



POLYTECHNIC UNIVERSITY OF THE PHILIPPINES
COLLEGE OF ENGINEERING
COMPUTER ENGINEERING DEPARTMENT

July 04, 2016

DR. ADELA JAMORABO RUIZ
Director, Quality Assurance Center

Dear *Dr. Ruiz*,

Greetings!

This letter is made in reference to the issue raised about the *"No Smoking" Campaign/Program* of the University *during our coordination meeting dated June 20, 2016* in preparation to the AACUP accreditation visit on July 14-16, 2016.

In this connection, please find the attached copy of the activities of the university thru Medical Information Service of the Medical Department such as bulletin board health information and advisory, exhibits displayed in different campuses showing the detrimental effects of cigarette smoking in the body and *"No Smoking"* signages as a reminder on the existing Republic Act (RA 9211) posted in conspicuous places within the university premises. Likewise, a copy of the policy that the university prohibits the selling of cigarettes and smoking inside PUP campuses as stated in the *"Alituntunin Ipinatutupad para sa Kalusugan at Sanitasyon ng Komunidad"* noted by VPA Alberto C. Guillo and was distributed to all food concessionaires inside PUP campuses.

We hope that the above mentioned documents of activities can be accepted on the matter.

Very truly yours,

MA. LIZA T. YANES, M.D.
Director

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"THE COUNTRY'S 1ST POLYTECHNICU"



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MGA ALITUNTUNIN NA BAWAT TINDAHAN SA KALUSUGAN
AT SANITASYON NG KOMUNIDAD

1. Ang lahat ng may-ari ng tindahan ay marapat na kumpleto sa kaukulang permiso lalo na ang "Balidong" Sertipiko ng Sanitasyon (Sanitary Permit) mula sa Kagawaran ng Kalusugan ng Lungsod ng Maynila at dapat ikabit/idikit o isabit sa nakikitang lugar sa loob ng tindahan.
2. Dapat na may Balidong Sertipiko ng Kalinisan (Health Certificate) ang lahat ng nagluluto, humahawak at nagsisislbi ng mga pagkain at isabit sa kaliwang bahagi ng damit pang itaas.
3. Dapat na may malinis na pangangatawan ang lahat ng nagluluto, humahawak at nagsisislbi ng mga pagkain:
 - Nakasuot ng apron
 - May hairnet o takip ang buhok
 - Naka-gwantes bilang proteksyon
4. May malusog na pangangatawan ang lahat ng nagluluto, humahawak at nagsisislbi ng mga pagkain.
 - Walang Sipon
 - Walang Ubo
 - Walang Lagnat
 - Walang Sugat lalo na sa kamay at braso
5. Dapat na malinis at maayos ang bawat tindahan.
 - Ang lahat ng lutoing pagkain ay dapat nakalagay sa estante na may saraduhang screen o lalagyan na may takip upang di dapuan ng langaw o kahit anong insekto.
 - May sapat na basurahan dapat may takip upang maiwasan ang ipis at langaw.
 - Ang mga kutsara at tinidor na metal ay kailangang pakuluan pagkatapos hugasan at panatilihing nakalubog sa malinis at mainit na tubig; at mga "disposable naman ay dapat na malinis at nakabalot.
6. Ipinagbabawal ang pagluluto sa mga "stall" maliban sa hotdog at burger.
7. Ipinagbabawal ang paggamit ng styropor at plastic base ayon sa City Ordinance.
8. Ang mga panindang tulad ng hotdog, luncheon meat, cheese, hamburger, ham, salami, French fries at iba pang produkto ng karne ay kailangang nasa loob ng refrigerator or ice chest. Ang mga pagkaing ito ay maaring maging sanhi ng pagtatae, pagsakit ng tiyan, pagsakit ng ulo at iba pa, kung hahayaang tumagal sa "room temperature"
9. Dapat na nakalagay sa gumaganang steamer ang mga siomai at iba pang kauring pagkain.
10. Panatilihing malinis at maayos ang paligid ng bawat tindahan.
 - Ang pinaghugasan ay kailangang tumuloy sa lagusan at hindi nakabara sa daanan ng tubig
 - Ang mga basyong lata, bote o anumang lalagyan ay hindi dapat nakakalat. Isilid sa sako malaking plastic at itali nang maayos.
 - Ugaliing magbomba ng panlaban sa ipis o anumang insekto tuwing sabado ng gabi pagkatapos ng oras ng pagtitinda.
 - Kailangang magkaroon ng sapat na espasyo at bentilasyon para sa mga nagtitinda at bumibili; Tanggalin ang anumang sagabal na maaring magbigay ng sakuna sa mamimili at mga naglilingkod; gayundin, upang gawing kaaya-aya ang paligid.
11. Dapat linisin ang pwesto bago mag umpisang magtinda at gayun din sa hapon/gabi pagkatapos magtinda.
12. Ang mga basurahan ay kailangang ilagay sa tabi at dapat may takip para hindi bahayan ng insekto. Dapat itapon ng janitor ang mga basurahan kung puno na ito at sa gabi ay hugasan ito upang mapanatili ang kalinisan.
13. Mahigpit na ipinagbabawal ang pagtitinda ng sigarilyo at magsigarilyo sa loob ng Unibersidad.

