

## **Knowledge, Attitude, and Practice, on Smoke-Free Environment Policy in Local Government Unit in Southern Philippines: Developing Intervention Programs**

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### **Abstract**

This research explored the levels of knowledge, attitude, and practices in terms of an environment free of smoke. Additionally, this study is a foundational structure and a guide for developing targeted interventions that will enhance public understanding, foster positive attitudes, and promote compliance with these crucial public health regulations. This study employed a quantitative research design, utilizing a survey questionnaire to assess the levels of knowledge, attitudes, and practices of Local Government Unit in Soutehern Philippines. The study results revealed that these residents had a low level of knowledge about the implemented smoke free environment policy. Moreover, it revealed that the resident's attitudes had inconsistent support towards the smoke free environment policy as well as the practices, the residents also had an inconsistent level of compliance. Thus, the study recommends that the identified stakeholders help in the dissemination campaign to implement a smoke-free environment policy.

**Keywords:** Economic Contribution, Department of Agriculture, Beneficiaries, Program Enhancement

### **Introduction**

A smoke-free environment is a significant global public health initiative that promotes the creation of smoke-free spaces. It encourages healthier habits and provides support to smoke-free communities. Adoption of smoke-free policies influences people's knowledge, attitudes, and practices. It provides an understanding of the risks of smoking, attitudes towards smoking, and compliance with smoke-free regulations.

Smoking increases morbidity and mortality, which is a severe threat to public health. According to recent data, the number of individuals aged 15 years and above who engage in tobacco consumption worldwide is almost 1.3 billion. A staggering 80% of this population resides in low- and middle-income countries, where the

burden of tobacco-related illnesses and deaths is most prevalent (Alkouri et al., 2022).

Over several years, the Philippines has implemented notable policies to control tobacco use. These policies include laws that prohibit smoking in specific public places, increased excise taxes on tobacco products, adoption of a uniform cigarette tax rate, graphic health warnings on tobacco products, and establishment of standards for designated smoking areas. Furthermore, the authorities have imposed duties on individuals in charge of public places to ensure adherence to smoking restrictions and enforcement of other sales and advertising restrictions (Kress et al., 2023). The implementation of these policies is a significant step towards reducing the adverse health effects of tobacco use among the population.

Plagányi et al. (2013) suggest that assessing the effectiveness of natural resource management strategies necessitates measuring performance in relation to biological, economic, social, and governance goals. While much fisheries research focuses on industrial sectors, it often undervalues the contributions of small-scale and indigenous hunters and fishers to the global resource economy.

The study aimed to provide the existing literature on smoke-free environments by providing evidence-based information regarding individuals' knowledge, attitudes, and practices. These findings helped inform the development of targeted interventions and policies to effectively promote and maintain smoke-free environments, ultimately leading to improved health outcomes and reducing tobacco-related diseases.

## **Literature review**

### **Legal Bases**

The "Philippine Clean Air Act," specifically, Article V, Section 24 stipulates that the state must protect and advance the people's right to a balanced and healthful ecology to have an accord with the rhythm and harmony of nature. It mentioned smoking inside a public infrastructure or in an enclosed public place which includes public vehicles and other means of transportation. Moreover, this Act emphasizes that this must be implemented by the Local Government Units (Philippine Clean Air Act, 1999, Republic Act No. 8749, Art. V, Sec. 24).

Moreover, Republic Act No. 9211 (2003), which is known as the "An Act Regulating the Packaging, Use, Sale, Distribution and Advertisement of Tobacco Products and for other Purposes" this act highlights the healthful environment. Section V states that smoking is banned in public places. This is absolutely prohibited in the center of youth activities such as schools, youth hostels for persons under eighteen (18) years old. Smoking is now also not allowed in elevators, stairwells, fire hazard places such as gas stations, storage areas for flammable liquids, explosive or combustible materials, and gas. Within the buildings and premises of private and public hospitals, medical, dental, optical clinics, health centers, nursing homes, dispensaries, and laboratories, smoking is also prohibited. It is also mentioned by the act that smoking is prohibited in public conveyances and public facilities such as airports, ship terminals, train, bus station, restaurants, and

conference halls (Tobacco Regulation Act of 2003, Republic Act No. 9211, 2003, Sec. 5).

