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**Let's Quit Smoking Together:** *Quit Smoking for a Healthy Family*



**齊心合力把煙戒:** 齊心戒煙，家健倍添

# 今天我們將學到甚麼？

三個重要的題目：

1. 有關吸煙的最新知識
2. 有效的戒煙方法
3. 健康家庭行動計劃

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## What Will You Learn Today?

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2. Quit smoking methods that work
3. Develop a "Healthy Family Action Plan"

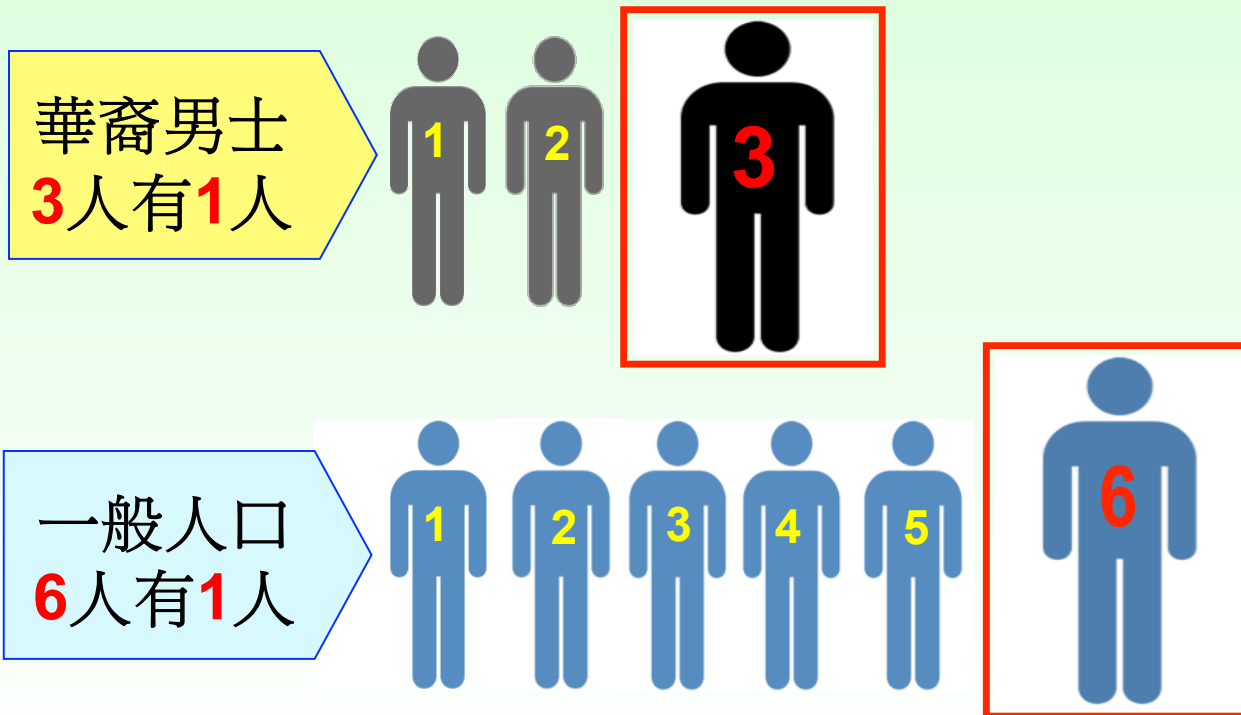
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# 我們為何要關心吸煙的問題？

- 華人的吸煙率是世界最高之一
- 吸煙會導致肺癌
- 肺癌是華裔成年男女的頭號殺手



# 我們為何要關心吸煙的問題？

- 華裔的吸煙率是世界最高之一
- 每3位華裔男士便有1位吸煙，相比一般人口是每6位男士才有1位吸煙
- 香煙煙霧會導致吸煙者和非吸煙者患上肺癌和其他疾病
- 肺癌是華裔成年男女的頭號殺手



## Why Should We Care About Smoking?

- Chinese have one of the highest smoking prevalence in the world
- Cigarette smoke causes lung cancer
- Lung cancer is the #1 killer for Chinese adult males and females  
graphics: Chinese Adult Males: 1 in 3 smokes  
General Population Adult Males: 1 in 6 smokes

## Why Should We Care About Smoking?

- Chinese have one of the highest smoking rates in the world
- One in 3 Chinese men smoke, compared to only 1 in 6 men in the general population
- Cigarette smoke causes lung cancer and other diseases in both smokers and non-smokers
- Lung cancer is the #1 killer for Chinese adult males and females

# 人們為何會吸煙?



**自由討論**

**沒有對或錯的答案**

# 大家認為人們為何會吸煙？

[社區保健員鼓勵組員列出一些為什麼人們會吸煙的原因。強調沒有正確或錯誤的答案；鼓勵大家一起分享他們的意見]

[創造一個友善和互相理解的氣氛，保持積極，體諒，和非評判性的態度]

[在組員列出他們的原因後，社區保健員可以提出以下例子，問問組員是否同意]

- “吸煙使我有快感”
- “飯後一枝煙，是我日常生活習慣的一部份，”
- “吸煙助我舒緩壓力”
- “我只是在社交場合才吸煙，如果我想的話，隨時都可以戒掉”

