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Feature Article

吸煙情況

Pattern of Smoking

吸煙情況 Pattern of Smoking

政府統計處於 2017 年 6 月至 9 月期間，進行了一項有關香港 15 歲及以上人士吸煙情況的「主題性住戶統計調查」，搜集吸煙人士的數目及其吸煙情況等資料。本文概述這項統計調查的主要結果。

The Census and Statistics Department conducted a Thematic Household Survey on the pattern of smoking of the Hong Kong population aged 15 and over during June to September 2017 to collect information on the number of smokers and their smoking pattern. This article briefly describes the major findings of the survey.

如對本文有任何查詢，請聯絡政府統計處社會統計調查組
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吸煙情況

Pattern of Smoking

1. 引言

1.1 政府統計處於 2017 年 6 月至 9 月期間，進行了一項有關香港 15 歲及以上人士吸煙情況的「主題性住戶統計調查」，搜集吸煙人士的數目及其吸煙情況等資料。

1.2 是項統計調查的詳細結果已於 2018 年 3 月透過《主題性住戶統計調查第 64 號報告書》發布。本文概述這項統計調查的主要結果，並在適當情況下把這些結果與以往曾進行的類似統計調查的結果作比較。

2. 概念及定義

2.1 本文中使用的�主要名詞採用以下的定義：

- 「吸煙」指吸食各類煙草及相關產品，包括香煙、雪茄、手捲煙、水煙、用煙斗吸煙及電子煙。
- 「現時有吸煙的人士」指在統計時有吸煙習慣的人士（不論他們所吸食的煙草或相關產品的種類及吸煙情況）。
- 「習慣每日吸食香煙的人士」指在統計時有每日吸食香煙習慣的人士（雖然他們可能因生病或其他原因而在某些日子沒有吸煙）。
- 「以前習慣每日吸食香煙的人士」指曾經持續至少 6 個月有每日吸食香煙的習慣，但在統計時已戒煙的人士。

1. Introduction

1.1 The Census and Statistics Department (C&SD) conducted a Thematic Household Survey (THS) on pattern of smoking of the Hong Kong population aged 15 and over during June to September 2017 to collect information on the number of smokers and their smoking pattern.

1.2 Detailed findings of the survey were released in the report entitled *Thematic Household Survey Report No. 64* published in March 2018. This article briefly describes the major findings of the survey. Comparison with the findings of similar surveys conducted in the past is also presented where applicable.

2. Concepts and definitions

2.1 The definitions of key terms used in this article are given below:

- “Smoking” refers to the smoking of all forms of tobacco and related products, including cigarette, cigar, hand rolled cigarette, water pipe, pipe-smoking and e-cigarette.
- “Current smokers” refer to those persons who had a smoking habit (regardless of the forms of tobacco or related products they consumed and their smoking pattern) at the time of enumeration.
- “Daily cigarette smokers” refer to those persons who had a daily cigarette smoking habit at the time of enumeration, although they might not smoke on certain days because of illness or other reasons.
- “Ex-daily cigarette smokers” refer to those persons who previously had a daily cigarette smoking habit for a continuous period of 6 months and more but had given it up at the time of enumeration.

