

## 4 吸烟習慣 Cigarette smoking pattern

### 引言

4.1 政府統計處在一九九八年三月透過綜合住戶統計調查，進行一項有關吸烟習慣的專題訪問，搜集有關吸烟人士數目及其吸烟習慣的資料，用以評估反吸烟政策的成效及檢討該政策。類似的專題訪問，曾分別於一九八二年一月至三月、八三年三月、八四年七月、八六年七月、八八年七月、九零年七月、九三年八月至九月及九六年一月期間進行。是項專題訪問的結果，在適當情況下會與先前訪問所得的結果作比較。

4.2 在經科學方法抽選的樣本內，約3 800個住戶接受了訪問，回應率為95%。所有十二歲及以上的人士均接受訪問，以識別習慣每日吸烟或以前習慣每日吸烟的人士。習慣每日吸烟的人士會被問及他們每日吸烟的支數、開始每周吸烟的年齡、開始吸烟的原因及曾否嘗試戒烟；若他們曾嘗試戒烟，會被問及戒烟失敗的原因；若他們未曾嘗試戒烟，則被問及是否想戒烟，以及有關的原因。對於以前習慣每日吸烟的人士，他們會被問及開始每周吸烟的年齡、開始吸烟及戒烟的原因。

4.3 根據從受訪住戶所搜集得的資料，可推論全香港人口的有關情況(有關統計調查所涵蓋的人口範圍，請參閱本報告書內「統計調查方法」的部分)。

### 概念及定義

4.4 在是項專題訪問中，「吸烟」是指吸食香烟，而並不包括吸食雪茄及用烟斗吸烟。「習慣每日吸烟的人士」乃指在訪問時有每日吸烟習慣的十五歲及以上的人士(雖然他們可能因生病或其他原因而在某些日子沒有吸烟)。另一方面，「以前習慣每日吸烟的人士」

### INTRODUCTION

4.1 An enquiry was conducted by the Census and Statistics Department via the General Household Survey in March 1998 to obtain information on the number of cigarette smokers and their cigarette smoking pattern for assessing the effectiveness of and reviewing the anti-smoking policy. Similar enquiries were conducted in January to March 1982; March 1983; July of 1984, 1986, 1988 and 1990; August to September 1993; and January 1996. Comparison is made with the findings of the previous enquiries where appropriate.

4.2 Some 3 800 households within a scientifically selected sample were successfully enumerated, constituting a response rate of 95%. All persons aged 12 and over were interviewed to identify if they were daily smokers or ex-smokers who previously had a daily smoking habit. Daily smokers were asked the number of cigarettes they smoked a day, the age they started smoking weekly, the reason for starting to smoke, whether they had ever tried to give up smoking, and if they had, the reason for failing to do so. For those who had not tried to give up smoking, they were asked whether they wanted to do so, and also the reason concerned. Similarly, ex-smokers (i.e. those who previously had a daily smoking habit) were asked the age they started smoking weekly, the reason for starting to smoke and the reason for giving it up then.

4.3 Based on the information collected in respect of the interviewed households, the situation related to the entire population of Hong Kong can be inferred (please see the section on 'Survey methodology' in this report for the survey coverage).

### CONCEPT AND DEFINITION

4.4 In this enquiry, 'smoking' referred to cigarette smoking, excluding cigar and pipe-smoking. 'Daily smokers' referred to those persons aged 15 and over who at the time of enumeration had a daily smoking habit (although they might not smoke on certain days because of illness or other reasons). On the other hand, 'ex-smokers' referred to those persons aged 15 and over



是指曾經持續至少六個月有每日吸烟的習慣，但在訪問時已戒烟的十五歲及以上的人士。

### 資料的局限

4.5 由於吸烟的行為日漸不為社會接受，故此是項專題訪問的受訪者，尤其是年輕人，可能傾向隱瞞其吸烟習慣。在是項專題訪問的樣本中，並無十二至十四歲吸烟人士，這可能是由於是項專題訪問的樣本規模較小，以及受訪者隱瞞事實的傾向所致。因此，為提供更可靠的估計，所有十二至十四歲的少年均不在本報告的分析範圍內，而習慣每日吸烟的人士及以前習慣每日吸烟的人士亦只限於十五歲及以上的人士。在闡釋是項專題訪問的結果要留意這點。