### **Smoke-Free Environment**

Keglar, et al. (2023) mentioned that the effectiveness of community coalition in promoting smoke-free policy adaptation and compliance in various circumstances is being examined by the researchers using a community-based randomized trial. Intarut, et al. (2023) conducted a study on Promoting Smoke-Free Environment by exploring on the impact of thirdhand smoke awareness on smoking bans at home. The study found out that exposure to secondhand smoke and thirdhand smoke could harmed children. Theses researchers emphasized that to prevent a vulnerable population, such as children, infants, and nonsmokers, from being exposed to secondhand smoke in the home, one strategy is to make the home a smoke-free environment.

Moreover, Kalmthout (2023) conducted a study about having a Healthy Start in Life, Children need Smoke-free Environments. The study focused on the progress of the generation smoke-free campaign that was lunch in 2018. In this study the research mentioned that the Generation of Smoke-free Project's founders are fully committed to further demoralizing smoking and expanding the resources available to those who want to give up smoking because the children have the right to group up smoke-free. It also mentioned that children and adolescents have the right to a healthy childhood and adulthood without having harmful substances that will interfere with their growth. Giang, et al. (2020) conducted a study that focuses on the Improvement in Compliance with Smoke-Free Environment Regulations on Hotels and Restaurants. The researcher emphasized that smoke-free areas were established, rules on enlarging graphic health warning labels, restrictions on tobacco advertising, promotion, and sponsorship, and the creation of a tobacco control funds, among other things. The researcher examined how hotels and restaurants adhere to smoke-free rules both before and after an intervention.

### **Smoke-Free Environment Local Government Unit Philippines**

The health sector must not simply address tobacco usage; the barangays and local government authorities must also have the political will to do so. With more than 17.3 million smokers, the Philippines is one of the top 15 nations in the world with the highest rate of tobacco-related disease (Pia & Pia, 2022). Several local government units (LGUs), Parents Against Vape, Health Justice, Child Rights Network (CRN), and the Philippine Legislators' Committee on Population and Development (PLCPD) are leading the charge to enact smoke-free local laws in an innovative partnership (Groups Unite to Champion Passage of Smoke-free Policies at the Local Level, 2024). Groups Unite to Champion Passage of Smoke-free Policies at the Local Level also stated that on December 5, 2023, a media event, the organizations emphasized that this collaborative effort is a reaction to the pressing need to shield children and young adults from the perils of passive smoking and the tobacco industry's efforts to recruit them as vaping and e-cigarette users (Groups Unite to Champion Passage of Smoke-free Policies at the Local Level, 2024). There is such a policy framework that was introduced on April 28, 2023, by the Civil Service

Commission (CSC), Department of Health (DOH), and Department of Labor and Employment (DOLE). Its main goal is to promote and create healthy workplaces, with a special emphasis on addressing substance use, especially tobacco use, as one of the priority areas in need of interventions related to health promotion (Mata, 2023). Furthermore, in keeping with its pledge to advance smoke-free environments, the Metropolitan Manila Development Authority (MMDA) promised to step up efforts to raise public awareness of the dangers of tobacco use and secondhand smoke exposure, as well as to promote smoke-free environment policies (Rico & Rico, 2023).

### **Knowledge and Attitude on Smoking**

Having specific knowledge about the harmful effects of tobacco may contribute to the development of negative attitudes towards tobacco and might help to prevent smoking initiation or promote smoking cessation. Research showed that knowledge-based anti-smoking campaigns could effectively change attitudes and behaviors related to smoking (Glover et al., 2018). Smoking-related factors, such as knowledge about smoking-related diseases, home smoking rules, nicotine dependence, and previous quit attempts also predict smokers' quit intentions. In addition, smoking rationalization beliefs, also known as self-exempting beliefs, which justify or rationalize their smoking behaviors can also predict a lack of intention to quit (He et al., 2021). According to a study by Byron et al. (2019), a number of nations need to revitalize their smoke-free laws because they are in place in theory but not in reality. Many enforcement strategies have been employed, but they haven't been side-by-side to determine which works best. In addition to some citizens believing the regulation violated their rights, there was the lack of knowledge among citizens regarding the harmful health effects of secondhand smoke exposure. Despite the smoke-free ordinance being in place, several residents believed that nothing was changing since they were unaware of its implementation. (Anthony et al., 2018).

