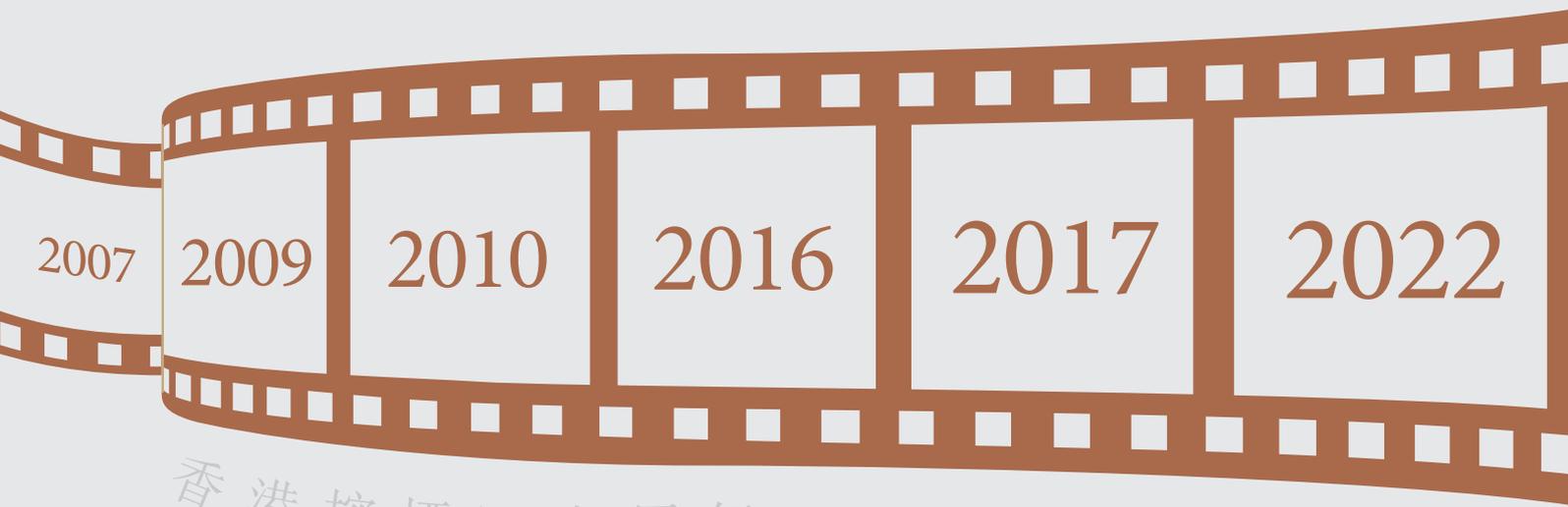




邁向
零煙害世代
Towards a Tobacco-free Future



香港控煙四十周年
40th Anniversary of Tobacco Control in Hong Kong



邁向
零煙害世代
Towards a Tobacco-free Future

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前言

Foreword



2022年正值香港訂立《吸煙(公眾衛生)條例》四十周年，全禁另類吸煙產品條例亦於今年正式生效。隨著政府積極地推動控煙工作，加上社會各界的共同努力，香港的吸煙率穩步下降，由80年代的23.3%降至現時的9.5%，成為目前全球吸煙率最低的地區之一，反映香港多年來透過立法、徵稅、宣傳及教育、執法，以及推廣戒煙服務等行之有效。

回顧過去控煙歷程，儘管當中遇上不少挑戰，香港仍然秉持世衛提出的MPOWER方向，循序漸進地抑制煙草使用，保障公眾健康，包括推展公眾教育、立法禁止煙草宣傳及廣告、擴大禁煙區至室內食肆及工作間，以至全禁另類煙等。尤其近年另類煙的冒起對公共衛生構成嚴重威脅。為此，政府與社會各界的目標一致，堅定支持立法全禁，最終排除萬難獲得通過，對預防非吸煙人士特別是兒童及青少年，透過另類煙而染上煙癮起了關鍵作用。

綜合宏觀全球控煙形勢，同時因應香港廣大市民的普遍願望，我們的工作不再止於控制煙害，長遠目標應是為市民提供一個零煙害的生活環境。當中，實有賴各方繼續群策群力，以及政府全方位的控煙策略，包括大幅增加煙草稅、降低煙草吸引力等。與此同時，我們亦需時刻保持警覺，應對煙草商層出不窮的干預及宣傳伎倆，無煙香港的願景便指日可待。



湯修齊

主席
香港吸煙與健康委員會



2022 marks 40 years since the enactment of the Smoking (Public Health) Ordinance in Hong Kong as well as the first year of enforcing the total ban on alternative smoking products. Following the utmost importance attached to tobacco control topic by the Government and the concerted efforts of Hong Kong people from all strata and sectors, smoking prevalence has been declining from 23.3% in 1980s to the current smoking rate at 9.5% as one of the lowest in the world, revealing Hong Kong tobacco control measures in legislation, taxation, publicity and education, law enforcement and promotion of smoking cessation have all along been effective over the years.

In line with WHO's MPOWER approach, Hong Kong has steadily contained the proliferation of tobacco use despite the challenges faced in the development of tobacco control over the past few decades. Our efforts included the promotion of health education, the bans on overt advertising, the extension of statutory no smoking areas to the indoor areas of all restaurants and workplaces and total ban on alternative smoking products. In particular, the swift popularity of alternative smoking products from all over the world caused the unfolding public health disaster. In this connection, the Government shared the same objective with many sectors of our society to take firm on the total ban legislation and eventually succeeded in the final passage of the Bill. We considered that it is crucial to preventing the uptake of smoking as a gateway among non-smokers especially children and teenagers.

In view of the global trend and the aspiration of Hong Kong people, our work will never be limited to controlling the consumptions of smoking but should be visionary to provide citizens a tobacco-free environment which is attributable to the joined-up support at all levels of society and the Government's tobacco control strategies in respect of tobacco tax hike, reducing the attractiveness of tobacco, etc. Meanwhile, we must also be vigilant against the tobacco industry interference and marketing tactics on all fronts, with a view to achieving the goal of smoke-free Hong Kong soon.

Henry TONG

Chairman
Hong Kong Council on Smoking and Health

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《吸煙(公眾衛生)條例》自一九八二年起實施，歷經數次修訂，今年邁進四十周年。訂立該條例，是香港控煙工作的重要里程碑，體現我們堅持不懈，悉力減少煙草對社會造成的禍害。由於該條例行之有效，加上法定組織香港吸煙與健康委員會自一九八七年成立以來，竭誠推動控煙工作，香港的吸煙率由一九八二年的 23.3% 下降至二零二一年的 9.5%，比率屬全球最低之列，成績令人鼓舞。

政府現時採取循序漸進的方式，多管齊下，務使市民少吸煙，遠離煙草禍害。最新的控煙措施是在今年四月實施的《2021 年吸煙(公眾衛生)(修訂)條例》，禁止在本港售賣、製造和管有電子煙、加熱煙產品、草本煙及另類吸煙產品。此外，我們決意進一步減低香港的吸煙率，力求於二零二五年減至 7.8% 的水平，以配合政府防控非傳染疾病計劃。

我期望香港吸煙與健康委員會及社會各持份者繼續堅定信念，為香港的未來而努力，讓各項控煙政策及措施得以順利推展，發揮成效，齊心協力締造無煙香港。



李家超

香港特別行政區行政長官



I am pleased to acknowledge the 40th anniversary of the Smoking (Public Health) Ordinance. Enacted in 1982, and amended several times since, the legislation stands as a milestone in Hong Kong's continuing fight against tobacco dependence and the harm it does to our community. Thanks to the legislation and dedication of the Hong Kong Council on Smoking and Health, a statutory body established in 1987, Hong Kong's smoking prevalence has declined from 23.3 per cent in 1982 to just 9.5 per cent in 2021 - among the lowest percentages in the world.

Today, the Government's efforts to reduce the use of tobacco and its harm to public health are driven by a progressive, multi-pronged approach. The latest initiative is the Smoking (Public Health) (Amendment) Ordinance 2021, which came into effect in April this year. It prohibits the sale, manufacture and possession of electronic smoking products, heated tobacco products, herbal cigarettes, and other alternative smoking products in Hong Kong. And, as part of the Government's plan to prevent and control non-communicable diseases, we are determined to reduce smoking prevalence in Hong Kong to 7.8 per cent by 2025.

In realising these, and other, tobacco-control policies and initiatives, I count on the continuing efforts and far-sighted commitment of the Hong Kong Council on Smoking and Health and other community stakeholders. Working together, we can create a smoke-free Hong Kong.

John KC LEE

Chief Executive
Hong Kong Special Administrative Region

獻辭 Messages



今年迎來《吸煙(公眾衛生)條例》實施的第 40 年。有賴政府持續推行控煙政策和推廣無煙文化，加上香港吸煙與健康委員會和社會各界支持，香港已成為全球吸煙人口比率最低的地區之一，市民健康得以顯著改善。

香港吸煙與健康委員會一直致力推動控煙工作，除了向政府提供有關政策制訂的意見外，亦教育公眾煙草的禍害、鼓勵吸煙人士戒煙，並進行專題研究。委員會對本港的控煙工作貢獻良多，我謹向所有現任和前任委員衷心致謝。

過去 40 年來，政府循序漸進地實行不同控煙措施，包括在煙草產品包裝加上健康忠告、提高煙草稅、禁止煙草廣告和擴大禁煙區範圍。政府亦致力打擊新興吸煙產品，例如電子煙、加熱煙產品和草本煙，並由 2022 年 4 月 30 日起全面禁止香港進口、推廣、製造、售賣及為商業目的而管有此等另類吸煙產品。

控煙工作不進則退，政府會繼續與香港吸煙與健康委員會並肩同行，以保障廣大市民健康為依歸。

陳國基

陳國基

香港特別行政區政府政務司司長



This year marks the 40th anniversary of the Smoking (Public Health) Ordinance in Hong Kong. Thanks to the Government's steadfast implementation of tobacco control policies and advocacy of a tobacco-free culture, coupled with the support of the Hong Kong Council on Smoking and Health (COSH) and community at large, the smoking prevalence in Hong Kong has reduced to one of the lowest in the world and public health in the city much improved.

Committed to tobacco control, COSH offers the Government professional advice on policy formulation, educates the public on the harm of tobacco, encourages smokers to quit and conducts thematic research. I extend my sincere gratitude to all members of COSH, past and present, for their contributions to tobacco control in Hong Kong.

Over the past 40 years, the Government has progressively implemented various tobacco control measures, such as adding health warnings on tobacco product packaging, raising tobacco taxes, banning tobacco advertising and expanding no smoking areas. It has also spared no effort to combat such emerging smoking products as electronic smoking products, heated tobacco products and herbal cigarettes. Since April 30, 2022, the import, promotion, manufacture, sale and possession for commercial purposes of these alternative smoking products have been completely banned in Hong Kong.

There is no turning back in the course of tobacco control, along which the Government will continue its close collaboration with COSH to best safeguard public health.

Chan Kwok-ki

CHAN Kwok-ki

Chief Secretary for Administration
The Government of the Hong Kong Special Administrative Region

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吸煙危害健康，除了增加醫療開支和影響生產力，更為香港社會及經濟帶來沉重負擔。

香港每年有近七千名市民因為吸煙而死亡，而因煙草引致的疾病估計每年為香港帶來高達 55 億港元經濟損失。煙草帶來的禍害不容忽視，政府一直將控煙工作放於首要位置，未來會繼續投放資源於有關政策上，包括推廣戒煙服務、宣傳教育及執行政例等，以積極保障市民健康。

我感謝香港吸煙與健康委員會、社會各界及市民對政府控煙工作的支持，使香港的吸煙率在過去數十年持續下降。有賴社會各界共同努力，《2019 年吸煙(公眾衛生)(修訂)條例草案》已於去年獲立法會通過，並自今年四月起實施。有關條例禁止進口、推廣、製造、售賣或為商業目的而管有另類吸煙產品，對保護公眾健康邁出重要一步。在未來的日子，政府會繼續積極推動控煙工作，讓香港邁向無煙未來。

陳茂波

香港特別行政區政府財政司司長



Smoking poses great harm to public health. Other than additional healthcare expenditure and reduced productivity, it also causes tremendous adverse impacts on our society and the economy of Hong Kong.

Smoking causes nearly 7,000 deaths each year and the economic loss resulting from tobacco-related health problems is estimated to be about \$5.5B each year. The hazardous impact of smoking needs to be addressed and tobacco control remains a priority for the government. We will continue to allocate resources on relevant policies, including the promotion of smoking cessation services, public education and law enforcement, with a view to proactively safeguarding public health.

Thanks to the ongoing support of the Hong Kong Council on Smoking and Health, the community and the public, Hong Kong's smoking prevalence has been in decreasing trend over the past decades. With concerted efforts of the society, the Smoking (Public Health) (Amendment) Bill 2019 was passed by the Legislative Council last year and has come into force as from April this year. Under the new legislation, import, promotion, manufacture, sale and possession for commercial purposes of alternative smoking products are banned, representing a crucial step to protect public health. Looking ahead, the Government will keep up its effort in tobacco control with the aim of creating a smoke-free future for Hong Kong.

Paul MP CHAN

Financial Secretary
The Government of the Hong Kong Special Administrative Region

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煙草的使用是導致癌症及心血管系統疾病等致命及慢性疾病的單一最重要可預防風險因素。香港自 2013 年起成為全球最長壽的地區，研究顯示關鍵在於整體心血管疾病的低死亡率，以及女性的癌症低死亡率，而兩者都可歸功於本港的低吸煙率。香港的吸煙率一直持續下降，2021 年更錄得 9.5% 的歷史新低，足見本港控煙政策對保障市民健康帶來正面影響。

政府致力執行世界衛生組織的煙草控制框架公約。我們一直以循序漸進的方式落實多管齊下的控煙政策，以鼓勵市民不吸煙、抑制煙草的廣泛使用和減低二手煙對市民的影響。我感謝包括香港吸煙與健康委員會在內各界持份者一直以來的支持，政府亦會繼續積極推行控煙政策。

政府的控煙政策一直與時並進，透過多管齊下的方式例如立法、宣傳、教育及推廣戒煙等方式落實控煙政策。早於 1982 年，政府為保障公眾健康，採立了當時「吸煙問題臨時委員會」的建議，正式訂立《吸煙（公眾衛生）條例》，立法規管吸煙行為、香煙的售賣和宣傳等，並於歷年來先後曾作出多次修訂。今年是《吸煙（公眾衛生）條例》實施的第 40 年，而本港吸煙率亦由 1982 年的 23.3% 逐步下降至現時的 9.5%，成為全球吸煙率最低的地區之一。

四十年來，政府持續擴大法定禁煙區範圍，從 80 年代初只涵蓋電影院及公共升降機等，逐步至 2006 年起於室內工作間及公眾地方實施全面禁煙。及後陸續在更多巴士轉乘處及公共交通設施擴大禁煙區範圍，對保護公眾免於二手煙禍害立下重要里程碑。有賴香港吸煙與健康委員會、社會各界及市民的支持，去年立法會通過了《2021 年吸煙（公眾衛生）（修訂）條例》，禁止進口和出售包括電子煙和加熱煙在內的另類吸煙產品，以防新型煙草產品禍害年輕人。

政府會繼續努力推動控煙工作，鼓勵市民尤其是青少年不吸煙，及成年人為下一代戒煙，並加強戒煙服務。希望大家積極參與，共建活力、健康、無煙的香港。



盧寵茂教授

香港特別行政區政府醫務衛生局局長



The use of tobacco is the most preventable risk factor responsible for the cause of death and chronic diseases, including cancers and cardiovascular diseases. Research showed that the reason for which Hong Kong has attained the world's highest life expectancy since 2013 is attributable to the low mortality of cardiovascular diseases in both men and women, as well as the low mortality of cancer among women. The attainment of low smoking prevalence played a key role in the achievement above. Hong Kong's smoking prevalence has been declining over the past decades and recorded a historical low of 9.5% in 2021. This shows the positive impacts of Hong Kong's tobacco control on the citizen's health.

The Government is committed to the implementation of the World Health Organization Framework Convention on Tobacco Control. We have been adopting a progressive multi-pronged approach in tobacco control by discouraging smoking, containing the proliferation of tobacco use and minimising the impact of passive smoking on the public. My heartfelt gratitude goes to the collaborative efforts from various stakeholders including the Hong Kong Council on Smoking and Health (COSH) over the years. The Government will continue to push forward tobacco control policies.

The Government's tobacco control policy keeps up with the times through implementation of different measures on all fronts, comprising legislation, publicity, education, and promotion of smoking cessation to advise the public of the health hazards of smoking. In as early as 1982, to safeguard public health, the Government adopted recommendations from the "Ad Hoc Committee on Cigarette Smoking" and enacted the Smoking (Public Health) Ordinance (the Ordinance). The Ordinance regulates the use and restrict the sale and promotion of smoking products, with multiple amendments throughout the years. This year marks the 40th Anniversary for the enactment of the Ordinance. The smoking prevalence in Hong Kong has dropped from 23.3% in 1982 to the current 9.5% and is among the lowest in the world.

In the past 40 years, the Government progressively extended the smoking ban from covering cinemas and public lift to all indoor workplaces and public places in 2006, followed by expansion of smoking ban to bus interchanges and public transport facilities. It set a milestone to protect the public from the hazard of passive smoking. With the support from COSH, the community and the public, the Legislative Council passed the Smoking (Public Health) (Amendment) Ordinance 2021 last year, banning the import and sales of alternative smoking products, including electronic smoking products and heated tobacco products, so as to prevent the smoking hazards from reaching the young people.

The Government will continue to push ahead with our anti-tobacco efforts, so as to discourage the use of tobacco especially among our youth, encourage adults to quit for the next generation and enhance smoking cessation services. Let us all work together to create a vibrant, healthy and smoke-free Hong Kong.

Prof LO Chung-mau

Secretary for Health

The Government of the Hong Kong Special Administrative Region

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教育局向來重視學生的身心健康發展，協助同學建立健康的生活方式，是香港中小學課程七個學習宗旨之一。近年，教育局積極推動價值觀教育，培育學生建立正面的價值觀，讓學生正確認識有害物質(包括煙草)對身體的禍害，能夠堅拒誘惑。

由 2019 年起，我們以「感恩珍惜・積極樂觀」作為「我的行動承諾」價值觀教育推廣活動的主題，培養學生常存感恩之心，珍惜擁有的一切；抱持積極樂觀的人生態度，勇敢面對生活和成長的挑戰和困難，建立健康的生活習慣和態度，遠離對身心有不良影響的事物。

未來，教育局會繼續與相關政府部門、不同組織、學校、家長及社會各界合作，努力營造健康、正面的社會、校園和家庭氛圍，讓學生遠離煙害，身心健康發展。



蔡若蓮博士

香港特別行政區政府教育局局長



Attaching great importance to the physical and mental development of students, the Education Bureau (EDB) is committed to helping them lead a healthy lifestyle, which is laid down as one of the seven learning goals of primary and secondary education in Hong Kong. In recent years, the EDB has been actively promoting values education to foster positive values among students, with which they will develop a proper understanding of the ill-health effects of harmful substances (including tobacco) and be able to resist the temptation of such substances.

Since 2019, we have adopted "Be Grateful and Treasure What We Have, Stay Positive and Optimistic" as the theme for activities promoting values education under My Pledge to Act. We aim to help students develop a sense of gratitude, learn to cherish what they have, adopt a positive and optimistic attitude towards life, face challenges and difficulties with courage, cultivate healthy habits and lifestyle, and stay away from things that can be detrimental to their physical and mental well-being.

Looking ahead, the EDB will work in continuous collaboration with relevant government departments, organisations, schools, parents and various sectors in an effort to create a healthy and positive atmosphere in society, schools and families whereby students can be protected from the hazards of smoking and grow up healthily inside out.

Dr CHOI Yuk-lin

Secretary for Education
The Government of the Hong Kong Special Administrative Region

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今年是香港控煙工作開展四十年，亦是香港吸煙與健康委員會成立三十五周年，謹此向香港吸煙與健康委員會衷心致賀。

香港吸煙與健康委員會一直致力教育公眾認識煙草的禍害，亦透過不同的控煙活動，鼓勵吸煙市民戒煙。近年，青少年吸食電子煙的情況越趨普遍，為杜絕另類吸煙產品在港流行蔓延，《2021年吸煙(公眾衛生)(修訂)條例》已於今年4月生效，並全面禁止包括電子煙、加熱煙等另類吸煙產品，令公眾健康得到更大保障，亦避免年輕一代受不同形式的煙草誘惑危害。

多年以來，香港吸煙與健康委員會與協作伙伴緊密合作，令香港成為全球吸煙率最低的地區之一，本港吸煙率亦由2019年的10.2%首次下降至去年9.5%的單位數，成果令人鼓舞。祝願委員會未來日子工作順利，繼續與社會各界並肩同行，攜手打造無煙香港。



麥美娟

香港特別行政區政府民政及青年事務局局长



2022 marks the 40th year since the launch of the campaign against tobacco use in Hong Kong and the 35th anniversary of the establishment of the Hong Kong Council on Smoking and Health (COSH). I would like to extend my warmest congratulation to COSH on this notable occasion.

For years, COSH has demonstrated its remarkable commitment to public education on the hazards of tobacco and promotion of smoking cessation to local smokers through various tobacco control activities. Given the rising trend of electronic cigarette smoking among young people in recent years, effort has been made to curb the spreading of alternative smoking products in Hong Kong. It is therefore encouraging to have the Smoking (Public Health) (Amendment) Ordinance 2021 coming into effect in April this year, under which a total ban is imposed on electronic cigarettes, heated tobacco and other alternative smoking products to enhance public health protection. The ban also helps the younger generation avoid the harm from various forms of tobacco temptations.

The long-time close collaboration COSH made with various partners has kept Hong Kong on the global rank of places with the lowest smoking prevalence. Most gratifyingly, for the first time, our smoking prevalence came down to a single-digit rate at 9.5% last year, a drop from 10.2% in 2019. On that note, may I wish COSH smooth sailing in moving forward with its good work towards a smoke-free Hong Kong in partnership with all sectors of the community.

Alice MAK

Secretary for Home and Youth Affairs
The Government of the Hong Kong Special Administrative Region

獻辭 Messages



為保障公眾健康，香港吸煙與健康委員會多年來帶頭控煙，不遺餘力，成績斐然。《吸煙(公眾衛生)條例》自一九八二年起實施，今年標誌着香港推行控煙工作四十周年，我藉此機會向委員會衷心致賀。

香港吸煙與健康委員會透過教育、宣傳及研究項目等，向公眾講解吸食煙草產品的禍害，鼓勵戒煙，並積極向政府提供意見，以優化控煙政策。本港整體吸煙率從一九八零年代初的 23.3% 逐步下降至去年的 9.5%，成果令人鼓舞，為香港控煙工作樹立重要的里程碑。

香港海關一直是委員會在控煙工作上的緊密合作夥伴，除執行發牌制度以管制煙草產品的進出口外，更致力打擊各個層面的私煙罪行，並且不時舉辦反私煙宣傳活動。自《2021 年吸煙(公眾衛生)(修訂)條例》於今年四月三十日生效後，香港海關加強執法力度，積極配合落實全面禁止另類吸煙產品。

香港吸煙與健康委員會在控煙工作上的貢獻和成果有目共睹，我謹此祝願委員會在邁向「煙草終局」的路上再創佳績。



何珮珊
海關關長



The Hong Kong Council on Smoking and Health (COSH) has been playing a leading role in tobacco control to safeguard public health. It has spared no efforts and accomplished remarkable results throughout the years. This year marks the 40th Anniversary of Tobacco Control in Hong Kong since the enactment of the Smoking (Public Health) Ordinance in 1982. I would like to take this opportunity to extend to COSH my sincere congratulations.

