

Smoking Cessation in Macau



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Contain

**Tobacco Control In Macau
Smoking Cessation Clinic
Our Problems & Experience
Conclusion**



Macau Smokes Situation

1997 Investigation Based on Family

Smoking rate of adult people

Adult Male: 31.6%

Adult Female: 4.2%

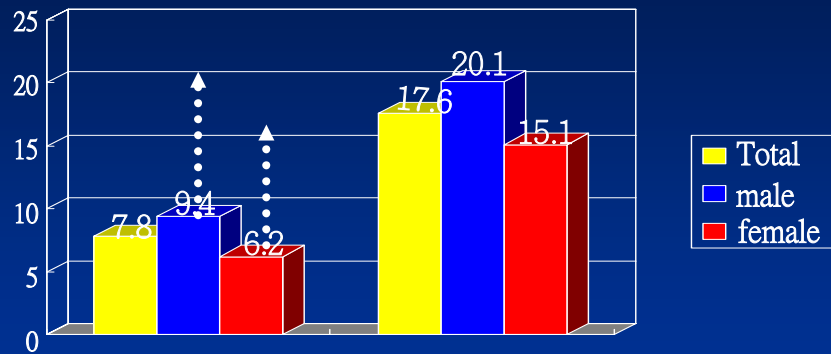
2005 Macau Citizens Physique Monitoring Report

Adult Male: 27.5 %

Adult Female: 4.3%

Smoking Rate in Macau is Higher

Tobacco uses investigation The teenagers of Macao



The Smoker of Macao: More younger and More female

Tobacco Control Legislation

The Smoking Ordinance was first enacted in 1996, and with amendments subsequently in **11 Aug 1997**.

It is currently the major part of the legal framework on tobacco control in Macau.



11 years

12 Feb 2009

Insufficient of the Current Legislation !!

Statutory No Smoking Areas : The range is insufficient



Tobacco Control Legislation

Standardize Tobacco taxes in Macau

Area	<u>2005</u> Marlboro :US \$/1 pack	Cigarette tax / price
HK	4.1	50%
Singapore	5.42	65%
Macau	2	6%

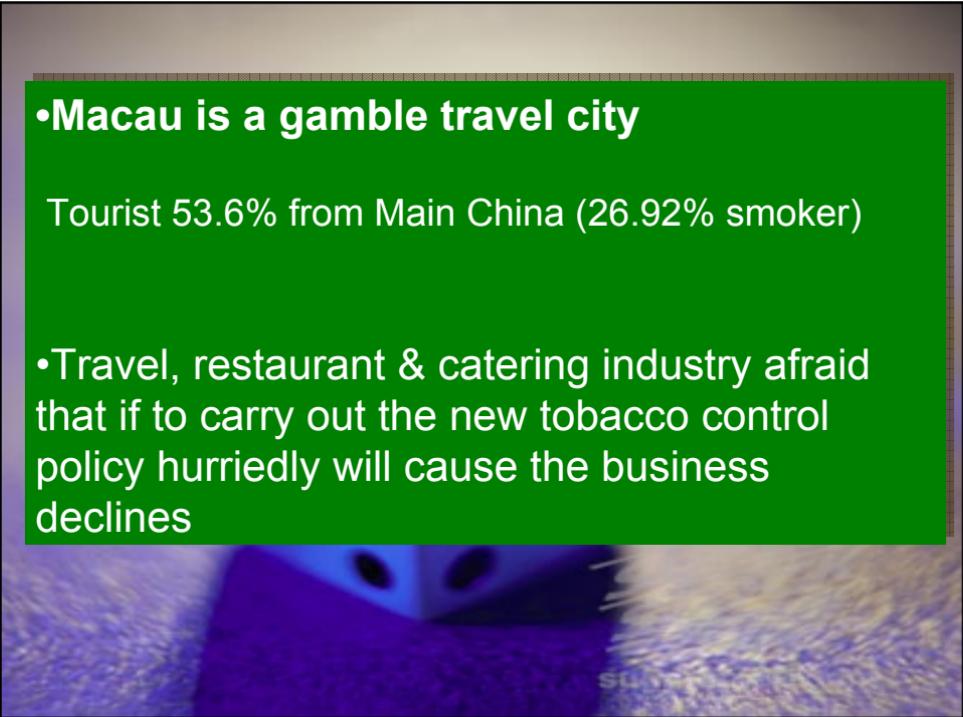


The cigarette tax rate in Macao has not been adjusted for a long time (since 1986)