### 專題訪問的主要結果

4.6 有 805 100 人為習慣每日吸烟的人士，而 206 700 人為以前習慣每日吸烟的人士，分別佔全香港所有十五歲及以上人士的 15.0% 及 3.8%。習慣每日吸烟的人士的百分比從一九八二年的 23.3%，逐漸地下降至九六年的 14.8%。至於以前習慣每日吸烟的人士的百分比，自一九八四年的 3.7% 持續下降至九零年的 2.3% 後，回升至九六年的 4.8%，及後下降至九八年的 3.8%。（表 4.1 及圖 4.1）

#### 甲. 有關習慣每日吸烟的人士的分析

##### 年齡及性別

4.7 在該 805 100 名習慣每日吸烟的人士中，726 300 人(90.2%)為男性，而 78 800 人(9.8%)為女性。按年齡分析，55.5% 習慣每日吸烟的人士的年齡在四十歲及以上；26.1% 則介乎三十至三十九歲；1.5% 是介乎十五至十九歲。（表 4.2a）

4.8 每日吸烟的習慣似乎在年紀較大的人士中較為普遍。以在各年齡組別內佔全香港所有人士的百分比計算，習慣每日吸烟的人士的

who previously had a daily smoking habit for a continuous period of six months or more but had given it up at the time of enumeration.

### LIMITATION

4.5 As smoking has become less socially acceptable, respondents in this enquiry, especially youngsters, seemed to have a tendency not to reveal their cigarette smoking behaviour. In this sample, none of the smokers was aged 12-14. It was probably due to the small sample size involved and the tendency of under-reporting. Thus, in order to give more reliable estimates, teenagers aged 12-14 were all excluded from the analysis and both daily smokers and ex-smokers only referred to persons aged 15 and over. The enquiry findings should thus be interpreted with this in mind.

### MAJOR FINDINGS OF THE ENQUIRY

4.6 There were 805 100 daily smokers and 206 700 ex-smokers who previously had a daily smoking habit, representing 15.0% and 3.8% of all persons aged 15 and over in Hong Kong respectively. The percentage of daily smokers had been decreasing steadily over the years from 23.3% in 1982 to 14.8% in 1996. As for the percentage of ex-smokers, after having continuously decreased from 3.7% in 1984 to 2.3% in 1990, it increased to 4.8% in 1996 and then dropped to 3.8% in 1998. (Table 4.1 and Chart 4.1)

#### A. Analysis on daily smokers

##### *Age and sex*

4.7 Of the 805 100 daily smokers, 726 300 persons (90.2%) were males and 78 800 (9.8%) were females. Analysed by age, 55.5% of them were aged 40 and over; 26.1%, 30-39; and 1.5%, 15-19. (Table 4.2a)

4.8 Daily smoking seemed to be more popular among older persons. Expressed as a percentage of all persons in the respective age group in Hong Kong, the rate of being daily



比率在十五至十九歲人士中最低，只有 2.8%，而在五十至五十九歲人士中則最高，達 19.9%。唯一例外的是六十歲及以上的人士，其比率 (13.9%) 較三十至五十九歲的人士為低。再按性別進一步分析，男性的模式跟整體模式相似。另一方面，男性 (其比率為 27.1%) 比女性 (2.9%) 有較大可能有每日吸烟的習慣。(表 4.2a)

4.9 與一九九六年的訪問比較，整體的習慣每日吸烟的人士的比率並無顯著差別。但二十至四十九歲的人士中，習慣每日吸烟的人士的比率稍高於九六年相應的比率，而五十歲及以上人士的比率則稍低於九六年相應的比率。而一九九八年男性與女性的比率跟九六年相應的比率沒有顯著差別。(表 4.2a)

開始每周吸烟的年齡

4.10 大部分習慣每日吸烟的人士在十五至二十四歲之間開始有每周吸烟的習慣。約 49.1% 的習慣每日吸烟的人士是在十五至十九歲之間開始有每周吸烟習慣；另 29.4% 在二十至二十四歲之間；8.1% 是在十五歲以下。這模式在男性及女性中均很類似。(表 4.2b)

每日吸烟支數

4.11 約 52.3% 習慣每日吸烟的人士每日吸 11 至 20 支烟；37.7% 則每日吸 1 至 10 支烟。習慣每日吸烟的人士每日平均吸 16 支烟。按年齡分析，十五至十九歲和六十歲及以上人士每日平均吸烟支數分別為 13 及 14 支，較其他年齡組別的人士 (每日平均吸烟支數介乎於二十至二十九歲人士的 15 支及五十至五十九歲人士的 18 支) 傾向少吸一些烟。(表 4.2c)

4.12 按性別分析，男性每日吸烟支數普遍較女性多，他們每日平均吸 16 支烟，而女性則每日平均吸 13 支烟。(表 4.2c)

