

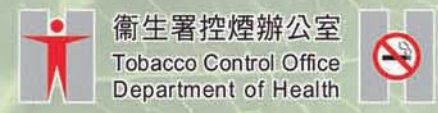
控煙 Tobacco Control Bulletin

Department of Health Integrated Smoking Cessation Hotline **1833 183**

Address: 18/F & 25/F, Wu Chung House, 213 Queen's Road East, Wan Chai, Hong Kong

Enquiry Hotline: 2961 8823 Website: www.tco.gov.hk

Cover Story P1
 Local News on Tobacco Control P3
 Tobacco Control Stories P5
 Kicking the Smoking Habit P6
 Game Zone P7



Full Smoking Ban in Public Transport Facilities

Have you noticed the banners (on the right) when using public transport carriers recently? Since 1 December 2010, smoking has been banned in more than 120 open-air and 2 covered public transport facilities in Hong Kong. From 2007 onwards, the government has taken a series of measures to reduce the harmful effects of tobacco on the general public. In addition to the comprehensive indoor smoking ban, the government adopts a step-by-step approach to designate public transport facilities as no smoking areas in phases. "Public transport facilities" are any public transport interchanges or bus termini that consist of the termini of two or more modes of public transport or bus termini of more than one specified route.

Currently, there are more than 200 public transport interchanges in Hong Kong. With effect from 1 January 2007, 54 indoor public transport facilities has become smoke free. Subsequently, the government designated another 48 public transport facilities with superstructures as no smoking areas on 1 September 2009. These new measures aim to protect the general public from second-hand smoking. Under the "Fixed Penalty (Smoking Offences) Ordinance", anyone who smokes or carries a lighted cigarette, pipe or cigar in statutory no smoking areas or on public transport carriers, will be liable to a fixed penalty of \$1,500. Enforcement officers are empowered to issue fixed penalty notice to any offender who smokes in no smoking areas under their management. In order to increase public awareness of these new measures, the Tobacco Control Office (TCO) has posted no-smoking signs and the site plans of no smoking areas at prominent places of the public transport facilities. You may refer to the website of TCO of the Department of Health (www.tco.gov.hk) for the public transport facilities that are designated as no smoking areas.

TCO has launched a territory-wide campaign to raise public awareness of the smoking ban, including broadcast on television and radio, display of posters and distribution of pamphlets. In addition, TCO informed and organized seminars for the venue managers of public transport facilities and public transport operators, such as bus companies and associations of the public transport sector, so as to encourage the industry and passengers to comply with the smoking ban.

In a survey conducted in early 2010, 95% of the respondents supported the smoking ban in public transport facilities. Most of them perceived reduced exposure to second-hand smoke in public transport facilities after the smoking ban.

With the continuous effort in tobacco control, we will further promote smoke-free culture and provide a fresh living environment to the public.





What is Third-hand Smoke?

Have you ever smelt a pungent scent of tobacco smoke and felt suffocated in an empty elevator? What do you feel if you suddenly smell the residual odor of tobacco smoke on the hair of your beloved partner/family members when you hug them? How much do you know about this smell?

While people nowadays are familiar with active and second-hand smoke, they may not have a thorough understanding of third-hand smoke. Third-hand smoke means the chemical residual of tobacco smoke contamination that clings to clothing, wall, furniture, hair and skin after the cigarette is extinguished.

Infants, Toddlers and Children are the Biggest Victims

Most parents know that smoking in front of their children will pose serious risks to their health. But they may not aware that another intangible threat, third-hand smoke, affects the growth of their children just like first-hand and second-hand smoke do.

A study in the U.S. surveyed 1,478 households on their opinions on the relationship among second-hand smoke, third-hand smoke and smoke-free home. 95.4% of nonsmokers and 84.1% of smokers agreed that second-hand smoke causes harms to children's health but only 65.2% of nonsmokers and 43.3% of smokers agreed that third-hand smoke brings the same harmful effect to children. Whilst only 3.4% of interviewees were not clear about the threats on children's health caused by second-hand smoke, 22% of interviewees did not know the hazards of third-hand smoke on children. The result clearly demonstrated the public has insufficient knowledge towards third-hand smoke.

A large amount of toxic substances can be found in third-hand smoke. They include hydrocyanic acid, used in chemical weapons; butane, found in lighter fluid; toluene, found in paint thinners; arsenic; lead; carbon monoxide; and even polonium-210, which is a highly radioactive carcinogen.

These toxic chemical substances can remain on the surface of household utensils and furniture of the indoor areas, carpets, floors, walls, ceilings, etc. for days and even weeks after smoking. Nicotine, one of these toxic substances, could react with nitrous acid (a common pollutant found indoor) to produce carcinogenic tobacco-specific nitrosamines (TSNAs).