## Why Do You Think People Smoke?

[LHW encourages participants to list some reasons why people smoke. Emphasize there are no right or wrong answers; encourage everyone to share their opinion]

[Set the mood for a friendly and understanding atmosphere, be positive, and non-judgmental]

[After participants' listing, LHW says the examples below to see if participants agree]

- "Smoking makes me feel good"
- "It goes after meals, it's part of my habit"
- "Smoking relieves my stress"
- "I just smoke socially, I can quit anytime if I want to"

人們為何會吸煙？



自由討論  
沒有對或錯的答案

## Why Do People Smoke?

Open Discussion

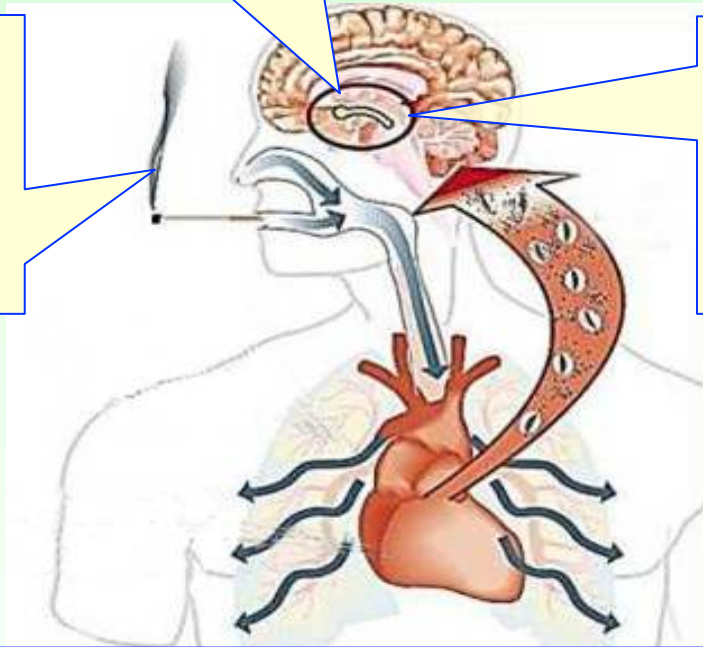
THERE ARE NO RIGHT OR  
WRONG ANSWERS

# 吸煙戒不掉的主要原因: 尼古丁癮

2. "尼古丁" 刺激大腦, 使吸煙者得到 "快感"

1. 吸煙時, 香煙中有一種令人高度容易上癮的物質, 稱為"尼古丁", 進入吸煙者的大腦中

3. 為了維持這種 "快感", 吸煙者 "渴望" 得到更多的尼古丁, 這現象稱為 "染上尼古丁癮"

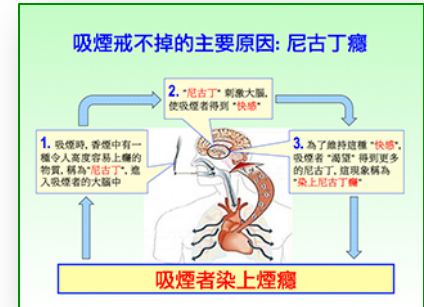


吸煙者染上煙癮



# 吸煙戒不掉的主要原因：尼古丁癮

- 吸煙時，香煙的煙霧進入肺中，煙霧中有一種令人高度容易上癮的物質，稱為“尼古丁”。這物質從肺進入血液，再經過心臟傳送到吸煙者的大腦中
- 尼古丁刺激大腦，使吸煙者得到“快感”
- 為了維持這種快感，吸煙者“渴望”得到更多的尼古丁，這現象稱之為“上癮”
- 結果，吸煙者從而染上了“煙癮”
- 不過，大家須要知道，雖然尼古丁是使人染上煙癮的物質，但它並不是導致疾病的源頭；疾病是由香煙中其它有毒的物質而引起的



## The Real Reason Why People Smoke and Cannot Quit: Nicotine Addiction

1. When smoking, the smoke gets a highly addictive chemical called “Nicotine” to the smoker’s brain
2. Nicotine stimulates the brain and makes the smoker “feel good”
3. In order to maintain the good feelings, the smoker “craves” more nicotine. This is called “addiction.” the smoker becomes addicted to smoking cigarettes

## The Real Reason Why People Smoke and Cannot Quit: Nicotine Addiction

- When smoking, the cigarette smoke goes into the lungs, then from the lungs to the blood, and then the heart delivers a highly addictive chemical called “Nicotine” to the smoker’s brain
- Nicotine stimulates the brain and makes the smoker “feel good”
- In order to maintain the good feelings, the smoker “craves” more nicotine. This is called “addiction.”
- Consequently, the smoker becomes “addicted to smoking cigarettes”
- However, please be clear that while NICOTINE is the drug that makes people addicted to smoking cigarettes, it is NOT the substance that causes disease. It is the other toxic chemicals in the cigarettes that cause disease

# 我是否染上煙癮？

問一問自己，我是否...