3. 資料的局限

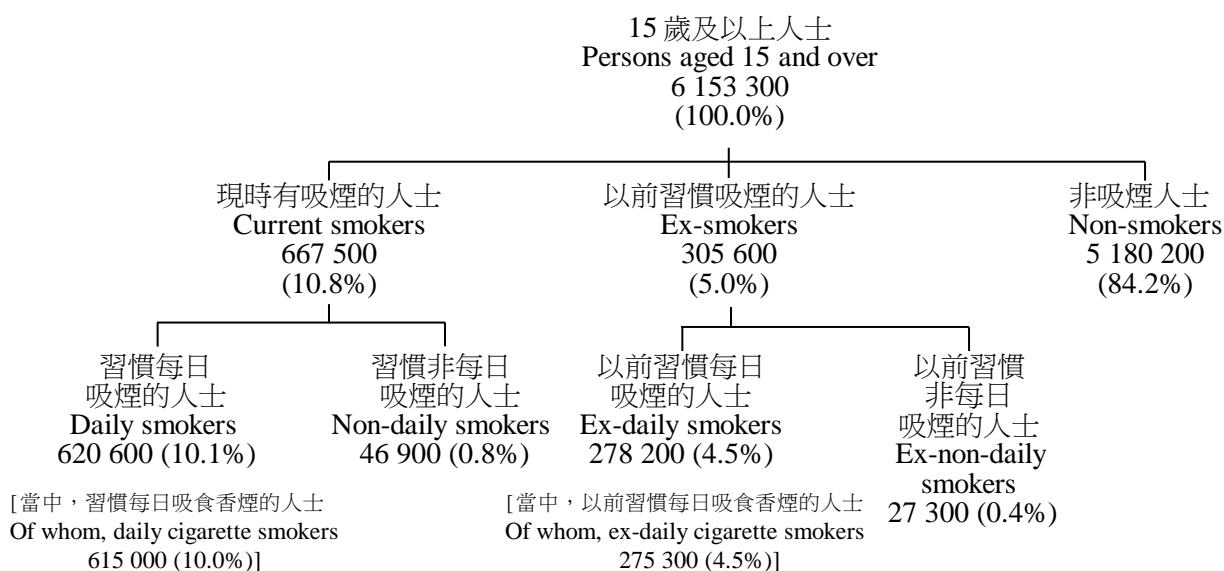
3.1 由於是項統計調查是在受訪者住所進行訪問，15 - 19 歲的年青吸煙人士可能傾向在其家人面前隱瞞其吸煙行為，以致該年齡組別的吸煙人士數目可能被低估。數據使用者對相關數字須小心闡析。

4. 吸煙人士的數目

4.1 在統計時有吸煙的人士約有 667 500 人，佔全香港所有 15 歲及以上人士的 10.8%。在該 667 500 名現時有吸煙的人士中，約 620 600 人（93.0%）為習慣每日吸煙的人士，而約 46 900 人（7.0%）為習慣非每日吸煙的人士。此外，約 278 200 人為以前習慣每日吸煙的人士，佔所有 15 歲及以上人士的 4.5%。（圖 1）

圖 1 吸煙人士（包括吸食各類煙草及相關產品）的分布

Chart 1 Distribution of smokers (including smoking of all forms of tobacco and related products)



註釋：由於四捨五入關係，個別數字加起來可能與總數不符。

3. Limitations

3.1 Young smokers aged 15 - 19 might have a tendency not to reveal their smoking behaviour in front of their family members during the interviews in a household setting. Thus, the number of smokers in this age group might be subject to under-reporting. Data users are reminded to interpret the related figures with caution.

4. Number of smokers

4.1 There were some 667 500 current smokers at the time of enumeration, accounting for 10.8% of all persons aged 15 and over in Hong Kong. Of those 667 500 current smokers, some 620 600 (93.0%) were daily smokers and some 46 900 (7.0%) were non-daily smokers. In addition, there were some 278 200 ex-daily smokers who previously had a daily smoking habit, representing 4.5% of all persons aged 15 and over. (Chart 1)

Note: Figures may not add up to total due to rounding.

每日吸食的煙草及相關產品種類

4.2 在該 620 600 名習慣每日吸煙的人士中，約 615 000 人為習慣每日吸食香煙的人士，約 5 700 人為習慣每日吸食電子煙的人士，而約 3 500 人為習慣每日吸食其他煙草產品（包括雪茄、手捲煙、水煙及用煙斗吸煙）的人士。該些人士中有部分會同時習慣吸食多於一類的煙草及相關產品。習慣每日吸食香煙的人士佔所有 15 歲及以上人士的 10.0%。

