



# Smoke-free Catering Force

[www.smokefree.hk/catering](http://www.smokefree.hk/catering)

## Organizer



## Supporting Organizations



香港專業廚師總會  
Hong Kong Professional Chefs General Union



香港餐務管理協會  
THE ASSOCIATION FOR HONG KONG  
CATERING SERVICES MANAGEMENT LTD.



## Hong Kong and catering industry smoking prevalence

The percentage of daily cigarette smokers aged 15 and above in Hong Kong was 10.5%, equivalent to around 641,300 people<sup>1</sup>. There are around 7,000 people died of tobacco annually in Hong Kong and 1,324 of them are non-smokers. Besides, a number of medical researches show that one in every two smokers will die early from smoking<sup>2</sup>.

The catering industry in Hong Kong has over 240,000 labour force. According to the survey conducted by the Occupational Safety and Health Council on the occupational safety and health conditions in Chinese restaurants, **nearly half (48.5%) of kitchen staff<sup>3</sup> and 28.1% of floor staff<sup>4</sup> in Chinese restaurants smoked regularly**. To protect the health of catering employees and the public, Hong Kong Council on Smoking and Health “COSH”, with full support of different industry associations, organizes the “Smoke-free Catering Force” programme with the aims to encourage smokers in the industry to kick the habit and boost the participation of the industry in promoting smoke-free messages to their employees, customers, the general public and other stakeholders.

Under the Smoking (Public Health) Ordinance (Cap. 371), **indoor areas of all restaurant premises are designated as no smoking areas**. No person shall smoke or carry a lighted cigarette, cigar or pipe in designated no smoking areas, or else will be liable to a fixed penalty of \$1,500<sup>5</sup>.

The Ordinance also empowers the manager of a no smoking area to enforce the relevant law to ensure no person shall smoke in the premises he manages. If the manager finds anyone smoking in a no smoking area, the manager may

- request the smoker to extinguish the lighted cigarette, cigar, or pipe.
- request the smoker to leave the no smoking area.
- call for police assistance when necessary, if the smoker refuses to cease smoking or refuses to leave the no smoking area, despite the manager's request.

1 HKSAR Census and Statistics Department, Thematic Household Survey Report No.59. Hong Kong SAR Government (2016).

2 Peto, R., Lopez, A. D. & Boreham, J. (1994). Mortality from Smoking in Developed Countries, 1950–2000. Oxford: Oxford University Press.

3 Survey on Occupational Safety and Health Conditions of Kitchen Work in Chinese Restaurants (2000), Occupational Safety and Health Council.

4 Survey on Occupational Safety and Health Issues among Floor Staff of Chinese Restaurants (2002), Occupational Safety and Health Council.

5 Fixed Penalty (Smoking Offences) Ordinance (Cap. 600), Hong Kong SAR Government

Smoking is not only harmful to smokers, but also damages the health of others who expose to the secondhand and third-hand smoke. Toxic residuals of third-hand smoke can persist for weeks and even for months, ventilating a kitchen by using fans is not sufficient to rid the third-hand smoke. Catering staff who has smoking habit may affect productivity and working performance, bringing negative impacts on the occupational safety, food quality and hygiene of the restaurants.



## Benefits of smoking cessation



Prevent cigarette ashes from contaminating the dishes. Improve food hygiene



Protect the occupational safety and health of catering staff and enhance efficiency



Improve the senses of taste and smell and make food taste better



Remove tobacco stink can attract more customers



No more stains on teeth or nails and improve industry image



Reduce health risks and save money for a healthy family



## Sharing of Smoke-free Catering Ambassadors



**LO Pui-wah**

**Chef and floor staff in Chinese restaurant for over 30 years; smoked for 38 years; quitted in 2010**

“When I was a teenager, I thought smoking was cool and the only way to socialize with my co-workers, so I started to smoke. Actually, tobacco adversely affects the senses of taste and smell which are crucial to a chef. That's why the dishes I cook taste better after I quitted smoking.”



**CHAI Ming-chun**

**Western chef for over 10 years; smoked for 18 years; quitted in 2015**

“I used to smoke during breaks which made my hands and body stink and I had to avoid touching fresh ingredients. Smoking will also affect customers' impression on the restaurant and food quality. With strong determination and support from family, you could quit smoking and fight against the temptations.”



