



全城投入
Join In · Be Smoke-free
無煙運動



香港吸煙與健康委員會
Hong Kong Council on Smoking and Health
Annual Report 2018-2019 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 |
| 16 | 秘書處 | Secretariat |
| 18 | 主席報告 | Chairman's Report |
| 專題 Highlights | | |
| 24 | 運動取代吸煙 全城戒煙變強 | Quit for Strength Replace Smoking by Doing Exercise |
| 活動 Events | | |
| 34 | 活動紀要 2018-2019 | Highlights of Events 2018-2019 |
| 38 | 宣傳及社區推廣活動 | Publicity and Community Involvement Projects |
| 73 | 教育及青少年活動 | Education and Youth Programmes |
| 84 | 與傳播媒介之聯繫 | Working with the Mass Media |
| 86 | 會議及考察 | Conferences and Visits |
| 92 | 資訊及研究項目計劃 | Information and Research Projects |
| 報告 Reports | | |
| 102 | 環保工作報告 | Environmental Report |
| 104 | 獨立核數師報告書 | Independent Auditor's Report |
| 附錄 Appendices | | |
| 126 | 鳴謝 | Acknowledgement |
| 158 | 各常務委員會之職能範圍 | Terms of Reference of Standing Committees |
| 160 | 第二十五號報告書 | COSH Report No. 25 |



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。

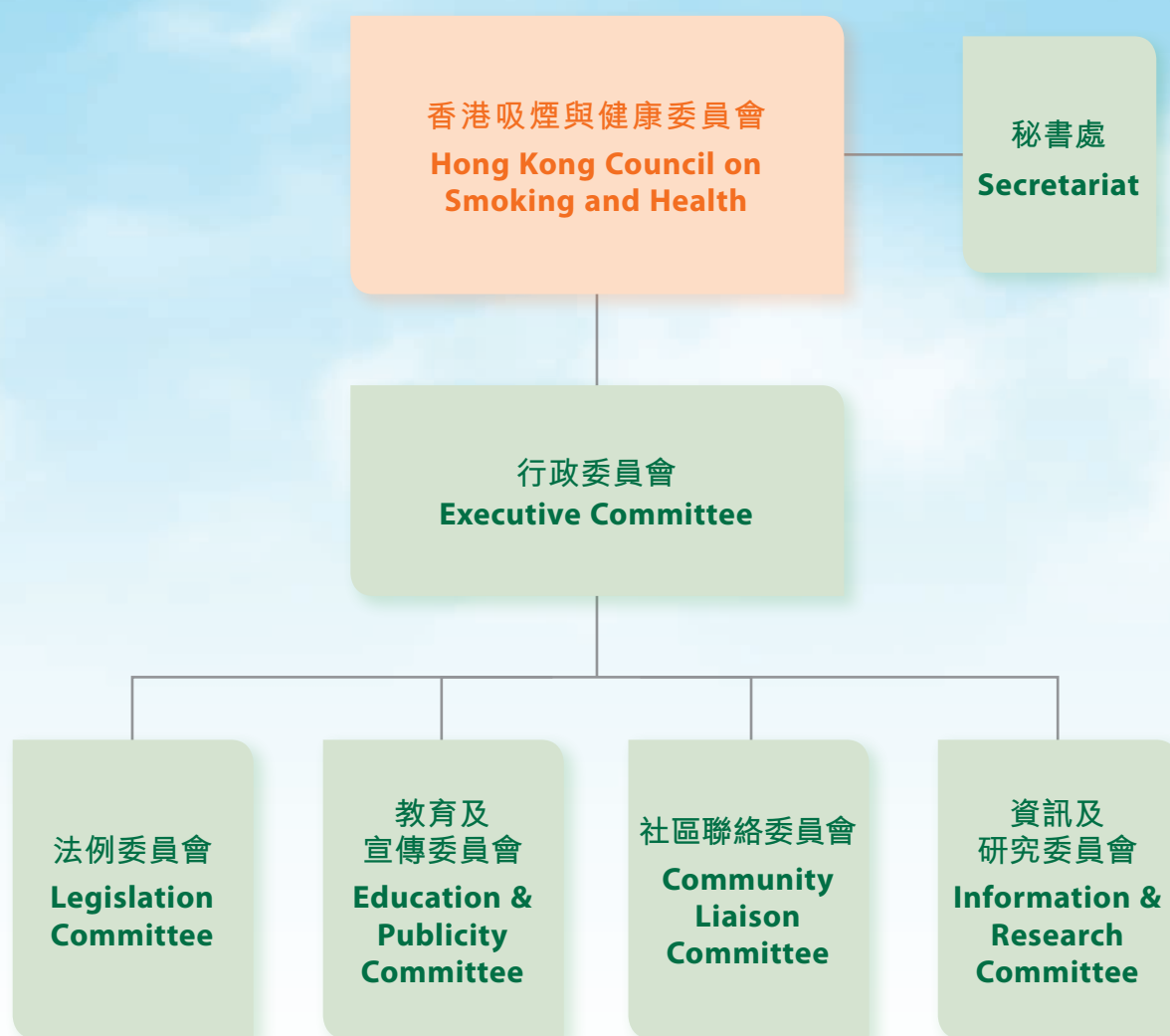
根據憲章，委員會就本港各項有關煙草之問題，擔當主導角色，並時刻關注各項可影響煙草產品推廣及煙草蔓延的環境變異，於憲章賦予之職權範圍內，因時制宜，採取適度應變措施。

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 COSH

| | | | |
|-------------|---------------|--------------------------|----------------------------------|
| 主席 | 鄭祖盛先生 MH | Chairman | Mr Antonio KWONG Cho-shing, MH |
| 副主席 | 伍婉婷女士 MH | Vice-chairman | Ms Yolanda NG Yuen-ting, MH |
| 委員 | 何靜瑩女士 | Member | Ms Ada HO Ching-ying |
| | 何世賢博士 | | Dr Daniel HO Sai-yin |
| | 徐小曼女士 | | Ms HSU Siu-man |
| | 林哲玄醫生 | | Dr David LAM Tzit-yuen |
| | 廖偉明醫生 | | Dr Haston LIU Wai-ming |
| | 繆潔芝醫生 | | Dr Christina MAW Kit-chee |
| | 蘇潔瑩醫生 | | Dr Loletta SO Kit-ying |
| | 鄧振強先生 MH 太平紳士 | | Mr Teddy TANG Chun-keung, MH, JP |
| | 湯修齊先生 MH 太平紳士 | | Mr Henry TONG Sau-chai, MH, JP |
| | 曾立基先生 | | Mr Richard TSANG Lap-ki |
| | 董煜醫生太平紳士 | | Dr Stewart TUNG Yuk, JP |
| | 王文炳博士 | | Dr Kelvin WANG Man-ping |
| | 黃幸怡女士太平紳士 | | Ms Sandy WONG Hang-yee, JP |
| | 黃仰山教授 | | Prof Samuel WONG Yeung-shan |
| 當然委員 | 趙佩燕醫生太平紳士 | Ex-officio Member | Dr Amy CHIU Pui-yin, JP |

行政委員會 Executive Committee

| | | | |
|------------|-----------|----------------------|--------------------------------|
| 主席 | 伍婉婷女士 MH | Chairman | Ms Yolanda NG Yuen-ting, MH |
| 副主席 | 鄭祖盛先生 MH | Vice-chairman | Mr Antonio KWONG Cho-shing, MH |
| 委員 | 趙佩燕醫生太平紳士 | Member | Dr Amy CHIU Pui-yin, JP |
| | 曾立基先生 | | Mr Richard TSANG Lap-ki |

教育及宣傳委員會 Education & Publicity Committee

| | | | |
|-------------|---------------|------------------------|----------------------------------|
| 主席 | 曾立基先生 | Chairman | Mr Richard TSANG Lap-ki |
| 委員 | 鄺祖盛先生 MH | Member | Mr Antonio KWONG Cho-shing, MH |
| | 何靜瑩女士 | | Ms Ada HO Ching-ying |
| | 何世賢博士 | | Dr Daniel HO Sai-yin |
| | 徐小曼女士 | | Ms HSU Siu-man |
| | 廖偉明醫生 | | Dr Haston LIU Wai-ming |
| | 伍婉婷女士 MH | | Ms Yolanda NG Yuen-ting, MH |
| | 蘇潔瑩醫生 | | Dr Loletta SO Kit-ying |
| | 鄧振強先生 MH 太平紳士 | | Mr Teddy TANG Chun-keung, MH, JP |
| | 湯修齊先生 MH 太平紳士 | | Mr Henry TONG Sau-chai, MH, JP |
| | 董煜醫生 太平紳士 | | Dr Stewart TUNG Yuk, JP |
| | 黃幸怡女士 太平紳士 | | Ms Sandy WONG Hang-ye, JP |
| 增選委員 | 陳玉玲女士 | Co-opted member | Ms Kelly CHAN Yuk-ling |
| | 周海傑先生 | | Mr CHAU Hoi-kit |
| | 譚家強博士 | | Dr Andy TAM Ka-keung |

社區聯絡委員會 Community Liaison Committee

| | | | |
|-------------|----------------|------------------------|------------------------------------|
| 主席 | 伍婉婷女士 MH | Chairman | Ms Yolanda NG Yuen-ting, MH |
| 委員 | 鄺祖盛先生 MH | Member | Mr Antonio KWONG Cho-shing, MH |
| | 何世賢博士 | | Dr Daniel HO Sai-yin |
| | 林哲玄醫生 | | Dr David LAM Tzit-yuen |
| | 繆潔芝醫生 | | Dr Christina MAW Kit-chee |
| 增選委員 | 陳志球教授 BBS 太平紳士 | Co-opted member | Prof Johnnie CHAN Chi-kau, BBS, JP |
| | 張勇邦先生 MH | | Mr Langton CHEUNG Yung-pong, MH |
| | 周奕希先生 BBS 太平紳士 | | Mr CHOW Yick-hay, BBS, JP |
| | 李銒發先生 MH | | Mr Herman LEE Yuk-fat, MH |

資訊及研究委員會 Information & Research Committee

| | | | |
|-------------|----------------|------------------------|--------------------------------|
| 主席 | 鄭祖盛先生 MH | Chairman | Mr Antonio KWONG Cho-shing, MH |
| 委員 | 何世賢博士 | Member | Dr Daniel HO Sai-yin |
| | 伍婉婷女士 MH | | Ms Yolanda NG Yuen-ting, MH |
| | 蘇潔瑩醫生 | | Dr Loletta SO Kit-ying |
| | 湯修齊先生 MH 太平紳士 | | Mr Henry TONG Sau-chai, MH, JP |
| | 王文炳博士 | | Dr Kelvin WANG Man-ping |
| | 黃仰山教授 | | Prof Samuel WONG Yeung-shan |
| 增選委員 | 林大慶教授 BBS 太平紳士 | Co-opted member | Prof LAM Tai-hing, BBS, JP |
| | 巫潔嫻教授 | | Prof Phoenix MO Kit-han |
| | 吳文達醫生 | | Dr Alexander NG Man-tat |

法例委員會 Legislation Committee

| | | | |
|-------------|----------------------|------------------------|-------------------------------------|
| 主席 | 鄭祖盛先生 MH | Chairman | Mr Antonio KWONG Cho-shing, MH |
| 委員 | 何世賢博士 | Member | Dr Daniel HO Sai-yin |
| | 伍婉婷女士 MH | | Ms Yolanda NG Yuen-ting, MH |
| | 黃幸怡女士 太平紳士 | | Ms Sandy WONG Hang-yee, JP |
| 增選委員 | 封螢醫生 | Co-opted member | Dr FUNG Ying |
| | 林大慶教授 BBS 太平紳士 | | Prof LAM Tai-hing, BBS, JP |
| | 劉文文女士 BBS, MH 太平紳士 | | Ms Lisa LAU Man-man, BBS, MH, JP |
| | 李詠梅教授 | | Prof 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 |

委員介紹 Members of COSH



主席 Chairman

鄭祖盛律師 MH

Mr Antonio KWONG Cho-shing, MH

鄭祖盛律師現職商人，於2009年加入委員會，並於2014年獲委任為委員會主席。鄭律師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、社區聯絡委員會和教育及宣傳委員會委員。

Mr Antonio KWONG, a qualified solicitor, is a businessman. He joined COSH in 2009 and was appointed as COSH Chairman in 2014. He is the Chairman of the Information & Research Committee and Legislation Committee, Vice-chairman of the Executive Committee and also a member of the Community Liaison Committee and Education & Publicity Committee.



副主席 Vice-chairman

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。伍女士現為行政委員會和社區聯絡委員會主席、教育及宣傳委員會、資訊及研究委員會和法例委員會委員。

Ms Yolanda NG is a Councilor of Wan Chai District and actively involved in public services. She joined COSH in 2008 and is the Chairman of the Executive Committee and Community Liaison Committee and also a member of the Education & Publicity Committee, Information & Research Committee and Legislation Committee.



委員 Member

趙佩燕醫生太平紳士
Dr Amy CHIU Pui-yin, JP

趙佩燕醫生於年度內為衛生署副署長，於2018年加入委員會，為行政委員會委員。

Dr Amy CHIU is the Deputy Director of Department of Health from 2018. She joined COSH as an ex-officio member in 2018 and is a member of the Executive Committee.



委員 Member

何靜瑩女士
Ms Ada HO Ching-ying

何靜瑩女士現職科網企業行政總裁，曾創辦社會企業及非牟利機構。何女士於2014年加入委員會，現為教育及宣傳委員會委員。

Ms Ada HO is an entrepreneur, she founded a social enterprise and non-profit organization. She joined COSH in 2014 and is a member of the Education & Publicity Committee.



委員 Member

何世賢博士
Dr Daniel HO Sai-yin

何世賢博士為香港大學公共衛生學院副教授，於2017年加入委員會，現為教育及宣傳委員會、社區聯絡委員會、資訊及研究委員會及法例委員會委員。

Dr Daniel HO is an Associate Professor in the School of Public Health, The University of Hong Kong. He joined COSH in 2017 and is a member of the Education & Publicity Committee, Community Liaison Committee, Information & Research Committee and Legislation Committee.



委員 Member

徐小曼女士
Ms HSU Siu-man

徐小曼女士為一位青年服務機構註冊社工，於2014年加入委員會，現為教育及宣傳委員會委員。

Ms HSU Siu-man is a registered social worker in youth organization. She joined COSH in 2014 and is a member of the Education & Publicity Committee.



委員 Member

林哲玄醫生
Dr David LAM Tzit-yuen

林哲玄醫生為香港醫學會副會長，於2018年加入委員會，現為社區聯絡委員會委員。

Dr David LAM is the Vice President of The Hong Kong Medical Association. He joined COSH in 2018 and is a member of the Community Liaison Committee.



委員 Member

廖偉明醫生
Dr Haston LIU Wai-ming

廖偉明醫生為牙科醫生，並擔任香港牙醫學會會長，於2018年加入委員會，現為教育及宣傳委員會委員。

Dr Haston LIU is a dentist and also the President of Hong Kong Dental Association. He joined COSH in 2018 and is a member of the Education & Publicity Committee.



委員 Member

繆潔芝醫生

Dr Christina MAW Kit-chee

繆潔芝醫生現為醫院管理局葛量洪醫院及東華醫院行政總監，於2015年加入委員會，現為社區聯絡委員會委員。

Dr Christina MAW is the Hospital Chief Executive of Grantham Hospital and Tung Wah Hospital, Hospital Authority. She joined COSH in 2015 and is a member of the Community Liaison Committee.



委員 Member

蘇潔瑩醫生

Dr Loletta SO Kit-ying

蘇潔瑩醫生現為東區尤德夫人那打素醫院顧問醫生，於2018年加入委員會，現為教育及宣傳委員會和資訊及研究委員會委員。

Dr Loletta SO is a Consultant in Pamela Youde Nethersole Eastern Hospital. She joined COSH in 2018 and is a member of the Education & Publicity Committee and Information & Research Committee.



委員 Member

鄧振強先生 MH 太平紳士

**Mr Teddy TANG
Chun-keung, MH, JP**

鄧振強先生現職中學校長，同時擔任香港中學校長會主席，於2018年加入委員會，現為教育及宣傳委員會委員。

Mr Teddy TANG is a secondary school principal and the Chairman of The Hong Kong Association of the Heads of Secondary Schools. He joined COSH in 2018 and is a member of the Education & Publicity Committee.



委員 Member

湯修齊先生 MH 太平紳士
Mr Henry TONG
Sau-chai, MH, JP

湯修齊先生現職為企業董事總經理，亦為家庭與學校合作事宜委員會主席，於2018年加入委員會，現為教育及宣傳委員會和資訊及研究委員會委員。

Mr Henry TONG is the Managing Director of an enterprise and the Chairman of Committee on Home-School Co-operation. He joined COSH in 2018 and is a member of the Education & Publicity Committee and Information & Research Committee.



委員 Member

曾立基先生
Mr Richard TSANG Lap-ki

曾立基先生現為公共關係顧問集團主席，於2016年加入委員會，現為教育及宣傳委員會主席和行政委員會委員。

Mr Richard TSANG is the Chairman of a public relations consultancy group. He joined COSH in 2016 and is the Chairman of the Education & Publicity Committee and also a member of the Executive Committee.



委員 Member

董煜醫生 太平紳士
Dr Stewart TUNG Yuk, JP

董煜醫生現為屯門醫院顧問醫生，於2018年加入委員會，現為教育及宣傳委員會委員。

Dr Stewart TUNG is a Consultant in Tuen Mun Hospital. He joined COSH in 2018 and is a member of the Education & Publicity Committee.



委員 Member

王文炳博士

Dr Kelvin WANG Man-ping

王文炳博士為香港大學護理學院副教授，於2018年加入委員會，現為資訊及研究委員會委員。

Dr Kelvin WANG is the Associate Professor in the School of Nursing, The University of Hong Kong. He joined COSH in 2018 and is a member of the Information & Research Committee.



委員 Member

黃幸怡女士太平紳士

**Ms Sandy WONG
Hang-ye, JP**

黃幸怡女士為律師行顧問律師及香港女律師協會前會長，亦擔任多項公職。黃女士於2017年加入委員會，現為教育及宣傳委員會和法例委員會委員。

Ms Sandy WONG is Consultant Solicitor at a law firm and the Past President of Hong Kong Federation of Women Lawyers. Ms Wong is actively involved in public service. She joined COSH in 2017 and is a member of the Education & Publicity Committee and Legislation Committee.



委員 Member

黃仰山教授

**Prof Samuel WONG
Yeung-shan**

黃仰山教授為香港中文大學醫學院賽馬會公共衛生及基層醫療學院副院長，同時擔任醫學院副院長(教育)，於2014年加入委員會，現為資訊及研究委員會委員。

Prof Samuel WONG is Professor and Deputy Director of School of Public Health and Primary Care, and also the Associate Dean (Education) of Faculty of Medicine of The Chinese University of Hong Kong. He joined COSH in 2014 and is a member of the Information & Research Committee.





秘書處 Secretariat



黎慧賢
Vienna LAI Wai-yin
總幹事 Executive Director

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 (至2019年2月) | | Ms Annie NG Lai-ying (up to February 2019) |
| 梁可欣女士 (2019年3月履職) | | Ms Jacqueline LEUNG Ho-yan (from March 2019) |
| 項目籌劃經理 馮凱婷女士 (至2018年6月) | Project Manager | Ms Florence FUNG Hoi-ting (up to June 2018) |
| 梁可欣女士 (至2018年6月) | | Ms Jacqueline LEUNG Ho-yan (up to June 2018) |
| 鄧詩雅女士 (至2018年6月) | | Ms Cynthia TANG Sze-nga (up to June 2018) |
| 羅詠儀女士 (至2018年8月) | | Ms Dorothy LAW Wing-yi (up to August 2018) |
| 劉瑤瑜女士 (至2018年10月) | | Ms Shirley LAU Yiu-yu (up to October 2018) |
| 馮思律女士 (至2018年12月) | | Ms Eunice FUNG Sze-lut (up to December 2018) |
| 黃穎祺女士 (至2019年3月) | | Ms Jamie WONG Wing-kei (up to March 2019) |
| 王志峰先生 (2018年7月履職) | | Mr Fung WONG Chi-fung (from July 2018) |
| 陳紫研女士 (2018年9月履職) | | Ms Purple CHAN Tsz-yin (from September 2018) |
| 謝結齡女士 (2018年12月履職) | | Ms Jacqueline TSE Kit-ling (from December 2018) |
| 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 何燕穎女士 | Project Officer | Ms Christy HO Yin-wing |
| 黃翠儀女士 | | Ms Tracy WONG Chui-ye |
| 葉芷晴女士 (至2018年7月) | | Ms Jasmine YIP Tsz-ching (up to July 2018) |
| 黃沛衡女士 (2018年9月履職) | | Ms Esther WONG Pui-hang (from September 2018) |
| 項目籌劃主任 譚雅雯女士 | Project Executive | Ms Carmen TAM Nga-man |
| 教育幹事 鍾翠媛女士 | Educator | Ms Irene CHUNG Tsui-woon |
| 吳麗明女士 | | Ms NG Lai-ming |
| 蘇倚倫女士 (至2018年9月) | | Ms Eilean SO Yee-lun (up to September 2018) |
| 關婉芳女士 (至2019年2月) | | Ms Susanna KWAN Yuen-fong (up to February 2019) |
| 黎雪芳女士 (2019年1月履職) | | Ms Heidi LAI Shuet-fong (from January 2019) |
| 曾文燕女士 (2019年2月履職) | | Ms Alison TSANG Man-yin (from February 2019) |
| 黃穎怡女士 (2019年2月履職) | | Ms Gladys WONG Wing-ye (from February 2019) |
| 行政助理 陳明珠女士 | Executive Assistant | Ms Charmaine CHAN Ming-chu |
| 陳樂怡女士 (至2019年1月) | | Ms Joey CHAN Lok-yi (up to January 2019) |
| 關頌衡女士 (2019年3月履職) | | Ms Hannah KWAN Chung-hang (from March 2019) |
| 項目籌劃助理 嚴永嫦女士 | Project Assistant | Ms Ella YIM Wing-sheung |



主席報告 Chairman's Report



香港吸煙與健康委員會自1987年成立以來，一直以保障公眾健康為首要任務，透過多元化的宣傳及教育工作，將無煙信息滲透社會各階層，提高大眾對煙草禍害的認識，並鼓勵吸煙人士戒煙。委員會於2018至2019年度以「無煙健兒」為主題，舉辦一系列的宣傳推廣活動，推動全城培養健康的興趣及嗜好，以運動取代吸煙習慣。另一方面，鑑於近年電子煙及新型吸煙產品於全球盛行，情況令人關注，委員會於過去一年特別加強相關的宣傳教育工作，積極倡議政府及立法會儘快立法全面禁止新型吸煙產品，堅決向不同形式的煙草產品說「不」，全力推動香港成為無煙城市。

Safeguarding Public Health has been the top objective of Hong Kong Council on Smoking and Health (COSH) since its establishment in 1987. COSH has spared no effort in spreading smoke-free messages and raising public awareness of the hazards of tobacco, as well as encouraging smokers to quit smoking through publicity and education programmes. In 2018-2019, COSH organized a series of promotional activities under the theme of "Smoke-free Athlete", aiming to encourage the general public in developing healthy habits and replacing smoking by doing exercise. At the same time, in view of the alarming growth and global popularity of electronic cigarettes and new smoking products during the year, COSH promoted and strengthened the public education about the potential risks of these smoking products, and also proactively advocated the Government and the Legislative Council for a total ban on new smoking products in order to strive for a smoke-free Hong Kong.

主席 鄭祖盛 MH
Antonio KWONG Cho-shing, MH
Chairman

根據政府統計處的《主題性住戶統計調查第64號報告書》，2017年香港每日吸煙人數佔全港15歲及以上人口的10.0%，為有紀錄以來最低比率，反映歷年的控煙措施成效顯著，惟香港仍有逾615,000名每日吸煙人士。香港政府於2018年度制訂了《邁向2025：香港非傳染病防控策略及行動計劃》，期望於2025年前將吸煙率降低至7.8%。要達到此目標，以儘早實現無煙香港的願景，控煙工作絕不能鬆懈。委員會於過去一年針對不同界別人士展開一連串嶄新的宣傳推廣活動，並透過不同媒體及方式傳遞無煙信息，我們欣見有關工作獲得公眾的認同及支持。

「無煙健兒大募集」是年度宣傳推廣計劃的頭炮活動，委員會邀請市民加入成為「無煙健兒」，鼓勵以運動代替吸煙，藉此提高大眾關注吸煙和二手煙對健康的影響，同時希望大家鼓勵身邊吸煙人士踏出戒煙第一步。是次活動獲逾60間公司、政府部門、非政府組織、醫院、學校及機構支持，於社區展開各式推廣活動，透過地區力量共吸引超過4,500名市民加入成為「無煙健兒」，承諾不吸煙、多做運動，同時推廣以運動代替吸煙的無煙信息。

According to the Thematic Household Survey Report No. 64 of the Census and Statistics Department, daily cigarette smokers accounted for 10.0% of all persons aged 15 and over in 2017 in Hong Kong, the lowest on record, thereby highlighting the result of effective tobacco control policies. Yet there are still over 615,000 daily smokers in Hong Kong. In 2018, the Government set out the target of reducing the smoking prevalence to 7.8% by 2025 in "Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong". To achieve this target and the goal of achieving a smoke-free Hong Kong as soon as possible, we must continue to strengthen our efforts in curbing the tobacco epidemic. In the past year, COSH introduced a series of innovative programmes targeting different segments of the community, which successfully spread smoke-free messages and were widely supported by the public.

"Be a Smoke-free Athlete" was the first such publicity initiative. To raise public awareness on the adverse effect of smoking and secondhand smoke, COSH invited the public to be a 'Smoke-free Athlete' by saying no to cigarettes and motivating their family and friends who smoke to replace their smoking habit with physical exercise. Over 60 companies, government departments, non-governmental organizations, hospitals, schools and organizations supported the programme by organizing various promotional events across the territory to spread smoke-free messages. More than 4,500 citizens joined as "Smoke-free Athletes", promising to stay smoke-free and to replace smoking with a healthy habit.



無煙香港
Smoke-free Hong Kong

為延續「無煙健兒」的氛圍，委員會亦於2019年1月舉辦大型活動「全城無煙跑暨嘉年華」，鼓勵吸煙人士以跑步對抗煙癮，建立健康的無煙生活模式，身邊的家人朋友亦可支持戒煙人士重拾健康人生。活動吸引逾1,600名跑手參與，部分跑手更以無煙Buddy組參賽，動員非吸煙人士為吸煙者建立群組互相支持勉勵。另外，委員會與本地卡通人物B.Duck合作，創作一系列無煙生活貼士插圖，以輕鬆活潑的方式向市民大眾推廣健康生活心得。

為凝聚社會支持戒煙的力量，委員會再聯同香港大學護理學院及公共衛生學院舉辦第九屆「戒煙大贏家」無煙社區計劃，並得到18區區議會及地區合作夥伴的全力支持。透過在全港各區進行了超過100場社區招募活動及無煙展覽宣傳活動，不但接觸超過60,000名市民，更成功招募逾1,200名吸煙人士參與戒煙比賽，下定決心戒煙。

雖然市民對煙草禍害的意識已日漸提高，不過仍有部分吸煙人士未能下定決心戒煙，以及對現時戒煙服務缺乏認識，特別是煙齡較長、煙癮較深的年長人士。委員會自2012年推出「無煙老友記」計劃，推動長者戒煙。委員會於本年度透過健康講座、長者中心探訪、「老宜離煙，健康返埋嚟」宣傳活動及「無煙老友大使」分享戒煙故事等，向超過2,000位長者宣揚無煙信息，澄清有關吸煙與戒煙的謬誤，並鼓勵吸煙者戒煙。

To sustain the supportive atmosphere of “Smoke-free Athlete”, COSH organized “Smoke-free Run cum Carnival” in January 2019 to encourage smokers to resist tobacco cravings by running, as well as motivate the public to build a smoke-free healthy lifestyle. The event attracted around 1,600 runners and some runners showed their support to smokers in kicking the habit by forming a Smoke-free Buddy team to participate in the event. COSH also invited local cartoon character, B.Duck to design a set of key visuals with smoke-free tips to spread the messages among the general public.

COSH collaborated with the School of Nursing and School of Public Health, The University of Hong Kong to launch the 9th “Quit to Win” Smoke-free Community Campaign in order to solicit support for smoking cessation from the community. With the support of the 18 District Councils and district organizations, over 100 community-based recruitments and promotional activities were held across the territory, reaching over 60,000 citizens and recruiting more than 1,200 smokers to join the smoking cessation contest.

Although the hazards of smoking are commonly known, some elder smokers with long smoking history remain unaware of current cessation services available. Since 2012, COSH has organized the “Elderly Smoking Cessation Promotion Project” to enhance the knowledge and clear the myths of smoking and cessation among senior citizens. Through health talks, elderly centre visits, “Be Healthy, Be a Smoke-free Elderly” publicity events and sharing by Smoke-free Elderly Ambassadors, smoke-free messages were disseminated to more than 2,000 elderly smokers during the year.



為鼓勵各行各業建立無煙文化，委員會特別為吸煙率較高的行業推出針對性的宣傳計劃，加強推廣無煙信息，繼2016-2017年度的「建造無煙力量」及2017-2018年度的「無煙飲食力量」，委員會本年度再推出「無煙車樂部」計劃，以推動運輸業界建立無煙文化。計劃獲得多個業界組織和團體的支持，以及戒煙服務機構提供戒煙協助，共吸引逾60間運輸公司及組織加入成為「無煙車樂部」企業會員，受惠員工人數超過72,000人，亦有超過1,800名司機及乘客登記成為個人會員，承諾不吸煙及鼓勵身邊人戒煙。委員會透過不同宣傳推廣及戒煙支援，協助運輸業業界鼓勵從業員投入無煙生活，提升行業的職業安全及專業形象，共創清新安全的無煙旅程。

另一方面，委員會深信預防兒童及青少年吸第一口煙是令香港成為無煙城市不可或缺的關鍵。故此，我們透過針對各成長階段的教育活動，讓兒童及青少年及早認識煙草禍害及無煙環境的重要性。委員會於2018至2019學年與學校及中英劇團合作，得到教育局協辦及香港海洋公園的支持，推出「學校互動教育巡迴劇場」全新劇目「煙『昏』家庭」，讓小學生學習拒絕吸煙誘惑的技巧，並鼓勵他們將無煙信息推廣至家人，一同建立無煙家庭。巡迴劇場20多年來已先後於全港小學舉辦逾2,000場表演，超過54萬名學生及教師觀賞及參與。

To encourage business sectors in cultivating a smoke-free culture, COSH tailored publicity programmes for industries with high smoking prevalence. Following the success of “Smoke-free Construction Force” in 2016-2017 and “Smoke-free Catering Force” in 2017-2018, “Smoke-free Drivers Club” programme, with full support from various industry associations and smoking cessation service providers, was launched this year targeting the transportation industry. More than 60 companies and organizations in the industry joined the “Smoke-free Drivers Club” as corporate members, reaching over 72,000 practitioners. More than 1,800 drivers and passengers also joined and pledged for a smoke-free journey. Through publicity and smoking cessation support, COSH hoped to strengthen the participation of the transportation industry in promoting a smoke-free culture which brings positive impacts on the occupational safety, health and professional image of drivers.

Delivering smoke-free messages to the next generations at an early stage can deter them from lighting up the first cigarette and is crucial in striving for a smoke-free Hong Kong. COSH has launched a series of education programmes that cater to the needs of children and teenagers at different development stages, and equip them with smoke-free knowledge. COSH introduced a brand-new interactive drama titled “Smoke-free Family” in collaboration with schools, Chung Ying Theatre, The Education Bureau as co-organizer alongside support from Ocean Park Hong Kong. The drama highlighted the importance of building a smoke-free family among primary school students. Over the years, the “School Interactive Education Theatre” programme has toured for about 2,000 performances and reached more than 540,000 students and teachers.



無煙香港
Smoke-free Hong Kong

同時，由委員會舉辦、教育局協辦的「無煙 Teens 計劃 2018-2019」吸引超過 250 名來自不同中學的青少年參與，透過工作坊和領袖訓練營加深他們對控煙工作及煙害的認識，並提升他們各方面的才能，回到校園及走進社區構思及舉辦極具創意的宣傳活動，善用社交媒體宣傳，將無煙信息傳遞至更多不同界別及年齡的人士。除此之外，委員會年內於幼稚園及中小學舉辦逾 110 場「無煙新世代」健康講座，為超過 20,000 名學生灌輸無煙知識。

為更進一步減低吸煙率，委員會促請政府加強控煙措施，制定長遠及全面的控煙政策，以保障公眾健康。委員會關注近年電子煙及新型吸煙產品如加熱非燃燒煙草製品於全球迅速興起，更被宣傳推廣為潮流玩意，吸引不吸煙人士尤其是年輕人使用，將吸煙行為重新正常化。惟越來越多研究發現有關產品均含有有毒物質，危害市民健康，委員會欣見 2018 年施政報告中建議立法全面禁止電子煙及其他新型吸煙產品，政府亦向立法會提交草案，展開立法程序，以全面禁止另類吸煙產品的進口、製造、售賣、分發及宣傳。

With over 250 teenagers enrolled, the “Smoke-free Teens Programme 2018-2019” organized by COSH and co-organized by The Education Bureau instilled knowledge on tobacco control and the harms of smoking in youngsters, as well as provide training on various skills through workshop and training camps. The Smoke-free Teens organized innovative smoke-free activities and promoted via social media to propagate the importance of a smoke-free lifestyle among citizens from different strata and at all ages. In addition, more than 110 “Smoke-free New Generation” health talks were conducted in kindergartens, primary schools and secondary schools during the school year 2018 to 2019 and attended by over 20,000 students.

To further reduce smoking prevalence, COSH urges the Government to strengthen tobacco control measures and formulate long-term and comprehensive tobacco control policies to protect public health. COSH is seriously concerned that e-cigarettes and new smoking products such as heat-not-burn tobacco products have been rapidly emerging around the world in recent years, and have been promoted as trendy items targeting non-smokers, especially young adults, which renormalize smoking behaviour. However, studies have found that these products contain harmful substances and are hazardous to health. COSH welcomed the Government’s proposal to ban the import, manufacture, sale, distribution and advertisement of e-cigarettes and other new smoking products suggested in the 2018 Policy Address. The bill has been submitted to the Legislative Council for review.



因此，委員會舉辦三次「支持全面禁止電子煙及其他新型煙草產品」簡介會，加強學校及社會對此類煙草產品流行的關注，並提高公眾對有關禍害的認識，逾400名老師、學生、社工、家長、護士以及公共衛生工作者出席。同時，委員會聯同不同團體舉行兩次有關「全面禁止電子煙及其他新型煙草產品」的記者會，希望喚起社會對全禁新型吸煙產品的支持。委員會倡議立法會儘快審議及通過有關法案，以防有關產品成為吸煙的門檻，並避免因使用有關產品所帶來的健康威脅。

為加強宣傳效果，委員會更於本年度推出兩輯最新宣傳片——「戒煙變強」及「煙害變種」，前者鼓勵吸煙人士透過戒煙運動令自己變強，後者則讓市民大眾了解任何形式的煙草產品均會損害健康，鼓勵大家堅拒所有煙草產品，兩輯宣傳片均深受大眾歡迎。

香港的控煙工作在過去30多年來不斷向前，面對未來的各種挑戰，香港必須加快步伐及採取果斷措施，使香港的吸煙率進一步降低至單位數字，儘快實現全面禁煙的目標。在此，本人衷心感謝委員會各委員於過去一年齊心協力及提出寶貴的意見，特別鳴謝多年來支持香港控煙工作的政府、社會各界不同團體及人士。我們會繼續肩負使命，團結各界無煙力量，攜手共建無煙香港。

In order to strengthen the awareness among schools and community on e-cigarettes and other new smoking products, COSH held three briefing sessions to enhance the knowledge about the harms of these products, at which over 400 teachers, students, social workers, parents, nurses and public health practitioners attended. COSH also hosted two press conferences in collaboration with different organizations to call for public support on a total ban on new smoking products. COSH urged the Legislative Council to pass the bill promptly in order to prevent these products from becoming the gateway to smoking and avoid the health risks posed to the public, especially the next generation.

Two new Announcements in the Public Interest (APIs) were produced this year to enhance the promotion synergy, both of which received wide support. The “Quit for Strength” API encouraged smokers to improve their health by quitting smoking and doing exercises. The “Tobacco Mutated to Harm” API aimed to alert the public on the hazards of all forms of tobacco products and remind them not to try.

Tobacco control in Hong Kong has taken a big leap over the past three decades. The efforts in curbing the tobacco epidemic must continue to be strengthened and be prepared for the challenges ahead. We hope that the smoking rate in Hong Kong will drop to a single digit and achieve a smoke-free Hong Kong as soon as possible. I would like to express our appreciation towards the enthusiasm and invaluable recommendations of COSH Council members and would also like to thank the Government and various sectors of the community for their support in tobacco control throughout the years. We will continue our mission and unite every sector in the community to strive for a smoke-free Hong Kong.

無煙香港
Smoke-free Hong Kong



運動取代吸煙 全城戒煙變強

Quit for Strength Replace Smoking by Doing Exercise

香港吸煙與健康委員會一直透過不同的宣傳及教育活動，向社會不同階層人士宣揚煙草的禍害及推動戒煙，以保障公眾免受吸煙及二手煙的影響。委員會留意到吸煙人士要戒掉多年的煙癮並非容易，部分戒煙者面對退癮徵狀所帶來的挑戰及身體影響，情緒可能有起伏，需要堅持戒煙決心及經多番嘗試，才能成功戒煙。有研究指出，帶氧運動可以分散注意力，降低戒煙人士對吸煙的渴望，故委員會於2018至2019年度展開「以運動取代吸煙」為核心的宣傳推廣活動，推動市民建立健康無煙的生活習慣，並動員其家人及朋友支持身邊的吸煙人士一同戒煙變強，重拾健康人生。

Hong Kong Council on Smoking and Health ("COSH") has been spreading smoke-free messages and encouraging smoking cessation among all walks of life through diversified publicity and education programmes. COSH noticed that giving up long-term smoking could be difficult as some quitters may encounter the challenge of withdrawal symptoms and mood swing. Thus, strong determination and perseverance are the keys for successful quit attempts. A research found that aerobic exercise can help distract the smoking intention and reduce tobacco cravings. COSH organized a series of publicity events with the core theme of "Replace Smoking by Doing Exercise" in the year 2018 to 2019 to motivate the mass public to develop healthy habits and become smoke-free, as well as support their families and friends to quit for strength and a healthy life.



運動幫助減壓及戒煙

香港人生活節奏急促，根據政府統計處《主題性住戶統計調查第64號報告書》，6.6%的習慣每日吸食捲煙的人士因「減輕精神壓力」而開始吸食捲煙，相當於約40,600人。同時，報告亦指出因為「吸煙已成為習慣／嗜好」及「減壓需要」而導致戒煙失敗的比率分別為49.5%及14.7%，反映半數吸煙市民已視吸煙為生活習慣，亦誤以為能紓解壓力。煙草含有大量尼古丁，促進大腦分泌多巴胺，使人產生飄飄然的錯覺，以為吸煙可以幫助減輕壓力。事實上，它令腎上腺素分泌增多，導致心跳加速、血管收縮及血壓上升，絕不能使人放鬆。



減輕壓力有多種方法，做運動是其中一種被研究證實為有效的方法。運動有益身心，除了能夠提升心肺功能外，亦令腦部釋放荷爾蒙如多巴胺、安多酚等，幫助改善情緒。其中多巴胺會影響大腦中的「獎賞路徑」，這種腦部神經傳遞物使人感到愉悅，替代尼古丁刺激產生的愉悅感，抑制煙癮發作及紓緩常見的退癮徵狀包括頭暈、頭痛、疲倦易怒、精神不集中、失眠、情緒不穩等。10至15分鐘運動，尤其是中強度運動，例如瑜伽、跑步、跳繩、游泳、爬山等，均可幫助分散注意力，有效減輕煙癮。

Physical Exercise Aids Relieving Stress and Smoking Cessation

Life in Hong Kong is face-paced. According to the Thematic Household Survey Report No. 64 of the Census and Statistics Department, 6.6% of the daily cigarette smokers started smoking because of easing tension, equivalent to around 40,600 smokers. Meanwhile, some attributed the reasons for failing to give up smoking to “cigarette smoking had formed a habit / favourite” (49.5%) and “Necessity for easing tension” (14.7%). The results reflected that smoking becomes part of smokers' daily habit. They also had misconception that smoking can help to deal with stress. Nicotine in tobacco causes a release of dopamine in brain that creates a “relaxed illusion” for smokers. In fact, it will raise the adrenaline level, increase heart rate, narrow blood vessels and elevate blood pressure which do not make people at ease.

Doing exercise has been scientifically proven as one of the effective ways to relieve pressure that helps improve both physical and mental health, as well as strengthen the heart and lung function. Hormones like dopamine and endorphins are naturally produced in brain through exercise. Dopamine could change the reward pathways of human's brain and induce the feelings of pleasure to replace the one induced by nicotine, also to cope with the cravings and withdrawal symptoms, including dizziness, headache, temper tantrum, distraction, insomnia, and mood swing. 10 to 15 minutes exercise of moderate intensity can help reduce the urge to smoke, such as yoga, running, rope-skipping, swimming or hiking.



召集無煙健兒 活出健康人生

為響應世界衛生組織2018年「世界無煙日」之重點「煙草和心臟病」，委員會以「無煙健兒」為主題舉辦一連串宣傳活動以推廣無煙健康生活，藉此鼓勵市民培養健康的興趣及嗜好，例如以運動對抗煙癮及改善心臟健康，成為「無煙健兒」承諾不吸煙之外，同時為身邊的吸煙人士打氣，一同投入無煙生活。

委員會舉辦「無煙健兒大募集」宣傳推廣計劃，於全港各區進行九場商場及街站推廣及招募活動，活動設有多個運動遊戲攤位，讓一眾「無煙健兒」享受足球、籃球及地壺等運動的樂趣。



活動啟動禮亦邀請香港浸會大學體育學系雷雄德博士講解吸煙如何影響運動表現，而香港游泳代表歐鎧淳及極地馬拉松跑手盧俊賢則與公眾分享如何透過游泳及跑步減壓，並鼓勵戒煙人士多做運動以鍛鍊堅強意志力。

Be a Smoke-free Athlete for a Healthy Lifestyle

To echo the theme “Tobacco and Heart Disease” set by the World Health Organization for World No Tobacco Day 2018, COSH launched a publicity programme “Smoke-free Athlete” to promote a smoke-free healthy lifestyle among the general public. COSH recruited “Smoke-free Athletes” to pledge for smoke-free and pick up healthy hobby to replace smoking and improve heart health with family and friends, such as doing exercise.

Nine sessions of “Be a Smoke-free Athlete” promotion and recruitment events were held at shopping malls and streets across the territory. Sports game booths, including football, basketball and curling were set up to promote the benefits of doing exercises.

At the kick-off event of the programme, Dr LOUIE Hung-tak from Department of Physical Education of Hong Kong Baptist University explained how smoking affects sport performances, while Hong Kong swimming athlete Stephanie AU and ultra-runner Steve LO were sharing their experiences on stress relief through swimming and running respectively. They also recommended smokers to kick the habits by doing exercises to strengthen the quit will.



要使無煙信息於社區內廣泛傳播，必須集合各界及不同地區團體的力量。委員會獲逾60間公司、政府部門、非政府組織、醫院、學校及機構支持「無煙健兒大募集」宣傳推廣計劃，並於2018年5月及6月期間在各區舉辦不同形式的活動，推動持分者和公眾參與支持，共吸引了超過4,500名市民加入成為「無煙健兒」。

同時，委員會邀請形象健康正面的本地卡通B.Duck設計多款有關運動及健康生活插圖，應用於各活動宣傳品。委員會亦透過「無煙健兒一分鐘挑戰」，鼓勵市民善用一分鐘時間記錄享受運動的過程及其所帶來的樂趣，建立做運動的良好習慣，共吸引了近500名「無煙健兒」參加。



無煙宣傳片 推廣戒煙運動

為強化宣傳效果，委員會於年內推出全新宣傳片「戒煙變強」，鼓勵吸煙人士一同參與戒煙運動，培養健康的嗜好取替吸煙，以改善健康令身體變強，享受無煙生活。宣傳片於電視頻道、網上平台等各大媒體渠道內播放，將無煙資訊滲透至社區每一個角落。此外，委員會亦與電視廣播有限公司合作，製作三段「無煙是非研究所」的宣傳短片於電視及網上平台播放，由雷雄德博士及盧俊賢分別以打破吸煙可以減壓、結識朋友及幫助提神的藉口，鼓勵大眾一齊做個「無煙健兒」。

To widely spread the smoke-free messages in the community, COSH united the power from different sectors and district organizations. Over 60 corporations, government departments, non-governmental organizations, hospitals, schools and organizations supported the “Be a Smoke-free Athlete” publicity programme by organizing various promotional activities from May to June 2018 across the territory. More than 4,500 members of public joined as “Smoke-free Athletes”.

In the meantime, COSH invited local cartoon B.Duck to design a set of key visuals on sports and healthy tips applying on different promotional collaterals. “Smoke-free Athlete One-minute Exercise Challenge” was also designed for the citizens to share their enjoyable moment of 1-minute exercise and motivate them to build an exercise habit. Nearly 500 participants engaged in this challenge.

“Join in, Be Smoke-free” Promotional Videos

COSH produced a new Announcement in the Public Interest (API) titled “Quit for Strength” in 2018-2019 to reinforce the message of developing healthy habits and quitting smoking for strength and a more enjoyable life. The API was broadcasted via TV channels and online platform to penetrate the smoke-free messages in the community. In addition, Dr LOUIE Hung-tak and Steve LO were featured in three promotional videos jointly produced by COSH and Television Broadcasts Limited to clear the myths of smoking such as for relaxation, social life and refreshing minds. These videos were displayed on TV and online platforms to encourage the public to be a “Smoke-free Athlete”.



全城無煙跑 堅定戒煙決心

美國有研究發現跑步可以幫助戒煙及減少吸煙量，報告顯示超過70%的吸煙者從開始跑步後就陸續戒煙，證明戒煙及運動是相輔相成的。有見及此，委員會於2019年年初舉辦「全城無煙跑暨嘉年華」，透過近年於香港盛行之長跑運動，推動大眾建立無煙健康的生活模式，並鼓勵吸煙人士以運動對抗煙癮。



「全城無煙跑」設有個人、無煙家庭、學校、機構及無煙Buddy等組別，鼓勵不同年齡人士參與，而無煙Buddy組目的動員吸煙人士及非吸煙人士共同建立跑步群組，互相勉勵打氣，增加戒煙動力，亦讓參加者明白運動的好處。活動有近1,600名跑手參加，並獲得逾40間機構及戒煙服務團體支持，嘉年華亦設置不同的運動遊戲及資訊攤位，向參加者宣揚煙草禍害、運動好處及介紹香港的戒煙服務，吸引不少參加者與家人一同參與。

"Get-set, Go" for Smoke-free Run

A research in the United States revealed that running can aid in cessation and deduction on tobacco use. It also showed that increasing physical exercise may reduce smoking rate. 70% of the smoking respondents stopped smoking gradually when they started running on a regular basis. In view of the growing popularity of distance running in Hong Kong, COSH organized the "Smoke-free Run cum Carnival" in early 2019 to promote the benefit of a smoke-free lifestyle and avoid smoking triggers by doing exercises.

Participants joined the "Smoke-free Run" under different categories including: Individual, Smoke-free Family Team, School Team, Corporate Team and Smoke-free Buddy Team. The buddy team aimed to motivate non-smokers to form running groups with smokers for showing support and encouragement to sustain smokers' cessation motivation. Around 1,600 participants joined and over 40 organizations and smoking cessation service partners showed their support to the event. Sports game booths and information booths were set up at the carnival and successfully introduced the smoking hazards, positive impact on physical activity and smoking cessation services in Hong Kong to the participants and their family members.



另外，委員會舉辦兩場「全城無煙跑特訓班」，邀請經驗豐富的長跑教練為參加者進行跑步訓練，以加強長跑的基本技巧及向吸煙跑手提供以運動應付煙癮的貼士，幫助跑手為「全城無煙跑」做足準備。以運動成功戒煙的人士亦於特訓班中與其他參加跑手分享經驗，表示獲取家人及朋友的鼓勵比單靠個人的力量更強，他們的支持能夠堅定吸煙人士戒煙的決心，從而提高成功戒煙的機會。



融入生活 隨時隨地做運動

為鼓勵長期在辦公室工作的上班族能夠騰出時間多做運動，抵抗煙癮，委員會邀請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)林大慶教授教導零時間運動的基本技巧。其運動概念不涉及任何器材輔助，利用坐著、站著及行路時間，進行簡單的體能運動，適合任何階層人士。當上班時煙癮發作，吸煙人士可以嘗試做零時間運動，配合多喝水及咀嚼低卡路里的小吃，有效幫助提神解癮。

Besides, two sessions of “Smoke-free Run” Training Workshops were held by COSH. An experienced distance running coach was invited to offer participants trainings to get prepared for the “Smoke-free Run”. The coach shared basic running skills and tips on how to cope with tobacco cravings through running. Ex-smokers also shared their successful quit stories and remarked the importance of family and friends' support for strengthening quitters' determination and increasing the success rate at a quit attempt.

Physical Exercise Anytime and Anywhere

People working in office always sit in workplace and are lack of exercise for long hours. Prof LAM Tai-hing, Chair Professor of Community Medicine & Sir Robert Kotewell Professor in Public Health, School of Public Health, The University of Hong Kong was invited to introduce the “Zero-time Exercise” which can be done anytime and anywhere. The exercise does not require any equipment, only simple movements while sitting, standing or walking for all ability levels. When a cigarette craving hits at office, smokers can try doing zero-time exercise, drinking more water and eating low calorie snacks.



吸煙會增加患上嚴重疾病的風險，危害健康。委員會鼓勵市民以保障自己及家人身體健康為出發點，透過運動建立健康生活模式，強身健體之餘，亦可戒掉不良嗜好包括吸煙。同時，運動能夠鍛鍊戒煙人士的意志，抑制對吸煙的渴望，舒緩神經緊張等，有助提升戒煙成功率。吸煙人士要戒煙成功，必須具備堅定的意志和決心、適切的戒煙支援及家人和朋友的支持，只要堅持向著訂下的目標進發，最終能夠擺脫煙癮，遠離煙害，重建健康人生。

Smoking is hazardous to health and increases the risk of fatal diseases. To safeguard one's health and the family's wellbeing, COSH urges everyone to extinguish any bad habits such as smoking and develop a healthy lifestyle through physical exercise. Meanwhile, doing exercise yields stronger willpower for quitters to overcome nicotine addiction and relieve stress in the process of smoking cessation. With strong perseverance, appropriate cessation support and encouragement from family and friends which are the keys for a successful quit, smokers can stay away from tobacco hazards to regain healthy life ultimately.





學校互動教育巡迴劇場
School Interactive Education Theatre



「戒煙大贏家」無煙社區計劃
"Quit to Win" Smoke-free
Community Campaign



無煙 Teens 計劃
Smoke-free Teens Programme



倡議「全面禁止電子煙及其他新型吸煙產品」
Advocacy on a Total Ban on E-cigarettes and
Other New Smoking Products

活動 Events

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

教育及青少年活動
Education & Youth Programmes

與傳播媒介之聯繫
Working with the Mass Media

會議及考察
Conferences & Visits

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



活動紀要 2018-2019

Highlights of Events 2018-2019



宣傳及社區推廣活動

Publicity and Community Involvement Projects

推廣活動 Publicity Projects

| | | |
|--------------------------|-------------------------------|---|
| 2018/5 – 2019/3 | 「無煙健兒大募集」宣傳推廣計劃 | "Be a Smoke-free Athlete" Publicity Campaign |
| 2018/5/20 | 世界無煙日啟動禮 | Kick-off event of Smoke-free Publicity Programme for World No Tobacco Day |
| 2018/6 – 2019/3 | 第九屆「戒煙大贏家」無煙社區計劃 | The 9 th "Quit to Win" Smoke-free Community Campaign |
| 2018/6/15 | 「全面禁止電子煙及其他新型煙草產品」記者會 | "Enact a Total Ban on E-cigarettes and Other New Tobacco Products" Press Conference |
| 2018/9/21, 10/12 & 10/22 | 「支持全面禁止電子煙及其他新型煙草產品」簡介會 | "Support to Enact a Total Ban on E-cigarettes and Other New Tobacco Products" Briefing Sessions |
| 2018/10/15 | 「支持全面禁止電子煙及新型吸煙產品從速立法防患未然」記者會 | "Support to Enact a Total Ban on E-cigarettes and Other New Smoking Products" Press Conference |
| 2018/11 – 2019/2 | 「無煙車樂部」計劃 | "Smoke-free Drivers Club" Programme |
| 2018/11/26 | 全新宣傳短片「煙害變種」及「戒煙變強」 | New APIs "Tobacco Mutated to Harm" and "Quit for Strength" |
| 2019/1/13 | 「全城無煙跑暨嘉年華」 | "Smoke-free Run cum Carnival" |
| 2019/2 | 倡議增加煙草稅 | Advocacy on Raising Tobacco Tax |
| 2019/3/25 | 第九屆「戒煙大贏家」無煙社區計劃頒獎禮 | The 9 th "Quit to Win" Smoke-free Community Campaign Prize Presentation Ceremony |

社區聯繫及推廣 Community Involvement and Promotion

| | | |
|------------------------------|------------------------------|--|
| 2018/4 – 2019/3 | 「無煙老友記」計劃 2018-2019 | Elderly Smoking Cessation Promotion Project 2018-2019 |
| 2018/5/9 | 2018 葵涌醫院支持世界無煙日暨「無煙」強心運動啟動禮 | 2018 Kwai Chung Hospital Support for World No Tobacco Day cum Smoke-free Exercise for Healthy Heart Ceremony |
| 2018/8/24-26 | 香港國際牙科博覽暨研討會 2018 | Hong Kong International Dental Expo and Symposium 2018 |
| 2018/10 – 2019/3 | 香港賽馬會無煙推廣活動 | Smoke-free Promotion Campaign of The Hong Kong Jockey Club |
| 2018/10/15-19 | 嶺南大學健康推廣計劃 | Lingnan University Health Awareness Programme |
| 2018/10/27-28, 2018/11/14 | 「老宜離煙，健康返埋嚟」活動 | "Be Healthy, Be a Smoke-free Elderly" Publicity Events |
| 2018/11/3 | 中華電力安全健康環保日 2018 | CLPP Safety, Health & Environment (SHE) Day 2018 |
| 2018/11/3-4 | 2018/2019 年度中西區健康節 | Central and Western District Health Festival 2018/2019 |
| 2018/12/9 | 金門家庭同樂日 2018 | Gammon Family Fun Day 2018 |
| 2018/12/9 | 香港癌症日 2018 – 防癌攻略，全民踢「酒」 | Hong Kong Cancer Day 2018 – "Anti-Cancer, Say No To Alcohol" |
| 2019/3/10 | 香港聖約翰救傷隊少青團健康家庭同樂日 2019 | Hong Kong St John Ambulance Brigade Youth Command Healthy Family Fun Day 2019 |
| 2019/3/16 | 家家福樂共環保 2019 | Ka Fuk Fun Day 2019 |
| 2019/3/16 | 仁濟醫院「仁濟 STEM FAIRE 2019」 | "Yan Chai STEM FAIRE 2019" of Yan Chai Hospital |
| 2019/3/17 | 香港新聲會「非同凡響星期天」 | "An Extraordinary Sunday with the New Voice" of The New Voice Club of Hong Kong |



教育及青少年活動

Education and Youth Programmes

青少年教育活動 Youth Education Programmes

| | | |
|------------------|------------------------------|--|
| 2018/4 – 2019/3 | 「無煙新世代」健康教育講座 | Health Talks for "Smoke-free New Generation" |
| 2018/7 – 2019/3 | 「無煙Teens計劃」2018-2019 | "Smoke-free Teens Programme" 2018-2019 |
| 2018/10 – 2019/3 | 學校互動教育巡迴劇場「煙『昏』家庭」 | School Interactive Education Theatre "Smoke-free Family" |
| 2019/3/15 | 「無煙Teens計劃」2018-2019 頒獎禮暨分享會 | "Smoke-free Teens Programme" 2018-2019 Award Presentation Ceremony |

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

| | | |
|-----------------------|-----------------------------------|--|
| 2018/4/9, 4/16 & 11/6 | 香港大學護理學院課程 | HKU School of Nursing – Nursing Programmes |
| 2018/5/7-8 | 2018年醫院管理局研討大會 | Hospital Authority Convention 2018 |
| 2018/9/29 | 香港大學青少年戒煙熱線 – 戒煙輔導員培訓課程 | HKU Youth Quitline – Smoking Cessation Counselor Training Workshop |
| 2018/10/27 | 「From Coding to STEM」成果發佈暨編程比賽頒獎禮 | "From Coding to STEM" Showcase cum Competition Award Presentation Ceremony |
| 2018/11/14 | 仁安醫院護士訓練學校課程 | The School of Nursing, Union Hospital – Nursing Programmes |
| 2019/1/22 | 葵涌醫院無煙講座 | Kwai Chung Hospital's Smoke-free Seminar |



會議及考察

Conferences and Visits

會議 Conferences

| | | |
|---------------|-----------------|---|
| 2018/9/13-15 | 第十二屆亞太區煙草或健康會議 | The 12 th Asia Pacific Conference on Tobacco or Health |
| 2018/10/6 | 香港癌症挑戰研討會 | Symposium on Cancer Challenge in Hong Kong |
| 2018/11/2-4 | 第十九屆全國控煙學術研討會 | The 19 th National Symposium on Tobacco Control |
| 2018/11/19-23 | 控煙專才培訓計劃 2018 | Fellowship Programme on Tobacco Control 2018 |
| 2018/12/27 | 「電子煙危害知多少」時事座談會 | Seminar on Harms of E-cigarettes |

考察活動 Visits

| | | |
|--------------------------|---------------|---|
| 2018/5/18 | 澳門無煙參訪 | Smoke-free Visit to Macao |
| 2018/6/5 | 美國研究學者 | A Scholar of Research Programme from the United States |
| 2018/11/30, 2019/1/29 | 香港大學李嘉誠醫學院交換生 | Exchange Students of Li Ka Shing Faculty of Medicine, The University of Hong Kong |

宣傳及社區推廣活動

Publicity and Community Involvement Projects

推廣活動 Publicity Projects

「無煙健兒大募集」宣傳推廣計劃

世界衛生組織將每年5月31日定為「世界無煙日」，以提高全球對煙草禍害的關注，並倡議採取各項有效之措施以減低煙草的使用。為響應「世界無煙日」今年的重點「煙草和心臟病」及推廣無煙生活，委員會以「無煙健兒」為主題舉辦一連串宣傳活動，希望鼓勵市民承諾不吸煙，同時為身邊的吸煙人士打氣，推動他們培養健康的興趣及嗜好，例如以運動代替吸煙，對抗煙癮及改善心臟健康，一同投入無煙生活。

啟動禮

委員會聯同電視廣播有限公司於2018年5月20日假荷里活廣場舉行「無煙健兒大募集」啟動禮。主禮嘉賓包括署理食物及衛生局局長徐德義醫生、署理衛生署署長黎潔廉醫生、委員會主席鄭祖盛及副主席伍婉婷。另外，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)林大慶教授及香港浸會大學體育學系雷雄德博士透過分享運動與戒煙的關係，鼓勵市民多做運動，輕鬆對抗煙癮。藝人朱千雪、羅天宇及梁嘉琪，聯同香港游泳代表歐鎧淳及極地馬拉松跑手盧俊賢，一同透過遊戲及表演宣揚無煙信息，邀請市民加入成為「無煙健兒」，共享無煙健康生活。

“Be a Smoke-free Athlete” Publicity Campaign

World Health Organization designated 31 May every year as World No Tobacco Day to draw global attention to the tobacco epidemic and advocate for effective policies to reduce tobacco consumption. “Tobacco and heart disease” is the theme of World No Tobacco Day 2018. In order to echo the theme and promote the smoke-free lifestyle, COSH launched a publicity campaign with the theme of “Smoke-free Athlete” to encourage the public to say no to cigarettes, as well as support their families and friends to replace smoking by a healthy habit such as participating in various kinds of sports to resist the tobacco cravings and improve heart health.