4.3 至於在該 278 200 名以前習慣每日吸煙的人士中，約 275 300 人為以前習慣每日吸食香煙的人士，而約 8 000 人為以前習慣每日吸食其他煙草產品的人士。有小部分人士（粗略估計少於 1 000 人）以前習慣每日吸食電子煙。以前習慣每日吸食香煙的人士佔所有 15 歲及以上人士的 4.5%。

與過往統計調查比較

4.4 習慣每日吸食香煙的人士的百分比在過去十多年間呈下降趨勢。在同期間，以前習慣每日吸食香煙的人士的相應百分比則維持在大約 3% 至 6%。（圖 2）

Form of tobacco and related products consumed daily

4.2 Of those 620 600 daily smokers, some 615 000 were daily cigarette smokers, some 5 700 were daily smokers who consumed e-cigarettes, and some 3 500 were daily smokers who consumed other forms of tobacco products (including cigar, hand rolled cigarette, water pipe and pipe-smoking). Those persons might have habits of consuming more than one form of tobacco and related products. Daily cigarette smokers accounted for 10.0% of all persons aged 15 and over.

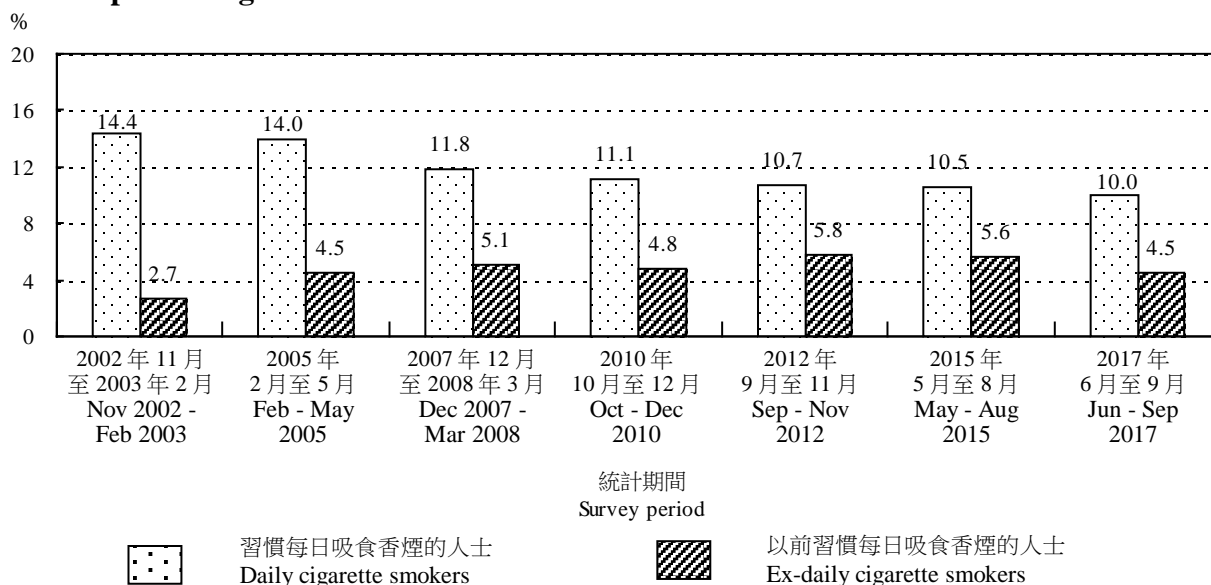
4.3 As regards those 278 200 ex-daily smokers, some 275 300 of them were ex-daily cigarette smokers and some 8 000 were ex-daily smokers who consumed other forms of tobacco products. A small number (crudely estimated to be less than 1 000) of ex-daily smokers consumed e-cigarettes. Ex-daily cigarette smokers accounted for 4.5% of all persons aged 15 and over.