是 否

- 睡醒後的一個小時內要吸煙？
- 覺得不吸煙很困難？
- 嘗試停止吸煙時會感到不自在？
- 將吸煙當作日常生活的一部分？

如果你在任一項選擇  "是" 的話  
你就有 "染上煙癮" 的跡象

# 我是否染上煙癮？

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- 覺得不吸煙很困難？
- 嘗試停止吸煙時感到不自在？
- 將吸煙當作日常生活的一部分？例如：在飯後一定要吸煙，或在喝咖啡，喝茶或喝酒時都會吸煙
- 如果你在每一項選擇“是”的話，你就有“染上煙癮”的跡象

我是否染上煙癮？

問一問自己，我是否...

是	否
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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## Am I Addicted to Cigarettes?

Ask yourself, do you...

Yes No

- Smoke within the first hour after waking?
- Find it difficult to not smoke?
- Feel uncomfortable trying to stop?
- Smoke as part of my daily routine?

If you checked 1 or more “Yes”, you have signs of “Cigarette Addiction”

## Am I Addicted to Cigarettes?

Ask yourself, do I....

- Smoke within the first hour after waking?
- Find it difficult to not smoke?
- Feel uncomfortable trying to stop?
- Smoke as part of my daily routine? For example, smoke a cigarette after each meal, or with coffee, tea, or alcohol
- If you answered “Yes” to at least one of these items, then you have signs of “cigarette addiction”

# 我們應該如何看待吸煙?

吸煙是一種 "癮", 我們需要把吸煙當作一個 "嚴重的健康狀況" 看待.



# 我們應該如何看待吸煙？

認識到以下幾點是非常重要的：

- 吸煙不單是一個“壞習慣”或是一種選擇，而其實是一個“上癮”的嚴重狀況
- 大多數的吸煙者上了癮而不自知
- 我們需要把吸煙當作一個嚴重的健康狀況看待，是需要適當治療，甚至藥物幫助的

我們應該如何看待吸煙？

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## How Should We Look At Cigarette Smoking?

Cigarette smoking is an “Addiction” and needs to be treated like any serious health condition.

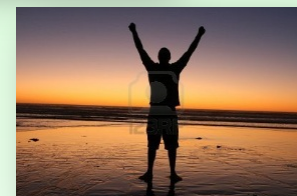
### How Should We Look At Cigarette Smoking?

It is very important for all of us to recognize that:

- Cigarette smoking is an “Addiction,” not just a “bad habit” or a choice
- Most smokers unknowingly become addicted
- Smoking needs to be treated like any serious health condition that requires proper treatments and medications if needed

# 好消息是...煙癮是可以治療的 只要你想戒, 是可以戒得掉

- 有一半的華裔吸煙者已經成功戒煙
- 現時的有效方法和資源, 可以使戒煙的成功率提高一倍, 不管用藥與否
- 戒煙並不是單靠 "意志力"
- 戒煙亦需要 "技巧" 和 "家人的支持"



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## The Good News is... Cigarette Addiction Is Treatable, You Can Quit Smoking If You Want To

- Half of the Chinese smokers have quit
- There are effective methods and resources available to double the rate of quitting, with or without medications
- quitting smoking does not just mean relying on “will power” alone
- it also takes “skills” and “family support”

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# 戒煙後，健康將會大大改善



**1星期至3個月：**咳嗽減少，肺功能提高，  
血液循環得到改善

**1年：**患冠心病的風險減低一半

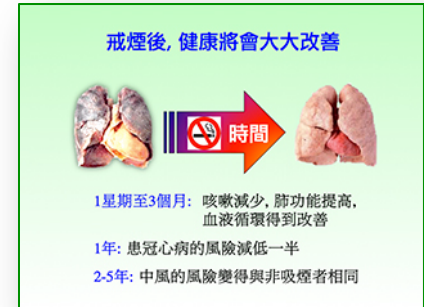
**2-5年：**中風的風險變得與非吸煙者相同



# 戒煙後，健康將會大大改善

戒煙後對你健康產生的其中一些益處有：

- 1星期至3個月：咳嗽減少，肺功能提高，血液循環得到改善
- 1年：患冠心病的風險減低一半
- 2-5年：中風的風險變得與非吸煙者相同



## Your Health Will Improve Significantly After You Quit Smoking

- 1 week to 3 months: cough decreases; lung function increases; blood circulation improves
- 1 year: risk of coronary heart disease is cut in half
- 2-5 years: stroke risk becomes like non-smokers' risk

## Your Health Will Improve Significantly After You Quit Smoking

Here are some examples of the health benefits after you quit smoking:

- 1 week to 3 months: cough decreases; lung function increases; blood circulation improves
- 1 year: risk of coronary heart disease is cut in half
- 2-5 years: stroke risk becomes like non-smokers' risk

# 關於香煙的新知識




- 每支香煙含有7,000多種化學物質，數百種毒素，其中超過70種會致癌
- 肺癌是華裔男女的頭號殺手
- 吸煙者一般壽命會縮短10-15年
- 吸煙導致的疾病和死亡是可以避免的

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- 肺癌是華裔男女的頭號殺手
- 平均來說，吸煙者一般壽命會縮短10-15年
- 但是，吸煙導致的疾病和死亡是可以避免的

