

**CHALLENGES IN TOBACCO CONTROL
AMONG
MYANMAR NATIONAL ATHLETES**

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ABSTRACT

A cross sectional descriptive study was carried out to explore the challenges in tobacco control among Myanmar national athletes from eight specific teams. Apart from that, in-depth interviews were done to get more detailed information. In-depth interview was conducted on two team leaders and team captains.

Regarding the magnitude on tobacco use, seven percent of athletes have ever smoked and thirty percent of athletes have ever used smokeless tobacco. Among these athletes, women athletes have ever smoked rarely but (11.3%) of them used smokeless tobacco. And thus, regarding of gender, there was significant association between sex and smokeless tobacco use. ($P < 0.05$)

(58.3%) of the smokers ever smoked due to peer pressures and (35.8%) of the smokeless tobacco users used tobacco as a recreation and (26.4%) of the athletes used tobacco due to peer pressures.

Apart from that, it was also found that statistical association present between pattern of sports (team sports and individual sports) and smokeless tobacco use. ($P < 0.05$)

Regarding knowledge level on tobacco use and anti-tobacco law, the respondents were found to have average knowledge score 4.42 ± 0.75 marks. Highest score was 6 marks and lowest score was 0 marks. Mean difference between knowledge score of men and women athletes was significantly different. ($P < 0.05$)

On perception, all the athletes said that tobacco products should be avoided. But, by in-depth interview, they accepted smoking as avoidable but they did not know that smokeless tobacco was as harmful as smoking.

Regarding of availability, all the athletes reported that tobacco products were available within 100 yards of playing fields and in-depth interview could also explore this information.

(84.4%) of the team leaders and (76.5%) of the coaches prohibited smokeless tobacco use and only (13%) of the athletes had not participated in activities of tobacco control.