Infants and toddlers are full of curiosity. They love crawling on the floor, touching everything in sight and even putting objects into their mouths. As TSNAs enter the human body mainly through dust inhalation or direct contact of skin, TSNAs pose especially serious hazard to children. Besides, frequent cleaning and tidying up cannot remove these toxic substances easily as the residual nicotine can only be dissolved by acidic liquids. Most alkaline cleansers available in the market cannot remove these substances.



How to Protect Infants, Toddlers and Children from Third-hand Smoke

- Do not smoke in front of your children and at places they stay (e.g. at home and inside vehicle)
- Keep your infants, toddlers and children away from belongings of smokers
- A study reveals that for those children whose parents are smokers, they tend to get addicted to smoking easily. If you are a parent and you smoke, please quit smoking immediately. If you need any assistance or information on smoking cessation, please contact us at 1833 183 or seek help from your family doctor

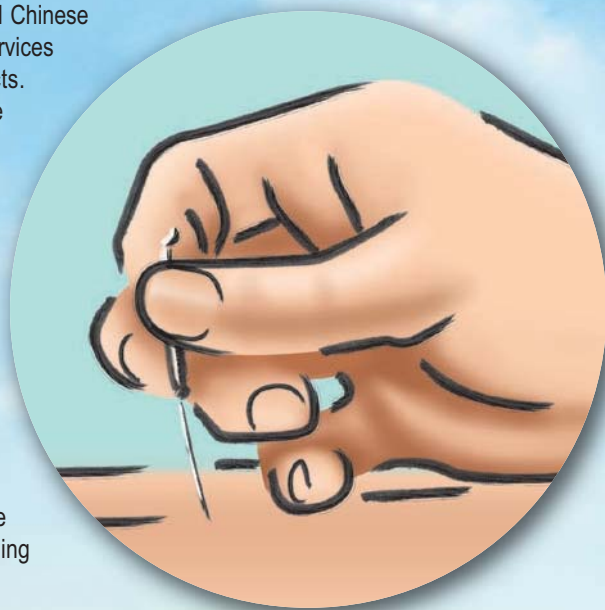
Pok Oi Smoking Cessation Service using Traditional Chinese Medicine

With effect from 1 April 2010, the Department of Health collaborates with Pok Oi Hospital (POH) for the provision of smoking cessation pilot programme using traditional Chinese medicine. The programme covers a comprehensive range of activities and services including smoking cessation service, public education and research projects. Free smoking cessation services are provided territory-wide by POH's mobile clinics. The treatment is conducted by professionally trained Chinese medicine practitioners in two months, including acupuncture and four sessions of face-to-face counselling. No medication is required. It is then followed by a one-year telephone follow-up service.

Acupuncture can regulate the entire body's functioning, clear the breathing passage and calm one's mind. It can alleviate the short-term discomforts caused by nicotine withdrawal symptoms, such as dizziness, irritability and inability to concentrate during the early phase of cessation. Thus, it increases the chance of successful quitting. Quitters can massage the acupuncture points or auricular points and this will reinforce the effect of the treatment and further suppress the withdrawal symptoms. During the face-to-face counselling sessions, Chinese medicine practitioners will know about the quitters' progress and give encouragement as well as instructions. Counselling can strengthen effect of the treatment and prevent smoking relapse.

The Pok Oi smoking cessation service using traditional Chinese medicine received professional guidance of the State Administration of Traditional Chinese Medicine and the Institute of Acupuncture and Moxibustion, China Academy of Chinese Medical Sciences.

Smokers aged 18 or over who intend to quit smoking are welcome to the service. Those who are interested may call the hotline of Pok Oi smoking cessation service using traditional Chinese medicine at 2607 1222 for the details.



Pilot Outreach Programme for Ethnic Minorities/New Immigrants on Smoking Prevention and Smoking Cessation

Around 40,000 people from the Mainland China migrate to Hong Kong every year and 5% of the total population of Hong Kong are ethnic minorities. To encourage and help them quit smoking, the Department of Health collaborates with the United Christian Nethersole Community Health Service to provide a one-year pilot outreach programme on smoking prevention and smoking cessation, targeting at new immigrants and ethnic minorities.

The programme as launched in November 2010 comprised two major components: needs assessment and outreach service. The needs assessment includes questionnaire-based surveys and group interviews which aimed at understanding the smoking habit of new immigrants and ethnic minorities as well as their knowledge and perception of smoking cessation information. Moreover, the United Christian Nethersole Community Health Service organizes seminars, group or personal counselling and home visits to promote smoke-free messages and provide smoking cessation tips. Smokers who are interested in smoking cessation services will be referred to smoking cessation clinics or services. Through this programme, we hope to establish smoking cessation services that suit the needs of new immigrants and ethnic minorities.

