

凝聚社區力量 共建無煙香港
Uniting the Community for
a Smoke-free Hong Kong

Annual Report 2013-2014 年報



目錄

Contents

3	委員會憲章	Charter of COSH
4	委員會組織架構	Organization of COSH
8	委員介紹	Members of COSH
18	秘書處	Secretariat
20	主席報告	Chairman's Report

專題

29	匯聚全港 18 區力量 齊做戒煙大贏家
----	------------------------

Highlights

"Quit to Win" Campaign Unites the 18 Districts to Promote Smoking Cessation
--

活動

38	活動紀要 2013-2014
42	宣傳及社區推廣活動
77	教育及青少年活動
90	與傳播媒介之聯繫
92	會議及考察
103	資訊及研究項目計劃

Events

Highlights of Events 2013-2014
Publicity and Community Involvement Projects
Education and Youth Programmes
Working with the Mass Media
Conferences and Visits
Information and Research Projects

報告

114	環保工作報告
116	獨立核數師報告書

Reports

Environmental Report
Independent Auditor's Report

附錄

132	鳴謝
158	各常務委員會之職能範圍
160	第十四號報告書
174	第十五號報告書

Appendices

Acknowledgement
Terms of Reference of Standing Committees
COSH Report No. 14
COSH Report No. 15

凝聚社區力量 共建無煙香港 Uniting the Community for a Smoke-free Hong Kong

委員會憲章 Charter of COSH

委員會成立於1987年，屬一法定團體。《香港吸煙與健康委員會條例》(第389章)賦予以下職權，專責保障市民健康，以及提高公眾對煙草禍害之認識：

1. 提高及教育市民有關吸煙與健康之知識；
2. 進行或委託專人進行與吸煙有關的研究；
3. 向政府、社區衛生組織以及社會服務團體等提供有關吸煙與健康之意見。

根據憲章，委員會就本港各項有關煙草之問題，擔當主導角色，並時刻關注各項可影響煙草產品推廣及煙草蔓延的環境變異，於憲章賦予之職權範圍內，因時制宜，採取適度應變措施。

COSH was first established in 1987. It is a statutory body vested with functions, as set out in the "Hong Kong Council on Smoking and Health Ordinance" (Cap. 389), to protect and improve the health of the community by:

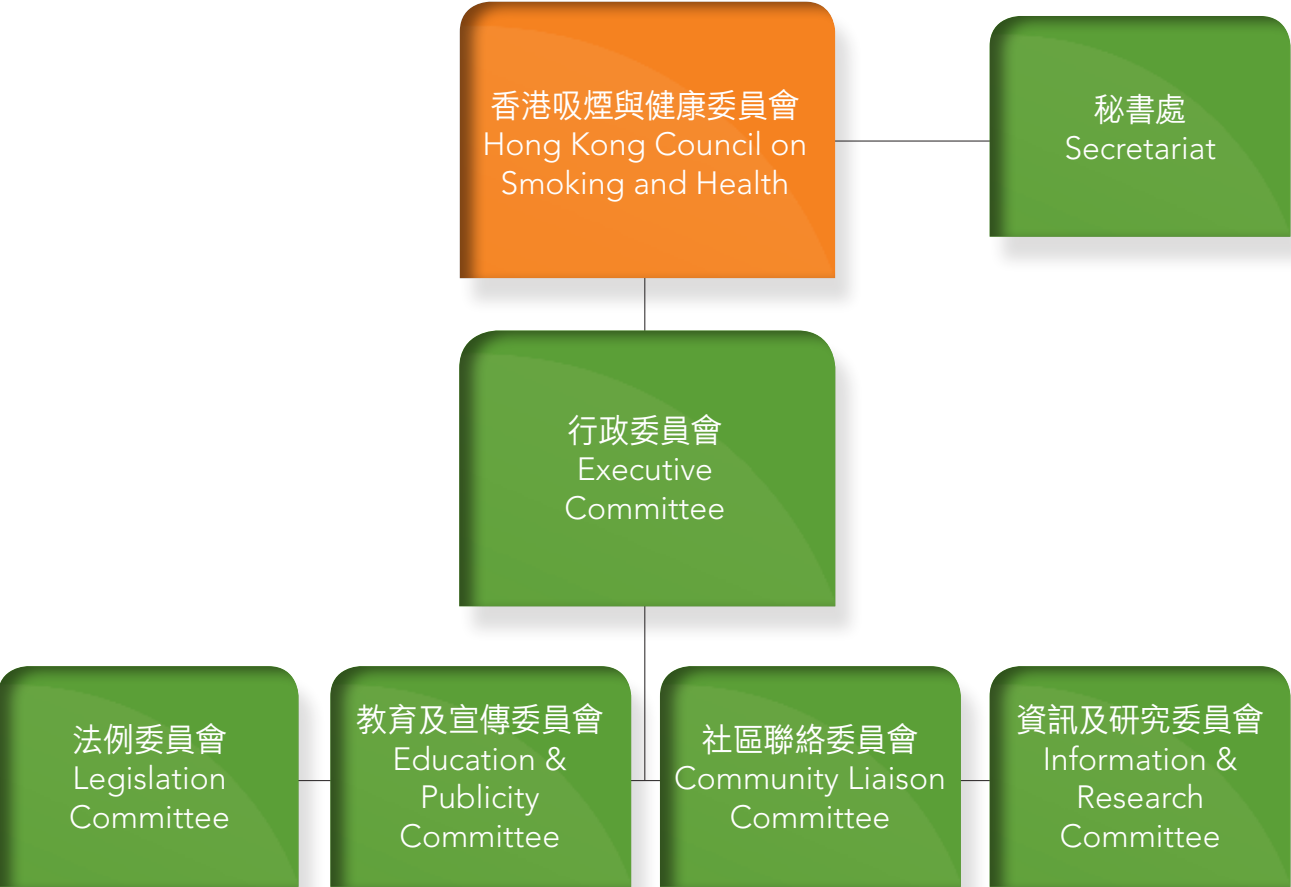
1. Informing and educating the public on the harm of smoking and its adverse effects on health;
2. Conducting and coordinating research into the cause, prevention and cure of tobacco dependence;
3. Advising the Government, community health organizations or any public body on matters relating to smoking and health.

Under such a charter, COSH has taken up the role as an active player and commentator on all issues relating to tobacco control. We aim to act within our charter in response to the changing local environment as it affects the promotion of tobacco and the epidemic caused by smoking.



委員會組織架構

Organization of COSH



委員會成員 Members of the Council

主席	劉文文女士 BBS, MH 太平紳士	Chairman	Ms Lisa LAU Man-man, BBS, MH, JP
副主席	鄭祖盛先生 MH	Vice-chairman	Mr Antonio KWONG Cho-shing, MH
委員	陳志球博士 BBS 太平紳士	Member	Dr Johnnie CHAN Chi-kau, BBS, JP
	陳宇齡先生		Mr Abraham CHAN Yu-ling
	周裔智先生		Mr Eugene CHAU Yui-chi
	戴兆群醫生		Dr Daisy DAI Siu-kwan
	林崇綏博士 (2013年10月履職)		Dr Susie LUM Shun-sui (from October 2013)
	麥耀光博士		Dr MAK Yiu-kwong
	伍婉婷女士 MH		Ms Yolanda NG Yuen-ting, MH
	孫益華醫生		Dr David SUN Yee-wha
	唐少芬醫生		Dr Joyce TANG Shao-fen
	黃進達先生		Mr Jason WONG Chun-tat
	黃帆風先生 MH		Mr Jackson WONG Fan-foung, MH
	余榮輝先生 MH		Mr Christopher YU Wing-fai, MH
當然委員	黎潔廉醫生 太平紳士	Ex-officio Member	Dr Cindy LAI Kit-lim, JP
	斐博歷先生		Mr Brett McEwan FREE
任期於 2013年9月 屆滿之委員	李國棟醫生 SBS 太平紳士	Outgoing members who served the Council for the year up to September 2013	Dr Donald LI Kwok-tung, SBS, JP

行政委員會 Executive Committee

主席	鄭祖盛先生 MH	Chairman	Mr Antonio KWONG Cho-shing, MH
副主席	劉文文女士 BBS, MH 太平紳士	Vice-chairman	Ms Lisa LAU Man-man, BBS, MH, JP
委員	陳志球博士 BBS 太平紳士	Member	Dr Johnnie CHAN Chi-kau, BBS, JP
	黎潔廉醫生 太平紳士		Dr Cindy LAI Kit-lim, JP

教育及宣傳委員會 Education & Publicity Committee

主席	鄭祖盛先生 MH	Chairman	Mr Antonio KWONG Cho-shing, MH
委員	劉文文女士 BBS, MH 太平紳士	Member	Ms Lisa LAU Man-man, BBS, MH, JP
	陳志球博士 BBS 太平紳士		Dr Johnnie CHAN Chi-kau, BBS, JP
	周裔智先生		Mr Eugene CHAU Yui-chi
	斐博歷先生		Mr Brett McEwan FREE
	林崇綏博士		Dr Susie LUM Shun-sui
	麥耀光博士		Dr MAK Yiu-kwong
	黃進達先生		Mr Jason WONG Chun-tat
	黃帆風先生 MH		Mr Jackson WONG Fan-foung, MH
	余榮輝先生 MH		Mr Christopher YU Wing-fai, MH
增選委員	周海傑先生	Co-opted member	Mr CHAU Hoi-kit

社區聯絡委員會 Community Liaison Committee

主席	陳志球博士 BBS 太平紳士	Chairman	Dr Johnnie CHAN Chi-kau, BBS, JP
委員	劉文文女士 BBS, MH 太平紳士	Member	Ms Lisa LAU Man-man, BBS, MH, JP
	鄭祖盛先生 MH		Mr Antonio KWONG Cho-shing, MH
	麥耀光博士		Dr MAK Yiu-kwong
	伍婉婷女士 MH		Ms Yolanda NG Yuen-ting, MH
	孫益華醫生		Dr David SUN Yee-wha
	黃帆風先生 MH		Mr Jackson WONG Fan-foung, MH
	余榮輝先生 MH		Mr Christopher YU Wing-fai, MH
增選委員	周奕希先生 BBS 太平紳士	Co-opted member	Mr CHOW Yick-hay, BBS, JP
	李銓發先生		Mr Herman LEE Yuk-fat

資訊及研究委員會 Information & Research Committee

主席	劉文文女士 BBS, MH 太平紳士	Chairman	Ms Lisa LAU Man-man, BBS, MH, JP
委員	周裔智先生	Member	Mr Eugene CHAU Yui-chi
	戴兆群醫生		Dr Daisy DAI Siu-kwan
	鄭祖盛先生 MH		Mr Antonio KWONG Cho-shing, MH
	麥耀光博士		Dr MAK Yiu-kwong
	伍婉婷女士 MH		Ms Yolanda NG Yuen-ting, MH
	唐少芬醫生		Dr Joyce TANG Shao-fen
	黃帆風先生 MH		Mr Jackson WONG Fan-foung, MH
增選委員	林大慶教授 BBS 太平紳士	Co-opted member	Prof LAM Tai-hing, BBS, JP
	吳文達醫生		Dr Alexander NG Man-tat

法例委員會 Legislation Committee

主席	劉文文女士 BBS, MH 太平紳士	Chairman	Ms Lisa LAU Man-man, BBS, MH, JP
委員	陳志球博士 BBS 太平紳士	Member	Dr Johnnie CHAN Chi-kau, BBS, JP
	鄭祖盛先生 MH		Mr Antonio KWONG Cho-shing, MH
	麥耀光博士		Dr MAK Yiu-kwong
	唐少芬醫生		Dr Joyce TANG Shao-fen
	余榮輝先生 MH		Mr Christopher YU Wing-fai, MH
增選委員	林大慶教授 BBS 太平紳士	Co-opted member	Prof LAM Tai-hing, BBS, JP
	李詠梅醫生		Dr Anne LEE Wing-mui
	麥龍詩迪教授 OBE, SBS 太平紳士		Prof Judith MACKAY, OBE, SBS, JP
	左偉國醫生 SBS, BBS 太平紳士		Dr Homer TSO Wei-kwok, SBS, BBS, JP
	黃宏醫生		Dr Christine WONG Wang

委員介紹 Members of COSH

委員介紹
Members of COSH



主席 Chairman

▶ 劉文文女士 BBS, MH 太平紳士
Ms Lisa LAU Man-man, BBS, MH, JP

劉文文女士是一位專業設計師，於2008年獲委任為委員會主席。劉女士於2001年加入委員會成為委員，並於2005年至2007年擔任教育及宣傳委員會主席一職。劉女士現為資訊及研究委員會和法例委員會主席、行政委員會副主席、教育及宣傳委員會和社區聯絡委員會委員。

Ms Lisa LAU, a design consultant by profession, was appointed as COSH Chairman in 2008. Ms Lau joined COSH in 2001 as a member and was the Chairman of the Education & Publicity Committee from 2005 to 2007. She is the Chairman of the Information & Research Committee and Legislation Committee, Vice-chairman of the Executive Committee and also member of the Education & Publicity Committee and Community Liaison Committee.

副主席 Vice-chairman

▶ 鄺祖盛律師 MH
Mr Antonio KWONG Cho-shing, MH

鄺祖盛律師現職商人，於2009年加入委員會，現為行政委員會和教育及宣傳委員會主席、社區聯絡委員會、資訊及研究委員會和法例委員會委員。

Mr Antonio KWONG, a qualified solicitor, is a businessman. He joined COSH in 2009. He is the Chairman of the Executive Committee and Education & Publicity Committee and is a member of the Community Liaison Committee, Information & Research Committee and Legislation Committee.

委員 Member

▶ 陳志球博士 BBS 太平紳士
Dr Johnnie CHAN Chi-kau, BBS, JP

陳志球博士為醫療輔助隊副總監（行動），於2009年加入委員會，現為社區聯絡委員會主席、行政委員會、教育及宣傳委員會和法例委員會委員。

Dr Johnnie CHAN is the Deputy Commissioner (Operations) of Auxiliary Medical Service. He joined COSH in 2009 and is the Chairman of the Community Liaison Committee and is a member of the Executive Committee, Education & Publicity Committee and Legislation Committee.

委員 Member

▶ 陳宇齡先生
Mr Abraham CHAN Yu-ling

陳宇齡先生是一位商人，於2008年加入委員會。現為香港特區政府中醫中藥發展委員會和香港特區政府食物及環境衛生諮詢委員會委員。

Mr Abraham CHAN is a businessman. He was appointed as a member of COSH in 2008. He is currently a member of Chinese Medicine Development Committee, HKSAR and Advisory Council on Food and Environmental Hygiene, HKSAR.



委員 Member

▶ 周裔智先生
Mr Eugene CHAU Yui-chi

周裔智先生是一位專業註冊社工，於2008年獲委任為委員。周先生現為教育及宣傳委員會和資訊及研究委員會委員。

Mr Eugene CHAU is a registered social worker by profession. He joined COSH in 2008 and is a member of the Education & Publicity Committee and Information & Research Committee.

委員 Member

▶ 戴兆群醫生
Dr Daisy DAI Siu-kwan

戴兆群醫生現為醫院管理局總行政經理（社區及基層健康服務），於2009年加入委員會，現為資訊及研究委員會委員。

Dr Daisy DAI is the Chief Manager (Primary & Community Services) of Hospital Authority. She joined COSH in 2009 and is a member of the Information & Research Committee.

委員 Member

▶ 斐博歷先生
Mr Brett McEwan FREE

斐博歷先生現職政府新聞處助理處長，於2009年加入委員會，現為教育及宣傳委員會委員。

Mr Brett FREE is the Assistant Director of Information Services Department. He joined COSH as an ex-officio member in 2009 and is a member of the Education & Publicity Committee.

委員 Member

▶ 黎潔廉醫生太平紳士
Dr Cindy LAI Kit-lim, JP

黎潔廉醫生現為衛生署副署長，於2012年加入委員會，為行政委員會委員。

Dr Cindy LAI is the Deputy Director of Department of Health. She joined COSH as an ex-officio member in 2012 and is a member of the Executive Committee.



委員 Member

▶ 林崇綏博士
Dr Susie LUM Shun-sui

林崇綏博士現職臨時香港護理專科學院有限公司主席，於2013年加入委員會，現為教育及宣傳委員會委員。

Dr Susie LUM is the President of The Provisional Hong Kong Academy of Nursing Limited. She joined COSH in 2013 and is a member of the Education & Publicity Committee.

委員 Member

▶ 麥耀光博士
Dr MAK Yiu-kwong

麥耀光博士現職中學校長，於2012年加入委員會，現為教育及宣傳委員會、社區聯絡委員會、資訊及研究委員會和法例委員會委員。

Dr MAK Yiu-kwong is a secondary school principal. He joined COSH in 2012 and is a member of the Education & Publicity Committee, Community Liaison Committee, Information & Research Committee and Legislation Committee.

委員 Member

▶ 伍婉婷女士 MH
Ms Yolanda NG Yuen-ting, MH

伍婉婷女士是灣仔區區議員，亦擔任多項公職，於2008年獲委任為委員。伍女士現為社區聯絡委員會和資訊及研究委員會委員。

Ms Yolanda NG is a Councilor of Wan Chai District and an active member of several associations. She joined COSH in 2008 and is a member of the Community Liaison Committee and Information & Research Committee.

委員 Member

▶ 孫益華醫生
Dr David SUN Yee-wha

孫益華醫生為牙科醫生，於2011年加入委員會，現為社區聯絡委員會委員。

Dr David SUN is a dentist. He joined COSH in 2011 and is a member of the Community Liaison Committee.



委員 Member
▶ 唐少芬醫生
Dr Joyce TANG Shao-fen

唐少芬醫生於2012年加入委員會，現為資訊及研究委員會和法例委員會委員。

Dr Joyce TANG is a doctor. She joined COSH in 2012 and is a member of the Information & Research Committee and Legislation Committee.

委員 Member
▶ 黃進達先生
Mr Jason WONG Chun-tat

黃進達先生現職商人，於2012年加入委員會，現為教育及宣傳委員會委員。

Mr Jason WONG is a businessman. He joined COSH in 2012 and is a member of the Education & Publicity Committee.

委員 Member
▶ 黃帆風先生 MH
Mr Jackson WONG Fan-foung, MH

黃帆風先生現職商人，於2011年加入委員會，現為教育及宣傳委員會、社區聯絡委員會和資訊及研究委員會委員。

Mr Jackson WONG is a businessman. He joined COSH in 2011 and is a member of the Education & Publicity Committee, Community Liaison Committee and Information & Research Committee.

委員 Member
▶ 余榮輝先生 MH
Mr Christopher YU Wing-fai, MH

余榮輝先生現職顧問，於2012年加入委員會，現為教育及宣傳委員會、社區聯絡委員會和法例委員會委員。

Mr Christopher YU is a consultant. He joined COSH in 2012 and is a member of the Education & Publicity Committee, Community Liaison Committee and Legislation Committee.

委員介紹
Members of COSH



委員介紹
Members of COSH



秘書處編制及職員名單 Secretariat

總幹事	黎慧賢女士	Executive Director	Ms Vienna LAI Wai-yin
項目籌劃高級經理	朱偉康先生	Senior Project Manager	Mr Lawrence CHU Wai-hong
	吳麗盈女士		Ms Annie NG Lai-ying
項目籌劃經理	陳慧芬女士	Project Manager	Ms Faine CHAN Wai-fan
	羅詠儀女士		Ms Dorothy LAW Wing-yi
	梁可欣女士		Ms Jacqueline LEUNG Ho-yan
	曾詠詩女士		Ms Wing TSANG Wing-sze
行政主任	李碧雲女士	Executive Officer	Ms Jessica LEE Pik-wan
資訊科技經理	潘志聰先生	Information and Technology Manager	Mr Lancelot POON Chi-chung
項目主任	呂蘊馨女士	Project Officer	Ms Christy LUI Wan-hing
	王志峰先生		Mr Fung WONG Chi-fung
	葉曉恩女士 (2013年6月履職)		Ms Lilian IP Hiu-yan (from June 2013)
項目聯絡主任	周嘉茵女士 (至2013年5月)	Project Liaison Officer	Ms Karina CHOW Ka-yan (up to May 2013)
項目籌劃主任	高靄琳女士	Project Executive	Ms Koko KO Oi-lam
教育幹事	曾子君女士 (至2013年5月)	Educator	Ms Catherine TSANG Chi-kwan (up to May 2013)
	關婉芳女士		Ms KWAN Yuen-fong
	古梅聲女士		Ms Alice KU Mui-sing
	吳麗明女士		Ms NG Lai-ming
	余均達中醫師		CMP, Mr Alex YU Kwan-tat
行政助理	蘇敏皓女士 (2013年6月履職)	Executive Assistant	Ms Pinky SO Man-ho (from June 2013)
項目籌劃助理	譚德政先生 (至2013年6月)	Project Assistant	Mr Ted TAM Tak-ching (up to June 2013)
	吳華林先生 (至2013年8月)		Mr Match NG Wah-lam (up to August 2013)
	嚴永嫦女士 (2013年9月履職)		Ms Ella YIM Wing-sheung (from September 2013)





香港吸煙與健康委員會一直以保障全港市民健康為前提，於過去一年繼往開來，透過不同的教育及宣傳活動深入社會各個層面，宣揚煙草的禍害及鼓勵吸煙人士戒煙，並爭取及聯繫社會各界支持和參與控煙工作，同時積極向政府提供意見及倡議加強現行的控煙措施，與各界攜手推動香港成為無煙城市。

Protecting the public health has topped the priority list of the Hong Kong Council on Smoking and Health since its establishment. In the past year, COSH continued to put unremitting efforts on raising public awareness on tobacco hazards and encouraging smokers to quit smoking through a series of education and publicity programmes for all walks of life. COSH also proactively advocated the Government for strengthening the tobacco control policies and collaborated with different sectors of the community to strive for a smoke-free Hong Kong.

主席 劉文文女士 BBS, MH 太平紳士
Ms Lisa LAU Man-man, BBS, MH, JP
Chairman

委員會於2013年獲得多項殊榮，包括由世界衛生組織（世衛）頒發的「世界無煙日獎」，以表揚委員會20多年來在推動香港控煙工作的成就及貢獻。能獲得世衛認同，委員會深感榮幸，這是委員會、政府及公共機構、控煙組織、醫護界、學術界、社會地區組織、傳播媒介及市民大眾等共同努力的成果，我特別感謝委員會歷屆主席、副主席、委員和社會各界付出的寶貴時間及意見。

此外，委員會於2013年製作的兩輯宣傳短片，均同時晉身「TVB最受歡迎電視廣告大獎2013」綜合類別之最後五強。我很高興委員會多年來的宣傳片均獲得市民大眾的認同，亦欣見市民對煙草禍害的認識及關注與日俱增，令本港的吸煙率成為全球最低的城市之一。



2013 was a fruitful year to COSH. The World Health Organization (WHO) presented the "World No Tobacco Day Award" to COSH in recognition of its contribution and accomplishments in tobacco control works of Hong Kong in the past two decades. It was COSH's honour to receive WHO's recognition and this achievement could not be attained without the dedications of the Government, public organizations, tobacco control supporting organizations, healthcare and academic professions, district organizations, media and the general public. I would like to express my sincere gratitude to the COSH Chairmen, Vice-chairmen, Council Members and different sectors of the community for their endeavor on tobacco control.

In addition, the two APIs produced by COSH in 2013 were nominated as the top five of "TVB Most Popular TV Commercial Awards 2013" in the "General" category. COSH APIs have been extensively recognized by the public over the years and they are now more aware of the hazards of tobacco consumption. As a result, Hong Kong is now one of the regions with the lowest smoking prevalence in the world.

《吸煙（公共衛生）條例》於1982年開始實施以來，政府、委員會及社會各界通力合作，透過立法、徵稅、宣傳、教育、執刑法例及推廣戒煙等多管齊下的方式減低煙草的使用。根據政府統計處公佈最新一期的主題性住戶統計調查第53號報告書，2012年香港每日吸煙人數佔全港15歲及以上人口的10.7%，相當於約645,000人，為有記錄以來的新低。香港吸煙率持續下降，可見歷年的控煙措施及各界的努力取得顯著成效。

為了更有效創造無煙的環境及凝聚支持戒煙的氣氛，委員會針對不同界別人士展開一連串的宣傳推廣工作及活動。要將無煙信息滲透至社會不同階層，社區推廣及參與最為重要。承接過往「戒煙大贏家」計劃的佳績，委員會再接再厲，聯同香港大學護理學院及公共衛生學院舉辦第四屆「戒煙大贏家」無煙社區計劃，並再次得到18區區議會及地方服務團體全力支持，舉辦富有地區特色的無煙宣傳及推廣活動，將無煙信息傳遍全港，活動成功招募逾1,000名吸煙人士參與，下定決心戒煙。「戒煙大贏家」得主亦獲邀出席由委員會及電視廣播有限公司製作的「戒煙大贏家」電視節目及其他活動，分享成功戒煙的經驗及心得，鼓勵更多吸煙人士戒煙。

Since the enactment of the Smoking (Public Health) Ordinance in 1982, the Government, COSH and various sectors of the community worked diligently together to reduce the use of tobacco through a multi-pronged approach including legislation, taxation, promotion, education, law enforcement and promotion of smoking cessation. According to the latest figures of the Thematic Household Survey Report No.53 of the Census and Statistics Department, the prevalence of the daily cigarette smokers aged 15 or above in 2012 further decreased to 10.7% (around 645,000 smokers) which is the lowest on record. The gradual decrease in the smoking prevalence is the result of the effective tobacco control policies and great efforts of different sectors of society.

To create a smoke-free environment and a supportive atmosphere towards smoking cessation, COSH implemented a wide variety of publicity events and programmes. It is crucial to have community involvement to immerse the smoke-free messages to different strata in Hong Kong. Following the successes in previous years, COSH organized the 4th “Quit to Win” Smoke-free Community Campaign with the School of Nursing and School of Public Health, The University of Hong Kong. The Campaign was again fully supported by the 18 District Councils and district organizations to launch a series of community-based promotion programmes in which smoke-free messages were widely spread. Over 1,000 smokers were recruited to join the smoking cessation contest. Winners of the contest were invited to join the “Quit to Win” TV Programme and other COSH events to share their successful experiences and motivate more smokers to kick the habit.

另一方面，委員會有見護士作為醫護界的一份子，每日在前線工作崗位上接觸過千名病人及市民，在控煙工作上可扮演先導角色，於是聯同臨時香港護理專科學院舉辦「護理界控煙行動」，集結各專業領域護士的力量，籌辦一連串的控煙活動及為護士提供戒煙輔導技巧的訓練，推動護士積極向病人及公眾推廣無煙信息，並鼓勵吸煙人士戒煙。

除了醫護界的力量之外，商界在推動無煙文化方面亦不遺餘力，委員會舉辦「香港無煙領先企業大獎2013」，得到30多間來自不同行業的商會及聯會動員旗下會員參與，憑藉企業的滲透力，將無煙文化推廣予員工、客戶及社會大眾。「香港無煙領先企業大獎2013」共吸引300多間來自不同行業的企業踴躍參與，較2011年上升逾六成，有關措施包括舉辦不同類型的戒煙比賽、自行設計富企業特色的無煙標誌、利用網上討論區宣傳無煙信息等，超過60,000名員工受惠於是次活動。

On the other hand, COSH partnered with The Provisional Hong Kong Academy of Nursing to launch the “Nurses Initiatives on Tobacco Control”, which aimed to encourage the nurses to take a leading role on tobacco control works on their frontline positions and daily interaction with patients as well as the general public. By gathering the support from nurses in different professions, various smoke-free programmes and trainings on smoking cessation counseling skills were organized to facilitate nurses to disseminate smoke-free messages and encourage smokers to give up smoking proactively.

Apart from the healthcare professionals, the business sector also plays a significant role in promoting the smoke-free culture. COSH organized the “Hong Kong Smoke-free Leading Company Awards 2013” with the support from over 30 commerce chambers and their members from diversified industries to spread the smoke-free messages to the employees, customers and the general public. The Awards received an overwhelming response with over 300 companies from various industries participated, a 60% increase as compared with 2011, and successfully reached over 60,000 employees. A wide variety of smoke-free measures have been implemented, for example, organizing smoking cessation contest, smoke-free logo design competition and promoting smoke-free messages via discussion forums.

要有效減低香港吸煙率，必須將無煙信息傳遞予不同年齡人士。除了鼓勵吸煙人士戒煙，防止兒童及青少年吸食第一口煙同樣重要，因此委員會非常重視教育下一代的工作，除了於中、小學舉辦「無煙新世代」健康講座及互動教育巡迴劇場「小紅帽無煙大作戰」外，亦於2013年再次舉辦「無煙青少年大使領袖訓練計劃」，得到多間中學、青少年中心及制服團隊支持。

透過暑假期間舉辦的兩日一夜訓練營，加深參加者對控煙工作及煙草禍害的認識，並培訓其領導才能、溝通技巧及團隊精神等，讓他們學以致用，發揮創意，於學校及社區舉辦活動，協助同學及市民認識煙草禍害。計劃由2012年至今，已成功培育了約700位青少年成為「無煙青少年大使」。



It is of great importance to promote smoke-free messages to people in different ages to reduce smoking prevalence in Hong Kong. Preventing the children and teenagers from picking up the first cigarettes is as important as encouraging smoking cessation. COSH has spared no effort on educating our next generation on smoking hazards through organizing health talks for “Smoke-free New Generation” in schools and the School Interactive Education Theatre “The Smoke-free Battle of Red Hoodlet”. The “Smoke-free Youth Ambassador Leadership Training Programme” was also held in 2013 with the support of secondary schools, youth centres and uniform groups.

Since the first launch of the Programme in 2012, about 700 teenagers have been trained as “Smoke-free Youth Ambassadors” and equipped with knowledge on smoking hazards and tobacco control, as well as skills on leadership, communication and team building through the 2-night-1-day camps. They acted as ambassadors to promote the message of smoke-free lifestyle to their schoolmates and the general public through organizing creative activities in their schools and community.

根據政府主題性住戶統計調查第53號報告書，習慣每日吸煙人口當中超過四成（41.8%）為50歲或以上人士。有見及此，委員會於2013年強化「無煙老友記」計劃的內容，以提高退休人士及長者對吸煙禍害的認識，並鼓勵長期吸煙人士儘早戒煙。

除了於全港各區的長者中心舉辦健康講座推廣吸煙與二手煙的禍害之外，委員會與香港電台第五台聯合舉辦「無煙下半場」戒煙誓師大會，邀請有志戒煙的長者宣誓戒煙，並透過電台節目講解有關吸煙與戒煙的謬誤，鼓勵長者重拾健康新生活。

委員會一直注視全球控煙趨勢，為更有效地了解市民對控煙工作的看法，委員會委託香港大學公共衛生學院進行「控煙政策意見調查」，並根據調查結果向政府反映市民意見及倡議合適的政策。

With reference to the Thematic Household Survey Report No. 53, 41.8% of daily cigarette smokers were aged 50 or above. In view of this, COSH enhanced the “Elderly Smoking Cessation Promotion Project” in 2013 to educate the elderly and the retired on the adverse effects of smoking and encourage them to quit smoking as early as possible.

In addition to organizing health talks in elderly centres across the territory, COSH partnered with Radio 5 of Radio Television Hong Kong to organize a smoking cessation pledge ceremony for the elderly to show their determination to kick the habit. A series of radio segments were also broadcasted to clarify the fallacies of smoking and quitting for encouraging the elderly to live a healthy lifestyle.

COSH has been paying close attention to the international trend in tobacco control. To understand the public views and advocate the Government for strengthening the tobacco control policies in Hong Kong, COSH commissioned the School of Public Health of The University of Hong Kong to conduct “Tobacco Control Policy-related Survey”.

2013年進行的調查發現，近一半受訪者贊成實施「全煙害警示包裝」及全面禁止於所有銷售點陳列煙草產品。因此，委員會召開記者會再次倡議政府立法推行有關措施，全面禁止煙草宣傳推廣，以避免青少年嘗試吸煙。此議題亦配合世界衛生組織2013年世界無煙日的主題「禁止煙草廣告、促銷和贊助」。感謝傳媒的廣泛報道，成功引起市民的關注。

增加煙草稅已於多個國家及地區（包括香港）證實為最有效減低吸煙率的控煙措施之一，而調查亦發現，超過六成半受訪者支持增加煙草稅，因此委員會於2014-15年財政預算案公佈前召開記者會及兩度致函財政司司長，積極倡議政府大幅增加煙草稅一倍，並制定長遠的煙草稅政策，以防止青少年開始吸煙，同時推動更多吸煙人士戒煙，保障香港市民健康。

According to the survey conducted in 2013, nearly half of the respondents agreed to the implementation of plain packaging of cigarette products and a total ban on display of tobacco products at points of sale. Echoing with the theme of World Health Organization's World No Tobacco Day 2013, "Ban Tobacco Advertising, Promotion and Sponsorship", COSH held a press conference to share the findings and advocate the Government for prohibiting all tobacco advertising and promotion to prevent teenagers from picking up smoking. Thanks to the widespread media coverage which effectively aroused public awareness on this issue.

Raising tobacco tax has been proven to be one of the most effective tobacco control measures to reduce smoking prevalence in many countries and regions (including Hong Kong). It was also found in the survey that over 65% of the respondents supported tobacco tax increase. COSH urged the Government to raise the tobacco tax by 100% and implement a long-term tobacco tax policy in order to prevent teenagers from picking up their first cigarettes and motivate smokers to quit. A press conference was held and two open letters were sent to the Financial Secretary before the announcement of The 2014-15 Budget.

雖然最後政府僅調高煙草稅每支兩角，即約11.8%，加幅未能追及通脹率，但已成功引起公眾關注及討論。委員會將繼續促請政府以多管齊下的方式推動控煙工作，包括增撥資源拓展戒煙服務、加強教育、宣傳及打擊私煙，更必須配合強而有力的煙稅政策。

最後，本人衷心感謝所有支持委員會控煙工作的政府、公共機構、學術及教育組織、地區組織、社福機構、傳播媒體以及社會不同的持份者。我們期望透過凝聚各界的無煙力量，進一步降低吸煙率，攜手共建無煙香港！

Eventually, the Government raised the tobacco tax by only 20 cents per stick (around 11.8%) which would not even make up for inflation. Nevertheless, the related media coverage stimulated widespread discussions among the public. COSH will continue to advocate the Government for strengthening the tobacco control measures, including increasing resources on smoking cessation services, publicity, education and enforcement against illicit cigarettes, as well as implementing a strong and effective policy on tobacco tax.

I would like to express my greatest appreciation to the Government, public organizations, academic and education institutions, district and social welfare organizations, media and different stakeholders in the community for their support to the tobacco control works in Hong Kong. With the united power of various sectors, we are confident in lowering the smoking prevalence and creating a smoke-free Hong Kong!



凝聚社區力量 共建無煙香港 Uniting the Community for a Smoke-free Hong Kong



匯聚全港18區力量 齊做戒煙大贏家
“Quit to Win” Campaign
Unites the 18 Districts to
Promote Smoking Cessation



專題 Highlights

香港吸煙與健康委員會相信，要有效地進一步降低香港的吸煙率，必須預防青少年及兒童吸煙，同時鼓勵吸煙人士戒煙。因此，委員會一直致力提高公眾有關吸煙與健康的知識，以及大力推動本港戒煙風氣，其中最大型的戒煙宣傳推廣活動－「戒煙大贏家」無煙社區計劃，就是透過豐富獎品，吸引吸煙人士下定決心戒煙，重拾健康生活，並動員非吸煙人士支持身邊人戒煙，同時推動社區人士關注煙草禍害及支持地區控煙工作，發展及強化社區推廣，共建無煙香港。

To further lower the smoking prevalence in Hong Kong, it is crucial to prevent children and the youth from picking up their first cigarette, as well as encourage smokers to kick the habit. Hong Kong Council on Smoking and Health has been putting unremitting efforts in educating the public about the hazards of smoking and creating a social atmosphere in supporting smoking cessation in Hong Kong. One of the key publicity programmes, “Quit to Win” Smoke-free Community Campaign, aims to attract smokers to quit smoking and motivate non-smokers to support their family and friends to kick the habit by attractive prizes. The Campaign also targets to strengthen district promotion in order to arouse public awareness in tobacco hazards and gather support on district-based tobacco control works for a smoke-free Hong Kong.

根據政府統計處主題性住戶統計調查第53號報告書，現時香港的習慣每日吸煙人口約645,000人，當中逾半從未嘗試過戒煙亦不想戒煙，主要原因是「吸煙已成為習慣/嗜好」及「不夠決心」，因此必須提供誘因推動一些戒煙意欲較低的人士決心戒煙。

主動接觸推動戒煙

委員會自2009年起推出「戒煙大贏家」計劃，參考國際舉辦戒煙比賽的經驗，以提升戒煙動力，成功戒煙者除可贏回健康，更有機會贏取豐富獎品，做個真正的大贏家。此外，計劃更結合社會營銷策略進行全面推廣，為吸煙人士提供一個戒煙診所以外的平台，推動及協助他們戒除煙癮。計劃成效顯著，歷年來成功招募超過4,600名吸煙人士參加，自我報告成功戒煙率平均為15.7%，超過三分之一參賽者的吸煙量成功減少一半或以上。

According to the Thematic Household Survey Report No.53 of the Census and Statistics Department, there are around 645,000 daily cigarette smokers in Hong Kong. More than half of them had neither tried nor wanted to quit smoking mainly because “cigarette smoking had formed a habit/favourite” and “not determined enough”. Incentives should be provided to motivate those smokers with low intention to kick the habit.

Proactive Approach to Encourage Smoking Cessation

COSH has introduced the “Quit to Win” Campaign since 2009 to boost the smokers’ motivation to give up smoking with reference to the international smoking cessation contest. Apart from restoring health, successful quitters have a chance to win fabulous prizes. The Campaign also integrates social marketing strategies in promotion. It provides an alternative platform to encourage and assist smokers to quit smoking, in addition to cessation clinics. The Campaign received overwhelming response in previous years and recruited over 4,600 smokers to kick the habit. The self-reported quit rate was 15.7% on average, while over one-third of the participants reduced daily cigarette consumption by at least 50%.

「戒煙大贏家」每年於全港進行為期約三個月的招募及宣傳，鼓勵社區上不同背景及階層的吸煙人士戒煙。參加者可透過網上報名或親身到各區的招募攤位，即時接受簡單戒煙輔導及獲取自助戒煙小冊子，並由已受訓的戒煙輔導員以電話跟進其戒煙情況及提供輔導。參加者於三個月後通過測試核實成功戒煙，可參加大抽獎或參與電視節目甄選，贏取豐富獎品。為動員非吸煙人士推動身邊吸煙者戒煙，得獎者的提名人亦可獲得購物禮券作獎勵。

歷屆獲獎的「戒煙大贏家」經常參與委員會的宣傳推廣活動，以親身經驗與其他吸煙人士分享成功戒煙的貼士，推動更多人重投無煙健康生活。

The 3-month recruitment sessions and promotion of the Campaign are organized across the territory every year to encourage smokers from different strata to join the “Quit to Win” Contest. Smokers can enroll online or at the recruitment booths in different districts. Participants will receive brief smoking cessation counseling on the spot and a self-help cessation booklet. Trained smoking cessation counselors will follow up their quitting status by telephone interviews and provide appropriate counseling. Participants who successfully quit in 3 months and pass the biochemical validation are eligible to join lucky draw or interview for TV Programme to win prizes. To encourage non-smokers to support their friends and family to give up smoking, the winners’ nominator will be awarded with supermarket coupon.

Winners of previous “Quit to Win” Campaigns were invited to join COSH publicity events to share their successful stories and tips with other smokers and motivate them to quit smoking and enjoy a healthy lifestyle.





無煙信息滲透社區

為了將無煙信息進一步滲透至全港每一角落，委員會於2012年開始，成功得到18區區議會及地區服務團體的支持，藉著他們強大的地區網絡，舉辦不同形式及具社區色彩的無煙活動，於社區層面上廣泛傳播無煙信息，促進全港的戒煙氣氛。

Smoke-free Messages Penetrate into the Community

To disseminate the smoke-free messages to every corner of society, COSH has collaborated with the 18 District Councils and district organizations since 2012. Through their massive local network, a wide variety of community-based smoke-free events were organized to penetrate the smoke-free messages into the community and create a social atmosphere in supporting smoking cessation in Hong Kong.



委員會先後與超過20個地區服務團體合作，包括綜合服務團體、健康組織、婦女團體、以青少年及長者為服務對象的機構等等，每年舉辦逾60場多元化的無煙宣傳和招募活動，如嘉年華會、綜合表演、繪畫及填色比賽、街頭展覽及無煙講座等，每年成功吸引逾1,000名吸煙人士參與，決心戒煙，並接觸超過20,000名市民，透過地區人士的網絡，向不同階層和背景的居民傳播無煙健康信息。

另一方面，委員會聯同香港大學護理學院及公共衛生學院舉辦「無煙大使輔導訓練課程」，藉此增強地區夥伴機構的無煙知識和戒煙輔導技巧，並與參加者分享香港最新的控煙工作、吸煙情況、吸煙、二手煙及三手煙對身體的禍害，以及委員會的教育及宣傳工作。歷年來共訓練超過150名來自地區夥伴機構的工作人員、義工及大學生成為無煙大使，加強社區服務同工的控煙知識及為控煙工作注入新力量，從而建立地區的戒煙支援網絡。

COSH has partnered with more than 20 district organizations, including integrated service groups, health organizations, women groups, youth centres and elderly centres. Over 60 diversified smoke-free promotion and recruitment sessions were organized across the territory each year, like carnivals, performance, drawing and colouring competition, exhibition and health talk, successfully recruited over 1,000 smokers to join the smoking cessation contest annually and spread the smoke-free messages to some 20,000 public from all walks of life through the community network.

Besides, COSH jointly organized the “Smoking Cessation Counseling Training” with the School of Nursing and School of Public Health of The University of Hong Kong for the district working partners to enhance their smoke-free knowledge and counselling skills. Contents of the training included introduction of the latest tobacco control works and smoking pattern in Hong Kong, harmful effects of smoking, secondhand and third-hand smoke, as well as COSH’s education and publicity programmes. Over 150 staff and volunteers from district working partners, and university students completed the training and were equipped with tobacco control knowledge to serve as smoke-free ambassadors in the community, which strengthened the supportive network for smoking cessation.



跨媒體宣傳助戒煙風氣

為擴大宣傳效果及促進全港的戒煙氣氛，委員會配合社會營銷手法，透過跨媒體平台包括網頁、報章、雜誌、電台及電視等，向全港市民宣傳「戒煙大贏家」活動，以及吸煙禍害、戒煙方法等無煙信息。委員會更推出「戒煙大贏家」手機應用程式，以互動有趣的方法提供戒煙貼士，用家更可透過程式為正在戒煙的家人及朋友打氣，協助他們成功戒除煙癮。

委員會過去四年亦與電視廣播有限公司製作「戒煙大贏家」電視節目，透過短劇、遊戲及藝員表演等輕鬆互動的方式，宣揚戒煙的好處，並擊破吸煙人士各種繼續吸煙的藉口，鼓勵他們戒煙，保護家人免受二手煙的禍害，與下一代一同建立健康的生活態度。一眾「戒煙大贏家」比賽的得獎者更於節目內分享其成功戒煙的故事及心得，節目每年吸引數十萬名觀眾收看，為戒煙締造有利的社會氣氛。



Multimedia Promotion Boosts Smoking Cessation

To multiply the promotion effect and boost the smoking cessation atmosphere in Hong Kong, COSH utilized the social marketing tactics and multimedia platforms including website, newspapers, magazines, radio and television to promote “Quit to Win” Smoke-free Community Campaign. COSH also launched the “Quit to Win” mobile application to provide smoking cessation tips for quitters in an interactive way. Users can mobilize and support their family and friends to kick the habit through the application.

COSH partnered with the Television Broadcasts Limited to produce the “Quit to Win” TV Programme in the previous four years to promote smoke-free messages and smoking cessation through an interesting approach like drama, games and artists’ performance. Winners of “Quit to Win” Contest were invited to share their successful stories and tips on the TV Programme which attracted a few hundred thousand audience and created a supportive atmosphere for smoking cessation.



此外，為評估活動的成效，委員會委託香港大學護理學院及公共衛生學院進行科學研究，收集數據以了解香港吸煙人口特徵、戒煙人士的需要、測試不同戒煙干預（例如戒煙電話輔導、短訊提示及現金獎賞）的成效、對戒煙服務的需要，並評估戒煙輔導的效用，所得數據及資料有助委員會將來舉辦相關戒煙活動及倡議政府加強戒煙服務及控煙措施等。

總結

第五屆「戒煙大贏家」無煙社區計劃將於2014至2015年舉行，透過18區區議會及地區服務團體的龐大社區網絡及多元化的宣傳推廣，結合媒體宣傳、戒煙輔導和科學研究等元素，鼓勵更多吸煙人士戒煙。展望計劃能成為香港每年一度具標誌性的戒煙活動，令更多市民認識煙草的禍害，支持身邊人戒除煙癮，共同享受無煙健康生活。

To assess the Campaign’s effectiveness, COSH commissioned the School of Nursing and School of Public Health of The University of Hong Kong to conduct research studies to investigate the smoking pattern of Hong Kong population, needs of quitters, impact of different interventions (eg telephone counseling, SMS reminder and cash incentives), demand for smoking cessation services and effectiveness of counseling. COSH will use the findings and data for planning related smoking cessation campaigns and advocating the Government to strengthen smoking cessation services and tobacco control policies in the future.

Conclusion

The 5th “Quit to Win” Smoke-free Community Campaign will be held in 2014 to 2015 with an aim to recruit more smokers to give up smoking through the comprehensive promotion and massive community network of the 18 District Councils and district organizations, as well as the multimedia promotion, smoking cessation counseling and research study of the Campaign. It is targeted to make the Campaign an annual symbolic smoking cessation programme in town, so more people can understand the smoking hazards and support their beloved ones to kick the habit for a healthy and smoke-free life.



凝聚社區力量 共建無煙香港
Uniting the Community for
a Smoke-free Hong Kong



活動 Events

- 宣傳及社區推廣活動
Publicity and Community Involvement Projects
- 教育及青少年活動
Education and Youth Programmes
- 會議及考察
Conferences and Visits



活動紀要

Highlights of Events 2013-2014

活動
Events

宣傳及社區推廣活動 Publicity and Community Involvement Projects

推廣活動 Publicity Projects		
2013/5/27, 2013/6/13 & 2013/6/27	第四屆「戒煙大贏家」無煙社區計劃 無煙大使輔導訓練課程	The 4 th “Quit to Win” Smoke-free Community Campaign Smoking Cessation Counseling Training
2013/5/30	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
2013/6/17	「香港無煙領先企業大獎2013」啟動禮 暨「企業效益與品牌價值提升」講座	“Hong Kong Smoke-free Leading Company Awards 2013” Launch Ceremony cum Smoke-free Seminar
2013/6 - 2014/3	第四屆「戒煙大贏家」無煙社區計劃	The 4 th “Quit to Win” Smoke-free Community Campaign
2013/7/7	第四屆「戒煙大贏家」無煙社區計劃 啟動儀式	The 4 th “Quit to Win” Smoke-free Community Campaign Launch Ceremony
2013/7	「無煙大使」馬國明無煙生活健康貼士 短片	15-second Daily Info by “Smoke-free Ambassador” Mr Kenneth MA
2013/9	全新宣傳短片「仲等？即刻戒煙！」 猶豫篇及內疚篇	New APIs “Get started! Quit now” – Doubt and Guilty Versions
2013/11/19	「大幅增加煙稅 速建無煙香港」 記者會	“Raising Tobacco Tax for a Smoke-free Hong Kong” Press Conference
2013/11 - 2014/2	倡議增加煙草稅	Advocacy on Raising Tobacco Tax
2014/2/18	「香港無煙領先企業大獎2013」 頒獎典禮	“Hong Kong Smoke-free Leading Company Awards 2013” Awards Presentation Ceremony
2014/3/29	「戒煙大贏家」電視節目	“Quit to Win” TV Programme

社區聯繫及推廣 Community Involvement and Promotion		
2013/4/6	世界衛生日2013 – 健康龍城嘉年華	World Health Day 2013 – Kowloon City Carnival
2013/5/4	「護士控煙宣言」簽署儀式	“Nursing Charter on Tobacco Control” Signing Ceremony
2013/5/27	2013葵涌醫院支持世界不吸煙日暨 無煙歌唱比賽頒獎禮	Kwai Chung Hospital World No Tobacco Day 2013 Campaign cum Smoke-free Singing Contest Award Presentation Ceremony
2013/6 - 2014/2	護理界控煙行動	Nurses Initiatives on Tobacco Control
2013/6 - 2014/2	「無煙老友記」計劃2013–2014	Elderly Smoking Cessation Promotion Project 2013–2014
2013/8/9-11	香港國際牙科博覽及研討會2013	Hong Kong International Dental Expo and Symposium 2013
2013/10/22	「無煙下半場」戒煙誓師大會	“Smoke-free Campaign for the Elderly” Smoking Cessation Pledge Ceremony
2013/10/27	東區健康安全生活齊Fun享暨 東區醫院醫社共融同歡聚	Eastern Healthy and Safe City Fun Day cum Pamela Youde Nethersole Eastern Hospital – Community Hands-in-Hands
2013/11/2-3	2013/14年度中西區健康節	Central and Western District Health Festival 2013/14
2014/2/8-9	香港聖約翰救傷隊少青團 「關愛•家•FUN日」	Hong Kong St John Ambulance Brigade Cadet Command “Family Fun Day”
2014/3/15	漣漪行動 – 葵青	Ripples Action @ Kwai Tsing

教育及青少年活動
Education and Youth Programmes

青少年教育活動 Youth Education Programmes

2013/4 - 2014/3	「無煙新世代」健康教育講座	Health Talks for “Smoke-free New Generation”
2013/5/13	玫瑰崗學校 — 資訊及遊戲攤位	Rosaryhill School – Information and Game Booth
2013/7 - 2014/3	無煙青少年大使領袖訓練計劃 2013-2014	Smoke-free Youth Ambassador Leadership Training Programme 2013-2014
2013/10 - 2014/3	學校互動教育巡迴劇場 「小紅帽無煙大作戰」	School Interactive Education Theatre “The Smoke-free Battle of Red Hoodlet”
2014/3/10	「無煙青少年大使領袖訓練計劃 2013-2014」頒獎禮暨分享會	“Smoke-free Youth Ambassador Leadership Training Programme 2013-2014” Award Presentation Ceremony

與學界及社區聯繫 Liaison with Academia and Community

2013/4/9	香港社會服務聯會 — 社會服務機構 社會市場學初探工作坊	The Hong Kong Council of Social Service – Introduction to Social Marketing for NGOs Workshop
2013/6/26	香港中文大學專業進修學院 — 香港健康城市建設學習團	School of Continuing and Professional Studies, The Chinese University of Hong Kong – Building a Healthy City in Hong Kong Study Tour
2013/7/21	香港牙醫學會 — 應屆畢業生座談會	Hong Kong Dental Association – New Graduate Lecture
2013/7/25	香港中文大學賽馬會公共衛生及 基層醫療學院 — 健康教育工作坊	The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong – Health Promotion Experience Sharing Workshop
2013/11/5 & 2013/11/21	香港大學護理學院護理課程	School of Nursing, The University of Hong Kong – Nursing Programme
2013/12/5	半島南扶輪社 — 控煙研討會	Rotary Club of Peninsula South – Tobacco Control Seminar
2014/1/7	葵涌醫院反吸煙工作小組 — 清新無煙退修營	Kwai Chung Hospital Anti-smoking Work Group – No-smoking Day Camp

會議及考察
Conferences and Visits

會議 Conferences

2013/5/12-13	亞太兒童及家庭控煙聯盟 第一次會議及迎新工作坊	Asia Pacific Child and Family Health Alliance for Tobacco Control – The 1 st General Assembly and Orientation Workshop
2013/5/25-26	第十屆粵港澳台預防醫學學術會議	The 10 th Guangdong, Hong Kong, Macau & Taiwan Conference on Preventive Medicine
2013/6/3-14	第八屆全球煙草控制領袖計劃	The 8 th Annual Global Tobacco Control Leadership Programme
2013/8/19-21	第十屆亞太區煙草或健康會議	The 10 th Asia Pacific Conference on Tobacco or Health
2013/11/18-22	世界衛生組織控煙專才培訓計劃	WHO Fellowship Programme on Tobacco Control
2013/12/1	澳門戒煙論壇暨兩岸四地戒煙交流會	Macau Smoking Cessation Forum cum Cross- strait Tobacco Control Seminar
2013/12/12-14	第十六屆全國控制吸煙暨第六屆 青少年控煙經驗學術交流會	The 16 th National Symposium on Tobacco Control cum the 6 th Tobacco Control on Youth Sharing Session

考察活動 Visits

2013/5/6	澳門-世界衛生組織健康城市領袖 計劃代表團（越南代表）	Macao-World Health Organization Healthy City Leadership Programme (Delegates from Vietnam)
2013/5/15	越南-香港煙草稅考察團	Vietnam’s Study Tour on Tobacco Tax in Hong Kong
2013/8/26	廣州市控煙辦公室	Guangzhou Tobacco Control Office
2013/11/13	香港中文大學心理學系學生	Students of Department of Psychology, The Chinese University of Hong Kong
2013/11/18-19	澳門-世界衛生組織健康城市領袖 計劃代表團（菲律賓代表）	Macao-World Health Organization Healthy City Leadership Programme (Delegates from the Philippines)
2014/1/28	香港中文大學公共行政學系碩士生	Students of Master Programme in Public Policy, The Chinese University of Hong Kong

宣傳及社區推廣活動 Publicity and Community Involvement Projects

活動
Events

推廣活動 Publicity Projects



支持「全煙害警示包裝」及 禁止陳列煙草產品記者會

世界衛生組織將2013年世界無煙日的主題定為「禁止煙草廣告、促銷和贊助」，呼籲全球政府禁制任何形式的煙草廣告、推廣及贊助，希望社會各界關注煙草業的促銷手段，以及鼓勵吸煙人士脫離煙癮的控制。為響應主題，委員會於2013年5月30日召開記者會，倡議香港推行「全煙害警示包裝」及禁止銷售點陳列煙草產品。參與的講者包括委員會主席劉文文女士、香港大學公共衛生學院院長暨羅旭龢基金教授席（公共衛生學）林大慶教授及委員會總幹事黎慧賢女士。

雖然本港法例已禁止各類媒體的煙草廣告和宣傳，但煙草商至今仍然利用法例的漏洞繼續宣傳推廣煙草產品，例如推出不同的煙包包裝及於銷售點當眼處陳列煙草產品，此外更於部份報販攤檔以亮麗及特別設計的燈箱展示煙草產品。

“Support Plain Packaging and Banning on Tobacco Products Display” Press Conference

The World Health Organization designated “Ban Tobacco Advertising, Promotion and Sponsorship” as the theme of World No Tobacco Day 2013 which aims to urge governments to implement a comprehensive ban on all forms of tobacco advertising, promotion and sponsorship; to raise public awareness on the marketing tactics of tobacco industry; and to encourage smokers to free themselves from the manipulation of tobacco. COSH hosted a press conference on 30 May 2013 to advocate the implementation of plain packaging and banning on tobacco products display at points of sale. Speakers included Ms Lisa LAU, COSH Chairman, Prof LAM Tai-hing, Director of School of Public Health cum Sir Robert Kotewall Professor in Public Health, The University of Hong Kong and Ms Vienna LAI, COSH Executive Director.

