

全力邁向 無煙香港

TOWARDS A
TOBACCO ENDGAME
IN HONG KONG



香港吸煙與健康委員會
HONG KONG COUNCIL ON SMOKING AND HEALTH



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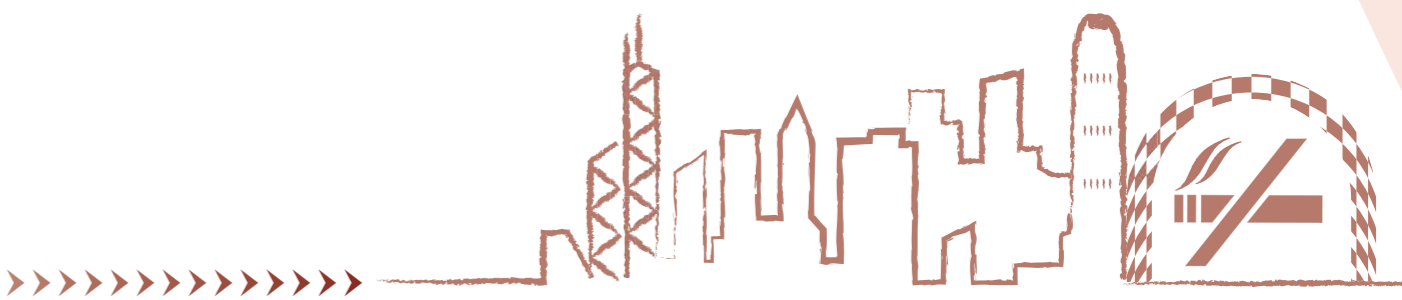
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2017年為香港控煙工作35周年，亦是室內禁煙十周年。經過政府及社會各界30多年來的努力及緊密合作，市民大眾皆明白吸煙危害健康，而社會上亦成功營造了有利吸煙人士戒煙的氛圍，令無煙文化得以在香港植根。香港於1982年訂立《吸煙(公眾衛生)條例》，是控煙法例的重要里程碑。自實施以來，政府一直以循序漸進及多管齊下的方式推動控煙工作，與世界衛生組織建議的MPOWER政策不謀而合，加上社會各界的鼎力支持，使香港的吸煙率由80年代初的23.3%逐步下降至現時的10.5%，成為全球吸煙率最低的地區之一，成績驕人。

還記得35年前的香港，室內外到處都是煙霧瀰漫、滿佈煙味；電視、報章或大街小巷鋪天蓋地都看到煙草品牌廣告；不少大型體育運動比賽、演唱會及文化活動更是由煙草公司冠名贊助。全賴政府對控煙工作的決心及社會各界及市民大眾的支持，現在無論於室內公眾場所、食肆、工作間及交通交匯處等地方均可享受無煙清新的環境，而煙草廣告及宣傳亦已絕跡。此外，透過多元化的宣傳教育，我們樂見市民大眾明白煙草的禍害，堅決向煙仔、二手煙、三手煙說不，並支持身邊的家人及朋友戒煙。

惟我們絕對不能鬆懈，煙草商不斷以層出不窮的手法力圖阻礙控煙工作的推展，包括在全球各地以法律訴訟為手段，威嚇相關政府放棄推行嚴厲的控煙措施。另一方面，更積極研發及引進新的產品如電子煙及加熱非燃燒煙草製品等，以增加銷售額。為進一步降低吸煙率，香港需要制定更長遠及全面的控煙政策，包括增加煙草稅、擴大禁煙區、增撥資源加強教育及宣傳推廣、提升戒煙服務及執法等，並積極參考國際的成功經驗，例如推行「全煙害警示包裝」、禁止在銷售點展示煙草產品、全面禁止電子煙及加入對新興煙草產品的規管等。

2017年亦是香港吸煙與健康委員會成立30周年，我們希望藉著「全力邁向無煙香港」特刊，回顧香港在控煙工作上的成就，同時前瞻未來，規劃長遠控煙工作的發展藍圖。環觀全球的控煙趨勢，不少國家已就終極目標——「全面禁煙」訂下限期及時間表，香港有必要加快步伐，各界團結一致，迎難而上，使吸煙率儘快降低至5%或以下，繼而啟動研究「全面禁煙」，實現無煙香港的願景。



鄺祖盛

香港吸煙與健康委員會主席

2017 marks the 35th anniversary of tobacco control and also the decennial of the indoor smoking ban in Hong Kong. Through the concerted efforts of the Government and different sectors of the community for more than 30 years, the general public are aware of the health hazards of smoking and a supportive atmosphere for smoking cessation has been successfully created across the territory. The Smoking (Public Health) Ordinance was enacted in 1982, a key milestone for tobacco control legislation in Hong Kong. Since its enactment, the Government has adopted a progressive and multi-pronged approach on tobacco control which aligns with the MPOWER measures suggested by the World Health Organization. The smoking prevalence in Hong Kong has gradually reduced from 23.3% in the early 1980s to 10.5% in 2015, which is one of the lowest in the world.

Thirty-five years ago, both indoor and outdoor places were smoky and hazy. Massive promotion on tobacco products was easily found everywhere including TV, newspapers and streets. Many public events such as sports tournaments, concerts and other cultural activities were title sponsored by tobacco brands. Due to the determination of the Government and the community in supporting tobacco control, smoking has been prohibited in all public indoor areas, restaurants, workplaces and public transport interchanges. Tobacco advertisements and promotion have also completely vanished. We are pleased to see that public awareness on the hazards of smoking, secondhand smoke and third-hand smoke have been greatly enhanced through diversified education and publicity programmes, and that non-smokers are motivated to encourage their family and friends to quit smoking as well.

The efforts in curbing the tobacco epidemic must continue to be strengthened as the tobacco industry has been using every means to obstruct the development of tobacco control, such as the threat of litigating against governments which implement stringent smoke-free measures. Besides, the industry is continuously using different manoeuvres to boost their revenue including the introduction of new products like electronic cigarettes and heat-not-burn tobacco products. The Government should adopt long-term and comprehensive policies through raising tobacco tax substantially, expanding no-smoking areas, increasing resources on education, publicity, smoking cessation services and enforcement to further reduce the smoking prevalence in Hong Kong. We should also take reference from the successful international experiences in implementing plain packaging, the ban on the display of tobacco products at point of sale, the total ban on electronic cigarettes and regulating emerging tobacco products.

2017 also marks the 30th anniversary of Hong Kong Council on Smoking and Health. We take this opportunity to publish the “Towards a Tobacco Endgame in Hong Kong” booklet to review the accomplishments in tobacco control and prepare for the challenges ahead, as well as develop the blueprint for a smoke-free Hong Kong. Many countries have already set their Tobacco Endgame Plan with defined schedules. With the united smoke-free power, we hope that the smoking prevalence in Hong Kong will drop to 5% or below and achieve the Tobacco Endgame goal in the near future.

Antonio KWONG

Chairman

Hong Kong Council on Smoking and Health



吸煙危害健康，影響深遠。自《吸煙(公眾衛生)條例》於一九八二年實施以來，政府一直以循序漸進的方式，多管齊下，推行不同的措施，鼓勵市民減少吸煙，遠離煙草的禍害。過去三十多年，香港的吸煙率大幅下降，目前更是全球吸煙人口比率最低的地區之一，控煙工作具見成效，令人鼓舞。

今年是香港控煙工作開展三十五周年。衷心感謝香港吸煙與健康委員會多年來盡心竭力，積極參與本港的控煙工作，貢獻良多。委員會自一九八七年成立以來，孜孜不息，致力透過多元化的教育和宣傳活動，加深公眾對煙草禍害的認識，並就吸煙和健康事宜提供專業意見。此外，各項控煙措施能夠成功推行，全賴各方鼎力支持、積極配合，在此亦向各相關機構和人士表達謝意。

在未來的日子，政府會繼續努力，推動控煙工作，保障市民健康。我深信，只要政府與社會各界同心協力，並肩攜手，定能成功把香港打造成無煙城市。

林鄭月娥

林鄭月娥

香港特別行政區行政長官



Smoking is a great challenge to public health. Since the enactment of the Smoking (Public Health) Ordinance in 1982, the Government has been taking a progressive and multi-pronged approach in implementing measures to reduce the use of tobacco and the harm it causes to public health. It is encouraging to see that these measures have yielded positive results. Hong Kong's smoking prevalence has dropped substantially during the past three decades or so and is now among the lowest in the world.

This year marks the 35th anniversary of tobacco control in Hong Kong. I would like to extend my deepest gratitude to the Hong Kong Council on Smoking and Health (COSH) for its contributions and commitment to tobacco control in Hong Kong. Since its establishment in 1987, COSH has made strenuous efforts to raise public awareness on tobacco hazards through a variety of education and publicity programmes, and offered professional advice on matters related to smoking and health. I would also like to thank other parties and stakeholders for their unfailing support for the work of tobacco control. Without their support and collaboration, the successful implementation of tobacco control measures would not have been possible.

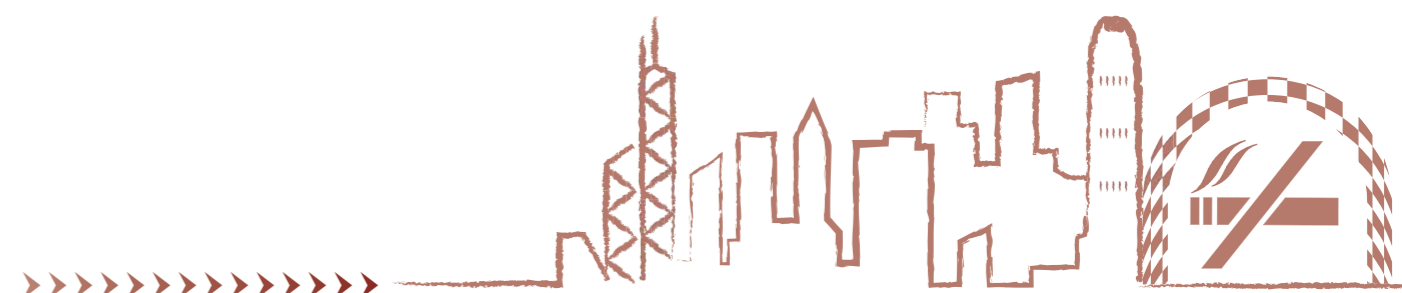
Looking ahead, the Government will continue its efforts to reduce tobacco consumption for the protection of public health in Hong Kong. I am confident that, with the concerted efforts of the Government and the community, our vision of making Hong Kong a smoke-free city can become a reality.

Carrie Lam

Mrs Carrie LAM

Chief Executive

Hong Kong Special Administrative Region





世界衛生組織祝賀香港特別行政區控煙35周年。

如香港吸煙與健康委員會出版的刊物所述，香港特別行政區自1982年實施首條控煙法例後，在控制煙草使用方面取得顯著的成果。自法例生效以來，香港特別行政區逐步實施關鍵的控煙措施，包括於煙草產品包裝上加入健康警示、調高煙草稅、禁止多種形式的煙草廣告，以及於公眾場所及工作間禁煙。此外，香港吸煙與健康委員會於1987年成立，亦是香港特別行政區控煙工作的重要里程碑。

今年較早前香港特別行政區立法會通過將煙草產品包裝上的煙害圖象警示面積擴大至85%，可見香港特別行政區一直堅持對控煙的承諾。

全面的控煙政策能夠減低煙草使用所帶來的沉重代價包括疾病及死亡，從而保障人們及下一代，避免因吸煙及接觸煙草煙霧而對健康、社會、環境及經濟造成極大的破壞。因此，香港特別行政區必須繼續將控煙工作放於首要位置。

譚德塞博士

世界衛生組織總幹事

The World Health Organization congratulates the Hong Kong Special Administrative Region (SAR) on 35 years of tobacco control.

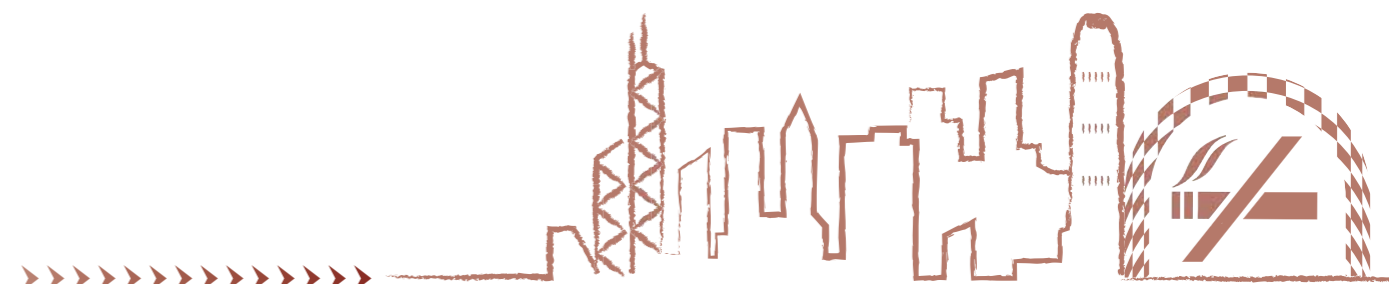
As the publication produced by the Hong Kong Council on Smoking and Health highlights, Hong Kong SAR has made significant progress since 1982, when the first tobacco control law was enacted in Hong Kong SAR. Key measures introduced progressively since this first law have included introducing health warnings on tobacco packaging, increasing tobacco taxes, banning many forms of tobacco advertising, and requiring smoke-free public places and workplaces. The establishment of the Hong Kong Council on Smoking and Health in 1987 was also a significant development for tobacco control in Hong Kong SAR.

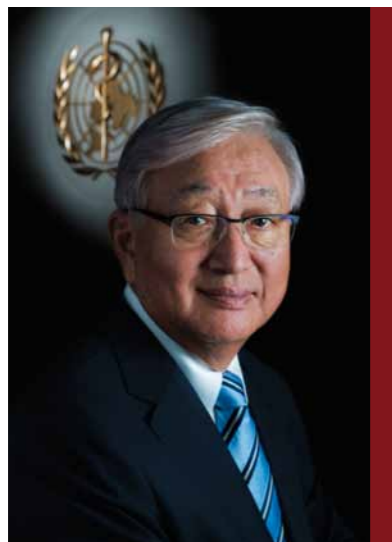
Hong Kong SAR's ongoing commitment to tobacco control is clear, with the Legislative Council passing legislation for graphic health warnings covering 85 per cent of tobacco packaging earlier this year.

A comprehensive approach to tobacco control reduces the burden of disease and death caused by tobacco, thereby protecting present and future generations from the devastating health, social, environmental and economic consequences of tobacco consumption and exposure to tobacco smoke. It is important that tobacco control remains a priority for Hong Kong SAR.

Dr TEDROS Adhanom Ghebreyesus

Director-General
World Health Organization





本人謹代表世界衛生組織(世衛)西太平洋區域祝賀中國香港控煙35周年。

煙草使用是全球導致可預防死亡及疾病的主要原因。為應付這個對健康的威脅，中國香港於1982年實施了控煙條例，奠下控煙的里程碑。35年來，此控煙條例加上隨後實施強而有力的控煙政策，成功改善公眾健康，亦拯救了無數生命。

自控煙條例於80年代初實施，中國香港的吸煙率已從23%，即接近每四個成人就有一個吸煙，下降至現時的10.5%，成為全球吸煙率最低的地區之一。

西太平洋區域的國家及地區均視世衛為控煙的領袖，尤其是在戒煙服務這個範疇，以及近年煙包上的煙害圖象警示。最近中國香港政府落實將煙包上煙害圖象警示的面積由50%增加至85%，當中展現了無比的勇氣以克服煙草業企圖對此措施作出的阻撓，實在值得讚揚。

中國香港的控煙成果，全賴政府的領導及承擔，以及社會各界的共同努力，包括香港吸煙與健康委員會、學術界和整個社區。你們的付出改善了中國香港市民大眾的健康，我們謹此致敬。

世衛時刻均全力支持中國香港的控煙工作，並期望中國香港於未來的35年繼續擔當前瞻及領導的角色，與我們攜手邁向無煙未來。

申英秀博士

世界衛生組織西太平洋區域主任

On behalf of the World Health Organization (WHO) Regional Office for the Western Pacific, I have great pleasure in congratulating Hong Kong, China on the 35th anniversary of tobacco control in the territory.

Tobacco use is the world's leading cause of preventable death and sickness. To tackle this threat to health, in 1982, Hong Kong, China enacted a landmark smoke-free law. This legislation – combined with other strong tobacco control policies introduced subsequently – has led to better health and countless lives saved over the last three-and-a-half decades.

At the time the first smoke-free laws came into force in the 1980s, 23% of people – nearly one in four adults – in Hong Kong, China smoked. Now, the smoking rate in Hong Kong, China is one of the lowest in the world at 10.5%.

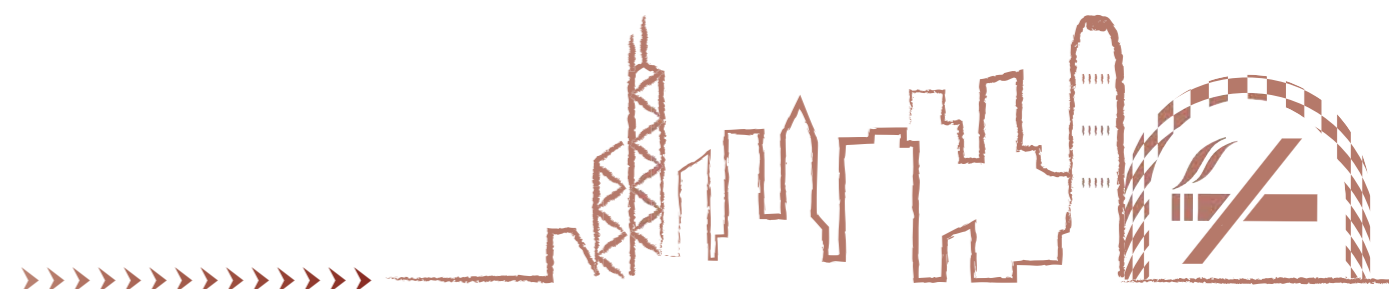
Other countries and areas in WHO's Western Pacific Region look to WHO as a leader in tobacco control: in particular in the area of smoking cessation services, and more recently, graphic health warnings on tobacco packages. The recent decision to increase the size of graphic health warnings from 50% to 85% of the pack is to be applauded, not least of all for the courage it required to stare down the tobacco industry's attempts to block this move.

Hong Kong, China's achievements in tobacco control would not have been possible without the leadership and commitment of the Government, as well as the collective efforts of civil society organizations such as the Hong Kong Council on Smoking and Health (COSH), academia, and the broader community. We salute all of these groups for the role you have played in bringing better health to the people of Hong Kong, China.

WHO stands ready to support Hong Kong, China in its tobacco control efforts in any way we can. We look forward to another 35 years of Hong Kong's inspiration and leadership – as we work together towards a smoke-free future.