4.13 與一九九六年的訪問比較，習慣每日吸烟的人士的每日平均吸烟支數相同。(表 4.2c)

smokers was lowest for persons aged 15-19, at 2.8%, and highest for those aged 50-59, at 19.9%. There was an exception for those aged 60 and over who had a lower rate (13.9%) than those aged 30-59. Further analysed by sex, males had a similar pattern compared with the overall pattern. On the other hand, males were much more likely to smoke daily (with a rate of 27.1%) than their female counterparts (2.9%). (Table 4.2a)

4.9 Compared with the 1996 enquiry, there was no significant difference in the overall rate. However, the rates for persons aged 20-49 were slightly higher than the corresponding rates in 1996 while those for persons aged 50 and over were slightly lower than the corresponding rates in 1996. The rates for males and females in 1998 were not much different from the corresponding rates in 1996. (Table 4.2a)

Age started smoking weekly

4.10 Most daily smokers started smoking weekly at age 15-24. About 49.1% of the daily smokers started smoking weekly when aged 15-19; another 29.4% when aged 20-24; and 8.1% when aged below 15. Both males and females had similar patterns as the overall one. (Table 4.2b)

Daily consumption of cigarettes

4.11 Some 52.3% of the daily smokers consumed 11-20 cigarettes a day; and 37.7%, 1-10 cigarettes a day. The daily smokers consumed an average of 16 cigarettes a day. Analysed by age, persons aged 15-19 and persons aged 60 and over smoked an average of 13 and 14 cigarettes a day respectively. They tended to consume less cigarettes than persons in other age groups, with average daily consumption of cigarettes ranging from 15 for those aged 20-29 to 18 for those aged 50-59. (Table 4.2c)

4.12 Analysed by sex, male daily smokers in general consumed more cigarettes, with an average of 16 per day, than their female counterparts, with an average of 13 per day. (Table 4.2c)

4.13 Compared with the 1996 enquiry, the average daily consumption of cigarettes of the daily smokers remained the same. (Table 4.2c)



經濟活動身分

Activity status

4.14 約 658 700 名(81.8%)習慣每日吸烟的人士有從事經濟活動，餘下 146 400 名習慣每日吸烟的人士則為非從事經濟活動人士。每日吸烟的習慣在從事經濟活動人士中(習慣每日吸烟的人士的比率為 19.8%)較在非從事經濟活動人士中(7.1%)為普遍。在非從事經濟活動人士中，退休人士每日吸烟習慣的比率為最高，達 15.0%。(表 4.2d)

4.14 Some 658 700 (81.8%) daily smokers were economically active, and the remaining 146 400 daily smokers were economically inactive. Daily smoking was much more popular among the economically active persons (the rate of being daily smokers was 19.8%) than among their economically inactive counterparts (7.1%). Among the economically inactive persons, retirees had the highest rate of being daily smokers, at 15.0%. (Table 4.2d)

開始吸烟的原因

Reason for starting to smoke

4.15 在該 805 100 名習慣每日吸烟的人士中，約 51.4%是因「受朋友影響」而開始吸烟，16.5%是因「好奇」。其他較次要的原因包括「提高精神」(7.2%)、「受家人影響」(7.1%)、「社交應酬需要」(5.6%)、「消磨時間」(5.1%)、「看來更成熟/有氣派」(3.2%)及「減輕精神壓力」(3.1%)。(表 4.2e)

4.15 Some 51.4% of the 805 100 daily smokers started smoking because of 'influence of friends'; and 16.5%, 'out of curiosity'. Other less popular reasons included 'refreshing one's mind' (7.2%), 'influence of family members' (7.1%), 'necessity in social functions' (5.6%), 'killing time' (5.1%), 'to look more mature/stylish' (3.2%) and 'easing tension' (3.1%). (Table 4.2e)

曾否嘗試/是否想戒烟

Whether had tried/wanted to give up smoking

4.16 約 340 000 名(42.2%)習慣每日吸烟的人士曾嘗試戒烟，但並不成功。其中男性佔 89.8%。導致他們戒烟失敗的四個最普遍的原因包括「吸烟已成為習慣/消磨時間」(28.4%)、「不夠決心」(24.7%)、「許多朋友或同事均為吸烟人士」(11.7%)及「心理/生理上感到不適」(11.1%)。(表 4.2f 及 4.3)

4.16 Another 340 000 (42.2%) daily smokers had tried but failed to give up smoking, among whom 89.8% were males. The four most common reasons for their failure to give up smoking included 'cigarette smoking had formed a habit/for killing time' (28.4%), 'being not determined enough' (24.7%), 'most friends or colleagues were smokers' (11.7%) and 'felt psychologically/physiologically uncomfortable' (11.1%). (Tables 4.2f and 4.3)