Kick-off Event

COSH, in collaboration with Television Broadcasts Limited, organized a kick-off event on 20 May 2018 at Plaza Hollywood. Officiating guests included Dr CHUI Tak-yi, Acting Secretary for Food and Health, Dr Cindy LAI, Acting Director of Health, Antonio KWONG, COSH Chairman and Yolanda NG, COSH Vice-chairman. Besides, 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 Dr LOUIE Hung-tak from Department of Physical Education of Hong Kong Baptist University explained how to resist tobacco cravings through doing exercises and how smoking affects sports performance. Artists Tracy CHU, Joey LAW and LEUNG Ka-ki, together with Hong Kong swimming athlete Stephanie AU and ultra runner Steve LO promoted the benefits of a smoke-free lifestyle through interactive games and performances.





委員會亦與電視廣播有限公司合作，製作三段「無煙是非研究所」宣傳短片，並於啟動禮上首播，由雷雄德博士及盧俊賢聯同「是非精」梁嘉琪，透過釐清吸煙的謬誤，鼓勵公眾「打破藉口，一齊做無煙健兒」。

「無煙健兒大募集」

為了加強市民對世界無煙日的關注，委員會舉辦「無煙健兒大募集」活動，逾60間公司、政府部門、非政府組織、醫院、學校及機構成為是次活動的合作夥伴，於2018年5月至6月期間在港、九及新界各區舉辦不同的宣傳推廣活動，鼓勵持分者和公眾支持活動，並將無煙信息傳遞至全港每一角落。藉著他們的滲透力，活動共吸引了超過4,500名市民加入成為「無煙健兒」，承諾不吸煙、多做運動，同時鼓勵身邊吸煙人士踏出戒煙第一步，以運動代替吸煙。

Moreover, COSH produced three promotional videos in collaboration with Television Broadcasts Limited which were premiered at the event. The videos were hosted by Dr LOUIE Hung-tak, Steve LO and LEUNG Ka-ki to clear the myths on smoking and urge the public to be a "Smoke-free Athlete".

"Be a Smoke-free Athlete"

To enhance public awareness on World No Tobacco Day, COSH held the "Be a Smoke-free Athlete" with over 60 companies, government departments, non-governmental organizations, hospitals, schools and organizations supported as working partners. They organized various publicity events across the territory from May to June 2018 in order to encourage different stakeholders and the general public to show support, as well as to spread the smoke-free messages to every corner of the community. Over 4,500 citizens registered as the "Smoke-free Athletes" to say no to cigarettes and motivate smokers to replace smoking by doing exercise.



「無煙健兒一分鐘挑戰」

為推廣以做運動戒煙，委員會亦於活動網頁舉辦「無煙健兒一分鐘挑戰」，鼓勵市民善用一分鐘時間進行指定跑步動作，並以富創意及趣味性的短片記錄做運動時的開心時刻，從而推動吸煙人士培養健康的興趣及嗜好取代吸煙，共吸引了近500名「無煙健兒」參加。

Facebook 抽獎活動

另一方面，為吸引更多市民參與「無煙健兒大募集」活動，委員會於2018年5月19日至6月30日期間舉辦Facebook抽獎活動，市民可以與卡通人物B.Duck攜手發放無煙正能量，使用有趣相機特效製作成個人相片，並透過社交媒體向身邊人推廣無煙文化，共享無煙生活。

商場及街站推廣

委員會於2018年5月至6月期間於全港各區進行九場「無煙健兒大募集」商場及街站推廣活動，邀請市民即時加入成為「無煙健兒」及參與「無煙健兒一分鐘挑戰」。部分商場推廣活動更設有多個由B.Duck設計的運動遊戲攤位，讓一眾「無煙健兒」享受踢足球、打籃球及地壺等運動的樂趣，同時實踐無煙健康生活。B.Duck亦親身到現場為市民打氣，鼓勵大家培養良好健康生活習慣。

活動網頁：www.smokefree.hk/exercise

“Smoke-free Athlete One-minute Exercise Challenge”

To encourage smoking cessation by doing exercise, COSH launched the “Smoke-free Athlete One-minute Exercise Challenge” to motivate smokers developing new healthy habits to replace smoking. Around 500 participants recorded designated running movement in one minute and shared the happy moment of doing exercise in a creative and funny way.

Facebook Lucky Draw

Besides, a Facebook lucky draw promotion was held from 19 May to 30 June 2018 to urge the public to join as “Smoke-free Athlete” and spread smoke-free messages by sharing a tailored photo with creative B. Duck filter effects among their families and friends on social media for promoting a smoke-free lifestyle.

Shopping Mall and Street Promotion

Nine sessions of shopping mall and street promotion activities were organized during May to June 2018 across the territory to encourage the public to join the “Smoke-free Athlete” and participate in the “Smoke-free Athlete One-minute Exercise Challenge”. Sports game booths designed by B.Duck were set up in some shopping malls and the “Smoke-free Athletes” had enjoyed playing football, basketball and curling to adopt a smoke-free and healthy lifestyle. B.Duck also joined to support and encourage the citizens to develop healthy habits.

Activity Website: www.smokefree.hk/exercise



倡議「全面禁止電子煙及其他新型吸煙產品」

新型吸煙產品近年於全球逐漸盛行，並宣稱健康、無害或較少害處，加上新穎的包裝設計及不同的味道，尤其吸引年輕人使用。在外國，使用電子煙及加熱煙的年輕人在短短數年間大幅攀升。而香港學生曾經使用電子煙的比率近年亦有所增加，情況令人擔憂。

政府早於2015年5月首次提交加強控煙措施的立法建議，包括禁制電子煙。委員會於2018年6月15日舉行記者會，倡議政府儘快立法全面禁止電子煙及其他新型吸煙產品，保障公眾健康，以防患於未然。委員會亦加強宣傳及教育工作，於2018年9月至10月期間舉辦三場簡介會，以提高社會大眾對新型吸煙產品禍害的關注。

委員會於2018年9月聯同71個團體去信行政長官，亦於9月27日與香港醫學會、香港牙醫學會及香港醫學組織聯合舉行記者會，促請政府全面禁止電子煙及其他新型煙草產品，並訂立全面禁煙時間表。而行政長官於2018年10月份施政報告中建議立法全面禁止電子煙及其他新型吸煙產品的入口、製造、銷售、分發及宣傳，展示了政府保障公眾健康的決心。委員會對此措施表示歡迎，並就有關議題聯同多個專業團體及社區服務組織於2018年10月15日舉行記者會，促請政府及立法會能儘快展開立法程序，提交、審議及通過法案，切勿延誤立法，同時亦建議政府推行嚴格措施，訂立全面禁煙目標，以達致無煙香港，保障市民免受煙草危害。

Advocacy on a Total Ban on E-cigarettes and Other New Smoking Products

New smoking products gained popularity globally in recent years. They had been promoted as healthy, no harm or less harmful. The novel packaging design and various flavours attracted youngsters to use. Electronic cigarettes (e-cigarettes) and heat-not-burn (HNB) tobacco products use among youngsters in other countries surged exponentially. It was alarming that the use in Hong Kong students had also increased substantially.

The Government first introduced the legislative proposals to strengthen tobacco control in May 2015 including the ban on e-cigarettes. To nip it in the bud, COSH held a press conference on 15 June 2018 to urge the Legislative Council to enact a total ban on alternative smoking products promptly for protecting the public health. COSH had also spared no effort in education and publicity, three briefing sessions were held in September and October 2018 to raise public awareness on the hazards of new smoking products.

In September 2018, COSH and 71 organizations jointly sent a letter to the Chief Executive. A joint press conference was also held by COSH, The Hong Kong Medical Association, Hong Kong Dental Association and The Federation of Medical Societies of Hong Kong on 27 September to urge for banning the e-cigarettes and other new tobacco products completely, and a timeline for total ban of smoking. The Chief Executive proposed a total ban on the import, manufacture, sale, distribution and advertisement of e-cigarettes and other new smoking products in the 2018 Policy Address released in October 2018 which demonstrated the Government's determination to safeguard public health. COSH welcomed the measure and conducted another press conference on 15 October 2018, together with various professional organizations and community associations, to urge the Government to put the legislation forward and press for immediate review and endorsement by the Legislative Council with no further delay. COSH also proposed the Government to take a bold step to formulate a goal for a total ban of smoking in order to protect the public from tobacco epidemic and achieve a smoke-free Hong Kong.

「全面禁止電子煙及其他新型煙草產品」 記者會

為防止電子煙及其他新型吸煙產品成為年輕人吸煙的門檻，委員會聯同香港醫學會、香港西醫工會及香港牙醫學會於2018年6月15日召開記者會，倡議政府從速立法全禁有關產品。記者會的講者包括香港大學公共衛生學院副教授何世賢博士、香港大學護理學院助理教授王文炳博士、香港醫學會義務秘書林哲玄醫生、香港西醫工會會長楊超發醫生、香港牙醫學會會長廖偉明醫生、委員會主席鄭祖盛、副主席伍婉婷及總幹事黎慧賢。

鄭祖盛表示，「委員會極度關注近年電子煙及新型吸煙產品如加熱非燃燒煙草製品逐漸流行，吸引不吸煙人士尤其是年輕人使用。有部分吸煙人士或轉用有關產品，而未有考慮戒煙。委員會重申世界上並沒有安全的煙草產品，越來越多研究發現此類產品亦含有有害物質，危害市民健康，政府必須儘快全面禁止，以防患於未然。」

香港大學公共衛生學院發現，電子煙及其他新型吸煙產品有機會成為青少年及兒童開始吸煙的門檻。根據2016/17學年進行的香港中/小學生吸煙與健康調查，8.7%中學生曾使用電子煙，另外，1.4%小四至小六學生曾使用電子煙，而曾經吸過捲煙和電子煙的小四至小六學生中，約73%先吸電子煙。

此外，電子煙宣稱可幫助吸煙人士戒煙，但香港大學護理學院青少年戒煙熱線2014-2015年進行的研究顯示，曾使用電子煙的年輕吸煙人士當中只有約13.4%於六個月後戒煙，低於沒有使用電子煙人士的20.8%。可見電子煙無助青少年及成年吸煙者戒煙或減少吸煙數量。

“Enact a Total Ban on E-cigarettes and Other New Tobacco Products” Press Conference

To stop the new smoking products from becoming a gateway to youth smoking, COSH, together with The Hong Kong Medical Association, Hong Kong Doctors Union and Hong Kong Dental Association, hosted a press conference on 15 June 2018 to urge the Government to totally ban e-cigarettes and other new tobacco products to safeguard public health. Speakers included Dr Daniel HO, Associate Professor, School of Public Health of The University of Hong Kong (HKU), Dr Kelvin WANG, Assistant Professor, School of Nursing of HKU, Dr David LAM, Honorary Secretary of The Hong Kong Medical Association, Dr YEUNG Chiu-fat, President of Hong Kong Doctors Union, Dr Haston LIU, President of Hong Kong Dental Association, Antonio KWONG, COSH Chairman, Yolanda NG, COSH Vice-chairman and Vienna LAI, COSH Executive Director.

Antonio KWONG remarked, “COSH has serious concerns on the growth of e-cigarettes and new tobacco products including Heat-not-burn (HNB) tobacco products in recent years. They targeted non-smokers, particularly the youngsters to try. Some smokers may switch to these products instead of quitting smoking. There is no safe form of tobacco. Harmful chemicals were also found in these emerging tobacco products bringing health risks to the public. The Government should ban these products as soon as possible to nip it in the bud.”

The School of Public Health of HKU found that the use of e-cigarettes and other new tobacco products may become a gateway to smoking among the youngsters and children. According to the school-based survey on smoking among students in 2016/17, the prevalence rate of ever e-cigarette use among the secondary school students was 8.7% while the prevalence rate of ever e-cigarette use among P4-P6 students was 1.4%. For those P4-P6 students who had ever tried cigarette and e-cigarette, 73% of them tried e-cigarettes first.

Besides, e-cigarettes had been promoted as a smoking cessation tool. However, according to the survey conducted by the Youth Quitline of School of Nursing, HKU in 2014-2015, only around 13.4% of the young smokers who had ever used e-cigarettes quit smoking at 6-month follow-up, which is lower than those who had never used e-cigarettes (20.8%). This showed that e-cigarette use did not help quit smoking nor reduce smoking in youth and adults.



為避免使用電子煙及加熱非燃燒煙草製品及其二手煙霧的潛在健康風險，委員會、香港醫學會、香港西醫工會及香港牙醫學會建議政府儘快立法全面禁止此類產品，以保護市民健康。

簡介會

為加強學校及社會對電子煙及新型吸煙產品流行的關注，並提高對這些產品禍害的認識，以預防青少年使用和染上吸煙習慣，遠離煙害，委員會分別於2018年9月21日、10月12日及22日舉行三場簡介會，共逾400名參加者出席，當中包括老師、學生、社工、家長、護士以及公共衛生工作者等。

三場簡介會均由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）林大慶教授主持，出席的講者包括香港大學公共衛生學院副教授何世賢博士、外科醫生林哲玄醫生及委員會主席鄭祖盛。立法會議員陳沛然議員及葉建源議員亦出席簡介會，表達了對全面禁止這些產品及全面禁煙的支持。

To prevent the potential health risks associated with the use and secondhand smoke of e-cigarettes and HNB tobacco products, COSH, The Hong Kong Medical Association, Hong Kong Doctors Union and Hong Kong Dental Association urged the Government to implement a total ban as soon as possible.

Briefing Sessions

In order to strengthen awareness on e-cigarettes and other new tobacco products in schools and the community, as well as to equip the youngsters with the knowledge on the harms, prevent them from using these products and uptake of smoking, three briefing sessions were conducted on 21 September, 12 and 22 October 2018 respectively with a total of over 400 participants, including teachers, students, social workers, parents, nurses and public health practitioners.

Moderator of the three briefing sessions was Prof LAM Tai-hing, Chair Professor of Community Medicine & Sir Robert Kotewall Professor in Public Health, School of Public Health of HKU. Speakers included Dr Daniel HO, Associate Professor, School of Public Health of HKU, Dr David LAM, Surgeon and Antonio KWONG, COSH Chairman. Legislative Council members, Dr Hon Pierre CHAN and Hon IP Kin-yuen also attended the briefing session to express their supportive views on the total ban of e-cigarettes and other new tobacco products as well as a total ban on smoking.



「支持全面禁止電子煙及新型吸煙產品 從速立法防患未然」記者會

經過不同的教育及宣傳工作，社會各界均表示支持有關立法工作。委員會更聯同控煙團體、學術界、醫護界、教育界、青少年服務團體、病人組織等於2018年10月15日舉行聯合記者會，再次表達對立法全面禁止電子煙及新型吸煙產品的關注。

同時，講者在記者會上澄清煙草業界及其支持者有指全面禁止有關產品會導致走私情況出現的謠言。根據世界衛生組織的建議，對付私煙問題的最有效方法是嚴厲執法及加強打擊，並應由宣傳和教育著手，加強市民對於私煙非法性的認識等。香港海關近年已全方位嚴厲打擊私煙活動，故促請香港海關及相關部門，針對在立法後可能會出現新型吸煙產品的走私情況，制定進一步的策略和行動，以保障香港市民健康。

在香港，使用電子煙及其他新型吸煙產品率亦已大幅上升，故此政府及立法會應聽取公眾意見，必須儘快完成立法工作，防止其蔓延流行，並保護市民尤其是下一代的健康。

記者會由以下團體聯合召開：

控煙團體

- 香港吸煙與健康委員會
- 九龍樂善堂
- 東華三院
- 基督教聯合那打素社康服務
- 香港大學青少年戒煙熱線

“Support to Enact a Total Ban on E-Cigarettes and Other New Smoking Products” Press Conference

Different sectors in the community showed support for the legislation after series of education and publicity activities. COSH, together with tobacco control groups, academia, medical and healthcare professionals, education sector, youth service organizations, patient groups and other sectors, organized a joint press conference on 15 October 2018 aiming to express concerns about the enactment of a total ban on e-cigarettes and other new smoking products.

At the press conference, the myths of a total ban would lead to a surge in the smuggling activities of these products were busted. As recommended by the World Health Organization, the most effective measure against smuggling was tight control and aggressive enforcement. Promotion and education should also be strengthened to enhance public awareness on the illegality of illicit cigarettes. The Hong Kong Customs and Excise Department had adopted stringent enforcement against illicit cigarette activities on all fronts. To counteract the potential illicit market of the new smoking products after the enactment of the legislation, COSH urged the Hong Kong Customs and Excise Department and the related government departments to step up enforcement strategy to protect public health.

The e-cigarettes and the new tobacco products' use in Hong Kong had increased substantially, thus the Government and the Legislative Council should take full account of public opinions, to implement the ban as soon as possible to stop its epidemics and protect public health, especially for the next generation.

The press conference was jointly hosted by:

Tobacco Control Groups

- Hong Kong Council on Smoking and Health
- The Lok Sin Tong Benevolent Society, Kowloon
- Tung Wah Group of Hospitals
- United Christian Nethersole Community Health Service
- HKU Youth Quitline



學術界

- 香港大學李嘉誠醫學院
- 香港中文大學醫學院

Academia

- Li Ka Shing Faculty of Medicine, The University of Hong Kong
- Faculty of Medicine, The Chinese University of Hong Kong

醫護界

- 香港醫學專科學院
- 香港醫學會
- 香港醫學組織聯會
- 香港西醫工會
- 香港牙醫學會
- 香港心臟專科學院
- 香港護理專科學院
- 香港藥學會
- 香港醫院藥劑師學會

Medical and Healthcare Professionals

- Hong Kong Academy of Medicine
- The Hong Kong Medical Association
- The Federation of Medical Societies of Hong Kong
- Hong Kong Doctors Union
- Hong Kong Dental Association
- Hong Kong College of Cardiology
- The Hong Kong Academy of Nursing
- The Pharmaceutical Society of Hong Kong
- The Society of Hospital Pharmacists of Hong Kong

教育界

- 香港資助小學校長會
- 香港津貼中學議會
- 香港中學校長會
- 津貼小學議會
- 全港18區家長教師會聯會

Education Sector

- Hong Kong Aided Primary School Heads Association
- Hong Kong Subsidized Secondary Schools Council
- Hong Kong Association of the Heads of Secondary Schools
- Subsidized Primary Schools Council
- 18 Districts' Federations of Parent-Teachers Associations

青少年服務團體

- 香港小童群益會

Youth Service Organization

- The Boys' & Girls Clubs Association of Hong Kong

病人組織

- 香港病人組織聯盟
- 香港病人政策連線

Patient Groups

- Hong Kong Alliance of Patients' Organization
- Hong Kong Patients' Voices

第九屆「戒煙大贏家」 無煙社區計劃



為鼓勵吸煙人士戒煙及提供一個戒煙診所以外的支援平台，委員會自2009年起舉辦「戒煙大贏家」比賽，每年均成功招募逾千名市民參與，下定決心戒煙，重拾無煙健康生活。

委員會亦自2012年開始推出「戒煙大贏家」無煙社區計劃，以於社會營造戒煙的氛圍及加強社區人士對控煙工作的關注，多年來得到區議會和地區合作夥伴的支持，舉辦一連串具地區特色的無煙推廣活動，配合媒體宣傳、戒煙輔導和科學研究等元素推動戒煙，提倡無煙的健康生活。

第九屆「戒煙大贏家」無煙社區計劃再次獲得18區區議會及地區合作夥伴的支持，在全港舉辦超過100場招募及宣傳活動，並與懲教署、香港賽馬會、領展資產管理有限公司和逾20間餐飲業、建造業及運輸業的商會及機構合作，將無煙信息推廣至全港每一個角落。

無煙大使戒煙輔導訓練課程

委員會與香港大學護理學院及公共衛生學院邀請了近90名地區合作夥伴及支持機構的職員、義工及大學生，分別參與於2018年6月7日及25日舉辦之「無煙大使戒煙輔導訓練課程」，以提升他們對控煙工作及戒煙輔導的知識，並協助他們於區內舉辦招募及無煙推廣活動。參加者均於完成課程後獲發證書以示嘉許。

The 9th “Quit to Win” Smoke-free Community Campaign

COSH has been organizing the “Quit to Win” Contest since 2009 to provide an alternative platform to motivate and assist smokers in quitting smoking, in addition to cessation clinics. The “Quit to Win” Contest recruits over 1,000 smokers to kick the habit every year.

To develop a supportive atmosphere for smoking cessation and increase public awareness on tobacco control, COSH has launched “Quit to Win” Smoke-free Community Campaign with the support from the District Councils and community organizations since 2012. The Campaign motivates smokers to quit and promotes the smoke-free lifestyle through the “Quit to Win” Contest and a series of district-based smoke-free promotion activities. The Campaign also includes media promotion, smoking cessation counseling and scientific research.

With the continuous support from the 18 District Councils and district working partners, COSH has launched the 9th “Quit to Win” Smoke-free Community Campaign and organized over 100 recruitment and promotion activities across the territory. Together with the support from Correctional Services Department (CSD), The Hong Kong Jockey Club, Link Asset Management Limited, also more than 20 industry associations and companies from the catering, construction and transportation industry, the Campaign promoted smoke-free message to a wide spectrum of the society.

Smoking Cessation Counseling Trainings

Two sessions of Smoking Cessation Counseling Training were conducted on 7 and 25 June 2018 in collaboration with the School of Nursing and School of Public Health of The University of Hong Kong (HKU). Nearly 90 staff and volunteers from district working partners, supporting organizations and university students joined the trainings which enhanced their knowledge on tobacco control and smoking cessation counseling skills for organizing recruitment sessions and smoke-free promotion. All participants were awarded with certificates after completing the trainings.

課程由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、香港大學護理學院副教授李浩祥博士、委員會總幹事黎慧賢及項目籌劃高級經理朱偉康、以及資深戒煙輔導員陳弄年與陸子璿主講，過往「戒煙大贏家」比賽的得獎者鄭偉昌及吳嘉慈亦獲邀出席分享其成功戒煙故事。課程內容包括「戒煙大贏家」計劃簡介、吸煙、二手煙及三手煙的禍害、香港控煙工作的現況及戒煙輔導技巧等，並以講座、小組討論及理論實踐的形式進行。

地區招募及無煙宣傳活動

委員會於2018年6月至9月期間，聯同地區合作夥伴於全港18區進行了接近70場招募活動及約50場地區無煙展覽及宣傳活動，成功招募超過1,200名吸煙人士參加戒煙比賽，並將無煙信息傳遞予逾60,000名市民。超過400名地區合作夥伴的職員及義工協助於區內舉辦不同類型的無煙宣傳活動，如健康講座、社區宣傳、嘉年華會、繪畫比賽、街站及外展宣傳等，向市民推廣戒煙及宣傳煙草禍害，並提高市民對控煙工作的關注。



Speakers included Prof LAM Tai-hing, Chair Professor of Community Medicine & Sir Robert Kotewall Professor in Public Health, School of Public Health, HKU, Dr William LI, Associate Professor, School of Nursing, HKU, Vienna LAI, COSH Executive Director, Lawrence CHU, COSH Senior Project Manager, Anita CHAN and Kevin LUK, experienced smoking cessation counselors. Winners of the previous "Quit to Win" Contests, CHENG Wai-cheong and NG Ka-yan, were also invited to share their successful quit stories. Programme details of "Quit to Win" Smoke-free Community Campaign, hazards of smoking, secondhand and third-hand smoke, tobacco control development in Hong Kong and smoking cessation counseling skills were shared through seminar, group discussion, role play and case studies.



District Recruitment and Smoke-free Promotion Activities

COSH and the district working partners organized about 70 recruitment sessions, some 50 smoke-free exhibitions and promotion activities in 18 districts from June to September 2018. More than 1,200 smokers were recruited to join the cessation contest and smoke-free messages were disseminated to over 60,000 members of public. Over 400 staff and volunteers of the district working partners assisted in organizing different smoke-free promotion activities, including health talks, carnivals, drawing competition, roadshow and outreach promotions across the territory to increase public awareness on the "Quit to Win" Contest, smoking hazards and tobacco control works.

地區合作夥伴

District Working Partners

| | |
|--------------------------|--|
| 中西區 Central & Western | 中西區健康城市督導委員會 Steering Committee on Healthy City in the Central and Western District 圓玄軒婦女中心 Yuen Yuen V-learn Women Centre |
| 離島 Islands | 離島婦聯有限公司 Hong Kong Outlying Islands Women's Association Limited |
| 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 | 觀塘健康城市督導委員會 Kwun Tong Healthy City Steering Committee 宏施慈善基金社會服務處 Windshield Charitable Foundation Social Services |
| 北區 North | 圓玄學院粉嶺社會服務中心 The Yuen Yuen Institute - Fanling Social Service Centre |
| 深水埗 Sham Shui Po | 宏施慈善基金深水埗社會服務處 Windshield Charitable Foundation Sham Shui Po Social Services |
| 南區 Southern | 南區健康安全協會有限公司 Southern District Healthy and Safe Association Limited 香港南區婦女會 Hong Kong Southern District Women's Association |
| 大埔 Tai Po | 大埔區居民聯會 Tai Po District Residents Association 大埔青年協會 Tai Po Youths 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 | 基督復臨安息日會山景綜合青少年服務中心 Shan King Integrated Children and Youth Services Centre of Seventh-day Adventists |
| 黃大仙 Wong Tai Sin | 聖母醫院 Our Lady of Maryknoll Hospital 黃大仙區健康安全城市 Wong Tai Sin District Healthy and Safe City |
| 油尖旺 Yau Tsim Mong | 基督教聯合那打素社康服務 United Christian Nethersole Community Health Service |
| 元朗 Yuen Long | 天水圍婦聯有限公司 Tin Shui Wai Women Association Limited |

「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 |
|-------------------|--------------------------|---------------------------------------|
| 2018/6/16 | 九龍城 Kowloon City | 何文田廣場 Homantin Plaza |
| 2018/6/17 | 元朗 Yuen Long | 天瑞商場 Tin Shui Shopping Centre |
| 2018/6/18 | 葵青 Kwai Tsing | 長發廣場 Cheung Fat Plaza |
| 2018/6/23 | 九龍城 Kowloon City | 晴朗商場 Ching Long Shopping Centre |
| 2018/6/23 | 北區 North | 彩園商場 Choi Yuen Plaza |
| 2018/6/24 | 大埔 Tai Po | 太和廣場 Tai Wo Plaza |
| 2018/6/24 | 荃灣 Tsuen Wan | 荃灣大壩街 Tai Pa Street, Tsuen Wan |
| 2018/6/30 | 深水埗 Sham Shui Po | 海麗商場 Hoi Lai Shopping Centre |
| 2018/6/30 | 黃大仙 Wong Tai Sin | 慈雲山中心 Tsz Wan Shan Shopping Centre |
| 2018/7/1 & 7/7 | 大埔 Tai Po | 大元商場 Tai Yuen Commercial Centre |
| 2018/7/5 | 深水埗 Sham Shui Po | 元洲邨 Un Chau Estate |
| 2018/7/6-7 & 7/15 | 沙田 Sha Tin | 馬鞍山廣場 Ma On Shan Plaza |
| 2018/7/8 | 葵青 Kwai Tsing | 葵涌廣場 Kwai Chung Plaza |
| 2018/7/8 | 元朗 Yuen Long | 天恩商場 Tin Yan Shopping Centre |
| 2018/7/11 | 南區 Southern | 香港仔海濱公園 Aberdeen Promenade |
| 2018/7/13 | 中西區 Central & Western | 中環戲院里 Theatre Lane, Central |
| 2018/7/14 | 屯門 Tuen Mun | 兆康商場 Siu Hong Commercial Centre |
| 2018/7/14 | 油尖旺 Yau Tsim Mong | 海富商場 Hoi Fu Shopping Centre |

| | | |
|------------------|--------------------------|--|
| 2018/7/15 | 東區 Eastern | 小西灣廣場 Siu Sai Wan Plaza |
| 2018/7/21 | 九龍城 Kowloon City | 愛民廣場 Oi Man Plaza |
| 2018/7/21 & 8/23 | 油尖旺 Yau Tsim Mong | 尖沙咀海防道 Haiphong Road, Tsim Sha Tsui |
| 2018/7/22 | 屯門 Tuen Mun | 建生商場 Kin Sang Shopping Centre |
| 2018/7/22 & 9/15 | 離島 Islands | 富東邨 Fu Tung Estate |
| 2018/7/26 | 東區 Eastern | 鰂魚涌英皇道 King's Road, Quarry Bay |
| 2018/7/28 | 荃灣 Tsuen Wan | 荃新天地 Citywalk |
| 2018/7/29 | 沙田 Sha Tin | 沙角商場 Sha Kok Commercial Centre |
| 2018/7/29 | 南區 Southern | 華富(一)邨商場 Wah Fu (I) Shopping Centre |
| 2018/8/2-3 | 西貢 Sai Kung | 新都城中心一期 Metro City Plaza I |
| 2018/8/4 | 觀塘 Kwun Tong | 秀茂坪商場 Sau Mau Ping Shopping Centre |
| 2018/8/4 | 荃灣 Tsuen Wan | 賽馬會德華公園 Jockey Club Tak Wah Park |
| 2018/8/5 | 屯門 Tuen Mun | 良景商場 Leung King Plaza |
| 2018/8/11 | 西貢 Sai Kung | 尚德廣場 Sheung Tak Plaza |
| 2018/8/12 | 東區 Eastern | 愛東商場 Oi Tung Shopping Centre |
| 2018/8/12 | 灣仔 Wan Chai | 銅鑼灣百德新街 Paterson Street, Causeway Bay |
| 2018/8/16 | 中西區 Central & Western | 上環德輔道中 Des Voeux Road Central, Sheung Wan |
| 2018/8/17 | 中西區 Central & Western | 香港賽馬會西區屈地街投注站 HKJC Western Whitty Street Off-course Betting Branch |
| 2018/8/18 | 觀塘 Kwun Tong | 順利商場 Shun Lee Commercial Centre |
| 2018/8/18 | 西貢 Sai Kung | 將軍澳TKO街市 TKO Gateway, Tseung Kwan O |

| | | |
|-----------|--------------------------|--|
| 2018/8/19 | 油尖旺 Yau Tsim Mong | 旺角中心 Argyle Centre |
| 2018/8/22 | 觀塘 Kwun Tong | 香港賽馬會彩雲投注站 HKJC Choi Wan Off-course Betting Branch |
| 2018/8/25 | 南區 Southern | 香港賽馬會香港仔中心投注站 HKJC Aberdeen Centre Off-course Betting Branch |
| 2018/8/26 | 屯門 Tuen Mun | 山景邨 Shan King Estate |
| 2018/8/26 | 灣仔 Wan Chai | 銅鑼灣羅素街 Russell Street, Causeway Bay |
| 2018/8/30 | 灣仔 Wan Chai | 合和中心 Hopewell Centre |
| 2018/8/31 | 荃灣 Tsuen Wan | 梨木樹邨 Lei Muk Shue Estate |
| 2018/9/1 | 觀塘 Kwun Tong | 啟業市場 Kai Yip Market |
| 2018/9/2 | 黃大仙 Wong Tai Sin | 黃大仙上邨 Upper Wong Tai Sin Estate |
| 2018/9/5 | 油尖旺 Yau Tsim Mong | 尖沙咀梳士巴利道 Salisbury Road, Tsim Sha Tsui |
| 2018/9/8 | 東區 Eastern | 西灣河太安街 Tai On Street, Sai Wan Ho |
| 2018/9/8 | 離島 Islands | 逸東邨 Yat Tung Estate |
| 2018/9/8 | 九龍城 Kowloon City | 九龍城廣場 Kowloon City Plaza |
| 2018/9/9 | 北區 North | 彩園廣場 Choi Yuen Plaza |
| 2018/9/14 | 北區 North | 嘉福邨 Ka Fuk Estate |
| 2018/9/15 | 觀塘 Kwun Tong | 坪石邨 Ping Shek Estate |
| 2018/9/15 | 元朗 Yuen Long | 天晴社區會堂 Tin Ching Community Hall |
| 2018/9/19 | 中西區 Central & Western | 石塘咀街市 Shek Tong Tsui Market |

| | | |
|-----------|----------------------|---|
| 2018/9/20 | 黃大仙 Wong Tai Sin | 彩雲社區中心 Choi Wan Estate Community Centre |
| 2018/9/22 | 大埔 Tai Po | 大埔社區會堂 Tai Po Community Centre |
| 2018/9/23 | 東區 Eastern | 筲箕灣東大街 Main Street East, Shau Kei Wan |
| 2018/9/23 | 深水埗 Sham Shui Po | 富昌邨 Fu Cheong Estate |
| 2018/9/27 | 北區 North | 香港賽馬會粉嶺名都投注站 HKJC Fanling Town Centre Off-course Betting Branch |
| 2018/9/29 | 油尖旺 Yau Tsim Mong | 佐敦白加士街 Parkes Street, Jordan |
| 2018/9/30 | 離島 Islands | 香港街市 - 逸東邨 Hong Kong Market - Yat Tung Estate |
| 2018/9/30 | 葵青 Kwai Tsing | 石籬邨 Shek Lei Estate |



「戒煙大贏家」比賽

「戒煙大贏家」比賽透過豐富獎品鼓勵吸煙人士踏出戒煙第一步。參賽者於招募攤位即場接受戒煙輔導員的初步吸煙狀況評估及簡短的戒煙輔導，並由香港大學護理學院及公共衛生學院已受訓的戒煙輔導員於一個月、兩個月、三個月及六個月以電話形式跟進他們的戒煙情況，提供戒煙輔導和建議，同時亦會按他們的意願轉介至不同的戒煙服務機構。在三個月跟進時，自我報告成功戒煙的參賽者會獲邀參與戒煙核實測試，成功通過者可參加大抽獎或經甄選面試，贏取豐富獎品。

“Quit to Win” Contest

The “Quit to Win” Contest encouraged smokers to quit smoking through contest and prizes. Eligible participants received smoking status assessment and brief smoking cessation counseling by counselors at the recruitment sessions. The smoking cessation counselors from the School of Nursing and School of Public Health of HKU would follow up the quit status of the participants, also provide advice and assistance by telephone interview at one month, two months, three months and six months after enrollment. They would also be referred to their preferred smoking cessation service providers. Participants who quitted successfully were invited to undertake a biochemical validation at the 3-month follow-up. Validated participants were eligible to join the lucky draw or to be selected for an interview to win fabulous prizes.

為鼓勵在囚人士戒煙，委員會首次與懲教署攜手合作，成功將「戒煙大贏家」比賽推廣至轄下的羅湖懲教所及赤柱監獄，招募了30位有意戒煙的在囚人士參加比賽。懲教署分別於2018年10月10日及2019年1月23日舉辦誓師儀式及嘉獎禮，以增強參加者戒煙的決心、嘉許成功戒煙者及推動更多在囚人士投入無煙健康生活。



另外，香港大學護理學院及公共衛生學院於比賽期間進行科學研究，收集數據檢討戒煙輔導及計劃的整體成效，以了解戒煙人士的需要。根據初步結果，三個月及六個月跟進的自我報告成功戒煙率分別為18.1%及17.5%。

頒獎禮

委員會於2019年3月25日舉辦第九屆「戒煙大贏家」無煙社區計劃頒獎禮，嘉許比賽的優勝者，並答謝各區議會及機構的支持。頒獎嘉賓包括懲教署署長胡英明、衛生署控煙酒辦公室主管封螢醫生、委員會主席鄭祖盛、副主席伍婉婷、教育及宣傳委員會主席曾立基及總幹事黎慧賢。

第九屆「戒煙大贏家」比賽的得獎者於頒獎禮上分享成功的戒煙故事和貼士。一眾嘉賓、成功戒煙人士、藝人麥明詩及阮政峰亦到場支持活動，分別以遊戲及表演宣傳吸煙的禍害及戒煙的好處。

To encourage persons in custody to quit smoking, COSH launched the “Quit to Win” Pilot Programme in Lo Wu Correctional Institution and Stanley Prison in collaboration with CSD. The programme recruited 30 smoking inmates to join the “Quit to Win” Contest and determine to quit. To strengthen the determination of participants and award the successful quitters, CSD organized a pledging ceremony and award presentation ceremony on 10 October 2018 and 23 January 2019 respectively, in order to motivate smoking inmates to strive for a smoke-free lifestyle.

Besides, the School of Nursing and School of Public Health of HKU conducted a research study to evaluate the effectiveness of the smoking cessation intervention as well as the Campaign to understand the needs of quitters. According to the preliminary results, the self-reported quit rate was 18.1% and 17.5% at 3-month and 6-month follow-up respectively.

Prize Presentation Ceremony

COSH held a prize presentation ceremony on 25 March 2019 to award the winners of the 9th “Quit to Win” Contest and commend the District Council and various organizations for their tremendous support in the Campaign. Honourable guests included WOO Ying-ming, Commissioner of Correctional Services, Dr FUNG Ying, Head of Tobacco and Alcohol Control Office, Department of Health, Antonio KWONG, COSH Chairman, Yolanda NG, COSH Vice-chairman, Richard TSANG, Chairman of COSH Education & Publicity Committee and Vienna LAI, COSH Executive Director.

Winners of the 9th “Quit to Win” Contest shared their successful quit stories and tips with the audience at the ceremony. Other guests, quitters as well as artists Louisa MAK and Hero YUEN also joined the ceremony to promote the smoking hazards and benefits of quitting through interactive games and performances.



第九屆「戒煙大贏家」比賽得獎者：

冠軍得主劉偉明有41年煙齡，在20多歲的時候，曾因吸煙患上肺上葉腫脹並切除大部分肺葉，但因煙癮太深，他始終未能下定決心戒煙。近年有感身體功能變差，加上有數名朋友相繼因吸煙而患上鼻咽癌及肺癌等離世，恐怕自己亦會患上因吸煙引致的嚴重疾病，故希望能及早戒煙。戒煙初期，他儘量避免到有可能誘使他吸煙的地方，並減少與有吸煙習慣的朋友見面。他會要求吸煙的親人不在其身邊吸煙，更將家庭聚會活動改在禁煙場所進行。戒煙後，劉先生感覺自己面色變得紅潤，中氣也有所改善。另外，戒煙令他更享受退休生活及參加有益身心的活動，如學習社交舞等。他亦以自己的經歷，成功鼓勵女兒戒掉煙癮，希望能夠繼續感染其他家人朋友一同戒煙。

Winners of the 9th “Quit to Win” Contest:

The Champion, LAU Wai-ming had smoked for 41 years. In his twenties, he suffered from pulmonary emphysema and removed a large portion of lung's superior lobe. However, he was not determined to quit due to heavy dependence on nicotine. Mr Lau felt that his health condition was getting worse in recent years. In addition, a few of his smoking friends died of smoking-related diseases such as nasopharyngeal cancer and lung cancer, which raised his concern on the risk of fatal smoking-related diseases. Hence, he determined to quit as soon as possible. To resist temptation, Mr Lau avoided seeing his smoking friends and visiting places that might induce him to smoke. He did not allow smoking family members to smoke in front of him and re-arranged all family gatherings in smoke-free venues. Being free from tobacco, Mr Lau lived healthier and enjoyed his retirement life with other healthy activities, such as social dance. He also used his own experience to inspire his daughter to quit smoking successfully. He hoped to encourage more family members and friends to kick the habit.

亞軍得主蔡德賢從事證券工作，為適應職場文化及紓解工作壓力而開始吸煙，平均每天吸三至四支煙，因此產生「煙癮不大，就不需要戒煙」的謬誤。直至蔡先生的兒子出生後，他擔心二、三手煙對下一代的影響，開始萌生戒煙的想法。去年剛巧遇到計劃的招募攤位，在太太鼓勵之下嘗試戒煙。他表示透過「戒煙大贏家」轉介至戒煙服務，得到適切的戒煙協助和建議，如處方的尼古丁替代療法、針灸及戒煙輔導等，有效幫助他克服煙癮。他不同意坊間指電子煙及加熱非燃燒煙草製品較健康和幫助戒煙的說法，他認為這些產品與傳統捲煙一樣對身體有害，因此拒絕嘗試。成功戒煙後，蔡先生感覺比從前更有精神，呼吸變得順暢，亦能輕鬆地應付工作壓力。

季軍得主王術昭18歲時因好奇嘗試吸第一支煙，煙齡接近20年。王先生知道二、三手煙會影響家人的健康，奈何無法擺脫煙癮，只好儘量避免在家人面前吸煙，並設法向女兒隱瞞吸煙習慣。直至去年，在朋友的聚會上，他被女兒發現有吸煙習慣，並為向女兒說謊及作壞榜樣而感到內疚，同時不想身上的煙味阻礙他接觸女兒，因而決心戒煙。王先生於戒煙初期感到自己脾氣較為暴躁，但憑著堅毅信念及以運動替代吸煙，有效紓緩退癮症狀，最終成功戒煙。王先生不再因二、三手煙而害怕與孩子接觸，更不需要為了隱瞞吸煙而在家中東藏西躲。他戒煙後身上再沒有臭煙味，不但獲得家人稱讚，女兒更樂意與他親近，使家庭關係變得更親密。

計劃網頁：www.quittowin.hk

Facebook專頁：www.facebook.com/quittowinhk



First runner-up CHOY Tak-yin is a securities specialist and smoked up to three to four cigarettes per day. He perceived smoking as social activity among co-workers and for relieving stress. Mr Choy had a misconception that smoking cessation is not necessary as he was not a heavy smoker until his son was born three years ago, he worried about the health risks by secondhand and third-hand smoke imposed to his son which made him determined to quit. He enrolled the contest with the encouragement from his wife, Mr Choy was then referred to effective and appropriate smoking cessation services, such as nicotine replacement therapy, acupuncture and counseling. These helped him to cope with tobacco cravings and withdrawal symptoms effectively. He refused to use e-cigarettes and heat-not-burn tobacco products as these products were as harmful as traditional cigarettes, not a healthier alternative and unlikely to help quit smoking. After being smoke-free, Mr Choy felt more energetic and had smoother breath than before. He was able to tackle the pressure from work easily and enjoyed a healthy lifestyle.

Second runner-up WANG Shu-zhao smoked for nearly 20 years since he picked up the first cigarette for curiosity. Despite he knew that secondhand and third-hand smoke adversely affect the health of his family, he failed to quit the tobacco addiction. He avoided smoking in front of his daughters to keep a good image. However, his daughters found out that he was a smoker in a friend's gathering last year. He felt guilty about lying and setting a bad example, so eventually he determined to quit. He got easily irritated when he first started to stop smoking. By upholding the faith and replacing smoking by doing exercises, he succeeded in coping with the withdrawal symptoms and quit smoking. Without the concern on the hazards of secondhand and third-hand smoke, Mr Wang had no more hesitation in giving daughters a hug, nor hide away for smoking. His family praised that no more bad smell of smoke and his daughters were willing to stay closer with him, hence the family relationship had improved.

Campaign Website: www.quittowin.hk

Facebook Page: www.facebook.com/quittowinhk

「無煙車樂部」計劃



乘搭交通工具是市民大眾每天生活中不可或缺的一部分，現時香港每日超過1,200萬人次使用公共交通服務，並有逾32萬名運輸業從業員。根據職業安全健康局進行的調查，逾四分之一(27%)的職業司機有吸煙習慣。因此，委員會於2018年11月推出針對運輸業界的「無煙車樂部」計劃，以鼓勵運輸業從業員投入無煙生活及加強業界宣揚無煙文化的角色，以改善職業司機健康、提升業界的職業安全及專業形象，並提醒司機、乘客及運輸業經營者遵守公共交通工具禁煙法例，保障公眾健康。

計劃獲得超過70間機構支持，包括運輸署、道路安全議會、交通諮詢委員會以及各大商用車司機團體，一同向業界及市民大眾宣揚無煙信息。(「無煙車樂部」支持機構及企業會員名單詳見第154頁至第157頁。)

成立典禮

委員會於2018年11月23日舉行「無煙車樂部」成立典禮，主禮嘉賓包括衛生署控煙酒辦公室主管李培文醫生、運輸署總運輸主任崔振輝、委員會主席鄭祖盛及總幹事黎慧賢。委員會更邀請了成功戒煙的職業司機、業界代表及資深戒煙輔導員於活動上分享戒煙的好處、運輸業公司於推動無煙文化的重要角色及戒煙貼士。歌手林奕匡、王灝兒及黃妍則透過遊戲，解釋煙草禍害及鼓勵職業司機儘快戒除煙癮。

“Smoke-free Drivers Club” Programme

The use of transportation is an integral part of citizens' everyday life. In Hong Kong, over 12 million passenger journeys are made on the public transport system every day, while the transportation industry has over 320,000 labour force. According to the survey conducted by the Occupational Safety and Health Council, more than one-fourth (27%) of professional drivers smoke regularly. In November 2018, COSH launched the “Smoke-free Drivers Club” Programme to encourage smokers in the transportation industry to quit smoking, strengthen the participation of the industry in promoting smoke-free culture which brings positive impacts on the occupational safety and health, productivity and image of drivers, as well as to remind the drivers, passengers and industry operators to comply with the smoking ban in public transport carriers.

There were over 70 supporting organizations, including the Transport Department, The Road Safety Council, Transport Advisory Committee and various organizations of commercial vehicle drivers which helped spread smoke-free messages among the industry and the general public. (Please refer to page 154 to page 157 for the list of supporting organizations and corporate members of “Smoke-free Drivers Club”.)

Kick-off Event

The kick-off event was held on 23 November 2018 and officiated by Dr Jeff LEE, Head of Tobacco and Alcohol Control Office, Department of Health, Joseph TSUI, Chief Transport Officer of Transport Department, Antonio KWONG, COSH Chairman and Vienna LAI, COSH Executive Director. A professional driver who quitted smoking, representative from transportation industry and an experienced smoking cessation counselor were invited to share at the event on the benefits of smoking cessation, significant role of transportation companies in promoting a smoke-free culture and quit tips. Singers Phil LAM, Joey WONG and Cath WONG also explained the smoking hazards through games and encouraged the professional drivers to quit smoking.



「無煙車樂部」會員招募

計劃吸引逾60間運輸業公司及機構參與成為「無煙車樂部」企業會員，當中包括專營巴士公司、非專營巴士公司、鐵路公司、運輸及物流業公司、駕駛學校及各大商用車司機團體。委員會為企業會員提供一系列度身訂造的宣傳品、免費無煙健康講座及戒煙支援，以協助業界宣揚無煙信息，鼓勵吸煙人士戒煙，受惠員工超過 72,000 人。

Recruitment of "Smoke-free Drivers Club" Members

More than 60 companies and organizations in the industry joined the "Smoke-free Drivers Club" as corporate members, including franchised bus companies, non-franchised bus companies, railway companies, transportation and logistics companies, driving school and various organizations of commercial vehicle drivers. Smoking cessation support was provided among corporate members to spread the smoke-free messages among their employees, such as free health talks and industry-specific promotional collaterals. Over 72,000 practitioners of transportation industry were benefited from the Programme.



宣傳活動

為加強宣傳效果，委員會亦於2018年12月14日至2019年2月22日舉辦Facebook抽獎活動，鼓勵市民積極透過網上平台加入成為「無煙車樂部」個人會員，於社交平台將無煙信息分享予家人及朋友。此外，委員會亦於2019年1月至2月於港、九、新界的公共交通交匯處，舉行多場街頭宣傳活動，將無煙信息傳遞至全港每一個角落。活動成功吸引超過1,800名運輸業從業員、職業司機、私家車司機及乘客登記成為個人會員，承諾不吸煙之餘，支持運輸業人士及身邊人戒煙，不少職業司機更即場承諾戒煙及接受戒煙服務轉介，一同響應無煙生活。

委員會更特別製作兩段街頭訪問宣傳短片，破解司機駕駛時吸煙的迷思及提醒市民有關《吸煙（公眾衛生）條例》，並向職業司機分享實用戒煙貼士，得到不少市民的支持。

計劃網頁：www.smokefree.hk/drivers



Promotion Activities

A Facebook lucky draw campaign was held from 14 December 2018 to 22 February 2019 to urge the public to join the Smoke-free Drivers Club as individual members and deliver smoke-free messages among their networks to support their family and friends to quit smoking via the social media platforms. Besides, various sessions of roadshow promotion activities were organized in January to February 2019 across the territory to disseminate the smoke-free messages. More than 1,800 practitioners of transportation industry, professional drivers, private car drivers and passengers joined the club to say no to cigarettes and encourage smokers to quit smoking. Many professional drivers pledged to live smoke-free and were referred to smoking cessation services providers on-site.

Two street interview videos were produced to bust the myths about smoking while driving and reminded the general public of Smoking (Public Health) Ordinance and shared the practical quit tips for drivers, the videos were well received by the public.

Programme Website: www.smokefree.hk/drivers





全新宣傳短片「煙害變種」及「戒煙變強」

為進一步令公眾對新型吸煙產品有更深的認知及灌輸煙害資訊，委員會於2018年11月推出兩輯全新宣傳片「煙害變種」及「戒煙變強」，並得到不少正面迴響。委員會希望透過兩段宣傳片，提醒市民拒絕吸食新型吸煙產品及推廣戒煙。

近年電子煙及新型吸煙產品如加熱非燃燒煙草製品逐漸流行，更被宣傳推廣為潮流玩意，吸引不吸煙人士尤其是年輕人使用，情況令人關注。宣傳片「煙害變種」希望讓市民明白無論是捲煙、加熱非燃燒煙草製品、電子煙或其他煙草產品同樣會危害健康，千萬不要嘗試。而宣傳片「戒煙變強」旨在響應委員會的年度主題，鼓勵吸煙人士培養健康的嗜好例如做運動，參與戒煙運動，令自己變強。

New APIs "Tobacco Mutated to Harm" and "Quit for Strength"

To promote the tobacco hazards and educate the public on new smoking products, COSH launched two new APIs titled "Tobacco Mutated to Harm" & "Quit for Strength" in November 2018 which received positive feedback from the general public. The two APIs aim to remind all citizens not to try any new forms of tobacco products, as well as to promote smoking cessation.

The growth of e-cigarettes and new smoking products including heat-not-burn tobacco products in recent years was alarming. They were marketed as trendy products attracting non-smokers, particularly the youngsters to try. API "Tobacco Mutated to Harm" aimed to alert the public that all tobacco products including traditional cigarettes, heat-not-burn tobacco products, e-cigarettes and other smoking products were all harmful and reminded them not to try. The API "Quit for Strength" targeted to echo the year theme of COSH to encourage smokers to quit for strength and replace smoking by developing healthy habits such as doing exercise to overcome the cravings of tobacco and improve their health.

「全城無煙跑暨嘉年華」



有研究發現跑步可以幫助戒煙及減少吸煙量，而戒煙後運動表現可以大大提升，所以戒煙及運動是相輔相成的。委員會於2019年1月13日假香港科學園舉辦「全城無煙跑暨嘉年華」，藉此以鼓勵吸煙人士以運動對抗煙癮，並推動大眾建立無煙健康的生活模式。活動吸引近1,600名跑手參與，並獲得逾40間機構及戒煙服務團體支持，醫療輔助隊更提供急救服務。委員會亦邀請本地卡通人物B.Duck合作，為是次比賽賽事設計一系列附有無煙健康生活貼士的有趣插畫，向市民大眾推廣無煙信息。

「全城無煙跑」特訓班

為幫助參賽者積極備戰「全城無煙跑」，委員會於2018年12月7日及21日假青衣運動場及斧山道運動場舉辦兩場「全城無煙跑特訓班」，邀請了長跑教練黃嘉文教授跑步的基本技巧與運動對戒煙的幫助，以及成功戒煙者分享戒煙心得與經驗，吸引60名參賽者參與，為「全城無煙跑」作好準備。

“Smoke-free Run cum Carnival”

A study showed that running helps people quit smoking and reduce tobacco consumption. Kicking the smoking habit can also improve one's sports performance, thus quitting smoking and doing exercise were indeed complementary to each other. COSH organized “Smoke-free Run cum Carnival” on 13 January 2019 at Hong Kong Science Park which attracted nearly 1,600 runners to encourage smokers to quit smoking through running. The event was supported by over 40 organizations and smoking cessation service providers, and the Auxiliary Medical Service provided on-site first aid services. COSH also invited local cartoon character, B.Duck to design a set of key visuals with smoke-free healthy tips to promote smoke-free messages.

“Smoke-free Run” Training Workshops

To equip the participants for the “Smoke-free Run”, COSH organized two training workshops in Tsing Yi Sports Ground and Hammer Hill Road Sports Ground on 7 and 21 December 2018 respectively. COSH invited WONG Ka-man, distance running coach, to share the basic skills of running and the relationship between exercise and smoking cessation. Quitters were also invited to share their quit tips and successful experience. 60 participants joined the workshops to get prepared for the “Smoke-free Run”.





「全城無煙跑」

「全城無煙跑」比賽當日起跑禮的主禮嘉賓包括食物及衛生局副局長徐德義醫生、衛生署控煙酒辦公室高級醫生林民聰醫生、委員會主席鄭祖盛及副主席伍婉婷。比賽設有10公里、3公里及800米賽事，並設個人、無煙家庭、學校、機構及無煙Buddy等組別，當中無煙Buddy組由參賽者與身邊吸煙的親友一同參與，身體力行鼓勵他們堅持戒煙，重拾健康人生。多位支持機構及戒煙服務團體代表出席支持起跑禮，無煙健兒B. Duck亦到場為各位跑手打氣，各位跑手均全力以赴，務求創出佳績，跑出無煙健康生活。



“Smoke-free Run”



The race starting ceremony was officiated by Dr CHUI Tak-yi, Under Secretary for Food and Health, Dr Manny LAM, Senior Medical and Health Officer of Tobacco and Alcohol Control Office, Department of Health, Antonio KWONG, COSH Chairman and Yolanda NG, COSH Vice-chairman. The running race was divided into different categories according to distances (10KM, 3KM and 800M), Individual, Smoke-free Family Team, School Team, Corporate Team and Smoke-free Buddy Team. Participants were encouraged to form a Smoke-free Buddy Team with a smoking family member, to motivate them to stop smoking for a healthy life. Representatives of the organizations and smoking cessation service providers also attended the ceremony to show their support. Smoke-free athlete, B.Duck also cheered for the participant onsite and all participants did their utmost for the best performance to strive for a smoke-free lifestyle.

「全城無煙嘉年華」

為提升參加者對煙草禍害、戒煙服務及控煙工作的認識，比賽當日於賽事場地設有「全城無煙嘉年華」，讓參加者參與有趣的無煙攤位遊戲及資訊攤位等，獲得相關煙害資訊。

支持機構包括博愛醫院社區健康中心、香港大學護理學院、極地同行、東華三院戒煙綜合服務中心、油尖旺社區網絡新動力、葵青安全社區及健康城市協會及九龍樂善堂亦應邀設置攤位，除為在場人士提供健康資訊外，部分攤位亦與體育運動有關，如跳高、划艇、籃球、足球及單車，讓參加者發掘對運動的興趣，以培養健康的休閒嗜好。委員會亦為小朋友安排大型吹氣遊戲「挑戰戒煙山丘」及「逃離煙害魔掌」，透過遊戲灌輸無煙知識。

另外，香港大學公共衛生學院社會醫學講座教授暨羅旭穌基金教授(公共衛生學)林大慶教授於活動上示範了「零時間運動」，鼓勵大眾不受時間環境限制以運動對抗煙癮。委員會亦特別邀請了成功透過跑步戒煙的陳家榮分享心得，勉勵吸煙人士儘早戒煙，他表示戒煙後日常生活及工作時更精神，跑步表現亦有所提升。

活動網頁：www.smokefree.hk/run

“Smoke-free Carnival”

To raise the participants' awareness on tobacco hazards, smoking cessation and tobacco control, a “Smoke-free Carnival” with interesting games and exhibition booths was held on the race day.

All participants acquired health information at the booths of supporting organizations including Pok Oi Hospital Community Health Care Centre, School of Nursing of The University of Hong Kong, Wheel For Oneness, Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation, Yau Tsim Mong Community Network New Dynamics, Kwai Tsing Safe Community and Healthy City Association and The Lok Sin Tong Benevolent Society, Kowloon. Some of the game booths involved sports elements such as high jump, rowing, basketball, football and cycling which encouraged the participants to actively pursue a healthy hobby. Two huge inflatable games titled “The Journey to Quit Smoking” and “Go away! Smoking Hazards” were also arranged for young children to instill smoke-free knowledge.