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## New Facts About Cigarette

- Every cigarette contains 7,000 chemicals, hundreds of toxins and more than 70 of them cause cancer
- Lung cancer is the number one cause of cancer deaths among Chinese males and females
- Smokers lose 10-15 years of life
- The tobacco-related disease and deaths are preventable

## New Facts About Cigarettes

- Every cigarette contains 7,000 chemicals. Hundreds are toxins and more than 70 of them cause cancer
- Lung cancer is the number one cause of cancer deaths among Chinese males and females
- On average, smokers lose 10-15 years of life
- However, the tobacco-related diseases and deaths are PREVENTABLE

# 吸煙能致命

吸煙可導致:

- 肺癌
- 肺氣腫
- 心臟病
- 其他器官的疾病: 如口部, 鼻子, 嘴唇等
- 婦女的子宮頸癌
- 肝癌, 大腸癌
- 糖尿病



# 你可能已經知道，吸煙能致命


吸煙可直接損害吸煙者的健康，它可導致：

- 肺癌
- 肺氣腫
- 心臟病
- 其他器官的疾病：如口部，鼻子，嘴唇等
- 婦女的子宮頸癌
- 最新的研究表示吸煙會導致肝癌，大腸癌，糖尿病，肺結核，甚至失明

**吸煙能致命**

吸煙可導致：

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- 肺氣腫
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- 其他器官的疾病：如口部，鼻子，嘴唇等
- 婦女的子宮頸癌
- 肝癌，大腸癌
- 糖尿病



## Smoking Cigarettes Can Kill You

Smoking cigarettes can cause:

- Lung cancer
- Emphysema
- Heart disease
- Disease of other organs: mouth, nose, lips, etc.
- Cervical cancer in women
- Liver cancer, colorectal cancer
- Diabetes

### You May Already Know Smoking Cigarettes Can Kill You

Smoking cigarettes can directly harm smokers' health, it can cause:

- Lung cancer
- Emphysema
- Heart disease
- Disease of other organs such as, mouth, nose, lips, etc.
- Cervical cancer in women
- The latest research shows smoking causes liver cancer, colorectal cancer, diabetes, tuberculosis, and even blindness

# 但你可能不知道...

## 吸煙導致的殘疾所帶來的痛苦

- **呼吸短促:** "我不能行完一個街口, 與孩子一起玩, 或做一些簡單的事..."
- **虛弱:** "我因中風引至癱瘓..."
- **陽痿:** "我不能再有親密生活..."
- **易受感染:** "我更容易生病..."

- 喪失工作和支持家庭的能力
- 成為家人的負擔

# 但你可能不知道... 吸煙導致的殘疾所帶來的痛苦

吸煙可導致以下狀況：**[社區保健員指着前面一頁]**

- 呼吸短促：“我不能行完一個街口，與孩子一起玩，或做一些簡單的事...”
  - 虛弱：“我因中風引至癱瘓...”
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- 因為吸煙，吸煙者會...
- 喪失工作和支持家庭的能力
  - 成為家人的負擔

## But You May Not Know... Smoking Causes Suffering From Disability

Smoking cause these conditions [LHW points to the front of the slide]

- Shortness of breath: “I can't even walk 1 block, play with children, or do simple things...”
- Weakness: “I was paralyzed by a stroke...”
- Impotence: “I can't be intimate any more...”
- Infections: “I get sick more easily...”

Because of smoking, smokers can...

- Lose their ability to work and support their family
- Become a burden to their family

## 但你可能不知道... 吸煙導致的殘疾所帶來的痛苦

- 呼吸短促：“我不能行完一個街口，與孩子一起玩，或做一些簡單的事...”
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## 除此之外... 吸煙也會損害他人

- 吸煙者呼出或從點燃著的香煙產生的煙霧，造成 "二手煙"
- "二手煙" 對身邊每一個人都是有害的





## 除此之外… 吸煙也會損害他人

- 吸煙者呼出的煙霧或從點燃著的香煙產生的煙霧，造成“二手煙”
- 這“二手煙”仍保留著香煙中所有有害的化學物質
- “二手煙”對身邊每一個人都是有害的

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### And... Smoking Cigarettes Can Also Harm Others

- The smoke exhaled by the smoker and from the burning cigarette creates “secondhand” smoke
- Secondhand smoke is harmful to everybody around it

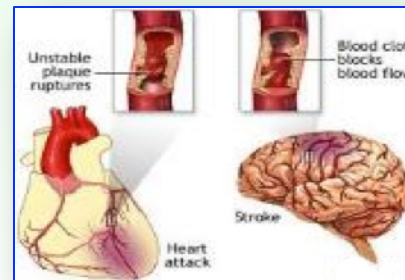
### And... Smoking Cigarettes Can Also Harm Others

- The smoke exhaled by the smoker and from the burning cigarette creates “secondhand” smoke
- This “secondhand” smoke still retains all the harmful chemicals of cigarettes
- Secondhand smoke is harmful to everybody around it