4.17 另外約 430 500 名(53.5%)習慣每日吸烟的人士卻從未嘗試過又不想戒烟，其中男性佔 91.1%。他們不想戒烟的四個最普遍的原因包括「吸烟已成為習慣/消磨時間」(58.7%)、「提高精神」(9.9%)、「社交應酬需要」(9.9%)及「許多朋友或同事均為吸烟人士」(8.4%)。(表 4.2f 及 4.4)

4.17 Another 430 500 (53.5%) daily smokers, however, had neither tried nor wanted to give up smoking, among whom 91.1% were males. The four most common reasons for their not wanting to give up smoking included 'cigarette smoking had formed a habit/for killing time' (58.7%), 'refreshing one's mind' (9.9%), 'necessity in social functions' (9.9%) and 'most friends or colleagues were smokers' (8.4%). (Tables 4.2f and 4.4)

4.18 其餘的 34 700 名(4.3%)習慣每日吸烟的人士從未嘗試過戒烟但想戒烟。其中男性佔 83.1%。他們不嘗試戒烟的最普遍原因是「吸烟

4.18 The remaining 34 700 (4.3%) daily smokers had never tried but wanted to give up smoking, among whom 83.1% were males. The most common reason for their not trying to do so





已成為習慣/消磨時間」(42.6%)；其次是「不夠決心」(28.5%)。(表 4.2f 及 4.5)

was 'cigarette smoking had formed a habit/for killing time' (42.6%), followed by 'being not determined enough' (28.5%). (Tables 4.2f and 4.5)

乙. 有關以前習慣每日吸烟的人士的分析

B. Analysis on ex-smokers who previously had a daily smoking habit

*年齡及性別*

*Age and sex*

4.19 在 206 700 名以前習慣每日吸烟的人士中，48.7%為六十歲及以上，另 34.9%介乎四十至五十九歲。較年長的人士中，以前習慣每日吸烟的人士的比率似乎較高。六十歲及以上的人士的比率最高，達 10.8%，而十五至二十九歲的人士的比率則最低，為 0.4%。按性別分析，男性佔以前習慣每日吸烟的人士的 88.6%，以前習慣每日吸烟的人士在男性中的比率(6.8%)亦遠較在女性中的比率(0.9%)為高。(表 4.6a)

4.19 Of the 206 700 ex-smokers, 48.7% were aged 60 and over, and another 34.9% were aged 40-59. Elderly persons appeared to have a higher rate of being ex-smokers. The rate was highest for persons aged 60 and over, at 10.8%, and lowest for those aged 15-29, at 0.4%. Analysed by sex, 88.6% of the ex-smokers were males who had a much higher rate (6.8%) than females (0.9%). (Table 4.6a)

*戒烟的原因*

*Reason for giving up smoking*

4.20 在該 206 700 名以前習慣每日吸烟的人士中，約 35.9%是基於「健康理由(沒有醫生建議)」而主動戒烟；另 27.6%是基於「健康理由(有醫生建議)」而戒烟；15.0%戒烟是因「覺得香烟價格昂貴」；12.1%是因「遭家人反對或願慮到吸烟對家人有不良影響」。(表 4.6b)

4.20 About 35.9% of the 206 700 ex-smokers gave up smoking on their own accord because of 'health reason (without a doctor's advice)'; another 27.6%, 'health reason (with a doctor's advice)'; 15.0%, 'felt that the price of cigarettes was high'; and 12.1%, 'objection from family members or in consideration of the bad effect which cigarette smoking had on family members'. (Table 4.6b)



表 4.1 習慣每日吸烟及以前習慣每日吸烟的人士數目  
Table 4.1 Daily smokers and ex-smokers who previously had a daily smoking habit

訪問期間 Enquiry period	習慣每日吸烟的人士 Daily smokers		以前習慣每日吸烟的人士 Ex-smokers who previously had a daily smoking habit	
	人數 No. of persons (‘000)	比率* Rate*	人數 No. of persons (‘000)	比率* Rate*
一九八二年一月至三月 Jan-Mar 1982	888.4	23.3	#	#
一九八三年三月 Mar 1983	783.9	19.9	#	#
一九八四年七月 Jul 1984	744.5	18.7	145.6	3.7
一九八六年七月 Jul 1986	713.4	17.4	132.9	3.2
一九八八年七月 Jul 1988	723.9	16.8	138.3	3.2
一九九零年七月 Jul 1990	691.9	15.7	102.7	2.3
一九九三年八月至九月 Aug-Sep 1993	687.1	14.9	134.5	2.9
一九九六年一月 Jan 1996	740.4	14.8	240.3	4.8
一九九八年三月 Mar 1998	805.1	15.0	206.7	3.8

註釋：\* 在個別訪問期間所有十五歲及以上人士中所佔的百分比。

# 沒有數據。

Notes: \* As a percentage of all persons aged 15 and over in the respective enquiry period.