Ang lumabag sa mga nabanggit na alituntunin ay bibigyan ng babala ng Resource Generation Office sa unang pagkakataon at magmumulta ayon sa isinasaad ng batas o ipasasara ang "stall" sa mga susunod pang pagkakataon.

Ma. Liza T. Yanes
MA. LIZA T. YANES, MD
Director

Noted by:

Alf Guilló
PROF. ALBERTO C. GUILLO
VP for Administration

Cc: Office of the President
RGO



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POLYTECHNIC UNIVERSITY OF THE PHILIPPINES
STA. MESA, MANILA

MEDICAL SERVICES DEPARTMENT

SUPPORTS

DEPARTMENT OF HEALTH - HEALTHY LIFESTYLE
MOVEMENT:

PILIPINAS GO 4 HEALTH

"GO SMOKE-FREE EXHIBIT"

MICHELLE O. MALLARI, MD
PROJECT CHAIRMAN

ANGELITA C. RAMISCAL, RN
PROJECT CO-CHAIRMAN



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PilipinasGo4Health (*Go Smoke-Free, Go Sigla, Go Sustansya, Go Slow sa Tagay*) lifestyle movement spearheaded by the Department of Health (DOH); Health Secretary Enrique Ona and it's partners. It aims to inform and encourage Filipinos from all walks of life to practice commitment to physical activity, proper nutrition, and the prevention and cessation of smoking and alcohol consumption.

The Polytechnic University of the Philippines, Manila launched PUPGo4Health campaign last September 2012, chaired by Dr. Ver John P. Pia of the Medical Services Department in coordination with Department of Health, with cooperation of the College of Human Kinetics. The DOH Assistant Secretary Dr. Eric Tayag led the Go Sigla, Zumba Dance exercise participated by students, faculty members and employees of PUP community.

To continue the objective of PUP Go4 Health, the PUP Medical Services held a "Go - Smoke-Free Exhibit", chaired by Dr. Michelle O. Mallari and co-chaired by Ms. Angelita C. Ramiscal, RN last June 30 – July 18, 2014 at Southwing Lobby, Ground Floor. The said exhibit was transferred to different PUP campuses with the following schedule :

PUP Mass Communication :	July 21-28, 2014
College of Engineering and Architecture :	July 30 –August 07, 2014
PUP Institute of Technology :	August 8- 14, 2014
PUP M.H Del Pilar :	August 18 – 21, 2014
PUP Commonwealth :	August 28 – September 04, 2014
PUP Taguig :	September 09 – 19, 2014

Anti- smoking flyers courtesy of Department of Health were available for the students, faculty and administrative employees for information dissemination. Posting of "NO SMOKING" signs were done on designated places inside the campus.



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An Anti-Smoking Campaign exhibit supports the DOH "Smoke Free" advocacy to all schools, universities and government agencies, under the Tobacco Regulation Act of 2003 or Republic Act 9211.

- *RA 9211 covers :*
 - (a) *Promotion of healthful environment*
 - (b) *Dissemination of information regarding health risks associated with tobacco use*
 - (c) *Regulation and subsequent ban of all tobacco advertisements and sponsorships*
 - (e) *Protection of the youth from starting a life-long addiction to tobacco use by prohibiting the sale of tobacco products to minors*

The "Go-Smoke Free Exhibit" emphasized more on the ill-health effects of smoking :

I. HARMFUL CHEMICALS IN TOBACCO SMOKE

Cigarettes, cigars, pipe tobacco are made from dried tobacco leaves, and ingredients are added for flavor and to make smoking pleasant.

Tobacco smoke is made up of more than 7,000 chemicals, including over 70 known to cause cancer (carcinogens).