2005 WHO Framework Convention on Tobacco Control FCTC	2005 Smoke demographic census	Advertisement & Education
2006 Smoking Cessation Clinic		2006 Public opinion on Tobacco control policies Investigation Commission Macau University
2007 Smoke Free Restaurants	2007 Consultation Document for the Revision of legislation on Tobacco Control	2007 Smoke-Free Workplace

Public Opinion on Tobacco Control Policies

- 92.5% citizens: Often contact the second hand smoke
- 72.33% citizens: Statutory no smoking areas extend to cover the public indoor places
- 70.45% citizens: Increase Tobacco Taxes
- **Part of Restaurant:** object to restaurant become no smoking areas
- **Travel Shop:** object to raising the tobacco tax and object to control the tobacco advertisement



- Macau is a gamble travel city**

Tourist 53.6% from Main China (26.92% smoker)

- Travel, restaurant & catering industry afraid that if to carry out the new tobacco control policy hurriedly will cause the business declines



We Need New Tobacco Control Legislation !!

“Publicity 、 Health education 、 Communication” are essential elements in an effective tobacco control strategy

We must fully understand local actual conditions before promote any new policy.

We need more communication, discussion and education with industry and citizens, to make a clear and applicable policy.

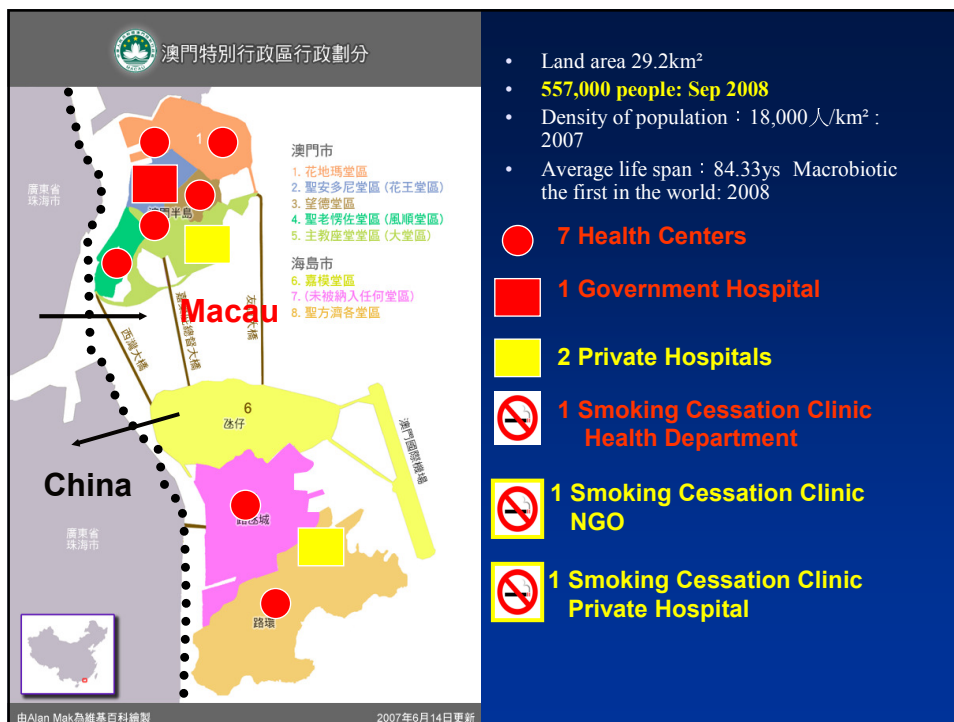
Gentle and Gradually to make tobacco control policy, so that could promote the policy smoothly and effectively.