# Not available.



表 4.2a 按年齡及性別劃分的習慣每日吸烟的人士數目  
Table 4.2a Daily smokers by age and sex

一九九六年一月的訪問  
Jan 1996 enquiry

年齡組別 Age group	男 Male			女 Female			合計 Overall		
	人數 No. of persons (‘000)	百分比 %	比率* Rate*	人數 No. of persons (‘000)	百分比 %	比率* Rate*	人數 No. of persons (‘000)	百分比 %	比率* Rate*
15 - 19	14.1	2.1	5.9	2.4	3.1	1.3	16.5	2.2	3.8
20 - 29	99.7	15.1	23.0	22.0	27.5	4.1	121.7	16.4	12.5
30 - 39	173.6	26.3	29.0	15.9	19.8	2.5	189.5	25.6	15.2
40 - 49	148.6	22.5	30.0	11.0	13.7	2.4	159.6	21.6	16.8
50 - 59	99.7	15.1	35.3	9.8	12.2	4.1	109.4	14.8	20.9
≥ 60	124.7	18.9	29.7	19.0	23.7	4.0	143.7	19.4	16.1
合計# Overall#	660.3	100.0 (89.2)	26.7	80.1	100.0 (10.8)	3.1	740.4	100.0 (100.0)	14.8

一九九八年三月的訪問  
Mar 1998 enquiry

年齡組別 Age group	男 Male			女 Female			合計 Overall		
	人數 No. of persons (‘000)	百分比 %	比率* Rate*	人數 No. of persons (‘000)	百分比 %	比率* Rate*	人數 No. of persons (‘000)	百分比 %	比率* Rate*
15 - 19	9.1	1.3	4.2	2.7	3.4	1.3	11.8	1.5	2.8
20 - 29	114.3	15.7	24.1	22.2	28.1	4.3	136.5	16.9	13.8
30 - 39	196.2	27.0	30.1	14.1	17.9	2.0	210.4	26.1	15.7
40 - 49	187.2	25.8	33.0	14.5	18.4	2.7	201.7	25.0	18.3
50 - 59	111.2	15.3	35.1	4.0	5.1	1.5	115.2	14.3	19.9
≥ 60	108.3	14.9	24.2	21.3	27.0	4.4	129.6	16.1	13.9
合計# Overall#	726.3	100.0 (90.2)	27.1	78.8	100.0 (9.8)	2.9	805.1	100.0 (100.0)	15.0

註釋：\* 在個別年齡及性別分組中佔所有十五歲及以上人士的百分比。以所有十五至十九歲的男性為例，根據九八年的訪問所得，4.2%為習慣每日吸烟的人士。

Notes : \* As a percentage of all persons aged 15 and over in the respective age and sex sub-group. For example, among all males aged 15-19, 4.2% were daily smokers based on the 1998 enquiry.

# 括號內的數字顯示佔所有習慣每日吸烟的人士的百分比。

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



表 4.2b 按開始每周吸烟的年齡及性別劃分的習慣每日吸烟的人士數目  
 Table 4.2b Daily smokers by age started smoking weekly and sex

開始每周吸烟的年齡 Age started smoking weekly	男 Male		女 Female		合計 Overall	
	人數 No. of persons ('000)	百分比 %	人數 No. of persons ('000)	百分比 %	人數 No. of persons ('000)	百分比 %
< 15	59.7	8.2	5.8	7.4	65.5	8.1
15 - 19	363.9	50.1	31.1	39.5	395.0	49.1
20 - 24	215.4	29.7	21.6	27.4	237.0	29.4
25 - 29	52.0	7.2	8.6	10.9	60.7	7.5
30 - 39	30.6	4.2	6.0	7.6	36.6	4.5
≥ 40	4.7	0.6	5.7	7.2	10.4	1.3
總計 Total	726.3	100.0	78.8	100.0	805.1	100.0





表 4.2c 按年齡/性別及每日吸烟支數劃分的習慣每日吸烟的人士數目  
Table 4.2c Daily smokers by age/sex and daily consumption of cigarettes