Through educational programmes, publicity events and research projects, COSH publicises the hazards of tobacco product consumption, encourages smoking cessation, and proactively advises the Government on the ways to enhance the tobacco control policy. The overall smoking prevalence in Hong Kong gradually dropped from 23.3% in the early 1980s to 9.5% in 2021. This encouraging accomplishment has set an important milestone for tobacco control in Hong Kong.

The Customs and Excise Department (C&ED) has always been a close working partner of COSH in tobacco control. Apart from enforcing a licensing regime for controlling the import and export of tobacco products, C&ED also vigorously combats illicit cigarette crimes at all levels, and organises anti-illicit cigarette publicity campaigns from time to time. Since the Smoking (Public Health) (Amendment) Ordinance 2021 came into effect on April 30 this year, C&ED has stepped up enforcement efforts to actively support the implementation of a total ban on alternative smoking products.

COSH is widely recognised for its contributions and achievements in tobacco control and I wish COSH every success on the path towards "Tobacco Endgame".

Louise HO

Commissioner of Customs and Excise

獻辭 Messages



今年是頒布《吸煙(公眾衛生)條例》(《條例》)四十週年。《條例》為香港特區的控煙工作奠下堅實基礎，令我們得以透過種種法定措施抑制煙草對健康、環境、經濟和社會的影響。經過四十年來控煙同仁的耕耘不輟，香港特區的吸煙率從 1982 年的 23.3% 下降到 2021 年的 9.5%，成績令人鼓舞。

立法是最有力的控煙工具。《條例》的有效實施印證政府多年以來堅定不移的承諾，以及衛生醫療專業、學術界和社會大眾為實現無煙香港所作的共同努力。2021 年，我們再次成功推動修訂《條例》禁制另類吸煙產品，防止新型吸煙產品在香港特區紮根。禁令再一次體現了我們為保護下一代免受煙草危害的決心。

我們誠然為吸煙率降至單位數感到欣喜，但對於未來的挑戰亦絕不會鬆懈。吸煙仍然是我們人口中可預防死亡的主要原因之一。衛生署會繼續與香港吸煙與健康委員會及各界控煙同盟緊密合作，推動無煙香港。

林文健醫生
衛生署署長



This year, 2022, marks the 40th anniversary of the enactment of the Smoking (Public Health) Ordinance. The legislation laid the solid foundation on which we had brought forth regulatory measures to combat the effects of tobacco use on our health, the environment, the economy, and the society. In the past four decades, the perseverance and hard work of our tobacco control community have brought down the smoking prevalence in Hong Kong Special Administrative Region from 23.3% in 1982 to 9.5% in 2021. Our collective achievement is remarkable indeed.

Legislation is a powerful tool for tobacco control. The effective implementation of the Smoking (Public Health) Ordinance is a testament to the unwavering commitment of the government and the coordinated efforts of the health and medical profession, academia, and civic society in pursuit of a tobacco-free Hong Kong. In 2021, we successfully brought about the legislative amendment to prevent alternative smoking products from taking root in Hong Kong Special Administrative Region. It proved yet again our determination to protect our future generations from the harms of tobacco.

While we celebrate our success of achieving a single-digit smoking prevalence, challenges lie ahead. Smoking remains the leading cause of preventable deaths in our population. The Department of Health will continue to work closely with the Hong Kong Council on Smoking and Health and allies towards the goal of a tobacco-free Hong Kong.

Dr LAM Man-kin
Director of Health

獻辭 Messages



我衷心祝賀香港吸煙與健康委員會在推行控煙工作上繼往開來，續創佳績。

香港推行控煙工作 40 載，委員會一直秉持保障公眾健康的宗旨，在控煙路上不遺餘力，透過推動無煙教育、宣傳活動及研究工作，向公眾宣揚煙草禍害，並與社會各界緊密合作，成功使不少吸煙人士戒煙，以及防止兒童和青少年開始吸煙，使香港成為全球吸煙率最低的城市之一。

有賴委員會的支持，懲教署多項有關戒煙的措施亦得以順利進行，包括戒煙輔導計劃、設立「無煙懲教設施」及參與由委員會與香港大學護理學院及公共衛生學院舉辦的「戒煙大贏家」無煙社區計劃等。近年參與該計劃的在囚人士的戒煙成功率均接近 60%，成績令人鼓舞。

承蒙委員會一直支持本署推廣無煙文化，謹此致謝。期盼日後繼續合作，攜手推動無煙香港。



黃國興
香港懲教署署長



It is my pleasure to extend my heartiest congratulations to the Hong Kong Council on Smoking and Health (COSH) on its continued success in tobacco control.

With Hong Kong's fight against tobacco use for four decades, COSH has been sparing no efforts in tobacco control to safeguard public health. Through smoke-free education programmes, publicity events and research projects, it widely publicises the hazards of tobacco. In addition, through working closely with all sectors of the community, COSH has succeeded in helping many smokers to quit smoking and preventing smoking uptakes among children and the youth, making Hong Kong one of the cities with the lowest smoking prevalence in the world.

Thanks to the staunch support of COSH, various initiatives on smoking cessation of the Correctional Services Department could be rolled out smoothly, including the smoking cessation counselling programme, the setting up of a "No Smoking Correctional Facility" and the participation in the "Quit to Win" Smoke-free Community Campaign co-organised by COSH, the University of Hong Kong (HKU) School of Nursing and the HKU School of Public Health. The results of the campaign have been encouraging, with the smoking cessation rate of persons in custody participating in the campaign reaching almost 60% in recent years.

I would like to thank COSH for its continued support for our efforts in promoting a smoke-free culture, and look forward to joining hands with COSH to promote a smoke-free Hong Kong.

WONG Kwok-hing
Commissioner of Correctional Services

獻辭 Messages



香港自 1982 年實施《吸煙(公眾衛生)條例》，至今 40 年，是香港控煙工作一個重要里程碑。經過各方的共同努力，本港的吸煙率由 1982 年的 23.3% 降至 2021 年的 9.5%，首次下跌至單位數，香港更成為全球吸煙率最低的地區之一，控煙成效令人鼓舞。

吸煙可引致肺癌、心臟病及中風等嚴重疾病。世界衛生組織的數據顯示，全球每年有 800 萬人因使用煙草致死；在香港，每年則有 7,000 人因吸煙或吸入二手煙引發疾病死亡。更有研究發現，與非吸煙人士相比，吸煙人士患上 2019 冠狀病毒病後出現嚴重併發症的機會較大，這無疑加重公立醫院的負擔。

為協助吸煙人士戒煙，醫院管理局(醫管局)於全港公立醫院及普通科門診診所設有 70 間「無煙新天地」戒煙輔導服務中心，並設立戒煙熱線供市民查詢有關服務。醫管局的戒煙輔導服務由跨專業團隊主理，為有意戒煙人士提供專業評估、輔導及跟進，訂立合適的戒煙方案，每年更為過萬名新症戒煙人士提供服務。

香港吸煙與健康委員會多年來一直不遺餘力建設無煙社會，透過廣泛的宣傳和教育，加深公眾認識吸煙的禍害。醫管局會繼續支持本港的控煙工作，一同建設清新香港。



范鴻齡
醫院管理局主席



It has been 40 years since the Smoking (Public Health) Ordinance was enacted in Hong Kong in 1982, marking a significant milestone in tobacco control in Hong Kong. With the unflinching support from different sectors, Hong Kong's smoking prevalence has substantially dropped from 23.3% in 1982 to 9.5% in 2021, recording a single digit for the first time and ranking among the lowest in the world. The successful efforts are encouraging.

Smoking can lead to serious diseases such as lung cancer, heart diseases and stroke, etc. According to the World Health Organisation, tobacco kills more than eight million people each year. In Hong Kong, 7,000 people died of the diseases associated with direct tobacco use or being exposed to second-hand smoke each year. A study even finds that compared to non-smokers, smokers who have contracted COVID-19 infection are more likely to develop severe complications. It would undoubtedly increase burden on public hospitals.

To assist smokers in quitting smoking, the Hospital Authority (HA) provides smoking counselling and cessation service via its 70 smoking counselling and cessation centres in public hospitals and General Out-patient Clinics across the territory, in addition to the hotline for public enquiry on the service. Provided by the multidisciplinary team, the HA's smoking counselling and cessation service assists smokers to quit smoking by offering them professional assessment, counselling and follow-up services, as well as building an appropriate smoking cessation plan. Over 10,000 new cases have been served each year.

The Hong Kong Council on Smoking and Health has all along spared no efforts in building a smoke-free city through a wide range of publicity and education campaigns to raise the public awareness on the hazards of smoking. HA will continue its support in tobacco control and contribute together in promoting a healthy and fresh Hong Kong.

Henry FAN Hung-ling
Chairman
Hospital Authority

獻辭 Messages



本人謹代表世界衛生組織西太平洋區域祝賀中國香港控煙 40 周年。

在 1982 年，中國香港正式實施控煙條例，為控煙發展奠下重要里程碑，當時吸煙率為 23%。40 年後，其吸煙率大幅下降至現時的 9.5%，成為全球吸煙率最低的地區之一。

香港特區政府一直在抑制煙草廣泛使用的工作上努力不懈，保護過百萬名市民的健康，亦對西太平洋區域的其他國家具有啟發作用。其成就更是在全球有目共睹，並獲國際肯定，當中尤以其戒煙服務範疇備受推崇，曾為不少會員國提供控煙培訓的機會。例如，香港特區政府是首個在西太平洋區域內設立專門為年輕人提供免費戒煙熱線服務的地區。此外，最近就禁止電子煙和加熱煙草產品的廣告、進口、製造、銷售和分銷的決定再次充分展現了政府保障公眾健康的決心和承擔，確實是得來不易的控煙進程。

全賴政府的帶領，以及學術界、公民社會組織及社會各界的共同努力，攜手並肩，致使推動控煙工作獲得成功。中國香港在控煙措施上不斷地取得進展，並以這一代和下一代的健康和福祉為依歸，實在值得讚許。世界衛生組織西太平洋區域時刻全力支持中國香港繼續加強控煙工作，推進邁向無煙未來。

在此再次祝賀中國香港控煙 40 周年，深信香港市民將必擁有更健康、更安全的未來。

Hiromasa OKAYASU 博士

WHO WPRO,
Director of Division of Healthy Environments and Populations



On behalf of the World Health Organization Regional Office for the Western Pacific, allow me to congratulate you and your constituents on the 40th anniversary of tobacco control in Hong Kong SAR (China).

In 1982, when landmark smoke-free legislation was enacted, 23% of Hong Kong's people smoked. Forty years later, its smoking prevalence is one of the lowest rates in the world at 9.5 %.

We commend the tireless efforts of the Government to curb tobacco use, which has protected millions and inspired many countries across the Region to take action. Your achievements in tobacco control are recognized globally - with cessation services that are prized by countries across the Region, as evidenced by the list of Member States that seek training opportunities with you. For example, Hong Kong SAR (China) was the first country or area in the Region to offer a toll-free quit line specifically for young people. The recent decision to ban the advertisement, import, manufacture, sale and distribution of electronic cigarettes and heated tobacco products demonstrated the commitment of the Government and the people - once again - to protect public health and safeguard hard-won progress in tobacco control.

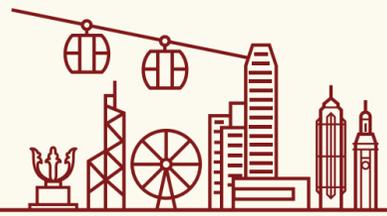
The achievements in tobacco control would not have been possible without the leadership of the Government and the collective efforts of the academia, civil society organizations and the community. Hong Kong SAR (China) should be recognized for its ongoing progress in strengthening tobacco control measures, while advocating for the health and well-being of its people today and for generations to come. The WHO Regional Office for the Western Pacific stands ready to support your continued efforts to strengthen tobacco control to accelerate progress towards a tobacco free future.

Again, congratulations on the 40th anniversary of Tobacco Control and the promise of a healthier and safer future for all the people of Hong Kong SAR (China).

Dr Hiromasa OKAYASU

WHO WPRO,
Director of Division of Healthy Environments and Populations

香港控煙重要里程碑



- 制定《吸煙（公眾衛生）條例》（第371章）
立法會通過《吸煙（公眾衛生）條例》（第371章），內容主要涵括：
- 法定禁止吸煙區；
- 煙草產品的售賣規管；及
- 煙草廣告的涵義及管制。
- 首次訂定煙害警示
規定在煙草廣告上印有純文字健康忠告。
- 首次進行吸煙人口統計

香港吸煙與健康委員會成立



全面禁止電視及電台的煙草廣告及贊助

增加煙草稅100%

加強煙害警示

煙包上須載有四款更強烈及明顯的文字健康忠告，並須輪流替換。

管制煙草產品的銷售

禁止將煙草產品售予或給予18歲以下人士。



加強限制煙草廣告

禁止所有展示式及印刷刊物內刊登的煙草廣告。



加強管制捲煙焦油含量

禁止售賣或管有焦油含量超過17毫克的捲煙。

擴大法定禁煙區

規定提供超過200個座位的食肆，必須劃出最少三分一的面積為禁煙區。

衛生署控煙辦公室成立（現稱為衛生署控煙酒辦公室）



履行《煙草控制框架公約》

中國成為世界衛生組織《煙草控制框架公約》的締約國，香港有責任展開相關措施履行《公約》條文。



擴大法定禁煙區

所有食肆的室內地方、室內工作間及多個公眾場所均訂為法定禁煙區。



實施煙害圖象警示

捲煙封包及零售煙器必須以訂明的式樣及方式展示煙害圖象警示、焦油量及尼古丁含量。六款煙害圖象警示須輪流替換，並至少覆蓋封包及零售煙器面積的50%。



擴大法定禁煙區

129個露天及另外兩個有上蓋建築物的公共運輸設施被列為禁煙區。



撤銷入境免稅煙優惠

增加煙草稅41.5%



獲頒「世界無煙日獎」

香港吸煙與健康委員會獲世界衛生組織頒發「世界無煙日獎」，肯定委員會對控煙工作的貢獻。

擴大法定禁煙區

八個隧道出入口範圍內的巴士轉乘處被列為禁煙區。

擴大法定禁煙區

三個新增快速公路或隧道出入口範圍內的巴士轉乘處被列為禁煙區。



擴大法定禁煙區

三個新增通往快速公路或隧道的巴士轉乘處以及兩個公共運輸設施被列為禁煙區。

全面禁止另類吸煙產品

立法會通過修例，禁止進口、推廣、製造、售賣或為商業目的而管有另類吸煙產品，並於2022年4月30日起生效。



首次設法定禁煙區

公共升降機及陸路公共交通工具下層實施禁煙。



加強煙害警示

煙草產品的封包須印有中英文式樣的健康忠告。

增加煙草稅300%

擴大法定禁煙區

電影院、劇院、音樂廳、遊戲機中心及所有交通工具均被訂為法定禁煙區。

禁止電影院播放煙草廣告



擴大法定禁煙區

超級市場、銀行、百貨公司或購物商場內任何對公眾開放的室內地方被列為禁煙區；機場管理局可指定機場客運大樓範圍為禁煙區。所有食肆、學校、專上學院、職業訓練中心可將指定場所範圍列為禁煙區。

加強管制煙草產品的銷售

禁止自動販賣機售賣煙草產品。

禁止互聯網上的煙草廣告

禁止以附送獎品、禮物、贈品或抽獎以交換任何具價值的物品來促銷煙草產品



加強煙害警示

煙包上半部須載有全新六款文字健康忠告，須輪流替換，並須標示焦油及尼古丁含量。



修訂《吸煙（公眾衛生）條例》

立法會通過《吸煙（公眾衛生）（修訂）條例》草案，實現室內公眾場所全面禁煙。

擴大法定禁煙區

獲暫緩禁煙的六類場所須於2009年7月1日起全面禁煙，包括酒吧、會所、夜總會、浴室、按摩院及麻將天九娛樂場所。另外，48個有上蓋建築物的公共運輸設施亦禁煙。



加強限制煙草廣告

撤銷持牌小販攤檔可展示煙草廣告的豁免。

《定額罰款（吸煙罪行）條例》（第600章）生效

任何市民如違例在禁煙區吸煙，將定額罰款港幣1,500元。

增加煙草稅50%



增加煙草稅11.7%



擴大煙害圖象警示

立法會通過修例，將煙包上煙害圖象警示面積50%擴大至85%，圖象式樣由六款增至十二款，並加上戒煙熱線，於2018年6月21日起全面生效。



獲頒「世界無煙日獎」

衛生署獲世界衛生組織頒發「世界無煙日獎」，肯定香港控煙工作的成就。



Milestones of Tobacco Control in Hong Kong



Implementation of the Smoking (Public Health) Ordinance (Cap 371)

Smoking (Public Health) Ordinance (Cap 371) passed by the Legislative Council and covered:

- Prohibition of smoking in public places;
- Restriction on sales of tobacco products; and
- Restriction on tobacco promotion and advertising.

First implementation of health warnings

Text health warnings required on all tobacco advertisements.

First survey on smoking pattern

Establishment of Hong Kong Council on Smoking and Health



Total ban on tobacco advertising and sponsorship in TV and radio

Tobacco tax increased by 100%

Reinforcement of health warnings

Cigarette packs must carry, in rotation, four stronger and more precise text health warnings.

Regulation of sales of tobacco products

Prohibition of sale or giving tobacco products to people under age 18.



Stronger restriction on tobacco advertising

Ban on tobacco display advertisements and prohibition of all tobacco advertisements in the print media.



Restriction of tar yields in cigarettes

Restriction of sale or possession of cigarettes with tar yields over 7mg.

Expansion of statutory no smoking areas

Restaurants with more than 200 seats were required to have not less than 1/3 no smoking area.

Establishment of Tobacco Control Office, Department of Health (Now known as Tobacco and Alcohol Control Office, Department of Health)



Application of FCTC

China ratified the WHO Framework Convention on Tobacco Control (FCTC). FCTC came into effect in China and its application extended to Hong Kong.



Expansion of statutory no smoking areas

Smoking ban was implemented at indoor areas of all restaurant premises, indoor workplaces and many public places.



Implementation of pictorial health warnings

Packets of tobacco products and retail containers shall bear six pictorial health warnings in rotation, tar and nicotine yields in the prescribed form and manner. The pictorial health warnings shall be of a size that covers at least 50% of the surface area of the packet or retail container.



Expansion of statutory no smoking areas

Smoking ban extended to 129 open-air public transport facilities and two public transport facilities with superstructures.



Abolishment of duty-free concessions for incoming passengers at border entry

Tobacco tax increased by 41.5%



World No Tobacco Day Award Recipient

Hong Kong Council on Smoking and Health received the World No Tobacco Day Award from the World Health Organization in recognition of the tobacco control efforts in Hong Kong.

Expansion of statutory no smoking areas

Smoking ban extended to eight bus interchanges at tunnel portal areas.

Expansion of statutory no smoking areas

Smoking ban extended to three additional bus interchanges at expressway or tunnel portal areas.



Expansion of statutory no smoking areas

Smoking ban extended to three additional bus interchanges at expressway or tunnel portal areas and two more public transport facilities.

A total ban on alternative smoking products

The amendment was passed by the Legislative Council to prohibit the import, promotion, manufacture, sale and possession for commercial purposes of alternative smoking products. It came into effect on 30 April 2022.



1982 1983 1987 1990 1991 1992 1994 1998 1999 2000 2001 2005 2006 2007 2009 2010 2011 2013 2014 2016 2017 2018 2019 2021

First designation of statutory no smoking areas

Smoking ban implemented in public lifts and lower deck of public transport land vehicles.



Reinforcement of health warnings

Bilingual text health warnings required on all cigarette packs.

Tobacco tax increased by 300%

Expansion of statutory no smoking areas

Smoking ban implemented in cinemas, theatres, concert halls, amusement game centres and all transport carriers.

Ban on tobacco advertising broadcasting in cinemas



Expansion of statutory no smoking areas

All indoor areas open to the public in a supermarket, bank, department store or shopping mall were designated as no smoking areas. The Airport Authority may designate any area of the passenger terminal complex of the Airport as no smoking area. All restaurants, schools, post-secondary colleges, technical colleges could designate any area of the premises as no smoking area.

Regulation of sales of tobacco products

Selling of any tobacco products from a vending machine was prohibited.

Prohibition of tobacco advertisement on the Internet

Prohibition of promoting the sale of tobacco products by means of offering prizes, gifts, tokens or raffles in exchange for any valuable items



Reinforcement of health warnings

Cigarette packs must carry, in rotation, six new text health warnings at the top of the pack with indication of tar and nicotine yields.



Amendment of Smoking (Public Health) Ordinance

Smoking (Public Health) (Amendment) Bill was passed by the Legislative Council to enact total smoking ban in all indoor public places.

Expansion of statutory no smoking areas

Complete smoking ban extended to the six types of establishments with effect from 1 July 2009 including bars, clubs, nightclubs, bathhouses, massage establishment and mahjong and tin-kau premises. Also, 48 public transport facilities with superstructures were designated as no smoking areas.



Stronger restriction on tobacco advertising

Withdrawal of exemption for display of tobacco advertisement at licensed hawker stalls.

Implementation of Fixed Penalty (Smoking Offences) Ordinance (Cap 600)

Any public smokes in statutory no smoking area will be fined with fixed penalty of HK\$1,500.

Tobacco tax increased by 50%



Tobacco tax increased by 11.7%



Enlargement of pictorial health warnings

The amendment was passed by the Legislative Council to enlarge the size of pictorial health warnings from 50% to 85% of the cigarette pack area, increase the number of forms of health warning from six to twelve and add the quiltline. The measure came into full operation from 21 June 2018.



World No Tobacco Day Award Recipient

Department of Health received the World No Tobacco Day Award from the World Health Organization in recognition of the tobacco control accomplishments in Hong Kong.