The policy is feasible and bringing the advantage

2. Macau Smoking Cessation Clinic





Tobacco control already become one of the important public health work in Macao

24 Nov 2006: Establish the **First Smoking Cessation Clinic** in Hac Sa Wan Health Center





Service Objects

Any Macau smoking citizens if they
have will to gives up smoking



Content of Service

Smoking Cessation Health Talk

Assessment

- Nicotine dependence level
- Carbon Monoxide level, body weight, BP, etc

Counseling-- Behavior intervention

- 4 sessions in the first 3 months

Nicotine Replacement Therapy (NRT)

- Gum, Patch

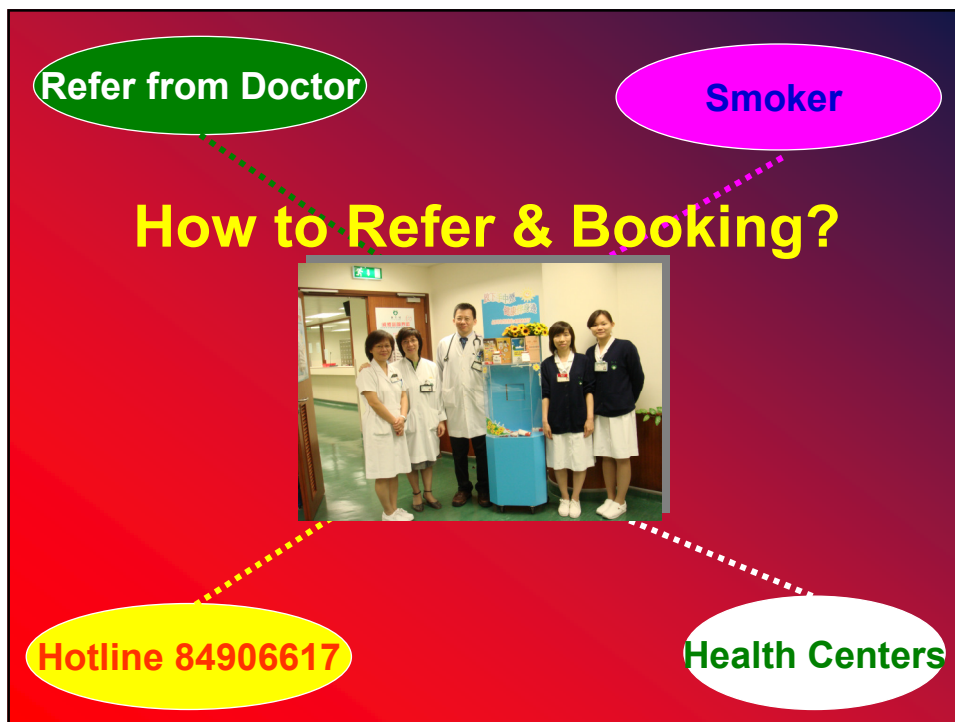
Smoking Cessation Hotline



CONSULTA-EXTERNA DE DESABITUAÇÃO TABÁGICA



Smoking Cessation Hotline 84906617



Many Smokers Would Like to Quit

In HK, 34.7% Smoker try to quit smoke, but failure

Smoking Cessation “It is easy to know but difficult to practice” 戒煙是知易行難

?

?

?

?

?



Quit Method

Succeed in smoking cessation, not only have to manage the nicotine craving, and also have to modify the behavior and life-type

Clinic provide Counseling to quitters & NRT will be prescribed to smoker if necessary