Despite the Ordinance has banned all tobacco advertising and promotion on various platforms, tobacco industry still exploits loopholes to promote their products, such as different packaging of tobacco products and large, prominent and visually appealing display of products at points of sale.

劉文文表示，「委員會藉著世界無煙日，倡議政府立法推行『全煙害警示包裝』及禁止銷售點陳列煙草產品，並檢討現行控煙法例，全面禁止煙草宣傳推廣，以避免青少年嘗試吸煙，並鼓勵更多吸煙人士戒煙。」

委員會委託香港大學公共衛生學院就有關政策進行民意調查，結果顯示超過一半受訪市民 (50.7%) 贊成實施「全煙害警示包裝」，近六成 (59.9%) 受訪者認為應該採用更清晰的煙害圖象警示。而在受訪的曾經吸煙人士（包括現在吸煙者及已戒煙者）當中，逾三成半 (35.7%) 表示現行的警示令他們聯想到吸煙的危害，但超過九成 (91%) 表示沒有因為煙包上的煙害警示而考慮戒煙。調查結果反映現時的煙害圖象警示在宣傳煙害及鼓勵戒煙方面起了一定的作用，但力度不足，有必要加強。

至於禁止陳列煙草產品方面，調查發現有接近一半受訪者 (48.4%) 贊成全面禁止於所有銷售點陳列煙草產品，超過一半 (52.5%) 受訪者認為陳列煙草產品屬於廣告，有近三成 (29.2%) 現在吸煙者更認為煙草產品的陳列令他們想吸煙。

Ms Lisa LAU said, “In response to the World No Tobacco Day, COSH advocates the Government to implement plain packaging and ban tobacco products display at points of sale to prohibit all tobacco advertising and promotion which can prevent teenagers from picking up smoking and encourage more smokers to kick the habit.”

COSH commissioned the School of Public Health of The University of Hong Kong to conduct a survey to collect public views on the related policies. According to the survey findings, more than half of the respondents (50.7%) agreed to the plain packaging of cigarette products. Nearly 60% (59.9%) of the respondents thought that warnings should be clearer. 35.7% of ever smokers (including current and ex-smokers) said that the pictorial health warnings made them think of the risks of smoking whereas 91% did not think of quitting because of the pictorial health warnings. The survey findings reflect that current pictorial health warnings have some effects on delivering the message of smoking hazards and cessation. However, the effectiveness has to be enhanced by strengthening and expanding the pictorial health warnings.

Regarding the ban on tobacco products display, nearly half of all respondents (48.4%) agreed on total ban on display of tobacco products at points of sale while more than half of them (52.5%) considered tobacco products display in stores as a kind of advertisement and promotion. 29.2% of current smokers wanted to smoke after seeing the display of tobacco products at points of sale.



澳洲已於2012年12月實施「全煙害警示包裝」，新西蘭及愛爾蘭亦已展開相關的立法工作。而冰島、泰國、加拿大、愛爾蘭、挪威、澳洲等國家亦已禁止陳列煙草產品，可見推行這兩項控煙措施乃國際趨勢。

另一方面，香港於2007年推出的一套六款煙包煙害圖象警示一直沿用至今，效力開始減退，委員會建議定期更換，並加強圖象的阻嚇性，以提高消費者對煙害的意識及鼓勵吸煙人士戒煙，同時須加上戒煙熱線，以及立法授權衛生署可定期修改圖象。

Plain packaging and banning tobacco products display are the global trend on tobacco control. Australia has already implemented plain packaging since December 2012 while Ireland and New Zealand have begun the process of introducing plain packaging. Tobacco products display has been banned in Iceland, Thailand, Canada, Ireland, Norway, Australia and other countries.

Besides, the six pictorial health warnings have been used in Hong Kong since they were first introduced in 2007 and their warning effect has been faded out. COSH proposed to adopt a new set of pictorial health warnings with stronger effects and amend regularly to optimize the effectiveness and raise the consumers' awareness on smoking hazards and cessation. Quitline should be added as well. COSH also advocated the Government to authorize Department of Health to update the pictorial health warnings on a regular basis.



第四屆「戒煙大贏家」無煙社區計劃

根據政府主題性住戶統計調查第53號報告書，香港習慣每日吸煙人口約645,000人，當中約53%從未嘗試過戒煙亦不想戒煙，37.9%嘗試戒煙但不成功，55%不願意嘗試戒煙服務。

The 4th “Quit to Win” Smoke-free Community Campaign

According to the Thematic Household Survey Report No.53, there are around 645,000 daily cigarette smokers. Nearly 53% of them had not tried and did not want to quit smoking, while 37.9% of them tried but failed to quit smoking. 55% of them would not try the smoking cessation services.

根據過往「戒煙大贏家」比賽的研究顯示，戒煙比賽可以接觸社區的吸煙人士及為他們提供一個戒煙診所以外的平台戒煙。委員會自2009年起舉辦「戒煙大贏家」比賽，每年成功招募超過1,000名吸煙人士參加比賽，戒除吸煙習慣。委員會更於2012年把計劃提升為「戒煙大贏家」無煙社區計劃，以喚起社區人士對控煙工作的關注。

在2013-2014年度，委員會舉辦第四屆「戒煙大贏家」無煙社區計劃，與香港大學護理學院及公共衛生學院合作，以及再次得到18區區議會支持和協助，並邀請地區服務團體成為合作夥伴。同時訓練大學生成為無煙大使，為未來控煙工作培育力量。

Based on the past research studies on “Quit to Win” Contest, the smoking cessation contest was able to reach the smokers in the community and provided an alternative platform to provide smoking cessation assistance, in addition to cessation clinics. Since 2009, the Contest has successfully recruited over 1,000 smokers each year to quit the smoking habit. To sustain the momentum, COSH enhanced the Contest to “Quit to Win” Smoke-free Community Campaign in 2012 in order to raise the awareness on tobacco control in community level.

In 2013-2014, COSH organized the 4th “Quit to Win” Smoke-free Community Campaign with School of Nursing and School of Public Health of The University of Hong Kong (HKU). The campaign was supported by 18 District Councils and community organizations to disseminate smoke-free messages in the community. Besides, university students were trained to be smoke-free ambassadors, which strengthened the support to tobacco control works in the future.



啟動儀式

計劃的啟動儀式於2013年7月7日假觀塘apm商場舉行，主禮嘉賓包括食物及衛生局局長高永文醫生、衛生署助理署長（特別衛生事務）王曼霞醫生、香港大學公共衛生學院社會醫學講座教授暨羅旭龢基金教授（公共衛生學）林大慶教授、委員會副主席鄭祖盛先生、委員會社區聯絡委員會主席陳志球博士，以及「無煙大使」馬國明先生。

Launch Ceremony

A launch ceremony was held on 7 July 2013 at apm Shopping Mall in Kwun Tong. Officiating guests included Dr KO Wing-man, Secretary for Food and Health, Dr Monica WONG, Assistant Director of Health (Special Health Services), Prof LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong, Mr Antonio KWONG, COSH Vice-chairman, Dr Johnnie CHAN, COSH Community Liaison Committee Chairman and Mr Kenneth MA, Smoke-free Ambassador.



上屆比賽冠軍麥新先生於啟動儀式上分享戒煙心得，並鼓勵吸煙人士儘早戒煙，投入無煙生活。一眾藝員包括許廷鏗先生、鄭俊弘先生、蔣家旻女士及林穎彤女士，亦以遊戲及歌唱表演方式宣揚無煙信息。

The Champion of “Quit to Win” Contest in 2012, Mr MAK Sun was invited to share his successful experience and tips on smoking cessation at the ceremony. On the other hand, TV celebrities, including Mr Alfred HUI, Mr Fred CHENG, Ms Angel CHIANG and Ms Bella LAM promoted smoke-free messages through interactive games and singing performance.



無煙大使輔導訓練課程

委員會與香港大學於2013年5月27日、6月13日及27日合作舉辦無煙大使輔導訓練課程，藉此增強地區夥伴機構及無煙大使的無煙知識和戒煙輔導技巧。香港大學公共衛生學院社會醫學講座教授暨羅旭龢基金教授（公共衛生學）林大慶教授、委員會總幹事黎慧賢女士及資深戒煙輔導員出席演講，與參加者分享香港最新吸煙情況、吸煙、二手煙及三手煙對身體的禍害、委員會的教育及宣傳工作，以及簡單戒煙輔導技巧。超過100位來自地區夥伴機構的職員、義工及大學生參加訓練課程。

Smoking Cessation Counseling Training

COSH organized Smoking Cessation Counseling Training with The University of Hong Kong to the smoke-free ambassadors and working partners on 27 May, 13 and 27 June 2013. Professor LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong, Ms Vienna LAI, COSH Executive Director and experienced smoking cessation counselor were invited to be the speakers of the Training. Contents included introduction of the smoking pattern in Hong Kong, harmful effects of smoking, secondhand and third-hand smoke, COSH education and publicity programmes and brief smoking cessation counseling skills. Over 100 staff and volunteers from community partners and university students attended the training session.

地區招募及無煙宣傳活動

委員會於2013年6月至9月期間與地區夥伴機構於全港合作舉辦超過60場「戒煙大贏家」地區招募及無煙宣傳推廣活動，向超過20,000名市民傳達無煙信息，成功招募超過1,200名吸煙人士參加比賽。市民可透過活動索取戒煙小冊子及參與攤位遊戲，加強他們對煙草禍害及戒煙方法的認識。

District Recruitment and Smoke-free Promotion Activities

From June to September 2013, COSH and the district working partners co-organized over 60 district recruitment sessions and promotion activities across the territory to spread smoke-free messages, which approached over 20,000 citizens and recruited over 1,200 smokers to join the contest. COSH’s pamphlets on smoking hazards and smoking cessation were distributed and game booth was set up to enhance the public’s knowledge on smoking hazards and cessation methods.



地區夥伴機構

District Working Partners

中西區 Central & Western	圓玄軒婦女中心 Yuen Yuen v-learn Women Centre
離島 Islands	離島婦聯 Hong Kong Outlying Islands Women’s Association
九龍城 Kowloon City	九龍樂善堂 The Lok Sin Tong Benevolent Society, Kowloon
葵青 Kwai Tsing	葵青安全社區及健康城市協會 Kwai Tsing Safe Community and Healthy City Association
觀塘 Kwun Tong	基督教聯合那打素社康服務 United Christian Nethersole Community Health Service
北區 North	路德會賽馬會雍盛綜合服務中心 Jockey Club Yung Shing Lutheran Integrated Service Centre
南區 Southern	南區健康安全協會 Southern District Healthy and Safe Association
大埔 Tai Po	大埔區居民聯會 Tai Po District Residents Association
荃灣 Tsuen Wan	荃灣安全健康社區督導委員會 Tsuen Wan Safe and Healthy Community Steering Committee
屯門 Tuen Mun	基督教香港信義會屯門青少年綜合服務中心 Evangelical Lutheran Church of Hong Kong Tuen Mun Integrated Youth Service Centre
黃大仙 Wong Tai Sin	黃大仙區健康安全城市及聖母醫院 Wong Tai Sin District Healthy & Safe City and Our Lady of Maryknoll Hospital
元朗 Yuen Long	天水圍婦聯 Tin Shui Wai Women Association

「戒煙大贏家」地區招募及無煙宣傳活動
“Quit to Win” District Recruitment and Smoke-free Promotion Activities

日期 Date	地區 District	地點 Venue
2013/6/29-30	中西區 Central & Western	信德中心 Shun Tak Centre
2013/6/29-30	東區 Eastern	小西灣廣場 Siu Sai Wan Plaza
2013/7/5	觀塘區 Kwun Tong	觀塘廣場 Kwun Tong Plaza
2013/7/5	大埔區 Tai Po	富善邨 Fu Shin Estate
2013/7/6	西貢區 Sai Kung	尚德廣場 Sheung Tak Plaza
2013/7/6	南區 Southern	華富（一）邨商場 Wah Fu (I) Shopping Centre
2013/7/7	觀塘區 Kwun Tong	apm商場 apm Shopping Mall
2013/7/12	荃灣區 Tsuen Wan	梨木樹邨 Lei Muk Shue Estate
2013/7/12-13	深水埗區 Sham Sui Po	西九龍中心 Dragon Centre
2013/7/13	九龍城區 Kowloon City	九龍城廣場 Kowloon City Plaza
2013/7/13 & 2013/8/10	觀塘區 Kwun Tong	秀茂坪商場 Sau Mau Ping Shopping Centre
2013/7/14	九龍城區 Kowloon City	家維邨 Ka Wai Estate

2013/7/14	西貢區 Sai Kung	東港城 East Point City
2013/7/18	沙田區 Sha Tin	沙田商業中心 Shatin Galleria
2013/7/20	大埔區 Tai Po	大埔廣場 Tai Po Plaza
2013/7/20	屯門區 Tuen Mun	兆康苑 Siu Hong Court
2013/7/21	葵青區 Kwai Tsing	葵涌邨 Kwai Chung Estate
2013/7/24	元朗區 Yuen Long	天盛商場 Tin Shing Shopping Centre
2013/7/28	沙田區 Sha Tin	置富第一城 Fortune City One
2013/7/28	南區 Southern	石排灣邨 Shek Pai Wan Estate
2013/7/30	黃大仙區 Wong Tai Sin	龍翔廣場 Lung Cheung Plaza
2013/8/3	北區 North	彩園邨 Choi Yuen Estate
2013/8/3-4	元朗區 Yuen Long	嘉湖銀座 Kingswood Ginza
2013/8/4	北區 North	帝庭軒購物商場 Regentville Shopping Mall
2013/8/9	荃灣區 Tsuen Wan	賽馬會德華公園 Jockey Club Tak Wah Park
2013/8/9	屯門區 Tuen Mun	寶田邨 Po Tin Estate

2013/8/10	沙田區 Sha Tin	恒安商場 Heng On Commercial Centre
2013/8/11	九龍城區 Kowloon City	何文田廣場 Homantin Plaza
2013/8/11	西貢區 Sai Kung	PopCorn 商場 PopCorn Shopping Mall
2013/8/16-17	沙田區 Sha Tin	沙田中心 Shatin Centre
2013/8/17	灣仔區 Wan Chai	百德新街 Paterson Street
2013/8/18	沙田區 Sha Tin	馬鞍山廣場 Ma On Shan Plaza
2013/8/18 & 2013/9/7	離島區 Islands	富東邨 Fu Tung Estate
2013/8/20 & 2013/8/27	元朗區 Yuen Long	天悅邨 Tin Yuet Estate
2013/8/23	觀塘區 Kwun Tong	啟田商場 Kai Tin Shopping Centre
2013/8/24	葵青區 Kwai Tsing	葵盛東邨 Kwai Shing East Estate
2013/8/24	北區 North	路德會賽馬會雍盛綜合服務中心 Jockey Club Yung Shing Lutheran Integrated Service Centre
2013/8/24	黃大仙區 Wong Tai Sin	黃大仙廟宇廣場 Wong Tai Sin Temple Court
2013/8/24-25	屯門區 Tuen Mun	屯門市廣場 Tuen Mun Town Plaza
2013/8/31	南區 Southern	鴨脷洲邨 Ap Lei Chau Estate

2013/8/31	大埔區 Tai Po	大明里廣場 Tai Ming Lane Square
2013/9/1	油尖旺區 Yau Tsim Mong	旺角東港鐵站出口 Mong Kok East MTR Station Exit
2013/9/7	黃大仙區 Wong Tai Sin	荷里活廣場 Plaza Hollywood
2013/9/8	中西區 Central & Western	文咸東街 Bonham Strand
2013/9/12	中西區 Central & Western	士美非路街市 Smithfield Market
2013/9/14	葵青區 Kwai Tsing	青衣城 Maritime Square
2013/9/14	油尖旺區 Yau Tsim Mong	海富商場 Hoi Fu Shopping Centre
2013/9/15	觀塘區 Kwun Tong	順利商場 Shun Lee Shopping Centre
2013/9/15	大埔區 Tai Po	太和廣場 Tai Wo Plaza
2013/9/18	中西區 Central & Western	西區社區中心 Western District Community Centre
2013/9/28	九龍城區 Kowloon City	黃埔新天地時尚坊 Wonderful Worlds of Whampoa, Fashion World
2013/9/29	荃灣區 Tsuen Wan	荃灣廣場 Tsuen Wan Plaza

委員會與地區夥伴機構合作舉辦了一系列有地區特色的無煙宣傳活動，包括填色及口號設計比賽、健康嘉年華、無煙綜合表演、健康推廣展覽及才藝晚會等，以向社區不同年齡的人士推廣無煙信息及加深他們對煙害的認識。

A series of smoke-free promotion activities with district characteristics were organized by COSH and the district working partners, such as colouring and slogan design competition, health carnival, smoke-free performance, health promotion booth and talent show to promote a smoke-free lifestyle to different age groups and increase their understanding and awareness on smoking hazards.



「戒煙大贏家」比賽

合資格參加「戒煙大贏家」比賽的吸煙人士，可於招募現場即時測試呼氣中的一氧化碳水平及接受簡單戒煙輔導，並由已受訓的戒煙輔導員在其參加比賽後的一個星期、一個月、三個月及六個月以電話跟進其戒煙情況及提供輔導。參賽者可以自願參加由香港大學進行的隨機對照試驗研究，研究主要收集數據以了解香港吸煙及戒煙的情況，並評估戒煙輔導及計劃的成效。

在三個月跟進時，自我報告成功戒煙的參賽者會獲邀請參加戒煙核實測試，成功通過測試的參賽者可獲得獎金作獎勵，亦可參與大抽獎及電視節目，贏取豐富獎品。

“Quit to Win” Contest

Eligible participants of the “Quit to Win” Contest could undertake the breath test on carbon monoxide and receive brief smoking cessation counseling at the recruitment booths. Trained smoking cessation counselors provided telephone follow-ups to the participants at 1-week, 1-month, 3-month and 6-month. Participants could opt to join the randomized controlled trial (RCT) research study, which was conducted by The University of Hong Kong. The RCT study aimed to collect latest information on smoking and quitting pattern in Hong Kong, evaluate the effectiveness of smoking cessation intervention and the Campaign.

Participants who quit successfully were invited to undertake the biochemical validation at the 3-month follow-up. Validated participants received monetary incentive and were eligible to join the lucky draw or TV show to win fabulous prizes.

「戒煙大贏家」電視節目

委員會聯同電視廣播有限公司製作「戒煙大贏家」電視節目，在2014年3月29日晚上十時於翡翠台播放，以「十個戒煙的戰士」的故事宣揚戒煙的好處及擊破吸煙人士各種繼續吸煙的藉口。節目的主禮嘉賓包括食物及衛生局局長高永文醫生、食物及衛生局副局長陳肇始教授、衛生署署長陳漢儀醫生、香港大學公共衛生學院社會醫學講座教授暨羅旭龢基金教授（公共衛生學）林大慶教授、委員會主席劉文文女士及副主席鄭祖盛先生。他們向觀眾作出呼籲，希望與市民攜手共建無煙香港，鼓勵吸煙人士戒煙，保護家人免受二手煙和三手煙的禍害，讓下一代建立健康的生活態度。

節目同時邀請「戒煙大贏家」比賽的得獎者分享成功戒煙的心得。比賽冠軍得主陳國祥先生有逾20年煙齡，第一口煙為朋友所贈，多年後與該朋友再會面，發現對方因吸煙患病，令他萌生戒煙的念頭。同時每次在室外工作場所吸煙後，都因擔心未撲熄煙頭而折返場所檢查，感到十分麻煩。陳先生得到太太及戒煙輔導員鼓勵，終於成功戒煙，戒煙後感到心境平和。

“Quit to Win” TV Programme

COSH produced a television programme with Television Broadcasts Limited (TVB) and broadcasted on 29 March 2014 at 10pm via TVB Jade Channel to promote the benefits of quitting smoking and smash the excuses of smoking through a drama called “10 Quitting Warriors”. Officiating guests included Dr KO Wing-man, Secretary for Food and Health, Prof Sophia CHAN, Under Secretary for Food and Health, Dr Constance CHAN, Director of Health, Prof LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong, Ms Lisa LAU, COSH Chairman and Mr Antonio KWONG, COSH Vice-chairman. The guests called on the public to strive for a smoke-free Hong Kong and encourage smokers to quit smoking to protect their family members from the adverse effects of secondhand and third-hand smoke.

Winners of the “Quit to Win” Contest were invited to share their successful quit stories. The Champion Mr CHAN Kwok-cheung, a smoker for over two decades, said that he quit smoking because his friend who gave him the first cigarette was suffering from a disease caused by smoking. Also, he always had to return to double check the outdoor spots at the warehouse where he had discarded the cigarette butts as he was worried that a burning butt might set the place ablaze. This became so bothersome. With the encouragement of his wife and the smoking cessation counselor, Mr Chan finally kicked the habit and felt more peaceful.

亞軍得主陳志文先生已有37年煙齡，由於有關煙害的宣傳和法定禁煙範圍日漸增多，有感吸煙越來越不方便及不被社會接受，故決定戒煙。季軍得主雷錦年先生十多歲時在同事的引誘下開始吸煙，為了女兒和太太，雷先生下定決心戒煙，每當煙癮起的時候，想起女兒對他的期望，就能對抗煙癮。成功戒煙後，他感到身體機能有明顯的好轉，氣管比以前舒適。

The first runner-up Mr CHAN Chi-man spent 37 years as a smoker. Mr Chan's decision to kick the smoking habit attributed to the increasing promotion on smoking hazards and expansion of statutory no-smoking areas which made smoking inconvenient and less welcome by the public. The second runner-up Mr LUI Kam-nin lighted up his first cigarette due to peer influence. For the sake of his wife and daughter, he determined to quit smoking. Mr Lui resisted the temptation with the thought of his daughter's expectation. He felt much better physically after kicking the bad habit, especially with his respiratory system.



節目尾段各主禮嘉賓、18區區議會及地區組織代表、委員會委員、第四屆「戒煙大贏家」得獎者、「無煙大使」馬國明及一眾藝人以「戒煙大贏家●我哋齊齊撐」作為口號，展望第五屆「戒煙大贏家」無煙社區計劃取得成功，每一位市民都可成為戒煙戰士，鼓勵及支持更多吸煙人士成功戒煙。



「戒煙大贏家」研究

比賽進行期間，委員會委託香港大學護理學院及公共衛生學院進行科學研究，收集數據以了解香港吸煙人士的吸煙習慣和對戒煙服務的需要及評估計劃的成效。

研究為參賽者進行跟進，發現三個月及六個月的跟進當中，自我報告成功戒煙率分別為9.6%及9.4%，經生物化學測試核實的成功戒煙率為5.2%及4.4%。有403及370位參賽者在三個月及六個月跟進時，每日吸煙量減少一半或以上（包括成功戒煙者）。有關研究結果將由香港大學進行深入分析後發佈。

Officiating guests, representatives from 18 District Councils and district organizations, COSH Council members, winners of the 4th “Quit to Win” Contest, “Smoke-free Ambassador” Mr Kenneth MA and artists jointly made an appeal to the public to support the 5th “Quit to Win” Smoke-free Community Campaign. They also encourage the smokers to kick the habit as soon as possible.

“Quit to Win” Research Study

School of Nursing and School of Public Health of The University of Hong Kong were commissioned to conduct a research study to investigate the smoking pattern of Hong Kong population and smokers' needs on smoking cessation as well as the effectiveness of the Campaign.

The research study followed up with the participants and collected data by telephone interview. The preliminary report showed that the self-report quit rate was 9.6% and 9.4% at 3-month and 6-month follow-ups respectively. The corresponding biochemical validated quit rate was 5.2% and 4.4% respectively. At the 3-month and 6-month follow-up, 403 and 370 participants reduced daily cigarettes consumption by at least 50% (included successful quitters) respectively. Final analysis is in progress and the result will be published afterwards.



香港無煙領先企業大獎2013

員工乃企業的重要資產，他們的表現與企業的持續發展及成就息息相關，不少企業均非常重視員工的健康，積極締造無煙工作環境。委員會為鼓勵商界向員工、客戶、社會大眾及不同持份者推動無煙文化，以維護公眾健康，於2013年再度舉辦「香港無煙領先企業大獎」，並與香港電台第一台合辦，獲得30多間不同業界的商會及組織全力支持，透過他們的網絡號召旗下機構會員參加大獎，一同推動各行各業的企業攜手建設無煙香港。

另一方面，委員會與多個戒煙服務機構合作，協助企業建立無煙文化及訂定無煙工作間政策，並舉辦多元化的無煙活動及提供不同的戒煙服務予吸煙的員工，希望鼓勵更多吸煙人士戒煙。



Hong Kong Smoke-free Leading Company Awards 2013

Employees are important assets of the company and they play a crucial part in the businesses' sustainability and success. Employee's health is one of the top priorities of many companies. With the aim of encouraging businesses to promote smoke-free culture to their employees, customers, the general public and other stakeholders, COSH organized the "Hong Kong Smoke-free Leading Company Awards" again in 2013 with Radio 1 of Radio Television Hong Kong. The Awards was fully supported by over 30 major commerce chambers and associations that motivated their members to participate.

COSH, partnering with various smoking cessation service providers, assisted businesses in setting smoke-free guidelines and internal policies, organizing smoke-free activities and providing different smoking cessation services to encourage their smoking employees to kick the habit.

食物及衛生局局長高永文醫生為「香港無煙領先企業大獎2013」擔任榮譽贊助人，委員會亦特別籌組獨立評審團，成員包括委員會主席劉文文女士、亞洲金融集團總裁陳智思先生、香港大學公共衛生學院社會醫學講座教授暨羅旭龢基金教授（公共衛生學）林大慶教授、衛生署控煙辦公室主管黃宏醫生及清新健康人協會主席黃龍德教授。

2013年的大獎共吸引300多間來自不同行業的企業踴躍參與，較2011年上升逾六成，受惠的員工數目達六萬多人。參與企業經過初步評估、詳細評估及獨立評審團於2013年12月4日的評審會議，最後選出十間企業奪得金獎，八間企業獲頒銀獎，另有五間企業獲頒「最具創意無煙企業政策獎」，以及逾300間企業獲發優異獎（得獎名單見第147頁）。

委員會早於2004年及2006年先後推行「全港無煙工作間領先企業大獎」及「全港領先中小企無煙工作間大獎」，鼓勵企業自發推動無煙工作間，並於2011年首度舉辦「香港無煙領先企業大獎」，表揚致力維護員工及社會大眾健康的無煙領先企業。

Dr KO Wing-man, Secretary for Food and Health was the Honourable Patron of the "Hong Kong Smoke-free Leading Company Awards 2013". An independent judging panel was set up which comprised Ms Lisa LAU, COSH Chairman, Mr Bernard CHAN, President of Asia Financial Holdings Limited, Prof LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong, Dr Christine WONG, Head of Tobacco Control Office, Department of Health and Prof Patrick WONG, Chairman of Quit-Winners Club.

The Awards in 2013 received more than 300 applications from different business sectors, which is a significant increase of 60% as compared with 2011. Over 60,000 employees were benefited by the companies' smoke-free policies. Applications were assessed through the preliminary and in-depth assessment. The judging meeting was held on 4 December 2013 and concluded that ten companies to receive the Gold Awards, eight companies to receive the Silver Awards, five companies to receive the Most Creative Smoke-free Policy Awards and over 300 companies to be awarded the Certificates of Merit for recognition of their support to the smoke-free culture (please refer to page 147 for the Awards list).

COSH organized the "Smoke-free Workplace Leading Company Awards" and the "Smoke-free Workplace Leading SME Company Awards" in 2004 and 2006 respectively, with an aim to encourage business sector proactively set up smoke-free workplaces. The "Hong Kong Smoke-free Leading Company Awards" was first launched in 2011 to commemorate the businesses that have demonstrated commitment in advocating smoke-free messages to stakeholders.

啟動禮暨「企業效益與品牌價值提升」講座

啟動禮於2013年6月17日假香港會議展覽中心舉行。主禮嘉賓包括榮譽贊助人食物及衛生局局長高永文醫生、委員會主席劉文文女士、香港電台總監（電台）周偉材先生、衛生署副署長黎潔廉醫生、香港大學公共衛生學院院長暨羅旭蘇基金教授（公共衛生學）林大慶教授、衛生署控煙辦公室主管黃宏醫生、清新健康人協會主席黃龍德教授，以及委員會副主席鄭祖盛先生。活動亦邀請多間支持機構及企業代表出席支持。

同場亦進行「企業效益與品牌價值提升」講座，講者包括林大慶教授、香港市務學會前任主席嚴啟明先生及資深財經節目主持陳永陸先生。講者分享如何透過關懷員工健康及推動無煙文化，以提高企業效益及提升品牌價值。而多個戒煙服務機構包括東華三院戒煙綜合服務中心、醫院管理局「無煙新天地」、博愛醫院中醫戒煙服務及九龍樂善堂「愛•無煙」企業員工戒煙計劃，亦在會場設立戒煙服務展覽，為企業介紹各種戒煙方法及支援服務。



Launch Ceremony cum Smoke-free Seminar

The Launch Ceremony was held at the Hong Kong Convention and Exhibition Centre on 17 June 2013. Officiating guests included Honourable Patron Dr KO Wing-man, Secretary for Food and Health, Ms Lisa LAU, COSH Chairman, Mr Philip CHOW, Controller (Radio), RTHK, Dr Cindy LAI, Deputy Director of Health, Prof LAM Tai-hing, Director of School of Public Health cum Sir Robert Kotewall Professor in Public Health, The University of Hong Kong, Dr Christine WONG, Head of Tobacco Control Office, Department of Health, Prof Patrick WONG, Chairman of Quit-Winners Club and Mr Antonio KWONG, COSH Vice-chairman. Representatives from supporting organizations and companies were also invited to attend the ceremony to show their support.

After the ceremony, Prof LAM Tai-hing, Mr YIM Kai-ming, former Chairman of Hong Kong Institute of Marketing and Mr CHAN Wing-luk, host of financial programme, shared ways to enhance corporate efficiency and brand value through caring for employees' health and promoting smoke-free culture at the smoke-free seminar. Smoking cessation services providers including Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation, Hospital Authority's Smoking Counseling and Cessation Services, Pok Oi Hospital Smoking Cessation Service using traditional Chinese Medicine and "Smoking Cessation Programme in Workplace" of The Lok Sin Tong Benevolent Society, Kowloon also hosted information booths to introduce their services to the guests.



頒獎典禮

頒獎典禮於2014年2月18日假香港會議展覽中心舉行，以表揚一眾致力推動無煙企業文化的企業。主禮嘉賓包括食物及衛生局局長高永文醫生、委員會主席劉文文女士、助理廣播處長（電台及節目策劃）周偉材先生、衛生署副署長黎潔廉醫生、亞洲金融集團總裁陳智思先生、香港大學公共衛生學院社會醫學講座教授暨羅旭蘇基金教授（公共衛生學）林大慶教授、衛生署控煙辦公室主管黃宏醫生、清新健康人協會主席黃龍德教授和委員會副主席鄭祖盛先生，以及無煙大使周柏豪先生。

委員會主席劉文文女士指出企業持續執行及檢討無煙政策，與時並進，為員工提供了一個戒煙支援平台，有效地鼓勵吸煙人士戒煙，更令無煙文化融入企業文化中，而員工亦能薪火相傳，將無煙信息推廣至家人、客戶及市民大眾。



Awards Presentation Ceremony

The Awards presentation was held on 18 February 2014 at Hong Kong Convention and Exhibition Centre to commend companies that have demonstrated commitment to advocating the smoke-free culture. Officiating guests included Dr KO Wing-man, Secretary for Food and Health, Ms Lisa LAU, COSH Chairman, Mr Philip CHOW, Assistant Director of Broadcasting (Radio & Corporate Programming), Dr Cindy LAI, Deputy Director of Health, Mr Bernard CHAN, President of Asia Financial Holdings Limited, Prof LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong, Dr Christine WONG, Head of Tobacco Control Office, Department of Health, Prof Patrick WONG, Chairman of Quit-Winners Club, Mr Antonio KWONG, COSH Vice-chairman and Smoke-free Ambassador Mr CHOW Pak-ho.

Ms Lisa LAU praised the awards-winning companies for implementing sustainable smoke-free measures with regular reviews to ensure they meet the current needs. Companies provide an effective smoking cessation platform to encourage smoking employees to kick the habit and incorporate the smoke-free culture as part of the corporate culture. The employees have also been well-equipped to spread the smoke-free messages widely to their families, customers and the general public.

榮獲「香港無煙領先企業大獎」獎項的企業推行成效顯著、創意十足及多元化的無煙措施，包括邀請員工設計富有企業特色的無煙標誌、推出「戒煙老友」計劃、運用網上平台促進網民互動討論無煙家庭的重要等，不但贏得僱員及社會的認同，更積極與同業分享推動無煙文化的經驗，於社會營造無煙氣氛，感染吸煙人士為自己及身邊人的健康儘早戒煙，為本港商界樹立無煙典範。

「無煙大使」馬國明無煙生活健康貼士短片

委員會於2013年7月至8月與電視廣播有限公司合作，製作了五集各15秒的資訊短片，名為「無煙生活健康貼士」，在無線電視翡翠台及高清翡翠台播放，目的是讓公眾明白煙草的禍害及闡釋吸煙的謬誤。

資訊短片由「無煙大使」馬國明主持，以五個不同的生活處境向公眾解釋常見的吸煙謬誤。馬國明以醫生的造型指出戒煙可以令女士更美麗、老人家更健康，而且戒煙並不一定需要使用戒煙藥物。此外，他亦解釋三手煙對家人健康的影響，以及香港每年有約7,000人因吸煙而死亡，從而勸告吸煙人士儘早戒煙及帶出無煙生活的重要性，短片亦提供戒煙熱線，方便有需要人士尋求協助。



The awards-winning companies have implemented a variety of effective and creative smoke-free measures which were welcomed by the employees and society, eg inviting staff to design smoke-free logo with corporate identity, organizing “Cessation Buddy” programme and promoting the importance of a smoke-free family through interactive online platform. The companies also proactively shared the fruitful experiences with their counterparts. They were well recognized for creating a smoke-free atmosphere and supportive environment for smokers to quit smoking, setting a supreme model and motivating the industry to support the smoke-free culture in joint hands.

15-second Daily Info by “Smoke-free Ambassador” Mr Kenneth MA

From July to August 2013, COSH cooperated with Television Broadcasts Limited to produce short films of 15 seconds, with 5 episodes on tips on smoke-free lifestyle. The short films, which aimed at raising public attention to the hazards of tobacco and dispelling the myths of smoking, were broadcasted on TVB Jade and HD Jade.

The Infomercials were hosted by “Smoke-free Ambassador” Mr Kenneth MA and featured five different scenarios to dispel the myths of smoking. Acting as a doctor, Mr Kenneth MA pointed out that women could be prettier and elderly could be healthier by quitting smoking, smoking cessation product might not be necessary for quitting, third-hand smoke would adversely affect family members’ health, and around 7,000 people died from smoking in Hong Kong each year. He also explained the importance of a smoke-free lifestyle and encouraged smokers to quit smoking as soon as possible. Smoking cessation hotline was displayed to facilitate the audience to seek assistance if needed.

全新宣傳短片「仲等？即刻戒煙！」猶豫篇及內疚篇

委員會近年以「戒煙」為主題拍攝一系列宣傳短片，以宣揚無煙信息及推廣戒煙，深受大眾歡迎。委員會了解戒煙人士面對的困難與心理挑戰，於2013年推出兩輯全新宣傳短片「仲等？即刻戒煙！」，以日常生活片段為背景，更特別邀請成功戒煙多年的藝人單立文先生擔任宣傳片主角，透過他的生動演繹，幫助吸煙人士打破心理障礙，儘早下定決心戒除煙癮。

「仲等？即刻戒煙！」猶豫篇講述一名吸煙男士的內心掙扎，一方面道出吸煙的禍害，另一方面又以不同的藉口逃避面對真相，最後男士終能立下決心戒煙；而「仲等？即刻戒煙！」內疚篇則描述一名成年人教導小朋友不可將骯髒或未洗乾淨的物件放進口裡，慎防病從口入，而小朋友好奇地反問成年人為何明知吸煙有害還不戒煙，令成年人有所反思及決心戒煙。

New APIs “Get Started! Quit Now” – Doubt and Guilty Versions

In recent years, COSH produced a series of APIs under the theme of “Quit Smoking” to promote smoke-free messages and smoking cessation which received wide public support. Understanding the difficulties and challenges that smokers face when quitting smoking, COSH launched 2 new APIs namely “Get started! Quit now” in 2013. Artist Mr Pal SINN, who has successfully quitted smoking for years, was invited to act in the APIs in a lively way to inspire smokers to overcome their psychological hindrance and make up their mind to kick the habit.

The two APIs reflected the psychological hindrance which smokers encountered on smoking cessation. “Get started! Quit now” – Doubt Version shows the ambivalence of a smoker making excuses while he knows the adverse effects of smoking on health. Finally, the smoker overcomes the barriers and determines to quit. “Get started! Quit now” – Guilty Version showed an adult advising a child to be aware of different germs which cause sicknesses while he keeps smoking even knowing it causes cancer and might kill him. This API intended to inspire smokers for self-reflection and to quit smoking.



吸煙人士經常以很多理由拒絕戒煙，委員會期望宣傳片能引起共鳴，糾正市民對戒煙的謬誤及宣揚煙草禍害，同時鼓勵市民支持身邊家人、朋友戒煙，投入無煙生活，共建清新香港。

倡議增加煙草稅

世界衛生組織早已確認增加煙草稅是其中一項有效的控煙措施，並建議煙草稅應佔捲煙零售價70%或以上。因此，委員會多年來都不遺餘力地倡議政府增加煙草稅，以防止兒童及青少年吸煙，並藉此鼓勵吸煙人士戒煙。

由於香港的煙草稅已連續凍結兩年，令煙價增幅大幅落後於通貨膨脹，以往增加煙草稅所造成的正面影響力已經逐漸減退，故委員會倡議政府於2014至2015財政年度大幅加煙稅，並爭取社會不同人士的支持。

Smokers always have many excuses for refusing to kick the habit, COSH aimed to explain the myths of smoking, motivate more smokers to say no to tobacco and encourage family and friends to support smokers to build a healthy lifestyle and strive for a smoke-free Hong Kong.

Advocacy on Raising Tobacco Tax

Raising tobacco tax has been proven to be one of the effective tobacco control measures by the World Health Organization (WHO). WHO recommended the tobacco tax should account for at least 70% of the retail price. Hence, COSH has been advocating the Government for increasing tobacco tax to prevent children and youth from smoking, as well as encourage smokers to quit smoking.

The tobacco tax in Hong Kong has been frozen for two consecutive years which severely diminished the effect of previous tobacco tax hike on demand. COSH urged the Government to raise the tobacco tax substantially in 2014-2015 financial year and gathered support from different sectors of the community.



「大幅增加煙稅 速建無煙香港」 記者會

委員會於2013年11月19日召開記者會，倡議政府大幅增加煙草稅，及公佈「控煙政策意見調查2012/2013」的結果，了解市民對增加煙草稅的意見。參與的講者包括委員會主席劉文文女士、香港大學公共衛生學院社會醫學講座教授暨羅旭龢基金教授（公共衛生學）林大慶教授及委員會總幹事黎慧賢女士。

記者會上劉文文女士表示，「為推動更多吸煙人士戒煙，進一步降低香港吸煙率，委員會建議政府於2014至2015財政年度增加煙草稅100%，使香港成為全球首個吸煙率下降至單位數字的已發展地區。」本港最近兩次於2009年及2011年分別增加煙草稅50%及41.5%，吸煙率由2009年的12%下降至2012年的10.7%，而致電衛生署戒煙熱線的數字均於兩次公佈增加煙草稅後即時顯著上升，可見增加煙草稅對鼓勵吸煙人士戒煙成效顯著。

而調查亦發現超過六成半（65.3%）受訪者支持增加煙草稅，近三分之一（32.8%）已戒煙者更表示，2011年增加煙草稅使他們更有決心戒煙。而超過三成（31.4%）現在吸煙者表示，於2011年加煙稅後減少每日吸煙數量，可見加煙稅的成效。另外，成功戒煙人士陳少輝先生亦於記者會上作出分享，他曾經吸煙超過四十年，於2012年因健康理由決定戒煙。陳先生表示政府於2009年及2011年增加煙稅後已萌生戒煙的念頭，亦已開始減少吸食捲煙。

委員會倡議政府制定長遠的煙草稅政策，同時增撥資源加強戒煙服務、教育及宣傳推廣、執法及打擊私煙。

“Raising Tobacco Tax for a Smoke-free Hong Kong” Press Conference

COSH hosted a press conference on 19 November 2013 to advocate the Government for raising tobacco tax substantially and release the results of the “Tobacco Control Policy-related Survey 2012/2013” which collected public views on tobacco tax increase. Speakers included Ms Lisa LAU, COSH Chairman, Prof LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong and Ms Vienna LAI, COSH Executive Director.

Ms Lisa LAU said at the press conference, “To motivate more smokers to quit and further reduce the smoking prevalence in Hong Kong, COSH advocates the Government for increasing the tobacco tax by 100% in 2014-2015 fiscal year, making Hong Kong the world’s first developed region to lower the smoking rate to single digit.” The tobacco tax was increased by 50% and 41.5% in 2009 and 2011 respectively. As a result, the smoking prevalence dropped from 12% in 2009 to 10.7% in 2012. The usage of smoking cessation hotline of Department of Health also increased significantly right after the announcements of the recent two rounds of tobacco tax increase.

The survey found that 65.3% of the respondents supported tobacco tax increase. Nearly one-third (32.8%) of ex-smokers who quitted after 2011 stated that the tobacco tax increase in 2011 made them more determined to quit. Moreover, more than 30% (31.4%) of current smokers reduced daily consumption after 2011 tax increase. The survey results showed the effectiveness of tax increase. Ex-smoker Mr CHAN Siu-fai shared his quitting experience at the press conference. He had smoked for over 40 years and kicked the habit in 2012 because of health concern. He claimed that he was motivated by the tobacco tax increase in 2009 and 2011 to quit smoking and reduce cigarette consumption.

COSH urged the Government to implement a long-term tobacco tax policy and increase resources for smoking cessation services, smoke-free education and promotion, enforcement of tobacco control legislation and combating illicit cigarettes.

其他行動

委員會聯同其他控煙團體，包括亞洲反吸煙諮詢所、香港大學公共衛生學院、香港中文大學公共衛生及基層醫療學院及爭氣行動，於2013年12月23日聯署致函香港特別行政區行政長官及財政司司長，建議政府增加煙草稅、檢討現行的控煙政策及增撥資源協助戒煙。

另一方面，為了提供適切的渠道予香港市民支持增加煙草稅，委員會於2013年12月至2014年2月期間設立網上「支持增加煙草稅」專頁及於不同的活動收集簽名，並轉交政府，表達市民的意見。

此外，委員會再於2014年2月20日財政預算案公佈前，向財政司司長發公開信，促請政府當機立斷，回應市民的訴求，於來年的財政年度大幅增加煙草稅。同時，委員會於2014年2月24日在香港的四份報章，包括蘋果日報、經濟日報、都市日報及南華早報刊登「支持增加煙草稅 共享無煙家庭樂」廣告，爭取市民對增加煙草稅的支持。

Other Acts

COSH, Asian Consultancy on Tobacco Control, School of Public Health, The University of Hong Kong, The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong and Clear the Air sent a joint open letter to the Chief Executive and Financial Secretary of HKSAR Government on 23 December 2013 to urge the Government to raise the tobacco tax, review the existing tobacco control policies and increase resources for smoking cessation services.

COSH also set up a webpage of "Support Tobacco Tax Increase Online Signatory Campaign" from December 2013 to February 2014 for the public to show their support. The signatures gathered from the webpage and events were sent to the Government to reflect the public views.

Before the announcement of the Budget, COSH sent another open letter to the Financial Secretary on 20 February 2014 to urge the Government to respond to the public views and increase the tobacco tax substantially. In the meantime, an advertisement themed “Support Tobacco Tax Increase for a Smoke-free Family” was published in four local newspapers including Apple Daily, Hong Kong Economic Times, Metro Daily and South China Morning Post on 24 February 2014 to raise public awareness and gather public support on raising tobacco tax.

支持增加煙草稅 共享無煙家庭樂

人人都知道吸煙危害健康。雖然香港現時的吸煙率約為百分之10.7，是亞洲最低，但仍有約有645,000名吸煙人士，他們每科吸煙的有害煙害，其家人朋友亦受二手煙及三手煙影響。我們從最嚴厲於2014至15財政年度大幅增加煙稅，預防兒童及青少年開始吸煙，並鼓勵更多吸煙者戒煙，建立無煙家庭。



香港煙草稅務局
HONG KONG CIGARETTE TAXATION AUTHORITY



預防 兒童及青少年 吸第一口煙

調查顯示，約六成的香港吸煙人士在19歲之前開始吸煙。為了避免兒童及青少年吸煙，一口煙，煙草稅局最近可成功將第一套2008年及2011年分發的大學畢業生指南，向學生及新移民人士擴大推行普及化，鼓勵青少年對煙草保持警惕。



增強 戒煙決心

香港實施第六次吸煙人士從煙草試吸煙，增加吸煙者支付每一包煙草和每包煙草人士吸煙的支出，吸煙者每包煙草支出之吸煙者成本，2015年煙草稅局將使他們作出決心戒煙，再開始工作吸煙者每包煙草支出，2015年煙草稅局將使每包煙草支出，可見增加煙草稅的顯著成效。



共建 無煙家庭

戒煙除了改善自身健康之外，亦可避免家人朋友，以免他們二手煙及三手煙害。由於此項吸煙人士都是因為平衡家人朋友收入二煙煙而戒煙，可見吸煙，吸煙者每包煙草支出，2015年煙草稅局將使每包煙草支出，可見增加煙草稅的顯著成效。



煙草會向稅務局提交了支持煙草稅增加之陳述，該陳述指出，當實施煙草稅，以表達他們的對增加稅的支持，只應是無煙家庭。



關注煙草稅局或熱線

1833 183

www.smokefree.hk

社區聯繫及推廣
Community Involvement and Promotion

世界衛生日2013 – 健康龍城嘉年華

為了響應2013年世界衛生日的主題 – 高血壓，建設健康九龍城協會、衛生署、九龍城民政事務處及九龍城區議會於2013年4月6日假香港理工大學合辦「世界衛生日2013 – 健康龍城嘉年華」，藉此鼓勵市民大眾多關注高血壓對健康的影響。委員會亦應邀出席，並於場內設置資訊及遊戲攤位，加強市民對煙草禍害的認識，並鼓勵居民共同推動無煙社區。



World Health Day 2013 – Kowloon City Carnival

To echo the theme for World Health Day 2013, high blood pressure, Building Healthy Kowloon City Association, Department of Health, Kowloon City District Office and Kowloon City District Council co-organized the “World Health Day 2013 – Kowloon City Carnival” on 6 April 2013 at The Hong Kong Polytechnic University to raise public awareness on hypertension. COSH held a game booth to promote the harmful effects of smoking, as well as to encourage local residents to build a smoke-free community.

Nurses Initiatives on Tobacco Control

According to a research, it is found that interventions for smoking cessation led by nurses increases the quit rate by up to 50%. Thus, COSH together with The Provisional Hong Kong Academy of Nursing (PHKAN), launched the "Nurses Initiatives on Tobacco Control" to encourage nurses of all levels and in different expertise to promote smoke-free messages and smoking cessation on their frontline positions and daily interaction with patients and the general public through a series of smoke-free programmes organized from June 2013 to February 2014. The Initiatives were supported by the Food and Health Bureau, Department of Health and Hospital Authority.

護理界控煙行動

據研究顯示，由護士提供的戒煙輔導可增加吸煙人士戒煙的成功率達50%，故委員會聯同臨時香港護理專科學院舉辦「護理界控煙行動」，集結各專業領域護士的力量，於2013年6月至2014年2月期間，舉辦一連串控煙活動。行動更獲食物及衛生局、衛生署及醫院管理局支持，推動護士在前線工作崗位上積極向病人及公眾推廣無煙信息，並鼓勵吸煙人士戒煙。



「護士控煙宣言」簽署儀式

香港首個「護士控煙宣言」的簽署儀式於2013年5月4日假九龍灣國際展貿中心舉行，主禮嘉賓包括食物及衛生局局長高永文醫生、衛生署署長陳漢儀醫生、醫院管理局總監（聯網服務）張偉麟醫生、委員會主席劉文文女士、臨時香港護理專科學院會長林崇綬博士及14個專科學院的院長。

在「護士控煙宣言」下，護士承諾以身作則成為非吸煙者的模範、評估及安排吸煙人士接受戒煙服務，並向公眾提供有關煙草禍害及健康的建議。

護理界控煙活動

委員會與臨時香港護理專科學院旗下的14個專科學院舉辦了不同類型的活動宣揚無煙信息，其中包括「無煙生活•無煙家居」社區控煙推廣活動，由護士走訪18區為市民提供一氧化碳呼氣測試、戒煙輔導及健康講座等，並配合煙害展覽和攤位，加深不同地區市民對煙害的認識，鼓勵市民實踐無煙生活，建立無煙家居，保障自己及家人健康。

“Nursing Charter on Tobacco Control” Signing Ceremony

The Signing Ceremony of Hong Kong’s first “Nursing Charter on Tobacco Control” was held on 4 May 2013 at Kowloon Bay International Trade and Exhibition Centre. Officiating guests included Dr KO Wing-man, Secretary for Food and Health, Dr Constance CHAN, Director of Health, Dr CHEUNG Wai-lun, Director (Cluster Services) of Hospital Authority, Ms Lisa LAU, COSH Chairman, Dr Susie LUM, President of PHKAN and Presidents of the 14 Colleges of PHKAN.