Dr SHIN Young-soo

Regional Director
WHO Western Pacific Region





吸煙不單危害個人和家人健康，同時亦會增加醫療開支和耗損生產力，為整體社會和經濟帶來多方面的影響。

世界衛生組織(世衛)及美國癌症協會於2017年初發表的一項研究顯示，因吸煙導致的全球經濟損失在2012年達1.4兆美元，等同全球整體國民生產總值約2%。一項本地研究亦發現香港每年由吸煙引致的死亡個案接近7千人，而因煙草引致的疾病每年為香港帶來約55億港元的經濟損失。政府會繼續投放資源，積極推行控煙工作，保障市民大眾健康，並減低由吸煙帶來對社會的不良影響。

香港吸煙與健康委員會多年來積極透過不同的控煙活動，宣揚煙草的禍害並鼓勵吸煙人士戒煙。我感謝香港吸煙與健康委員會對政府控煙工作的支持，並期望委員會及社會各界繼續與政府並肩前進。

陳茂波

陳茂波

香港特別行政區財政司司長

Not only smoking is harmful to personal health and health of family members, it also leads to additional healthcare expenditure and loss of productivity, resulting in multiple impacts on the society and the economy.

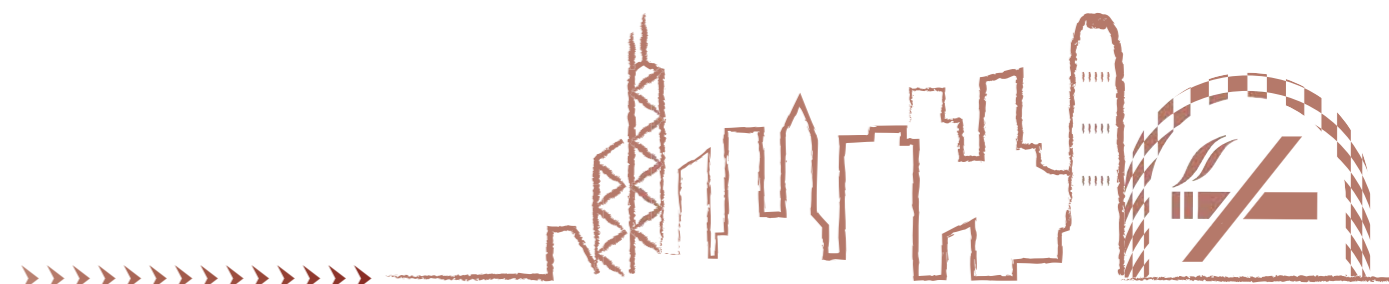
The study published in early 2017 by World Health Organization and American Cancer Society discovered that, in 2012, smoking cost US\$1.4 trillion, equivalent to about 2% of the world's annual GDP. A local study also revealed that tobacco-related fatalities reached nearly 7,000 annually and the economic loss resulting from tobacco-related health problems was estimated to be about HK\$5.5 billion every year. The Government will continue to allocate resources and implement tobacco control policies proactively to safeguard the health of the public and to minimize the adverse impact of smoking on the society.

The Hong Kong Council on Smoking and Health (COSH) has been enhancing public awareness on tobacco hazards and encouraging cessation of smoking through different promotional activities. My gratitude to COSH for the ongoing support for the Government's tobacco control policies, and I look forward to the continued collaboration with COSH and the community to keep up our effort in tobacco control.

Paul MP CHAN

Financial Secretary

Hong Kong Special Administrative Region





煙草的使用估計每年導致香港逾6,900人及全球近600萬人死亡，是導致癌症及心血管系統疾病等致命及慢性疾病的單一最重要可預防風險因素。為此，政府致力執行世界衛生組織的煙草控制框架公約。我們一直以循序漸進的方式落實多管齊下的控煙政策，以鼓勵市民不吸煙、抑制煙草的廣泛使用和減低二手煙對市民的影響。香港的吸煙率一直持續下降，2015年10.5%的吸煙率更錄得30年以來的新低。我感謝各界的支持，亦會繼續積極推行控煙政策。

《吸煙(公共衛生)條例》於1982年實施，第一次將升降機、渡輪、火車、電影院等規定為法定禁煙區，並規定所有文字媒體的煙草廣告及煙草產品封包上印有健康忠告。自此，政府從多方面着手，以立法、宣傳、教育、執行政例、推廣戒煙及徵稅等的方式落實控煙政策。2006年，政府於室內工作間及公眾地方實施全面禁煙。2016年，我們把八個隧道入口範圍內的巴士轉乘處及毗連的設施指定為禁煙區。在2017年行政長官的《施政綱領》內，我們承諾會研究於公共交通設施擴大禁煙區範圍。

今年是《吸煙(公共衛生)條例》實施的第35年。政府的控煙政策有賴香港吸煙與健康委員會、社會各界及市民的支持。政府會繼續努力推動控煙工作，鼓勵市民尤其是青少年不吸煙，及成年人為下一代戒煙，並加強戒煙服務。希望大家積極參與，共建無煙香港。

陳肇始

陳肇始教授

食物及衛生局局長

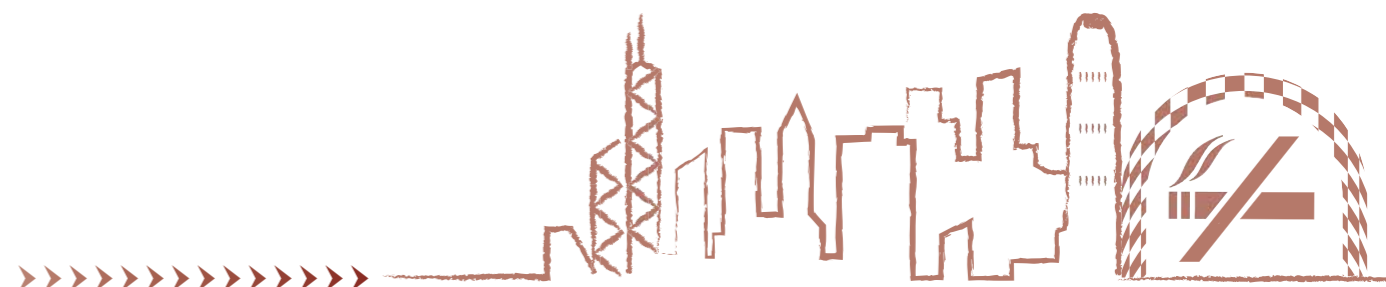
Smoking is the single most important preventable risk factor responsible for main causes of death and chronic diseases, including cancers and cardiovascular diseases. It is estimated that tobacco consumption is responsible for causing over 6,900 deaths a year in Hong Kong and nearly 6 million deaths a year worldwide. The Government is committed to the implementation of the World Health Organization Framework Convention on Tobacco Control. We have been adopting a progressive multi-pronged approach in tobacco control by discouraging smoking, containing the proliferation of tobacco use and minimising the impact of passive smoking on the public. Hong Kong's smoking prevalence has been declining over the past three decades and has recorded the lowest rate of 10.5% in 2015. My heartfelt gratitude for the collaborative efforts from the community, and the Government will continue to push forward tobacco control policies.

The Smoking (Public Health) Ordinance was enacted in 1982. For the first time, lifts, ferries, trains, cinemas, etc., were designated as statutory no-smoking areas and health warnings were required on all cigarette advertisements and cigarette packages. Since then, the Government has been implementing tobacco control policies on all fronts, comprising legislation, publicity, education, law enforcement, promotion of smoking cessation and taxation to advise the public of the health hazards of smoking. The smoking ban was extended to all indoor workplace and public places in 2006, and in 2016 eight bus interchanges at tunnel portal areas were designated as statutory no-smoking areas. As stated in the Policy Agenda 2017, we undertake to study the feasibility of extending the smoking ban at public transport facilities.

This year marks the 35th anniversary of the enactment of the Smoking (Public Health) Ordinance. The Government's tobacco control policies rely on the support from COSH, the community and the public. The Government will continue to push ahead with our anti-tobacco efforts, to discourage the use of tobacco among our youth, encourage adults to quit for the next generation and enhance smoking cessation services. Let us all work together to create a smoke-free Hong Kong.

Prof Sophia CHAN

Secretary for Food and Health





吸煙危害健康，是本港可預防的最大致病和致死原因。為保障公眾健康，我們必須竭力控煙，讓市民認識吸煙的禍害。

欣逢香港控煙三十五周年，謹此向香港吸煙與健康委員會及其委員衷心致賀。

香港吸煙與健康委員會一直帶頭推動控煙，除倡議控煙措施外，亦推行廣泛的宣傳、教育、研究及經驗交流工作鼓勵戒煙，成效斐然。同時，委員會與社會不同界別攜手合作，協力打造無煙香港。經過委員會的多年努力，香港的吸煙率顯著下降，市民的健康得以大大改善。

香港海關一向對控煙工作不遺餘力，一方面執行發牌制度管制煙草的進出口，另一方面嚴厲執法，打擊私煙。

香港吸煙與健康委員會多年來建樹良多，我再次致以祝賀，並祝願委員會在未來的日子續創佳績！



鄧以海
香港海關關長

Smoking poses great risks to our health and has been the single largest preventable cause of death and diseases in Hong Kong. All efforts to control smoking and educate the public on the harm of smoking are vitally important to safeguarding public health.

On the occasion of the 35th Anniversary of Tobacco Control in Hong Kong, I would like to extend my sincere congratulations to the Hong Kong Council on Smoking and Health (COSH) and its members.

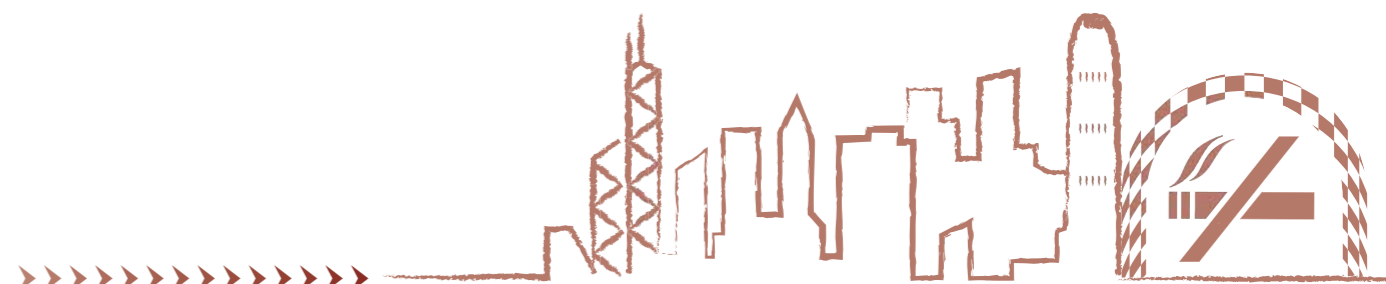
COSH has been playing a leading role in advocating tobacco control and encouraging smoking cessation through a wide range of publicity campaigns, education programmes, research and experience sharing activities. It has also made successful efforts in collaborating with different sectors of the community to strive for a smoke-free Hong Kong. All of these endeavours have led to a substantial decrease in smoking prevalence and have greatly improved the health and well-being of the community.

The Customs and Excise Department has participated in tobacco control through a system of import and export licensing and vigorous enforcement against illicit cigarettes in Hong Kong.

Once again, I offer my heartfelt congratulations to COSH for its distinguished accomplishments over the years and wish it continued success in the years ahead.

Hermes TANG

Commissioner of Customs and Excise





尼古丁成癮造成對煙草依賴，而使用煙草亦廣被科研確認為可導致癌症及心血管系統疾病等致命慢性疾病，是最重要的單一可預防健康風險因素。政府一直以多管齊下方式推行控煙，減低煙草對市民和社會造成的禍害。

循序漸進的立法是政府多管齊下控煙措施之一。單在過去五年，法定禁煙區的範圍已逐步擴大至涵蓋超過240個公共運輸交匯處或巴士總站，以及八個隧道出入口範圍內的巴士轉乘處。今年，政府亦完成修例，將健康忠告圖像面積加至覆蓋煙草產品封包或零售盛器上最大的兩個表面的85%，新法例定於2017年12月21日起生效。

控煙工作是艱巨又充滿挑戰。過去幾年，不同種類的新型煙草產品逐漸興起，這些產品使煙民持續倚賴尼古丁，並可能誘使青少年人開始吸煙。政府正就新型煙草產品的潛在害處加強宣傳及公眾教育，並且計劃加強現行的法律框架規管這些產品。同時，我們必須提防煙草公司透過成立或贊助表面上看似為反吸煙的基金會或機構，從而影響我們多年來共同建立的控煙成果。

感謝各公共衛生倡議者、非政府機構及其他持分者一直以來聯同衛生署推行控煙工作。我們亦積極與地區組織合作為有意戒煙的人士提供戒煙服務及鼓勵建立支持環境。無煙已透過健康教育和宣傳成為社會共同的期盼。有賴各界多年來對控煙工作不懈的努力和支持，香港的吸煙人口比例持續下降。展望將來，我們會繼續以「為香港推廣無煙文化，以保障大眾市民的健康」的抱負，與社會各界攜手建構無煙香港。

陳漢儀

陳漢儀醫生

衛生署署長

The dependence on tobacco is caused by addiction to nicotine, and the use of tobacco is well-established by scientific research as the single most important preventable risk factor responsible for causes of death and chronic diseases, including cancers and cardiovascular diseases. The Government has been taking a multi-pronged approach in its tobacco control policies to minimise the harmful effects of tobacco on the public and the community.

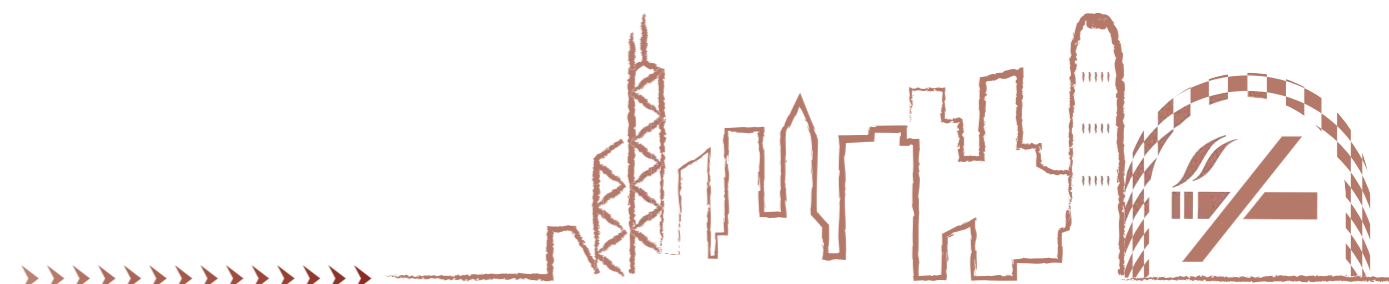
Incremental legislation is a part of Hong Kong's multi-pronged tobacco control strategies. In the past five years, there has been extension of no smoking areas to cover over 240 public transport facilities or bus termini and eight bus interchanges located at the tunnel portal. This year, The Government has completed the legislative amendment to expand the area of pictorial warning on two largest surfaces on packets and retail containers of tobacco products to 85%. The new legislation becomes effective on 21 December 2017.

Tobacco control has always been tough and full of challenges. Over the past few years, there has been an emerging trend in the use of various novel tobacco products. These products continue to hook smokers on nicotine and may lure young people to start smoking. The Government is stepping up publicity and public education on the potential harms from novel tobacco products, and plans to strengthen the existing legislative framework governing these products. At the same time, we must guard against apparently anti-smoking foundations or organisations set up or sponsored by tobacco companies which undermine the success of tobacco control achieved through our conjoint effort over the years.

We would like to thank public health advocates, non-government organisations and other stakeholders for joining with the Department of Health in tobacco control. We also strive to work with local organisations to provide cessation services and encourage the creation of supporting environment for those who want to quit. Through health education and publicity, smoke-free is now a desire shared by the community. Thanks to the relentless effort and support of various sectors of the community on tobacco control over the years, the smoking prevalence in Hong Kong has been declining. Looking ahead, we will continue to work with the community towards a smoke-free Hong Kong to realise the vision to “promote a smoke-free culture in Hong Kong so as to safeguard the health of the community”.

Dr Constance CHAN

Director of Health





香港推行控煙工作三十五年，成果豐碩，我謹向香港吸煙與健康委員會衷心致賀。

多年來，委員會致力在社會各個層面推廣無煙文化，通過多項控煙計劃，積極鼓勵吸煙人士戒煙。此外，委員會亦致力教育公眾認識二手煙和三手煙的禍害，保障市民健康，貢獻良多。

委員會與社會各界緊密合作，多管齊下推動控煙工作，使香港成為吸煙率最低的城市之一，而且在控煙工作方面成為國際推崇的典範，成就卓越。

懲教署亦配合政府鼓勵公眾人士戒煙的政策，積極鼓勵在囚人士戒煙。端賴委員會的鼎力支持和協助，我們得以順利推行多項措施，其中包括成立兩所無煙懲教設施及推行其他反吸煙措施。

得蒙委員會一直全力支持懲教署的工作，我謹再衷心致謝，並祝願委員會未來在控煙和保障公眾健康方面的工作順利，迭創佳績。



林國良
香港懲教署署長

It is my pleasure to extend my warmest congratulations to the Hong Kong Council on Smoking and Health (COSH) on the occasion of the 35th anniversary of tobacco control in Hong Kong.

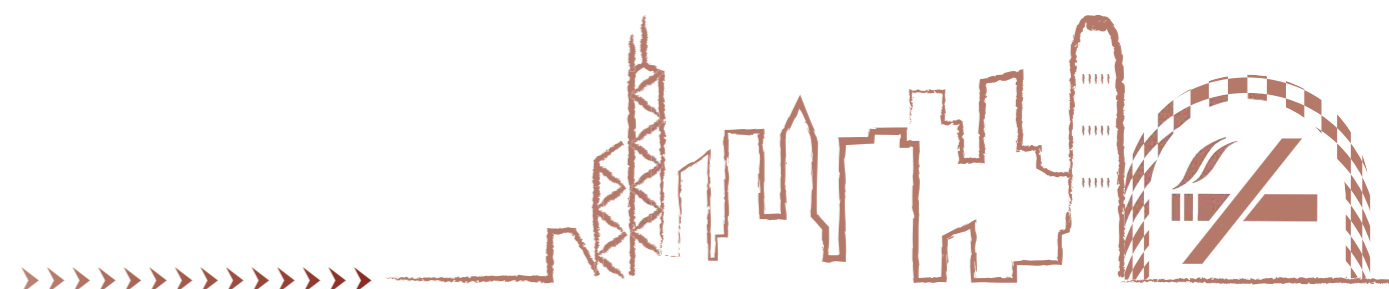
Over the years, COSH has been embracing the mission of promoting smoke-free culture in different sectors of our society through various tobacco control programmes to encourage smokers to quit smoking. Through its tremendous efforts in educating the public about the detrimental effects brought by “second-hand” and “third-hand” smoke, COSH has made valuable contributions in protecting and improving the health of the community.

In close collaboration with community partners, COSH has adopted a multi-pronged approach to take forward the tobacco control work, making Hong Kong one of the cities with the lowest smoking prevalence and an internationally recognised model in tobacco control.

To tie in with the Government’s anti-smoking policy, the Correctional Services Department (CSD) has also been promoting smoking cessation amongst persons in custody. The Department has received staunch support and most valuable assistance from COSH in our smooth implementation of various initiatives, including the setting up of two “No smoking correctional facilities” and implementation of the departmental anti-smoking policies.

I would like to thank COSH again for its support to CSD and wish it every success in the endeavours on tobacco control and health promotion in the years to come.