Prof LAM Tai-hing, Chair Professor of Community Medicine & Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong demonstrated “Zero-time Exercise” which can be done anytime and anywhere to encourage participants to resist tobacco cravings by doing exercise. Also, CHAN Ka-wing who successfully quit smoking through running was invited to share cessation tips and encourage other smokers to kick the habit. He shared that he became more energetic during work after giving up smoking. His performance in running had also improved.

Campaign Website: www.smokefree.hk/run



倡議增加煙草稅

世界衛生組織(世衛)強調，提高煙草稅是最有效的單一控煙措施，能有效降低吸煙率和防止青少年開始吸煙，並建議各國將煙草稅提高至佔煙草零售價格75%或以上。全球已有超過30個國家的煙草稅已達以上水平，另有接近60個國家定於煙草零售價70%或以上。2018年香港的煙草稅只佔零售價格約64%，低於世衛建議水平。

委員會的「控煙政策調查2018」顯示，大部分(81.0%)的受訪者支持在2019年增加煙草稅，支持此項措施的現時吸煙者亦超過四分之一(27.0%)。現時吸煙人士認為煙包價格平均增加至每包港幣255元能有效推動他們戒煙(2018年的價格為港幣59元)。(詳細調查結果請參閱第97頁。)

調查結果充份顯示香港的煙草稅率存在極大的上調空間。有見及此，委員會聯同75個團體於2019年2月致公開信予財政司司長，促請政府於2019至2020財政年度大幅增加煙草稅100%，並制定長遠增加煙草稅的政策，以實現政府於2025年前降低吸煙率至7.8%的目標。同時，委員會倡議政府以多管齊下的方式推動控煙工作，包括加強教育宣傳、立法、強化戒煙服務及執法工作等，以保障公眾健康。

惟政府於2019至2020財政年度連續第五年凍結煙草稅，委員會對此表示極度失望，但相關報道已引起大眾的關注。

Advocacy on Raising Tobacco Tax

World Health Organization (WHO) reiterates that raising tobacco tax is the single most effective tobacco control intervention, which can effectively lower the smoking prevalence and prevent youth from starting smoking. WHO recommended to raise tobacco tax to 75% or above of the retail price of tobacco products. Tobacco tax in over 30 countries have reached 75% or above while about 60 countries reached 70% or above. Tobacco tax in Hong Kong accounted for about 64% of the cigarette price in 2018 which is below WHO's recommendation.

According to the "Tobacco Control Policy-related Survey 2018" conducted by COSH, 81.0% of all respondents supported a tobacco tax hike in 2019, while more than one-fourth (27.0%) of the current smokers also supported this measure. Current smokers suggested that the cigarette retail price should be set at a mean price of HK\$255 to effectively motivate them to quit (retail price in 2018 is HK\$59). (For details of survey results, please refer to page 97.)

The survey findings reflected that there was huge capacity for raising tobacco tax in Hong Kong. In the view of this, COSH, together with 75 organizations, sent an open letter to the Financial Secretary in February 2019 to urge the Government to raise tobacco tax by 100% in FY2019-2020 and formulate a long-term policy on raising tobacco tax in order to meet government target in reducing smoking prevalence to 7.8% by 2025. COSH also advocated the Government to implement a multi-pronged approach in tobacco control, including strengthening education and publicity, legislations, enhanced smoking cessation services and enforcement to protect public health.

COSH expressed strong disappointment that the tobacco tax was frozen again in FY2019-2020 for the 5th consecutive year. But relevant media coverage aroused public awareness on this issue.



社區聯繫及推廣

Community Involvement and Promotion

「無煙老友記」計劃2018-2019

根據政府統計處的《主題性住戶統計調查第64號報告書》，香港現時每日吸食捲煙的人數為615,000人，其中23.9%為60歲或以上；連同50歲或以上人士在內，共佔每日吸煙人口逾四成半。為配合年長人士的需要，鼓勵他們重建無煙健康生活，委員會舉辦「無煙老友記」計劃2018-2019，得到安老事務委員會、新界西長者學苑聯網、房協長者安居資源中心及地區長者中心的支持及合作，透過不同的活動向長者講解吸煙的禍害、釐清有關戒煙的謬誤及鼓勵他們加入戒煙行列。

健康講座

在2018年4月至2019年3月期間，委員會於全港的長者中心舉辦40場健康講座，以生動有趣的方式向約2,000名長者宣揚無煙生活的好處及戒煙的重要性，並鼓勵他們與親友分享無煙信息。

電台廣播

委員會與商業電台合作製作電台節目，邀請資深戒煙輔導員、成功戒煙人士及「無煙老友大使」，分享戒煙及建立無煙生活的方法和心得，於「第三齡接觸」節目內播放。同時亦製作宣傳聲帶，以消除長者對吸煙的誤解及增進他們對戒煙服務的認識。此外，委員會亦與商業電台一同進行街頭訪問及宣傳活動，邀請市民為戒煙者打氣，透過大氣電波鼓勵吸煙的長者儘快戒煙，亦推動市民支持家人和朋友戒煙。



Elderly Smoking Cessation Promotion Project 2018-2019

According to the Thematic Household Survey Report No. 64 released by the Census and Statistics Department, there are 615,000 daily cigarette smokers in Hong Kong, in which 23.9% aged 60 years old or above. Smokers aged 50 years old or above accounted for over 45% of the daily cigarette smokers in Hong Kong. In order to meet the needs of elderly and invite them to live a smoke-free healthy lifestyle, COSH launched the Elderly Smoking Cessation Promotion Project 2018-2019, with the support from the Elderly Commission, New Territories West Elder Academies Cluster (NTWEAC), Housing Society Elderly Resources Centre and district elderly centres. The project targeted to remind the elderlies on tobacco hazards, clarify the misconceptions of smoking cessation and encourage them to get rid of the cigarettes.

Health Talks

From April 2018 to March 2019, COSH conducted 40 sessions of health talks at elderly centres across the territory. Through an interactive and interesting approach, the benefits of being smoke-free and the importance of smoking cessation were promoted to about 2,000 elderlies. They were also encouraged to share the smoke-free messages with their families and friends.

Radio Promotion

COSH collaborated with Commercial Radio (CR) to produce radio segments which broadcasted at the programme "Silver Age Club". Senior smoking cessation counselor, successful quitters and Smoke-free Elderly Ambassadors shared the quit tips and ways to live smoke-free. Audio clips were also broadcasted to inform the public on smoking hazards, debunk the myths of smoking and promote the smoking cessation services. In addition, COSH and CR conducted street interviews and promotion events which were promoted through radio channel, so as to invite the general public to support their smoking friends and family members, especially the elder ones to quit smoking promptly.

「無煙老友大使」無煙推廣活動

為加強與地區聯繫，委員會與新界西長者學苑聯網合作，邀請長者義工成為「無煙老友大使」。他們透過到訪長者中心、參加地區活動及在日常生活中身體力行鼓勵其他長者戒煙，並向他們派發宣傳單張及戒煙承諾卡，以記錄他們戒煙的決心和推廣無煙信息。

「老宜離煙，健康返埋嚟」宣傳活動

在2018年10月27日及28日，委員會聯同一班「無煙老友大使」及「老宜離煙」宣傳車走訪多區行人聚集的街道舉行社區宣傳，邀請市民向身邊吸煙人士尤其是長者傳達祝福及打氣留言，以鼓勵他們及早戒煙，遠離煙害。活動共收集超過260條勸勵吸煙人士戒煙的留言，並向近5,000名市民分享無煙信息。此外，「無煙老友大使」亦成功鼓勵吸煙人士於現場承諾戒煙，並轉介他們接受戒煙服務機構的輔導。

委員會於2018年11月14日於油塘大本營舉行「老宜離煙，健康返埋嚟」活動，進一步向長者及公眾宣揚無煙信息。主禮嘉賓包括衛生署控煙酒辦公室主管李培文醫生、安老事務委員會主席林正財醫生、委員會主席鄭祖盛及副主席伍婉婷。

Smoke-free Promotion by Smoke-free Elderly Ambassadors

To strengthen the collaboration with the community, COSH invited the elderly volunteers of NTWEAC as Smoke-free Elderly Ambassadors. They promoted smoke-free message and motivated other elder smokers to kick the smoking habit during visits to elderly centres, community activities and in their daily life. They also distributed smoke-free leaflets with pledge cards to smokers for recording their quit will.

“Be Healthy, Be a Smoke-free Elderly” Publicity Events

COSH conducted a series of street promotions with a group of Smoke-free Elderly Ambassadors and “Be Healthy, Be a Smoke-free Elderly” promotion truck at various districts on 27 and 28 October 2018 to encourage the public to go smoke-free. Citizens were invited to write down caring messages to support their family members and friends to stay away from tobacco hazards. Over 260 messages were collected and nearly 5,000 citizens were reached. Smokers were motivated by the Smoke-free Elderly Ambassadors to kick the habits and referred to the smoking cessation services.

A publicity event “Be Healthy, Be a Smoke-free Elderly” was held on 14 November 2018 to further spread the smoke-free messages at Domain Mall in Yau Tong. Officiating guests included Dr Jeff LEE, Head of Tobacco and Alcohol Control Office, Department of Health, Dr LAM Ching-choi, Chairman of Elderly Commission, Antonio KWONG, COSH Chairman and Yolanda NG, COSH Vice-chairman.



香港大學公共衛生學院社會醫學講座教授及羅旭龢基金教授(公共衛生學)林大慶教授亦與兩位「無煙老友大使」即場參與演出短劇，剖析長者對戒煙的謬誤及介紹正確的戒煙方法。活動更邀請了成功戒煙的長者朱錦明分享戒煙經驗，而藝人林建明及梁釗峰透過與現場觀眾玩遊戲，分享吸煙的禍害及戒煙的好處。



2018 葵涌醫院支持世界無煙日暨「無煙」強心運動啟動禮

葵涌醫院於2018年5月9日舉辦「2018葵涌醫院支持世界無煙日暨『無煙』強心運動啟動禮」，推廣無煙運動以保持心臟健康，並提高大眾對煙草使用及暴露於二手煙對心血管健康影響的認識。

委員會總幹事黎慧賢獲邀出席，與在場人士分享「戒煙大贏家」的得獎者如何透過運動擺脫煙癮。由葵涌醫院職員組成的話劇團更於活動上表演，宣揚煙草的禍害。

In a role play with the Smoke-free Elderly Ambassadors, Prof LAM Tai-hing, Chair Professor of Community Medicine and Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong broke the myths of quitting smoking and introduced different methods to stop smoking. Successful quitter, CHU Kam-wing shared his quit experience. Artists Victoria LAM and Andy LEUNG also took part in the event to provide information on smoking hazards and benefits of being smoke-free through interactive games.

2018 Kwai Chung Hospital Support for World No Tobacco Day cum Smoke-free Exercise for Healthy Heart Ceremony

Kwai Chung Hospital organized the “2018 Kwai Chung Hospital Support for World No Tobacco Day cum Smoke-free Exercise for Healthy Heart Ceremony” on 9 May 2018 to promote smoke-free exercise for healthy heart and enhance public awareness on the impact of tobacco use and exposure to secondhand smoke on cardiovascular health.

Vienna LAI, COSH Executive Director was invited to share the successful quit stories of “Quit to Win” Contest winners by doing exercise. Drama group of Kwai Chung Hospital performed during the event to promote smoking hazards.



香港國際牙科博覽暨研討會 2018

香港牙醫學會於2018年8月24日至26日假香港會議展覽中心舉辦「香港國際牙科博覽暨研討會2018」。委員會獲邀於展覽會上設置資訊攤位，向與會者派發控煙刊物及宣傳品，介紹委員會的教育推廣工作及本港控煙概況，促進與牙科專業人員在控煙工作上的交流及合作。此外，委員會更邀請與會者簽署支持全面禁止另類吸煙產品，以保障市民健康及建設無煙香港。



香港賽馬會無煙推廣活動

委員會與香港賽馬會一直緊密合作，透過龐大的社區網絡，舉辦多元化的無煙活動，將無煙文化的信息帶入社區當中，加深市民大眾對煙草禍害的認識及鼓勵戒煙。香港賽馬會於2018年10月至2019年3月期間為市民免費提供一氧化碳呼氣測試，讓吸煙者了解自己的健康狀況，提高戒煙動機，鼓勵他們踏出戒煙的第一步。

另外，委員會亦分別於2018年12月23日及2019年1月16日於荃灣投注站設置無煙推廣攤位。透過派發宣傳刊物及輕鬆有趣的互動遊戲，讓市民獲取無煙資訊，亦即場為吸煙人士提供戒煙服務轉介。而委員會的全新無煙宣傳短片亦於2019年1月起在全港所有投注站的電視頻道播放，同時張貼海報，宣揚無煙信息。

Hong Kong International Dental Expo and Symposium 2018

The Hong Kong Dental Association hosted the "Hong Kong International Dental Expo and Symposium 2018" on 24 to 26 August 2018 at Hong Kong Convention and Exhibition Centre. COSH was invited to set up an information booth for distributing smoke-free publications and souvenirs among the participants to introduce COSH's education and publicity programmes, as well as the tobacco control works in Hong Kong, in order to strengthen the collaboration on tobacco control works with dental professionals. Participants were also encouraged to sign a petition to support a total ban on alternative tobacco products and strive for a smoke-free Hong Kong.

Smoke-free Promotion Campaign of The Hong Kong Jockey Club

To propagate smoke-free messages and smoking cessation, COSH has been working closely with The Hong Kong Jockey Club to organize various smoke-free programmes to advocate the smoke-free culture in the community via its massive local network. The Hong Kong Jockey Club provided free carbon monoxide breath test at some of the branches from October 2018 to March 2019 so that smoker had a better understanding of their health condition, which boosted the smokers' determination to quit smoking.

In addition, COSH was invited to set up promotion booths on 23 December 2018 and 16 January 2019 at Tsuen Wan branch to promote smoke-free messages through promotional materials and interactive games. Smoking cessation referrals were also provided for smokers. Meanwhile, the latest APIs and posters were displayed at all branches across territory since January 2019.

嶺南大學健康推廣計劃

嶺南大學於2018年10月15至19日舉行以「健康生活及興趣」為主題的推廣計劃，活動內容包括展覽、攤位遊戲、健康講座、工作坊及體能訓練，以鼓勵學生培養健康生活。委員會獲邀於是次活動中設置遊戲攤位及控煙資訊展覽，向大學生派發小冊子和紀念品，鼓勵他們拒絕任何類型煙草產品，加強學生對煙害的了解。

中華電力安全健康環保日 2018

香港中華電力有限公司於2018年11月3日假屯門龍鼓灘發電廠舉行年度活動「安全健康環保日」。大會目的透過多元化活動，包括舞台表演、攤位遊戲及展覽，喚醒參加者對安全、健康及環保的關注，吸引逾5,000名員工及其家屬參與。委員會獲邀設置「吸煙危害知多啲」遊戲攤位，派發無煙小冊子和單張，向超過1,000名參加者介紹煙草禍害及宣揚戒煙對身體的好處，並邀請參加者支持「全面禁止電子煙及另類吸煙產品」簽名行動，拒絕任何形式的新型煙草製品流通市面。

Lingnan University Health Awareness Programme

Lingnan University organized the Health Awareness Programme with the theme of “Habits for Healthy Lifestyle” to encourage students in fostering a healthy lifestyle by building healthy habits during 15 to 19 October 2018 including exhibitions, game booths, health talks, workshops and physical training programmes. COSH was invited to set up a game booth and exhibition to enhance the university students’ tobacco control knowledge and encourage them to say no to all forms of tobacco products. Promotional leaflets and souvenirs were also distributed.

CLPP Safety, Health & Environment (SHE) Day 2018

CLP Power Hong Kong’s annual event “Safety, Health & Environment (SHE) Day” was held on 3 November 2018 at Black Point Power Station in Tuen Mun. The event aimed to arouse participants’ awareness on safety, health and environment through a wide variety of programmes, including stage performances, game booths and exhibitions. Over 5,000 staffs and their families joined the event. COSH was invited to host the “Find out the harmful effects of smoking” game booth to introduce smoking hazards and promote the benefits of smoking cessation, reaching more than 1,000 participants. Smoke-free brochures and leaflets were distributed. COSH also urged the public to join the Signatory Campaign of “Support to Enact a Total Ban on E-cigarettes and Other New Tobacco Products”, to prevent all forms of new smoking products from entering the Hong Kong market.



2018/2019 年度中西區健康節

為向中西區居民推廣健康教育，中西區健康城市督導委員會與中西區民政事務處於2018年11月3日及4日假上環體育館舉辦「2018/2019年度中西區健康節」。活動節目多元化，各個單位透過不同方式如資訊展覽、攤位遊戲、健康講座、運動示範及免費身體檢查等，向市民宣揚有關預防疾病及健康生活等信息，吸引近千名市民參與。

委員會項目籌劃高級經理吳麗盈應邀出席開幕典禮。委員會亦設置遊戲攤位，並播放宣傳短片及派發小冊子，以加強參加者認識吸煙對身體的影響，藉此推動大眾支持無煙香港。



金門家庭同樂日 2018

委員會獲金門建築有限公司邀請，於2018年12月9日假上水展能運動村及東華三院馬草壟營地舉辦的「金門家庭同樂日2018」中設置攤位遊戲，向超過500名參與的員工及其家屬派發無煙小冊子及紀念品，宣揚無煙生活的好處。另外，委員會亦提供一氧化碳呼氣測試，並為有意戒煙的參加者提供戒煙轉介服務。

Central and Western District Health Festival 2018/2019

To strengthen health education among the residents in Central and Western District, the Steering Committee on Healthy City in the Central and Western District collaborated with the Central and Western District Office to host the "Central and Western District Health Festival 2018/2019" on 3 to 4 November 2018 at Sheung Wan Sports Centre. Promotion of disease prevention and healthcare were delivered via exhibitions, game booths, health talks, exercise demonstrations and free body checks. The event attracted around a thousand of participants.

Annie NG, COSH Senior Project Manager was invited to join the opening ceremony. COSH also set up a game booth, displayed short videos and distributed pamphlets to educate the local residents on the adverse effect caused by smoking and solicit public support for a smoke-free Hong Kong.

Gammon Family Fun Day 2018

COSH was invited by Gammon Construction Limited to set up a game booth in "Gammon Family Fun Day 2018" at Sheung Shui Community Sports and Tung Wah Group of Hospitals Ms Tso Lung Campsite on 9 December 2018. Over 500 staff and their families received smoke-free messages via smoke-free brochures and souvenirs. COSH also conducted the carbon monoxide breath test and referred some smokers for smoking cessation services.

香港癌症日 2018 — 防癌攻略，全民踢「酒」

香港防癌會一直致力推動各項的抗癌推廣工作，於2018年12月9日假九龍公園舉行香港癌症日 2018 —「防癌攻略，全民踢『酒』」，旨在培養市民建立健康生活模式，戒除不良嗜好如吸煙及酗酒等，以預防各類癌症。出席嘉賓包括衛生署署長陳漢儀醫生，委員會總幹事黎慧賢亦應邀出席開幕儀式。

大部份人未必清楚了解癌症其實與生活習慣息息相關，故委員會於是次活動中特別向公眾介紹吸煙會增加患上癌症的風險，從而推動吸煙人士戒除煙癮，以預防癌症及保障市民免受二手煙和二手煙的影響。

Hong Kong Cancer Day 2018 - "Anti-Cancer, Say No To Alcohol"

Hong Kong Anti-Cancer Society has always been at the forefront of fighting against cancer and hosted Hong Kong Cancer Day 2018 - "Anti-Cancer, Say No To Alcohol" on 9 December 2018 at Kowloon Park. The event aimed to raise public awareness on the importance of building healthy lifestyles and encourage public to get rid of bad habits such as smoking and drinking alcohol for cancer prevention. Attending guests included Dr Constance CHAN, Director of Health. Vienna LAI, COSH Executive Director was also invited to join the opening ceremony.

Many people might have little idea on the association of cancers with daily lifestyles, thus COSH introduced that smoking would increase the risk of cancers in order to motivate smokers kicking the smoking habit for cancer prevention, as well as to safeguard public health from the harmful effect of secondhand smoke and third-hand smoke.



香港聖約翰救傷隊少青團 健康家庭同樂日 2019

香港聖約翰救傷隊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2019年3月10日假葵涌興芳路遊樂場舉辦「健康家庭同樂日2019」。委員會獲邀於同樂日設置攤位遊戲及提供無煙宣傳品，以宣傳無煙信息。活動除了提供免費身體檢查外，亦有舞台表演，以輕鬆手法教育市民大眾建立健康家庭的資訊，吸引數百名市民參與。

Hong Kong St John Ambulance Brigade Youth Command Healthy Family Fun Day 2019

St John Ambulance is dedicated to educating the public on the importance of health and promoting the message of "Love and Care". "Family Fun Day 2019" was organized at Hing Fong Road Playground in Kwai Chung on 10 March 2019. COSH was invited to host a game booth and provide smoke-free collaterals to spread the smoke-free messages. Information on healthy family was provided in an interactive way through stage performances and free body checks, which successfully attracted hundreds of participants.

家家福樂共環保 2019

圓玄學院粉嶺社會服務中心於2019年3月16日假粉嶺嘉福邨羅馬廣場舉辦「家家福樂共環保 2019」嘉年華會。委員會應邀設置攤位遊戲，以互動形式加深區內居民的控煙知識，吸引逾500名市民參與。委員會當日亦派發控煙宣傳刊物及宣傳品，藉此鼓勵市民支持無煙香港。



Ka Fuk Fun Day 2019

The Yuen Yuen Institute Fanling Social Service Centre organized “Ka Fuk Fun Day 2019” at Ka Fuk Estate in Fanling on 16 March 2019. COSH was invited to set up a game booth to raise public awareness on tobacco control through interactive game, over 500 citizens participated in the carnival. COSH also distributed tobacco control booklets and souvenirs to promote a smoke-free Hong Kong.

“Yan Chai STEM FAIRE 2019” of Yan Chai Hospital

Yan Chai Hospital (YCH) organized “Yan Chai STEM FAIRE 2019” at YCH Lan Chi Pat Memorial Secondary School on 16 March 2019. It was a showcase of Science, Technology, Engineering and Mathematics (STEM) games and works which designed by their students and attracted more than 2,000 students, parents, teachers and public to participate.

仁濟醫院「仁濟 STEM FAIRE 2019」

仁濟醫院於2019年3月16日假仁濟醫院靚次伯紀念中學舉行「仁濟 STEM FAIRE 2019」，展出轄下學校學生以科學、科技、工程和數學(STEM)設計的遊戲及作品，吸引超過2,000名學生、家長、老師及公眾參與。

委員會獲邀設置攤位展出全港學界「From Coding to STEM」編程比賽的優勝作品，如何結合STEM元素透過電腦遊戲向參加者推廣無煙信息，並收集簽名以支持全面禁止電子煙及其他新型煙草產品。



香港新聲會「非同凡響星期天」

香港新聲會一向秉承自助及互助精神，協助無喉者及喉癌患者恢復發聲能力和建立自信，支持他們重新投入社會。該會於2019年3月17日假石硤尾邨舉辦「非同凡響星期天」，讓公眾深入了解其服務及中心設施。活動當日提供中醫義診，健康專題講座及身體檢查等多元化活動，以傳遞健康信息。

委員會亦於嘉年華中設置攤位遊戲及向市民派發戒煙小冊子，加深參加者對煙草禍害的認識，鼓勵吸煙人士儘早戒除煙癮，減低患上喉癌及其他致命疾病的風險，吸引逾百名市民參與。

“An Extraordinary Sunday with the New Voice” of The New Voice Club of Hong Kong

The New Voice Club of Hong Kong assists laryngectomies and laryngeal cancer patients in regaining their voice and reintegrating into the community through promoting self-help and mutual help spirit. The Club hosted “An Extraordinary Sunday with the New Voice” on 17 March 2019 at Shek Kip Mei Estate to help the public understand their scope of services and facilities. In addition, the Club arranged Chinese medical consultation, health talks and body checks to deliver health messages.

COSH was invited to set up a game booth and distribute smoke-free booklets to propagate the smoking hazards and encourage smokers to kick the habits as soon as possible in order to lower the risk of laryngeal cancer and other fatal diseases. Over 100 participants joined the programme.



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」健康講座

控煙工作必須由教育下一代著手，從小開始灌輸無煙知識，令他們明白無煙環境的重要性，決不嘗試第一口煙，並鼓勵他們勸喻身邊的家人及朋友戒煙。有見及此，委員會自1991年起，每年到訪全港各區幼稚園、中小學及大專院校舉辦健康講座，向兒童及青少年推廣無煙信息，讓他們及早認識煙草的禍害。

於2018至2019學年，委員會到訪逾110間學校舉行健康講座，接觸超過20,000名學生。講座除了詳述吸煙、二手煙及三手煙的禍害，範圍亦涵蓋電子煙及另類吸煙產品，學生能從中了解最新的控煙資訊，包括本港的控煙政策、戒煙服務及煙草商的宣傳伎倆等。此外，委員會的教育幹事亦會向學生介紹委員會的職能及播放最新的宣傳短片。講座亦設問答環節，希望令學生能在愉快互動的學習環境下，全面增進無煙知識。

Health Talks for “Smoke-free New Generation”

Education is a significant part of tobacco control. Delivering smoke-free messages to the next generation at an early stage can help them recognize the importance of a smoke-free environment, deter them from lighting up the first cigarette and motivate them to encourage family members and friends to quit smoking. Since 1991, COSH has organized health talks every year in kindergartens, primary schools, secondary schools and tertiary institutions across the territory to educate the children and youth on smoking hazards.

During the school year 2018 to 2019, more than 110 health talks were conducted, reaching over 20,000 students. The health talks covered the harmful effects of smoking, secondhand smoke, third-hand smoke, e-cigarettes and alternative smoking products, as well as the latest information on tobacco control, such as tobacco control legislation in Hong Kong, smoking cessation services and marketing tactics of the tobacco industry. COSH educators also introduced the responsibility of COSH and broadcasted the latest promotional videos. A question-and-answer session was included to enhance their smoke-free knowledge under a relaxing and interactive atmosphere.



「無煙Teens計劃」2018-2019



委員會一直積極教育青少年無煙知識及鼓勵建立健康生活態度，以培育他們成為未來社會領袖及推動香港控煙工作的重要力量。委員會於2012年開始每年舉辦「無煙Teens計劃」，透過計劃將有關煙害、最新控煙及吸煙趨勢的資訊傳遞予青少年，並讓參加者從中發展多方面才能，裝備他們成為未來領袖及協助於社區或校園宣揚無煙文化。

計劃至今已成功培育逾2,200名「無煙Teens」，取得顯著成效。2018-2019年度的計劃共吸引超過250名來自約30間中學的14至18歲青少年參與。

無煙大本營

領袖訓練營於2018年暑假期間舉行，委員會亦為參加者安排營前簡報會暨工作坊，特別邀請著名YouTuber「熊仔頭」及明報多媒體新聞經理英韜先生擔任講者，分享如何製作有趣短片及善用社交媒體，讓參加者為之後的「無煙行動」宣傳作好準備。

“Smoke-free Teens Programme” 2018-2019

Youngsters are the future leaders of the society to advance tobacco control in Hong Kong. COSH has been sparing no efforts in educating the youngsters on the knowledge of smoking and health, encouraging them to adopt a smoke-free lifestyle and being the major tobacco control force. “Smoke-free Teens Programme” has been annually organized since 2012 to instill knowledge of tobacco control and smoking hazards in youngsters, provide training on various skills as well as sustain their pioneering role in advocating smoke-free culture in schools or community.

The Programme has nurtured more than 2,200 Smoke-free Teens to take the leading role in establishing a smoke-free environment. Nearly 250 youngsters, aged 14 to 18, from around 30 secondary schools enrolled for the 2018-2019 programme.

Smoke-free Training Camps

The leadership training camps were held during the summer holiday in 2018. COSH organized a briefing session cum workshop in advance, famous YouTuber FHProductionHK and YING Tao, Multimedia News Manager of Ming Pao Newspaper Limited were invited to share some useful tips on producing interesting online videos and promoting smoke-free messages via social media in order to get prepared for the smoke-free programme in schools and the community.



在四場兩日一夜的領袖訓練營，透過多元化的活動及團隊任務，讓「無煙Teens」掌握煙草禍害及戒煙輔導技巧，同時提升他們的領導才能、獨立、創意及批判思考、溝通及衝突管理、團隊及合作精神，以及項目策劃等。



無煙行動

完成訓練後，「無煙Teens」於2018年9月至12月期間實踐所學，回到校園及走進社區籌辦近90項創新活動，將無煙信息傳遞予超過18,100名學生及不同階層的市民。多項創新活動包括拍攝無煙短片、設計創意小實驗呈現吸煙禍害及就電子煙和新型吸煙產品的議題作地區調查等。「無煙Teens」的活動籌劃方式漸趨成熟，推動吸煙人士戒煙及鼓勵市民享受無煙健康生活。



Four 2-Day-1-Night leadership training camps equipped participants with knowledge on smoking hazards and smoking cessation counseling techniques. Their skills on leadership, creative and critical thinking, communication, problem solving, team building and programme planning were enhanced through diversified training activities and team building games.



Smoke-free Programmes in Schools and the Community

After joining the leadership training camp, the Smoke-free Teens applied their knowledge to organize about 90 innovative smoke-free programmes in their schools and the community between September and December 2018, reaching over 18,100 students and members of public from all walks of life. Smoke-free Teens demonstrated enhanced skills in hosting different activities including production of smoke-free short films, demonstration of smoking hazards by creative experiment and conducting district research on e-cigarettes and other new smoking products, in order to motivate the general public to live smoke-free.



無煙 Teens 團及暑期實習

為使參加者能秉承「無煙Teens」精神，積極推動控煙的工作，完成訓練的參加者均可以加入「無煙Teens團」，繼續參與及協助委員會舉辦活動如分享會、展覽、遊戲攤位及其他控煙活動，宣揚無煙信息，發展領袖才能。

於「無煙Teens計劃」中表現優異之參加者亦可於下年度暑假期間到委員會實習，學習及體驗籌辦活動及推動控煙工作，完成實習將獲發證書。

頒獎禮暨分享會

「無煙Teens計劃」2018-2019頒獎禮暨分享會於2019年3月15日舉行，以嘉許表現出色的「無煙Teens」。主禮嘉賓包括教育局局長楊潤雄、衛生署助理署長(特別衛生事務)陳少梅醫生、委員會主席鄭祖盛及副主席伍婉婷。

冠軍隊伍嶺南鍾榮光博士紀念中學於頒獎禮上分享活動籌劃的心得和經驗，他們以「無煙·動起來」為活動主題，推出多項極具創意的無煙活動，共接觸約1,800名市民，其中大型無煙嘉年華吸引近600名來自全港不同地區小學的師生及家長參與。此外，他們到社區邀請吸煙人士及市民透過應用程式計算戒煙可節省的金錢，以陳述吸煙的害處，鼓勵吸煙人士儘早戒煙，亦送出自行設計的紀念品以推動非吸煙人士支持身邊人戒煙。另外，他們創作以「一支煙」為題的短片，以第一人稱講述吸煙對身體的各種影響，並於網上平台進行宣傳。

Smoke-free Teens Alumni Programme and Summer Internship Programme

In order to sustain the Smoke-free Teens' pioneering role in advocating smoke-free culture, participants were encouraged to join the Smoke-free Teens Alumni and continue to promote smoke-free messages by attending sharing sessions, assisting game booths and exhibitions in the community and participating in other tobacco control activities organized by COSH.

Participants who have outstanding performance in the "Smoke-free Teens Programme" will have the opportunity to join the internship programme during the summer holiday next year, to learn and experience organizing smoke-free activities, as well as to get involved in the tobacco control work. Certificate will be issued once the internship is completed.

Award Presentation Ceremony

An award presentation ceremony was held on 15 March 2019 to commend the outstanding "Smoke-free Teens" of the 2018-2019 programme. Honourable guests included Kevin YEUNG, Secretary for Education, Dr Tina CHAN, Assistant Director of Health (Special Health Services), Antonio KWONG, COSH Chairman and Yolanda NG, COSH Vice-chairman.

The champion team, Lingnan Dr Chung Wing Kwong Memorial Secondary School shared their experience in organizing a series of creative activities with the theme of "Smoke-free, Make a Move" which successfully reached around 1,800 citizens. They held a large scale Smoke-free Carnival with overwhelming response from nearly 600 primary school students, teachers and parents from different districts. Besides, they invited the public to count the savings after kicking the smoking habits via a tablet APP and distributed smoke-free collaterals. They hoped to encourage the smokers to kick the habit and motivate the non-smokers to support their family members and friends to quit smoking. They also produced a short film which used "a cigarette" as a first person narrative for online promotion to raise public awareness on the adverse effects of smoking.



亞軍隊伍樂善堂梁植偉紀念中學亦別出心裁，他們於校園透過小實驗，模擬吸煙過程對人體的影響，向同學具體呈現煙害。季軍隊伍皇仁舊生會中學發起簽名行動，提升師生及職員對電子煙及其他新型吸煙產品的認知及關注，並進行問卷調查，鼓勵市民就此項議題發表意見。

得獎名單如下：

冠軍：嶺南鍾榮光博士紀念中學

亞軍：樂善堂梁植偉紀念中學

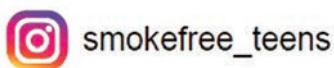
季軍：皇仁舊生會中學

「優異無煙Teens團隊」：

- 博愛醫院歷屆總理聯誼會梁省德中學
- 靈糧堂劉梅軒中學
- 聖瑪加利男女英文中小學

計劃網頁：

www.smokefree.hk/smokefreeteens



On the other hand, the first runner-up team, Lok Sin Tong Leung Chik Wai Memorial School simulated the hazards of smoking on human body with an experiment. The second runner-up team, Queen's College Old Boys' Association Secondary School called for a signatory campaign on e-cigarettes and other new smoking products to enhance awareness at school and carried out a survey to collect public views.

Winner List:

Champion: Lingnan Dr Chung Wing Kwong Memorial Secondary School

First runner-up: Lok Sin Tong Leung Chik Wai Memorial School

Second runner-up: Queen's College Old Boys' Association Secondary School

Outstanding Smoke-free Teams:

- The Association of Directors & Former Directors of Pok Oi Hospital Ltd. Leung Sing Tak College
- Ling Liang Church M H Lau Secondary School
- St Margaret's Co-educational English Secondary and Primary School

Programme Website: www.smokefree.hk/smokefreeteens





學校互動教育巡迴劇場 「煙『昏』家庭」

委員會自1995年起以「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，透過與學校及專業藝術團體合作互動教育劇場，加強同學的無煙知識，鼓勵他們與家人一起支持無煙生活。劇場先後於全港學校舉辦超過2,000場表演，超過540,000名學生及教師觀賞及參與。

劇場以控煙為主題，每年透過不同的劇本，再配以音樂、舞台效果及生動有趣的演繹手法，讓同學於欣賞過程中認識吸煙、二手煙、三手煙及電子煙的禍害，了解吸煙的謬誤及拒絕二手煙等正面信息，並學習如何鼓勵吸煙的親友戒除煙癮，劇場同時亦歡迎家長參與。

School Interactive Education Theatre “Smoke-free Family”

Since 1995, the “School Interactive Education Theatre Programme” has been one of COSH’s major education and publicity programmes to prevent youth smoking. In collaboration with schools and local professional troupe, COSH’s interactive education theatres encourage the children and youngsters to support a smoke-free lifestyle with their families. The Programme contributed over 2,000 performances in primary schools across the territory, reaching more than 540,000 students and teachers over the years.

The Programme has different drama scripts every year, key messages of tobacco control are delivered along with music, stage effects and interesting presentation. Through the performance, students learn about the harmful effects of smoking, secondhand smoke, third-hand smoke and e-cigarettes, as well as receive positive messages such as fallacies about smoking, say no to secondhand smoke and ways to encourage family members to kick the smoking habit. Parents are welcomed to attend the performances.

2018-2019年度「學校互動教育巡迴劇場」由教育局協辦，並與中英劇團合作，推出全新劇目「煙『昏』家庭」，讓學生學習如何鼓勵親友戒煙，攜手建立「無煙家庭」。委員會亦特別鳴謝香港海洋公園的支持，派出角色小紅熊參與演出，一起宣揚無煙信息。此劇目共演出100場，超過29,000名學生及教師欣賞。委員會亦感謝林大慶教授擔任此劇的顧問。

故事講述就讀諾士莫京小學(No Smoking Primary School)的主角小新熱心助人，與同學小慧在通識科習作中探討「如何幫助別人戒煙」。小慧的家人有吸煙習慣，她一直試用不同方法幫助他們戒煙但尚未成功，唯有用一些特別方法如摺無煙紙鶴，希望願望成真。小新知道後，主動探訪小慧一家，了解他們吸煙的原因。在這個過程中，他們明白到吸煙、二手煙、三手煙及電子煙的禍害，並認清電子煙及煙草商的宣傳伎倆。在小新及小慧的支持及鼓勵下，小慧的爸爸、媽媽及公公均成功戒煙，將「煙『昏』家庭」變為無煙家庭。觀眾踴躍參與互動環節，決心拒絕吸第一口煙及鼓勵吸煙的家人儘早戒除煙癮！

The 2018-2019 Programme was co-organized by Education Bureau. A brand-new interactive drama titled "Smoke-free Family" was launched in collaboration with Chung Ying Theatre. Students were equipped with skills to urge family members to quit smoking and build a smoke-free family. With the support of Ocean Park Hong Kong, a character Redd, was also featured in the drama to spread smoke-free messages. 100 performances were delivered to over 29,000 students and teachers. Special gratitude was also given to Prof LAM Tai-hing for being the professional consultant of the drama.

The story was about Siu-sun, a student of the "No Smoking Primary School", he and Siu-wai were in a team working on a Liberal Studies project with the topic "How to help smokers quit smoking". Siu-wai has tried different means to encourage her family members to quit smoking but seems unsuccessful. She started folding smoke-free paper cranes, hoping that her dream would come true. Siu-sun decided to visit Siu-wai's family to investigate their reasons for smoking. They understood the hazards of smoking, secondhand smoke and third-hand smoke, the potential risks of e-cigarettes and promotion tactics of tobacco industry through the visit. With the support and encouragement of Siu-sun and Siu-wai, Siu-wai's father, mother and grandfather ditched smoking successfully and built a smoke-free family. Students actively participated in the interactive sessions and promised to reject the first cigarette and motivate their family members to kick the bad habit.



劇場的首演禮於2018年10月11日假紅磡香港理工大學賽馬會綜藝館舉行，約350名師生及嘉賓率先觀賞。主禮嘉賓包括衛生署助理署長（特別衛生事務）陳少梅醫生、教育局總課程發展主任（德育、公民及國民教育）譚家強博士、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、委員會主席鄭祖盛、副主席伍婉婷及總幹事黎慧賢。首演禮後，劇團隨即在全港各區學校展開巡迴演出。

為鞏固學生的無煙知識，委員會於劇場後為學生準備了一系列的配套活動，包括短片、劇場網頁、小冊子及紀念品，讓學生觀賞後隨時重溫無煙資訊，亦舉辦「無煙心意卡設計及口號創作比賽」，供學生參與，並學以致用無煙知識及發揮創意。此外，委員會亦特別為老師設計了「無煙教學資源套」，方便老師可利用小冊子及劇場網頁，於合適的課堂上教授無煙知識，讓控煙教育得以持續。

劇場網頁：www.educationtheatre.hk

Around 350 students, teachers and guests attended the premiere which was held at the Jockey Club Auditorium, The Hong Kong Polytechnic University on 11 October 2018. Honourable guests included Dr Tina CHAN, Assistant Director of Health (Special Health Services), Dr Andy TAM, Chief Curriculum Development Officer (MCNE), Education Bureau, Prof LAM Tai-hing, Chair Professor of Community Medicine & Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong, Antonio KWONG, COSH Chairman, Yolanda NG, COSH Vice-chairman and Vienna LAI, COSH Executive Director. The Programme began its tours across the territory afterwards.

To strengthen the smoke-free knowledge of students, a designated website, bring-home educational materials and souvenirs were provided for participants to review the smoke-free information after the drama. Through the “Smoke-free Greeting Card and Slogan Design Competition”, students were encouraged to utilize the knowledge they acquired in the drama to spread the smoke-free messages in a creative way. A corresponding “Smoke-free Teaching Kit” was also developed for teachers to use in classes, together with the programme website and bring-home educational materials in order to sustain the impact of the Programme.

Programme Website: www.educationtheatre.hk



冠軍 Champion



亞軍 First runner-up



季軍 Second runner-up



與學界及社區聯繫

Liaison with Academia and Community

香港大學護理學院課程

香港大學護理學院致力培訓專業護理人員，並提供有關控煙和戒煙輔導的課程，以提高學生對控煙的關注和鼓勵他們參與戒煙工作。委員會獲邀為其學士課程及碩士課程擔任客席講者，以裝備學生相關的知識及技巧。

委員會項目籌劃高級經理朱偉康於2018年4月9日及11月6日，分別以「社區健康推廣」及「煙草對公共衛生的危害及預防」為題，共向超過300位護理學系學士學生介紹香港的控煙政策及委員會的教育、宣傳及政策倡議工作，同時講解香港現時的戒煙服務和控煙工作面對的挑戰。

於2018年4月16日，朱偉康亦以「香港的煙草控制及預防工作」為題，向約40位護理系的碩士學生闡述全球控煙趨勢、香港在未來減少煙草使用上的挑戰，並介紹委員會多年來在推動無煙香港的工作及成果。

2018年醫院管理局研討大會

醫院管理局於2018年5月7日至8日假香港會議展覽中心舉辦「2018年醫院管理局研討大會」，旨在促進醫療新知及經驗交流。委員會獲邀於研討會上設置資訊攤位，向與會者介紹本港控煙概況及委員會的教育宣傳工作，同時透過派發刊物及宣傳品，促進與專業醫護人員在控煙上的交流及合作。

HKU School of Nursing – Nursing Programmes

School of Nursing of The University of Hong Kong endeavors to provide professional nursing training. Courses on tobacco control and smoking cessation counseling are provided to enhance their students' awareness and participation in the works of curbing and quitting tobacco use. COSH was invited to give guest lectures to their Bachelor and Master programmes to equip students with related knowledge and techniques.

On 9 April and 6 November 2018, Lawrence CHU, COSH Senior Project Manager delivered presentations titled "Promoting Health in the Community" and "The Harm of Tobacco on Public Health and Its Prevention in Hong Kong" to over 300 undergraduate students. Tobacco control measures in Hong Kong, as well as COSH's education, publicity programmes and advocacy works were introduced. Mr Chu also shared the smoking cessation services available, loopholes and recent challenges of tobacco control works in Hong Kong.

On 16 April 2018, presentation titled "Tobacco Control and Smoking Prevention Programmes in Hong Kong" was given to about 40 master students. Mr Chu shared the works and achievements of COSH in fostering a smoke-free Hong Kong over the years. He also introduced the global trend of tobacco control and the challenges ahead for Hong Kong in curbing tobacco use.

Hospital Authority Convention 2018

Hospital Authority hosted the "Hospital Authority Convention 2018" on 7 to 8 May 2018 at Hong Kong Convention and Exhibition Centre, it aimed to facilitate the sharing of knowledge and experience on clinical advances. COSH was invited to set up an information booth to introduce the tobacco control works in Hong Kong and COSH's education and publicity programmes. Publications and souvenirs were distributed to enhance the collaboration on tobacco control with medical and healthcare professionals.

香港大學青少年戒煙熱線 – 戒煙輔導員培訓課程

香港大學護理學院的青少年戒煙熱線於2005年成立，主要為青少年提供朋輩式的戒煙輔導，以協助25歲或以下的吸煙者戒煙。多年來，青少年戒煙熱線已招募及訓練不少青少年戒煙輔導員。

委員會獲邀於2018年9月29日為戒煙輔導員培訓課程提供講座。委員會項目籌劃高級經理朱偉康介紹香港吸煙情況、控煙政策及委員會在建構無煙香港上的角色。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)林大慶教授亦為課程的演講嘉賓，講解吸煙及二手煙的禍害。課程亦由資深戒煙輔導護士傳授戒煙輔導的貼士及方法，透過小組討論的形式，分享動機性訪談技巧，輔導員在理論及實踐的層面上均獲益良多。

「From Coding to STEM」成果發佈暨編程比賽頒獎禮

由優質教育基金及九龍樂善堂合辦，香港吸煙與健康委員會協辦的全港學界「From Coding to STEM」編程比賽，目的鼓勵小學生可以運用編程的概念及技巧，編寫有趣的小遊戲及動畫，以提醒市民煙草的禍害及鼓勵吸煙人士戒煙。委員會總幹事黎慧賢獲邀成為比賽評審之一，成果發佈暨編程比賽頒獎禮於2018年10月27日假香港中文大學李兆基樓舉行。



HKU Youth Quitline – Smoking Cessation Counselor Training Workshop

The “Youth Quitline” is a youth-oriented smoking cessation hotline established in 2005 by the School of Nursing of The University of Hong Kong to help smokers aged 25 or below kick the habit. Over the years, the “Youth Quitline” has been recruiting and nurturing many young smoking cessation counselors.

COSH was invited to deliver a lecture at the Smoking Cessation Counselor Training Workshop on 29 September 2018. Lawrence CHU, COSH Senior Project Manager shared Hong Kong’s smoking prevalence, tobacco control policies and COSH’s role in striving for a smoke-free Hong Kong. Prof LAM Tai-hing, Chair Professor of Community Medicine & Sir Robert Kotewall Professor in Public Health, School of Public Health, The University of Hong Kong also conducted lectures on hazards of smoking and secondhand smoke. The workshop also covered the tips and techniques on smoking cessation counseling and motivational interviewing by an experienced smoking cessation counseling nurse. Through group discussions, participants were well equipped with related theories and practical knowledge.

“From Coding to STEM” Showcase cum Competition Award Presentation Ceremony

“From Coding to STEM” Competition was organized by Quality Education Fund and The Lok Sin Tong Benevolent Society, Kowloon, co-organized with COSH. It aimed to encourage primary school students to create mini-games and animations by using the concept and technique of coding, which embedded smoke-free message to promote tobacco hazards and encourage smokers to kick the habit. The showcase cum award presentation ceremony was held on 27 October 2018 at Lee Shau Kee Building, The Chinese University of Hong Kong and Vienna LAI, COSH Executive Director, was invited to be one of the judges.

仁安醫院護士訓練學校課程

仁安醫院護士訓練學校一向全面培育優秀護理人才，並透過課程向學員提供有關吸煙與健康的資訊，以培訓學員對控煙工作和戒煙輔導的知識。

委員會項目籌劃高級經理朱偉康獲邀於2018年11月14日以「香港的煙草控制及預防工作」為題，向約40位學員講解吸煙的禍害、香港的控煙歷程及成果，以及如何進一步加強控煙措施及其挑戰。為免新型的吸煙產品在青少年間流行，故特別加強教育學員有關電子煙、加熱非燃燒煙草製品及水煙等煙草產品的健康風險。

葵涌醫院無煙講座

葵涌醫院一直積極參與控煙工作，更透過院內不同部門之專業人士組成反吸煙工作小組舉行不同活動推廣無煙信息，加強前線工作的員工對控煙趨勢的認識。

委員會項目籌劃高級經理吳麗盈獲邀出席於2019年1月22日舉行的「無煙講座」，以「電子煙及其他新型煙草產品的禍害」為題，向與會人士講解各種新型煙草產品對身體構成的風險。其他演講嘉賓包括衛生署控煙酒辦公室護士長張婉君女士。

The School of Nursing, Union Hospital – Nursing Programmes

The School of Nursing, Union Hospital strives to provide a comprehensive training for cultivating qualified nurses and healthcare practitioners over the years. The courses equip nursing students with knowledge of smoking hazards and health, tobacco control and smoking cessation.

Lawrence CHU, COSH Senior Project Manager delivered a presentation titled “Tobacco Control and Smoking Prevention Programmes in Hong Kong” to about 40 students on 14 November 2018. He introduced the smoking hazards, tobacco control works and achievements, as well as how to strengthen the tobacco control policy in Hong Kong and the future challenges ahead. To prevent the epidemic of new smoking products among the youngsters, the students were informed about the potential health risks of e-cigarettes, heat-not-burn tobacco products and shisha.

Kwai Chung Hospital's Smoke-free Seminar

Kwai Chung Hospital has been supporting tobacco control work actively by organizing various activities to strengthen the knowledge of their frontline staff on the trend of tobacco control through the Anti-smoking Workgroup formed by a group of professions from different departments in the Hospital.

Annie NG, COSH Senior Project Manager delivered a presentation titled “The harmful effects of electronic cigarettes and other new tobacco products” to illustrate the hazards and potential risks of these products in the smoke-free talk on 22 January 2019. Other speakers included CHEUNG Yuen-kwan, Nursing Officer of Tobacco and Alcohol Control Office, Department of Health.

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、電台及其他媒體之訪問及查詢。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 into all levels of the society effectively. COSH Secretariat regularly fields interviews and enquiries from different newspapers, publications, television and radio stations, as well as other media platforms. COSH issued the following press releases to the media during the year:

| 日期 Date | 新聞稿 | Press Release |
|------------|---|---|
| 2018/5/20 | 召集市民成為「無煙健兒」 承諾不吸煙多做運動 | "Be a Smoke-free Athlete" Say no to cigarette and do exercise |
| 2018/6/12 | 委員會建議政府立法全面禁止電子煙及其他 新型煙草產品 | COSH urges the Government to enact a total ban on e-cigarettes and other new tobacco products |
| 2018/6/15 | 全面禁止電子煙及其他新型煙草產品 保障公眾健康 防患於未然 | Enact a total ban on e-cigarettes and other new tobacco products for the sake of public health |
| 2018/9/27 | 委員會與醫學界強烈要求全面禁止電子煙及 其他新型煙草產品 | COSH and health professionals strongly request for a total ban of electronic cigarettes and other new tobacco products |
| 2018/10/10 | 委員會回應施政報告的控煙措施 | COSH's response to the tobacco control policies proposed in the 2018 Policy Address |
| 2018/10/11 | 學校互動教育巡迴劇場「煙『昏』家庭」 鼓勵同學與家人建立無煙家庭 | Premiere of School Interactive Education Theatre Encourages students to build a "Smoke-free Family" with their family |
| 2018/10/15 | 支持全面禁止電子煙及新型吸煙產品 從速立法防患未然 | Supporting the enactment of a total ban on e-cigarettes and other new smoking products |
| 2018/10/23 | 「支持全面禁止電子煙及其他新型煙草產品」 簡介會 宣傳無煙知識 保障市民健康 | "Support to Enact a Total Ban on E-cigarettes and Other New Tobacco Products" briefing sessions spread smoke-free messages and protect public health |

| 日期 Date | 新聞稿 | Press Release |
|------------|---|---|
| 2018/11/14 | 「無煙老友記」計劃 2018-2019 「老宜離煙，健康返埋嚟」宣傳活動 | Publicity event of “Elderly Smoking Cessation Promotion Project 2018-2019” “Be Healthy, Be a Smoke-free Elderly” |
| 2018/11/23 | 為運輸業界注入無煙力量 推動司機乘客加入「無煙車樂部」 | Call on drivers and passengers to join the “Smoke-free Drivers Club” Promote smoke-free culture to the transportation industry |
| 2019/1/13 | 「全城無煙跑暨嘉年華」 近 1,600 名無煙健兒跑出健康人生 | “Smoke-free Run cum Carnival” Nearly 1,600 smoke-free athletes join hands to promote a healthy lifestyle through running |
| 2019/1/17 | 致香港特別行政區財政司司長公開信 增加煙草稅 100% 並按年度增加稅率 實現政府降低吸煙率的目標 | Open Letter to Financial Secretary, HKSAR Government Raising tobacco tax by 100% next year and Annual increase to reach Government’s target in reducing smoking prevalence |
| 2019/2/13 | 委員會歡迎政府展開有關全面禁止電子煙及其他新型煙草產品之立法程序 | COSH welcomes the Government to put forward the legislation on a total ban on e-cigarettes and other new smoking products |
| 2019/2/20 | 促請儘快通過《2019 年吸煙(公眾衛生)(修訂)條例草案》 | Urge for the immediate passage of the Smoking (Public Health) (Amendment) Bill 2019 |
| 2019/2/27 | 委員會回應財政預算案的控煙措施 | COSH’s response to the tobacco control policies proposed by The Budget |
| 2019/3/15 | 「無煙 Teens」籌辦創意活動 社區推廣無煙文化 | “Smoke-free Teens” promote smoke-free culture in the community by innovative activities |
| 2019/3/25 | 第九屆「戒煙大贏家」無煙社區計劃 宣揚戒煙及無煙健康生活 | The 9 th “Quit to Win” Smoke-free Community Campaign promotes smoking cessation and smoke-free lifestyle |
| 2019/3/25 | 提防誤導性的另類吸煙產品宣傳運動 | Caution against a misleading promotion campaign on alternative smoking products |

會議及考察 Conferences and Visits



第十二屆亞太區煙草或健康會議

「第十二屆亞太區煙草或健康會議」於2018年9月13日至15日在印尼峇里島舉行，逾1,000名來自29個國家的代表參與。會議以「控煙為持續發展：保障新一代健康」為主題，希望藉此分享各地實踐「煙草控制框架公約」經驗及推行控煙政策的進程，促進互相交流，以遏止煙草產品危害公眾健康。

委員會派出代表團參加是次會議，成員包括主席鄭祖盛、副主席伍婉婷、委員何世賢博士、總幹事黎慧賢及秘書處職員。委員會獲大會邀請在會場內擺放海報，展示多管齊下的香港控煙措施，包括倡議政府落實禁止電子煙及擴大煙草產品包裝上的煙害圖象警示至85%。於會議上，委員會項目籌劃高級經理吳麗盈以「學校互動教育巡迴劇場向兒童傳遞無煙信息之成效」為題，向參會者講解如何透過互動教育劇場的形式，加強香港小學生的無煙知識。



The 12th Asia Pacific Conference on Tobacco or Health

“The 12th Asia Pacific Conference on Tobacco or Health” was held in Bali of Indonesia on 13 to 15 September 2018, attended by over 1,000 delegates from 29 countries. The theme of the Conference was “Tobacco Control for Sustainable Development: Ensuring A Healthy Generation” which provided a platform for the delegates to exchange views and share experiences on the implementation of Framework Convention on Tobacco Control and tobacco control policies, to stop the onslaught of the tobacco epidemic.

COSH sent a delegation comprising Antonio KWONG, Chairman, Yolanda NG, Vice-chairman, Dr Daniel HO, Member, Vienna LAI, Executive Director and Secretariat staff. COSH was invited for poster presentations to demonstrate the multi-pronged approach in tobacco control including urging for banning e-cigarettes in Hong Kong as well as enlargement of pictorial health warnings to 85% of cigarette packs. Annie NG, COSH Senior Project Manager delivered a presentation titled “The effectiveness of School Interactive Education Theatre in conveying smoke-free messages among the children” to introduce the way enhancing the smoke-free knowledge among primary students in Hong Kong through interactive education theatre.

香港癌症挑戰研討會

香港防癌會於2018年10月6日舉辦香港癌症挑戰研討會，以「可持續的癌症控制計劃」為主題，為香港的醫護專業人士、學者及政策制定者提供平台，了解和討論如何建立可持續的癌症控制計劃，委員會獲邀為其中一個支持機構。國際及本地知名學者以防癌策略及執行護理工作為重心，分享抗癌工作經驗。委員會總幹事黎慧賢出席研討會，與超過400名政策制定者、資深健康護理人員、社會服務人員及專業人士相互交流。

第十九屆全國控煙學術研討會

「全國控煙學術研討會」由中國控制吸煙協會主辦，每兩年舉辦一次，以聚集全國各省市控煙專才及公共衛生學者，促進控煙交流和經驗分享。「第十九屆全國控煙學術研討會」於2018年11月2日至4日在浙江省紹興市舉行，以「無煙·健康中國」為主題，近千名來自全國各地及海外的控煙專家和學者參與。委員會亦派出代表團出席是次會議，成員包括主席鄭祖盛、總幹事黎慧賢及項目籌劃高級經理朱偉康。委員會主席鄭祖盛獲邀於研討會的開幕式上代表港澳台地區致辭。



Symposium on Cancer Challenge in Hong Kong

The Hong Kong Anti-Cancer Society organized the Symposium on Cancer Challenge in Hong Kong on 6 October 2018 with the theme "Sustainable Cancer Control Plan for Hong Kong". COSH was invited as one of the supporting organizations. The symposium aimed to provide an opportunity for healthcare professionals, academia and policy makers in Hong Kong to exchange ideas on developing a sustainable cancer control plan. Renowned overseas and local speakers presented various topics on strategy and policy formulation as well as experience in the execution of cancer care. Vienna LAI, COSH Executive Director attended the symposium with over 400 participants including policy makers, senior health care and social service executives and professionals to share experiences.

The 19th National Symposium on Tobacco Control

"National Symposium on Tobacco Control" is organized by the Chinese Association on Tobacco Control every two years. It aims to provide a platform for tobacco control practitioners and public health academics across the country to exchange the experience on tobacco control. With the theme of "Smoke-free Healthy China", the 19th National Symposium on Tobacco Control was held from 2 to 4 November 2018 in Shaoxing, Zhejiang Province and attended by around 1,000 tobacco control experts and academics from different provinces and overseas. COSH formed a delegation comprising Antonio KWONG, Chairman, Vienna LAI, Executive Director and Lawrence CHU, Senior Project Manager to participate in the symposium. Antonio KWONG, COSH Chairman was invited to give a speech representing Hong Kong, Macao and Taiwan regions at the opening ceremony.

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)林大慶教授代表為委員會與香港大學公共衛生學院合撰的論文「香港必須儘快全禁電子煙及所有新煙草產品」作主題報告。而委員會的兩份論文摘要「無煙老友記計劃擊破吸煙謬誤、建立長者的無煙觀念」及「觀察研究：煙草業在過渡期內實施大面積煙害圖象警示的轉變和策略」亦獲收錄於大會論文集，前者更獲選為優秀論文摘要。



控煙專才培訓計劃2018

世界衛生組織控煙及煙癮治療合作中心於2018年11月19日至23日在香港舉辦為期五天的「控煙專才培訓計劃2018」，為在西太平洋區域從事控煙範疇的政府或非政府組織人員提供培訓。計劃按世界衛生組織制定的「MPOWER」為綱領，透過講解最新的控煙措施、意見交流及經驗分享等，協助出席之控煙工作人員掌握控煙的技巧和策略，包括立法、執法、宣傳及推廣，以及戒煙服務的發展和評估。

Prof LAM Tai-hing, Chair Professor of Community Medicine cum Sir Robert Kotewall Professor in Public Health, The University of Hong Kong (HKU) gave an oral presentation on the abstract "Hong Kong should ban e-cigarettes and all new tobacco products" co-authored by COSH and School of Public Health, HKU. The other two abstracts submitted by COSH titled "Elderly Smoking Cessation Promotion Project breaks the myths of smoking and cultivates smoke-free attitude among the elderly" and "An observational study: strategies of the tobacco industry to implement larger pictorial health warnings on cigarette packs during the transition period" were published in the abstract booklet of the symposium. The former was awarded as one of the outstanding abstracts.

