



healthy living

fact sheet

戒煙 | 背景資料

- 卑詩省每年有六千個人因吸煙而早逝。換句話說，每日大約有十六人死於吸煙引致的疾病。¹
- 在卑詩省，吸煙是引致死亡而可避免的最大原因。²
- 吸煙造成了三成的癌症死亡數字和八成半的肺癌死亡數字。^{3, 4}
- 如果一成的卑詩省民戒煙，他們一生可為卑詩省節省共二十九億元醫療支出。⁵
- 在卑詩省，20至24歲的年青人吸煙率最高，達到百分之二十七。而25至29歲的吸煙率為百分之二十四。⁶
- 二手煙的煙霧中含有過千種有毒化學物質，其中有五十多種是致癌物質包括：苯，甲醛，鎘及鉛。⁷
- 研究指出，二手煙與乳癌，子宮頸癌，中風，及流產有極大關係。⁸
- 吸煙是導致心臟病發的重要原因之一，而心臟病發是卑詩省的頭號殺手。⁹
- 九成的肺氣腫是由吸煙引起。¹⁰
- 平均每日抽兩包香煙的吸煙者每年會把一公升的焦油吸進肺部。¹¹
- 每吸一支煙就會縮短七分鐘的壽命。非吸煙者比吸煙者的平均壽命長十五年。¹²

¹ British Columbia Vital Statistics Agency 2005 Selected Vital Statistics and Health Status Indicators. British Columbia Vital Statistics Agency, Victoria, BC.

² BC Healthy Living Alliance Tobacco Reduction Strategy

³ Centers for Disease Control and Prevention 2004 The health consequences of smoking: a report of the Surgeon General. Dept. of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, Atlanta, GA.

⁴ Physicians for a Smoke-Free Canada 2003 Tobacco in Canada, vol. Available at: http://www.smoke-free.ca/pdf_1/TOBACCOINCANADA2003.pdf. Accessed April 21, 2007.

⁵ Centers for Disease Control and Prevention 1999 Best Practices for Comprehensive Tobacco Control Programs - August 1999. US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, Atlanta, GA.

⁶ BC Healthy Living Alliance Tobacco Reduction Strategy

⁷ de Groh M, Morrison HI 2002 Environmental tobacco smoke and deaths from coronary heart disease in Canada. *Chronic Dis Canada* 23(1):13-16.

⁸⁻⁹ Clean Air Coalition of BC website, www.cleanaircoalitionbc.com/ktf_health_effects.html

¹⁰⁻¹² BC Ministry of Health website, www.tobaccofacts.org/