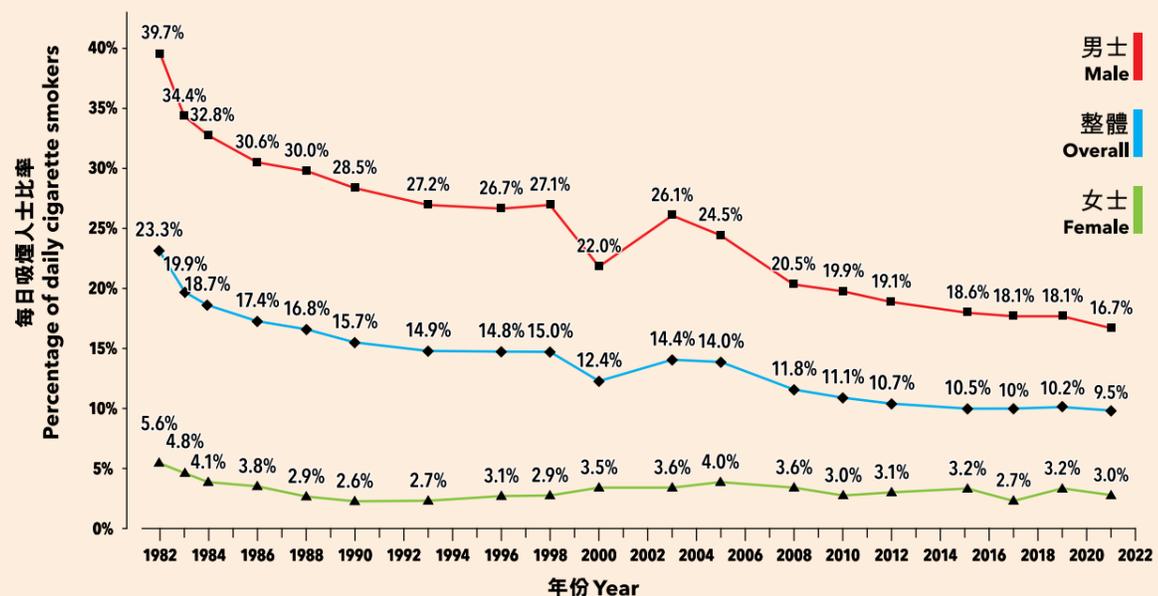
香港吸煙情況

Smoking Prevalence in Hong Kong

香港政府統計處自 1982 年起進行了 17 次全港大規模系統性吸煙情況調查，有助全面了解吸煙人口分佈及習慣。經過近 40 年的控煙工作，香港習慣每日吸煙人士佔 15 歲及以上人士的比率已由 80 年代初的 23.3% 下降至 2021 年的 9.5%，即約 581,500 人，為有記錄以來的新低，亦是全球吸煙率最低的地區之一。

The Census and Statistics Department in Hong Kong has carried out 17 large-scale and comprehensive surveys on local smoking patterns since 1982. The surveys provide useful data and insights in smoking population and habits. After nearly four decades of efforts, the percentage of daily cigarette smokers of all persons aged 15 and above in Hong Kong dropped from 23.3% in the early 1980s to 9.5% in 2021, equivalent to around 581,500 daily cigarette smokers, which is its record low. Hong Kong is now one of the regions with the lowest smoking rate in the world.

香港15歲及以上每日吸煙人士比率 (1982 - 2021)
Percentage of daily cigarette smokers in all persons aged 15 and above in Hong Kong (1982 - 2021)



資料來源：(2021) 主題性住戶統計調查第 75 號報告書 香港特別行政區 政府統計處
Source: (2021) Thematic Household Survey Report No. 75, The Census and Statistics Department, HKSAR

吸煙人士的性別及年齡分佈

在逾 58 萬名習慣每日吸食捲煙的人士中，男性佔約八成(83.1%)，而女性佔約一成半(16.9%)，男性及女性的吸煙率分別為 16.7% 及 3.0%。雖然近年的女性吸煙率徘徊於百分之三或四之間，但女性每日吸煙人士數目呈上升趨勢，由 1990 年的低位(約 56,100 人)上升至 2021 年的 98,200 人，增幅近七成半。

Sex and age distribution of smokers

Among over 580,000 daily cigarette smokers, 83.1% and 16.9% were male and female. The smoking rates of male and female in Hong Kong were around 16.7% and 3.0% respectively. Though the female smoking prevalence lingered at around 3% to 4% in recent years, the number of female daily smokers increased by about 75%, from the record low 56,100 in 1990 to 98,200 in 2021.

按年齡組別分析，2021 年習慣每日吸食捲煙的人士比率在 40 至 49 歲及 50 至 59 歲人士為最高，分別達至 14.2% 及 11.7%。其次是 30 至 39 歲(9.5%)及 60 歲及以上人士(8.2%)。

Analyzed by age group, the rates of being daily cigarette smokers in 2021 were the highest for those aged 40-49 and 50-59, at 14.2% and 11.7% respectively, followed by persons aged 30-39 (9.5%) and those aged 60 years and above (8.2%).

開始吸煙原因

大部分吸煙人士(61.5%)都是在 10 至 19 歲之間開始有每周吸煙的習慣，而他們開始吸煙的原因包括「受家人/朋友/其他人影響」(97.0%)、「看來有型格」(6.6%)、「受煙草味道吸引」(3.8%)、「受包裝設計吸引」(2.4%)及「受煙草以外的味道(例如薄荷、水果等)吸引」(2.2%)等。

Reasons for starting to smoke

Most of daily smokers (61.5%) started smoking weekly at age 10-19. The most commonly cited reasons for starting to smoke included "influenced by family members/ friends/ other persons" (97.0%), "looking stylish" (6.6%), "attracted by the tobacco flavour" (3.8%), "attracted by the design of package" (2.4%), and "attracted by the flavour other than tobacco (e.g. menthol, fruit, etc.)" (2.2%).

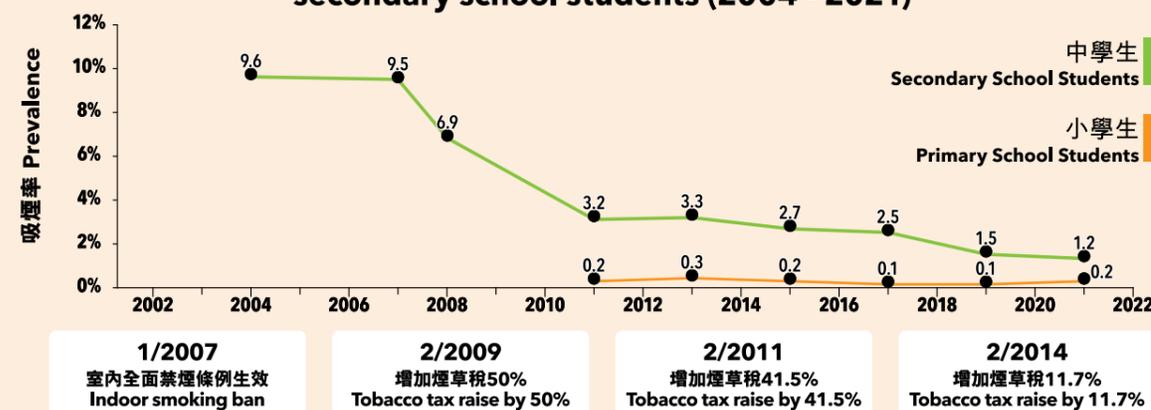
兒童及青少年吸煙

要抑制煙草廣泛使用，其中一個有效方法為防止非吸煙者染上煙癮，尤其兒童及青少年容易受到煙草商營銷策略的誘惑及影響而開始吸煙行為。因此，政府全面禁止煙草廣告、促銷和贊助，以及全面禁止另類吸煙產品流入香港，減低煙草吸引力，並透過增加煙草稅，以降低他們購買煙草產品的意欲。根據香港大學公共衛生學院的研究報告顯示，全港中學生的吸煙率由 2004 年的 9.6% 下降至 2021 年的 1.2%。同時，2021 年有吸煙習慣的小四至小六學生比率低至 0.2%。

Smoking prevalence among children and youth

To contain the proliferation of tobacco use, one of the most effective ways is to prevent non-smokers from picking up smoking, particularly children and youth are easily affected by marketing tactics of tobacco companies to start smoking. Therefore, the Government implemented multi-pronged measures, including a total ban on tobacco advertising, promotion and sponsorship, alternative smoking products and increase in tobacco tax to reduce their intention to smoke and the attractiveness of tobacco products. According to the study by the School of Public Health, The University of Hong Kong, the youth smoking prevalence dropped from 9.6% in 2004 to 1.2% in 2021. The prevalence of current smoking among Primary 4 to Primary 6 students in 2021 was low at 0.2%.

中小學生現時吸煙率 (2004 - 2021)
Prevalence of current smoking in primary school and secondary school students (2004 - 2021)



資料來源：香港大學公共衛生學院
Source: The School of Public Health, The University of Hong Kong

吸食各類煙草及相關產品的情況

在 2021 年香港習慣每日吸食電子煙及加熱煙草產品為約 25,900 人，約佔習慣每日吸煙人士的 4.5%。儘管另類吸煙產品(另類煙)使用率在香港不算普及，但近年另類煙於全球火速冒起，並在海外地方已引發嚴重的公共衛生危機，其危害程度不容忽視。香港大學公共衛生學院在 2020 年 12 月至 2021 年 12 月期間進行一項有關學生吸煙情況的學校統計調查，有約 1.1% 的中一至中六學生受訪者表示現時有吸食電子煙，比 2019 年的 0.8% 輕微上升。為防患於未然，政府及立法會議員於 2021 年 10 月通過修例，並於 2022 年 4 月 30 日起實施全禁另類煙(包括加熱煙草產品、電子煙及草本煙)，杜絕煙草以新形式於香港蔓延。

Form of tobacco and related products consumption

There were around 25,900 daily users of electronic cigarettes (e-cigarettes) and heated tobacco products, which was equal to 4.5% of daily smokers. Although the use of alternative smoking products (ASPs) was not common in Hong Kong, the rapid growth of ASPs around the world in recent years is alarming after intense public health crises were posed in foreign countries. Besides, a school-based survey on smoking was conducted by the School of Public Health of The University of Hong Kong during December 2020 to December 2021. It was found that 1.1% of Secondary 1 to Secondary 6 students claimed that they were smoking e-cigarettes at the time, a slight increase compared with 0.8% in 2019. To nip it in the bud, the amendment was passed by the Government and Legislative Council in October 2021 to enact the total ban on ASPs (including heated tobacco products, e-cigarettes and herbal cigarettes) commencing from 30 April 2022.



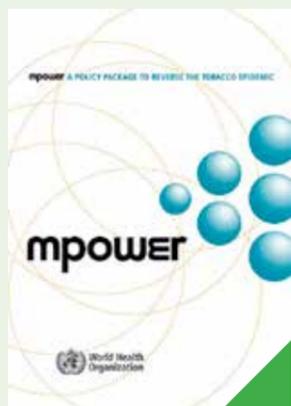
控煙措施多管齊下 Multi-pronged Tobacco Control Measures



控煙措施多管齊下 Multi-pronged Tobacco Control Measures

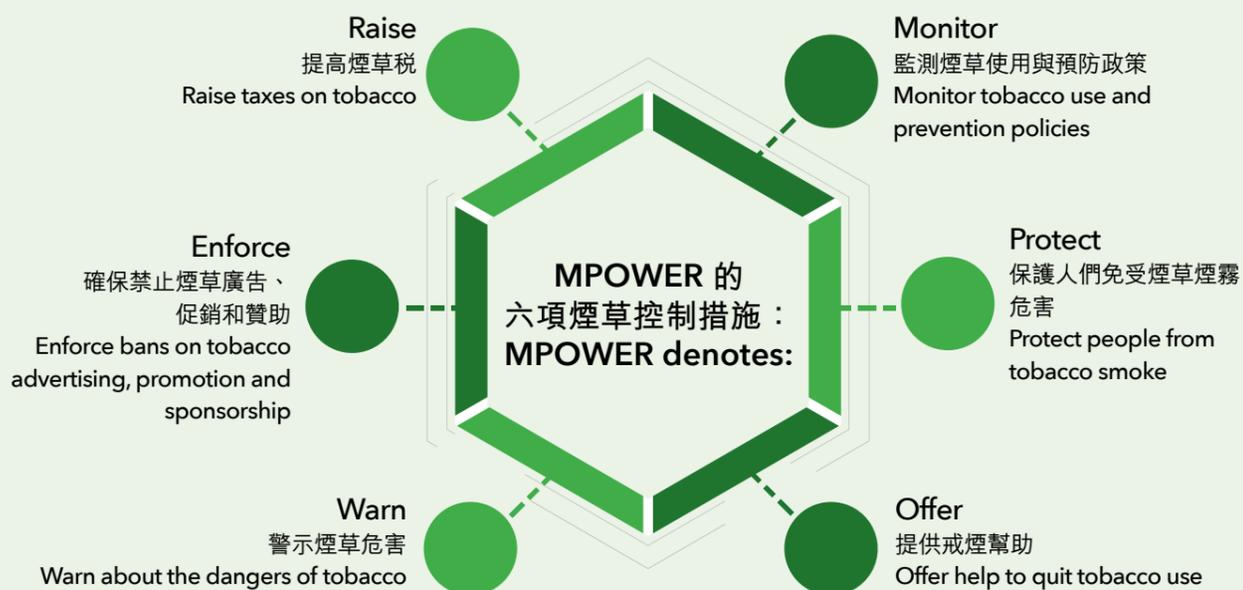
《吸煙(公眾衛生)條例》(第371章)於1982年訂立，為香港最主要的控煙法例，涵蓋法定禁止吸煙區、煙草產品的售賣規管、煙草廣告的涵義及管制，以及另類吸煙產品的禁令等。隨著條例的實施及多番修訂，配合政府及各界透過立法、徵稅、宣傳、教育及法例執行，使香港成為全球吸煙率最低的地區之一。

世界衛生組織在2008年推出MPOWER的控煙措施，以遏制煙草流行及更有效履行《煙草控制框架公約》的承諾，協助各國實施煙草控制和管理。截至2021年3月，全球已有182個締約方，而中國亦於2003年11月10日簽署公約，並於2005年正式開始履行。根據《基本法》第153條，中央人民政府決定該條約適用於香港。



Smoking (Public Health) Ordinance (Cap 371) was enacted in 1982 and is the major part of the legal framework on tobacco control in Hong Kong, covering statutory no smoking areas, regulations on sale of tobacco products, meaning of tobacco advertisement and relevant regulations, ban on alternative smoking products, etc. With the implementation and several adjustments of the Ordinance, the Government and different sectors in the society made Hong Kong one of the regions with the lowest smoking prevalence in the world through legislation, taxation, publicity, education and law enforcement in tobacco control.

World Health Organization (WHO) introduced MPOWER measures in 2008 to assist countries in implementing and managing tobacco control so as to curb the tobacco epidemic and effectively meet the commitments under the WHO Framework Convention on Tobacco Control (FCTC). As of March 2021, FCTC has 182 parties including China signing the treaty on 10 November 2003 and entered into force in China in 2005. In accordance with the provision of article 153 of the Basic Law, the Central People's Government decided that the treaty applies to Hong Kong.



監測煙草使用與預防政策 Monitor tobacco use and prevention policies



監測是一項重要的控煙工作，以人口統計數據為基礎的本地和國際煙草使用監測數據對有效規劃和實施控煙措施意義重大。

香港政府統計處吸煙統計調查報告

自1982年以來，政府定期進行有關本港人口吸煙情況的住戶統計調查，藉此掌握香港整體吸煙率、吸煙者性別比例、年齡分佈，以及每日平均吸煙量等，以制定合適的政策及措施。(詳情可參閱第28頁「香港吸煙情況」)

香港吸煙與健康委員會科研項目

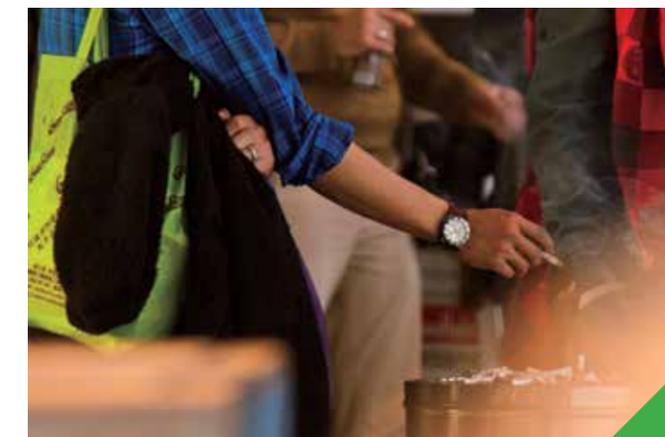
香港吸煙與健康委員會於過去進行或委託專人進行一系列與吸煙有關的研究項目包括吸食原因、預防吸煙及戒煙等，以向政府、社區衛生組織及社會服務團體提供有關吸煙與健康之意見。委員會為評估香港控煙政策的成效，以及監測市民對相關措施的意見，自2012年起定期進行「控煙政策調查」。此調查是一個具代表性的橫斷研究，廣泛收集有關吸煙與健康的資料，包括吸煙習慣、戒煙、接觸二手煙及三手煙的情況、對現行和未來控煙政策的意見等。



Monitoring is a critical tobacco control activity. Population based local and international monitoring data are necessary to effectively plan and implement the tobacco control policies.

Survey of smoking pattern conducted by Census and Statistics Department of Hong Kong

Since 1982, the Government has regularly conducted Thematic Household Survey regarding the smoking pattern in the Hong Kong population in order to facilitate the formulation and implementation of related policies and measures. The survey covers the overall smoking prevalence in Hong Kong, smoking pattern by gender and age, daily consumption of cigarettes, etc. (Details please refer to P28 "Smoking prevalence in Hong Kong")



COSH scientific research and studies

For the past years, Hong Kong Council on Smoking and Health (COSH) conducted and coordinated a series of scientific research and studies into the cause, prevention and cure of tobacco dependence in order to advise the Government, community health organizations or any public body on matters relating to smoking and health. To evaluate the effectiveness and keep track of public opinion on tobacco control policy in Hong Kong, COSH has conducted Tobacco Control Policy-related Survey regularly since 2012. It is a representative cross-sectional survey and covers a wide scope of topics related to smoking and health, including pattern of smoking and cessation, secondhand and third-hand smoke exposure, opinions towards existing and future tobacco control measures, etc.

香港吸煙與健康委員會部分研究項目：
Some of COSH research and studies:

年份 Year	研究項目	Research and study
1994, 1995 & 1999 & 2006	青少年吸煙與健康調查	Youth Smoking and Health Survey
1995 & 2000	市民對飲食店舖禁止吸煙的意見	Public Opinion on Smoke-free Restaurants
1996	市民對禁止煙草廣告及煙草公司贊助活動的意見	Public Opinion on Banning of Tobacco Advertisements and Sponsorship
1998	兒童吸煙與被動吸煙調查	Smoking and Passive Smoking in Children
2001	香港飲食從業員二手煙與心臟病及癌病風險調查	Passive Smoking and Risks for Heart Disease and Cancer in Hong Kong Catering Workers
2001	香港實行食肆無煙政策對顧客的影響	The Impact of Smoke-free Policies on the Patronage Restaurants in Hong Kong
2008	兒童接觸二手煙與健康調查	Secondhand Smoking and Health Survey in Children
2012 - 2021	控煙政策調查	Tobacco Control Policy-related Survey
2013 - 2021	「戒煙大贏家」比賽—戒煙干預隨機對照試驗研究	"Quit to Win" Contest: Randomized Controlled Trial Study on Smoking Cessation Intervention
2014	香港女性吸煙與健康調查	Smoking and Health Survey in Hong Kong Women
2015	香港私煙消耗量實際評估	Realistic Estimation of Illicit Cigarette Consumption in Hong Kong
2015 - 2016	電子煙分析測試	Electronic Cigarettes Analytical Testing
2016	兒童及青少年對煙包的觀感之焦點小組研究	Focus Group Study on Perceptions of Tobacco Packaging among Children and Youth
2019	減少小學生接觸煙草煙霧的集群隨機對照研究	Cluster Randomized Controlled Trial on Reducing Exposure to Tobacco Smoke among Primary School Students
2020	香港青少年吸食水煙及酒吧職員提供水煙的質性研究	Qualitative Study on Young Adults' Experience of Waterpipe Smoking and Bar Staff's Experience of Offering Waterpipe Tobacco in Hong Kong

保護人們免受煙草煙霧危害 Protect people from tobacco smoke



全球每年有約 120 萬非吸煙人士因二手煙而提早死亡。而香港大學曾經研究吸煙及二手煙帶來的影響，結果顯示，香港每年有近 7,000 人因煙草使用而死亡，其中約 670 名非吸煙者因吸入二手煙致死，每年帶來的經濟損失更高達 55.8 億港元，包括因提早死亡損失的生產力(20 億)、醫療(26.4 億)及護理費用(9.4 億)。只有無煙的環境才能有效保障公眾健康。社會各界一直努力推動擴大法定禁煙區及防止新型吸煙產品流入香港，以保護市民免受煙草危害，於過去 40 年取得顯著成果。

逐步擴大法定禁止吸煙區

香港於 1982 年訂立《吸煙(公眾衛生)條例》(第 371 章)，期後經多次修訂，法定禁止吸煙區範圍逐步擴大，不但有效保護市民免受二手煙影響，同時營造了一個有利戒煙的社會氛圍。當中最重要的里程碑可算是 2007 年起於室內食肆及工作間全面禁煙，雖然有關修訂草案當年遭煙草業、飲食業及娛樂業界等強烈反對，但憑著政府對保護市民健康的堅持，加上其他醫護人員、學術界、控煙工作者及各界的支持，市民大眾最終得以享受無煙清新的室內環境，而 2022 年剛剛是室內禁煙 15 周年。

Globally, around 1.2 million individuals die prematurely because of exposure to secondhand smoke every year. A study about the consequences of smoking and passive smoking conducted by The University of Hong Kong revealed that about 7,000 people died of tobacco annually in Hong Kong and around 670 of them are non-smokers, which cost Hong Kong HK\$5.58 billion each year, including the loss of productivity of premature death (HK\$2 billion), health care costs (HK\$2.64 billion) and nursing costs (HK\$940 million). Breathing clean air is a basic human right. Smoke-free environments with no exceptions are the proven way to protect people. To safeguard the public against the harmful effect of smoking, secondhand and third-hand smoke, different sectors in the society have been advocating for an expansion of statutory no smoking areas and interdicting the flow of new smoking products into Hong Kong over the past 40 years.

Expansion of statutory no smoking areas

The statutory no smoking areas have gradually expanded since the enactment of the Smoking (Public Health) Ordinance (Cap 371) in 1982 with several amendments subsequently. Expansion of statutory no smoking areas are not only for the protection of the public from secondhand smoke exposure, it also helps create a supportive atmosphere for smoking cessation. The most significant progress should be the extension of smoking ban to all indoor restaurants and workplaces in 2007. Despite the tremendous opposition from the tobacco, catering and entertainment industries against the Amendment Bill, the Government upheld the mission of protecting public health with the support of medical and healthcare professionals, academia, tobacco control practitioners and different sectors of the community. The general public can eventually now enjoy a smoke-free indoor environment. 2022 marks the 15th anniversary of the indoor smoking ban.



所有室內工作間於 2007 年起全面禁煙。
All indoor workplaces became smoke-free in 2007.