Fellowship Programme on Tobacco Control 2018

World Health Organization (WHO) Collaborating Centre for Smoking Cessation and Treatment of Tobacco Dependence organized the "Fellowship Programme on Tobacco Control 2018" in Hong Kong from 19 to 23 November 2018. It aimed to provide tobacco control training for the tobacco control practitioners working in the government or non-governmental organizations in the countries of West-Pacific Region. Structured according to "MPOWER" laid down by WHO, the programme assisted the participants to master the skills in tobacco control, through a comprehensive overview of the latest tobacco control measures and experience sharing. Participants' knowledge including legislation, enforcement, advocacy and publicity, development and evaluation of cessation programmes were strengthened.

國際及本地控煙專家獲邀為主講嘉賓，包括衛生署助理署長(特別衛生事務)陳少梅醫生、Becky FREEMAN 醫生、林大慶教授、Kathleen LANNAN、麥龍詩迪教授、Therese SHUMAKER 及左偉國醫生等。委員會主席鄭祖盛亦獲邀以「對抗香港的煙草流行 — 香港吸煙與健康委員會的倡議、教育及宣傳工作」為題，分享委員會多年來在教育、宣傳推廣及倡議政策上的經驗及挑戰。除了講座及工作坊之外，計劃亦安排參加者參觀社區的戒煙中心，加深對香港戒煙服務的認識。



「電子煙危害知多少」時事座談會

雖然澳門已於2018年1月1日起禁止售賣電子煙，但公眾對電子煙仍存有誤解，因此澳門戒煙保健會聯同多個團體於2018年12月27日舉辦「電子煙危害知多少」時事座談會，以提高社會大眾對電子煙危害的認識，釐清電子煙並非認可的戒煙工具及較健康的煙草替代品。委員會委員何世賢博士獲邀代表委員會及香港大學公共衛生學院出席，以「保障公眾健康 全面禁止電子煙」為題，與參加者分享有關電子煙及其他新型吸煙產品危害的科研數據，並介紹委員會就電子煙及加熱非燃燒煙草製品有關的宣傳教育工作，以及倡議香港政府全面禁止這些煙草產品的進程。

International and local experts, including Dr Tina CHAN, Assistant Director of Health (Special Health Services), Dr Becky FREEMAN, Prof LAM Tai-hing, Kathleen LANNAN, Prof Judith MACKAY, Therese SHUMAKER and Dr Homer TSO were invited to share their experience and latest development in tobacco control. Antonio KWONG, COSH Chairman was invited to deliver a presentation titled "Role of COSH in Advocacy, Education and Publicity against Tobacco Use in Hong Kong" which highlighted the experience and challenges of COSH's works on education, publicity and policy advocacy over the years. In addition to presentations and workshops, visits to community-based smoking cessation clinics were also arranged for introducing the smoking cessation services in Hong Kong.

Seminar on Harms of E-cigarettes

Sale of e-cigarettes was banned in Macao since 1 January 2018. Still there are many people have the misconceptions on these products. Smoking Abstinence and Good Health Association of Macao organized the "Seminar on Harms of E-cigarettes" on 27 December 2018 to enhance the public awareness on the harms and clarify the myths of e-cigarettes as a legitimate tool for smoking cessation and healthier alternative of smoking. Representing COSH and School of Public Health, The University of Hong Kong, Dr Daniel HO, COSH Council Member delivered a presentation named "Total ban of e-cigarettes to protect public health" and shared the scientific findings on the harms of e-cigarettes and other new tobacco products. He also introduced COSH's education and publicity works on e-cigarettes and heat-not-burn tobacco products, also the advocacy works of the total ban of these products in Hong Kong.

考察活動 Visits

澳門無煙參訪

澳門政府修訂《預防及控制吸煙制度》，於2018年1月1日起實施多項控煙措施，包括在所有公共交通等候處十米範圍內禁煙；提高違例吸煙罰款至澳門幣1,500元；禁止於銷售點展示煙草產品；及禁止售賣及推廣電子煙和加熱非燃燒煙草製品。

委員會於2018年5月18日出訪澳門，了解上述措施的實施情況和效用，成員包括主席鄭祖盛、教育及宣傳委員會主席余榮輝、委員何世賢博士、增選委員林大慶教授及總幹事黎慧賢。參訪團獲得澳門衛生局局長李展潤醫生、副局長鄭成業醫生及預防及控制煙草辦公室主管鄧志豪醫生接待，以交流兩地最新的控煙進展和挑戰。參訪團更實地視察多項控煙措施的落實和執行情況，以便討論在香港推動相關政策的可行性。

Smoke-free Visit to Macao

Macao had amended the Tobacco Prevention and Control Regime and introduced a series of innovative tobacco control measures, including smoking ban in areas within ten meters of all public transport waiting areas; increased penalty of smoking offenses to MOP\$1,500; prohibition of tobacco product display at the points of sale; and ban on sale and promotion of e-cigarettes and heat-not-burn tobacco products.

COSH formed a delegation, comprising Antonio KWONG, Chairman, Christopher YU, Chairman of Education & Publicity Committee, Dr Daniel HO, Council Member, Prof LAM Tai-hing, Co-opted Member and Vienna LAI, Executive Director to visit Macao and understand the implementation and effectiveness of the above tobacco control measures. The delegation was received by Dr LEI Chin-ion, Director of Health Bureau, Dr CHEANG Seng-ip, Deputy Director of Health Bureau and Dr TANG Chi-ho, Head of Tobacco Prevention and Control Office of Macao to exchange on the development and challenges in tobacco control. The delegates also observed the implementation and execution of the new tobacco control measures in Macao and explored the feasibility to advocate for the same policies in Hong Kong.



美國研究學者

由美國政府設立的傅爾布萊特研究計劃的學者 Daniel AMOS 教授，於 2018 年 6 月 5 日再次到訪委員會，了解香港的控煙情況和委員會的無煙宣傳教育計劃。委員會主席鄭祖盛及總幹事黎慧賢接待與講解香港的控煙成就及挑戰，並與 Daniel AMOS 教授交流兩地青少年的吸煙和使用新型吸煙產品的情況，倡議加強規管以防止青少年使用煙草的問題惡化。



香港大學李嘉誠醫學院交換生

委員會於 2018 年 11 月 30 日及 2019 年 1 月 29 日共接待約 40 位香港大學李嘉誠醫學院交換生，他們分別來自中國內地、南韓、瑞典、台灣及泰國。項目籌劃高級經理朱偉康及項目籌劃經理王志峰以世界衛生組織制定的 MPOWER 控煙措施為主題，介紹香港控煙政策及委員會的教育、宣傳及政策倡議工作，席間同學們亦分享各地的最新控煙情況。

A Scholar of Research Programme from the United States

Prof Daniel AMOS, scholar of the USA Government-funded Fulbright Research Programme placed a second visit to COSH on 5 June 2018 to understand the tobacco control development in Hong Kong and smoke-free education and publicity projects of COSH. Antonio KWONG, COSH Chairman and Vienna LAI, COSH Executive Director elaborated Hong Kong's achievement and challenges in tobacco control, they also exchanged information on smoking prevalence and new tobacco product use among youth in both places. It was agreed that stringent policies should be imposed to prevent epidemic of youth's tobacco use.

Exchange Students of Li Ka Shing Faculty of Medicine, The University of Hong Kong

About 40 exchange students of Li Ka Shing Faculty of Medicine, The University of Hong Kong, from mainland China, South Korea, Sweden, Taiwan and Thailand, visited COSH on 30 November 2018 and 29 January 2019. Under the theme of World Health Organization's MPOWER tobacco control measures, Lawrence CHU, COSH Senior Project Manager and Fung WONG, COSH Project Manager introduced the tobacco control policies in Hong Kong, as well as COSH's education, publicity programmes and advocacy works. Participants also shared the latest developments of tobacco control in other places.

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資料，包括研究報告書、無煙宣傳及教育資料如小冊子及海報等。

資源中心亦收藏各類有關煙草禍害、被動吸煙、戒煙及控煙法例等的資料，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、統計數據、教育資料及影音資料。

到訪資源中心的人士主要包括學生、老師、家長、研究人員、醫護人員、控煙團體及公共衛生界別人士。委員會亦會接待本地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及香港控煙法例的資訊、了解戒煙的方法和好處、查詢委員會的活動資料，以及就吸煙或其他相關的議題作出查詢、建議或投訴。

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

在2018年4月1日至2019年3月31日期間，委員會共收到市民提出212宗查詢、投訴及建議，主要個案類型包括申請委員會教育及宣傳物品、查詢委員會背景與活動資料、查詢香港控煙法例及投訴違例吸煙等。

Resource Centre

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

Collections of the Resource Centre include various local and international periodicals, journals, books, research papers, conference proceedings, reference materials, statistics, education materials and audio-visual materials about tobacco hazards, passive smoking, smoking cessation and tobacco control legislation, etc.

Visitors of the Resource Centre include students, teachers, parents, researchers, medical and healthcare practitioners, tobacco control organizations and public health professionals. COSH also receives visits from local and overseas delegations.

Enquiry Hotline

A hotline system (852) 2838 8822 is set up to provide 24-hour enquiry service. The public can acquire information about smoking and health, smoke-free legislations in Hong Kong, methods and benefits to quit smoking and details of COSH's programmes. The public can also make enquiries, suggestions and complaints regarding smoking or other related issues via the hotline.

The hotline served 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 referred to relevant government departments and organizations accordingly.

Between 1 April 2018 and 31 March 2019, COSH received 212 calls from the public making enquiries, suggestions and complaints. Major categories of cases included applications for COSH's education and publicity materials, general enquiries about COSH's background information and projects, enquiries on tobacco control legislation in Hong Kong and complaints on smoking offenses.

委員會網站、Facebook專頁及電子通訊

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。在2018年4月1日至2019年3月31日期間，委員會網站共錄得超過551,000瀏覽次數，當中有關吸煙禍害、電子煙及戒煙方法的資訊錄得較高瀏覽量。

委員會的網站採用無障礙網頁設計，令不同階層的市民包括殘疾人士可方便地獲取有關控煙的資訊及委員會的服務。委員會網站達至由香港互聯網註冊管理有限公司主辦，政府資訊科技總監辦公室協辦及平等機會委員會支持之「無障礙網頁嘉許計劃」的金獎級別，並獲得「三連金獎」。此外，委員會的活動網站「戒煙大贏家」無煙社區計劃(www.quittowin.hk)及學校互動教育巡迴劇場(www.educationtheatre.hk)亦分別獲得「三連金獎」及「金獎」。

委員會亦定期發放電子通訊，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。公眾可於委員會網站登記接收電子通訊。

社交媒體逐漸流行，並成為大眾接收資訊的主要途徑之一，委員會設立「無煙大家庭」Facebook專頁(www.facebook.com/smokefreefamily)與市民互動。透過專頁，市民可獲得最新煙害資訊、戒煙好處及方法和控煙新聞，並了解及參與委員會的活動。



COSH Website, Facebook Page and E-Newsletter

To inform the public about the updated activities of COSH and the latest information related to smoking and health, COSH's website (www.smokefree.hk) is developed to provide the information via internet. Between 1 April 2018 and 31 March 2019, COSH's website recorded over 551,000 page views. The top viewed pages included smoking hazards, e-cigarettes and methods of cessation.

COSH's website adopted the accessibility design to facilitate different segments of the community including persons with disability to access to tobacco control information and COSH's services. The website attains the requirements of Gold Award of "Web Accessibility Recognition Scheme" organized by the Hong Kong Internet Registration Corporation Limited. This scheme is co-organized by the Office of the Government Chief Information Officer and supported by Equal Opportunities Commission. In 2018-2019, COSH's website was awarded the Triple Gold Award. The other two project websites "Quit to Win" Smoke-free Community Campaign (www.quittowin.hk) and School Interactive Education Theatre Programme (www.educationtheatre.hk) also achieved the Triple Gold Award and Gold Award respectively.

E-Newsletter is also released regularly covering the recent findings on smoking hazards and smoking cessation around the world, local and global development in tobacco control and the latest activities of COSH. The general public can subscribe the e-newsletter through COSH website.

As social media becomes popular and is one of the key information sources, a Facebook page "Smoke-free Family" (www.facebook.com/smokefreefamily) has been set up to interact with the public, as well as release the latest hazards of smoking, tips and reasons for smoking cessation and current news on tobacco control. Members of public can also obtain the details of COSH's programmes and join via the Facebook page.





研究項目計劃 Research Projects

控煙政策調查 2018

委員會自2012年起進行「控煙政策調查」，以評估香港控煙政策之成效及監測市民對控煙措施的意見。此調查是一個具代表性的橫斷研究，廣泛收集有關吸煙與健康的資料，包括受訪者的吸煙習慣及戒煙狀況、接觸二手煙的情況、對現行和未來控煙政策的意見等。

香港大學護理學院及公共衛生學院受委員會委託進行控煙政策調查2018，並由香港大學民意研究計劃以隨機電話訪問形式，在2018年2月至6月期間成功收集了共5,132名15歲或以上可以廣東話或普通話溝通的市民的意見，當中包括1,713名從不吸煙者、1,707名已戒煙者及1,712名現時吸煙者，受訪者會被隨機分配回答包括不同核心問題和隨機問題組別的問卷。調查人員根據2018年的香港人口對最終樣本進行加權。

調查結果如下：

吸煙及戒煙

- 受訪者中現時吸煙者平均每天吸11.6支煙。超過一半(56.9%)在起床後一小時內吸第一支煙，顯示他們有較高尼古丁依賴程度。
- 近半數(47.5%)的現時吸煙者有意戒煙，但只有約四分之一(29.9%)在過去12個月內曾經嘗試戒煙，平均嘗試3.2次。
- 約一成(11.0%)的已戒煙者及現時吸煙者曾經使用戒煙服務。



Tobacco Control Policy-related Survey 2018

COSH's Tobacco Control Policy-related Survey has been conducted since 2012 to investigate the effectiveness of tobacco control policy in Hong Kong and keep track of the public opinions on the policy. It is a representative cross-sectional survey and covers a wide scope of topics related to smoking and health, including pattern of smoking and cessation, secondhand smoke exposure, opinions towards existing and future tobacco control measures, etc.

The School of Nursing and School of Public Health of The University of Hong Kong were commissioned by COSH to conduct the Tobacco Control Policy-related Survey 2018. Data was collected by Public Opinion Programme of The University of Hong Kong via telephone interview. From February to June 2018, the survey successfully collected the information from the randomized sample of 5,132 respondents aged 15 years or above who could speak Cantonese or Putonghua, including 1,713 never smokers, 1,707 ex-smokers and 1,712 current smokers. Respondents were divided into different subsamples to answer different question subsets consisting of core and random questions. The final samples were weighted to the Hong Kong population in 2018.

Results of the survey are shown below:

Pattern of Smoking and Cessation

- On average, current smokers consumed 11.6 cigarettes per day. Over half (56.9%) of them smoked the first cigarette within an hour after waking up, indicating a higher addiction to nicotine.
- Nearly half (47.5%) of the current smokers had the intention to quit. Only about a quarter (29.9%) had tried to stop smoking in the past twelve months and they had tried quitting for 3.2 times on average.
- About 11.0% of ex-smokers and current smokers had ever used smoking cessation services.

被動吸煙

- 在所有受訪者當中，有15.1%與最少一名吸煙人士同住，並有13.8%表示在過去七天曾在家中接觸二手煙。
- 市民在公共地方接觸二手煙的情況普遍，有65.7%受訪者表示於過去七天中最少有一天曾在公共地方接觸到二手煙，最常接觸到二手煙的地方是街道上(82.1%)、公共交通等候處(17.0%)、其他室外公共地方(11.0%)及垃圾桶附近(10.9%)。
- 在過去30天曾經光顧或到訪過餐廳或酒吧的受訪者中，分別有69.1%及81.1%在室外範圍接觸到二手煙。
- 自2016年3月起，八個隧道出入口範圍的巴士轉乘站已被納入禁煙範圍。但有18.1%的受訪者表示，在過去30天曾經看到其他人於這些巴士轉乘站吸煙。

擴大禁煙範圍

- 整體而言，大部分受訪者贊成進一步擴大法定禁煙範圍至公共地方的輪候隊伍(94.7%)、公共交通等候處(93.7%)、繁忙街道(83.9%)、行人路(82.5%)、住所公共地方(82.5%)、辦公大樓出入口三米範圍內(77.5%)、餐廳室外座位(69.1%)、所有室外公共地方(65.1%)及酒吧室外座位(56.1%)。
- 大部分受訪者支持在有兒童的地方禁止吸煙，包括私人車輛(88.7%)、所有公共地方(86.1%)及家中(74.9%)。
- 超過七成(72.0%)受訪者贊成政府應立法禁止吸煙人士在街道上一邊走路一邊吸煙。
- 超過八成(85.5%)受訪者認為政府應調高違例吸煙的罰款(現時的罰款為港幣1,500元)。

Passive Smoking

- Among all respondents, 15.1% lived with at least one smoker and 13.8% reported secondhand smoke (SHS) exposure at home in the past seven days.
- Exposure to SHS in public places was common. 65.7% of respondents reported that they had exposed to SHS in at least one day in the past seven days. The most common places were on the streets (82.1%), public transport stops (17.0%), other outdoor public places (11.0%) and near rubbish bins (10.9%).
- In respondents who had been to restaurants and bars in the past 30 days, 69.1% and 81.1% reported exposure to SHS at outdoor areas of the respective venues.
- Smoking ban was extended to the eight bus interchanges at tunnel portal area in March 2016. However, 18.1% of respondents reported that they had witnessed someone smoking at these bus interchanges in the past 30 days.

Extension of Smoke-free Areas

- In general, respondents supported to extend no-smoking area to queuing line in public places (94.7%), public transport stops (93.7%), busy streets (83.9%), pedestrian walkways (82.5%), public areas of the residential buildings (82.5%), within three metres of doorways of office buildings (77.5%), seating-out areas of restaurants (69.1%), all public outdoor places (65.1%) and seating-out areas of bars (56.1%).
- Respondents overwhelmingly supported to ban smoking in the venue where children are present, including in private vehicles (88.7%), all public areas (86.1%) and home (74.9%).
- 72.0% of respondents agreed that the Government should legislate to ban smoking while walking on the streets.
- Over 80% (85.5%) of respondents thought that the Government should raise the fine of smoking offenses (the fine is HK\$1,500 at present).

- 大部分 (77.3%) 受訪者認為場所管理人應為其場所內的違例吸煙情況負上刑責。

- Majority (77.3%) of respondents supported that the person-in-charge should be liable and penalized for smoking offense in smoke-free premises under their management.

煙草產品包裝規管

- 由2017年12月開始，香港採用佔煙包面積85%的煙害圖象警示及增加至12款，並須顯示戒煙熱線號碼，有約四分一 (27.4%) 現時吸煙者曾經留意到戒煙熱線。
- 大部分 (88.2%) 現時吸煙者表示，在過去30天有留意到煙包上的煙害圖象警示，比率遠較從不吸煙者 (35.7%) 及已戒煙者 (34.2%) 為高。
- 現時吸煙者當中，過半數 (53.8%) 會因看到煙包上的煙害圖象警示而聯想起吸煙的危害、26.1% 考慮戒煙及9.0% 在過去30天曾停止當時的吸煙行為。
- 大部分 (78.8%) 受訪者認為煙害圖象警示應該更加清晰及具警嚇性。另外，六成 (60.0%) 受訪者贊成定期更換煙害圖象警示。

Regulations on Cigarette Packaging

- Hong Kong adopted larger pictorial health warnings (PHW) with twelve types at 85% of cigarette pack area and required to show the quitline number since December 2017. Among current smokers, about one-fourth (27.4%) had seen the quitline number on cigarette packs.
- Majority (88.2%) of current smokers had noticed the PHW on cigarette packs in the past 30 days, which was much higher than never smokers (35.7%) and ex-smokers (34.2%).
- Among the current smokers, more than half (53.8%) would think of the risks of smoking after seeing the PHW, 26.1% would consider quitting smoking and 9.0%, in the past 30 days, would stop to light a cigarette.
- Overall, most (78.8%) respondents agreed that the PHW should be clearer and more threatening about the hazards of smoking. 60.0% of respondents agreed to change the PHW regularly.



- 「全煙害警示包裝」即統一及簡化煙草產品的包裝，並禁止在煙包上展示商標、圖案及標誌；品牌名稱只可以統一的字款、顏色及位置展現在煙包上。大部分(79.9%)的受訪者贊成推行「全煙害警示包裝」，當中有過半數(52.6%)的現時吸煙者支持。



煙草廣告及推廣

- 近七成(69.2%)受訪者於過去30天曾經在銷售點看到陳列的煙草產品。
- 大部分(67.8%)受訪者認為陳列煙草產品屬於廣告宣傳，約43.1%認為陳列的煙草產品會鼓吹年輕人吸煙。
- 近三分二(67.0%)的受訪者同意禁止於銷售點展示煙草產品，當中包括近半數(48.7%)的現時吸煙者。

煙草稅

- 大部分(81.0%)受訪者同意政府於明年(2019年)增加煙草稅。支持每年增加煙草稅的受訪者數亦佔大多數(74.9%)。
- 在已戒煙者及現時吸煙者當中，有六成(60.3%)贊成調高煙價以推動吸煙人士戒煙。
- 有一半(50.1%)現時吸煙者表示會因為煙價調高而戒煙。他們認為煙價應該調高至平均每包港幣255元(中位數為港幣100元)，才能令他們戒煙。

- Plain packaging standardizes and simplifies the packaging of tobacco products. Trademarks, graphics and logos are not allowed on cigarette packs, except for the brand name that is displayed in a standard font, colour and location on the package. Majority (79.9%) of respondents supported to adopt plain packaging. Over half (52.6%) of current smokers also supported.

Tobacco Advertising and Promotion

- Most (69.2%) respondents had noticed the display of tobacco products at points of sale in the past 30 days.
- Most (67.8%) respondents thought that the display of tobacco products was a kind of advertisement and promotion. About 43.1% of all respondents reckoned that the display of tobacco products encourages young people to smoke.
- Nearly two-thirds (67.0%) of all respondents agreed to ban the display of tobacco products at points of sale, while about half (48.7%) of current smokers also supported.

Tobacco Tax

- Majority (81.0%) of respondents supported the Government to raise tobacco tax next year (2019) and most (74.9%) respondents agreed to raise tobacco tax annually.
- Among ex-smokers and current smokers, 60.3% agreed that cigarette price should be increased to motivate smokers to quit smoking.
- Half (50.1%) of current smokers said that they would quit smoking if cigarette price increases. They reckoned that the price of a pack of cigarettes should be raised to HK\$255 on average (median was HK\$100) to make them quit smoking.

電子煙、加熱非燃燒煙草製品 (加熱煙) 及水煙

- 逾八成 (81.5%) 受訪者曾聽說過電子煙。在所有受訪者當中，有 3.5% 曾經使用過電子煙，當中以年輕群組的比率較高，例如 15 至 29 歲群組的曾經使用率為 6.2%。
- 約四分之一 (24.7%) 受訪者曾聽說過加熱煙。在所有受訪者當中，有 1.7% 曾經吸過加熱煙。主要的使用原因包括「好奇」(52.8%)、「較乾淨」(20.0%) 及「對自身健康的害處較少」(14.4%)。



- 大部分的整體受訪者 (71.5%) 及現時吸煙者 (72.8%) 不認同加熱煙可用作戒煙用途。
- 政府建議禁止進口、製造、售賣、分發及宣傳另類吸煙產品，包括電子煙及加熱煙。過半數受訪者贊成禁止銷售加熱煙 (55.3%) 及政府建議的全面禁止 (54.9%)。
- 近九成 (85.1%) 受訪者曾聽說過水煙。在所有受訪者當中，有 9.3% 曾經吸食水煙。主要的使用原因包括「好奇」(66.4%)、「社交原因」(14.1%) 及「朋友建議使用」(14.1%)。

E-cigarettes, Heat-not-burn (HNB) Tobacco Products and Waterpipe Tobacco

- Most respondents (81.5%) had heard about e-cigarettes. Among all respondents, about 3.5% had ever used e-cigarettes. The ever use rate was higher in younger people, e.g. 6.2% among those aged 15 to 29 years old.
- About a quarter (24.7%) of respondents had heard about HNB tobacco products and 1.7% had ever used the products. The main reasons of using HNB tobacco products were “curiosity” (52.8%), “cleaner” (20.0%) and “less harmful to personal health” (14.4%).
- Most of overall respondents (71.5%) and current smokers (72.8%) did not perceive HNB tobacco products as smoking cessation products.
- The Government proposed to ban the import, manufacture, sale, distribution and advertisement of alternative smoking products, including e-cigarettes and HNB tobacco products. More than half of respondents supported a ban on sale (55.3%) and a total ban of HNB tobacco products as proposed by the Government (54.9%).
- Majority (85.1%) of respondents had ever heard about waterpipe tobacco and 9.3% had ever used. The most common reasons for using waterpipe tobacco were “curiosity” (66.4%), “social reasons” (14.1%) and “encouraged by friends” (14.1%).



對未來控煙政策的意見

- 大部分 (83.3%) 受訪者贊成將法定購買煙草的年齡由 18 歲調高至 21 歲，現時吸煙者中亦有 67.3% 表示同意。
- 大部分 (79.1%) 受訪者認為政府人員不應與煙草商或其代表有任何商業利益關係。
- 過半數 (57.3%) 受訪者同意禁止售賣煙草予指定年份 (例如 2018 年) 或之後出生的人士。
- 接近三分二受訪者支持香港全面禁止銷售煙草 (65.9%) 及全面禁止吸煙 (69.1%)；支持的現時吸煙者分別有 35.5% 及 31.8%。
- 大多數 (65.9%) 受訪者同意當香港吸煙率降至百分之五或以下，應實施全面禁煙。
- 七成 (70.4%) 受訪者贊成政府訂定 2027 年為全面禁止吸煙的目標，支持的現時吸煙者亦有 41.0%。

為適時向政府倡議有效的控煙措施及提高公眾的關注，委員會已透過不同方式公佈部分題目的初步結果。

Opinions on Future Tobacco Control Policies

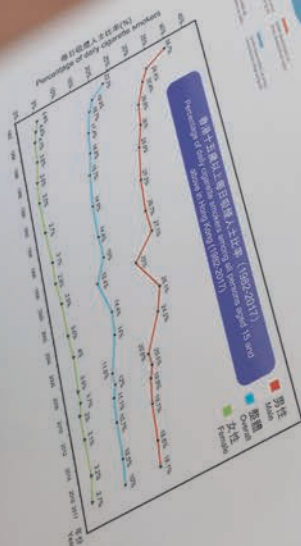
- A majority (83.3%) of respondents agreed to increase the legal age for purchasing cigarettes from the current 18 to 21 years old, and it was agreed by 67.3% of current smokers.
- Respondents overwhelmingly agreed (79.1%) that public officers should not commercially affiliated with the tobacco industry and its representatives.
- More than half (57.3%) of respondents agreed that children born in and after a specific year (e.g. 2018) should never have access to cigarettes.
- About two-thirds of respondents supported a total ban on sale of tobacco (65.9%) and total ban of smoking (69.1%) in Hong Kong. The measures were also supported by 35.5% and 31.8% of current smokers respectively.
- Most (65.9%) respondents agreed to ban smoking if smoking prevalence in Hong Kong decreases to 5% or lower.
- Most (70.4%) respondents supported the Government to set 2027 as the year for total ban of smoking in Hong Kong. It was supported by 41.0% of current smokers.

To advocate for appropriate measures and raise public awareness duly, COSH released the preliminary findings of specific topics in different occasions.

香港吸煙率 Smoking Prevalence in Hong Kong



2017 10%
 2027 5%



報告 Reports

環保工作報告
Environmental Report



獨立核數師報告書
Independent Auditor's Report



環保工作報告

Environmental Report

目標與政策

委員會支持可持續發展，在進行各項內務或對外工作時本著環保目標而行。為保護環境，委員會奉行以下綠色管理政策：

- 提升能源效益；
- 減少耗用紙張；
- 減廢及回收；及
- 提高環保意識。

環保措施

提升能源效益

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。

在採購電器時，委員會以能源效益作為其中一個考慮因素，另外秘書處的電腦設備如電腦主機、螢幕及打印機等一般亦帶有自動省電功能，以減少能源消耗。另外，委員會已使用節能燈取代傳統燈泡。

減少耗用紙張

為向公眾傳播最新的無煙資訊，委員會須印刷宣傳物品如海報、單張及小冊子等；另外，委員會與大眾及政府部門保持頻繁接觸和通訊，故委員會藉以下措施減少耗紙量：

- 在可行情況下以電子郵件及內聯網代替便箋、信件及列印本件內部及外部通訊及文件傳遞；

Aims and Strategies

To uphold sustainable development, COSH devises internal and external strategies to promote a sense of responsibility regarding environmental protection. To achieve this, COSH has adopted the following environmentally friendly policies:

- Enhance efficiency of energy consumption;
- Reduce paper consumption;
- Reduce waste and recycle; and
- Enhance awareness on environmental protection.

Environmental Protection Strategies

Enhance Efficiency of Energy Consumption

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

Energy efficiency is one of the considerations in purchasing electrical appliances. IT equipment such as computers, the monitors of computer and photocopiers with automatic energy saving functions have also been used. Instead of using traditional light bulbs, COSH has used compact fluorescent lamps.

Reduce Paper Consumption

To disseminate updated smoke-free information to the public, promotional materials such as posters, leaflets and brochures are produced. COSH also maintains frequent communications with the community and government departments. To reduce the consumption of paper, the following measures are in place:

- Use of e-mail and intranet for internal and external communication and transfer of document instead of memorandums, letters and hardcopies, where possible;

- 使用電子傳真及電子檔案管理系統以減少列印文件；
- 縮減印刷宣傳品之尺寸及數量，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，並提供網上申請，以減少印刷品的需求；
- 在節日時使用電子節日賀卡取代傳統賀卡；
- 在列印前使用列印預覽功能檢查列印文件的格式及編排，避免浪費紙張；及
- 採用雙面印刷，減省用紙。

減廢及回收

委員會支持回收減廢，並參與環境保護署推出的「電腦及通訊產品回收計劃」，將已更換的電腦和電腦配件回收處理。另外，委員會使用可循環再用的打印機墨盒。

委員會鼓勵職員回收廢棄紙張，如錯誤列印的文件、草稿等，並於辦公室的方便地點放置廢紙回收箱。

提高環保意識

委員會秘書處不時透過舉行簡報會、電郵傳閱或張貼告示等，讓職員了解節約能源的目的，提醒他們遵行各項環保措施。

在可行情況下，委員會亦會鼓勵服務供應商及合作夥伴留意及實踐環保理念，如使用環保物料包括在活動中使用可循環再用水杯；以及透過電子方式遞交文件等。

委員會將繼續竭力執行各項環保措施。

- Utilization of electronic-fax system and electronic document management system to reduce the amount of printing;
- Reduction of the size and quantity of the printed promotional materials and use of environmentally friendly paper;
- Most of the tobacco control information, promotional materials and publications have been uploaded to COSH website and online applications are available for public access in order to reduce the demand for hardcopies;
- Use electronic greeting cards in replacement of printed cards on festive occasions;
- Use of "Print Preview" function to check the layout and style of document before printing to avoid wastage; and
- Use of both sides of paper to reduce consumption.

Reduce Waste and Recycle

COSH supports waste reduction and recycling and joins the "Computer and Communication Products Recycling Programme" launched by the Environmental Protection Department. The unserviceable computers and computer accessories are delivered for recycling. In addition, recyclable printer toner cartridges have been used.

Unwanted papers such as drafts of documents or documents with printing errors have been collected for recycling. Recycling boxes have been placed at convenient locations in the office to encourage staff members to recycle waste paper.

Enhance Awareness on Environmental Protection

Staff have been informed on the aims and reminded to comply with the green measures via staff meetings, email reminders and notices.

Where applicable, service providers and working partners are encouraged to follow the principles of environmental protection, e.g. use of eco-friendly materials such as reusable water cup at events and submission of document in electronic format.

COSH will continue to make every endeavor to comply with the green measures.

獨立核數師報告書

Independent Auditor's Report

香港吸煙與健康委員會
財務報表
截至2019年3月31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)

意見

本核數師(以下簡稱「我們」)已審計列載於第104頁至第125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2019年3月31日的財務狀況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，以及財務報表附註，包括主要會計政策概要。

我們認為，該等財務報表已根據香港會計師公會頒布的《香港財務報告準則》真實而中肯地反映了 貴會於2019年3月31日的財務狀況及截至該日止年度的財務表現及現金流量。

意見的基礎

我們已根據香港會計師公會頒布的《香港審計準則》進行審計。我們在該等準則下承擔的責任已在本報告「核數師就審計財務報表承擔的責任」部分中作進一步闡述。根據香港會計師公會頒布的《專業會計師道德守則》(以下簡稱「守則」)，我們獨立於 貴會，並已履行守則中的其他專業道德責任。我們相信，我們所獲得的審計憑證能充足及適當地為我們的審計意見提供基礎。

Hong Kong Council on Smoking and Health
Financial Statements
For the year ended 31 March 2019

To the Council Members of Hong Kong Council on Smoking and Health

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

Opinion

We have audited the financial statements of Hong Kong Council on Smoking and Health ("the Council") set out on pages 104 to 125, which comprise the statement of financial position as at 31 March 2019, and the statement of comprehensive income, statement of changes in equity and cash flow statement for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Council as at 31 March 2019, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA").

Basis for Opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSAs") issued by the HKICPA. Our responsibilities under those standards are further described in the **Auditor's Responsibilities for the Audit of the Financial Statements** section of our report. We are independent of the Council in accordance with the HKICPA's *Code of Ethics for Professional Accountants* ("the Code"), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

財務報表及其核數師報告以外的信息

委員會成員須對其他信息負責。其他信息包括年報內的所有信息，但不包括財務報表及我們的核數師報告。年報預計會於本核數師報告簽發日後才能提供給我們。

我們對財務報表的意見並不涵蓋其他信息，我們亦不對該等其他信息發表任何形式的鑒證結論。

結合我們對財務報表的審計，我們的責任是當以上所指的其他信息提供給我們時閱讀這其他信息，在此過程中，考慮其他信息是否與財務報表或我們在審計過程中所了解的情況存在重大抵觸或者似乎存在重大錯誤陳述的情況。

委員會成員及治理層就財務報表須承擔的責任

委員會成員須負責根據香港會計師公會頒布的《香港財務報告準則》擬備真實而中肯的財務報表，並對其認為為使財務報表的擬備不存在由於欺詐或錯誤而導致的重大錯誤陳述所需的內部控制負責。

在擬備財務報表時，委員會成員負責評估 貴會持續經營的能力，並在適用情況下披露與持續經營有關的事項，以及使用持續經營為會計基礎，除非委員會成員有意將 貴會清盤或停止經營，或別無其他實際的替代方案。

治理層須負責監督 貴會的財務報告過程。

Information Other than the Financial Statements and Auditor's Report Thereon

The Council members are responsible for the other information. The other information comprises the information included in the annual report, but does not include the financial statements and our auditor's report thereon. The annual report is expected to be available to us after the date of this auditor's report.

Our opinion on the financial statements does not cover the other information and we will not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information identified above when it becomes available and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated.

Responsibilities of Council Members and Those Charged Governance for the Financial Statements

The Council members are responsible for the preparation of the financial statements that give a true and fair view in accordance with HKFRSs issued by the HKICPA, 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 or error.

In preparing the financial statements, the Council members are responsible for assessing the Council's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Council members either intend to liquidate the Council or to cease operations, or have no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Council's financial reporting process.

核數師就審計財務報表承擔的責任

我們的目標，是對財務報表整體是否不存在由於欺詐或錯誤而導致的重大錯誤陳述取得合理保證，並出具包括我們意見的核數師報告。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。合理保證是高水平的保證，但不能保證按照《香港審計準則》進行的審計，在某一重大錯誤陳述存在時總能發現。錯誤陳述可以由欺詐或錯誤引起，如果合理預期它們單獨或滙總起來可能影響財務報表使用者依賴財務報表所作出的經濟決定，則有關的錯誤陳述可被視作重大。

在根據《香港審計準則》進行審計的過程中，我們運用了專業判斷，保持了專業懷疑態度。我們亦：

- 識別和評估由於欺詐或錯誤而導致財務報表存在重大錯誤陳述的風險，設計及執行審計程序以應對這些風險，以及獲取充足和適當的審計憑證，作為我們意見的基礎。由於欺詐可能涉及串謀、偽造、蓄意遺漏、虛假陳述，或凌駕於內部控制之上，因此未能發現因欺詐而導致的重大錯誤陳述的風險高於未能發現因錯誤而導致的重大錯誤陳述的風險。
- 了解與審計相關的內部控制，以設計適當的審計程序，但目的並非對貴會內部控制的有效性發表意見。
- 評價委員會成員所採用會計政策的恰當性及作出會計估計和相關披露的合理性。

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. 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. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Council's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Council members.

核數師就審計財務報表承擔的責任 (續)

- 對委員會成員採用持續經營會計基礎的恰當性作出結論。根據所獲取的審計憑證，確定是否存在與事項或情況有關的重大不確定性，從而可能導致對 貴會的持續經營能力產生重大疑慮。如果我們認為存在重大不確定性，則有必要在核數師報告中提請使用者注意財務報表中的相關披露。假若有關的披露不足，則我們應當發表非無保留意見。我們的結論是基於核數師報告日止所取得的審計憑證。然而，未來事項或情況可能導致 貴會不能持續經營。
- 評價財務報表的整體列報方式、結構和內容，包括披露，以及財務報表是否中肯反映交易和事項。

除其他事項外，我們與治理層溝通了計劃的審計範圍、時間安排、重大審計發現等，包括我們在審計中識別出內部控制的任何重大缺陷。

Auditor's Responsibilities for the Audit of the Financial Statements (continued)

- Conclude on the appropriateness of the Council members' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Council's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Council to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



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，2019年6月25日

Hong Kong, 25 June 2019

全面收益表

Statement of Comprehensive Income

截至2019年3月31日止年度
For the year ended 31 March 2019

| (港幣) | (HK\$) | 附註 Note | 二零一九年 2019 | 二零一八年 2018 |
|-----------------------|--|------------|-------------------|---------------|
| 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 | | | |
| 一般津貼 | Region General subvention | | 24,045,926 | 23,869,886 |
| 銀行利息收入 | Bank interest income | | 1,498 | 56 |
| 雜項收入 | Sundry income | | 3,330 | 10,661 |
| | | | 24,050,754 | 23,880,603 |
| 支出 | Expenditure | | | |
| 批准職位編製 | Approved establishment | 3 | 5,851,498 | 5,656,869 |
| 項目員工 | Project staff | 4 | 1,785,606 | 2,008,251 |
| 宣傳及推廣費用 | Publicity and promotion expenses | | 12,348,940 | 12,559,540 |
| 會議費用 | Conference expenses | | 168,577 | 185,043 |
| 參考書籍及刊物 | Reference books and periodicals | | 12,334 | 8,027 |
| 辦公室租金、差餉及管理費 | Office rent, rates and management fee | | 2,923,928 | 2,909,615 |
| 貨倉租金及費用 | Warehouse rent and expenses | | 225,304 | 217,937 |
| 維修及保養費用 | Repairs and maintenance | | 74,790 | 15,007 |
| 清潔工資及費用 | Cleaning wages and fees | | 54,972 | 57,216 |
| 折舊 | Depreciation | | 12,773 | 13,252 |
| 保險 | Insurance | | 75,256 | 73,383 |
| 電費 | Electricity | | 42,407 | 40,856 |
| 電話及通訊費用 | Telephone and communication expenses | | 42,500 | 46,242 |
| 職工招募費用 | Recruitment expenses | | 70,972 | 28,364 |
| 職工訓練及發展費用 | Staff training and development expenses | | 1,500 | 3,250 |
| 法律、專業及核數費用 | Legal, professional and audit fees | | 32,800 | 26,100 |
| 郵費 | Postage | | 16,219 | 9,270 |
| 印刷及文具 | Printing and stationery | | 84,944 | 58,879 |
| 雜項支出 | Sundry expenses | | 38,250 | 31,725 |
| | | | 23,863,570 | 23,948,826 |
| 本年度盈餘 / (虧損) | Surplus/(deficit) for the year | 5 | 187,184 | (68,223) |
| 本年度全面收入 / (支出) | Total comprehensive income/(expense) for the year | | 187,184 | (68,223) |

財務狀況表

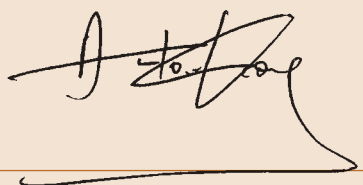
Statement of Financial Position

於2019年3月31日
At 31 March 2019

| (港幣) | (HK\$) | 附註 Note | 二零一九年 2019 | 二零一八年 2018 |
|---------------------|---|------------|------------------|---------------|
| 非流動資產 | Non-current assets | | | |
| 物業、機器及設備 | Property, plant and equipment | 7 | 30,906 | 16,496 |
| 流動資產 | Current assets | | | |
| 按金及預付款項 | Deposits and prepayments | 8 | 961,754 | 843,223 |
| 銀行及現金結存 | Bank and cash balances | | 514,501 | 380,915 |
| | | | 1,476,255 | 1,224,138 |
| 減：流動負債 | Less: current liabilities | | | |
| 應付費用 | Accrued charges | | 1,088,461 | 1,010,469 |
| 年假撥備 | Provision for annual leave entitlements | | 245,095 | 233,773 |
| 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 | 9 | 184,096 | 9,971 |
| 應退回衛生署之累積盈餘 | Accumulated surpluses refundable to the Department of Health | 10 | 203,640 | 203,640 |
| | | | 1,721,292 | 1,457,853 |
| 流動負債 | Net current liabilities | | (245,037) | (233,715) |
| 淨負債 | Net liabilities | | (214,131) | (217,219) |
| 等於： | representing: | | | |
| 累積虧損 | Accumulated deficits | | (214,131) | (217,219) |

委員會於2019年6月25日通過及批准發布於第104頁至第125頁的財務報表。

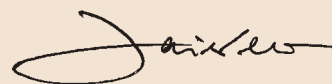
The financial statements on pages 104 to 125 were approved and authorized for issue by the Council on 25 June 2019.



鄭祖盛先生 MH
主席
Mr Antonio KWONG Cho-shing, MH
Chairman



伍婉婷女士 MH
副主席
Ms Yolanda NG Yuen-ting, MH
Vice-chairman



黎慧賢女士
總幹事
Ms Vienna LAI Wai-yin
Executive Director

權益變動表

Statement of Changes in Equity

截至2019年3月31日止年度
For the year ended 31 March 2019

| (港幣) | (HK\$) | 附註 Note | 二零一九年 2019 | 二零一八年 2018 |
|----------------------------------|---|------------|------------------|---------------|
| 累積虧損 | Accumulated deficit | | | |
| 上年度轉來之虧損 | Deficit brought forward | | (217,219) | (139,025) |
| 本年度盈餘 / (虧損) / 本年度全面收入 / (支出) | Surplus/(Deficit) for the year/ Total comprehensive income/(expense) for the year | | 187,184 | (68,223) |
| 應退回衛生署之經調整盈餘 | Adjusted surplus refundable to the Department of Health | 9 | (184,096) | (9,971) |
| 本會應佔之虧損 | Deficit attributable to the Council | | 3,088 | (78,194) |
| 撥入下年度之虧損 | Deficit carried forward | | (214,131) | (217,219) |

現金流量表

Cash Flow Statement

截至2019年3月31日止年度
For the year ended 31 March 2019

| (港幣) | (HK\$) | 附註 Note | 二零一九年 2019 | 二零一八年 2018 |
|-------------------------|---|------------|------------------|---------------|
| 營運活動之現金流量 | Cash flows from operating activities | | | |
| 本年度盈餘 / (虧損) | Surplus/(Deficit) for the year | | 187,184 | (68,223) |
| 調整： | Adjustments for: | | | |
| 利息收入 | Interest income | | (1,498) | (56) |
| 折舊 | Depreciation | | 12,773 | 13,252 |
| 營運資金變動前之 營運盈餘 / (虧損) | Operating surplus/(deficit) before working capital changes | | 198,459 | (55,027) |
| 按金及預付款項之增加 | Increase in deposits and prepayments | | (118,531) | (19,993) |
| 應付費用之增加 / (減少) | Increase/(Decrease) in accrued charges | | 77,992 | (314,047) |
| 年假撥備之增加 | Increase in provision for annual leave entitlements | | 11,322 | 68,300 |
| 營運活動所產生 / (使用) 之 淨現金 | Net cash from/(used in) operating activities | | 169,242 | (320,767) |
| 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 | | (27,183) | (3,358) |
| 已收利息 | Interest received | | 1,498 | 56 |
| 投資活動所使用之淨現金 | Net cash used in investing activities | | (25,685) | (3,302) |
| 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 | | (9,971) | (14,577) |
| 融資活動所使用之淨現金 | Net cash used in financing activities | | (9,971) | (14,577) |
| 現金及現金等值之淨 增加 / (減少) | Net increase/(decrease) in cash and cash equivalents | | 133,586 | (338,646) |
| 年初現金及現金等值結存 | Cash and cash equivalents at beginning of the year | | 380,915 | 719,561 |
| 年終現金及現金等值結存 | Cash and cash equivalents at end of the year | | 514,501 | 380,915 |
| 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 | | 514,501 | 380,915 |

財務報表附註

Notes to the Financial Statements

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1987年10月1日註冊成立的機構。

本會辦公地址為香港灣仔皇后大道東183號合和中心44樓4402至4403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布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。本財務報表以歷史成本慣例編製。

香港會計師公會頒布若干於本會計年度生效的全新及經修改香港財務報告準則。然而，採用該等香港財務報告準則修訂本，對本會於本會計年度及以往會計年度之業績及財務狀況並無重大影響。

本會並沒有提早採用本年度尚未生效之全新及經修改之香港財務報告準則。相關說明記載於附註14。

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 1 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 Certified Public Accountants ("HKICPA"), and accounting principles generally accepted in Hong Kong. The financial statements 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 adoption of these amendments to HKFRSs had no material effect on the results and financial position of the Council for the current and prior accounting years.

The Council has not early adopted new and revised HKFRSs that are not yet effective for the current accounting year. Explanation of this is included in Note 14.

2. 主要會計政策 (續)

(a) 編製基準 (續)

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。

(b) 收入確認

- (i) 當本會可合理地確信能符合政府津貼的條款及可預期收到津貼時，政府津貼金額會在相關成本發生的期間有系統地確認為收入，從而對應政府援助打算補償的相關成本。已收但未符合收入確認準則的政府津貼需確認為負債。
- (ii) 銀行利息收入按實際利率法累計。

2. Principal Accounting Policies (continued)

(a) Basis of Preparation (continued)

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.

(b) Revenue Recognition

- (i) Government subventions are recognized as income over periods necessary to match them with the related costs they are intended to compensate, on a systematic basis when there is reasonable assurance that the Council will comply with the conditions attaching of them and the subventions will be received. Government subventions received before the revenue recognition criteria satisfied are recognized as a liability.
- (ii) Bank interest income is recognized as it accrues using the effective interest method.

2. 主要會計政策 (續)

(c) 外幣折算

本會以港元為功能及列帳貨幣。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報告期末日的外幣匯率換算為港元。匯兌盈虧會記入盈餘或虧損內。

(d) 減值損失

於各報告期末，若有跡象顯示包含於物業、機器及設備項內的資產出現減值情況，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)

(c) Foreign Currencies Translation

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

(d) Impairment Losses

At the end of each reporting period, where there is any indication that an asset, including items of property, plant and equipment, 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. 主要會計政策 (續)

(e) 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 |

(f) 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。

(g) 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。

(h) 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。

2. Principal Accounting Policies (continued)

(e) Property, Plant and Equipment

Property, plant and equipment are stated at historical cost less any subsidies received or receivable, 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 |

(f) 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.

(g) 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.

(h) 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.

2. 主要會計政策 (續)

(i) 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。

(j) 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。截至報告期末，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。

(k) 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。

2. Principal Accounting Policies (continued)

(i) 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 three months to maturity from date of deposit.

(j) 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 end of the reporting period.

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

2. 主要會計政策(續)

(k) 有關連人士(續)

(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。
- (d) 該實體或其所屬集團旗下任何成員公司向本會提供主要管理人員服務。

2. Principal Accounting Policies (continued)

(k) Related Parties (continued)

(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 influence over the entity or is a member of the key management personnel of the entity.
- (d) The entity, or any member of a group of which it is a part, provides key management personnel services to the Council.

3. 批准職位編製

3. Approved Establishment

| (港幣) | (HK\$) | 二零一九年 2019 | 二零一八年 2018 |
|-------|--|------------------|---------------|
| 薪金及津貼 | Salaries and allowances | 5,686,105 | 5,446,807 |
| 強積金供款 | Mandatory provident fund contributions | 146,912 | 145,597 |
| 年假撥備 | Provision for annual leave entitlements made | 18,481 | 64,465 |
| | | 5,851,498 | 5,656,869 |

4. 項目員工

4. Project Staff

| (港幣) | (HK\$) | 二零一九年 2019 | 二零一八年 2018 |
|-------------|--|------------------|---------------|
| 薪金 | Salaries | 1,710,310 | 1,923,551 |
| 強積金供款 | Mandatory provident fund contributions | 82,455 | 80,865 |
| 年假(撥備回撥)/撥備 | Provision for annual leave entitlements (written back)/made | (7,159) | 3,835 |
| | | 1,785,606 | 2,008,251 |

5. 本年度盈餘 / (虧損)

5. Surplus/(Deficit) for the Year

本年度盈餘 / (虧損)已扣除下列費用：

Surplus/(Deficit) for the year is stated after charging the following items:

| (港幣) | (HK\$) | 二零一九年 2019 | 二零一八年 2018 |
|---------------|--|------------------|---------------|
| 員工成本 * | Staff costs * | 7,691,704 | 7,718,040 |
| 土地及樓宇經營租賃租金支出 | Rentals of land and buildings held under operating leases | 2,641,056 | 2,637,656 |

* 包括支付定額供款退休保障計劃供款共港幣229,367元(2018年：226,462元)

* including contribution of HK\$229,367 (2018 : HK\$226,462) to defined contribution provident fund scheme.

6. 委員會成員的酬金

6. Council Members' Remuneration

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(2018年：無)。

None of the Council members received any remuneration in respect of their services to the Council during the year (2018: Nil).

7. 物業、機器及設備

7. Property, Plant and Equipment

| (港幣) | (HK\$) | 租賃物業 改良工程 Leasehold improvements | 傢俬 及裝置 Furniture and fixtures | 辦公室 設備 Office equipment | 總額 Total |
|-----------------------|--|---|--|--|--------------------|
| 成本 | Cost | | | | |
| 於2017年3月31日 | At 31 March 2017 | 36,305 | 111,376 | 539,414 | 687,095 |
| 添置 | Additions | – | – | 3,358 | 3,358 |
| 於2018年3月31日 | At 31 March 2018 | 36,305 | 111,376 | 542,772 | 690,453 |
| 添置 | Additions | – | 3,885 | 23,298 | 27,183 |
| 於2019年3月31日 | At 31 March 2019 | 36,305 | 115,261 | 566,070 | 717,636 |
| 累積折舊 | Accumulated depreciation | | | | |
| 於2017年3月31日 | At 31 March 2017 | 36,305 | 108,009 | 516,391 | 660,705 |
| 截至2018年3月31日 止年度計提 | Charge for the year ended 31 March 2018 | – | 1,800 | 11,452 | 13,252 |
| 於2018年3月31日 | At 31 March 2018 | 36,305 | 109,809 | 527,843 | 673,957 |
| 截至2019年3月31日 止年度計提 | Charge for the year ended 31 March 2019 | – | 1,860 | 10,913 | 12,773 |
| 於2019年3月31日 | At 31 March 2019 | 36,305 | 111,669 | 538,756 | 686,730 |
| 帳面淨值 | Net book value | | | | |
| 於2019年3月31日 | At 31 March 2019 | – | 3,592 | 27,314 | 30,906 |
| 於2018年3月31日 | At 31 March 2018 | – | 1,567 | 14,929 | 16,496 |

8. 按金及預付款項

8. Deposits and Prepayments

預期會於一年後收回之按金為港幣643,856元(2018年：港幣547,552元)，預付款項港幣317,898元(2018年：港幣295,671元)將會於一年內全數記入費用。

The amount of deposits expected to be recovered after one year is HK\$643,856 (2018 : HK\$547,552). The prepayments in sum of HK\$317,898 (2018 : HK\$295,671) are expected to be recognized as expenses within one year.

9. 應退回衛生署之經調整盈餘

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，在計算應退回衛生署之盈餘時，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。

9. 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.

| (港幣) | (HK\$) | 二零一九年 2019 | 二零一八年 2018 |
|---------------|---|-----------------|---------------|
| 本年度盈餘／（虧損） | Surplus/(Deficit) for the year | 187,184 | (68,223) |
| 加：折舊 | Add: Depreciation | 12,773 | 13,252 |
| 年假撥備 | Provision for annual leave entitlements | 11,322 | 68,300 |
| 減：物業、機器及設備的添置 | Less: Additions to property, plant and equipment | (27,183) | (3,358) |
| 應退回衛生署的經調整盈餘 | Adjusted surplus refundable to the Department of Health | 184,096 | 9,971 |

10. 應退回衛生署之累積盈餘

本會管理層認為截至1998年3月31日累積盈餘將會於衛生署要求時退回。

10. Accumulated Surpluses Refundable to the Department of Health

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

11. 金融資產及金融負債

11. Financial Assets and Liabilities

(a) 金融資產及負債類別

(a) Categories of Financial Assets and Liabilities

| (港幣) | (HK\$) | 二零一九年 2019 | 二零一八年 2018 |
|---------------------|---|------------------|---------------|
| 金融資產 | Financial assets | | |
| 流動資產 – 按攤銷成本值： | Current assets – at amortized cost: | | |
| 按金 | Deposits | 643,856 | 547,552 |
| 銀行及現金結存 | Bank and cash balances | 514,501 | 380,915 |
| | | 1,158,357 | 928,467 |
| 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 | 1,088,461 | 1,010,469 |
| 年假撥備 | Provision for annual leave entitlements | 245,095 | 233,773 |
| 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 | 184,096 | 9,971 |
| 應退回衛生署之 累積盈餘 | Accumulated surpluses refundable to the Department of Health | 203,640 | 203,640 |
| | | 1,721,292 | 1,457,853 |

(b) 財務風險管理的目標及政策

(b) Financial Risk Management Objectives and Policies

在日常運作中，本會並不會存在重大的外幣風險、利率風險和商品及價格風險。其他風險敘述如下：

In the normal course of the operation, the Council does not expose to significant foreign currency risk, interest rate risk and commodity and price risks. Other risks are described below:

(i) 信貸風險

(i) Credit Risk

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。

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.

11. 金融資產及金融負債(續)

(b) 財務風險管理的目標及政策(續)

(ii) 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2019年及2018年3月31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2019年及2018年3月31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。

11. Financial Assets and Liabilities (continued)

(b) Financial Risk Management Objectives and Policies (continued)

(ii) Liquidity Risk

The Council's policy is to regularly monitor current and expected liquidity requirements to ensure that it maintains sufficient reserves of cash to meet its liquidity requirements in the short and longer term.

As at 31 March 2019 and 2018, the contractual maturities of all the Council's financial liabilities, whose carrying amounts are equal to total contracted undiscounted cash flows, are due within one year.

(c) Fair Values

All financial assets and liabilities are carried at amounts not materially different from their fair values as at 31 March 2019 and 2018. The fair value is estimated as the present value of future cash flows, discounted at current market interest rate.

12. 經營租約承擔

於報告期末，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：

12. Commitments under Operating Leases

At the end of the reporting period, the Council had the following future aggregate minimum lease payments under non-cancellable operating leases in respect of land and buildings:

| (港幣) | (HK\$) | 二零一九年 2019 | 二零一八年 2018 |
|---------|---|---------------|---------------|
| 第一年內 | Not later than one year | 34,000 | 2,641,056 |
| 第二至第五年內 | Later than one year but not later than five years | — | 34,000 |
| | | 34,000 | 2,675,056 |

13. 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\$) | 二零一九年 2019 | 二零一八年 2018 |
|-----------|---|---------------|---------------|
| 主要管理人員的報酬 | Remuneration for key management personnel | | |
| 短期員工福利 | Short-term employee benefits | 1,730,671 | 1,660,800 |
| 離職後福利 | Post-employment benefits | 18,000 | 18,000 |
| | | 1,748,671 | 1,678,800 |

13. Related Party Transactions

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

14. 已頒佈但尚未生效之修訂、新準則及詮釋可能產生之影響

香港會計師公會已頒佈於本年度尚未生效且並未在本財務報表內採納的多項修訂及新準則，包括可能與本會相關的下列各項。

香港財務報告準則第16號：租賃

於2019年1月1日或之後開始之會計期間生效

香港財務報告準則第16號於2016年5月頒佈，取代香港會計準則第17號：租賃、香港（國際財務報告詮釋委員會）－詮釋第4號：釐定安排是否包括租賃、香港（詮釋常務委員會）－詮釋第15號：經營租賃－優惠及香港（詮釋常務委員會）－詮釋第27號：評估涉及租賃法律形式交易的實質。該準則載列確認、計量、呈列及披露租賃的原則，並要求承租人就大多數租賃確認資產及負債。該準則包括給予承租人兩項可選擇的租賃確認豁免－低價值資產租賃及短期租賃。

14. Possible Impact of Amendments, New Standards and Interpretations Issued But Not Yet Effect

The HKICPA has issued a number of amendments and new standards which are not yet effective for the current accounting year and which have not been adopted in these financial statements. These include the following which may be relevant to the Council.