年齡組別/ 性別 Age group/ sex	每日吸烟支數 No. of cigarettes smoked per day								平均數 Average	
	1 - 10		11 - 20		≥ 21		總計 Total		一九九八年 三月的訪問 Mar 1998 enquiry	一九九六年 一月的訪問 Jan 1996 enquiry
	人數 No. of persons (‘000)	百分比 %	人數 No. of persons (‘000)	百分比 %	人數 No. of persons (‘000)	百分比 %	人數 No. of persons (‘000)	百分比 %		
年齡組別 Age group										
15 - 19	6.2	52.3	4.7	40.1	0.9	7.5	11.8	100.0	13	14
20 - 29	62.1	45.5	67.6	49.6	6.8	5.0	136.5	100.0	15	14
30 - 39	69.8	33.2	122.6	58.3	17.9	8.5	210.4	100.0	17	16
40 - 49	65.6	32.5	108.9	54.0	27.2	13.5	201.7	100.0	17	17
50 - 59	34.6	30.1	65.2	56.6	15.4	13.3	115.2	100.0	18	17
≥ 60	65.0	50.1	52.1	40.2	12.5	9.7	129.6	100.0	14	15
性別 Sex										
男 Male	255.6	35.2	395.0	54.4	75.7	10.4	726.3	100.0	16	16
女 Female	47.7	60.5	26.2	33.2	5.0	6.4	78.8	100.0	13	13
合計 Overall	303.3	37.7	421.2	52.3	80.7	10.0	805.1	100.0	16	16



表 4.2d 按經濟活動身分劃分的習慣每日吸烟的人士數目  
Table 4.2d Daily smokers by activity status

經濟活動身分 Activity status	人數 No. of persons ('000)	百分比 %	比率* Rate*
從事經濟活動# Economically active#	658.7	81.8	19.8
非從事經濟活動 Economically inactive	146.4	18.2	7.1
料理家務者 Home-makers	24.4	3.0	3.1
退休人士 Retired persons	106.1	13.2	15.0
其他@ Others@	15.9	2.0	2.9
合計 Overall	805.1	100.0	15.0

註釋：\* 在個別經濟活動身分組別中佔所有十五歲及以上人士的百分比。以所有從事經濟活動的人士為例，19.8%為習慣每日吸烟的人士。

# 即是在勞動人口內。

@ 其他包括學生及其他非從事經濟活動人士。

Notes : \* As a percentage of all persons aged 15 and over in the respective activity status group. For example, among all economically active persons, 19.8% were daily smokers.

# This refers to being in the labour force.

@ Others include students and other economically inactive persons.



表 4.2e 按開始吸烟的原因及性別劃分的習慣每日吸烟的人士數目  
Table 4.2e Daily smokers by reason for starting to smoke and sex

開始吸烟的原因 Reason for starting to smoke	男 Male		女 Female		合計 Overall	
	人數 No. of persons (‘000)	百分比 %	人數 No. of persons (‘000)	百分比 %	人數 No. of persons (‘000)	百分比 %
受朋友影響 Influence of friends	376.9	51.9	37.1	47.1	414.0	51.4
好奇 Out of curiosity	122.9	16.9	10.2	12.9	133.1	16.5
提高精神 Refreshing one's mind	52.6	7.2	5.5	7.0	58.1	7.2
受家人影響 Influence of family members	49.4	6.8	7.4	9.4	56.8	7.1
社交應酬需要 Necessity in social functions	42.0	5.8	2.7	3.5	44.8	5.6
消磨時間 Killing time	32.4	4.5	8.7	11.1	41.1	5.1
看來更成熟/有氣派 To look more mature/stylish	24.1	3.3	1.5	1.9	25.6	3.2
減輕精神壓力 Easing tension	20.4	2.8	4.6	5.8	25.0	3.1
其他 Others	5.5	0.8	1.1	1.3	6.6	0.8
總計 Total	726.3	100.0	78.8	100.0	805.1	100.0



表 4.2f 按曾否嘗試/是否想戒烟及性別劃分的習慣每日吸烟的人士數目  
 Table 4.2f Daily smokers by whether had tried/wanted to give up smoking and sex

曾否嘗試/是否想戒烟 Whether had tried/wanted to give up smoking	男 Male		女 Female		合計 Overall	
	人數 No. of persons ('000)	百分比 %	人數 No. of persons ('000)	百分比 %	人數 No. of persons ('000)	百分比 %
曾嘗試戒烟但失敗 Those who had tried to give up smoking but failed	305.4	42.1	34.6	43.9	340.0	42.2
從未嘗試過戒烟但想戒烟 Those who had never tried but wanted to give up smoking	28.8	4.0	5.9	7.4	34.7	4.3
從未嘗試過又並不想戒烟 Those who had never tried and did not want to give up smoking	392.1	54.0	38.4	48.7	430.5	53.5
總計 Total	726.3	100.0	78.8	100.0	805.1	100.0