Under the Charter, nurses committed to being role models of non-smokers; assessing and arranging smokers to quit smoking; and giving health advices on the harms of smoking to the public.

Smoke-free Programmes

COSH and the 14 Colleges of PHKAN organized a wide variety of programmes to spread smoke-free messages, including “Smoke-free living, Smoke-free Home” community programme across the territory. Nurses reached every corner of the community in the 18 districts to provide breath test on carbon monoxide, smoking cessation counseling and health talks to educate the public on tobacco hazards. Exhibition panels and game booths were also set up to promote a smoke-free lifestyle and a smoke-free family.

其他無煙宣傳活動包括製作成功戒煙個案的短片，並於醫院管理局轄下的診所內播放，由長期病患者親身剖述成功戒煙的經歷，以及透過心臟科醫生與護士的經驗分享，鼓勵吸煙人士戒煙。同時，亦向孕婦免費派發「愛寶寶 愛自己」孕婦戒煙須知小冊子，讓孕婦了解吸煙對胎兒及自身的影響，並鼓勵孕婦及身邊的親友戒煙，以免影響下一代的健康。

為協助護士向市民提供更適切的戒煙服務，於2013年10至11月期間，「護理界控煙行動」特別於7個醫院聯網舉辦「護士控煙教育—動機性訪談講座」，為他們提供最新的控煙知識、戒煙服務資訊及與病人溝通的技巧訓練，並於2014年1月舉辦戒煙輔導員工作坊，透過講座、小組討論、角色扮演及遊戲等與參加的護士深入分析戒煙方法及輔導技巧，協助護士於工作崗位上運用控煙5A行動，以詢問(Ask)、建議(Advise)、評估(Assess)、幫助(Assist)、安排(Arrange)五方面了解吸煙人士的狀況，以為他們提供適切的戒煙服務。

另一方面，「護理界控煙行動」透過「無煙A+是我家」繪畫及口號創作比賽將無煙信息推廣至學界。活動於2013年10月舉辦，共有34間小學參加，參賽作品超過1,600份。頒獎典禮於2014年1月舉行，吸引超過200名小學生、老師及家長出席，期間更設專題講座，由兒科醫生及資深護士講解吸煙對兒童成長的影響，以及如何避免哮喘的致敏源等等。

The other programmes included production of a video featuring successful quit stories and advice of healthcare professionals on smoking cessation. The video was broadcasted in clinics operated by Hospital Authority. To inspire and encourage smoking pregnant women and their family members to quit smoking, a “Cessation Booklet for Pregnant Women” containing information about the adverse effects of smoking on fetus and expectant mother was published and distributed at clinics.

In October and November 2013, “Nursing Educational Talks on Tobacco Control – Motivational Interviewing” were held in seven hospital clusters in Hong Kong. The talks covered the latest trend on tobacco control, smoking cessation services available in Hong Kong and communication skills with patients. A workshop for smoking cessation counselors was also conducted in January 2014. The participating nurses were engaged in seminar, group discussion, role play and games to equip them with motivational interviewing techniques and smoking cessation counseling skills. The workshop trained the nurses to apply 5A’s intervention, Ask, Advise, Assess, Assist and Arrange, in understanding the smoking status of patients to provide the most appropriate smoking cessation services.

The smoke-free messages were spread to the children through the “Smoke-free Family Drawing and Slogan Competition” organized in October 2013, which received over 1,600 entries from students of 34 primary schools. The awards presentation ceremony was held in January 2014 attended by some 200 students, teachers and parents. A seminar on smoking hazards on children and prevention of asthma was also delivered by healthcare professionals at the ceremony.

此外，為了解現時護士參與戒煙工作的情況、動力及困難，「護理界控煙行動」進行了一項調查，於2013年6月至12月期間，向所有醫管局旗下及私人醫院和診所、非政府組織的護士發出逾11,000份問卷，並成功收回近5,000份問卷。調查結果有助日後推動護理界參與控煙工作。

2013葵涌醫院支持世界不吸煙日暨無煙歌唱比賽頒獎禮

葵涌醫院於2013年5月27日舉辦「2013葵涌醫院支持世界不吸煙日暨無煙歌唱比賽頒獎禮」，透過演唱勵志歌曲及魔術表演，向醫院職員及院友推廣無煙信息。

委員會總幹事黎慧賢女士獲邀出席分享戒煙貼士，並向參加者講解吸煙的謬誤，期望吸煙的院友及職員可及早戒煙，重拾健康。

Besides, a survey was conducted to investigate nurses' participation in smoking cessation intervention, the enhancing factors and barriers of this practice. Over 11,000 sets of questionnaires were distributed to nurses in all Hospital Authority's and private hospitals and clinics, as well as NGOs from June to December 2013, and nearly 5,000 completed questionnaires were collected. The survey results are useful in engaging nurses in the work of tobacco control in the future.

Kwai Chung Hospital World No Tobacco Day 2013 Campaign cum Smoke-free Singing Contest Award Presentation Ceremony

Kwai Chung Hospital organized the "Kwai Chung Hospital World No Tobacco Day 2013 Campaign cum Smoke-free Singing Contest Award Presentation Ceremony" on 27 May 2013. Smoke-free message was delivered to staff and patients through singing and magic performance.

COSH Executive Director, Ms Vienna LAI was invited to share tips on smoking cessation and explain the fallacies on smoking to motivate participants to quit smoking and restore health.



「無煙老友記」計劃2013-2014

根據政府主題性住戶統計調查第53號報告書，習慣每日吸煙人口當中超過四成(41.8%)為50歲或以上人士，部份已吸煙多年，對尼古丁的依賴甚重，而坊間經常流傳戒煙後令身體變得更差的謬誤，均令他們未能下定決心戒煙。

醫學研究已證實戒煙可以減低死亡風險，而且越早戒煙越好。根據香港大學公共衛生學院一項有關香港長者因為吸煙而死亡的十年追蹤研究，每三個65至84歲的吸煙人士中，就有一個因為吸煙所引致的疾病而死亡。相對從不吸煙的長者，吸煙長者因全部死因、肺癌和冠心病而致死的風險分別增加55%、277%及35%。

為向長者提倡無煙的健康生活，委員會於2012年首次舉辦「無煙老友記」推廣計劃，並得到廣泛支持。有見及此，委員會於2013年再次推出有關計劃，旨在提高退休人士及長者對吸煙禍害的認識，並鼓勵吸煙人士戒煙。

健康講座

「無煙老友記」計劃2013-2014於2013年6月至2014年2月期間，在全港長者中心舉辦了共34場健康講座，超過2,000位長者參與。教育幹事向長者講解吸煙與二手煙的禍害及分享戒煙貼士，同時鼓勵他們把無煙信息與親人及朋友分享，並支持身邊人士戒煙。

Elderly Smoking Cessation Promotion Project 2013-2014

According to the Thematic Household Survey Report No. 53, 41.8% of the daily cigarette smokers were aged 50 or above. High dependence on nicotine is one of the hindrances for them to quit smoking. On the other hand, some of them believe in the fallacy that smoking cessation has adverse effects to health.

Medical researches have proved that smoking cessation reduces risk of death and the earlier to quit the lower the mortality risk. School of Public Health of The University of Hong Kong conducted a 10-year follow-up study to investigate the relationship between smoking and health of the elderly. It was found that one out of three smokers aged 65 to 84 would be killed by smoking. Compared to never smokers, the risks of all-cause, lung cancer and coronary heart disease mortality of current smokers were increased by 55%, 277% and 35% respectively.

Following the success of the "Elderly Smoking Cessation Pilot Programme" in 2012, COSH launched the "Elderly Smoking Cessation Promotion Project 2013-2014" to further promote a smoke-free lifestyle among the elderly. The Project aimed to enhance the knowledge of smoking hazards and promote smoking cessation among the retired and senior citizens.

Health Talks

34 health talks were conducted from June 2013 to February 2014 at elderly centres across the territory, reaching over 2,000 elderlies. Health educators introduced hazards of active and passive smoking and provided advice on smoking cessation. Participants were invited to share the smoke-free messages with their family and friends, as well as support smokers to quit.



「無煙下半場」電台廣播

為向更多退休人士及長者傳達無煙信息，委員會與香港電台第五台聯合製作13集電台節目「無煙下半場」，於2013年7月至10月播出。透過專家及成功戒煙者的訪談、廣播劇及問答遊戲，與聽眾分享最新控煙法例、戒煙服務、戒煙秘訣及澄清有關吸煙與戒煙的謬誤。



「無煙下半場」戒煙誓師大會

為表揚戒煙長者的決心，委員會與香港電台第五台於2013年10月22日合辦「無煙下半場」戒煙誓師大會，邀請有志戒煙的長者在親友及嘉賓的見證和支持下宣誓戒煙。

活動的主禮嘉賓包括食物及衛生局副局長陳肇始教授、衛生署控煙辦公室主管黃宏醫生、委員會主席劉文文女士、副主席鄭祖盛先生、香港電台第五台節目總監何重恩先生及戒煙誓師大會健康大使劉心悠女士。

“Smoke-free Campaign for the Elderly” Radio Segments

In order to promote the smoke-free messages to the retired and senior citizens, COSH co-produced a 13-episode radio segment with Radio 5 of Radio Television Hong Kong (RTHK) and broadcasted from July to October 2013. The segment comprised interviews with experts and successful quitters, drama and quizzes, introducing latest tobacco control measures, smoking cessation services, smoking cessation tips and myths on smoking and quitting.



“Smoke-free Campaign for the Elderly” Smoking Cessation Pledge Ceremony

Smoking Cessation Pledge Ceremony was co-organized by COSH and Radio 5 of RTHK on 22 October 2013. Elderly smokers were invited to make a pledge to quit with support and witness of their families, friends and the guests.

Officiating guests included Prof Sophia CHAN, Under Secretary for Food and Health, Dr Christine WONG, Head of Tobacco Control Office, Department of Health, Ms Lisa LAU, COSH Chairman, Mr Antonio KWONG, COSH Vice-chairman, Mr David HO, Head of Radio 5 of RTHK and Ms Annie LIU, Health Ambassador of the Smoking Cessation Pledge Ceremony.

活動同時邀請成功戒煙長者－2012年「戒煙大贏家」冠軍得主麥新先生出席，分享戒煙心得及支持一眾戒煙長者。健康大使劉心悠女士更與一眾藝人透過角色扮演和遊戲，向現場朋友示範如何勸喻身邊朋友戒煙。

「無煙下半場」戒煙誓師大會完滿結束後，委員會轉介有意戒煙的長者至衛生署綜合戒煙熱線接受戒煙輔導及跟進戒煙情況。

香港國際牙科博覽及研討會2013

香港牙醫學會於2013年8月9日至11日假香港會議展覽中心舉辦香港國際牙科博覽及研討會2013。委員會獲邀於展覽會上設置資訊攤位，向與會者介紹本港控煙概況及委員會的教育推廣工作，並派發刊物及宣傳品，促進與牙科專業人員在控煙工作上的交流及合作。

東區健康安全生活齊Fun享暨東區醫院醫社共融同歡聚

東區區議會轄下東區健康城市計劃及社區服務工作小組與東區尤德夫人那打素醫院於2013年10月27日假柴灣公園合辦「東區健康安全生活齊Fun享暨東區醫院醫社共融同歡聚」，並聯同多個政府部門、區內學校、地區團體及社會服務機構，向東區居民推廣健康及安全的信息。



The champion of 2012 “Quit to Win” Contest, Mr MAK Sun, who is a successful elderly quitter, was invited to share his quitting experience and show his support to other elderly quitters. Health Ambassador Ms Annie LIU and other artists also demonstrated how to persuade friends to quit smoking through role play and games.

After the ceremony, the quitters were referred to the Integrated Smoking Cessation Hotline of Department of Health for smoking cessation service and follow-up counseling.

Hong Kong International Dental Expo and Symposium 2013

Hong Kong Dental Association hosted the Hong Kong International Dental Expo and Symposium 2013 on 9 to 11 August 2013 at the Hong Kong Convention and Exhibition Centre. COSH was invited to set up an information booth at the Expo, introducing the tobacco control works in Hong Kong and COSH’s education and publicity programmes. Publications and souvenirs were distributed to dental professionals to enhance the collaboration and exchange on the work of tobacco control.

Eastern Healthy and Safe City Fun Day cum Pamela Youde Nethersole Eastern Hospital – Community Hands-in-Hands

With an aim to promote the messages on health and safety to the community, Eastern District Council Eastern Healthy City and Community Services Working Group and Pamela Youde Nethersole Eastern Hospital co-organized the “Eastern Healthy and Safe City Fun Day cum Pamela Youde Nethersole Eastern Hospital – Community Hands-in-Hands” at Chai Wan Park on 27 October 2013. The activity was supported by a number of government departments, local schools, district organizations and social service organizations.

是次活動節目多元化，包括運動示範、健康展覽、身體檢查、攤位遊戲、話劇及歌舞等綜合表演，以互動方式鼓勵居民實踐健康和安全的生​​活模式，吸引數百名市民參與。委員會亦設置攤位，並播放最新宣傳短片、無煙生活健康貼士片段和香港控煙三十周年的特輯，大受居民歡迎，有效加強區內居民認識吸煙對身體的影響，藉此推動大眾支持無煙香港。此外，委員會工作人員更向市民派發宣傳單張及戒煙小冊子，呼籲吸煙人士儘早戒除煙癮。

2013/14年度中西區健康節

為提高中西區居民對健康的關注，並推廣健康教育，中西區區議會轄下醫療衛生事務工作小組聯同多個政府部門、區內醫院、診所及社會服務機構，於2013年11月2日至3日假士美非路體育館舉辦「2013/14年度中西區健康節」。



A wide variety of activities and programmes were held to encourage local residents to live a healthy lifestyle, such as exercise demonstration, health exhibitions, body checks, game booths, drama, singing and dance performances. Hundreds of participants joined the various programmes. COSH was invited to set up a game booth and show the latest APIs, videos on Daily Smoke-free Info and 30th Anniversary of Tobacco Control in Hong Kong to deliver messages on smoking hazards and the importance of smoke-free environment to the local residents. Leaflets and smoking cessation booklets were also distributed to encourage smokers to kick the habit as soon as possible.

Central and Western District Health Festival 2013/14

To enhance the community's awareness on the importance of health and to promote health education, Working Group on Health and Rehabilitation Service of Central and Western District Council collaborated with a number of government departments, local hospitals, clinics and social service organizations to host the "Central and Western District Health Festival 2013/14" on 2 to 3 November 2013 at Smithfield Sports Centre.

活動主禮嘉賓包括中西區區議會主席葉永成議員、中西區民政事務專員周可喬女士、中西區區議會文化康樂及社會事務委員會主席兼中西區健康城市督導委員會主席陳捷貴議員等，委員會總幹事黎慧賢女士亦應邀主持開幕典禮。

場內活動多姿多彩，各個單位透過不同方式如展覽和諮詢服務，向市民傳達有關疾病預防及護理、家居安全及個人衛生等信息，同時亦於場內舉辦健康講座、運動示範及免費身體檢查等，吸引數百名市民參與。委員會應邀於是次活動中設置攤位，以輕鬆有趣的方式向中西區居民宣揚無煙環境的重要性，更透過播放委員會歷年的宣傳短片以及即場派發無煙生活小冊子及戒煙手冊，加深他們對煙草禍害的認識。

香港聖約翰救傷隊少青團 「關愛•家•FUN日」

香港聖約翰救護機構致力提升公眾對健康的關注，積極宣揚「愛與關懷」的信息，並於2014年2月8日及9日聯同多個社會服務機構假荃灣沙咀道遊樂場舉辦為期兩天的「關愛•家•FUN日」。



Officiating guests included Mr YIP Wing-shing, Chairman of Central and Western District Council, Ms CHOW Ho-kiu, District Officer (Central and Western), Mr CHAN Chit-kwai, Chairman of Culture, Leisure and Social Affairs Committee of Central and Western District Council and Chairman of the Steering Committee on Healthy City in Central and Western District Council, and Ms Vienna LAI, COSH Executive Director.

Messages of disease prevention and healthcare, home safety and personal hygiene were delivered through exhibitions, counseling service, health talks, exercise demonstration and free body checks which successfully attracted hundreds of participants. COSH was invited to set up a booth to deliver the importance of a smoke-free environment in an interactive way. The latest APIs were also broadcasted in order to enhance the local residents' knowledge on smoking hazards. COSH staff distributed leaflets and smoking cessation booklets to encourage smokers to quit smoking.

Hong Kong St John Ambulance Brigade Cadet Command "Family Fun Day"

Hong Kong St John Ambulance is dedicated to raising public awareness on the importance of health and promoting the message of "Love and Care". It collaborated with different social service organizations to host a two-day fun day on 8 to 9 February 2014 at Tsuen Wan Sha Tsui Road Playground.

活動除了提供免費身體檢查及視力測試外，亦有舞台表演及救護車展覽等，兩天的活動共吸引超過1,000名市民參與。委員會亦於是次活動中設置無煙攤位遊戲，以輕鬆手法向市民大眾宣傳無煙環境的重要性及戒煙知識，藉此鼓勵吸煙人士戒煙。

漣漪行動 – 葵青

漣漪行動是由一群女性專業人士自願發起的義工服務，她們旨在以專業知識及愛心，傳遞對社區的關懷。漣漪行動於2014年3月15日假荃灣廖寶珊紀念書院舉辦嘉年華，委員會獲邀設立攤位，以互動的方式加深市民對於吸煙禍害的認識，向他們宣揚無煙健康生活的重要性。參加者主要是來自社區內的婦女、青少年及南亞裔人士。委員會工作人員主動邀請參加者接受一氧化碳呼氣測試，並為吸煙人士提供戒煙資訊，鼓勵他們踏出戒煙第一步。



Free body checks, vision tests, stage performances and ambulance exhibitions were held in the fun day attracting over 1,000 participants. COSH also set up a smoke-free game booth to promote the importance of a smoke-free environment in a relaxing way. Smoking cessation tips were spread to the public to encourage smokers to quit smoking.

Ripples Action @ Kwai Tsing

Ripples Action is organized by a group of professional females who devoted themselves in voluntary services. They aim at passing their love and care to the community by using their professional knowledge. COSH showed its support by setting up a game booth in a carnival held by Ripples Action at Tsuen Wan Liu Po Shan Memorial College on 15 March 2014. The hazards of smoking and importance of a smoke-free healthy lifestyle were disseminated to women, teenagers and South Asian of the community. COSH staff also invited participants to take the breath test on carbon monoxide and shared tips on smoking cessation to encourage smokers to kick the habit.

教育及青少年活動 Education and Youth Programmes

青少年教育活動 Youth Education Programmes

「無煙新世代」健康教育講座

委員會深信控煙工作必須由教育著手，從小開始對下一代灌輸無煙知識能有效令他們明白無煙環境的重要性，決不嘗試第一口煙，並鼓勵他們勸導身邊的家人和朋友戒煙。因此，委員會每年與全港各區幼稚園及中小學合作，到學校舉辦健康講座，向兒童及青少年推廣無煙信息，使他們及早認識煙草的禍害。

在2013至2014學年，委員會到訪接近100間學校舉行健康講座，多達20,000名學生參與。講座除了詳述吸煙、二手煙及三手煙禍害，學生亦能從中了解現時最新的控煙資訊，如本港的控煙政策、現時的戒煙服務及煙草商的宣傳技倆等。委員會的教育幹事亦會向學生介紹委員會的控煙工作，以及播放最新的宣傳短片。講座另設有獎問答環節，務求令學生能在愉快的學習環境下，更全面吸收無煙信息，踴躍答題的學生更有機會獲得精美紀念品。

Health Talks for “Smoke-free New Generation”

COSH believes that education is important for tobacco control. Therefore, COSH has been delivering smoke-free messages to the next generation at an early age to help them recognize the importance of a smoke-free environment, deter them from trying the first cigarette, and motivate them to encourage family and friends to quit smoking. Health talks are held every year in kindergartens, primary and secondary schools across the territory to educate the children and youth on smoking hazards.

During the school year 2013-2014, about 100 health talks were conducted, reaching over 20,000 participants. The contents of health talks covered the harmful effects of smoking, secondhand and third-hand smoke, as well as the latest information on tobacco control, such as tobacco control legislation and law enforcement in Hong Kong, existing smoking cessation services and marketing tactics of the tobacco industry. COSH educators also introduced the works of COSH and showed the latest APIs. A question-and-answer session was included and souvenirs were given to students to enhance their smoke-free knowledge under a relaxing learning atmosphere.



玫瑰崗學校 – 資訊及遊戲攤位

委員會獲玫瑰崗學校邀請，於2013年5月13日於校內設置資訊展板及遊戲攤位，讓同學在愉快的氣氛下了解吸煙的害處及無煙健康生活的重要性。

無煙青少年大使領袖訓練計劃
2013-2014

委員會一直透過多元化的宣傳及教育工作，教導兒童及青少年遠離煙草，建立健康的生活模式。委員會自2012年起舉辦「無煙青少年大使領袖訓練計劃」，得到多間中學、青少年中心及制服團隊支持，至今成功培育了約700位青少年成為「無煙青少年大使」。



Rosaryhill School – Information and Game Booth

On 13 May 2013, COSH was invited by the Rosaryhill School to set up exhibition panels and a game booth, which enhanced the students' knowledge on the adverse effects of smoking in a joyous way and encouraged them to strive for a smoke-free lifestyle.

Smoke-free Youth Ambassador Leadership Training
Programme 2013-2014

COSH has been launching various promotion and education programmes and campaigns to encourage the youth to develop a smoke-free healthy lifestyle and prevent them from taking the first cigarette. "Smoke-free Youth Ambassador Leadership Training Programme" was first launched in 2012 by COSH. With the support of various secondary schools, youth centres and uniform groups, over 700 youngsters were trained as "Smoke-free Youth Ambassadors".

計劃旨在將煙草禍害、最新吸煙趨勢及控煙資訊灌輸予青少年，裝備他們成為社會未來領袖，同時透過青少年大使將無煙信息滲透至學校及社會每一階層，並培育他們成為模範，建立無煙健康生活態度。

2013-2014年度的計劃吸引了逾300名14至18歲的青少年參與，他們分別來自超過30間中學、青少年中心及制服團隊。



無煙青少年大使領袖訓練營

委員會於2013年暑假期間舉辦了四場訓練營，參加者透過兩日一夜的訓練及活動，加深對控煙工作及煙草禍害的認識，同時培訓及提升領導才能、獨立及批判思考、溝通及衝突管理、以創意解決難題的能力、團隊及合作精神、項目策劃及輔導技巧等。

This programme aimed to equip the youngsters with updated knowledge and global trend on tobacco control and sustain their pioneering role in tobacco control; to spread the smoke-free message in schools and the community via the Youth Ambassadors; and to encourage the youngsters to act as role models and develop a smoke-free and healthy lifestyle.

Over 300 youngsters, aged 14 to 18 from more than 30 secondary schools, youth centres and uniform groups were recruited as "Smoke-free Youth Ambassadors" in the 2013-2014 programme.



Smoke-free Youth Ambassador Leadership Training Camp

Four training camps were held during the summer holiday in 2013. Participants not only acquired knowledge on smoking hazards and tobacco control, but also equipped themselves with skills on leadership, independent and critical thinking, communication and conflict management, creative problem solving, team building, project planning as well as counseling skills through the 2-Day-1-Night Training Camp.



無煙青少年大使行動

「無煙青少年大使」完成訓練後，於2013年9月至12月期間在校內或社區舉辦不同類型的活動，實踐他們在訓練營中所掌握的知識及領袖才能，發揮創意，協助同學及市民認識煙草禍害，同時鼓勵身邊的家人、朋友及鄰舍戒煙，提升他們關注及參與推動公共衛生政策，攜手建造清新健康的無煙社區。活動成績理想，青少年大使於學校及社區舉辦共超過80場具創意及多元化的活動以推廣無煙生活的重要性，包括T恤設計比賽、辯論比賽、微電影拍攝、製作禁煙馬賽克拼圖及進行街頭無煙推廣等，共接觸超過20,000名市民。

無煙青少年團

為使參加者能繼續積極參與推廣無煙信息及控煙的活動，完成訓練的大使均獲邀加入「無煙青少年團」，參加及協助委員會舉辦的活動如分享會、展覽、遊戲攤位及其他控煙活動。

Smoke-free Programme in Schools and the Community

The trained “Smoke-free Youth Ambassadors” took up the role to spread and promote smoke-free messages in their schools and the community through organizing smoke-free programmes with their knowledge, leadership skills and creativity during September to December 2013. The programmes raised public awareness on smoking hazards and gathered their support to tobacco control and public health policies. The Ambassadors also encouraged their families, friends and neighbours to quit smoking and strive for a smoke-free Hong Kong. Over 80 different smoke-free programmes were organized in schools and the community, including T-shirt design contest, debate competition, microfilm production, mosaic art project and promotion of smoke-free culture on busy streets, reaching more than 20,000 citizens.

Smoke-free Youth Ambassador Alumni Programme

In order to sustain the Ambassadors’ pioneering role in spreading smoke-free messages, they were encouraged to join the “Smoke-free Youth Ambassador Alumni Programme” after the training to continue their support to tobacco control by attending sharing sessions, managing game booths and exhibitions in the community and participating in other publicity activities organized by COSH.

頒獎禮暨分享會

「無煙青少年大使領袖訓練計劃2013-2014」頒獎禮暨分享會於2014年3月10日舉行，以表揚青少年大使推廣無煙文化之努力。主禮嘉賓包括教育局局長吳克儉先生、衛生署助理署長（特別衛生事務）蔡美儀醫生、香港大學公共衛生學院社會醫學講座教授暨羅旭龢基金教授（公共衛生學）林大慶教授、委員會主席劉文文女士及副主席鄭祖盛先生。

Award Presentation Ceremony

An award presentation ceremony was held on 10 March 2014 to commend the outstanding Youth Ambassadors for their efforts on establishing a smoke-free culture. Officiating guests included Mr Eddie NG, Secretary for Education, Dr Sarah CHOI, Assistant Director of Health (Special Health Services), Prof LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong, Ms Lisa LAU, COSH Chairman and Mr Antonio KWONG, COSH Vice-chairman.

冠軍隊伍嶺南鍾榮光博士紀念中學於獲獎後分享籌辦活動的心得，他們舉辦的多項無煙活動包括標語創作比賽、攤位遊戲、防癌講座、拍攝短片等；同時亦到小學及社區邀請非吸煙人士簽署無煙承諾、送出學生設計的「無煙健康書籤」，以及於街頭向吸煙人士派發印有戒煙熱線的「無煙溫馨提示卡」，並將印有無煙標語的橫額掛於專線小巴士之欄杆上，務求全面推廣無煙信息，活動成功接觸超過2,000名市民。他們表示透過參與是次計劃，學懂愛護和關心身邊人，並積極鼓勵家人及朋友堅拒吸煙，希望更多吸煙人士成功戒煙，重拾健康。

The champion team, Lingnan Dr Chung Wing Kwong Memorial Secondary School organized a wide variety of activities including slogan competition, game booths, anti-cancer health talk and video production. Besides, they conveyed smoke-free messages to primary school students and the public by inviting people to make a smoke-free pledge, distributing specially designed bookmarks and cards with smoking cessation hotline to smokers on streets, as well as hanging up a banner with smoke-free slogan at minibus terminal. Their activities successfully reached over 2,000 citizens. “Through participating in the programme, we learnt how to protect and care about our families and friends by proactively encouraging them to say no to cigarettes for their health.” The champion team shared in the ceremony.



得獎名單如下：

冠軍：嶺南鍾榮光博士紀念中學
亞軍：聖傑靈女子中學（第二隊）
季軍：樂善堂梁植偉紀念中學

「優異無煙青少年大使團隊」：
廠商會中學（第一隊）
寧波公學（第四隊）
嘉諾撒培德書院（第一隊）
聖傑靈女子中學（第一隊）
聖傑靈女子中學（第三隊）

學校互動教育巡迴劇場

「小紅帽無煙大作戰」

委員會一直以學校互動教育巡迴劇場作為預防兒童及青少年吸煙的重點教育及宣傳活動之一。自1995年起，委員會一直與本港專業藝術團體合作，以互動教育劇場的形式於全港小學作巡迴演出，透過嶄新和生動的演繹，教育學生有關吸煙、二手煙及三手煙的禍害，鼓勵他們身體力行推動無煙生活。過去推出之劇目包括「無煙掌門人」、「無煙救地球」、「煙界歷險記」、「勁爆無煙Super Show」、「小武的無煙城堡」、「無煙神探X」、「無煙能量超人」、「無煙新宇宙」和「小紅帽的無煙旅程」等，均深受學生及老師歡迎。於1995至2013年間，委員會先後舉辦接近1,500場教育劇場，約42萬名學生及教師欣賞。

Winner List:

Champion: Lingnan Dr Chung Wing Kwong Memorial Secondary School
First runner-up: St Catharine’s School for Girls, Kwun Tong (Team 2)
Second runner-up: Lok Sin Tong Leung Chik Wai Memorial School

Outstanding Smoke-free Teams:
CMA Secondary School (Team 1)
Ning Po College (Team 4)
Pui Tak Canossian College (Team 1)
St Catharine’s School for Girls, Kwun Tong (Team 1)
St Catharine’s School for Girls, Kwun Tong (Team 3)

School Interactive Education Theatre

“The Smoke-free Battle of Red Hoodlet”

School Interactive Education Theatre has been one of the major education and publicity campaigns of COSH to promote smoking prevention among children and teenagers. COSH has cooperated with local professional troupes since 1995 to conduct roadshows at primary schools. Through the lively and interesting performance, students can understand the hazards of active smoking, secondhand and third-hand smoke, as well as the importance of a smoke-free environment. The previous performances were well-received by students and teachers, which included “Smoke-free Masters”, “Smoke-free Saves the Earth”, “Smokeland Adventure”, “Smoke-free Super Show”, “Mono’s Smoke-free Castle”, “Smoke-free Detective X”, “Smoke-free Superkids”, “Smoke-free Galaxy” and “The Smoke-free Journey of Red Hoodlet”. From 1995 to 2013, the Education Theatre Programme has contributed about 1,500 performances reaching more than 420,000 students and teachers.



互動教育巡迴劇場以控煙為主題，配以音樂、舞台效果及生動有趣的演繹，讓同學於觀賞過程中獲得「吸煙的謬誤」、「煙草的禍害」及「勸喻親友戒煙」等正面信息，同時領略無煙環境的好處，從小開始建立無煙的健康生活模式。

2013年度委員會再次與PIP劇場攜手合作，承接上年度「小紅帽的無煙旅程」的故事，推出續集「小紅帽無煙大作戰」，讓孩子加深認識煙草商狡猾的宣傳技倆，除了學會拒絕吸煙，更可從多方面鼓勵家人戒煙。委員會亦特別鳴謝林大慶教授擔任此劇的顧問。此教育劇場今年共舉辦99場，超過23,000名學生及教師欣賞。



The key messages of tobacco control are delivered along with music, stage effects and interesting presentation. Through the performance, students receive positive messages such as “fallacies about smoking”, “tobacco hazards”, “encourage relatives and friends to quit smoking” and understand the benefits of a smoke-free environment. We aim to establish a smoke-free culture and lifestyle among students at younger age.

COSH launched a brand-new interactive musical titled “The Smoke-free Battle of Red Hoodlet” in collaboration with PIP Theatre in 2013. The story was the sequel of “The Smoke-free Journey of Red Hoodlet” launched in 2012. It aimed to educate students on the promotion tactics of tobacco industry, techniques to refuse cigarettes and various ways to encourage family members to kick the smoking habit. Special thanks were given to Prof LAM Tai-hing for being the professional consultant of the musical. 99 performances were delivered and over 23,000 students and teachers were reached.

故事以家傳戶曉的童話故事為藍本，講述劇中主角小紅帽堅拒吸第一口煙，並奮力協助婆婆及大藍帽哥哥戒煙，對抗煙草商特派的大使煲煙太狼的詭計，阻止他利用包裝吸引的「七彩幻變閃令令煙盒」及亮麗的煙草產品陳列來引誘其他人吸煙。最後小紅帽得到森林精靈無煙Happy Bird的指示，找到三顆無煙寶石－知識寶石、愛心寶石和決心寶石，並邀請觀眾一同尋找「全煙害警示包裝煙盒」，成功幫助劇中角色戒煙。故事劇情緊湊，充滿互動元素，加上音響、歌舞和投影技術的配合，令學生投入其中，更容易明白維護無煙家庭的重要性。

劇場的首演禮於2013年10月8日假香港浸會大學大學會堂舉行，嘉賓包括衛生署副署長黎潔廉醫生、香港大學公共衛生學院社會醫學講座教授暨羅旭龢基金教授（公共衛生學）林大慶教授、委員會主席劉文文女士及副主席鄭祖盛先生。委員會更邀請了接近600名小學生、老師及嘉賓率先欣賞，反應熱烈，上台台下一同做出愛心動作鼓勵吸煙人士戒煙，現場氣氛高漲。其後，劇團隨即在港、九、新界各區學校展開巡迴演出。

Reference to a classic fairy tale, the story was about how the main character Little Red Hoodlet helped her grandmother and her friend Blue Hoodlet to quit smoking and resist the temptation from Smoking Werewolf, the ambassador of tobacco industry, who lured people to smoke with attractive cigarette packet and display of tobacco products. With the assistance of Smoke-free Happy Bird and the audiences, Little Red Hoodlet finally found the “Smoke-free Gems” and “Packet in Plain Packaging” to help her family and friends to kick the smoking habit. The performance was full of interactive elements with a blend of sound effects, singing, dancing and projection which created a favourable atmosphere for students to recognize the importance of a smoke-free family.

COSH invited around 600 primary students, teachers and guests to attend the premiere held at Academic Community Hall, Hong Kong Baptist University on 8 October 2013. Honourable guests included Dr Cindy LAI, Deputy Director of Health, Prof LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, The University of Hong Kong, Ms Lisa LAU, COSH Chairman and Mr Antonio KWONG, COSH Vice-chairman. All audience performed the “Love & Care Motion” with the actors to encourage smokers to quit smoking, which was the climax of the performance. The Education Theatre began its tours in various districts afterwards.



與學界及社區聯繫 Liaison with Academia and Community



香港社會服務聯會－ 社會服務機構社會市場學初探工作坊

為提升社會服務機構對社會市場學的認識，香港社會服務聯會於2013年4月9日舉辦社會市場學初探工作坊。委員會主席劉文文女士獲邀成為講者之一，以「運用社會營銷推動無煙香港」為題，介紹委員會運用社會營銷策略倡議政府增加煙草稅及向公眾傳達無煙信息。

其他講者包括香港中文大學賽馬會公共衛生及基層醫療學院劉德輝教授及香港家庭計劃指導會傳訊組經理陳幟輝女士。

The Hong Kong Council of Social Service – Introduction to Social Marketing for NGOs Workshop

In order to enhance the understanding of social service organizations on social marketing, The Hong Kong Council of Social Service conducted a workshop, Introduction to Social Marketing for NGOs on 9 April 2013. COSH Chairman, Ms Lisa LAU was invited to be one of the speakers and conducted a presentation titled “Social Marketing Campaign for a Smoke-free Hong Kong” to introduce COSH’s social marketing campaign on advocating the tobacco tax increase and promoting smoke-free messages to the public.

Other speakers included Prof LAU Tak-fai of The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong and Ms Jenny CHAN, Information & Communication Manager of The Family Planning Association of Hong Kong.

香港中文大學專業進修學院 – 香港健康城市建設學習團

香港中文大學專業進修學院於2013年6月26至28日期間，舉辦香港健康城市建設學習團，成員包括30多名深圳政府官員。

委員會總幹事黎慧賢女士及項目籌劃高級經理吳麗盈女士應邀出席2013年6月26日的專題講座，以「香港控煙三十年」及「建構無煙香港的宣傳教育策略」為題，介紹香港的控煙進程及委員會的工作，與在場人士分享推動無煙城市的經驗。

香港牙醫學會 – 應屆畢業生座談會

香港牙醫學會每年均會舉辦座談會予應屆畢業生，以提供與業界及健康相關的資訊，讓他們為執業作好準備。委員會主席劉文文女士接受學會邀請，於2013年7月21日出席座談會，分享委員會多年來推動控煙工作的經驗，同時鼓勵即將執業的畢業生於前線工作崗位上推動戒煙，以及向服務對象提供煙害資訊。



School of Continuing and Professional Studies, The Chinese University of Hong Kong – Building a Healthy City in Hong Kong Study Tour

School of Continuing and Professional Studies, The Chinese University of Hong Kong organized a training programme, “Building a Healthy City in Hong Kong” on 26-28 June 2013. The delegates included some 30 government officials from Shenzhen.

Ms Vienna LAI, COSH Executive Director and Ms Annie NG, COSH Senior Project Manager, were invited to conduct presentations entitled “30-year Tobacco Control in Hong Kong” and “Education and Publicity Strategies for a Smoke-free Hong Kong” respectively to introduce the progress of tobacco control in Hong Kong and the work of COSH.

Hong Kong Dental Association – New Graduate Lecture

To equip the new graduates with useful knowledge of practicing dentistry, the Hong Kong Dental Association holds the New Graduate Lecture annually. Ms Lisa LAU, COSH Chairman, was invited to be the guest speaker to deliver a presentation on 21 July 2013 to share the experience of COSH in tobacco control, and encourage the new graduates to advocate smoking cessation and advise patients on smoking hazards at their frontline positions.

香港中文大學賽馬會公共衛生及基層醫療學院 – 健康教育工作坊

香港中文大學賽馬會公共衛生及基層醫療學院在2013年7月25日舉辦健康教育工作坊，講解香港公共衛生的推廣工作。45位代表團成員分別來自廣州及上海的公共衛生健康機構。

工作坊邀請了多位講者分享如何在不同領域推動公共衛生健康，包括長者健康、婦女健康及營養知識等。委員會項目籌劃高級經理朱偉康先生獲邀出席，並以「香港控煙三十年」為題，向參加者介紹香港的控煙進程、委員會歷年來倡議控煙政策及向公眾傳達無煙信息的工作。

香港大學護理學院護理課程

香港大學護理學院舉辦不同的活動提倡無煙環境和推動戒煙，是香港控煙工作其中一個重要的支持者。學院多年來一直致力為專業醫護人員提供有關吸煙與健康的培訓，以及控煙和戒煙知識。作為多年來的合作夥伴，委員會再次獲邀請為護理學院學士及碩士課程的客席講者。

The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong – Health Promotion Experience Sharing Workshop

The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong organized the Health Promotion Experience Sharing Workshop on 25 July 2013 for a Chinese delegation studying on health promotion programme in Hong Kong. The delegation comprised 45 representatives from various health promotion institutes in Guangzhou and Shanghai.

Speakers were invited to share the experience of public health promotion in various aspects, including the elderly, women and nutritional health. Mr Lawrence CHU, COSH Senior Project Manager was invited to conduct a presentation titled “30-year Tobacco Control in Hong Kong”, introducing the progress of tobacco control in Hong Kong and COSH’s efforts on policy advocacy and promoting smoke-free messages.

School of Nursing, The University of Hong Kong – Nursing Programme

The School of Nursing of The University of Hong Kong is one of the keen supporters of tobacco control in Hong Kong organizing various projects to promote a smoke-free environment and smoking cessation. Over the years, it has also played an important role in providing training related to smoking and health, as well as knowledge on tobacco control and skills of smoking cessation to medical professionals in Hong Kong. As a long-term working partner, COSH was again invited to be the guest lecturer of the Bachelor and Master of Nursing Programmes.

委員會項目籌劃高級經理朱偉康先生在2013年11月5日及6日的學士課程中，以「政治行動推廣公共衛生」為題，與超過300位學生分享香港控煙政策及委員會在教育、宣傳及政策倡議方面的工作。

此外，於2013年11月21日，委員會總幹事黎慧賢女士以「香港煙草控制及預防工作」為題，向碩士課程的學生介紹香港以「MPOWER」政策推動控煙工作的情況，以及講解委員會多年來如何以不同工作配合香港的控煙進程。

半島南扶輪社－控煙研討會

半島南扶輪社每週均會於半島酒店舉行午餐例會，讓會員互相分享不同的社會資訊及討論社會上的各種議題。委員會主席劉文文女士獲邀於2013年12月5日的例會上以「動員社區力量宣揚無煙信息」為題，分享委員會舉辦「戒煙大贏家」計劃的經驗，闡述如何動員地區組織的滲透力，推廣對社會有正面影響的信息。

Mr Lawrence CHU, COSH Senior Project Manager presented under the topic “Political Action to Improve Public Health” to introduce the tobacco control policies in Hong Kong and share COSH’s work on education, publicity and advocacy with over 300 bachelor students on 5 and 6 November 2013.

In the lecture of Master Programme on 21 November 2013, Ms Vienna LAI, COSH Executive Director conducted a presentation titled “Tobacco Control and Smoking Prevention Programmes in Hong Kong”. She introduced how “MPOWER” measures were implemented in Hong Kong and the efforts of COSH on several tobacco control issues in recent years.

Rotary Club of Peninsula South – Tobacco Control Seminar

The Rotary Club of Peninsula South has its luncheon meeting every week at the Peninsula Hotel to exchange views on various social issues. COSH Chairman, Ms Lisa LAU was invited to present under the theme “Mobilize the Community to Spread Smoke-free Messages” on 5 December 2013. Ms LAU introduced the “Quit to Win” Campaign to demonstrate how COSH utilized the penetration of district organizations to spread messages with positive impacts on the community.



葵涌醫院反吸煙工作小組－清新無煙退修營

葵涌醫院反吸煙工作小組於2014年1月7日，假突破青年村訓練營舉辦「清新無煙退修營」，透過一連串活動、小組討論及講座，加強員工對控煙的熱誠、決心及信心，並鼓勵在前線工作崗位的醫護人員積極向病人及其家人推廣無煙信息。

委員會項目籌劃經理陳慧芬女士獲邀介紹香港控煙工作的最新情況及委員會在教育宣傳方面的經驗，而資深戒煙輔導員陳弄年女士則分享輔導技巧及心得。

Kwai Chung Hospital Anti-smoking Work Group – No-smoking Day Camp

The Anti-smoking Work Group of Kwai Chung Hospital organized the No-smoking Day Camp on 7 January 2014 in Breakthrough Youth Village, which aimed to strengthen the determination and confidence of their staff on tobacco control, and encourage healthcare professionals to promote smoke-free messages and smoking cessation at their frontline position and daily interaction with patients and their families.

Ms Faine CHAN, COSH Project Manager was invited to introduce the latest works on tobacco control in Hong Kong, as well as COSH’s experience in organizing smoke-free education and publicity programmes. Ms Anita CHAN, experienced smoking cessation counselor, also shared the skills and tips on cessation counseling.

與傳播媒介之聯繫

Working with the Mass Media

為使控煙資訊及委員會之宣傳活動能有效傳達至社會各階層，委員會一直與媒體保持緊密聯繫。秘書處經常處理不同報刊、電視台及電台之訪問及查詢。此外，本會於年度內亦曾發放下列新聞稿予各大傳媒機構：

COSH maintains a close and longstanding relation with the mass media, enabling the messages of tobacco control and COSH's promotion activities to penetrate all levels of society effectively. COSH Secretariat regularly fields interviews and enquiries from different newspapers, publications, as well as television and radio stations. COSH issued the following press releases to the media during the year:

日期	主要新聞稿	Major Press Release
2013/5/4	簽署「護士控煙宣言」 護理界承諾共建無煙香港	Nursing Charter on Tobacco Control – Nurses Commit to Building a Smoke-free Hong Kong
2013/5/30	支持「全煙害警示包裝」及禁止陳列 煙草產品	Support Plain Packaging and Banning on Tobacco Products Display
2013/5/31	香港吸煙與健康委員會獲世衛頒發 「世界無煙日獎」	COSH Honoured with WHO “World No Tobacco Day Award”
2013/6/17	「香港無煙領先企業大獎2013」啟動 無煙企業推動全港三百七十萬僱員 投入無煙生活	“Hong Kong Smoke-free Leading Company Awards 2013” Kicks Off Encourage 3.7 Million Workforce to Live a Smoke-free Lifestyle
2013/7/7	第四屆「戒煙大贏家」無煙社區計劃 全城投入健康無煙生活	The 4 th “Quit to Win” Smoke-free Community Campaign Kicks Off Territory-wide Efforts to Build a Smoke-free Hong Kong
2013/10/8	「小紅帽無煙大作戰」 學校互動教育巡迴劇場 經典童話角色化身無煙大使 助人戒煙	“The Smoke-Free Battle of Red Hoodlet” Interactive Education Theatre Classic Fairy Tale Characters as Smoke-free Ambassadors to Encourage Smoking Cessation
2013/10/13	多管齊下控煙見成效 加煙稅配合打擊私煙 助吸煙人士戒煙	Multi-pronged Tobacco Control Measures Proven Effective Tobacco Tax Rise and Stringent Enforcement against Illicit Cigarettes Encourage Smoking Cessation
2013/10/16	「仲等？即刻戒煙！」宣傳片首播 「成功戒煙」是豹哥送給自己的最佳 生日禮物	Premiere of “Get started! Quit now” API Pal SINN Sees Quitting Smoking as His Best Birthday Present

2013/10/22	「無煙下半場」戒煙誓師大會 鼓勵長者戒煙 開展健康人生	“Smoke-free Campaign for the Elderly” Smoking Cessation Pledge Ceremony Encourage Elderly to Live a Smoke-free Lifestyle
2013/11/19	大幅增加煙稅 速建無煙香港	Raising Tobacco Tax for a Smoke-free Hong Kong
2014/1/21	「無煙A+是我家」 繪畫及口號創作比賽 小學生發揮創意宣揚無煙信息	Drawing and Slogan Competition Promotes Smoke-free Messages with Creativity
2014/2/5	大幅增加煙稅 實現無煙健康生活	Raising Tobacco Tax for a Smoke-free and Healthy Life
2014/2/18	「香港無煙領先企業大獎2013」 表揚各行各業的無煙先鋒	Hong Kong Smoke-free Leading Company Awards 2013 Commending Companies for Fostering a Smoke-free Hong Kong
2014/2/20	致香港特別行政區財政司司長公開信 增加煙草稅 預防青少年吸煙及 鼓勵戒煙	Open Letter to Financial Secretary, HKSAR Government Raising Tobacco Tax to Encourage Smoking Cessation and Prevent Youth Smoking
2014/2/26	委員會回應財政預算案的控煙措施	COSH Response to the Tobacco Control Policies Proposed by The Budget
2014/3/10	「無煙青少年大使」汲取控煙知識 學以致用 多元化活動宣揚無煙 信息	Smoke-free Youth Ambassadors Equipped with Knowledge on Tobacco Control Innovative Activities to Promote a Smoke-free Lifestyle
2014/3/31	下定決心戒煙 齊做「戒煙大贏家」	“Quit to Win” Smoke-free Community Campaign Promotes Smoking Cessation and a Smoke-free Hong Kong

會議及考察

Conferences and Visits

活動
Events

會議 Conference



亞太兒童及家庭控煙聯盟 第一次會議及迎新工作坊

亞太兒童及家庭控煙聯盟於2013年5月12日至13日在馬來西亞古晉舉行第一次會議及迎新工作坊。委員會以聯盟委員身份獲邀參與，總幹事黎慧賢女士及項目籌劃高級經理朱偉康先生代表出席。其他與會人士包括衛生署控煙辦公室代表以及來自馬來西亞、菲律賓、新加坡、泰國及越南等地的控煙組織。

區內控煙專家包括世界衛生組織代表Dr Carmen AUDERA-LOPEZ跟與會者探討全球控煙策略、煙草使用和成癮、保障兒童及家庭免受煙害和戒煙服務等議題，同時互相分享各地區的控煙工作進展、推廣公共衛生和戒煙輔導的經驗。

Asia Pacific Child and Family Health Alliance for Tobacco Control – The 1st General Assembly and Orientation Workshop

The Asia Pacific Child and Family Health Alliance for Tobacco Control (CFTC) organized its 1st General Assembly and Orientation Workshop on 12 and 13 May 2013 in Kuching, Malaysia. Ms Vienna LAI, Executive Director and Mr Lawrence CHU, Senior Project Manager on behalf of COSH attended the assembly and workshop as one of the CFTC members. Representatives of Tobacco Control Office, Department of Health and tobacco control organizations from the Southeast Asian region, such as Malaysia, the Philippines, Singapore, Thailand and Vietnam, also attended the assembly.

Experts in the region, including representative of World Health Organization, Dr Carmen AUDERA-LOPEZ, were invited to introduce the global perspective of tobacco control, tobacco use and addiction, protecting children and family against tobacco harm, smoking cessation service, etc. The participants also shared tobacco control development in their own countries, as well as experience in public health promotion and smoking cessation counseling.

另一方面，與會人士於聯盟第一次會議中，就其構架、章程和工作計劃提出意見。黎慧賢女士被推舉出任工作小組的委員，並在小組會議中與其他地區代表分享了有關無煙訓練和研究方面的工作經驗。

第十屆粵港澳台預防醫學學術會議

由澳門公共衛生學會主辦的第十屆粵港澳台預防醫學學術會議於2013年5月25日至26日在澳門舉行。是次學術會議的主題為「預防為主，促進健康－策略與挑戰」，目的為交流兩岸四地的經驗及研討發展預防醫學的方向，促進社會各界正視慢性病的風險因素和社會負擔，並加快落實「煙草控制框架公約」的各項措施。

其中委員會主席劉文文女士獲邀以「以綜合性策略MPOWER建構無煙香港」為題，分享香港的控煙政策及委員會實施MPOWER的經驗。

In the 1st General Assembly of CFTC, participants discussed its organization, bylaw and work plan. Ms Vienna LAI was elected as a member of the working committee. She shared the experience of smoke-free training and research with the representatives of other regions.

The 10th Guangdong, Hong Kong, Macau & Taiwan Conference on Preventive Medicine

The 10th Guangdong, Hong Kong, Macau & Taiwan Conference on Preventive Medicine was hosted by Macao Public Health Association on 25 and 26 May 2013 in Macau. The theme of the conference was “Prevention to Protect Public Health – Strategy and Challenge” aiming to share the cross-strait experience, discuss on the development of preventive medicine for better health and quality of life, raise awareness on risk and social burden of chronic diseases and accelerate the implementation of Framework Convention on Tobacco Control (FCTC).

Ms Lisa LAU, COSH Chairman, was invited to deliver a presentation titled “MPOWER – An Integrated Approach to Construct a Smoke-free Hong Kong” to share the tobacco control policies in Hong Kong and COSH’s experience in the implementation of MPOWER.



第八屆全球煙草控制領袖計劃

第八屆全球煙草控制領袖計劃由約翰鶴健士彭博公共衛生學院的全球煙草控制中心於2013年6月3日至14日在美國波爾的摩舉辦。計劃吸引逾100位來自全球21個國家的學生參加。為期10天的訓練課程，旨在增強學生在煙草控制領域上的領導才能。委員會及全球各地的控煙機構專家獲邀請出任講者，包括無煙草青少年運動、世界衛生組織及世界肺健基金會等，與學生分享在領袖、政策、傳訊、研究、倡議及監察工作方面的控煙經驗。

委員會主席劉文文女士以「香港推動煙草政策轉變的經驗」為題，闡述香港過去三十年的控煙進程及履行「煙草控制框架公約」的情況。

第十屆亞太區煙草或健康會議

「第十屆亞太區煙草或健康會議」於2013年8月19日至21日於日本千葉縣舉行，逾700名來自40多個國家的代表與會。會議以「遏止煙草流行－保護及維持健康的生命」為主題，希望藉此分享各地實踐「煙草控制框架公約」及推行控煙政策的進程，以互相學習。

The 8th Annual Global Tobacco Control Leadership Programme

The 8th Annual Global Tobacco Control Leadership Programme was hosted by the Institute for Global Tobacco Control of the Johns Hopkins Bloomberg School of Public Health on 3 to 14 June 2013 in Baltimore, USA. Over 100 students from 21 countries attended the 10-day comprehensive programme which aimed to equip the students with leadership skills in tobacco control. The programme invited COSH and tobacco control experts from global institutes included Campaign for Tobacco-Free Kids, World Health Organization and World Lung Foundation to share their experience on tobacco control leadership, policy, communications, research, advocacy and surveillance.

