

DEPARTMENT OF HEALTH

校園全面控煙措施 簡易實施指引

我愛無煙香港



無煙清爽 人人健康
Go Smoke-free and Stay Healthy



衛生署控煙辦公室
Tobacco Control Office
Department of Health



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校園全面控煙措施 簡易實施指引

目錄

前言

- 香港控煙情況 1
 - 吸煙與青少年
 - 現行控煙法例
- 國際控煙趨勢 3
 - 煙草商的“防止青少年吸煙計劃”
- 二手煙的危害 6
- 校園全面控煙措施 9
 - 何謂校園全面控煙措施
 - 實行校園全面控煙措施的目的
 - 實行校園全面控煙措施的要點
- 戒煙服務 14
- 資源及協助 17
 - 常見問題
 - 控煙辦公室提供的資源



前言

為保障學生、學校教職員及公眾健康，《吸煙 (公眾衛生) 條例》(第371章) 規定，由2007年1月1日起，學校的室內外範圍已列為法定禁煙區，使他們在學校範圍免受二手煙的影響。

根據世界衛生組織的建議，要有效避免及減少青少年吸煙，除了在學校範圍禁止吸煙外，還要實行一套全面的控煙措施和預防教育以防止青少年接觸煙草產品或染上煙癮。這些措施包括教育青少年認識有關吸煙和二手煙的禍害、向吸煙者提供戒煙資訊、透過加稅以提高煙草價格和禁止所有形式的煙草廣告等。

學校不但是青少年學習的地方，也是培養他們正確價值觀和態度的地方。在校園推行全面控煙措施，既可保障教職員和學生免受二手煙的影響，使大家能在一個健康的環境下學習和工作，亦能令學生明白現時社會無煙的大趨勢。衛生署希望藉著此簡易實施指引，以協助學校老師了解和實施校園全面控煙措施。

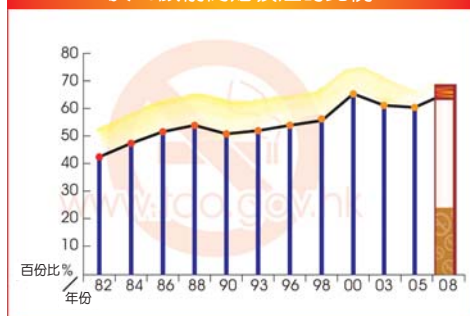
支持無煙，就在今天！

衛生署署長

香港控煙情況

吸煙與青少年

圖一：由1982年至2008年吸煙人士於20歲前開始吸煙的比例



根據2008年進行的主題性住戶調查資料顯示¹，本港15歲以上每日吸煙人口比例為11.8%，其中大部分每日吸煙人士在青少年時期已開始吸煙。在1982年，有41.7%每日吸煙人士於20歲前開始吸煙；但在2008年，這個比例更上升至超過六成（圖一）。

青少年尤以少女的吸煙比例的上升是危險的訊號。因為在青少年時期開始吸煙後便很難戒除，由吸煙引起的疾病和死亡也會繼而上升。因此，預防青少年吸煙是避免他們日後成為成年吸煙者的重要工作，而透過實行全面的控煙措施（例如：增加煙草稅、增加禁煙區範圍、禁止所有形式的煙草廣告及宣傳等）是預防青少年吸煙的有效方法。

報告也顯示，在1982年至2008年間，15至19歲男性每日吸煙的比例介乎3%至8%，而15至19歲女性每日吸煙的比例卻由1982年的0.4%上升至2008年的1.2%（圖二）。

圖二：由1982年至2008年15至19歲每日吸煙的男性與女性比例



1. 政府統計處。2008年《主題性住戶統計調查第三十六號報告書》。



香港控煙情況

● ● ● 現行控煙法例 ● ● ●

現行的《吸煙(公眾衛生)條例》(第371章)規定，所有學校*(中學、小學及幼稚園)、幼兒中心、指定教育機構的室內及室外範圍，由2007年1月1日起均屬法定禁煙區。任何人士不得於禁煙區內吸煙或攜帶燃點著的香煙、雪茄或煙斗。違者可被罰款。



除了所有室內公眾地方，學校以下的室外範圍亦屬於禁煙區：

- 宿舍
- 運動場
- 停車場
- 遊樂場地



*根據《教育條例》(第279章)註冊或暫時註冊的學校

002



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國際控煙趨勢

為控制煙草的禍害，世界衛生組織積極推動成員國簽署《煙草控制框架公約》，此公約是藉著通過對煙草產品的多方面規範以減少由吸煙引起的各種疾病和死亡。

在2003年5月21日於瑞士日內瓦舉行的第56屆世界衛生大會中，包括中國在內的192個成員國一致通過了此公約，並於2005年2月底正式生效。

簽署國在確認公約後應採取有效措施並制定有關法例，以減少大眾在室內及公眾場所包括工作間及學校等地方接觸煙草煙霧的機會。在教育方面，亦應推行有關吸食煙草和接觸煙草煙霧危害健康的教育。