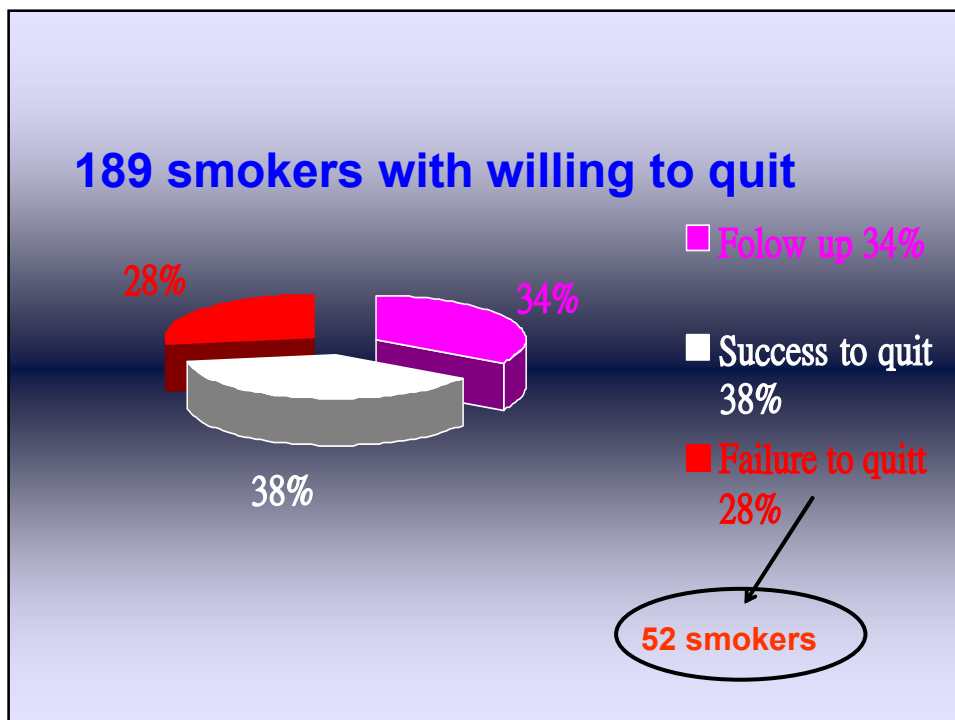


Initial Assessment



- General health status
- BW, BP, High, BMI
- History of smoking
- Nicotine dependence degree
- Carbon monoxide measurement
- Smoking cessation health talk
- Stage of change, determined, confidence
- Willing to quit
- Set a quit date





52 smoker (28%) failure to quit smoking

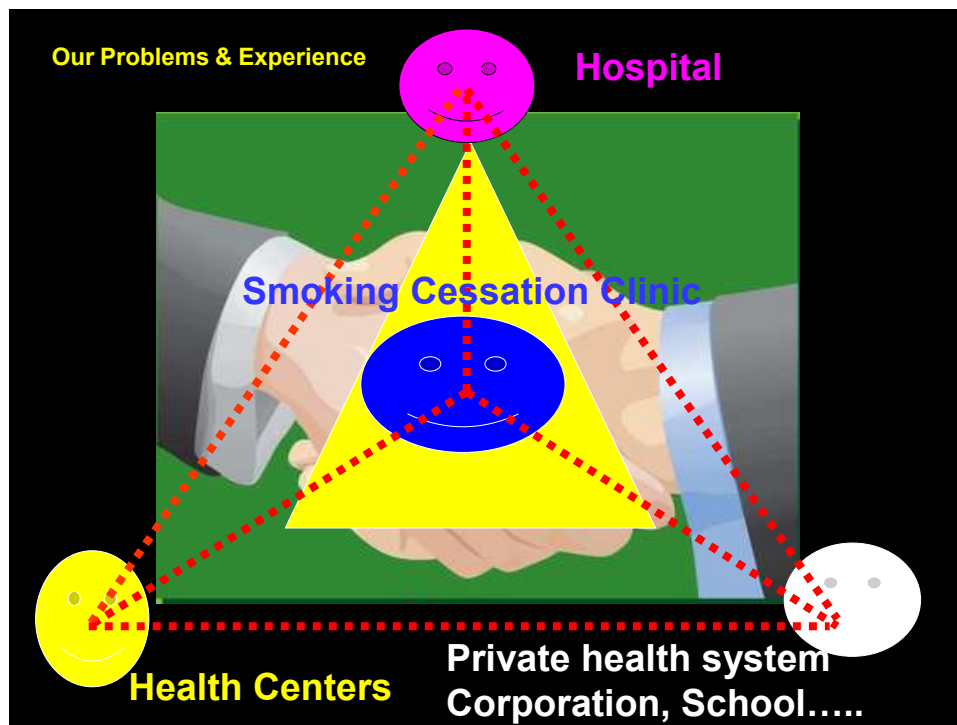
Failed reason ?

- 73% No enough determination
- 15.3% Psychological reason
nervous, mood is bad, pressure
- 7.6% Influenced by friend
- 4.1% Refresh

We need to promote the counselor's counseling skill, special in psychological field

4. Our Problems & Experience





Advertisement Propaganda Education

Medical Personnel:

Doctor does not pay attention to patient's smoking problems ?

ask whether the patient smokes and note it on the patient record

assess

advise of the dangers

assist those patients who are ready to try to give up

arrange a follow-up visit

Doctor does not know what resources can help patients to quite smoking ?