# “二手煙”如何損害他人？

它提高了非吸煙的家人患病的風險，如：

- 導致嬰兒和兒童患上呼吸系統疾病
- 患心臟病的風險提高百分之六十
- 患肺癌的機會提高百分之二十四
- 導致非吸煙者中風
- 影響到家中寵物的健康



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- 患心臟病的風險提高百分之六十
- 患肺癌的機會提高百分之二十四
- 導致非吸煙者中風
- 影響到家中寵物的健康



## How Does “Secondhand” Smoke Harm Others?

For non-smokers in the family, it increases the risk for:

- Respiratory illnesses in infants and children
- Heart disease by 60 %
- Lung cancer by 24 %
- Stroke in non-smokers
- Secondhand smoke also harms family pets

## How Does “Secondhand” Smoke Harm Others?

For non-smokers in the family, it increases the risk for health problems such as:

- Respiratory illnesses in infants and children
- Heart disease by 60 percent
- Lung cancer by 24 percent
- New research shows that secondhand smoke causes stroke in non-smokers
- Secondhand smoke also harms family pets

## 再者...

- 香煙中的毒素和氣味會殘留在各種東西的表面, 對所有接觸到的人造成傷害. 我們稱這類型的接觸為"三手煙"
- 即使在室外吸煙仍不能完全保護吸非吸煙的家人
- 成年人與小孩均會受到"三手煙"的損害



## 再者...

- 即使在吸煙者吸完香煙後一段很長的時間，香煙中的毒素和氣味仍會長時間殘留在各樣東西上，如頭髮，衣服，家具，地毯，牆壁，和天花板，並繼續對每個接觸到的人造成傷害。我們稱這類型的接觸為“二手煙”
- 即使在室外吸煙仍不能完全保護非吸煙的家人令他們免受傷害，因為香煙中有害的殘留物質仍然可以由吸煙者帶進屋內
- 因此，與吸煙者同住的成年人和小孩都輕易地受到“二手煙”的傷害

### Furthermore...

- Even long after the smoker has finished his cigarette, the toxins and odor residues from cigarette smoke stick to everything, such as hair, clothing, furniture, carpets, walls, ceilings for a long time, and it continues to cause harm to everybody who comes into contact with them. This type of exposure is called “thirdhand” smoke.
- Even smoking outdoors cannot completely protect the non-smokers in the family from harm, because the harmful residues from the cigarettes still can be brought into the house by the smokers.
- This means adults and children who live with a smoker can be easily harmed by “thirdhand smoke”

### 再者...

- 香煙中的毒素和氣味會殘留在各種東西的表面，對所有接觸到的人造成傷害，我們稱這類型的接觸為“二手煙”



- 即使在室外吸煙仍不能完全保護非吸煙的家人



- 成年人與小孩均會受到“二手煙”的損害



### Furthermore...

- The toxins and odor from cigarette smoke residues stick to everything that continue to harm other people. This type of exposure is called “thirdhand” smoke
- Even smoking outdoors cannot completely protect the non-smokers in the family.
- Both adults and children can be harmed by “thirdhand” smoke

# 吸煙影響人際關係



受到煙害的  
不是只有  
你一個人

California Department of Health Services © 2001 CDHS

- 導致家庭磨擦和衝突
- 影響親密關係
- 使吸煙者感到孤立

# 吸煙影響人際關係

- 最近的研究顯示，吸煙可以影響家庭關係，導致潛在的磨擦和衝突
- 吸煙影響親密關係
- 令到吸煙者在大多數的社交場合中感到被不吸煙的家人，朋友和同事孤立



## Smoking Cigarettes Affects Relationships Negatively

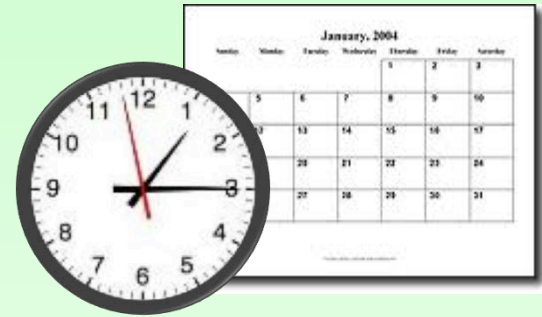
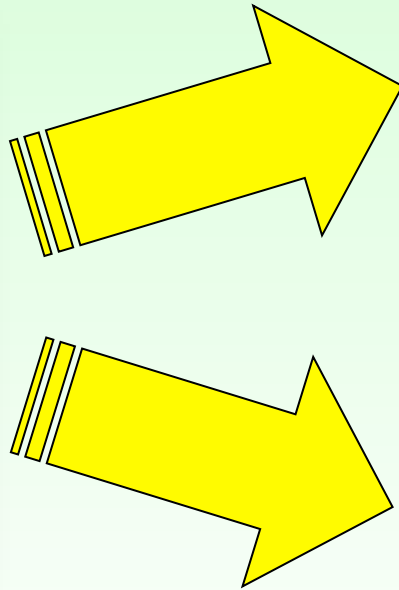
- Causes tensions and conflicts in the family
- Impacts intimate relations
- Causes smokers to feel isolated