Ms Lisa LAU, COSH Chairman, was invited to conduct a presentation titled “The Hong Kong Experience in Advocating Policy Change” to share with the students on the progress of tobacco control and the implementation of FCTC in Hong Kong.

The 10th Asia Pacific Conference on Tobacco or Health

On 19 to 21 August 2013, the 10th Asia Pacific Conference on Tobacco or Health (APACT) was held in Chiba, Japan, attended by over 700 delegates from some 40 countries. The theme of the conference was “Ending the Tobacco Epidemic – Protecting and Keeping Healthy Lives”. It was hoped that the delegates could exchange views and share experiences on the implementation of Framework Convention on Tobacco Control and tobacco control policies.

委員會派出代表團參加是次會議，成員包括主席劉文文女士、委員伍婉婷女士、總幹事黎慧賢女士、項目籌劃高級經理吳麗盈女士及項目籌劃經理陳慧芬女士。主席劉文文女士獲邀就「煙草控制框架公約的成果及挑戰－香港經驗」作專題演講，並以「保護市民免受煙害：邁向無煙工作間及公眾空間－香港經驗」為題發表口頭報告。而總幹事黎慧賢女士亦獲邀就「煙草產品的包裝及標示－香港經驗」作口頭報告。委員會亦獲大會邀請在會場內作海報展示，分別為「香港預防兒童及青少年吸煙的分階段教育模式」、「以媒體推廣無煙社區信息」及「香港增加煙草稅－強弱機危的綜合分析」，向參會者介紹香港推動控煙法例及宣傳推廣的工作，促進交流。

COSH sent a delegation comprising Ms Lisa LAU, COSH Chairman, Ms Yolanda NG, Council Member, Ms Vienna LAI, Executive Director, Ms Annie NG, Senior Project Manager and Ms Faine CHAN, Project Manager. Ms Lisa LAU was invited to deliver a presentation on “Where are We with FCTC? Achievement and Challenges – Hong Kong’s Experience” in the plenary lecture and “Protection from Exposure to Tobacco Smoke: Towards Smoke-free Workplace and Public Space – Hong Kong’s Experience” in the Symposium. Ms Vienna LAI also conducted a presentation on “Packaging and Labelling of Tobacco Products – Hong Kong’s Experience”. On the other hand, three abstracts of COSH were selected for poster presentation, namely “Development of Staged-matched Smoke-free Preventive Educational Model for Children and Youth in Hong Kong”, “Media Advocacy in Promoting a Smoke-free Community” and “SWOT Analysis on Raising Tobacco Tax in Hong Kong”. COSH introduced the tobacco control policies in Hong Kong and its education and publicity programmes through the oral and poster presentations.



世界衛生組織控煙專才培訓計劃

世界衛生組織控煙及煙癮治療合作中心於2013年11月18日至22日在香港舉辦世衛控煙專才培訓計劃，除了香港的參加者，汶萊、中國大陸、斐濟、韓國、澳門、馬來西亞、蒙古及菲律賓均有派代表團出席。

計劃為期五天，包括一系列的講座及參訪社區戒煙診所及防止學童吸煙的計劃。講座邀請了本地和海外控煙專家分享工作經驗和最新的控煙工作發展。委員會主席劉文文女士亦獲邀請，以「對抗香港的煙草流行－香港吸煙與健康委員會的倡議及宣傳工作」為題，分享委員會多年來在教育推廣工作及倡議政策上的經驗及挑戰。其他講者包括Dr Carmen AUDERA-LOPEZ、Dr David MCFADDEN及Fiona SHARKIE女士、陳肇始教授、林大慶教授、麥龍詩迪教授及左偉國醫生等。

WHO Fellowship Programme on Tobacco Control

The WHO Fellowship Programme on Tobacco Control was organized by the World Health Organization Collaborating Centre for Smoking Cessation and Treatment of Tobacco Dependence in Hong Kong from 18 to 22 November 2013. Besides the Hong Kong participants, there were also delegations from Brunei Darussalam, mainland China, Fiji, Korea, Macau, Malaysia, Mongolia and the Philippines.

The 5-day programme consisted of a series of lectures and visits to the community-based smoking cessation clinics and school-based smoking prevention programmes. Local and overseas tobacco control experts were invited to share their expertise and the latest development on tobacco control. Ms Lisa LAU, COSH Chairman was invited as one of the speakers to conduct a presentation titled “Role of COSH in Advocacy and Publicity Against Tobacco Use in Hong Kong”. Ms Lau introduced the work of COSH on education and publicity and elaborated the challenges on policy advocacy. Other speakers included Dr Carmen AUDERA-LOPEZ, Dr David MCFADDEN, Ms Fiona SHARKIE, Prof Sophia CHAN, Prof LAM Tai-hing, Prof Judith MACKAY and Dr Homer TSO.



澳門戒煙論壇暨兩岸四地戒煙交流會

澳門戒煙論壇暨兩岸四地戒煙交流會由戒煙保健會主辦，於2013年12月1日在澳門舉行。會議主題為「無煙社區：你我一起共建共享」，邀請了兩岸四地公共衛生、教育及社會服務的相關政府部門及團體出席，分享各地區的控煙工作經驗。

委員會主席劉文文女士以「動員社區力量宣揚無煙信息－『戒煙大贏家』經驗分享」為題，分享委員會於社區舉辦「戒煙大贏家」計劃的經驗。

Macau Smoking Cessation Forum cum Cross-strait Tobacco Control Seminar

Smoking Abstinence and Good Health Association hosted the Macau Smoking Cessation Forum cum Cross-strait Tobacco Control Seminar in Macau on 1 December 2013. Under the theme of the forum “Joint Hands to Build a Smoke-free Community”, cross-strait representatives from public health, education and social welfare departments and organizations were invited to share experiences in tobacco control.

Ms Lisa LAU, COSH Chairman delivered a presentation titled “Mobilize the Community to Promote Smoke-free Messages – Case Study of Quit to Win Campaign” to share COSH’s experience in organizing the community-based “Quit to Win” Campaign.



第十六屆全國控制吸煙暨第六屆
青少年控煙經驗學術交流會

第十六屆全國控制吸煙暨第六屆青少年控煙經驗學術交流會由中國控制吸煙協會主辦，於2013年12月12日至14日在廈門舉行，超過250位來自中國各省市的公共衛生及控煙專家和工作者聚首一堂，交流控煙經驗。是次會議主題是「推動控煙立法創建無煙環境」，一眾嘉賓呼籲國家加快制定全國「公共場所禁止吸煙法」，保障公眾免受二手煙的危害。

The 16th National Symposium on Tobacco Control
cum the 6th Tobacco Control on Youth Sharing Session

The 16th National Symposium on Tobacco Control cum the 6th Tobacco Control on Youth Sharing Session was organized by the Chinese Association on Tobacco Control on 12 to 14 December 2013 in Xiamen, China. The Symposium was attended by over 250 academics, public health professionals and advocates across the nation to exchange and share experiences on tobacco control under the theme of “Implementation of Smoke-free Legislation to Create a Smoke-free Environment”. The guests urged to confirm and implement the law to prohibit smoking in public areas in mainland China to protect the public from secondhand smoke.



委員會代表團亦參與是次會議，成員包括主席劉文文女士、副主席鄭祖盛先生、總幹事黎慧賢女士及秘書處職員，並就以下題目作專題演講：

- 劉文文女士－「從香港推行室內禁煙經驗－分析以SMART目標管理方法實踐『煙草控制框架公約』」
- 黎慧賢女士－「創新全方位的青少年控煙教育推動香港控煙工作」

而香港大學公共衛生學院社會學講座教授暨羅旭龢基金教授（公共衛生學）林大慶教授亦以「MPOWER中只有『O』（香港）和只有『P』（中國大陸）能有效控煙嗎？」為題作專題演講。

大會邀請委員會在會場設置展覽攤位，向各地代表介紹委員會的工作和香港控煙發展，並派發刊物及宣傳品予參會者。

COSH formed a delegation comprising Ms Lisa LAU, Chairman, Mr Antonio KWONG, Vice-chairman, Ms Vienna LAI, Executive Director and Secretariat staff, to join the Symposium. Delegates of COSH were invited to deliver presentations on the following topics:

- Ms Lisa LAU – Implementation of FCTC with SMART Goal Management: Hong Kong’s Experience in Banning Indoor Smoking
- Ms Vienna LAI – An Innovative and Integrated Approach in Youth Education to Promote Tobacco Control

Prof LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, The University of Hong Kong was also invited to conduct a presentation on “Can We Effectively Implement Tobacco Control with only ‘O’ (Hong Kong) and ‘P’ (mainland China) of MPOWER?”

Besides, COSH set up an exhibition booth at the Symposium to introduce the work of COSH and the progress of tobacco control in Hong Kong. Publicity materials and publications were distributed to the participants.



考察活動
Visits

澳門–世界衛生組織健康城市領袖計劃代表團（越南代表）

澳門–世界衛生組織健康城市領袖計劃代表團於2013年5月6日到訪委員會，成員包括來自越南的官員及控煙組織的代表。委員會項目籌劃高級經理吳麗盈女士以「以綜合政策建構無煙香港」為題，向代表團分享MPOWER在香港實施的情況，加深代表團對香港現行控煙工作的了解。而衛生署控煙辦公室邢儀倩醫生則介紹香港的戒煙服務及控煙執法情況。

越南 – 香港煙草稅考察團

越南政府財政及公共衛生部門官員、世界衛生組織及東南亞煙害防制聯盟代表組成香港煙草稅考察團，並於2013年5月15日到訪委員會。委員會項目籌劃高級經理吳麗盈女士以「支持政府增加煙草稅 – 委員會的倡議角色」為題，講述委員會在推動政府增加煙草稅方面的倡議工作。席間雙方代表互相分享在香港及越南推行煙草稅政策的挑戰及經驗。考察團同時到訪衛生署控煙辦公室及香港海關。

Macao-World Health Organization Healthy City Leadership Programme (Delegates from Vietnam)

Delegates of Macao-World Health Organization Healthy City Leadership Programme visited COSH on 6 May 2013. The delegation comprised the Vietnamese government officials and representatives of tobacco control organizations in Vietnam. Ms Annie NG, COSH Senior Project Manager, delivered a presentation titled “An Integrated Approach to Construct a Smoke-free Hong Kong” to share the Hong Kong experience in implementing MPOWER. Dr Avis YING from Tobacco Control Office, Department of Health introduced the smoking cessation services and enforcement of tobacco control legislation in Hong Kong.



Vietnam’s Study Tour on Tobacco Tax in Hong Kong

A study tour from Vietnam visited COSH on 15 May 2013 to look into the tobacco tax policy in Hong Kong. The delegation comprised the officials of Department of Finance and Public Health, Vietnamese Government and representatives of World Health Organization and Southeast Asia Tobacco Control Alliance (SEATCA). Ms Annie NG, COSH Senior Project Manager gave a presentation on “Overview and Advocacy Role in Supporting the Government to Increase Tobacco Tax” to illustrate COSH’s advocacy for raising tobacco tax and shared experiences and challenges in the implementation of tobacco tax policy in Hong Kong and Vietnam with the participants. The study tour also visited the Tobacco Control Office, Department of Health and Hong Kong Customs and Excise Department.

廣州市控煙辦公室

廣州市控煙辦公室代表團於2013年8月26日到訪委員會，代表團由15名來自廣州市各政府部門的官員組成，包括城市管理委員會、衛生局及其他部門。委員會項目籌劃高級經理朱偉康先生以「香港控煙三十年」為題，介紹香港過去三十年的控煙進程及委員會在政策倡議、教育及宣傳等方面的工作成果。代表團亦同時到訪衛生署和世界衛生組織控煙及煙癮治療中心。

香港中文大學心理學系學生

來自香港中文大學心理學系的學生於2013年11月13日到委員會參觀，項目籌劃經理曾詠詩女士向同學介紹委員會的工作及分享「戒煙大贏家」無煙社區計劃的理念和內容，以及活動對推廣戒煙及在社區傳播無煙信息的成效。

Guangzhou Tobacco Control Office

COSH received delegates from Guangzhou on 26 August 2013. The delegation was organized by Guangzhou Tobacco Control Office and comprised 15 officials from the City Management Bureau, Health Bureau and other departments in Guangzhou. Mr Lawrence CHU, COSH Senior Project Manager, conducted a presentation titled “30-year Tobacco Control in Hong Kong”, to introduce the progress of Hong Kong tobacco control works over the past three decades and achievements of COSH in policy advocacy, education and publicity. The delegation also visited the Department of Health and World Health Organization Collaborating Centre for Smoking Cessation and Treatment of Tobacco Dependence.

Students of Department of Psychology, The Chinese University of Hong Kong

Students of Department of Psychology, The Chinese University of Hong Kong visited COSH on 13 November 2013. COSH Project Manager, Ms Wing TSANG introduced COSH’s role in tobacco control and shared the concept and contents of “Quit to Win” Smoke-free Community Campaign, as well as its effectiveness in promoting smoking cessation and smoke-free messages among the community.

澳門-世界衛生組織健康城市領袖計劃代表團（菲律賓代表）

澳門-世界衛生組織健康城市領袖計劃代表團於2013年11月18日到訪委員會，成員包括來自菲律賓的官員及衛生健康部門的代表。委員會總幹事黎慧賢女士及項目籌劃高級經理吳麗盈女士以「以綜合政策建構無煙香港」為題，向代表團分享香港現時的控煙政策及委員會實施MPOWER的經驗。

香港中文大學公共行政學系碩士生

委員會於2014年1月28日接待來自香港中文大學公共行政學系的碩士生。項目籌劃高級經理朱偉康先生介紹委員會最近的研究項目，並與學生分享委員會推動無煙社區和倡議控煙政策的情況，如增加煙草稅和加強戒煙服務等。同學們亦分享了他們進行公共政策研究的經驗。



Macao-World Health Organization Healthy City Leadership Programme (Delegates from the Philippines)

Delegates of Macao-World Health Organization Healthy City Leadership Programme visited COSH on 18 November 2013. The delegation comprised the Philippines' government officials and representatives from health department in the Philippines.

Ms Vienna LAI, COSH Executive Director and Ms Annie NG, Senior Project Manager, delivered a presentation titled "An Integrated Approach to Construct a Smoke-free Hong Kong" to share the current tobacco control policies in Hong Kong and COSH's experience in implementing MPOWER.

Students of Master Programme in Public Policy, The Chinese University of Hong Kong

COSH received visit from the students of Master in Public Policy, The Chinese University of Hong Kong on 28 January 2014. Mr Lawrence CHU, COSH Senior Project Manager introduced COSH's recent research projects and shared the experience in promoting smoke-free community and advocacy for tobacco control measures, eg raising tobacco tax and strengthening smoking cessation services. Students also exchanged their experience in conducting public policy research.

資訊及研究項目計劃 Information and Research Projects

資訊項目計劃 Information Projects



資源中心

委員會設有資源中心，供市民索取本會印製有關吸煙和健康的研究報告書、無煙宣傳及教育資料如小冊子及海報等。

資源中心提供各類有關煙草禍害、二手煙、控煙法例等資料，包括本地和國際期刊、書籍、學術研究論文、控煙會議文獻、參考資料及影音資料。

到訪資源中心的人士主要包括學生、老師、家長、醫護人員、控煙團體、公共衛生界別人士及海外的考察代表團。

諮詢熱線

委員會裝設了一套自動電話系統，為市民提供24小時諮詢服務。市民可透過熱線(852) 2838 8822獲取各項有關吸煙與健康的資訊及查詢委員會的活動資料，亦可就吸煙或其他相關的議題作出查詢、建議或投訴。

電話諮詢熱線可協助委員會收集市民對於各項控煙政策的意見，有助委員會計劃未來的工作。委員會在接收建議及投訴後，會即時處理或/及轉交有關的政府部門及相關團體跟進。

Resource Centre

COSH Resource Centre is set up to provide a variety of research related to smoking and health, smoke-free promotional and educational materials, such as research reports, leaflets and posters to the public.

The Centre's collections include various local and international periodicals, journals, books, research papers, conference proceedings, reference materials and audio-visual materials about tobacco hazards, passive smoking, tobacco control legislation, etc.

Visitors to the Resource Centre mainly include students, teachers, parents, medical and healthcare practitioners, tobacco control organizations, public health professionals and overseas delegations.

Enquiry Hotline

COSH set up a hotline system (852) 2838 8822 to provide round-the-clock enquiry service. The public can acquire information about smoking and health and the details of COSH's programmes. They can also make enquiries, suggestions or complaints regarding smoking or other related issues via the hotline.

The hotline is used as a means to collect public opinions on tobacco control policies which are useful for the formulation of COSH's future work plan. Any feedback, complaints or suggestions received will be responded instantly or/and will be referred to relevant government departments and organizations accordingly.

在2013年4月1日至2014年3月31日期間，委員會共收到市民提出1,644宗查詢、投訴及建議，個案分類見下表：
Between 1 April 2013 and 31 March 2014, COSH received 1,644 cases from the public making enquiries, suggestions or complaints. The cases are categorized as below:

個案類別	Categories	個案數目 No. of cases
查詢吸煙與健康的資料	General enquiries for information related to smoking and health	
香港控煙法例	Legislation on tobacco control in Hong Kong	113
吸煙對健康的影響	Health hazards of smoking	37
煙草產品成份	Contents of tobacco products	36
戒煙方法及好處	Quit methods and benefits	27
二手煙對健康的影響	Health hazards of passive smoking	19
香港戒煙服務	Smoking cessation services available in Hong Kong	19
查詢委員會資料及服務	General enquiries for COSH information and services	
兒童無煙教育活動	Children smoke-free education programmes	1,171
委員會背景及資料	Background and general information about COSH	90
申請委員會教育及宣傳物品	Application for COSH’s education and publicity materials	59
委員會宣傳及社區推廣活動	COSH’s publicity and community involvement projects	22
投訴	Complaints	
法定禁煙區內違例吸煙	Smoking in statutory no-smoking areas	33
非法定禁煙區內吸煙	Smoking in non-statutory no-smoking areas	2
宣傳及推廣無煙活動	Promotion and publicity of smoke-free programmes	1
建議	Suggestions	
對委員會活動的意見	Opinions related to COSH’s programme	5
對執法行動的意見	Opinions related to enforcement actions	4
調整煙草稅	Adjustment of tobacco tax	3
擴大非吸煙區範圍	Extension of no-smoking areas	3
總數 Grand Total:		1,644

委員會網站及電子通訊

委員會的網站(www.smokefree.hk)讓市民透過互聯網了解委員會的工作和活動，以及獲取與吸煙和健康相關的資訊。

委員會的網頁採用無障礙網頁設計，令不同階層的市民包括殘疾人士更為方便地獲取有關控煙的資訊及委員會的服務。委員會網站於2013-2014年度再次獲得「無障礙網頁嘉許計劃」金獎。

此外，委員會亦定期發放電子通訊，提供最新的委員會動態和控煙資訊，內容包括世界各地有關吸煙和健康的研究、最新的控煙措施及委員會的最新活動等。公眾可於委員會網頁登記接收電子通訊。

委員會希望藉著便捷的網上平台提供無煙資訊，從而提高市民對吸煙禍害的關注，並鼓勵建立無煙的健康生活。

COSH Website and E-Newsletter

To enable the public to keep updated on the activities of COSH as well as the latest information related to smoking and health via internet, COSH website (www.smokefree.hk) is developed.

COSH website adopted the accessibility design to facilitate different segments of the community including persons with disability to access tobacco control information and COSH’s services. In 2013-2014, COSH website received the Gold Award of the “Web Accessibility Recognition Scheme” again.

E-Newsletter is also released regularly to inform the updated development of COSH and tobacco control. The general public can subscribe the e-newsletter through COSH website. The key contents include studies on smoking hazards and smoking cessation in different countries, local and overseas tobacco control measures and the latest activities of COSH.

The e-platform provides a convenient channel for the public to acquire smoke-free information, with the aim to increase public awareness on smoking hazards and encourage them to build a healthy lifestyle.

研究項目計劃
Research Projects



控煙政策調查

委員會委託香港大學公共衛生學院及政策廿一有限公司，進行關於控煙政策的調查，收集市民對各項控煙政策的意見，包括煙草廣告的限制、煙包上的煙害圖象警示、增加煙草稅、擴大法定禁煙範圍、戒煙服務、吸煙習慣及接觸二手煙情況等，以助檢討現時香港的控煙政策，並為改善政策提供參考和理據，委員會亦可根據公眾的意見，籌辦合適的教育和宣傳活動。

調查於2013年3月至7月期間進行，以具代表性的電話訪問形式收集了2,401名市民的意見，當中包括800名現時吸煙人士、800名已戒煙人士及801名從不吸煙人士。根據2013年香港人口結構加權後，有關的調查數據重點如下：

二手煙及禁煙範圍

- 絕大多數的非吸煙人士（從不吸煙人士：93.1%；已戒煙人士：78.7%）表示介意接觸二手煙。

Tobacco Control Policy-related Survey

COSH commissioned School of Public Health of The University of Hong Kong and Policy 21 Limited to conduct a survey to collect public views on the tobacco control policies, including restriction on tobacco advertising, health warnings on cigarette packs, raising tobacco tax, expansion of statutory no-smoking area, smoking cessation service, smoking pattern and exposure to secondhand smoke (SHS). The information collected is useful for the review of existing tobacco control policies and provides direction and support to enhance policies. COSH can also take reference to the results for planning education and publicity activities in the future.

During March to July 2013, views from 2,401 respondents, comprising 800 current smokers, 800 ex-smokers and 801 never smokers, were collected through cross-sectional telephone survey. The samples had been weighted to make it representative to the population composition in 2013. The major survey findings are summarized below:

Secondhand Smoke Exposure and No-smoking Area

- Majority of non-smokers (never smokers: 93.1%, ex-smokers: 78.7%) claimed that they minded the SHS exposure.

- 非法定禁煙範圍的二手煙問題值得關注，有不少受訪者表示曾在不同地方接觸二手煙，包括酒吧外（82.2%）、街上（66.6%）、車站（61.2%）及建築物入口（45.8%）。
- 接近九成的受訪者（89.6%）支持禁止在載有兒童的車輛內吸煙，當中有八成現時吸煙人士支持。約三分二的受訪者（66.2%）贊成將餐廳的室外座位列作法定禁煙範圍。
- 大部份受訪者（82.1%）認為場所的負責人應為其場所內的違例吸煙行為受到法律處罰。
- 超過四分一的受訪者（27.2%）認為現時的法定禁煙範圍並不足夠，他們支持將餐廳的所有範圍（室內及室外）（78.4%）、所有街道（61.3%）及公共地方（55.4%）列為法定禁煙範圍。
- 三成的現時吸煙人士（30.8%）表示，2009年擴大法定禁煙範圍令他們減少吸煙。

煙草稅

- 現時吸煙人士當中，有31.4%表示因為2011年煙草稅增加而停止吸煙或減少日常吸煙數量。
- 已戒煙人士當中，有10.5%表示因煙價昂貴而戒煙。而在2011年後戒煙的人士中，近三分之一（32.8%）稱增加煙草稅令他們更有決心戒煙。

- SHS exposure in non-statutory no-smoking area is an issue in Hong Kong. A number of respondents claimed that they had exposed to SHS outside bars (82.2%), on the street (66.6%), at transport stop (61.2%) and near doorway of a building (45.8%).
- Respondents overwhelmingly (89.6%) supported a law that bans smoking in cars with children inside, in which 80% of current smokers also supported. About two-thirds (66.2%) agreed to designate the outdoor parts of restaurants/cafes as statutory no-smoking area.
- A majority (82.1%) thought that the person in charge of the premises should be penalized if smoking offence is found at their premises.
- More than a quarter of respondents (27.2%) opined that the current statutory no-smoking areas were not enough and they supported to designate all restaurant areas (indoor and outdoor) (78.4%), all streets (64.3%) and all public places (55.4%) as statutory no-smoking areas.
- 30.8% of current smokers said that the expansion of statutory no-smoking area in 2009 had motivated them to smoke less.

Tobacco Tax

- Among all current smokers, 31.4% reported that they changed their daily cigarette consumption (i.e. stopped or reduced smoking) because of the tax increase in 2011.
- Among all ex-smokers, 10.5% stated the reason to quit as "cigarettes are too expensive". Among those who quitted after 2011, nearly one-third (32.8%) said the tax increase made them more determined to quit.

- 超過三分一(38.2%)受訪者認為現時的煙草稅水平合理，認為太低和太高的分別為15.2%及22.6%。另一方面，大部份受訪者(65.3%)均對增加煙草稅表示支持。

煙包包裝及煙害圖象警示

- 曾經吸煙人士（現時吸煙人士及已戒煙人士）當中少於一半(42.1%)會因為看到煙包上的健康警示而聯想到吸煙的危害；因此而考慮戒煙及停止當時吸煙行為的更只有21%及13.1%，顯示現行的煙害圖象警示忠告吸煙危害的力度不足，未能有效傳達戒煙的信息。
- 超過一半的受訪者(62.3%)認為煙包上的煙害圖象警示應該更加清晰。
- 約一半受訪者(51.8%)贊成實行「全煙害警示包裝」(即劃一包裝及沒有任何品牌元素)。現時吸煙人士當中亦有接近三分一(38.8%)支持。

煙草廣告

- 超過一半受訪者(53.4%)經常或偶爾在銷售點看到陳列的煙草產品。
- 大多數受訪者(69.8%)認為陳列煙草產品屬於廣告。即使香港已全面禁止煙草廣告，煙草商仍可透過展示煙包的形式作宣傳。
- 接近一半受訪者(46.6%)贊成全面禁止於銷售點展示煙草產品，較不贊成的(39.4%)為多。

- More than one-third (38.2%) of respondents regarded the current tobacco tax was set about right, 15.2% and 22.6% thought it was too low and too high respectively. On the other hand, majority of the respondents (65.3%) supported an increase in tobacco tax from the current level.

Cigarette Packaging and Pictorial Health Warnings

- The warning effect of the existing textual and pictorial health warnings on cigarette packs has diminished. Less than half of ever smokers (current smokers and ex-smokers) would think of the risk of smoking (42.1%), think of quitting (21.0%) and stop to light a cigarette (13.1%) after seeing the health warnings on the cigarette packs.
- More than half of the respondents (62.3%) thought that pictorial health warnings on cigarette packs should be made clearer.
- Slightly more than half of the respondents (51.8%) agreed that cigarettes should be sold in plain package (i.e. standard package without any brand element) in which one-third of current smokers (33.2%) agreed to it.

Tobacco Advertising

- More than half of the respondents (53.4%) often or occasionally saw tobacco products displayed at retailing points.
- Majority of the respondents (69.8%) considered the display of tobacco products as a kind of tobacco advertisement. It provides a loophole for tobacco industry to promote their products even though tobacco advertising is totally banned in Hong Kong.
- Nearly half of the respondents (46.6%) agreed to the total ban on tobacco products display, which outstripped those disagreed (39.4%).

- 接近一半受訪者(49.2%)認為應禁止在非煙草商品上使用煙草產品標誌推廣，較反對的不足四成(39.3%)為高。
- 近三分二受訪者(64.2%)同意禁止任何形式的煙草推廣，包括贊助活動。

戒煙及戒煙服務

- 超過一半現時吸煙人士(53.8%)曾經嘗試戒煙，但大部份(74.6%)在接受訪問時均未有準備戒煙。
- 現時吸煙人士及已戒煙人士嘗試戒煙的次數平均分別為3.6次及2.0次。
- 大部份受訪者(76.7%)對香港戒煙服務的關注和認識並不高，他們不能說出(61.4%)或從未聽過(15.3%)現有任何的戒煙服務。
- 絕大部份曾經吸煙人士（包括現時吸煙人士及已戒煙人士）(92.9%)沒有使用任何的戒煙服務。

調查數據對了解香港的煙草使用情況及檢討控煙政策有很高的參考值價。委員會已出版調查報告和於委員會活動發佈部份數據。

- Almost half of the respondents (49.2%) thought that cigarette brand names should be prohibited for any other types of products. It surpassed the percentage who disagreed (39.3%).
- About two-thirds of the respondents (64.2%) agreed that the government should ban all kinds of cigarette promotion, including sponsorship.

Quitting and Smoking Cessation Services

- More than half of the current smokers (53.8%) had intentionally tried to quit smoking. But most of them (74.6%) were not ready to quit at the time of survey conducted.
- Quit attempt among all current smokers and ex-smokers were on average 3.6 and 2.0 times respectively.
- Most respondents (76.7%) were not aware of the smoking cessation services in Hong Kong. They could not name (61.4%) or did not know (15.3%) any of the existing smoking cessation services.
- Majority (92.9%) of ever smokers (current smokers and ex-smokers) had not used any smoking cessation service.

Findings of the survey are valuable for monitoring the pattern of tobacco use and reviewing tobacco control policy in Hong Kong. Some of the above findings were released in dissemination report and COSH events.





2009年及2010年「戒煙大贏家」
比賽參賽者的長期追蹤研究

是次研究是為了評估2009年及2010年「戒煙大贏家」比賽和不同的戒煙干預對參賽者的長期影響。研究於2013年5月至9月期間以電話訪問形式進行，成功追蹤了408名2009年參賽者和453名2010年的參賽者，保留率分別為36.5% (408/1,119)及41.1% (453/1,103)。

研究結果的重點如下：

- 2009年「戒煙大贏家」參賽者的六個月自我報告戒煙率為21.6%，而是次研究的四年自我報告戒煙率則為13.0%。如排除未能跟進的參賽者，自我報告戒煙率達35.5%。

A Long-term Follow-up Study for Participants in
“Quit to Win” Contest 2009 and 2010

The study aimed to evaluate the long-term impact of the “Quit to Win” Contest 2009 and 2010 and the smoking cessation interventions on the participants. Telephone follow-up was conducted to all participants during May to September 2013, with a retention rate of 36.5% (408/1,119) for 2009 and 41.1% (453/1,103) for 2010.

Key findings of the study are summarized as follow:

- Self-reported quit rate at the 4-year follow-up for “Quit to Win” Contest 2009 was 13.0%, compared to 21.6% at the 6-month follow-up. When excluding those failed to be followed, self-reported quit rate was 35.5 %.

- 2010年「戒煙大贏家」參賽者的六個月自我報告戒煙率為16.4%，而是次研究的三年自我報告戒煙率則為13.0%。如排除未能跟進的參賽者，自我報告戒煙率達31.6%。包括已戒煙的參賽者在內，有53.4%參賽者吸煙量減少一半或以上。
- 曾經嘗試戒煙一次或以上的人士當中，五個主要的戒煙原因是：「預防疾病」(2009年為37.6%；2010年為50.2%)、「捲煙昂貴」(18.2%；14.8%)、「擔心家人健康」(13.6%；10.6%)、「家人反對吸煙」(10.7%及13.3%)、以及「患病及需要接受治療」(9.9%；12.9%)。
- 繼續吸煙的主要原因是：「渴望吸煙」(42.2%；61.9%)、「工作及朋輩壓力」(28.1%；33.5%)、「有吸煙人士在身邊」(20.2%；21.6%)、以及「感到沉悶」(17.5%；18.7%)。
- 超過兩成(22.7%；27.5%)繼續吸煙的參賽者表示願意參加減少吸煙的計劃。
- Self-reported quit rate at the 3-year follow-up for “Quit to Win” Contest 2010 was 13.0%, compared to 16.4% at the 6-month follow-up. When excluding those failed to be followed, self-reported quit rate was 31.6 %. Including quitters, 53.4% of the participants had reduced smoking at least by half.
- Among those who had at least one quit attempt, the major five reasons to quit are “illness prevention” (37.6% for 2009, 50.2% for 2010), followed by “expensive cigarettes” (18.2%, 14.8%), “worried about health of family members” (13.6%, 10.6%), “opposition of family members” (10.7%, 13.3%) and “illness and need treatment” (9.9%, 12.9%).
- Major reasons for those continued smoking were “craving to smoke” (42.2%, 61.9%), “under work or peer pressure” (28.1%, 33.5%), “smokers nearby” (20.2%, 21.6%) and “feeling bored” (17.5%, 18.7%).
- More than 20% of those continued smoking (22.7%, 27.5%) claimed that they would like to join a programme for smoking reduction.

兩年比賽的參賽者中有超過一成能夠長期維持戒煙。而在繼續吸煙的參賽者當中，大部份表示減少了吸煙數量或願意減少吸煙，反映出「戒煙大贏家」比賽對參賽者有長期和正面的影響。

The findings showed that more than 10% of participants maintained their quit status in the long-term. Among those continued to smoke, high proportion have smoked less or were willing to smoke less. It reflected that the “Quit to Win” Contest sustained a long-term positive impact on the participants.



凝聚社區力量 共建無煙香港
Uniting the Community for
a Smoke-free Hong Kong



報告 Report

- 環保工作報告
Environmental Report
- 獨立核數師報告書
Independent Auditor's Report





目標與政策

委員會在進行各項內務或對外工作時一直本著向生態環境負責之環保目標而行。為保護環境，委員會奉行以下綠色管理政策：

- 善用資源
- 減少耗用紙張
- 提高職員環保意識

環保措施

善用資源

委員會秘書處致力節約能源，各職員均自律省電，各種電器如電燈、冷氣機、電腦、電腦螢幕、影印機和打印機等，在毋須使用時均會關掉。

另外委員會已逐步轉用節能燈取代傳統燈泡，前者耗電量僅為後者的六分之一。

Aims and Strategies

The aim of COSH’s environmental policies is to devise internal and external strategies to promote a sense of responsibility regarding the protection of the ecological environment. In order to achieve this target, COSH has adopted the following environmentally friendly policies:

- Enhance efficiency of energy consumption
- Reduce paper consumption
- Enhance staff awareness on environmental protection issues

Environmental Protection Strategies

Enhance Efficiency of Energy Consumption

The Secretariat continues to conserve energy by ensuring that staff members switch off lights, air-conditioners, computers, the monitors of computers, photocopiers, printers and other electric appliances immediately after use.

Instead of using traditional light bulbs, COSH has started using compact fluorescent lamps which each consumes only 1/6 of the energy used by a traditional globe.

減少耗用紙張

為向公眾傳播健康資訊，委員會須印刷宣傳物品如海報、小冊子、單張等等，故委員會藉以下措施減少耗紙量：

- 職員以電子郵件及內聯網代替便箋、信件及列印本作內部通訊及文件傳遞；
- 使用電子傳真及電子檔案管理系統以減少列印文件；
- 縮減印刷宣傳品之數量及尺寸，並逐漸使用環保紙張印刷宣傳品；
- 上載委員會的控煙資訊、宣傳內容及刊物到委員會網頁供市民瀏覽，減少印刷品的需求；
- 採用雙面印刷，減省用紙；及
- 回收廢棄紙張，如草稿及錯誤列印的文件等。

提高職員環保意識

委員會秘書處不時舉行簡報會及張貼告示，讓職員了解節約能源的目的，以及提醒他們遵行各項環保措施。

委員會將繼續竭力執行各項環保措施。

Reduce Paper Consumption

While COSH has to print promotional materials such as posters, brochures and leaflets to promote the health message to the public, the following devices are applied to reduce the consumption of paper:

- E-mails and intranet are used among staff for internal communication and transfer of documents instead of memorandum, letter and hardcopy in order to reduce paper usage;
- Utilization of electronic-fax system and electronic document management system to reduce the amount of printing;
- Reduction of the size and number of printed promotional materials and gradual adoption of environmentally friendly paper;
- Most of the tobacco control information, promotional materials and publications are available on COSH website for public access in order to reduce the demand of hardcopies;
- Use both sides of paper to avoid wastage; and
- Unwanted paper materials such as drafts of documents and documents with printing errors are collected for recycling.

Enhance Staff Awareness on Environmental Protection

Staff meetings were held and notices were posted on notice board to remind staff of the aim of complying with and implementing all the green measures.

COSH will continue to make every endeavor to implement the green measures.

香港吸煙與健康委員會
財務報告
截至二零一四年三月三十一日止年度

致 香港吸煙與健康委員會成員
(根據香港吸煙與健康委員會條例於香港註冊成立)

本核數師(以下簡稱「我們」)已審核列載於第116頁至第131頁香港吸煙與健康委員會「貴會」的財務報表，此財務報表包括於二零一四年三月三十一日的資產負債表與截至該日止年度的全面收益表、權益變動表及現金流量表，以及主要會計政策概要及其他解釋資料。

委員就財務報表須承擔的責任

委員須負責根據香港會計師公會頒佈的香港財務報告準則編製真實而公平的財務報表，以及落實其認為編製財務報表所必要的內部控制，以使財務報表不存在由於欺詐或錯誤而導致的重大錯誤陳述。

核數師的責任

我們的責任是根據我們的審核對該等財務報表作出意見。我們是按照香港吸煙與健康委員會條例第十七(五)條的規定，僅向整體成員報告，除此以外本報告書別無其他目的。我們概不就本報告書的內容，對任何其他人士負上或承擔任何責任。我們已根據香港會計師公會頒佈的香港審計準則進行審核。這些準則要求我們遵守道德規範，並規劃及執行審核，以合理確定此等財務報表是否不存有任何重大錯誤陳述。

Hong Kong Council on Smoking and Health
Statement of Accounts
For the year ended 31st March 2014

To the Members of Hong Kong Council on Smoking and Health
(incorporated in Hong Kong under the Hong Kong Council on Smoking and Health Ordinance)

We have audited the financial statements of Hong Kong Council on Smoking and Health set out on pages 116 to 131, which comprise the balance sheet as at 31st March 2014, and the statement of comprehensive income, statement of changes in equity and cash flow statement for the year then ended, and a summary of significant accounting policies and other explanatory information.

Council Members' Responsibility for the Financial Statements

The Council members are responsible for the preparation of financial statements that give a true and fair view in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants, and for such internal control as the council members determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud and error.

Auditor's Responsibility

Our responsibility is to express an opinion on these financial statements based on our audit. This report is made solely to you, as a body, in accordance with section 17(5) of the Hong Kong Council on Smoking and Health Ordinance, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report. We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

核數師的責任 (續)

審核涉及執行程序以獲取有關財務報表所載金額及披露資料的審核憑證。所選定的程序取決於核數師的判斷，包括評估由於欺詐或錯誤而導致帳項存有重大錯誤陳述的風險。在評估該等風險時，核數師考慮與該會編製真實而公平的財務報表相關的內部控制，以設計適當的審計程序，但並非為該會的內部控制的有效性發表意見。審計亦包括評價委員所採用的會計政策的合適性及所作出的會計估計的合理性，以及評價財務報表的整體列報方式。

我們相信，我們所獲得的審核憑證是充份及適當地為我們的審核意見提供基礎。

意見

我們認為，該等財務報表已根據香港財務報告準則真實而公平地反映 貴會於二零一四年三月三十一日的事務狀況及截至該日止年度的虧損及現金流量。

Auditor's Responsibility (continued)

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant of the entity's preparation of financial statements that give a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing the opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the council members, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion

In our opinion, the financial statements give a true and fair view of the state of the Council's affairs as at 31st March 2014 and of its deficit and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards.



李福樹會計師事務所
香港執業會計師

F. S. Li & Co.
Certified Public Accountants

香港，二零一四年七月四日

Hong Kong, 4th July 2014.

全面收益表
Statement of Comprehensive Income

截至二零一四年三月三十一日止年度（港幣）
For the year ended 31st March 2014 (HK\$)

		二零一四年 2014	二零一三年 2013
收入	Income		
香港特別行政區政府津貼	Subventions from the Government of the Hong Kong Special Administrative Region	22,069,350	20,755,339
銀行利息收入	Bank interest income	59	113
雜項收入	Sundry income	7,930	4,307
		22,077,339	20,759,759
支出	Expenditure		
職工成本	Staff costs		
薪金及津貼	Salaries and allowances	2,990,804	2,821,907
強積金供款	Mandatory provident fund contributions	74,982	67,887
年假撥備／ （撥備回撥）	Provision for annual leave entitlements made/ (written back)	36,372	(4,580)
職工招募費用	Recruitment expenses	15,840	37,870
職工訓練及發展費用	Staff training and development expenses	2,500	—
		3,120,498	2,923,084
項目員工	Project staff		
薪金	Salaries	2,286,269	1,962,518
強積金供款	Mandatory provident fund contributions	105,034	92,023
年假撥備	Provision for annual leave entitlements made	4,958	—
宣傳及推廣費用	Publicity and promotion expenses	13,286,244	13,442,683
會議費用	Conference expenses	147,019	69,145
參考書籍及定期刊物	Reference books and periodicals	8,017	7,801
辦公室租金、差餉及管理費	Office rent, rates and management fee	2,548,378	1,600,242
貨倉租金及費用	Warehouse rent and expenses	183,426	147,705
維修及保養費用	Repairs and maintenance	5,032	49,417
清潔費	Cleaning fee	50,206	47,468
折舊	Depreciation	67,398	94,144
保險	Insurance	58,275	47,555
電費	Electricity	40,280	40,316
電話及通訊費用	Telephone and communication expenses	54,776	47,602
法律及專業費用	Legal and professional fees	13,200	3,200
核數師酬金	Honorarium to auditors		
— 本年度應付	— provision for current year	14,000	13,000
— 上年度少計	— underprovision for prior year	1,000	—
郵費	Postage	838	5,317
印刷及文具	Printing and stationery	66,398	26,005
雜項支出	Sundry expenses	50,335	55,920
		22,111,581	20,675,145
本年度（虧損）／ 盈餘	(Deficit)/Surplus for the year	(34,242)	84,614
本年度全面（支出）／ 收益	Total comprehensive (expense)/ income for the year	(34,242)	84,614

資產負債表
Balance Sheet

於二零一四年三月三十一日（港幣）
As at 31st March 2014 (HK\$)

	附註 Note	二零一四年 2014	二零一三年 2013
非流動資產	Non-current assets		
物業、機器及設備	Property, plant and equipment	4 70,963	131,922
流動資產	Current assets		
按金及預付款項	Deposits and prepayments	5 699,901	682,606
銀行及現金結存	Bank and cash balances	525,645	578,247
		1,225,546	1,260,853
減：流動負債	Less: Current liabilities		
應付費用	Accrued charges	953,801	904,397
年假撥備	Provision for annual leave entitlements	180,559	139,229
應退回衛生署之本年度 經調整盈餘	Adjusted surplus for the year refundable to the Department of Health	6 68,047	152,758
應退回衛生署之累積盈餘	Accumulated surpluses refundable to the Department of Health	7 203,640	203,640
		1,406,047	1,400,024
流動負債	Net current liabilities	(180,501)	(139,171)
負債淨值	Net liabilities	(109,538)	(7,249)
等於：	representing:		
累積虧損	Accumulated deficits	(109,538)	(7,249)

經委員會於二零一四年七月四日通過。Approved by the Council on 4th July 2014.

劉文文BBS, MH太平紳士
委員會主席
Ms. Lisa LAU Man-man, BBS, MH, JP
Chairman

鄭祖盛先生MH
委員會副主席
Mr. Antonio KWONG Cho-shing, MH
Vice-chairman

權益變動表

Statement of Changes in Equity

截至二零一四年三月三十一日止年度（港幣）
For the year ended 31st March 2014 (HK\$)

	二零一四年 2014	二零一三年 2013
累積盈餘／（虧損）	Accumulated surpluses/(deficit)	
上年度轉來之（虧損）／盈餘	(Deficit)/Surplus brought forward	(7,249)60,895
本年度（虧損）／盈餘／ 本年度全面（支出）／收益	(Deficit)/Surplus for the year/Total comprehensive(expense)/income for the year	(34,242)84,614
應退回衛生署之經調整盈餘 （附註六）	Adjusted surplus refundable to the Department of Health (Note 6)	(68,047)(152,758)
本會應佔之虧損	Deficit attributable to the Council	(102,289)(68,144)
撥入下年度之虧損	Deficit carried forward	(109,538)(7,249)

現金流量表

Cash Flow Statement

截至二零一四年三月三十一日止年度（港幣）
For the year ended 31st March 2014 (HK\$)

	二零一四年 2014	二零一三年 2013
營運活動之現金流量	Cash flows from operating activities	
本年度（虧損）／盈餘	(Deficit)/Surplus for the year	(34,242)84,614
調整：	Adjustment for:	
利息收入	Interest income	(59)(113)
折舊	Depreciation	67,39894,144
營運資金變動前之營運盈餘	Operating surplus before working capital changes	33,097178,645
按金及預付款項之增加	Increase in deposits and prepayments	(17,295)(400,195)
應付費用之增加／（減少）	Increase/(Decrease) in accrued charges	49,404(1,809,371)
年假撥備之增加／（減少）	Increase/(Decrease) in provision for annual leave entitlements	41,330(4,580)
營運活動所產生／（使用） 之淨現金	Net cash from/(used in) operating activities	106,536(2,035,501)
投資活動之現金流量	Cash flows from investing activities	
購入物業、機器及設備	Purchase of property, plant and equipment	(6,439)(21,420)
已收利息	Interest received	59113
投資活動所使用之淨現金	Net cash used in investing activities	(6,380)(21,307)
融資活動之現金流量	Cash flows from financing activities	
盈餘退回衛生署	Surplus refunded to the Department of Health	(152,758)(153,379)
融資活動所使用之淨現金	Net cash used in financing activities	(152,758)(153,379)
現金及現金等值之淨減少	Net decrease in cash and cash equivalents	(52,602)(2,210,187)
年初現金及現金等值結存	Cash and cash equivalents at beginning of the year	578,2472,788,434
年終現金及現金等值結存	Cash and cash equivalents at end the year	525,645578,247
現金及現金等值結存分析	Analysis of the balances of cash and cash equivalents	
銀行及現金結存	Bank and cash balances	525,645578,247

1. 概述

香港吸煙與健康委員會（“本會”）乃根據香港吸煙與健康委員會條例於一九八七年十月一日註冊成立的機構。

本會辦公地址為香港灣仔皇后大道東一百八十三號合和中心四十四樓四四零二至四四零三室。

2. 主要會計政策

(a) 編製基準

本財務報表已按照香港會計師公會頒佈所有適用的香港財務報告準則（其統稱已包括個別適用的香港財務報告準則、香港會計準則及詮釋）及香港公認會計準則編製。本帳目以歷史成本慣例編製。

香港會計師公會已頒佈若干於本會計年度首次生效之全新及經修訂香港財務報告準則。本會採用下列與本會運作相關的經修訂之香港財務報告準則：

- (i) *香港會計準則第1號之修訂本（經修訂）：財務報告之呈列－呈列其他全面收入項目*
這修訂本要求實體把日後在符合特定條件時可重新分類至損益之其他全面收益項目與將不會重新分類至損益之其他全面收益項目分開呈報。因本年度年並無其他全面收益，故全面收益表的呈列無須修改。

1. General

The Hong Kong Council on Smoking and Health (“the Council”) is an organization incorporated under the Hong Kong Council on Smoking and Health Ordinance on 1st October 1987.

The office address of the Council is at Unit 4402-03, 44th Floor, Hopewell Centre, 183 Queen’s Road East, Wanchai, Hong Kong.

2. Principal Accounting Policies

(a) Basis of Preparation

These financial statements have been prepared in accordance with all applicable Hong Kong Financial Reporting Standards (“HKFRSs”), which collective term includes all applicable individual Hong Kong Financial Reporting Standards, Hong Kong Accounting Standards and Interpretations issued by the Hong Kong Institute of Certificate Public Accountants (“HKICPA”), and accounting principles generally accepted in Hong Kong. The accounts have been prepared under the historical cost convention.

The HKICPA has issued certain new and revised HKFRSs that are first effective for the current accounting year of the Council. The Council has adopted the following revised HKFRSs which is relevant to its operations:

- (i) *Amendments to HKAS 1, Presentation of financial statements – Presentation of items of other comprehensive income*
The amendments require entities to present separately items of other comprehensive income that would be reclassified to surplus or deficit in the future if certain conditions are met from those that would never be reclassified to surplus or deficit. The presentation in the statement of comprehensive income is not modified as there is no other comprehensive income in current year.

2. 主要會計政策（續）

(a) 編製基準（續）

- (ii) *香港會計準則第13號：公允價值計量*
香港會計準則第13號以單一指引替代現時列載於個別香港財務報告準則內有關公允價值計量的指引，並對有關財務工具及非財務工具的公允價值計量作出更廣泛的披露要求。採用香港會計準則第13號對本會的資產及負債公允價值計量並沒有重大影響。

- (iii) *二零零九年至二零一一年週期香港財務報告準則的年度改進*
該週期年度改進包含五項準則的修訂連同其他準則和詮釋的相應修訂。這些修訂並無對本會於所示年度的營運業績及財務狀況構成影響。

此外，本會並沒有提早採用本年度尚未生效之香港財務報告準則。本會管理層預計採用該等未生效的財務報告準則對本會帳目影響並不重大。

在編製符合香港財務報告準則之財務報表時，管理層需作出判斷、估計和假設，此等對會計政策之應用，以及對資產、負債、收入和支出之報告數額構成影響。這些估計和相關假設是根據以往經驗和管理層因應當時情況認為合理之多項其他因素作出的，其結果構成了管理層在無法依循其他途徑及時得知資產與負債之帳面值時所作出判斷之基礎。實際結果可能有別於估計數額。

管理層會不斷審閱各項估計和相關假設。如果會計估計之修訂只是影響某一期間，其影響便會在該期間內確認；如果修訂對當前和未來期間均有影響，則在作出修訂之期間和未來期間確認。

2. Principal Accounting Policies (Continued)

(a) Basis of Preparation (Continued)

- (ii) *HKFRS 13, Fair value measurement*
HKFRS 13 replaces existing guidance in individual HKFRSs with a single source of fair value measurement guidance. HKFRS 13 also contains extensive disclosure requirements about fair value measurements for both financial instruments and non-financial instruments. The adoption of HKFRS 13 does not have any material impact on the fair value measurements of the Council’s assets and liabilities.

- (iii) *Annual Improvements to HKFRSs 2009-2011 Cycle*

This cycle of annual improvements contains amendments to five standards with consequential amendments to other standards and interpretations. These amendments do not have any impact on the results operations and financial position of the Council for the years presented.

In addition, the Council has not early adopted new and revised HKFRSs that are not yet effective for the current accounting year. The management of the Council anticipates that the adoption of them is unlikely to have a significant impact on the Council’s accounts.

The preparation of the financial statements in conformity with HKFRSs requires management to make judgements, estimates and assumptions that affect the application of policies and reported amounts of assets, liabilities, income and expenses. The estimates and associated assumptions are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the results of which form the basis of making the judgements about carrying values of assets and liabilities that are not readily apparent from other sources. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognized in the period in which the estimates is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

2. 主要會計政策（續）

(b) 收入與支出

除香港特別行政區政府就指定目的所提供的撥款外，本會之一切經常性收入及支出會記入盈餘或虧損內。盈餘會退回衛生署。

(c) 收入確認

(i) 政府津貼是根據期間本會已確認為支出的相關成本，有系統地確認於盈餘或虧損內。津貼及相關成本是分別列示於帳目內。

(ii) 銀行利息收入按實際利率法累計。

(d) 外幣折算

本會以港元為功能及列帳貨幣。本年度的外幣交易均以交易當日的外幣匯率換算為港元。以外幣為單位的貨幣性資產及負債則按年結日的外幣匯率換算為港元。匯兌盈虧會記入盈餘或虧損內。

(e) 減值損失

於每個年結日，若有跡象顯示資產出現減值情況，則需要估計該資產的可收回價值。可收回價值乃其公允價值減出售費用及使用價值兩者中的較高者。若可收回價值低於帳面值，該資產須減值至其可收回價值，而減值虧損則記入盈餘或虧損內。倘用以釐定可收回價值的估計出現有利變動，則撥回減值虧損。惟撥回減值虧損不得導致資產帳面值超過如無過往年度確認減值虧損時所應釐定之資產帳面值。撥回減值虧損於撥回年度計入盈餘及虧損內。

2. Principal Accounting Policies (Continued)

(b) Income and Expenditure

With the exception of grants received from the Government of the Hong Kong Special Administrative Region for specified purposes, all of the Council's recurrent income and expenditure are dealt with in surplus or deficit. Any surplus is refundable to the Department of Health.