LAM Kwok-leung
Commissioner of Correctional Services





世界衛生組織資料顯示，全球每年有超過700萬人因吸煙和二手煙而死亡。其中吸煙人士佔600多萬，另外約89萬人因二手煙引致死亡。自1982年，控煙工作在本港已推行35年。多年來，香港吸煙與健康委員會及社會各界同心協力，成功減低香港的吸煙率至10.5%。

醫院管理局(醫管局)自2002年成立「無煙新天地」戒煙輔導服務中心，至今共有67間中心為市民(特別是長期病患者)提供戒煙輔導服務，透過戒煙幫助他們有效地控制病情。醫管局的戒煙輔導服務由經特別訓練的醫生、護士、藥劑師和職業治療師組成的跨專業團隊提供，為戒煙人士制定合適的戒煙方案，並定期跟進，提供面談或電話輔導，因應個別戒煙人士的情況處方藥物，協助他們戒煙。經多年努力，醫管局「無煙新天地」戒煙輔導服務中心已服務逾147,000人，戒煙成功率達50%。

醫管局會繼續協助市民戒煙，降低吸煙對健康的傷害，達到「與民攜手，保健安康」的目標。



梁智仁教授
醫院管理局主席

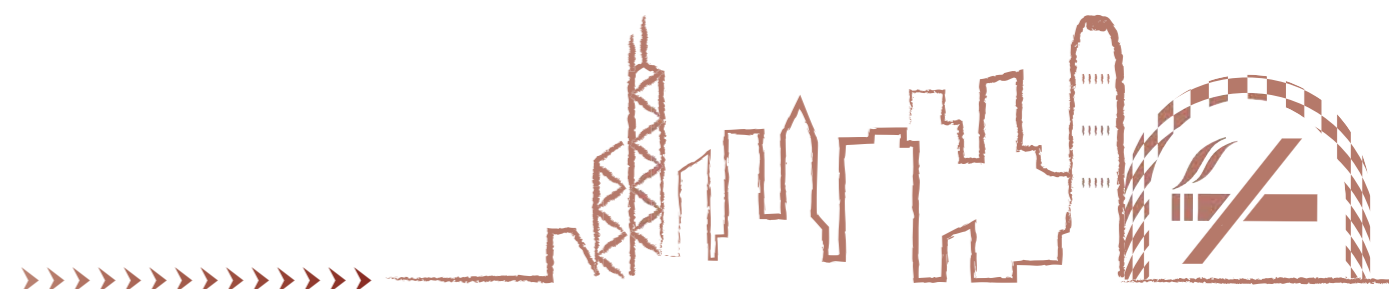
According to the World Health Organization, tobacco kills over 7 million people every year. More than 6 million die due to direct tobacco use while around 890,000 deaths are caused by second-hand smoke. Tobacco control has been implemented in Hong Kong for 35 years since 1982. I would like to extend my heartfelt congratulations to the Hong Kong Council on Smoking and Health on its contribution to tobacco control. The Council has been striving for a smoke-free Hong Kong through collaboration with various community stakeholders. With concerted efforts, the smoking prevalence of Hong Kong has declined to 10.5%.

Hospital Authority (HA) has established Smoking Counselling and Cessation Services (SCCS) since 2002 to contribute to tobacco control and improve public health. The number of SCCS Centres has been expanded to 67 to-date. The Centres provide smoking counselling and cessation services to members of the public, especially patients with chronic diseases to help them quit smoking and better control their diseases. Consisted of specially-trained doctors, nurses, pharmacists, and occupational therapists, the professional multidisciplinary team formulates tailor-made treatment plan for patients, along with counselling, regular face-to-face or telephone follow-ups, and drug treatment if necessary. With collaborative efforts, the HA SCCS have served over 147,000 individuals, achieving a quit rate of over 50%.

HA strives to help patients quit smoking so as to reduce the hazards of tobacco and realise the mission of *Helping People Stay Healthy*.

Prof John LEONG Chi-yan

Chairman
Hospital Authority



香港控煙重要里程碑

MILESTONES OF TOBACCO CONTROL IN HONG KONG



香港控煙重要里程碑



1982

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

1987

- 香港吸煙與健康委員會成立



1991

- 增加煙草稅100%

1994

- 加強煙害警示
煙包上須載有四款更強烈及明顯的文字健康忠告，並須輪流替換。
- 管制煙草產品的銷售
禁止將煙草產品售予或給予18歲以下人士。



1983

- 首次設立法定禁煙區
公共升降機及陸路公共交通工具下層實施禁煙。



- 加強煙害警示
煙草產品的封包須印有中英文式樣的
健康忠告。

- 增加煙草稅300%

1990

- 全面禁止電視及電台的
煙草廣告及贊助

1992

- 擴大法定禁煙區
電影院、劇院、音樂廳、遊戲機中心
及所有交通工具均被訂為法定禁煙
區。
- 禁止電影院播放煙草廣告

1998

- 擴大法定禁煙區
超級市場、銀行、百貨公司或購物商場內任何對公眾開放的室內地方被列為禁煙區；機場管理局可指定機場客運大樓範圍為禁煙區。所有食肆、學校、專上學院、職業訓練中心可將指定場所範圍列為禁煙區。
- 加強管制煙草產品的銷售
禁止自動販賣機售賣煙草產品。
- 禁止互聯網上的煙草廣告
- 禁止以附送獎品、禮物、贈品或抽獎以交換任何具價值的物品來促銷煙草產品



1999

- 加強限制煙草廣告
禁止所有展示式及印刷刊物內刊登的煙草廣告。



- 加強管制捲煙焦油含量
禁止售賣或管有焦油含量超過17毫克的捲煙。
- 擴大法定禁煙區
規定提供超過200個座位的食肆，必須劃出最少三分之一的面積為禁煙區。

2001

- 衛生署控煙辦公室成立



2005

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

2000

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



2007

- 擴大法定禁煙區
所有食肆的室內地方、室內工作間及多個公眾場所均訂為法定禁煙區。
- 實施煙害圖象警示
捲煙封包及零售盛器必須以訂明的式樣及方式展示煙害圖象警示、焦油量及尼古丁含量。六款煙害圖象警示須輪流替換，並至少覆蓋封包及零售盛器面積的50%。



2009

- 擴大法定禁煙區
獲豁免禁煙的六類場所須於2009年7月1日起全面禁煙，包括酒吧、會所、夜總會、浴室、按摩院及麻將天九娛樂場所。另外，48個有上蓋建築物的公共運輸設施亦禁煙。
- 加強限制煙草廣告
撤銷持牌小販攤檔可展示煙草廣告的路免。
- 《定額罰款(吸煙罪行)條例》(第600章)生效
任何市民如違例在禁煙區吸煙，將定額罰款港幣1,500元。
- 增加煙草稅50%



2011

- 增加煙草稅41.5%



2010

- 擴大法定禁煙區
129個露天及另外兩個有上蓋建築物的公共運輸設施被列為禁煙區。



- 撤銷入境免稅煙優惠

2014

- 增加煙草稅11.8%

2017

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



Milestones of Tobacco Control in Hong Kong

1982

- **Implementation of the Smoking (Public Health) Ordinance (Cap 371)**
Smoking (Public Health) Ordinance (Cap 371) passed by the Legislative Council and covered:
 - Prohibition of smoking in public places;
 - Restriction on sales of tobacco products; and
 - Restriction on tobacco promotion and advertising.
- **First implementation of health warnings**
Text health warnings required on all tobacco advertisements.
- **First survey on smoking pattern**

1987

- **Establishment of Hong Kong Council on Smoking and Health**

1991

- **Tobacco tax increased by 100%**

1994

- **Reinforcement of health warnings**
Cigarette packs must carry, in rotation, four stronger and more precise text health warnings.
- **Regulation of sales of tobacco products**
Prohibition of sale or giving tobacco products to people under age 18



1999

- **Stronger restriction on tobacco advertising**
Ban on tobacco display advertisements and prohibition of all tobacco advertisements in the print media.



- **Restriction of tar yields in cigarettes**
Restriction of sale or possession of cigarettes with tar yields over 7mg.
- **Expansion of statutory no smoking areas**
Restaurants with more than 200 seats were required to have not less than 1/3 no smoking area.

2001

- **Establishment of Tobacco Control Office, Department of Health**



2005

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

2006

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

2009

- **Expansion of statutory no smoking areas**
Complete smoking ban extended to the six types of establishment with effect from 1 July 2009 including bars, clubs, nightclubs, bathhouses, massage establishment and mahjong and tin-kau premises. Also, 48 public transport facilities with superstructures were designated as no smoking areas.
- **Stronger restriction on tobacco advertising**
Withdrawal of exemption for display of tobacco advertisement at licensed hawkker stalls.
- **Implementation of Fixed Penalty (Smoking Offences) Ordinance (Cap 600)**
Any public smokes in statutory no smoking area will be fined HK\$1,500.
- **Tobacco tax increased by 50%**



2011

- **Tobacco tax increased by 41.5%**



2017

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



1983

- **First designation of statutory no smoking areas**
Smoking ban implemented in public lifts and lower deck of public transport land vehicles.



- **Reinforcement of health warnings**
Bilingual text health warnings required on all cigarette packs.

- **Tobacco tax increased by 300%**

1990

- **Total ban on tobacco advertising and sponsorship in TV and radio**

1992

- **Expansion of statutory no smoking areas**
Smoking ban implemented in cinemas, theatres, concert halls, amusement game centres and all transport carriers.
- **Ban on tobacco advertising broadcasting in cinemas**

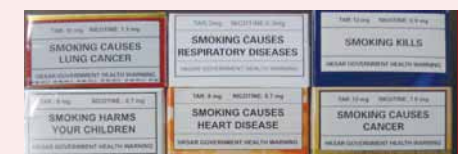
1998

- **Expansion of statutory no smoking areas**
All indoor areas open to the public in a supermarket, bank, department store or shopping mall were designated as no smoking areas. The Airport Authority may designate any area of the passenger terminal complex of the Airport as no smoking area. All restaurants, schools, post-secondary colleges, technical colleges could designate any area of the premises as no smoking area.
- **Regulation of sales of tobacco products**
Selling of any tobacco product from a vending machine was prohibited.
- **Prohibition of tobacco advertisement on the Internet**
- **Prohibition of promoting the sale of tobacco products by means of offering prizes, gifts, tokens or raffles in exchange for any valuable items**



2000

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



2007

- **Expansion of statutory no smoking areas**
Smoking ban was implemented at indoor areas of all restaurant premises, indoor workplaces and many public places.
- **Implementation of pictorial health warnings**
Packets of tobacco products and retail containers shall bear six pictorial health warnings in rotation, tar and nicotine yields in the prescribed form and manner. The pictorial health warnings shall be of a size that covers at least 50% of the surface area of the packet or retail container.



2010

- **Expansion of statutory no smoking areas**
Smoking ban extended to 129 open-air public transport facilities and two public transport facilities with superstructures.



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

2014

- **Tobacco tax increased by 11.8%**

2016

- **Expansion of statutory no smoking areas**
Smoking ban extended to eight bus interchanges at tunnel portal areas.



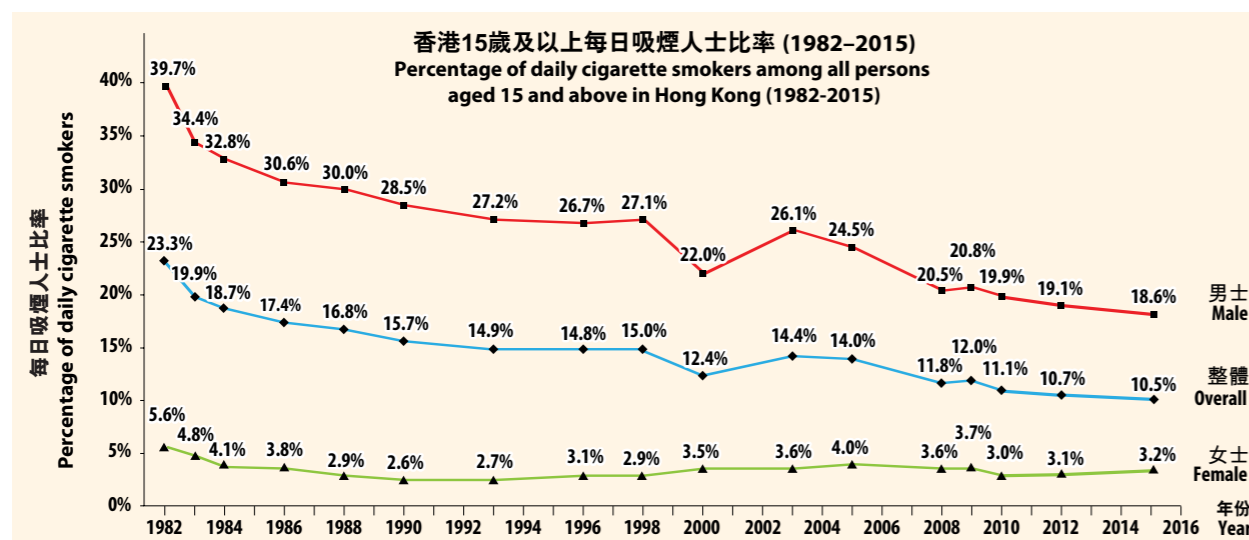
香港吸煙情況 SMOKING PREVALENCE IN HONG KONG





香港政府統計處自1982年起進行了15次全港大規模系統性吸煙情況調查，有助全面了解吸煙人口分佈及習慣。經過30多年的控煙工作，香港習慣每日吸煙人士佔15歲及以上人士的比率已由80年代初的23.3%下降至2015年的10.5%，即約641,300人，為有記錄以來的新低，亦是全世界吸煙率最低的地區之一。

The Census and Statistics Department in Hong Kong has carried out 15 large-scale and comprehensive surveys on local smoking patterns since 1982. The surveys provide useful data and insights in smoking population and habits. After over three decades of efforts in tobacco control, the percentage of daily cigarette smokers of all persons aged 15 and above in Hong Kong dropped from 23.3% in the early 1980s to 10.5% in 2015, equivalent to around 641,300 daily cigarette smokers, which is its record low. Hong Kong is now one of the regions with the lowest smoking rate in the world.



資料來源: (2016) 主題性住戶統計調查第59號報告書 香港特別行政區 政府統計處
Source: (2016) Thematic Household Survey Report No. 59, The Census and Statistics Department, HKSAR

吸煙人士的性別分佈

在逾64萬名習慣每日吸食捲煙的人士中，男性佔約八成半(83.9%)，而女性佔約一成半(16.1%)，男性及女性的吸煙率分別為18.6%及3.2%。雖然近年的女性吸煙率維持於百分之三或四，但女性每日吸煙人士數目卻呈上升趨勢，由1990年的低位(約56,100人)上升至2015年的103,000人，增幅逾八成。

Sex distribution of smokers

Among the 640,000 daily cigarette smokers, 83.9% are male and 16.1% are female. The smoking rates of male and female in Hong Kong are around 18.6% and 3.2% respectively. Though the female smoking prevalence remained at around 3% to 4% in recent years, the number of female daily smokers increased by 80%, from the record low 56,100 in 1990 to 103,000 in 2015.



開始吸煙原因及青少年吸煙率

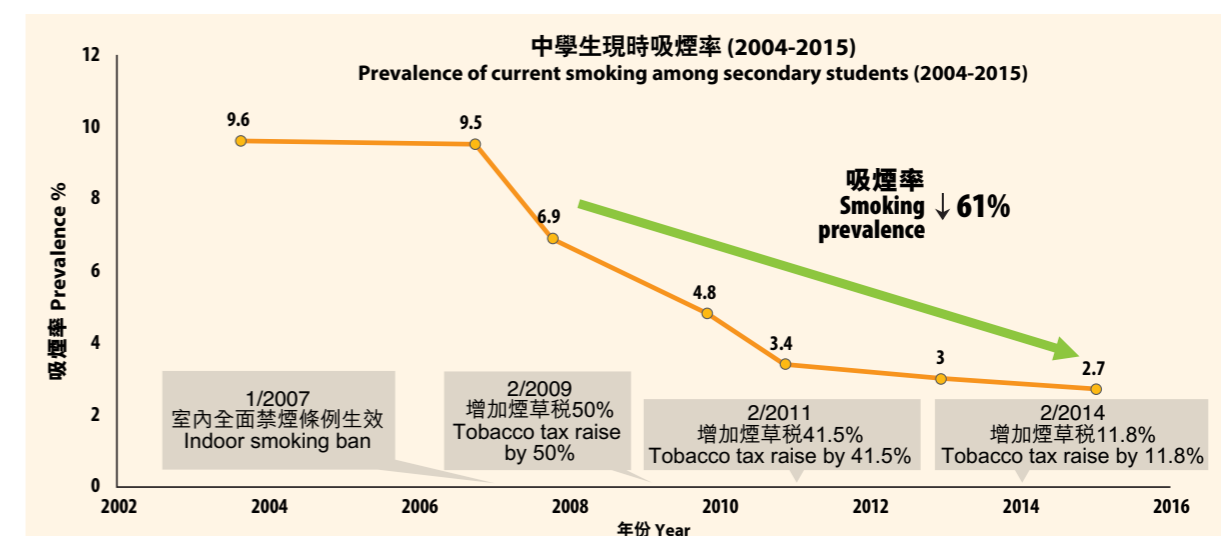
大部分吸煙人士(67.1%)都是在10至19歲之間開始有每周吸煙的習慣，而他們開始吸煙的原因包括「受朋友影響」(70.7%)、「好奇」(25.1%)、「受父母/其他家人影響」(14.4%)、「社交應酬需要」(14.0%)、「消磨時間」(7.9%)及「受公眾人物/明星影響」(4.0%)等。

Reasons for starting to smoke and smoking prevalence among teenagers

Most of daily smokers (67.1%) started smoking weekly at age 10-19. The most commonly cited reasons for starting to smoke included “influenced by friends” (70.7%), “out of curiosity” (25.1%), “influenced by parents/other family members” (14.4%), “necessity in social functions” (14.0%), “killing time” (7.9%) and “influenced by public figures/artists” (4.0%).

要預防市民開始吸煙，青年人是特別需要被關注的一群。為降低煙草營銷策略的誘惑及影響，防止兒童及青少年開始吸煙，政府全面禁止煙草廣告、促銷和贊助，並透過增加煙草稅，以減低他們購買煙草產品的意欲。透過政府一系列的控煙政策，據香港大學公共衛生學院的研究報告顯示，全港中學生的吸煙率由2004年的9.6%下降至2015年的2.7%。

To prevent the youth from starting to smoke, multi-pronged measures were implemented, including a total ban on tobacco advertising, promotion and sponsorship and increase in tobacco tax to reduce their intention to smoke and the attractiveness of tobacco products. According to the study by the School of Public Health, The University of Hong Kong, the youth smoking prevalence dropped from 9.6% in 2004 to 2.7% in 2015.