## Smoking cessation pledge form

Act now to kick the smoking habit! Please fill in the form and send to Hong Kong Council on Smoking and Health by fax (2575 3966) or email ([project@cosh.org.hk](mailto:project@cosh.org.hk)) for smoking cessation service referral and follow up.

☒ I pledge to quit smoking starting from \_\_\_\_\_ (DD/MM/YY)  
and agreed to be referred to the following smoking cessation  
service provider for follow up. (Please choose one only)

☐ Integrated Smoking Cessation  
Hotline of the Department of  
Health

☐ Pok Oi Hospital Free Smoking  
Cessation Service using  
Traditional Chinese Medicine

☐ Tung Wah Group of Hospitals  
Integrated Centre on Smoking  
Cessation

☐ HKU Women Quit

Name : \_\_\_\_\_ Gender : ☐ Male ☐ Female

Telephone no. : \_\_\_\_\_

Email address : \_\_\_\_\_

### Declaration:

- I hereby declare that I am a smoker and agree to accept smoking cessation service referral.
- I understand that any personal information collected will be used by Hong Kong Council on Smoking and Health for referral to the selected smoking cessation service only.
- I hereby declare that the information provided is true and correct to the best of my knowledge.
- In case there are any disputes, Hong Kong Council on Smoking and Health reserves the right to make the final decision.

Signature : \_\_\_\_\_ Date : \_\_\_\_\_

### Personal data collection statement:

- Collected personal data will be used by Hong Kong Council on Smoking and Health for the smoking cessation service referral only.
- Participant has the right to access or correct the collected personal data by mailing to Hong Kong Council on Smoking and Health at "Unit 4402-03, 44/F, Hopewell Centre, 183 Queen's Road East, Wan Chai, Hong Kong".



# Smoking cessation services in Hong Kong

The Government subsidizes various organizations to provide different professional smoking cessation services to help smokers kick the habit.

## Integrated Smoking Cessation Hotline of the Department of Health

Quitline : 1833 183 (Press 1)



衛生署控煙辦公室  
Tobacco Control Office  
Department of Health



## Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation

Hotline : 1833 183 (Press 2) or 2332 8977

Website : <http://icsc.tungwahcsd.org>



## Hospital Authority's Smoking Counselling & Cessation Service

Hotline : 1833 183 (Press 3) or 2300 7272

Website : [www.ha.org.hk/goto/sccp](http://www.ha.org.hk/goto/sccp)



醫院管理局  
HOSPITAL  
AUTHORITY

## Pok Oi Hospital Free Smoking Cessation Service using Traditional Chinese Medicine

Hotline : 1833 183 (Press 4) or 2607 1222

Website : [www.pokoi.org.hk](http://www.pokoi.org.hk)



## HKU Women Quit

Hotline : 3917 2692 / 6752 6266

Website : [www.wquit.hku.hk](http://www.wquit.hku.hk)



SCHOOL OF NURSING  
LI KA SHING FACULTY OF MEDICINE  
THE UNIVERSITY OF HONG KONG  
*Vision to Lead Mission to Serve*

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## Smoking Cessation Program in Workplace by The Lok Sin Tong Benevolent Society, Kowloon

Hotline : 2272 9890

Website : [www.scpw.hk](http://www.scpw.hk)





## Quit tips

### Urge to smoke?



Drink more water, eat some fruits or healthy snacks will help defeat your urge to smoke

### Look for a cigarette?



Do some stretching exercises with stress balls or towels to divert your attention on the urge

### Stressful?



Wash your face or talk to others in order to let yourself 'cool down'

### Bored?



Develop new interests or hobbies during breaks, such as listening to radio, music or take a short break to distract triggers

### Craving for smoking?



Slow down your action, count one to ten and recall your reasons of quitting to overcome the cravings

### Nervous?



Relieve stress and regain concentration by taking a deep breath slowly

### Lack of motivation?



Inform your family and colleagues that you are quitting smoking and ask for their support and encouragement

### Helpless?



Seek medical advices or assistance from smoking cessation services providers (Quitline: 1833 183)



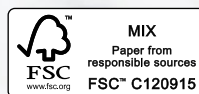
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