專題摘要 Abstract

在有限資源下提升戒煙服務——英美經驗分享及前瞻

How to Improve Tobacco Cessation on the Population Level When Resources Are Limited?

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世界衛生組織提倡「MPOWER」的煙草控制方案，其中『O』是提供戒煙幫助。戒煙服務是一項昂貴的服務，但當撥款資助不足時，卻是舉步為艱，難以推行。是次演講將分享如何在人口層面改善戒煙率，更重要是增加嘗試戒煙的煙民數目，比提供幫助予每一位煙民去戒煙更為重要。論文重點介紹一個以人口層面為基礎的戒煙概念模式，並引用英美兩地的數據，證明這個模式可應用於實際情況。

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One of the six policies outlined in WHO's MPOWER is to "offer help to quit tobacco use." However, cessation programs can be expensive, which makes it difficult to implement them when the funding for tobacco control is limited. This talk will show that, to improve the quit rate on the population level, it is more important to increase the number of smokers making quit attempts than to provide help to every smoker who is trying to quit. The presentation will highlight a conceptual model for population-based cessation and will cite data from the US. and the United Kingdom to demonstrate how the model can be applied in practice.