Comparison with previous surveys

4.4 The percentage of daily cigarette smokers was on a decreasing trend over the past decade or so. The corresponding percentage of ex-daily cigarette smokers hovered around 3% to 6% over the period. (Chart 2)

圖 2 習慣每日吸食香煙的人士及以前習慣每日吸食香煙的人士佔所有 15 歲及以上人士的百分比

Chart 2 Percentages of daily cigarette smokers and ex-daily cigarette smokers among all persons aged 15 and over



4.5 進一步按性別分析習慣每日吸食香煙的人士的比率，顯示男性的比率由 2002/03 年的 26.1% 下跌至 2017 年的 18.1%；而女性的有關比率在這期間則大概維持在 3% 至 4%。（表 1）

4.5 Further analysing the rate of daily cigarette smokers by sex, it was noted that the rate for males decreased from 26.1% in 2002/03 to 18.1% in 2017; while the corresponding rate of the female counterpart maintained at around 3% to 4% during the period. (Table 1)

表 1 按性別劃分的習慣每日吸食香煙的 15 歲及以上人士數目
Table 1 Daily cigarette smokers aged 15 and over by sex

統計期間 Survey period	男性 Male		女性 Female		合計 Overall	
	人數 No. of persons (‘000)	比率 ⁽¹⁾ Rate ⁽¹⁾	人數 No. of persons (‘000)	比率 ⁽¹⁾ Rate ⁽¹⁾	人數 No. of persons (‘000)	比率 ⁽¹⁾ Rate ⁽¹⁾
2002 年 11 月至 2003 年 2 月 Nov 2002 - Feb 2003	710.5	26.1	107.8	3.6	818.2	14.4
2005 年 2 月至 5 月 Feb - May 2005	678.9	24.5	114.3	4.0	793.2	14.0
2007 年 12 月至 2008 年 3 月 Dec 2007 - Mar 2008	571.0	20.5	105.9	3.6	676.9	11.8
2010 年 10 月至 12 月 Oct - Dec 2010	565.3	19.9	91.6	3.0	657.0	11.1
2012 年 9 月至 11 月 Sep - Nov 2012	548.2	19.1	96.8	3.1	645.0	10.7
2015 年 5 月至 8 月 May - Aug 2015	538.3	18.6	103.0	3.2	641.3	10.5
2017 年 6 月至 9 月 Jun - Sep 2017	527.0	18.1	88.1	2.7	615.0	10.0

註釋：由於四捨五入關係，個別數字加起來可能與總數不符。

Notes: Figures may not add up to total due to rounding.

(1) 在個別性別及統計期間中佔所有 15 歲及以上人士的百分比。例如，在 2002 年 11 月至 2003 年 2 月所有 15 歲及以上男性中，26.1% 為習慣每日吸食香煙的人士。

(1) As a percentage of all persons aged 15 and over in the respective sex and survey periods. For example, among all males aged 15 and over from Nov 2002 to Feb 2003, 26.1% were daily cigarette smokers.

5. 習慣每日吸食香煙的人士

年齡及性別

5.1 每日吸食香煙的習慣似乎在中年人士中較為普遍。按年齡組別分析，習慣每日吸食香煙的人士的比率在 15 - 19 歲人士中最低，為 1.0%，而在 40 - 49 歲人士中最高，達 14.5%。按性別分析，男性的比率（18.1%）遠高於女性（2.7%）。（表 2）

5. Daily cigarette smokers

Age and sex

5.1 Daily cigarette smoking seemed to be more common among persons of the middle age. Analysed by age group, the rate of being daily cigarette smokers was the lowest for persons aged 15 - 19, at 1.0%, and the highest for those aged 40 - 49, at 14.5%. Analysed by sex, the rate for males (18.1%) was much higher than that for females (2.7%). (Table 2)

表 2 按年齡組別及性別劃分的習慣每日吸食香煙的 15 歲及以上人士數目
Table 2 Daily cigarette smokers aged 15 and over by age group and sex