無煙工作間

無煙食肆



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003

煙草商的 "防止青少年吸煙計劃"

根據2003年世界衛生組織出版的《究底尋真－煙草業防止青少年吸煙計劃之真相》內提及，由於西太平洋區內大部分政府和非政府組織沒有足夠資源發展及持續落實當地的控煙計劃，故煙草商便把握機會利用金錢贊助的方式，提供專業顧問及支援服務，並舉辦教育及倡導項目，聲稱以此協助防止青少年使用他們的產品，意圖改善企業形象，亦同時阻撓任何實際減少煙草需求量計劃的推展進程。

事實上，任何有效的控煙政策都必須全面和清晰，包括：

- 透過加稅以提高煙草價格
- 禁止所有形式的煙草廣告及宣傳
- 建立無煙工作間及公眾場所
- 教育青少年尼古丁成癮的知識及吸煙的禍害
- 向所有吸煙者宣傳戒煙

國際控煙趨勢

如果只把防止青少年吸煙的教育計劃定為單一的控煙措施，這不但不能有效防止青少年嘗試吸煙，更會錯誤引導青少年以為吸煙是成年人的決定而令他們對吸煙產生更多的憧憬。

由世界衛生組織出版的《究底尋真－煙草業防止青少年吸煙計劃之真相》，除揭示了煙草業名不副實的行為外，也提供了一個快速測試以驗證社會上各種形形色色的“防止青少年吸煙計劃”是否真正有效。如欲取得更多資料，可於世界衛生組織網頁內下載英文版《究底尋真－煙草業防止青少年吸煙計劃之真相》：

<http://www.wpro.who.int/internet/resources.ashx/TFI/seeing+beneath+the+surface.pdf>

中文版可於香港吸煙與健康委員會網頁內下載：

http://www.smokefree.hk/content/55/8/2/seeing_bneath_d_surface_ch_001.pdf



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005

二手煙的危害

二手煙又稱“環境煙草煙霧”(Environmental Tobacco Smoke)，是指由吸煙者抽煙時呼出及煙草產品燃燒時釋出一種混合煙霧。二手煙含有超過4,000種有害化學物質，包括污染物和刺激物等，其中超過50種為致癌物質²。二手煙在1992年已被美國環境保護局列為“一級致癌物”³，沒有一個安全的界限，吸入後可損害心肺功能並引致肺癌和心臟病等致命疾病。

損害健康

二手煙會直接刺激眼、鼻和咽喉，引致咳嗽、喉嚨痛、頭痛及暈眩等症狀，使兒童及青少年患上中耳炎和呼吸道感染如肺炎和支氣管炎等的機會增加。長期吸入二手煙，更可引致肺癌和心臟病等。

二手煙可以引致各種急性及慢性疾病，導致病假率增加，教職員和學生的工作效率及學習進度也會因而受到阻礙。



2. U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General Executive Summary. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health, Office on Smoking and Health, 2006
3. U.S. Environmental Protection Agency. Respiratory health effects of passive smoking: lung cancer and other disorders. Washington, D.C.: U.S. Government Printing Office. 1992



二手煙的危害

環境污染

二手煙是造成室內空氣污染的主要源頭，抽風或空調系統都不能將二手煙完全抽走。煙霧令空氣中的“可吸入懸浮粒子”濃度急速增加，使室內空氣污染指數大幅上升(圖三)。

二手煙污染學習及工作環境，令四周佈滿煙灰，設備被煙燻至變色或燒毀，通風系統及空調加速損耗，使校方在保養及維修的開支上升。



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007

二手煙的危害

圖三：可吸煙場所與無煙場所的空氣質素比較



備註：

可吸入懸浮粒子的濃度是用來計算「空氣污染指數」的其中一項空氣污染指標。從以上的結果顯示，有二手煙的場所的空氣污染情況非常嚴重，市民長期處於這些受污染的環境必有損健康。



校園全面控煙措施

何謂校園全面控煙措施

校園全面控煙措施是指嚴禁任何人在學校範圍內吸煙、教育學生認識一手煙及二手煙的害處和提供戒煙資訊等。



教育學生認識一手煙及二手煙的害處。



禁止在學校範圍內吸煙。

除了在學校範圍內禁止吸煙外，學校亦應避免接受煙草商的贊助和捐獻。教育局於2007年3月曾發出通告⁴，關於學校應避免接受煙草商的直接贊助或與煙草商合辦活動(包括受煙草商贊助的機構)，以免學校的反吸煙教育受到負面的影響。為此，學校在接受任何贊助或與其他組織合辦活動之前，須審慎考慮贊助者及合辦者的資金來源及背景。另外，校方可參考世界衛生組織出版的《究底尋真－煙草業防止青少年吸煙計劃之真相》。

4. 教育局。『無煙校園』。通告第2/2007號。



校園全面控煙措施

實行校園全面控煙 措施的目的

提供健康、安全及清潔的 學習及工作環境

學校有責任保障學生、教職員及訪客在學校範圍內免受任何危險。如果有人在學校內吸煙，就等於在學校釋放4,000多種有害化學物質和超過50種致癌物質，這顯然不是一個合乎安全標準的工作和學習環境。