The Most Innovative and The Most Touching Quitting SMS Competition

To encourage primary and secondary students to tap their talents and to promote smoke-free culture in schools, the Tobacco Control Office of the Department of Health launched a school competition namely "The Most Innovative and The Most Touching Quitting SMS Competition". The participants showed enthusiastic responses to the competition. There were more than 10,000 application forms received in total before the submission deadline.

We were honored to have Ms. Vienna LAI, the Executive Director of the Hong Kong Council on Smoking and Health, Mr. LAM Kwok-keung, the Chief School Development Officer of Education Bureau and Ms. Elenor IP, member of The Hong Kong Writers' Association to serve as the adjudication panel members of the competition. The panel has selected the winners and some of the results are as follows:

『最具創意戒煙短訊』比賽 - 中學組：

戒煙小配方：恆心一顆；意志十足。

此方須長期服用，另可以微笑、鼓勵減輕副作用。

切記吸煙害人害己，宜盡早依戒煙配方戒煙：)

『最具創意戒煙短訊』比賽 - 小學組：

一手煙，傷害自身，
二手煙，傷害他人，
三手煙，傷害至親，
請戒煙，有益真心！

『最感人戒煙短訊』比賽 - 中學組：

爸爸：
當你牽着我，我窩心；
當你伴着我，我放心；
當你吸着煙，我擔心；
當你在病房，我痛心。
請你疼我別讓我傷心。

『最感人戒煙短訊』比賽 - 小學組：

爸爸，您一個戒煙，雖然不可以令到全世界的空氣清新，但您至少能給我們一個空氣清新的家。您可以嘗試戒煙嗎？

您的家人

Night Inspection by Tobacco Control Inspectors

The Tobacco Control Office (TCO) of the Department of Health investigates every complaint received in relation to smoking offences. The Tobacco Control Inspectors (TCIs) will arrange surprise check according to the information provided by the complainants (including the time and location of the smoking offence). Some smoking offences are committed at night or even midnight in premises such as amusement game centres, restaurants with night sessions, bars and entertainment establishments. The TCIs will also arrange inspection during this period in these premises. Any person who smokes or carries a lighted cigarette, cigar or pipe in these areas will be liable to a fixed penalty of \$1,500.

From January to November 2010, TCO issued more than 7,200 fixed penalty notices for smoking offences. The largest number of cases occurred in amusement game centres where more than 2,000 offences were spotted. Besides, more than 640 fixed penalty notices were issued in restaurants. TCO will continue its enforcement effort to conduct inspection at different times in order to reduce the impact of second-hand smoke on the public.



Words from Editor

Here comes the latest issue of Tobacco Control Bulletin! In this issue, the “Cover Story” introduces new tobacco control measures and the hazard of “third-hand smoke”. The “Local News on Tobacco Control” introduces Pok Oi smoking cessation service using traditional Chinese medicine and Pilot Outreach Programme on Smoking Prevention and Smoking Cessation for ethnic minorities and new immigrants. The “Kicking the Smoking Habit” has invited Mr. KWOK Chun-on, an artist, to share his quitting experience with us. The “Tobacco Control Stories” gives you a brief account of the night inspections carried out by the Tobacco Control Inspectors. Lastly, we certainly won’t miss the readers’ favourite “Game Zone”.

Kicking the Smoking Habit

We always enjoy the outstanding performance of Mr. KWOK Chun-on on the television. In addition to the success and recognition he has achieved in his acting career, he succeeded in quitting smoking a few years ago. The excerpt of the interview with Mr. KWOK Chun-on, the “Smoking Cessation Ambassador”, is as follows:



T: Tobacco Control Office **K:** Mr. KWOK Chun-on)

T: Can you share your smoking experience with us?

K: I first approached smoking in a TV drama and I thought I could quit once completed the shooting. I then became busier and mistook that smoking could enhance my performance and relieve my weariness, and I smoked to break the boredom. It became a habit gradually and I could not give up smoking.

T: How long had you smoked? How many cigarettes did you smoke a day at the peak?

K: 15 years. I smoked 2 to 3 packs (a day) at the peak.

T: What made you quit smoking?

K: Around six years ago, I had to draw a rickshaw in a scene. I had to take a three to four-minute break between every shot and it made me aware that my physical endurance was so poor like it could never be any worse. I realized if I didn't stop smoking, my health condition would turn worse and I would be acting against my own career.