## Smoking Cigarettes Affects Relationships Negatively

- Recent research shows that smoking can affect family relationships by causing underlying tensions and conflicts
- Smoking impacts intimate relations
- It causes smokers to feel isolated from their non-smoking family and friends, and their colleagues in most social settings

# 吸煙浪費時間與金錢!

每天吸  
1 包 X 365日



每年浪費1個月時間



每年花費 \$1,825



# 吸煙浪費時間與金錢!

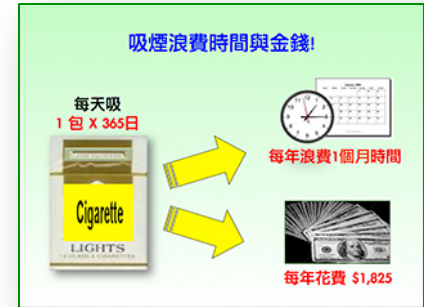
## 浪費時間

- 吸 1包煙大概需要2小時，即是說，單單為了吸煙，每年就用了一個月的時間
- 此外，即使是在下雨天，吸煙者通常要在室外吸煙
- 而且鄰居還會經常抱怨香煙煙霧

## 浪費金錢

- 每天吸 1包煙花費 \$5，每年將要花費 \$1,825在香煙上
- 吸煙者通常需要支付更高的醫療和人壽保險費用，因為他們較一般人更經常生病、請更多的病假、需要更多的醫療護理、有更大機會成為殘疾，以及比非吸煙者更早離世

我們不如利用這筆金錢和時間，好好與家人玩樂！



### Smoking Costs Time And Money!

Smoke 1 pack a day x 365 days  
Costs \$1,825 a year  
Costs 1 month a year

### Smoking Costs Time And Money!

#### About Time:

- Smoking a pack of cigarettes takes about 2 hours. It will take about one month a year just for smoking cigarettes
- Furthermore, smokers usually have to smoke outdoors even on rainy days.
- And frequently neighbors complain about the cigarette smoke.

#### About Money:

- Smoking 1 pack a day costs \$5. It will cost \$1,825 a year for cigarettes
- Smokers are also usually required to pay higher health and life insurance premiums because they become ill more often, take more sick days, need more medical care, have more chances to become disabled, and die sooner than non-smokers

Why don't we use that time and money to have fun with our family instead!

# 什麼對你最重要？



金錢？



健康？



家人關係？

你的選擇

？

# 什麼對你最重要？

[社區保健員鼓勵組員分享他們的顧慮/願望/行動, 或他們家庭中任何與吸煙有關的事項. 在討論結束後, 說:]

- 感謝大家與我們分享你們的想法
- 你現在可能還沒有準備戒煙, 但我們可以幫助你和你的家人, 按照你的吸煙情況, 制定一個切實可行的計劃, 以改善家庭健康
- 讓我們先談談你的吸煙情況



## What Matters to You Most?

Money?  
Health?  
Relationships?  
You decide?

### What Matters to You Most?

[LHW encourages participants to talk about their concerns/wishes/actions or any matters that are related to smoking in their family. At the end of the discussion, LHW should say:]

- Thank you all for sharing your thoughts.
- You may or may not be ready to quit smoking right now, but we can help you and your partner together to develop a practical plan for your family's health that fits your smoking situation.
- Let's identify your smoking situation.

# 識別你目前的 "吸煙情況"

三種情況的其中之一：

1. 未考慮戒煙
2. 正考慮戒煙
3. 想馬上戒煙

# 識別你目前的“吸煙情況”

你目前的吸煙情況，可以是三種情況的其中之一：

1. 未考慮戒煙
2. 正考慮戒煙
3. 想馬上戒煙

現在讓我們逐一討論這三種情況

## 識別你目前的“吸煙情況”

三種情況的其中之一：

1. 未考慮戒煙
2. 正考慮戒煙
3. 想馬上戒煙

## Identify Your Current “Smoking Situation”

One of three situations:

1. Not Ready to Quit
2. Thinking About Quitting
3. Want to Quit Now

## Identify Your Current “Smoking Situation”

- Your current smoking situation can be 1 of 3 situations:
  1. Not Ready to Quit
  2. Thinking About quitting
  3. Want to Quit Now
- So, let’s discuss these 3 situations one at a time

# 讓我們來談談這一幕

吸煙是我自己的事和個人的享受. **我不想談論.**

你吸煙煩到我,  
你又不聽我說, 不理我,  
令我很生氣.



# 讓我們來談談這一幕

[社區保健員讀出或請兩位組員讀出圖中各人的對話]

- 根據以上的對話，你認為這個家庭的吸煙情況屬於哪一種？
- 你怎樣看出來的？是什麼令到你有這樣的看法？

[每位組員表達他們對這情況的看法後，再繼續]

- 謝謝你們的意見，現在讓我們來看看專家對這種情況的看法



## Let's Talk About This Scene

- "Smoking is MY own business and MY personal pleasure. I DON'T want to talk about it."
- "Your smoking bothers me a great deal. You DON'T LISTEN to me and you IGNORE me. I am very upset about it!"

## Let's Talk About This Scene

[LHW reads or invites participants to read the text in dialogue box of each person]

- Based on the conversation, what do you think is the smoking situation of this family?
- How can you tell? What makes you think this way?