過去 40 年法定禁止吸煙區範圍的擴展歷程

The progress of expansion of statutory no smoking areas in the past 40 years

實施年份 Effective year	法定禁止吸煙區範圍	Statutory no smoking areas
1983	公共升降機及陸路公共交通工具下層實施禁煙。	Smoking ban implemented in public lifts and lower deck of public transport land vehicles.
1992	電影院、劇院、音樂廳、遊戲機中心及所有公共交通工具均被訂為法定禁煙區。	Smoking ban implemented in cinemas, theatres, concert halls, amusement game centres and all public transport carriers.
1998	超級市場、銀行、百貨公司或購物商場內任何對公眾開放的室內地方被列為禁煙區；機場管理局可指定機場客運大樓範圍為禁煙區。	All indoor areas open to the public in a supermarket, bank, department store or shopping mall were designated as no smoking areas. The Airport Authority may designate any area of the passenger terminal complex of the Airport as no smoking area.
	所有食肆、學校、專上學院、職業訓練中心可將指定場所範圍列為禁煙區。	All restaurants, schools, post-secondary colleges, technical colleges could designate any area of the premises as no smoking area.
1999	規定提供超過 200 個座位的食肆，必須劃出最少三分一的面積為禁煙區。	Restaurants with over 200 seats were required to have not less than 1/3 no smoking area.
2007	所有食肆的室內地方、室內工作間及多個公眾場所均訂為法定禁煙區。	Smoking ban implemented at indoor areas of all restaurant premises, indoor workplaces and many public places.
2009	獲暫緩禁煙的六類場所包括酒吧、會所、夜總會、浴室、按摩院及麻將天九耍樂場所全面禁煙。另外，48 個有上蓋建築物的公共運輸設施亦禁煙。	Complete smoking ban extended to the six types of establishments including bars, clubs, nightclubs, bathhouses, massage establishment and mahjong and tin-kau premises. Also, 48 public transport facilities with superstructures were designated as no smoking areas.
2010	129 個露天和另外兩個有上蓋建築物的公共運輸設施被列為禁煙區。	Smoking ban extended to 129 open-air public transport facilities and two public transport facilities with superstructures.
2016	八個隧道出入口範圍內的巴士轉乘處被列為禁煙區。	Smoking ban extended to eight bus interchanges at tunnel portal areas.
2018	三個通往快速公路或隧道的巴士轉乘處新增為禁煙區包括香港仔隧道、大嶼山繳費廣場及屯門公路。	Smoking ban extended to three additional bus interchanges leading to expressways or tunnels including Aberdeen Tunnel, Lantau Toll Plaza and Tuen Mun Road.
2021	三個新增通往快速公路或隧道的巴士轉乘處以及兩個公共運輸設施被列為禁煙區。	Smoking ban extended to three additional bus interchanges leading to expressways or tunnels and two public transport facilities.

衛生署控煙酒辦公室執行控煙法例

為了進一步加強及協調政府的控煙工作，衛生署於 2001 年成立了控煙酒辦公室（前身為控煙辦公室），主要工作包括健康推廣、執行控煙法例《吸煙（公眾衛生）條例》（第 371 章）、協調及提供戒煙服務。

為提高執法效率及增加違例吸煙罰款的阻嚇性，衛生署於 2009 年 9 月 1 日起實施《定額罰款（吸煙罪行）條例》，引入定額罰款制度，任何人在法定禁止吸煙區或公共交通工具內吸煙或攜帶燃著的捲煙、雪茄或煙斗，執法人員有權向他們發出定額罰款通知書，罰款港幣 1,500 元。



控煙酒辦設有查詢及投訴熱線、電郵或郵遞方式供市民舉報違例吸煙個案。控煙酒辦在收到投訴後會安排巡查、向違法吸煙人士發出定額罰款通知書，並會聯同相關政府部門突擊巡查違例黑點。執法的同時，控煙酒辦與其他政府部門及私人場所管理處緊密合作，教育場所管理人了解禁煙法例及他們的法律責任。

Tobacco and Alcohol Control Office, Department of Health enforces the tobacco control legislation

To strengthen and coordinate all tobacco control measures by the Government, the Department of Health established the Tobacco and Alcohol Control Office (TACO) (formerly Tobacco Control Office) in 2001. TACO is responsible for health promotion, enforcing the Smoking (Public Health) Ordinance (Cap 371), coordinating and providing smoking cessation services.

To enhance the efficiency of the enforcement, the "Fixed Penalty (Smoking Offences) Ordinance" was implemented on 1 September 2009. Anyone who smokes or carries a lighted cigarette, cigar or pipe in statutory no smoking areas or on public transport carriers, will be issued with a HK\$1,500 fixed penalty notice by enforcement officers.

The public can report the violations by dialing an enquiry and complaint hotline set up by TACO, via email or by post. Upon receipt of the complaints, TACO carries out inspections and issues Fixed Penalty Notices to the offenders. In collaboration with government departments, TACO conducts unannounced inspections of violation black-spots and works closely with other government departments and management offices of private establishments to help venue managers deepen their understanding on the tobacco control ordinance and their legal responsibilities.



全禁另類吸煙產品

全球吸煙人口數目持續下降及傳統煙市場日漸式微，煙草商為延續利潤不斷研發新吸煙產品，令近年另類吸煙產品（另類煙）如電子煙及加熱煙草產品（加熱煙）等火速冒起，並於全球各地日益流行，重蹈八十年代時傳統捲煙盛行的覆轍，加上部分產品標榜對身體的傷害較傳統捲煙少，其營銷策略更針對青少年及非吸煙人士，變相鼓吹吸煙行為，對公眾健康構成嚴重威脅。



煙草商聘用年輕的網絡紅人進行間接和軟性宣傳。
(圖片來源: Campaign for Tobacco-Free Kids)
The tobacco industry paid the young internet influencers and KOLs to deliver indirect and soft marketing.
(Source: Campaign for Tobacco-Free Kids)

另類煙標奇立異的包裝設計、五花八門的口味及煙草商的誤導性宣傳手法，不但降低大眾對這些產品禍害的警覺性，吸引市民尤其青少年及非吸煙人士嘗試，同時亦令家長及教師難以察覺學生使用。另一方面，愈來愈多研究證實另類煙含有有害物質和致癌物質，當中 80 種物質的含量可較傳統捲煙為高或為另類煙獨有。香港大學的研究亦發現，使用電子煙及加熱煙的青少年，出現呼吸道徵狀包括咳嗽、鼻塞及有痰（即慢性支氣管炎徵兆）的風險較吸食傳統捲煙者更高，反映另類煙對健康風險不容忽視，並有必要及早遏止這類產品於香港流通。



不少媒體報導使用另類煙後出現嚴重肺病個案。
(圖片來源: Daily Mail Online)
Numerous media reported the use of the ASPs caused severe lung illness problems. (Source: Daily Mail Online)

Total ban on alternative smoking products

Smoking rates and the conventional cigarette market have been declining globally. The tobacco industry launched new smoking products for sustaining revenue, thereby the swift popularity of alternative smoking products (ASPs) such as electronic cigarettes (e-cigarettes) and heated tobacco products (HTPs) is rising all over the world in recent years, similar to the tobacco epidemic of conventional cigarettes in the 1980s. Some of these products are claimed to be less harmful than conventional cigarettes. Their marketing propaganda is mainly targeting young people and non-smokers, and renormalize smoking behavior, causing grave threat to public health.

ASPs are marketed with novel designs and plenty of flavours. Their sophisticated promotion tactics downplay the health risks associated with smoking and tempt the youngsters and non-smokers to try, while students used them unnoticed at homes and schools. On the other hand, an increasing number of research found that ASPs could release detrimental chemicals and carcinogens. 80 harmful chemicals are found to be either present in higher concentration in aerosols of that ASPs or absent in conventional cigarette smoke. The findings from The University of Hong Kong showed that the risk of respiratory symptoms (such as cough, congestion or phlegm, which are the symptoms of chronic bronchitis) among the adolescent e-cigarette users and HTP users was higher in exclusive cigarette users. The threat of ASPs to population health must therefore not be ignored and curb the epidemic sooner.



另類煙的口味繁多，設計亦趨精美，與日常生活用品極為相似，如鋼筆、USB 記憶棒等。
The flavours of ASPs have been diversified. The package imitates for daily use, such as pens, USB memory sticks.

現時並沒有證據顯示另類煙可以幫助吸煙人士戒煙。然而，另類煙含有尼古丁等成份，同樣令人上癮，並只為吸煙人士提供更多選擇，從而減低戒煙意欲。而且不少外國經驗引證大多數使用另類煙人士同時吸食傳統捲煙，成為雙重吸煙者，並可能引致門戶效應，令不吸煙人士開始吸煙。

另類煙與傳統捲煙一樣，亦會釋放二手煙，危害他人健康，市民亦可能因其香味或較少的煙霧降低對暴露於有害的二手煙霧之中的戒心。世界衛生組織強調接觸二手煙霧並沒有安全的水平，並認為吸煙人士戒掉所有吸煙產品才能杜絕二手煙帶來的健康風險及保護身邊人。



鑑於任何形式的煙草使用均損害健康，也無助戒煙，故行政長官早於《行政長官 2018 年施政報告》中提出有關法例建議，立法會於 2021 年 10 月三讀通過《2019 年吸煙（公眾衛生）（修訂）條例草案》。《2021 年吸煙（公眾衛生）（修訂）條例》於 2022 年 4 月 30 日起正式生效，任何人不得進口、推廣、製造、售賣或為商業目的而管有另類吸煙產品，包括電子煙、加熱煙及草本煙。



香港吸煙與健康委員會強調世上沒有安全健康的吸煙產品，市民應停止使用。
COSH stressed there is no safe and harmless smoking product in the world. Citizens were advised to stop using these products.

Currently there is no evidence to show that ASPs can help smokers quit smoking. However, ASPs contain nicotine and other substance, and are addictive. The emergence of ASPs only offers a wider range of choices for smokers instead of considering smoking cessation. From many overseas experiences, most of ASP users smoked conventional cigarettes concurrently. They may act as a gateway to cigarette smoking in non-smokers.

Similar to conventional cigarettes, ASPs emit secondhand smoke which damage the health of bystanders. The public might underestimate the health risks of secondhand smoke exposure due to its variety of flavours and less odor. World Health Organization addressed that there is no safe level of exposure to secondhand tobacco smoke. All smokers are advised to quit smoking completely to eliminate the risks of passive smoking and protect others.

Given that all forms of tobacco use are harmful and could not help quit smoking, The Chief Executive proposed the legislation of total ban on ASPs in the "The Chief Executive's 2018 Policy Address". The Smoking (Public Health) (Amendment) Bill 2019 was passed by the Legislative Council in October 2021. Smoking (Public Health) (Amendment) Ordinance 2021 came into effect from 30 April 2022, no person may import, promote, manufacture, sell or possess for commercial purposes alternative smoking products, including e-cigarettes, HTPs and herbal cigarettes.



提供戒煙幫助

Offer help to quit tobacco use

根據政府統計處最新的數字，香港現時大概有約 58 萬名每日吸煙人士，當中有三成(31.5%)曾嘗試戒煙但不成功。戒煙對煙草使用者來說並非易事，但若配合適當的戒煙服務必定事半功倍。世界衛生組織亦指出戒煙藥物能增加成功戒煙機會兩至三倍。政府與不同團體於近年亦大力開展及加強服務，協助吸煙人士重拾健康生活。



香港戒煙服務

現時政府及多個團體均有提供不同類型的戒煙服務，包括：

- 衛生署綜合戒煙熱線 1833 183
- 東華三院戒煙綜合服務中心
- 基督教聯合那打素社康服務
- 博愛醫院免費中醫針灸戒煙服務
- 香港理工大學青少年戒煙熱線
- 醫院管理局「無煙新天地」
- 九龍樂善堂「愛·無煙」前線企業員工戒煙計劃
- 香港大學青少年戒煙輔導服務
- 香港大學女性戒煙計劃

According to the latest statistics released by Census and Statistics Department, Hong Kong has around 580,000 daily cigarette smokers, 31.5% of them had tried but failed to give up smoking. Tobacco is a deadly habit that is hard to kick. However, the successful rate can be effectively enhanced with the assistance of appropriate smoking cessation services. The World Health Organization also stated that these medications can double or triple the likelihood of successfully quitting. The Government and non-governmental organizations have been actively introducing and enhancing a wide range of services in recent years to help smokers adopt a smoke-free lifestyle.

Smoking cessation services in Hong Kong

The Government and non-governmental organizations provide various smoking cessation services in Hong Kong, including:

- Integrated Smoking Cessation Hotline of Department of Health 1833 183
- Tung Wah Group of Hospitals Integrated Centre for Smoking Cessation
- United Christian Nethersole Community Health Service
- Pok Oi Hospital Free Smoking Cessation Services with Chinese Medicine and Acupuncture
- Youth Quitline, PolyU
- Hospital Authority's Smoking Counselling & Cessation Service
- Smoking Cessation Programme in Workplace by The Lok Sin Tong Benevolent Society, Kowloon
- HKU Youth Quitline
- HKU Women Quit



宣傳及推動戒煙

香港吸煙與健康委員會多年來向不同階層的受眾積極宣傳戒煙的重要性，以鼓勵更多吸煙人士投入無煙生活。委員會舉辦全港性的宣傳推廣及教育活動，例如「戒煙大贏家」無煙社區計劃、「無煙加油站活動」、「無煙 Teens 精英計劃」等，並推出多齣經典的電視宣傳短片，旨在凝聚社會力量，營造推動戒煙的濃厚氛圍。此外，委員會加強與地區組織及非政府組織的合作，推動非吸煙人士支持身邊的吸煙人士戒煙，同時亦針對高吸煙率的行業及性別人士而度身訂造宣傳推廣活動，讓更多市民和多個行業的從業員認識戒煙服務，包括「建造無煙力量」、「無煙車樂部」、「無煙女性宣傳計劃」等，為有意戒煙的人士提供支援，戒除煙癮。



委員會於全港 18 區設立「戒煙大贏家」招募攤位推廣戒煙。
COSH conducted "Quit to Win" recruitment sessions across the territory to promote smoking cessation.



委員會推出不同的電視宣傳短片宣揚戒煙的好處。
COSH promotes the benefits of smoking cessation through a series of APIs.

Promotion of smoking cessation

To encourage more smokers to kick the habit, COSH has been actively promoting smoking cessation through territory-wide publicity campaigns and education programmes to audiences from different walks of life, such as "Quit to Win" Smoke-free Community Campaign, "Smoke-free Support Station Programme", "Smoke-free Elite Teens Programme" and so on. Impactful Announcements in the Public Interest were also produced and received overwhelming response to create a supportive atmosphere for quitting smoking. Besides, COSH launched some programmes tailored for industries and gender with high smoking rate including "Smoke-free Construction Force", "Smoke-free Drivers Club" and "Smoke-free Women Project" to offer support to anyone who wanted to stop smoking while working closely with different district and non-governmental organizations in motivating non-smokers to encourage smoking cessation among their family and friends.



「無煙加油站活動」動員地區團體一同支持吸煙人士戒煙。
"Smoke-free Support Station Programme" mobilized district organizations to support smokers to quit.

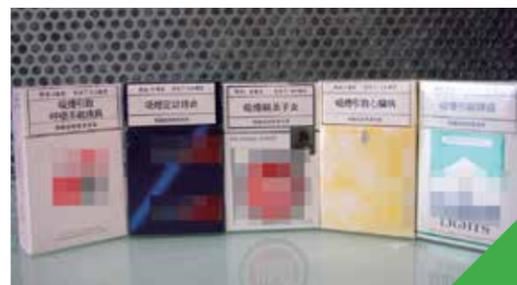
警示煙草危害

Warn about the dangers of tobacco



雖然吸煙危害健康人人皆知，但大多數吸煙者和非吸煙者都仍然低估了煙草對身體所帶來的健康風險。在煙包上印有煙害圖象警示及字句是對吸煙者最直接的當頭棒喝，不但增加他們的戒煙意欲，也可以產生阻嚇作用，防止年輕人吸第一口煙。根據香港吸煙與健康委員會於本港更新及擴大煙包煙害圖象警示前後進行的「控煙政策調查2018」，結果顯示這些新的煙害圖象警示有效宣揚煙害信息並可能推動戒煙。

煙包上的健康忠告可全天候每天 24 小時接觸每一位吸煙者。如果吸煙者每天吸一包煙，他/她每天會取出煙包 20 次，一年 7,300 次。其身邊的家人、朋友及同事也有機會留意到煙包上的健康忠告。他們是有權知道煙草產品對健康造成的眾多危害，而煙包是傳播信息的最佳途徑之一。



煙包於 2000 年開始須於上半部載有六款文字健康忠告。
Cigarette packs must carry six text health warnings at the top of pack starting from 2000.

實施健康忠告的進程

在 1983 年，香港規定於售賣的煙包均須附有中英文式樣的健康忠告，期後經歷多次轉變，由早期的純文字式警示演變至 2007 年起生效的六款煙害圖象警示，而且位置移至煙包頂部，並擴大覆蓋範圍至佔煙包正面及背面的一半面積，以提高市民對吸煙禍害的意識，減少煙草使用。由 2018 年 6 月 21 日起，政府加強警示效用，規定煙害圖象警示須至少覆蓋煙包面積 85%，圖象式樣亦增至 12 款，並加上戒煙熱線及必須展示「請為你的下一代戒煙」的健康忠告。

Everyone knows smoking is hazardous to health. Yet, most of the smokers and even non-smokers still underestimate the health risks associated with tobacco use. Pictorial and text health warnings on cigarette packet is the most direct and effective admonition which not only promote intention to kick the habit, but also deter the youth from trying the first cigarette. According to COSH's Tobacco Control Policy-related Survey 2018 conducted before and after the introduction of new and enlarged pictorial health warnings (PHWs), it showed that the new PHWs disseminated the harms of smoking efficiently and appeared to promote smoking cessation.

The warnings on packet reach every smoker every day and are always working - 24 hours a day, 7 days a week. A smoker who smokes a pack a day would take his or her pack out 20 times per day, 7,300 times per year. Warnings may also have noticed by those around the smokers, such as family, friends and coworkers. They are entitled to be fully informed of the many health effects of tobacco products, and the package is one of the best ways to do that.



由 2018 年 6 月 21 日起全面生效的 12 款煙害圖象警示。
The new twelve PHWs which came into full operation from 21 June 2018.

Development of health warnings

Since 1983, text health warnings in bilingual have been required on all cigarette packs sold in Hong Kong and have changed several times. They were enhanced from text-only warnings at the early stage to the six PHWs in effect since 2007. The warning must be positioned on the top of the packet taking up half of the front and back of packet's surface to better raise the public awareness of smoking hazards. Starting from 21 June 2018, the Government enlarged the size of PHWs to at least 85% of the cigarette pack area, increased the number of forms of warning to twelve, added the quitline number and mandated a health warning message "Quit smoking for future generations".

年份 Year	健康忠告的變遷	Changes on health warnings
1982	規定煙草廣告上必須註明吸煙危害健康，即使是在媒體播放，廣告後也必須加上「香港政府忠告市民吸煙危害健康」語句。	In all tobacco advertisements, including those in the print and broadcasting media, the message of "HK Government Health Warning: Smoking harms your health" must be added.
1983	煙草產品的封包須印有中英文式樣的健康忠告。	Bilingual text health warnings required on all cigarette packs.
1994	文字健康忠告由一款增至四款更強烈及明顯的忠告，並須輪流替換： 「吸煙可以致命」、 「吸煙可以致癌」、 「吸煙害己害人」及 「吸煙可引致心臟病」。	The single health text warning was replaced by four stronger and more precise messages to be used in rotation: "SMOKING CAN KILL", "SMOKING CAN CAUSE CANCER", "SMOKING HARMS YOURSELF AND OTHERS" and "SMOKING CAN CAUSE HEART DISEASE".
2000	煙包上半部須載有全新六款文字健康忠告，須輪流替換，並須標示焦油及尼古丁含量，以白底黑字展示： 「吸煙足以致命」、 「吸煙引致癌病」、 「吸煙引致心臟病」、 「吸煙引致肺癌」、 「吸煙引致呼吸系統疾病」及 「吸煙禍及子女」。	Cigarette packs must carry, in rotation, six new text health warnings, with indication of tar and nicotine yields. Health warning must be at the top of the pack, black lettering on white background: "SMOKING KILLS", "SMOKING CAUSES CANCER", "SMOKING CAUSES HEART DISEASE", "SMOKING CAUSES LUNG CANCER", "SMOKING CAUSES RESPIRATORY DISEASES" and "SMOKING HARMS YOUR CHILDREN".
2007	捲煙封包及零售盛器必須以訂明的式樣及方式展示煙害圖象警示、焦油量及尼古丁含量。六款煙害圖象警示須輪流替換，並至少覆蓋封包及零售盛器面積的 50%，而「特醇」及「低焦油」等誤導性字眼亦被規管。	Packets of tobacco products and retail containers shall bear six pictorial health warnings in rotation, tar and nicotine yields in the prescribed form and manner. The pictorial health warnings shall be of a size that covers at least 50% of the surface area of the packet or retail container. The use of misleading information and wordings as "light" and "mild" is also regulated.
2018	煙包上煙害圖象警示面積由 50% 擴大至 85%，圖象式樣由六款增至 12 款，並加上戒煙熱線及必須展示「請為你的下一代戒煙」的健康忠告。	The size of pictorial health warnings was enlarged from 50% to 85% of the cigarette pack area, the number of forms of health warning was increased from six to twelve and the quitline number, and a health warning message "Quit smoking for future generations" was added.

委員會宣傳煙草禍害

香港吸煙與健康委員會不斷針對不同群組的需要，度身訂造多元化的宣傳及教育活動以介紹吸煙禍害及推廣無煙文化，包括健康講座、學校互動教育巡迴劇場、地區展覽等。此外，委員會亦曾推出多齣令人印象深刻的電視宣傳短片，以不同手法令市民大眾進一步認識煙草對身體的危害。



1996年「女性殺手篇」電視宣傳短片(致命點：鼻、喉、心肺、子宮，甚至胎死腹中)：吸煙後患無窮，女性不應吸煙。
1996 "Women Killer" TV API (Targets: nose, throat, heart, lungs, uterus and even your baby): Smoking kills. Women should not smoke.



2005年「叉燒包篇」電視宣傳短片(香港給二手煙害死的人，每年最少有1,324個)：科研實證二手煙致命，引發大眾關注二手煙對健康的嚴重影響。
2005 "BBQ Pork Bun" TV API (1,324 people died from secondhand smoke in Hong Kong every year): Scientific research indicated the lethal consequence of secondhand smoke and raised public concern on its serious health effects.



2012年「兩個吸煙一個早死」電視宣傳短片(兩個長期吸煙者中，一個因吸煙而提早死亡)：醫學研究指出，長期吸煙會導致提早死亡，平均損失壽命為15年，喚醒公眾不要低估吸煙對身體帶來的嚴重後果。
2012 "One in two smokers will die early" TV API (One in two smokers will eventually die from smoking-attributable diseases): Numerous medical research has shown that smoking causes loss of 15 years life span on average. The public should not underestimate the harmful effects caused by smoking.



2021年「吸煙實有害 乜煙都咪點！」電視宣傳短片(另類吸煙產品同樣危害健康)：世界衛生組織強調，世上沒有安全而健康的吸煙產品，使用相關產品也令旁人吸入二手煙，損害健康。市民應徹底戒煙，遠離煙害。
2021 "Smoking harms. Don't smoke at all!" TV API (Alternative smoking products are hazardous to health): World Health Organization stressed that there are no safe and healthy smoking products in the world. The use of these products also exposes bystanders to secondhand smoke which damages to health. All smokers were advised to quit smoking completely.

Promotion on smoking hazards by COSH

To promote smoking hazards and foster a smoke-free culture, COSH has been implementing a variety of tailor-made education and publicity programmes targeting different segments in the community, e.g., health talks, School Interactive Education Theatre and district exhibitions. Besides, COSH has introduced many impressive APIs to further educate the public and raise awareness on smoking hazards.