(ICPC) International Classification of Primary Care 2. nd. Edition.
Wonca International Classification Committee

Tobacco abuse ICPC code : P17
1 Dec 2006 - 31 May 2007

Health Center	OPD Numbers	ICPC: P17 Numbers
Fai Chi Kei	108055	227
Hac Sa Wan	109225	224
Hoi Pong	38749	222
Fong Son Tong	46700	78
Tap Seac	75128	6
Taipa	79788	0
Total OPD numbers	457,645	757

Total doctors: 84

60% doctors (50 doctors): Without any P17 ICPC record

Advertisement Propaganda Education

Medical Personnel:

Doctor does not pay attention to patient's smoking problems

ask whether the patient smokes and note it on the patient record

assess

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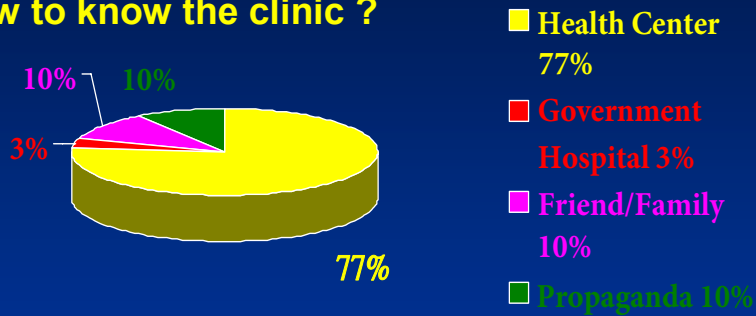
arrange a follow-up visit

Doctor does not know what resources can help smoker to quite

Consult number of people in Smoking Cessation Clinic
: 270 people

Advertisement is not enough !

How to know the clinic ?



Private clinic? School?

Corporation ? Private hospital ?

- **One misperception by clinicians & smokers** is “all smokers can quit smoking, if they are just motivated enough”
- **Smoking cessation treatment** doubles or triples quit rates
- **Smoking cessation treatment** is the “gold standard” of cost-effective treatments

J Gen Intern Med. 2003 December; 18(12): 1053-1057. doi: 10.1111/j.1525-1497.2003.20640.x.PMCID: PMC1494968 Copyright 2003 by the Society of General Internal Medicine
Motivating and Helping Smokers to Stop Smoking

Advertisement Propaganda Education

Smoker

Smoker not really understand the tobacco
how to effect their health and how to effect
their real life

Part smokers they have misperception
about quite smoking

The smoker do not know where can help
them to quite smoking

Jerry, 60 ys Male, COPD, Smoke 1 Pack /qd

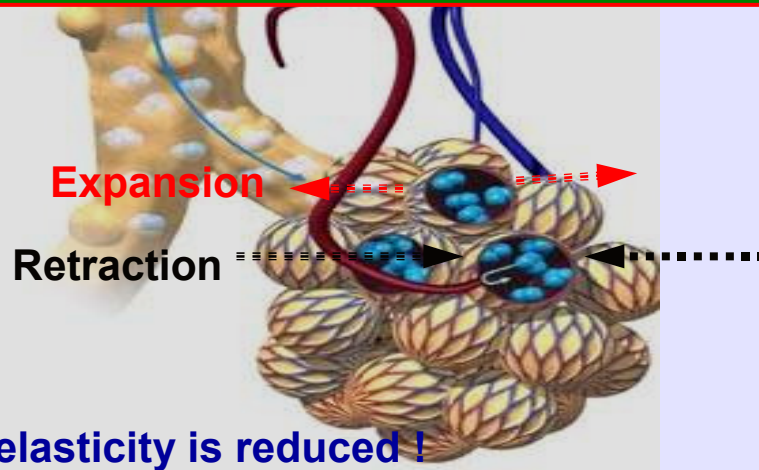
Doctor : Jerry, do you know tobacco can
harm your health?

Smoker: Yes, I do.

Doctor : Jerry, please tell me how does
the tobacco influence your
health ?