(c) Revenue Recognition

(i) Government subvention is recognized in surplus or deficit on a systematic basis over the periods in which the Council recognizes the related costs as expenses. The subvention and related costs are separately disclosed in the accounts.

(ii) Bank interest income is recognized as it accrues using the effective interest method.

(d) Foreign Currencies Translation

The Council's functional currency and presentation currency are Hong Kong dollars. Transactions arising in foreign currencies during the year are converted at exchange rates approximating to those ruling at transaction dates. Monetary assets and liabilities denominated in foreign currencies at year end are translated at rates of exchange approximating to those ruling at balance sheet date. All exchange differences are dealt with in surplus or deficit.

(e) Impairment Losses

At each balance sheet date, where there is any indication that an asset is impaired, the recoverable amount of the asset should be estimated. The recoverable amount of an asset is the higher of its fair value less costs to sell and value in use. If the recoverable amount is less than the carrying amount, an impairment loss is recognized to reduce the asset to its recoverable amount. Such impairment losses are recognized in surplus or deficit. An impairment loss is reversed if there has been a favourable change in the estimates used to determine the recoverable amount. A reversal of an impairment loss should not result in the asset's carrying amount exceeding that which would have been determined has no impairment loss been recognized in prior years. Reversals of impairment losses are credited to surplus or deficit in the year in which the reversals are recognized.

2. Principal Accounting Policies (Continued)

(f) Property, Plant and Equipment

Property, plant and equipment are stated at historical cost less any subsidies received or receivable, any accumulated depreciation and any accumulated impairment losses.

Depreciation is calculated to write off the cost of property, plant and equipment less subsidies received or receivable and accumulated impairment losses over their estimated useful lives using a straight-line basis at the following rates:

Leasehold improvements	over unexpired period of lease
Furniture and fixtures	25 percent per annum
Office equipment	25 percent per annum

(g) Assets Held Under Operating Leases

Leases where substantially all the risks and rewards of ownership of assets remain with the lessor are accounted for as operating leases. Payments made under operating leases are charged to surplus or deficit on a straight-line basis over the lease periods.

(h) Deposits

Deposits are initially recognized at fair value and thereafter stated at amortized cost unless the effect of discounting would be immaterial, in which case they are stated at cost.

(i) Accrued Charges

Accrued charges are initially recognized at fair value and thereafter stated at amortized cost unless the effect of discounting would be immaterial, in which case they are stated at cost.

(j) Cash and Cash Equivalents

For the purposes of the cash flow statement, cash and cash equivalents comprise cash on hand and deposits with banks within 3 months to maturity from date of deposit.

(k) Employee Leave Entitlements

Employee entitlements to annual leave are recognized when they accrue to employees. A provision is made for the estimated liability for annual leave as a result of services rendered by employees up to the balance sheet date.

2. 主要會計政策（續）

(f) 物業、機器及設備

物業、機器及設備以成本價減已收或可收的資助、累積折舊及累積減值損失列帳。

折舊計算方法乃將物業、機器及設備以成本價減已收或可收的資助及累積減值損失，按其估計使用年期，以直線攤銷方法，依照下列比率按年撇除：

租賃物業改良工程	尚餘租賃年期
傢俬及裝置	每年百分之二十五
辦公室設備	每年百分之二十五

(g) 經營租賃

經營租賃乃擁有資產的風險及回報大致全歸出租人之租賃。經營租賃作出之付款，於租賃期內以直線法記入盈餘或虧損內。

(h) 按金

按金首先以公允價值確認，其後以攤銷成本列帳，若折現影響不大時，則以成本列帳。

(i) 應付費用

應付費用首先以公允價值確認，其後以攤銷成本列帳，若折現影響不大時，則以成本列帳。

(j) 現金及現金等值

就編製現金流量表而言，現金及現金等值包括現金和於存入後三個月內到期的銀行存款。

(k) 僱員獲享假期

僱員所享有的年假按有關年假應歸僱員時入帳。截至年結日，本會已就僱員提供的服務所產生的有薪年假，作出評估及撥備。

帳目附註
Notes on the Accounts

截至二零一四年三月三十一日止年度（港幣）
For the year ended 31st March 2014 (HK\$)

2. 主要會計政策（續）

(I) 有關連人士

就本財務報表而言，有關連人士包括符合以下定義的人士及實體：

(i) 下列人士或其近親家屬將被視為與本會有關連，若該名人士：

- (a) 控制或共同控制本會；
- (b) 對本會有重大影響力；或
- (c) 為本會之主要管理層成員。

(ii) 若下列任何一項條件吻合，則有關實體將被視為與本會有關連：

- (a) 該實體為本會或與本會有關連之實體就僱員利益設立之退休福利計劃。若本會便是該計劃，提供資助的僱主與本會有關連。
- (b) 該實體被就(i)所指人士控制或共同控制。
- (c) 就(i)(a)所指人士在對實體有重大影響力或為該實體之主要管理層成員。

3. 委員會成員的酬金

本會所有委員會成員於本年度內均未有因向本會提供服務而收取酬金（二零一三年：無）。

2. Principal Accounting Policies (Continued)

(I) Related Parties

For the purposes of these financial statements, related party includes a person and an entity as defined below:

(i) A person or a close member of that person’s family is related to the Council if that person:

- (a) has control or joint control over the Council;
- (b) has significant influence over the Council; or
- (c) is a member of the key management personnel of the Council.

(ii) An entity is related to the Council if any of the following conditions applies:

- (a) The entity is a post-employment benefit plan for the benefit of employees of either the Council or an entity related to the Council. If the Council is itself such a plan, the sponsoring employers are also related to the Council.
- (b) The entity is controlled or jointly controlled by a person identified in (i).
- (c) A person identified in (i)(a) has significant over the entity or is a member of the key management personnel of the entity.

3. Council Members’ Remuneration

None of the council members received any remuneration in respect of their services to the Council during the year (2013: Nil).

帳目附註
Notes on the Accounts

截至二零一四年三月三十一日止年度（港幣）
For the year ended 31st March 2014 (HK\$)

4. 物業、機器及設備

4. Property, Plant and Equipment

(港幣)	(HK\$)	Furniture and fixtures 傢俬及裝置				Total 總額
		Leasehold improvements 租賃物業改良工程	Office equipment 辦公室設備			
成本	Cost					
於二零一二年三月三十一日	At 31 st March 2012	36,305	102,334	473,045		611,684
添置	Additions	–	1,842	19,578		21,420
於二零一三年三月三十一日	At 31 st March 2013	36,305	104,176	492,623		633,104
添置	Additions	–	–	6,439		6,439
於二零一四年三月三十一日	At 31 st March 2014	36,305	104,176	499,062		639,543
累積折舊	Accumulated depreciation					
於二零一二年三月三十一日	At 31 st March 2012	27,043	69,110	310,885		407,038
截至二零一三年三月三十一日止年度計提	Charge for the year ended 31 st March 2013	8,491	14,178	71,475		94,144
於二零一三年三月三十一日	At 31 st March 2013	35,534	83,288	382,360		501,182
截至二零一四年三月三十一日止年度計提	Charge for the year ended 31 st March 2014	771	11,010	55,617		67,398
於二零一四年三月三十一日	At 31 st March 2014	36,305	94,298	437,977		568,580
帳面淨值	Net book value					
於二零一四年三月三十一日	At 31 st March 2014	–	9,878	61,085		70,963
於二零一三年三月三十一日	At 31 st March 2013	771	20,888	110,263		131,922

帳目附註
Notes on the Accounts

截至二零一四年三月三十一日止年度（港幣）
For the year ended 31st March 2014 (HK\$)

5. 按金及預付款項

預期會於一年後收回之按金為港幣450,794元（二零一三年：港幣443,994元），預付款項港幣249,107元（二零一三年：港幣238,612元）將會於一年內全數記入費用。

6. 應退回衛生署的經調整盈餘

由於衛生署並不承認僱員年假撥備為費用而只在年假補償付出時承認，及視物業、機器及設備的添置為購入年度的費用而不承認撇銷及折舊。因此，在計算應回衛生署的盈餘時，不包括年假撥備／撥備回撥、物業、機器及設備的撇銷及折舊，而扣除物業、機器及設備的添置。

7. 應退回衛生署的累積盈餘

本會管理層認為截至一九九八年三月三十一日累積盈餘將會於衛生署要求時退回。

5. Deposits and Prepayments

The amount of deposits expected to be recovered after one year is HK\$450,794 (2013: HK\$443,994). The prepayments in sum of HK\$249,107 (2013: HK\$238,612) are expected to be recognized as expenses within one year.

6. Adjusted Surplus Refundable to the Department of Health

As the Department of Health does not recognize the provision for annual leave entitlements as expenses until actual payment is made, and regards additions to property, plant and equipment as expenses during the year of acquisition without recognition of write-off and depreciation, accordingly, for the purpose of calculating the surplus refundable to the Department of Health, the provision/provision written back for annual leave entitlements and write-off and depreciation of property, plant and equipment have been excluded, and additions to property, plant and equipment have been deducted.

7. Accumulated Surpluses Refundable to the Department of Health

The management of the Council considers that the accumulated surpluses up to 31st March 1998 will be refunded to the Department of Health upon request.

帳目附註
Notes on the Accounts

截至二零一四年三月三十一日止年度（港幣）
For the year ended 31st March 2014 (HK\$)

8. 金融資產及金融負債

(a) 金融資產及負債類別

(港幣)	(HK\$)	二零一四年 2014	二零一三年 2013
金融資產	Financial assets		
流動資產 — 按攤銷成本值：	Current assets — at amortized cost:		
按金	Deposits	450,794	443,994
銀行及現金結存	Bank and cash balances	525,645	578,247
		976,439	1,022,241
金融負債	Financial liabilities		
流動負債 — 按攤銷成本值：	Current liabilities — at amortized cost:		
應付費用	Accrued charges	953,801	904,397
年假撥備	Provision for annual leave entitlements	180,559	139,229
將退回衛生署之 本年度經調整盈餘	Adjusted surplus for the year refundable to the Department of Health	68,047	152,758
將退回衛生署之累積盈餘	Accumulated surpluses refundable to the Department of Health	203,640	203,640
		1,406,047	1,400,024

(b) 財務風險管理的目標及政策

- (i) 外幣風險
在日常運作中，本會並不會存在重大的外幣風險。
- (ii) 利率風險
在日常運作中，本會並不會存在重大的利率風險。
- (iii) 其他價格風險
本會無需面對商品及證券價格風險。
- (iv) 信貸風險
本會之信貸風險基本上源自銀行存款，但由於對方為擁有高信用評級之銀行，所以信貸風險並不重大。

8. Financial Assets and Liabilities

(a) Categories of Financial Assets and Liabilities

(b) Financial Risk Management Objectives and Policies

- (i) Foreign currency risk
In the normal course of the operation, the Council does not expose to significant foreign currency risk.
- (ii) Interest rate risk
In the normal course of the operation, the Council does not expose to significant interest rate risk.
- (iii) Other price risk
The Council is not exposed to commodity and security price risk.
- (iv) Credit risk
The Council’s credit risk is primarily attributable to cash at bank and is insignificant because the counterparty is a bank with high credit rating.

帳目附註
Notes on the Accounts

截至二零一四年三月三十一日止年度（港幣）
For the year ended 31st March 2014 (HK\$)

8. 金融資產及金融負債（續）

(b) 財務風險管理的目標及政策（續）

- (v) 流動資金風險
本會會定期監管現時和預計的流動資金的需求，以確保維持充裕之現金儲備，滿足短期和較長期的流動資金需求。

於二零一四年及二零一三年三月三十一日，本會金融負債之剩餘合約還款期均在一年以內，該等金融負債之帳面值相等於其合約之未貼現現金流量。

(c) 合理價值

於二零一四年及二零一三年三月三十一日所有金融資產及金融負債之價值與其合理價值並無重大差異。合理價值乃按照日後現金流量以現時利率折算現值而估計。

9. 經營租約承擔

於年結日，本會根據不可撤銷的土地及樓宇經營租賃而須於未來支付的最低租賃付款總額如下：

（港幣）	（HK\$）	二零一四年 2014	二零一三年 2013
第一年內	Not later than one year	2,346,396	2,203,596
第二至第五年內	Later than one year but not later than five years	2,210,396	4,366,392
		4,556,792	6,569,988

帳目附註
Notes on the Accounts

截至二零一四年三月三十一日止年度（港幣）
For the year ended 31st March 2014 (HK\$)

10. Related Party Transactions

During the year the Council undertook the following transactions with related parties in the normal course of its operation:

10. 有關連人士交易

在年度內本會與有關連人士所進行的日常營運交易如下：

（港幣）	（HK\$）	二零一四年 2014	二零一三年 2013
主要管理人員的報酬 （即總幹事）	Remuneration for key management personnel (i.e. Executive Director)		
短期員工福利	Short-term employee benefits	1,238,280	1,298,544
離職後福利	Post-employment benefits	15,000	14,500
		1,253,280	1,313,044

鳴謝
Acknowledgement

委員會於年度內推行之各項工作，獲下列個別人士、政府部門、組織、學校、制服團隊及青年中心之鼎力協助及支持，委員會謹此致謝。

We would like to thank all those who have rendered great help and supported COSH during the year, in particular the following individuals, government departments, organizations, schools, uniform groups and youth centres.

個人 Individuals			
歐韻儀醫生	Dr Winnie AU Wan-yee	張壁賢女士	Ms Melissa CHEUNG
翟威廉先生	Mr William CHAK	張惠雅女士	Ms Regen CHEUNG
陳弄年女士	Ms Anita CHAN	張建浩先生	Mr Teric CHEUNG
陳國華議員 MH	Mr Ben CHAN Kok-wah, MH	張偉麟醫生太平紳士	Dr CHEUNG Wai-lun, JP
陳智思先生	Mr Bernard Charnwut CHAN, GBS, JP	蔣家旻女士	Ms Angel CHIANG
陳志文先生	Mr CHAN Chi-man	詹滿祥先生	Mr Bobby CHIM Moon-cheung
陳漢儀醫生	Dr Constance CHAN Hon-yee, JP	錢佩卿女士	Ms Maranda CHIN Pui-hing
陳恩能先生	Mr Daniel CHAN	錢佩佩女士	Ms CHIN Pui-pui
陳靜嫻女士	Ms Helen CHAN		Mr Colen CHIU
陳智樂先生	Mr Jason CHAN Chi-san	蔡美儀醫生太平紳士	Dr Sarah CHOI Mei-yee, JP
陳繼偉議員	Mr CHAN Kai-wai	周惠卿女士	Ms Derry CHOW
陳曉琪女士	Ms Kellyjackie CHAN	周鳳群女士	Ms CHOW Fung-kwan
陳舜瑜女士	Ms Kristy CHAN	周柏豪先生	Mr CHOW Pak-ho
陳國祥先生	Mr CHAN Kwok-cheung	周偉材先生	Mr Philip CHOW
陳博智議員	Mr CHAN Pok-chi	周淑娟女士	Ms Rita CHOW Suk-kuen
陳佩芳女士	Ms CHAN Pui-fong	周奕希議員	Mr CHOW Yick-hay, BBS, JP
陳肇始教授太平紳士	Prof Sophia CHAN Siu-chee, JP	BBS太平紳士	
陳捷貴議員	Mr Stephen CHAN Chit-kwai, BBS, JP	鍾沛康醫生	Dr Davey CHUNG Pui-hong
陳群標先生	Mr Victor CHAN	鍾偉雄醫生	Dr Thomas CHUNG Wai-hung
陳蔚楓女士	Ms Vivian CHAN Wai-fung	鍾瑋嫻女士	Ms Vicky CHUNG Wai-yin
陳永陸先生	Mr CHAN Wing-luk	鄧梓峰先生	Mr Patrick DUNN
陳耀華先生	Mr CHAN Yiu-wah	方麗盈女士	Ms Cindy FONG
鄭綺雯女士	Ms Iris CHANG	方平議員	Mr FONG Ping, BBS, JP
陳健久先生	Mr Eric CHEN Jian-jiu	BBS太平紳士	
陳靜博士	Dr CHEN Jing	馮耀婷女士	Ms Tina FUNG
陳敏先生	Mr Willy CHEN Min	陳仲海先生	Mr Stanley J GARCIA
程麗麗女士	Ms Barbara CHENG Li-li	何綉卿女士	Ms HE Xiu-qing
鄭俊弘先生	Mr Fred CHENG	何寶兒女士	Ms Anita HO
鄭啟明先生	Mr CHENG Kai-ming	何重恩先生	Mr HO Chung-yan
張武孝先生	Mr Albert CHEUNG	何世賢博士	Dr Daniel HO Sai-yin
張懿德博士	Dr Derek CHEUNG Yee-tak	何傲兒女士	Ms Lily HO Ngo-yee
張偉文先生	Mr Donald CHEUNG	何雁詩女士	Ms Stephanie HO
張子丰先生	Mr Fred CHEUNG	何賢輝先生	Mr HO Yin-fai
		韓世灝博士	Dr Johnny HON Sei-hoe
		許廷鏗先生	Mr Alfred HUI Ting-hang
		許亦妮女士	Ms Whitney HUI

羅利期先生	Mr Joe JUNIOR
高永文醫生	Dr KO Wing-man, BBS, JP
BBS太平紳士	
江馥賢女士	Ms Jessica KONG
顧慧賢女士	Ms Ellen KU Wai-yin
龔栢祥先生 MH	Mr KUNG Pak-cheung, MH
關嘉美醫生	Dr Betty KWAN Ka-mei
黎雪芬女士	Ms Adela LAI Shuet-fun
黎潔廉醫生太平紳士	Dr Cindy LAI Kit-lim, JP
賴慧詩女士	Ms Iris LAI Wai-sze
林潘佩鸞女士	Mrs Anne LAM
林穎彤女士	Ms Bella LAM
林子博先生	Mr Bob LAM Chi-pok
林盛斌先生	Mr Bob LAM Shing-pun
林愛斌女士	Ms Christina LAM Oi-bun
林大慶教授	Prof LAM Tai-hing, BBS, JP
BBS太平紳士	
林惠玲女士	Ms Winnie LAM
劉愛詩女士	Ms Alice LAU Oi-sze
劉明明女士	Ms Christine LAU Ming-ming
劉鳳慧女士	Ms Heidi LAU Fung-wai
劉興華先生	Mr James LAU
劉德輝教授	Prof Joseph LAU Tak-fai
劉漢傑先生	Mr Thomas LAU Hon-kit
羅美蘭女士	Ms Milan LAW
羅鈞滿先生	Mr Ronald LAW Kwan-moon
李麗茵女士	Ms Evelyn LEE
李美子女士	Ms Gina LEE Mei-tsz
李蕙芬女士	Ms LEE Wai-fun
梁小雲女士	Ms Iris LEUNG
梁皓鈞先生 MH	Mr Raymond LEUNG Ho-kwan, MH
李萍女士	Ms Li Ping
李浩祥博士	Dr William LI Ho-cheung
林夏薇女士	Ms LIN Xia-wei
劉心悠女士	Ms Annie LIU
勞超成醫生	Dr Patrick LO Chiu-sing
盧沛華先生	Mr LO Pui-wah
雷錦年先生	Mr LUI Kam-lin
林崇綏博士	Dr Susie LUM Shun-sui
馬國明先生	Mr Kenneth MA Kwok-ming
麥國風先生	Mr Michael MAK
麥新先生	Mr MAK Sun
麥艷華博士	Dr MAK Yim-wah

麥潔儀教授	Prof Sarah MCGHEE
吳澤恒先生	Mr NG Chak-hang
吳克儉先生	Mr Eddie NG Hak-kim, SBS, JP
SBS太平紳士	
吳業坤先生	Mr James NG Yip-kwan
敖嘉年先生	Mr Pierre NGO Ka-nin
龐朝輝醫生	Dr Jeffrey PONG Chiu-fai
龐愛蘭議員太平紳士	Ms Scarlett PONG Oi-lan, JP
岑素圓女士	Ms Alice SHAM So-yuen
單立文先生	Mr Pal SINN Lap-man
蘇詠妍女士	Ms Winnie SO
宋熙年女士	Ms Sarah SONG Xi-nian
沈明欣醫生	Dr Simmy SUM Ming-yan
曾浩輝醫生太平紳士	Dr Thomas TSANG Ho-fai, JP
徐耀良先生太平紳士	Mr William TSUI Yiu-leung, JP
溫悅昌議員	Mr WAN Yuet-cheung, MH, JP
MH太平紳士	
王文炳博士	Dr Kelvin WANG Man-ping
王智康醫生	Dr Ambrose WONG
王雅文女士	Ms Carmen WONG
黃華純女士	Ms Chris WONG Wah-shun
黃宏醫生	Dr Christine WONG Wang
黃曉欣女士	Ms Cordy WONG
黃金月博士	Prof Frances WONG Kam-yuet
黃山怡女士	Ms Kandy WONG
黃玲玲女士	Ms WONG Ling-ling
王曼霞醫生	Dr Monica WONG
黃龍德教授	Prof Patrick WONG Lung-tak, BBS, JP
BBS太平紳士	
黃達明先生	Mr Richard WONG
黃德祥醫生	Dr WONG Tak-cheung
胡健民先生	Mr Clement WOO Kin-man
丘詠仙女士	Ms Olive YAU Wing-sin
楊詩敏女士	Ms Harriet YEUNG Sze-man
易偉京女士	Ms YIK Wai-king
嚴啟明先生	Mr YIM Kai-ming
葉華先生	Mr YIP Wah, BBS, JP
BBS太平紳士	
姚銘議員	Mr YIU Ming
余美鳳女士	Ms Carmen YU Mei-fung
余慕蓮女士	Ms YU Mo-lin
阮德鏘先生	Mr Johnson YUEN
袁翠霞女士	Ms Marisa YUEN Chui-ha

政府部門 Government Departments	
中西區區議會	Central & Western District Council
衛生署	Department of Health
東區區議會	Eastern District Council
教育局	Education Bureau
食物及衛生局	Food and Health Bureau
民政事務總署	Home Affairs Department
香港懲教署	Hong Kong Correctional Services Department
香港海關	Hong Kong Customs and Excise Department
香港房屋委員會	Hong Kong Housing Authority
醫院管理局	Hospital Authority
房屋署	Housing Department
政府新聞處	Information Services Department
離島區議會	Islands District Council
九龍城區議會	Kowloon City District Council
葵青區議會	Kwai Tsing District Council
觀塘區議會	Kwun Tong District Council
立法會	Legislative Council
北區區議會	North District Council
香港電台	Radio Television Hong Kong
西貢區議會	Sai Kung District Council
沙田區議會	Sha Tin District Council
深水埗區議會	Sham Shui Po District Council
南區區議會	Southern District Council
大埔區議會	Tai Po District Council
衛生署控煙辦公室	Tobacco Control Office, Department of Health
荃灣區議會	Tsuen Wan District Council
屯門區議會	Tuen Mun District Council
灣仔區議會	Wan Chai District Council
黃大仙區議會	Wong Tai Sin District Council
油尖旺區議會	Yau Tsim Mong District Council
元朗區議會	Yuen Long District Council

組織 Organizations	
香港浸會大學大學會堂	Academic Community Hall, Hong Kong Baptist University
創建室內設計有限公司	Artieror Design Limited
醫療輔助隊	Auxiliary Medical Service
浸信會愛羣社會服務處陳德生紀念長者鄰舍中心	Baptist Oi Kwan Social Service Chan Tak Sang Memorial Neighbourhood Elderly Centre
堡獅龍企業有限公司	Bossini Enterprises Limited
明愛中區長者中心	Caritas District Elderly Centre – Central District
明愛元朗長者社區中心	Caritas District Elderly Centre – Yuen Long
基督教愛協團聚有限公司	Christian Oi Hip Fellowship Limited
鐘聲慈善社方王換娣長者鄰舍中心	Chung Sing Benevolent Society Fong Wong Woon Tei Neighbourhood Elderly Centre
鐘聲慈善社陳守仁長者鄰舍中心	Chung Sing Benevolent Society Tan Siu Lin Neighbourhood Elderly Centre
香港護理學院	College of Nursing Hong Kong
香港通訊業聯會	Communications Association of Hong Kong
彭偉煒牙科醫務所	Dr Arthur Wai-Yuk Pang & Dental Surgeons
基督教香港信義會頌安長者鄰舍中心	ELCHK, Chung On Neighbourhood Elderly Centre
基督教香港信義會屯門青少年綜合服務中心	ELCHK, Tuen Mun Integrated Youth Service Centre
經濟商學院	ET Business College
鳳溪長者鄰舍中心	Fung Kai Neighbourhood Elderly Centre
蓬瀛仙館祥華老人服務中心	Fung Ying Seen Koon Cheung Wah Social Centre for the Elderly
海滴工作室	Hadil Workshop
海峯園物業管理有限公司	Harbour Heights (Management) Limited
香海正覺蓮社佛教何黃昌寶長者鄰舍中心	Heung Hoi Ching Kok Lin Association Buddhist Ho Wong Cheong Po Neighbourhood Elderly Centre
香港金銀首飾工商總會	HK Gold & Silver Ornament Workers & Merchants General Union
港九電業總會	Hong Kong & Kowloon Electric Trade Association
港九電器商聯會	Hong Kong & Kowloon Electrical Appliances Merchants Association Limited
香港九龍玉器工商聯會	Hong Kong & Kowloon Jade Merchants & Workers Union Association
香港製衣同業協進會	Hong Kong Apparel Society Limited
香港中小企業促進發展協會	Hong Kong Association for Promotion & Development of SMEs
香港美容同業協會	Hong Kong Beauty Industry Association

香港佛教聯合會佛教傳黃合長者鄰舍中心	Hong Kong Buddhist Association Buddhist Foo Wong Hop Neighbourhood Elderly Centre
香港潮州商會	Hong Kong Chiu Chow Chamber of Commerce
香港基督教培道聯愛會莊重文敬老中心	Hong Kong Christian Mutual Improvement Society Chuang Chung Wen Social Centre for the Elderly
香港基督教培道聯愛會高超道仁愛敬老中心	Hong Kong Christian Mutual Improvement Society Ko Chiu Road Centre of Christ Love for the Aged
香港心臟護理專科學院	Hong Kong College of Cardiac Nursing
香港社區及公共健康護理學院	Hong Kong College of Community and Public Health Nursing
香港社會醫學學院	Hong Kong College of Community Medicine
香港危重病護理學院	Hong Kong College of Critical Care Nursing
香港護理教育及科研學院	Hong Kong College of Education and Research in Nursing
香港急症科護理學院	Hong Kong College of Emergency Nursing
香港家庭醫學學院	Hong Kong College of Family Physicians
香港老年學護理專科學院	Hong Kong College of Gerontology Nursing
香港內科護理學院	Hong Kong College of Medical Nursing
香港精神健康護理學院	Hong Kong College of Mental Health Nursing
香港助產士學院	Hong Kong College of Midwives
香港護理及衛生管理學院	Hong Kong College of Nursing and Health Care Management
香港骨科護理學院	Hong Kong College of Orthopaedic Nursing
香港兒科醫學院	Hong Kong College of Paediatricians
香港兒科護理學院	Hong Kong College of Paediatric Nursing
香港圍手術護理學院	Hong Kong College of Perioperative Nursing
香港外科護理學院	Hong Kong College of Surgical Nursing
香港複合材料技術協會	Hong Kong Composite Material & Technology Association
香港建造商會	Hong Kong Construction Association
香港壓鑄及鑄造業總會	Hong Kong Diecasting and Foundry Association
香港西醫工會	Hong Kong Doctors Union
香港唐氏綜合症協會	Hong Kong Down Syndorm Association
香港經濟日報	Hong Kong Economic Times
香港急症科護士學會	Hong Kong Emergency Nurses Association
香港傷殘青年協會	Hong Kong Federation of Handicapped Youth
香港總商會	Hong Kong General Chamber of Commerce
香港人力資源管理學會	Hong Kong Institute of Human Resource Management
香港發明協會	Hong Kong Invention Association Limited

香港玉器商會	Hong Kong Jade Association
香港玉器批發零售商協會有限公司	Hong Kong Jade Wholesalers & Retailers Assocication Limited
香港珠寶製造業廠商會	Hong Kong Jewelry Manufacturers' Association
香港物流協會	Hong Kong Logistics Association
香港路德會社會服務處彩頤長者中心	Hong Kong Lutheran Social Service Rhythm Garden Lutheran Centre for the Elderly
香港路德會社會服務處友安長者中心	Hong Kong Lutheran Social Service Yau On Lutheran Centre for the Elderly
香港醫學會	Hong Kong Medical Association
離島婦聯	Hong Kong Outlying Islands Women's Association Limited
香港傷健協會坪洲長者暨青少年鄰舍中心	Hong Kong PHAB Association Peng Chau Neighbourhood Elderly cum Children/Youth Centre
香港皇家保險有限公司	Hong Kong Royal Insurance Service Company Limited
香港聖公會樂民郭鳳軒綜合服務中心	Hong Kong Sheng Kung Hui Lok Man Alice Kwok Integrated Service Centre
香港聖公會黃大仙長者綜合服務中心	Hong Kong Sheng Kung Hui Wong Tai Sin District Elderly Community Centre
香港中小型企業聯合會	Hong Kong Small and Medium Enterprises Association
香港表面處理學會有限公司	Hong Kong Surface Finishing Society Limited
香港布廠商會	Hong Kong Weaving Mills Association
香港青年工業家協會	Hong Kong Young Industrialists Council
基督復臨安息日會小西灣老人中心	Hong Kong-Macao Conference of Seventh-day Adventists Siu Sai Wan Neighbourhood Elderly Centre
國際四方福音會建生堂耆年中心	International Church of the Foursquare Gospel Kin Sang Church Elderly Centre
國際婦女會老人中心	International Women's League Social Centre for the Elderly
路德會賽馬會雍盛綜合服務中心	Jockey Club Yung Shing Lutheran Integrated Service Centre
高明科技工程有限公司	KML Engineering Limited
葵涌醫院	Kwai Chung Hospital
葵青安全社區及健康城市協會	Kwai Tsing Safe Community and Health City Association
觀塘健康城市督導委員會	Kwun Tong Healthy City Steering Committee
循道衛理觀塘社會服務處藍田樂齡中心	Kwun Tong Methodist Social Service Lam Tin Elderly Centre
生活教育活動計劃	Life Education Activity Programme (LEAP)
循道愛華耆樂中心	Methodist Epworth Village Community Centre Epworth Neighbourhood Elderly Centre
時代廣場管理有限公司	Modern Plaza Management Limited

南豐集團－漢興企業有限公司	Nan Fung Group – Hon Hing Enterprises Limited
南豐集團－民亮發展有限公司	Nan Fung Group – Main Shine Development Limited
南豐集團－民亮發展有限公司 (亞洲貿易中心)	Nan Fung Group – Main Shine Development Limited (Asia Trade Centre)
南豐集團－民亮發展有限公司(華基中心)	Nan Fung Group – Main Shine Development Limited (Ricky Centre)
南豐集團－新卓管理有限公司	Nan Fung Group – New Charm Management Limited
南豐集團－萬寶物業管理有限公司	Nan Fung Group – Vineberg Property Management Limited
科研資訊系統有限公司	NetMon Information Systems Limited
基督教新生會新田圍堂老人服務中心	New Life Church of Christ Sun Tin Wai Social Centre for the Elderly
新界社團聯會	New Territories Association of Societies
聖母醫院	Our Lady of Maryknoll Hospital
PIP劇場	PIP Theatre
保良局劉陳小寶耆暉中心	Po Leung Kuk Lau Chan Siu Po Neighbourhood Elderly Centre
博愛醫院	Pok Oi Hospital
博愛醫院陳士修紀念社會服務中心	Pok Oi Hospital Chan Shi Sau Memorial Social Service Centre
寶血醫院(明愛)	Precious Blood Hospital (Caritas)
天賦海灣	Providence Bay Management Company Limited
清新健康人協會	Quit-Winners Club
嚮色園可健耆英地區中心	Sik Sik Yuen Ho Kin District Community Centre for Senior Citizens
嚮色園可旺耆英鄰舍中心	Sik Sik Yuen Ho Wong Neighbourhood Centre for Senior Citizens
南葵涌服務中心	South Kwai Chung Service Centre
南區健康安全協會	Southern District Healthy and Safe Association
聖保祿醫院	St Paul's Hospital
大埔區居民聯會	Tai Po District Residents Association
泰和車行有限公司	Tai Wo Motors Limited
電視廣播有限公司	Television Broadcasts Limited
天星小輪有限公司	The "Star" Ferry Company, Limited
香港基督少年軍	The Boys' Brigade, Hong Kong
香港中華總商會	The Chinese General Chamber of Commerce
香港中華廠商聯合會	The Chinese Manufacturers' Association of Hong Kong
基督教協基會屯門綜合青少年服務中心	The Church of United Brethren in Christ Tuen Mun Integrated Children & Youth Service Centre

香港化粧品同業協會	The Cosmetic & Perfumery Association of Hong Kong
香港防癌會	The Hong Kong Anti-Cancer Society
香港物業管理公司協會	The Hong Kong Association of Property Management Companies
香港科研製藥聯會	The Hong Kong Association of the Pharmaceutical Industry
香港哮喘會	The Hong Kong Asthma Society
香港中華出入口商會	The Hong Kong Chinese Importers' & Exporters' Association
香港建造商會有限公司	The Hong Kong Construction Association, Limited
香港機電工程商協會有限公司	The Hong Kong Electrical and Mechanical Contractors' Association Limited
香港出口商會	The Hong Kong Exporters' Association
香港保險業聯會	The Hong Kong Federation of Insurers
香港中小型企業總商會	The Hong Kong General Chamber of Small and Medium Business
香港一般保險代理協會	The Hong Kong General Insurance Agents Association Limited
香港工程師學會	The Hong Kong Institution of Engineers
香港藥行商會	The Hong Kong Medicine Dealers' Guild
香港耆康老人福利會柴灣長者地區中心	The Hong Kong Society for the Aged Chai Wan District Elderly Community Centre
香港海南商會	The HongKong Hainan Commercial Association
康逸苑業主立案法團	The Incorporated Owners of Hong Yat Court
香港中文大學賽馬會公共衛生及基層醫療學院	The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong
領匯管理有限公司	The Link Management Limited
九龍樂善堂	The Lok Sin Tong Benevolent Society, Kowloon
臨時香港護理專科學院有限公司	The Provisional Hong Kong Academy of Nursing Limited
天水圍婦聯有限公司	Tin Shui Wai Women Association Limited
荃灣港安醫院	Tsuen Wan Adventist Hospital
荃灣安全健康社區督導委員會	Tsuen Wan Safe and Healthy Community Steering Committee
基督教香港崇真會福禧長者中心	Tsung Tsin Mission of Hong Kong Jubilee Social Centre for the Elderly
東華三院	Tung Wah Group of Hospitals
東華三院王澤森長者地區中心	Tung Wah Group of Hospitals Wilson TS Wang District Elderly Community Centre
東華三院黃祖棠長者地區中心	Tung Wah Group of Hospitals Wong Cho Tong District Elderly Community Centre
基督教聯合那打素社康服務	United Christian Nethersole Community Health Service

香港排球總會有限公司	Volleyball Association of Hong Kong, China Limited
香港西區婦女福利會松鶴老人中心	Women's Welfare Club Western District Hong Kong Chung Hok Social Centre for the Elderly
黃大仙區健康安全城市	Wong Tai Sin District Healthy & Safe City
沙田區議會健康城市及醫療工作小組	Working Group on Health City & Medical Service, Sha Tin District Council
仁濟醫院楊溫先生夫人長者鄰舍中心	Yan Chai Hospital Mr & Mrs Yeung Wan Neighbourhood Elderly Centre
仁愛堂香港台山商會長者鄰舍中心	Yan Oi Tong Hong Kong Toi Shan Association Neighbourhood Elderly Centre
油尖旺健康城市執行委員會	Yau Tsim Mong Healthy City Executive Committee
圓玄軒婦女中心	Yuen Yuen v-Learn Women Centre

學校、制服團隊及青年中心 Schools, Uniform Groups and Youth Centres

博愛醫院歷屆總理聯誼會梁省德中學	AD & FD POHL Leung Sing Tak College
上水宣道小學	Alliance Primary School, Sheung Shui
鴨脷洲街坊學校	Aplichau Kaifong Primary School
亞斯理衛理小學	Asbury Methodist Primary School
神召會康樂中學	Assembly of God Hebron Secondary School
醫療輔助隊少年團	Auxiliary Medical Service Cadet Corps
浸信會永隆中學	Baptist Wing Lung Secondary School
伯特利中學	Bethel High School
福德學校	Bishop Ford Memorial School
佛教中華康山學校	Buddhist Chung Wah Kornhill Primary School
佛教林炳炎紀念學校（香港佛教聯合會主辦）	Buddhist Lam Bing Yim Memorial School (SPSD by HKBA)
佛教林金殿紀念小學	Buddhist Lim Kim Tian Memorial Primary School
佛教茂峰法師紀念中學	Buddhist Mau Fung Memorial College
佛教大雄中學	Buddhist Tai Hung College
佛教大光慈航中學	Buddhist Tai Kwong Chi Hong College
佛教慧因法師紀念中學	Buddhist Wai Yan Memorial College
佛教黃允畋中學	Buddhist Wong Wan Tin College
明愛聖若瑟中學	Caritas St Joseph Secondary School
明愛胡振中中學	Caritas Wu Cheng-chung Secondary School
明愛元朗陳震夏中學	Caritas Yuen Long Chan Chun Ha Secondary School
中華基督教會馮梁結紀念中學	CCC Fung Leung Kit Memorial Secondary School

中華基督教會協和書院	CCC Heep Woh College
中華基督教會協和小學（長沙灣）	CCC Heep Woh Primary School (Cheung Sha Wan)
中華基督教會扶輪中學	CCC Rotary Secondary School
中華基督教會燕京書院	CCC Yenching College
陳瑞祺（喇沙）小學	Chan Sui Ki (La Salle) Primary School
啟基學校	Chan's Creative School
香港中華基督教青年會顯徑會所	Chinese YMCA of Hong Kong Hin Keng Centre
潮陽百欣小學	Chiu Yang Por Yen Primary School
香港潮陽小學	Chiu Yang Primary School of Hong Kong
民眾安全服務隊少年團	Civil Aid Service Cadet Corps
廠商會蔡章閣中學	CMA Choi Cheung Kok Secondary School
廠商會中學	CMA Secondary School
中華傳道會基石幼稚園	CNEC Christian Kindergarten
中華傳道會呂明才小學	CNEC Lui Ming Choi Primary School
孔教學院何郭佩珍中學	Confucian Ho Kwok Pui Chun College
孔教學院大成小學	Confucian Tai Shing Primary School
拔萃女小學	Diocesan Girls' Junior School
胡素貞博士紀念學校	Dr Catherine F Woo Memorial School
基督教香港信義會深信學校	ELCHK Faith Lutheran School
基督教香港信義會葵盛信義學校	ELCHK Kwai Shing Lutheran Primary School
風采中學（教育評議會主辦）	Elegantia College (Sponsored by Education Convergence)
九龍靈光小學	Emmanuel Primary School, Kowloon
播道書院	Evangel College
粉嶺官立小學	Fanling Government Primary School
粉嶺禮賢會中學	Fanling Rhenish Church Secondary School
農圃道官立小學	Farm Road Government Primary School
方樹福堂基金方樹泉小學	FSFTF Fong Shu Chuen Primary School
福建中學（北角）	Fukien Secondary School (North Point)
鳳溪廖潤琛紀念學校	Fung Kai Liu Yun Sum Memorial School
恒生管理學院	Hang Seng Management College
香海正覺蓮社佛教正覺蓮社學校	HHCKLA Buddhist Ching Kok Lin Association School
香海正覺蓮社佛教黃藻森學校	HHCKLA Buddhist Wong Cho Sum School
香港浸會大學附屬學校王錦輝中小學	HKBUAS Wong Kam Fai Secondary and Primary School
香港中國婦女會馮堯敬紀念中學	HKCWC Fung Yiu King Memorial Secondary School
香港教育工作者聯會黃楚標學校	HKFEW Wong Cho Bau School

香港青年協會李兆基書院	HKFYG Lee Shau Kee College
香港紅卍字會屯門卍慈小學	HKRSS Tuen Mun Primary School
香港聖公會何明華會督中學	HKSKH Bishop Hall Secondary School
香港四邑商工總會新會商會學校	HKSYC & IA San Wui Commercial Society School
香港四邑商工總會黃棣珊紀念中學	HKSYC & IA Wong Tai Shan Memorial College
香港道教聯合會鄧顯紀念中學	HKTA Tang Hin Memorial Secondary School
香港道教聯合會圓玄學院第三中學	HKTA The Yuen Yuen Institute No 3 Secondary School
香港道教聯合會圓玄學院石圍角小學	HKTA The Yuen Yuen Institute Shek Wai Kok Primary School
香港大學附屬學院	HKU SPACE Community College
香港布廠商會朱石麟中學	HKWMA Chu Shek Lun Secondary School
薈色園主辦可正幼稚園	Ho Ching Kindergarten (Sponsored By Sik Sik Yuen)
薈色園主辦可立小學	Ho Lap Primary School (Sponsored by Sik Sik Yuen)
薈色園主辦可藝中學	Ho Ngai College (Sponsored by Sik Sik Yuen)
薈色園主辦可信學校	Ho Shun Primary School (Sponsored by Sik Sik Yuen)
薈色園主辦可譽中學暨可譽小學	Ho Yu College and Primary School (Sponsored by Sik Sik Yuen)
何文田浸信會幼稚園	Homantin Baptist Church Kindergarten
香港浸信會聯會小學	Hong Kong Baptist Convention Primary School
香港學生輔助會小學	Hong Kong Student Aid Society Primary School
國際基督教優質音樂中學暨小學	International Christian Quality Music Secondary and Primary School
寶血會嘉靈學校	Ka Ling School of The Precious Blood
錦田公立蒙養學校	Kam Tin Mung Yeung Public School
九龍城浸信會禧年（恩平）小學	Kowloon City Baptist Church Hay Nien (Yan Ping) Primary School
九龍塘天主教華德學校	Kowloon Tong Bishop Walsh Catholic School
九龍塘學校（中學部）	Kowloon Tong School (Secondary Section)
九龍婦女福利會李炳紀念學校	Kowloon Women's Welfare Club Li Ping Memorial School
光明英來學校	Kwong Ming Ying Loi School
觀塘官立小學（秀明道）	Kwun Tong Government Primary School (Sau Ming Road)
觀塘官立中學	Kwun Tong Government Secondary School
梨木樹天主教小學	Lei Muk Shue Catholic Primary School
李陞小學	Li Sing Primary School
天主教領島學校	Ling To Catholic Primary School
嶺南鍾榮光博士紀念中學	Lingnan Dr Chung Wing Kwong Memorial Secondary School
嶺南中學	Lingnan Secondary School
嶺南大學	Lingnan University

廖寶珊紀念書院	Liu Po Shan Memorial College
樂善堂梁植偉紀念中學	Lok Sin Tong Leung Chik Wai Memorial School
樂善堂梁銑琚書院	Lok Sin Tong Leung Kau Kui College
樂善堂小學	Lok Sin Tong Primary School
樂善堂王仲銘中學	Lok Sin Tong Wong Chung Ming Secondary School
馬鞍山靈糧小學	Ma On Shan Ling Liang Primary School
瑪利曼小學	Marymount Primary School
天主教明德學校	Meng Tak Catholic School
寧波公學	Ning Po College
新界鄉議局元朗區中學	NT Heung Yee Kuk Yuen Long District Secondary School
獻主會小學	Oblate Primary School
天主教佑華小學	Our Lady of China Catholic Primary School
聖母小學	Our Lady's Primary School
加拿大神召會嘉智中學	PAOC Ka Chi Secondary School
五旬節靳茂生小學	Pentecostal Gin Mao Sheng Primary School
五旬節林漢光中學	Pentecostal Lam Hon Kwong School
五旬節中學	Pentecostal School
坪石天主教小學	Ping Shek Estate Catholic Primary School
寶覺分校	Po Kok Branch School
保良局世德小學	Po Leung Kuk Castar Primary School
保良局陳溢小學	Po Leung Kuk Chan Yat Primary School
保良局朱正賢小學	Po Leung Kuk Chee Jing Yin Primary School
保良局鄭關巧妍幼稚園	Po Leung Kuk Cheng Kwan How Yin Kindergarten
保良局方王錦全小學	Po Leung Kuk Fong Wong Kam Chuen Primary School
保良局馮晴紀念小學	Po Leung Kuk Fung Ching Memorial Primary School
保良局金銀業貿易場張凝文學校	Po Leung Kuk Gold & Silver Exchange Society Pershing Tsang School
保良局甲子何玉清中學	Po Leung Kuk Ho Yuk Ching (1984) College
保良局觀塘幼稚園暨幼兒園	Po Leung Kuk Kwun Tong Kindergarten-cum-Nursery
保良局陳南昌夫人小學	Po Leung Kuk Mrs Chan Nam Chong Memorial Primary School
保良局雨川小學	Po Leung Kuk Riverain Primary School
保良局莊啟程第二小學	Po Leung Kuk Vicwood KT Chong No 2 Primary School
寶安商會王少清中學	Po On Commercial Association Wong Siu Ching Secondary School
獻主會溥仁小學	Po Yan Oblate Primary School

博愛醫院陳楷紀念中學	POH Chan Kai Memorial College
香港培道中學	Pooi To Middle School
海怡寶血小學	Precious Blood Primary School (South Horizons)
華富邨寶血小學	Precious Blood Primary School (Wah Fu Estate)
培僑書院	Pui Kiu College
嘉諾撒培德書院	Pui Tak Canossian College
伊利沙伯中學舊生會小學	QES Old Students' Association Primary School
皇仁舊生會中學	Queen's College Old Boys' Association Secondary School
西貢中心李少欽紀念學校	Sai Kung Central Lee Siu Yam Memorial School
西貢崇真天主教學校（小學部）	Sai Kung Sung Tsun Catholic School (Primary Section)
慈幼葉漢小學	Salesian Yip Hon Primary School
香港理工大學護理學院	School of Nursing, The Hong Kong Polytechnic University
香港大學護理學院	School of Nursing, The University of Hong Kong
香港大學公共衛生學院	School of Public Health, The University of Hong Kong
深培中學	Semple Memorial Secondary School
沙田圍胡素貞博士紀念學校	Sha Tin Wai Dr Catherine F Woo Memorial School
天主教石鐘山紀念小學	Shak Chung Shan Memorial Catholic Primary School
深水埗官立小學	Sham Shui Po Government Primary School
沙田崇真學校	Shatin Tsung Tsin School
筲箕灣官立小學	Shau Kei Wan Government Primary School
石籬聖若望天主教小學	Shek Lei St John's Catholic Primary School
善一堂安逸幼稚園	Shin Yat Tong On Yat Kindergarten
展亮技能發展中心	Shine Skills Centre
禮賢會順天幼稚園	Shun Tin Rhenish Nursery
天主教崇德英文書院	Shung Tak Catholic English College
聖公會白約翰會督中學	SKH Bishop Baker Secondary School
聖公會莫壽增會督中學	SKH Bishop Mok Sau Tseng Secondary School
聖公會靜山小學	SKH Ching Shan Primary School
聖公會主愛小學（梨木樹）	SKH Chu Oi Primary School (Lei Muk Shue)
聖公會奉基千禧小學	SKH Fung Kei Millennium Primary School
聖公會奉基小學	SKH Fung Kei Primary School
聖公會聖匠中學	SKH Holy Carpenter Secondary School
聖公會基福小學	SKH Kei Fook Primary School
聖公會基德小學	SKH Kei Tak Primary School
聖公會聖雅各小學	SKH St James' Primary School

聖公會聖西門呂明才中學	SKH St Simon's Lui Ming Choi Secondary School
聖公會將軍澳基德小學	SKH Tseung Kwan O Kei Tak Primary School
聖公會青衣邨何澤芸小學	SKH Tsing Yi Estate Ho Chak Wan Primary School
聖公會蔡功譜中學	SKH Tsoi Kung Po Secondary School
聖公會日修小學	SKH Yat Sau Primary School
天主教聖安德肋小學	St Andrew's Catholic Primary School
聖安多尼學校	St Anthony's School
聖安當小學	St Antonius Primary School
聖傑靈女子中學	St Catharine's School for Girls (Kwun Tong)
聖方濟愛德小學	St Francis of Assisi's Caritas School
聖類斯中學	St Louis School
聖瑪加利男女英文中小學	St Margaret's Co-educational English Secondary and Primary School
香港聖瑪嘉利女書院	St Margaret's Girls' College, Hong Kong
嘉諾撒聖瑪利學校	St Mary's Canossian School
聖博德學校	St Patrick's School
聖保羅書院小學	St Paul's College Primary School
聖士提反堂中學	St Stephen's Church College
順德聯誼總會鄭裕彤中學	STFA Cheng Yu Tung Secondary School
順德聯誼總會何日東小學	STFA Ho Yat Tung Primary School
順德聯誼總會李金小學	STFA Lee Kam Primary School
順德聯誼總會胡少渠紀念小學	STFA Wu Siu Kui Memorial Primary School
順德聯誼總會翁祐中學	STFA Yung Yau College
打鼓嶺嶺英公立學校	Ta Ku Ling Ling Ying Public School
大埔浸信會公立學校	Tai Po Baptist Public School
大埔舊墟公立學校（寶湖道）	Tai Po Old Market Public School (Plover Cove)
太古小學	Taikoo Primary School
德雅小學	Tak Nga Primary School
鄧鏡波學校	Tang King Po School
香港中文大學	The Chinese University of Hong Kong
香港教育學院賽馬會小學	The Hong Kong Institute of Education Jockey Club Primary School
基督教聖約教會堅樂小學	The Mission Covenant Church Holm Glad Primary School
救世軍林拔中紀念學校	The Salvation Army Lam Butt Chung Memorial School
香港大學	The University of Hong Kong

天水圍官立小學	Tin Shui Wai Government Primary School
天水圍官立中學	Tin Shui Wai Government Secondary School
天水圍循道衛理小學	Tin Shui Wai Methodist Primary School
塘尾道官立小學	Tong Mei Road Government Primary School
青衣商會小學	Tsing Yi Trade Association Primary School
荃灣商會學校	Tsuen Wan Trade Association Primary School
基督教香港崇真會安強幼兒學校	Tsung Tsin Mission of Hong Kong On Keung Nursery School
慈雲山聖文德天主教小學	Tsz Wan Shan St Bonaventure Catholic Primary School
屯門官立中學	Tuen Mun Government Secondary School
惇裕學校	Tun Yu School
東華三院港九電器商聯會小學	TWGHs Hong Kong and Kowloon Electrical Appliances Merchants Association Limited School
東華三院高可寧紀念小學	TWGHs Ko Ho Ning Memorial Primary School
東華三院李賜豪小學	TWGHs Li Chi Ho Primary School
東華三院羅黃碧珊幼兒園	TWGHs Lo Wong Pik Shan Nursery School
東華三院冼次雲小學	TWGHs Sin Chu Wan Primary School
東華三院辛亥年總理中學	TWGHs Sun Hoi Directors' College
東華三院黃士心小學	TWGHs Wong See Sum Primary School
東華三院王余家潔紀念小學	TWGHs Wong Yee Jar Jat Memorial Primary School
油麻地街坊會學校	Yaumati Kaifong Association School
仁濟醫院趙曾學韞小學	YCH Chiu Tsang Hok Wan Primary School
仁濟醫院靚次伯紀念中學	YCH Lan Chi Pat Memorial Secondary School
仁濟醫院羅陳楚思小學	YCH Law Chan Chor Si Primary School
仁濟醫院董之英紀念中學	YCH Tung Chi Ying Memorial Secondary School
邱子文青年學院	Yeo Chei Man Youth College
英華小學	Ying Wa Primary School
元朗朗屏邨東莞學校	YL Long Ping Estate Tung Koon Primary School
仁愛堂田家炳小學	YOT Tin Ka Ping Primary School
元朗官立小學	Yuen Long Government Primary School