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

電子煙使用情況

近年電子煙於全球火速冒起，情況令人關注。根據香港吸煙與健康委員會委託香港大學公共衛生學院進行的「控煙政策調查2016」，有約2.6%受訪者曾經使用電子煙，而當中年輕人(15至29歲)佔34.3%，遠較其他年齡組別為高。為防患於未然，政府及各界必須積極提高市民對電子煙及其他新興煙草產品禍害之知識，同時須儘快加強規管。

Prevalence of electronic cigarettes

The rapid growth of electronic cigarettes(e-cigarettes) around the world in recent years is alarming. COSH commissioned the School of Public Health of The University of Hong Kong to conduct the Tobacco Control Policy-related Survey 2016. It was found that only 2.6% of respondents had ever used e-cigarettes. But over one-third of them (34.3%) were young people aged 15 to 29 years which was significantly higher than that of other age groups. To nip it in the bud and counter the tobacco epidemic, public awareness on the potential risks of e-cigarettes and other emerging tobacco products should be raised and regulations on these products should be strengthened.

控煙措施多管齊下

MULTI-PRONGED TOBACCO CONTROL MEASURES



Monitor 監測煙草使用與預防政策

Protect 保護人們免受煙草煙霧危害

Offer 提供戒煙幫助

Warn 警示煙草危害

Enforce 確保禁止煙草廣告、促銷和贊助

Raise 提高煙草稅

控煙措施多管齊下

Multi-pronged Tobacco Control Measures

《吸煙(公眾衛生)條例》(第371章)於1982年訂立，隨著條例的實施及多番修訂，政府及各界透過立法、徵稅、宣傳、教育及法例執行，使香港成為全球吸煙率最低的地區之一。政府與醫療衛生界、學術界、非政府組織及社會各界人士積極實施不同的控煙措施，亦與世界衛生組織(世衛)提出的MPOWER不謀而合，在遏制煙草流行方面取得驕人的成果。

MPOWER措施是世衛為減低煙草的需求而根據《煙草控制框架公約》所制定的，為各國實施煙草控制和管理提供了基礎。截至2017年10月，全球已有181個締約方，而中國於2003年11月10日簽署公約，並於2005年正式開始履行，適用範圍亦擴大至香港。



Smoking (Public Health) Ordinance (Cap 371) was enacted in 1982. With the implementation and several adjustments of the Ordinance, the Government and different sectors in the society have made Hong Kong one of the regions with the lowest smoking prevalence in the world through legislation, taxation, publicity, education and law enforcement in tobacco control which align with the MPOWER measures suggested by the World Health Organization (WHO) and achieved impressive progress in curbing the smoking epidemic.

The WHO Framework Convention on Tobacco Control (FCTC) and its guidelines provide the foundation for countries to implement and manage tobacco control. The MPOWER measures were also introduced to reduce the demand for tobacco. As of October 2017, FCTC has 181 parties including China which signed on 10 November 2003. It came into effect in China in 2005 and its application extended to Hong Kong.

MPOWER的六項煙草控制措施： MPOWER denotes:



監測煙草使用與預防政策

Monitor tobacco use and prevention policies

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

香港政府統計處吸煙統計調查報告

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



香港吸煙與健康委員會科研項目

香港吸煙與健康委員會於過去進行或委託專人進行不同有關吸煙的研究項目，以向政府、社區衛生組織及社會服務團體提供有關吸煙與健康之意見。為評估香港控煙政策的成效，以及了解市民對相關措施的意見，委員會亦自2012年起定期進行「控煙政策調查」。此調查是一個具代表性的橫斷研究，廣泛收集有關吸煙與健康的資料，包括受訪者的吸煙習慣、接觸二手煙及三手煙的情況、對現行和未來控煙政策的意見等。

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

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

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

COSH scientific research and study

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



香港吸煙與健康委員會部份研究項目：

Some of COSH researches and studies:

年份 Year	研究項目	Research and study
1994	青少年吸煙與健康調查	Youth Smoking and Health Survey
1998	兒童吸煙與被動吸煙調查	Smoking and Passive Smoking in Children
1999	青少年吸煙、健康與捲煙宣傳	Youth Smoking, Health and Tobacco Promotion
2001	香港飲食從業員二手煙與心臟病及癌病風險調查	Passive Smoking and Risks for Heart Disease and Cancer in Hong Kong Catering Workers
2003	青少年吸煙與健康調查	Youth Smoking and Health Survey
2008	兒童接觸二手煙與健康調查	Secondhand Smoking and Health Survey in Children
2009 - 2017	「戒煙大贏家」比賽－戒煙干預隨機對照試驗研究	“Quit to Win” Contest: Randomized Controlled Trial Study on Smoking Cessation Intervention
2010 - 2012	香港女性吸煙與健康調查	Smoking and Health Survey in Hong Kong Women
2012 - 2017	控煙政策調查	Tobacco Control Policy-related Survey
2015	香港私煙消耗量實際評估	Realistic Estimation of Illicit Cigarette Consumption in Hong Kong
2015 - 2016	電子煙分析測試	Electronic Cigarettes Analytical Testing



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

全球每年有六十萬非吸煙人士因二手煙而提早死亡。而香港大學曾經研究吸煙及二手煙帶來的影響，結果顯示，香港每年有近7,000人因煙草而死亡，其中1,324名非吸煙者因吸入二手煙致死，每年帶來的經濟損失更高達53億港元，包括因提早死亡損失的生產力(14億)、病假開支(4.2億)、醫療(26億)護理費用(9億)。呼吸清新空氣是所有人的基本權利，唯有無煙的環境才能有效保障公眾健康。社會各界一直努力推動擴大法定禁煙區，以保護市民免受煙草危害，於過去35年取得顯著成果。



逐步擴大法定禁止吸煙區

《吸煙(公眾衛生)條例》(第371章)於1982年制定，期後經多次修訂，法定禁止吸煙區範圍逐步擴大，不單有效保護市民免受二手煙影響，同時營造了一個有利戒煙的社會氛圍。當中最重要里程碑可算是2007年起於室內食肆及工作間全面禁煙，雖然有關修訂草案當年遭煙草業、飲食業及娛樂業界等強烈反對，但憑著政府對保護市民健康的堅持，加上其他醫護人員、學術界、控煙工作者及各界的支持，市民大眾最終得以享受無煙清新的室內環境，而2017年剛剛是室內禁煙10周年。

Globally, around 600,000 individuals die prematurely because of exposure to secondhand smoke every year. A study about the consequences of smoking and passive smoking conducted by The University of Hong Kong revealed that about 7,000 people died of tobacco annually in Hong Kong and 1,324 of them are non-smokers, which cost Hong Kong HK\$5.3 billion each year, including the loss of productivity of premature death (HK\$1.4 billion), costs of sick leaves (HK\$420 million), health care costs (HK\$2.6 billion) and nursing costs (HK\$900 million). Breathing clean air is a basic human right. Completely smoke-free environments with no exceptions are the proven way to protect people. To safeguard the public against the harmful effect of secondhand and third-hand smoke, different sectors in the society have been advocating for an expansion of statutory no smoking areas in the past 35 years.



Expansion of statutory no smoking areas

The statutory no smoking areas have gradually expanded since the enactment of the Smoking (Public Health) Ordinance (Cap 371) in 1982 with several amendments subsequently. Expansion of statutory no smoking areas not only helps protect the public from exposure to secondhand smoke, it also helps create a supportive atmosphere for smoking cessation. The most significant progress should be the extension of smoking ban to all indoor restaurants and workplaces in 2007. Despite of the tremendous opposition from the tobacco, catering and entertainment industries against the Amendment Bill, the Government upheld the mission of protecting public health with the support of medical and healthcare professionals, academia, tobacco control practitioners and different sectors of the community. The general public can now enjoy a smoke-free indoor environment. 2017 marks the 10th anniversary of the indoor smoking ban.

過去35年法定禁止吸煙區範圍的擴展進程
The progress of expansion of statutory no smoking areas in the past 35 years

實施年份 Effective year	法定禁止吸煙區範圍	Statutory no smoking areas
1983	公共升降機及陸路公共交通工具下層實施禁煙。	Smoking ban implemented in public lifts and lower deck of public transport land vehicles.
1992	電影院、劇院、音樂廳、遊戲機中心及所有公共交通工具均被訂為法定禁煙區。	Smoking ban implemented in cinemas, theatres, concert halls, amusement game centres and all public transport carriers.
1998	超級市場、銀行、百貨公司或購物商場內任何對公眾開放的室內地方被列為禁煙區；機場管理局可指定機場客運大樓範圍為禁煙區。 所有食肆、學校、專上學院、職業訓練中心可將指定場所範圍列為禁煙區。	All indoor areas open to the public in a supermarket, bank, department store or shopping mall were designated as no smoking areas. The Airport Authority may designate any area of the passenger terminal complex of the Airport as no smoking area. All restaurants, schools, post-secondary colleges, technical colleges could designate any area of the premises as no smoking area.
1999	規定提供超過200個座位的食肆，必須劃出最少三分之一的面積為禁煙區。	Restaurants with more than 200 seats were required to have not less than 1/3 no smoking area.
2007	所有食肆的室內地方、室內工作間及多個公眾場所均訂為法定禁煙區。	Smoking ban implemented at indoor areas of all restaurant premises, indoor workplaces and many public places.
2009	獲暫緩禁煙的六類場所包括酒吧、會所、夜總會、浴室、按摩院及麻將天九耍樂場所全面禁煙。另外，48個有上蓋建築物的公共運輸設施亦禁煙。	Complete smoking ban extended to the six types of establishment including bars, clubs, nightclubs, bathhouses, massage establishment and mahjong and tin-kau premises. Also, 48 public transport facilities with superstructures were designated as no smoking areas.
2010	129個露天和另外兩個有上蓋建築物的公共運輸設施被列為禁煙區。	Smoking ban extended to 129 open-air public transport facilities and two public transport facilities with superstructures.
2016	八個隧道出入口範圍內的巴士轉乘處被列為禁煙區。	Smoking ban extended to eight bus interchanges at tunnel portal areas.



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



2016年八個隧道出入口範圍內的巴士轉乘站亦開始禁煙。
Smoking ban extended to eight bus interchanges at tunnel portal areas in 2016.

衛生署控煙辦公室執行控煙法例

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

為提高執法效率及增加違例吸煙罰款的阻嚇性，衛生署於2009年9月1日起實施《定額罰款(吸煙罪行)條例》，引入定額罰款制度，任何人在法定禁止吸煙區或公共交通工具內吸煙或攜帶燃著的捲煙、雪茄或煙斗，執法人員有權向他們發出定額罰款通知書，劃一罰款港幣1,500元。



違例吸煙檢控數字
Enforcement figures against smoking offence

禁煙區類別 Types of no smoking area	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
遊戲機中心 Amusement game centres	1,117	2,229	1,679	2,193	1,732	1,779	1,602	1,270	1,097	929
店舖及商場 Shops and shopping malls	670	1,210	882	1,357	1,469	1,614	1,624	1,667	1,503	1,684
食肆 Food premises	522	1,247	767	709	644	709	666	598	519	598
街市 Markets	355	533	304	605	721	686	766	701	700	640
公眾遊樂場地 Public pleasure grounds	301	615	477	424	378	424	466	400	403	448
其他法定禁煙範圍 Other statutory no smoking areas	815	1,471	1,548	2,757	2,863	2,986	3,438	3,391	3,634	4,558
總數 Total	3,780	7,305	5,657	8,045	7,807	8,198	8,562	8,027	7,856	8,857

資料來源：衛生署控煙辦公室
Source: Tobacco Control Office, Department of Health

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

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

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



提供戒煙幫助
Offer help to quit tobacco use

根據政府統計處的數字，香港現時大概有約64萬名每日吸煙人士，當中有三成(30.8%)的人曾嘗試戒煙但不成功，另有少於一成(6.2%)的人從未嘗試過戒煙但想戒煙。戒煙對煙草使用者來說並非易事，但若配合適當的戒煙服務必定事半功倍，政府及不同團體於近年亦大力開展及加強多元化的服務，協助吸煙人士重拾健康生活。



香港戒煙服務

現時政府及不同團體均有提供戒煙服務，包括：

- 衛生署綜合戒煙熱線1833 183
- 醫院管理局「無煙新天地」
- 東華三院戒煙綜合服務中心
- 博愛醫院中醫免費戒煙服務
- 香港大學青少年戒煙熱線
- 香港大學女性戒煙熱線
- 九龍樂善堂「愛·無煙」前線企業員工戒煙計劃
- 基督教聯合那打素社康服務少數族裔及新移民戒煙計劃

According to the Census and Statistics Department, Hong Kong has around 640,000 daily cigarette smokers, 30.8% of them had tried but failed to give up smoking, and 6.2% had never tried but wanted to give up smoking. Tobacco is a deadly habit that is hard to kick. The successful rate can be enhanced with the assistance of appropriate smoking cessation services. In recent years, the Government and non-governmental organizations have been actively introducing and enhancing a wide range of services to help smokers adopt a smoke-free lifestyle.

Smoking cessation services in Hong Kong

Smoking cessation services in Hong Kong are mainly provided by the Government and non-governmental organizations, including:

- Integrated Smoking Cessation Hotline of Department of Health 1833 183
- Hospital Authority's Smoking Counselling & Cessation Service
- Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation
- Pok Oi Hospital Free Smoking Cessation Service using Traditional Chinese Medicine
- HKU Youth Quitline
- HKU Women Quit
- Smoking Cessation Program in Workplace by The Lok Sin Tong Benevolent Society, Kowloon
- United Christian Nethersole Community Health Service Smoking Cessation Project for Ethnic Minorities and New Immigrants



宣傳及推動戒煙

為鼓勵更多吸煙人士投入無煙生活，香港吸煙與健康委員會多年來積極宣傳戒煙的重要性，包括舉辦不同宣傳推廣活動，以及推出多齣經典及極具影響力的電視宣傳短片，營造一個支持吸煙人士戒煙的氛圍。此外，委員會亦加強與不同地區組織及非政府組織的合作，推動非吸煙人士鼓勵身邊的吸煙人士戒煙，令更多人認識戒煙服務，例如「戒煙大贏家」無煙社區計劃、「無煙Teens計劃」、「加入無煙大家庭活動」、「無煙加油站活動」等，將無煙信息傳遞至全港18區，協助有意戒煙的人士戒除煙癮，重拾健康。



- 委員會於全港18區設立「戒煙大贏家」招募攤位招募吸煙人士戒煙。
COSH set up "Quit to Win" recruitment booths across the territory to recruit smokers to quit smoking.



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



- 委員會推出不同的電視宣傳短片鼓勵戒煙。
COSH promotes smoking cessation through a series of APIs.

Promote smoking cessation

To encourage more smokers to kick the smoking habit, COSH has been actively promoting smoking cessation and creating a supportive atmosphere for quitting smoking through a diverse range of publicity and promotion campaigns, as well as impactful Announcements in the Public Interest (APIs). COSH also works closely with different district and non-governmental organizations to raise public awareness on smoking cessation services and motivate non-smokers to encourage their family and friends to give up smoking. "Quit to Win" Smoke-free Community Campaign, "Smoke-free Teens Programme", "Let's Join the Smoke-free Family Programme", "Smoke-free Support Station Programme" and other programmes were launched to penetrate the smoke-free messages to every corner across the territory and assist smokers in living a smoke-free lifestyle.

警示煙草危害

Warn about the dangers of tobacco

雖然吸煙危害健康人人皆知，但大多數吸煙者和非吸煙者都低估了煙草對身體的傷害。在煙包上印有警示圖象及字句是對吸煙者最直接的當頭棒喝，可以鼓勵他們戒煙，並阻止年輕人吸第一口煙。

煙包上的健康警示可全天候每天24小時接觸每一位吸煙人士。如果吸煙者每天吸一包煙，他/她每天會取出煙包20次，每年7,300次，而身邊的家人、朋友及同事亦會看到煙包上的健康警示。他們有權知道煙草產品對健康造成的眾多危害，而煙包是最好的傳播方式。



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

實施健康警示的進程

自1983年起，在香港售賣的煙包均須附有中英文式樣的健康忠告，期間經歷多次轉變，由早期的純文字式警示演變至2007年起生效的六款健康圖象警示，而且位置移到煙包頂部，並擴大至佔煙包正面及背面的一半面積，以提醒市民吸煙的禍害。而2017年立法會通過修例，將煙包上煙害圖象警示面積擴大至85%，圖象式樣增至十二款，並加上戒煙熱線，於2018年6月21日起全面生效。



- 將於2018年6月21日起全面生效的十二款煙害圖象警示。
The new twelve pictorial health warnings which will come into full operation from 21 June 2018.

Everyone knows smoking is hazardous to health. However, most of the smokers and even non-smokers underestimate the risks of tobacco. Pictorial and text health warnings on tobacco packet are the most direct and effective admonition which not only encourage smokers to kick the habit, but also deter the youth from trying the first cigarette.

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

Development of health warnings

Since 1983, bilingual health warnings have been required on all cigarette packs sold in Hong Kong and have changed several times. They were enhanced from text-only warnings at the early stage to the six pictorial health warnings effective from 2007. The warning has to be positioned on the top of the packet taking up half of the front and back of packet's surface to better remind the public of the smoking hazards. The amendment on Smoking (Public Health) Ordinance was passed by the Legislative Council in 2017 to enlarge the size of pictorial health warnings to 85% of the cigarette pack area, increase the number of forms of warning to twelve and add the quitline. The measure will come into full operation from 21 June 2018.

年份 Year	健康警示的變遷	Changes on health warnings
1982	規定煙草廣告上必須註明吸煙危害健康，即使是在媒體播放，廣告後也必須加上「香港政府忠告市民吸煙危害健康」語句。	In all tobacco advertisements, including those in the print and broadcasting media, the message of “HK Government Health Warning: Smoking harms your health” must be added.
1983	煙草產品的封包須印有中英文式樣的健康忠告。	Bilingual text health warnings required on all cigarette packs.
1994	文字健康忠告由一款增至四款更強烈及明顯的忠告，並須輪流替換： 「吸煙可以致命」、 「吸煙可以致癌」、 「吸煙害己害人」及 「吸煙可引致心臟病」。	The single health text warning was replaced by four stronger and more precise messages to be used in rotation: “SMOKING CAN KILL”, “SMOKING CAN CAUSE CANCER”, “SMOKING HARMS YOURSELF AND OTHERS” and “SMOKING CAN CAUSE HEART DISEASE”.
2000	煙包上半部須載有全新六款文字健康忠告，須輪流替換，並須標示焦油及尼古丁含量，以白底黑字展示： 「吸煙足以致命」、 「吸煙引致癌病」、 「吸煙引致心臟病」、 「吸煙引致肺癌」、 「吸煙引致呼吸系統疾病」及 「吸煙禍及子女」。	Cigarette packs must carry, in rotation, six new text health warnings, with indication of tar and nicotine yields. Health warning must be at the top of the pack, black lettering on white background: “SMOKING KILLS”, “SMOKING CAUSES CANCER”, “SMOKING CAUSES HEART DISEASE”, “SMOKING CAUSES LUNG CANCER”, “SMOKING CAUSES RESPIRATORY DISEASES” and “SMOKING HARMS YOUR CHILDREN”.
2007	捲煙封包及零售盛器必須以訂明的式樣及方式展示健康圖象警示、焦油量及尼古丁含量。六款圖象警示須輪流替換，並至少覆蓋封包及零售盛器面積的50%，而“特醇”及“低焦油”等誤導性字眼亦被規管。	Packets of tobacco products and retail containers shall bear six pictorial health warnings in rotation, tar and nicotine yields in the prescribed form and manner. The pictorial health warnings shall be of a size that covers at least 50% of the surface area of the packet or retail container. The use of misleading information and wordings as “light” and “mild” is also regulated.
2017	立法會通過修例，將煙包上煙害圖象警示面積由50%擴大至85%，圖象式樣由六款增至十二款，並加上戒煙熱線，於2018年6月21日起全面生效。	The amendment was passed by the Legislative Council to enlarge the size of pictorial health warnings from 50% to 85% of the cigarette pack area, increase the number of forms of health warning from six to twelve and add the quitline. The measure will come into full operation from 21 June 2018.