Smoker: Actually, I do not know....

**We need explain to patient clearly how tobacco
endanger their healthy and their real life !!**



Advertisement Propaganda Education

Smoker

**Smoker not really know the tobacco how to
effect their health and how to effect their
real life**

**Part smokers they have misperception
about quite smoking**

**The smoker do not know where can help
them to quite smoking**

Smoker: I am afraid to quit smoking, because someone said my health will become bad or get cancer if quit smoking.



Advertisement Propaganda Education

Smoker

Smoker not really know the tobacco how to effect their health and how to effect their real life

Part smokers they have wrong concept about quite smoking


The smoker do not know where can help them to quite smoking

CA LIC. # 23POI4U203		Family Physician Medical Group Inc.		245290WUFCSD
8232 Garvey Avenue, Suite 107 , Rosemead, CA 91770				
TEL: (800) 518-9505 FAX:				
PATIENT NAME:	THOMAS BOOK	DOB:	12/01/1976	
ADDRESS:		DATE:	03/22/2004	

R_x

ADVAIR dosage : 100/50 - 1 Puff BID : 01 , Refill: 02

TAGAMET dosage : 400 mg - 1 Tab BID : 60 TBS



, MD

John Doe MD

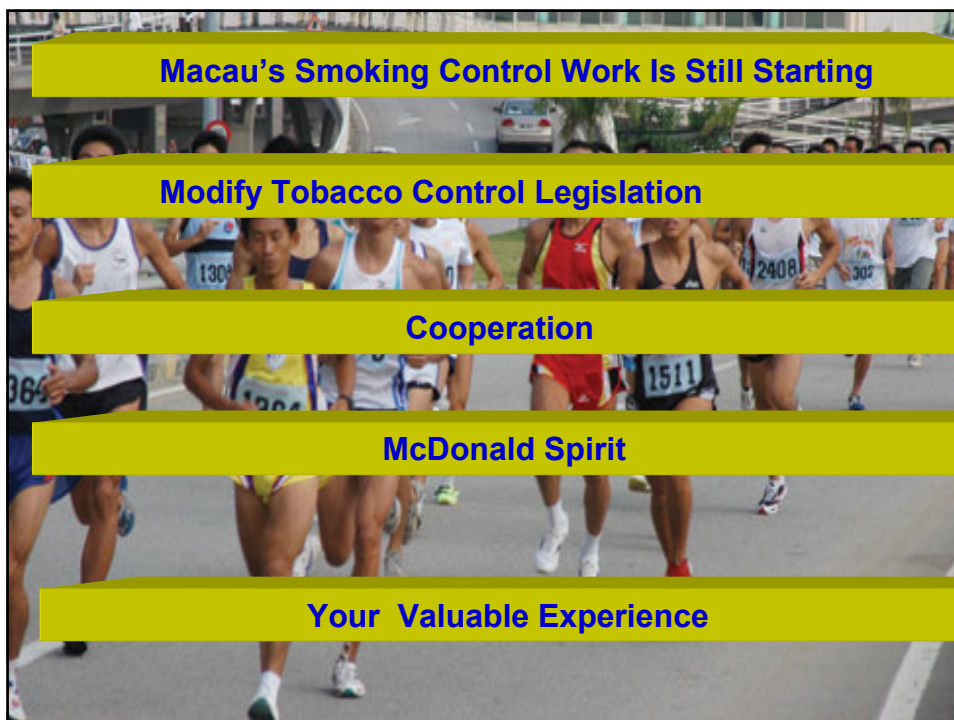
☐ LABEL
 ☐ DO NOT SUBSTITUTE

Smoking Cessation Clinic can Help you to quit smoking

Quitline: 84906617







Reference

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http://www.tco.gov.hk/english/health/health_ht_02.html
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- U.S. Department of Health and Human Services. "The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General", 2006;
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- WHO International Agency for Research on Cancer "Tobacco Smoke and Involuntary Smoking" IARC Monographs on the Evaluation of Carcinogenic Risks to Humans, Vol. 83, 2002
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THANK YOU FOR LISTENING
Welcome to Macao

澳門衛生局戒煙諮詢門診
CONSULTA-EXTERNA DE DESABITUAÇÃO TABAGICA

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