教師不吸煙可作正面的榜樣。

教師及職員可作為正面榜 樣

青少年不僅會受朋輩的影響而嘗試吸煙，成年人及師長的行為也會成為他們的榜樣。若教職員在學校範圍內吸煙，必然會影響學生對吸煙的態度，亦會令他們誤以為吸煙是成年人的決定。

校園全面控煙措施

帶給學生正面的信息

雖然香港的每日吸煙人口比例只有11.8%⁵，大部分市民都是非吸煙者，但研究顯示青少年往往高估了吸煙者的數目，這種對吸煙普遍性的誤解會使青少年較容易接受和嘗試吸煙。

實行校園全面控煙措施，可減少學生接觸吸煙的機會，更可以給予青少年一個明確的信息，就是不吸煙才是社會的主流。

裝備學生適應無煙工作間

現行的《吸煙(公眾衛生)條例》規定，所有室內工作間和室內公眾地方已經被列為法定禁煙區。



校園全面控煙能帶出清晰的無煙信息。

減低火警發生

吸煙會增加火警發生的機會，據消防處統計數字顯示⁶，2008年共有2,326宗火警是由於不小心處理或棄置煙頭、火柴和蠟燭等而引起的。

5. 香港政府統計處2008年主題性住戶統計調查第三十六號報告書顯示，十五歲及以上每日吸煙的人士共676,900人，佔全香港十五歲以上人士的11.8%
6. 香港消防處 <http://www.hkfsd.gov.hk/home/chi/statistic.html> (於2010年4月12日瀏覽)



校園全面控煙措施

實行校園全面控煙 措施的要點



- 保持簡單及扼要的內容，清晰指出條例已把學校範圍列作禁止吸煙區。
- 實行校園全面控煙措施時必須一視同仁。
- 發出通告予所有學生、家長和教職員有關控煙措施及違規時的處理方法。
- 通知所有合約承辦商有關控煙措施，提醒他們的員工不可在學校範圍內吸煙。
- 於學校出入口、室內和室外範圍的當眼處，展示足夠的禁煙標誌。
- 移走所有校園內及學校出入口位置的煙灰缸。
- 定期舉辦有關吸煙及二手煙對身體影響的活動，讓教職員和學生更清楚知道吸煙及二手煙所導致的健康問題。



校園全面控煙措施

- 聯絡本地控煙教育團體或邀請專業人士舉辦控煙講座或活動。(註：聯絡前應審慎考慮該等機構的資金來源及背景，避免參與由煙草商贊助或舉辦的活動。)
- 指定授權監管及執行指引的負責人員－例如訓導老師和社工等。
- 授權教職員對違規人士作出勸導。
- 任何人如在學校範圍內吸煙，即屬違法，違者定額罰款 \$1,500。



執行規例時的情況。



戒煙服務

推行校園全面控煙措施時，學校須注意吸煙的教職員或學生對戒煙服務的需求及適應情況，並提供適當的配合及協助，以鼓勵他們盡快戒煙，例如：提供戒煙途徑的資料、勉勵成功戒煙的員工。

此外，若吸煙者在戒煙初期出現不適情況，校方應給予鼓勵及體諒，並建議他們參考下表列出的注意事項，以舒緩戒煙初期的不適情況。

戒煙的方法有多種，包括自行戒煙、參加個人或小組支援輔導和使用戒煙輔助藥物等。公立或私家醫院、診所及非牟利機構都有提供戒煙服務供戒煙者選擇。成功戒煙必須要有堅定的意志和決心，配合持之以恆的健康生活模式。

表一：舒緩戒煙初期不適的貼士

充足睡眠

注意均衡飲食：多吃蔬果、少吃油膩食物

多作深呼吸及多做帶氧運動，如步行、緩步跑

選擇低熱量的食物，如：無糖香口膠、脫脂奶

多喝清水及暖水，有助稀釋痰涎；避免喝咖啡和酒類等刺激飲品



尼古丁替代療法

目的：幫助舒緩戒煙者於戒煙初期可能感到的不適症狀

療法：戒煙香口膠、戒煙貼和戒煙吸劑

療效：研究顯示正確使用尼古丁替代療法能使戒煙成功機會倍增

為鼓勵及協助吸煙人士戒煙，衛生署設立了戒煙熱線 1833 183，為市民提供電話戒煙輔導服務及戒煙資訊，內容包括：戒煙測試、戒煙竅門及戒煙藥物資料等。我們的註冊護士會接聽來電，直接了解戒煙者的情況，提供專業的戒煙輔導及建議。如需要更多戒煙服務資料，歡迎致電戒煙熱線，或瀏覽衛生署控煙辦公室網頁：<http://www.tco.gov.hk>。

戒煙服務

衛生署戒煙服務

衛生署綜合戒煙熱線 — 1833 183 :