To tackle and solve this dilemma, the community and mainly the parents must have the right and appropriate knowledge, which includes many factors, especially the tobacco production that is targeting our youth and what programs are available in your community to prevent or help youth quit smoking and know how to participate and play an active role in the lives of young people, in addition to encouraging young people to participate in school sports, while maintaining an honest and open dialogue about the issue (Alnawaiseh et al., 2018). This knowledge should then be used to guide large-scale actions and targeted interventions to reduce and preferably end adolescent tobacco consumption and manhood. It is also important to note that programs that involved peers and last throughout adolescence produce the best results (Wojtecka et al., 2023).

Information-motivation-behavioral theory posits that the relative strength of each of these factors would influence the desire to continue smoking or motivation to quit (Yang et al., 2018). It is also widely accepted that lifestyle factors play an important role in a patient's physical illness. These include a sedentary lifestyle and lack of physical activity, poor diet, alcohol/substance abuse, and smoking (Botsari et al., 2023). Importantly, many studies have found that smokers' implicit attitudes toward cigarettes are less negative than those of nonsmokers. Additionally, smokers

who are more dependent on nicotine had less negative attitudes toward cigarettes. Moreover, smoking cessation interventions led to negative changes in implicit attitudes (Gao et al., 2022). There is a low degree of common knowledge about the prohibited acts, as evidenced by the concerns raised by public housing residents regarding the lack of enforcement and compliance with smoke-free laws. There is a clear need for more knowledge and education on the forbidden acts, as seen by the numerous instances of residents breaking the current smoking prohibition, their unwillingness to report violations, and their doubts about the government's ability to enact additional regulations (Jiang et al., 2018).

## Research Methods

This study is anchored on Albert Bandura's Social Cognitive Theory, which states that people learn new skills through modeling, imitation, and observation. It highlights how behavior, surroundings, and individual characteristics like knowledge and attitudes interact. Moreover, this study is also anchored on the theory of planned behavior by Icek Ajzen. This theory can assist in comprehending how people's attitudes toward smoking and smoke-free environments, their perceptions of social norms surrounding smoking behavior, and their sense of control over following smoke-free ordinances influence their propensity to follow the rules.