- Cyanide
- Formaldehyde
- Benzene
- Methanol
- Acetylene
- Ammonia
- Tar
- Poison gases, carbon monoxide and nitrogen oxide

Nicotine – an addictive drug and one of the harshest chemicals in tobacco smoke



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PASSIVE SMOKING – is the inhalation of smoke called “*second hand smoke*” (*SHS*). This means those who breathe in passive smoke are vulnerable to the same harmful substance to which a smoker is exposed. The victims of second hand smokers are family members of smokers particularly children and pregnant women who smoke also exposed their unborn children to harmful substances.

EFFECTS OF SECOND HAND SMOKE :

- Irritated eyes and airways
- Increase chances of developing pneumonia and bronchitis
- More likely to develop lung cancer and heart disease
- Children have an increase chance of becoming smokers when they grow up

II. SMOKING AND INCREASED HEALTH RISKS

- Smoking damages the blood vessels that may cause high blood pressure causes stroke, coronary heart disease, heart attack
- Smoking causes COPD (Chronic Obstructive Pulmonary Disease), emphysema and chronic bronchitis
- Smoking can cause cancer almost anywhere in the body: blood, cervical, bladder and kidneys, colon and rectum, esophagus, oropharynx, larynx, liver, pancreas, stomach, trachea, bronchus and lungs
- Smoking can increase the risk for cataracts
- Smoking can affect men’s sperm which can reduce fertility
- Smoking increases the risk of women to ectopic pregnancy, preterm (early) delivery, low birth weight baby, stillbirths (death of baby before birth)
- Orofacial clefts in infants
- Smoking can affect bone health
- Smoking can cause Type II Diabetes



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III. THE SMOKER'S BODY

Every 6.5 second someone dies from tobacco use, says the World Health Organization. Research suggests that people who start smoking in their teens (as more 70% do) and continue for decades or more will die 20 to 25 years earlier than those who never light up. It is not just lung cancer or heart disease that cause serious health problems and death. Below, some of smoking's less publicized side effects- from head to toe.

1. **Psoriasis** – a non-contagious inflammatory skin condition that leaves itchy, oozing red patches all over the body.
2. **Cataracts** – smokers have a 40% higher rate of cataracts, a clouding of the eye's lens that blocks light and may lead to blindness.
3. **Wrinkling** – smoking prematurely ages skin by wearing away proteins that give it elasticity, depleting it of vitamin A and restricting blood flow.
4. **Hearing Loss** – because smoking creates plaque on blood vessel walls, decreasing blood flow to the inner ear, smokers can lose their hearing earlier than non-smokers and are more susceptible to hearing loss caused by ear infections.
5. **Cancer** – more than 40 chemicals in tobacco smoke have been shown to cause cancer. Smokers are some 20 times more likely to develop lung cancer than non-smokers. Smoking causes about 90% of lung cancers in men and 80% in women and according to studies, the longer one smokes, the greater the risk of developing cancers at several sites.
6. **Tooth Decay** – smoking interferes with the mouth's chemistry, creating excess plaque and yellow teeth. There is some evidence that smoking contributes to tooth decay.
7. **Emphysema** – smoking causes emphysema, a swelling and rupturing of the lung's air sacs that reduces the lung's capacity to take in oxygen and expel carbon dioxide.
8. **Osteoporosis** – carbon monoxide, the main poisonous gas in car exhaust fumes and cigarette smoke, binds to blood much more readily than oxygen, cutting the oxygen-carrying power of heavy smokers' blood by as much as 15%. As a result, smokers bone lose density, fracture more easily and take up to 80% longer to heal.
9. **Heart Disease** – smoking is one of the biggest risk factors for developing cardiovascular diseases.
10. **Stomach Ulcers** – smoking reduces resistance to the bacteria that cause stomach ulcers. It also impairs the stomach's ability to neutralize acid after a meal, leaving the acid to eat away the stomach lining.
11. **Discoloured Fingers** – the tar in the cigarette smoke collects on the fingers and fingernails, staining them in a yellowish-brown.
12. **Cervical cancer and miscarriage** – smoking can lead to fertility problems for women and complications during pregnancy and childbirth.
13. **Deformed Sperm** – smoking can deform sperm and damage its DNA, which could cause miscarriage or birth defects.



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14. Buerger's Disease – also known as “thromboangitis obliterans”, is an inflammation of the arteries, veins, and nerves in the legs, principally leading restricted blood flow. If left untreated, Buerger's disease can lead to gangrene and amputation of the affected areas.





