



香港大學學生會醫學會
香港中文大學學生會醫學院院會



通過法案莫遲疑 禁止煙草待何時

香港醫學生關於《2019 年吸煙（公眾衛生）（修訂）條例草案》之聯合聲明

由香港大學學生會醫學會及香港中文大學學生會醫學院院會共同發出

香港政府已於二零一九年二月二十日向立法會提交《2019 年吸煙（公眾衛生）（修訂）條例草案》。此聲明旨在呼籲各位立法會議員盡快通過該項條例草案，禁絕電子煙、加熱非燃燒煙草產品及草本煙，並藉此強調另類吸煙產品確實危害社會。

另類吸煙產品最明顯的危害莫過於其帶來的健康隱憂。多項研究證明，此類產品可引致心血管及呼吸系統疾病，甚至誘發癌症^{1,2,3}。以上後果甚至會藉由二手煙，禍及普羅大眾⁴。

坊間謠傳另類吸煙產品能助煙民戒煙，惟有多份載於公共衛生醫學期刊的研究指出，另類吸煙產品並無此等效用^{5,6}。此外，現行法例容許青少年輕易購入另類吸煙產品，加上另類吸煙產品包裝甚為講究，使其吸引力大增。以電子煙為例，有些青少年不了解電子煙對人體的損害，甚至誤以為電子煙較傳統煙安全，便容易墮入陷阱。另外，不少年輕人因為接觸另類吸煙產品，繼而轉食傳統煙，亦即「門戶效應」⁷。所以，另類吸煙產品不但無助戒煙，更會使吸煙在年輕人群中變得普及。

有人質疑，「一刀切」同步禁絕所有另類吸煙產品的做法欠缺充分理據支持。惟世界衛生組織早已指出，所有形式的煙草使用都對人體有害^{8,9}，當中自然包括條例草案中的三種煙草產品。此外，近年來的相關研究不斷增加，令國際社會意識到此類產品對公共衛生的危害。

考慮到另類吸煙產帶來的健康問題以及其發展尚未成熟，我們建議政府防微杜漸，以免禍延全港市民，尤其是作為未來社會棟樑的年輕一代。我們殷切期待條例草案通過後，香港能趕上全球其他三十個司法管轄區的步伐¹⁰，免受電子煙等產品帶來的健康風險困擾。

作為香港未來的醫學專才，我們有責任協助社會認識各類公眾衛生議題。另類吸煙產品的去留關乎每一位市民的健康，因此我們決意全力支持政府，敦促全體立法會議員支持條例草案。然而，我們希望有關當局能更具魄力，處理有關政策時同等看待所有吸煙產品—透過研究全面禁止傳統煙草產品，展現政府對照顧市民健康的長遠承擔。我們期待與各位醫療界同袍、政府以及全體市民一同努力，為實現無煙城市奮鬥¹¹。

二零一九年四月八日



Medical Society, the Hong Kong University Students' Union
Medical Society, the Student Union of The Chinese University of Hong Kong



8th April, 2019

Joint Statement on the Smoking (Public Health) (Amendment) Bill 2019
by Hong Kong Medical Students

Issued Jointly by Medical Societies of HKUSU and CUSU

The “Smoking (Public Health) (Amendment) Bill 2019” was introduced by the HKSAR Government into the Legislative Council on 20th February, 2019. This statement serves to urge legislators to pass this Amendment Bill to ban electronic cigarettes, heat-not-burn products and herbal cigarettes as soon as possible, as well as to highlight the adverse effects brought about by alternative smoking products.

The detrimental effects on health are the most apparent downsides of alternative smoking products. Their health hazards include cardiovascular and respiratory diseases, along with various forms of cancer as demonstrated by numerous studies ^{1,2,3}. It is important to emphasise that these effects extend to the non-smoking population as well, making this a community-wide issue ⁴.

In addition, contrary to common belief, alternative smoking products cannot in fact facilitate smoking cessation, as evidenced by multiple authoritative studies ^{5,6}. Alternative smoking products such as electronic cigarettes are easily accessible by teenagers and marketed extensively through the use of attractive packaging; they appeal predominantly to youngsters who are oblivious of their negative health effects or falsely regard them as safer alternatives. This leads to the alarming trend of consumption of alternative smoking products among younger age groups, which subsequently causes an increased consumption of conventional cigarettes via the well-researched “gateway effect” ⁷. Therefore, it is safe to conclude that alternative smoking products cannot fulfil their advertised roles in smoking cessation, but instead exacerbate the smoking epidemic in our younger population.

Many question the evidence supporting the ban of all alternative smoking products, but the WHO has pointed out “all forms of tobacco use are harmful” ^{8,9}. As more and more research on these products has been conducted, the international community is becoming increasingly informed of the deleterious health effects of these commodities.

In view of the greater health problems that arise from the consumption of alternative smoking products, and their currently immature development, we advise the government to nip it in the bud to protect all citizens of the city, especially the younger generations that are the future pillars of Hong Kong. We anticipate the elimination of such products through the passing of the Amendment Bill, bringing Hong Kong on par with the thirty other jurisdictions in the world that have already imposed bans on electronic cigarettes ¹⁰.

As future healthcare professionals in Hong Kong, we bear the responsibility of raising awareness for issues concerning public health. In light of the looming threat of smoking to public health, we are strongly in favour of the Amendment Bill. In the long run, we hope to see the HKSAR Government assess the feasibility of imposing a total ban on tobacco sales in Hong Kong, thus further driving our society towards the ultimate goal of “Tobacco Endgame” ¹¹. We look forward to joining forces with medical professionals, the Government, and all members of the public in building a smoke-free city.

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