確保禁止煙草廣告、促銷和贊助

Enforce bans on tobacco advertising, promotion and sponsorship



煙草業每年投入大量資源，進行鋪天蓋地式的宣傳，企圖塑造吸煙人士為有型、有品味之士，從而刺激一些潛在的使用者嘗試吸煙，進而變成長期上癮，當中青少年及女性便成為主要對象。同時，煙草商費盡心思利用誤導性、甚至不實的廣告宣傳煙草產品，意圖淡化煙草的禍害，降低市民戒心。政府必須實施全方位措施禁止煙草的市場營銷，杜絕所有直接及間接的廣告、促銷和贊助，藉此防止美化吸煙行為，減低市民購買吸煙產品意欲，保障公眾健康。

自八十年代起，香港已逐步禁止煙草的廣告、促銷和贊助，包括禁止所有電視、電台、印刷刊物、互聯網及展示式的煙草廣告，禁止煙草業贊助體育項目及歌星音樂錄像，以及禁止煙草產品附送獎品、禮物、贈品或抽獎作促銷用途等。過去40年來，《吸煙(公眾衛生)條例》經過多次修訂，致使各類型直接宣傳及推廣的煙草廣告幾乎完全絕跡於香港所有媒體。

The tobacco industry invests tremendous resources on massive promotion every year to position smoking as stylish and fashionable. It urges potential users to try smoking and become long-term addiction, especially among teenagers and women. The tobacco industry has also been desperate for years to make use of misleading and fraudulent strategies to promote their products and downplay risks of smoking. The Government must impose a total ban on direct and indirect advertising, promotion and sponsorship to prevent the normalization of smoking behaviour, thereby lowering intention to smoking products purchase and protect public health.

Since the 1980s, Hong Kong has gradually implemented bans on tobacco advertising, promotion and sponsorship. All tobacco advertisements on television, radio, printed media and internet, as well as display advertisements were banned. Tobacco companies were not allowed to sponsor sports events and music videos. It was also prohibited to promote the sale of tobacco products by means of offering prizes, gifts, tokens or raffle in exchange for any valuable items. Throughout the past four decades, the Smoking (Public Health) Ordinance has undergone several amendments to ensure all types of direct advertising and promotion of tobacco products vanish from all local media.



在香港，各類煙草廣告、促銷和贊助已經幾乎完全絕跡。
All tobacco advertising, promotion and sponsorship have vanished in Hong Kong.



年份 Year	禁止煙草廣告及贊助	Ban on tobacco advertising and sponsorship
1988	所有煙草廣告及贊助均不能於下午 4 時至晚上 10 時 30 分於電視播出(電台則於 1989 年實施)。	Ban on tobacco advertising and sponsorship from 4pm to 10:30pm on television (extension to radio in 1989).
1990	全面禁止電視及電台的煙草廣告及贊助(電影院則於 1992 年實施)。	Total ban on tobacco advertising and sponsorship on television and radio (extension to cinema in 1992).
1998	禁止互聯網上的煙草廣告。 禁止以附送獎品、禮物、贈品或抽獎以交換任何具價值的物品來促銷煙草產品。	Prohibition of tobacco advertisement on the internet. Prohibition of promoting the sale of tobacco products by means of offering prizes, gifts, tokens or raffles in exchange for any valuable items.
1999	禁止所有展示式及在印刷刊物內刊登的煙草廣告。	Ban on tobacco display advertisements and prohibition of tobacco advertisements in the print media.
2009	撤銷於持牌小販攤檔可展示煙草廣告的豁免。	Withdrawal of exemption for display of tobacco advertisement at licensed hawker stalls.

推動「全煙害警示包裝」及禁止陳列煙草產品

儘管法例已全面禁止煙草宣傳，惟煙草業仍利用法律的灰色地帶及漏洞作間接宣傳，包括在銷售點當眼位置大規模陳列煙草產品，部分更於便利店、報攤及免稅店等以亮麗及特別設計的燈箱展示產品，同時以煙包包裝作為廣告工具，透過凸顯煙包上的商標和牌標特徵，繼續宣傳吸煙及鼓勵煙草消費。香港可參考外國的成功例子，推行「全煙害警示包裝」以劃一煙包包裝及擴大煙害圖象警示，避免市民誤以為不同包裝的煙草產品對身體的危害有所分別，亦可大大減低吸煙的吸引力。另一方面，亦可引進禁止於銷售點陳列和展示煙草產品，以確保銷售點不會成為促銷煙草的平台和刺激衝動性的購買煙草產品行為。(更多有關「全煙害警示包裝」及禁止陳列煙草產品之資料請參閱第 66-68 頁)



銷售點以亮麗及特別設計的燈箱展示煙草產品。
Tobacco products were displayed prominently and visually appealing at points of sale.

Support plain packaging and ban on point-of-sale tobacco display

Despite all tobacco advertisements and promotion have been banned by law, tobacco companies still exploit grey areas and loopholes to promote tobacco products indirectly, such as visually appealing display of tobacco products in large and glamorous light box at prominent areas of at points of sale (POS) including convenience stores, newsstands and duty-free shops. Cigarette packet has become a key marketing and brand promotion vehicle for tobacco industry to continue to boost smoking and tobacco consumptions. Hong Kong can consider the implementation of plain packaging with reference to other countries' successful experience to standardize the packets and enlarge the pictorial health warnings. This measure is effective in preventing misconceptions on the relative harmfulness of cigarettes in different packets, as well as reducing the overall appeal of smoking. Also, a total ban on the display of tobacco products at POS should also be adopted to protect the public from exposure to tobacco promotion and stimulate impulse purchases of tobacco. (More details on plain packaging and ban on tobacco products display, please refer to P66-68)



煙草商以精美的煙包包裝吸引女性及青少年吸煙。
Tobacco industry used attractive tobacco packet designs to target women and teenagers.

提高煙草稅 Raise taxes on tobacco

增加煙草稅是最有效減低煙草使用和鼓勵戒煙的單一控煙措施。世界衛生組織(世衛)指出，增加煙草稅每 10%，高收入地區如香港，煙草需求量會隨之下降約 4%，更可減少中低收入地區煙草使用約 5%。香港在六十、七十年代已開始透過向煙草徵收入口關稅作為間接稅，而香港特區政府亦不時調高煙草稅率。

加煙稅助戒煙

增加煙草稅對即時及長遠降低吸煙率有明顯的作用。政府分別於 2009-2010 及 2011-2012 財政年度宣佈增加煙草稅 50% 及 41.5% 後，衛生署綜合戒煙熱線收到的來電數目分別上升 258% 及 49%。2014-2015 財政年度，煙草稅只是輕微調高 11.7%，來電數目對比前一年則只錄得 1% 增長。由此可見，大幅增加煙草稅才能有效地鼓勵戒煙及持續加強吸煙人士戒煙的決心。另外，由於兒童及青少年對煙草價格較為敏感，透過增加煙草稅提升煙草價格，可預防兒童及青少年養成吸煙習慣，2009 年及 2011 年大幅增加煙草稅後，中學生的吸煙率由 2008 年的 6.9% 下降至 2013 年的 3%。

Raising tobacco tax is the single most effective measure to reduce tobacco use and encourage smoking cessation. World Health Organization (WHO) indicated, a 10% increase on tobacco taxes would reduce consumption by 4% in high-income places like Hong Kong and by around 5% in low-and middle-income countries. Import tariff was imposed on tobacco as indirect tax in the 1960s and 1970s in Hong Kong. The Hong Kong SAR Government also increases tobacco tax from time to time.

Raise tobacco tax to encourage smoking cessation

Raising tobacco tax substantially has immediate and long-term effects on reducing tobacco use. Upon the announcement of tobacco tax increase in the Budgets of FY2009-2010 (50%) and FY2011-2012 (41.5%), the annual number of calls to the Integrated Smoking Cessation Hotline of Department of Health jumped by 258% and 49% respectively. When the tobacco tax was increased slightly by 11.7% in FY2014-2015, the annual number of calls to the hotline increased by 1% compared to the year before. These figures reflected the effectiveness of substantial tax increase on motivating smoking cessation and sustainably enhancing smokers' determination to kick the habit. Increasing the retail price of cigarette with tobacco tax rise is also an effective deterrent for picking up smoking among children and youth who are price sensitive. After the substantial tax increases in 2009 and 2011, the smoking prevalence among secondary students dropped from 6.9% in 2008 to 3% in 2013.

年份 Year	2008	2009	2010	2011	2012	2013	2014
煙草稅增幅 Tobacco tax increment	0%	50%	0% ¹	41.5%	0%	0%	11.7%
全年致電戒煙熱線總數 Total no. of calls for Quitline	4,732	15,500	13,880	20,571	13,262	13,079	13,203

註：1. 實施新措施：年滿 18 歲的入境旅客只能攜帶 19 支煙或 1 支雪茄入境作自用
Note: 1. Implementation of new measure: The quantity of tobacco products exempted from duty for passenger aged 18 or above was tightened to 19 cigarettes, or 1 cigar for personal use.



委員會每年聯同多個團體以不同形式倡議政府增加煙草稅，包括遊行、召開記者會、聯署去信財政司司長等。
COSH advocates the Government to raise tobacco tax together with different organizations in various formats every year, including parades, press conferences and co-signatory letters to the Financial Secretary.

《2015年世界衛生組織全球煙草流行報告》指出，煙草稅應佔煙草零售價格 75% 或以上是最有效的控煙措施。全球有接近 30 個國家已訂立機制定期增加煙草稅。反觀香港，2022 年主要品牌捲煙的煙草稅(港幣 38 元/包)只佔零售價格(平均約港幣 62 元/包)的 61.5%。香港的煙草稅在過往十年均沒有重大調整，但本地消費物價指數十年已累計上升 28.4%，可見香港有很大的空間調高煙草稅，以確保其促進戒煙的效用及減低煙草產品的可負擔性。此外，香港應該參考各地的成功個案，考慮制定長遠的煙草稅政策(詳情請參閱第 69-70 頁)。

煙草商經常企圖以私煙問題為由反對增加煙草稅。世衛重申增加煙草稅和走私煙並沒有必然關係，同時揭露煙草業所贊助的機構就私煙情況提出偏頗的數據，政策制定者及公眾應謹慎處理有關數據。他們提出凍結煙稅以解決私煙問題欠缺理據，加強執法才是打擊私煙的最有效方法。香港海關多年來全方位嚴厲打擊私煙活動，包括電話訂購私煙，反映海關打擊私煙的決心及執法策略的成效，保障政府稅收及香港市民健康。香港實行高煙草稅是必須及切實可行的重要控煙政策之一。

The “WHO Report on the Global Tobacco Epidemic 2015” suggested that increasing tobacco tax to more than 75% of the retail price is among the most effective tobacco control interventions. Across the world, about 30 countries introduced an automatic mechanism on raising tobacco tax. However, the tobacco tax (HK\$38/pack) of major cigarette brands in Hong Kong is only about 61.5% of the retail price (average HK\$62/pack) in 2022. There was no significant adjustment of tobacco tax rate in Hong Kong over the past decade while local Consumer Price Index has been cumulatively increased by 28.4%, Hong Kong still has a lot of room to adjust the tobacco tax in motivating smokers to quit and reducing affordability of tobacco products. Besides, Hong Kong should make reference to the successful cases in the world to adopt a long-term tobacco tax policy (For details, please refer to P69-70).

The tobacco industry always express opposition against tobacco tax increase under the pretext that it will lead to a surge in illicit cigarettes. WHO reaffirmed that there is no causal link between tobacco tax increase and illicit cigarette smuggling. WHO also rejected the skewed and distorted data of tobacco industry-funded organizations on the prevalence of illicit cigarettes. Policy-makers and the public should be particularly cautious about such information. They suggested to freeze the tobacco tax to combat smuggling which stands without acceptable reasoning. The most effective measure against illegal trade of tobacco products is strict enforcement. Over the years, the Hong Kong Customs and Excise department has strengthened enforcement against illicit cigarette activities on all fronts, including telephone ordering of illicit cigarettes. This showed the determination of the department in combating illicit cigarette trade and the effectiveness of its enforcement strategy to protect the Government’s tax revenue and public health. High tobacco tax in Hong Kong is an essential and practicable tobacco control policy.

香港吸煙與健康委員會的發展 Development of Hong Kong Council on Smoking and Health



香港吸煙與健康委員會的發展

Development of Hong Kong Council on Smoking and Health

在世界衛生組織的建議下，香港政府於 1987 年通過《香港吸煙與健康委員會條例》（第 389 章），成立香港吸煙與健康委員會，專責就本港各項有關煙草之問題擔當主導角色，以及提高和教育公眾對煙草禍害之認識，並進行或委託專人進行有關吸煙的研究，從而向政府、社區衛生組織及社會服務團體提供有關吸煙與健康之意見。



委員會成員由政府委任社會各界專業人士擔任，為委員會籌劃策略及發展方向，並監督秘書處的行政管理及日常運作，以達成委員會的使命。委員會會徽最初由國際著名圖像設計家石漢瑞設計，透過推開捲煙的圖像，表達集中加強個人的能力去克服吸煙習慣，從而戒除煙癮，其後在 2004 年採用更鮮明的企業顏色及加上委員會中文及英文名稱。



此為委員會最初成立之會徽，並由石漢瑞設計。
It was the first logo of COSH designed by Henry STEINER.

Recommended by the World Health Organization, Hong Kong Council on Smoking and Health (COSH) was established under the Hong Kong Council on Smoking and Health Ordinance (Cap 389) in 1987. COSH has been an active player and commentator on all issues relating to tobacco control since its establishment as well as to inform and educate the public on the harm of smoking and its adverse effects on health. The Council also conducts and coordinates research and studies on smoking in order to advise the Government, community health organizations or any public body on matters relating to smoking and health.

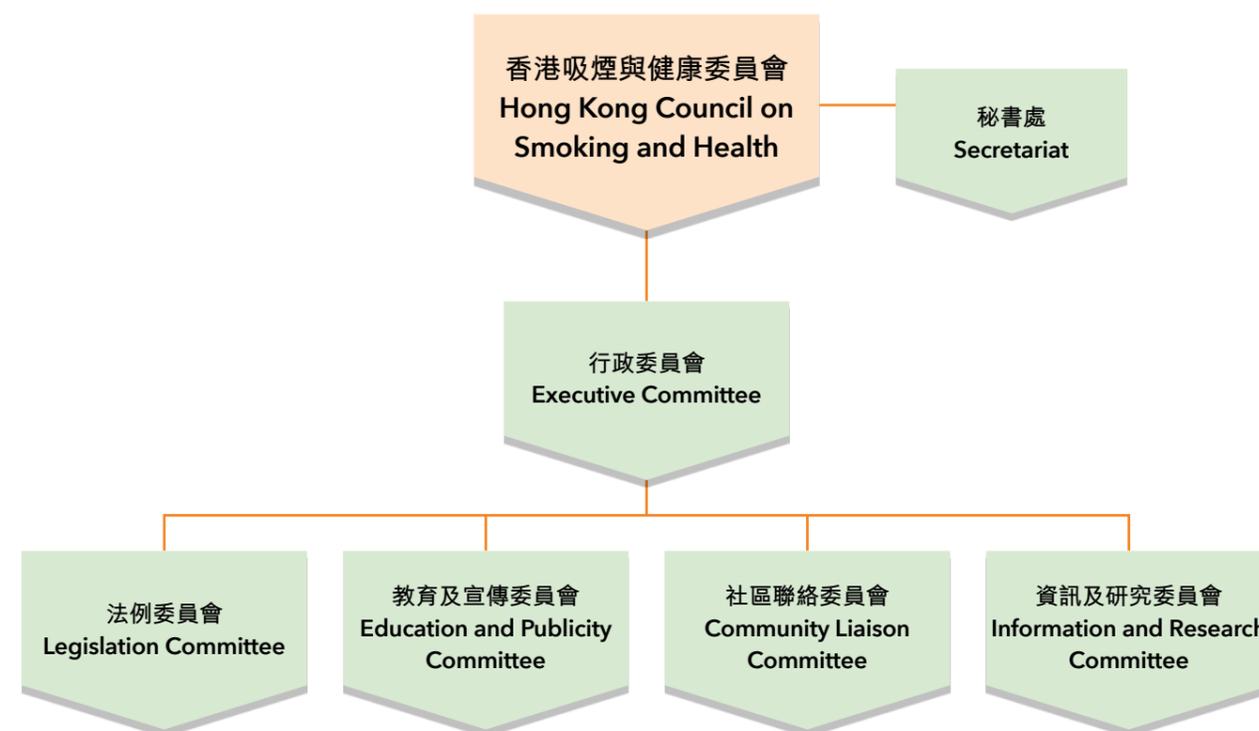
The members of COSH are appointed by the Government. They are professionals hailing from various sectors to make their contributions to the strategic planning and development of the Council and monitor the daily operation of the Secretariat to ensure the accomplishment of its mission. The original logo of COSH was designed by Henry STEINER, an internationally renowned graphic designer. Through pushing away cigarettes, it signifies the empowerment of individuals to achieve smoking cessation and subsequently enhanced the design of the Council's logo in 2004 by adding its Chinese and English names and sharpening its appearance with a bright corporate colour.



委員會於 1987 年成立，當時秘書處有三位職員。
COSH was established in 1987 with three staff in the Secretariat.

委員會組織架構

Organization of COSH



歷任委員會成員及總幹事 Council Members and Executive Directors



主席	Chairman		
梁定邦	LEUNG Ding-bong, Ronald	1987 - 1994	
李紹鴻	LEE Shiu-hung	1994 - 1997	
賀達理	Anthony Johnson HEDLEY	1997 - 2002	
左偉國	TSO Wei-kwok, Homer	2002 - 2008	
劉文文	LAU Man-man, Lisa	2008 - 2014	
鄺祖盛	KWONG Cho-shing, Antonio	2014 - 2020	
湯修齊	TONG Sau-chai, Henry	2020 - now	

副主席	Vice-chairman		
李家祥	LI Ka-cheung, Eric	1987 - 1990	
邱建江	KHOO Kian-kany, Rudy	1990 - 1993	
穆士誠	Peter MOSS	1993	
關港子	KIT Kwong-chi, Nancy	1993 - 1997	
左偉國	TSO Wei-kwok, Homer	1997 - 2002	
林大慶	LAM Tai-hing	2002 - 2008	
馬紹良	MA Siu-leung	2008 - 2011	
陳肇始	CHAN Siu-chee, Sophia	2011 - 2012	
鄺祖盛	KWONG Cho-shing, Antonio	2013 - 2014	
伍婉婷	NG Yuen-ting, Yolanda	2014 - 2020	
陳志球	CHAN Chi-kau, Johnnie	2020 - now	

委員會成員	Council Member		
鄭維志	CHENG Wai-chee, Christopher	1987 - 1989	
唐能	Stuart DONNAN	1987 - 1989	
夏永豪	HA Wing-ho, Timothy	1987 - 1991	
許晉奎	HUI Chun-fui, Victor	1987 - 1993	
邱建江	KHOO Kian-kany, Rudy	1987 - 1990	
李錦洪	LEE Kam-hung, Daniel	1987 - 1990	
梁家康	LEONG Ka-hong, Milton	1987 - 1989	
盧寶娜	LO Bo-na, Mona	1987 - 1990	
穆士誠	Peter MOSS	1987 - 1993	
梁定邦	Anthony Francis NEOH	1987 - 1993	
潘蔭基	PAN Yin-chi, Joseph	1987 - 1993	
潘若芙	POON Yeuk-foo	1987 - 1993	
黃瑞良	WONG Sui-leung, Paul	1987 - 1990 1999 - 2000	
楊自強	YOUNG Jee-keung, Job	1987 - 1990	
俞翊鵬	James YUE	1987 - 1993	

周端彥	CHAU TY	1988 - 1989	
李家仁	LEE Ka-yan, David	1989 - 1997	
彭國雄	PANG Kwok-hung	1989 - 1991	
楊永強	YEOH Eng-kiong	1989 - 1990	
周融	CHOW Yung, Robert	1990 - 1996	
范世義	FAN Sai-yee	1990 - 1993	
關港子	KIT Kwong-chi, Nancy	1990 - 1993	
梁魏懋賢	LEUNG NGAI Mou-yin, Justina	1990 - 1996	
李家驊	LI Ka-wah, Michael	1990 - 1993	
李思泌	LI Sze-bay, Albert	1990 - 1996	
莫何敏儀	Eleanor MORRIS	1990 - 1996	
陳馮富珍	Margaret CHAN	1992 - 1994	
陳福成	CHAN Fuk-sing, Peter	1993 - 1996	
陳家樂	CHAN Ka-lok, Walter	1993 - 1996	
陳兆麟	CHAN Shiu-lun	1993 - 1996	
陳霍寶珍	CHAN FOK Po-chun, Anita	1993 - 1996	
鄭俊豪	CHENG Chun-ho	1993 - 1996	
賀達理	Anthony Johnson HEDLEY	1993 - 1997	
劉威漢	LAU Wai-hon	1993 - 1996	
蘇天安	SAW Thian-aun, Paul	1994 - 1996	
丘福生	YAU Fook-sang, Harold	1994 - 1996	
賴福明	LAI Fook-ming, Lawrence	1995 - 2001	
侯傑泰	HAU Kit-ta	1996 - 1999	
葉成慶	IP Shing-hing, Simon	1996 - 2002	
高威林	William KO	1996 - 2005	
林秉恩	LAM Ping-yan	1996 - 2002	
李建真	LEE Kin-chun	1996 - 2000	
馬逸彰	MA Yat-cheung	1996 - 1997	
岑敏玲	SHUM Mun-ling, Elle	1996 - 1997	
左偉國	TSO Wei-kwok, Homer	1996 - 1997	
徐尉玲	TSUI Wai-ling, Carlye	1996 - 1997	
邱可珍	YAU Ho-chun, Nora	1996 - 2004	
陳錦祥	CHAN Kam-cheung, Paul	1997 - 2001	
劉明珠	LAU Ming-chu, Edith	1997 - 2004	
勞永樂	LO Wing-lok	1997 - 2006	
麥桂團	MAK Kwai-po	1997 - 1998	
楊美娟	YEUNG Mi-kuen, Cecilia	1997 - 2005	

姚中年	Joe YIU	1997 - 2003	
李偉秋	LEE Wei-chow, Edna	1998 - 2001	
龐愛蘭	PONG Oi-lan, Scarlett	1998 - 2006	
張昭于	Jasminia Kristine CHEUNG	2000 - 2006	
劉文文	LAU Man-man, Lisa	2001 - 2007	
黃譚智媛	WONG TAAM Chi-woon, Vivian	2001 - 2007	
嚴中明	YEN Chung-ming, Grace	2001 - 2005	
林文傑	Mark LIN	2002 - 2003	
黃熾雄	WONG Chi-hung, Anthony	2002 - 2008	
許美嫦	HUI Mei-sheung, Tennessy	2003 - 2009	
梁挺雄	LEUNG Ting-hung	2003 - 2007	
黃梅景頤	Rebekah WONG	2003 - 2004	
陳永泰	CHAN Wing-tai	2004 - 2006	
蔡深銘	CHOI Shum-ming, Alex	2004	
冼日明	SIN Yat-ming, Leo	2004 - 2010	
譚羅南華	TAM LO Nam-wah, Ella	2004 - 2009	
梁永安	LEUNG Wing-on, Louis	2005 - 2009	
馬紹良	MA Siu-leung	2005 - 2008	
楊偉誠	YEUNG Wai-shing, Frankie	2005 - 2011	
方玉輝	FONG Yuk-fai, Ben	2006 - 2008	
倪文玲	NGAI Man-lin, Malina	2006 - 2008	
溫國雄	WAN Kwok-hung, Joseph	2006 - 2012	
鄺淑賢	WU Shuk-yin, Brenda	2006 - 2012	
周偉強	CHAO Vai-kiong, David	2007 - 2009	
張建良	CHEUNG Kin-leung, Ben	2007 - 2009	
李國棟	LI Kwok-tung, Donald	2007 - 2013	
譚麗芬	TAM Lai-fan, Gloria	2007 - 2012	
陳潔玲	CHAN Kit-ling, Amy	2008 - 2011	
陳宇齡	CHAN Yu-ling, Abraham	2008 - 2014	
周裔智	CHAU Yui-chi, Eugene	2008 - 2014	
伍婉婷	NG Yuen-ting, Yolanda	2008 - 2014	
陳志球	CHAN Chi-kau, Johnnie	2009 - 2015	
陳肇始	CHAN Siu-chee, Sophia	2009 - 2011	
戴兆群	DAI Siu-kwan, Daisy	2009 - 2015	
斐博歷	Brett McEwan FREE	2009 - 2014	
鄺祖盛	KWONG Cho-shing, Antonio	2009 - 2013	
何明惠	HO Ming-wai, Celine	2010 - 2012	
孫益華	SUN Yee-wha, David	2011 - 2017	
黃帆風	WONG Fan-foung, Jackson	2011 - 2017	
黎潔廉	LAI Kit-lim, Cindy	2012 - 2018	
麥耀光	MAK Yiu-kwong, Simon	2012 - 2018	