[After everyone expressed their interpretations, then LHW continues]

- Thank you for your comments, now let's see what the experts say about this situation.

# 第一個情況: 未考慮戒煙



- 吸煙者現在並沒有考慮戒煙, 對他而言, **吸煙比戒煙更為重要**
- 吸煙者有個人的原因令他暫時**不想戒煙**



# 第一個情況: 未考慮戒煙

- 吸煙者現在並沒有考慮戒煙, 對他而言, 吸煙比戒煙更為重要
- [社區保健員指向圖中天秤“香煙”那邊, 讀出列出的句子] 吸煙者可能有個人的原因令他暫時不想戒煙, 例如: “吸煙給我快感”, “是我的生活習慣”, “幫助我集中精神”, “舒緩壓力”
- [社區保健員指向圖中天秤“家庭”那邊] 吸煙者可能已知道戒煙會令家人受益, 但現時這些益處對他不重要, 所以你看不到他們考慮戒煙的想法很渺小, 沒有份量

[情況1: 讓吸煙者和家人討論他的吸煙情況, 並鼓勵吸煙者對戒煙給予重視]

## Situation 1—Not Ready to Quit

- The smoker is not thinking about quitting smoking now, he gives greater weight to smoking than quitting
- [LHW points to the cigarette side of the scale and read the bullet points] The smoker may have his own reasons for not thinking about quitting at this time such as: “it makes me feel good”; “it’s my routine”; “it helps me focus”; “it relieves stress”
- [LHW points to the family side of the scale] The smoker may know all those things about how quitting smoking may benefit the family, but they are not important to him at this time, so you can see the “thoughts” are small and not given much weight

[In this Situation 1, let the smoker and family discuss his smoking status, and encourage the smoker to give greater weight to thinking about quitting]

第一個情況: 未考慮戒煙

• 吸煙者現在並沒有考慮戒煙, 對他而言, 吸煙比戒煙更為重要

• 吸煙者有個人的原因令他暫時不想戒煙

## Situation 1—Not Ready to Quit

Smoking:

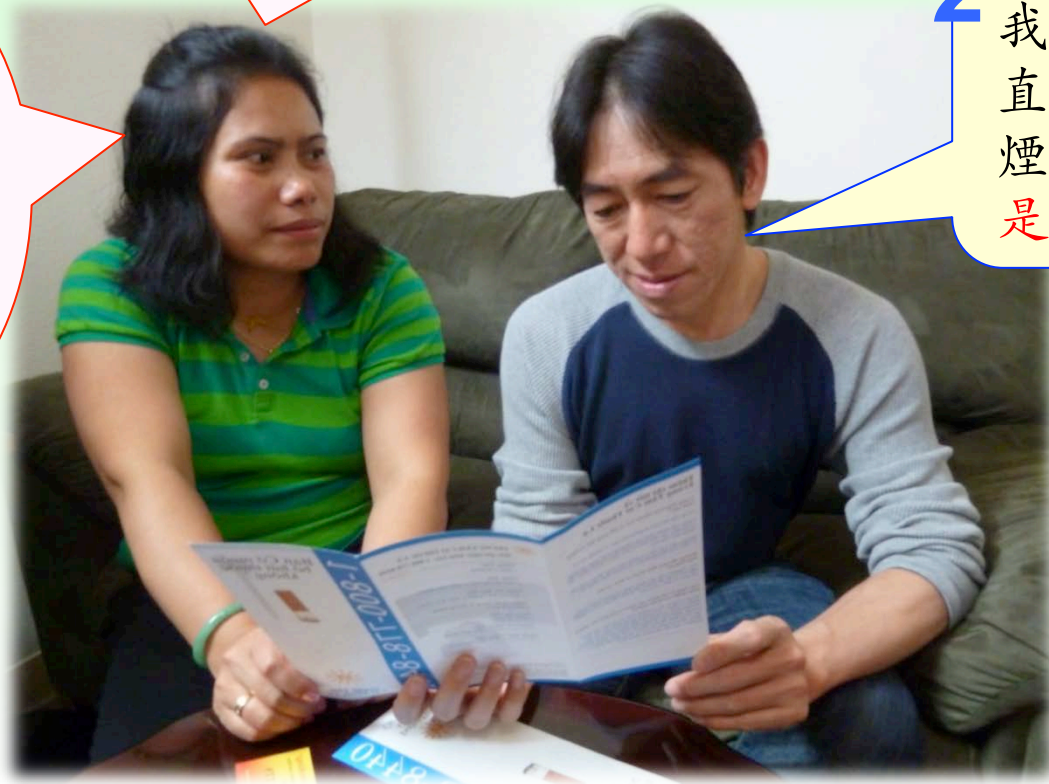
- makes me feel good
  - is my routine
  - helps me focus
  - relieves stress
- 
- Smoker is not thinking about quitting now, he gives greater weight to smoking than quitting
  - Smoker may have his own reasons

# 談談這一幕...

3 現在我明白, 你為什麼吸煙, 而你又明白我的顧慮. 讓我們一起找方法幫助你戒煙, 好嗎?