隨著澳洲於2012年成為首個國家實施「全煙害警示包裝」後，越來越多國家仿效，世界衛生組織總幹事亦在2015年第十六屆世界煙草與健康會議上，特別指出「全煙害警示包裝」的控煙成效，鼓勵其他國家推行。香港吸煙與健康委員會希望香港政府亦會於未來數年推行此措施。(更多有關「全煙害警示包裝」之資料，請參閱第59頁)

Following the successful experience of Australia which first implemented plain packaging in 2012, more and more countries plan to introduce this measure. Director-General of World Health Organization particularly highlighted the effectiveness of plain packaging in the 16th World Conference on Tobacco or Health in 2015 and encouraged other countries to adopt. Hong Kong Council on Smoking and Health has urged the Government to implement plain packaging in Hong Kong in the next few years. (More details on Plain Packaging, please refer to P59)

委員會宣傳煙草禍害

香港吸煙與健康委員會不斷針對不同群組的需要，度身訂造不同的活動以宣揚吸煙禍害及推廣無煙文化，包括健康講座、小學互動教育劇場、巡迴展覽等等。此外，委員會亦曾推出多齣令人印象深刻的電視宣傳短片，以不同手法令市民大眾進一步認識煙草對身體的危害。



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



- 2005年「叉燒包篇」電視宣傳短片(香港給二手煙害死的人，每年最少有1,324個)：科研實證反映二手煙致命，引發大眾關注二手煙對健康的嚴重影響。
2005 “BBQ Pork Bun” TV API (1,324 people died from secondhand smoke in Hong Kong every year): Scientific research indicated the lethal consequence of secondhand smoke and raised public concern on its serious health effects.



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



- 1998年「三寸釘」宣傳海報(世界上最危險的殺手是「三寸釘」)
1998 “3 inches” Poster (The world's most dangerous killer is less than 3 inches tall.)

確保禁止煙草廣告、促銷和贊助

Enforce bans on tobacco advertising, promotion and sponsorship

煙草業每年投入大量資源，進行鋪天蓋地式的宣傳，企圖塑造吸煙人士為有型、有品味之士，以淡化煙草的禍害，鼓勵市民吸煙，並以青少年及女性為主要對象。政府必須實施全方位措施禁止煙草的市場營銷，杜絕所有直接及間接的廣告、促銷和贊助，藉此大幅度減低煙草使用，保障公眾健康。

自八十年代起，香港已逐步禁止煙草的廣告、促銷和贊助，包括禁止所有電視、電台、印刷刊物、互聯網及展示式的煙草廣告，禁止煙草業贊助體育項目及歌星音樂錄像，以及禁止煙草產品附送獎品、禮物、贈品或抽獎作促銷用途等。過去三十五年來，《吸煙(公眾衛生)條例》經過多次修訂，致使各類型直接宣傳及推廣的煙草廣告幾乎完全絕跡於香港所有媒體。

The tobacco industry has invested tremendous resources on massive promotion to position smoking as stylish and fashionable to gloss over tobacco's harmful effects and encourage smoking especially among teenagers and women. A total ban on direct and indirect advertising, promotion and sponsorship is essential to reduce tobacco consumption and protect public health.

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



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

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

推動「全煙害警示包裝」及禁止陳列煙草產品

儘管法例已全面禁止煙草宣傳，唯煙草業仍利用法律的灰色地帶及漏洞作間接宣傳，包括在銷售點當眼位置大規模陳列煙草產品，並於便利店、報攤及免稅店等以亮麗及特別設計的燈箱展示煙草產品，同時以不同的煙包包裝作為主要宣傳工具。香港可參考外國的成功例子，推行「全煙害警示包裝」以劃一煙包包裝及擴大圖象警示，有效禁止煙草商以精美的設計作為產品宣傳渠道，避免市民誤以為不同包裝的煙草對身體的危害有所不同，亦可減低吸煙的吸引力。另一方面，亦可引進禁止於銷售點陳列和展示煙草產品，以確保銷售點不會成為促銷煙草的平台，預防青少年及女性開始吸煙。(更多有關「全煙害警示包裝」及禁止陳列煙草產品之資料請參閱第59-61頁)



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

Support plain packaging and ban on tobacco products display

Despite all tobacco advertisements and promotion have been banned by law, tobacco companies still exploit grey areas and loopholes to promote tobacco products indirectly, such as large, prominent and visually appealing display of tobacco products at points of sale including convenience stores, newsstands and duty-free shops. Cigarette packet has become a key marketing and brand promotion vehicle for tobacco industry. Hong Kong Government can consider the implementation of plain packaging with reference to other countries' successful experience to standardize the packets and enlarge the pictorial health warning. This measure is effective in prohibiting the use of packet design for promotion and preventing misconceptions on the relative harmfulness of cigarettes in different packets, as well as reducing the overall appeal of smoking. Also, a total ban on the display of tobacco products at points of sale should also be adopted to protect the public from exposure to tobacco promotion and prevent up-take of smoking particularly among teenagers and women. (More details on Plain Packaging and ban on tobacco products display, please refer to P59-61)



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

提高煙稅
Raise taxes on tobacco

增加煙草稅是最有效減低煙草使用和鼓勵戒煙的單一措施。世界銀行的報告指出，煙草價格每提高10%，高收入地區如香港，煙草需求量會隨之下降4%。香港在六十、七十年代已開始透過向煙草徵收入口關稅作為間接稅，而香港政府亦不定期調高煙草稅率。

加煙稅助戒煙

增加煙草稅對即時及長遠降低吸煙率有明顯的作用。政府分別於2009-10及2011-12財政年度宣佈增加煙草稅50%及41.5%後，衛生署的綜合戒煙熱線收到的來電數目分別上升246%及49%。相反，2014-15財政年度，煙草稅只是輕微調高11.8%，來電數目對比前一年只錄得1%增長。由此可見，大幅增加煙草稅才能有效地鼓勵戒煙及持續加強吸煙人士戒煙的決心。另外，由於兒童及青少年對煙草價格較為敏感，透過增加煙草稅提升煙草價格，可預防兒童及青少年養成吸煙習慣，2009年及2011年大幅增加煙草稅後，中學生的吸煙率由2008年的6.9%下降至2013年的3%。

Raising tobacco tax is the single most effective measure to reduce tobacco use and encourage smoking cessation. According to the World Bank, a 10% increase on cigarette prices would reduce consumption by 4% in high-income places like Hong Kong. Import tariff was imposed on tobacco as indirect tax in the 1960s and 1970s in Hong Kong. The Government also increases tobacco tax periodically.

Raise tobacco tax to encourage smoking cessation

Raising tobacco tax substantially has immediate and long-term effects on reducing tobacco use. Upon the announcement of tobacco tax increase in the Budgets of FY2009-10 (50%) and FY2011-12 (41.5%), the annual number of calls to the Integrated Smoking Cessation Hotline jumped by 246% and 49% respectively. In contrast, when the tobacco tax was increased slightly by 11.8% in FY2014-15, the annual number of calls to the hotline increased by 1% only compared to the year before. These figures reflected the effectiveness of substantial tax increase on motivating smoking cessation and sustainably enhancing smokers' determination to kick the habit. Increasing the retail price of cigarette with tobacco tax rise is also an effective deterrent for uptake of smoking among children and youth who are price sensitive. After the substantial tax increases in 2009 and 2011, the smoking prevalence among secondary students dropped from 6.9% in 2008 to 3% in 2013.

年份 Year	2008	2009	2010	2011	2012	2013	2014
煙草稅增幅 Tobacco tax increment	0%	50%	0% ¹	41.5%	0%	0%	11.8%
全年致電戒煙熱線總數 Total no. of calls for Quitline	4,335	15,000	13,800	20,571	13,262	13,079	13,203

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



➤ 委員會聯同不同團體於2009年發動遊行支持政府增加煙草稅。
COSH and different organizations held a parade to support the Government to raise tobacco tax in 2009.

《2015年世界衛生組織全球煙草流行報告》指出，提升煙草稅至煙草零售價格75%以上是最有效的控煙措施。2017年香港主要品牌捲煙的煙草稅(港幣38元/包)只佔零售價格(平均約港幣57元/包)的67%。截至2017年，已有超過30個國家提升煙草稅至捲煙零售價格的75%或以上，另有超過50個國家定於70%或以上。香港必須參考世界各地的成功例子，儘快加強稅務政策以降低吸煙人士對煙草之需求。此外，香港應該參考各地的成功個案，考慮制定長遠的煙草稅政策(詳情請參閱第68-69頁)。

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

The “WHO Report on the Global Tobacco Epidemic 2015” suggested that increasing tobacco tax to more than 75% of the retail price is among the most effective tobacco control interventions. In 2017, the tobacco tax (HK\$38/pack) of major cigarette brands in Hong Kong is only about 67% of the retail price (average HK\$57/pack). Over 30 countries have raised tobacco tax to more than 75% of the retail price, and over 50 countries to more than 70% as of 2017. Hong Kong should follow the global example of an impactful tobacco tax level to reduce tobacco consumption as soon as possible. Besides, Hong Kong should make reference to the successful cases in the world to adopt a long-term tobacco tax policy (For details, please refer to P68-69).

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



Development of Hong Kong Council on Smoking and Health >>>>>>>>>>>>>>>>>>



Recommended by the World Health Organization, Hong Kong Council on Smoking and Health (COSH) was established under the Hong Kong Council on Smoking and Health Ordinance (Cap 389) in 1987.

COSH has been an active player and commentator on all issues related to tobacco control since its establishment. Informing and educating the public on the harm of smoking and its adverse effects on health has been one of our missions to protect the health of the community. COSH has also been conducting and coordinating researches and studies on smoking, as well as advising the Government, community health organizations or any public body on matters relating to smoking and health.

The members of COSH are appointed by the Government. The members make their contributions to the strategic planning and development of the Council and monitor the daily operation of the Secretariat to ensure the accomplishment of its mission.



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

委員會組織架構 Organization of COSH



歷任委員會成員及總幹事

Council Members and Executive Directors

主席	Chairman		委員會成員	Council Member	
梁定邦	LEUNG Ding-bong, Ronald	1987 - 1994	鄭維志	CHENG Wai-chee, Christopher	1987 - 1989
李紹鴻	LEE Shiu-hung	1994 - 1997	唐能	Stuart DONNAN	1987 - 1989
賀達理	Anthony Johnson HEDLEY	1997 - 2002	夏永豪	HA Wing-ho, Timothy	1987 - 1991
左偉國	TSO Wei-kwok, Homer	2002 - 2008	許晉奎	HUI Chun-fui, Victor	1987 - 1993
劉文文	LAU Man-man, Lisa	2008 - 2014	邱建江	KHOO Kian-kany, Rudy	1987 - 1990
鄺祖盛	KWONG Cho-shing, Antonio	2014 - now	李錦洪	LEE Kam-hung, Daniel	1987 - 1990
			梁家康	LEONG Ka-hong, Milton	1987 - 1989
			盧寶娜	LO Bo-na, Mona	1987 - 1990
			穆士誠	Peter MOSS	1987 - 1993
			梁定邦	Anthony Francis NEOH	1987 - 1993
			潘蔭基	PAN Yin-chi, Joseph	1987 - 1993
			潘若芙	POON Yeuk-foo	1987 - 1993
			黃瑞良	WONG Sui-leung, Paul	1987 - 1990, 1999 - 2000
			楊自強	YOUNG Jee-keung, Job	1987 - 1990
			俞翊鵬	James YUE	1987 - 1993
			周端彥	CHAU T Y	1988 - 1989
			李家仁	LEE Ka-yan, David	1989 - 1997
			彭國雄	PANG Kwok-hung	1989 - 1991
			楊永強	YEOH Eng-kiong	1989 - 1990
			周融	CHOW Yung, Robert	1990 - 1996
			范世義	FAN Sai-yee	1990 - 1993
			關港子	KIT Kwong-chi, Nancy	1990 - 1993
			梁魏懋賢	LEUNG NGAI Mou-yin, Justina	1990 - 1996
			李家驊	LI Ka-wah, Michael	1990 - 1993
			李思泌	LI Sze-bay, Albert	1990 - 1996
			莫何敏儀	Eleanor MORRIS	1990 - 1996
			陳馮富珍	Margaret CHAN	1992 - 1994
			陳福成	CHAN Fuk-sing, Peter	1993 - 1996
			陳家樂	CHAN Ka-lok, Walter	1993 - 1996
			陳兆麟	CHAN Shiu-lun	1993 - 1996
			陳霍寶珍	CHAN FOK Po-chun, Anita	1993 - 1996
			鄭俊豪	CHENG Chun-ho	1993 - 1996
			賀達理	Anthony Johnson HEDLEY	1993 - 1997
			劉威漢	LAU Wai-hon	1993 - 1996
			蘇天安	SAW Thian-aun, Paul	1994 - 1996
			丘福生	YAU Fook-sang, Harold	1994 - 1996
			賴福明	LAI Fook-ming, Lawrence	1995 - 2001
			侯傑泰	HAU Kit-tai	1996 - 1999
			葉成慶	IP Shing-hing, Simon	1996 - 2002
			高威林	William KO	1996 - 2005
			林秉恩	LAM Ping-yan	1996 - 2002
			李建真	LEE Kin-chun	1996 - 2000
			馬逸彰	MA Yat-cheung	1996 - 1997
			岑敏玲	SHUM Mun-ling, Elle	1996 - 1997
			左偉國	TSO Wei-kwok, Homer	1996 - 1997
			徐尉玲	TSUI Wai-ling, Carlye	1996 - 1997
			邱可珍	YAU Ho-chun, Nora	1996 - 2004
			陳錦祥	CHAN Kam-cheung, Paul	1997 - 2001

劉明珠	LAU Ming-chu, Edith	1997 - 2004	陳肇始	CHAN Siu-chee, Sophia	2009 - 2011
勞永樂	LO Wing-lok	1997 - 2006	戴兆群	DAI Siu-kwan, Daisy	2009 - 2015
麥桂圃	MAK Kwai-po	1997 - 1998	斐博歷	Brett McEwan FREE	2009 - 2014
楊美娟	YEUNG Mi-kuen, Cecilia	1997 - 2005	鄺祖盛	KWONG Cho-shing, Antonio	2009 - 2013
姚中年	Joe YIU	1997 - 2003	何明惠	HO Ming-wai, Celine	2010 - 2012
李偉秋	LEE Wei-chow, Edna	1998 - 2001	孫益華	SUN Yee-wha, David	2011 - 2017
龐愛蘭	PONG Oi-lan, Scarlett	1998 - 2006	黃帆風	WONG Fan-foung, Jackson	2011 - 2017
張珪于	Jasminia Kristine CHEUNG	2000 - 2006	黎潔廉	LAI Kit-lim, Cindy	2012 - now
劉文文	LAU Man-man, Lisa	2001 - 2007	麥耀光	MAK Yiu-kwong, Simon	2012 - now
黃譚智媛	WONG TAAM Chi-woon, Vivian	2001 - 2007	唐少芬	TANG Shao-fen, Joyce	2012 - now
嚴中明	YEN Chung-ming, Grace	2001 - 2005	黃進達	WONG Chun-tat, Jason	2012 - 2016
林文傑	Mark LIN	2002 - 2003	余榮輝	YU Wing-fai, Christopher	2012 - now
黃熾雄	WONG Chi-hung, Anthony	2002 - 2008	林崇綏	LUM Shun-sui, Susie	2013 - now
許美嫦	HUI Mei-sheung, Tennessy	2003 - 2009	何靜瑩	HO Jing-ying, Ada	2014 - now
梁挺雄	LEUNG Ting-hung	2003 - 2007	徐小曼	HSU Siu-man	2014 - now
黃梅景頤	Rebekah WONG	2003 - 2004	吳綺媚	NG Yee-mei, Grace	2014 - now
陳永泰	CHAN Wing-tai	2004 - 2006	彭芷君	PANG Che-kwan, Gigi	2014 - now
蔡深銘	CHOI Shum-ming, Alex	2004	黃仰山	WONG Yeung-shan, Samuel	2014 - now
冼日明	SIN Yat-ming, Leo	2004 - 2010	林家禮	Lee George LAM	2015 - now
譚羅南華	TAM LO Nam-wah, Ella	2004 - 2009	繆潔芝	MAW Kit-chee, Christina	2015 - now
梁永安	LEUNG Wing-on, Louis	2005 - 2009	曾立基	TSANG Lap-ki, Richard	2016 - now
馬紹良	MA Siu-leung	2005 - 2008	何世賢	HO Sai-yin, Daniel	2017 - now
楊偉誠	YEUNG Wai-shing, Frankie	2005 - 2011	黃幸怡	WONG Hang-yee, Sandy	2017 - now
方玉輝	FONG Yuk-fai, Ben	2006 - 2008			
倪文玲	NGAI Man-lin, Malina	2006 - 2008			
溫國雄	WAN Kwok-hung, Joseph	2006 - 2012			
鄺淑賢	WU Shuk-yin, Brenda	2006 - 2012			
周偉強	CHAO Vai-kiong, David	2007 - 2009			
張建良	CHEUNG Kin-leung, Ben	2007 - 2009			
李國棟	LI Kwok-tung, Donald	2007 - 2013			
譚麗芬	TAM Lai-fan, Gloria	2007 - 2012			
陳潔玲	CHAN Kit-ling, Amy	2008 - 2011			
陳宇齡	CHAN Yu-ling, Abraham	2008 - 2014			
周裔智	CHAU Yui-chi, Eugene	2008 - 2014			
伍婉婷	NG Yuen-ting, Yolanda	2008 - 2014			
陳志球	CHAN Chi-kau, Johnnie Casire	2009 - 2015			

總幹事

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



➤ 2016-2017年度香港吸煙與健康委員會成員
2016-2017 Members of COSH

委員會歷年重點回顧
Footprints of COSH

委員會一直致力透過不同的宣傳活動推廣無煙生活，教育市民有關煙草的禍害，同時就各項控煙政策向政府提出意見及建議，並積極與不同的機構團體合作，以預防兒童及青少年嘗試吸煙、鼓勵吸煙人士戒煙，以及希望推動更多市民支持家人及朋友戒煙，進一步降低香港的吸煙率。2017年為委員會成立30周年，以下為委員會歷年控煙工作的重點回顧。

COSH has been informing the mass public on the hazards of smoking and its adverse effect on health through a series of education and publicity programmes and actively advocating the Government for strengthening the tobacco control measures in collaboration with different organizations. The aims are to deter the youth from trying the first cigarette, encourage smoking cessation and motivate the public to support their family members and friends to kick the habit in order to further reduce the smoking prevalence in Hong Kong. 2017 marks the 30th anniversary of COSH and below are the footprints of its tobacco control works.