唐少芬	TANG Shao-fen, Joyce	2012 - 2018
黃進達	WONG Chun-tat, Jason	2012 - 2016
余榮輝	YU Wing-fai, Christopher	2012 - 2018
林崇綬	LUM Shun-sui, Susie	2013 - 2018
何靜瑩	HO Jing-ying, Ada	2014 - 2020
徐小曼	HSU Siu-man	2014 - 2020
吳綺媚	NG Yee-mei, Grace	2014 - 2018
彭芷君	PANG Che-kwan, Gigi	2014 - 2018
黃仰山	WONG Yeung-shan, Samuel	2014 - 2020
林家禮	Lee George LAM	2015 - 2018
繆潔芝	MAW Kit-chee, Christina	2015 - 2019
曾立基	TSANG Lap-ki, Richard	2016 - 2022
何世賢	HO Sai-yin, Daniel	2017 - now
黃幸怡	WONG Hang-yee, Sandy	2017 - now
趙佩燕	CHIU Pui-yin, Amy	2018 - now
林哲玄	LAM Tzit-yuen, David	2018 - now
廖偉明	LIU Wai-ming, Haston	2018 - now
蘇潔瑩	SO Kit-ying, Loletta	2018 - now
鄧振強	TANG Chun-keung, Teddy	2018 - now
湯修齊	TONG Sau-chai, Henry	2018 - 2020
董煜	TUNG Yuk, Stewart	2018 - now
王文炳	WANG Man-ping, Kelvin	2018 - now
夏敬恒	HA King-hang, Tony	2019 - now
張勇邦	CHEUNG Yung-pong, Langton	2020 - now
馮卓能	FUNG Cheuk-nang, Clement	2020 - now
古龍沙美娜	Sharmila GURUNG	2020 - now
巫潔嫻	MO Kit-han, Phoenix	2020 - now

總幹事	Executive Director	
麥龍詩迪	Judith MACKAY	1987 - 1989
梁文傑	LEUNG Man-kit, Christopher	1989 - 1991
張之珏	CHEUNG Che-kwok	1991 - 1994
歐陽英蘭	Angeline OYANG	1994 - 1996
黃匡忠	Johnston WONG	1996 - 1997
余衍深	YU Yin-sum, Marcus	1997 - 2003
何理明	HO Lei-ming, Raymond	2003 - 2005
梁建明	LEUNG Kin-ming	2005
尹慧兒	WAN Wai-yee	2005 - 2007
黎慧賢	LAI Wai-yin, Vienna	2007 - now

委員會歷年重點回顧 Footprints of COSH



委員會一直致力透過不同的宣傳活動推廣無煙生活，教育市民有關煙草的禍害，同時就各項控煙政策向政府提出意見及建議，並積極與不同的機構團體合作，以預防兒童及青少年嘗試吸煙、鼓勵吸煙人士戒煙，以及希望推動更多市民支持家人及朋友戒煙，進一步降低香港的吸煙率。2022年為委員會成立 35 周年，以下為委員會歷年控煙工作的重點回顧。

COSH has been informing the mass public on the hazards of smoking and its adverse effect on health through a series of education and publicity programmes and actively advocating the Government for strengthening the tobacco control measures in collaboration with different organizations. The aims are to deter the youth from trying the first cigarette, encourage smoking cessation and motivate the public to support their family members and friends to kick the habit in order to further reduce the smoking prevalence in Hong Kong. 2022 marks the 35th anniversary of COSH and below are the footprints of its tobacco control works.

年份 Year	委員會歷年重點回顧	Footprints of COSH
2022	第十一屆海峽兩岸及香港澳門地區煙害防治研討會	The 11 th Cross-Strait, Hong Kong and Macau Tobacco Control Conference
	委員會成立 35 周年	The 35 th Anniversary of COSH
	香港控煙 40 周年座談會邀請本地、內地及國際控煙專家分享如何加強控煙政策以實現零煙害環境	Symposium for the 40 th Anniversary of Tobacco Control in Hong Kong invited local, the Mainland and international experts to share the enhanced tobacco control measures to achieve zero smoking hazard environment
	「全城無煙跑」活動首度以虛擬跑形式舉行	Smoke-free Run was organized in virtual mode for the first time
2021	無煙 Teens 計劃推出至今十年，培育逾 2,800 名未來社會領袖，並優化為無煙 Teens 精英計劃	Over 2,800 future leaders were trained over the decade under the Smoke-free Teens Programme which was revamped as Smoke-free Elite Teens Programme
	「疫境同行 • 無煙起步」宣傳推廣計劃鼓勵吸煙人士於新冠肺炎下立即戒煙	“Get Set · Go Smoke-free” Publicity Programme encouraged smokers to become tobacco-free under COVID-19 pandemic
	「支持全面禁止另類吸煙產品」活動包括舉辦記者會、去信行政長官、於立法會門外請願行動及收集超過 12 萬名市民及機構的簽名及支持	“Support a Total Ban on Alternative Smoking Products” activities including press conferences, open letter to the Chief Executive, petition outside the Legislative Council and collecting over 120,000 signatures and support from citizens and organizations



2020	委任無煙代言人「咪點我」，並推出宣傳短片「吸煙實有害 乜煙都咪點」	“Wise Mike”, Smoke-free Ambassador was appointed and launched Announcement in the Public Interest titled “Smoking Harms. Don’t Smoke at All!”
	「二手煙 • 不再見」宣傳推廣計劃教育二手煙禍害，邀請吸煙人士戒煙	“Say No to Secondhand Smoke” Publicity Programme publicized the hazards of secondhand smoke and invited smokers to kick the habit
	近 400 間房屋管理業的公司參加支持「無煙安居樂業」計劃	Nearly 400 companies of the housing management industry enrolled “Smoke-free Housing Management” Programme
	開展無煙女性宣傳計劃	Launch of Smoke-free Women Project
	「深呼吸 • 煙不吸」宣傳推廣計劃呼籲市民每日深呼吸及向煙草說不，支持無煙生活	“Breathe In. Tobacco Out” Publicity Programme invited the mass public for taking deep breath every day and staying away from tobacco products
2019	「煙害 2.0 另類煙害你要知」健康教育宣傳於全港進行巡迴展覽及推出「煙害 2.0」Facebook 專頁	Roving health promotion across territory of “Smoking Hazards 2.0” Health Education and Publicity Programme were conducted and “Smoking Hazards 2.0” Facebook was launched
	「香港無煙領先企業大獎 2019」創歷年新高，逾 530 間企業向 13 萬名員工傳遞無煙信息	“Hong Kong Smoke-free Leading Company Awards 2019” hitting a record high with over 530 companies to spread smoke-free messages among more than 130,000 employees
	「戒煙大贏家」無煙社區計劃十周年	The 10 th Anniversary of “Quit to Win” Smoke-free Community Campaign
	「全城無煙跑暨嘉年華」吸引近 1,600 名跑手參與，鼓勵大眾建立無煙健康的生活模式	Smoke-free Run cum Carnival attracted nearly 1,600 runners to join and encouraged the public to create healthy habits



2018	「無煙車樂部」計劃成功將無煙信息傳遞逾七萬二千名運輸從業員	Over 72,000 practitioners of transportation industry received smoking cessation messages under “Smoke-free Drivers Club” Programme
	委員會與 40 個團體召開聯合記者會支持全面禁止電子煙及新型吸煙產品	COSH conducted a joint press conference with 40 organizations to support a total ban on electronic cigarettes and other new smoking products
	「無煙健兒大募集」宣傳推廣計劃推動以各類型運動代替吸煙	“Be a Smoke-free Athlete” Publicity Programme fostered the culture of replacing smoking with various types of sports
2017	委員會成立 30 周年	The 30 th Anniversary of COSH
	「全力邁向無煙香港」會議邀請本地及國際控煙專家分享成功的控煙措施及如何檢測及規管新興煙草產品	“Towards a Tobacco Endgame in Hong Kong” Conference invited local and international experts to share the successful measures curbing tobacco epidemic and on testing and regulating novel tobacco products
	「無煙飲食力量」計劃推動飲食業界宣揚無煙文化	“Smoke-free Catering Force” Programme boosted the participation of catering industry in promoting smoke-free culture
	「無煙加油站」宣傳推廣活動為戒煙人士打氣	“Smoke-free Support Station” Publicity Programme created a supportive atmosphere for smoking cessation



2016	「無煙大家庭」宣傳推廣計劃鼓勵全港市民加入無煙行列，並推出「無煙大家庭」Facebook 專頁	“Smoke-free Family” Publicity Campaign invited the public to live a smoke-free lifestyle. “Smoke-free Family” Facebook page was launched
	「香港無煙領先企業大獎 2016」獲得超過 480 間企業參加，逾六萬五千名員工受惠，兩者均是歷年之冠	“Hong Kong Smoke-free Leading Company Awards 2016” attracted over 480 companies participated and benefited over 65,000 employees, both figures were the highest on record
	針對吸煙率較高的建造業度身訂造「建造無煙力量」計劃	Tailored programme “Smoke-free Construction Force” for construction industry with high smoking prevalence
	「無煙夢片場」宣傳推廣活動邀請演藝界人士呼籲戒煙	“Publicity Campaign in Collaboration with the Entertainment Industry” invited artists and DJs to call upon smoking cessation
2015	「學校互動教育巡迴劇場」20 周年	The 20 th Anniversary of “School Interactive Education Theatre Programme”
	「支持加強控煙措施」活動包括設置街站、於立法會門外集會及收集超過二萬六千名市民及機構的簽名及支持	“Support to Strengthen Tobacco Control Measures” activities including street promotions, rally outside the Legislative Council and collecting over 26,000 signatures and support from citizens and organizations



2014	「第七屆兩岸四地煙害防制交流研討會」吸引近 200 位控煙工作者來港參與	“The 7 th Cross-strait Conference on Tobacco Control” gathered around 200 tobacco control experts in Hong Kong
	開展「清新女人魅」女性戒煙推廣計劃	Launch of “Women Smoking Cessation Promotion Programme”
	與本地卡通人物麥兜合作「錫住你 錫住我不吸煙 支持世界無煙日」活動	“Smoke-free Publicity Programme for World No Tobacco Day” in collaboration with local cartoon character “McDull”
2013	獲世界衛生組織頒發「世界無煙日獎」表揚委員會在推動香港控煙工作的成就及貢獻	The World Health Organization presented the “World No Tobacco Day Award” to COSH in recognition of its contributions and accomplishments in tobacco control in Hong Kong
	「香港無煙領先企業大獎 2013」	“Hong Kong Smoke-free Leading Company Awards 2013”
	支持「全煙害警示包裝」及禁止陳列煙草產品記者會	“Support Plain Packaging and Banning on Tobacco Products Display” Press Conference
	「護理界控煙行動」推動護士積極向病人及公眾推廣無煙信息	“Nurses Initiatives on Tobacco Control” encouraged nurses to spread smoke-free messages among patients and mass public



2012	「香港控煙三十周年」慶祝酒會及出版紀念特刊	“The 30 th Anniversary of Tobacco Control in Hong Kong” Cocktail Reception and publication of commemorative booklet
	「我是無煙的」計劃鼓勵的士司機戒煙及遵守法例於車廂禁煙	“Smoke-free Taxi” Campaign encouraged taxi drivers to quit smoking and create a smoke-free journey
	開展「無煙老友記」推廣計劃鼓勵長者拒絕二手煙及儘早戒煙	“Elderly Smoking Cessation Pilot Programme” encouraged elderly to say no to secondhand smoke and kick the habit
	推出「無煙青少年領袖訓練計劃」每年培育近 400 名未來控煙領袖	“Smoke-free Youth Ambassador Training Programme” launched and cultivated around 400 future tobacco control leaders each year
	「戒煙大贏家」無煙社區計劃首度獲得 18 區區議會支持，每年招募逾千名吸煙人士參加戒煙比賽	“Quit to Win” Smoke-free Community Campaign was first supported by the 18 District Councils, recruiting over 1,000 smokers to join the smoking cessation contest each year
	支持香港推行「全煙害警示包裝」記者會	“Support the Implementation of Plain Packaging in Hong Kong” Press Conference
2011	支持加煙稅行動包括「加煙稅助戒煙」全民支持大行動、「綠絲帶行動」及「支持加煙稅草案請願」	Actions for raising tobacco tax including “Raise Tobacco Tax for Smoking Cessation - United Efforts Advocacy Campaign”, “Smokefree Hong Kong Green Ribbon” and “Assembly for Raising Tobacco Tax”
	「香港無煙領先企業大獎 2011」	“Hong Kong Smoke-free Leading Company Awards 2011”
2010	「無煙女性」宣傳計劃	“Smoke-free Women Campaign”
2009	支持加煙稅行動包括「保障市民健康與生命支持增加煙草稅」聯簽運動、「聲援增加煙草稅大行動」及「支持增加煙草稅大遊行」	Actions for raising tobacco tax including “Support Raising Tobacco Tax” Signature Campaign, “Campaign for Supporting Tobacco Tax Increase” and “Supporting Tobacco Tax Increase” Parade
	「支持 01.07.09 全面禁煙」記者會	“Support 01. 07. 09 Total Smoking Ban” Press Conference
	200 多位專家及學者聚首香港參與「第三屆兩岸四地煙害防制交流研討會」	Over 200 experts gathered in Hong Kong for “The 3 rd Cross-strait Conference on Tobacco Control”



2008	「無煙家庭 我做到」吸引超過二萬個家庭承諾建立無煙家庭 「香港控煙工作前瞻」研討會探討控煙工作未來策略及發展方向	“Smoke-free Family Campaign” attracted smoke-free pledge from more than 20,000 families “Priority Issues on Tobacco Control in Hong Kong” Seminar discussed the blue print for development of tobacco control in Hong Kong
2007	三萬位兒童參加「童」享無煙環境相片大募集及支持無煙法例	30,000 children joined the “Smoke-free Environment - Create & Enjoy” Photo Collection Campaign and supported smoke-free policies
2006	「全港領先中小企無煙工作間大獎」嘉許中小企業推廣無煙文化 香港電台網上電台 TeenPower 透過「無煙領域」、「無煙 Web J 選拔大賽」向年青人傳遞無煙信息	“Hong Kong Leading SME Smoke-free Workplace Award” recognized small and medium enterprises in advocating smoke-free culture RTHK online radio TeenPower promoted smoke-free lifestyle among youth through “Smoke-free Zone” & “Freshman Web J Competition”
2005	「無煙香港運動」包括舉辦「二手煙與健康」研討會及推出三套電視宣傳短片關注二手煙禍害 「醫護獻愛心 共創無煙港」表揚十位醫護界「控煙先鋒」	“Smoke-free Hong Kong” Campaign including “Seminar on Secondhand Smoke and Health” and launch of three TV APIs on the hazards of secondhand smoke “Health Professionals Join Hands to Create Smoke-free Hong Kong” recognized ten health professionals for their outstanding contributions to tobacco control
2004	「全港無煙工作間領先企業大獎」表揚推動無煙工作間政策的企業 160 位太陽使者於「太陽計劃 2004 - 天地不色音樂會」承諾建立無煙健康生活態度	“Hong Kong Smoke-free Workplace Leading Company Awards” commemorated enterprises with outstanding smoke-free workplace policy 160 Solar Ambassadors pledged for a smoke-free lifestyle at “Solar Project 2004 - Natural Colour Singing Concert”
2003	訂立 5 月為全港「工作間不吸煙月」 「無煙特工隊訓練計劃」結合學校、家庭及社區力量宣傳無煙信息	Designation of May as “No Smoking Month in the Workplace” “Smoke-free Agent Training Programme” disseminated smoke-free messages in schools, families and the community
2002	逾 730 公司及機構共超過四萬名員工參加「工作間不吸煙日」 無煙音樂電影《煙絲萬縷》，由關錦鵬執導、張學友主演	Over 730 companies and more than 40,000 employees joined the “No Smoking Day in the Workplace” Smoke-free music movie “Thousands Memories of Smoking” by Stanley KWAN (movie director) and Jacky CHEUNG (leading actor)



2001	「全港簽名運動」及「廣告宣傳運動」支持政府提出《吸煙（公眾衛生）條例》的修訂建議 「無煙 OL 大搜查」活動推廣無煙工作間	“Territory-wide Signature Campaign” and “Advertisement Campaign” supported the Government’s proposal on amendments of Smoking (Public Health) Ordinance “Great Search for Smoke-free OL Competition” promoted smoke-free workplace
2000	訂立 5 月 2 日為全港「工作間不吸煙日」及舉行「無煙工作間研討會」 香港首個戒煙健康中心獲律敦治醫院、香港大學及香港中文大學支持成立 無煙電影《煙飛煙滅》，由張國榮自編自導自演	Designation of 2 May as Hong Kong’s “No Smoking Day in the Workplace” and organization of “Smoke-free Workplace Seminar” Establishment of the first Smoking Cessation Health Centre supported by Ruttonjee Hospital, The University of Hong Kong and The Chinese University of Hong Kong Smoke-free film “From Ashes to Ashes” by Leslie CHEUNG (film director and leading actor)
	「戒煙運動」包括「戒煙熱線投入服務」及「戒煙大贏家」比賽 成立「清新麗人」婦女控煙工作小組向女性宣傳無煙信息	“Quit Campaign” included launch of Quitline and “Quit & Win” Contest Formation of “Women for a Tobacco-free Hong Kong” to spread smoke-free messages among women
1999	無煙藥房運動 一百萬名兒童及成人簽署「兒童約章」承諾為下一代提供無煙成長環境 「三、二、一戒煙大行動」舉辦工作坊、研討會、展覽、講座及戒煙班等鼓勵戒煙	Tobacco-free Pharmacy Campaign A million children and adults signed the “Children’s Charter” and pledged for a smoke-free environment for the next generation “Three-Two-One Quit Campaign” promoted smoking cessation through workshops, seminars, road shows, lectures and quitting classes



1998	「戒煙決定 愛心證明」及「一個無煙的婚禮」鼓勵吸煙人士為摯愛戒煙 委員會 24 小時「資訊熱線」正式啟用	“Show Your Love and Quit Smoking” and “A Smoke-free Wedding Party” encouraged smokers to quit smoking for their loved ones Launch of COSH's round-the-clock “Information Hotline”
1997	「戒煙計劃」包括香港電台廣播劇、「無煙復活營」及戒煙講座 「無煙社區活動資助計劃」資助社區團體舉辦無煙教育活動	“Quit Easy Campaign” included Radio Drama at RTHK, Easter Camp and Smoking Cessation Seminar “Smoke-free Community Subsidy Scheme” subsidized community organizations to organize smoke-free education campaigns
1996	「體藝攜手支持無煙贊助」宣揚停止利用體育及藝術活動促銷煙草產品 300 位吸煙人士及家人參加「無煙樂滿營」戒煙	“Sports and Arts without Tobacco : Play it Tobacco-free” advocated banning tobacco sponsorship in sports and arts events 300 smokers and family members joined “Quit Winners’ Camp” to kick the smoking habit
1995	首次推出「學校互動教育巡迴劇場」於小學加強無煙教育 清新健康人音樂大匯演	Launch of “School Interactive Education Theatre Programme” to strengthen smoke-free education in primary schools Health for All Rally
1994	委員會第一號報告書「香港青少年吸煙與健康調查」出版 一眾著名藝人於「無煙一家親」決心加入戒煙行列	Issue of COSH Report No.1 “Youth Smoking and Health Survey” Celebrities signed up to quit smoking



1993	「開心戒煙健康班」徵召醫院病人宣誓戒煙 出版「無煙餐館指引」	“Quit for Health & Happiness Campaign” to recruit smoking patients at hospital to quit smoking Issue of “Smoke-free Restaurants Guidelines”
1992	聯同企業制訂「無煙工作環境計劃」政策 小學反吸煙巡遊大匯演 無煙戶外音樂會「勸戒煙部隊閱兵大會」	Development of “Smoke-free Workplace Policy” with companies Anti-smoking Grand Parade for Primary Schools Smoke-free outdoor concert “Declaration Ceremony for Smoke-free Ambassadors”
1991	開展「學校健康講座」向中小學生傳遞無煙健康信息	Launch of “health talk in schools” to spread smoke-free messages among primary and secondary school students
1990	「世界不吸煙日及兒童遊行集會」支持世衛推出「沒有煙草成長路」	“World Smoke-Out Day / Children Parade” in response to WHO's launch of “Growing up without tobacco”
1989	委員會進行首次民意調查，大部分市民支持加大禁煙區及進一步管制健康忠告及煙草宣傳	“The first Public Opinion Survey” found that majority of respondents supported expansion of no smoking areas and regulation on health warning and tobacco promotion
	委員會第一套無煙電視宣傳短片	Launch of COSH's first TV API
1988	舉辦多項活動響應世衛的「世界首次不吸煙日」	Organized various events in response to WHO's “World's First No Tobacco Day”
1987	香港吸煙與健康委員會成立	Establishment of COSH



邁向零煙害世代 締造無煙香港 Towards a Tobacco-free Future in Hong Kong



邁向零煙害世代 締造無煙香港 Towards a Tobacco-free Future in Hong Kong

吸煙是最主要但亦可預防的死亡原因之一，不僅引致多種慢性疾病、癌症等，半數的長期吸煙者亦會因吸煙而提早死亡，對整體醫療體系構成壓力。以香港為例，估計每年導致近 7,000 人死亡，其中包括 672 名非吸煙者因二手煙死亡，醫療服務開支和生產力損失等每年涉及逾 55 億港元，故需要採取不同方法幫助吸煙人士戒煙和預防兒童及青少年開始吸煙。



「三寸釘」宣傳海報向大眾宣揚煙草使用的危害性。
"3 inches" Poster conveyed the harms of tobacco use to the public.