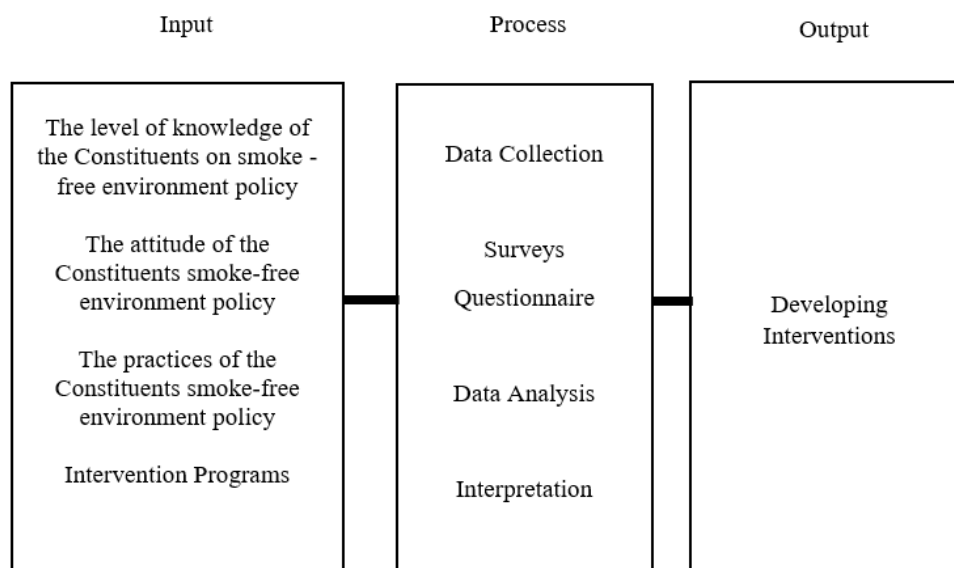


Figure 1. Scheme of the Input-Process-Output of the Study

## Statement of the Problem

This research aimed to contribute valuable insights into the current state of knowledge, attitudes, and practices regarding a Smoke-Free Environment as ordered by Ordinance No. 885. Additionally, this study is a foundational structure and a guide for developing targeted interventions that will enhance public understanding, foster positive attitudes, and promote compliance with these crucial public health regulations. Moreover, this study sought to answer the following questions:

1. What is the level of knowledge of the constituents on the smoke-free ordinance in Local Government Unit in Soutehern Philippines in terms of the following salient features?
  - a. General Knowledge;
  - b. Prohibited Acts; and
  - c. Sanctions?
2. What are the constituents' attitudes towards the smoke-free ordinance in Local Government Unit in Soutehern Philippines?
3. What are the practices of the constituents of the Smoke-free Ordinance in Local Government Unit in Soutehern Philippines?
4. What intervention program can be proposed to implement the Smoke-Free Ordinance in Barangay Local Government Unit in Southern Philippines?

**Table 1.** Level of knowledge of the Constituents on the Smoke-free Ordinance

<b>Knowledge Indicators</b>	<b>Mean (<math>\mu</math>)</b>	<b>StDev (<math>\sigma</math>)</b>	<b>Interpretation</b>
Well informed about the existing Ordinance No. 885 (Smoke-Free Environment Policy) in Local Government Unit in Soutehern Philippines .	2.00	1.55	Low Level
Aware of the specific areas covered by the smoke-free policy in the barangay.	2.06	1.40	Low Level
Aware of the health benefits of the smoke-free environment policy.	2.30	1.79	Low Level
Aware of the anti-smoking initiatives and campaigns in the community.	2.84	2.32	High Level
Aware that exposure to secondhand smoking poses a health risk.	2.26	1.80	Low Level
Aware that smoke-free environments are better for people's health as well as the health of others.	2.59	2.01	Low Level
Aware that selling tobacco products by any means is considered unlawful.	2.59	2.01	Low Level
<b>Average Weighted Mean</b>	<b>2.37</b>	<b>1.84</b>	<b>Low Level</b>

The researchers used a quantitative research design to investigate the participation of road users in Malaybalay City. As per Punch (1998), quantitative research relies on numerical data. This method makes it possible to measure variables precisely, analyze data statistically, and find trends, patterns, and correlations between different variables. The researchers conducted a structured survey to quantify the current level of participation. This method ensures a thorough investigation and proper statistical analysis. It deals with numbers, logic, and an objective stance.

Problem 1. What is the level of knowledge of the constituents on smoke-free ordinance in Local Government Unit in Soutehern Philippines in terms of the following salient features? The Common Knowledge About Smoke – Free Environment Policy in Local Government Unit in Soutehern Philippines.

## Results and Discussion

This chapter presents, analyzes, and interprets data on the smoke-free environment policy's knowledge, attitudes, and practices (ordinance no. 885) in Local Government Unit in Soutehern Philippines. The presentation is based on the order of the specific problems in the problem statement. It covers the knowledge, attitudes, and practices on smoke-free environment policy (ordinance no. 885) Local Government Unit in Soutehern Philippines, and the development of proper interventions based on the result of the data.

**Table 1** presents the mean and standard deviation of the knowledge level of the Local Government Unit in Soutehern Philippines on the existing smoke-free environment policy. Among the knowledge indicators, awareness of the anti-smoking initiatives and campaigns in the community got the highest mean, which reflects a high level. The indicator with the lowest mean is well-informed about the existing Ordinance No. 885 (Smoke-Free Environment Policy) in Local Government Unit in Soutehern Philippines, with a mean indicating a level of knowledge.