「香港無煙領先企業大獎2013」得獎名單

Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

金獎 Gold Awards	
置富資產管理有限公司	ARA Asset Management (Fortune) Limited
親子王國有限公司	Baby-Kingdom.com Limited
百麗國際控股有限公司	Belle International Holdings Limited
堡獅龍企業有限公司	Bossini Enterprises Limited
中信証券國際有限公司	CITIC Securities International Company Limited
葵涌醫院	Kwai Chung Hospital
李錦記有限公司	Lee Kum Kee Company Limited
富安集團有限公司	Richform Holdings Limited
森那美汽車集團(香港)有限公司	Sime Darby Motor Group (HK) Limited
香港中華煤氣有限公司	The Hong Kong and China Gas Company Limited

銀獎 Silver Awards	
創建室內設計有限公司	Arterior Design Limited
康泰旅行社	Hong Thai Travel Services Limited
啟勝管理服務有限公司 - 俊匯中心	Kai Shing Management Services Limited - Elite Centre
毅力醫護健康集團有限公司	Kinetics Medical & Health Group Company, Limited
佳定集團	Savills Guardian Group
富城物業管理有限公司	Urban Property Management Limited
惠康環境服務有限公司	Waihong Environmental Services Limited
偉邦物業管理有限公司 (恒基兆業地產集團成員)	Well Born Real Estate Management Limited (A Member of Henderson Land Group)

最具創意無煙企業政策獎 Most Creative Smoke-free Policy Awards	
創建室內設計有限公司	Arterior Design Limited
親子王國有限公司	Baby-Kingdom.com Limited
百麗國際控股有限公司	Belle International Holdings Limited
南豐集團 - 民亮發展有限公司 (葵涌廣場)	Nan Fung Group - Main Shine Development Limited (Kwai Chung Plaza)
森那美汽車集團(香港)有限公司	Sime Darby Motor Group (HK) Limited

優異獎 Certificates of Merit	
亞洲信貸監察 (控股) 有限公司	Asia Credit Monitors (Holdings) Limited
邦盟滙駿創意有限公司	BannerSHOP Holdings Limited
滙秀企業有限公司	Broadway - Nassau Investments Limited
港基物業管理有限公司 - 1881 Heritage	Citybase Property Management Limited - 1881 Heritage

「香港無煙領先企業大獎2013」得獎名單

Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

港基物業管理有限公司 - 康宏廣場	Citybase Property Management Limited - Concordia Plaza
港基物業管理有限公司 - 嘉湖山莊賞湖居	Citybase Property Management Limited - Kingswood Villa-Sherwood Court
港基物業管理有限公司 - 四季名園	Citybase Property Management Limited - Seasons Monarch
荷花集團	Eugene Group
無添加化妝品有限公司	FANCL
花都廣場管理有限公司 (恒基兆業地產集團成員)	Flora Plaza Management Limited (A Member of Henderson Land Group)
豐盛創建企業有限公司	Fung Seng Enterprises Limited
高衛物業管理有限公司 - 總公司	Goodwell Property Management Limited - Head Office
高衛物業管理有限公司 - 傲雲峰	Goodwell Property Management Limited - Sky Tower
高衛物業管理有限公司 - 港景峯	Goodwell Property Management Limited - The Victoria Towers
海滴工作室	Hadil Workshop
恒鞍物業管理有限公司 (恒基兆業地產集團成員) - 新港城海濤居	Hang On Estate Management Limited (A Member of Henderson Land Group) - The Tolo Place, Sunshine City
海峯園物業管理有限公司	Harbour Heights (Management) Limited
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 文咸東135商業中心	Hang Yick Properties Management Limited - 135 Bonham Strand Trade Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 百達中心	Hang Yick Properties Management Limited - Allways Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 11區區部	Hang Yick Properties Management Limited - Area 11
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 13區區部	Hang Yick Properties Management Limited - Area 13
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 蔚晴軒	Hang Yick Properties Management Limited - Bella Vista
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 巨昇中心	Hang Yick Properties Management Limited - Big Star Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 嘉兆商業大廈	Hang Yick Properties Management Limited - Carfield Commercial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 嘉匯商業大廈	Hang Yick Properties Management Limited - Carnival Commercial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 德成軒	Hang Yick Properties Management Limited - City 18
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 匡怡居	Hang Yick Properties Management Limited - Conifer Lodge
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 東貿廣場	Hang Yick Properties Management Limited - E-Trade Plaza
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 翠疊軒	Hang Yick Properties Management Limited - Evergreen Place
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 富麗花園	Hang Yick Properties Management Limited - Finery Park
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 福熙苑	Hang Yick Properties Management Limited - Floral Tower
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 富利商業大廈	Hang Yick Properties Management Limited - Fu Lee Commercial Building

「香港無煙領先企業大獎2013」得獎名單

Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 豐昌大廈	Hang Yick Properties Management Limited - Fung Cheong Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 金鳳閣	Hang Yick Properties Management Limited - Golden Phoenix Court
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 裕景中心	Hang Yick Properties Management Limited - Goodview Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 嘉兆臺	Hang Yick Properties Management Limited - Grand Panorama
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 慧景臺	Hang Yick Properties Management Limited - Grandview Tower
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 翠峰	Hang Yick Properties Management Limited - Green Lodge
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 愉景花園	Hang Yick Properties Management Limited - Greenview Garden
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 恒邦商業中心	Hang Yick Properties Management Limited - Hang Bong Commercial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 興漢大廈	Hang Yick Properties Management Limited - Hing Hon Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 興利大廈	Hang Yick Properties Management Limited - Hing Lee Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 興業商業中心	Hang Yick Properties Management Limited - Hing Yip Commercial Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 協群商業大廈	Hang Yick Properties Management Limited - Hip Kwan Commercial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 豐隆工業中心	Hang Yick Properties Management Limited - Hong Leong Industry Complex
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 翰庭軒	Hang Yick Properties Management Limited - Honor Villa
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 合益商業中心及合益樓	Hang Yick Properties Management Limited - Hop Yick Commercial Centre & Hope House
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 俊庭居	Hang Yick Properties Management Limited - Imperial Terrace
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 瓊峰臺	Hang Yick Properties Management Limited - Kingsford Height
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 光華廣場	Hang Yick Properties Management Limited - Kwong Wah Plaza
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 廣發商業中心	Hang Yick Properties Management Limited - Wealth Commercial Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 富達廣場	Hang Yick Properties Management Limited - Manhattan Plaza
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 金都豪苑	Hang Yick Properties Management Limited - Metropolitan Rise
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 明暉大廈	Hang Yick Properties Management Limited - Ming Fai Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 新時代工貿商業中心	Hang Yick Properties Management Limited - New Trend Centre

「香港無煙領先企業大獎2013」得獎名單

Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 豐裕軒	Hang Yick Properties Management Limited - Opulence Height
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 百寶利商業中心	Hang Yick Properties Management Limited - Pakpolee Commercial Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 翠景花園	Hang Yick Properties Management Limited - Park View Garden
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 欣榮商業大廈	Hang Yick Properties Management Limited - Progress Commercial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 興發商業大廈	Hang Yick Properties Management Limited - Prosper Commercial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 港輝豪庭	Hang Yick Properties Management Limited - Rica Victoria
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 凱豪商業中心	Hang Yick Properties Management Limited - Royal Commercial Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 御皇臺	Hang Yick Properties Management Limited - Royal Terrace
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 海悅花園	Hang Yick Properties Management Limited - Serene Garden
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 誠興商業大廈	Hang Yick Properties Management Limited - Shing Hing Commercial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 兆發工業大廈	Hang Yick Properties Management Limited - Shiu Fat Industrial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 順發工業大廈	Hang Yick Properties Management Limited - Shun Fat Industrial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 兆暉大廈	Hang Yick Properties Management Limited - Silver Mansion
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 銀星閣	Hang Yick Properties Management Limited - Silver Star Court
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 兆威工業大廈	Hang Yick Properties Management Limited - Siu Wai Industrial Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 嘉麗苑	Hang Yick Properties Management Limited - Skylight Tower
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 匯豪峰	Hang Yick Properties Management Limited - Splendid Place
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 新輝商業中心	Hang Yick Properties Management Limited - Sun Fai Commercial Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 逸怡居	Hang Yick Properties Management Limited - The Gracedale
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 嘉賢居	Hang Yick Properties Management Limited - The Spectacle
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 聯威商業中心	Hang Yick Properties Management Limited - Unionway Commercial Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 環貿中心	Hang Yick Properties Management Limited - Universal Trade Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 威華商業中心	Hang Yick Properties Management Limited - Wai Wah Commercial Centre

「香港無煙領先企業大獎2013」得獎名單

Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 慧華閣	Hang Yick Properties Management Limited - Wai Wah Court
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 威邦商業中心	Hang Yick Properties Management Limited - Wellborne Commercial Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 衛城閣	Hang Yick Properties Management Limited - Windsor Court
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 榮發工業大廈	Hang Yick Properties Management Limited - Wing Fat Industrial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 雲山大廈	Hang Yick Properties Management Limited - Winsome House
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 益輝大廈	Hang Yick Properties Management Limited - Yick Fai Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 耀安邨	Hang Yick Properties Management Limited - Yiu On Estate
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 裕輝商業中心	Hang Yick Properties Management Limited - Yue Fai Commercial Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 源發工業大廈	Hang Yick Properties Management Limited - Yuen Fat Industrial Building
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
恒益物業管理有限公司 - 元朗貿易中心	Hang Yick Properties Management Limited - Yuen Long Trade Centre
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 天匯	Well Born Real Estate Management Limited - 39 Conduit Road
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 御景峰	Well Born Real Estate Management Limited - 8 Royal Green
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 恒峰花園	Well Born Real Estate Management Limited - Granville Garden
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 新寶城	Well Born Real Estate Management Limited - La Cite Noble
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 新都城一期	Well Born Real Estate Management Limited - Metro City Phase I
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 疊茵庭	Well Born Real Estate Management Limited - Parkland Villas
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 御皇庭	Well Born Real Estate Management Limited - Royal Green
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 亮賢居	Well Born Real Estate Management Limited - Shining Heights
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 比華利山別墅	Well Born Real Estate Management Limited - The Beverly Hills
恒基兆業地產附屬機構	Henderson Land Group Subsidiary
偉邦物業管理有限公司 - 豪峰軒	Well Born Real Estate Management Limited - The Pinnacle
衍生行有限公司	Hin Sang Hong Company Limited
香港發明協會有限公司	Hong Kong Invention Association Limited
香港晶體有限公司	Hong Kong X'tals Limited
康業服務有限公司 - 威力貨運大廈	Hong Yip Service Company Limited - Air Goal Cargo Building
康業服務有限公司 - 駱駝漆大廈第一及二座	Hong Yip Service Company Limited - Camelpaint Buildings Block I & II
康業服務有限公司 - 駱駝漆大廈第三座	Hong Yip Service Company Limited - Camelpaint Buildings Block III
康業服務有限公司 - 嘉樂閣	Hong Yip Service Company Limited - Crowfields Court

「香港無煙領先企業大獎2013」得獎名單
Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

康業服務有限公司 - 冠力工業大廈	Hong Yip Service Company Limited - Crown Industrial Building
康業服務有限公司 - 港貿中心	Hong Yip Service Company Limited - Entrepot Centre
康業服務有限公司 - 毅力工業中心	Hong Yip Service Company Limited - Everest Industrial Centre
康業服務有限公司 - 鳳德邨	Hong Yip Service Company Limited - Fung Tak Estate
康業服務有限公司 - 恒福花園	Hong Yip Service Company Limited - Hanford Garden
康業服務有限公司 - 康逸苑	Hong Yip Service Company Limited - Hong Yat Court
康業服務有限公司 - 合力工業中心	Hong Yip Service Company Limited - Hoplite Industrial Centre
康業服務有限公司 - 啟泰苑	Hong Yip Service Company Limited - Kai Tai Court
康業服務有限公司 - 根德閣	Hong Yip Service Company Limited - Kent Court
康業服務有限公司 - 高俊苑	Hong Yip Service Company Limited - Ko Chun Court
康業服務有限公司 - 泰力工業中心	Hong Yip Service Company Limited - Laurels Industrial Centre
康業服務有限公司 - 龍蟠苑龍環閣 (G座)	Hong Yip Service Company Limited - Lung Poon Court Lung Wan House (Block G)
康業服務有限公司 - 南昌邨	Hong Yip Service Company Limited - Nam Cheong Estate
康業服務有限公司 - 新城工商中心	Hong Yip Service Company Limited - New City Centre
康業服務有限公司 - 獅子石道1號	Hong Yip Service Company Limited - No 1 Lion Rock Road
康業服務有限公司 - 安寧花園	Hong Yip Service Company Limited - On Ning Garden
康業服務有限公司 - 鴻力工業中心	Hong Yip Service Company Limited - Proficient Industrial Centre
康業服務有限公司 - 德田邨	Hong Yip Service Company Limited - Tak Tin Estate
康業服務有限公司 - 怡德花園	Hong Yip Service Company Limited - Tang Court
康業服務有限公司 - 溱喬	Hong Yip Service Company Limited - The Giverny
康業服務有限公司 - 慈愛苑一及二期	Hong Yip Service Company Limited - Tsz Oi Court Phase I & II
康業服務有限公司 - 聯合興業工業大廈	Hong Yip Service Company Limited - Union Hing Yip Factory Building
康業服務有限公司 - 青雲閣	Hong Yip Service Company Limited - Vision Court
康業服務有限公司 - 宏光工業大廈	Hong Yip Service Company Limited - Wang Kwong Industrial Building
合和中心管理有限公司	Hopewell Centre Management Limited
鴻福堂集團有限公司	Hung Fook Tong Holdings Limited
一心旅遊有限公司	Instant Travel Service Limited
國際物業管理有限公司 - 碧瑤灣	International Property Management Limited - Baguio Villa
創思樂教室有限公司 - 空中棋園 (灣仔)	Jolly Thinkers' Learning Centre Limited - Jolly Thinkers Centre (Wan Chai)
啟勝管理服務有限公司 - 創貿廣場	Kai Shing Management Services Limited - APEC Plaza
啟勝管理服務有限公司 - 東港城 (商場)	Kai Shing Management Services Limited - East Point City (Commercial)
啟勝管理服務有限公司 - 新城市中央廣場	Kai Shing Management Services Limited - Grand Central Plaza
啟勝管理服務有限公司 - 海欣花園	Kai Shing Management Services Limited - Grand Horizon
啟勝管理服務有限公司 - 環球貿易廣場	Kai Shing Management Services Limited - International Commerce Centre
啟勝管理服務有限公司 - 浪翠園三期	Kai Shing Management Services Limited - Sea Crest Villa Phase III
啟勝管理服務有限公司 - 世貿中心	Kai Shing Management Services Limited - World Trade Centre
九龍灣國際展貿中心管理有限公司	KITEC Management Limited
高明科技工程有限公司	KML Engineering Limited
鯉景灣物業管理有限公司	Lei King Wan (Management) Limited
萬泰服務有限公司 - 麗都花園	Mantex Services Limited - Lido Garden
	MegaBox Management Services Limited
新都城管理有限公司 (恒基兆業地產集團成員) - 新都城二期	Metro City Management Limited (A Member of Henderson Land Group) - Metro City Phase II

「香港無煙領先企業大獎2013」得獎名單
Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

港灣豪庭管理有限公司 (恒基兆業地產集團成員)	Metro Harbourview Management Limited (A Member of Henderson Land Group)
	Modern Life Limited
時代廣場管理有限公司 (恒基兆業地產集團成員)	Modern Plaza Management Limited (A Member of Henderson Land Group)
美國萬利理財控股有限公司	Money Concepts (Asia) Holdings Limited
南豐集團 - 漢興企業有限公司 (福田大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Fook Tin Building)
南豐集團 - 漢興企業有限公司 (福業大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Fook Yip Building)
南豐集團 - 漢興企業有限公司 (總寫字樓)	Nan Fung Group - Hon Hing Enterprises Limited (Head Office)
南豐集團 - 漢興企業有限公司 (麗華大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Lever Building)
南豐集團 - 漢興企業有限公司 (華業大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Marvel Industrial Building)
南豐集團 - 漢興企業有限公司 (南豐中心)	Nan Fung Group - Hon Hing Enterprises Limited (Nan Fung Centre)
南豐集團 - 漢興企業有限公司 (寶業大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Pao Yip Building)
南豐集團 - 漢興企業有限公司 (北河大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Pei Ho Building)
南豐集團 - 漢興企業有限公司 (盈業大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Profit Industrial Building)
南豐集團 - 漢興企業有限公司 (兆豐大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Shiu Fung Building)
南豐集團 - 漢興企業有限公司 (荃豐中心)	Nan Fung Group - Hon Hing Enterprises Limited (Tsuen Fung Centre)
南豐集團 - 漢興企業有限公司 (永興工業大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Wing Hing Industrial Building)
南豐集團 - 漢興企業有限公司 (福仁大廈)	Nan Fung Group - Hon Hing Enterprises Limited (Wonder Building)
南豐集團 - 民亮發展有限公司 (亞洲貿易中心)	Nan Fung Group - Main Shine Development Limited (Asia Trade Centre)
南豐集團 - 民亮發展有限公司 (寶能閣)	Nan Fung Group - Main Shine Development Limited (Boland Court)
南豐集團 - 民亮發展有限公司 (長豐工業大廈)	Nan Fung Group - Main Shine Development Limited (Cheung Fung Industrial Building)
南豐集團 - 民亮發展有限公司 (綠悅)	Nan Fung Group - Main Shine Development Limited (Fiori)
南豐集團 - 民亮發展有限公司 (海桃灣)	Nan Fung Group - Main Shine Development Limited (Florient Rise)
南豐集團 - 民亮發展有限公司 (金龍工業中心)	Nan Fung Group - Main Shine Development Limited (Golden Dragon Industrial Centre)
南豐集團 - 民亮發展有限公司 (金德工業大廈)	Nan Fung Group - Main Shine Development Limited (Golden Industrial Building)
南豐集團 - 民亮發展有限公司 (總寫字樓)	Nan Fung Group - Main Shine Development Limited (Head Office)
南豐集團 - 民亮發展有限公司 (錦豐園)	Nan Fung Group - Main Shine Development Limited (Kam Fung Garden)
南豐集團 - 民亮發展有限公司 (葵涌廣場)	Nan Fung Group - Main Shine Development Limited (Kwai Chung Plaza)
南豐集團 - 民亮發展有限公司 (湖景花園)	Nan Fung Group - Main Shine Development Limited (Lakeview Garden)
南豐集團 - 民亮發展有限公司 (南豐商業中心)	Nan Fung Group - Main Shine Development Limited (Nan Fung Commercial Centre)
南豐集團 - 民亮發展有限公司 (南豐廣場)	Nan Fung Group - Main Shine Development Limited (Nan Fung Plaza)
南豐集團 - 民亮發展有限公司 (華基中心)	Nan Fung Group - Main Shine Development Limited (Ricky Centre)
南豐集團 - 民亮發展有限公司 (新蒲崗廣場)	Nan Fung Group - Main Shine Development Limited (San Po Kong Plaza)
南豐集團 - 民亮發展有限公司 (新豐中心)	Nan Fung Group - Main Shine Development Limited (Sun Fung Centre)

「香港無煙領先企業大獎2013」得獎名單
Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

南豐集團 - 民亮發展有限公司 (泰豐工業大廈)	Nan Fung Group - Main Shine Development Limited (Tai Fung Industrial Building)
南豐集團 - 民亮發展有限公司 (德豐工業中心)	Nan Fung Group - Main Shine Development Limited (Tak Fung Industrial Centre)
南豐集團 - 民亮發展有限公司 (華寶中心)	Nan Fung Group - Main Shine Development Limited (Treasure Centre)
南豐集團 - 民亮發展有限公司 (華豐園)	Nan Fung Group - Main Shine Development Limited (Wah Fung Garden)
南豐集團 - 民亮發展有限公司 (華豐工業中心)	Nan Fung Group - Main Shine Development Limited (Wah Fung Industrial Centre)
南豐集團 - 民亮發展有限公司 (宏業工業中心)	Nan Fung Group - Main Shine Development Limited (Wang Yip Industrial Centre)
南豐集團 - 民亮發展有限公司 (和豐工業中心)	Nan Fung Group - Main Shine Development Limited (Well Fung Industrial Centre)
南豐集團 - 民亮發展有限公司 (慧安園)	Nan Fung Group - Main Shine Development Limited (Well On Garden)
南豐集團 - 民亮發展有限公司 (永亨保險大廈)	Nan Fung Group - Main Shine Development Limited (Wing Hang Insurance Building)
南豐集團 - 新卓管理有限公司 (雅苑)	Nan Fung Group - New Charm Management Limited (Beauty Court)
南豐集團 - 新卓管理有限公司 (總寫字樓)	Nan Fung Group - New Charm Management Limited (Head Office)
南豐集團 - 新卓管理有限公司 (雲咸街8號)	Nan Fung Group - New Charm Management Limited (No 8 Wyndham Street)
南豐集團 - 新卓管理有限公司 (羅便臣道80號)	Nan Fung Group - New Charm Management Limited (No 80 Robinson Road)
南豐集團 - 新卓管理有限公司 (傲騰廣場)	Nan Fung Group - New Charm Management Limited (Octa Tower)
南豐集團 - 新卓管理有限公司 (天賦海灣)	Nan Fung Group - New Charm Management Limited (Providence Bay)
南豐集團 - 新卓管理有限公司(Queen's Cube)	Nan Fung Group - New Charm Management Limited (Queen's Cube)
南豐集團 - 新卓管理有限公司 (雲暉大廈)	Nan Fung Group - New Charm Management Limited (Winfield Building)
南豐集團 - 萬寶物業管理有限公司 (總寫字樓)	Nan Fung Group - Vineberg Property Management Limited (Head Office)
南豐集團 - 萬寶物業管理有限公司 (南豐新邨)	Nan Fung Group - Vineberg Property Management Limited (Nan Fung Sun Chuen)
南豐集團 - 萬寶物業管理有限公司 (順寧苑)	Nan Fung Group - Vineberg Property Management Limited (Peaceful Mansion)
南豐集團 - 萬寶物業管理有限公司 (翠豐臺)	Nan Fung Group - Vineberg Property Management Limited (Summit Terrace)
南豐集團 - 萬寶物業管理有限公司 (將軍澳廣場)	Nan Fung Group - Vineberg Property Management Limited (Tseung Kwan O Plaza)
科研資訊系統有限公司	NetMon Information Systems Limited
新世界中國地產有限公司	New World China Land Limited
悅來坊管理有限公司	Panda Place Management Limited
百得物業管理有限公司	Paramatta Estate Management Limited
栢蕙苑物業管理有限公司	Park Vale (Management) Limited
美國輝瑞科研製藥	Pfizer Corporation Hong Kong Limited
筆克 (香港) 有限公司	Pico International (HK) Limited
比富達證券 (香港) 有限公司	Pico Zeman Securities (HK) Limited
培力 (香港) 健康產品有限公司	PuraPharm International (HK) Limited

「香港無煙領先企業大獎2013」得獎名單
Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

彩虹甜品屋有限公司	Rainbow Dessert Company Limited
采頤花園管業處	Rhythm Garden Management Office
華偉音樂藝術中心	ST Music & Art Center
第一太平戴維斯物業管理有限公司	Savills Property Management Limited
第一太平戴維斯物業管理有限公司 - Bayview	Savills Property Management Limited - Bayview
第一太平戴維斯物業管理有限公司 - 中國人壽大廈	Savills Property Management Limited - C L I Building
第一太平戴維斯物業管理有限公司 - 航空大廈	Savills Property Management Limited - Catic Plaza
第一太平戴維斯物業管理有限公司 - 中國太平大廈	Savills Property Management Limited - China Taiping Tower
第一太平戴維斯物業管理有限公司 - 松柏花園	Savills Property Management Limited - Evergreen Garden
第一太平戴維斯物業管理有限公司 - 無限極廣場	Savills Property Management Limited - Infinitus Plaza
第一太平戴維斯物業管理有限公司 - Island Grove	Savills Property Management Limited - Island Grove
第一太平戴維斯物業管理有限公司 - 力寶中心	Savills Property Management Limited - Lippo Centre
第一太平戴維斯物業管理有限公司 - 碧苑	Savills Property Management Limited - Piccadilly Mansion
第一太平戴維斯物業管理有限公司 - 2000年廣場	Savills Property Management Limited - Plaza 2000
第一太平戴維斯物業管理有限公司 - 寶城大廈B座	Savills Property Management Limited - Po Shan Mansions Block B
第一太平戴維斯物業管理有限公司 - 金鐘廊	Savills Property Management Limited - Queensway Plaza
第一太平戴維斯物業管理有限公司 - 保華大廈	Savills Property Management Limited - Repulse Bay Towers
第一太平戴維斯物業管理有限公司 - 嘉崙臺	Savills Property Management Limited - The Colonnade
第一太平戴維斯物業管理有限公司 - 鴻圖台	Savills Property Management Limited - The Hamptons
第一太平戴維斯物業管理有限公司 - 港景別墅	Savills Property Management Limited - The Harbourview
第一太平戴維斯物業管理有限公司 - The Loop	Savills Property Management Limited - The Loop
第一太平戴維斯物業管理有限公司 - 新時代中心	Savills Property Management Limited - Times Tower
第一太平戴維斯物業管理有限公司 - 雙溪	Savills Property Management Limited - Twin Brook
西門子有限公司	Siemens Limited
信和物業管理有限公司 - 旺角中心第一座	Sino Estates Management Limited - Argyle Centre Phase I
滙寶醫療用品配套有限公司	Solutions Health Care Products & Services Limited
舞台文化餐飲服務有限公司	Stage Catering Services Limited

「香港無煙領先企業大獎2013」得獎名單

Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

新港城物業管理有限公司 (恒基兆業地產集團成員) - 新港城四期	Sunshine City Property Management Limited (A Member of Henderson Land Group) - Sunshine City Phase IV
太極樓	Tai Ji Restaurant
香港防癆心臟及胸病協會	The Hong Kong Tuberculosis, Chest and Heart Diseases Association
添惠資源回收發展有限公司	Tim Wai Resources Recycling Development Company, Limited
東華三院	Tung Wah Group of Hospitals
香港德國萊茵技術監護顧問股份有限公司	TÜV Rheinland Hong Kong Limited
富邦物業管理有限公司	Urban - Wellborn Property Management Limited
富城物業管理有限公司 - 學士臺停車場	Urban Property Management Limited - Academic Terrace (Carpark)
富城物業管理有限公司 - 愛蝶灣	Urban Property Management Limited - Aldrich Garden
富城物業管理有限公司 - 盤谷銀行大廈	Urban Property Management Limited - Bangkok Bank Building
富城物業管理有限公司 - 綠悠軒	Urban Property Management Limited - Belair Monte
富城物業管理有限公司 - 殷樺花園一期	Urban Property Management Limited - Blessings Garden Phase I
富城物業管理有限公司 - 殷樺花園二期	Urban Property Management Limited - Blessings Garden Phase II
富城物業管理有限公司 - 雍慧閣	Urban Property Management Limited - Bon Point
富城物業管理有限公司 - 加惠臺	Urban Property Management Limited - Cayman Rise
富城物業管理有限公司 - 昌盛苑	Urban Property Management Limited - Cheong Shing Court
富城物業管理有限公司 - 青華苑	Urban Property Management Limited - Ching Wah Court
富城物業管理有限公司 - 青宏苑	Urban Property Management Limited - Ching Wang Court
富城物業管理有限公司 - 周大福商業中心	Urban Property Management Limited - Chow Tai Fook Centre
富城物業管理有限公司 - 港暉中心	Urban Property Management Limited - Comfort Centre
富城物業管理有限公司 - 深灣畔	Urban Property Management Limited - Deep Bay Grove
富城物業管理有限公司 - 龍暉花園	Urban Property Management Limited - Dragonfair Garden
富城物業管理有限公司 - 豫苑	Urban Property Management Limited - Euston Court
富城物業管理有限公司 - 新紀元廣場	Urban Property Management Limited - Grand Millennium Plaza
富城物業管理有限公司 - 君悅華庭	Urban Property Management Limited - Grand Villa
富城物業管理有限公司 - 康翠臺	Urban Property Management Limited - Greenwood Terrace
富城物業管理有限公司 - 恆順園	Urban Property Management Limited - Handsome Court
富城物業管理有限公司 - 幸俊苑	Urban Property Management Limited - Hang Chun Court
富城物業管理有限公司 - 康利苑	Urban Property Management Limited - Hong Lee Court
富城物業管理有限公司 - 鴻福苑	Urban Property Management Limited - Hung Fuk Court
富城物業管理有限公司 - 鴻德大廈	Urban Property Management Limited - Hung Tak Building
富城物業管理有限公司 - 光明臺	Urban Property Management Limited - Illumination Terrace
富城物業管理有限公司 - 翠河花園	Urban Property Management Limited - Jade Garden
富城物業管理有限公司 - 錦泰苑	Urban Property Management Limited - Kam Tai Court
富城物業管理有限公司 - 高雋閣	Urban Property Management Limited - Ko Chun Court
富城物業管理有限公司 - 葵芳商業中心	Urban Property Management Limited - Kwai Fong Commercial Centre
富城物業管理有限公司 - 冠豪苑	Urban Property Management Limited - Kwun Hei Court
富城物業管理有限公司 - 李節花園	Urban Property Management Limited - Li Chit Garden
富城物業管理有限公司 - 龍豐花園	Urban Property Management Limited - Lung Fung Garden
富城物業管理有限公司 - 俊賢花園	Urban Property Management Limited - Lyttelton Garden
富城物業管理有限公司 - 萬年大廈	Urban Property Management Limited - Manning House
富城物業管理有限公司 - 循道衛理大廈	Urban Property Management Limited - Methodist House
富城物業管理有限公司 - 明報工業中心	Urban Property Management Limited - Ming Pao Industrial Building Centre

「香港無煙領先企業大獎2013」得獎名單

Awards List of "Hong Kong Smoke-free Leading Company Awards 2013"

富城物業管理有限公司 - 爾登豪庭	Urban Property Management Limited - Monte Carlton
富城物業管理有限公司 - 滿輝大廈	Urban Property Management Limited - Moon Fair Mansion
富城物業管理有限公司 - 復園	Urban Property Management Limited - New Haven Court
富城物業管理有限公司 - 新世界大廈	Urban Property Management Limited - New World Tower
富城物業管理有限公司 - 栢道2號	Urban Property Management Limited - No 2 Park Road
富城物業管理有限公司 - 彌敦道579號	Urban Property Management Limited - No 579 Nathan Road
富城物業管理有限公司 - 郝德傑道8-10號	Urban Property Management Limited - No 8-10 Caldecott Road
富城物業管理有限公司 - 海趣坊	Urban Property Management Limited - Ocean Walk
富城物業管理有限公司 - 賀龍居	Urban Property Management Limited - Parc Regal
富城物業管理有限公司 - 恒栢園	Urban Property Management Limited - Park View Court
富城物業管理有限公司 - 珠城大廈	Urban Property Management Limited - Pearl City Mansion
富城物業管理有限公司 - 名珠城	Urban Property Management Limited - Pearl City Plaza
富城物業管理有限公司 - 寶麗苑	Urban Property Management Limited - Po Lai Court
富城物業管理有限公司 - 帝后華庭	Urban Property Management Limited - Queen's Terrace
富城物業管理有限公司 - 彩華花園	Urban Property Management Limited - Rainbow Garden
富城物業管理有限公司 - 海濱花園	Urban Property Management Limited - Riviera Gardens
富城物業管理有限公司 - 御景臺	Urban Property Management Limited - Scenic Rise
富城物業管理有限公司 - 俊傑花園	Urban Property Management Limited - Scholastic Garden
富城物業管理有限公司 - 乘龍閣	Urban Property Management Limited - Shing Loong Court
富城物業管理有限公司 - 南濤閣	Urban Property Management Limited - South Wave Court
富城物業管理有限公司 - 詩濤花園	Urban Property Management Limited - Stubbs Villa
富城物業管理有限公司 - 日和閣	Urban Property Management Limited - Sunpeace Court
富城物業管理有限公司 - 太源閣	Urban Property Management Limited - Tai Yuen Court
富城物業管理有限公司 - 泓都	Urban Property Management Limited - The Merton
富城物業管理有限公司 - 天麗苑	Urban Property Management Limited - Tin Lai Court
富城物業管理有限公司 - 田灣畔	Urban Property Management Limited - Tin Wan Court
富城物業管理有限公司 - 天祐苑	Urban Property Management Limited - Tin Yau Court
富城物業管理有限公司 - 東駿苑	Urban Property Management Limited - Tung Chun Court
富城物業管理有限公司 - 東華學院	Urban Property Management Limited - Tung Wah College
富城物業管理有限公司 - 爾登華庭	Urban Property Management Limited - Villa Carlton
富城物業管理有限公司 - 榮輝中心	Urban Property Management Limited - Wing Fai Centre
富城物業管理有限公司 - 榮暉花園	Urban Property Management Limited - Wing Fai Garden
富城物業管理有限公司 - 世和中心	Urban Property Management Limited - World Peace Centre
富城物業管理有限公司 - 茵翠苑	Urban Property Management Limited - Yan Tsui Court
富城物業管理有限公司 - 忻怡閣	Urban Property Management Limited - Yan Yee Court
富城物業管理有限公司 - 怡基閣	Urban Property Management Limited - Yee Ga Court
富城物業管理有限公司 - 殷豪閣	Urban Property Management Limited - Yukon Court
富城物業管理有限公司 - 嘉田苑	Urban Property Management Limited - Ka Tin Court
富城物業管理有限公司 - 凱旋工商中心	Urban Property Management Limited - Kaiser Estate
科俊健康藥品公司及科俊藥廠有限公司	Wellpro Health Care Company and Wellpro Pharmaceutical Company, Limited
香港西區隧道有限公司	Western Harbour Tunnel Company Limited
王榮記菓子廠有限公司	Wong Wing Kee Preserved Fruits Factory Limited

各常務委員會之職能範圍

Terms of Reference of Standing Committees

甲、行政委員會

- 1. 就策略性規劃本會各項活動及倡議工作提供意見。
- 2. 審議及批核委員會項目及活動之財政預算。
- 3. 監督秘書處的運作，尤以人事及財政事宜為首。
- 4. 監督委員會之資訊保安管理。

乙、法例委員會

- 1. 監察《吸煙（公眾衛生）條例》及《定額罰款（吸煙罪）條例》的各項控煙措施之執行情況。
- 2. 檢討及向委員會建議與法例有關之適當行動。
- 3. 研究有效之方法以提升公眾對控煙法例之認識及鼓勵公眾遵守法例。

丙、教育及宣傳委員會

- 1. 研究有效之方法以教育公眾有關吸煙與被動吸煙之禍害及向社區宣揚無煙生活方式之信息。
- 2. 策劃及組織大型之社區宣傳活動，以異化吸煙及宣揚戒煙信息。
- 3. 策劃及推行預防兒童及青少年吸煙之教育活動。
- 4. 監督宣傳物品之製作，包括：電視宣傳短片、海報、宣傳單張、紀念品及年報。
- 5. 檢討教育及宣傳活動之成效，並提出適切的改善方法。

A. Executive Committee

- 1. To advise COSH on the strategic planning of COSH programmes and initiatives.
- 2. To consider and endorse the budget of COSH projects and activities.
- 3. To oversee the functioning of COSH secretariat, in particular staffing and financial matters.
- 4. To oversee the information security management of COSH.

B. Legislation Committee

- 1. To monitor the implementation of various tobacco control measures stipulated in the Smoking (Public Health) Ordinance and the Fixed Penalty (Smoking Offences) Ordinance.
- 2. To review and recommend to COSH appropriate action on legislative matters.
- 3. To consider ways and means to promote public awareness of the legislative requirements and encourage their compliance.

C. Education and Publicity Committee

- 1. To consider ways and means that can best educate the general public on the harm of smoking and passive smoking, and to promote a smoke-free lifestyle in the community.
- 2. To plan and organize territory-wide publicity campaigns to de-normalize smoking and promote smoking cessation.
- 3. To plan and implement education projects to prevent children and youth from taking up the habit of smoking.
- 4. To oversee the production of publicity materials such as TV Commercials, posters, leaflets, souvenirs and annual reports.
- 5. To evaluate the education and publicity campaigns and to initiate improvements where appropriate.

丁、社區聯絡委員會

- 1. 與地區及社區組織保持聯繫，向他們推廣委員會之控煙及倡議工作。
- 2. 擔當委員會與社區在控煙工作上的聯繫點。
- 3. 與不同社區組織合作策劃及推行控煙項目及活動。

戊、資訊及研究委員會

- 1. 搜集及整理有關吸煙與健康之資料，並透過各種途徑傳遞給公眾。
- 2. 訂定調查研究項目及主題。
- 3. 就調查研究之設計及結果公佈提供意見。
- 4. 委託機構進行研究，並邀請機構就特定研究題目遞交計劃書；審查研究計劃書及向委員會推薦計劃以申請撥款。
- 5. 公佈調查研究結果，及建議跟進之工作。
- 6. 策劃及組織有關吸煙與健康的學術會議、研討會或工作坊。

D. Community Liaison Committee

- 1. To communicate with district and community groups on COSH's tobacco control works and initiatives.
- 2. To serve as a focal point for community liaison on matters related to COSH and tobacco control.
- 3. To partner with various community groups in the planning and implementation of tobacco control programmes and activities.

E. Information and Research Committee

- 1. To collect and collate all information related to smoking and health and to disseminate such information through appropriate means and networks.
- 2. To identify appropriate themes of research and survey projects to be carried out.
- 3. To provide advice for the design of research and surveys and the subsequent presentation of results.
- 4. To commission out research projects; and to invite submission of research proposals on targeted research topics; to examine research proposals and recommend projects for funding to COSH.
- 5. To publicize the research/survey results and recommend follow-up actions having regard to such results.
- 6. To initiate and organize scientific conference, seminars or workshops on smoking and health research.

香港控煙政策意見調查2012-2013

2014年3月 第十四號報告書



擴大法定禁煙範圍及增加煙草稅

麥潔儀¹、陳靜¹、林大慶¹、劉文文²、黎慧賢²

¹香港大學公共衛生學院

²香港吸煙與健康委員會

1. 引言

吸煙是導致過早死亡的一個主要原因。每年煙草在全世界奪去近六百萬人的生命，其中包括超過六十萬非吸煙者死於被動吸煙¹。在過去的數十年，煙草控制為全球健康作出了突出貢獻。世界衛生組織(世衛)的《煙草控制框架公約》(FCTC)是由世衛協商的第一個國際衛生條約，推動煙草控制進入了一個新的時代²。為了確定煙草控制政策的影響和收集有關煙草控制政策的意見，許多國家開展了針對已實施或正在考慮實施的控煙政策的調查。多項調查已經評估了煙草控制政策的影響(如無煙法例)，其中包括美國國家健康與營養調查(NHANES)³、國際煙草控制政策評估調查(ITC)⁴以及全球成人煙草調查(GATS)⁵。國際煙草控制政策評估調查旨在評估各地在實施《煙草控制框架公約》下煙草需求減少的情況，調查已在加拿大、美國、澳洲和英國等國家開展，並擴展到亞洲地區(例如中國、印度和孟加拉)。全球成人煙草調查已於超過15個國家和地區進行，調查的主題包括煙草使用、煙草產品廣告和煙草對經濟的影響等。

在香港，政府已實施多項控煙政策，以增加煙草稅、保護市民免受二手煙的危害、限制煙草產品廣告及鼓勵吸煙人士戒煙。本報告主要描述接觸二手煙的情況，公眾對當前和未來的煙草控制措施的支持，和現有煙草控制政策的影響。

2. 方法

是次調查於2013年3月至7月期間以電話和不記名形式進行，隨機抽取住宅電話號碼並邀請15至65歲，懂廣東話或者普通話的人士成為受訪者。當成功接觸到一個目標住戶後，運用「下一個生日」的方法，從所有合資格的家庭成員中選出一位接受訪問。受訪者按照吸煙狀況被分

為三組，現時吸煙者(在調查時，每天或偶爾吸食任何煙草產品)；曾經吸煙者(過往曾經吸煙，但現時已成功戒煙)及從不吸煙者(從未吸食過任何煙草產品)。

通過概率抽樣，在獲得足夠樣本量的從不吸煙者後(801位從不吸煙者、以及138位曾經吸煙者和100位現時吸煙者，共1,039受訪者)，繼續隨機抽取曾經吸煙者和現時吸煙者，直到兩組樣本量均達到800(即概率抽樣後，超取曾經吸煙者和現時吸煙者的樣本)。問卷分為兩部份：(一)三組吸煙組別中所有受訪者回答的核心問題及；(二)從三組吸煙組別中隨機抽取受訪者回答的針對性問題。在受訪者同意參加是次調查後，他們會被問及目前接觸二手煙的情況、對當前和未來的煙草控制政策的意見、使用戒煙服務的情況、與吸煙有關的知識、態度和行為以及他們的社會人口特徵。

為了令調查結果更具代表性，收集到的樣本根據現時的香港人口結構進行加權處理。統計上採用卡方檢驗檢測類別變項及單因素回歸分析檢測連續變項，以決定三個組別之間的差異是否具有統計學顯著意義；對主要變項則進行多因素邏輯回歸分析。除了整體吸煙率是在隨機抽樣時確定，其餘所有分析都是基於加權樣本而進行的。

3. 結果

3.1 社會人口特徵

是項調查共有2,401位受訪者，其中801位為從不吸煙者，800位為曾經吸煙者，800位為現時吸煙者(受訪者回應率為73.7%)。

表一顯示經加權樣本的社會人口特徵。在從不吸煙者中，36.7%的教育程度為大專/大學或以上，該比率高於曾經吸煙者(22.0%)和現時吸煙者(21.9%)(p值小於

0.001)。現時吸煙者中有61.0%的受僱人士，該比率高於從不吸煙者(34.5%)和曾經吸煙者(48.5%，p值小於0.001)。

表一 加權樣本的社會人口特徵

	從不吸煙者	曾經吸煙者	現時吸煙者	總計	p 值 [§]
	N=801	N=800	N=800	N=2,401	
性別					<0.001
男性	38.8%	82.9%	82.8%	45.5%	
女性	61.2%	17.1%	17.2%	54.5%	
年齡，均值(標準差)					<0.001 [¶]
	38.4 (0.5)	50.3 (0.5)	42.2 (0.4)	39.3 (0.5)	
教育程度					<0.001
未接受過正式教育	0.9%	1.7%	0.9%	0.9%	
小學	6.6%	15.0%	13.3%	7.7%	
中學	51.4%	54.4%	59.5%	52.4%	
大專/大學或以上	36.7%	22.0%	21.9%	34.4%	
婚姻狀況					<0.001
單身	40.2%	14.7%	31.3%	38.1%	
已婚/同居	54.6%	79.6%	62.7%	56.6%	
喪偶/離婚	1.1%	2.6%	2.9%	1.3%	
就業情況					<0.001
僱員	34.5%	48.5%	61.0%	38.0%	
僱主	1.8%	1.7%	3.4%	1.9%	
自僱人士	4.4%	8.1%	12.0%	5.4%	
學生	18.6%	1.7%	3.2%	16.2%	
家務料理者	25.8%	6.7%	2.8%	22.5%	
失業人士	3.7%	7.8%	6.7%	4.2%	
退休	7.1%	20.7%	8.2%	7.8%	

[§] p值由卡方檢驗得出

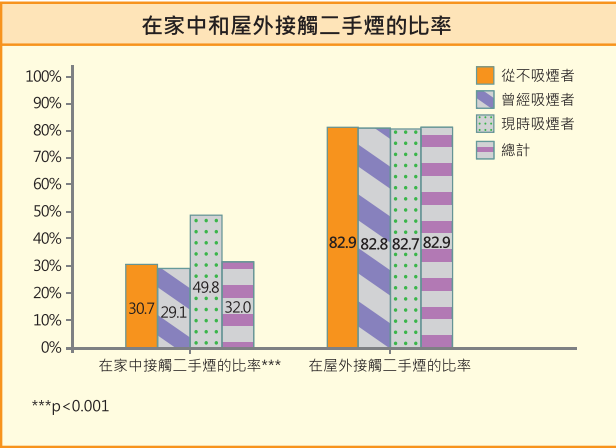
[¶] p值由t檢驗得出，所有組別比較(從不吸煙者和曾經吸煙者，從不吸煙者和現時吸煙者，曾經吸煙者和現時吸煙者)的p值均小於0.001

不同吸煙組別的結果根據2013年香港人口的年齡結構和性別比例進行加權處理，而整體結果根據2012年香港吸煙率進一步加權處理⁶

3.2 接觸二手煙的比率

在所有受訪者中，32.0%表示在家中接觸過二手煙(從不吸煙者、曾經吸煙者及現時吸煙者分別為30.7%，29.1%及49.8%，p值小於0.001)。82.9%表示，過去七天內在 家以外的地方(如街上或室外餐廳等)接觸過二手煙，三個組別的數據沒有顯著差異(p值等於0.11)。

圖一



過去30天內，39.0%在家以外地方工作的受訪者表示有人在他們工作場所的室內區域(包括小型貨車)吸煙(從不吸煙者、曾經吸煙者及現時吸煙者分別為34.7%、40.9%及55.9%，p值小於0.001)(表二)。在過去30天內，64.7%到訪過酒吧的受訪者(從不吸煙者、曾經吸煙者及現時吸煙者分別為61.1%、74.2%及75.7%，p值小於0.01)以及13.3%到訪過購物商場的受訪者(從不吸煙者、曾經吸

煙者及現時吸煙者分別為13.1%、11.7%及15.2%，p值等於0.43)表示有人在自己附近吸煙。約四分之一搭乘過的士或者小巴的受訪者表示，在所搭乘的的士(27.8%；從不吸煙者、曾經吸煙者及現時吸煙者分別為27.0%、34.9%及30.9%，p值等於0.18)或小巴(22.8%；從不吸煙者、曾經吸煙者及現時吸煙者分別為21.4%、31.3%及30.4%，p值小於0.001)上聞到煙味。

表二 過去三十日內在法定禁煙範圍接觸二手煙的比率

法定禁煙範圍	從不吸煙者		曾經吸煙者		現時吸煙者		總計	
	%	N	%	N	%	N	%	N
工作場所的室內區域***	34.7	242	40.9	375	55.9	548	39.0	1,165
酒吧內**	61.1	55	74.2	74	75.7	171	64.7	300
商場內	13.1	703	11.7	709	15.2	634	13.3	2,046
的士內	27.0	554	34.9	583	30.9	626	27.8	1,763
小巴內***	21.4	661	31.3	684	30.4	680	22.8	2,025

***p<0.001

**p<0.01

在過去30天內，對於未有納入禁煙範圍的地方，45.8%和66.6%的所有非吸煙者(從不吸煙者和曾經吸煙者)表示覺得在大廈、商場或者餐廳門口，以及街道上被別人吸煙所打擾，61.2%的所有受訪者表示曾經在巴士站或運輸交滙處接觸過二手煙。在過去30天內曾經到訪過酒吧的受訪者中，82.2%表示在酒吧外接觸過二手煙(表三)。

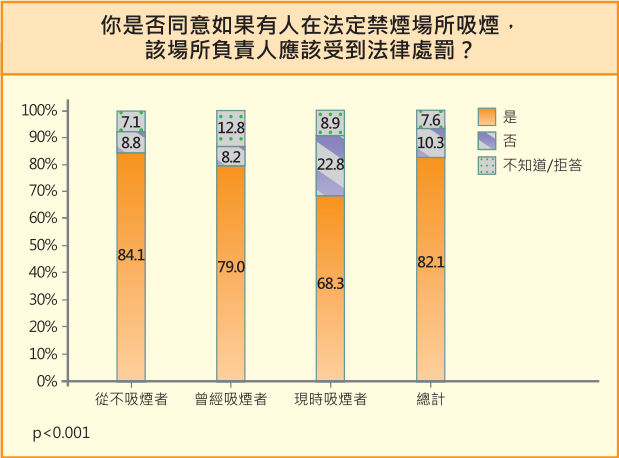
3.3 關於控制二手煙的政策意見

大部份受訪者(82.1%)認為如果有人在法定禁煙場所吸煙，該場所負責人應該受到法律處罰(圖二)。在調整性別、年齡、教育程度、婚姻狀況及就業狀況等因素後，現時吸煙者比從不吸煙者支持該政策的可能性小(68.3%比84.1%，對比值等於0.27，p值小於0.001)，曾經吸煙者和從不吸煙者支持該政策的可能性沒有顯著差異(79.0%比84.1%，對比值等於0.87，p值等於0.62)。

表三 過去三十日內在非法定禁煙範圍接觸二手煙的比率

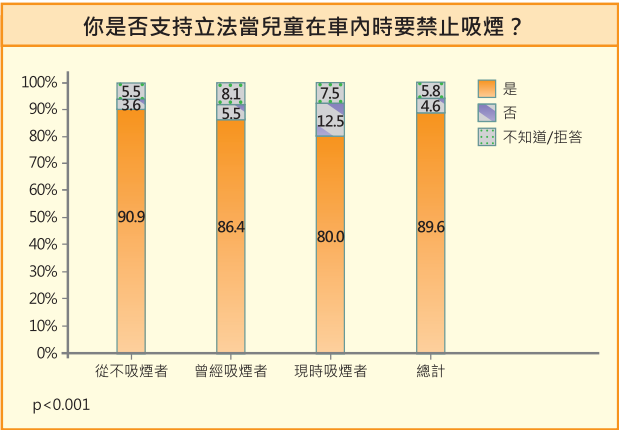
非法定禁煙範圍	從不吸煙者		曾經吸煙者		現時吸煙者		總計	
	%	N	%	N	%	N	%	N
酒吧外	78.8	55	89.8	74	93.0	171	82.2	300
公共運輸站(例如巴士站)	60.5	780	65.9	781	64.5	770	61.2	2,331
街上	66.8	801	62.0	800	--	--	66.6	1,601
建築物門口	45.8	801	46.6	800	--	--	45.8	1,601

圖二



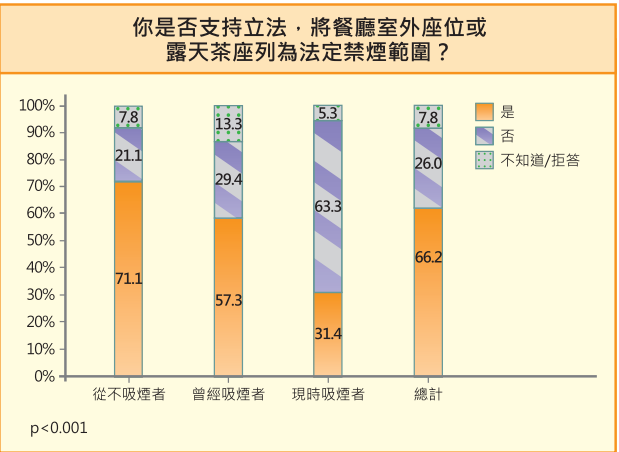
大部份受訪者(89.6%)表示支持立法禁止在有兒童的車輛中吸煙，儘管這一比率低於從不吸煙者(90.9%)和曾經吸煙者(86.4%)(p值小於0.001)(圖三)，仍有80.0%的現時吸煙者支持該立法。在調整性別、年齡、教育程度、婚姻狀況及就業狀況等因素後，現時吸煙者比從不吸煙者支持該立法的可能性小(對比值等於0.25，p值小於0.001)，曾經吸煙者和從不吸煙者支持該政策的可能性沒有顯著差異(對比值等於0.57，p值等於0.13)。

圖三



約三分之二的受訪者(66.2%)表示支持立法將餐館室外座位或露天茶座列為法定禁煙範圍(圖四)。僅有31.4%的現時吸煙者支持該立法，明顯低於從不吸煙者(71.1%)和曾經吸煙者(57.3%)(p值小於0.001)。在調整性別、年齡、教育程度、婚姻狀況及就業狀況等因素後，現時吸煙者(對比值等於0.16，p值小於0.001)和曾經吸煙者(對比值等於0.62，p值等於0.013)支持該立法的可能性比從不吸煙者小。

圖四



3.4 關於擴大禁煙範圍的意見

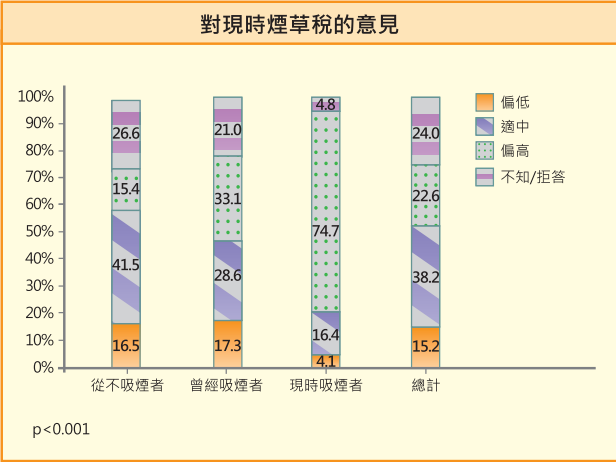
在隨機抽取的受訪者中，超過四分之一(27.2%)認為現時法定的禁煙區域不足夠，從不吸煙者、曾經吸煙者和現時吸煙者分別為28.9%、26.7%、11.0%(p值等於0.51)。在認為現時法定禁煙區不足夠的受訪者，78.4%的受訪者支持將所有餐廳範圍(包括室內特別是室外地方)、61.3%的受訪者支持將所有街道、55.4%的受訪者支持將所有公共場所(例如公園、室外區域)、11.1%的受訪者支持將其他地方例如所有巴士站、市中心(人較多的地方)、所有交通工具、所有通道或所有有蓋的地方(例如行人天橋)列為法定禁煙範圍。

3.5 煙稅的影響以及關於煙稅政策的意見

31.4%的現時吸煙者表示因為2011年煙稅增加而改變日常吸煙數量(停止吸煙或減少吸煙量)。在2011年以後戒煙的人士中，32.8%表示因為煙稅的增加而更加有決心戒煙(男女分別為30.3%和45.8%，p值等於0.59)。在所有已戒煙人士中，10.5%表示因為捲煙價格昂貴而戒煙。

在所有受訪者中，38.2%認為目前的煙稅水平適中，15.2%認為偏低，22.6%認為偏高(圖五)。曾經吸煙者(17.3%)和從不吸煙者(16.5%)認為目前煙稅偏低的比率高於現時吸煙者(4.1%)(p值小於0.001)。

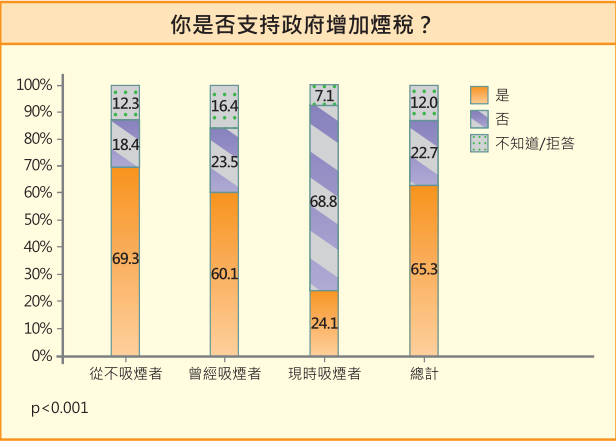
圖五



多數隨機抽取的受訪者(65.3%)表示支持增加煙稅，以提高調查期間的煙稅水平(圖六)。在調整性別、年齡、教育程度、婚姻狀況及就業狀況等因素後，現時吸煙者比從不吸煙者支持增加煙稅的可能性較小(對比值等於0.17，p值小於0.001)。在隨機抽取的現時吸煙者中，有戒煙意願的(36.1%，95%信賴區間為25.2-47.1%)比沒有戒煙意願的(11.1%，95%信賴區間為4.0-18.2%)更支持增加煙稅(p值小於0.001)。

同時，那些支持增加煙稅的受訪者建議煙稅應該平均增加29.7%(95%信賴區間為25.0-34.6%)，當中7.5%更建議煙稅增加幅度為100%。

圖六



4. 討論

4.1 接觸二手煙和有關無煙政策的意見

雖然吸煙(公眾衛生)(修訂)條例(第371章)在2007年1月1日正式實施，但是次調查顯示，許多受訪者表示在不同的場所，包括已列為法定禁煙範圍的地方例如酒吧內和工作場所的室內區域，仍然接觸到二手煙。公眾對更全面的無煙政策表示支持。環顧世界各地的無煙政策，日本已禁止在繁忙的街道吸煙並設有罰則⁷，新加坡屋苑內的所有公共區域，例如連接巴士站和住宅區的通道、走廊及樓梯間等均禁止吸煙⁸，美國和英國以及中國內地不少城市的場地負責人需要為在其場所內違例吸煙的行為負上責任和受到懲罰⁹⁻¹¹。是次調查的大部分受訪者認為，以上的政策也應該在香港實施。

4.2 提高煙稅的影響和關於煙稅的意見

香港的煙稅在2009年2月及2011年2月分別提高50%及41.5%，令到煙稅佔每包捲煙零售價約68%。有研究顯示提高煙稅能有效阻止青少年吸煙，並鼓勵吸煙者戒煙^{12,13}。儘管如此，香港目前的煙稅水平低於英國(80.12%)¹⁴、芬蘭(79.88%)、法國(79.86%)、丹麥(79.33%)及愛爾蘭(78.97%)，且未達世衛組織建議的70%或以上。是次調查發現多數受訪者表示支持增加煙稅，而這支持者當中有些更建議煙稅增幅應為100%。

4.3 調查的局限性和優勢

是次調查是一個橫斷面調查，僅收集了自我報告的數據。由於所有的受訪者年齡在15至65歲，所以沒有直接衡量煙草控制政策對兒童以及老年人的影響。然而，透過成人在公共場所和在家中接觸二手煙的比率可以說明兒童和老年人亦經常接觸二手煙。是次調查中「現時吸煙者」指現時每日和偶爾吸煙者，「曾經吸煙者」指曾經每日和偶爾吸煙者。基於是次調查的目的，沒有必要區分日常和偶爾吸煙者。所有數據是通過電話訪問所收集，因此缺乏受訪者與訪問者面對面的互動。然而，電話訪問的不記名令收集到的數據更真實。受訪者在針對同一方面而設計的不同問題上回答基本一致，據此是次研究數據有較高的真實性。建議將來的調查應增加樣本量，以增加數據的準確度和隨機題目的數量。

6. 鳴謝

我們感謝政策二十一有限公司的職員及電話訪問員為是次調查收集數據，同時感謝香港大學公共衛生學院何禮明博士和蘇正先生於數據分析上提供的建議，最後我們感謝受訪者參與是次調查及提供重要數據。香港吸煙與健康委員會為是次調查提供資助。

5. 結論

是次調查顯示現時的控煙政策已經幫助部份吸煙人士減少吸煙量或戒煙，然而對於現時禁煙措施以及無煙條例的遵守仍然存在差距。公眾強烈支持擴大禁煙範圍，場所負責人應該對其場所內的違例吸煙行為負責並受到法律處罰、禁止在有兒童的車內吸煙和將餐館室外座位/露天茶座列列為法定禁煙範圍以及提高現時的煙稅水平。

7. 參考文獻

¹ World Health Organization.(2013). *Tobacco, Key Facts (Factsheet No. 339)*. Geneva : World Health Organization.