HKFRS 16, Leases

Effective for annual periods beginning on or after 1 January 2019

HKFRS 16, issued in May 2016, replaces HKAS 17, *Leases*, HK(IFRIC)-Int 4, *Determining whether an Arrangement contains a Lease*, HK(SIC)-Int 15, *Operating Leases – Incentives and* HK(SIC)-Int 27, *Evaluating the Substance of Transactions Involving the Legal Form of a Lease*. The standard sets out the principles for the recognition, measurement, presentation and disclosure of leases and requires lessees to recognize assets and liabilities for most leases. The standard includes two elective recognition exemptions for lessees – leases of low-value assets and short-term leases.

14. 已頒佈但尚未生效之修訂、新準則及詮釋可能產生之影響續(續)

香港財務報告準則第16號：租賃(續)

於租賃開始日期，承租人將確認於租賃期作出租賃付款為負債(即租賃負債)及代表可使用相關資產的權利為資產(即有使用權資產)。除非有使用權資產符合香港會計準則第40號投資物業的定義，或涉及應用重估模型的物業、廠房及設備類別，否則有使用權資產其後按成本減累計折舊及任何減值虧損計量。租賃負債其後會就反映租賃負債利息而增加及因租賃付款而減少。承租人將須分別確認租賃負債的利息開支及有使用權資產的折舊開支。承租人亦將須於若干事件發生時重新計量租賃負債，例如由於租賃期變更或用於釐定該等付款的一項指數或比率變更而引致未來租賃付款變更。承租人一般將重新計量租賃負債的數額確認為有使用權資產的調整。

香港財務報告準則第16號大致沿用香港會計準則第17號內出租人的會計處理方式。出租人將繼續使用與香港會計準則第17號相同的分類原則對所有租賃進行分類，並將之分為經營租賃及融資租賃。

香港財務報告準則第16號要求承租人及出租人較根據香港會計準則第17號作出更多披露。出租人可選擇以全面追溯應用或部分追溯應用方式應用該準則。

14. Possible Impact of Amendments, New Standards and Interpretations Issued But Not Yet Effect (continued)

HKFRS 16, Leases (continued)

At the commencement date of a lease, a lessee will recognize a liability to make lease payments (i.e., the lease liability) and an asset representing the right to use the underlying asset during the lease term (i.e., the right-of-use asset). The right-of-use asset is subsequently measured at cost less accumulated depreciation and any impairment losses unless the right-of-use asset meets the definition of investment property in HKAS 40, or relates to a class of property, plant and equipment to which the revaluation model is applied. The lease liability is subsequently increased to reflect the interest on the lease liability and reduced for the lease payments. Lessees will be required to separately recognize the interest expense on the lease liability and the depreciation expense on the right-of-use asset. Lessees will also be required to remeasure the lease liability upon the occurrence of certain events, such as change in the lease term and change in future lease payments resulting from a change in an index or rate used to determine those payments. Lessees will generally recognize the amount of the remeasurement of the lease liability as an adjustment to the right-of-use asset.

Lessor accounting under HKFRS 16 is substantially unchanged from the accounting under HKAS 17. Lessors will continue to classify all leases using the same classification principle as in HKAS 17 and distinguish between operating leases and finance leases.

HKFRS 16 requires lessees and lessors to make more extensive disclosures than under HKAS 17. Lessees can choose to apply the standard using either a full retrospective or a modified retrospective approach.

14. 已頒佈但尚未生效之修訂、新準則及詮釋可能產生之影響 續 (續)

香港財務報告準則第16號：租賃 (續)

本會預期於2019年4月1日起採納香港財務報告準則第16號。本會現正評估採納香港財務報告準則後的影響，且正考慮會否選擇利用現有可行權宜方式，以及將會採用的過渡方式及寬免。誠如財務報表附註12所披露，於2019年3月31日，本會根據不可撤銷經營租賃而須於未來支付的最低租賃付款總額約為港幣34,000元。採納香港財務報告準則第16號後，當中所列部分金額或需確認為新有使用權資產及租賃負債。然而，本會需作進一步分析，以確定將予確認的新有使用權資產及租賃負債，包括但不限於涉及低價值資產租賃及短期租賃的金額、所選其他可行權宜方式及寬免以及採用該準則日期前訂立的新租賃。

14. Possible Impact of Amendments, New Standards and Interpretations Issued But Not Yet Effect (continued)

HKFRS 16, Leases (continued)

The Council expects to adopt HKFRS 16 from 1 April 2019. The Group is currently assessing the impact of HKFRS 16 upon adoption and is considering whether it will choose to take advantage of the practical expedients available and which transition approach and reliefs will be adopted. As disclosed in Note 12 to the financial statements, at 31 March 2019, the Council had future aggregate minimum lease payments under non-cancellable operating leases of approximately HK\$34,000. Upon adoption of HKFRS 16, certain amounts included therein may need to be recognized as new right-of-use assets and lease liabilities. Further analysis, however, will be needed to determine the amount of new rights of use assets and lease liabilities to be recognized, including, but not limited to, any amounts relating to leases of low-value assets and short term leases, other practical expedients and reliefs chosen, and new leases entered into before the date of adoption.

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、制服團隊及青少年中心之鼎力協助及支持，委員會謹此感謝。

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

個人 Individuals

| | | | |
|-------------------|----------------------------|--------------------|--------------------------|
| 歐燕芬女士 | Ms Florence AU | 陳肇始教授 太平紳士 | Prof Sophia CHAN, JP |
| 歐鎧淳女士 | Ms Stephanie AU | 陳捷貴先生 BBS, 太平紳士 | Mr Stephen CHAN, BBS, JP |
| 區蘊詩女士 | Ms Wendy AU | 陳少梅醫生 | Dr Tina CHAN |
| 歐耀佳醫生 | Dr AU Yiu-kai | 陳偉明先生 MH, 太平紳士 | Mr CHAN Wai-ming, MH, JP |
| 歐陽根先生 | Mr AU YEUNG Kun | 陳燕玲女士 | Ms CHAN Yin-ling |
| 陳曉旻女士 | Ms Angie CHAN | 鄭綺雯女士 | Ms Iris CHANG |
| 陳弄年女士 | Ms Anita CHAN | 周偉強醫生 | Dr David CHAO |
| 陳芷雅女士 | Ms April CHAN | 周海傑先生 | Mr CHAU Hoi-kit |
| 陳健雄先生 | Mr Charles CHAN | 周柏珍教授 | Prof Janita CHAU |
| 陳麗歡女士 | Ms Helen CHAN | 陳婷婷女士 | Ms Donna CHEN |
| 陳靜嫻女士 | Ms Helen CHAN | 陳敏先生 | Mr Willy CHEN |
| 陳真光醫生 | Dr Jane CHAN | 鄭偉昌先生 | Mr Jerry CHENG |
| 陳志球教授 BBS 太平紳士 | Prof Johnnie CHAN, BBS, JP | 鄭利雄先生 | Mr CHENG Li-hung |
| 陳家豪先生 | Mr CHAN Ka-ho | 鄭少梅女士 | Ms CHENG Siu-mui |
| 陳家榮先生 | Mr CHAN Ka-wing | 張可堅先生 | Mr Dominic CHEUNG |
| 陳麗華女士 | Ms CHAN Lai-wah | 張旭紅女士 | Ms Kathy CHEUNG |
| 陳琳女士 | Ms CHAN Lam | 張勇邦先生 MH | Mr Langton CHEUNG, MH |
| 細 Lee (陳利妮) 女士 | Ms Lily CHAN | 張美雄先生 | Mr CHEUNG Mei-hung |
| 陳智恆先生 | Mr Patrick CHAN | 張江鋒先生 | Mr Roy CHEUNG |
| 陳沛然議員 | Hon Pierre CHAN | 張榮星先生 | Mr Winson CHEUNG |
| 陳舜瑜女士 | Ms CHAN Shun-yu | 張艷玲女士 | Ms CHEUNG Yim-ling |
| 陳少權先生 | Mr CHAN Siu-kuen | 詹漢銘先生 | Mr CHIM Hon-ming |

| | | | |
|--------------------|---------------------------|------------------------|----------------------------|
| 趙鴻娟女士 | Ms CHIU Hung-kuen | 甘秀芬女士 | Ms KAM Shau-fun |
| 左滙雄先生 MH | Mr CHO Wui-hung, MH | 古天農先生 | Mr KO Tin-lung |
| 蔡建國先生 | Mr CHOI Gin-kok | 江倩瑩女士 | Ms Kitty KONG |
| 莊婉珍女士 | Ms Samantha CHONG | 顧慧賢女士 | Ms Ellen KU Wai-yin |
| 莊任明先生 | Mr CHONG Yam-ming | 郭振傑先生 | Mr C K KWOK |
| 莊義雄醫生 | Dr CHONG Yee-hung | 郭偉勳先生太平紳士 | Mr Franco KWOK, JP |
| 周樂欣女士 | Ms Ava CHOW | 關嘉美醫生 | Dr KWAN Ka-mei |
| 周健標先生 | Mr CHOW Kin-piu | 關韞琪女士 | Ms Kiki KWAN |
| 周聯僑先生 MH | Mr CHOW Luen-kiu, MH | 關秀玲女士 | Ms KWAN Sau-ling |
| 周奕希先生 BBS, 太平紳士 | Mr CHOW Yick-hay, BBS, JP | 郭宏興先生 | Mr KWOK Wang-hing |
| 朱慶虹先生太平紳士 | Mr CHU Ching-hong, JP | 鄺月心女士 | Ms KWONG Yuet-sum |
| 朱錦明先生 | Mr CHU Kam-ming | 黎潔廉醫生太平紳士 | Dr Cindy LAI, JP |
| 朱子軒先生 | Mr Roy CHU | 黎榮浩先生 MH | Mr Joe LAI, MH |
| 朱千雪女士 | Ms Tracy CHU | 黎銘澤先生 | Mr LAI Ming-chak |
| 崔俊明教授 | Prof William CHUI | 林志釉先生 | Mr Alex LAM |
| 徐淑萍女士 | Ms Stephanie CHUI | 豪仔 (林偉豪) 先生 | Mr Calvin LAM |
| 徐德義醫生太平紳士 | Dr CHUI Tak-yi, JP | 林正財醫生 BBS, 太平紳士 | Dr LAM Ching-choi, BBS, JP |
| 鍾燕婷女士 | Ms Brenda CHUNG | 林銀珊女士 | Ms Isa LAM |
| 鍾澤暉先生 | Mr CHUNG Chak-fai | 林麗貞女士 | Ms LAM Lai-ching |
| 鍾嘉敏女士 | Ms Jacqueline CHUNG | 林民聰醫生 | Dr Manny LAM |
| 鍾錦麟先生 | Mr CHUNG Kam-lun | 林奕匡先生 | Mr Phil LAM |
| 蔡順基先生 | Mr Eddie CHOI | 林大慶教授 BBS, 太平紳士 | Prof LAM Tai-hing, BBS, JP |
| 霍偉賢先生 | Mr Patrick FOK | 林碧霞女士 | Ms Theresa LAM |
| 方國珊女士 | Ms Christine FONG | 林麗帆女士 | Ms Tiffany LAM |
| 傅曉琳女士 | Ms Sammi FU | 林建明女士 | Ms Victoria LAM |
| 馮志豐先生 | Mr FUNG Chi-fung | 林耀君女士 | Ms Vivian LAM |
| 封瑩醫生 | Dr FUNG Ying | 林永佳醫生 | Dr LAM Wing-kai |
| | Mr Sharmila GURUNG | 林玉珍女士 MH | Ms LAM Yuk-chun, MH |
| 何顯明先生 BBS, MH | Mr HO Hin-ming, BBS, MH | 劉愛詩女士 | Ms Alice LAU |
| 何浩源先生 | Mr Mil HO | 劉珮詩女士 | Ms Anna LAU |
| 何玉眉女士 | Ms Rosana HO | 劉殷瑜女士 | Ms Annie LAU |
| 許夏林先生 | Mr Eddie HUI | 劉澤星教授太平紳士 | Prof LAU Chak-sing, JP |
| 葉建源議員 | Hon IP Kin-yuen | 劉文文女士 BBS, MH, 太平紳士 | Ms Lisa LAU, BBS, MH, JP |
| 奚炳松先生 MH | Mr KAI Ping-chung, MH | 劉正彥先生 | Mr Matthew LAU |

| | | | |
|------------------------|----------------------------------|-------------------------|-------------------------------------|
| 劉鐵梅女士 | Ms LAU Tit-mui | 麥龍詩迪教授 OBE, SBS 太平紳士 | Prof Judith MACKAY, OBE, SBS, JP |
| 劉惠貞女士 | Ms LAU Wai-ching | 麥明詩女士 | Ms Louisa MAK |
| 羅天宇先生 | Mr Joey LAW | 麥國風先生 | Mr Michael MAK |
| 李杏榆女士 | Ms Annie LEE | 莫海茵女士 | Ms Cora MOK |
| 李宇珊女士 | Ms Cat LEE | 伍海山先生 | Mr Aaron NG |
| 李大偉先生 | Mr David LEE | 吳奮金先生 | Mr NG Fan-kam |
| 李銓發先生 MH | Mr Herman LEE, MH | 吳嘉慈女士 | Ms NG Ka-yan |
| 李培文醫生 | Dr Jeff LEE | 吳耀芬女士 | Ms Kathy NG |
| 李家堅先生 | Mr Larry LEE | 吳敏怡女士 | Ms NG Man-yi |
| 李聖潑先生 BBS | Mr LEE Shing-put, BBS | 吳澤恆先生 | Mr Matthew NG |
| 李惠兒女士 | Ms Susanna LEE | 吳鴻揮先生 | Mr Myron NG |
| 李蕙芬女士 | Ms LEE Wai-fun | 吳文漢先生 | Mr Nick NG |
| 梁禮勤女士 | Ms LEONG Nai-kan | 吳桂珍女士 | Ms Rowen NG |
| 梁釗峰先生 | Mr Andy LEUNG | 吳樹勳先生 | Mr NG Shu-fan |
| 梁卓偉教授 GBS, 太平紳士 | Prof Gabriel LEUNG, GBS, JP | 顏汶羽先生 | Mr NGAN Man-yu |
| 梁達智醫生 | Dr Godwin LEUNG | 柯婉媚女士 | Ms Amy OR |
| 梁皓鈞先生 MH | Mr LEUNG Ho-kwan, MH | 彭芷君女士 | Ms Gigi PANG |
| 梁小雲女士 | Ms Iris LEUNG | 龐愛蘭女士 BBS, 太平紳士 | Ms Scarlett PONG, BBS, JP |
| 梁嘉琪女士 | Ms LEUNG Ka-ki | 潘淑嫻博士 MH | Dr Halina POON, MH |
| 梁健文先生 BBS, MH, 太平紳士 | Mr LEUNG Kin-man, BBS, MH, JP | 石漢榮醫生 | Dr David SHEK |
| 梁永安先生 | Mr Louis LEUNG | 史立德博士 BBS, MH, 太平紳士 | Dr Allen SHI, BBS, MH, JP |
| 梁曉慶先生 | Mr Stuart LEUNG | 岑浩彬先生 | Mr SHUM Ho-pan |
| 梁康聖先生 | Mr Thomas LEUNG | 孫洛敏女士 | Ms Linda SUEN |
| 李浩祥博士 | Dr William LI | 辛婉珍女士 | Ms Teresa SUN |
| 羅榮焜先生 MH | Mr Frankie LO, MH | 譚天承先生 | Mr Joe TAM |
| 勞炳全先生 | Mr LO Ping-chuen | 譚家強博士 | Dr TAM Ka-keung |
| 羅紹明先生 | Mr LO Shiu-ming | 譚銘康先生 | Mr TAM Ming-hong |
| 盧俊賢先生 | Mr Steve LO | 鄧鳳琪女士 OStJ | Ms Ivy TANG, OStJ |
| 雷雄德博士 | Dr LOUIE Hung-tak | 唐少芬醫生 | Dr Joyce TANG |
| 雷小軒先生 | Mr Calvin LUI | 鄧錦雄博士 BBS, 太平紳士 | Dr TANG Kam-hung, BBS, JP |
| 陸子璿先生 | Mr Kevin LUK | 鄧佩玲女士 | Ms Pauline TANG |
| 陸國林先生 | Mr LUK Kwok-lum | 田陸秀娟女士 | Mrs Gloria TIEN LUK |

| | | | |
|-----------|----------------------|-------------|-------------------------|
| 湯旨祈先生 | Mr Eric TONG | 黃可宜女士 | Ms Yo WONG |
| 曾浩輝醫生 | Dr TSANG Ho-fai | 胡英明先生 CSDSM | Mr WOO Ying-ming, CSDSM |
| 謝海源先生 | Mr TSE Hoi-yuen | 胡緯謙先生 | Mr WU Cheuk-him |
| 徐芷君女士 | Ms Jacqueline TSUI | 甄美華女士 | Ms Daphne YAN |
| 崔振輝先生 | Mr Joseph TSUI | 丘詠仙女士 | Ms Olive YAU |
| 溫文健先生 | Mr Black WAN | 邱金榮先生 | Mr YAU Kam-wing |
| 溫興財先生 | Mr WAN Hing-choi | 楊美琪女士 | Ms Maggie YEONG |
| 溫國雄先生 | Mr Joseph WAN | 楊超發醫生 | Dr Henry YEUNG |
| 翁雪女士 | Ms Snow WENG | 楊開永先生 | Mr YEUNG Hoi-wing |
| 黃嘉雯女士 | Ms Carmen WONG | 楊潤雄先生太平紳士 | Mr Kevin YEUNG, JP |
| 黃詩淇女士 | Ms Carol WONG | 楊麗霞女士 | Ms Vanessa YEUNG |
| 黃妍女士 | Ms Cath WONG | 楊嘉慧女士 | Ms Winnie YEUNG |
| 黃金月教授 | Prof Frances WONG | 葉敏琪女士 | Ms Mandy YIP |
| 王灝兒女士 | Ms Joey WONG | 姚潔貞女士 | Ms Christy YIU |
| 黃嘉妍女士 | Ms Kathy WONG | 余智榮先生 | Mr YU Chi-wing |
| 黃嘉文先生 | Mr WONG Ka-man | 余榮輝先生 MH | Mr Christopher YU, MH |
| 黃莉琪女士 | Ms Ki WONG | 余衍深先生 | Mr Marcus YU |
| 黃良柏先生 BBS | Mr Matthew WONG, BBS | 馬騮搥(袁詩向)女士 | Ms Gladys YUEN |
| 黃雪盈女士 | Ms Sharon WONG | 阮政峰先生 | Mr Hero YUEN |
| 黃成焯先生 | Mr WONG Shing-cheuk | 袁雄偉先生 | Mr YUEN Hung-wai |
| 黃德祥醫生 | Dr WONG Tak-cheung | 袁少林先生 | Mr YUEN Siu-lam |
| 黃偉傑先生 MH | Mr WONG Wai-kit, MH | 容海恩議員 | Hon YUNG Hoi-yan |
| 王威信先生 MH | Mr WONG Wai-shun, MH | 張瀟予女士 | Ms Shirley ZHANG |
| 黃慧莊女士 | Ms WONG Wai-zong | | |

政府部門 Government Departments

| | |
|-----------|--|
| 中西區區議會 | Central & Western District Council |
| 中西區民政事務處 | Central & Western District Office |
| 衛生署醫學遺傳科 | Clinical Genetic Service, Department of Health |
| 懲教署 | Correctional Services Department |
| 衛生署 | Department of Health |
| 東區區議會 | Eastern District Council |
| 教育局 | Education Bureau |
| 安老事務委員會 | Elderly Commission |
| 醫院管理局 | Hospital Authority |
| 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 |
| 衛生署母嬰健康院 | Maternal and Child Health Centres, Department of Health |
| 北區區議會 | North District Council |
| 優質教育基金 | Quality Education Fund |
| 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 |
| 土地註冊處 | The Land Registry |
| 道路安全議會 | The Road Safety Council |
| 衛生署控煙酒辦公室 | Tobacco and Alcohol Control Office, Department of Health |
| 交通諮詢委員會 | Transport Advisory Committee |
| 運輸署 | Transport Department |
| 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

| | |
|-----------------------|---|
| 香港仔坊會華貴長者日間護理中心 | Aberdeen Kai-fong Welfare Association Social Service Centre Wah Kwai Day Care Centre for the Elderly |
| 萬國宣道浸信會長康浸信會長者鄰舍中心 | ABWE Cheung Hong Baptist Church Neighbourhood Elderly Centre |
| 萬國宣道浸信會荔景白普理長者鄰舍中心 | ABWE Lai King Bradbury Neighbourhood Elderly Centre |
| 寶林浸信會白普理長者鄰舍中心 | ABWE Po Lam Baptist Church Bradbury Neighbourhood Elderly Centre |
| 香港機場管理局 | Airport Authority Hong Kong |
| 循道衛理亞斯理社會服務處長者鄰舍中心 | AMSS Neighbourhood Elderly Centre |
| 置富資產管理有限公司 | ARA Asset Management (Fortune) Limited |
| 亞洲貿易中心 | Asia Trade Centre |
| 亞洲反吸煙諮詢所 | Asian Consultancy on Tobacco Control |
| 香港亞洲歸主協會 | Asian Outreach Hong Kong |
| 新界電召的士聯會 | Association of New Territories Radio Taxicabs Ltd |
| 歐漢琛慈善會 | Au Hon Sam Charity Association |
| 基督教巴拿巴愛心服務團有限公司 | Barnabas Charitable Service Association Ltd |
| 香海正覺蓮社 – 佛教何黃昌寶長者鄰舍中心 | Buddhist Ho Wong Cheong Po Neighbourhood Elderly Centre – Heung Hoi Ching Kok Lin Association |
| 利基(單氏)工程有限公司 | Build King (ZENS) Engineering Limited |
| 利基控股有限公司 | Build King Holdings Limited |
| 糖果電視網絡有限公司 | Candy Television Network Limited |
| 香港明愛 | Caritas – Hong Kong |
| 明愛日間護理中心 – 西九龍 | Caritas Day Care Centre for the Elderly – West Kowloon |
| 明愛長者社區中心 – 元朗 | Caritas District Elderly Centre – Yuen Long |
| 明愛長者中心 – 香港仔 | Caritas Elderly Centre – Aberdeen |
| 明愛長者中心 – 中區 | Caritas Elderly Centre – Central District |
| 明愛長者中心 – 東頭 | Caritas Elderly Centre – Tung Tau |
| 中國海外房屋工程有限公司 | China Overseas Building Construction Limited |
| 中國建築工程(香港)有限公司 | China State Construction Engineering (Hong Kong) Ltd |
| 中國建築機械有限公司 | China State Machinery Limited |
| 青華苑管業處 | Ching Wah Court Estate Management Office |
| 基督教家庭服務中心 | Christian Family Service Centre |
| 基督教家庭服務中心順安長者地區中心 | Christian Family Service Centre Shun On District Elderly Community Centre |
| 基督教家庭服務中心真光苑長者地區中心 | Christian Family Service Centre True Light Villa District Elderly Community Centre |

| | |
|---------------------|--|
| 鍾錫熙長洲安老院有限公司 | Chung Shak Hei (Cheung Chau) Home for the Aged 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 |
| 中英劇團 | Chung Ying Theatre Company |
| 爭氣行動 | Clear The Air |
| 中華電力有限公司 | CLP Power Hong Kong Limited |
| 尚悅會 | CLUB REACH |
| 家庭與學校合作事宜委員會 | Committee on Home-School Co-operation |
| 科聯系統有限公司 | Computer And Technologies International Limited |
| 伉儷同行協進會有限公司 | Couple Co-creation Society Limited |
| 東區區議會轄下文康及社區建設服務委員會 | Culture, Leisure, Community Building and Services Committee under Eastern District Council |
| | D. Mondo Ltd |
| 鼎信仙觀 | Ding Shun Seen Koon |
| 李天澤醫生整形及整容外科有限公司 | Dr Daniel LEE Plastic Surgery Centre Limited |
| 飲食業職工總會 | Eating Establishment Employees General Union |
| | Entrepreneur Exchange International Ltd. |
| 觀塘區家長教師會聯會有限公司 | Federation of Parent Teacher Associations in Kwun Tong District Limited |
| 香港東區家長教師會聯會 | Federation of Parent Teacher Associations of Hong Kong Eastern District |
| 離島區家長教師會聯會 | Federation of Parent Teacher Associations of Islands District |
| 香港南區家長教師會聯會 | Federation of Parent-Teacher Association, Southern District, HK |
| 九龍城區家長教師會聯會 | Federation of Parent-Teacher Association, Kowloon City District |
| 大埔區家長教師會聯會 | Federation of Parent-Teacher Association, Tai Po District |
| 葵青區家長教師會聯會有限公司 | Federation of Parent-Teacher Associations (Kwai Tsing District) Ltd |
| 中西區家長教師會聯會 | Federation of Parent-Teacher Associations of the Central and Western District Limited |
| 西貢區家長教師會聯會 | Federation of Parent-Teacher Associations of the Sai Kung District |
| 元朗區家長教師會聯會有限公司 | Federation of Parent-Teacher Associations of Yuen Long District Limited |
| 深水埗區家長教師會聯會有限公司 | Federation of Parent-Teacher Associations Sham Shui Po District Limited |

| | |
|---------------------------|--|
| 黃大仙區家長教師會聯會有限公司 | Federation of Parent-Teacher Associations Wongtaisin District Limited |
| 屯門區家長教師會聯會 | Federation of Parent-Teacher Associations, Tuen Mun |
| 灣仔區家長教師會聯會 | Federation of Parent-Teacher Associations, Wanchai District |
| 扶康會 | Fu Hong Society |
| 扶康會天耀之家 | Fu Hong Society Tin Yiu Home |
| 富士百貨店有限公司 | Fuji Department Store Limited |
| 富士達(香港)有限公司 | Fujtiec (HK) Co. Ltd. |
| 福來滿樂賢毅社 | Fuk Loi Moon Lok Yin Ngai Society |
| 未來照明有限公司 | Future Lighting Collection Ltd |
| 金門建築有限公司 | Gammon Construction Limited |
| 土力資源有限公司 | Geotech Engineering Limited |
| 恆日企業有限公司 | Hang Yat Enterprises Limited |
| 愉園體育會 | Happy Valley Athletic Association |
| | Harbourfront Landmark Premium Services Limited |
| 澳門健康協會 | Healthy Macau Association |
| 英雄執照有限公司 | Hero Pass Limited |
| 興富工程有限公司 | Hing Fu Engineering Company Limited |
| 香港互勵會曹舒菊英老人中心 | HKMEA Jane Shu Tsao Neighbourhood Elderly Centre |
| 香港傷健協會坪洲長者暨青少年鄰舍中心 | HKPHAB Peng Chau Neighbourhood Elderly cum Children/ Youth Centre |
| 香港聖公會中西區長者日間護理中心 | HKSKH Central & Western District Day Care Centre for the Elderly |
| 香港聖公會牧愛長者之家 | HKSKH Good Shepherd Home for the Elderly |
| 香港聖公會麥理浩夫人中心林植宣博士老人綜合服務中心 | HKSKH Lady MacLehose Centre Dr Lam Chik Suen District Elderly Community Centre |
| 香港聖公會樂華長者日間護理中心 | HKSKH Lok Wah Day Care Centre for the Elderly |
| 香港聖公會聖馬太長者鄰舍中心 | HKSKH St Matthew's Neighbourhood Elderly Centre |
| 香港聖公會太和長者鄰舍中心 | HKSKH Tai Wo Neighbourhood Elderly Centre |
| 香港聖公會黃大仙綜合家居照顧服務隊 | HKSKH Wong Tai Sin Integrated Home Care Services Team |
| 香港大學青少年戒煙熱線 | HKU Youth Quitline |
| 關愛之家 | Home Care for Girls |
| 匡智松嶺綜合職業訓練中心 | Hong Chi Pinehill Integrated Vocational Training Centre |
| 香港資助小學校長會 | Hong Kong Aided Primary School Heads Association |
| 香港病人組織聯盟 | Hong Kong Alliance of Patients' Organization Limited |
| 香港防癌會 | Hong Kong Anti-Cancer Society |

| | |
|--------------------|---|
| 香港老年學會 | Hong Kong Association of Gerontology |
| 香港基督教服務處家情綜合家庭服務中心 | Hong Kong Christian Service Family Ties Integrated Family Service Centre |
| 香港基督教服務處石籬兒童之家 | Hong Kong Christian Service Shek Lei Small Group Homes |
| 聯合國兒童基金香港委員會 | Hong Kong Committee for United Nations International Children's Emergency Fund |
| 香港建造業總工會 | Hong Kong Construction Industry Employees General Union |
| 香港牙醫學會 | Hong Kong Dental Association |
| 香港西醫工會 | Hong Kong Doctors Union |
| 香港建築業承建商聯會 | Hong Kong General Building Contractors Association |
| 香港綠色自然聯盟 (香港綠盟) | Hong Kong Green Nature Union (HKGNU) |
| 房協長者安居資源中心 | Hong Kong Housing Society Elderly Resources Centre |
| 香港建造學院 (上水院校) | Hong Kong Institute of Construction (Sheung Shui Campus) |
| 香港島校長聯會 | Hong Kong Island School Heads Association |
| 香港島婦女聯會 | Hong Kong Island Women's Association |
| 香港青少年培育會 | Hong Kong Juvenile Care Centre |
| 香港青少年培育會白普理宿舍 | Hong Kong Juvenile Care Centre Bradbury Hostel |
| 香港營養師學會 | Hong Kong Nutritionists Society |
| 離島婦聯有限公司 | Hong Kong Outlying Islands Women's Association |
| 香港病人政策連線 | Hong Kong Patients' Voices |
| 香港遊樂場協會 | Hong Kong Playground Association |
| 香港聖公會福利協會 | Hong Kong Sheng Kung Hui Welfare Council |
| 香港聾人福利促進會將軍澳綜合服務中心 | Hong Kong Society for the Deaf Tseung Kwan O Multi-services Centre |
| 香港南區婦女會 | Hong Kong Southern District Women's Association |
| 香港津貼中學議會 | Hong Kong Subsidized Secondary Schools Council |
| 香港道教聯合會 | Hong Kong Taoist Association |
| 香港道教信善壇 | Hong Kong Taoist Shun Shin Tan |
| 香港婦女基金會何郭佩珍耆康中心 | Hong Kong Women Foundation Ltd Ho Kwok Pui-chun Social Centre for the Elderly |
| 香港基督教女青年會長青松柏中心 | Hong Kong Young Women's Christian Association Cheung Ching Neighbourhood Elderly Centre |
| 合成家品電器有限公司 | Hop Shing Household Product Ltd |
| 新昌集團控股有限公司 | Hsin Chong Construction Group Limited |
| | I Wellness (HK) Ltd |

| | |
|--------------------------|--|
| 霞明閣業主立案法團 | Incorporated Owners of Chermain Heights |
| 稻苗學會 | Institution of Dining Art |
| 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 |
| 國際四方福音會隆亨堂 | International Church of the Foursquare Gospel Lung Hang Church |
| 國際物業管理有限公司 – 碧瑤灣 | International Property Management Limited – Baguio Villa |
| 國際物業管理有限公司 – 傲龍軒 | International Property Management Limited – Dragon Pride |
| 離島健康城市及長者友善社區工作小組 | Islands Healthy City and Age-friendly Community Working Group |
| 嘉誠管理顧問有限公司 | Ka Shing Management Consultant Limited |
| 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 – HomeSquare | Kai Shing Management Services Limited – HomeSquare |
| KeePer 施工店 | KeePer PROSHOP |
| 建業建築有限公司 | Kent's Construction & Engineering Company |
| 國建寶建築有限公司 | KKP Construction Limited |
| 九龍城區康樂體育促進會有限公司 | Kowloon City District Recreation and Sports Council Limited |
| 九龍地域校長聯會 | Kowloon Region School Heads Association |
| 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 Healthy City Association |
| 觀塘健康城市督導委員會 | Kwun Tong Healthy City Steering Committee |
| 立基冷氣工程有限公司 | Lap Kei Engineering (Holdings) Limited |
| 李子榮議員辦事處 | Lee Chi-wing District Council Office |
| 生活教育活動計劃 | Life Education Activity Programme |
| 領展資產管理有限公司 | Link Asset Management Limited |
| 樂善堂梁銓琚敬老之家 | Lok Sin Tong Leung Kau Kui Home for the Elderly |
| 樂善堂楊小玲言語治療中心 | Lok Sin Tong Yang Xiao Ling Speech Therapy Centre |
| 龍鳳冰室 | Lung Fung Café |
| M3 迷你倉 | M3 Storage |
| 民康醫務中心有限公司 | Man Hong Medical Clinic Limited |
| 循道愛華村服務中心社會福利部 | Methodist Epworth Village Community Centre, Social Welfare |
| 旺角區文娛康樂體育會 | Mong Kok District Cultural Recreational & Sports Association |
| 旺角街坊會陳慶社會服務中心 | Mongkok Kai-Fong Association Limited Chan Hing Social Service Centre |
| 爾登豪庭管業處 | Monte Carlton Management Office |
| 鄰舍輔導會東涌綜合服務中心 (愉景灣分處) | NAAC Tung Chung Integrated Services Centre (Discovery Bay Sub-office) |

| | |
|-----------------------------|--|
| 南豐商業中心 | Nan Fung Commercial Centre |
| 南豐集團 – 漢興企業有限公司 (福康工業大廈) | Nan Fung Group – Hon Hing Enterprises Limited (Fook Hong Industrial Building) |
| 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 – 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 (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 (華豐園) | Nan Fung Group – Main Shine Development Limited (Wah Fung Garden) |
| 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) |
| 南豐物業管理 – 寶能閣 | Nan Fung Property Management – Bolang Court |
| 南豐物業管理 – 寶能閣二期 | Nan Fung Property Management – Bolang Court Phase II |
| 南豐物業管理 – 福田大廈 | Nan Fung Property Management – Fook Tin Building |
| 南豐物業管理 – 南豐商業中心 | Nan Fung Property Management – Nan Fung Commercial Centre |
| 南豐物業管理 – 華基中心 | Nan Fung Property Management – Ricky Center |
| 南豐物業管理 – 泰豐工業大廈 | Nan Fung Property Management – Tai Fung Industrial Building |
| 南豐物業管理 – 華寶中心 | Nan Fung Property Management – Treasure Center |
| 南豐集團 – 宏業工業大廈 | Nan Fung Property Management – Wang Yip Industrial Building |
| 南豐物業管理 – 慧林苑 | Nan Fung Property Management – Wayne Place |
| 南豐物業管理 – 永興工業大廈 | Nan Fung Property Management – Wing Hing Industrial Building |
| 新大嶼山巴士(一九七三)有限公司 | New Lantao Bus Co., (1973) Ltd. |
| 香港基督教新生會何文田堂長者鄰舍中心 | New Life Church of Christ Ho Man Tin Centre For the Elderly |
| 新生精神康復會屯門長期護理院 | New Life Psychiatric Rehabilitation Association Tuen Mun Long Stay Care Home |
| 新界校長會 | New Territories School Heads Association |
| 新界的士商會有限公司 | New Territories Taxi Merchants Association Limited |
| 新界西長者學苑聯網 | New Territories West Elder Academies Cluster |
| 新界婦孺福利會社會服務部 – 柏雨長者 鄰舍中心 | New Territories Women & Juveniles Welfare Association Social Services Division Limited – Pak U Neighbourhood Elderly Centre |
| 新世界建築有限公司 | New World Construction Company Limited |
| 北區區議會健康城市工作小組 | North District Council Working Group on Healthy City |
| 北區家長教師會聯會 | North District Federation of Parent-Teacher Associations |
| 北區體育會有限公司 | North District Sports Association Ltd |
| 職業安全健康局 | Occupational Safety & Health Council |

| | |
|--------------------------------|---|
| 海洋公園公司 | Ocean Park Corporation |
| 香港晨曦會 | Operation Dawn Ltd |
| 油尖旺家長教師會聯會 | Organizing Committee, Yau Tsim Mong Federation of Parent-Teacher Associations |
| 聖母醫院 | Our Lady of Maryknoll Hospital |
| 白沙灣懲教所 | Pak Sha Wan Correctional Institution |
| 保華建業集團有限公司 | Paul Y Engineering Group Limited |
| 竹園區神召會好鄰舍家庭中心 (安達邨) | Pentecostal Church of HK Good Neighbour Family Centre (On Tat Estate) |
| 竹園區神召會秀茂坪好鄰舍家庭中心 | Pentecostal Church of HK Sau Mau Ping Good Neighbour Family Centre |
| 映物誌 | Photo GIFT (HK) Ltd |
| 保良局 | Po Leung Kuk |
| 保良局盧邱玉霜耆暉中心 | Po Leung Kuk Lo Yau Yuk Sheung Neighbourhood Elderly Centre |
| 保良局西營盤護老院暨長者日間護理中心 | Po Leung Kuk Sai Ying Pun Home for the Elderly cum Day Care Centre for the Elderly |
| 保良局黃祐祥紀念耆暉中心 | Po Leung Kuk Wong Yau Cheung Memorial Neighbourhood Elderly Centre |
| 博愛醫院 | Pok Oi Hospital |
| 博愛醫院 – 香港中文大學中醫教研中心 (沙田) | Pok Oi Hospital – The Chinese University of Hong Kong Chinese Medicine Centre for Training and Research (Sha Tin) |
| 博愛醫院中醫流動醫療車 TEAM A, B, D 及針灸中心 | Pok Oi Hospital Chinese Medicine Mobile Vehicle – Team A, B, D & Acupuncture Centre |
| 博愛醫院社區健康中心 | Pok Oi Hospital Community Health Centre |
| 博愛醫院賽馬會單身人士宿舍 | Pok Oi Hospital Jockey Club Hostel for Single Persons |
| 博愛醫院朱國京夫人紀念幼稚園幼兒中心 | Pok Oi Hospital Mrs Chu Kwok King Memorial Kindergarten/Day Nursery |
| 博愛醫院王木豐紀念長者健康支援及進修中心 | Pok Oi Hospital Wong Muk Fung Memorial Elderly Health Support and Learning Centre |
| 精神科日間醫院 (容鳳書紀念中心) | Psychiatric Day Hospital (Yung Fung Shee Memorial Centre) |
| 清新健康人協會 | Quit-Winners Club |
| 路德會采頤長者中心 | Rhythm Garden Lutheran Centre for the Elderly |
| 耆康會柴灣長者地區中心 | SAGE Chai Wan District Elderly Community Centre |
| 香港路德會茜草灣長者中心 | Sai Cho Wan Centre for the Elderly |
| 第一太平戴維斯物業管理有限公司 – 金鐘廊 | Savills Property Management Limited – Queensway Plaza |
| 森科產品有限公司 | Semk Products Limited |

| | |
|--------------------------|--|
| 沙田體育會 | Sha Tin Sports Association Limited |
| 基督復臨安息日會山景綜合青少年服務中心 | Shan King Integrated Children and Youth Services Centre of Seventh-day Adventists |
| 禮賢會沙田長者鄰舍中心 | Shatin Rhenish Neighbourhood Elderly Centre |
| 沙田婦女會 | Shatin Women's Association |
| 聖公會樂華老人日間護理中心 | Sheng Kung Hui Lok Wah Day Care Centre for the Elderly |
| 展亮技能發展中心 (觀塘) | Shine Skills Centre (Kwun Tong) |
| 展亮技能發展中心 (屯門) | Shine Skills Centre (Tuen Mun) |
| 薺色園 | Sik Sik Yuen |
| 薺色園主辦可觀自然教育中心暨天文館 | Sik Sik Yuen Ho Koon Nature Education cum Astronomical Centre |
| 薺色園主辦可平耆英鄰舍中心 | Sik Sik Yuen Ho Ping Neighbourhood Centre for Senior Citizens |
| 信和物業管理有限公司 – 尖沙咀中心 | Sino Estates Management Limited – Tsim Sha Tsui Centre |
| | Smart Fair Limited |
| 戒煙保健會 | Smoking Abstinence and Good Health Association |
| 基督教聯合那打素社康服務少數族裔及新移民戒煙計劃 | Smoking Cessation Project for Ethnic Minorities and New Immigrants, United Christian Nethersole Community Health Service |
| 西貢區議會社會服務及健康安全城市委員會 | Social Services & Healthy and Safe City Committee, SKDC |
| 南區健康安全協會 | Southern District Healthy and Safe Association |
| 聖雅各福群會 | St James' Settlement |
| 舞台文化餐飲服務有限公司 | Stage Catering Services Limited |
| 中西區健康城市督導委員會 | Steering Committee on Healthy City in the Central and Western District |
| 縱橫公共關係顧問集團有限公司 | Strategic Public Relations Group Limited |
| 津貼小學議會 | Subsidized Primary Schools Council |
| 翠豐臺 | Summit Terrace |
| 樂善堂李賢義裔群社少數族裔支援服務中心 | Support Service Centre for Ethnic Minorities, Lok Sin Tong Lee Yin Yee United Centre |
| 昇捷管理服務有限公司 – 金基工業大廈 | Synergis Management Services Limited – Gold King Industrial Building |
| 大埔區居民聯會 | Tai Po District Residents Association |
| 大埔健康安全城市 | Tai Po Safe and Healthy City |
| 大埔體育會 | Tai Po Sports Association |
| 大埔青年協會 | Tai Po Youths Association |
| 泰和車行有限公司 | Tai Wo Motors Ltd |
| 天星小輪有限公司 | The "Star" Ferry Company, Limited |

| | |
|--|--|
| 香港餐務管理協會 | The Association for Hong Kong Catering Services Management Ltd |
| 香港小童群益會 | The Boys' and Girls' Clubs Association of Hong Kong |
| 基督教協基會中央行政協調處 | The Church of United Brethren in Christ, Social Service Division |
| (聯合國環境署)十億樹木行動、國際百萬森林計劃、地球植林計劃，香港區委員會；及其轄下執行單位 | The Committee of International Million Trees (Forest) Project and Network (with the Billion Trees Campaign, and the "plant-for-the-planet" program) under UNEP – Hong Kong Region, The International Committee for Affairs of Reforestation Education (I CARE) , The Hima Foundation HK sub-unit, The Plant For The Planet Foundation Hong Kong, under the framework of United Nations Environment Program |
| 香港勵志會陳融晚晴中心 | The Endeavourers HK Bert James Young Neighbourhood Elderly Centre |
| 香港醫學組織聯會 | The Federation of Medical Societies of Hong Kong |
| 荃灣區體育康樂聯會 | The Federation of Tsuen Wan District Sports and Recreation Association Limited |
| 香港物業管理公司協會 | The Hong Kong Association of Property Management Companies |
| 香港中學校長會 | The Hong Kong Association of the Heads of Secondary Schools |
| 香港出口商會 | The Hong Kong Exporters' Association |
| 香港建築師學會 | The Hong Kong Institute of Architects |
| 香港特許秘書公會 | The Hong Kong Institute of Chartered Secretaries |
| 香港測量師學會 | The Hong Kong Institute of Surveyors |
| 香港賽馬會 | The Hong Kong Jockey Club |
| 香港醫學會 | The Hong Kong Medical Association |
| 香港學界體育聯會 | The Hong Kong Schools Sports Federation |
| 香港手外科醫學會 | The Hong Kong Society for Surgery of the Hand |
| 香港盲人輔導會 | The Hong Kong Society for the Blind |
| 香港防癆會 – 香港大學中醫臨床教研中心 (香港仔) | The Hong Kong Tuberculosis Association – The University of Hong Kong Clinical Centre for Teaching and Research in Chinese Medicine (Aberdeen) |
| 香港防癆會中醫診所暨香港大學中醫臨床教研中心 | The Hong Kong Tuberculosis Association Chinese Medicine Clinic cum Training Centre of The University of Hong Kong |
| 沙田區家長教師會聯會有限公司 | The Joint Council of Parent-Teacher Associations of the Shatin District Limited |
| 九龍巴士 (一九三三) 有限公司 | The Kowloon Motor Bus Co. (1933) Ltd |
| 九龍樂善堂 | The Lok Sin Tong Benevolent Society, Kowloon |
| 九龍樂善堂流動中醫診所 | The Lok Sin Tong Benevolent Society, Kowloon, Chinese Medicine Mobile Clinic |

| | |
|-------------------|---|
| 鄰舍輔導會 | The Neighbourhood Advice-Action Council |
| 鄰舍輔導會天瑞鄰里康齡中心 | The Neighbourhood Advice-Action Council Tin Shui Neighbourhood Elderly Centre |
| 香港新聲會 | The New Voice Club of Hong Kong |
| 香港藥學會 | The Pharmaceutical Society of Hong Kong |
| 地球植林計劃基金 (香港) | The Plant For The Planet Foundation Hong Kong |
| 尚悅管理有限公司 | The Reach Management Limited |
| 救世軍九龍中央堂 | The Salvation Army Kowloon Central Corps |
| 救世軍觀塘及西貢綜合家居照顧服務隊 | The Salvation Army Kwun Tong and Sai Kung Integrated Home Care Service Team |
| 救世軍寶林長者之家 | The Salvation Army Po Lam Residence for Senior Citizens |
| 救世軍大埔長者日間護理中心 | The Salvation Army Tai Po Day Care Centre for Senior Citizens |
| 香港戒毒會 | The Society for the Aid and Rehabilitation of Drug Abusers |
| 香港醫院藥劑師學會 | The Society of Hospital Pharmacists of Hong Kong |
| 圓玄學院粉嶺社會服務中心 | The Yuen Yuen Institute – Fanling Social Service Centre |
| 圓玄學院賽馬會觀塘社會服務中心 | The Yuen Yuen Institute Jockey Club Kwun Tong Social Service Centre |
| 圓玄學院社會服務部 | The Yuen Yuen Institute Social Service Unit |
| 圓玄學院荃灣西長者鄰舍中心 | The Yuen Yuen Institute Tsuen Wan West Neighbourhood Elderly Centre |
| 天水圍婦聯有限公司 | Tin Shui Wai Women Association Limited |
| 荃灣區家長教師會聯會有限公司 | Tsuen Wan District Parent Teacher Association Federation Limited |
| 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頤樂天地 | TTMHK Jubilee Neighbourhood Elderly Centre |
| 屯門醫院造口之友 | Tuen Mun Hospital Stoma Group |
| 東華三院 | Tung Wah Group of Hospitals |
| 東華三院健康理財家庭輔導中心 | Tung Wah Group of Hospitals Healthy Budgeting Family Debt Counselling Centre |
| 東華三院戒煙綜合服務中心 | Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation |
| 東華三院賽馬會天水圍綜合服務中心 | Tung Wah Group of Hospitals Jockey Club Tin Shui Wai Integrated Services Centre |
| 東華三院方肇彝長者鄰舍中心 | TWGHs Fong Shiu Yee Neighbourhood Elderly Centre |
| 東華三院羅玉玉文護養院暨日間中心 | TWGHs Lo Wong Yuk Man Nursing Home cum Day Care Centre |
| 東華三院王澤森長者地區中心 | TWGHs Wilson T S Wang District Elderly Community Centre |
| 仁安醫院 | Union Hospital |

| | |
|-----------------------------|---|
| 基督教聯合那打素社康服務 | United Christian Nethersole Community Health Service |
| 富城物業管理有限公司 | Urban Property Management Limited |
| 富城物業管理有限公司 – 嘉隆苑管業處 | Urban Property Management Limited – Ka Lung Court (EMO) |
| 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 – 布力徑 26-36 號管業處 | Urban Property Management Limited – Management Office at Black's Link 26-36 |
| 富城物業管理有限公司 – 布力徑 62-70 號管業處 | Urban Property Management Limited – Management Office at Black's Link 62-70 |
| 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 – 新世界大廈 | Urban Property Management Limited – New World Tower |
| 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 – 寶麗苑 | Urban Property Management Limited – Po Lai Court |
| 富城物業管理有限公司 – 博康邨 | Urban Property Management Limited – Pok Hong Estate |
| 富城物業管理有限公司 – 龍華花園 | Urban Property Management Limited – Ronsdale Garden |
| 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 – 科技中心管業處 | Urban Property Management Limited – Technology Plaza Management Office |
| 惠益港九及新界的士車主聯會有限公司 | Wai Yik HK & Kln & NT Taxi Owners Association Ltd |
| 惠康環境服務有限公司 | Waihong Environmental Services Limited |
| 灣仔體育總會有限公司 | Wanchai Sports Federation Limited |
| 黃埔物業管理有限公司 – ac | Whampao Property Management Limited – ac |
| 黃埔物業管理有限公司 – 嘉樂苑 | Whampoa Property Management Limited – Cameron House |
| 黃埔物業管理有限公司 – 28 號白加道 | Whampoa Property Management Limited – 28 Barker Road |
| 極地同行 | Wheel For Oneness |
| 宏施慈善基金深水埗社會服務處 | Windshield Charitable Foundation Sham Shui Po Social Services |
| 宏施慈善基金社會服務處 | Windshield Charitable Foundation Social Services |
| 婦女服務聯會 | Women Service Association |
| 黃大仙區健康安全城市 | Wong Tai Sin District Healthy & Safe City |
| 黃大仙區康樂體育會 | Wong Tai Sin District Recreation and Sports Council |
| 黃大仙區學校聯絡委員會 | Wong Tai Sin District School Liaison Committee |
| 仁濟醫院 | Yan Chai Hospital |
| 仁愛堂有限公司 | Yan Oi Tong Limited |
| 有利建築有限公司 | Yau Lee Construction Company Limited |
| 油尖旺社區網絡新動力 | Yau Tsim Mong Community Network New Dynamics |
| 元朗區健康城市協會有限公司 | Yuen Long District Healthy City Association Limited |

| | |
|--------------------------|---|
| 元朗區體育會 | Yuen Long District Sports Association |
| 圓玄護理安老院 | Yuen Yuen Care & Attention Home for The Aged |
| 圓玄安老院 | Yuen Yuen Home for the Aged |
| 圓玄護養院暨長者日間護理中心 (梨木樹邨) | Yuen Yuen Nursing Home cum Day Care Centre for the Elderly (Lei Muk Shue Estate) |
| 圓玄護養院暨長者日間護理中心 (順利邨) | Yuen Yuen Nursing Home cum Day Care Centre for the Elderly (Shun Lee Estate) |
| 圓玄軒婦女中心 | Yuen Yuen V-Learn Women Centre |
| 省善真堂社會服務有限公司 | |
| 華夏環境研究公司 | |
| 寶物世界有限公司 | |

