

## More needs to be done to regulate E- cigarette and Heated Tobacco Products

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### Introduction :

In 2013, UCNCHS initiated one-stop smoking cessation service as an intervention to raise awareness of the harmful effects of smoking, promote cessation, provide treatment for nicotine addiction and reduce smoking prevalence amongst Ethnic Minorities and New Immigrants.

The smoking prevalence in Hong Kong is 10.2%. However alternative smoking products (ASPs), such as heated tobacco products (HTPs) and e-cigarettes, gaining popularity swiftly around the world, particularly amongst youngsters who had never smoked.

### Objectives:

- \*To raise awareness of alternative smoking products (ASPs)
- \*To raise awareness of harmful effects of E - cigarettes and heated tobacco products (HTPs)

### Methods:

- \*A baseline assessment with structured questionnaire was conducted for each of the cases, followed by counselling with informed choices of treatment.
- \*Information regarding their smoking history, habits, including smoking other form of tobacco was gathered.
- \*Their smoking behaviour was assessed according to the type of tobacco products used.

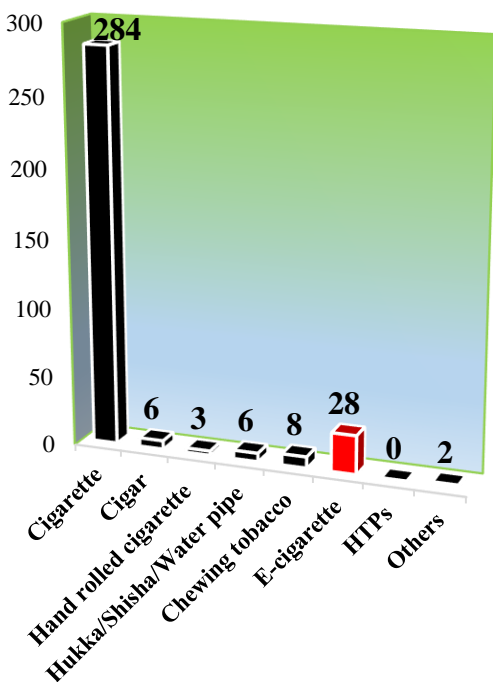
### Results:

From 1st April 2018 to 31st March 2019, of 336 smokers who attended UCN smoking cessation clinic 8.3% (28/336) were also smoking e-cigarettes. From 1st April 2019 to 31st March 2020, of the 349 smokers who attended the clinic 8% (29/349) were smoking E - cigarettes and 2% (6/349) HTPs. Thus there was increase in uptake of alternative smoking products.

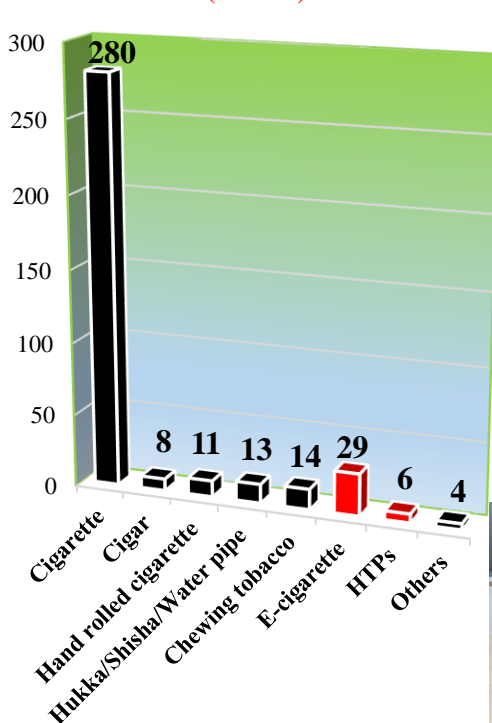
### Conclusions:

Generally promotion of smoking cessation is done in the form of motivating smoker to quit traditional cigarettes and stringent measures are being taken to ban smoking. According to the Thematic Household Survey (report No. 70) by Census and Statistics Department in 2020, there were about 652000 daily smokers in Hong Kong, 2% daily smokers consumed heated tobacco produces and 1.1% daily smokers consumed E - cigarettes. However our finding indicates that uptake of alternative form of smoking products might be much higher. Thus more measures needs to be taken, to deter people from taking up alternative smoking products including E – cigarette, HTPs.

**Tobacco Products Used by Clients data from April 2018- March 2019 (N = 336)**



**Tobacco Products Used by Clients from April 2019- March 2020 (N=349)**



### Photo glimpse :

Community and school based campaigns and health Talk regarding tobacco products including E- cigarettes and HTPs