

香港大學 The University of Hong Kong

培育年青戒煙大使 推展無煙城市

香港大學一直致力推廣無煙環境，培養年青一代的無煙意識，為香港推展無煙城市奠定重要基礎。香港大學護理學課程博士總監王文炳教授指：「香港大學職員和學生人數眾多，校園佔地廣闊，現時絕大部分的校園範圍都全面禁煙，希望能夠提供一個舒適的教學園地予學生和教職員。此外，我們身為教育機構，在年輕人及公眾的教育上責無旁貸，必須讓大眾知道吸煙的禍害及戒煙的好處，我們更會在政策倡議上提供專業意見，展示健康無煙世代和無煙社會的理想面貌。」

為進一步預防青少年吸煙，以及降低市民大眾的吸煙率，醫療保健處早年成立「戒煙研究組」，專責舉辦不同的活動和工作坊推廣無煙文化包括宣傳攤位、戒煙服務等。護理學院亦設立了青少年戒煙熱線及女性戒煙熱線，當中女性戒煙熱線專為社會上資源較缺乏及關注度較低的婦女而設，亦積極與女性職員較多的企業合作，由2019年至2022年期間，港大的戒煙熱線每年成功協助約700名吸煙人士戒煙。此外，自2005年起，戒煙研究組開始培養中學生和大學生成為戒煙大使，提供相應的戒煙資訊課程，至今超過650名學生完成訓練，其中包括護理學院及醫學院學生，將來有助於他們在臨床上勸喻吸煙病患進行戒煙療程。



Nurturing Young Smoking Cessation Ambassadors

The University of Hong Kong (HKU) is committed to promoting a smoke-free environment and fostering smoke-free awareness among the youth, laying an important foundation for Hong Kong to become a smoke-free city. "As an educational institution, we are duty-bound to educate our younger generation and the public about the harmful effects of smoking and the benefits of quitting, and to provide professional advice on policy advocacy to demonstrate the ideal of a healthy, smoke-free Hong Kong." said Prof Kelvin WANG Man-ping, Director, Doctor of Nursing Programme.

The School of Nursing has set up HKU Youth Quitline and HKU Women Quit. The University Health Service also organized various activities and workshops to promote the smoke-free culture. They have also started training secondary school and university students to become Smoking Cessation Ambassadors and to provide them with relevant knowledge, more than 650 students have completed the training so far.



▲香港大學醫療保健處早年成立「戒煙研究組」，專責舉辦不同的活動和工作坊推廣無煙文化。The University Health Service organized various activities and workshops to promote the smoke-free culture.