按1字：衛生署戒煙熱線

按2字：東華三院戒煙熱線

按3字：醫院管理局無煙熱線

按4字：博愛中醫戒煙服務熱線

戒煙服務中心/診所(提供藥物療法和輔導服務)：

香港區

東華三院戒煙綜合服務中心 - 灣仔服務處

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常見問題

學校禁煙區是否只限於室內範圍？

由2007年1月1日起，任何幼兒中心、學校及指明教育機構，包括：大學和專上學院等，都已被列為禁止吸煙區，而禁煙範圍更包括室內及室外區域。管理人可在學校出入口、室內和室外範圍的當眼處，展示禁煙標誌，提醒教師、職員、學生及訪客有關禁煙規定。

教師和職員是否允許在校外吸煙？

雖然現行法例只是嚴禁任何人在學校範圍內吸煙，並不禁止教師及職員在學校以外吸煙，但教師及職員應注意學生仍可從他們的牙齒、指甲和氣味等發現他們吸煙的習慣，繼而成為學生的不良榜樣。



● ● ● 控煙辦公室提供的資源 ● ● ●

政府既定的控煙政策，是以循序漸進的方式，鼓勵不吸煙、抑制煙草的廣泛使用，及盡可能減低公眾受到二手煙的影響。為了進一步加強及協調政府的反吸煙工作，衛生署於2001年2月成立了控煙辦公室。控煙辦公室致力向大眾市民推廣無煙文化，教育及協助各公眾場所的管理人執行控煙法例、積極舉辦不吸煙及預防二手煙的活動及講座，以保障大眾市民免受吸煙及二手煙的損害。

為了讓各學校對校園全面控煙措施有更清晰的了解，我們可提供健康講座、健康教育素材(包括：禁煙標誌、海報、小冊子及展板)及戒煙資訊等。有意申請健康教育素材的學校，可於控煙辦公室的網頁(<http://www.tco.gov.hk>)下載申請表格，然後填寫所需資料，並郵寄或傳真至本辦公室。



健康講座



健康教育素材

||| | ▶ 聯絡我們

如欲查詢有關校園全面控煙措施的詳情及索取參考資料，請聯絡本辦公室：

查詢及投訴熱線：2961 8823

圖文傳真：2575 8944

地址：香港灣仔皇后大道東213號胡忠大廈18樓

網址：<http://www.tco.gov.hk>

Resources Provided by the Tobacco Control Office (TCO)

The Government's established policy on tobacco control is to seek, through a step-by-step approach, to discourage smoking, contain the proliferation of tobacco use, and protect the public from passive smoking to the maximum extent possible. To facilitate and coordinate the Government's anti-smoking efforts, the Department of Health set up the Tobacco Control Office in February 2001. TCO is committed to promoting a smoke-free culture to the public, educating and assisting managers and staff of public premises to comply with and enforce the tobacco control legislation, organising activities and talks on the prevention of smoking and secondhand smoke in order to protect the public from the harm of active and passive smoking.

To facilitate the implementation of comprehensive tobacco control measures in schools, the TCO provides health talks, health education materials (including no smoking signs, posters, pamphlets and display boards) and information on smoking cessation service. All interested schools may complete the application form (available from the website: <http://www.tco.gov.hk>) and return to us by post or fax.



A health talk



Health education materials

Contact us

For further information on the comprehensive tobacco control measures in schools and other reference materials, please contact us:

Enquiry and Complaint Hotline: 2961 8823

Fax: 2575 8944

Address: 18/F, Wu Chung House, 213 Queen's Road East,

Wan Chai, Hong Kong

Website: <http://www.tco.gov.hk>



Frequently Asked Questions

Is only the indoor area of the school area designated as no smoking area?

With effect from 1 January 2007, statutory no smoking areas have been extended to cover the indoor and outdoor areas of child care centres, schools, and specified educational institutes including universities and post-secondary colleges in accordance with the Smoking (Public Health) Ordinance (Cap. 371). Venue managers are advised to display no smoking signs in prominent positions of school entrances/exits and indoor/outdoor areas to remind the teachers, other staff, students and visitors that the school has been designated as a no smoking area.

www.tco.gov.hk
Can teachers and school staff smoke outside the school?

Smoking is prohibited only inside the school areas according to the Ordinance, and teachers and other staff are not forbidden from smoking outside the school areas. However, students may be aware of their smoking habits from the staining of their teeth and fingernails, and their stink. They may become a bad model for the students.

