 25 December 2004 to 25 June 2005

**Location:** Ulaanbaatar, Mongolia

**Implementing Partner in Recipient Country:**

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## Introduction

### Project Overview

The project has been undergoing implementation since 25 December 2004 and the Memorandum of Understanding was signed between the Mayor's Office of Ulaanbaatar and ADRA Mongolia. According to the Memorandum of Understanding, the Mayor's Office and the UB City Education Department were to collaborate in the selection of eight schools from six districts of Ulaanbaatar for the implementation of project activities.

Since December 25 the project has made significant progress towards achieving its principal objectives.

### Project Objectives:

1. Within 6 months of project implementation, target schools will have set up smoke free school zones.
2. By the completion of the project, the numbers of children being exposed to environmental tobacco smoke in the home and at school will have been reduced.
3. Within six months, students, teachers and parents in the target schools will have been briefed on the dangers of environmental tobacco smoke and cigarette smoking.

**Project Staff Structure:**

- Richard Sandall  
(*Programs Coordinator*):
  - Monitors and evaluates implementations of project activities.
- Tsetsen, T.  
(*Health Coordinator*):
  - Coordinates and monitors project activities including designing and implementing project activities, developing IEC resources, overseeing financial spending and reporting of project activities.
- Batsaikhan, C.  
(*Officer of the Department of Urban Development, Strategic Policy and Planning*):
  - Monitors and evaluates project activities.
- Otgon, T.  
(*Project Manager*):
  - Supervises and facilitates the design, implementation, monitoring and evaluation of project activities, oversees financial spending and reporting of project activities.

**Part 1: Summary of Activities from 25 December 2004 to 25 June 2005**

**Number of Beneficiaries to Date (Direct and Indirect)**

- Eight schools in Ulaanbaatar
- Direct:
  - 160 students and 160 teachers and employees from eight target schools through participating health promotion and information sessions
- Indirect:
  - 2880 beneficiaries (360 beneficiaries in each school) through access to information from direct beneficiaries and by means of the establishment of smoke-free zones in schools

**Activities:**

**January**

- Eight schools were successfully selected:
  - School #4 in Sukhbaatar district, schools #14 & 48 in Bayanzurkh district, School #34 in Khan-Uul district, School # 39 in Chingeltei district, School #40 in Bayangol district, and schools #42 & 82 in Songinokhairkhan district.

- After the selection of the schools, the project staff made visits to the schools in order to assess the schools' environments, and also to arrange collaboration for the implementation of the project with the schools' directors, social workers, and physicians.
- The Memoranda of Understanding were signed between ADRA Mongolia and the directors of those schools approached to participate in project activities; the project activities were introduced during the official meetings with teachers and employees.
- Teachers and workers in each school completed the "Definition of Environmental Tobacco Smoke" surveys.
- On the basis of these survey results teachers were selected to participate in the health promotion and information sessions on environmental (second-hand) tobacco smoke.
- Twenty students were selected in each school to establish and monitor smoke-free zones in schools in eight target schools and associated students groups were organized.
- Students were selected using different criteria at each of the target schools; for instance, students at School #4 in Sukhbaatar District were selected from an existing students' group named the "Successors' Union"; students at School #40 in Bayangol District were selected from smokers and an at risk groups of children; students at School #39 in Chingeltei District were selected from a mixed group, and students at School #34 in Khan-Uul District were selected exclusively from adolescent males.

#### February

- Open discussions were organized for students' groups in each target school about the smoking behaviours of teachers, employees and students at the schools; defining smoking zones at schools; and establishing smoke-free zones in schools.
- The survey "Tobacco Free Environments for Youth" was designed and completed by student groups in target schools.
- Training materials were prepared and developed on the following topics: the contents of tobacco, tobacco and health, and tobacco and the economy.
- Two health promotion and information sessions were organized for the students at School #4 in Sukhbaatar District, schools #14 and 48 in Bayanzurkh, School #34 in Khan-Uul district, School #39 in Chingeltei District, School #40 in Bayangol, and in schools #42 and 82 in Songinokhairkhan District. The first session's topic was "Tobacco and its Harmfulness", while the second session's topic was "The Definition of Environmental Tobacco Smoke and How to Prevent It".

#### March

- Anti-tobacco posters were placed on health information boards and in smoking zones including restrooms, gyms, dressing rooms, lobbies, corridors, teachers' rooms, and school cafeterias.
- Monthly visits were completed with selected student groups in target schools to monitor school non-smoking zones.