年齡組別 Age group	男性 Male			女性 Female			合計 Overall		
	人數 No. of persons (‘000)	百分比 %	比率 ⁽¹⁾ Rate ⁽¹⁾	人數 No. of persons (‘000)	百分比 %	比率 ⁽¹⁾ Rate ⁽¹⁾	人數 No. of persons (‘000)	百分比 %	比率 ⁽¹⁾ Rate ⁽¹⁾
15 - 19	2.6	0.5	1.6	‡	‡	‡	3.1	0.5	1.0
20 - 29	50.7	9.6	11.6	8.2	9.4	1.9	58.9	9.6	6.7
30 - 39	87.8	16.7	19.2	23.8	27.1	4.4	111.7	18.2	11.2
40 - 49	123.1	23.4	26.2	29.9	33.9	5.1	153.0	24.9	14.5
50 - 59	126.9	24.1	21.7	14.7	16.7	2.3	141.6	23.0	11.5
≥ 60	135.8	25.8	16.9	11.0	12.5	1.3	146.8	23.9	8.7
合計 [^] Overall [^]	527.0	100.0 (85.7)	18.1	88.1	100.0 (14.3)	2.7	615.0	100.0 (100.0)	10.0

註釋：由於四捨五入關係，個別數字加起來可能與總數不符。

(1) 在個別年齡及性別分組中佔所有人士的百分比。例如，在所有 15 - 19 歲的男性中，1.6% 為習慣每日吸食香煙的人士。

‡ 由於抽樣誤差大，有關統計數字不予公布。

^ 括號內的數字表示在所有習慣每日吸食香煙的人士中所佔的百分比。

Notes: Figures may not add up to total due to rounding.

(1) As a percentage of all persons in the respective age and sex sub-group. For example, among all males aged 15 - 19, 1.6% were daily cigarette smokers.

‡ Statistics are not released due to large sampling error.

^ Figures in brackets represent the percentages in respect of all daily cigarette smokers.

每日吸食香煙的數量

5.2 在習慣每日吸食香煙的人士中，60.5% 每日吸食 1 至 10 支香煙，而 37.0% 每日吸食 11 至 20 支香煙。習慣每日吸食香煙的人士每日平均吸食 12.4 支香煙，比 2015 年的 13.1 支略少。按年齡組別分析，50 - 59 歲的習慣每日吸食香煙的人士每日平均吸食 13.5 支香煙，數量為各年齡組別中最高。（表 3）

5.3 按性別分析，習慣每日吸食香煙的男性每日平均吸食 12.8 支香煙，普遍較習慣每日吸食香煙的女性（10.1 支香煙）為多。（表 3）

Daily consumption of cigarettes

5.2 60.5% of daily cigarette smokers consumed 1 to 10 sticks of cigarettes in a day and 37.0% consumed 11 to 20 sticks of cigarettes in a day. The daily cigarette smokers consumed an average of 12.4 sticks of cigarettes in a day, slightly less than 13.1 sticks in 2015. Analysed by age group, daily cigarette smokers aged 50 - 59 smoked an average of 13.5 sticks of cigarettes in a day, the highest among all age groups. (Table 3)

5.3 Analysed by sex, male daily cigarette smokers generally consumed more cigarettes, with an average of 12.8 sticks of cigarettes per day, than female daily cigarette smokers, with an average of 10.1 sticks of cigarettes per day. (Table 3)

表3 按年齡組別／性別及每日吸食香煙支數劃分的習慣每日吸食香煙的15歲及以上人士數目

Table 3 Daily cigarette smokers aged 15 and over by age group / sex and daily consumption of cigarettes