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

| | |
|----------------------|--|
| 香港仔聖伯多祿天主教小學 | Aberdeen St Peter's Catholic Primary School |
| 博愛醫院歷屆總理聯誼會梁省德中學 | AD & FD Pok Oi Hospital Limited Leung Sing Tak College |
| 博愛醫院歷屆總理聯誼會鄭任安夫人千禧小學 | AD & FD Pok Oi Hospital Mrs Cheng Yam On Millennium School |
| 雅麗斯俊宏軒幼稚園暨幼兒園 | Agnes Kindergarten (Grandeur Terrace) |
| 愛秩序灣官立小學 | Aldrich Bay Government Primary School |
| 香港中文大學視聽製作部 | Audio Visual Services Unit, The Chinese University of Hong Kong |
| 醫療輔助隊 | Auxiliary Medical Service |
| 浸信會沙田圍呂明才小學 | Baptist (Sha Tin Wai) Lui Ming Choi Primary School |
| 浸信會華恩幼稚園 | Baptist Church Shining Grace Kindergarten |
| 浸信會呂明才中學 | Baptist Lui Ming Choi Secondary School |
| 浸信會天虹小學 | Baptist Rainbow Primary School |
| 福德學校 | Bishop Ford Memorial School |
| 何明華會督銀禧中學 | Bishop Hall Jubilee School |
| 般咸道官立小學 | Bonham Road Government Primary School |
| 佛教中華康山學校 | Buddhist Chung Wah Kornhill Primary School |
| 佛教林炳炎紀念學校 | Buddhist Lam Bing Yim Memorial School |
| 佛教林金殿紀念小學 | Buddhist Lim Kim Tian Memorial Primary School |
| 佛教沈香林紀念中學 | Buddhist Sum Heung Lam 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 |

| | |
|---------------------|--|
| 明愛粉嶺陳震夏中學 | Caritas Fanling Chan Chun Ha Secondary School |
| 明愛馬鞍山中學 | Caritas Ma On Shan Secondary School |
| 迦密愛禮信小學 | Carmel Alison Lam Primary School |
| 迦密唐賓南紀念中學 | Carmel Bunnan Tong Memorial Secondary School |
| 迦密中學 | Carmel Secondary School |
| 中華基督教會全完中學 | CCC Chuen Yuen College |
| 中華基督教會元朗真光小學 | CCC Chun Kwong Primary School |
| 中華基督教會福幼第二幼稚園 | CCC Fuk Yau No 2 Kindergarten |
| 中華基督教會馮梁結紀念中學 | CCC Fung Leung Kit Memorial Secondary School |
| 中華基督教會協和小學 (長沙灣) | CCC Heep Woh Primary School (Cheung Sha Wan) |
| 中華基督教會何福堂小學 | CCC Hoh Fuk Tong Primary School |
| 中華基督教會基協中學 | CCC Kei Heep Secondary School |
| 中華基督教會望覺堂賢貞幼稚園 | CCC Mongkok Church Jeannette Kindergarten |
| 中華基督教會大澳小學 | CCC Tai O Primary School |
| 中華基督教會灣仔堂基道小學 | CCC Wanchai Church Kei To Primary School |
| 中華基督教會灣仔堂基道小學 (九龍城) | CCC Wanchai Church Kei To Primary School (Kowloon City) |
| 香港中文大學大學與學校夥伴協作中心 | Centre for University & School Partnership, The Chinese University of Hong Kong |
| 柴灣浸信會學前教育中心呂明才幼稚園 | Chai Wan Baptist Church Pre-School Education Lui Ming Choi Kindergarten |
| 柴灣角天主教小學 | Chai Wan Kok Catholic Primary School |
| 陳瑞祺 (喇沙) 小學 | Chan Sui Ki (La Salle) Primary School |
| 香港中文大學中國研究中心 | Centre for China Studies, The Chinese University of Hong Kong |
| 長洲聖心學校 | Cheung Chau Sacred Heart School |
| 路德會長青幼稚園 | Cheung Ching Lutheran Day Nursery |
| 佛教志蓮中學 | Chi Lin Buddhist Secondary School |
| 中華聖潔會靈風中學 | China Holiness Church Living Spirit College |
| 中聖書院 | China Holiness College |
| 青年會書院 | Chinese YMCA College |
| 香港潮陽小學 | Chiu Yang Primary School of Hong Kong |
| 香港護理學院 | College of Nursing, Hong Kong |
| 張振興伉儷書院 | Chong Gene Hang College |
| 宣道會鄭榮之中學 | Christian Alliance Cheng Wing Gee College |
| 中華宣道會陳瑞芝紀念中學 | Christian Alliance S C Chan Memorial College |

| | |
|------------------|--|
| 真鐸學校 | Chun Tok School |
| 鐘聲學校 | Chung Sing School |
| 中華傳道會安柱中學 | CNEC Christian College |
| 文理書院 (九龍) | Cognitio College (Kowloon) |
| 孔教學院大成何郭佩珍中學 | Confucian Tai Shing Ho Kwok Pui Chun College |
| 棉紡會中學 | Cotton Spinners Association Secondary School |
| 香港中文大學校友會聯會張煊昌學校 | CUHKFAA Thomas Cheung School |
| 香港中文大學校友會聯會張煊昌中學 | CUHKFAA Thomas Cheung Secondary School |
| 天主教母佑會蕭明中學 | Daughters of Mary Help of Christians Siu Ming Catholic Secondary School |
| 地利亞修女紀念學校 (百老匯) | Delia Memorial School (Broadway) |
| 香港中文大學中國語言及文學系 | Department of Chinese Language & Literature, The Chinese University of Hong Kong |
| 香港中文大學經濟學系 | Department of Economics, The Chinese University of Hong Kong |
| 香港中文大學英文系 | Department of English, The Chinese University of Hong Kong |
| 香港中文大學地理與資源管理學系 | Department of Geography & Resource Management, The Chinese University of Hong Kong |
| 香港中文大學信息工程學系 | Department of Information Engineering, The Chinese University of Hong Kong |
| 香港中文大學社會學系 | Department of Sociology, The Chinese University of Hong Kong |
| 香港中文大學體育運動科學系 | Department of Sports Science and Physical Education, The Chinese University of Hong Kong |
| 拔萃女小學 | Diocesan Girls' Junior School |
| 胡素貞博士紀念學校 | Dr Catherine F Woo Memorial School |
| 基督教香港信義會興華幼兒學校 | ELCHK Hing Wah Nursery School |
| 基督教香港信義會禾輦信義學校 | ELCHK Wo Che Lutheran School |
| 九龍靈光小學 | Emmanuel Primary School, Kowloon |
| 香港中文大學創業創新副修課程 | Entrepreneurship and Innovation Minor Programme, The Chinese University of Hong Kong |
| 香港中文大學醫學院 | Faculty of Medicine, The Chinese University of Hong Kong |
| 基督教香港信義會心誠中學 | Fanling Lutheran Secondary School |
| 郭怡雅神父紀念學校 | Father Cucchiara Memorial School |
| 五邑工商總會張祝珊幼稚園 | FDBWA Cheung Chuk Shan Kindergarten |
| 五邑司徒浩中學 | FDBWA Szeto Ho Secondary School |
| 香港中文大學財務處 | Finance Office, The Chinese University of Hong Kong |

| | |
|---------------------|--|
| 循理會白普理基金循理小學 | FMB Chun Lei Primary School |
| 福來邨錦全幼稚園 | Fok Loy Estate Kam Chuen Kindergarten |
| 福榮街官立小學 | Fuk Wing Street Government 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 |
| 東莞工商總會張煌偉小學 | GCCITKD Cheong Wong Wai Primary School |
| 香港中文大學性別研究課程 | Gender Studies Programme, The Chinese University of Hong Kong |
| 培生學校 | Grace Christian Academy |
| 協恩中學附屬小學 | Heep Yunn Primary School |
| 軒尼詩道官立小學 (銅鑼灣) | Hennessy Road Government Primary School (Causeway Bay) |
| 將軍澳香島中學 | Heung To Secondary School (Tseung Kwan O) |
| 香海正覺蓮社佛教正覺蓮社學校 | HHCKLA Buddhist Ching Kok Lin Association School |
| 香海正覺蓮社佛教馬錦燦紀念英文中學 | HHCKLA Buddhist Ma Kam Chan Memorial English Secondary School |
| 興德學校 | Hing Tak School |
| 香港四邑商工總會新會商會學校 | HK Sze Yap C&IA San Wui Commercial Society School |
| 香港浸會大學附屬學校王錦輝中小學 | HKBUEAS Wong Kam Fai Secondary and Primary School |
| 香港聖公會東涌幼兒學校 | HKSKH Tung Chung Nursery School |
| 香港道教聯合會青松中學 | HKTA Ching Chung Secondary School |
| 香港道教聯合會飛雁幼稚園 | HKTA Fei Ngan Kindergarten |
| 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陳呂重德紀念學校 | HKTA The Yuen Yuen Institute Chan Lui Chung Tak Memorial School |
| 香港道教聯合會圓玄學院第一中學 | HKTA The Yuen Yuen Institute No 1 Secondary School |
| 香港道教聯合會圓玄學院第二中學 | HKTA The Yuen Yuen Institute No 2 Secondary School |
| 香港道教聯合會雲泉吳禮和紀念學校 | HKTA Wun Tsuen Ng Lai Wo Memorial School |
| 香港道教聯合會圓玄幼稚園 | HKTA Yuen Yuen Kindergarten |
| 香港道教聯合會圓玄幼稚園 (富善村) | HKTA Yuen Yuen Kindergarten (Fu Shin Estate) |
| 香港道教聯合會圓玄幼稚園 (平田邨) | HKTA Yuen Yuen Kindergarten (Ping Tin Estate) |
| 香港道教聯合會圓玄幼稚園 (天逸邨) | HKTA Yuen Yuen Kindergarten (Tin Yat Estate) |
| 香港道教聯合會圓玄幼稚園 (東頭邨) | HKTA Yuen Yuen Kindergarten (Tung Tau Estate) |
| 香港道教聯合會圓玄學院石圍角小學 | HKTA YYI Shek Wai Kok Primary School |
| 香港大學附屬學院 (九龍東分校) | HKU SPACE Community College (Kowloon East Campus) |
| 嗇色園主辦可正幼稚園 | Ho Ching Kindergarten (Sponsored by Sik Sik Yuen) |
| 嗇色園主辦可風中學 | Ho Fung College (Sponsored by Sik Sik Yuen) |

| | |
|-------------------|---|
| 嚮色園主辦可立中學 | Ho Lap College (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可立幼稚園 | Ho Lap Kindergarten (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可立小學 | Ho Lap Primary School (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可銘學校 | Ho Ming Primary School (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可藝中學 | Ho Ngai College (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可愛幼稚園 | Ho Oi Day Nursery (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可瑞幼稚園 | Ho Shui Kindergarten (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可信學校 | Ho Shun Primary School (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可德幼稚園及可德幼兒中心 | Ho Tak Kindergarten and Ho Tak Child Care Centre (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可仁幼稚園 | Ho Yan Kindergarten (Sponsored by Sik Sik Yuen) |
| 嚮色園主辦可譽中學暨可譽小學 | Ho Yu College and Primary School (Sponsored by Sik Sik Yuen) |
| 海壩街官立小學 | Hoi Pa Street Government Primary School |
| 旅港開平商會學校 | Hoi Ping Chamber of Commerce Primary School |
| 旅港開平商會中學 | Hoi Ping Chamber of Commerce Secondary School |
| 聖三一中心幼稚園 | Holy Trinity Centre Kindergarten |
| 港澳信義會小學 | Hong Kong & Macau Lutheran Church Primary School |
| 香港醫學專科學院 | Hong Kong Academy of Medicine |
| 香港浸信會聯會小學 | Hong Kong Baptist Convention Primary School |
| 香港心臟專科學院 | Hong Kong College of Cardiology |
| 香港女童軍總會 | Hong Kong Girl Guides Association |
| 五旬節聖潔會永光書院 | Hong Kong Pentecostal Holiness Church Wing Kwong College |
| 香港紅十字會甘迺迪中心 | Hong Kong Red Cross John F Kennedy Centre |
| 香港紅卍字會大埔卍慈中學 | Hong Kong Red Swastika Society Tai Po Secondary School |
| 香港聖約翰救傷隊少青團 | Hong Kong St John Ambulance Brigade Youth Command |
| 香港鄧鏡波書院 | Hong Kong Tang King Po College |
| 香港中文大學資訊科技服務處 | Information Technology Services Centre, The Chinese University of Hong Kong |
| 伊斯蘭徐錦享紀念幼稚園 | Islamic Abu Bakar Chui Memorial Kindergarten |
| 殷翠幼稚園 | Jade Kindergarten |
| 佐敦道官立小學 | Jordan Road Government Primary School |
| 佐敦谷聖若瑟天主教小學 | Jordan Valley St Joseph's Catholic Primary School |
| 裘錦秋中學 (屯門) | Ju Ching Chu Secondary School (Tuen Mun) |
| 少年警訊 | Junior Police Call |
| 錦田公立蒙養學校 | Kam Tin Mung Yeung Public School |

| | |
|------------------|--|
| 珈琳中英文幼稚園 (龍門居分校) | Karlam Anglo-Chinese Kindergarten (Oasis Garden) |
| 救恩書院 | Kau Yan College |
| 路德會建生幼稚園 | Kin Sang Lutheran Kindergarten |
| 英皇書院 | King's College |
| 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) |
| 國民學校 | Kwok Man School |
| 廣林浸信會呂郭碧鳳幼稚園 | Kwong Lam Baptist Lui Kwok Pat Fong Kindergarten |
| 光明學校 | Kwong Ming School |
| 觀塘官立小學 | Kwun Tong Government Primary School |
| 林村公立黃福鑾紀念學校 | Lam Tsuen Public Wong Fook Luen Memorial School |
| 李求恩紀念中學 | Lee Kau Yan Memorial School |
| 香港大學李嘉誠醫學院 | Li Ka Shing Faculty of Medicine, The University of Hong Kong |
| 李陞小學 | Li Sing Primary School |
| 靈糧堂劉梅軒中學 | Ling Liang Church M H Lau Secondary 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 |
| 嶺南大學 | Lingnan University |
| 獅子會中學 | Lions College |
| 小牛頓中英文幼稚園 | Little Newton Anglo-Chinese Kindergarten and International Preschool |
| 世界龍岡學校黃耀南小學 | LKWFSL Wong Yiu Nam Primary School |
| 樂善堂張葉茂清幼稚園 | Lok Sin Tong Cheung Yip Mou Ching Kindergarten |
| 樂善堂顧超文中學 | Lok Sin Tong Ku Chiu Man Secondary School |
| 樂善堂顧李覺鮮幼稚園 | Lok Sin Tong Ku Lee Kwok Sin Kindergarten |
| 樂善堂劉德學校 | Lok Sin Tong Lau Tak Primary School |
| 樂善堂李賢義幼稚園 | Lok Sin Tong Lee Yin Yee Kindergarten |
| 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 |
| 樂善堂梁銑琚學校 | Lok Sin Tong Leung Kau Kui Primary School |
| 樂善堂梁銑琚學校 (分校) | Lok Sin Tong Leung Kau Kui Primary School (Branch) |
| 樂善堂梁黃蕙芳紀念學校 | Lok Sin Tong Leung Wong Wai Fong Memorial School |
| 樂善堂文吳泳沂幼稚園 | Lok Sin Tong Man Ng Wing Yee Kindergarten |

| | |
|---------------------|--|
| 樂善堂小學 | Lok Sin Tong Primary School |
| 樂善堂梁泳釗幼稚園 | Lok Sin Tong Stephen Leung Kindergarten |
| 樂善堂鄧德濂幼稚園 | Lok Sin Tong Tang Tak Lim Kindergarten |
| 樂善堂王仲銘中學 | Lok Sin Tong Wong Chung Ming Secondary School |
| 樂善堂楊仲明學校 | Lok Sin Tong Yeung Chung Ming Primary School |
| 樂善堂楊葛小琳中學 | Lok Sin Tong Young Ko Hsiao Lin Secondary School |
| 樂善堂余近卿中學 | Lok Sin Tong Yu Kan Hing Secondary School |
| 路德會呂祥光幼稚園 | Lui Cheung Kwong Lutheran Kindergarten |
| 路德會呂明才中學 | Lui Ming Choi Lutheran College |
| 龍翔官立中學 | Lung Cheung Government Secondary School |
| 粵南信義會腓力堂馬頭圍幼兒學園 | Lutheran Philip House Ma Tau Wai Nursery School |
| 閩僑小學 | Man Kiu Association Primary School |
| 天佑小學 | Mary of Providence Primary School |
| 瑪利諾神父教會學校 (小學部) | Maryknoll Fathers' School (Primary Section) |
| 瑪利曼小學 | Marymount Primary School |
| 美雅幼稚園 | May Nga Kindergarten |
| 美雅幼稚園 (分校) | May Nga Kindergarten (Branch) |
| 基督教聖約教會小天使 (天盛) 幼稚園 | MCC Little Angel (Tin Shing) Kindergarten |
| 馬錦明慈善基金馬陳端喜紀念中學 | MKMCF Ma Chan Duen Hey Memorial College |
| 香港中文大學晨興書院 | Morningside College, The Chinese University of Hong Kong |
| 慕光英文書院 | Mu Kuang English School |
| 民生書院小學 | Munsang College Primary School |
| 香港中文大學新亞書院 | New Asia College, The Chinese University of Hong Kong |
| 新九龍婦女會新翠幼兒園 | New Kowloon Women Association Sun Chui Nursery |
| 天主教新民書院 | Newman Catholic College |
| 吳氏宗親總會泰伯紀念學校 | Ng Clan's Association Tai Pak Memorial School |
| 天主教伍華中學 | Ng Wah Catholic Secondary School |
| 寧波公學 | Ning Po College |
| 北角官立小學 (雲景道) | North Point Government Primary School (Cloud View Road) |
| 北角衛理堂幼稚園 | North Point Methodist Church Kindergarten |
| 北角衛理小學 | North Point Methodist Primary School |
| 南丫北段公立小學 | Northern Lamma School |
| 獻主會聖母院書院 | Notre Dame College |
| 新界鄉議局元朗區中學 | NT Heung Yee Kuk Yuen Long District Secondary School |

| | |
|----------------|--|
| 新界婦孺福利會梁省德學校 | NT Women and Juveniles Welfare Association Limited Leung Sing Tak Primary School |
| 香港中文大學學術交流處 | Office of Academic Links, The Chinese University of Hong Kong |
| 聖母玫瑰書院 | Our Lady of The Rosary College |
| 平安福音堂幼稚園 (天水圍) | Peace Evangelical Centre Kindergarten (Tin Shui Wai) |
| 五旬節中學 | Pentecostal School |
| 天主教普照中學 | Po Chiu Catholic Secondary School |
| 保良局朱敬文中學 | Po Leung Kuk C W Chu College |
| 保良局朱正賢小學 | Po Leung Kuk Chee Jing Yin Primary School |
| 保良局蔡冠深幼稚園 | Po Leung Kuk Choi Koon Shum 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 |
| 保良局李城璧中學 | Po Leung Kuk Lee Shing Pik College |
| 保良局馬錦明中學 | Po Leung Kuk Ma Kam Ming College |
| 保良局陳維周夫人紀念學校 | Po Leung Kuk Madam Chan Wai Chow Memorial School |
| 保良局陳百強伉儷青衣學校 | Po Leung Kuk Mr & Mrs Chan Pak Keung Tsing Yi School |
| 保良局何壽南小學 | Po Leung Kuk Stanley Ho Sau Nan Primary School |
| 保良局莊啟程幼稚園 | Po Leung Kuk Vicwood KT Chong Kindergarten |
| 保良局黃永樹小學 | Po Leung Kuk Wong Wing Shu Primary School |
| 寶安商會溫浩根小學 | Po On Commercial Association Wan Ho Kan Primary School |
| 博愛醫院陳楷紀念中學 | Pok Oi Hospital Chan Kai Memorial College |
| 培英中學 | Pui Ying Secondary School |
| 皇仁舊生會中學 | Queen's College Old Boys' Association Secondary School |
| 麗晶幼稚園分校 | Regent's Kindergarten (Branch School) |
| 玫瑰崗學校 (中學部) | Rosaryhill School (Secondary Section) |
| 西貢中心李少欽紀念學校 | Sai Kung Central Lee Siu Yam Memorial School |
| 聖類斯中學 | Saint Louis School |
| 聖道宏爵國際學校 | Saint Too Sear Rogers International School |
| 救世軍卜維廉中學 | Salvation Army William Booth Secondary School |
| 秀明小學 | Sau Ming Primary School |
| 香港浸會大學傳理學院 | School of Communication, Hong Kong Baptist University |
| 香港中文大學新聞與傳播學院 | School of Journalism and Communication, The Chinese University of Hong Kong |

| | |
|-----------------------------------|--|
| 香港大學李嘉誠醫學院護理學院 | School of Nursing, Li Ka Shing Faculty of Medicine, The University of Hong Kong |
| 香港理工大學護理學院 | School of Nursing, The Hong Kong Polytechnic University |
| 香港大學李嘉誠醫學院公共衛生學院 | School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong |
| 沙田官立小學 | Shatin Government Primary School |
| 沙田循道衛理小學 | Shatin Methodist Primary School |
| 沙田培英中學 | Shatin Pui Ying College |
| 石湖墟公立學校 | Shek Wu Hui Public School |
| 善一堂安逸幼稚園 | Shin Yat Tong On Yat Kindergarten |
| 寶血會思源學校 | Si Yuan School of the Precious Blood |
| 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 |
| 聖公會主愛小學 | SKH Chu Oi Primary School |
| 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 |
| 聖公會牧愛小學 | SKH Good Shepherd Primary School |
| 聖公會聖匠中學 | SKH Holy Carpenter Secondary School |
| 聖公會聖十架小學 | SKH Holy Cross Primary School |
| 聖公會主風小學 | SKH Holy Spirit Primary School |
| 聖公會靈愛小學 | SKH Ling Oi Primary School |
| 聖公會聖本德中學 | SKH St Benedict's School |
| 聖公會聖雅各小學 | SKH St James' Primary School |
| 聖公會青衣邨何澤芸小學 | SKH Tsing Yi Estate Ho Chak Wan Primary School |
| 南元朗官立小學 | South Yuen Long Government Primary School |
| 柏立基教育學院校友會李一鵠紀念學校 | SRBCEPSA Lee Yat Ngok Memorial School |
| 聖安多尼學校 | St Anthony's School |
| 聖安當小學 | St Antonius Primary School |
| 聖文德天主教小學 | St Bonaventure Catholic Primary School |
| 德萃幼稚園・幼兒園(紅磡) | St Hilary's Kindergarten • Nursery (Hung Hom) |
| 德萃幼稚園・幼兒園(太子) | St Hilary's Kindergarten • Nursery (Prince Edward) |
| 聖雅各福群會麥潔蓮幼稚園／ 聖雅各福群會幼兒中心(堅尼地道) | St James' Settlement Kathleen McDouall Kindergarten / St James' Settlement Child Care Centre (Kennedy Road) |
| 天主教聖葉理諾幼稚園 | St Jerome's Catholic Kindergarten |
| 聖若翰天主教小學 | St John The Baptist Catholic Primary School |
| 萊恩幼稚園(元朗) | St Lorraine Kindergarten (Yuen Long) |

| | |
|-------------------------|--|
| 聖類斯中學 (小學部) | St Louis School (Primary Section) |
| 聖瑪加利男女英文中小學 | St Margaret's Co-educational English Secondary and Primary School |
| 嘉諾撒聖瑪利書院 | St Mary's Canossian College |
| 路德會聖馬太學校 (秀茂坪) | St Matthew's Lutheran School (Sau Mau Ping) |
| 聖文嘉中英文幼稚園 | St Monica's Anglo-Chinese Kindergarten |
| 天主教聖保祿幼兒園 (大圍) | St Paul's Catholic Day Nursery (Tai Wai) |
| 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 |
| 聖士提反書院附屬小學 | St Stephen's College Preparatory School |
| 德蘭中學 | St Teresa Secondary School |
| 聖多馬堂幼稚園 | St Thomas' Church Kindergarten |
| 順德聯誼總會胡少渠紀念小學 | STFA Wu Siu Kui Memorial Primary School |
| 孫方中書院 | Sun Fong Shung College |
| 太古小學 | Tai Koo Primary School |
| 大埔浸信會公立學校 | Tai Po Baptist Public School |
| 天主教大埔幼稚園 | Tai Po Catholic Kindergarten |
| 大埔官立小學 | Tai Po Government Primary School |
| 大埔循道衛理小學 | Tai Po Methodist School |
| 大埔舊墟公立學校 (寶湖道) | Tai Po Old Market Public School (Plover Cove) |
| 廠商會中學 | The Chinese Manufacturers' Association of Hong Kong Secondary School |
| 香港中文大學 | The Chinese University of Hong Kong |
| 香港外科醫學院 | The College of Surgeons of Hong Kong |
| 香港護理專科學院 | The Hong Kong Academy of Nursing Limited |
| 香港華人基督教聯會真道書院 | The Hong Kong Chinese Christian Churches Union Logos Academy |
| 香港中國婦女會幼稚園 | The Hong Kong Chinese Women's Club Kindergarten |
| 香港婦產科學院 | The Hong Kong College of Obstetricians and Gynaecologists |
| 香港中文大學醫學院賽馬會公共衛生及基層醫療學院 | The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong |
| 香港中文大學醫學院那打素護理學院 | The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong |
| 香港大學 | The University of Hong Kong |
| 圓玄學院妙法寺內明陳呂重德紀念中學 | The Yuen Yuen Institute MFBM Nei Ming Chan Lui Chung Tak Memorial College |

| | |
|-----------------|---|
| 田家炳中學 | Tin Ka Ping Secondary School |
| 香港真光中學 (小學部) | True Light Middle School of Hong Kong (Primary Section) |
| 曾壁山中學 | Tsang Pik Shan Secondary School |
| 將軍澳天主教小學 | Tseung Kwan O Catholic Primary School |
| 將軍澳官立小學 | Tseung Kwan O Government Primary School |
| 青衣商會幼稚園 | Tsing Yi Trade Association Kindergarten |
| 青衣商會小學 | Tsing Yi Trade Association Primary School |
| 荃灣天主教小學 | Tsuen Wan Catholic Primary School |
| 荃灣商會學校 | Tsuen Wan Trade Association Primary School |
| 崇真小學暨幼稚園 | Tsung Tsin Primary School and Kindergarten |
| 慈雲山聖文德天主教小學 | Tsz Wan Shan St Bonaventure Catholic Primary School |
| 東涌天主教學校 | Tung Chung Catholic School |
| 東華三院張明添中學 | TWGHs Chang Ming Thien College |
| 東華三院陳兆民中學 | TWGHs Chen Zao Men College |
| 東華三院李潤田紀念中學 | TWGHs Lee Ching Dea Memorial College |
| 東華三院李賜豪小學 | TWGHs Li Chi Ho Primary School |
| 東華三院廖恩德紀念幼稚園 | TWGHs Liu Yan Tak Memorial Kindergarten |
| 東華三院呂潤財紀念中學 | TWGHs Lui Yun Choy Memorial College |
| 東華三院鄭錫坤伉儷中學 | TWGHs Mr & Mrs Kwong Sik Kwan College |
| 東華三院王余家潔紀念小學 | TWGHs Wong Yee Jar Jat Memorial Primary School |
| 香港東區婦女福利會黎桂添幼稚園 | WWC(ED) HK Lai Kwai Tim Day Nursery |
| 香港普通話研習社科技創意小學 | Xianggang Putonghua Yanxishe Primary School |
| 仁濟醫院陳耀星小學 | Yan Chai Hospital Chan Lu Seng Primary School |
| 仁濟醫院趙曾學韞小學 | Yan Chai Hospital Chiu Tsang Hok Wan Primary School |
| 仁濟醫院蔡衍濤小學 | Yan Chai Hospital Choi Hin To Primary School |
| 仁濟醫院蔡百泰幼稚園／幼兒中心 | Yan Chai Hospital Choi Pat Tai Kindergarten/Child Care Centre |
| 仁濟醫院方江輝幼稚園／幼兒中心 | Yan Chai Hospital Fong Kong Fai Kindergarten/ Child Care Centre |
| 仁濟醫院何式南小學 | Yan Chai Hospital Ho Sik Nam Primary School |
| 仁濟醫院裘錦秋幼稚園／幼兒中心 | Yan Chai Hospital Ju Ching Chu Kindergarten/ Child Care Centre |
| 仁濟醫院郭子樑幼稚園／幼兒中心 | Yan Chai Hospital Kwok Chi Leung Kindergarten/ Child Care Centre |
| 仁濟醫院靚次伯紀念中學 | Yan Chai Hospital Lan Chi Pat Memorial Secondary School |
| 仁濟醫院羅陳楚思中學 | Yan Chai Hospital Law Chan Chor Si College |

| | |
|-------------------|--|
| 仁濟醫院羅陳楚思小學 | Yan Chai Hospital Law Chan Chor Si Primary School |
| 仁濟醫院林百欣中學 | Yan Chai Hospital Lim Por Yen Secondary School |
| 仁濟醫院明德幼稚園 | Yan Chai Hospital Ming Tak Kindergarten |
| 仁濟醫院林李婉冰幼稚園 | Yan Chai Hospital Nina Lam Kindergarten |
| 仁濟醫院第二中學 | Yan Chai Hospital No 2 Secondary School |
| 仁濟醫院山景幼稚園／幼兒中心 | Yan Chai Hospital Shan King Kindergarten/Child Care Centre |
| 仁濟醫院董之英紀念中學 | Yan Chai Hospital Tung Chi Ying Memorial Secondary School |
| 仁濟醫院董伯英幼稚園／幼兒中心 | Yan Chai Hospital Tung Pak Ying Kindergarten/ Child Care Centre |
| 仁濟醫院永隆幼稚園／幼兒中心 | Yan Chai Hospital Wing Lung Kindergarten/Child Care Centre |
| 仁濟醫院王華湘中學 | Yan Chai Hospital Wong Wha San Secondary School |
| 仁濟醫院友愛幼稚園／幼兒中心 | Yan Chai Hospital Yau Oi Kindergarten |
| 仁濟醫院嚴徐玉珊幼稚園 | Yan Chai Hospital Yim Tsui Yuk Shan Kindergarten |
| 仁濟醫院九龍崇德社幼稚園／幼兒中心 | Yan Chai Hospital Zonta Club of Kowloon Kindergarten/ Child Care Centre |
| 仁愛堂陳黃淑芳紀念中學 | Yan Oi Tong Chan Wong Suk Fong Memorial Secondary School |
| 仁愛堂劉皇發夫人小學 | Yan Oi Tong Madam Lau Wong Fat Primary School |
| 油蔴地天主教小學 (海泓道) | Yaumati Catholic Primary School (Hoi Wang Road) |
| 英華小學 | Ying Wa Primary School |
| 耀東浸信會幼稚園 | Yiu Tung Baptist Kindergarten |
| 中華基督教會元朗堂真光幼稚園 | Yuen Long Church (CCC) Chan Kwong Kindergarten |
| 元朗官立小學 | Yuen Long Government Primary School |
| 元朗商會小學 | Yuen Long Merchants Association Primary School |
| 元朗朗屏邨惠州學校 | Yuen Long Ping Estate Wai Chow School |
| 元朗寶覺小學 | Yuen Long Po Kok Primary School |
| 元朗東莞同鄉會熊定嘉幼稚園 | Yuen Long Tung Koon District Association Hung Ting Ka Kindergarten |
| 英藝幼稚園暨國際幼兒園 (元朗) | Zenith Kindergarten (Yuen Long) |

「無煙車樂部」計劃支持機構及企業會員名單

List of Supporting Organizations & Corporate Members for “Smoke-free Drivers Club” Programme

| 支持機構及企業會員 Supporting Organization & Corporate Member | |
|--|---|
| 衛星的士電召服務中心 | ABA Taxi Radio Call Services Centre |
| 新界電召的士聯會 | Association of New Territories Radio Taxicabs Ltd. |
| | Bauhaus International (Holdings) Ltd |
| 中港澳直通巴士聯會 | China Hong Kong and Macau Boundary Crossing Bus Association |
| 中港通集團有限公司 | Chinalink Express Holdings Limited |
| 全利電召的士聯會有限公司 | Chuen Lee Radio Taxis Association Ltd. |
| 忠誠車行有限公司 | Chung Shing Taxi Ltd. |
| 城巴有限公司 | Citybus Limited |
| 貨櫃運輸業職工總會 | Container Transportation Employees General Union |
| 葵涌三號貨櫃碼頭 | CSX World Terminals Hong Kong Ltd |
| 城市的士車主司機聯會有限公司 | CTOD Association Company Limited |
| | D. Mondo Ltd |
| 滴濤思維品牌創作室有限公司 | Detellstudio Ltd. |
| 敦豪國際速遞(香港)有限公司 | DHL Express Hong Kong |
| 敦豪全球貨運物流(香港)有限公司 | DHL Global Forwarding (Hong Kong) Limited |
| 數碼的士電召中心有限公司 | Digital Taxi Telecommunication Center Limited |
| 易高環保投資有限公司 | ECO Environmental Investments Limited |
| | Fantastic Home |
| 博藝中心(拓展)有限公司 | Fighting Arts Centre (Expand) Limited |
| 新界的士商業聯誼會 | Fraternity Association of New Territories Taxi Merchants |
| 友聯的士車主聯誼會 | Fraternity Taxi Owners Association |
| 的士前線司機總會 | Front Line Taxi Driver Association |
| 恆寶旅運有限公司 | Hang Po Transportation Co., Ltd. |
| 車馬樂的士聯會有限公司 | Happy Taxi Operator's Association Ltd. |
| 哈利兄弟工作室 | Harry Workshop |
| 海迅供應鏈有限公司 | Hi-Speed Supply Chain Limited |

| | |
|---------------------|--|
| 香港九龍新界公共專線小型巴士聯合總商會 | HK Kln & NT Public & Maxicab Light Bus Merchants' United Association |
| 香港公共小巴車主司機協進總會 | HK Public-light Bus Owner & Driver Association |
| 港九電召的士車主聯會有限公司 | Hong Kong & Kowloon Radio Car Owners Association Ltd. |
| 香港汽車會 | Hong Kong Automobile Association |
| 香港建築業物料聯會 | Hong Kong Construction Materials Association Ltd. |
| 香港貨櫃拖運業聯會有限公司 | Hong Kong Container Drayage Services Association Ltd. |
| 香港交通運輸業職工聯合會 | Hong Kong Federation of Transport Workers Organizations |
| 港粵直通巴士協會 | Hong Kong Guangdong Boundary Crossing Bus Association |
| 港九新界的士司機總會 | Hong Kong Kowloon & New Territories Taxi Association |
| 香港物流協會 | Hong Kong Logistics Association |
| 香港駕駛學院 | Hong Kong School of Motoring Limited |
| 香港倉庫運輸物流員工協會 | Hong Kong Storehouses, Transportation & Logistic Staff Association |
| 香港計程車會 | Hong Kong Taxi Association |
| 香港的士商會有限公司 | Hong Kong Taxi Owners' Association Ltd. |
| 香港的士電召中心有限公司 | Hong Kong Taxicab Call Centre Limited |
| 香港無線電的士聯誼會 | Hong Kong Tele-call Taxi Association |
| 香港汽車修理同業商會 | Hong Kong Vehicle Repair Merchants Association Limited |
| 香港貨運物流業協會 | Hongkong Association of Freight Forwarding & Logistics |
| 和黃物流中心管理有限公司 | Hutchison Logistics Centre Management Limited |
| 建福旅運汽車服務有限公司 | K&F Tourist Bus Services Company Ltd. |
| 九龍汽車駕駛教師公會 | Kowloon Motor Driving Instructors' Association Limited |
| 冠忠巴士集團有限公司 | Kwoon Chung Bus Holding Limited |
| 大嶼山的士聯會 | Lantau Taxi Association |
| 李健駕駛學校 | Lee Kin Driving School |
| 聯品企業集團有限公司 | Luen Pun Enterprise Group Limited |
| 汽車交通運輸業總工會 | Motor Transport Workers General Union |
| 汽車交通運輸業總工會會的士司機分會 | Motor Transport Workers General Union, Taxi Driver Branch |
| 香港鐵路有限公司 | MTR Corporation Limited |
| | N-able Solutions Company Limited |
| 新界的士司機協會 | New Territories Taxi Drivers Association |
| 新界的士司機權益大聯盟 | New Territories Taxi Drivers' Rights Alliance |

「無煙車樂部」計劃支持機構及企業會員名單

List of Supporting Organizations & Corporate Members for “Smoke-free Drivers Club” Programme

| | |
|------------------|---|
| 新界的士商會有限公司 | New Territories Taxi Merchants Association Limited |
| 新界的士營運協會 | New Territories Taxi Operations Union |
| 新界的士車主司機同業總會 | New Territories Taxi Owners & Drivers Fraternal Association |
| 新世界第一巴士服務有限公司 | New World First Bus Services Ltd |
| 新世界第一渡輪服務有限公司 | New World First Ferry Services Ltd |
| 北區的士商會 | North District Taxi Merchants Association |
| 新界的士服務中心 | NT Taxi Service Centre |
| 公共小型巴士總商會 | Public Light Bus General Association |
| 公共巴士同業聯會 | Public Omnibus Operators Association |
| 蒲寓園藝治療服務有限公司 | PuYU Horticultural Therapy Services Limited |
| 的士權益(四海)電召中心有限公司 | Rights of Taxi (Si Hai) Telecommunication Centre Limited |
| 的士權益協會有限公司 | Rights of Taxi Owners & Drivers Association Ltd. |
| 豪華優質的士電召聯會 | Royal Best Quality Taxi Association |
| 西貢衛星新界的士電召服務中心 | Sai Kung ABA New Territories Taxi Radio Call Centre |
| 西貢的士工商聯誼會 | Sai Kung Taxi Operators Association |
| 學童車協會有限公司 | School Buses Operators Association Ltd. |
| 智潮匯 | smart trendy |
| 新興的士電召聯會 | Sun Hing Taxi Radio Association |
| 新星的士同業聯會 | Sun Star Taxi Operators Association |
| | Swantix Limited |
| 泰和車行有限公司 | Tai Wo Motors Ltd. |
| 新界四海合眾的士聯會有限公司 | Taxi Association Limited |
| 的士車行車主協會 | Taxi Dealers and Owners Association |
| 的士司機從業員總會 | Taxi Drivers & Operators Association |
| 香港運輸物流學會 | The Chartered Institute of Logistics and Transport in Hong Kong |
| 香港復康會 | The Hong Kong Society for Rehabilitation |
| 香港的士小巴商總會 | The Hong Kong Taxi and Public Light Bus Association |
| 九龍巴士(一九三三)有限公司 | The Kowloon Motor Bus Co. (1933) Ltd |
| 九龍的士車主聯會有限公司 | The Kowloon Taxi Owners Association Ltd |
| 的士同業聯會有限公司 | The Taxi Operators Association Ltd. |
| 交通事業從業員協會 | Traffic Services Employees Association |
| 運輸及物流業職工會 | Transport and Logistics Workers Union |
| 聯友的士同業聯會有限公司 | United Friendship Taxi Owners & Drivers Association Ltd. |

「無煙車樂部」計劃支持機構及企業會員名單

List of Supporting Organizations & Corporate Members for “Smoke-free Drivers Club” Programme

| | |
|-------------------|---|
| 市區的士司機聯委會有限公司 | Urban Taxi Drivers Association Joint Committee Co. Ltd. |
| 偉發的士車主聯會有限公司 | Wai Fat Taxi Owners Association Ltd. |
| 惠益港九及新界的士車主聯會有限公司 | Wai Yik HK & Kln & NT Taxi Owners Association Ltd. |
| | web-on(asia) Ltd. |
| 香港西區隧道有限公司 | Western Harbour Tunnel Company Limited |
| 榮利無線電車商會有限公司 | Wing Lee Radio Car Traders Association Ltd. |
| 榮泰車主及司機聯會有限公司 | Wing Tai Car Owners & Drivers Association Ltd. |
| 榕記車仔麵 | Yung Kee |
| 馬鞍山的士車主司機聯會 | |
| 港聯(數碼)的士車主聯會 | |
| 毅誠國際集團有限公司 | |

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全管理。

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。

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. 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。

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。

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.

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.

第七屆「戒煙大贏家」比賽 高強度主動轉介對戒煙的成效

王文炳¹、伍永達¹、孫伊南²、翁雪¹、林愛斌¹、李浩祥¹
張懿德¹、鄺祖盛⁴、黎慧賢⁴、林大慶³

¹ 香港大學護理學院

² 香港大學精神醫學系

³ 香港大學公共衛生學院

⁴ 香港吸煙與健康委員會

1. 引言

雖然香港的吸煙率正在下降，但仍有 615,000 名每日吸煙者 (10.0%)¹，其中一半會因吸煙而死亡²，導致香港每年高達 7,000 人死亡³。吸煙也導致高達五十五億八千五百萬港元的醫療、長期護理開支及經濟損失 (七億一千六百萬美元，相等於香港國民生產總值的 0.3%)^{1, 4}。吸煙極易令人上癮，在沒有適當協助下，部分吸煙者難以戒煙。另一方面，接觸和幫助許多無意戒煙的吸煙者是一個挑戰，因為他們很少願意尋求專業戒煙服務的幫助。

戒煙比賽提供了一個機會接觸和鼓勵大批吸煙者戒煙。它亦為隨機對照試驗研究 (RCT) 提供了一個黃金機會，測試不同的簡短和低成本戒煙干預措施的成效，為未來戒煙干預措施提供新的依據，以吸引和幫助大量吸煙者戒煙。

戒煙比賽的理論是：假設吸煙者因為獎金鼓勵而戒煙，在參賽過程中會更有動力戒煙並得到更多的社交支持⁵。研究顯示戒煙比賽或獎勵活動能接觸大量吸煙者，與沒有獎勵的對照組相比，有更高的戒煙率⁶。

自 2009 年 (2011 年除外) 以來，香港吸煙與健康委員會一直與香港大學護理學院與公共衛生學院合作舉辦「戒煙大贏家」比賽。歷年來，從社區招募超過 7,000 名吸煙者參加比賽⁷⁻¹²。通過生物化學測試的戒煙者可以獲得小量現金獎，並參加大抽獎或通過甄選獲得豐富獎品。比賽有助於提高

參加者戒煙的信心和動力，並為設計新的低成本干預措施及評估其有效性提供了空間。

戒煙服務能大幅提高戒煙率，世界衛生組織呼籲推廣戒煙服務¹³。香港的戒煙服務未被充分使用，大部分每日吸煙者 (76.8%) 未曾使用戒煙服務或指定方法戒煙，只有 3.1% 願意嘗試戒煙服務¹。我們在 2015 年舉辦的第六屆「戒煙大贏家」比賽的隨機對照試驗研究中評估了低強度主動轉介對戒煙的效用，並與簡短的一般戒煙忠告 (對照組) 作比較。低強度主動轉介包括現場 AWARD 輔導和轉介參賽者予戒煙服務機構跟進。結果顯示低強度主動轉介是有效的戒煙干預，六個月跟進時自我報告戒煙率顯著高於對照組 (17.2% 對 11.5%， p 值 = 0.02)¹²。我們認為有必要評估更高強度的主動轉介和 / 或使用文字訊息鼓勵使用戒煙服務，比較一般戒煙忠告的對照組，能否達到更高的戒煙率。

在 2016 年，香港吸煙與健康委員會與香港大學、18 區區議會、眾多地區夥伴及支持機構合作舉辦第七屆「戒煙大贏家」比賽，在社區推廣戒煙，並進行了一個三組比較的隨機對照試驗研究，以評估高強度主動轉介參賽者至戒煙熱線 (1833 183) 及其他的戒煙服務 (高強度個人化主動轉介組)，文字短訊鼓勵使用戒煙服務 (文字訊息組)，與使用自助戒煙小冊子和一般戒煙忠告 (對照組) 的成效。

2. 方法

2.1 招募詳情

於 2016 年 6 月 19 日至 9 月 30 日期間，委員會在全港 18 區舉辦了共 68 場招募活動，鼓勵吸煙者參加「戒煙大贏家」比賽。每場招募活動被視為一個群組隨機化單位 (cluster randomization) (每個研究組有 22 場招募活動)。參賽者會被隨機分配到高強度個人化主動轉介組、文字訊息組或對照組。

在所有的招募活動中，受過訓練的戒煙輔導員會測量參賽者呼出的一氧化碳指數，並篩選他們參加比賽和隨機對照試驗研究的資格：

1. 年滿 18 歲及持有效香港身份證；
2. 在過去三個月每天吸食至少一支煙或以上；
3. 懂廣東話及閱讀中文；
4. 一氧化碳呼氣測試結果達 4 ppm 或以上。

核實參賽資格後，戒煙輔導員會解釋並邀請參賽者參與隨機對照試驗研究。在獲得參賽者的書面同意後，會進行基線問卷，並根據研究分組進行戒煙干預。符合參賽資格但不想參與隨機對照試驗研究的參賽者仍可以參加比賽，並被納入到非研究組別。研究使用群組隨機化的方式將每個招募活動的參賽者分配到 3 個研究組中的 1 個：

1. 高強度個人化主動轉介組；
2. 文字訊息組；
3. 對照組。

研究使用區組隨機方式 (block randomization) 來確保三個組別之間所招募的人數平衡。沒有參與招募工作的主要研究員使用 <http://www.random.org> (一個產生隨機整數的網站) 的隨機整數功能，設立大小為 3、6 和 9 的區組，並為各區組設立隨機的排列數字。負責招募的工作人員會在招募活動前一天獲知有關的隨機分組安排，而戒煙輔導員則在招募活動的當天才獲知分組情況。負責評估研究結果的人員則不會知道隨機分組的情況。

香港吸煙與健康委員會舉辦抽獎活動和宣傳活動以推廣戒煙。共有 5 名於三個月跟進時成功戒煙並通過生物化學測試的參賽者被抽中，各贏取價值港幣 10,000 元的購物禮券。

在參加「戒煙大使」宣傳活動的 137 名參賽者中，成功通過生物化學測試的參賽者接受委員會的邀請，參加遴選面試成為「戒煙大贏家」得主，冠軍獲得價值港幣 25,000 元的澳洲旅遊禮券。亞軍及季軍分別獲得價值港幣 15,000 元的新加坡旅遊禮券及港幣 10,000 元的泰國旅遊禮券。

2.2 戒煙干預與跟進

高強度個人化主動轉介組 (下稱「高強度主動轉介組」)：參賽者在招募時接收到簡短的戒煙輔導後會被轉介到香港現有的戒煙服務。戒煙輔導員使用 AWARD⁷ 方法提供即場面對面及往後電話跟進時的簡短戒煙輔導。AWARD 方法包括：(1) 詢問吸煙及戒煙史 (Ask)；(2) 使用健康警告宣傳單張忠告吸煙的害處 (Warn)；(3) 建議參賽者儘快／於未來三個月內戒煙以獲得贏取獎品的資格 (Advice)；(4) 轉介參賽者至現有戒煙服務 (Refer)；及 (5) 重覆以上步驟 (Do-it-again)。每名參賽者均獲得一張 A4 彩色雙面印刷的健康警告宣傳單張，當中載有「每兩名吸煙者就有一名和每三名年輕時開始吸煙者就有兩名因吸煙而死亡」的高風險警告語句。單張內容亦包括：(1) 由吸煙和二手煙引致的相關疾病列表；(2) 十張因吸煙引致相關疾病的驚嚇圖片；(3) 成功戒煙的好處；及 (4) 鼓勵參賽者戒煙並使用衛生署綜合戒煙熱線的服務。參賽者會於第一及第二個月的電話跟進時接收加強戒煙干預的簡短建議，並在第三及第六個月電話跟進和核實戒煙狀況。

研究人員在招募現場幫助參賽者預約戒煙服務，以確保他們能夠更早地獲得預約和使用的機會。對於尚未準備好現場預約戒煙服務的參賽者，戒煙輔導員會鼓勵他們在一週內確定預約戒煙服務，並在一週後收到電話跟進，協助預約戒煙服務。否則，他們可以在基線問卷調查之後的一週至一個月內以短訊或電話通知輔導員。一旦參賽者選擇了戒煙服務，我們會將參賽者的聯絡資料轉交予他們所揀選的戒煙服務機構，當中包括衛生署綜合戒煙熱線；東華三院戒煙綜合服務中心；醫院管理局戒煙診所；博愛醫院中醫戒煙服務及香港大學青少年戒煙熱線。

戒煙輔導員會利用戒煙熱線卡向參賽者簡介每項戒煙服務資料及特色。如果參賽者同意透過委員會將其聯絡資料轉交給選定的戒煙服務機構，參賽者隨後會收到服務機構的來電，為他們進行電話輔導或預約戒煙診所服務。

參賽者通過即時通訊 (instant messaging) (例如 WhatsApp) 定期接受特製和定時自動發出的訊息，第一週三次，然後每週一次，直到基線調查之後八週。任何不使用或拒絕接收即時通訊的參賽者，則會通過手機短訊 (short message service) 進行聯繫。戒煙短訊的內容包括吸煙的危害、戒煙的好處、提示按時出席戒煙服務和鼓勵不再吸煙，亦會根據參賽者的戒煙預約狀態發送，例如：(1) 尚未決定預約戒煙服務；(2) 已經預約戒煙服務；及 (3) 預約但尚未出席戒煙服務。所有參賽者都在第七條訊息中收到關於出席戒煙服務的提醒。研究人員在每次跟進 (第一、二、三及六個月) 期間監測參賽者使用戒煙服務的情況，並在必要時協助參賽者預約或重新預約戒煙服務。

文字訊息組：戒煙輔導員在招募現場介紹戒煙服務和鼓勵參賽者使用，並向他們發送的即時通訊 / 手機短訊 (第一個月每週三次，第二個月每週一次) 鼓勵他們預約戒煙服務。共有 16 條訊息發送給參賽者。文字訊息組收到的訊息內容比高強度主動轉介組的簡單和基本，並且需要自行預約戒煙服務。研究人員在每次跟進 (第一、二、三及六個月) 期間監測參賽者使用戒煙服務的情況，並在必要時鼓勵參賽者預約或重新預約戒煙服務。

對照組：參賽者會接收到非常簡短、最低程度的戒煙忠告及獲派發由委員會設計並用於歷屆「戒煙大贏家」比賽的 12 頁自助戒煙小冊子。

非研究組別：以下的參賽者參加了「戒煙大贏家」比賽並被分配為「非研究組」：(1) 選擇參加委員會舉辦並能獲得不同獎勵的「戒煙大使」宣傳活動；(2) 拒絕參加隨機研究；和 (3) 在工作場所招募並可能會獲得僱主提供額外獎勵的參賽者。在同一活動上招募到的非研究組的參賽者會獲得與隨機研究參賽者相同的戒煙干預，他們在三個月及六個月時通過生物化學測試後亦可獲得相同的獎金作為鼓勵。

所有參賽者在一和二個月接受電話跟進以評估其吸煙狀況和戒煙進展，在三和六個月時則接受戒煙評估。高強度主動轉介組及文字訊息組會在一和二個月收到加強的戒煙干預，包括簡短的 AWARD 方法輔導，詢問和鼓勵使用戒煙服務，而高強度主動轉介組更會獲協助 (通過電話和即時通訊) 預約 / 重新預約戒煙服務。對照組沒有獲得加強的戒煙干預。每名參賽者於每次的電話跟進時收到最多七次的來電及一個語音訊息，如仍然未能成功聯絡的參賽者，會被列為失訪個案。在三個月和六個月跟進時自我報告已成功戒煙的參賽者 (在過去七天內完全沒有吸煙) 會被邀請參加生物化學測試。香港大學研究員會測試自我報告戒煙的

參賽者呼出的一氧化碳水平及口水中的可的寧水平。所有通過驗證的戒煙者可獲得港幣 500 元的現金獎勵。為提高跟進的參與率，成功完成全部四次跟進的參賽者可額外獲得港幣 100 元現金獎勵。

研究的主要結果包括：三個月及六個月電話跟進時自我報告過去七天內完全沒有吸煙的戒煙率。次要結果包括：(1) 經生物化學測試核實的戒煙率；(2) 與基線調查比較，減少吸煙量一半或以上的比率；及 (3) 三個月及六個月電話跟進時自我報告使用戒煙服務的情況。

所有參賽者 (總數 =1,317) 於基線調查時的人口特徵及吸煙概況會在報告中描述。我們比較了隨機對照試驗研究的三個研究組別的主要及次要結果，戒煙的重要性、困難度和自信度的認知。我們採用意向治療分析法 (假設失訪的參賽者沒有改變於基線調查時的吸煙行為) 及完整資料分析法 (排除所有失訪個案) 去計算自我報告和生物化學測試核實的戒煙率及其他研究結果。

我們還報告了參賽者的戒煙原因、戒煙方法、退癮徵狀、戒煙時的社交支援、戒煙輔助工具的使用和電話跟進的情況。

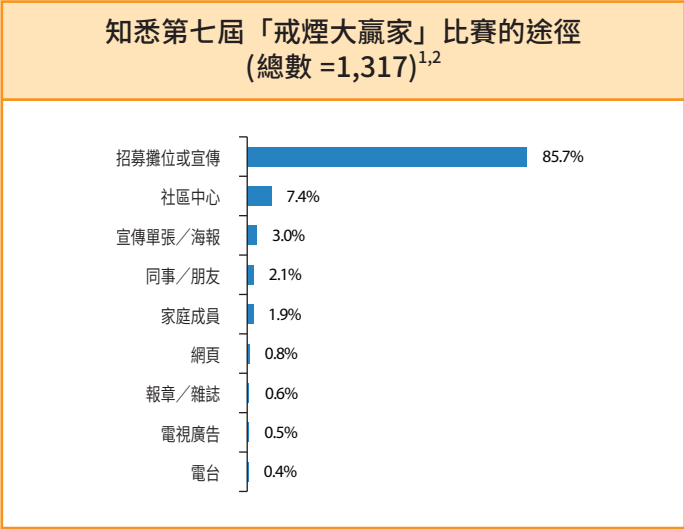
3. 結果

於第七屆「戒煙大贏家」比賽的 68 場招募活動中，有超過 60 名通過培訓的戒煙輔導員參加了現場的推廣活動，並招募了 1,344 名成年吸煙者參加比賽。大約有 124,000 名市民曾行經「戒煙大贏家」的招募攤位，約有 13,000 名市民曾查詢關於戒煙的資訊或參與「戒煙大贏家」招募活動中的遊戲攤位。戒煙輔導員在所有活動中共接觸了約 7,000 名吸煙者和約 12,000 名非吸煙者。

在有意戒煙的 1,344 名吸煙者中，15 人 (1.1%) 未達到參加比賽的資格，12 人 (0.9%) 拒絕參加比賽。在其餘符合參加比賽資格的 1,317 名參賽者中，有 1,163 名 (88.3%) 同意參與隨機對照試驗研究，137 名 (10.4%) 參與「戒煙大使」宣傳活動，17 名 (1.3%) 因拒絕參與隨機對照試驗研究或在工作場所招募列為非研究組分析。在 1,163 名參加隨機對照試驗研究的參賽者當中，395 名 (34.0%) 被分配到高強度主動轉介組，385 名 (33.1%) 被分配到文字訊息組，383 名 (32.9%) 被分配到對照組。

在所有參賽者中，「戒煙大贏家」比賽的主要資訊來源是招募攤位（85.7%），其次是社區中心（7.4%），少數參賽者由傳單／海報（3.0%）得知（圖一）。

圖一



¹ 沒有顯示缺失數據

² 參賽者可選擇多於一個答案

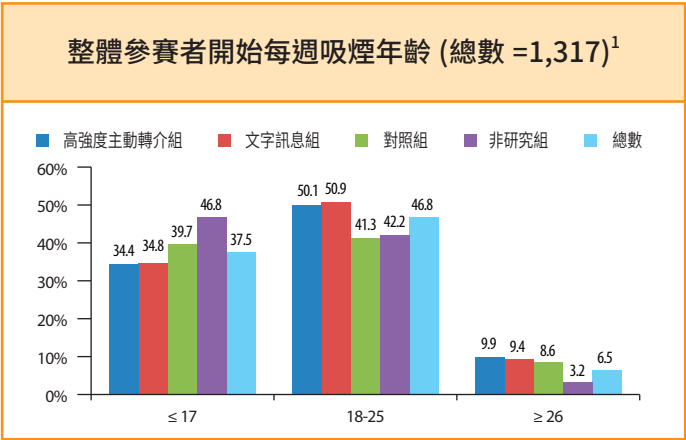
3.1 所有參賽者的基線人口特徵

參賽者平均年齡為 41.4 歲（標準差 = 16.6 歲），大多數參賽者為男性（79.1%）、就業（61.2%）和擁有初中以上的教育程度（75.0%）。近一半的參賽者已婚（49.8%）和五分之一的參賽者有子女（40.2%）。近一半家庭每月收入低於港幣 20,000 元（46.5%），並有不到一半的參賽者居住在公屋（43.4%）（表一）。

3.2 吸煙概況

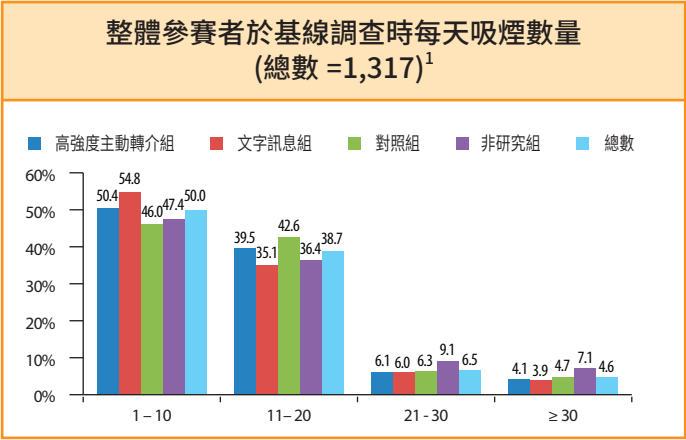
參賽者開始吸煙的平均年齡為 19.1 歲（標準差 = 6.4 歲），37.5% 的參賽者在 18 歲前開始吸煙，平均吸煙年齡為 22.1 歲（標準差 = 16.0 歲）（圖二）。參賽者平均每日吸食 14.4 支煙（標準差 = 9.4），其中 50.0% 的參賽者每日吸食 1-10 支，38.7% 的參賽者每日吸食 11-20 支（圖三）。依據吸煙嚴重度指數（Heaviness of Smoking Index, HSI），48.9% 的參賽者的尼古丁依賴程度為輕微（HSI ≤ 2）（圖四）。36.7% 的參賽者曾嘗試戒煙（停止吸煙最少 24 小時），其中 60.7% 曾於一年前嘗試戒煙（圖五）。僅有 27.9% 的參賽者有意在參加比賽後的七天內戒煙（圖六）。

圖二



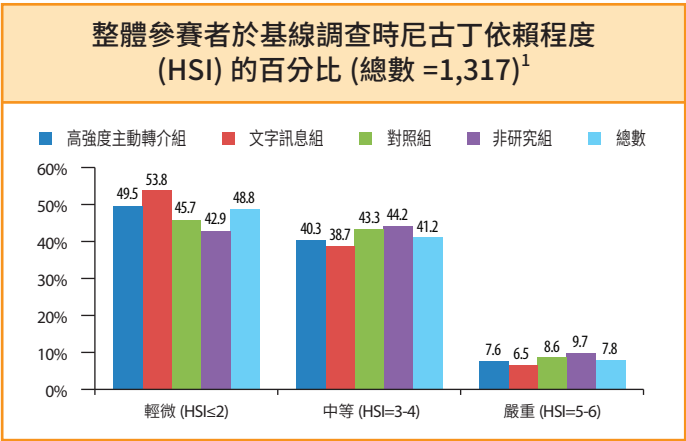
¹ 沒有顯示缺失數據

圖三



¹ 沒有顯示缺失數據

圖四

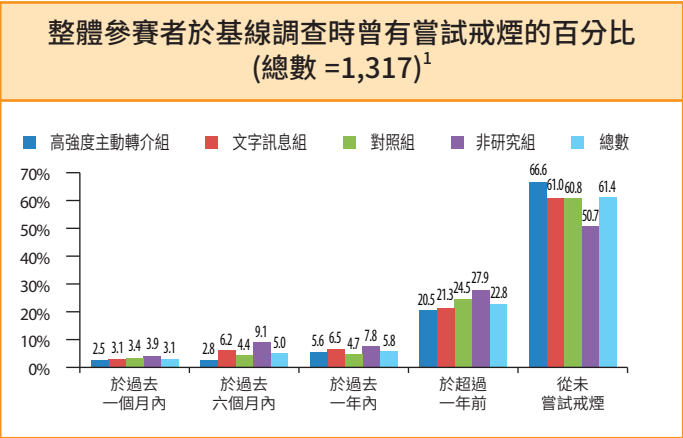


¹ 沒有顯示缺失數據

表一 參賽者基線人口特徵 (總數 = 1,317)

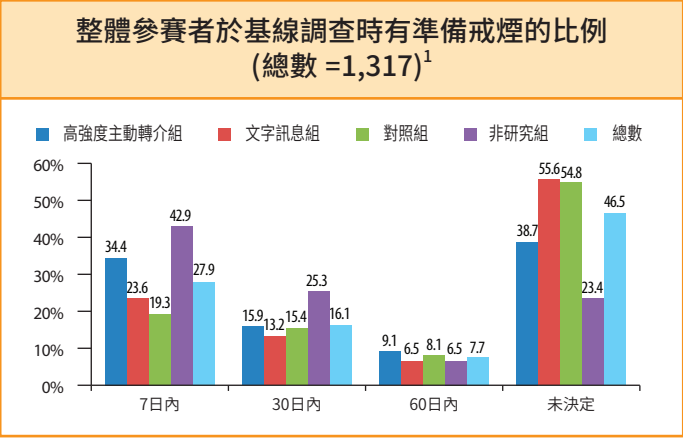
| 人數 (%) | 總數 (人數 =1,317) | 非研究組 (人數 =154) | 高強度主動轉介組 (人數 =395) | 文字訊息組 (人數 =385) | 對照組 (人數 =383) |
|------------------|-------------------|-------------------|-----------------------|--------------------|------------------|
| 年齡, 平均值 (標準差), 歲 | 41.4 ± 16.6 | 41.4 ± 16.1 | 40.9 ± 16.3 | 41.0 ± 16.7 | 42.3 ± 17.1 |
| 性別 | | | | | |
| 男性 | 1,042 (79.1) | 139 (90.3) | 311 (78.7) | 301 (78.2) | 291 (76.0) |
| 女性 | 274 (20.8) | 15 (9.7) | 84 (21.3) | 84 (21.8) | 91 (23.8) |
| 缺失數據 | 1 (0.1) | 0 (0.0) | 0 (0.0) | 0 (0.0) | 1 (0.3) |
| 婚姻狀況 | | | | | |
| 單身 | 510 (38.7) | 54 (35.1) | 157 (39.7) | 162 (42.1) | 137 (35.8) |
| 已婚 / 同居 | 656 (49.8) | 87 (56.5) | 199 (50.4) | 185 (48.1) | 185 (48.3) |
| 其他 | 50 (3.8) | 4 (2.6) | 12 (3.1) | 15 (3.9) | 19 (4.9) |
| 缺失數據 | 101 (7.7) | 9 (5.8) | 27 (6.8) | 23 (6.0) | 42 (11.0) |
| 育有子女 | | | | | |
| 有 | 530 (40.2) | 75 (48.7) | 159 (40.3) | 160 (41.6) | 136 (35.5) |
| 否 | 582 (44.2) | 60 (39.0) | 183 (46.3) | 171 (44.4) | 168 (43.9) |
| 缺失數據 | 205 (15.6) | 19 (12.3) | 53 (13.4) | 54 (14.0) | 79 (20.6) |
| 教育程度 | | | | | |
| 沒有正式接受教育 | 28 (2.1) | 6 (3.9) | 4 (1.0) | 10 (2.6) | 8 (2.1) |
| 小學程度 | 111 (8.4) | 13 (8.4) | 26 (6.6) | 32 (8.3) | 40 (10.4) |
| 初中程度 | 251 (19.1) | 28 (18.2) | 96 (24.3) | 61 (15.8) | 66 (17.2) |
| 高中程度 | 469 (35.6) | 55 (35.7) | 149 (37.7) | 142 (36.9) | 123 (32.1) |
| 大專或以上 | 267 (20.3) | 36 (23.4) | 80 (20.3) | 76 (19.8) | 75 (19.6) |
| 缺失數據 | 191 (14.5) | 16 (10.4) | 40 (10.1) | 64 (16.6) | 71 (18.5) |
| 就業情況 | | | | | |
| 學生 | 108 (8.2) | 6 (3.9) | 36 (9.1) | 32 (8.3) | 34 (8.9) |
| 自僱 / 受僱 | 806 (61.2) | 103 (66.9) | 264 (66.8) | 231 (60.0) | 208 (54.3) |
| 待業 | 49 (3.7) | 8 (5.2) | 12 (3.0) | 15 (3.9) | 14 (3.7) |
| 家庭主婦 | 34 (2.6) | 2 (1.3) | 4 (1.0) | 15 (3.9) | 13 (3.4) |
| 退休 | 152 (11.5) | 21 (13.6) | 40 (10.1) | 44 (11.4) | 47 (12.3) |
| 缺失數據 | 168 (12.8) | 14 (9.1) | 39 (9.9) | 48 (12.5) | 67 (17.5) |
| 家庭每月收入 (港幣) | | | | | |
| 少於 10,000 | 182 (13.8) | 21 (13.6) | 50 (12.7) | 53 (13.8) | 58 (15.1) |
| 10,000-19,999 | 430 (32.7) | 52 (33.8) | 140 (35.4) | 123 (31.9) | 115 (30.0) |
| 20,000-29,999 | 279 (21.2) | 30 (19.5) | 97 (24.6) | 83 (21.6) | 69 (18.0) |
| 30,000-39,999 | 88 (6.7) | 9 (5.8) | 31 (7.8) | 19 (4.9) | 29 (7.6) |
| 40,000 或以上 | 111 (8.4) | 21 (13.6) | 29 (7.3) | 31 (8.1) | 30 (7.8) |
| 缺失數據 | 227 (17.2) | 21 (13.6) | 48 (12.2) | 76 (19.7) | 82 (21.4) |
| 居住情況 | | | | | |
| 租住公共房屋 | 482 (36.6) | 68 (44.2) | 131 (33.2) | 137 (35.6) | 146 (38.1) |
| 自置公共房屋 | 89 (6.8) | 5 (3.2) | 36 (9.1) | 22 (5.7) | 26 (6.8) |
| 自置居屋計劃 | 204 (15.5) | 25 (16.2) | 63 (16.0) | 64 (16.6) | 52 (13.6) |
| 租住私人房屋 | 146 (11.1) | 11 (7.1) | 56 (14.2) | 48 (12.5) | 31 (8.1) |
| 自置私人房屋 | 167 (12.7) | 25 (16.2) | 55 (13.9) | 43 (11.2) | 44 (11.5) |
| 其他 | 20 (1.5) | 3 (2.0) | 8 (2.0) | 3 (0.8) | 6 (1.6) |
| 缺失數據 | 209 (15.9) | 17 (11.0) | 46 (11.6) | 68 (17.7) | 78 (20.4) |