There are various reasons why the Local Government Unit in Soutehern Philippines residents need a higher knowledge of the ordinance. According to a study by Byron et al. (2019), several nations need to revitalize their smoke-free laws because they are in place in theory but not in reality. Many enforcement strategies have been employed but have yet to be side-by-side to determine which works best. In addition, some citizens believed the regulation violated their rights, and there needed to be more knowledge among citizens regarding the harmful health effects of secondhand smoke exposure. Despite the smoke-free ordinance, several residents believed everything was still the same since they were unaware of its implementation. (Anthony et al., 2018).

**Table 2.** Prohibited acts the level of Knowledge About the Prohibited Acts of Ordinance no. 885 in Local Government Unit in Soutehern Philippines.

Knowledge Indicators	Mean ( $\mu$ )	StDev ( $\sigma$ )	Interpretation
Smoking and vaping are not permitted in workplaces, closed, partially or fully enclosed public spaces, or on public transportation.	3.51	2.50	Very High
It is illegal to sell or distribute tobacco products to minors.	3.78	2.30	Very High
Purchasing tobacco products or ENDS to minors is prohibited.	3.87	2.42	Very High
It is against the law to order, instruct, or force a minor to use, light up, purchase, sell, distribute, deliver, advertise, or promote tobacco products.	2.57	1.74	Low
It is prohibited to sell or distribute tobacco products or ENDS within 100 meters of any school, public playground, DOH office, hospital, or healthcare facility.	2.59	1.78	Low
Selling tobacco products without a city permit to sell tobacco products is not allowed.	2.34	1.21	Low
It is illegal to promote tobacco products, run campaigns, hold events where businesses are	2.53	1.21	Low

not allowed to sell or are not permitted to sell,  
 and let minors inside.

Average Weighted Mean	3.02	1.88	High
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**Table 2** presents the respondents' responses regarding the level of knowledge about the prohibited acts contained in Ordinance No. 885 in Local Government Unit in Soutehern Philippines. The average weighted mean reveals a high level of knowledge. Three indicators of prohibited acts reflect a high level of knowledge, and these are: Smoking and vaping are not permitted in workplaces, closed, partially or wholly enclosed public spaces, or on public transportation; It is illegal to sell or distribute tobacco products to minors; and Purchasing tobacco products or ENDS to minors is prohibited. Among the indicators that show low levels, selling tobacco products without a city permit to sell tobacco products is not allowed has the lowest mean.

This result is supported by Jiang et al. (2018), who state that there is a low degree of common knowledge about the prohibited acts, as evidenced by the concerns raised by public housing residents regarding the need for more enforcement and compliance with smoke-free laws. There is a clear need for more knowledge and education on the forbidden acts, as seen by the numerous instances of residents breaking the current smoking prohibition, their unwillingness to report violations, and their doubts about the government's ability to enact additional regulations.

**Table 3.** Sanction The level of knowledge about the Penalties of Ordinance no. 885 in Local Government Unit in Soutehern Philippines

Knowledge Indicators	Mean ( $\mu$ )	StDev ( $\sigma$ )	Interpretation
Completely familiar with the penalties or consequences for violating smoke-free policies in different settings.	2.59	1.66	Low
Penalties for smoking/vaping in public places is much higher than selling and promoting tobacco products.	2.55	1.51	Low
Penalty for smoking/vaping in public places are ranging from 1 <sup>st</sup> offense: ₱500, 2 <sup>nd</sup> offense: ₱800, and 3 <sup>rd</sup> offense: ₱1000.	2.52	1.44	Low
Penalty for selling/promoting tobacco products in without a city permit are ranging from 1 <sup>st</sup> offense: ₱800, 2 <sup>nd</sup> offense: ₱900, and 3 <sup>rd</sup> offense: ₱1000.	2.58	1.59	Low
Even though I can avoid paying my penalties I still cannot get my barangay certification without settling my payment obligations	2.59	1.75	Low
<b>Average Weighted Mean</b>	<b>2.56</b>	<b>1.59</b>	<b>Low</b>

**Table 3** presents the responses regarding the level of knowledge about the penalties of Ordinance No.885 in Local Government Unit in Soutehern Philippines. The average weighted mean regarding the sanctions for smoking reveals a low level.