年份 Year	委員會歷年重點回顧	Footprints of COSH
2017	委員會成立30周年	The 30th Anniversary of COSH
	「全力邁向無煙香港」會議邀請本地及國際控煙專家分享成功的控煙措施及如何檢測及規管新興煙草產品	“Towards a Tobacco Endgame in Hong Kong” Conference invited local and international experts to share the successful measures curbing tobacco epidemic and on testing and regulating novel tobacco products
	「無煙飲食力量」計劃推動飲食業界宣揚無煙文化	“Smoke-free Catering Force” programme boosted the participation of catering industry in promoting smoke-free culture
	「無煙加油站」宣傳推廣活動為戒煙人士打氣	“Smoke-free Support Station” Publicity Programme created a supportive atmosphere for smoking cessation
2016	「無煙大家庭」宣傳推廣計劃鼓勵全港市民加入無煙行列，並推出「無煙大家庭」Facebook專頁	“Smoke-free Family” Publicity Campaign invited the public to live a smoke-free lifestyle. “Smoke-free Family” Facebook page was launched
	「香港無煙領先企業大獎2016」獲得超過480間企業參加，逾65,000名員工受惠，兩者均是歷年之冠	“Hong Kong Smoke-free Leading Company Awards 2016” attracted over 480 companies participated and benefited over 65,000 employees, both figures were the highest on record
	針對吸煙率較高的建造業度身訂造「建造無煙力量」計劃	Tailored programme “Smoke-free Construction Force” for construction industry with high smoking prevalence
	「無煙夢片場」宣傳推廣活動邀請演藝界人士呼籲戒煙	“Publicity Campaign in Collaboration with the Entertainment Industry” invited artists and DJs to call upon smoking cessation



2017



2016

2015	「學校互動教育巡迴劇場」20周年	The 20th Anniversary of “School Interactive Education Theatre Programme”
	「支持加強控煙措施」活動包括設置街站、於立法會門外集會及收集超過26,000名市民及機構的簽名及支持	“Support to Strengthen Tobacco Control Measures” activities including street promotions, rally outside the Legislative Council and collecting over 26,000 signatures and support from citizens and organizations
	「倡議立法全面禁止電子煙」記者會	“Support a Total Ban on Electronic Cigarettes” Press Conference
	「藉口•實戒得甩」戒煙宣傳推廣計劃分享五位不同背景人士的勵志戒煙故事及心得	“Quit smoking now! No excuse” Publicity Campaign shared the inspiring smoking cessation stories and tips of five successful quitters
	「誠煙•戒煙」健康推廣計劃於全港進行巡迴展覽	“Health Promotion Programme on Smoking Hazards” organized roving exhibitions across the territory
2014	「第七屆兩岸四地煙害防制交流研討會」吸引近200位控煙工作者來港參與	“The 7th Cross-strait Conference on Tobacco Control” gathered around 200 tobacco control experts in Hong Kong
	開展「清新女人魅」女性戒煙推廣計劃	Launch of “Women Smoking Cessation Promotion Programme”
	與本地卡通人物麥兜合作「錫住你錫住我 不吸煙 支持世界無煙日」活動	“Smoke-free Publicity Programme for World No Tobacco Day” in collaboration with local cartoon character “McDull”
2013	獲世界衛生組織頒發「世界無煙日獎」表揚委員會在推動香港控煙工作的成就及貢獻	The World Health Organization presented the “World No Tobacco Day Award” to COSH in recognition of its contributions and accomplishments in tobacco control in Hong Kong
	「香港無煙領先企業大獎2013」	“Hong Kong Smoke-free Leading Company Awards 2013”
	支持「全煙害警示包裝」及禁止陳列煙草產品記者會	“Support Plain Packaging and Banning on Tobacco Products Display” Press Conference
	「護理界控煙行動」推動護士積極向病人及公眾推廣無煙信息	“Nurses Initiatives on Tobacco Control” encouraged nurses to spread smoke-free messages among patients and mass public



2015



2015



2014



2013

2012	「香港控煙三十周年」慶祝酒會及出版紀念特刊	“The 30 th Anniversary of Tobacco Control in Hong Kong” Cocktail Reception and publication of commemorative booklet
	「我是無煙的」計劃鼓勵的士司機戒煙及遵守法例於車廂禁煙	“Smoke-free Taxi” Campaign encouraged taxi drivers to quit smoking and create a smoke-free journey
	開展「無煙老友記」推廣計劃鼓勵長者拒絕二手煙及儘早戒煙	“Elderly Smoking Cessation Pilot Programme” encouraged elderly to say no to secondhand smoke and kick the smoking habit
	推出「無煙青少年領袖訓練計劃」每年培育近400名未來控煙領袖	“Smoke-free Youth Ambassador Training Programme” launched and cultivated around 400 future tobacco control leaders each year
	「戒煙大贏家」無煙社區計劃首度獲得18區區議會支持，每年招募逾千名吸煙人士參加戒煙比賽	“Quit to Win” Smoke-free Community Campaign was first supported by the 18 District Councils, recruiting over 1,000 smokers to join the smoking cessation contest each year
2011	支持香港推行「全煙害警示包裝」記者會	“Support the Implementation of Plain Packaging in Hong Kong” Press Conference
	支持加煙稅行動包括「加煙稅助戒煙」全民支持大行動、「綠絲帶行動」及「支持加煙稅草案請願」	Actions for raising tobacco tax including “Raise Tobacco Tax for Smoking Cessation - United Efforts Advocacy Campaign”, “Smoke-free Hong Kong Green Ribbon” and “Assembly for Raising Tobacco Tax”
2010	「香港無煙領先企業大獎2011」	“Hong Kong Smoke-free Leading Company Awards 2011”
	「無煙女性」宣傳計劃	“Smoke-free Women Campaign”
2009	支持加煙稅行動包括「保障市民健康與生命支持增加煙草稅」聯簽運動、「聲援增加煙草稅大行動」及「支持增加煙草稅大遊行」	Actions for raising tobacco tax including “Support Raising Tobacco Tax” Signature Campaign, “Campaign for Supporting Tobacco Tax Increase” and “Supporting Tobacco Tax Increase” Parade
	「支持01.07.09全面禁煙」記者會	“Support 01. 07. 09 Total Smoking Ban” Press Conference
	二百多位專家及學者聚首香港參與「第三屆兩岸四地煙害防制交流研討會」	Over 200 experts gathered in Hong Kong for “The 3 rd Cross-strait Conference on Tobacco Control”



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



2002	逾730公司及機構共超過40,000名員工參加「工作間不吸煙日」	Over 730 companies and more than 40,000 employees joined the “No Smoking Day in the Workplace”
	無煙音樂電影《煙絲萬縷》，由關錦鵬執導、張學友主演	Smoke-free music movie “Thousands Memories of Smoking” by Mr Stanley KWAN (director) and Mr Jacky CHEUNG (leading actor)
2001	「全港簽名運動」及「廣告宣傳運動」支持政府提出《吸煙(公眾衛生)條例》的修訂建議	“Territory-wide Signature Campaign” and “Advertisement Campaign” supported the Government’s proposal on amendments of Smoking (Public Health) Ordinance
	「無煙OL大搜查」活動推廣無煙工作間	“Great Search for Smoke-free OL Competition” promoted smoke-free workplace
2000	訂立5月2日為全港「工作間不吸煙日」及舉行「無煙工作間研討會」	Designation of 2 May as Hong Kong’s “No Smoking Day in the Workplace” and organization of “Smoke-free Workplace Seminar”
	香港首個戒煙健康中心獲律敦治醫院、香港大學及香港中文大學支持成立	Establishment of the first Smoking Cessation Health Centre supported by Ruttonjee Hospital, The University of Hong Kong and The Chinese University of Hong Kong
	無煙電影《煙飛煙滅》，由張國榮自編自導自演	Smoke-free film “From Ashes to Ashes” by Mr Leslie CHEUNG (director and leading actor)
	「戒煙運動」包括「戒煙熱線投入服務」及「戒煙大贏家」比賽	“Quit Campaign” included launch of Quitline and “Quit & Win” Contest
	成立「清新麗人」婦女控煙工作小組向女性宣傳無煙信息	Formation of “Women for a Tobacco-free Hong Kong” to spread smoke-free messages among women
1999	無煙藥房運動	Tobacco-free Pharmacy Campaign
	一百萬名兒童及成人簽署「兒童約章」承諾為下一代提供無煙成長環境	A million children and adults signed the “Children’s Charter” and pledged for a smoke-free environment for the next generation
	「三、二、一戒煙大行動」舉辦工作坊、研討會、展覽、講座及戒煙班等鼓勵戒煙	“Three-Two-One Quit Campaign” promoted smoking cessation through workshops, seminars, road shows, lectures and quitting classes



1998	「戒煙決定 愛心證明」及「一個無煙的婚禮」鼓勵吸煙人士為摯愛戒煙	“Show Your Love and Quit Smoking” and “A Smoke-free Wedding Party” encouraged smokers to quit smoking for their loved ones
	委員會24小時「資訊熱線」正式啟用	Launch of COSH’s round-the-clock “Information Hotline”
1997	「戒煙計劃」包括香港電台廣播劇、「無煙復活營」及戒煙講座	“Quit Easy Campaign” included Radio Drama at RTHK, Easter Camp and Smoking Cessation Seminar
	「無煙社區活動資助計劃」資助社區團體舉辦無煙教育活動	“Smoke-free Community Subsidy Scheme” subsidized community organizations to organize smoke-free education campaigns
1996	「體藝攜手支持無煙贊助」宣揚停止利用體育及藝術活動促銷煙草產品	“Sports and Arts without Tobacco : Play it Tobacco-free” advocated banning tobacco sponsorship in sports and arts events
	300位吸煙人士及家人參加「無煙樂滿營」戒煙	300 smokers and family members joined “Quit Winners’ Camp” to kick the smoking habit
1995	首次推出「學校互動教育巡迴劇」於小學加強無煙教育	Launch of “School Interactive Education Theatre Programme” to strengthen smoke-free education in primary schools
	清新健康人音樂大匯演	Health for All Rally
1994	委員會第一號報告書「香港青少年吸煙與健康調查」出版	Issue of COSH Report No.1 “Youth Smoking and Health Survey”
	一眾著名藝人於「無煙一家親」決心加入戒煙行列	Celebrities signed up to quit smoking
1993	「開心戒煙健康班」徵召醫院病人宣誓戒煙	“Quit for Health & Happiness Campaign” to recruit smoking patients at hospital to quit smoking
	出版「無煙餐館指引」	Issue of “Smoke-free Restaurants Guidelines”



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



全力邁向無煙香港 TOWARDS A TOBACCO ENDGAME IN HONG KONG



目的地 **Smoke-free**



全賴社會各界過去35年來的努力，香港的控煙工作取得不俗的成果。自1982年，政府透過《吸煙(公眾衛生)條例》的制定、實施及修訂，香港正式展開控制煙草的工作，並與社會各界攜手推動，使吸煙率下降至10.5%，是全球吸煙率最低的地區之一。但現今香港仍然有逾640,000名每日吸煙人士，而且大部份對尼古丁的依賴較高，戒煙意欲較低。政府必須參考其他國家的成功例子，制定更有力和長遠的控煙政策，以進一步降低香港的吸煙率，朝著終極目標——「全面禁煙」進發，全力邁向無煙香港，保障公眾健康。



世衛及美國癌症協會的一項研究發現，2012年因吸煙而引致的總經濟成本為1.436兆美元，相當於全球國民生產總值的1.8%。在香港，吸煙不但令每年近7,000人死亡，其中包括1,324名非吸煙者因二手煙死亡，更造成龐大的醫療服務開支和生產力損失，每年高達53億港元，故必須以不同方法幫助吸煙人士戒煙和預防兒童及青少年開始吸煙，減低煙草使用。

世衛於2015年舉辦的「第十六屆世界煙草或健康會議」上提出一系列的建議，包括推行「全煙害警示包裝」及增大煙包圖象警示、大幅度及持續增加煙草稅以減低煙草的可負擔性、禁制任何形式的煙草廣告、推廣及贊助、加強管制電子煙及實踐《世衛煙草控制框架公約》第5.3條避免與煙草業的利益衝突等，並期望透過各國實施全面的控煙政策，全球各國煙草的使用率可於2025年相對2010年減少30%。

With the concerted efforts of different sectors in the community throughout the past 35 years, tobacco control has achieved success and fruitful results in Hong Kong. Since 1982, the implementation and enforcement of the Smoking (Public Health) Ordinance by the Government and the subsequent amendments have brought the smoking rate to a record low, 10.5%, which is one of the lowest in the world. However, there are still over 640,000 daily cigarette smokers and most of them have high nicotine dependence and low quit intention. The Government should develop stringent and long term tobacco control policies with reference to other countries' successful experiences to further lower the smoking prevalence and leap towards a tobacco endgame in Hong Kong to protect the public health.

A study conducted by WHO and American Cancer Society found that the total economic cost of smoking was US\$1.436 trillion in 2012, which is equivalent to 1.8% of the world's annual GDP. In Hong Kong, smoking not only causes about 7,000 loss of lives every year and 1,324 of them are non-smokers, but also incurs considerable medical expenses and loss of productivity, costing HK\$5.3 billion annually. Therefore, different ways must be sought to help smokers kick the habit and deter the children and youth from smoking to reduce tobacco use.

WHO made a number of recommendations in the “16th World Conference on Tobacco or Health” held in 2015, including the adaptation of plain packaging and enlargement of pictorial warning on cigarette packs, substantial and regular increase in tobacco taxes to reduce cigarette affordability, implementation of a complete ban of all forms of tobacco advertising, promotion and sponsorship, regulation on e-cigarettes and implementation of Article 5.3 of “WHO's Framework Convention on Tobacco Control” to avoid conflict of interests with tobacco industry, etc. Through the implementation of comprehensive tobacco control policies, it is aimed that the tobacco use prevalence in each country can be reduced by 30% by 2025 (from 2010 baseline).

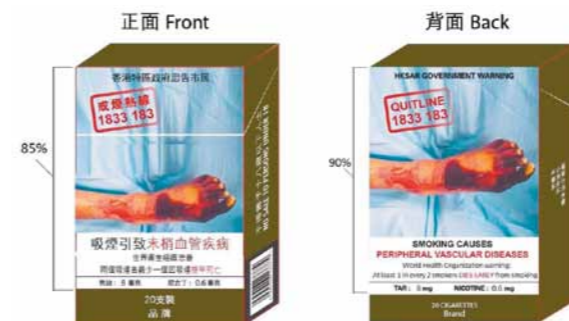
全球控煙趨勢

Global trend of tobacco control

推行「全煙害警示包裝」

在2015年3月舉行的「第十六屆世界煙草或健康會議」上，世衛總幹事特別指出「全煙害警示包裝」的控煙成效，鼓勵其他國家於2018年前推行「全煙害警示包裝」或擴大圖象警示至煙包面積85%。世衛更以「全煙害警示包裝」作為2016年世界無煙日的主題，呼籲所有國家為實施此措施作準備。

「全煙害警示包裝」亦稱「平裝」或「標準化包裝」，即規定所有煙草產品必須以統一標準包裝，並不能展示商標、圖案及標誌。品牌名稱只可以指定顏色、字體和位置顯示在煙包上。透過劃一煙盒包裝，禁止煙草商以精美的煙盒包裝作為產品的宣傳渠道，同時藉此減低吸煙的吸引力，加強吸煙人士戒煙的決心、推動戒煙及預防青少年開始吸煙，從而降低吸煙率。



在2012年，澳洲成為首個推行「全煙害警示包裝」的國家，令當地吸煙人口顯著下降，14歲及以上人士的吸煙比率由19.6%下降至2015年9月的17.4%。澳洲維多利亞省癌症協會的研究顯示，吸食「全煙害警示包裝」煙草產品的人士會有較高的戒煙意欲、覺得煙草質量變差、對煙草產品的滿意度較低、戒煙在生活上較優先的次序，可見成效顯著，為其他國家/地區推行時提供了強而有力的實證基礎。香港吸煙與健康委員會亦自2012年起倡議政府儘快採用。

Implementation of plain packaging

Director-General of WHO, highlighted the success of plain packaging to tackle the tobacco epidemic at the “16th World Conference on Tobacco or Health” in March 2015, and called for more countries to adopt plain packaging or pictorial warnings covering more than 85% by 2018. WHO also designated “Get ready for plain packaging” as the theme of World No Tobacco Day 2016.

Plain packaging is also known as standardized packaging and requires all form of tobacco branding to be labeled with standardized regulation. Trade marks, graphics and logos should be detached. Brand name should be displayed in a standard font, colour and location of the cigarette pack. By standardizing the packaging, it is hoped that the misconceptions about relative harmfulness of various cigarette brands can be corrected. The overall appeal of smoking can also be reduced to motivate smoking cessation and prevent the youth from uptake of smoking and hence lower smoking prevalence.

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



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

已實施或即將實施「全煙害警示包裝」的國家 Countries implemented or confirmed implementing plain packaging	正審議法案或考慮實施「全煙害警示包裝」的國家 Countries considering plain packaging
澳洲 (2012年) Australia (2012)	比利時、加拿大、智利、歐盟、芬蘭、挪威、新加坡、斯洛文尼亞、南非、瑞典、泰國及烏拉圭 Belgium, Canada, Chile, European Union, Finland, Norway, Singapore, Slovenia, South Africa, Sweden, Thailand and Uruguay
法國、匈牙利、英國 (2016年) France, Hungary, the United Kingdom (2016)	
愛爾蘭 (2017年) Ireland (2017)	
新西蘭 (2018年) New Zealand (2018)	

縱使煙草業意圖利用法律程序威嚇及阻礙政府實施「全煙害警示包裝」，但澳洲高等法院及國際機構常設仲裁法院經已駁回煙草商的訴訟及仲裁申請。另外，倫敦高等法院亦已駁回煙草業提出對英國政府推行有關措施的訴訟申請。

煙草商反對實施「全煙害警示包裝」的其中一個藉口是會加劇走私煙問題，但根據澳洲官方數據，政府緝獲的走私煙自2007年以來一直沒有明顯變化，而在「全煙害警示包裝」實施後(2013-14年)更比之前若干年(2012-13年、2009-10年、2007-08年)的數字為低。多項調查同時發現，購買和使用走私煙人士的比例，在2013年錄得跌幅，證明煙草商的指控是誤導不實。



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

Tobacco industry made use of litigation to intimidate and deter the Australian government to introduce plain packaging. However, Australia's High Court and the Permanent Court of Arbitration have already dismissed the application of the tobacco industry. On the other hand, London's High Court has also rejected tobacco industry's appeal against UK government's implementation of plain packaging.

According to the Australian government's record, seized cases of illicit cigarette remained steady since 2007. The number of cases seized in post implementation period (2013-14) was even smaller than the pre-implementation years (2012-13, 2009-10 and 2007-08). Many studies found that the ratio of smokers purchasing and consuming illicit cigarette had dropped in 2013. The argument of the tobacco industry that plain packaging would worsen the situation of cigarette smuggling is false and invalid.