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IV. STOP SMOKING PLAN

Start your Stop Smoking Plan with S-T-A-R-T..

S – ET A QUIT DATE

Choose a date within the next 2 weeks, so you have enough time to prepare without losing your motivation.

T – ELL FAMILY, FRIENDS, AND CO-WORKERS THAT YOU PLAN TO QUIT

Let your friends and family in, on your plan to quit smoking and tell them that you need their support and encouragement to stop. Look for a quit buddy who wants to quit smoking as well.

A – NTICIPATE AND PLAN FOR THE CHALLENGES YOU'LL FACE WHILE QUITTING

Most people who begin smoking again do so within the first 3 months. You can help yourself make it through by preparing ahead for common challenges, such as nicotine withdrawal and cigarette craving.

R – EMOVE CIGARETTES AND OTHER TOBACCO PRODUCTS

Throw away all of your cigarettes, lighters, ashtrays and matches from your home, car and work.

T – ALK TO YOUR DOCTOR ABOUT GETTING HELP TO QUIT

Your doctor can prescribe medication to help with withdrawal and suggest other alternatives.



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V. THE BENEFITS OF QUITTING SMOKING OVER TIME

20 Minutes After Quitting – Your heart rate and blood pressure drop.

12 Hours After Quitting – The carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting – Your circulation improves and your lung function increases.

1 to 9 Months After Quitting – Coughing and shortness of breath decreases, start to regain normal function in lungs.

1 Year After Quitting – The excess risk of coronary heart disease is half that of a continuing smokers.

5 Years After Quitting – Risk of cancer of the mouth, throat, esophagus and bladder are cut in half, cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.



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Polytechnic University of the Philippines
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MEDICAL SERVICES DEPARTMENT

Supports
Department of Health
Healthy Lifestyle Movement: Pilipinas Go 4 Health

Presents

GO SMOKE-FREE EXHIBIT

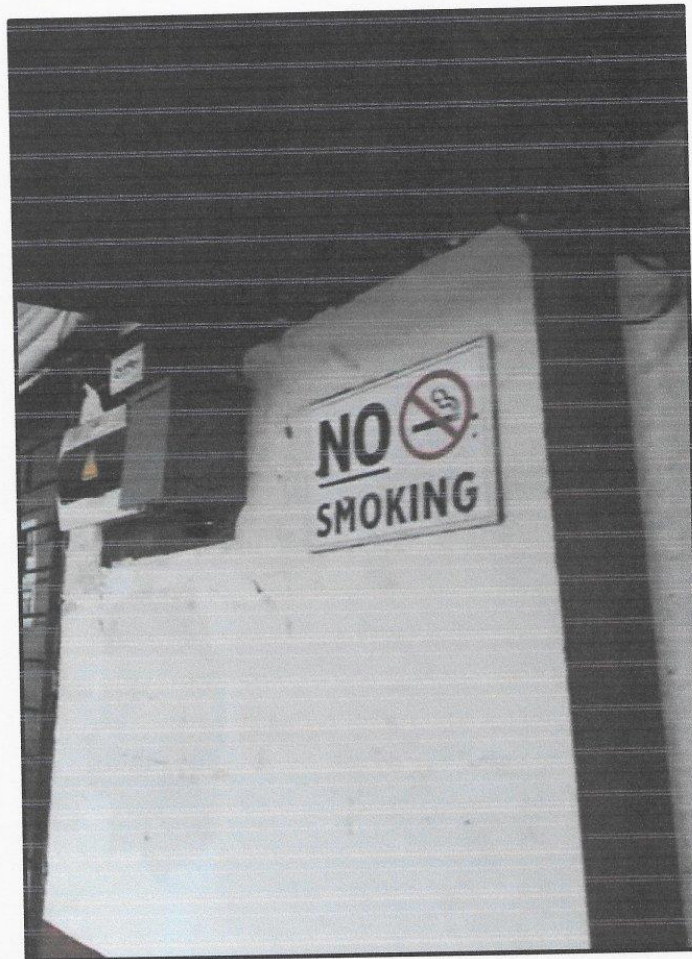
On
June 30, 2014-July 18, 2014
South Wing, Ground Floor

Quit Smoking
Life is beautiful

This serves as an invitation



NO SMOKING SIGN IN CEA BUILDING



The "No Smoking" sign is displayed.