Smoking Cessation Services of the Department of Health

Integrated Smoking Cessation Hotline of the Department
of Health – 1833 183:

Press 1: Department of Health Smoking Cessation Hotline

Press 2: Tung Wah Group of Hospitals Smoking Cessation Hotline

Press 3: Hospital Authority Quitline

Press 4: Pok Oi Smoking Cessation Service using Traditional Chinese
Medicine

Smoking Cessation Centres/Clinics (Drugs and counselling
for smoking cessation are provided):

Hong Kong

Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation-
Wan Chai Suboffice

17/F, Tung Sun Commercial Centre, 194-200 Lockhart Road, Wanchai

Kowloon

Department of Health Ngau Tau Kok Smoking Cessation Clinic

Education and Training Centre in Family Medicine, 2/F, Ngau Tau Kok Jockey Club
Clinic, 60 Ting On Street, Ngau Tau Kok

Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation-
Mongkok Suboffice

Rm. 2602-05, 26/F, Wealth Commercial Centre, 42 Kwong Wa Street, Mongkok

New Territories

Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation-
Shatin Suboffice

3/F, Lek Yuen Health Centre, 9 Lek Yuen Street, Shatin

Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation-
Tuen Mun Suboffice

4/F, Butterfly Bay Community Centre, Butterfly Estate, Tuen Mun





Nicotine Replacement Therapy

Aim: Help people ease symptoms during early stage of quit attempt.

Therapy: Nicotine gum, nicotine patch and nicotine inhaler.

Effect: Researches showed that proper use of nicotine replacement therapy doubled the success rate of smoking cessation.

To encourage and help smokers to quit smoking, the Department of Health has established the Smoking Cessation Hotline 1833 183 to provide to the public telephone counselling service and relevant information on smoking cessation including the nicotine dependence test, tips on quitting smoking and drugs for quitting smoking. The hotline is manned by registered nurses who will directly talk to smokers and provide them with professional counselling service and suggestions on smoking cessation.

For detailed information on smoking cessation, please call the Smoking Cessation Hotline of the Department of Health at 1833 183, or browse the website of the Tobacco Control Office of the Department of Health at: <http://www.tco.gov.hk>.

In implementing comprehensive tobacco control measures, schools should pay due regard to the needs of teaching staff and students on smoking cessation service and how they adapt to it. Schools should provide necessary assistance to help them quit smoking as quickly as possible. Such assistance may include provision of information on smoking cessation service and appreciation to those who successfully quit smoking.

Smokers may feel unwell during the early stage of smoking cessation. School managements should be considerate and encouraging, and suggest that they may refer to the table below to identify ways of alleviating the discomfort.

There are a number of ways to quit smoking, including going cold turkey, receiving individual or group smoking cessation counselling or quitting with the aid of medication. Both public and private hospitals, clinics and non-profit making organisations offer smoking cessation services to quitters. It takes perseverance and determination as well as a healthy lifestyle for one to quit smoking successfully.

Table 1: Notes on alleviating the symptoms during initial stage of smoking cessation

Adequate sleep

Balanced diet: more fruits and vegetables, less oily food

More deep breathing and aerobic exercises, like walking and jogging

Choose snacks with low calories, like sugar-free gum, skimmed milk

Drink more warm water to help dilute phlegm; avoid coffee and alcoholic drinks



Comprehensive Tobacco Control Measures in Schools

- Contact local tobacco control bodies or invite professionals to hold seminars or activities on tobacco control. (Note: Regard should be given to the source of funding and background of these bodies before contacting them. Avoid participating in activities sponsored or organised by tobacco companies.)
- Authorise teaching staff to admonish offenders.
- Smoking in schools constitutes an offence and offenders are liable to a fixed penalty of \$1,500 .
- Designate a person-in-charge to supervise and implement the guidelines – e.g. the discipline teacher and social worker.



Action against violation

Comprehensive Tobacco Control Measures in Schools

• • • Main Points for Implementing • • • Comprehensive Tobacco Control Measures in Schools



- Display no smoking signs at school entrances as well as indoor and outdoor places.
- Remove all ashtrays on campus, including those at school entrances.
- Regularly organise educational activities on the impact of smoking and secondhand smoke to help teaching staff and students learn more about the health risks caused by smoking and passive smoking.
- Keep the content simple and precise. Indicate clearly that the entire school area is designated as no smoking areas.
- Implement measures without discrimination.
- Issue notices to students, parents and teaching staff about the tobacco control measures and actions against offences.
- Inform all contractors of the tobacco control measures and advise them not to smoke in school areas.



Comprehensive Tobacco Control Measures in Schools

Convey a Positive Message to Students

Daily smokers only account for 11.8% of Hong Kong's population⁵. In other words, the majority of our population do not smoke. However, a study showed that young people often overestimated the number of smokers. Such a common misconception would lead young people to accept and try smoking more readily.

Implementing comprehensive tobacco control measures in schools can reduce the chance of students to access smoking. It also conveys a clear message to students that 'no smoking' is the mainstream of society.

Prepare Students for a Smoke-free Workplace

According to the Smoking (Public Health) Ordinance, all indoor workplaces and indoor public areas have been designated as statutory no smoking areas.



Smoke-free school initiatives convey a clear tobacco-free message to students.

Reduce Fire Hazards

Smoking increases the risk of fire. Statistics of the Fire Services Department⁶ shows that in 2008, 2,326 fire cases were caused by careless handling or disposal of cigarette butts, matches or candles, etc.