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- Two health promotion and information sessions on the two above mentioned topics were organized for the teachers and other employees at #4, 14, 34 and 39 schools.

April

- The teachers and employees of School # 82, 40, 42 and 48 participated in two health promotion and information sessions on “Tobacco and Its Harmfulness” and “The Definition of Environmental Tobacco Smoke and How to Prevent It”. The teachers gained the knowledge and skills to organize trainings regarding these topics with students.
- Three health promotion and information sessions were organized for the students at 8 target schools and the students gained knowledge on “How to Support the Smoke Free School Zone”, “How to Avoid Peer Pressure to Start Smoking” and “The Mongolian Tobacco Law and the FCTC.”
- Three health promotion and information sessions on the three above mentioned topics were organized for the teachers and employees at # 14, 39, 40, 42, 48 and 82 schools. 120 teachers and employees participated in trainings and they gained appropriate knowledge and skills to organize trainings by using the IEC materials distributed to them.
- Monthly trips for establishing smoke free school zones were completed in 8 target schools. Smoking inside schools was stopped at School# 14 and 48 and smoking areas reduced at School# 4, 34, 82, 39, 40 and 42. However, smoking outside was still happening at School # 39 and 42.

May

- Three health promotion and information sessions on the three above mentioned topics were organized for the teachers and employees at # 4 and 34 schools. 40 teachers and employees participated in trainings and they gained knowledge and skills to organize trainings by using the training materials distributed to them.
- Tobacco cessation programs were completed for parents, teachers and students who would like to quit smoking at #4, 14, 39, 40, 42, 48 and 82 schools. 5 students, 5 teachers and 5 parents from each school who smoke, or live with parents smoke, participated in cessation programs and they were informed about the harmfulness and danger of environmental tobacco smoke and passive smoking.
- Monthly visits were completed with the selected student groups in target schools to monitor school non-smoking zones. Smoke free school zones were established at School #4, 14, 48 and 82 and smoking was reduced at School # 34, 39 and 40. However, outside smoking continued at School # 42.
- Anti-tobacco activities promoting “Youth choice and Smoke Free Zones” were organized on World No Tobacco Day in 8 schools. Participants were briefed on the dangers of cigarette smoking and environmental tobacco smoke.
- A presentation on this project and its related activities was given at “National Program of Prevention and Control of Noncommunicable Diseases” conferences, which were organized by WHO and Ministry of Health.

June

- Tobacco cessation programs were completed for parents, teachers and students who wanted to quit smoking at #34 School.
- Open discussions with students, teachers, employees and social workers were conducted at each school for establishing permanent smoke free school zones, the involvement of students, teachers, and parents in establishing smoke free school zones and project sustainability.
- A survey was conducted among 50 parents, teachers and students at each school in order to evaluating the results of project activities. Detailed surveys are available from ADRA on request.
- 2 types of information education communication resource materials for teachers and students were developed and distributed to project beneficiaries.
- The project activities were presented at “Implementations of Health City Program” conference, organized by WHO and Ulaanbaatar City Mayor’s office.

Part 2: Financial Performance

Part 3: Project Objectives Measured Against Results

<b>Project objective</b>	<b>Progress to date</b>
Within 6 months of project implementation, target schools will have set up smoke free zones	<p>It is already illegal to smoke in schools, but it is generally accepted that staff should only smoke in the toilets, the staff room or outside. In some schools, teachers and even students will smoke publicly in the corridors.</p> <p>Results vary from school to school. For example, in Schools # 4, 14, 39, 48 and 82, smoke free school zones were established and smoking was reduced in Schools # 34, 40 and 42</p> <p>One of the effects of the teacher training is to demonstrate to the smoking teachers that smoking around children is harmful and a bad example, encouraging more teachers to smoke outside. At first there was some resistance but as they underwent the training they understood the reason for it.</p> <p>According to survey results, smoking inside schools was reduced to 62.5% and at home to 81%.</p>
By the completion of the project the	At most schools resolved to ask others not to smoke inside schools. It is explicitly forbidden in School #48; in the other