年齡組別／ 性別 Age group / Sex	每日吸食香煙支數 Daily consumption of cigarettes			總計 Total 人數 No. of persons (‘000)	每日平均吸食香煙支數 Average daily consumption of cigarettes		
	1 - 10	11 - 20	≥ 21		統計期 Survey period		
	人數 No. of persons (‘000)	人數 No. of persons (‘000)	人數 No. of persons (‘000)		2012年 9月至11月 Sep - Nov 2012	2015年 5月至8月 May - Aug 2015	2017年 6月至9月 Jun - Sep 2017
年齡組別 Age group							
15 - 19	2.4 (79.8%)	‡ (‡)	‡ (‡)	3.1 (100.0%)	8.3	9.2	8.6
20 - 29	40.1 (68.1%)	18.1 (30.8%)	‡ (‡)	58.9 (100.0%)	12.8	12.2	11.1
30 - 39	71.2 (63.7%)	39.2 (35.1%)	‡ (‡)	111.7 (100.0%)	12.4	12.5	12.0
40 - 49	93.0 (60.8%)	56.2 (36.8%)	3.7 (2.4%)	153.0 (100.0%)	13.1	13.2	12.3
50 - 59	74.2 (52.4%)	62.5 (44.1%)	5.0 (3.5%)	141.6 (100.0%)	13.8	14.1	13.5
≥ 60	91.0 (62.0%)	50.7 (34.5%)	5.1 (3.5%)	146.8 (100.0%)	12.8	13.2	12.4
性別 Sex							
男性 Male	305.2 (57.9%)	206.5 (39.2%)	15.3 (2.9%)	527.0 (100.0%)	13.5	13.5	12.8
女性 Female	66.7 (75.8%)	20.8 (23.7%)	‡ (‡)	88.1 (100.0%)	9.9	11.0	10.1
合計 Overall	371.9 (60.5%)	227.3 (37.0%)	15.8 (2.6%)	615.0 (100.0%)	13.0	13.1	12.4

註釋：由於四捨五入關係，個別數字加起來可能與總數不符。

Notes: Figures may not add up to total due to rounding.

括號內的數字表示在個別年齡／性別組別中佔所有習慣每日吸食香煙的人士的百分比。例如，在所有15 - 19歲習慣每日吸食香煙的人士中，79.8%每日吸食1 - 10支香煙。

Figures in brackets represent the percentages in respect of all daily cigarette smokers in the respective age / sex groups. For example, among all daily cigarette smokers aged 15 - 19, 79.8% of them consumed 1 - 10 sticks of cigarettes in a day.

‡ 由於抽樣誤差大，有關統計數字不予公布。

‡ Statistics are not released due to large sampling error.

開始吸食香煙的原因

5.4 75.4% 的習慣每日吸食香煙的人士因「受朋友影響」而開始吸食香煙。其他較普遍提及的原因包括「好奇」（34.2%）、「社交應酬需要」（14.0%）及「提神」（8.1%）。

曾否嘗試戒煙

5.5 約 192 200 名（31.2%）習慣每日吸食香煙的人士曾嘗試戒煙但並不成功。按性別分析，習慣每日吸食香煙的男性曾嘗試戒煙但並不成功的百分比為 30.5%，而習慣每日吸食香煙的女性的相應百分比則為 35.6%。導致戒煙失敗的三個最普遍提及的原因包括「不夠決心」（54.6%）、「吸煙已成為習慣／嗜好」（49.0%）及「許多朋友／同事均為吸煙人士」（28.2%）。

6. 以前習慣每日吸食香煙的人士

年齡／性別

6.1 在 275 300 名以前習慣每日吸食香煙的人士中，56.8% 年齡為 60 歲及以上，另外的 33.7% 年齡介乎 40 - 59 歲。較年長的人士有較高的比率為以前習慣每日吸食香煙的人士。60 歲及以上的人士的比率最高，達 9.3%，而 15 - 29 歲的人士的比率最低，為 0.4%。按性別分析，男性佔以前習慣每日吸食香煙的人士的 86.7%，而以前習慣每日吸食香煙的人士在男性中的比率（8.2%）亦遠較在女性中的比率（1.1%）為高。（表 4）

Reason for starting to smoke cigarette

5.4 75.4% of daily cigarette smokers started smoking cigarette because they were “influenced by friends”. Other commonly cited reasons included “out of curiosity / fun” (34.2%), “necessity in social functions” (14.0%) and “refreshing one’s mind” (8.1%).