5. The Thematic Household Survey Report No. 36 conducted by the Hong Kong Census and Statistics Department in 2008 showed that the total number of daily smokers aged 15 and above stood at 676,900, accounting for 11.8% of the population aged 15 and above in Hong Kong.
6. Hong Kong Fire Services Department - URL: <http://www.hkfsd.gov.hk/home/eng/statistic.html> (Retrieved 12 April 2010)

Comprehensive Tobacco Control Measures in Schools

Objectives of Implementing Comprehensive Tobacco Control Measures in Schools

Provide a Healthy, Safe and Clean Environment for Study and Work

Schools have the responsibility to protect students, teaching staff and visitors against hazards in school areas under their purview. Smoking within school premises would mean emitting over 4,000 kinds of harmful chemicals and over 50 types of carcinogenic substances. Such an environment is obviously not safe for working and learning.



Non-smoking teaching staff could serve as models.

Teaching Staff as Models

Many teenagers try smoking under the influence of peers and they also take the acts of adults and teaching staff as their role models. Teaching staff who smoke in schools will undoubtedly affect the attitude of students, and mislead them to believe that smoking is a choice made by adults.



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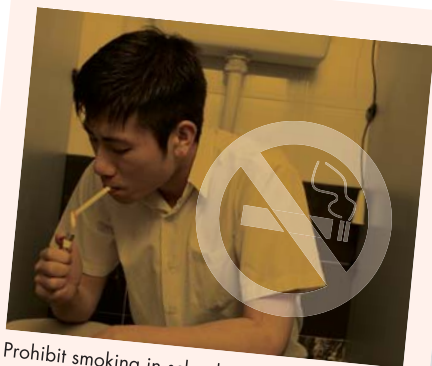
Comprehensive Tobacco Control Measures in Schools

What are Comprehensive Tobacco Control Measures in Schools

Comprehensive tobacco control measures in schools include prohibiting smoking in school areas, educating students about the harmfulness of smoking and secondhand smoke, and providing information on smoking cessation.



Educate students about the harmfulness of smoking and secondhand smoke.



Prohibit smoking in school areas.

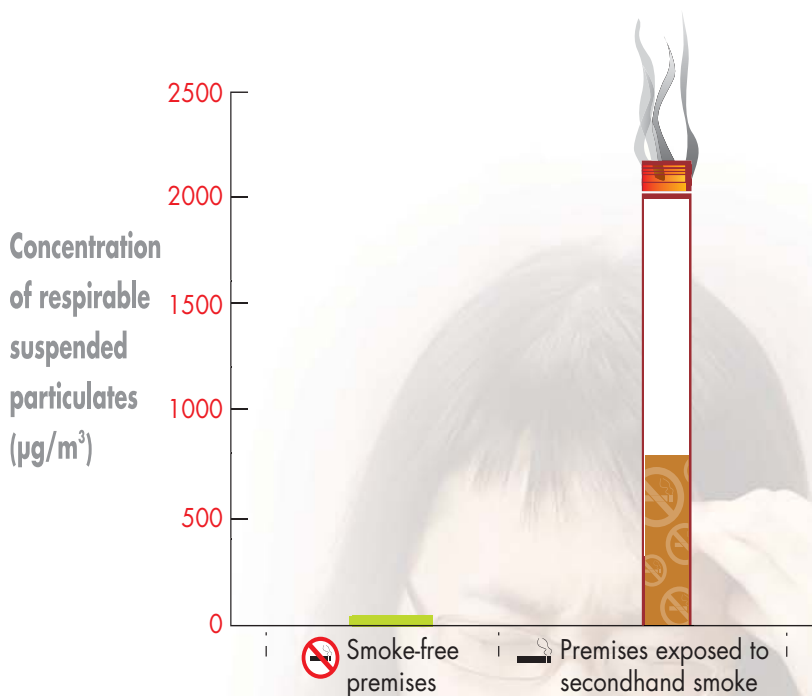
Apart from prohibiting smoking in school areas, schools should avoid accepting sponsorship and donation from the tobacco industry. The Education Bureau issued a circular in March 2007⁴, advising schools not to accept sponsorship from tobacco companies, or organise activities with

tobacco companies (including organisations sponsored by them) so as to prevent the negative effects on their anti-smoking education. In this connection, schools should give regard to the source of funding and background of sponsors or co-organisers before accepting any sponsorship or co-organising any event. Schools may also refer to "Seeing Beneath the Surface: The Truth About the Tobacco Industry's Youth Smoking Prevention Programmes" published by the World Health Organisation.

4. Education Bureau Circular No. 2/2007 – Smoking Ban in Schools.

Hazards of Secondhand Smoke

Chart 3: Air quality of smoking permitted premises as compared with smoke-free premises



Remarks:

The concentration of respirable suspended particulates is one of the indicators used for calculation of Air Pollution Index. As shown above, the air pollution level within the premises exposed to secondhand smoke is severe. Prolonged exposure at those premises may cause long-term health effects.



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Tobacco Control Office
Department of Health



Hazards of Secondhand Smoke

Environmental Pollution

Secondhand smoke is the main source of indoor air pollution. Ventilation systems and air conditioners cannot eliminate secondhand smoke. The presence of smoke increases the density of respirable suspended particulates in the air, resulting in the rapid increase of indoor air pollution index (Chart 3).