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<p>numbers of children being exposed to environmental tobacco smoke in the home and at school will be reduced</p>	<p>schools it is merely an agreement.</p> <p>According to participants' reports, 3 teachers and 10 students who attended training sessions decided to quit smoking and 2 teachers persuaded others to quit smoking. 25 teachers and 22 students reduced their smoking and 37 teachers and 6 students encouraged others not to smoke in the home.</p> <p>As mentioned above, there has been progress towards increasing the no-smoking areas in schools, and in ensuring that more smokers are going outside to smoke.</p> <p>Approximately 2500 school students are now studying in schools where there is less environmental tobacco smoke, and where pressure is placed on smokers to quit or smoke outside.</p> <p>160 students and 160 teachers have been directly targeted by training which empowers them to quit, and to demand that others smoke away from them at school and at home.</p>
<p>Within six months, students, teachers and parents in the target schools will have been briefed on the dangers of environmental tobacco smoke and cigarette smoking</p>	<p>The objective is well on track to be achieved with regard to the students and teachers. 160 students and 160 teachers have studied five topics in one training session. As a result of peer-to-peer information sharing and the use of posters around the schools up to 2500 students have been exposed to the anti-tobacco message.</p> <p>Students, parents and teachers who would like to quit smoking attended tobacco cessation programs. Participants were informed of the danger of environmental tobacco smoke and decided not to smoke near others, or not to smoke themselves.</p> <p>Some teachers organized training sessions for students and their parents by using distributed training materials.</p> <p>2 types of IEC materials were printed, and their distribution would help to increase the impact of the project in the homes of students.</p>

Part 4: Monitoring and evaluation activities

Date	Monitor	Activities
January,	Tsetsen. T, Health	Pre-tests/surveys were completed among

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February and June	Coordinator	<p>selected schools' teachers, employees and students to measure the knowledge of tobacco and environmental tobacco smoke.</p> <p>Post-tests/surveys were completed among attending and non attending teachers, employees and students to measure impact of the project.</p>
January, February, March, April, May and June	Richard Sandall, Programmes Coordinator and Tsetsen. T, Health Coordinator	The Project Manager has completed monthly reports and submitted them to the Programs Coordinator and the Health Coordinator.
January, February, March and June	Richard Sandall, Programmes Coordinator, Tsetsen. T, Health Coordinator and Batsaikhan. Ch, the Mayor's office official	<p>The Project Manager carried out monthly monitoring trips at each school. The Project Coordinator monitored health promotion and information sessions for students at School #40 in Bayangol District. The Project Coordinator and the Programs Coordinator monitored trainings for teachers at School # 39 in Chingeltei District. The Mayor's office official visited Schools #39 and 4 for introducing the project activities and visited School # 40 to monitor training sessions among students. The Mayor's office officials gave feedback on produced IEC materials. The ADRA Country Director and the Health Coordinator completed monitoring trips at School #4, 48 and 42 to evaluate project results.</p>
December	Richard Sandall, Programmes Coordinator and Tsetsen. T, Health Coordinator	A separate bank account was used for project funds; accounting records and financial statements have been stored at the ADRA Mongolia country office.

For more detailed reports on monitoring trips, please request monitoring reports from ADRA.

### Part 5: Issues Arising During The Project (In Order of Priority)

- 1) Although the Memoranda of Understanding were signed with school directors, working closely with them was problematic because of time constraints.

Consequently the project staff has worked extensively with school social workers and physicians, but the project implementations have been carried out as planned.

- 2) The social workers at School #82 requested a salary to implement project activities such as preparing training rooms, selecting participants, and informing them about trainings. However, it was impossible to pay them because the budget was planned without provisions for such salaries.
- 3) Due to rural-urban migration the schools have three shifts and two to three times more students study at the schools than their intended enrolment. Furthermore, there is a limited number of rooms available for training and free time for teachers is similarly restricted. As result two health promotion and information sessions on five topics for teachers and employees will be organized during the seasonal school break when students are not in attendance.
- 4) Parents usually work during the daytime, so it was difficult to organize trainings for them. However, 5 parents from each school (40 in total) did participate in tobacco cessation programs.
- 5) The Project Manager organized anti-tobacco activities “Youth choice and smoke free zones” on World No Tobacco Day at School #40. Because of limited project staff, social workers organized these activities at rest of the schools.
- 6) 8 and 10<sup>th</sup> graders and their teachers were extremely busy for preparing final examinations. Therefore, the project staff conducted tobacco cessation programs for interested 7<sup>th</sup> and 9<sup>th</sup> grade students and teachers.

#### Part 6: Approved Changes to the Original Project Objectives

None required.