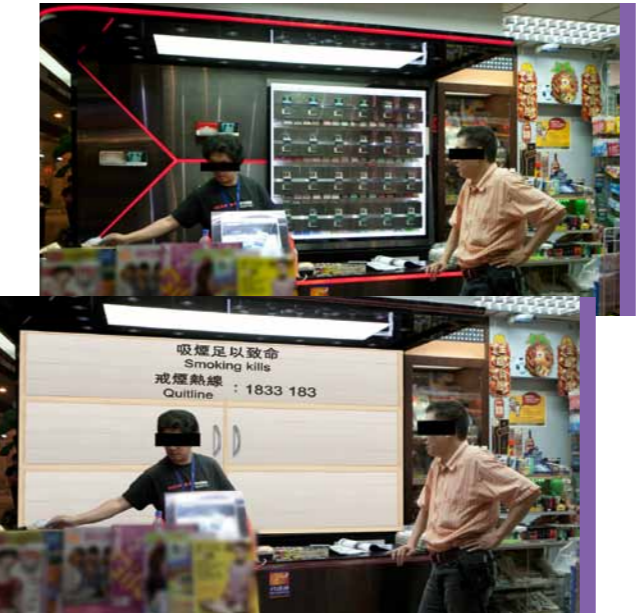
禁示銷售點陳列煙草產品

陳列煙草產品是煙草商的一種重要營銷手段，能夠刺激衝動性的購買煙草產品行為，並營造煙草使用為可被社會接受的形象，這些促銷手法對年青人影響特別大，亦令吸煙人士更難戒煙。根據《世衛煙草控制框架公約》第13條，銷售點陳列煙草產品本身即構成廣告和促銷。

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

有見及此，多個國家已全面禁止在煙草產品銷售點展示任何煙草產品、品牌名稱及商標，包括澳洲、英國和泰國等，以進一步減低煙草產品的宣傳空間，成效顯著。

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



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

Ban display of tobacco products at points of sale

Product display is a key means of promoting tobacco products and tobacco use, which could stimulate impulse purchases of tobacco and project the impression that tobacco use is socially acceptable and making it harder for smokers to quit. Young people are particularly vulnerable to the promotion effects of product display. According to Article 13 of “WHO Framework Convention on Tobacco Control “ display of tobacco products at points of sale in itself constitutes advertising and promotion.

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

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

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



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

規管電子煙及新興煙草產品

近年新興煙草產品如電子煙、水煙及加熱非燃燒煙草製品等火速冒起，於全球各地日益流行，被塑造為新興潮流玩意，尤如八十年代的捲煙一樣，並針對年輕人於社交媒體及互聯網進行銷售及宣傳推廣，而且部分產品標榜所產生的有害物質及對身體的傷害較傳統捲煙少，部分吸煙者可能以此作代替品，亦有機會吸引非吸煙人士，尤其是青少年因好奇心而使用，變相鼓吹吸煙行為，助長煙草流行，情況令人擔憂。

世界上根本沒有安全的煙草產品，部分有毒或致癌物質是沒有安全水平的。由於現時未有太多有關此類產品的研究，其健康風險及安全成疑，吸煙或非吸煙人士都應避免使用。香港應該立法禁止電子煙及規管這些新興煙草產品，鼓勵吸煙者早日戒除煙癮，停止使用所有對身體造成傷害之產品，重拾健康生活。



電子煙

電子煙於2003年由一名中國人發明，近十年於全球尤其是歐美國家日漸流行，銷量於短短數年間迅速增長逾百倍。部分電子煙外型與一般捲煙相似，亦有設計成原子筆、鋼筆、外置記憶體或其他形狀。



- 香港售賣的電子煙種類繁多，主要針對青少年。
A wide variety of e-cigarettes are sold in Hong Kong and mainly target the youngsters.

Regulation on e-cigarettes and emerging tobacco products

The swift popularity of electronic cigarettes (e-cigarettes) and emerging tobacco products such as waterpipe and heat-not-burn tobacco products all over the world in recent years is alarming. Similar to the marketing tactics of cigarettes in the 1980s, these products are marketed as trendy and novel. The youth are being targeted through the easily accessible and sweeping sales and promotion on social media and online platforms. Some of them are claimed to be less harmful which may attract smokers to use as a substitute to conventional cigarette, as well as induce curious youngsters to try and become a gateway to smoking. These products renormalize smoking behaviour which may encourage an epidemic of tobacco use.

There is no safe tobacco product in the world and no safe level of exposure to harmful substances and carcinogens. While studies on their impacts may take decades, both smokers and non-smokers should refrain from using these products. Hong Kong should ban e-cigarettes and regulate these emerging tobacco products. Smokers should be advised to kick the bad habit completely and not to use e-cigarettes or other tobacco products that will also harm their health.

Electronic cigarettes (e-cigarettes)

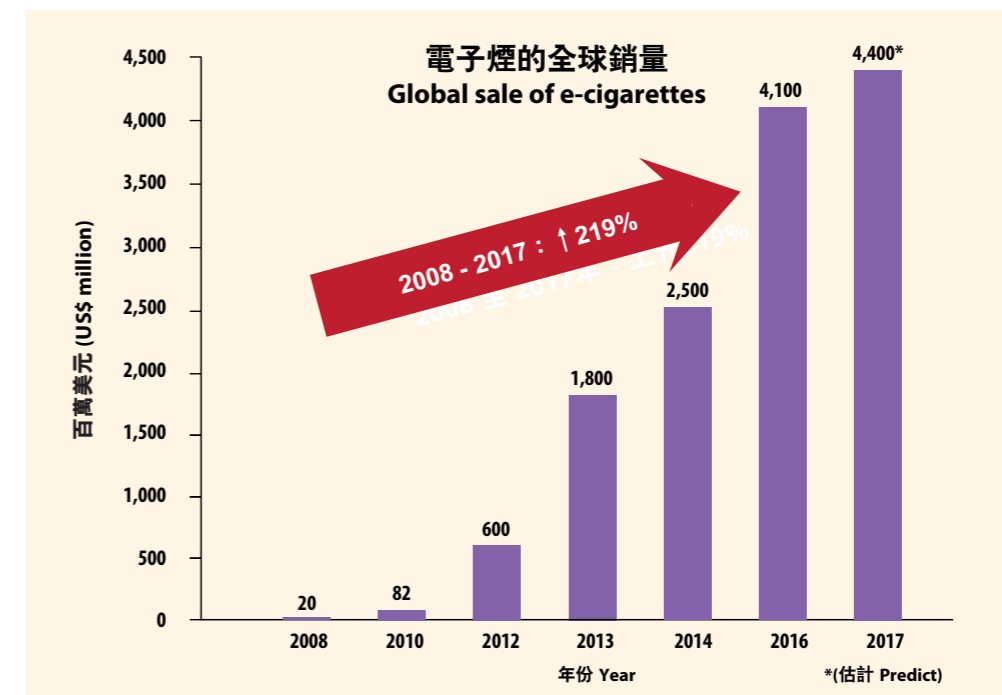
Invented by a Chinese in 2003, e-cigarettes had a rapid growth with hundredfold increase in global sales, especially in Europe and the United States, over the past 10 years. The design is generally similar to traditional cigarettes while some are produced in the form of everyday items such as pens, USB memory sticks or other shapes.

現時在全球銷售的電子煙有8,000多種不同口味，如水果、汽水、朱古力及薄荷等，以滿足消費者尤其是青少年貪新鮮及好奇的心態，並營造為健康和時尚的產品。現時在香港市場售賣的電子煙主要針對青少年，多數於商場、精品店、格仔舖及潮流用品店出售，更可於社交網站、團購網站及網上專門店等購買。因此，很容易吸引部分非吸煙人士使用，甚至變成青少年開始吸煙的門檻。政府統計處的《主題性住戶統計調查第59號報告書》顯示，香港有約2.6%小學生曾經使用電子煙，更有約9.0%中學生曾經使用。

電子煙一般沒有成分說明及標籤，其裝置的安全亦成疑，外國常有在使用時及非使用時發生爆炸的情況。現時並沒有詳盡的科學研究證明電子煙有效幫助戒煙，外國更有研究顯示，吸煙人士使用電子煙戒煙，有機會造成雙重使用尼古丁的情況。世衛指出電子煙並不屬於認可的戒煙方法，並對電子煙的逐漸流行表示關注。

With almost 8,000 flavours like fruits, soft drinks, chocolate and mint, e-cigarettes are marketed as healthy and trendy products, which pander to the curiosity of consumers, in particular the youth. E-cigarettes can be found easily in shopping malls, boutiques, consignment stores and fashion stores, as well as online platforms like social media, group purchase website and online specialty stores in Hong Kong. It may induce curious youngsters to try and become a gateway to smoking. According to the Thematic Household Survey Report No. 59 conducted by the Census and Statistics Department, the prevalence of ever e-cigarette use among primary school students and secondary school students were 2.6% and 9.0% respectively in Hong Kong.

Generally, no information and label on the ingredients of e-cigarettes is provided. The safety of e-cigarettes device was questionable. Damage and accidents due to e-cigarette explosion are frequently reported in the oversea media. There is insufficient scientific evidence so far to support the claim that e-cigarettes can help quit smoking. On the other hand, there are foreign researches showing that smokers using e-cigarettes to quit smoking will cause dual use of nicotine. WHO does not recognize e-cigarette as a legitimate tool for smoking cessation and expresses concerns over the growing trend of e-cigarette use.



- 資料來源：Wells Fargo Securities LLC
Source: Wells Fargo Securities LLC

電子煙推出市場只有約十年，越來越多研究已發現電子煙含有對健康造成危害的化學物質。香港吸煙與健康委員會於2015年委託香港浸會大學測試市面上13種電子煙的成分，證實電子煙含多種有害物質，包括甲醛、多環芳香烴(PAHs)及多溴聯苯醚(PBDEs)等，其中甲醛及多環芳香烴是已知致癌物，多溴聯苯醚會干擾甲狀腺分泌及影響生殖能力和胎兒發展，嚴重損害市民健康。更多有關電子煙禍害的研究或需時數十年，在造成人命損失前，香港應禁止這種危害公眾健康的產品。

鑑於電子煙對健康和控煙工作的潛在影響，世衛建議各國根據情況進行管制及禁止。現時全球已有最少16個國家全面禁止電子煙，當中包括新加坡、泰國、巴西等，可見此乃國際趨勢。



E-cigarettes had been put on the market for only about ten years. However, more and more researches found that e-cigarettes contain chemicals that are harmful to health. Hong Kong Council on Smoking and Health commissioned the Hong Kong Baptist University to carry out a laboratory test on the components of 13 e-cigarettes in the market in 2015. Harmful chemicals including formaldehyde, polycyclic aromatic hydrocarbons (PAHs) and poly-brominated diphenyl ethers (PBDEs) were found. Formaldehyde and PAHs are known carcinogens while PBDEs has been associated with thyroid hormone disruption and reduction of fertility which is hazardous to human health. While more studies on the harmful effects of e-cigarettes may take decades, e-cigarettes should be prohibited to minimize potential health risks to the public.

Due to the potential health risks and impact on tobacco control, WHO urges countries to consider regulating and prohibiting e-cigarettes. Currently, at least 16 countries, including Singapore, Thailand and Brazil, have imposed a complete ban on e-cigarettes, which is a global trend.

➤ 香港吸煙與健康委員會發現市面上出售的電子煙含有多種有害物質，倡議政府全面禁止電子煙。
COSH found harmful chemicals in e-cigarettes in the market and advocated the Government for a total ban on e-cigarettes.

電子煙中發現的有害化學物質	Harmful chemicals found in e-cigarettes
多環芳香烴 致癌物質	Polycyclic aromatic hydrocarbons (PAHs) Carcinogen
多溴聯苯醚 干擾甲狀腺分泌、影響生殖能力和胎兒發展	Poly-brominated diphenyl ethers (PBDEs) Affect thyroid secretion, reproductive system and fetal development
甲醛 致癌物質，可導致呼吸道症狀，以及刺激眼、鼻和咽喉	Formaldehyde Carcinogen, result in respiratory symptoms, and eye, nose, and throat irritation
甘油 高溫下可產生致癌物質	Glycerin Cause cancer when heated to high temperature
重金屬 (如錫、鎳、銅、鉛) 金屬的微粒會深入肺部的氣囊	Heavy metal (eg tin, nickel, copper, lead) Metal nanoparticles enter deep into air sacs of lungs
添加劑及添味劑 種類繁多，未有詳細列明，對健康影響未明	Additives and flavourings Numerous types, not fully disclosed, unknown health effects
煙彈及電子溶液 兒童意外接觸電子煙的化學物質 (攝取/經由皮膚滲入/吸入) 可引致嘔吐、昏睡、眼部不適、咳嗽/窒息或死亡	Cartridges and e-liquid Unintended exposure (ingestion / dermal / inhalation) in children can lead to vomiting, drowsiness, eye irritation, cough/choke or death

水煙

水煙起源於印度和中東，近年亦逐漸於其他地區流行。吸煙者透過軟管吸食，煙霧會通過一個盛水器皿，進入吸煙者身體。除煙草外，水煙往往亦加入香料或其他口味，比傳統捲煙較易入口，令使用者放下戒心，尤其吸引青少年和非吸煙人士使用。此外，水煙壺的設計花巧華麗，意圖淡化其對健康的禍害。

水煙煙霧中的化合物不會通過水而過濾，仍含有大量有毒化合物，包括焦油、一氧化碳、重金屬和致癌物。水煙釋出的尼古丁，同樣會令人上癮。由於吸食水煙的次數多、吸入煙霧的深度大及每次吸煙的時間長，水煙使用者吸入的有毒化合物份量比吸食傳統捲煙者更多。通常吸食一小時水煙涉及的煙霧吸入量是吸食一支煙的100至200倍，吸食後身體的一氧化碳水平也是一支煙所導致的至少四至五倍。

近年本港部分餐廳有提供水煙產品，更多元化的口味以供選擇，並將此宣傳為新興社交活動，對身體無害，引起年輕人的好奇。香港吸煙與健康委員會委託香港大學公共衛生學院就年輕人對水煙的使用及認知進行調查，結果顯示大部分(94.5%)受訪者曾經聽過水煙。曾經及現時使用水煙的比率分別為30.4%及13.4%。在從未使用過水煙的受訪者當中，超過四分之一受訪者有意使用水煙。整體受訪者認為傳統捲煙較水煙有害及容易上癮，數據反映年輕人低估了水煙對身體帶來的影響。



Waterpipe tobacco

Waterpipe is a tobacco-smoking device that originated from India and the Middle East and getting popular in other regions in recent years. The tobacco is heated to give off smoke which passes through a water bowl and is inhaled by the smoker through the hose of the waterpipe. Flavourings are usually added to the harsh tobacco in waterpipe to attract youth and non-smokers to use. The smoke is believed to be mild and users may feel at ease. Besides, the design of waterpipe devices is fancy and glamorous which intends to conceal the health risks of the products.

Smoke of waterpipe tobacco contains numerous toxicants including tar, carbon monoxide, heavy metals and carcinogens even after it passed through water. Waterpipe smoking also delivers the addictive drug, nicotine and causes dependence. Due to the mode of smoking, including frequency of puffing, depth of inhalation and length of the smoking session, waterpipe smokers may inhale more toxins than smoking cigarettes. A typical one-hour waterpipe smoking session exposes the user to 100 to 200 times the volume of smoke inhaled from a single cigarette. It also results in a carbon monoxide level at least four to five times higher than the amount produced by one cigarette.

Waterpipe smoking with diversified flavours was offered by some restaurants in Hong Kong in recent years which was positioned as a trendy social gathering among the youth and its adverse health effects are underestimated. The School of Public Health of The University of Hong Kong was commissioned by Hong Kong Council on Smoking and Health to conduct a survey to understand the perception of waterpipe among young adults. The survey found that majority (94.5%) of respondents reported awareness of waterpipe. Around 30.4% and 13.4% of respondents had ever used waterpipe and were current waterpipe smokers respectively. Over one-fourth of respondents who have never smoked waterpipe were susceptible to waterpipe smoking. Majority of respondents perceived traditional cigarettes were more harmful and more addictive than waterpipe tobacco. This reflected that young adults underestimated the adverse effects of waterpipe smoking to one's health.

事實上，水煙使用者亦會患上吸煙所導致的疾病，包括口腔癌、肺癌、胃癌、食道癌、心臟疾病、降低肺功能和生育能力等，而水煙的二手煙霧同樣會對其他人的健康造成危害。世衛建議一系列規管水煙的措施，包括禁止在公共場所使用水煙、禁止在水煙製品中使用香料、定期增加水煙及其他煙草產品的稅率、禁止或限制水煙製品的銷售和/或貿易。

加熱非燃燒煙草製品

除了電子煙及水煙，煙草商亦積極研發不同種類的煙草產品，如加熱非燃燒煙草製品等。新產品聲稱只是將煙草(煙支)放入加熱器內加熱，並非燃燒，溫度會較低，釋出的化學物較傳統捲煙少九成或以上，減少對身體的傷害，同時避免二手煙的問題。這是煙草商的宣傳技倆，意圖淡化吸煙對身體帶來的傷害。如傳統捲煙一樣，加熱非燃燒煙草製品主要以煙草製成，因此含有尼古丁，可引致上癮。



加熱非燃燒煙草製品於日本、韓國及歐洲等地日益流行，除於便利店及網上出售外，更設時尚的官方商店，產品包裝及銷售策略亦針對年青人，並推出各類周邊商品，營造為生活品味，意圖淡化吸煙對身體帶來的傷害。

Waterpipe smokers are at risk of the same kind of diseases as are caused by cigarette smoking, including oral cancer, lung cancer, stomach cancer, cancer of the oesophagus, heart disease, reduced lung function and decreased fertility. Secondhand smoke from waterpipe tobacco is also harmful to the others' health. WHO recommends a series of regulatory measures on waterpipe tobacco including ban of use in public places; ban of use of flavourings in waterpipe tobacco products; regular increase of taxes on waterpipe and other tobacco products; and ban or restriction on the sale and/or trade of waterpipe tobacco products.

Heat-not-burn (HNB) tobacco products

Besides e-cigarettes and waterpipe, the tobacco industry continues to explore new products, such as heat-not-burn tobacco products which are claimed to be free of secondhand smoke and containing 90% less toxins than conventional cigarettes as there is no combustion and burning and tobacco refill (tobacco stick) is heated just enough in a holder to produce an aerosol for consumption. It is the promotion strategy of the tobacco industry to conceal the harmful effects of the emerging products. The HNB tobacco products contain tobacco which releases the addictive nicotine like the conventional cigarettes.

HNB tobacco products are becoming more popular and available for sale in convenience stores, online platform and stylish flagship stores in Japan, Korea and other European countries. The packaging and marketing strategies mainly target at the youngsters and promote as a trendy lifestyle through a variety of accessories, in order to conceal the harmful effects of using these tobacco products.