Whether had tried to give up smoking

5.5 Some 192 200 (31.2%) daily cigarette smokers had tried but failed to give up smoking. Analysed by sex, 30.5% of male daily cigarette smokers had tried but failed to give up smoking, while the corresponding percentage of female daily cigarette smokers was 35.6%. The three most commonly cited reasons for failing to give up smoking included “not determined enough” (54.6%), “cigarette smoking had formed a habit / favourite” (49.0%) and “most friends / colleagues were smokers” (28.2%).

6. Ex-daily cigarette smokers

Age / sex

6.1 Of those 275 300 ex-daily cigarette smokers, 56.8% were aged 60 and over and 33.7% were aged 40 - 59. Older persons had a higher rate of being ex-daily cigarette smokers. The rate was the highest for persons aged 60 and over, at 9.3%, and the lowest for those aged 15 - 29, at 0.4%. Analysed by sex, 86.7% of ex-daily cigarette smokers were males and the rate of being ex-daily cigarette smokers was much higher among males (8.2%) than females (1.1%). (Table 4)

表 4 按年齡組別／性別劃分的以前習慣每日吸食香煙的 15 歲及以上人士數目
Table 4 Ex-daily cigarette smokers aged 15 and over by age group / sex

年齡組別／性別 Age group / Sex	人數 No. of persons (’000)	百分比 %	比率 ⁽¹⁾ Rate ⁽¹⁾
年齡組別 Age group			
15 - 29	5.0	1.8	0.4
30 - 39	21.3	7.7	2.1
40 - 49	33.6	12.2	3.2
50 - 59	59.0	21.5	4.8
≥ 60	156.3	56.8	9.3
性別 Sex			
男性 Male	238.7	86.7	8.2
女性 Female	36.5	13.3	1.1
合計 Overall	275.3	100.0	4.5

註釋：由於四捨五入關係，個別數字加起來可能與總數不符。

Notes: Figures may not add up to total due to rounding.

(1) 在個別年齡／性別組別中佔所有人士的百分比。例如，在所有 15 - 29 歲人士中，0.4% 為以前習慣每日吸食香煙的人士。

(1) As a percentage of all persons in the respective age / sex group. For example, among all persons aged 15 - 29, 0.4% were ex-daily cigarette smokers.

戒煙的原因

6.2 在以前習慣每日吸食香煙的人士中，34.5% 是基於「吸煙已經危害了健康」而主動戒煙，33.2% 是因為「健康雖然未受吸煙影響，但想避免影響健康」而戒煙。其他較普遍提及的原因包括「家人／朋友反對吸煙或不想家人／朋友吸入二手煙」（26.9%）、「獲醫生／護士／其他醫護專業人員建議」（12.1%）、「香煙、其他煙草產品或電子煙太貴」（12.0%）及「不想成為兒童的壞榜樣」（10.7%）。

Reason for giving up smoking

6.2 34.5% of ex-daily cigarette smokers gave up smoking on their own accord because “health had already been harmed by smoking” and 33.2% gave up smoking because “health had not yet been harmed by smoking, but wanted to prevent it from being harmed”. Other commonly cited reasons included “objection from family members / friends or concerned about exposing family members and friends to secondhand smoke” (26.9%), “advised by doctor / nurse / other health care professional” (12.1%), “cigarettes, other forms of tobacco products or e-cigarettes were too expensive” (12.0%) and “avoided setting a bad example to children” (10.7%).

7. 其他參考資料

7.1 在 2002 年至 2017 年進行有關吸煙情況的「主題性住戶統計調查」的詳細結果，分別刊載於政府統計處出版的《主題性住戶統計調查報告書》第 16、26、36、48、53、59 及 64 號 (www.censtatd.gov.hk/hkstat/sub/sp140_tc.jsp?productCode=B1130201)。

7. Further references

7.1 Detailed results of the THS on pattern of smoking conducted from 2002 to 2017 were released respectively in the *Thematic Household Survey Reports* No. 16, 26, 36, 48, 53, 59 and 64 (www.censtatd.gov.hk/hkstat/sub/sp140.jsp?productCode=B1130201) published by C&SD.