

**ATTITUDE AND KNOWLEDGE OF THE ADVERSE HEALTH EFFECTS
OF ENVIRONMENTAL TOBACCO SMOKE AMONG BAR WORKERS IN
ELDORET TOWN, KENYA**

BY

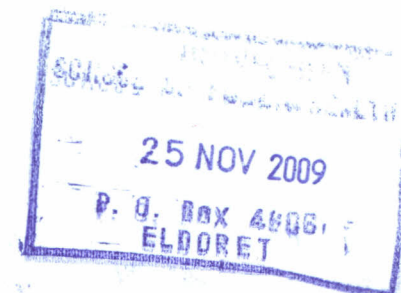


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ABSTRACT

Background: Environmental tobacco smoke (ETS) is a major threat to health and a public health concern. It is associated with a number of serious diseases and is a leading cause of death. This study sought to investigate the attitude of bar workers on the effectiveness of the health warning message on cigarette packets, their exposure to ETS, their attitude towards smoking restrictions in the bar and their knowledge of the adverse health effects of ETS.

Methods: A cross sectional study involving 384 bar workers drawn from 135 bars in Eldoret town was conducted. The bar workers were selected through stratified random sampling. A semi structured questionnaire was used to collect data from the bar workers. Data obtained was cleaned, coded and entered into statistical package for social scientists (SPSS) version 12 and analysed using descriptive statistics including cross tabulation and chi square.

Results: Most (88%, n=388) of the bar workers in Eldoret town did not consider the current health warning message on cigarette packets effective in discouraging smoking. All the bar workers in this study were exposed to ETS. Despite these widespread exposures to ETS, majority (80.7%, n=310) of the bar workers would support the introduction of smoking restrictions in the bar but not a total ban on smoking (58.6%, n=225). Only 10.4% (n=40) of the workers had complete knowledge of the adverse effects of exposure to ETS on health.

Conclusion: Bar workers considered the health warning message on cigarette packets ineffective. Bar workers support the introduction of minor smoking restrictions but not a total ban on smoking in the bar. Bar workers knowledge on the adverse health effects of exposure to ETS was incomplete. Bar worker who were men, married and with tertiary level of education were knowledgeable on the adverse health effects of ETS.

Recommendations: The Municipal Council of Eldoret in collaboration with the District Public Health and Sanitation Officer need to conduct intensive public health education campaigns and training to sensitise bar workers on the adverse effects of ETS on health. The Ministry of Public Health and Sanitation needs to amend the regulations of Tobacco Control Act, Chapter 4 of 2007 to provide for pictorial health warning messages and smoke-free bars. Further studies should be conducted to determine the quantitative concentration of ETS in the bar, knowledge of the adverse health effects of ETS among bar workers in other urban settings and the health and economic implication of the Tobacco Control Act, Chapter 4 of 2007.