表 4.3 按戒烟失敗的原因及性別劃分的曾嘗試戒烟但失敗的習慣每日吸烟的人士數目

Table 4.3 Daily smokers who had tried but failed to give up smoking by reason for failing to give up smoking and sex

戒烟失敗的原因 Reason for failing to give up smoking	男 Male		女 Female		合計 Overall	
	人數 No. of persons (‘000)	百分比 %	人數 No. of persons (‘000)	百分比 %	人數 No. of persons (‘000)	百分比 %
吸烟已成為習慣/消磨時間 Cigarette smoking had formed a habit/for killing time	84.1	27.5	12.5	36.1	96.6	28.4
不夠決心 Being not determined enough	75.2	24.6	8.8	25.6	84.0	24.7
許多朋友或同事均為吸烟人士 Most friends or colleagues were smokers	37.5	12.3	2.1	6.2	39.6	11.7
心理/生理上感到不適 Felt psychologically/physiologically uncomfortable	31.7	10.4	6.1	17.6	37.8	11.1
提高精神 Refreshing one's mind	28.3	9.3	0.9	2.7	29.3	8.6
社交應酬需要 Necessity in social functions	26.5	8.7	1.1	3.0	27.6	8.1
太容易取得香烟 Too easy to get cigarettes	14.8	4.8	1.4	4.2	16.2	4.8
其他 Others	7.3	2.4	1.6	4.6	8.9	2.6
總計* Total *	305.4	100.0 (89.8)	34.6	100.0 (10.2)	340.0	100.0 (100.0)

註釋：\* 括號內的數字顯示佔所有曾嘗試戒烟但失敗的習慣每日吸烟的人士的百分比。

Note: \* Figures in brackets represent the percentages in respect of all daily smokers who had tried but failed to give up smoking.



表 4.4 按不想戒烟的原因及性別劃分的從未嘗試過又不想戒烟的習慣每日吸烟的人士數目  
 Table 4.4 Daily smokers who had never tried and did not want to give up smoking by reason for not wanting to give up smoking and sex

不想戒烟的原因 Reason for not wanting to give up smoking	男 Male		女 Female		合計 Overall	
	人數 No. of persons ('000)	百分比 %	人數 No. of persons ('000)	百分比 %	人數 No. of persons ('000)	百分比 %
吸烟已成為習慣/消磨時間 Cigarette smoking had formed a habit/for killing time	224.6	57.3	28.0	72.8	252.6	58.7
提高精神 Refreshing one's mind	41.8	10.7	1.0	2.7	42.8	9.9
社交應酬需要 Necessity in social functions	39.3	10.0	3.3	8.5	42.6	9.9
許多朋友或同事均為吸烟人士 Most friends or colleagues were smokers	34.9	8.9	1.1	2.8	36.0	8.4
不夠決心 Being not determined enough	15.3	3.9	2.5	6.6	17.9	4.2
心理/生理上感到不適 Felt psychologically/physiologically uncomfortable	9.7	2.5	0.5	1.4	10.2	2.4
認為吸烟對自己的健康不會有太大害處 Thought that cigarette smoking would not have much harm on one's health	7.7	2.0	-	-	7.7	1.8
吸烟可減輕精神壓力 Cigarette smoking could ease tension	6.0	1.5	-	-	6.0	1.4
其他* Others*	12.6	3.2	2.0	5.3	14.6	3.4
總計# Total#	392.1	100.0 (91.1)	38.4	100.0 (8.9)	430.5	100.0 (100.0)

註釋：\* 其他包括「太容易取得香烟」及「認為自己戒烟後會看來不成熟/沒有氣派」等原因。

Notes：\* Others include reasons such as 'too easy to get cigarettes' and 'thought that one would not look mature/stylish after giving up smoking'.

# 括號內的數字顯示佔所有從未嘗試過又不想戒烟的習慣每日吸烟的人士的百分比。

# Figures in brackets represent the percentages in respect of all daily smokers who had never tried and did not want to give up smoking.