圖五



¹ 沒有顯示缺失數據

圖六



¹ 沒有顯示缺失數據

3.3 主動轉介組的參賽者在基線轉介狀況

共 450 名參賽者於招募時接受了主動轉介干預，其中 395 名 (87.8%) 為隨機對照試驗的高強度主動轉介組的參賽者，55 名 (12.2%) 為非研究組的參賽者。大多數的參賽者 (76.7%) 在招募時選擇了戒煙服務機構，高強度主動轉介組的選擇率為 74.2%，非研究組則為 94.5%。其餘參賽者尚未準備使用戒煙服務 (13.3%) 或拒絕轉介 (10.0%)(表二)。

表二 在基線時主動轉介組的轉介情況
(總數 =450)

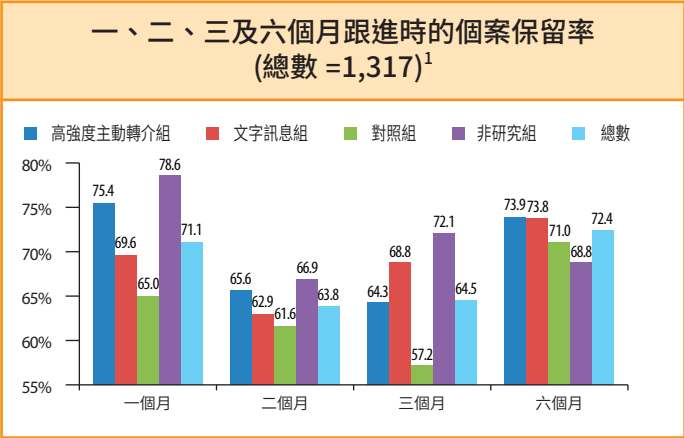
| | 總數 (人數 =450) | 非研究組 (人數 =55) | 高強度主動 轉介組 (人數 =395) |
|------------|-----------------|------------------|---------------------------|
| 選擇了戒煙服務機構 | 345 (76.7) | 52 (94.5) | 293 (74.2) |
| 尚未準備使用戒煙服務 | 60 (13.3) | 2 (3.6) | 58 (14.7) |
| 拒絕轉介 | 45 (10.0) | 1 (1.8) | 44 (11.1) |

3.4 一、二、三及六個月電話跟進結果

個案保留率

所有參賽者會在參賽後的一、二、三及六個月進行電話跟進，相應的整體個案保留率 (包括非研究組) 為 71.1%、63.8%、64.5%和 72.4%。第三個月時高強度主動轉介組、文字訊息組和對照組的保留率分別為 64.3%、68.8%和 57.2%。第六個月時相應的保留率分別為 73.9%、73.8%和 71.0% (圖七)。

圖七



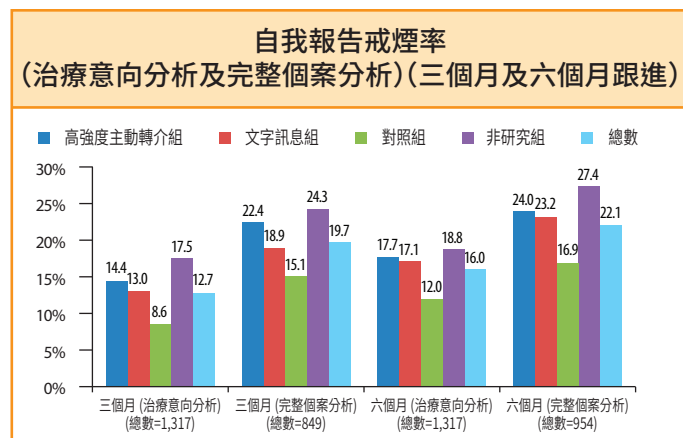
¹ 沒有顯示缺失數據

主要結果：三個月及六個月跟進的自我報告戒煙率

根據治療意向分析，三個月的整體自我報告在過去七天內完全沒有吸煙的戒煙率是 12.7%。在隨機對照試驗的三個組別中，高強度主動轉介組的戒煙率 (14.4%) 最高，與文字訊息組 (13.0%， p 值 = 0.56) 的戒煙率沒有顯著差異；但明顯高於對照組 (8.6%， P 值 = 0.01)。此外，文字訊息組的戒煙率也顯著高於對照組 (p 值 = 0.05)。根據完整個案分析，整體戒煙率為 19.7%，高強度主動轉介組 (22.4%) 的自我報告戒煙率高於文字訊息組 (18.9%， p 值 = 0.32) 和對照組 (15.1%， p 值 = 0.04)。文字訊息組與對照組在統計學上沒有顯著的差別 (p 值 = 0.27) (圖八)。

根據治療意向分析，六個月的整體自我報告在過去七天內完全沒有吸煙的戒煙率為 16.0%。高強度主動轉介組的戒煙率 (17.7%) 與文字訊息組 (17.1%， p 值 = 0.83) 的差異並不顯著，但顯著高於對照組 (12.0%， p 值 = 0.03)。文字訊息組的戒煙率也顯著高於對照組 (p 值 = 0.04)。完整個案分析顯示，整體戒煙率為 22.1%。高強度主動轉介組的戒煙率 (24.0%) 與文字訊息組 (23.2%， p 值 = 0.84) 沒有顯著差異，但顯著高於對照組 (16.9%， p 值 = 0.04)。文字訊息組的戒煙率也顯著高於對照組 (p 值 = 0.06) (圖八)。

圖八



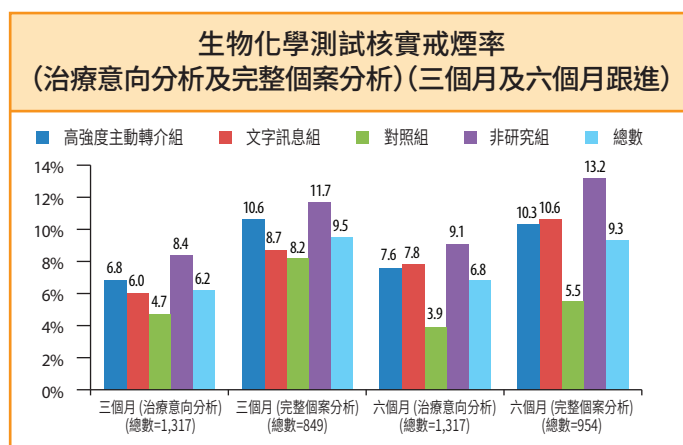
三個月及六個月跟進的生物化學測試核實的戒煙率

在三個月跟進時，167 名參賽者 (包括非研究組) 自我報告已戒煙，當中 102 名 (61.1%) 參賽者參加了生物化學測試驗證戒煙狀況，通過測試率為 79.4%。根據治療意向分析，整體核實戒煙率為 6.2%。高強度主動轉介組、文字訊息組

和對照組的核實戒煙率分別為 6.8%、6.0% 和 4.7%。完整個案分析顯示，整體核實戒煙率為 9.5%，高強度主動轉介組和文字訊息組的核實戒煙率高於對照組但沒有顯著差異 (圖九)。

在六個月跟進時，211 名參賽者 (包括非研究組) 自我報告已戒煙，其中 109 名 (51.7%) 參賽者參加了生物化學測試驗證，通過測試率為 81.7%。根據治療意向分析，整體核實戒煙率為 6.8%。高強度主動轉介組 (7.6%， p 值 = 0.03) 和文字訊息組 (7.8%， p 值 = 0.02) 的戒煙率顯著高於對照組 (3.9%)。完整個案分析顯示，整體核實戒煙率為 9.3%。高強度主動轉介組 (10.3%) 的核實戒煙率與文字訊息組 (10.6%， p 值 = 0.91) 沒有顯著差異。高強度主動轉介組和文字訊息組的戒煙率顯著高於對照組 (5.5%， p 值 = 0.04 及 0.03) (圖九)。

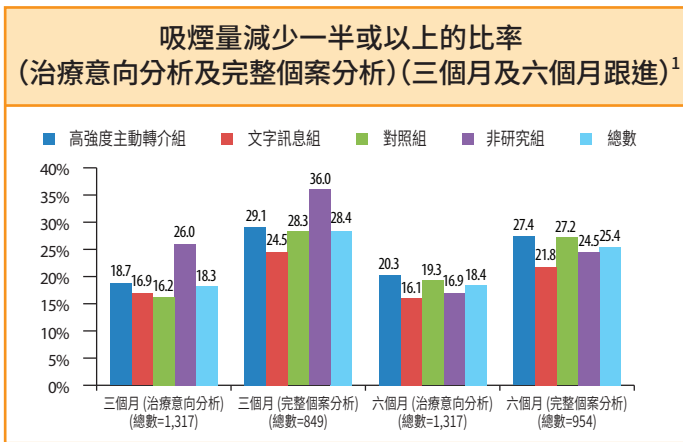
圖九



三個月和六個月跟進的減煙率

根據治療意向分析，在排除戒煙者後，18.3% 和 18.4% 的整體參賽者分別在三個月及六個月跟進的吸煙量比基線調查時降低至少一半。高強度主動轉介組、文字訊息組和對照組在三個月跟進時有相似的 (p 值 > 0.05) 減煙率，分別為 18.7%、16.9% 及 16.2%。在六個月跟進時三組的減煙率亦相似 (p 值 > 0.05)，分別為 20.3%、16.1% 及 19.3%。根據完整個案分析，在三個月和六個月跟進的整體減煙率分別為 28.4% 和 25.4%。高強度主動轉介組、文字訊息組和對照組在兩次跟進中均有相似的結果 (圖十)。

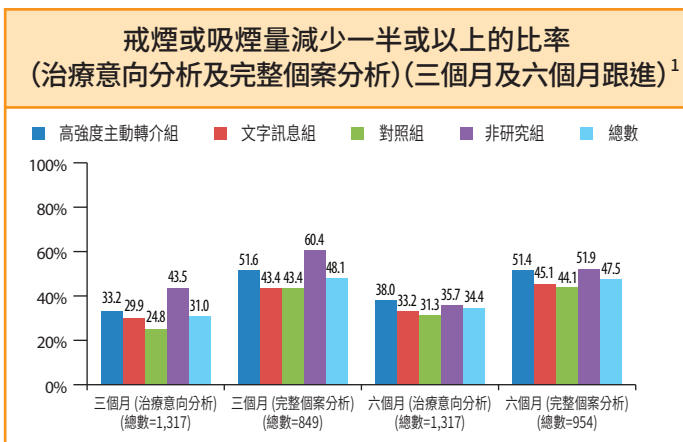
圖十



¹ 成功戒煙者不包括在分子內，但包括在分母內。

連同成功戒煙的參賽者計算在內，治療意向分析顯示 31.0% 和 34.4% 的整體參賽者分別在三個月及六個月跟進時降低了一半或以上的吸煙量。在六個月跟進時，高強度主動轉介組 (38.0%) 的減煙率僅僅顯著高於對照組 (31.3%， p 值 = 0.052)。根據完整個案分析，在三個月跟進時，高強度主動轉介組 (51.6%) 的減煙率顯著高於對照組 (43.4%， p 值 = 0.08) (圖十一)。

圖十一



¹ 成功戒煙者包括在分子及分母內

戒煙服務的使用情況 (一、二、三及六個月跟進)

在 395 名高強度主動轉介組的參賽者中，74.2% 在基線調查時選擇了戒煙服務機構 (表二)。在所有跟進中，高強度主動轉介組的戒煙服務使用率顯著高於另外兩組 (所有 p 值 < 0.001) (表三)。在任何時候，高強度主動轉介組中超過四分之三 (77.0%) 參賽者選擇戒煙服務，但其中只有 34.9% 使用了戒煙服務。四個最常用的服務包括：

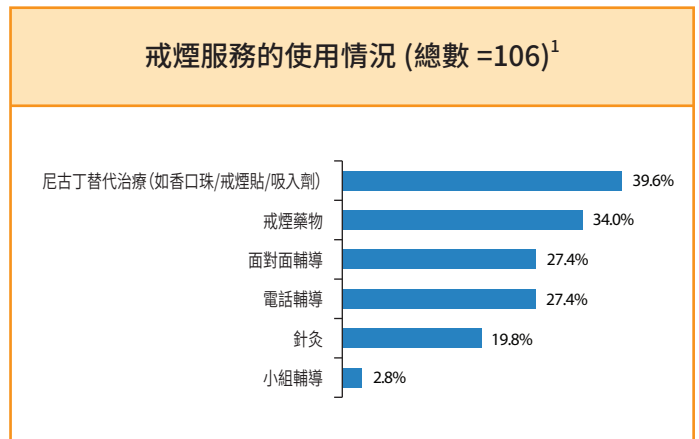
(1) 尼古丁替代療法 (如香口珠 / 戒煙貼 / 吸入劑等) (39.6%)；(2) 由醫生處方的戒煙藥物 (34.0%)；(3) 面對面輔導 (27.4%)；和 (4) 電話輔導 (27.4%) (圖十二)。在研究期間沒有使用戒煙服務的 198 名參賽者中，最常見的兩個原因是「繁忙」(80.8%) 和「時間不合」(24.7%) (圖十三)。

表三 戒煙服務使用情況 (六個月累計)¹

| | 總數 (人數=1,317) | 非研究組 (人數=154) | 高強度主動 轉介組 (人數=395) | 文字訊息組 (人數=385) | 對照組 (人數=383) |
|---------------|------------------|------------------|--------------------------|-------------------|-----------------|
| 選擇戒煙 服務機構 | 356 (27.0) | 52 (33.8) | 304 (77.0) | NA | NA |
| 已使用戒煙 服務機構 | 193 (14.7) | 29 (18.8) | 106 (26.8) | 31 (8.1) | 27 (7.1) |

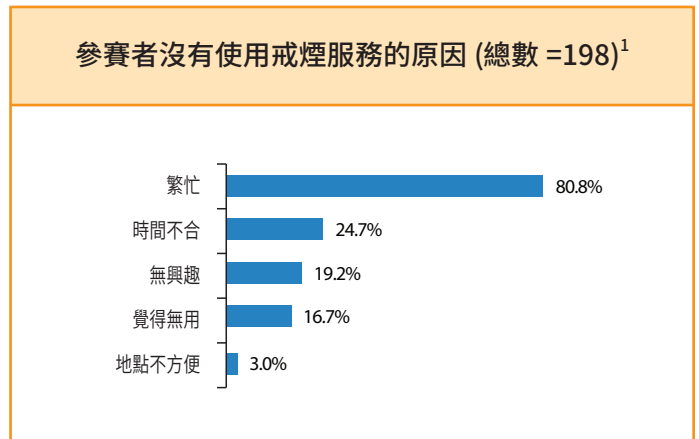
¹ 只有主動轉介組 (高強度主動轉介組和 55 名非研究組的參加者) 會獲得預約戒煙服務的協助，文字訊息組和對照組沒有預約戒煙服務的記錄。

圖十二



¹ 參賽者可選擇多於一個答案

圖十三



¹ 參賽者可選擇多於一個答案

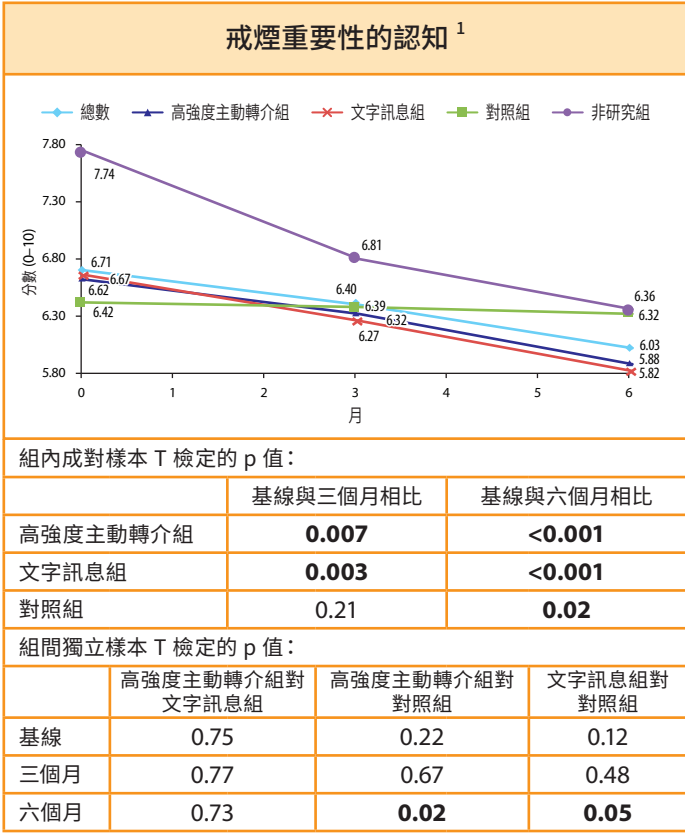
戒煙的自我效能

戒煙重要性的認知

由 0 分（最小）至 10 分（最大）的範圍內，在基線調查的「戒煙重要性」、「戒煙困難度」及「戒煙自信度」的認知分別為 6.71 分、6.98 分和 5.72 分。

在高強度主動轉介組中，戒煙重要性認知的平均評分在三個月跟進時顯著下降（從基線調查時的 6.62 至 6.32， p 值 = 0.007），並進一步下降至六個月跟進時的 5.88（ p 值 < 0.01）。在文字訊息組中，這個評分在三個月跟進時顯著下降（從基線時的 6.67 至 6.27， p 值 = 0.003），在六個月跟進時進一步下降到 5.82（ p 值 < 0.01）。在對照組中，這個評分在三個月跟進時也顯著下降（從 6.42 至 6.39， p 值 = 0.21）及六個月跟進時降至 6.32（ p 值 = 0.02）。在第六個月跟進時，高強度主動轉介組和文字訊息組的平均評分顯著低於對照組（ p 值分別為 0.02 和 0.05）（圖十四）。

圖十四

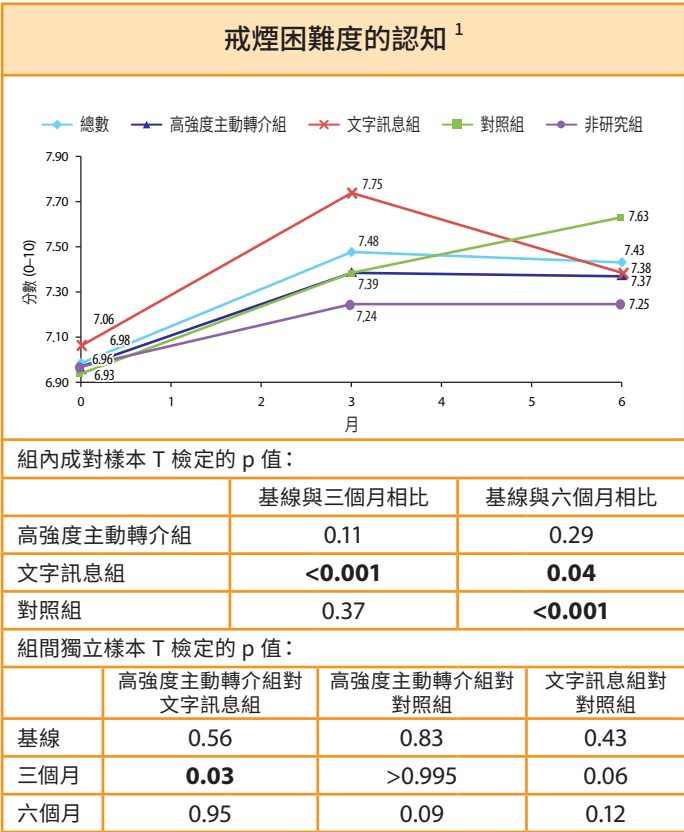


¹ 由 0 至 10 分，0 最低，10 最高；缺失數據排除在外。

戒煙困難度的認知

在高強度主動轉介組中，參賽者對戒煙困難度認知的整體平均評分從基線調查的 6.96 增加到三個月跟進時的 7.39，再輕微下降至六個月跟進時的 7.37，但這些變化沒有顯著統計學差異（ p 值 > 0.05）。與基線調查時的 7.06 相比，文字訊息組評分在三個月時增加至 7.75（ p 值 < 0.001），在六個月跟進時為 7.38（ p 值 = 0.04）。對照組從基線調查的 6.93 顯著增加到六個月跟進時的 7.63（ p 值 < 0.001）。在三個月跟進時，文字訊息組相比高強度主動轉介組（7.75 對 7.39， p 值 = 0.03）和對照組（7.75 對 7.39 p 值 = 0.06）認為戒煙更困難（圖十五）。

圖十五



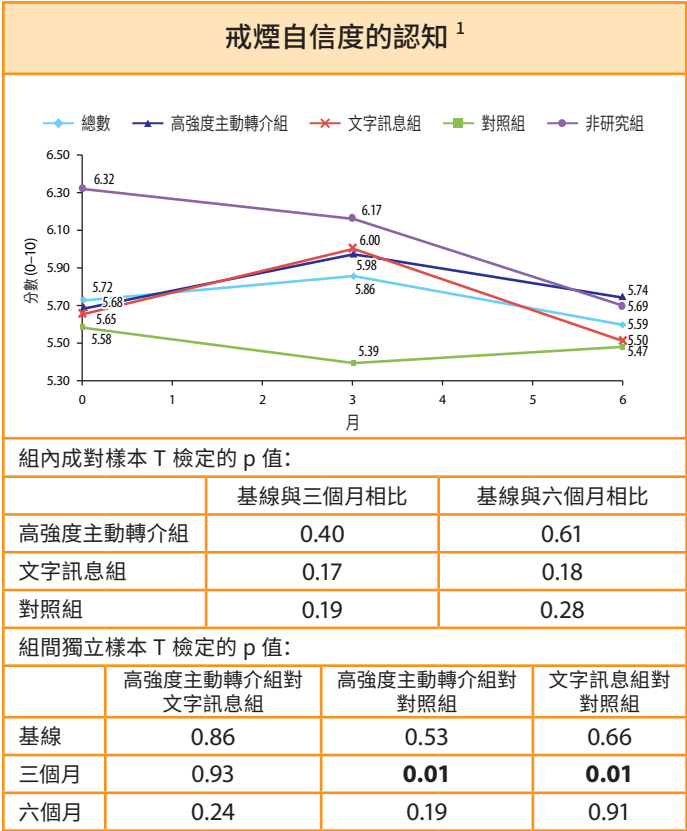
¹ 由 0 至 10 分，0 最低，10 最高；缺失數據排除在外。

戒煙自信度的認知

高強度主動轉介組參賽者的整體戒煙自信度的認知平均分由基線調查的 5.68 分上升到三個月跟進時的 5.98 分，但在六個月跟進時下降到 5.74 分，這些變化均不顯著（所有 p 值 > 0.05）。文字訊息組的平均分也從基線調查時的 5.65

分上升到三個月跟進的 6.00 分，而在六個月跟進時下降到 5.50 分，並且這些變化也不顯著（所有 $p>0.05$ ）。對照組的平均分從基線調查的 5.58 分下降到三個月跟進的 5.39 分，但在六個月時增加到 5.47 分，但無統計學顯著性（所有 p 值 >0.05 ）。在三個月跟進時，高強度主動轉介組和文字訊息組的平均分數顯著高於對照組（所有 p 值 = 0.01）（圖十六）。

圖十六

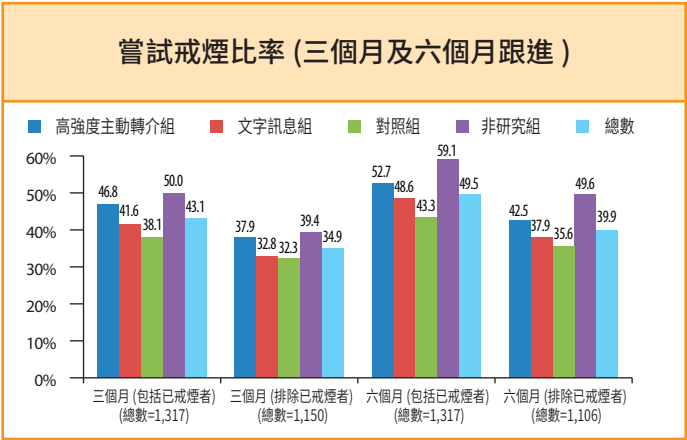


¹ 由 0 至 10 分，0 最低，10 最高；缺失數據排除在外。

三個月及六個月的嘗試戒煙比率

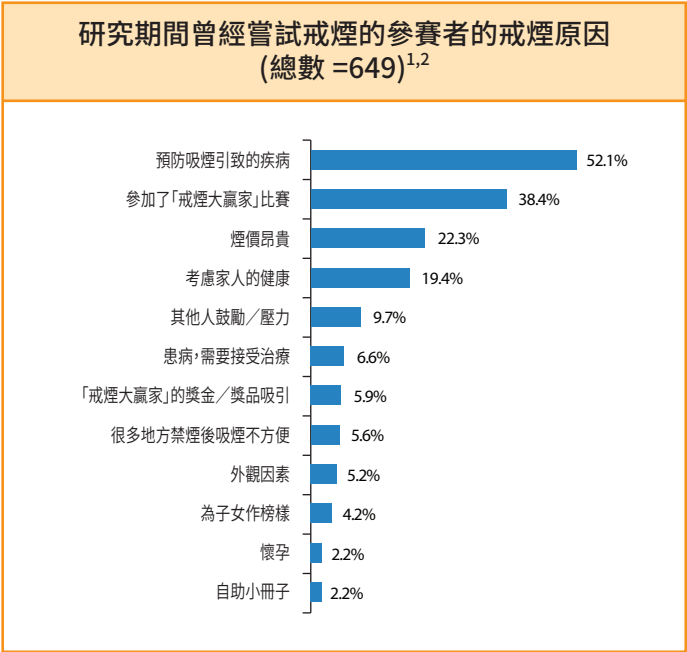
在三個月的跟進中，包括已成功戒煙的參賽者在內的嘗試戒煙比率為 43.1%。高強度主動轉介組的嘗試戒煙比率顯著高於對照組（46.8% 對 38.1%， p 值 = 0.01）。但當排除已戒煙者在外，這種差異並不顯著（37.9% 對 32.3%， p 值 = 0.13）。在六個月時，包括已成功戒煙的參賽者在內的整體嘗試戒煙比率為 49.5%。高強度主動轉介組的嘗試戒煙比率顯著高於對照組（52.7% 對 43.3%， p 值 = 0.01）。排除已戒煙者後，兩個組別的比率差也接近存在統計學上的顯著差異（42.5% 對 35.6%， p 值 = 0.07）（圖十七）。文字訊息組和對照組的嘗試戒煙比率沒有顯著差異。

圖十七



在六個月成功跟進的參賽者中，四個最主要的嘗試戒煙原因是：(1) 預防吸煙引致的疾病（52.1%）；(2) 參加了「戒煙大贏家」比賽（38.4%）；(3) 捲煙價格昂貴（22.3%）；和 (4) 考慮到家人的健康（19.4%）（圖十八）。

圖十八

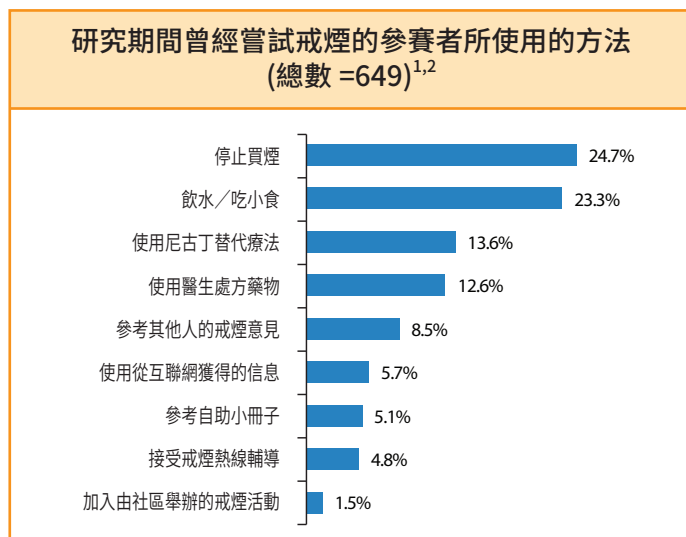


¹ 失訪數據被排除在外

² 參賽者可選擇多於一個答案

大約四分之三（72.9%）的參賽者沒有使用任何特定的方法戒煙。三個參賽者最普遍使用的戒煙方法是：(1) 停止買煙（24.7%）；(2) 飲水 / 吃小食（23.3%）；和 (3) 使用尼古丁替代療法（13.6%）（圖十九）。

圖十九

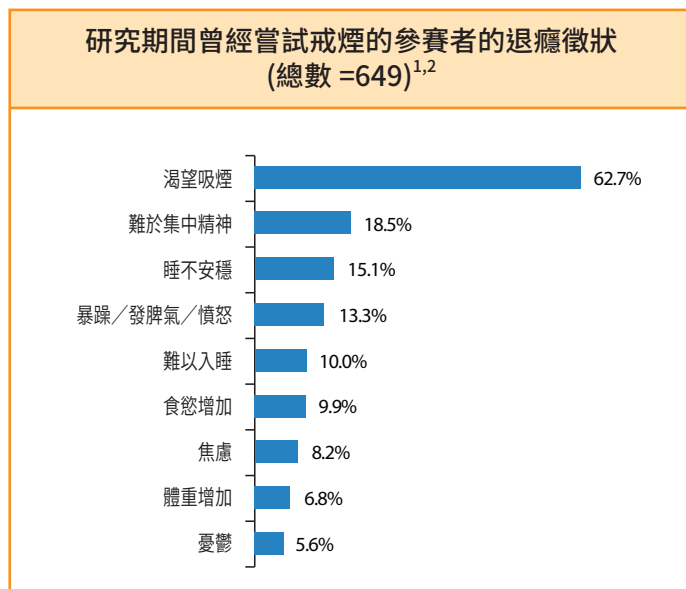


¹ 失訪數據被排除在外

² 參賽者可選擇多於一個答案

曾經嘗試戒煙的參賽者最常見的四種退癮徵狀是：(1) 渴望吸煙 (62.7%)；(2) 難於集中精神 (18.5%)；(3) 睡不安穩 (15.1%)；和 (4) 暴躁 / 發脾氣 / 憤怒 (13.3%) (圖二十)。

圖二十



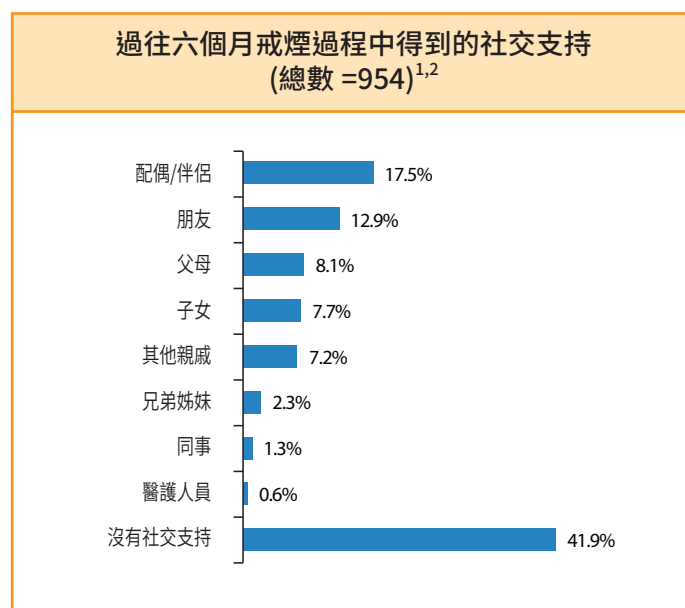
¹ 失訪數據被排除在外

² 參賽者可選擇多於一個答案

戒煙過程中的社交支持

於六個月跟進時，參賽者認為在戒煙過程中的社交支持主要源自他們的：(1) 配偶 / 伴侶 (17.5%)；(2) 朋友 (12.9%)；(3) 父母 (8.1%)；和 (4) 子女 (7.7%)。然而，超過四成 (41.9%) 的參賽者卻表示沒有得到任何的社交支持 (圖二十一)。

圖二十一



¹ 失訪數據被排除在外

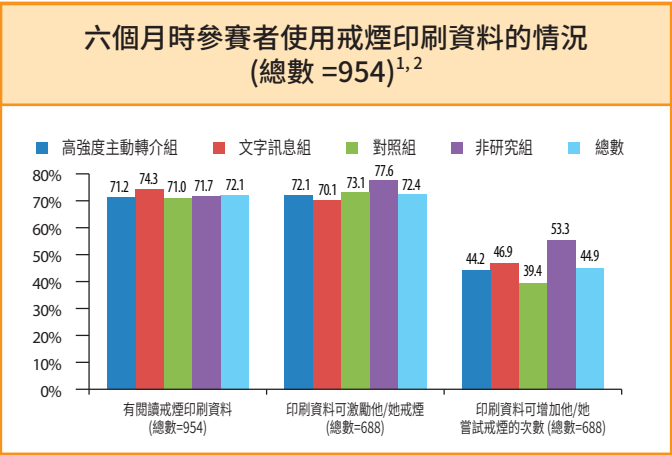
² 參賽者可選擇多於一個答案

戒煙輔助工具的使用和滿意度

印刷資料

在六個月跟進時，近四分之三的參賽者 (72.1%) 曾閱讀了有關戒煙的印刷資料。三個隨機對照試驗組顯示了相似的結果 (所有 p 值 >0.05)。在曾閱讀印刷資料的 688 名參賽者中，72.4% 的參賽者表示印刷資料可推動他們戒煙，44.9% 的參賽者表示印刷資料可增加他們戒煙的嘗試 (圖二十二)。

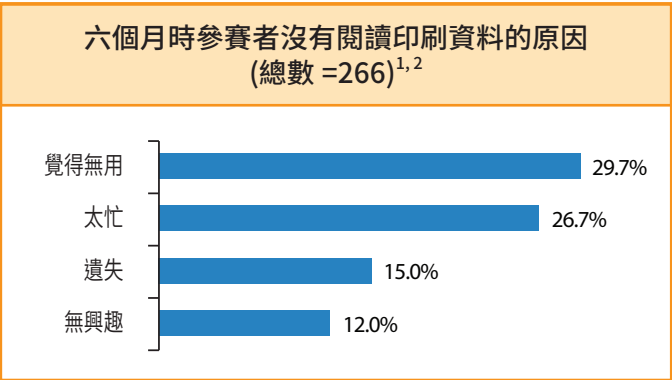
圖二十二



¹ 參賽者可選多於一個答案
² 失訪數據被排除在外，沒有顯示缺失數據

在沒有閱讀印刷資料的 266 名參賽者中(27.9%)，最常見的三個原因是：(1) 覺得無用(29.7%)；(2) 太忙(26.7%)；和 (3) 遺失(15.0%) (圖二十三)。

圖二十三

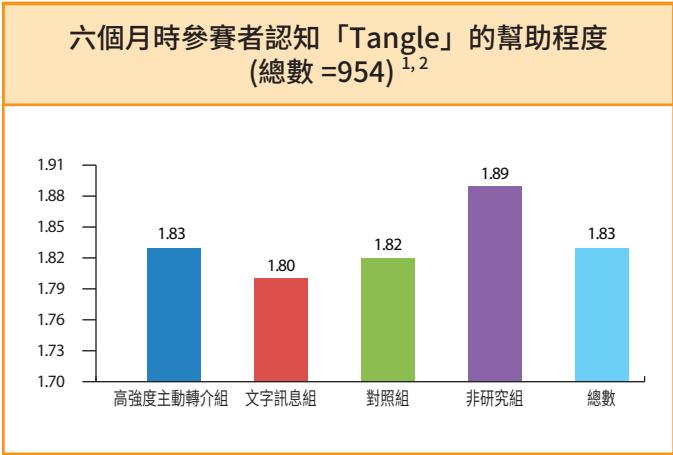


¹ 參賽者可選擇多於一個答案
² 失訪數據及缺失數據被排除在外

紓緩手癮的工具「Tangle」

在六個月的跟進時，以 1 分（非常沒有幫助）至 5 分（非常有幫助）的範圍表示紓緩手癮的工具「Tangle」幫助戒煙程度，平均得分為 1.83（標準差 =0.83）。在組間比較中沒有觀察到顯著差異（所有 p 值 >0.05）(圖二十四)。

圖二十四

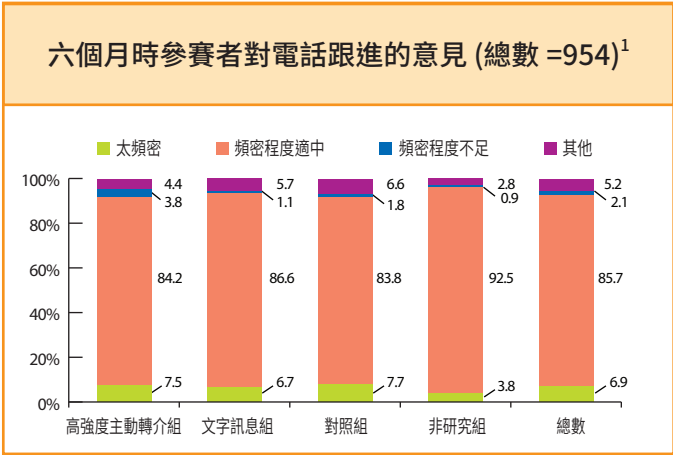


¹ 由 1 至 5 分，1 最低，5 最高
² 失訪數據被排除在外，沒有顯示缺失數據

對電話跟進的意見

成功於六個月進行電話跟進的 954 名參賽者中，85.7% 同意電話跟進的頻率是適當的。所有組別的結果相似（所有 p 值 >0.05）(圖二十五)。

圖二十五



¹ 失訪數據被排除在外，沒有顯示缺失數據

4. 討論

在 2016 年 6 月至 9 月期間，第七屆「戒煙大贏家」比賽在全港十八區的行人路和商場舉辦了共 68 場的招募活動，成功地在社區推廣戒煙，並獲得 74 名大學生和來自非政府組織的員工 / 義工參加。戒煙輔導員接觸了接近 7,000 名吸煙者，約 5,700 名吸煙者收到戒煙的宣傳單張，1,317 名吸煙者參加了「戒煙大贏家」比賽。根據治療意向分析，參賽者的自我報告戒煙率在三個月跟進時為 12.7%，六個月跟進時為 16.0%。比較近年的比賽，第七屆「戒煙大贏家」比賽的整體戒煙率最高。

除了給予小額的現金獎勵外，「戒煙大贏家」比賽還為參賽者提供了不同的干預措施和策略。隨機對照試驗研究的結果顯示，相比對照組，高強度及個人化的主動轉介可以提高自我報告的戒煙率近 50% 和提高生物化學測試驗證的戒煙率一倍。與去年的主動轉介干預相比，今年可以在現場預約戒煙服務，使轉介服務更密集也更個人化。研究人員根據參賽者的意願來協助他們預約戒煙服務。高強度個人化主動轉介至戒煙服務被參賽者廣泛接受，該組的大多數參賽者都同意被轉介 (77%)，他們之中最終有超過三分之一的人使用了戒煙服務機構提供的服務 (34.9%)。然而，揀選戒煙轉介服務的參賽者的比例稍遜去年，在基線調查時高強度主動轉介組中只有 34.4% 的參賽者打算在七天內戒煙，可能是因為參賽者在現場或一周內無法決定所使用的戒煙服務。

儘管戒煙服務轉介的接受率不高，但與去年相比，高強度主動轉介組提高約 20% 的戒煙服務使用率 (2015 年使用率為 29.1%，2016 年使用率為 34.9%)。這表明，面對面的介紹和即時（或在一周內）預約戒煙服務可激勵參賽者之後使用戒煙服務。相反，文字訊息組的戒煙服務使用率在之後的所有跟進中均顯著低於高強度主動轉介組，因為文字訊息組的參賽者必須自行預約戒煙服務。因此，高強度主動轉介至戒煙服務更具鼓勵性及更方便，從而提高了戒煙服務的實際使用率。

對戒煙服務缺乏了解是接受戒煙服務的主要障礙之一¹⁴。以面對面形式介紹戒煙服務和提供戒煙熱線卡，可以使參賽者對戒煙服務有足夠了解，並增加他們戒煙嘗試和戒煙率。然而，「繁忙」和「時間不合」是沒有使用戒煙服務的兩個主要原因。超過 60% 的參賽者是受僱員工，無法使用主要在平日早上九時至下午五時營運的戒煙診所服務。因此，僱主對員工戒煙更多的支持，如提供休假津貼或能增加戒煙服務的使用。此外，40% 的參賽者表示在戒煙期間沒有社交支持。儘管「戒煙大贏家」比賽向參賽者發出

提醒戒煙的手機短訊，但基於文本的干預措施不能讓參賽者得到來自輔導員的即時反應，這可能會影響參賽者的戒煙意願並降低社交支持的強度¹⁵。因此，通過文字訊息進行即時通訊是有優勢的，參賽者認為即時訊息的回應快並且易於使用，可能因此會為參賽者戒煙提供一些社交支持和動力¹⁵。

關於戒煙輔助工具，我們向高強度主動轉介組和文字訊息組派發了一份煙害警告宣傳單張，向對照組的參賽者發了一本 12 頁的自助戒煙小冊子。儘管超過 70% 的參賽者曾經閱讀戒煙印刷資料，但其中許多人表示他們丟失了印刷資料或沒有興趣。與上一屆比賽的情況類似，本屆比賽的吸煙者對煙害警告宣傳單張的接受程度較低。可能是因為健康警告已被廣泛應用，而且「頑固」吸煙人士被這些警告推動戒煙的機會較低。儘管如此，研究結果強調了繼續改善及評估最有效的戒煙忠告、宣傳單張或使用社交媒體或其他轉介模式對提高吸煙者使用實證的戒煙干預的重要性。

5. 結論

總括而言，第七屆「戒煙大贏家」比賽吸引了眾多社區的吸煙者和非吸煙者，並推廣了戒煙信息和現有服務。「戒煙大贏家」比賽亦提供了一個向大量吸煙者與非吸煙者宣傳戒煙信息的重要平台。研究結果顯示高強度主動轉介的干預措施能增加六個月的戒煙率。早期主動聯繫和轉介吸煙者能增加戒煙服務的使用率，並能大大提高戒煙率。日後，長期跟進以及包括不同非常簡短戒煙干預措施組合的雞尾酒方式干預措施值得嘗試。

6. 臨床試驗註冊編號

臨床試驗註冊編號：NCT02804880 (ClinicalTrials.gov)
(<https://clinicaltrials.gov/>)

7. 參考文獻

1. Census & Statistics Department, Hong Kong SAR Government. (2018). Pattern of Smoking. *Thematic Household Survey, Report No.64*. Hong Kong: Census & Statistics Department.
2. Lam, TH. (2012). Absolute risk of tobacco deaths: one in two smokers will be killed by smoking: comment on "Smoking and all-cause mortality in older people". *Archives Internal Medicine*. 172(11), 845-846.
3. Lam, TH., Ho, SY., Hedley, AJ., Mak, KH. & Peto, R. (2001). Mortality and smoking in Hong Kong: Case-control study of all adult deaths in 1998. *British Medical Journal*. 323(7309), 361
4. Chen, J., McGhee, S. & Lam, TH. (2017). Economic costs attributable to smoking in Hong Kong in 2011: a possible increase from 1998. *Nicotine & Tobacco Research*. ntx254-ntx254.
5. Cahill, K., & Perera, R. (2011). Competitions and incentives for smoking cessation. *Cochrane Database of Systematic Reviews*. Issue 4.
6. Cahill, K., & Perera, R. (2008). Quit and Win contests for smoking cessation. *Cochrane Database of Systematic Reviews*. Issue 4.
7. Chan, SS., Wong, DC., Cheung, YT. & et al. (2015). A block randomized controlled trial of a brief smoking cessation counselling and advice through short message service on participants who joined the Quit to Win Contest in Hong Kong. *Health Education Research*. 2015. 30(4), 609-621.
8. Chan, SSC., Wong, DCN., Lau, LMM., Lai, VWY., Lam, COB. & Lam, TH. (2013). "Quit to Win 2010" and smoking cessation. *COSH Report No. 13*. Hong Kong Council on Smoking and Health.
9. Chan, SCC., Wong, DCN., Cheung, DYT. & et al. (2014). "Quit to Win 2012" and smoking cessation. *COSH Report No. 16*. Hong Kong Council on Smoking and Health.
10. Li, WHC., Cheung, DYT., Lam, COB., Kwong, ACS., Lai, VWY. & Lam, TH. (2015). *The 4th "Quit to Win" Contest – Effectiveness of Small Cash Incentive on Smoking Cessation*. *COSH Report No. 18*. Hong Kong Council on Smoking and Health.
11. Wang, MP., Cheung, DYT., Li, WHC. & et al. (2016). Effect of "Cut Down To Quit" on Smoking Cessation: A randomized Controlled Trial. *SRNT 2016 Annual Meeting*.
12. Wang, MP., Suen, YN., Li, WH. & et al. (2017). Intervention With Brief Cessation Advice Plus Active Referral for Proactively Recruited Community Smokers: A Pragmatic Cluster Randomized Clinical Trial. *JAMA Internal Medicine*. 177(12), 1790-1797.
13. World Health Organization. (2015). Tobacco Free Initiative. Retrieved from <http://www.who.int/tobacco/mpower/en/>.
14. Trinidad, D. R., Perez-Stable, E. J., White, M. M., Emery, S. L., & Messer, K. (2011). A Nationwide Analysis of US Racial/Ethnic Disparities in Smoking Behaviors, Smoking Cessation, and Cessation-Related Factors. *American Journal of Public Health*. 101(4), 699-706.
15. Sloan, M., Hopewell, S., Coleman, T., Cooper, S., & Naughton, F. (2017). Smoking Cessation Support by Text Message During Pregnancy: A Qualitative Study of Views and Experiences of the MiQuit Intervention. *Nicotine & Tobacco Research*. 19(5), 572-577.

鳴謝

我們感謝所有學生助理、研究助理及戒煙輔導員對本計劃的支援，包括招募吸煙者、協助跟進、及輸入數據。我們亦感謝香港吸煙與健康委員會撥款支持是項研究計劃及委員會職員的大力協助。最後，我們感謝所有參賽者為本研究計劃提供重要的數據。

The 7th “Quit to Win” Contest – Effectiveness of High Intensity of Active Referral Intervention on Smoking Cessation

MP WANG¹, YD WU¹, YN SUEN², X WENG¹, Christina OB LAM¹,
William HC LI¹, Derek YT CHEUNG¹, Antonio CS KWONG⁴, Vienna WY LAI⁴, & TH LAM³

¹ School of Nursing, The University of Hong Kong

² Department of Psychiatry, The University of Hong Kong

³ School of Public Health, The University of Hong Kong

⁴ Hong Kong Council on Smoking and Health

1. Introduction

Although smoking prevalence is decreasing in Hong Kong, there are still 615,000 daily smokers (10.0%)¹ and half will be killed by smoking² which accounts for about 7,000 deaths per year in Hong Kong³. Smoking also accounts for a large amount of medical costs, long-term care costs and productivity loss of about HK\$5,585 million (US\$716 million, 0.3% Hong Kong GDP)^{1,4}. Smoking is a highly addictive behaviour and many smokers with strong nicotine dependence encounter difficulties to quit without assistance. On the other hand, reaching and helping many smokers who have no intention to quit is a challenge, because they are unlikely to seek professional help from smoking cessation (SC) services.

The Quit and Win programme provides an opportunity to reach and encourage a large number of smokers to initiate quitting and maintain abstinence. It also provides a golden opportunity to examine the effectiveness of brief and low cost SC interventions by a randomized controlled trial (RCT) so as to generate new evidence for future evidence-based interventions to reach, recruit and help a large number of smokers to quit.

The Quit and Win model posits that smokers participating in SC contest will have higher motivation to quit with incentives and better social support⁵. Studies have found that such quitting contests or incentive programmes reached a large number of smokers and showed a significantly higher abstinence rate in the Quit and Win group than the control group⁶.

Since 2009 (except 2011), the Hong Kong Council on Smoking and Health (COSH) has been collaborating with the Schools of Nursing and Public Health of The University of Hong Kong (HKU), to organize the “Quit to Win” (QTW) Contest. Over 7,000 smokers were recruited from the community⁷⁻¹² since 2009. Small cash incentives and fabulous prizes of lucky draw or selection interview were awarded to participants whose abstinence was biochemically validated. The competition helped in boosting up participants’ confidence and motivation to quit and allowed rooms for designing and evaluating the effectiveness of new SC interventions at low cost.

SC services substantially increase abstinence rate and the World Health Organization (WHO) has urged to promote SC services¹³. SC services in Hong Kong are under-used as most of the daily smokers (76.8%) had never tried smoking cessation services or specified methods and only 3.1% of these smokers were willing to use the services¹. Our previous RCT in the 6th “Quit to Win” Contest conducted in 2015 evaluated the effects of low-intensity active referral (LAR) vs. very brief general SC advice (VBA) on quitting. LAR included on-site AWARD counseling and referring smokers contact information for SC services providers to connect with the smokers. The 6-month findings of this RCT showed the LAR intervention was effective, with a significantly higher self-reported abstinence rate than that in the control group (17.2% vs. 11.5%, $p=0.02$)¹². It is warranted to evaluate if a higher intensity active referral (HAR) and/or text messaging on encouraging SC service use can achieve even higher abstinence rate when compared with only VBA is given in the control group.

In 2016, COSH collaborated with HKU, 18 District Councils, various district working partners and supporting organizations to organize the 7th “Quit to Win” Contest to promote SC in the community. A 3-arm RCT was conducted to evaluate the effectiveness of a high intensity personalized active referral to existing SC services including the SC Hotline (1833 183) and other SC services (HAR Group), and text messaging on encouraging SC service use to increase quitting (Text Group), compared with a self-help booklet and general SC advice (Control Group).

2. Methods

2.1 Recruitment

From 19 June to 30 September 2016, participants were recruited from 68 recruitment sessions of the QTW Contest in all 18 districts in Hong Kong. Each recruitment session was treated as a unit of cluster randomization (22 recruitment sessions for each RCT group). All participants in a recruitment session were allocated to the HAR Group, Text Group or Control Group.

In all the recruitment sessions, the trained SC ambassadors measured smokers’ level of carbon monoxide (CO) in exhaled air and screened participants’ eligibility for the Contest and the RCT:

1. Hong Kong residents aged 18 or above;
2. Daily smokers who smoked at least 1 cigarette per day in the past 3 months;
3. Able to communicate in Cantonese (including reading Chinese); and
4. Exhaled carbon monoxide (CO) of 4 parts per million (ppm) or above.

The SC ambassadors then explained and invited smokers to join the RCT. Written consent for voluntary participation in the RCT was obtained before administering the baseline questionnaire and delivery of the interventions to participants. Eligible participants who were unwilling to join the RCT could still join the QTW Contest, but were excluded from the RCT analysis (Non-trial Group). Cluster randomization was used to allocate the participants in each recruitment session into 1 of the 3 intervention groups:

1. High intensity and personalized active referral group;
2. Text group;
3. Control group.

Block randomization was used to ensure the number of recruitment sessions for the 3 RCT groups was balanced. The primary investigator, who was not involved in the recruitment, randomly generated blocks, with each block

size equal to 3, 6 or 9, containing random permutations of the 3 RCT groups using the website <http://www.random.org> (a website for generating random integers). The primary investigator combined all the blocks and generated a list of group allocation for all recruitment sessions. The recruitment staff was informed about the group allocation one day prior to the recruitment activities. The trained SC ambassadors were unknown about the group assignment until they arrived at the recruitment venue. All outcome assessors were blinded to the group assignment.

A lucky draw and a publicity programme for SC promotion were organized by COSH. A total of 5 participants, whose abstinence were biochemically validated at 3-month, won the lucky draw prize (HK\$10,000 gift voucher each). Among the 137 participants who joined the publicity programme, the biochemically validated quitters had been interviewed and a champion was selected to receive a prize of travel voucher at HK\$25,000 to Australia, where the 1st and the 2nd runner-up received a prize of travel voucher at HK\$15,000 to Singapore and at HK\$10,000 to Thailand, respectively.

2.2 Interventions and Follow-up

High intensity and personalized active referral group:

Participants received brief SC advice and were actively referred to existing SC services in Hong Kong. Brief advice was delivered using the AWARD model⁷ face-to-face at baseline and via telephones at follow-ups. The AWARD model consists of the following components: Ask about smoking history; Warn about the high risk with the use of the health warning leaflet; Advice to quit as soon as possible and to quit within 3 months (to become eligible to win the prizes); Refers smokers to SC services; and Do it again. Participants also received an A4 color double-page printed leaflet which contained highlights of the risks of 1/2 smokers and 2/3 smokers started smoking at young age died from smoking, a full list of diseases related to active and secondhand smoking, 10 scary pictures featuring smoking-induced diseases, information on the benefits of quitting, and messages encouraging participants to quit and call the Integrated SC Hotline managed by the Department of Health. Participants received brief telephone booster advice at 1 and 2 months and validation of smoking status at 3 and 6 months.

To increase the chance of getting an earlier SC appointment and attendance, research staff helped smokers book their preferred SC services for the available appointment time on-site. For smokers who were not ready to book the SC services on-site, they were encouraged to set a date for appointment booking within a week and were followed up by telephone at 1-week. They could inform us to book the SC service through instant messaging (IM) or telephone calls anytime between 1-week and 1-month after baseline. Once smokers had chosen the SC services, we helped them book the SC appointment by sending the relevant information to SC providers. Participants received help to book the following SC services in Hong Kong: Department of Health, Tung Wah Group of Hospitals

Integrated Centre on SC, Hospital Authority SC clinics, Pok Oi Hospital Acupuncture SC Services, and Youth Quitline of The University of Hong Kong.

SC ambassadors introduced the SC services to participants using a pocket size SC services information card containing brief information and highlights of each SC service. Participants who consented for the transferal of their contact details through COSH to their selected SC service providers received proactive phone calls from the service providers for telephone SC counseling or booking an SC clinic appointment.

Tailored, automatic, fix-schedule messages were sent three times in the 1st week via IM services (e.g. WhatsApp) since initial contact and then one message per week until 8 weeks after baseline. Any smokers who did not use IM or refused to receive IM messages were contacted via SMS messages. SC messages included the harms of smoking, the benefits of SC, the importance of adherence to SC appointment and encouragement on abstinence. The messages were sent according to smokers' SC appointment status e.g. (1) Not yet decided to book SC appointment, (2) Booked SC appointment; (3) Booked but had not yet attended the SC service. All participants received a reminder to attend the SC service in the 7th IM messages. Research staff monitored the use of SC services by smokers at each follow-up (1, 2, 3 & 6 months) and assisted participants to book or re-book the appointments if necessary.

Text group: Participants were introduced and motivated to use the SC services on-site. IM/SMS messages (3 per week in the first month, then 1 per week in the second month) were sent to encourage them to book an SC appointment by themselves since initial contact. A total of 16 messages were sent to the smokers. The IM/SMS messages in this group were simpler and more generic than the IM messages in HAR Group. Research staff monitored the use of SC services by smokers at each follow-up (1, 2, 3 & 6 months) and encouraged participants to book or re-book the appointments if necessary.

Control group: Participants received very brief, minimal general SC advice and a 12-page self-help SC booklet which was designed by COSH and routinely used in QTW Contests.

Non-trial group: The following participants joined the QTW Contest and were classified as the non-trial group: (1) chose to participate in the COSH publicity programme, which had different prizes; (2) refused to participate in the RCT; and (3) were recruited from the workplace where additional incentives might be provided by the employers. The non-trial participants received the same intervention(s) received by the RCT participants in the same recruitment session. All of them could receive the same monetary incentive after passing the biochemical validation for abstinence at 3- and 6-month.

All participants were assessed for their smoking status and quitting progress through telephone interview at 1- and 2-month, followed by a booster intervention (HAR Group and Text Group only), and then at 3- and 6-month with assessment only. Both HAR Group and Text Group received booster interventions which involved brief AWARD advice, enquiry and reinforcement of the use of SC services, but HAR Group additionally received assistance in booking/re-booking SC services through telephone and IM at 1-, 2- and 3-month follow-ups. No booster intervention was provided to the Control Group. About 7 calls and 1 voice message were made before a participant was treated as unreachable. Self-reported quitters (did not smoke, even a puff, in the past 7 days) at 3- and 6-month were invited to participate in the biochemical validations. HKU staff assessed self-reported quitter's exhaled CO level and saliva cotinine level in the biochemical validation and all validated quitters could receive a cash incentive of HK\$500. To boost the retention rate, participants who completed all the 4 follow-up interviews could receive another cash incentive of HK\$100.

The primary outcomes were the self-reported 7-day point prevalence (PP) abstinence rate at 3- and 6-month. The secondary outcomes were (1) biochemically validated SC, (2) smoking reduction (50% reduction or above in cigarette consumption compared with baseline), and (3) self-reported SC service use at 3- and 6-month.

The socio-demographic and smoking characteristics at baseline of all participants (N=1,317) were described. We compared the primary and secondary outcomes, perceived importance, difficulty and confidence to quit among the three groups. We adopted the intention-to-treat (ITT) analysis (assuming that non-respondents at the follow-up did not change their baseline smoking behavior) and complete-case (CC) analysis (excluding participants who were lost to follow-up) to calculate the self-reported and biochemically validated abstinence rates and other outcomes.

We also reported participants' reasons to quit, methods to quit, withdrawal symptoms experienced, perceived social support for quitting, use of SC aids and perception of follow-up calls.

