



无烟政策

主要事实

- 在二手烟的环境中不存在任何安全水平。
- 全面执行无烟法律可改善健康，促使吸烟者戒烟，并有助于减少烟草消费。
- 无烟法律深得公众欢迎，遵守比率高。
- 全球仅有5%的人口受到全面无烟法律的保护。
- 《烟草控制框架公约》第8条要求缔约方采取法律手段保护非吸烟者免受烟草烟雾的危害。

何为无烟政策？

无烟政策规定在特定设施或地点禁止吸烟。这项政策只有得到法律的强制规定并对违反者进行处罚时，才会最为有效。全面无烟法律禁止在室内工作场所（包括酒吧和餐馆）、公共场所和公共交通工具内吸烟。全面无烟法律不允许设吸烟区，即便吸烟区有单独的通风设备也不允许。指定吸烟室会大大削弱法律的效力。¹²

对无烟政策的需求

在二手烟的环境中不存在任何安全水平。³ 在有二手烟的场所，人们处于严重的污染中，包括一氧化碳污染。研究表明，在允许吸烟的室内场所，其污染程度高于繁忙的公路边、封闭的汽车车库和火灾现场。⁴

二手烟暴露引发多种疾病，包括肺癌、冠心病和心脏猝死。对于儿童，则会导致婴儿猝死综合症、中耳炎、急性下呼吸道感染，以及哮喘恶化。受到二手烟污染的风险越高，患上多数疾病的风险就越大。³

虽然越来越多的国家引入无烟立法，¹ 但大多数国家均未制定无烟法律，或相关法律有限或执法不力。约40%的国家并没有保护在校儿童免受二手烟的污染。世界一半以上的国家允许在政府办公室、工作场所和其它室内场所吸烟。仅有9%的中低收入国家设有无烟餐馆，而高收入国家中这个比例为29%。目前，全世界仅有5%的人口（16个国家）受到全面的无烟法律的保护。²



此处吸烟属违法行为
威尔士的无烟标识
www.smokingbanwales.co.uk

健康改善的实例

全面无烟的法律能改善健康：

- 苏格兰、新西兰、意大利及美国等国家发现，自引入无烟立法后，医院接收心肌梗死的病人人数下降。^{5 6 7 8 9}
- 研究表明，无烟立法降低了非吸烟者吸入二手烟的机会。没有证据显示青少年对二手烟的吸入由于父母改在家里吸烟而增加。¹¹
- 自引进无烟立法后，爱尔兰、^{12 13} 加利福尼亚、¹⁴ 纽约¹⁵及苏格兰¹⁶酒吧工作者的健康明显改善。

无烟政策的其它好处

- 无烟工作场所有助于促使烟民戒烟，激励已经戒烟的人士继续戒烟。¹⁷ 吸烟率可下降4%。¹⁸
- 无烟政策有助减少烟草消费。世界银行估计吸烟限制使烟草总消费量降低4-10%。¹⁹ 无烟工作场所或可使烟草总消费降低29%。继续吸烟的烟民吸食的卷烟数量也可能有所减少。¹⁷
- 无烟政策可以使烟草总销量下降，这已经在爱尔兰、²⁰挪威²¹和意大利²²等国得到证实。
- 由于吸烟的成年人减少，儿童吸入的二手烟也相应减少。²³
- 无烟政策使得无烟家庭的数量增加。^{2 24 25}
- 无烟政策不影响商业活动或对商业活动具有积极的影响。^{8 26}
- 无烟法律不论在何处实行，都受到公众的欢迎，且遵守率极高。^{27 28} 无烟法律往往在实施后得到越来越多的支持。



最佳实践

—《烟草控制框架公约》第8条指南

世界卫生组织《烟草控制框架公约》(FCTC) 的第8条包括了使公众免于二手烟危害的保护措施。第8条得到缔约各方的一致支持并被缔约方所采用。其主要原则是：

- 采取有效措施防止二手烟危害，要求在特定场所或环境中全面禁止吸食卷烟及烟草。
- 通风或指定的吸烟室不能提供保护。
- 所有人都应受到免受二手烟危害的保护。所有室内工作场所、室内公共场所和公共交通工具均应实行无烟政策。
- 需要立法来保护公众免受二手烟危害。自愿协议收效甚微。
- 要实施和执行有关法律，需要有完备的计划和充足的资源。
- 公民社会应成为制定、实施和执行无烟法律的积极伙伴。
- 应当对无烟法律进行监督与评估，评价其效果并建立支持体系，才能达到最佳效果。
- 应需要加强和扩大防止二手烟的力度和范围，这可能需要新的立法或修订现有法规，或改进执行的措施。³⁰

指南强调，必须清晰地定义关键术语，如“吸烟”、“工作场所”、“公共场所”、“室内”和“封闭环境”等。

《无烟未来行动指南》可在下列网站上查阅：www.tobaccofreeunion.org

世界卫生组织在MPOWER一揽子政策中建议，各国应为实施无烟法律适当地做如下准备：^{2 29}（1）向公众和企业介绍二手烟的危害；（2）在无烟工作场所和公共场所得到广泛支持后，草拟法律，征询公众意见；（3）通过全面无烟法律；（4）无烟法律一经颁布，即通力统一执行，令行禁止，为法律提供强有力的支持。

世界卫生组织提出，应强调无烟工作场所旨在保护工作者的健康。同时也强调，反驳烟草行业的错误论点对于赢得公众对无烟法律的支持至关重要。



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