As a result of secondhand smoke, learning and working environments are polluted and smoke ashes are scattered all over the place. Secondhand smoke discolours and damages equipment and accelerates the wear and tear of ventilation systems and air conditioners. These adverse effects will increase the school's maintenance and servicing costs.



Hazards of Secondhand Smoke

Secondhand smoke, also known as "environmental tobacco smoke", is a mixture of the smoke exhaled by smokers and the smoke given off by the burning of tobacco products. Secondhand smoke contains over 4,000 harmful chemicals including pollutants and irritants, over 50 of which are carcinogens². Secondhand smoke was classified as Group A carcinogen by the U.S. Environmental Protection Agency in 1992³. In other words, there is no risk-free level of exposure. Inhaling secondhand smoke is hazardous to cardiopulmonary system and may result in fatal diseases like lung cancer and heart diseases.

Health Hazards

Secondhand smoke irritates the eyes, nose and throat, causing cough, sore throat, headache and dizziness. It also increases the chance of middle ear infections and respiratory tract infection such as bronchitis and pneumonia among children and adolescents. In the long run, passive smokers suffer higher risks of lung cancer and heart diseases.

Exposure to secondhand smoke causes acute and chronic diseases as well as more frequent sick leave. Efficiency of work and progress of study will be hindered.



2. U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General Executive Summary. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health, Office on Smoking and Health, 2006
3. U.S. Environmental Protection Agency. Respiratory health effects of passive smoking: lung cancer and other disorders. Washington, D.C.: U.S. Government Printing Office. 1992



International Trend in Tobacco Control

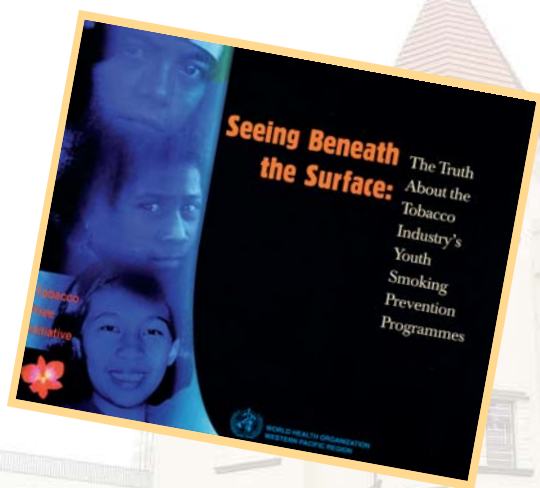
Establishing youth smoking prevention programmes as stand-alone tobacco control initiatives will not discourage young people from smoking. Instead, they will see smoking as an adult decision and find it more appealing.

This publication, "Seeing Beneath the Surface: The Truth About the Tobacco Industry's Youth Smoking Prevention Programmes", revealed the real intention of the tobacco industry and offered a quick test to examine the effectiveness of youth smoking prevention programmes in our community. For further information, you may download the English version of "Seeing Beneath the Surface: The Truth About the Tobacco Industry's Youth Smoking Prevention Programmes" from the website of the World Health Organisation:

<http://www.wpro.who.int/internet/resources.ashx/TFI/seeing+beneath+the+surface.pdf>

Or you may download the Chinese version from the website of the Hong Kong Council on Smoking and Health:

http://www.smokefree.hk/content/55/8/2/seeing_bneath_d_surface_ch_001.pdf



International Trend in Tobacco Control

● ● ● ● Tobacco Industry's Youth Smoking Prevention Programme ● ● ● ●

According to a World Health Organisation publication in 2003, "Seeing Beneath the Surface: The Truth About the Tobacco Industry's Youth Smoking Prevention Programmes", most governments and non-governmental organisations in Western Pacific Regions have meagre budgets to develop and sustain their tobacco control programmes. The tobacco industry seized this opportunity in attempts to change their corporate image. They offered money, expert consultants and support services and carried out educational and advocacy projects purportedly to help prevent young people from using their products while continuing to thwart real progress in reducing tobacco consumption.

Effective tobacco control measures should be clear and comprehensive, which include:

- Increasing tobacco prices through taxation
- Banning all forms of tobacco advertising and publicity
- Establishing smoke-free workplaces and public places
- Educating young people about nicotine addiction and risks of smoking
- Publicising smoking cessation among all smokers



International Trend in Tobacco Control



A smoke-free workplace

The World Health Organisation has been encouraging member countries to sign the Framework Convention on Tobacco Control (FCTC), the aim of which is to reduce tobacco-related deaths and diseases through regulations on tobacco products.

In the 56th World Health Assembly held in Geneva, Switzerland on 21 May 2003, 192 member countries including China, adopted the FCTC, which came into effect in late February 2005.

Upon ratifying the FCTC, signatories should take effective measures and establish related legislations, so as to protect the public from contacting tobacco smoke in public indoor premises including workplaces and schools. On the education front, they have to raise awareness on health hazards posed by tobacco consumption and secondhand smoke.