全賴社會各界過去 40 年來的努力，香港的控煙工作取得豐碩成果，並繼續穩步推進。自 1982 年，政府透過《吸煙（公眾衛生）條例》的制定、實施及修訂，正式展開控制煙草的工作，並與全港市民攜手推動，使吸煙率下降至 9.5%，是全球吸煙率最低的地區之一。惟現今香港仍然有逾 58 萬名每日吸煙人士，而且大部分對尼古丁的依賴程度較高，戒煙意欲較低。儘管全球傳統煙市場正在萎縮，但煙草商透過不斷研發新吸煙產品及煙草新口味以開拓新客戶，所以我們務必時刻提高警覺，防範煙草商乘虛而入，並參考其他地區的成功例子，制定更積極和長遠的控煙政策，進一步降低香港的吸煙率至 5% 或以下，啟動全面禁煙機制，共同為下一代提供零煙害的生活環境。

Smoking has been the leading preventable cause of death. It causes many chronic diseases and cancers, and one in every two smokers will die early from smoking which may result in pressure on public healthcare system. In Hong Kong, smoking not only causes about 7,000 loss of lives every year and 672 of them are non-smokers, but also incurs considerable medical expenses and loss of productivity, costing over HK\$5.5 billion annually. Therefore, different ways must be sought to help smokers kick the habit and deter the children and youth from smoking.

With the concerted efforts of different sectors in the community throughout the past 40 years, Hong Kong has achieved fruitful results and made steady progress in the development of tobacco control. Since 1982, the implementation and enforcement of the Smoking (Public Health) Ordinance by the Government and the subsequent amendments have brought the smoking rate to a record low, 9.5%, among the lowest in the world. However, there are still over 580,000 daily cigarette smokers and most of them have high nicotine dependence and low quit intention. Despite the global decline in conventional cigarette sales, tobacco industry has been recruiting new users through the launch of new smoking products and increases in the flavour offerings. We should stay alert, develop stringent and long-term tobacco control policies and have regards to overseas successful experiences to further lower the smoking prevalence to 5% or below which could activate the mechanism of total ban on smoking for promoting tobacco-free future among next generations.



全球控煙趨勢 Global trend of tobacco control



推行「全煙害警示包裝」

在 2015 年舉行的「第 16 屆世界煙草或健康會議」上，世界衛生組織總幹事特別指出「全煙害警示包裝」的控煙成效。「全煙害警示包裝」亦稱「平裝」或「標準化包裝」，即規定所有煙草產品必須以統一標準包裝，並不能展示商標、圖案及標誌。品牌名稱只可以統一的字款、顏色和位置展示在煙包上，並必須展示煙害圖象警示。透過劃一煙盒包裝，可增強吸煙禍害的教育和警示，亦同時藉此禁止煙草商以精美的煙盒包裝作為品牌的宣傳渠道，減低吸煙產品的吸引力，加強吸煙人士戒煙的決心及預防青少年開始吸煙。



在 2012 年，澳洲成為首個推行「全煙害警示包裝」的國家，令當地吸煙人口顯著下降，14 歲或以上人士的吸煙比率由 19.6% 下降至 2015 年 9 月的 17.4%。澳洲維多利亞省癌症協會的研究顯示，吸食「全煙害警示包裝」煙草產品的人士會有較高的戒煙意欲、覺得煙草質量變差、對煙草產品的滿意度較低、戒煙在生活上較優先的次序，可見成效顯著，為其他國家及地區推行時提供了強而有力的實證基礎。截至 2021 年 2 月，全球有近 20 個國家已經實施或立法實施全煙害警示包裝。



香港吸煙與健康委員會自 2012 年起倡議政府儘快採用「全煙害警示包裝」。
COSH has urged the Government to introduce Plain Packaging since 2012.

Implementation of plain packaging

Director-General of World Health Organization, highlighted the success of plain packaging to tackle the tobacco epidemic at the "16th World Conference on Tobacco or Health" in 2015. Plain Packaging is also known as standardized packaging and requires all form of tobacco branding to be labeled with standardized regulation. Trademarks, graphics and logos should be detached. Brand names and product names are allowed to display in a standard font style, colour and location of the cigarette pack, and requires pictorial health warnings (PHWs) on packages. By standardizing the packaging, tobacco companies cannot promote brand characteristic through cigarette pack while enhancing education and warning on smoking hazards. The overall appeal of smoking can also be reduced to motivate smoking cessation and prevent the uptake of smoking among the youth.

Australia, the first country to introduce Plain Packaging in 2012, achieved a substantial decrease in the smoking prevalence of those aged 14 or above from 19.6% to 17.4% in September 2015. According to the study of Cancer Council Victoria in Australia, smokers who smoked the cigarettes in plain pack had higher intention to quit, perceived cigarette to be lower in quality, perceived cigarette as less satisfying and rated smoking cessation at higher priority in their lives. Australia's successful experience provided strong evidence for other countries and regions to implement the measure. As at February 2021, nearly 20 countries have implemented or legislated to implement plain packaging.



澳洲為首個推行「全煙害警示包裝」的國家。
Australia was the first country to introduce Plain Packaging.

已實施「全煙害警示包裝」的國家 Countries implemented Plain Packaging

澳洲(2012年)	Australia (2012)
法國、匈牙利、英國(2016年)	France, Hungary, the United Kingdom (2016)
愛爾蘭、挪威(2017年)	Ireland, Norway (2017)
新西蘭(2018年)	New Zealand (2018)
加拿大、泰國、土耳其(2019年)	Canada, Thailand, Turkey (2019)
荷蘭、新加坡(2020年)	Netherlands, Singapore (2020)
丹麥(2021年)	Denmark (2021)

煙草商反對實施「全煙害警示包裝」的其一藉口是會加劇走私煙問題，但根據澳洲官方數據，政府緝獲的走私煙自 2007 年以來一直沒有明顯變化，而在「全煙害警示包裝」實施後(2013-2014 年)更比之前若干年(2012-2013 年、2009-2010 年、2007-2008 年)的數字為低。多項調查同時發現，購買和使用走私煙人士的比例，在 2013 年錄得跌幅，證明煙草商的指控是誤導不實。



英國於 2016 年推行「全煙害警示包裝」。
The United Kingdom implemented Plain Packaging in 2016.

加拿大是唯一一個國家除在煙包上加上煙害圖象警示外，更須附有鼓勵戒煙的資訊卡。近年，加拿大亦建議推行創新措施，在每支捲煙上印上文字健康忠告，進一步加強警示效果，降低捲煙的吸引力，防止年輕人被誘使去吸煙。這項措施同時建議適用於小雪茄和手捲煙紙管。英國國會議員亦有提出類似法案。

According to the Australian government's record, seized cases of illicit cigarette remained steady since 2007. The number of cases seized in post implementation period (2013-2014) was even smaller than the pre-implementation years (2012-2013, 2009-2010 and 2007-2008). Many studies found that the ratio of smokers purchasing and consuming illicit cigarette had dropped in 2013. The argument of the tobacco industry that plain packaging would worsen the situation of cigarette smuggling is false and misleading.

Canada is the only country to implement PHWs on cigarette packs while mandating a smoking cessation card inside tobacco packs. Recently, Canada has proposed innovative idea to regulate text health warnings on individual cigarettes to enhance the warning effect. It would reduce the appeal of cigarettes, protecting young people from inducements to smoke. The suggested regulation also applies to little cigars and cigarette tubes. The similar bill was proposed in the parliament of the United Kingdom.

禁示銷售點陳列煙草產品

隨着全球各地逐漸收緊煙草廣告及宣傳限制，陳列煙草產品成為煙草商的重要營銷手段，以刺激衝動性的購買煙草產品行為及塑造煙草使用為可被社會接受的形象。這些促銷手法對年青人影響特別大，亦令吸煙人士更難戒煙。根據《世衛煙草控制框架公約》第 13 條，銷售點陳列煙草產品本身即構成廣告和促銷。

《英國醫學期刊》旗下的《煙草控制雜誌》一份研究報告指出，在隱藏煙草產品的便利店購物的青少年，吸煙意欲較在有於收銀處後方陳列煙草產品的低 11%，顯示禁止在銷售點陳列煙草產品能有效減低青少年的吸煙機會，預防他們開始吸煙。

有見及此，多個國家及地方已全面禁止在煙草產品銷售點展示任何煙草產品、品牌名稱及商標，包括澳洲、英國、加拿大、新加坡、泰國和澳門等，以進一步減低煙草產品的宣傳空間，成效顯著。

雖然香港法例已禁止各類媒體的煙草廣告和贊助，惟煙草商至今仍然利用法例漏洞繼續進行宣傳推廣，例如於銷售點當眼處大規模陳列煙草產品，部分更以亮麗及特別設計的燈箱展示產品。為杜絕煙草商的營銷渠道、預防兒童及青少年開始吸煙，香港可引進全面禁止煙草產品及其品牌在銷售點展現的措施，防止煙包成為宣傳工具，以及確保銷售點不會成為促銷煙草的平台，只允許列出產品及價格文本清單。



禁止於銷售點陳列煙草產品可預防青少年開始吸煙。
Ban display of tobacco product at points of sale can prevent youngsters from starting smoking.

Ban display of tobacco products at points of sale

Restrictions on tobacco advertisements and promotions have been gradually tightened around the world, product display has become a key means of promoting tobacco products and tobacco use, which could stimulate impulse purchases of tobacco and project the impression that tobacco use is socially acceptable and thereby makes it harder for smokers to quit. Young people are particularly vulnerable to the promotion effects of product display. According to Article 13 of WHO Framework Convention on Tobacco Control, display of tobacco products at points of sale in itself constitutes advertising and promotion.

A study published in Tobacco Control of British Medical Journal found that banning tobacco product display at points of sale could reduce the intention to smoke in adolescents and prevent them from initiating smoking. The study found an 11% reduction in cigarette smoking susceptibility among the participants who shopped in the convenience store with all tobacco products hidden, compared to those in store with the tobacco products visible behind the cashier.

In view of this, many countries and regions including Australia, the United Kingdom, Canada, Singapore, Thailand and Macao have banned display of tobacco products, brands and trademarks at points of sale which is effective in prohibiting tobacco promotion.

Despite the Ordinance has banned all tobacco advertising and sponsorship on various platforms in Hong Kong, tobacco industry still exploits loopholes to promote their products, such as visually appealing display of products in large and glamorous light box at prominent area of points of sale. To eliminate the marketing tactics of tobacco industry and smoking initiation in youngsters, Hong Kong should impose a total ban on any display and visibility of tobacco products at points of sale to avoid the cigarette packs as tools of advertising. Only the textual listing of products and their prices, without any promotional elements, should be allowed.



澳洲已禁止在銷售點展示煙草產品。
Australia has banned tobacco display at points of sale.

增加煙草稅

《2015 年世界衛生組織全球煙草流行報告》指出，增加煙草稅至煙草零售價格 75% 或以上是最有效的控煙措施。其後世界衛生組織(世衛)在 2021 年 4 月 12 日推出指引，強調尤其在 2019 冠狀病毒肆虐下，增加煙草稅對改善公共衛生及增加政府收入十分重要。不僅實施成本低，亦可有效地降低煙草使用，從而減少因吸煙構成的經濟負擔。此外，亞洲發展銀行研究總結煙草稅是利貧措施，能為較低收入吸煙人士帶來更多健康及財政得益。全球已有約 30 個國家及地區遵循世衛建議將煙草稅訂立於佔煙價最少 75% 或以上，另有超過 50 個國家定於 70% 或以上。

根據美國的研究機構表示，各國煙草稅制的強弱可透過四個範疇來評定，包括捲煙價格、捲煙可負擔性的變化、煙草稅比重、煙草稅制。香港煙草稅自八十年代起，有過十數次不同的增幅，當中大部分加幅輕微，自 2014 年以來一直維持於每包約港幣 38 元，佔主要捲煙品牌的零售價格約 61.5%，遠低於世衛建議。面對香港煙草稅於過往十年均沒有重大調整，但本地消費物價指數近十年已累計上升 28.4%，同時在調整收入和通脹升幅後，以致香港吸煙人士對煙草產品可負擔能力(現時主要品牌的捲煙價格約為每包港幣 62 元)並未有因煙草稅增加而減低，反而有所上升。而其煙包價格遠低於鄰近地區及其他已發展地區。



2011 年支持增加煙草稅集會。
Assembly for raising tobacco tax in 2011.

Raise Tobacco Tax

The WHO Report on the Global Tobacco Epidemic 2015 suggested that increasing tobacco tax to more than 75% of the retail price is among the most effective tobacco control interventions. Subsequently, a manual was launched by the World Health Organization (WHO) on 12 April 2021 to underline tobacco tax increment is key to improve public health and increase government revenues, especially in the COVID-19 pandemic. This measure not only involves relatively low cost but also significantly reduces tobacco use and the economic burden associated with smoking. Furthermore, the study from Asian Development Bank concluded that raising tobacco tax is a pro-poor measure that could bring more health and financial benefits to poorer smokers. Over 30 countries have now raised tobacco tax to more than 75% of the retail price abiding by the WHO's recommendation, and over 50 countries to more than 70%.

According to a United States institute, tax systems worldwide can be evaluated based on four components, namely cigarette price, changes in cigarette affordability, tax share and tax structure. Tobacco tax has been raised for more than 10 times since the 1980s in Hong Kong, however mostly with mild increment. The tobacco tax of the major cigarette brand in Hong Kong remained at HK\$38 per cigarette pack since 2014, which accounts for only around 61.5% of the retail price and far below the WHO's recommendation. With Hong Kong facing no significant adjustment of tobacco tax rate over the past decade and local Consumer Price Index has been cumulatively increased by 28.4%, the affordability on tobacco products of Hong Kong smokers had actually increased after discounting the income growth and inflation over the years (current cigarette price of the major brands in Hong Kong is about HK\$62 per pack) and that cigarettes are much cheaper than that of the nearby regions and many developed countries.

除了大幅增加煙草稅，實施高煙稅外，其他國家更會制定長遠政策，啟動自動增加煙草稅機制，以防止煙草稅的效力隨時間被通脹和收入增長所削弱。現時有近 30 個國家已設立機制定期增加煙草稅，不少國家更訂立與通脹掛鈎的自動增加稅率機制，按年增加煙草稅率。例如澳洲每年按薪酬增長調高煙草稅兩次，並在 2013 年至 2020 年規定每年增加煙草稅 12.5%；加拿大每五年按通脹增加煙草稅；英國每年按通脹以上增加 2%；菲律賓在 2020 年至 2023 年期間，每年增加煙草稅率，並於 2024 年開始每年自動增加煙草稅率 5%，以保持價格對減低煙草需求的作用，同時加強戒煙動機。

香港吸煙與健康委員會的「控煙政策調查 2021」顯示，大部分受訪者(72.9%)對定期增加煙草稅表示支持，其中接近四成的受訪者認為增幅應高於通脹。整體受訪者同時認為捲煙價格應定為平均每包港幣 115.5 元，才能加強吸煙人士戒煙的決心，比現時的價格高出接近一倍。以上結果充分顯示香港的煙草稅率存在極大的上調空間。

另外，有研究顯示當煙草稅率維持在高水平下，吸煙人士有機會因價格考慮而轉購價格相對較低的煙牌，而未有戒煙，故現時有國家已設立最低煙價 / 煙稅，以避免煙草稅效能會因不同品牌的煙草價格不一而降低及防止零售商刻意控制價格而繳納較低稅項，其中包括英國及歐盟。



委員會倡議大幅增加煙草稅以進一步減低香港吸煙人口。
COSH advocated substantial increase in tobacco tax to further lower the smoking prevalence in Hong Kong.

Apart from implementing a substantial increase in tobacco tax, other countries also adopt a long-term and continuous tobacco tax policy by establishing an automatic mechanism on raising tobacco tax to prevent the effect of tobacco tax from being eroded by inflation and income increment. Nearly 30 countries have introduced an automatic mechanism on raising tobacco tax. Some of the countries increase the tax rate annually in line with the inflation rate automatically. For example, Australia set a rise according to salary increment twice a year as well as an extra annual rise of 12.5% from 2013 to 2020. Canada raises tobacco tax according to inflation index every five years. Similar measure was implemented in the United Kingdom with an extra rise above inflation rate annually. Philippines imposes an annual increase of tobacco tax from 2020 to 2023 and an automatic 5% increase since 2024. All aim to maintain the price effect on the demand of tobacco products and boost smoking cessation at the same time.

According to COSH's Tobacco Control Policy-related Survey 2021, the majority of respondents (72.9%) supported an increase in tobacco tax regularly and nearly 40% thought that it should be greater than the inflation rate. The respondents also opined that cigarette retail price should be set at HK\$115.5 per pack on average to effectively motivate smokers to quit, which is almost a double higher than the current retail price. These figures reflect that there is large capacity for cigarette price increments in Hong Kong.

Besides, the research proved that smokers might switch to tobacco products in cheaper retail price, instead of quitting, when the tobacco tax rate is set at a high level. Therefore, some countries referring to the United Kingdom and the European Union, set the minimum retail price or excise duty to prevent the effect of tobacco tax from being weakened by the different retail prices in cigarettes of different brands and prevent retailers from paying fewer taxes by manipulating the retail price.

擴大禁煙範圍

吸煙不單對吸煙人士的健康帶來沉重及長遠的嚴重影響，燃燒煙草時所產生的二手煙同樣致命。全球每年有約 120 萬非吸煙人士因二手煙而提早死亡，世界衛生組織數字指出全球逾四成小孩在家中長期接觸二手煙。因由二手煙霧引致的死亡個案中，31% 發生在兒童身上。為進一步保障公眾健康，世界各地均將禁煙政策擴展至不同的地方：

北京、澳門、新加坡 ▪ 將禁煙區範圍擴展至巴士站輪候隊伍	Beijing, Macao, Singapore ▪ Smoke-free areas have been extended to bus stops queues
澳洲、新加坡、泰國 ▪ 禁止於大廈出入口範圍吸煙	Australia, Singapore, Thailand ▪ Smoking is banned outside entrances or exits of buildings
澳洲、巴林、加拿大省份、法國、意大利、南非、英國部分地區、美國部分州份 ▪ 禁止任何人士在載有兒童的私家車內吸煙	Australia, Bahrain, Canada (most provinces), France, Italy, South Africa, the United Kingdom (some parts), the United States (some states) ▪ Prohibit smoking in private vehicles carrying children
芬蘭(只限出租居所)、泰國、美國(只限公營房屋) ▪ 禁止於私人住所內吸煙	Finland (rental accommodations only), Thailand, the United States (public housing only) ▪ Prohibit smoking in private homes



澳門公共交通輪候 10 米範圍 禁煙的告示。
Poster informing the smoke-free area within 10 meters of public transport stops are displayed in Macao.

Expansion of no smoking areas

Smoking has a lot of long-term and life-threatening adverse effect on the health of both smokers and non-smokers. Globally, around 1.2 million individuals die prematurely because of exposure to secondhand smoke every year. According to the statistics compiled by World Health Organization, over 40% of children globally are regularly exposed to secondhand smoke at home. 31% of the deaths attributable to secondhand smoke are children. To protect the public health, smoking bans have been further expanded in different regions:



英國已禁止在載有兒童的汽車內吸煙，以保障兒童免受二手煙影響。(圖片來源：Wiltshire Healthy Schools)
The United Kingdom has banned smoking in private vehicles carry children to protect them from secondhand smoke. (Photo source: Wiltshire Healthy Schools)

《吸煙(公眾衛生)條例》於2007年修訂後，禁煙區擴展至室內食肆、室內工作間及公眾場所的室內地方，但香港至今仍然有不少公眾地方未被列為法定禁煙範圍，市民大眾期待可以進一步擴大，例如大廈的出入口、所有巴士站等(詳見下表)。

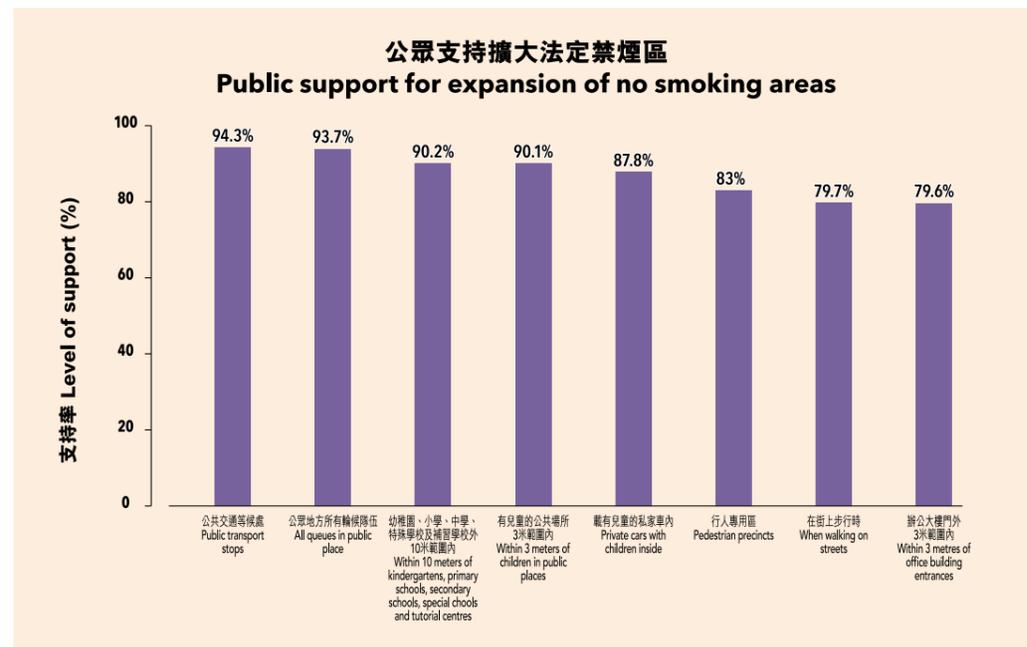
香港吸煙與健康委員會進行的「控煙政策調查2021」亦顯示，大部分(79.6%)受訪者認為場所負責人應為其場所內的違例吸煙情況負上刑責，另外近八成(79.7%)受訪者贊成政府應立法禁止吸煙人士在街道上一邊走路一邊吸煙。透過立法擴大禁煙區，才可令市民遠離二手煙，保障他們的健康。81.3%受訪者同意增加違例吸煙的定額罰款額。



近九成受訪者支持公共交通等候處禁煙。
Nearly 95% of respondents supported extension of smoking ban to public transport stops.

After the amendment on the Smoking (Public Health) Ordinance in 2007, smoking ban was extended to indoor areas of all restaurants, indoor workplaces and public indoor places. But there are still many public areas not designated as no smoking areas in Hong Kong. The general public expect more places to go smoke-free such as entrances of buildings and bus stops (details please refer to the table below).

According to COSH's Tobacco Control Policy-related Survey 2021, 79.6% of respondents supported that the person-in-charge should be liable and penalized for smoking offense in smoke-free premises under their management. Most respondents (79.7%) agreed that the Government should legislate to ban smoking while walking on the streets. Expansion of no smoking areas can safeguard the public from the hazards of secondhand smoke. 81.3% of respondents supported to increase the fixed penalty for smoking offences.