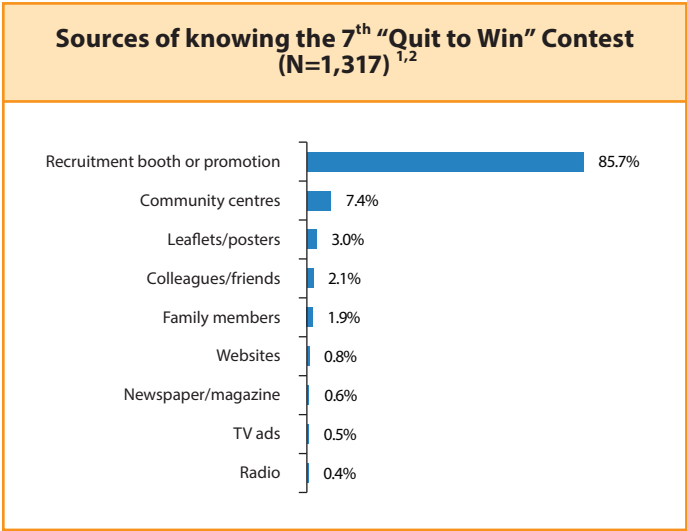
3. Results

In all the 68 recruitment sessions of the 7th "Quit to Win" Contest, more than 60 trained SC ambassadors participated in the on-site promotion and recruited 1,344 adult daily smokers to participate in the Contest. About 124,000 people passed by the QTW promotion booths. About 13,000 people made enquiries about SC or participated in the game booth. The SC ambassadors approached nearly 7,000 smokers and over 12,000 non-smokers in all the activities.

Of the 1,344 screened smokers who were interested to join the Contest, 15 (1.1%) did not meet the inclusion criteria, and 12 (0.9%) refused to participate in the Contest, making up a final of 1,317 participants in the Contest. Among the 1,317 eligible participants, 1,163 (88.3%) consented to participate in the RCT. 137 (10.4%) participants in the publicity programme and 17 (1.3%) participants who refused to join the RCT or were recruited from a specific workplace were combined and analyzed in the non-trial group. Of the 1,163 participants in the RCT, 395 (34.0%) were allocated to the HAR Group, 385 (33.1%) to the Text Group, and 383 (32.9%) to the Control Group.

The recruitment booth of the QTW Contest was the leading source of information about the QTW Contest for the participants (85.7%). The second source was the community centres (7.4%) and few participants knew it from leaflets/posters (3.0%) and posters (3.0%) (Figure 1).

Figure 1



¹Missing data were not displayed.

²Participants could choose more than one option.

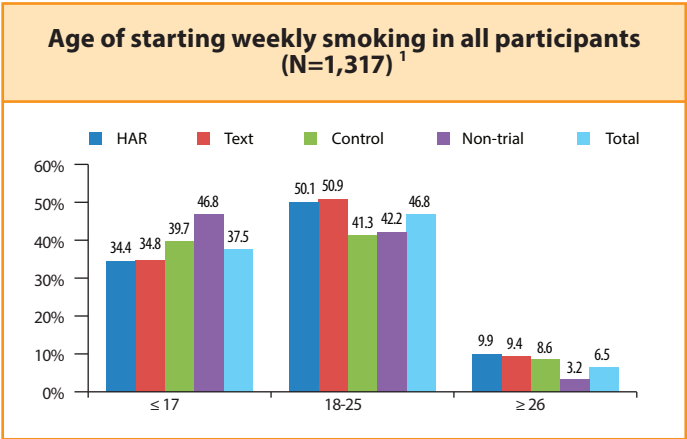
3.1 Socio-demographic characteristics of all participants

The average age of participants was 41.4 (SD=16.6) years and most participants were male (79.1%) and employed (61.2%) and had received junior secondary or above education (75.0%). Near half (49.8%) were married and two-fifths had children (40.2%). Near half had a monthly household income less than HK\$20,000 (46.5%), and less than half lived in public housing (43.4%) (Table 1).

3.2 Smoking profile

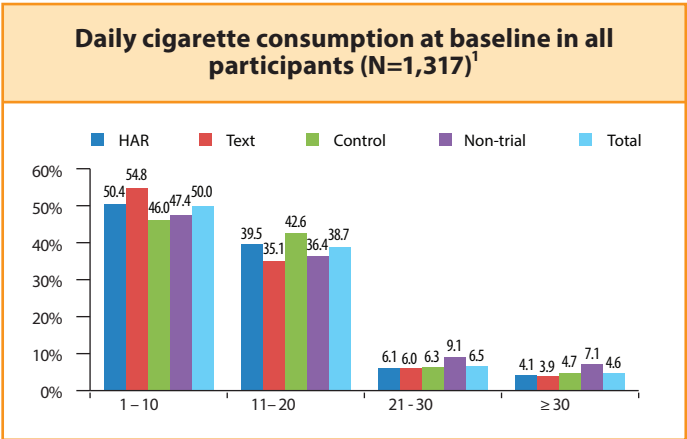
The mean age of starting smoking was 19.1 (SD=6.4) years, 37.5% started smoking before 18 and the mean year of smoking was 22.1 (SD=16.0) (Figure 2). The mean daily cigarette consumption was 14.4 (SD=9.4) cigarettes, while 50.0% consumed 1-10 cigarettes and 38.7% consumed 11-20 per day (Figure 3). According to the Heaviness of Smoking Index (HSI), 48.9% had light nicotine dependence (HSI≤2) (Figure 4). Only 36.7% had made a quit attempt (smoking abstinence ≥24 hours) before, and 60.7% of them had the attempt more than 1 year ago (Figure 5). Only 27.9% of participants intended to quit smoking within 7 days (Figure 6).

Figure 2



¹Missing data were not displayed.

Figure 3

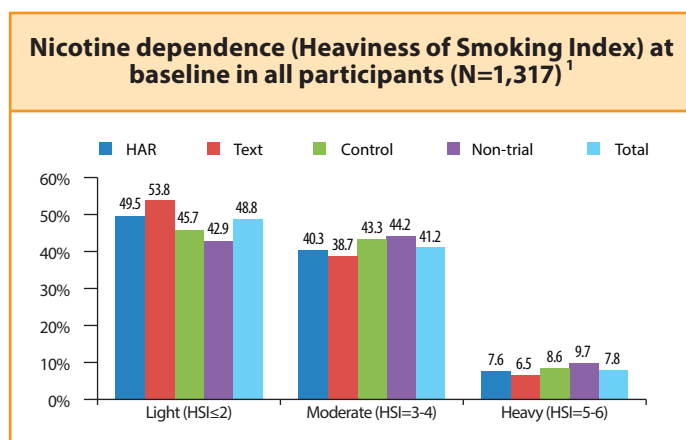


¹Missing data were not displayed.

Table 1. Socio-demographic characteristics of all participants (N=1,317)

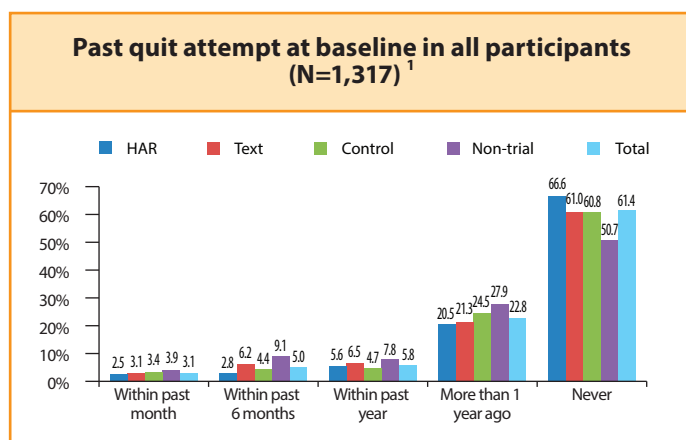
| n (%) | Total (N=1,317) | Non-trial (N=154) | HAR (N=395) | Text (N=385) | Control (N=383) |
|---------------------------------|--------------------|----------------------|-----------------|-----------------|--------------------|
| Age, mean \pm SD, years | 41.4 \pm 16.6 | 41.4 \pm 16.1 | 40.9 \pm 16.3 | 41.0 \pm 16.7 | 42.3 \pm 17.1 |
| Gender | | | | | |
| Male | 1,042 (79.1) | 139 (90.3) | 311 (78.7) | 301 (78.2) | 291 (76.0) |
| Female | 274 (20.8) | 15 (9.7) | 84 (21.3) | 84 (21.8) | 91 (23.8) |
| Missing | 1 (0.1) | 0 (0.0) | 0 (0.0) | 0 (0.0) | 1 (0.3) |
| Marital status | | | | | |
| Single | 510 (38.7) | 54 (35.1) | 157 (39.7) | 162 (42.1) | 137 (35.8) |
| Married/ Cohabited | 656 (49.8) | 87 (56.5) | 199 (50.4) | 185 (48.1) | 185 (48.3) |
| Others | 50 (3.8) | 4 (2.6) | 12 (3.1) | 15 (3.9) | 19 (4.9) |
| Missing | 101 (7.7) | 9 (5.8) | 27 (6.8) | 23 (6.0) | 42 (11.0) |
| Had a child | | | | | |
| Yes | 530 (40.2) | 75 (48.7) | 159 (40.3) | 160 (41.6) | 136 (35.5) |
| No | 582 (44.2) | 60 (39.0) | 183 (46.3) | 171 (44.4) | 168 (43.9) |
| Missing | 205 (15.6) | 19 (12.3) | 53 (13.4) | 54 (14.0) | 79 (20.6) |
| Education level | | | | | |
| No formal education | 28 (2.1) | 6 (3.9) | 4 (1.0) | 10 (2.6) | 8 (2.1) |
| Elementary education | 111 (8.4) | 13 (8.4) | 26 (6.6) | 32 (8.3) | 40 (10.4) |
| Junior secondary education | 251 (19.1) | 28 (18.2) | 96 (24.3) | 61 (15.8) | 66 (17.2) |
| Senior secondary education | 469 (35.6) | 55 (35.7) | 149 (37.7) | 142 (36.9) | 123 (32.1) |
| Post-secondary or above | 267 (20.3) | 36 (23.4) | 80 (20.3) | 76 (19.8) | 75 (19.6) |
| Missing | 191 (14.5) | 16 (10.4) | 40 (10.1) | 64 (16.6) | 71 (18.5) |
| Employment status | | | | | |
| Student | 108 (8.2) | 6 (3.9) | 36 (9.1) | 32 (8.3) | 34 (8.9) |
| Self-employed/ employed | 806 (61.2) | 103 (66.9) | 264 (66.8) | 231 (60.0) | 208 (54.3) |
| Unemployed | 49 (3.7) | 8 (5.2) | 12 (3.0) | 15 (3.9) | 14 (3.7) |
| Housewife | 34 (2.6) | 2 (1.3) | 4 (1.0) | 15 (3.9) | 13 (3.4) |
| Retired | 152 (11.5) | 21 (13.6) | 40 (10.1) | 44 (11.4) | 47 (12.3) |
| Missing | 168 (12.8) | 14 (9.1) | 39 (9.9) | 48 (12.5) | 67 (17.5) |
| Monthly household income (HK\$) | | | | | |
| Less than 10,000 | 182 (13.8) | 21 (13.6) | 50 (12.7) | 53 (13.8) | 58 (15.1) |
| 10,000-19,999 | 430 (32.7) | 52 (33.8) | 140 (35.4) | 123 (31.9) | 115 (30.0) |
| 20,000-29,999 | 279 (21.2) | 30 (19.5) | 97 (24.6) | 83 (21.6) | 69 (18.0) |
| 30,000-39,999 | 88 (6.7) | 9 (5.8) | 31 (7.8) | 19 (4.9) | 29 (7.6) |
| 40,000 or more | 111 (8.4) | 21 (13.6) | 29 (7.3) | 31 (8.1) | 30 (7.8) |
| Missing | 227 (17.2) | 21 (13.6) | 48 (12.2) | 76 (19.7) | 82 (21.4) |
| Housing condition | | | | | |
| Public housing (rental) | 482 (36.6) | 68 (44.2) | 131 (33.2) | 137 (35.6) | 146 (38.1) |
| Public housing (purchased) | 89 (6.8) | 5 (3.2) | 36 (9.1) | 22 (5.7) | 26 (6.8) |
| Home Ownership Scheme | 204 (15.5) | 25 (16.2) | 63 (16.0) | 64 (16.6) | 52 (13.6) |
| Private housing (rental) | 146 (11.1) | 11 (7.1) | 56 (14.2) | 48 (12.5) | 31 (8.1) |
| Private housing (purchased) | 167 (12.7) | 25 (16.2) | 55 (13.9) | 43 (11.2) | 44 (11.5) |
| Others | 20 (1.5) | 3 (2.0) | 8 (2.0) | 3 (0.8) | 6 (1.6) |
| Missing | 209 (15.9) | 17 (11.0) | 46 (11.6) | 68 (17.7) | 78 (20.4) |

Figure 4



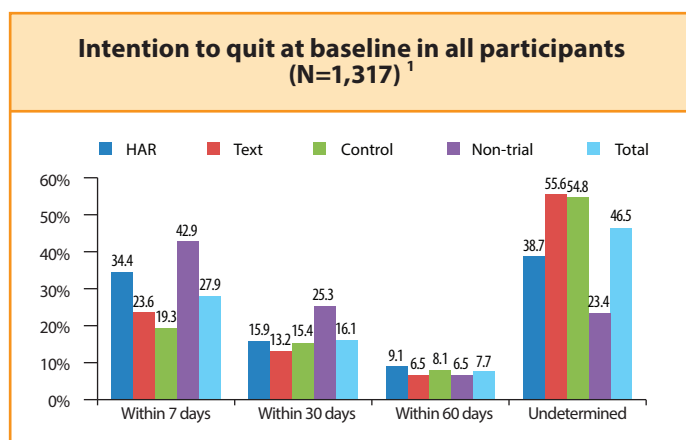
¹Missing data were not displayed.

Figure 5



¹Missing data were not displayed.

Figure 6



¹Missing data were not displayed.

3.3 Baseline referral status of participants who received active referral intervention

At baseline, 450 participants received active referral intervention. 395 (87.8%) were participants in the HAR Group of the RCT and 55 (12.2%) were in the non-trial group. Most of them (76.7%) had chosen an SC service provider at baseline and the proportion was 74.2% in the HAR Group and 94.5% in the non-trial group. The remaining participants were not ready to use SC service (13.3%) or refused to be referred (10.0%) (Table 2).

Table 2 Referral status for active referral group at baseline (N=450).

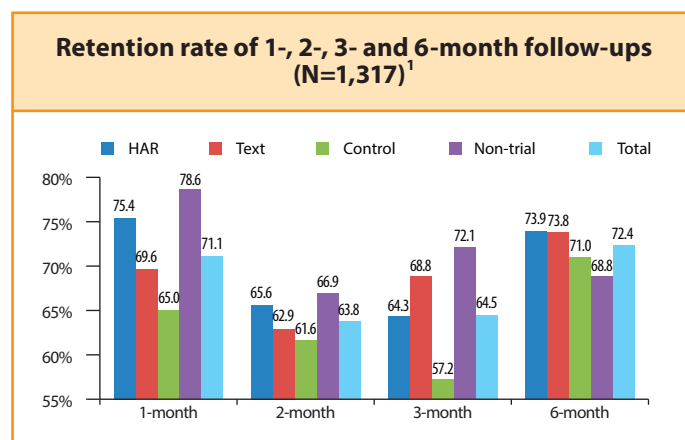
| | Total (N=450) | Non-trial Group (N=55) | HAR Group (N=395) |
|---|---------------|------------------------|-------------------|
| Had chosen any smoking cessation service | 345 (76.7) | 52 (94.5) | 293 (74.2) |
| Had not decided a smoking cessation service yet | 60 (13.3) | 2 (3.6) | 58 (14.7) |
| Refused to be referred | 45 (10.0) | 1 (1.8) | 44 (11.1) |

3.4 1-, 2-, 3- and 6-month follow-ups results

Retention rate

All participants were followed up by telephone interviews at 1-, 2-, 3- and 6-month with the corresponding overall retention rates (including non-trial group) of 71.1%, 63.8%, 64.5% and 72.4%. At 3-month, the retention rate of the HAR Group, Text Group and Control Group were 64.3% , 68.8% and 57.2%, respectively. While at 6-month were 73.9%, 73.8% and 71.0% (Figure 7).

Figure 7



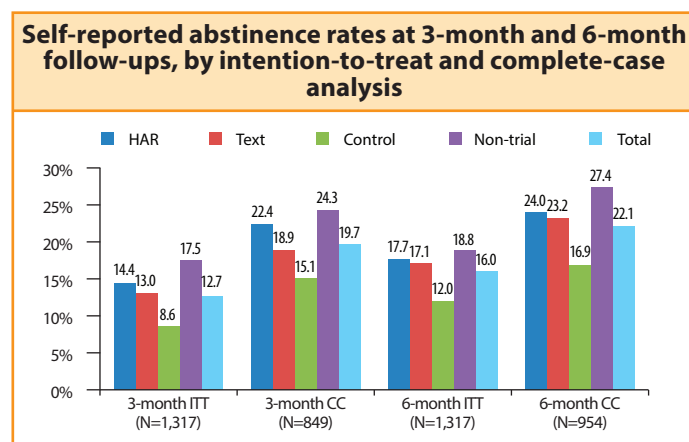
¹Missing data were not displayed.

Primary outcome: Self-reported 7-day point prevalence abstinence rate at 3- and 6-month follow-ups

By ITT analysis, the overall self-reported 7-day point prevalence of abstinence (PPA) at 3-month follow-up was 12.7%. The HAR Group (14.4%) had the highest abstinence rate among 3 RCT groups, which was non-significantly greater than that in the Text Group (13.0%, $p=0.56$), and significantly ($p=0.01$) greater than that in the Control Group (8.6%), while the Text Group also had a greater PPA than the Control Group with marginal significance ($p=0.05$). By CC analysis, the overall abstinence rate was 19.7%, the HAR Group (22.4%) had the highest self-reported abstinence rate when compared with the Text Group (18.9%, $p=0.32$), and the Control Group (15.1%, $p=0.04$). The difference between the Text Group and the Control group was not significant ($p=0.27$) (Figure 8).

At 6-month follow-up, by ITT analysis, the overall self-reported 7-day PPA was 16.0%. The PPA in the HAR Group (17.7%) was similar to that of the Text Group (17.1%, $p=0.83$) but significantly greater than that of the Control Group (12.0%, $p=0.03$). The PPA in the Text Group was also significantly greater than that of the Control Group ($p=0.04$). By CC analysis, the overall abstinence rate was 22.1%. The PPA in the HAR Group (24.0%) was similar to that in the Text Group (23.2%, $p=0.84$) but significantly greater than that in the Control Group (16.9%, $p=0.04$). The Text Group also had marginally significantly higher PPA than the Control Group ($p=0.06$) (Figure 8).

Figure 8



ITT: Intention-to-treat analysis; CC: Complete-case analysis

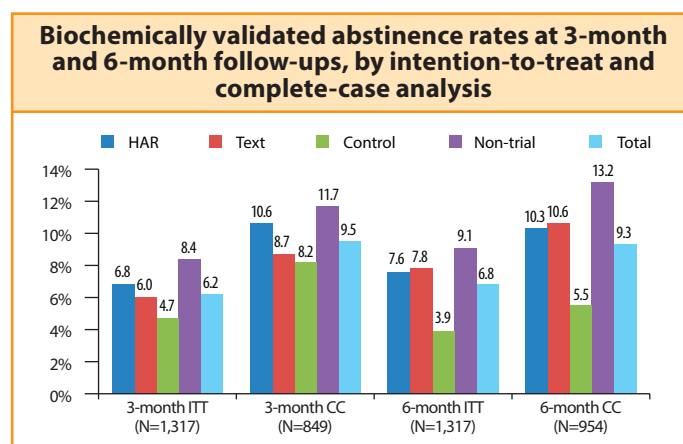
Biochemically validated abstinence rate at 3- and 6-month follow-ups

At 3-month follow-up, among the 167 self-reported quitters (including non-trial group), 102 (61.1%) participated in the biochemical validation and 79.4% passed the test. By ITT analysis, the overall validated abstinence rate was 6.2%. The corresponding rate in the HAR, Text and Control Group were

6.8%, 6.0% and 4.7% respectively. By CC analysis, the overall validated abstinence rate was 9.5%. HAR Group and Text Group had higher validated abstinence rate than the Control Group but the differences were not significant (Figure 9).

At 6-month follow-up, 109 out of 211 (51.7%) self-reported quitters (including non-trial group) participated in the biochemical validation and 81.7% passed the test. By ITT analysis, the overall validated abstinence rate was 6.8%. It was significantly lower in the Control Group (3.9%), when compared with the HAR Group (7.6%, $p=0.03$) or the Text Group (7.8%, $p=0.02$). By CC analysis, the validated abstinence rate was 9.3%. The HAR Group (10.3%) had a similar validated abstinence rate with the Text Group (10.6%, $p=0.91$). Both the HAR Group and Text Group had significantly greater validated abstinence rate than the Control Group (5.5%, $p=0.04$ and 0.03) (Figure 9).

Figure 9

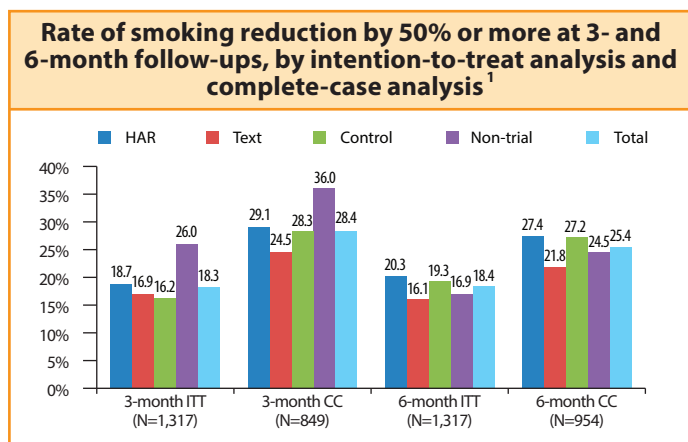


ITT: Intention-to-treat analysis; CC: Complete-case analysis

Smoking reduction rate at the 3- and 6-month follow-ups

By ITT analysis, after excluding the quitters, 18.3% and 18.4% participants reduced daily cigarette consumption by at least 50% at 3- and 6-month follow-ups, when compared with the baseline. The HAR Group, Text Group and Control Group had similar (all $p>0.05$) results at 3-month follow-up: 18.7%, 16.9% and 16.2%, respectively. The results were also similar (all $p>0.05$) at the 6-month follow-up: 20.3%, 16.1% and 19.3%, respectively. By CC analysis, the overall reduction rates were 28.4% and 25.4% at 3- and 6-month follow-ups. The HAR, Text and Control groups had similar (all $p>0.05$) results at both follow-ups (Figure 10).

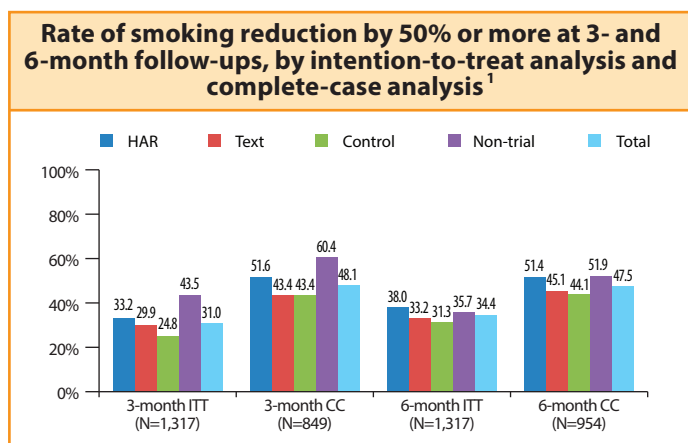
Figure 10



¹Quitters were excluded in the numerator but included in the denominator.

By ITT analysis and including quitters, 31.0% and 34.4% of all participants had reduced daily cigarette consumption by at least 50% at 3- and 6- month follow-ups. The reduction rate in the HAR Group was marginally significantly higher than that in the Control Group (38.0% versus 31.3%, $p=0.052$) at 6-month. By CC analysis, the reduction rate in the HAR Group was marginally significantly higher than that in the Control Group (51.6% versus 43.4%, $p=0.08$) at 3-month (Figure 11).

Figure 11



¹Quitters were included in the numerator and denominator.

Smoking cessation service use at the 1-, 2-, 3- and 6-month follow-ups

Among 395 participants in the HAR Group, 74.2% chose a smoking cessation service provider at baseline (Table 2). The HAR Group had a significantly (all $p<0.001$) higher rate of SC service use when compared with the other 2 groups at all follow-ups (Table 3). At any time point, over three quarters (77.0%) in the HAR Group had chosen a SC service and among them, 34.9% used the SC service. The 4 most common services being used were: (1) nicotine replacement

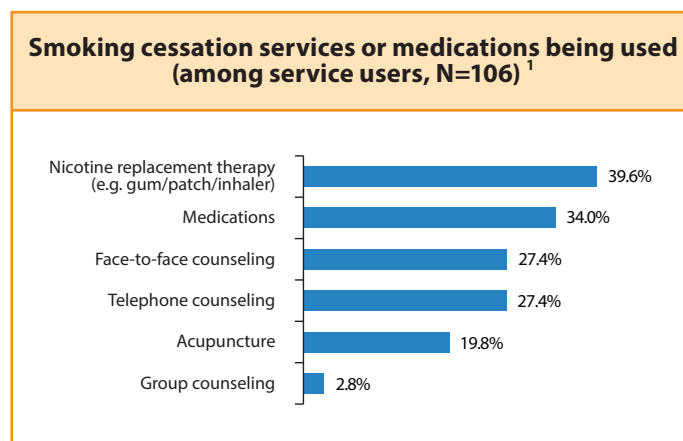
therapy (e.g. gum/patch/inhaler) (39.6%), (2) medications prescribed by doctors (34.0%), (3) face-to-face counseling (27.4%), and (4) telephone counseling (27.4%) (Figure 12). In the 198 participants who had not used the SC service, the most common reasons were busy schedule (80.8%) and time mismatch (24.7%) (Figure 13).

Table 3 Use of SC service (cumulative at 6 month)¹

| | Total (N=1,317) | Non-trial (N=154) | HAR (N=395) | Text (N=385) | Control (N=383) |
|-------------------------|--------------------|----------------------|----------------|-----------------|--------------------|
| Have chosen the service | 356 (27.0) | 52 (33.8) | 304 (77.0) | NA | NA |
| Have used the service | 193 (14.7) | 29 (18.8) | 106 (26.8) | 31 (8.1) | 27 (7.1) |

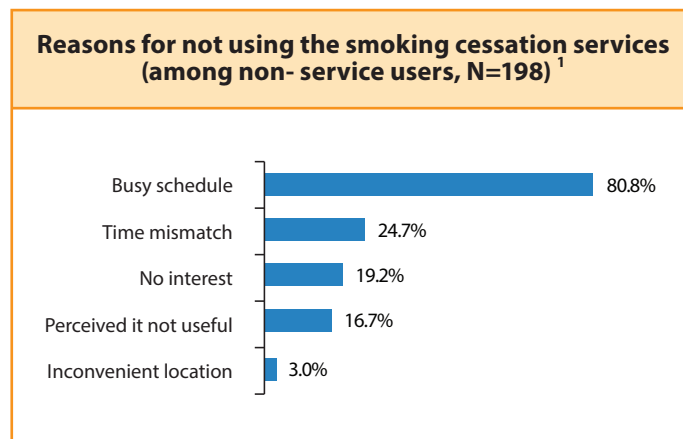
¹Only all participants of HAR Group and 55 non-trial participants chose the service with assistance at baseline and follow-ups. The records for Text and Control groups are not available.

Figure 12



¹Participants could choose more than one option.

Figure 13



¹Participants could choose more than one option.

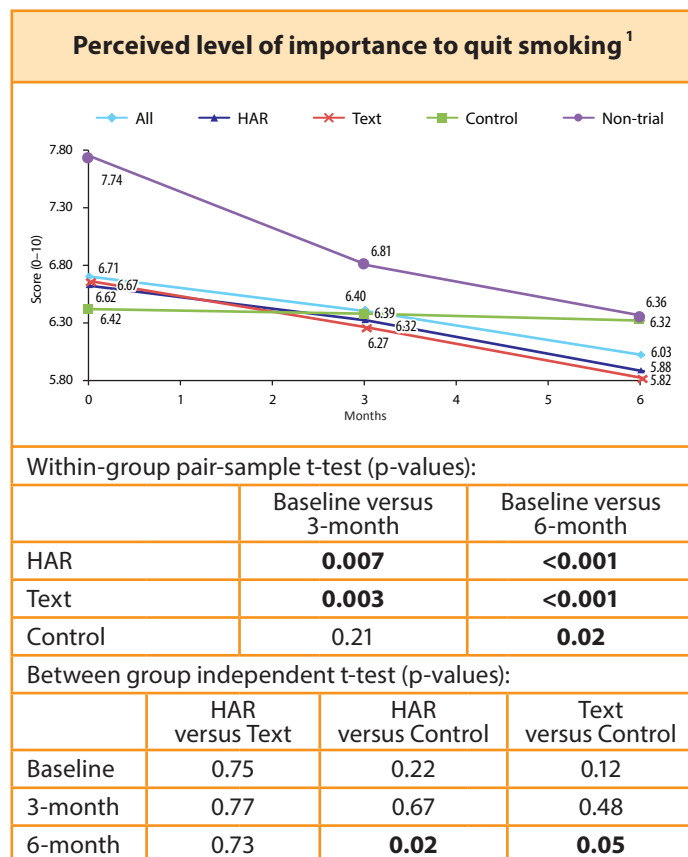
Self-efficacy of quitting

Perceived importance of quitting

In a scale of 0 (minimum) to 10 (maximum), the mean scores of “perceived level of importance to quit smoking”, “perceived level of difficulty to quit smoking”, and “perceived level of confidence to quit smoking” at baseline were 6.71, 6.98, and 5.72, respectively.

The mean score of perceived importance to quit smoking in the HAR Group dropped significantly from baseline to 3-month (from 6.62 to 6.32, $p=0.007$), and further declined (from 6.62 to 5.88, $p<0.01$) at 6-month. In the Text Group, this score decreased significantly from baseline to 3-month (from 6.67 to 6.27, $p=0.003$), and further decreased to 5.82 ($p<0.01$) at 6-month. In the Control Group, this score also decreased from baseline to 3-month (from 6.42 to 6.39, $p=0.21$), and to 6.32 ($p=0.02$) at 6-month. The HAR and Text group had significantly lower scores than that in the Control Group at 6-month ($p=0.02$ and 0.05 , respectively) (Figure 14).

Figure 14

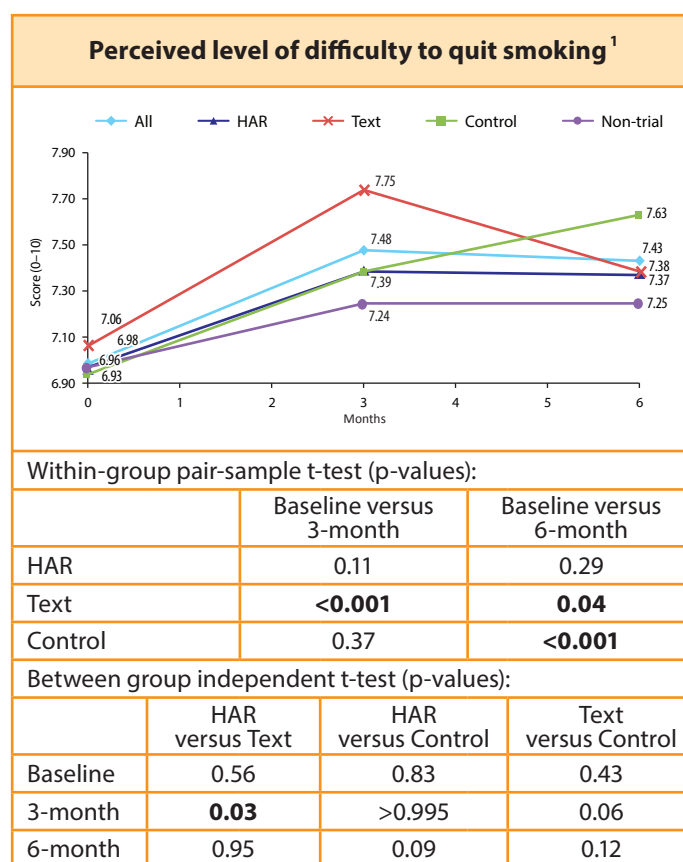


¹Scale 0-10, 0 lowest, 10 highest; analysis excluded missing data.

Perceived difficulty of quitting

The mean score of perceived difficulty to quit smoking in the HAR Group increased from 6.96 at baseline to 7.39 at 3-month then slightly decreased to 7.37 at 6-month, but the changes were not statistically significant (all $p>0.05$). When compared with the baseline (7.06), the mean score in the Text Group increased to 7.75 at 3-month ($p<0.001$) and to 7.38 at 6-month ($p=0.04$). This score in the Control Group significantly increased from 6.93 at baseline to 7.63 at 6-month ($p<0.001$). The Text Group perceived quitting as more difficult than the HAR (7.75 vs. 7.39, $p=0.03$) and Control Group (7.75 vs. 7.39, $p=0.06$) at 3-month (Figure 15).

Figure 15



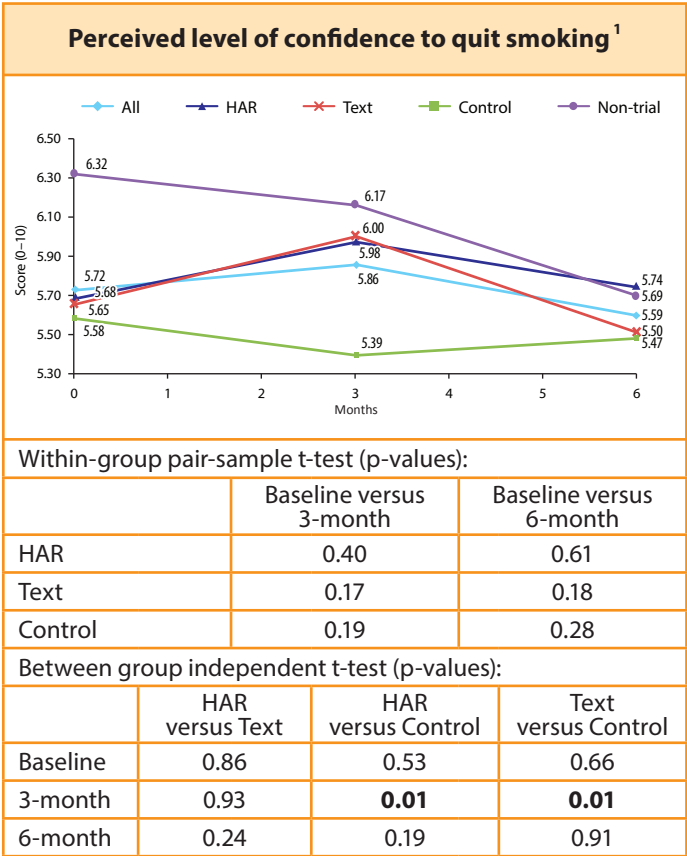
¹Scale 0-10, 0 lowest, 10 highest; analysis excluded missing data.

Perceived confidence of quitting

The HAR Group's mean score of perceived confidence to quit smoking increased from baseline (5.68) to 3-month (5.98), but decreased to 5.74 at 6-month, although the changes were not significant (all $p>0.05$). This score in the Text Group also increased from 5.65 at baseline to 6.00 at 3-month but decreased to 5.50 at 6-month, and the changes were also not significant (all $p>0.05$). This score in the Control Group dropped from 5.58 at baseline to 5.39 at 3-month but then increased to 5.47 at 6-month without statistical significance.

(all $p>0.05$). The mean scores in the HAR and Text Group were significantly higher than that in the Control Group (both $p=0.01$) at 3-month (Figure 16).

Figure 16

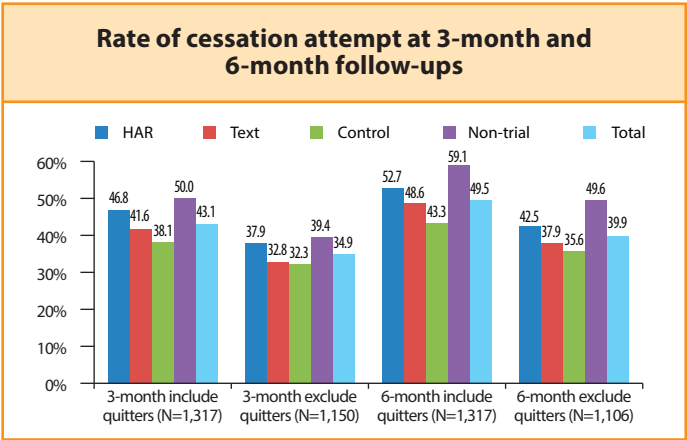


¹Scale 0-10, 0 lowest, 10 highest; analysis excluded missing data.

Cessation attempt at the 3- and 6-month follow-ups

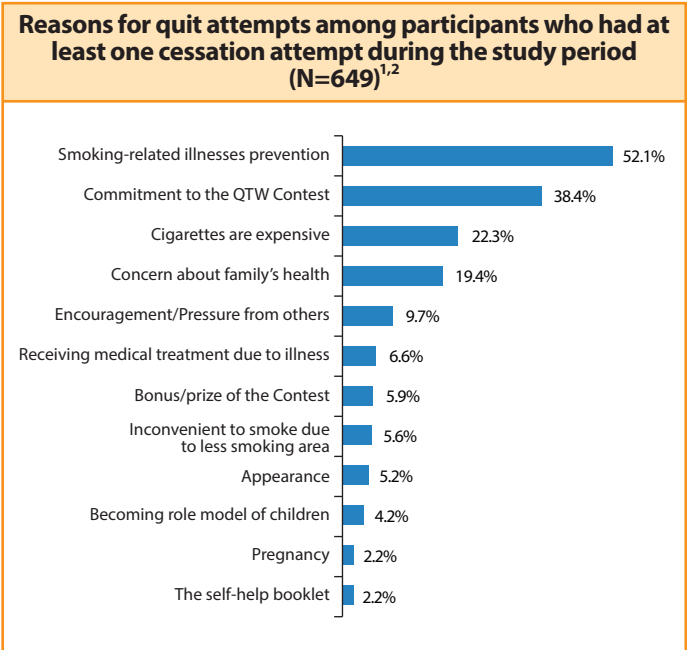
At 3-month follow-up, the rate of cessation attempt, including quitters was 43.1%. The HAR Group had a significantly higher rate than the Control Group (46.8% vs. 38.1%, $p=0.01$). However, the difference was not significant when quitters were excluded (37.9% vs. 32.3%, $p=0.13$). At 6-month follow-up, the overall rate of cessation attempt including quitters was 49.5%. The HAR Group had a significantly higher rate than the Control Group (52.7% vs. 43.3%, $p=0.01$). The difference was marginally significant when quitters were excluded (42.5% vs. 35.6%, $p=0.07$) (Figure 17). The rates of cessation attempt were similar between Text and Control groups at 3- and 6-month.

Figure 17



For those who could be followed up at 6-month, the 4 most common reasons of having cessation attempts were: (1) illness prevention (52.1%), (2) commitment to the QTW Contest (38.4%), (3) cigarettes are expensive (22.3%), and (4) concerned about family's health (19.4%) (Figure 18).

Figure 18

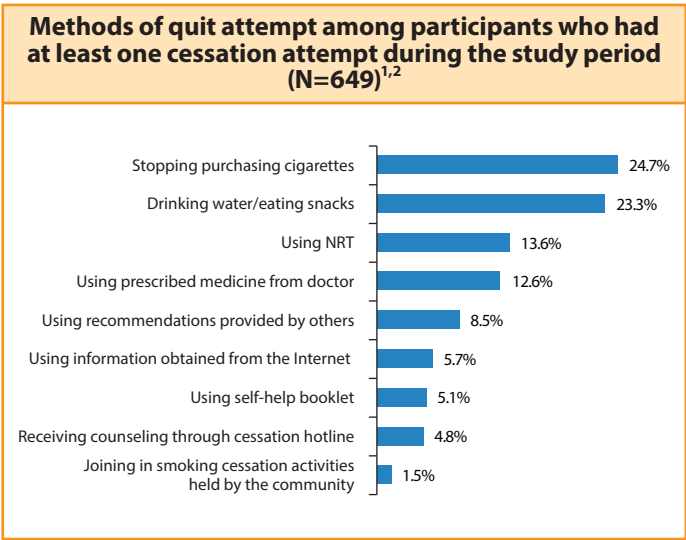


¹Participants who were lost to follow up were excluded.

²Participants could choose more than one option.

About three-quarter (72.9%) participants did not use any specific methods to quit. The 3 most common methods used by participants were: (1) stopping purchasing cigarette (24.7%), (2) drinking water/eating snack (23.3%), and (3) using Nicotine Replacement Therapy (NRT) (13.6%) (Figure 19).

Figure 19

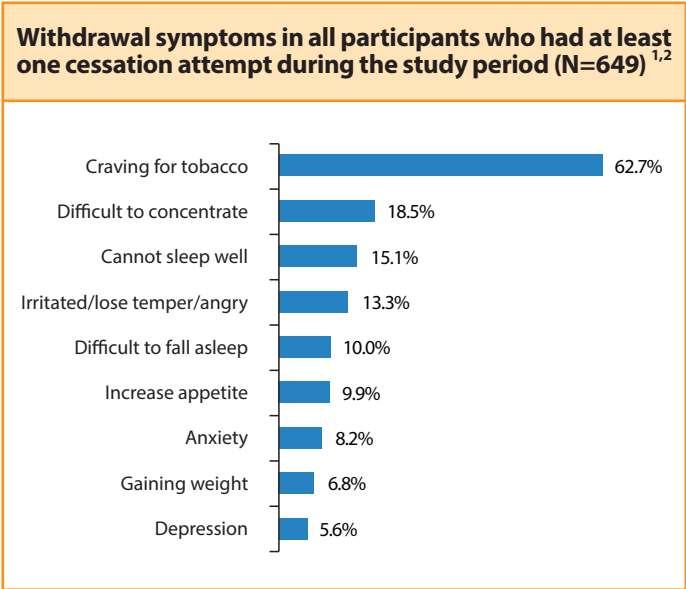


¹Participants who were lost to follow up were excluded.

²Participants could choose more than one option.

The 4 most common withdrawal symptoms for participants who had quit attempt were: (1) craving for tobacco (62.7%), (2) difficult to concentrate (18.5%), (3) cannot sleep well (15.1%), and (4) feeling irritated or losing temper or angry (13.3%) (Figure 20).

Figure 20



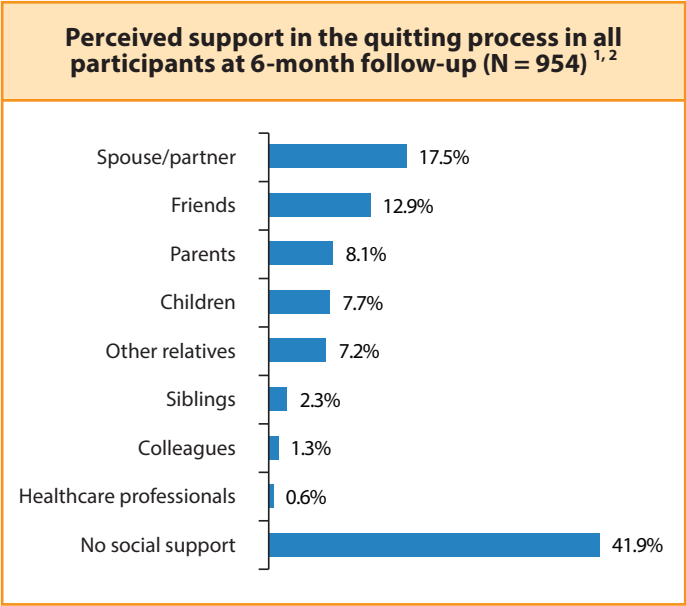
¹Participants who were lost to follow up were excluded.

²Participants could choose more than one option.

Social support during smoking cessation

Participants who responded to the 6-month follow-up perceived support in the quitting process from: (1) spouse / partner (17.5%), (2) friends (12.9%), (3) parents (8.1%), and (4) children (7.7%). However, over 40% (41.9%) did not receive any social support (Figure 21).

Figure 21



¹Participants who were lost to follow up were excluded.

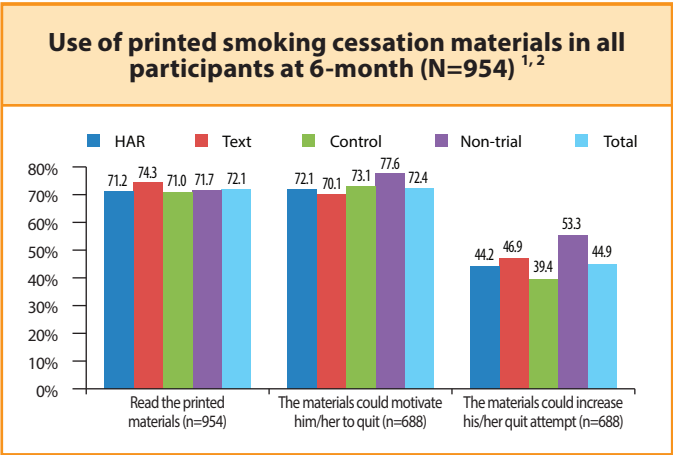
²Participants could choose more than one option.

Use and satisfaction of smoking cessation aids

Printed materials

In participants who responded to the 6-month follow-up, nearly three quarters (72.1%) had read the printed smoking cessation materials. The three RCT groups showed similar results (all $p>0.05$). Of the 688 participants who read the materials, 72.4% reported that the printed materials could motivate them to quit, and 44.9% reported that these materials could increase their cessation attempt (Figure 22).

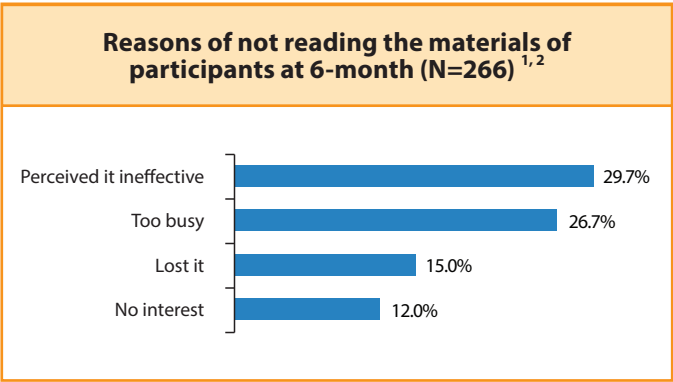
Figure 22



¹ Participants could choose more than one option.
² Participants who were lost to follow up at 6-month were excluded; Missing data were not displayed.

Of the 266 (27.9%) participants who did not read the materials, the three most common reasons were: (1) perceived it ineffective (29.7%), (2) too busy (26.7%), and (3) lost it (15.0%) (Figure 23).

Figure 23

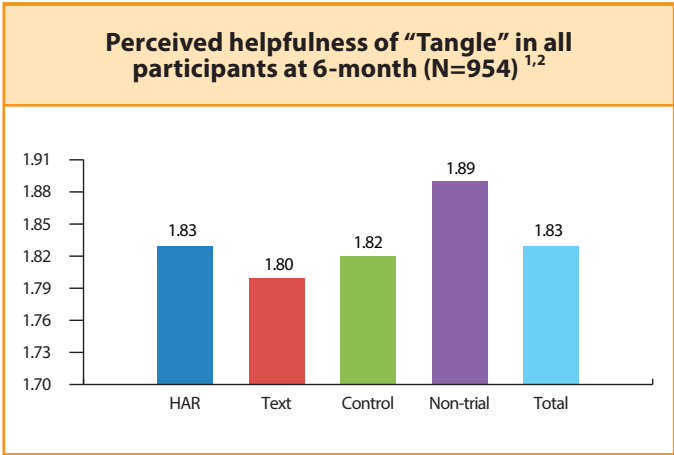


¹ Participants could choose more than one option.
² Participants who were lost to follow up at 6-month and missing data were excluded.

Tangle

At 6-month follow-up, in a scale of 1 (very helpless) to 5 (very helpful) for the perceived helpfulness of the “Tangle” for smoking cessation, the mean score of helpfulness was 1.83 (SD=0.83). No significant difference was observed in between group comparisons (all p>0.05) (Figure 24).

Figure 24

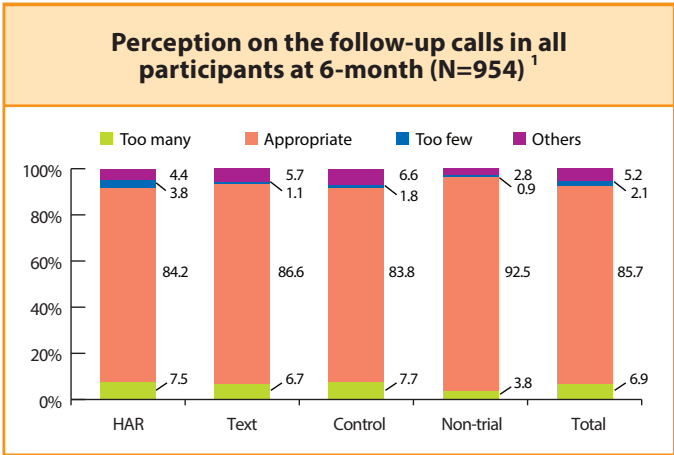


¹ Score 1-5; 1 lowest, 5 highest.
² Participants who were lost to follow up at 6-month were excluded; missing data were not displayed.

Perception on the follow-up calls

Of the 954 participants responded to the 6-month follow-up, 85.7% agreed that the frequency of the follow-up calls was appropriate. All groups had similar results (all p>0.05) (Figure 25).

Figure 25



¹ Participants who were lost to follow up at 6-month were excluded; missing data were not displayed.

4. Discussion

In about three months from June to September 2016, the 7th "Quit to Win" Contest successfully disseminated the smoking cessation messages in the community by organizing 68 recruitment activities in streets and shopping malls with 74 university students, NGO helpers and volunteers taking part in health promotion and recruitment in 18 districts throughout Hong Kong. Near 7,000 smokers were approached by the SC ambassadors and about 5,700 smokers received SC promotion leaflets and 1,317 smokers participated in the Contest. By ITT analysis, the overall self-reported abstinence rate was 12.7% at 3-month and 16.0% at 6-month for all participants. Compared to the results of the recent years, the abstinence rate at 6-month of the 7th "Quit to Win" Contest was the highest.

Aside from the attraction of financial incentive, different interventions and strategies were provided to the participants of the 7th "Quit to Win" Contest accordingly. Our RCT findings indicated that motivating smokers to quit using higher intensity and personalized active referral to SC services could increase self-reported abstinence by near 50% and double the biochemically validated abstinence rate of the control condition. Compared with last Contest's active referral intervention, this year's active referral was more intensive and personalized to smokers as an on-site SC appointment booking services were provided. SC appointments were made according to smokers' decision and research staff assisted the booking process accordingly. The higher intensity and personalized active referral intervention was well accepted by the smokers as most participants in the HAR group consented to be referred (77%) and over one-third of them used the SC service eventually (34.9%). Yet, the proportion of smokers who chose the SC referral service was slightly smaller than that of last year's, and only 34.4% of smokers from HAR group were intended to quit within seven days (reported at baseline), suggesting that smokers might not be ready to decide or confirm the use of SC services immediately on-site or within 1-week.

In spite of the lower acceptance to SC services, high intensity and personalized active referral enhanced by approximately 20% (29.1% in 2015 and 34.9% in 2016) the proportion of smokers who actually used SC services compared with last year's Contest. This suggested that face-to-face introduction of SC services followed by immediate (or within one-week) booking could motivate participants to attend SC appointment afterwards. On the contrary, SC service usage rate was significantly lower in the Text Group than that of the HAR Group at all follow-up time points, as there was no active referral service provided in the Text Group and the participants had to book the SC service appointment themselves. Thus, higher intensity of active referral to SC services enhanced the actual usage rate of SC services as it was more motivating and convenient.

Research showed that one of the major barriers to accept SC services was the lack of understanding towards SC treatments¹⁴. With sufficient knowledge about SC treatments provided through face-to-face introduction and the information card, cessation attempt and quit rate could be enhanced. Yet, busy schedule and time mismatch were the two major reasons for not using the SC service. Over 60% of the participants were employees and not available to attend the SC clinics which generally operated during weekdays from 9am to 5pm. Thus, more support from employers such as providing leave allowance for SC might enhance SC service use. Besides, 40% of the participants reported that they did not have social support for SC. Although reminder texts were sent to participants of "Quit to Win" Contest, text-based interventions could not provide real-time responses from the counselors, which might affect smokers' intention to quit and lower the intensity of social support¹⁵. Thus, an instant communication through text messaging would be advantageous. Smokers found that instant messaging is quick, instant to respond and easy to use. Instant messaging might provide some social support and motivation to smokers for SC¹⁵.

Regarding smoking cessation aids, a warning leaflet was distributed to the HAR Group and the Text Group, but a 12-page self-help SC booklet was given to participants in the Control Group. Although over 70% of participants did read the printed smoking cessation materials, many of them reported that they lost or were not interested in the printed aids. Similar to those in the last Contest, this cohort of smokers might be less receptive to the health warning leaflet. Health warnings had already been widely publicized and probably those hard-core smokers in the cohort were not motivated by these warnings at all. Nevertheless, the results highlighted the importance to continue to design and evaluate the most effective advice, leaflet, or using social media and other modes on referring smokers to evidence-based SC intervention.

5. Conclusions

In conclusion, the 7th "Quit to Win" Contest successfully reached a large number of smokers and non-smokers in the community and promoted SC messages and the existing services. "Quit to Win" Contest provides an important platform to disseminate SC messages to a vast number of smokers and non-smokers. The higher intensity active referral intervention effectively increased abstinence rate at six months. Early proactive contact and referring smokers to SC service providers enhanced SC service use, which significantly increased abstinence. Longer-term follow-up and cocktail interventions including different combinations of very brief intervention are warranted.

6. Clinical trial Registration

Clinical trial registration number: NCT02804880 (ClinicalTrials.gov) (<https://clinicaltrials.gov/>)

7. References

1. Census & Statistics Department, Hong Kong SAR Government. (2018). Pattern of Smoking. *Thematic Household Survey, Report No.64*. Hong Kong: Census & Statistics Department.
2. Lam, TH. (2012). Absolute risk of tobacco deaths: one in two smokers will be killed by smoking: comment on "Smoking and all-cause mortality in older people". *Archives Internal Medicine*. 172(11), 845-846.
3. Lam, TH., Ho, SY., Hedley, AJ., Mak, KH. & Peto, R. (2001). Mortality and smoking in Hong Kong: Case-control study of all adult deaths in 1998. *British Medical Journal*. 323(7309), 361
4. Chen, J., McGhee, S. & Lam, TH. (2017). Economic costs attributable to smoking in Hong Kong in 2011: a possible increase from 1998. *Nicotine & Tobacco Research*. ntx254-ntx254.
5. Cahill, K., & Perera, R. (2011). Competitions and incentives for smoking cessation. *Cochrane Database of Systematic Reviews*. Issue 4.
6. Cahill, K., & Perera, R. (2008). Quit and Win contests for smoking cessation. *Cochrane Database of Systematic Reviews*. Issue 4.
7. Chan, SS., Wong, DC., Cheung, YT. & et al. (2015). A block randomized controlled trial of a brief smoking cessation counselling and advice through short message service on participants who joined the Quit to Win Contest in Hong Kong. *Health Education Research*. 2015. 30(4), 609-621.
8. Chan, SSC., Wong, DCN., Lau, LMM., Lai, VWY., Lam, COB. & Lam, TH. (2013). "Quit to Win 2010" and smoking cessation. *COSH Report No. 13*. Hong Kong Council on Smoking and Health.
9. Chan, SCC., Wong, DCN., Cheung, DYT. & et al. (2014). "Quit to Win 2012" and smoking cessation. *COSH Report No. 16*. Hong Kong Council on Smoking and Health.
10. Li, WHC., Cheung, DYT., Lam, COB., Kwong, ACS., Lai, VWY. & Lam, TH. (2015). *The 4th "Quit to Win" Contest – Effectiveness of Small Cash Incentive on Smoking Cessation*. *COSH Report No. 18*. Hong Kong Council on Smoking and Health.
11. Wang, MP., Cheung, DYT., Li, WHC. & et al. (2016). Effect of "Cut Down To Quit" on Smoking Cessation: A randomized Controlled Trial. *SRNT 2016 Annual Meeting*.
12. Wang, MP., Suen, YN., Li, WH. & et al. (2017). Intervention With Brief Cessation Advice Plus Active Referral for Proactively Recruited Community Smokers: A Pragmatic Cluster Randomized Clinical Trial. *JAMA Internal Medicine*. 177(12), 1790-1797.
13. World Health Organization. (2015). Tobacco Free Initiative. Retrieved from <http://www.who.int/tobacco/mpower/en/>.
14. Trinidad, D. R., Perez-Stable, E. J., White, M. M., Emery, S. L., & Messer, K. (2011). A Nationwide Analysis of US Racial/Ethnic Disparities in Smoking Behaviors, Smoking Cessation, and Cessation-Related Factors. *American Journal of Public Health*. 101(4), 699-706.
15. Sloan, M., Hopewell, S., Coleman, T., Cooper, S., & Naughton, F. (2017). Smoking Cessation Support by Text Message During Pregnancy: A Qualitative Study of Views and Experiences of the MiQuit Intervention. *Nicotine & Tobacco Research*. 19(5), 572-577.

Acknowledgements

We thank the student helpers, research assistants and smoking cessation ambassadors for recruitment of smokers, follow-up supports and data entry. We are grateful to COSH for funding and excellent support from COSH staff. Finally, we thank the participants who joined the Contest and provided useful information for this study.



香港吸煙與健康委員會

Hong Kong Council on Smoking and Health

Annual Report 2018-2019 年報

二零一九年九月出版

Published in September 2019

© 2018-2019 年香港吸煙與健康委員會版權所有

Copyright © 2018-2019 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



無煙
香港
Smoke-free
Hong Kong