² World Health Organization.(2003). *WHO Framework Convention on Tobacco Control*. Geneva: World Health Organization.

³ Max W, Sung HY, Shi Y.(2009). Who is exposed to secondhand smoke? Self-reported and serum cotinine measured exposure in the U.S., 1999-2006. *International Journal of Environmental Research and Public Health*, 2009 May; 6:1633-48.

⁴ ITC Project.(2012). *Smoke-free Policies: ITC Cross-Country Comparison Report*. Ontario: University of Waterloo.

⁵ Global Adult Tobacco Survey Collaborative Group.(2011). *Tobacco Questions for Surveys: A Subset of Key Questions from the Global Adult Tobacco Survey (GATS), 2nd edition*. Atlanta, GA: Centers for Disease Control and Prevention.

⁶ Census & Statistics Department.(2013). Pattern of smoking. *Thematic Household Survey Report No. 53*. Hong Kong: Census & Statistics Department.

⁷ Ueda H, Armada F, Kashiwabara M, Yoshimi I.(2011). Street smoking bans in Japan: a hope for smoke-free cities? *Health Policy*. 2011 Sep; 102:49-55.

⁸ National Environment Agency.(2013). Smoking Prohibition.Singapore. Retrieved Sept 26, 2013 from: <http://app2.nea.gov.sg/public-health/smoking/smoking-prohibition#smokefree>

⁹ The Floride Legislature.(2010). The 2010 Florida Statutes (including Special Session A) Stat. 386.207. Retrieved Sep 24, 2013 from: http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&Search_String=&URL=0300-0399/0386/Sections/0386.207.html

¹⁰ Alaska Legal Resource Centre.(2011). Alaska Statutes Stat. 18.35.330 (2011). Retrieved Sep 24, 2013 from : <http://www.touchngo.com/lglcntr/akstats/Statutes/Title18/Chapter35/Section330.htm>

¹¹ HM Government National Health Service.(2012). *England Becomes Smokefree 1 July 2007. Your Guide to the New Smokefree Law*. England: HM Government National Health Service.

¹² Hong Kong Council on Smoking and Health.(2012). COSH advocates to Financial Secretary for raising tobacco tax in Financial Year 2012-2013[Press release]. Retrieved Sep 26, 2013 from : <http://www.cosh.org.hk/en/content/web.do?page=news20120130>

¹³ School of Public Health, The University of Hong Kong.(2011). HKU study provides first evidence that rise in tobacco tax curbs adolescent smoking[Press release]. Retrieved Sep 26, 2013 from : http://www.hku.hk/press/news_detail_6450.html

¹⁴ World Health Organization.(2013). *WHO Report on the Global Tobacco Epidemic 2013*. Geneva: World Health Organization.

Tobacco Control Policy-related Survey 2012-2013

March 2014 COSH Report No.14



Expansion of Statutory Smoke-free Area and Tobacco Tax Raise

Sarah M MCGHEE¹ , J CHEN¹ , TH LAM¹ , Lisa LAU² , Vienna LAI²

¹ School of Public Health, The University of Hong Kong

² Hong Kong Council on Smoking and Health

1. Introduction

Smoking is a major cause of premature death. Each year, tobacco kills nearly 6 million people globally, including more than 600,000 non-smokers by secondhand smoke (SHS)¹. During the past decades, tobacco control has contributed to global health prominently, and the World Health Organization (WHO) Framework Convention on Tobacco Control (FCTC), the first international health treaty negotiated by WHO has propelled the tobacco control into a new era². In order to determine the impact of and opinions on tobacco control policies, many countries have carried out surveys on policies either implemented or under consideration. A number of surveys have assessed the impact of tobacco control policies (e.g. smoke-free laws) including the National Health and Nutrition Examination Survey (NHANES)³, the International Tobacco Control (ITC) Surveys⁴ and the Global Adult Tobacco Survey (GATS)⁵. The ITC surveys were designed to evaluate the demand reduction due to the WHO FCTC and have been carried out in Canada, USA, Australia and UK, and more recently in Asia (e.g. China, India and Bangladesh). GATS has been used in more than 15 countries and includes topics such as tobacco use, exposure to advertising and economic aspects.

In Hong Kong, many tobacco control measures have been implemented to increase tobacco tax, protect the population from SHS, ban advertsing of tobacco products and encourage smokers to quit. The current report focused on the prevalence of SHS exposure,

active smoking, the level of public support for current and future tobacco control measures and the impact of existing tobacco control policies in Hong Kong.

2. Methods

Computer-assisted telephone interviews based on an anonymous and structured questionnaire were conducted from March to July 2013. Participants aged 15 to 65 speaking Cantonese or Mandarin were randomly selected according to their residential telephone numbers. When telephone contact was successfully established with a target household, one eligible person was selected from all eligible family members using the "next birthday" procedure. Respondents were divided into three groups, i.e. current smokers who, at the time of the survey, smoked any tobacco product daily or occasionally; ex-smokers, who formerly smoked and never smokers, who never smoked in their entire life.

After a probability sample with sufficient never smokers (801 never smokers, together with 138 ex-smokers and 100 current smokers, total 1,039 respondents) had been recruited, only ex- and current smokers were further recruited to achieve a total of 800 for each group (i.e. over-sampling after completion of probability sampling).

Questions were divided into two categories (a) core questions for all respondents in any particular smoking group and (b) random questions for randomly selected subsets of the respondents. Consenting participants were asked about their current level of SHS exposure, opinions of current and future tobacco control policies, use of smoking cessation services, smoking-related attitudes, behaviours and knowledge and socio-demographic characteristics.

The overall survey sample was weighted to compensate for oversampling of ex- and current smokers and to make it representative of the Hong Kong population. The chi-square test was used to test whether differences among smoking groups were statistically significant if the variable was categorical, and univariate regression if the variable was continuous. Multivariate logistic regression analysis was used for

key variables, adjusted for socio-demographic factors. Apart from overall prevalence of smoking, which was initially ascertained from the probability sample, all analyses were done using the weighted overall sample.

3. Results

3.1 Sample characteristics

In total, 2,401 participants were recruited, with 801 classified as never smokers, 800 ex-smokers and 800 current smokers (response rate 73.7%). Table 1 shows the characteristics of the weighted overall survey sample. Among never smokers, 36.7% were college/university graduates which were higher than ex- (22.0%) and current smokers (21.9%) (p<0.001). Higher proportion of current smokers (61.0%) was employed than never (34.5%) and ex-smokers (48.5%) (p<0.001).

Table 1 Characteristics of the weighted overall survey sample

	Never smokers	Ex-smokers	Current smokers	Total	p-value [§]
	N=801	N=800	N=800	N=2,401	
Sex					<0.001
Male	38.8%	82.9%	82.8%	45.5%	
Female	61.2%	17.1%	17.2%	54.5%	
Age, years (mean, SE)					<0.001 [¶]
	38.4 (0.5)	50.3 (0.5)	42.2 (0.4)	39.3 (0.5)	
Education level					<0.001
No formal education	0.9%	1.7%	0.9%	0.9%	
Primary school	6.6%	15.0%	13.3%	7.7%	
Secondary school	51.4%	54.4%	59.5%	52.4%	
College/University	36.7%	22.0%	21.9%	34.4%	
Marital status					<0.001
Single	40.2%	14.7%	31.3%	38.1%	
Married/Cohabited	54.6%	79.6%	62.7%	56.6%	
Widowed/Separated	1.1%	2.6%	2.9%	1.3%	
Employment status					<0.001
Employee	34.5%	48.5%	61.0%	38.0%	
Employer	1.8%	1.7%	3.4%	1.9%	
Self employed	4.4%	8.1%	12.0%	5.4%	
Student	18.6%	1.7%	3.2%	16.2%	
Home-maker	25.8%	6.7%	2.8%	22.5%	
Unemployed	3.7%	7.8%	6.7%	4.2%	
Retired/Elderly	7.1%	20.7%	8.2%	7.8%	

§ p-value of chi-square test

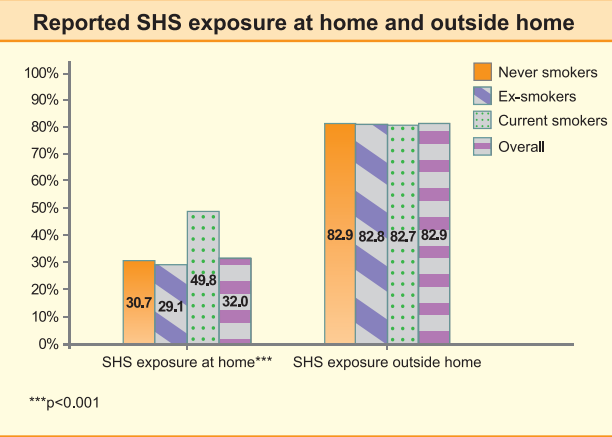
¶ p-value of t-test, p<0.001 for all comparisons between never and ex-smokers, never and current smokers and ex- and current smokers

Results were weighted to 2013 Hong Kong population by age and sex for each smoking group; results for total were further weighted to 2012 Hong Kong smoking prevalence⁶

3.2 Reported SHS exposure

Among all respondents, any SHS exposure at home was reported by 32.0% (30.7% of never, 29.1% of ex- and 49.8% of current smokers, p<0.001). Exposure to SHS outside home (e.g. on the street, outdoor restaurant) in the past 7 days was reported by 82.9% with no significant difference between groups (p=0.11) (Figure 1).

Figure 1



In the past 30 days, 39.0% of those who worked outside their home reported someone smoking near them in indoor areas of the workplace including inside vans (34.7%, 40.9% and 55.9% of never, ex- and current smokers, p<0.001) (Table 2). Smoking indoors was reported by 64.7% of bar visitors (61.1%, 74.2% and 75.7% of never, ex- and current smokers, p<0.01) and 13.3% of shopping malls visitors (13.1%,11.7% and 15.2% of never, ex- and current smokers, p=0.43). Around a quarter of respondents who had taken a taxi or a minibus smelled smoke in the taxi (27.8%; 27.0%, 34.9% and 30.9% of never, ex- and current smokers, p=0.18) or minibus (22.8%; 21.4%, 31.3% and 30.4% of never, ex- and current smokers, p<0.001).

In the past 30 days, in areas not yet designated smoke-free, 45.8% and 66.6% of all non-smokers (never and ex-smokers) had been bothered by smoking near doorways and in the street respectively, 61.2% of all respondents reported SHS exposure at a bus stop or public transport interchange. Of bar visitors, 82.2% were exposed outside the bar (Table 3).

Table 2 Reported SHS exposure in designated smoke-free areas in the past 30 days

Designated smoke-free areas	Never smokers		Ex-smokers		Current smokers		Overall	
	%	N	%	N	%	N	%	N
Indoor areas of the workplace***	34.7	242	40.9	375	55.9	548	39.0	1,165
Inside bars**	61.1	55	74.2	74	75.7	171	64.7	300
Shopping malls	13.1	703	11.7	709	15.2	634	13.3	2,046
Inside taxi	27.0	554	34.9	583	30.9	626	27.8	1,763
Inside minibus***	21.4	661	31.3	684	30.4	680	22.8	2,025

***p<0.001

**p<0.01

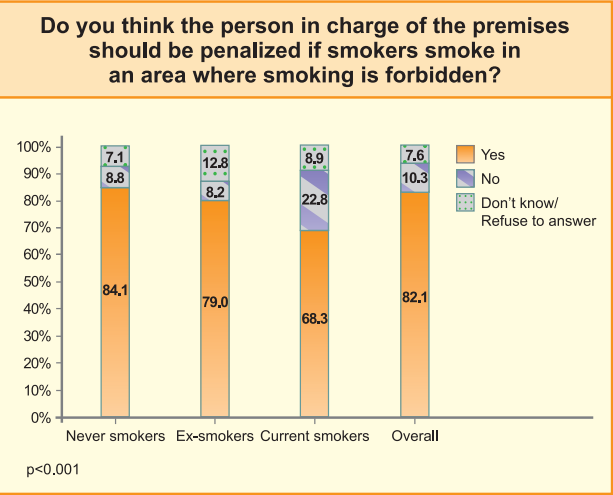
Table 3 Reported SHS exposure in non-designated smoke-free areas in the past 30 days

Areas not designated smoke-free	Never smokers		Ex-smokers		Current smokers		Overall	
	%	N	%	N	%	N	%	N
Outside bars	78.8	55	89.8	74	93.0	171	82.2	300
Public transport interchanges (e.g. bus stops)	60.5	780	65.9	781	64.5	770	61.2	2,331
On streets	66.8	801	62.0	800	--	--	66.6	1,601
Doorways of buildings	45.8	801	46.6	800	--	--	45.8	1,601

3.3 Opinions on tobacco control policy with regard to SHS exposure

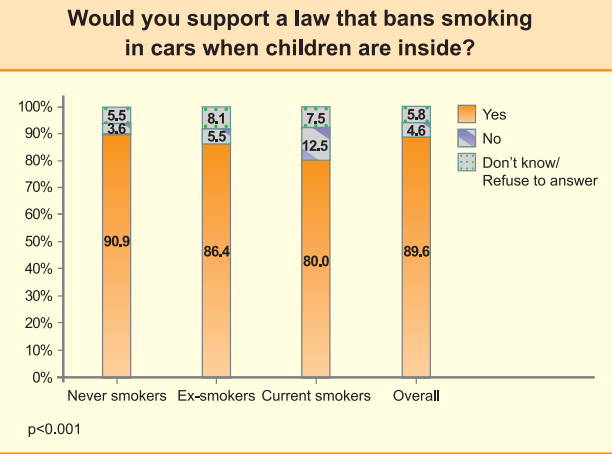
Most respondents (82.1%) thought that the person in charge should be penalized if people smoke in designated no smoking areas (Figure 2). Current smokers were less likely to think so (68.3% vs. 84.1%, OR=0.27, $p<0.001$) than never smokers after adjustment for sex, age, education level, marital status and employment status, but ex-smokers did not differ from never smokers (79.0% vs. 84.1%, OR=0.87, $p=0.62$).

Figure 2



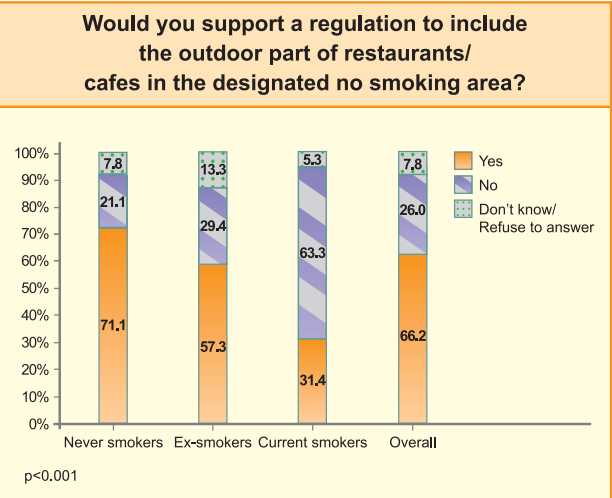
Most respondents (89.6%) supported a ban on smoking in cars when there are children inside and even 80.0% of current smokers supported the ban, though the proportion was lower than never (90.9%) and ex-smokers (86.4%) ($p<0.001$) (Figure 3). After adjustment for sex, age, education level, marital status and employment status, current smokers were less likely than never smokers to agree to this (OR=0.25, $p<0.001$) but ex-smokers were not significantly different (OR=0.57, $p=0.13$) from never smokers.

Figure 3



About two thirds of respondents (66.2%) supported inclusion of the outdoor areas of restaurants or cafes as designated no smoking areas (Figure 4). A significantly lower proportion of current smokers (31.4%) than never (71.1%) and ex-smokers (57.3%) ($p<0.001$) supported this proposal after adjustment for sex, age, education level, marital status and employment status (current smokers OR=0.16, $p<0.001$, ex-smokers OR=0.62, $p=0.013$, compared with never smokers).

Figure 4



3.4 Opinion on tobacco control policy on smoke-free areas

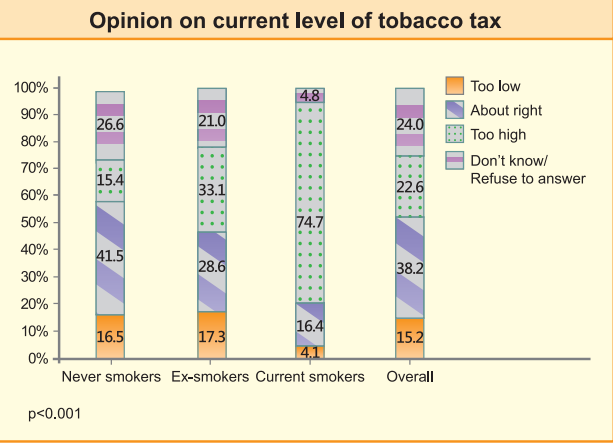
Of randomly selected respondents, more than one quarter (27.2%) opined that the current designated no smoking areas were not enough, 28.9%, 26.7% and 11.0% of never, ex- and current smokers respectively ($p=0.51$). Among those who thought it was not enough, 78.4% supported to include all restaurants (indoor and especially outdoor areas); 61.3% supported to include all streets; 55.4% supported to include all public places (e.g. parks, outdoor areas); another 11.1% supported to include places such as bus stops, downtown (crowded) places, all transportation vehicles, all doorways, or all places with a roof (e.g. a bridge), as designated no smoking areas.

3.5 Effect of and opinion on tobacco control policy with regard to tobacco tax

Among all current smokers, 31.4% reported that they changed their daily cigarette consumptions (i.e. stopped or reduced smoking) because of the tax increase in 2011. Among ex-daily smokers who quit after 2011, 32.8% stated that tax increase made them more determined to quit (30.3% and 45.8% of males and females, $p=0.59$). Among all ex-daily smokers, 10.5% stated the reason to quit as “cigarettes are too expensive”.

Among all 2,401 respondents, 38.2% regarded the current tobacco tax was set about right, but 15.2% thought it was too low while 22.6% thought too high (Figure 5). More ex- (17.3%) and never smokers (16.5%) than current smokers (4.1%) ($p<0.001$) thought the current tax level was too low .

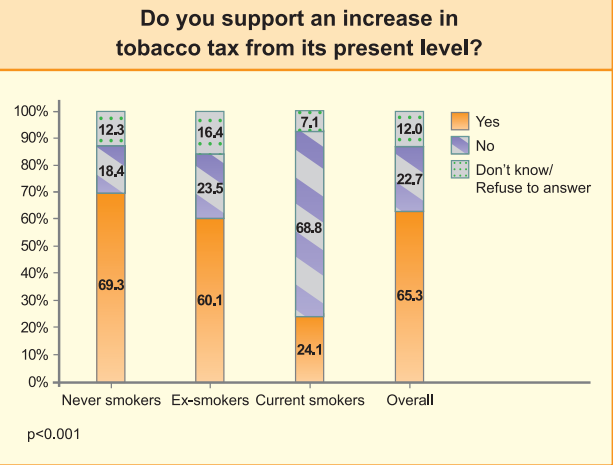
Figure 5



The majority of randomly selected respondents (65.3%) supported an increase in tobacco tax from the level at the time of interview (Figure 6). After adjustment for sex, age, education level, marital status and employment status, current smokers were less likely to support a tax increase (OR=0.17, $p<0.001$) than never smokers. Specifically, 36.1% (95%CI=25.2-47.1%) of those randomly selected current smokers who intended to quit supported the tax increase but the proportion was 11.1% (95%CI=4.0-18.2%) of those who did not intend to quit ($p<0.001$).

On average, a 29.7% (95%CI=25.0-34.6%) increase in tobacco tax was proposed by those who supported tobacco tax increase and it was notable that 7.5% of them proposed a 100% increase.

Figure 6



4. Discussion

4.1 Secondhand smoke exposure and opinion on smoke-free policies

From 1st January 2007, the Smoking (Public Health) (Amendment) Ordinance (Cap.371) was implemented but the current survey has shown that many people are still exposed to SHS even in areas which should be smoke-free such as inside bars and indoor areas of the workplace. There is a high level of public support for more comprehensive smoke-free policies. In Japan, busy street smoking bans have been implemented and there are penalties against the violation of the bans⁷. In Singapore, smoking is not allowed in all common areas of residential estates, e.g. linkways from bus stops to residential blocks, corridors, and stairwells⁸. In the U.S. and U.K., as well as many cities in Mainland China, the person in charge of the premises is responsible and liable to penalty if someone smokes in a smoke-free area⁹⁻¹¹. Most respondents in this survey thought that such policies should also be implemented in Hong Kong.

4.2 Impact of and opinion on tobacco tax

In February 2009, the tobacco tax was raised by 50% and in February 2011, by 41.5% making it about 68% of the retail price of a pack of cigarettes. Increases in tobacco tax are effective in deterring young people from smoking and encouraging quitting^{12,13}. The current survey provided new local evidence that increasing tobacco tax is effective in reducing current smokers' daily cigarette consumption and helping them quit. The tax as a percentage of major cigarette retail prices in Hong Kong is lower than the U.K. (80.12%)¹⁴, Finland (79.88%), France (79.86%), Denmark (79.33%) and Ireland (78.97%) and is below 70%, the minimum level recommended by WHO. From the current survey, majority of the respondents supported a tobacco tax increase and a few proposed a 100% increase.

6. Acknowledgements

We thank the telephone interviewers and staff from Policy 21 Limited for their work in data collection, Dr HO Lai Ming and Mr SO Ching from the School of Public Health, the University of Hong Kong for statistical advice and all of the respondents for participating in the survey. COSH provided the funding for the survey.

4.3 Limitations and strengths of the survey

This was a cross-sectional survey which collected only self-reported data. The respondents were all aged 15 to 65 years so the impact of tobacco control policy on children and older people was not specifically measured. However, the information on SHS exposure in public places and at home can indicate that SHS exposure of children and older adults is still common. The term 'current smokers' refers to both daily and occasional smokers and 'ex-smokers' refers to ex-daily and ex-occasional smokers. For the purposes of this survey, it was not necessary to distinguish between daily and occasional use. All information was collected by telephone survey which did not allow face to face interaction with the interviewers. However it also gave a degree of anonymity and might collect more truthful data. The validity of the data collected appeared high when consistency between different questions was checked. It is recommended to increase the sample size of future surveys to allow for more precise estimates and more random questions.

5. Conclusions

The existing tobacco control policies have assisted some smokers in reducing or quitting smoking, but gaps in compliance with current smoke-free regulations still exist. There is strong support for extension of smoke-free areas, penalty on the person in charge of premises if someone smokes in a smoke-free area, and banning smoking in cars when children are present and in outdoor areas of restaurants and cafes. There is also support for an increase in tobacco tax from its current level.

7. References

¹ World Health Organization.(2013). *Tobacco, Key Facts (Factsheet No. 339)*. Geneva : World Health Organization.

² World Health Organization.(2003). *WHO Framework Convention on Tobacco Control*. Geneva: World Health Organization.

³ Max W, Sung HY, Shi Y.(2009). Who is exposed to secondhand smoke? Self-reported and serum cotinine measured exposure in the U.S., 1999-2006. *International Journal of Environmental Research and Public Health*, 2009 May; 6:1633-48.

⁴ ITC Project.(2012). *Smoke-free Policies: ITC Cross-Country Comparison Report*. Ontario: University of Waterloo.

⁵ Global Adult Tobacco Survey Collaborative Group.(2011). *Tobacco Questions for Surveys: A Subset of Key Questions from the Global Adult Tobacco Survey (GATS), 2nd edition*. Atlanta, GA: Centers for Disease Control and Prevention.

⁶ Census & Statistics Department.(2013). Pattern of smoking. *Thematic Household Survey Report No. 53*. Hong Kong: Census & Statistics Department.

⁷ Ueda H, Armada F, Kashiwabara M, Yoshimi I.(2011). Street smoking bans in Japan: a hope for smoke-free cities? *Health Policy*. 2011 Sep; 102:49-55.

⁸ National Environment Agency.(2013). Smoking Prohibition.Singapore. Retrieved Sept 26, 2013 from: <http://app2.nea.gov.sg/public-health/smoking/smoking-prohibition#smokefree>

⁹ The Floride Legislature.(2010). The 2010 Florida Statutes (including Special Session A) Stat. 386.207. Retrieved Sep 24, 2013 from: http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&Search_String=&URL=0300-0399/0386/Sections/0386.207.html

¹⁰ Alaska Legal Resource Centre.(2011). Alaska Statutes Stat. 18.35.330 (2011). Retrieved Sep 24, 2013 from : <http://www.touchngo.com/lglcntr/akstats/Statutes/Title18/Chapter35/Section330.htm>

¹¹ HM Government National Health Service.(2012). *England Becomes Smokefree 1 July 2007. Your Guide to the New Smokefree Law*. England: HM Government National Health Sevice.

¹² Hong Kong Council on Smoking and Health.(2012). COSH advocates to Financial Secretary for raising tobacco tax in Financial Year 2012-2013[Press release]. Retrieved Sep 26, 2013 from : <http://www.cosh.org.hk/en/content/web.do?page=news20120130>

¹³ School of Public Health, The University of Hong Kong.(2011). HKU study provides first evidence that rise in tobacco tax curbs adolescent smoking[Press release]. Retrieved Sep 26, 2013 from : http://www.hku.hk/press/news_detail_6450.html

¹⁴ World Health Organization.(2013). *WHO Report on the Global Tobacco Epidemic 2013*. Geneva: World Health Organization.

香港女性吸煙與健康調查

2014 年 5 月 第十五號報告書



香港女性吸煙與健康調查

陳肇始^{1*}、林大慶²、王中嶽^{1*}、吳秀雯^{1*}、梁燕萍^{1*}、
李嘉耀^{1*}、李浩祥¹、劉文文³、黎慧賢³

¹ 香港大學護理學院

² 香港大學公共衛生學院

³ 香港吸煙與健康委員會

* 上述研究人員現時不在香港大學護理學院工作，
我們感謝他們在不同階段中對是次研究所作出的貢獻。

1. 引言

吸煙是最重要可以預防死亡和疾病的原因，每年煙草在全球奪去六百萬人的生命¹。越來越多證據顯示吸煙幾乎對身體每一個器官均造成負面影響²。如果不實施及時的控煙措施，至 2030 年，因吸煙而死亡的數字將上升至每年超過八百萬¹。

現在全球女性的吸煙率遠低於男性¹，但當男性的吸煙率正逐步緩緩下降時，女性的吸煙率反而持續上升³，情況令人關注。研究預測全球女性吸煙人口將由現時的 12% 上升至 2025 年的 20%⁴。吸煙能夠引致許多致命疾病及對女性的健康造成重大威脅⁵。2014 年美國衛生部報告指出，與 50 年前比較，女性因吸煙而患病的風險顯著上升，而且女性因吸煙而引致死亡的風險與男性十分接近²。吸煙對女性健康造成的影響眾多，如較高機會不育、早產、初生嬰兒體重不足、宮外孕、嬰兒猝死症、子宮頸癌、經期紊亂、經痛及過早停經^{2,5}。由於吸煙的健康危害在吸煙者開始吸煙後約 30 至 40 年才發病，所以吸煙對於女性健康所造成的影響要在吸煙數十年後才會全面顯現，因此未來全球女性因吸煙而死亡的數字將會上升。

與中國傳統價值觀不同，大部份美國或西方的女性均視吸煙為成熟及獨立的象徵⁶。香港曾經是英國的殖民地，深受西方文化影響，加上香港高度的經濟和城市發展，香港女性的學歷及就業率均比中國其他城市高，然而香港的女性吸煙率卻低於大部份西方國家¹。香港整體每日吸煙人口比率由 1982 年的 23.3% 下降至 2012 年的 10.7%，是全球最低吸煙率的地區之一⁷。2012 年，15 歲或以上習慣每日吸煙的人士中，男性及女性的比率分別為 19.1% 及 3.1%⁷。香港能達致相對較低的吸煙率，主要有賴政府及社會各界過去三十年來在控煙工作上的努力，包括增加煙草稅、立法、執法、健康推廣及提供戒煙服務等。相對於中國其他地方，香港的控煙政策處於領先水平，並已積極推行和落實戒煙計劃¹。

雖然香港的女性吸煙率處於較低水平，然而不可忽視的是，尚有 96,800 名女性習慣每日吸煙⁷。根據最新《主題性住戶統計調查報告書》⁷，46,200 名 (47.8%) 女性吸煙者從未嘗試亦不想戒煙，38,700 名 (40.0%) 女性吸煙者曾經嘗試戒煙但不成功。男性吸煙比率從 1990 年的 28.5% 下降至 2012 年的 19.1%，女性吸

煙比率則由 1990 年的 2.6% 微升至 2005 年的 4%，其後 2012 年再輕微下降至 3.1%。縱使香港整體吸煙人士的數目下降，但女性吸煙比率一直維持水平。重要的是，隨著越來越多吸煙人士戒煙或因吸煙而提早死亡，近年來煙草商積極尋找新的吸煙者，以取代因戒煙和死亡而損失的客源⁸。煙草商已展開以女性為對象的宣傳及推銷活動，大力宣傳吸煙為解放、獨立及有魅力的象徵⁹，因此實在有必要採取嶄新的策略，以防止女性吸煙，特別是預防年輕女性吸食第一口煙。

回顧過往文獻時，研究人員發現缺乏以人口為基礎及針對女性吸煙者的戒煙服務。縱使近年社會對女性吸煙的關注有所增加，但與成年女性吸煙的相關資料，特別是與中國人口有關的資料十分缺乏⁹，同時沒有任何研究評估為女性吸煙者專門設計的戒煙干預。無論在香港或其他地方，亦沒有足夠文獻探討公眾對中國女性因吸煙引致的疾病的關注。由於女性開始吸煙、嘗試戒煙及戒煙失敗的原因會因地而異，香港甚少有針對女性而設的健康推廣及戒煙服務，鑑於以上情況，應該提供為女性專門設計的戒煙干預，以提高她們對吸煙的健康風險的認知及鼓勵她們戒煙。要推行以上的戒煙干預，必須要對女性吸煙者開始吸煙、嘗試及戒煙失敗的原因作深入的了解，特別需要審視與吸煙及戒煙的行為、態度及經驗的相關資料。是次研究希望了解香港女性的吸煙行為、態度與其他相關因素。

是次研究於 2010 年 7 月至 2012 年 2 月進行，採用混合調查方法，以質量及定量方法，分兩個階段進行。第一階段進行質量性焦點團體訪談，第二階段進行地區性人口電話訪問，以電話及街頭隨機抽樣方法選出受訪者。

2. 第一階段

2.1 方法

2.1.1 設計

問卷採用質性研究設計，在 2010 年 7 月至 9 月以立意抽樣法抽取 73 個女性成為受訪者 (現在吸煙者：n=24；已戒煙者：n=20；從不吸煙者：n=29)。

2.1.2 受訪者

研究採用立意抽樣法，增加樣本的多樣性，以便從訪談中取得具代表性的受訪者。為增加研究的普遍性，在全港不同地區的五個社區中心招募受訪者。受訪者須要符合以下條件：華裔的香港居民、年齡介乎 15 至 60 歲、在過去六個月每個星期內有吸煙或已經戒煙或從不吸煙及能以廣東話溝通。如因心理或精神健康原因未能溝通，則被排除在研究以外。

73 位女性受訪者依據其吸煙狀況 (現在吸煙者、已戒煙者及從不吸煙者) 及年齡 (15-19, 20-29, 30-39, 40-49 及 50 歲或以上) 被分配至 15 個聚焦小組。每個聚焦小組由 4 至 6 位吸煙狀況及年齡相近的受訪者組成。

2.1.3 程序

兩個階段的研究均取得香港大學及醫管局香港西醫院聯網研究倫理委員會的核準 (HKU/HA HKW IRB)。研究人員在邀請符合資格的受訪者參加研究前，會先向受訪者說明研究目的及其參與屬自願性質，受訪者有權拒絕參與研究而不會受到任何損失。所有受訪者均簽署研究同意書。根據他們的吸煙狀況，研究人員會根據半結構式調查指引，帶領每個聚焦小組進行訪談。每個聚焦小組會進行深入的訪談，直至數據達到飽和才終止，而且每組的訪談內容均會被錄音。每組訪談時間約 90 分鐘，在完成 15 個小組訪談後，所有數據均達至飽和狀態。

2.1.4 資料分析

在所有訪談完成後，錄音內容會以廣東話完整抄錄，保留受訪者個人獨特的語氣及方言，部份與研究主題有關的語句會被翻譯成英文。在編碼的過程中，兩名研究人員負責分析受訪者的敘述，首先集中審閱說話謄本，以找出基本概念及主題。過程中，會特別留心與訪談問題有關的概念。分類方法採用開放式編碼方式進行編碼。不同的分類會透過深入分析訪談對話而產生。最後會產生一套編碼，以比較訪談內容，以及協助確定主題和分類。

2.1.5 結果

社會人口特徵

73 位受訪者中，65.8% 為單身、離婚或喪偶，50.7% 擁有子女，90.4% 的學歷達高中或以上，28.8% 為受僱人士。

訪談主題

15 個聚焦小組訪談內容共可分類為 10 個主題：T1 吸煙行為；T2 開始吸煙的原因；T3 繼續吸煙的原因；T4 沒有開始吸煙的原因；T5 戒煙的原因；T6 成功戒煙的因素；T7 對吸煙與健康的知識；T8 對女性吸煙的看法；T9 對戒煙推廣的看法及 T10 對無煙法例的看法。

T1. 吸煙行為

大部份現在吸煙者及已戒煙者於年青時期開始吸煙，當中只有小部份於成年後才開始吸煙。

T2. 開始吸煙的原因

最常見開始吸煙的原因是受朋輩影響，父母或兄弟姐妹吸煙是受訪者開始吸煙的決定性因素之一，好奇心亦是其中一個重要因素。有部份受訪者表示因為舒緩負面情緒及青少年時期的反叛行為而開始吸煙，小部份受訪者表示因為誤以為吸煙不會上癮而開始吸煙。

T3. 繼續吸煙的原因

很多現在吸煙者由於社交、提昇友誼及不希望被吸煙朋友排斥而繼續吸煙。他們依賴吸煙，作為舒緩負面情緒和壓力的方法。部份因社會對體型的壓力，而視吸煙為管理體重的方法，她們害怕戒煙後會增加體重而拒絕戒煙。另有部份視吸煙為習慣，他們對停止吸煙存有以下謬誤：戒煙後會難以集中精神、由於身體已經習慣煙草的化學物質，因此繼續吸煙對健康不會造成進一步的影響及戒煙會損害健康。

T4. 沒有開始吸煙的原因

研究顯示大部份在無煙環境下成長的女性較少機會開始吸煙。大部份從不吸煙者表示關注吸煙對健康造成的損害及社會對女性吸煙的負面評價。她們強烈反對家人吸煙，而且對煙味有反感及擔心吸煙會減低她們的吸引力。部份受訪者提及不吸煙是由於害怕吸煙會對下一代造成負面影響及希望為子女樹立良好榜樣。

T5. 戒煙的原因

最常見的戒煙原因是由於關注吸煙對其他人的健康造成危害，特別是在懷孕及餵哺母乳時對嬰兒造成的影響。另外外觀改變亦是受訪者戒煙的主要原因，她們認為女性吸煙在中國社會普遍不被接受。小部份受訪者則由於煙稅增加，不能負擔每日吸食一包煙而戒煙。

T6. 成功戒煙的因素

已戒煙者表示以下因素有助她們成功戒煙，透過其他事物增強戒煙動力、處身於無煙環境、減少接觸捲煙、得到家人和朋友的支持及主動嘗試戒煙。

T7. 對吸煙與健康的知識

大部份現在吸煙者、已戒煙者及從不吸煙者都注意到吸煙對身體造成危害及對與吸煙有關的常見疾病有認知，然而她們大部份都忽略吸煙而引致的女性疾病。

T8. 對女性吸煙的看法

研究發現從不吸煙者與現在吸煙者對吸煙在價值觀及社會規範的看法上各有不同。大部份從不吸煙者生長

於無煙家庭及沒有吸煙的朋友。在家人、老師及朋友的影響下，她們全都認為女性吸煙不被社會接受及違反中國的文化及傳統。

大部份現在吸煙者有吸煙的家人及朋友，並有較多機會觀察到吸煙行為。她們傾向視吸煙是社會常態及吸煙是與朋友溝通的工具。

T9. 對戒煙推廣的看法

大部份現在吸煙者、已戒煙者及從不吸煙者認為以女性為對象的戒煙廣告並不足夠。多數現在吸煙者及已戒煙者有留意煙包上的煙害圖象警示，並令她們感到某定程度的恐怖及噁心。部份從不吸煙者則指出控煙的宣傳力度不夠，尤其不及宣傳預防吸毒的力度。

T10. 對無煙法例的看法

部份已戒煙者支持增加煙稅及相信政策有助減少煙草使用。部份現在吸煙者及從不吸煙者認為增加煙稅可以改變吸煙習慣。大部份現在吸煙者對無煙法例實施的成效存疑，他們均表示現時執行控煙法例不力。大部份曾經及從不吸煙者認為在餐廳及其他室內範圍實施禁煙有效。

3. 第二階段

3.1 方法

3.1.1 設計

量性研究的設計是根據聚焦小組訪談的結果而訂定，以進一步探討香港女性人口，包括現在吸煙者、已戒煙者及從不吸煙者的吸煙行為及相關因素。

3.1.2 受訪者

受訪者主要以隨機方式抽樣接受電話訪問，而在調查的後期則以採取街頭訪問的方式，以獲取額外的現在吸煙者的樣本。

3.1.3 程序

共有 3,306 受訪者在 2011 年 7 月至 2012 年 2 月期間被隨機抽樣接受訪問（現在吸煙者：n=765；已戒煙者：n=509；從不吸煙者：n=2,032）。

3.1.4. 數據分析

研究結果以描述統計方式總結，再以曼惠特尼 U 測試、邏輯迴歸分析、卡方檢驗及單向方差分析進行推論統計，以對研究的問題作出分析。

3.1.5 結果

社會人口特徵

表一顯示所有受訪者的社會人口特徵。30 至 49 歲的現在吸煙者佔大多數，超過一半的受訪者的教育程度達中學或以上。

相比已戒煙者及從不吸煙者，現在吸煙者的年齡平均值在統計學上有顯著差異，現在吸煙者的年齡平均值較已戒煙者及從不吸煙者小。三個研究組別的婚姻狀況在統計學上有顯著差異，較多已戒煙者及從不吸煙

者為已婚人士，而有較多現在吸煙者單身。此外，對比已戒煙者及從不吸煙者，受訪者的子女數目均有顯著差異，較多現在吸煙者沒有子女。

吸煙特徵

在 765 名現在吸煙者中，有 63.5% (486/765) 有每日吸煙的習慣，而其中 27.8% (135/486) 每日吸煙者每日吸食 15 支捲煙或以上，她們平均每日吸食 10.5 支捲煙。現在吸煙者與已戒煙者開始吸煙的平均年齡分別為 17.0 及 17.3 歲。現在吸煙者的煙齡平均為 19.3 年，尼古丁依賴程度屬輕微的為 54.3% (264/486)，中等的為 30.0% (146/486) 及嚴重的為 15.6% (76/486)。習慣每日吸煙人士大約有 68.7% (334/486) 曾經嘗試戒煙但不成功，而從未嘗試戒煙亦不想戒煙就有 28.2% (137/486)。

表 1 現在吸煙者、已戒煙者及從不吸煙者的社會人口特徵 (N = 3,306)

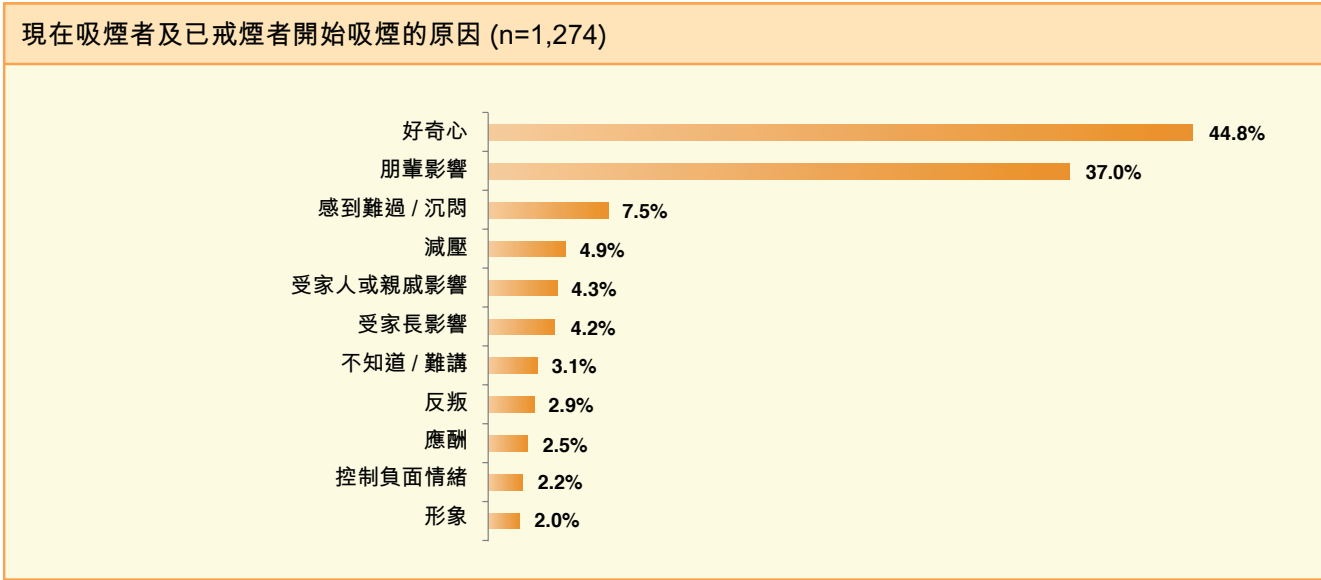
	現在吸煙者	已戒煙者	從不吸煙者	p 值
	n = 765	n = 509	n = 2,032	
年齡，平均值 (標準差)				< 0.001 ^{a,b} , 0.17 ^c
	36.3 (13.4)	44.6 (12.3)	43.3 (15.2)	
	人數 (%)			
年齡組別 (年歲)				< 0.001 ^{a,b} , 0.41 ^c
15 - 29	263 (34.7)	66 (13.2)	451 (22.4)	
30 - 49	358 (47.3)	223 (44.5)	637 (31.7)	
50 - 65	136 (18.0)	212 (42.3)	923 (45.9)	
婚姻狀況				< 0.001 ^{a,b,c}
已婚 / 同居	360 (47.4)	342 (68.5)	1,321 (66.0)	
單身	336 (44.3)	117 (23.4)	624 (31.2)	
其他	63 (8.3)	40 (8.0)	57 (2.8)	
子女數目				< 0.001 ^{a,b} , 0.55 ^c
無	405 (53.4)	146 (29.2)	722 (36.3)	
一名	163 (21.5)	129 (25.9)	334 (16.8)	
兩名	140 (18.4)	165 (33.1)	647 (32.6)	
三名或以上	51 (6.7)	59 (11.8)	284 (14.3)	
教育程度				0.37
小學或以下	66 (8.7)	77 (15.3)	359 (17.9)	
中學	528 (69.4)	306 (61.0)	1,041 (51.9)	
大專或以上	167 (21.9)	119 (23.7)	604 (30.1)	
就業情況				< 0.001 ^{a,b} , 0.40 ^c
受僱	421 (55.5)	226 (44.9)	855 (42.8)	
失業	337 (44.4)	278 (55.2)	1,145 (57.2)	
家庭每月總收入				0.11
< \$9,999	115 (18.3)	79 (18.3)	334 (20.5)	
\$10,000-19,999	162 (25.8)	105 (24.3)	445 (27.4)	
\$20,000-29,999	145 (23.1)	97 (22.5)	339 (20.8)	
> \$30,000	207 (32.9)	151 (35.0)	509 (31.3)	

缺失數據被排除在外
a. 現在吸煙者及從不吸煙者對比； b. 現在吸煙者與已戒煙者對比； c. 從不吸煙者與已戒煙者對比

開始吸煙、繼續吸煙、戒煙及從不吸煙的原因

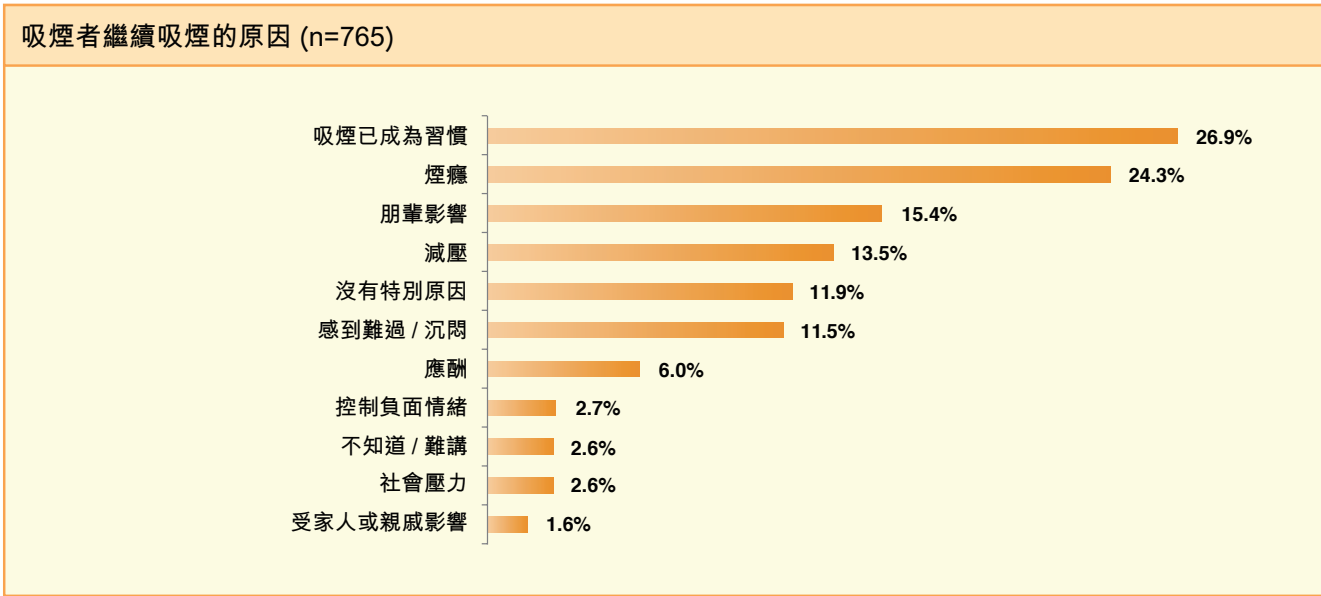
在現在吸煙者及已戒煙者中，開始吸煙最常見的原因是好奇心 (44.8%；571/1,274) 及受朋輩影響 (37.0%；471/1,274)(圖一)。