資料來源：「控煙政策調查2021」，香港吸煙與健康委員會
Source: Tobacco Control Policy-related Survey 2021, Hong Kong Council on Smoking and Health

提高法定購買煙草的年齡

大多數吸煙人士在青少年時期開始吸煙。根據《主題性住戶統計調查第75號報告書》，香港每日習慣吸食傳統煙人士中，逾60%是在19歲或之前開始每周吸煙。而有研究指出假如於21歲前沒有吸煙習慣，以後吸煙的機會極低，故不少國家或地區設立進一步措施以避免21歲或以下的年輕人染上煙癮。



根據《煙草圖冊》資料，超過150個國家設定了最低合法購買煙草年齡，大部分設定為18歲或19歲。然而，夏威夷於2016年正式將合法吸煙年齡由18歲調高至21歲，成為美國第一個立法禁止21歲以下青少年吸煙的州份。鑑於美國的研究指出在將合法購買煙草年齡提高至21歲的地方，青少年吸煙比率下降幅度較大，因此美國在2019年將全國最低合法購買煙草年齡提高至21歲。新加坡則在2018年至2021年期間將最低合法購買煙草年齡逐步由18歲提高至21歲。在香港，根據「控煙政策調查2021」數據顯示，大部分(81.4%)受訪者及69.9%現時吸煙者贊成香港將法定購買煙草年齡由現時的18歲調高至21歲，逐步打造無煙世代。香港亦應考慮跟隨國際趨勢，儘快限制21歲或以下人士接觸煙草產品。

Raising the legal age of tobacco purchase

Most smokers start smoking during adolescence. According to the Thematic Household Survey Report No.75, over 60% of daily smokers in Hong Kong started weekly smoking at or under age 19. Some research also found that the chance of smoking is relatively low if people do not have the habit at the age of 21. Hence, many countries launched policies to prevent non-smokers from picking up smoking before age 21.

According to Tobacco Atlas, over 150 countries have implemented minimum age of sale of tobacco products, of which majority set the minimum age at 18 or 19 years old. Hawaii raised the minimum smoking age from 18 to 21 in 2016, making Hawaii the first state in the United States to do so. A study in the United States showed a greater magnitude of reduction in adolescent smoking in the places where the minimum age of tobacco sale was raised to age 21. The United States then raised the minimum age of sale from 18 to 21 years as a national policy in 2019. Singapore raised the minimum age from 18 to 21 years progressively between 2018 and 2021. In Hong Kong, Tobacco Control Policy-related Survey 2021 revealed that a majority (81.4%) of respondents and 69.9% of current smokers agreed to increase the legal age of tobacco sales from the current 18 to 21 years old to pave the way for smoke-free generations. Hong Kong should keep up with the international trend of banning tobacco sale to people aged 21 or below.



美國部分州份將合法吸煙年齡調高至21歲。(圖片來源：<http://tobacco21.org>)
Some states in the United States raised the minimum smoking age to 21.
(Photo source: <http://tobacco21.org>)

將最低購買煙草年齡定於 21 歲或以上的國家：

Countries that have raised the minimum age of tobacco sale to 21 years or above:

合法購買煙草年齡 Minimum age of tobacco sale	國家 Countries
25 歲或以上 25 years or above	斯里蘭卡 Sri Lanka
22 歲 22 years old	洪都拉斯、蒙古、帛琉 Honduras, Mongolia, Palau
21 歲 21 years old	新加坡、泰國、美國、烏茲別克 Singapore, Thailand, United States, Uzbekistan

無煙世代

吸煙不僅傷肺，還為腦部帶來不良的影響，尤其損害認知能力和記憶。就算只接觸較低劑量的尼古丁，已可以令腦部的去甲腎上腺素系統的發展出現不健全。一氧化碳亦會影響兒童心智發展，使他們的自制、分析及判斷能力較差。長遠來說，控煙策略除以防止年輕人開始吸煙外，更應以最終將煙草從下一代開始淘汰為目標，讓他們在無煙環境中健康成長。



新西蘭政府對此採取更積極的措施以遏止煙草流行，計劃立法禁止煙草銷售及供應，並已於 2022 年 6 月提交法例草案予議會審議。新措施包括在 2024 年開始削減授權煙草零售商的數目、於 2025 年降低煙草產品中的尼古丁含量、並從 2027 年起實施禁止銷售和供應煙草產品的終身禁令，以實現無煙世代。根據立法建議，由 2027 年起，向 14 歲或以下人士銷售或供應煙草產品即屬違法。此法定年齡將逐年上升，從而令煙草絕跡於這世代及往後的人士。此外，英國政府委託進行的審查報告建議，英國法定購煙年齡應逐年提高一歲，直到最終沒有人可以購買煙草產品為止，以達至 2030 年終結吸煙的目標。根據香港大學的意見調查，超過五成受訪者支持禁止 2021 年或之後出生的人吸煙。

Smoke-free Generation

Smoking harms not just lung function, but brain development, especially in cognition and memory. A tiny amount of nicotine intake affects the noradrenergic system. Carbon monoxide will also lead people to poor inhibitions and impaired judgment. In order to create tobacco-free environment for next generations, tobacco control strategy should focus on tobacco elimination in the long run, apart from the prevention on smoking initiation among young people.

New Zealand is now taking a more aggressive step to curb the tobacco epidemic, and planning to make the sales and supply of tobacco illegal. The proposed legislation was introduced into the parliament in June 2022. The new measures shall include reduction of authorized tobacco retailers starting from 2024, reduction of nicotine level in tobacco products in 2025, and creation of a smoke-free generation by imposing a lifelong ban on tobacco sales and supply starting from 2027. Under the proposed legislation, it will become illegal to sell or supply tobacco to people aged 14 years or below since 2027. The legal age will increase each year, keeping tobacco away from this and the following cohorts. The age at which people can legally buy tobacco in England was suggested by a government-commissioned review to go rise by a year every year until no one can buy it to meet the target of being smoke-free by 2030. Over 50% of respondents in the survey conducted by The University of Hong Kong supported a ban on smoking in people born in or after 2021.

禁止加添味道的煙草產品

為掩蓋煙草產品中的嗆喉感及苦澀味，煙草商往往會鑽研不同口味的調味煙草產品，例如薄荷味、水果味、糖果味等，以提升煙草產品的吸引力，並企圖讓吸煙人士低估吸煙的禍害，誘使初試吸煙人士更容易繼續吸煙行為。近年水煙的使用亦漸趨流行，因水煙壺的外型華麗，並能添加多款香料調味，吸引了不少非吸煙者尤其青少年及女性好奇嘗試。不過，吸食一小時水煙涉及的煙霧吸入量是吸食一支煙的 100 至 200 倍，吸入的有毒化合物份量更可能比吸食傳統捲煙者更多。

為設法降低煙草產品的吸引力及成癮性，美國自 2009 年起禁止在傳統捲煙加入薄荷以外的其他調味，食品藥物管理局最近更提出將禁令擴大至涵蓋薄荷味傳統捲煙及所有調味雪茄。歐盟國家及英國亦在 2016 年起禁止調味煙草產品，並於 2020 年起將禁令擴展至薄荷味煙草產品。另外，新西蘭將立法限制煙草產品的尼古丁含量。

政府統計處的《主題性用戶統計調查第 75 號報告書》顯示，本港近六成吸煙女性以薄荷味捲煙作為吸煙入門產品，而她們現時有吸食薄荷及水果味捲煙的比例高達七成，反映調味煙草產品對公共衛生帶來潛在危機。同時，早有研究指出使用調味煙草產品的吸煙人士能夠成功長期戒煙的機會較低，因此政府應積極考慮禁止調味煙草產品以防止非吸煙人士開始吸煙及促進戒煙，從而進一步降低吸煙率，以早日達致無煙香港。



Prohibition of flavours in tobacco products

The tobacco industry has always been keen to add different flavouring in tobacco products (i.e., menthol, fruit, candy) by masking the harshness and bitterness of nicotine and other chemicals in tobacco products. It not only reduces the perceived harmfulness of tobacco but also increases product appeal to facilitate continued smoking. Shisha is becoming increasingly popular in recent years. Its fancy device design with plenty of flavour-offerings lure curious non-smokers, particularly among youth and female. A typical one-hour waterpipe smoking session exposes the user to 100 to 200 times the volume of smoke inhaled from a single cigarette. Waterpipe smokers may inhale more toxins than smoking cigarettes.

To reduce the attractiveness and addictiveness of tobacco products, The United States (US) has banned non-menthol flavoured cigarettes since 2009, and the Food and Drug Administration has recently proposed to extend the ban to menthol cigarettes and all flavoured cigars. European Union and the United Kingdom also imposed the prohibition of flavours in tobacco products since 2016 and extended the ban on menthol-flavoured cigarettes in 2020. Besides, New Zealand will legislate to reduce the legal amount of nicotine in tobacco products.

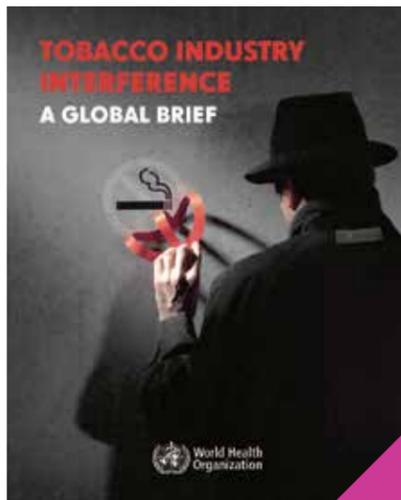
According to the Thematic Household Survey Report No. 75 released by the Census and Statistics Department, almost 60% of female tried menthol-flavoured cigarette as their first time of smoking while over 70% of female smokers smoked menthol- and fruit-flavoured cigarettes currently. The result revealed that the flavoured cigarettes are posing a threat to the public health. Recent research findings have linked flavoured tobacco product use to lower likelihood of smoking cessation in the long run. Hong Kong should consider banning flavoured tobacco products to further reduce smoking by deterring smoking initiation and facilitating quitting to achieve smoke-free Hong Kong as soon as possible.

煙草業干預及宣傳伎倆

隨着全球吸煙人口數目穩步下降，煙草業均透過各種手段以宣傳吸煙、誤導大眾、削弱控煙政策、干預及阻撓政府制定控煙策略等，務使吸煙行為重新普及，並意圖減低控煙工作的成果。慣常手段包括透過利用現行法例漏洞作牌延伸及間接宣傳、公關伎倆、訴訟威嚇、操縱科學證據、操控媒體、贊助既得利益團體等。

近年煙草商投入龐大資源，進行各種媒體及公關伎倆的形象工程，例如舉辦訛稱防止青少年吸煙的宣傳計劃、改善種植煙草農民生活的計劃、贊助環保團體及各種藝術及體育活動等，利用企業社會責任來聲稱其對社會和環境的關心，藉此宣傳自己為「具責任心的企業公民」，騙取公眾、非牟利組織、藝術及運動界別、學術機構、以及政府組織的支持，以便借助第三方之名反對控煙政策，甚至要求撤回部分規管或禁止銷售煙草的政策。

世界衛生組織《煙草控制框架公約》第 5.3 條指出，煙草業的利益與公共衛生政策之間存在根本和無法和解的衝突，建議各國政府制定措施限制與煙草業的交流並保持透明度。香港吸煙與健康委員會倡議立法會議員及政策制定者必須在審議公共衛生政策時申報與煙草業的利益關係，政治團體亦須披露由煙草業捐贈的資金。政府部門亦應避免就政策向煙草業進行諮詢或會面。其他接觸亦應記錄和公開。



(圖片來源：世界衛生組織)
(Source: World Health Organization)

Tobacco Industry Interference

Given that the global smoking population has been gradually declining, the tobacco industry deploys various counter-tactics to promote smoking, mislead the public, defame tobacco control policy, interfere and delay the implementation of tobacco control strategies, with the aim to renormalize smoking and undermine tobacco control effort with intention.

The tobacco industry has recently invested enormous resources to portray a positive public image of their brands and oppose various tobacco control policies through media and public relations tactics, such as organizing activities that claimed to prevent youth smoking and social programmes for tobacco farmers, and sponsoring environmental groups, and arts and sports activities. The industry uses corporate social responsibility to pretend that they care about the society and the environment as “responsible corporate citizens” to obtain support from the public, non-profit organizations, the arts and sports sectors, academic institutions, and government organizations, and induce them to object tobacco control policies as well as to reserve the regulatory or prohibition.

Article 5.3 of the World Health Organization Framework Convention on Tobacco Control points out that there is a fundamental and irreconcilable conflict between the tobacco industry's interests and public health interests. It recommends governments to implement measures to limit interactions with the industry and ensure the transparency of the interactions. COSH advocates the Legislative Council members and policymakers must declare the vested interests of the tobacco industry and disclose the donations from tobacco industry. Government officials should avoid conflicts of interest and collaboration with the industry. All communications should be maintained for retention and disclosure.

2019 冠狀病毒肆虐全球導致煙草商的收入受到嚴重打擊，尤其在疫情初期，世界各地政府曾採取停工停課、規定外出時配戴口罩等防疫措施，與此同時，陸續有醫學研究證實吸煙加重新冠肺炎病情及感染風險，亦大大增加吸煙人士的戒煙意欲。有數據顯示，吸煙人士若染上新冠肺炎，出現嚴重病徵的機會率比非吸煙人士高 1.4 倍，而吸煙患者需接受深切治療、使用呼吸器或死亡個案約為非吸煙人士的 2.4 倍。

煙草商千方百計維持生意額，包括因應居家抗疫情況，推出網購優惠及口罩贈品。此外，煙草商更參與疫苗開發及捐贈醫療用品等，利用疫情大流行推廣正面的形象，以及從中增加盟友，更意圖轉移焦點，淡化吸煙對新冠肺炎患者帶來嚴重傷害的觀念。根據《全球煙草業干預指數報告》指出，它們曾透過各種方法拉攏各地政府機關，例如在德國接受煙草商的建議以製煙工廠作抗疫的物流中心、希臘政府接受由煙草商贈送呼吸機儀器，亦成功游說菲律賓及紐約市在疫情期間將煙草視為「必需品」，變相鼓勵市民吸煙，損害健康，對公共醫療系統構成沉重負擔。

吸煙不但有機會增加患上 2019 冠狀病毒病及令病情惡化至重症的風險，亦有海外研究指出可能削弱疫苗的保護力，故各地政府機關應遵循世界衛生組織的指引，果斷拒絕煙草商任何形式的捐贈與現金贊助，並需時刻向公眾解說其企業社會責任活動的真正用意，亦應要求煙草商羅列一切與疫情有關的企業社會責任活動，防止煙草商日後乘虛而入，要求參與政府決策過程。



捐贈醫療用品是煙草商利用對社會的關心改善企業形象的途徑之一。
Medical equipment donations are one of the ways for tobacco industry to improve corporate image.

The COVID-19 pandemic across the globe has dealt a severe blow to the revenue of tobacco industry, particularly around the world, when governments imposed a lockdown, compulsory mask wearing requirement in public place, etc. measures to contain the epidemic in the beginning of inflection. Currently, several medical studies proved the close ties between tobacco use in COVID-19 disease severity and risk of mortality as well as contracting risks which promoted smoking cessation. According to the study, smokers were 1.4 times more likely to have severe symptoms of COVID-19, and approximately 2.4 times more likely to be admitted to an Intensive Care Unit, need mechanical ventilation or die compared to non-smokers.

To maintain profitability in market, the tobacco companies (TCs) made use of online promotions such as free giveaways of protective masks with purchases and offering COVID-19-themed discounts. TCs also took part in vaccine development and medical equipment donations in order to improve public image. They could enjoy the benefits through activities, such as promoting positive image in the public, increasing its allies and shifting the focus to downplay the worse outcome of COVID-19 associated with tobacco use. The report of The Global Tobacco Industry Interference Index revealed the TCs garnered support from authorities in different countries, e.g., accepting an offer from TC to use its cigarette factory as COVID-19 logistics center in Germany and donation of ventilators from TCs to the Greek Government. Malaysia and New York City were lobbied and deemed cigarette as essential commodities during a pandemic which encouraged smoking behaviours indirectly and hence alleviated the pressure on public healthcare system.

Smoking not only may increase the risks of COVID-19 severity infection but also may weaken the protection by COVID-19 vaccination according to some overseas research. Therefore, the international governments are advised to reject all forms of support and donations from tobacco industry for COVID-19 relief efforts, inform all sectors and the public about the true nature and purpose of the tobacco industry's corporate social responsibility activities and require the tobacco industry to disclose information on its corporate social responsibility activities during the COVID-19 pandemic, in accordance with World Health Organization's recommendations, so as to avoid them demanding a seat at government decision-making tables in the future.

向無煙香港目標進發 Prospect for a tobacco-free future



在一些控煙力度較高的已發展國家，早年實施的有效控煙措施已令高企的吸煙率大幅下降，便就終極目標—「全面禁煙」，訂下限期及時間表，並透過制定嶄新的相應控煙政策及措施，終止煙草流行，全面消除煙害。雖然沒有統一或指定的方法或策略去淘汰煙草產品，但普遍將「全面禁煙」的最後階段目標，定為將吸煙率降低至 5% 或以下。

With remarkable efforts of tobacco control and the smoke-free measures implemented in the early years, some developed countries recorded a significant reduction in smoking rates to a comparatively low level and were committed to Tobacco Endgame plan with defined schedule. Innovative tobacco control policies and measures were also introduced to end the tobacco epidemic. There is no single standard or designated approach or strategy to phase out tobacco products. Most of the countries commonly aim to reduce the smoking prevalence to 5% or below before a target date.

多國政府陸續公佈「全面禁煙」的目標及訂下限期 Tobacco Endgame Plan set by governments in different countries

目標年份 Target Year	國家 Countries
2025	愛爾蘭 Ireland、新西蘭 New Zealand、瑞典 Sweden
2030	英格蘭 England、芬蘭 Finland
2034	蘇格蘭 Scotland
2035	加拿大 Canada
2040	荷蘭 Netherlands
2045	馬來西亞 Malaysia

香港較其他國家及地區更具備實現「全面禁煙」的條件，包括 9.5% 的吸煙率較大部分已擬訂煙草終局的國家為低、香港人拒煙的意識亦愈來愈強等。同時，2021 年香港通過修訂《吸煙(公眾衛生)條例》，有效杜絕煙害以傳統捲煙以外的形式捲土重來，並且成功消除另類吸煙產品對兒童及青少年的潛在引誘。當香港青少年的吸煙比例繼續處於極低水平，青少年成為新一代吸煙者的機會將會更低，使香港通往零煙害環境的道路更平坦，配合政府繼續加強推動吸煙人士戒煙，實現無煙香港將指日可待。

Hong Kong has favourable conditions to implement Tobacco Endgame, including the current smoking rate (9.5%) which is lower than most of the countries that have drawn up their endgame plans, “no smoking” culture ingrained into the people of Hong Kong. In 2021, Hong Kong passed the Smoking (Public Health) (Amendment) Bill to curb tobacco epidemic in forms of alternative smoking products (ASPs). As ASPs are already banned in Hong Kong, one of the temptations for children and young people is removed. As long as the smoking rate among young people in Hong Kong continues to be very low, the chance of becoming smokers is lower. If Hong Kong proceeds to step up its efforts to promote smoking cessation among smokers and maintain the very low uptake among young people, a tobacco-free future is possible and feasible.

實施「全面禁煙」的路途上必定會遇到不少困難及爭議，以及煙草業對控煙政策的干預，然而，為了保障公眾衛生，我們必須繼續迎难而上，政府、香港吸煙與健康委員會及社會各界將透過宣傳、教育及立法等多管齊下的方式，把無煙信息傳遞至社會不同階層、年齡及地區人士，推動更多市民關注煙害及支持控煙政策，上下一心，保障下一代免受煙草危害，同時營造有利戒煙的社會氛圍，鼓勵更多吸煙人士立即戒煙。

香港吸煙與健康委員會亦繼續積極倡議政府全方位加強控煙措施，包括大幅增加煙草稅、擴大禁煙範圍、禁止於銷售點陳列煙草產品、推行「全煙害警示包裝」、調高法定購買煙草的年齡、減少煙草的吸引力及成癮性、設立煙草售賣的牌照、規定場地管理人為違例吸煙承擔責任、加強控煙執法、增撥資源予戒煙服務及教育宣傳等，邁向實現無煙香港的願景。

There must be obstacles and dispute as well as tobacco industry interference on the way towards a Tobacco Endgame in Hong Kong. To protect public health, the Government, COSH and difference sectors of the community are ready to meet the challenges and continue to work closely to spread smoke-free messages through education, publicity and legislation to all walks of life, raise public awareness on smoking hazards and solicit public support to the tobacco control policies. It is hoped to encourage smokers to ditch the habit to protect the next generation from tobacco.

COSH will also continue to urge the Government to strengthen the multipronged tobacco control measures, including substantial increases in tobacco tax, extension of smoke-free areas, point-of-sale tobacco product displays, implementation of plain packaging, raising legal age of tobacco purchase, reducing attractiveness and addictiveness of tobacco products, license of tobacco sale, legal onus of venue manager for smoking offenses, tightened enforcement as well as allocation of more resources for smoking cessation services and smoke-free education in order to achieve the tobacco-free goal in Hong Kong.





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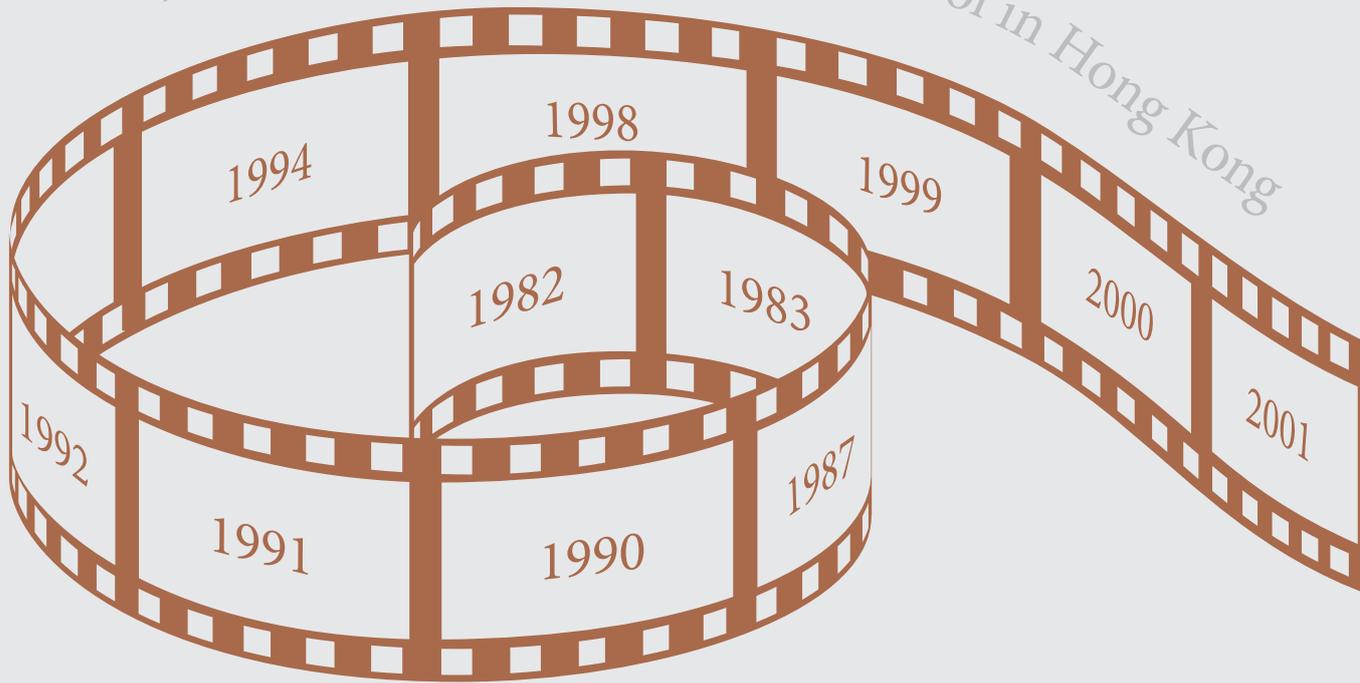
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40th Anniversary of Tobacco Control in Hong Kong



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