表 4.5 按未曾嘗試戒烟的原因及性別劃分的從未嘗試過戒烟但想戒烟的習慣每日吸烟的人士數目  
 Table 4.5 Daily smokers who had never tried but wanted to give up smoking by reason for not trying to give up smoking and sex

未曾嘗試戒烟的原因 Reason for not trying to give up smoking	男 Male		女 Female		合計 Overall	
	人數 No. of persons ('000)	百分比 %	人數 No. of persons ('000)	百分比 %	人數 No. of persons ('000)	百分比 %
吸烟已成為習慣/消磨時間 Cigarette smoking had formed a habit/for killing time	12.6	43.7	2.2	37.6	14.8	42.6
不夠決心 Being not determined enough	8.8	30.5	1.1	18.3	9.9	28.5
提高精神 Refreshing one's mind	2.1	7.4	-	-	2.1	6.1
許多朋友或同事均為吸烟人士 Most friends or colleagues were smokers	1.7	5.8	-	-	1.7	4.8
心理/生理上感到不適 Felt psychologically/physiologically uncomfortable	1.6	5.4	-	-	1.6	4.5
太容易取得香烟 Too easy to get cigarettes	1.1	3.8	-	-	1.1	3.2
社交應酬需要 Necessity in social functions	-	-	1.1	18.0	1.1	3.0
其他* Others*	1.0	3.4	1.5	26.1	2.5	7.3
總計# Total#	28.8	100.0 (83.1)	5.9	100.0 (16.9)	34.7	100.0 (100.0)

註釋：\* 其他包括「相信自己可隨時戒烟」及「認為吸烟對自己的健康不會有太大害處」等原因。

Notes: \* Others include reasons such as 'believed that one could give up smoking at once' and 'thought that smoking would not have much harm on one's health'.

# 括號內的數字顯示佔所有從未嘗試過戒烟但想戒烟的習慣每日吸烟的人士的百分比。

# Figures in brackets represent the percentages in respect of all daily smokers who had never tried but wanted to give up smoking.



表 4.6a 按年齡/性別劃分的以前習慣每日吸烟的人士數目  
 Table 4.6a Ex-smokers who previously had a daily smoking habit by age/sex

年齡組別/性別 Age group/sex	人數 No. of persons (‘000)	百分比 %	比率* Rate*
年齡組別 Age group			
15 - 29	5.2	2.5	0.4
30 - 39	28.6	13.8	2.1
40 - 49	38.3	18.5	3.5
50 - 59	34.0	16.4	5.9
≥ 60	100.6	48.7	10.8
性別 Sex			
男 Male	183.1	88.6	6.8
女 Female	23.5	11.4	0.9
合計 Overall	206.7	100.0	3.8

註釋：\* 在個別年齡/性別組別中佔所有十五歲及以上人士的百分比。以所有十五至二十九歲人士為例，0.4%為以前習慣每日吸烟的人士。

Note: \* As a percentage of all persons aged 15 and over in the respective age/sex group. For example, among all persons aged 15-29, 0.4% were ex-smokers who previously had a daily smoking habit.





表 4.6b 按戒烟的原因及性別劃分的以前習慣每日吸烟的人士數目  
 Table 4.6b Ex-smokers who previously had a daily smoking habit by reason for giving up smoking and sex

戒烟的原因 Reason for giving up smoking	男 Male		女 Female		合計 Overall	
	人數 No. of persons (‘000)	百分比 %	人數 No. of persons (‘000)	百分比 %	人數 No. of persons (‘000)	百分比 %
健康理由(沒有醫生建議) Health reason (without a doctor's advice)	64.8	35.4	9.4	39.9	74.2	35.9
健康理由(有醫生建議) Health reason (with a doctor's advice)	49.3	26.9	7.7	32.8	57.0	27.6
覺得香烟價格昂貴 Felt that the price of cigarettes was high	29.2	15.9	1.9	8.0	31.1	15.0
遭家人反對或顧慮到吸烟對家人有不良影響 Objection from family members or in consideration of the bad effect which cigarette smoking had on family members	24.1	13.2	1.0	4.2	25.1	12.1
禁止/不鼓勵在工作或公眾地方吸烟 Prohibited/discouraged at work or public places	6.9	3.8	1.9	8.0	8.8	4.3
不喜歡香烟的氣味 Disliked the smell of cigarettes	2.5	1.4	0.5	2.3	3.1	1.5
朋友影響 Influence of friends	2.6	1.4	-	-	2.6	1.2
政府反吸烟宣傳 Government's anti-smoking publicity	2.1	1.2	-	-	2.1	1.0
其他 Others	1.6	0.9	1.1	4.8	2.7	1.3
總計 Total	183.1	100.0	23.5	100.0	206.7	100.0



圖 4.1 習慣每日吸烟的人士及以前習慣每日吸烟的人士佔所有十五歲及以上人士的比例  
 Chart 4.1 Proportion of daily smokers and ex-smokers who previously had a daily smoking habit among all persons aged 15 and over