目前有關加熱非燃燒煙草製品的研究不多，但任何煙草產品對身體健康的長期影響均不容忽視。歐洲有研究發現，加熱非燃燒煙草製品同樣含有捲煙中常見的尼古丁、揮發性有機化合物、一氧化碳及致癌物多環芳香烴等。世衛強調，所有形式的煙草使用都是有害的，目前亦沒有證據表明加熱非燃燒煙草製品比傳統捲煙的危害少，因此建議各國套用現有的控煙政策及措施，以管制加熱非燃燒煙草製品。而新西蘭更是率先禁止加熱非燃燒煙草製品的入口和銷售的國家。

立法全面禁止電子煙及規管新興煙草產品

現時，根據《吸煙(公眾衛生條例)(第371章)，任何人士不得在禁止吸煙區內吸煙(包括電子煙、水煙及加熱非燃燒煙草製品)或攜帶燃點的捲煙、雪茄或煙斗，否則即屬違法，定額罰款港幣1,500元。此外，根據《藥劑業及毒藥條例》(第138章)，含尼古丁的電子煙屬藥劑製品，必須符合條例要求的安全、質素和效能方面的規定，並獲香港藥劑業及毒藥管理局註冊才可在本地銷售或分銷。

香港的控煙法例於過去十年均未有進行重大修改，有必要儘快加強及新增不同的措施，包括立法全面禁止電子煙及規管新興煙草產品，各類針對其銷售、廣告、分發、入口及製造的法例必須有確實的時間表，才可防止市民染上吸煙習慣，以防患於未然。



The long-term health effects of all tobacco products should not be underestimated, despite the limited empirical studies towards HNB tobacco products at the present stage. A European research found that HNB products contain chemicals commonly found in conventional cigarettes, including nicotine, volatile organic compound, carbon monoxide and carcinogenic polycyclic aromatic hydrocarbons (PAHs). According to WHO, all forms of tobacco use are harmful. Currently, there is no evidence to demonstrate the HNB tobacco products are less harmful than conventional cigarettes. It recommends that HNB tobacco products should be subject to the policy and regulatory measures applied to all other tobacco products. New Zealand is one of the first countries to implement a ban on import and sales of HNB tobacco products.

Total ban on e-cigarettes and regulation on emerging tobacco products

According to the Smoking (Public Health) Ordinance (Cap 371) stipulates that no person shall smoke or carry a lighted cigarette, cigar or pipe in a no smoking area. Any person who smokes (including e-cigarettes, waterpipe and HNB tobacco products) in a statutory no smoking area commits an offence and is subject to a fixed penalty of HK\$1,500. According to the Pharmacy and Poisons Ordinance (Cap138), e-cigarettes containing nicotine are considered pharmaceutical products in Hong Kong. They have to comply with the relevant requirements on safety, quality and efficacy under the ordinance, and must be registered with the Pharmacy and Poisons Board of Hong Kong before they can be put up for sale or distribution in Hong Kong.

It has been a decade since the last major amendment of the Smoking (Public Health) Ordinance. It is necessary to strengthen and develop diversified measures to counter the tobacco epidemic, including implementing a total ban on e-cigarettes and regulating emerging tobacco products. There should be various measures with schedule targeting sale, advertising, distribution, import and manufacturing to nip it in the bud and deter citizens from picking up the smoking habit.

增加煙草稅

《2015年世界衛生組織全球煙草流行報告》指出，提升煙草稅至煙草零售價格75%以上是最有效的控煙措施，實施成本低而且可增加政府收入，同時降低市民對煙草的負擔能力。全球已有超過30個國家及地區的煙草稅達75%或以上，另有超過50個國家定於70%或以上。

大量海外及本地證據均證實大幅增加煙草稅是最有效減低煙草使用的單一措施，推動吸煙人士戒煙，並防止青少年開始吸煙。惟煙草商經常企圖以私煙問題為由反對增加煙草稅，繼而削弱控煙政策的力量。世衛重申增加煙草稅和走私煙並沒有必然關係，同時揭露煙草業所贊助的機構就私煙情況提出偏頗的數據。根據許多國家過去的經驗，例如加拿大及西班牙，只要加強打擊煙草走私的執法力度，以及加重參與及使用走私煙的刑罰，即可有效處理相關問題。

香港煙草稅自八十年代起，有過十數次不同的增幅，當中大部分加幅輕微。1989年至2013年期間，香港煙草價格雖然增加了三倍以上，但扣除通脹後的實際升幅只有百份之二十五。加上本港人均收入於這段期間亦有所增加，以致香港吸煙人士的煙草產品可負擔能力並未有因煙草稅增加而減低，反而有所上升，而且遠高於鄰近地區及其他已發展地區，如新加坡、泰國、澳洲、英國及新西蘭等。



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

Raise Tobacco Tax

The WHO Report on the Global Tobacco Epidemic 2015 suggested that increasing tobacco tax to more than 75% of the retail price is among the most effective tobacco control interventions. Such a measure costs little to implement while generating positive government revenues and reduce people's affordability of tobacco products. Over 30 countries have now raised tobacco tax to more than 75% of the retail price, and over 50 countries to more than 70%.

Immense overseas and local evidences have proved that increasing tobacco tax substantially is the single most effective measure to reduce tobacco use which can motivate smokers to quit and deter youth from starting to smoke. However, the tobacco industry always expresses opposition against tobacco tax increase under the pretext that it will lead to a surge in illicit cigarettes, in order to undermine taxation as an effective health policy to curb tobacco consumption. WHO reaffirmed that there is no causal link between tobacco tax increase and illicit cigarette smuggling and rejected the skewed and distorted data provided by the tobacco industry-funded organizations. Based on the experiences of many countries, including Canada and Spain, strengthened law enforcement, coupled with heavier penalties on those who participate in smuggling and those who use the smuggled products, is effective in combating cigarette smuggling.

Tobacco tax has been raised for more than 10 times since the 1980s in Hong Kong, however mostly with mild increment. Although the cigarette price increased by over 300% from 1989 to 2013, the real price only increased by 25% after deducting inflation. Besides, the average income in Hong Kong also raised. The affordability on tobacco products of Hong Kong smokers had actually increased and is now much higher (meaning that cigarettes are much cheaper) than that of the nearby regions and many developed countries such as Singapore, Thailand, Australia, the United Kingdom and New Zealand.

香港現時主要品牌的捲煙價格約為每包港幣57元，煙草稅只佔零售價格的67%，遠低於其他已發展地區，如澳洲(約港幣155元)、新西蘭(約港幣130元)、英國(約港幣92元)、加拿大(約港幣78元)及新加坡(約港幣75元)。除了提高煙草價格之外，其他國家更制定長遠政策，持續增加煙草稅，例如澳洲在2013年至2016年規定每年增加煙草稅12.5%，而新西蘭將會在2017至2020年每年提高煙草稅10%，以保持價格對減低煙草需求的作用。新西蘭政府於2012至2016年曾以同樣方式增加煙草稅，成功使人均捲煙消費下降了四分之一，並驅使數以千計的吸煙人士戒煙。

另外，香港吸煙與健康委員會的「控煙政策意見調查2016」顯示，大部分受訪者(76.3%)對每年增加煙草稅表示支持，其中接近四成的受訪者認為煙草稅的增幅必須高於通脹。整體受訪者同時認為捲煙價格應定為平均每包港幣168元，才能加強吸煙人士戒煙的決心，比現時的價格高出接近三倍。以上結果充份顯示香港的煙草稅率存在極大的上調空間。香港必須參考世界各地的成功例子，除了提高煙草價格之外，亦應考慮制定長遠的煙草稅政策，以降低吸煙人士對煙草之需求。



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

Currently, cigarette price of the major brands in Hong Kong is about HK\$57 per pack, the tobacco tax is only about 67% of the retail price, which is low when compared to other developed regions such as Australia (about HK\$155), New Zealand (about HK\$130), the United Kingdom (about HK\$92), Canada (about HK\$78) and Singapore (about HK\$75). In addition to increasing the cigarette price, other counties also adopt a long-term and continuous tobacco tax policy. For example, Australia set a 12.5% annual increase from 2013 to 2016 and New Zealand will implement a 10% annual increase from 2017 to 2020 to maintain the price effect on the demand of tobacco products. Same measure was implemented in New Zealand in 2012 to 2016 which brought about a reduction of tobacco consumption per capita by a quarter and motivated thousands of smokers to quit.

According to COSH's Tobacco Control Policy-related Survey 2016, the majority of respondents (76.3%) supported an increase in tobacco tax annually and nearly 40% thought that it should be higher than the inflation rate. The respondents also opined that cigarette retail price should be set at HK\$168 per pack on average to effectively motivate smokers to quit, which is almost three times higher than the current retail price. These figures reflect that there is large capacity for cigarette price increments. Hong Kong should follow the global example of an impactful tobacco tax level and adopt a long-term tobacco tax policy to reduce tobacco consumption as soon as possible.

擴大禁煙範圍

吸煙不單對吸煙人士的健康帶來沉重及長遠的嚴重影響，燃燒煙草時所產生的二手煙同樣致命。全球每年有六十萬非吸煙人士因二手煙而提早死亡，世衛數字指出全球有四成小孩在家中長期接觸二手煙，由二手煙霧引致的死亡個案中，31%發生在兒童身上。為進一步保障公眾健康，世界各地均將禁煙政策擴展至不同的地方：

北京、新加坡 將禁煙區範圍擴展至巴士站輪候隊伍	Beijing, Singapore Smoke-free areas have been extended to bus stops queues
澳洲(南澳洲省、新南威爾斯、維多利亞省、昆士蘭、塔斯曼尼亞) 餐廳的室內或室外區域都一律禁煙	Australia (South Australia, New South Wales, Victoria, Queensland, Tasmania) Smoking ban in both indoor and outdoor areas of restaurants
澳洲、加拿大、法國、愛爾蘭、意大利、斯洛伐克、英國、美國(部份州份) 禁止任何人士在載有兒童的汽車內吸煙	Australia, Canada, France, Ireland, Italy, Slovakia, the United Kingdom, the United States (some states) Prohibit smoking in private vehicles carrying children
日本 於行人路上設立定點吸煙區	Japan Set designated smoking area on pedestrian walkways
澳洲、北京、印度、新西蘭、新加坡、台灣、泰國、英國 禁止吸煙區的場所管理人須為場所內違例吸煙情況負上刑責	Australia, Beijing, India, New Zealand, Singapore, Taiwan, Thailand, the United Kingdom Venue managers of no smoking areas are liable for any smoking offences in their premises



日本於行人路上設立定點吸煙區以禁止行人在街道上一邊走路一邊吸煙。
Japan set designated smoking area on pedestrian walkways to ban smoking while walking on the street.

Expansion of no smoking areas

Smoking has a lot of long-term and life-threatening adverse effect on the health of both smokers and non-smokers. Globally, around 600,000 individuals die prematurely because of exposure to secondhand smoke every year. According to the statistics compiled by WHO, 40% of all children globally are regularly exposed to secondhand smoke at home. 31% of the deaths attributable to secondhand smoke are children. To protect the public health, smoking bans have been further expanded in different regions:

《吸煙(公眾衛生)條例》於2007年修訂後，禁煙區擴展至室內食肆、室內工作間及公眾場所的室內地方，但香港至今仍然有不少公眾地方未被列為法定禁煙範圍，市民大眾期待可以進一步擴大，例如大廈的出入口、所有巴士站、食肆及酒吧的室外範圍等(詳見下表)。

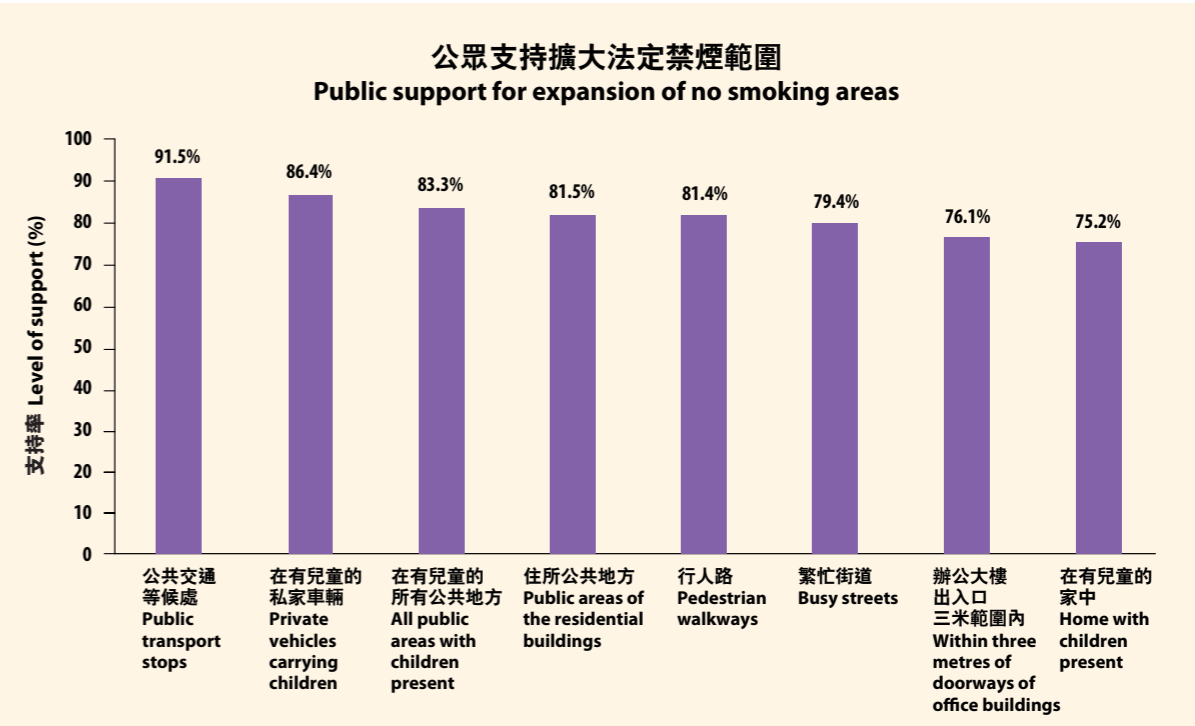
香港吸煙與健康委員會進行的「控煙政策意見調查2016」亦顯示，絕大部分(82.5%)受訪者認為場所負責人應為其場所內的違例吸煙情況負上刑責，另外超過七成(70.6%)受訪者贊成政府應立法禁止吸煙人士在街道上一邊走路一邊吸煙。透過立法擴大禁煙區，才可令市民遠離二手煙，保障他們的健康。



超過九成受訪者支持公共交通等候處禁煙。
More than 90% of respondents supported extension of smoking ban to public transport stops.

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

According to COSH's Tobacco Control Policy-related Survey 2016, the majority (82.5%) of respondents supported that the person-in-charge should be liable and penalized for smoking offense in smoke-free premises under their management. Over 70% of respondents (70.6%) agreed that the Government should legislate to ban smoking while walking on the streets. Expansion of no smoking areas can safeguard the public from the hazards of secondhand smoke.



資料來源：「控煙政策意見調查2016」，香港吸煙與健康委員會
Source: Tobacco Control Policy-related Survey 2016, Hong Kong Council on Smoking and Health

調高法定購買煙草的年齡

研究顯示，腦部在成年後仍會繼續發展，而煙草使用則會對腦部發展造成影響，尤其損害認知能力和記憶。而研究亦指出假如於21歲前沒有吸煙習慣，以後吸煙的機會極低。

夏威夷於2016年正式將合法吸煙年齡由18歲調高至21歲，成為美國第一個立法禁止21歲以下青少年吸煙的州份。泰國亦於2017年通過控煙修訂法案，規定購買煙草的最低合法年齡由18歲提升至20歲。綜觀全球，將合法吸煙年齡定為21歲或以上的國家有洪都拉斯、科威特、斯里蘭卡及薩摩亞等，部分國家如英國、俄羅斯及新加坡等亦正考慮實施相同措施，而澳洲和加拿大等國家更考慮提高至25歲。「控煙政策意見調查2016」顯示，大部分(79.6%)受訪者贊成將香港的法定購買煙草年齡由18歲調高至21歲，以進一步防止青少年開始吸煙。



Increase the legal age for purchasing cigarettes

Research showed that brain does not stop developing at the age of 18, and tobacco use could affect the brain development, especially in cognition and memory. Research also found that the chance of smoking is relatively low if people do not have the habit at the age of 21.

Hawaii raised the minimum smoking age from 18 to 21 in 2016, making Hawaii the first state in the United States to do so. Thailand’s Tobacco Control Act was also passed in 2017 to raise the minimum legal age of purchasing cigarettes from 18 to 20. Some countries have already set the legal smoking age at 21 or above, such as Honduras, Kuwait, Sri Lanka and Samoa while some are considering, including the United Kingdom, Russia and Singapore. Australia, Canada and other countries are even considering raising to 25. Tobacco Control Policy-related Survey 2016 revealed that a majority (79.6%) of respondents agreed to increase the legal age for purchasing cigarettes in Hong Kong from the current 18 to 21 years old to prevent youth from starting smoking.



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

向「全面禁煙」目標進發

Prospect for a tobacco endgame

不少國家已就終極目標——「全面禁煙」訂下限期及時間表，並制定嶄新的相應控煙政策及措施，朝著目標進發。「全面禁煙」的最後階段目標為在宣布的日期之前煙草使用流行率達到5%或以下。

More and more countries are committing to a Tobacco Endgame Plan with defined schedule. Innovative tobacco control policies and measures were also launched to achieve the goal. Endgame Plan refers to the smoking prevalence rate of 5% or below by an announced date.

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

目標年份 Targeted Year	國家 Country
2025	愛爾蘭 Ireland、新西蘭 New Zealand
2034	蘇格蘭 Scotland
2035	加拿大 Canada
2040	芬蘭 Finland
2045	馬來西亞 Malaysia



香港吸煙與健康委員會進行的「控煙政策意見調查2016」顯示，大部分(62.8%)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。接近三分二受訪者支持全面禁止銷售煙草(66.1%)及全面禁止吸煙(66.8%)；支持的現時吸煙者亦分別有42.3%及40.1%，可見市民大眾均期待早日達成無煙香港的目標。政府於2007年對《吸煙(公眾衛生)條例》作重大修訂，距今已十年。大部分(77.7%)受訪者認為政府應再次對條例進行修訂。

The Tobacco Control Policy-related survey 2016 conducted by Hong Kong Council on Smoking and Health revealed that majority (62.8%) of all respondents agreed to ban smoking if smoking prevalence in Hong Kong decreases to 5% or lower. Nearly two-thirds of respondents supported a total ban on tobacco sale (66.1%) and total ban of smoking (66.8%) in Hong Kong. The measures were also supported by 42.3% and 40.1% of current smokers respectively. These figures demonstrated the hope for a smoke-free Hong Kong among the general public. It has been 10 years since the last significant update on Smoking (Public Health) Ordinance in 2007. Majority (77.7%) of respondents thought that the Government should carry out another amendment on the ordinance.

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

香港吸煙與健康委員會亦會積極倡議政府全方位加強控煙措施，包括大幅增加煙草稅、擴大禁煙範圍、推行「全煙害警示包裝」、禁止於銷售點陳列煙草產品、全面禁止電子煙及規管新興煙草產品、加強執法、增撥資源予戒煙服務及教育宣傳等，使香港吸煙率進一步下降至5%或以下，繼而啟動研究「全面禁煙」，實現無煙香港的願景。

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

COSH will also urge the Government to strengthen the multi-pronged tobacco control measures, including substantial increases in tobacco tax, extension of smoke-free areas, implementation of plain packaging, tobacco product display ban at points of sale, total ban on e-cigarettes, regulation on emerging tobacco products, tightened enforcement, as well as allocation of more resources for smoking cessation services and smoke-free education in order to lower the smoking prevalence to 5% or below and achieve the Tobacco Endgame goal in Hong Kong.



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全力邁向
無煙香港

TOWARDS A
TOBACCO ENDGAME
IN HONG KONG



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