All of the responses on the five (5) indicators about the penalties of ordinance No.885 indicate a low level.

This result is supported by Villanez et al. (2019), who, in their study, revealed that many of the respondents needed to be made aware of the specific provision of smoke-free policies in their barangays, indicating a lack of dissemination or understanding of the local regulations. Accordingly, this lack of awareness emphasizes the challenges in effectively implementing and enforcing smoking ordinances at the barangay level.

Table 4. Problem 2. What is the attitude of the constituents toward the smoke-free ordinance in Local Government Unit in Soutehern Philippines? The Attitude of the constituents toward the smoke-free ordinance in Local Government Unit in Soutehern Philippines

**Table 4.** The level of Knowledge on the Attitude

<b>Attitude Indicators</b>	<b>Mean(<math>\mu</math>)</b>	<b>StDev (<math>\sigma</math>)</b>	<b>Interpretation</b>
Engage in support groups or programs for quitting smoking.	2.94	1.16	Sometimes True
Favor of community actions that ban smoking.	3.14	1.28	Sometimes True
Gladly support the policy prohibiting smoking	3.31	1.27	Sometimes True
Believe that I have responsibility to follow smoke-free policy.	3.54	1.22	Often True
Always thought of my surroundings as being smoke-free.	3.31	1.20	Sometimes True
Believe that the smoke-free ordinance will continue to be improved.	3.03	1.20	Sometimes True
Confidence in the authorities to keep enforcing the smoke-free ordinance's laws and restrictions.	3.00	1.04	Sometimes True
Willing to support upcoming new sub-units of policies of having a smoke-free environment.	3.24	1.17	Sometimes True
Believe that I have the responsibility to report violators to authorities.	3.01	1.17	Sometimes True
Pledge to support the neighborhood by putting up smoking cessation materials like flyers, brochures, and posters.	3.02	1.12	Sometimes True
<b>Average Weighted Mean</b>	<b>3.15</b>	<b>1.18</b>	<b>Sometimes True</b>

**Table 4** above shows the results of the constituents' practices regarding the smoke-free ordinance in the Local Government Unit in Soutehern Philippines y. The table indicates that the residents of Barangay sometimes practice the above indicators concerning the smoke-free ordinance as indicated in the overall mean.

The indicators help maintain a smoke-free environment at home and in public spaces. Adhering to the smoke-free initiatives implemented by barangay officials in our community has the highest means and is practiced often. These indicators have the highest means but contradict the previous results.

Wynne et al. (2018) highlight those factors such as ineffective enforcement and lack of awareness about the policy's importance may contribute to this attitude. Effective enforcement strategies enhance compliance, including promotion campaigns, signage, and violation penalties. Additionally, factors like lower staff smoking rates and supportive networks can further promote adherence to smoke-free policies. Addressing these factors can help foster greater compliance and support for the smoke-free ordinance within the barangay.

## **Conclusion**

The Local Government Unit in Southern Philippines lack awareness and understanding of the smoke-free ordinance. The citizens seem to not care about implementing a Smoke-free environment (ordinance no.885) because of the lack of information dissemination. There is no signage related to the ordinance. This lack of information dissemination hinders the efforts of the barangay to implement the ordinance. Signages help the residents become aware of the health risks associated with smoking and the benefits of a smoke-free environment.

The residents have inconsistent support for implementing the ordinance because content information regarding the ordinance is not widely disseminated in the Barangay. The attitude of the barangay residents needs to change in order for them to follow the smoke-free policy. Despite this positive attitude, the community will have support from its constituents on this policy and other ordinances and activities.

The residents sometimes practice the policy and need to improve their level of support. They need to be well-educated about the effects and the long-term results of smoking on the environment and the system of a person. Improving residents' practices related to the ordinance requires effective communication and effective implementation of the policy.

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