

KNOWLEDGE OF QUIT METHODS AMONGST THE ETHNIC MINORITIES IN HONG KONG

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INTRODUCTION

Hong Kong is a home to multi-ethnic population, with about 8% being non-Chinese and in past 10 yrs this group of population is growing, thus there is a need for health promotion and interventions which is inclusive for them, as often people from such ethnic minority community fall off the healthcare safety net. The United Christian Nethersole Community Health Service started the Smoking Cessation Programme for Ethnic Minorities and New Immigrants in 2013, to fill the smoking cessation service gap amongst this community. Immigrants.

OBJECTIVES

To promote a one-stop service of smoking cessation among the Ethnic minorities groups and New Immigrants To provide smoking cessation service, which addresses the specific needs, in particular the language and cultural differences of Ethnic Minority groups.

METHODS

- Community based outreach with multilingual educational leaflets
- Structured baseline questionnaire assessment.
- Clinic based counselling and pharmacological treatment (NRT and Champix)

RESULTS

From 1st April 2019 –31st March 2020, during outreach sessions 308 active Ethnic Minorities smokers were identified , further to which 118 attended UCN smoking cessation clinic. During assessment, it was identified that 69 (58%) of them did not know about quit methods, though 57 (48%) of them had attempted to quit through various methods (53% used cold turkey, 21% gradually decreased, 4% through peer counselling , 12% over the counter NRT), only 4 (7%) of them had used NRT from smoking cessation service clinic.

Photo 1
Outreach



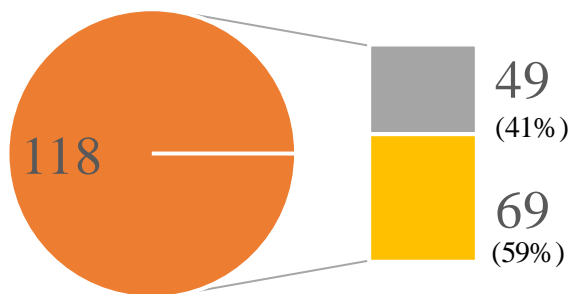
Photo 2
Clinic Based
Counselling



Table 1: Knowledge of Quit Methods among Ethnic Minorities

Quit Method	Total Case = 57	Percentage %
Cold Turkey	30	53
Gradually Decreased	12	21
Peer Counselling	2	4
Over the counter NRT	6	11
NRT	4	7

Figure 1: Proportion of Knowledge of Quit Methods among Ethnic Minorities



- Know about Quit Methods
- Don't know about Quit Methods

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