A smoke-free restaurant



Tobacco Control in Hong Kong

Current Tobacco Control Legislation

Under the current Smoking (Public Health) Ordinance (Cap. 371), both indoor and outdoor areas of all schools* (including secondary schools, primary schools and kindergartens), child care centres, universities and post-secondary colleges are designated no smoking areas. No person shall smoke or carry a lighted cigarette, cigar or pipe in such areas, or else will be liable to a penalty.



Besides all indoor public places, no smoking areas in schools also include the following outdoor areas:

- Communal Quarters
- Sport Grounds
- Car Parks
- Pleasure Grounds

* Schools registered or provisionally registered under the Education Ordinance (Cap. 279).



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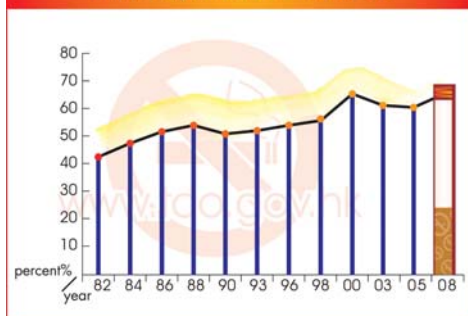


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Tobacco Control in Hong Kong

Smoking and Teens

Chart 1: Proportion of smokers who started smoking before the age of 20 from 1982 to 2008



According to the Thematic Household Survey conducted in 2008¹, of all persons aged 15 and over, 11.8% were daily smokers and most of them started smoking in their teens. In 1982, 41.7% of daily smokers started smoking before the age of 20; in 2008, the proportion increased to over 60% (Chart 1).

An increase in tobacco use by teenagers, especially among girls, raised the alarm as those who start smoking as teenagers find it hardest to quit, and the morbidity and mortality caused by smoking will rise accordingly. Therefore, the prevention of smoking in adolescents is vital to keep them from becoming adult smokers. The full implementation of comprehensive tobacco control measures (such as increasing tobacco tax, extending no smoking areas, prohibiting all forms of tobacco advertising and publicity) is an effective means to prevent youth smoking.

The report also revealed that between 1982 and 2008, the proportion of male daily smokers aged between 15 and 19 was in the range of 3% to 8% while the proportion of female daily smokers aged between 15 and 19 had increased from 0.4% in 1982 to 1.2% in 2008 (Chart 2).

Chart 2: Proportion of male and female daily smokers aged between 15 and 19 from 1982 to 2008



1. Thematic Household Survey Report No. 36, Census and Statistics Department, the Government of HKSAR 2008.

Foreword

In order to protect the health of all students, teaching staff and the public from hazards of secondhand smoke, the Government includes all indoor and outdoor areas of schools as statutory no smoking areas in the Smoking (Public Health) Ordinance (Cap. 371).

Pursuant to the recommendation of the World Health Organisation, apart from prohibiting smoking in schools, it is also necessary to adopt comprehensive tobacco control measures and prevention education so as to effectively prevent and bring down smoking among the youth. These measures include educating the youth on the hazards of smoking and secondhand smoke, providing smoking cessation information to smokers, increasing tobacco tax to raise cigarette price and banning all forms of tobacco advertising etc.

Schools are not only places for young people to learn, but also to nurture positive values and attitudes. Implementation of comprehensive tobacco control measures in schools will protect teaching staff and students from the hazards of secondhand smoke, so that everyone can enjoy a healthy learning and working environment. This will also help students see the trend towards a smoke-free society. It is hoped that this implementation guide can help teaching staff and students understand and implement comprehensive tobacco control measures in schools.

Let's strive for a smoke-free Hong Kong!

Director of Health

Implementation Guide

on Comprehensive Tobacco Control Measures in Schools

Contents

Foreword

-
- Tobacco Control in Hong Kong 1
 - Smoking and Teens
 - Current Tobacco Control Legislation
-
- International Trend in Tobacco Control 3
 - Tobacco Industry's Youth Smoking Prevention Programme
-
- Hazards of Secondhand Smoke 6
-
- Comprehensive Tobacco Control Measures in Schools 9
 - What are Comprehensive Tobacco Control Measures in Schools
 - Objectives of Implementing Comprehensive Tobacco Control Measures in Schools
 - Main Points for Implementing Comprehensive Tobacco Control Measures in Schools
-
- Smoking Cessation Services 14
-
- Resources and Support 17
 - Frequently Asked Questions
 - Resources Provided by the Tobacco Control Office (TCO)



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This publication is available free of charge at the Tobacco Control Resource Centre of the Department of Health (Room 1801, 18th Floor, Wu Chung House, 213 Queen's Road East, Wan Chai, Hong Kong), or at the Tobacco Control Office website at www.tco.gov.hk for download.



DEPARTMENT OF HEALTH

Implementation Guide on Comprehensive Tobacco Control Measures in Schools

I love smoke-free Hong Kong!



無煙清爽 人人健康
Go Smoke-free and Stay Healthy



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