

Clerk to Panel on Health Services  
Legislative Council Secretariat  
Legislative Council Complex  
1 Legislative Council Road  
Central, Hong Kong

5<sup>th</sup> April 2019

Dear Sir/Madam;

**Re: Oral Presentation for Total Ban of E Cigarettes**

My name is Asma Batool and I am Pakistani by origin, I work in a health care sector. My husband is a sports man, I have 3 kids young children aged 7 and 12, we have a very healthy environment at home.

My parents came to Hong Kong in 2015, my father is 72 years old . I am aware that my parents are health conscious too , except that my had been smoking for more than 55 years. He had thought of smoking but had difficulty and had no support.

One day in 2017, my younger son who was 5 yrs old followed him in the corridor and caught him smoking and after that, both come back. Then my son said‘ My father is a good man he never smoke but my nana (grandfather) is not a good man he smokes and I can feel smell, my father just smiled and he hugged my son and promised him to quit. I immediately contacted smoking cessation program staff of United Christian Nethersole Community Health Centre, to assist my father to quit smoking. My father followed all the procedures. All of my family supported him and he quit successfully after 4-6 months. He is smoke free as of today . After quitting, he has changes in his health, before he was complaining of acidity, anorexia, and coughing, all the symptoms have subsided. He also says that he can taste the food better. I can observe that even his skin is glowing

My whole family is happy and proud, that even at this age and despite of smoking for over 55 years, he was able to quit. Thus, I believe that when there is a support it’s never too late. Now my children have role model of healthy lifestyle, their father and even grandfather have been adopting healthy lifestyle. I wish they will continue and I will try my to provide this environment to my family and children. I am thankful for the smoking cessation service, of United Christian Community Health Service, subvented by the Tobacco and Alcohol Control office.

However, I am concerned about the outside environment as I can still see many young people smoking and now a days the fancy looking E cigarette. I believe unless and until there is total ban on all forms of alternative products such as E cigarettes and heat not burn products, those smoking the tradition cigarette will switch to this fancy looking E cigarette and young people may start of smoking because it looks attractive. There is no evidence that E cigarette is safe.

Therefore, it will not be possible to end the smoking epidemic and consequently increasing prevalence of chronic diseases and cancer, which are result of tobacco consumption.

Therefore, I urge the government to take a bold step and implement stick measures to safeguard our health.

For, the shake of my family, children and for the parents who have young children growing in Hong Kong , I pledge the Hong Kong government to implement total ban on all form of alternative tobacco products , E cigarette and heat not burn product.

Thank you very much.

For any further questions related to my submission, please feel free to contact me at 2344 3019

Asma Batool  
Community Health Officer  
United Christian Nether sole Community health Service  
Wo Lok ,Kwun Tong , Kowloon