

# PREVALENCE OF HOUSEHOLD PASSIVE SMOKING EXPOSURE IN HONG KONG

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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.

## OBJECTIVES

- To raise awareness on second hand smoking in Hong Kong.
- Designing strategies to reduce exposure of second hand smoke in small housing flats in Hong Kong
- To propose tailor-made interventions for the creating a smoke free-living environment at home.

## METHODS

- A comprehensive intake assessment with structured questionnaire was conducted.
- Information regarding their smoking history, habits, including smoking at home were gathered

## RESULTS

From 1st April 2017 to 31st March 2019, 617 smokers including locals, NI (457) and EM (160) attended UCN smoking cessation clinic. Amongst them 493(80%) responded “yes” to smoking in confines of their home. It was identified that 383(84%) of Chinese, 9(50%) of Indian, 40(59%) of Nepalese and 42(79%) Pakistani and 19(90%) others (Bangladeshi, Sri Lankan and some Europeans) smoke indoors.

Ethnicity	Total Case Intake N= 617	Indoor Smokers	%
<b>Chinese (Locals and NI)</b>	<b>457</b>	<b>383</b>	<b>84%</b>
<b>Ethnic Minority</b>	<b>160</b>	<b>110</b>	<b>69%</b>
Indian	18	9	50%
Nepalese	68	40	59%
Pakistani	53	42	79%
Others	21	19	90%

## CONCLUSION

The ubiquitousness of tobacco smoke makes exposure unavoidable. Reducing exposure to tobacco smoke in domestic environment, bearing in mind the multi-unit residential buildings or the small shoebox homes in Hong Kong, should be a paramount public health priority. There is a lack of awareness regarding second hand smoking and many of those we assess assume that smoking in toilet is not considered as smoking at home. Formulating smoking cessation programmes targeting smoking at home should be introduced. Family counselling sessions through the smoking cessation programmes, health talks and self-help materials are needed in various languages in order to improve knowledge, skill, attitude and behaviors concerning involuntary passive smoking in domestic environment.

Figure 1: Prevalence of domestic indoor smoking April 2017-March 2019

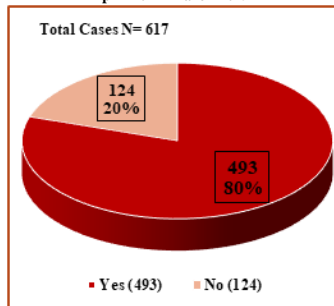


Figure 2: Gender distribution of indoors smokers

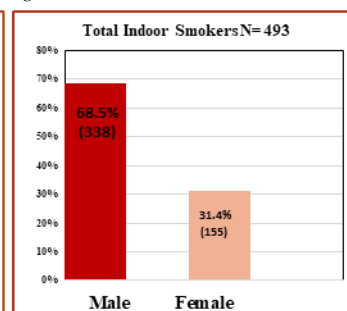
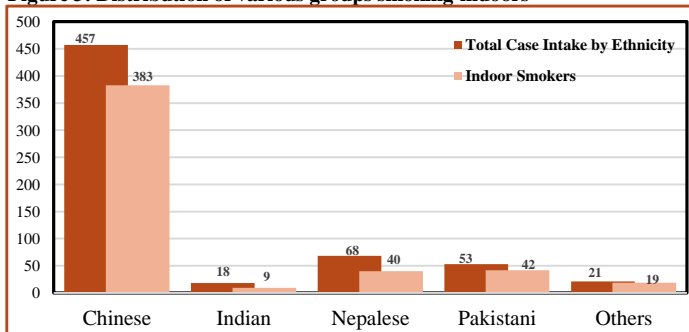


Figure 3: Distribution of various groups smoking indoors



### Glimpse from the Programme.



## ACKNOWLEDGEMENT