T: What drove you to try to quit smoking?

K: It was my determination mainly. Nicotine patches helped too.

T: Did you encounter any difficulty when you quit smoking?

K: In fact, I have a lot of friends who smoke. They invited me to smoke when we met. So, six months after my first success in quitting smoking, I smoked again when I met my friends. In my second attempt, I rejected all my friends' offer of cigarettes in the excuse of feeling unwell. Besides, when there's craving for tobacco, I reminded myself to exercise such as running. Some people may lose temper easily at the beginning of their cessation attempt. Yet, exercise makes people relax indeed.

T: How is your life changed after quitting?

K: I felt my physical condition was as young as ten years ago and I regret for quitting smoking too late. Before I quit, I could not cope with heavy workload. But after that, I could manage it well. Having a good physique to handle heavy workload is a key benefit to me. I met new friends who are non-smokers. They found me smelly when I was smoking and the smell could not be eliminated by gums or teeth brushing. My family is also happy for me. My mother-in-law had hoped that I could quit smoking as smoking causes infertility.

T: What is your strongest feeling about quitting smoking successfully?

K: My strongest feeling is that one's willpower can overcome many difficulties. When you overcome the difficulty and determine to quit smoking, you will find the huge potential in yourself. You will be more confident in doing anything in the future.

T: How do you feel about being appointed as the Smoking Cessation Ambassador?

K: The greatest pleasure is that I can share my quitting experience with others.

T: Do you have any advice to smokers?

K: Smoking not only affects you but also your family. It is not true that smoking at a distance would not affect others. In fact, you cannot evade this responsibility because you are bringing harm to your family. Be considerate to your family and quit smoking!



The Tobacco Control Office has designed and published various health education materials with different themes. In this issue of Tobacco Control Bulletin, a quiz is prepared in Game Zone to test your understanding on the messages we promote. Fill each box with an appropriate theme represented by an alphabet and fax to 2575 8944 with your name, address and contact no., or send by post to: Tobacco Control Office, 18th Floor, Wu Chung House, 213 Queen's Road East, Wan Chai on or before 15 August 2011. Readers who answer all questions correctly will receive a souvenir. Join us and have fun!

*Limited sets of souvenirs are available, while stocks last.

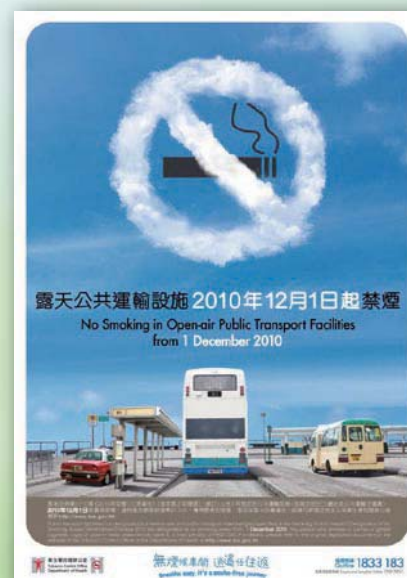
All answers can be found in the Tobacco Control Office's website: www.tco.gov.hk

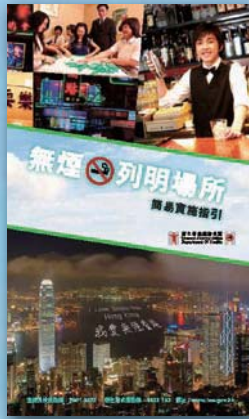
Matching (more than one option of health education materials will be applied to each theme)

I. Theme of Promotion:

- a. Smoking Cessation Information b. No smoking area c. Smoke-free Measures Implementation Guideline

II. Health Education Material





Name: _____

Contact no.: _____

Address: _____

Answers for last issue:

草	藥	四	千	九	月	一	日	期	署
品	煙	十	萬	千	八	速	優	性	生
控	煙	八	十	三	礙	阻	康	樂	衛
章	六	十	三	生	肺	樂	意	園	境
一	零	一	疾	病	及	觀	察	統	環
七	八	吸	煙	文	劑	吸	煙	戒	及
三	入	爾	化	網	頁	二	尼	印	物
空	辦	事	處	用	善	零	燃	古	食
氣	務	二	手	煙	火	零	服	務	丁
署	屋	房	碳	化	氧	一	千	五	百

1. 煙草
2. 九月一日
3. 康樂文化及事務署、食物及環境衛生署、房屋署
4. 尼古丁
5. 一千五百
6. 一八三三一八三
7. 三七一
8. 二零零一
9. 一氧化碳
10. 慢阻肺病 / 肺病