圖一



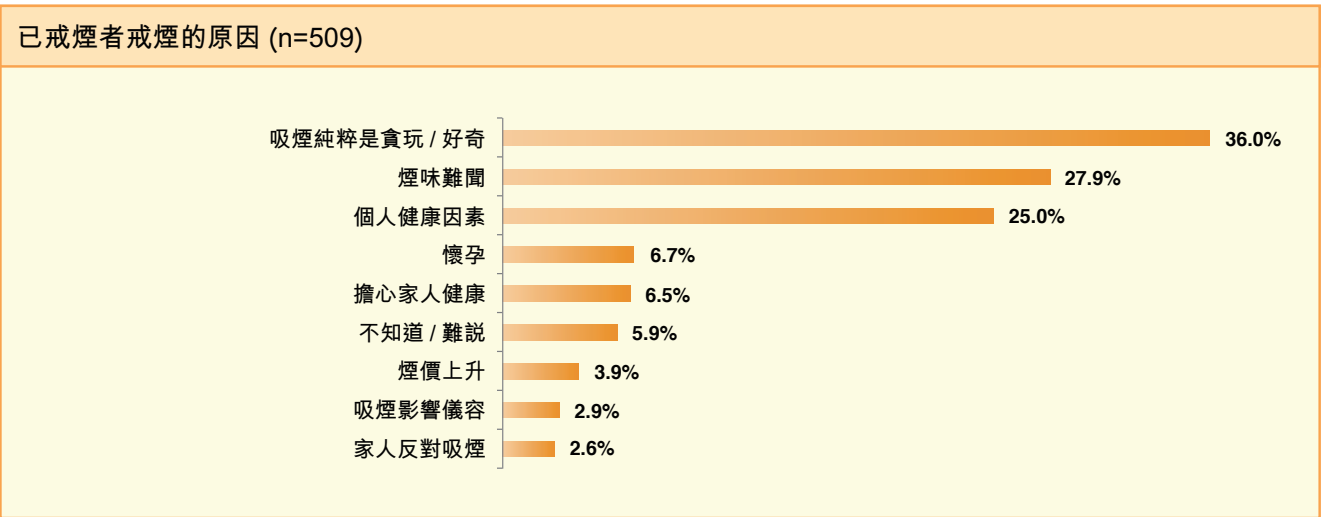
吸煙者繼續吸煙的五個最常見原因是：吸煙已成為習慣 (26.9%；206/765)、上癮 (24.3%；186/765)、受其他人影響 (15.4%；118/765)、減壓 (13.5%；103/765) 及控制負面情緒 (11.5%；88/765)(圖二)。

圖二



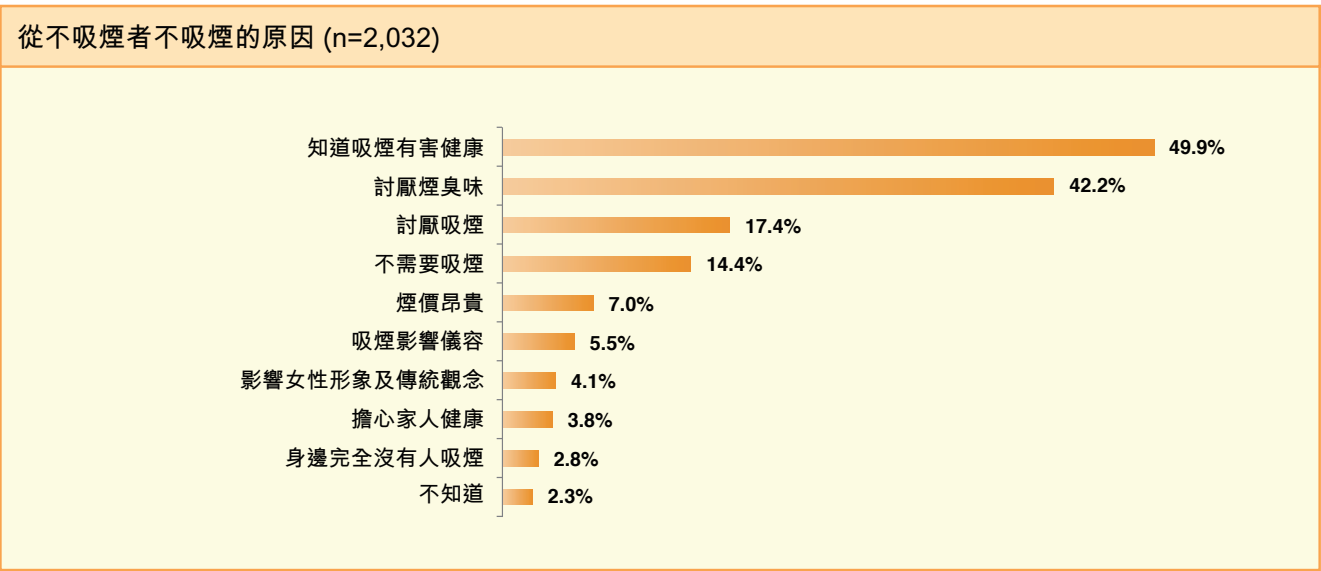
已戒煙者戒煙的最常見原因是：當初吸煙純粹是因為貪玩或好奇心 (36.0%；183/509)、氣味難聞 (27.9%；142/509) 及個人健康因素 (25.0%；127/509)(圖三)。

圖三



從不吸煙者最常見不吸煙的原因為：明白吸煙危害健康 (49.9%；1,014/2,032)、氣味難聞 (42.2%；858/2,032) 及不喜歡吸煙 (17.4%；353/2,032)(圖四)。

圖四



吸煙與健康的相關因素

與第一階段的研究結果相符，圖三顯示已戒煙者戒煙有 25% (127/509) 擔心自己的健康、6.5% (33/509) 擔心家人的健康及 6.7% (34/509) 因懷孕而戒煙，以上這些都是他們戒煙的重要因素。再者，與第一階段的研究結果相似，有超過 50% (1,014/2,032) 的從不吸煙者（圖四）因為關注吸煙對健康造成負面影響，特別是他們的下一代，而選擇不吸煙。

對比從不吸煙者，較多現在吸煙者報稱自己的健康情況較差（調整對比值為 1.65; 95% 信賴區間為 1.09-2.51）及有咳嗽痰多的情況（調整對比值為 2.23; 95% 信賴區間為 1.69-2.95），但他們較少尋求醫護人員的協助（調整對比值為 0.78; 95% 信賴區間為 0.62-0.98），亦有較多已戒煙者報稱自己的健康情況較差（調整對比值為 1.76; 95% 信賴區間為 1.16-2.68）及被確診患有哮喘（調整對比值為 2.95; 95% 信賴區間為 1.42-6.12）。對比現在吸煙者，已戒煙者較少有咳嗽痰多的情況（調整對比值為 0.39; 95% 信賴區間為 0.27-0.58），但他們較多被確診患有哮喘（調整對比值為 4.12; 95% 信賴區間為 1.52-11.18）及會尋求醫護人員的協助（調整對比值為 1.57; 95% 信賴區間為 1.18-2.07）。

4. 討論

第一階段及第二階段的研究均是首次探討中國女性（包括現在吸煙者、已戒煙者及從不吸煙者對吸煙的行為、態度及經驗）。質性研究（第一階段）提供與受訪者有關的吸煙行為、態度及經驗的文字描述。量性研究（第二階段）則進一步了解香港女性包括現在吸煙者、已戒煙者及從不吸煙者的吸煙行為以及相關因素，大量的樣本增強樣本的多樣性及協助分析社會經濟及人口特徵對吸煙行為、態度及經驗的影響。更重要的是，吸煙引致多種疾病及對女性的健康造成

威脅，而兩階段的研究均具有獨創性及能探討未被研究的領域，對了解女性吸煙的問題提供重要的資料。

兩個階段的研究顯示朋輩影響及好奇心是現在吸煙者及已戒煙者開始吸煙的主要因素。大部份現在吸煙者表示吸煙已成為他們日常生活的習慣，是影響她們未有戒煙意欲的主要障礙。上癮是另一個令她們繼續吸煙的重要原因，由於對尼古丁的產生依賴，吸煙者在停止吸煙後，會對吸煙產生強烈的欲望而未能成功戒煙，特別是當他們感到沉悶及難過的時候。與第一階段的研究結果類近，第二階段的數據顯示已戒煙者戒煙的原因普遍是關注吸煙對健康帶來的危害，特別是在她們懷孕的時候。兩個階段的研究均發現從不吸煙者不吸煙主要是因為了解吸煙對健康造成的負面影響。而且，大部份從不吸煙者均表示吸煙令口氣非常難聞。

兩個階段的研究均有一個特別的發現，很多女性吸煙者視負面情緒及壓力是影響她們開始及繼續吸煙的重要因素。相比男性吸煙者，女性吸煙者特別容易受以上因素影響，男性吸煙者則較多是因為朋輩影響及好奇心，及需要以吸煙作為社交手段而開始及繼續吸煙⁷。另外一個有趣的發現是大多數現在吸煙者並不知道戒煙服務機構的名稱及位置，和他們大部份都沒有使用特別方法協助自己戒煙。

第一階段的質性研究中有一個重要的發現，雖然現在吸煙者、已戒煙者及從不吸煙者對吸煙所引起的疾病有較高程度的認識，然而當中只有少部份的受訪者了解吸煙對女性造成的健康危害。研究同時發現吸煙與其他對健康造成風險的行為，如飲酒、不健康飲食及缺乏運動等有關連。而第二階段的研究顯示，相對從不吸煙者，較多已戒煙者及現在吸煙者報稱其健康情況較差。

有關控煙法例方面，共有 23.7% 的吸煙者 (181/765) 表示無煙法例不足夠及其中 42.0% (76/181) 認為現時的控煙督察人數未足夠應付執行法例，特別是未能夠對在禁煙的公共範圍吸煙的違例者作出檢控。

此外，在第一階段的質性訪談研究中，很多從不吸煙者及部份已戒煙者，以及少數現在吸煙者支持增加煙稅。他們相信透過增加煙稅，可以推動現在吸煙者戒煙或減少吸煙數量。

4.1 對臨床實踐的意義及建議

研究結果顯示吸煙的家長會對子女造成嚴重的負面影響。專業醫護人員必須建議家長，如果他們不希望自己的子女吸煙，則必須停止吸煙，為子女建立良好的榜樣。健康推廣活動需要加強教導公眾如何抗拒朋輩影響及好奇心，以防止女性開始吸食第一口煙。對於一些容易開始吸煙的群組，應該引起她們關注煙草致命的本質及釐清有關吸煙可以調整情緒、減重及戒煙對健康造成負面影響的謬誤。

研究結果顯示女性吸煙者會因為負面情緒及壓力而開始及繼續吸煙。對於有以上問題的女性吸煙者，專業醫護人員有必要協助她們了解吸煙對健康造成的負面影響，以及幫助他們尋求其他方法應付負面情緒及壓力。更重要的是，專業醫護人員應該接受相關的訓練，以提升他們向女性推廣戒煙時的自我效能及信心。

4.2 對公共衛生活動的意義及建議

研究結果指出有必要及時採取相應的行動以預防年青女性吸煙。建議推行以下一代為對象的公共衛生教育

及宣傳活動，推廣和建立女性不吸煙的正面形象。為遏止女性使用煙草，我們建議繼續宣傳女性吸煙為非社會可接納的行為，並透過預防煙草的活動，強化女性吸煙為負面的形象，及把吸煙對健康的危害形象化地向公眾展示。

研究結果顯示很多受訪者不了解吸煙對女性健康所造成的後果。宣傳活動應該提高公眾關注女性吸煙對身體造成的負面影響，例如較高機會不孕、宮外孕、早產、初生嬰兒體重不足、嬰兒猝死症、經痛、提早停經、骨質疏鬆症、子宮頸癌及對皮膚和外觀的負面影響。同時，亦應該動員公眾支持女性不吸煙及避免接觸二手煙。

社會上應設立為女性專門設計戒煙宣傳活動及廣告，協助女性吸煙者戒煙。對此，打破以煙草作為促進社交工具至為重要，我們必須為戒煙建立良好的社會氣氛，教育市民拒絕容忍吸煙行為，並鼓勵不吸煙的家人、朋友及公眾建議吸煙者停止在公共地方吸煙，以社會壓力推動吸煙者停止吸煙。同時，亦應增撥資源宣傳提高公眾對現有的戒煙服務的認知及協助女性戒煙，如成立女性戒煙熱線。戒煙干預的設計和測試能提高女性的成功戒煙率已獲充分證明。

為加強控煙法例的力度，應該透過增加煙稅、禁止煙草產品推廣、禁止在銷售點陳列煙包及推行「全煙害警示包裝」，以減低公眾與煙草的接觸。更重要的是，非吸煙者、專業醫護人員及控煙倡議者應該與政府攜手合作，強化無煙法例及政策，增撥資源予戒煙服務，以進一步減低香港的吸煙率至單位數字，達至無煙香港的目標。

5. 結論

現時有關探討香港的中國女性對吸煙及戒煙的行為、態度及經驗的行為的文獻資料並不足夠。是次研究結果在彌補有關資料的同時，並有助發展協助中國女性的戒煙干預。同時，應該加強教育、公共政策、立法及研究各方面的項目，以預防年輕女性開始及繼續吸煙。

6. 鳴謝

我們感謝香港吸煙與健康委員會撥款支持是項研究計劃及香港大學民意研究計劃收集及處理資料數據。最後我們感謝所有受訪者參與是次研究計劃及研究助理包括雲小楓女士及林愛斌女士對是次研究計劃作出的寶貴貢獻。

7. 參考文獻

¹World Health Organization. (2013). *Report on the Global Tobacco Epidemic: Enforcing bans on tobacco advertising, promotion and sponsorship*. Switzerland, Geneva: World Health Organization.

²U.S. Department of Health and Human Services. (2014). *The Health Consequences of Smoking - 50 Years of Progress: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

³Pathania V. S. (2011). Women and the smoking epidemic: turning the tide. *Bulletin of the World Health Organization*, 89, 162.

⁴MAS. (2010). Affluence prompts more women in China to light up. *Canadian Medical Association Journal*; 182(12): E557-E558.

⁵U.S. Department of Health and Human Services. (2010). *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

⁶Amos A, Haglund M. (2000). From social taboo to ‘torch of freedom’: the marketing of cigarettes to women. *Tobacco Control*; 9: 3 - 8.

⁷Census & Statistics Department. (2013). Pattern of Smoking. *Thematic Household Survey Report: Daily cigarette smoking prevalence rate dropped further*. Hong Kong: Hong Kong Census & Statistics Department.

⁸World Health Organization. (2014). Tobacco free initiative. Accessed May, 2014 from: <http://www.who.org/toh>

⁹Abdullah AS, Yang T, Beard J. (2010). Predictors of women's attitudes toward World Health Organization framework convention on tobacco control policies in urban China. *Journal of Women's Health*; 19: 903-9.

¹⁰Lau EM, Lee P, Lynn H, Sham A, Woo J. (2003). The epidemiology of cigarette smoking in Hong Kong Chinese women. *Preventive Medicine*; 37: 383-388.

Smoking and Health Survey in Hong Kong Women

May 2014 COSH Report No.15



Smoking and Health Survey in Hong Kong Women

Sophia CHAN^{1*}, TH LAM², David WONG^{1*}, Catalina NG^{1*}, Doris LEUNG^{1*},
Kyle LEE^{1*}, William LI¹, Lisa LAU³, Vienna LAI³

¹School of Nursing, The University of Hong Kong

²School of Public Health, The University of Hong Kong

³Hong Kong Council on Smoking and Health

**Currently these members are not working in the School of Nursing, HKU, but we are grateful for their contribution in the different phases of the project.*

1. Introduction

Smoking is the most important preventable cause of death and disease, causing six million deaths annually worldwide¹. Smoking has negative effect on nearly every organ of the body². The annual death toll could rise to more than eight million by 2030 unless urgent action is taken¹.

The current global smoking women population is far less than men¹. However, while the epidemic tobacco use among men is in slow decline, there is a growing concern about increasing tobacco use among women³. It is predicted that 20% of women worldwide will be smokers by 2025 when compared with 12% today⁴. Smoking causes many fatal diseases and presents a large health threat to women⁵. The 2014 Surgeon General's report highlights that the disease risks from smoking in women have risen sharply over the last 50 years and that they are as likely as men to die from many diseases caused by smoking². Some health consequences of smoking are specific to women, such as a higher rate of infertility, premature labour, low birth weight infants, ectopic pregnancy, sudden infant death syndrome, cervical cancer, irregular menstruation cycles, dysmenorrhoea and early menopause^{2,5}. As the health consequences of smoking in the population only become fully evident 30-40 years after smoking has reached the peak, the adverse effects of smoking on women's health

will only be seen fully after several decades. The number of tobacco-attributable deaths among women will increase globally.

Unlike the traditional Chinese values, many women in the United States and Western countries view smoking as a sign of sophistication and independence⁶. Hong Kong is a former British colony and has been deeply influenced by Western culture and is the most westernized city in China. Moreover, Hong Kong is a highly urbanized and economically developed city with more women having higher education and employment. However, the prevalence of smoking among women in Hong Kong is low in comparison with most Western countries¹. The overall prevalence of daily cigarette smokers decreased from 23.3% in 1982 to 10.7 % in 2012, which is one of the lowest figures worldwide⁷. The daily smoking prevalence in Hong Kong in 2012 for adult men aged 15 years and older was 19.1% and was 3.1% for adult women⁷. The relatively low prevalence of cigarette smoking in Hong Kong may be generally attributed to the enormous effort of the government and the community on raising tobacco tax, legislation, law enforcement, health promotion, research and the provision of smoking cessation services,etc. over the past 30 years. Hong Kong is the only one city in China which has established a strong cessation programme ahead of the national policy¹.

Despite the low smoking prevalence among women in Hong Kong, the 96,800 daily smokers cannot be overlooked or undervalued⁷. According to the latest Thematic Household Survey Report⁷, 46,200 (47.8%) woman smokers in Hong Kong have not attempted and do not want to quit smoking and 38,700 (40.0%) have attempted but failed. Tobacco use decreased in men from 28.5% in 1990 to 19.1% in 2012, whereas the smoking prevalence in women increased slightly from 2.6% in 1990 to 4% in 2005, and decreased slightly to 3.1% in 2012. Although there has been an overall decline in the smoking population, the smoking prevalence in women has remained at a steady level. Most importantly, the tobacco manufacturers are now actively seeking new customers to replace those former customers who have already quit smoking and those who will die prematurely⁸. Particularly, tobacco marketing campaigns have begun to aggressively target at women by promoting smoking as a symbol of emancipation, independence and charisma⁹. There is an imperative need for new strategies in preventing women, especially young people to take up smoking.

Our review of the literature reveals that there is a lack of population-based smoking cessation interventions for woman smokers. Despite the emerging concerns about female smokers, information regarding smoking and its associated factors in adult women, particularly in Chinese populations, is lacking⁹. No study has evaluated the effectiveness of smoking cessation interventions designed specifically for woman smokers in Hong Kong. Data on public awareness of the diseases caused by smoking in Chinese women in Hong Kong and elsewhere are also scarce. Although the reasons for starting to smoke cigarettes and for trying or not trying to give up smoking among woman smokers may be different from those in other populations, there are very few health promotions or provision of smoking cessation services exclusively for women in Hong Kong. Given these issues, it is of paramount importance to design tailor-made interventions to clearly communicate the risks of continued smoking to woman smokers and to motivate them to quit. To support such interventions, it is essential to better understand the reasons for starting to smoke cigarettes and for trying or not trying to give up smoking.

In particular, the behaviour, attitudes and experiences related to smoking and smoking cessation should be examined. This study aimed to understand smoking behaviour and attitudes and their associated factors in women in Hong Kong.

The study was conducted from July 2010 to February 2012, using mixed methods approach, including both qualitative and quantitative methods. There were two phases of the study where Phase 1 was a series of qualitative focus group interviews, and Phase 2 was a cross-sectional population-based telephone survey, using mainly random telephone-dialling, and supplemented by street intercept methods.

2. Phase I Study

2.1 Methods

2.1.1 Design

A qualitative research design was used to study a purposive sample of 73 female participants (current smokers: n=24; ex-smokers: n=20; never smokers: n=29) recruited from July to September 2010.

2.1.2 Participants

Purposive sampling was used to maximize the sample variation, allowing us to obtain representative informants for the interviews. The participants were recruited from five community centres in different districts in Hong Kong to increase the generalizability of the findings. They were eligible if they were Hong Kong Chinese residents, aged 15 to 60 years, had smoked weekly in the past six months or had quit smoking or had never smoked and could communicate in Cantonese. We excluded those who were not able to communicate effectively due to psychological or mental health reasons.

The 73 women were segmented by their smoking status (current smokers, ex-smokers and never smokers) and age (15-19, 20-29, 30-39, 40-49 and ≥ 50 years) to form

15 focus groups. Each focus group consisted of four to six participants with similar smoking status and within the same age range.

2.1.3 Procedures

Approval for the study (Phase I & II) was obtained from the Institutional Review Board of the University of Hong Kong/Hospital Authority Hong Kong West Cluster (HKU/HA HKW IRB). The eligible subjects were invited to participate in the study after they were told its purpose. They were given the option of participating or refusing and were told that their participation was voluntary without prejudice. Written consent was obtained from all the participants. Based on their smoking status, we used tailored semi-structured interview guides to guide each focus group. An audiotaped semi-structured in-depth interview was conducted with each group until data saturation was achieved. Each group interview lasted about 90 minutes and data saturation was achieved after 15 group interviews.

2.1.4 Data Analysis

After the interviews were completed, the recordings were fully transcribed verbatim in Cantonese to capture nuances of expression unique to the dialect, and selected quotations relevant to the themes were later translated into English. In the coding process, two researchers were responsible for analyzing the narratives. The analyses began with an intensive examination of the transcriptions to search for general constructs and themes. Special attention was given to constructs that diverged from the major topics as framed by the guiding questions. The transcriptions were first coded using the open coding method. Details in the interview conversations were closely examined to allow a large number of initial categories to emerge. Finally, a complete set of codes was generated to facilitate comparisons and the development of themes and categories.

2.1.5 Results

Demographic characteristics

65.8% of the 73 participants were single, divorced or widowed, 50.7% had children, 90.4% had high school education or above and 28.8% were employed.

Themes

Ten themes were generated from the 15 focus group interviews: T1 smoking behaviour; T2 factors influencing smoking initiation; T3 factors influencing continued tobacco use; T4 reasons for not starting smoking; T5 reasons for quitting; T6 factors for successful quitting; T7 knowledge of the association between smoking and health; T8 perspectives on women smoking; T9 perspectives on smoking cessation promotion; and T10 perspectives on smoke-free legislation.

T1. Smoking behaviour

The majority of the current and ex-smokers reported that they started smoking at a young age, whereas only a few of the participants began smoking as adults.

T2. Factors affecting smoking initiation

The most common factor affecting smoking initiation was peer influence. Parent or sibling smokers appeared to be a strong determinant of the onset of smoking among the participants. Another key factor for the first smoking attempt was curiosity. Some initiated smoking because they thought it would relieve negative moods. Some said that they started smoking because they were rebellious in their adolescence. A few had a misconception that they would not become addicted to smoking.

T3. Factors influencing continued tobacco use

Many of the current smokers continued smoking due to socialization, enhanced friendships and an unwillingness to 'stand out' in a crowd if all of their friends smoked. They relied on smoking as a coping strategy to relieve negative emotions and stress. Many current smokers emphasised the societal pressure to be slim and

considered smoking a weight control strategy. Some current smokers were hindered by a fear of gaining weight if they gave up smoking. Some current smokers felt that smoking had become a habit. There were misconceptions regarding stopping smoking: that a loss of concentration would result, that continued smoking would not further affect their health as they had become desensitized to the chemicals in tobacco smoke and that quitting smoking would harm their health.

T4. Reasons for not starting smoking
The results showed that females who grew up in non-smoking environments were less likely to start smoking. Most of the never smokers expressed their concerns about the health hazards of smoking and the poor social image of woman smokers. They perceived a strong opposition to smoking from their family members. They had negative perceptions of the smell of cigarettes and worried that smoking would make them less attractive. Some mentioned that they did not smoke because they were concerned about the adverse effects on the next generation and they wanted to set a good example for their children.

T5. Reasons for quitting
The most common reason for quitting smoking was an awareness of the health hazards of smoking on others, in particular on their babies during pregnancy and breast-feeding. Many endorsed a change in appearance as the key factor for them to quit. Some perceived that woman smoking was generally unacceptable in Chinese society. A few said that they quit because of the increasing tax on cigarettes and that they could not afford to buy a pack of cigarettes a day.

T6. Factors for successful quitting
The ex-smokers suggested that some of the key elements for successful quitting were identifying something to increase their motivation, a smoke-free environment and unavailability of cigarette, receiving support from their family and friends and taking active action to try to quit.

T7. Knowledge of the association between smoking and health
Most of the current smokers, ex-smokers and never smokers were aware of the harmful effects of smoking on general health. They were able to identify some of the common diseases associated with smoking. However, most of them were not aware of the female-specific health problems induced by smoking.

T8. Perspectives on woman smoking
We observed two very different views of the values and perceived social norms of smoking in the never smokers and current smokers. The never smokers mostly grew up in non-smoking families and had non-smoking friends. With the influence of their family members, teachers and friends, all of them considered woman smoking as socially unacceptable and a violation of Chinese culture and tradition.

Most of the current smokers grew up with smoking family members or friends and they had a high chance of closely observing people smoking. They were more likely to perceive smoking as a social norm and as a tool for communication and connecting with friends.

T9. Perspectives on smoking cessation promotion
Most of the current, ex- and never smokers thought that there were not enough smoking cessation advertisements targeting female smokers. Most current and ex-smokers were aware of the pictorial warning labels on cigarette packs and they felt that these pictures elicited varying degrees of horror and disgust. Some never smokers complained that the publicity for tobacco control was not as strong as that for the prevention of drug abuse.

T10. Perspectives on smoke-free legislation
Some ex-smokers supported raising the tobacco tax and believed that it reduces smokers' tobacco consumption. Some current and never smokers felt that smoking habits would be affected by an increased tobacco tax. Most current smokers also queried how well the smoke-free legislation is implemented and suggested that law

enforcement is insufficient. However, most ex- and never smokers perceived that the smoking ban in places like restaurants and other indoor areas, is effective.

3. Phase II Study

3.1 Methods

3.1.1 Design

Based on the findings of the focus group interviews, we constructed a quantitative study to further explore the smoking behaviour and their associated factors among the current, ex- and never smokers in Hong Kong women, on a population level.

3.1.2 Participants

Participants were primarily recruited via a random telephone-based survey on the general public in Hong Kong. A street intercept survey was introduced towards the end stage of the study for an additional sample of the current smokers.

3.1.3 Procedures

A sample of 3,306 participants (current smokers: n=765; ex-smokers: n=509; never smokers: n=2,032) were recruited from July 2011 to February 2012.

3.1.4 Data Analysis

Descriptive statistics were used to summarize different outcomes. Mann-Whitney U test, logistic regression, chi-square test and one-way ANOVA were conducted to generate inferential statistics for the research questions.

3.1.5 Results

Socio-demographic characteristics

Table 1 shows that the largest proportion of current smokers was in the age range of 30-49 years. More than half of the participants had secondary school education.

There were statistically significant differences in the mean age between the current smokers and ex-smokers and between the current smokers and never smokers, with current smokers being younger than ex-smokers and never smokers. Moreover, there were statistically significant differences in marital status among the three groups, with more ex-smokers and never smokers being married and more current smokers being single. Additionally, there were statistically significant differences in the number of children between the current smokers and ex-smokers and between the current smokers and never smokers, with more current smokers having no children when compared with ex-smokers and never smokers.

Smoking Pattern

Of 765 current smokers, 63.5% (486/765) were where daily smokers and 27.8% daily smokers (135/486) consumed 15 cigarettes or more a day. The mean cigarette consumption for current daily smokers was 10.5 cigarettes. The mean of first smoking attempt for smokers and ex-smokers was 17.0 and 17.3 years respectively. The mean smoking durations for current daily smokers was 19.3 years. 54.3% (264/486), 30.0% (146/486) and 15.6% (76/486) had mild, moderate and severe nicotine dependence, respectively. About 68.7% (334/486) daily smokers had quit attempt before but failed and 28.2% (137/486) reported that they had never tried and did not want to give up smoking.

Table 1 Socio-demographic characteristics of current smokers, ex-smokers and never smokers (N = 3,306)

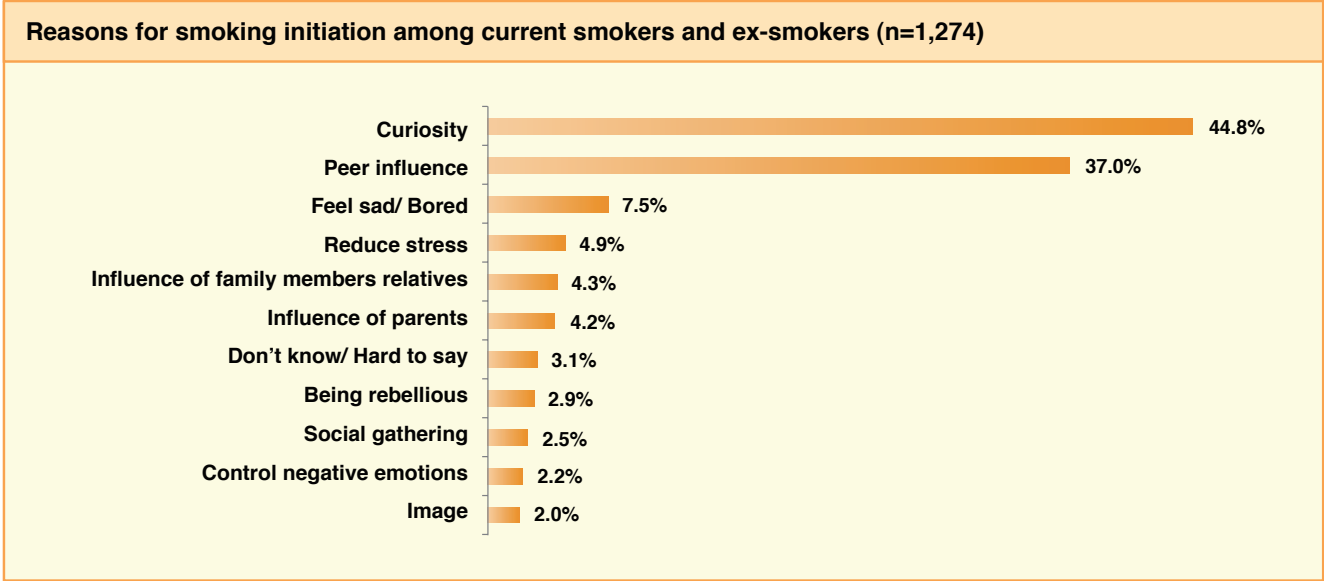
	Current smoker	Ex-smoker	Never smoker	p-value
	n = 765	n = 509	n = 2,032	
Age, M (SD)				< 0.001 ^{a,b} , 0.17 ^c
	36.3 (13.4)	44.6 (12.3)	43.3 (15.2)	
	n (%)			
Age group (years)				< 0.001 ^{a,b} , 0.41 ^c
15 - 29	263 (34.7)	66 (13.2)	451 (22.4)	
30 - 49	358 (47.3)	223 (44.5)	637 (31.7)	
50 - 65	136 (18.0)	212 (42.3)	923 (45.9)	
Marital status				< 0.001 ^{a,b,c}
Married/Partnered	360 (47.4)	342 (68.5)	1,321 (66.0)	
Single	336 (44.3)	117 (23.4)	624 (31.2)	
Others	63 (8.3)	40 (8.0)	57 (2.8)	
Number of children				< 0.001 ^{a,b} , 0.55 ^c
None	405 (53.4)	146 (29.2)	722 (36.3)	
1 child	163 (21.5)	129 (25.9)	334 (16.8)	
2 children	140 (18.4)	165 (33.1)	647 (32.6)	
3 or more children	51 (6.7)	59 (11.8)	284 (14.3)	
Education attainment				0.37
Primary or below	66 (8.7)	77 (15.3)	359 (17.9)	
Secondary	528 (69.4)	306 (61.0)	1,041 (51.9)	
Tertiary or above	167 (21.9)	119 (23.7)	604 (30.1)	
Employment status				< 0.001 ^{a,b} , 0.40 ^c
Employed	421 (55.5)	226 (44.9)	855 (42.8)	
Unemployed	337 (44.4)	278 (55.2)	1,145 (57.2)	
Monthly household income				0.11
< \$9,999	115 (18.3)	79 (18.3)	334 (20.5)	
\$10,000-19,999	162 (25.8)	105 (24.3)	445 (27.4)	
\$20,000-29,999	145 (23.1)	97 (22.5)	339 (20.8)	
> \$30,000	207 (32.9)	151 (35.0)	509 (31.3)	

Missing data were excluded in the calculation of percentages/means
a. current smokers vs never smokers; b. current smokers vs ex-smokers; c. never smokers vs ex-smokers

Reasons for smoking initiation, continued smoking, quitting and not smoking

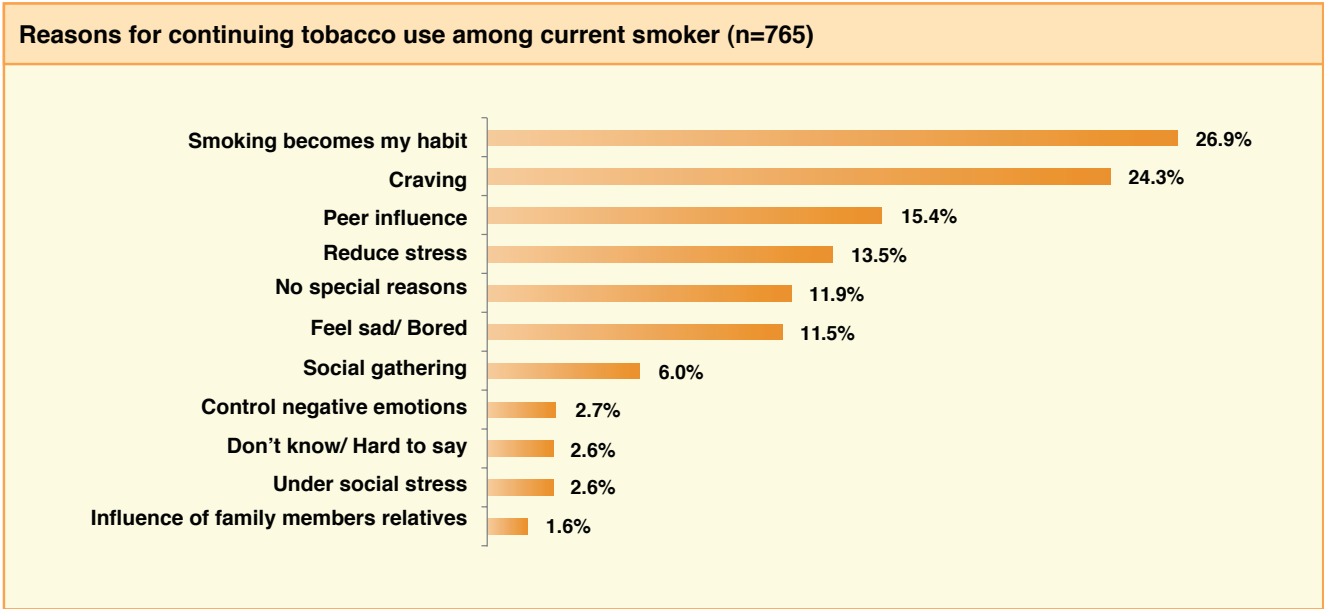
The most frequently reported reason for first attempt of smoking among smokers and ex-smokers (Figure 1) was ‘curiosity’ (44.8%; 571/1,274), followed by ‘peer influence’ (37.0%; 471/1,274).

Figure 1



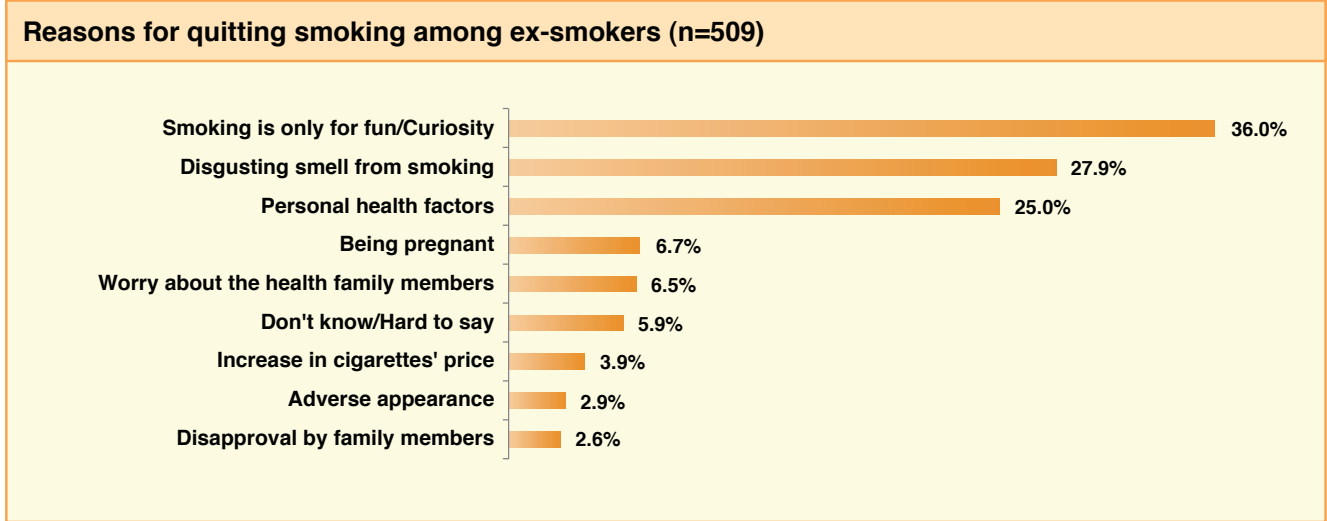
The most frequently reported reason to continue smoking among smokers (Figure 2) was ‘smoking becomes my habit’ (26.9%; 206/765), followed by ‘craving’ (24.3%; 186/765). ‘peer influence’ (15.4%; 118/765), ‘reduce stress’ (13.5%; 103/765) and ‘feeling sad/bored’ (11.5%; 88/765).

Figure 2



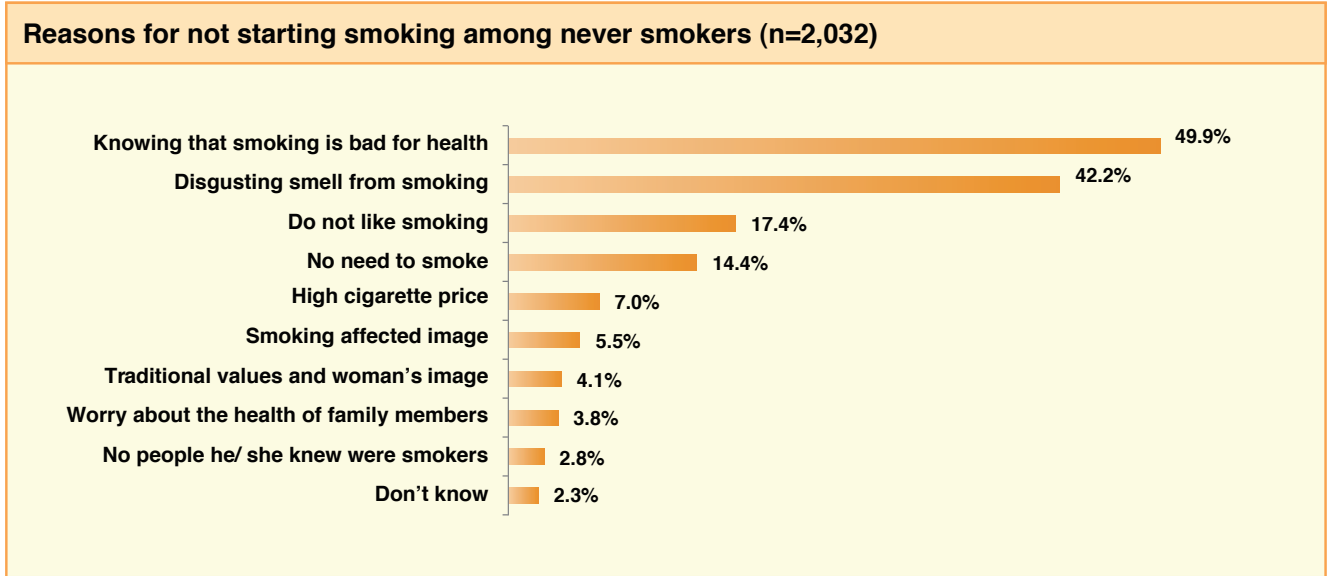
The most frequently reported reason for quitting smoking among ex-smokers (Figure 3) was ‘smoking is only for fun or curiosity’ (36.0%; 183/509), followed by ‘disgusting smell from smoking’ (27.9%; 142/509) and ‘personal health factors’ (25.0%; 127/509).

Figure 3



The most frequently reported reason for not smoking among never smokers (Figure 4) was ‘knowing that smoking is bad for health’ (49.9%; 1,014/2,032), followed by ‘disgusting smell’ (42.2%; 858/2,032) and ‘do not like smoking’ (17.4%; 353/2,032).

Figure 4



Factors and health outcomes associated with smoking

In accord with the Phase I study, Figure 3 shows that ‘concerns about their own health’ (25%; 127/509), ‘worry about the health of their family members’ (6.5%; 33/509) and ‘being pregnant’ (6.7%; 34/509) were the important factors for quitting smoking in ex-smokers. Moreover, the findings of Phase II study (Figure 4) concur with Phase I study that over 50% (1,014/2,032) never smokers had concern about the adverse health effects of smoking, especially on the next generation, which prevented them from starting smoking.

Compared with never smokers, current smokers were more likely to report poor health conditions (OR=1.65; 95% CI= 1.09-2.51), cough and sputum (OR=2.23; 95% CI= 1.69-2.95), but less likely to seek medical consultations (OR=0.78; 95% CI= 0.62-0.98), whilst ex-smokers were also more likely to report poor health conditions (OR=1.76; 95% CI= 1.16-2.68) and diagnosed asthma (OR=2.95; 95% CI= 1.42-6.12). Compared with current smokers, ex-smokers were less likely to report cough and sputum (OR=0.39; 95% CI= 0.27-0.58), but more likely to report diagnosed asthma (OR=4.12; 95% CI= 1.52-11.18) and seek medical consultation (OR=1.57; 95% CI= 1.18-2.07).

4. Discussion

The Phase I and II studies investigated, for the first time, the behaviour, attitudes and experiences of Chinese women current smokers, ex-smokers and never smokers towards smoking. The qualitative study (Phase I) provided detailed textual descriptions of the informants’ behaviour, attitudes and experiences related to smoking. Additionally, a quantitative study (Phase II) was conducted to further explore the smoking behaviour and their associated factors among current smokers, ex-smokers and never smokers in Hong Kong women, on a population level. The large sample of participants improved the sample’s diversity and precision of estimates and helped explore how socio-economic and demographic characteristics influenced the behaviour, attitudes and experience towards smoking. Most importantly, the strength of these two studies was the originality and importance of the research questions addressing an under-researched area, as smoking can cause many diseases and is a health major threat to women.

Both studies (Phase I & II) showed that peer influence and curiosity were the key reasons for smoking initiation among current and ex-smokers. Most current smokers claimed that smoking had become a habit in their daily life, which was a major obstacle against their intention to quit smoking. Craving was another key reason for continuing tobacco use among smokers. Because of nicotine dependency, smokers often experienced a strong desire to smoke and found it very hard to abstain from smoking, in particular when they felt bored or unhappy. Similar to the results of Phase I study, Phase II study indicated that a common reason for quitting smoking among ex-smokers was the awareness of the health hazards of smoking, in particular when they were pregnant. In accord with Phase I study, the Phase II study found that realizing smoking was bad for health was the key reason for not starting smoking among never smokers. In addition, most never smokers reported that they found the smell arising from a smoker’s mouth very disgusting.

One interesting finding from both studies was that many female smokers regarded negative emotions and stress were the important factors affecting smoking initiation and influencing continued tobacco use. These factors are particular important for female smokers, but for male smokers, apart from peer influence and curiosity, the most common reason for smoking initiation and continuing tobacco use is the necessity in social functions⁷. Another interesting finding is the majority of current smokers did not realize the name and location of the organizations that provide smoking cessation services. In addition, most of them did not have special methods to aid their quit attempt.

One important finding in Phase I qualitative study was that despite the high level of knowledge on most smoking diseases among current smokers, ex-smokers and never smokers, very few realized the female-specific adverse health consequences of smoking. Another important finding was that smoking was associated with other risk behaviours, such as alcohol consumption, unhealthy diet and physical inactivity. Moreover, Phase II study showed that ex-smokers were more likely to report poor health conditions as compared with never smokers. Similarly, current smokers were more likely to report poor health conditions.

Concerning tobacco control legislations, 23.7% of smokers (181/765) indicated that smoke-free legislation was not enough, and among them, 42.0% (76/181) expressed that there were insufficient tobacco control officers to enforce the legislation, in particular to taking legal action to prosecute those offenders who smoked in the designated no-smoking public places.

Besides, in Phase I qualitative group interviews, many never smokers, some ex-smokers and few current smokers supported the raise of tobacco tax. They believed that through increasing tobacco tax, it would motivate current smokers to quit or reduce tobacco consumption.

4.1 Implications and Recommendations for Clinical Practice

The findings revealed that parents who smoke have a strong negative influence on their children. Healthcare professionals must advise parents that if they do not want their children to smoke, they must set a good example by abstaining from smoking. Health promotion programmes are needed to strengthen people's ability to resist peer influence and curiosity, to prevent smoking initiation by females. Those at high risk of starting to smoke must be made aware of the addictive nature of tobacco and the myths that smoking can regulate mood, help to control weight and that quitting has negative health consequences.

The results revealed that negative emotions and stress were important factors for smoking initiation and continued tobacco use among female smokers. For female smokers with such problems or concerns, it is vital that healthcare professionals should focus on helping them realize the negative health consequences of smoking, and at the same time helping them with some alternative strategies for coping with negative emotions and stress. Most importantly, healthcare professionals should be offered relevant training so as to enhance their self-efficacy and confidence in promoting smoking cessation to female smokers.

4.2 Implications and Recommendations for Public Health Actions

The findings of the studies pointed to the urgent need to take public health actions to prevent the uptake of smoking among young women. A positive image of a healthy non-smoking female should be portrayed

through education and publicity campaigns to the younger generation. To tackle the tobacco epidemic in woman, we suggest the continued promotion of the social unacceptance of woman smoking and a tobacco prevention campaign that reinforces the poor image of women smoking and visually demonstrates the health hazards of smoking.

The findings indicated that many participants did not realize the female-specific health consequences of smoking. Campaigns are needed to raise public awareness of female-specific negative consequences of smoking, such as a higher rate of infertility, ectopic pregnancy, premature labour, low birth weight infants, sudden infant death syndrome, menstrual pain, early menopause, osteoporosis, cervical cancer, and the negative effect on the skin and appearance. Campaigns are also needed to increase the public's support for no smoking in women and for avoiding smoking and secondhand smoking exposure for females.

It is important to break the use of tobacco as a tool for social networking. Tailor-made smoking cessation promotion campaigns and advertisements targeting women are needed to help current smokers to quit. We must cultivate a social norm that does not tolerate smoking behaviour, encourages non-smoking family members, friends and the general population to advise smokers to stop smoking in public areas and creates social pressure on and support for smokers to stop smoking. Additionally, more promotion is needed to increase the awareness of the existing smoking cessation services in Hong Kong. More resources should be deployed to help females to quit smoking, such as by setting up a women's quit line in Hong Kong. Design and testing of more effective methods to increase rate in woman smokers are warranted.

To enforce the smoke-free legislation, limiting access to cigarettes by increasing tobacco tax and prohibiting tobacco promotion and display at the points of sale and plain packaging, should be effective. Most importantly, non-smoking people, healthcare professionals and tobacco control advocates should work with government to strengthen the smoke-free legislation and policies and expand the smoking cessation services so as to further reduce the smoking prevalence to single digit and strive for a smoke-free Hong Kong.

5. Conclusions

The two studies (Phase I & II) addressed a gap in the literature by examining the behaviour, attitudes and experiences of Chinese women in Hong Kong related to smoking and smoking cessation, an area of research that has been underrepresented in the literature. The findings can be used in the development of smoking cessation interventions for Chinese female smokers. Additionally, education, public policy, legislation, and research need to be geared towards preventing young girls and women from initiating smoking and continuing smoking.

6. Acknowledgements

We would like to thank Hong Kong Council on Smoking and Health for their funding in this study, and the Public Opinion Programme, the University of Hong Kong, for their assistance in data collection and processing. We would also like to thank all participants and research assistants Ms Wan Siu Fung Zoe and Ms Lam Oi Bun Christina, for their valuable contributions in this study.

7. References

¹World Health Organization. (2013). *Report on the Global Tobacco Epidemic: Enforcing bans on tobacco advertising, promotion and sponsorship*. Switzerland, Geneva: World Health Organization.

²U.S. Department of Health and Human Services. (2014). *The Health Consequences of Smoking - 50 Years of Progress: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

³Pathania V. S. (2011). Women and the smoking epidemic: turning the tide. *Bulletin of the World Health Organization*, 89, 162.

⁴MAS. (2010). Affluence prompts more women in China to light up. *Canadian Medical Association Journal*; 182(12): E557-E558.

⁵U.S. Department of Health and Human Services. (2010). *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

⁶Amos A, Haglund M. (2000). From social taboo to 'torch of freedom': the marketing of cigarettes to women. *Tobacco Control*; 9: 3 - 8.

⁷Census & Statistics Department. (2013). Pattern of Smoking. *Thematic Household Survey Report: Daily cigarette smoking prevalence rate dropped further*. Hong Kong: Hong Kong Census & Statistics Department.

⁸World Health Organization. (2014). Tobacco free initiative. Accessed May, 2014 from: <http://www.who.org/toh>

⁹Abdullah AS, Yang T, Beard J. (2010). Predictors of women's attitudes toward World Health Organization framework convention on tobacco control policies in urban China. *Journal of Women's Health*; 19: 903-9.

¹⁰Lau EM, Lee P, Lynn H, Sham A, Woo J. (2003). The epidemiology of cigarette smoking in Hong Kong Chinese women. *Preventive Medicine*; 37: 383-388.

二零一四年九月出版
Published in September 2014

© 2013-2014 年香港吸煙與健康委員會版權所有
Copyright © 2013-2014 Hong Kong Council on Smoking and Health. All Rights Reserved.

香港灣仔皇后大道東183號合和中心44樓4402-03室
Unit 4402-03, 44th Floor, Hopewell Centre, 183 Queen's Road East, Wanchai, Hong Kong

諮詢熱線 Enquiry Hotline: (852) 2838 8822
傳真 Facsimile: (852) 2575 3966
電郵地址 E-mail: enq@cosh.org.hk
網址 Website: www.smokefree.hk



www.smokefree.hk