1 我以前囉唆你, 是因為我擔心你的健康... 加上我不知道如何幫助你戒煙.

2 我知道. 我一直都有考慮戒煙, 但是我還是喜歡吸煙.



## 談談這一幕...

[社區保健員讀出或請組員按號碼順序讀出圖中各人的對話]

- 根據以上的對話，你覺得這個家庭的吸煙情況屬於哪一種？
- 你怎樣看出來？

[每位組員表達他們對這情況的看法後，再繼續]

- 謝謝你們的意見，現在讓我們來看看專家對這種情況的看法



### Let's Talk About This Scene

1. "I used to NAG you because I WORRY about your health... and I also DON' T KNOW HOW to make you stop smoking."
2. "I know. I have been thinking about quitting too, but I still like smoking..."
3. "Now after we talked, I understand the reason why you smoke and you understand my concerns. So let's try to find a way to help you quit smoking, OK?"

### Let's Talk About This Scene

[LHW reads or invites participants to read the text in dialogue box of each person in sequential order]

- Based on the conversation, what do you think of the smoking situation in this family?
- How can you tell? What makes you think that way?

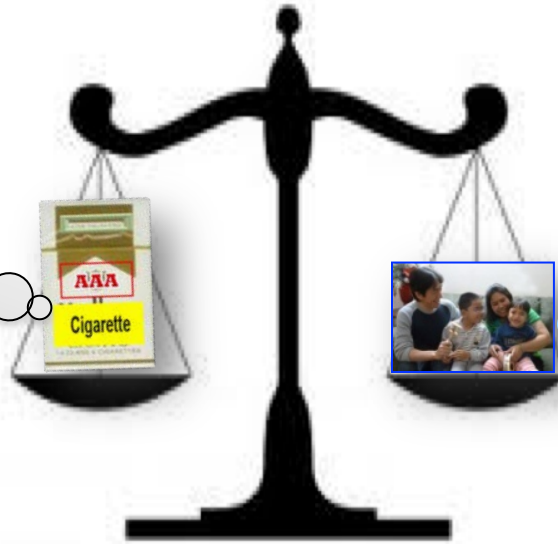
[After everyone expressed their interpretations, then continue]

- Thank you for your comments, now let's see what the experts say about this situation.

## 第二個情況: 正考慮戒煙

### 吸煙:

- 給我快感
- 是我的生活習慣
- 幫助我集中精神
- 舒緩壓力



### 戒煙:

- 改善家庭健康
- 延長壽命
- 改善家庭關係
- 節省時間和金錢

- 吸煙者**考慮過戒煙**, 但他仍然**有一些顧慮**.
- 吸煙者對於戒煙和吸煙**感到矛盾**, 對他而言, **吸煙與戒煙同等重要**.

## 第二個情況: 正考慮戒煙

- 吸煙者考慮過戒煙, 但他仍然有一些顧慮; 並對於戒煙和吸煙感到矛盾, 對他而言, 吸煙與戒煙同等重要
- [社區保健員指向圖中天秤“香煙”那邊, 讀出列出的句子] 吸煙給我快感, 是我的生活習慣...
- [社區保健員指向圖中天秤“家庭”那邊, 讀出列出的句子] 戒煙可幫助我: 改善家庭健康, 延長壽命.....
- 這個家庭應該一起合作, 幫助他認清戒煙帶給他和家人在健康和經濟上的好處



### Situation 2--Thinking About Quitting

#### Smoking:

- Makes me feel good; is my routine; helps me focus; relieves stress

#### Quitting Smoking:

- Better family health; live longer; better family relationships; save time and money
- The smoker has thought about quitting but he still has some concerns
- The smoker feels ambivalent about quitting and smoking--he gives them equal weight

### Situation 2--Thinking About Quitting

- This smoker has thought about quitting but he still has some concerns and feels ambivalent about quitting and smoking -- he gives them equal weight
- [LHW points to the cigarette side of the scale and reads all the bullet points] Smoking makes me feel good, is my routine and so on..
- [LHW points to the family side of the scale and reads all the bullet points] Quitting smoking can help me: have better family health; live longer and so on...
- This family should work together to help him to realize the health and financial benefits that he and the family can get from quitting smoking

# 談談這一幕...

我受夠了! 為了自己和家人的健康,  
我現在就決定戒煙. 我想打電話給  
華語戒煙專線. 老婆, 電話號碼是什麼?

太好了!  
你讓我太高興了. 我答應你, 我  
一定會全力支持你, 及尋找方法幫助  
你戒煙. 專線的電話號碼是  
1-800-838-8917



## 談談這一幕...

[社區保健員讀出或請組員讀出圖中各人的對話]

- 根據以上的對話，你覺得這個家庭的吸煙情況屬於哪一種？
- 你是怎樣看出來的？

[每位組員表達他們對這情況的看法後，再繼續]

- 謝謝你們的意見，現在讓我們來看看專家對這種情況的看法



### Let's Talk About This Scene

- "OK, I've had enough! I've now decided to quit smoking for my own health and also for our family. I want to call the California Smokers' Helpline right now. So...what is the number, dear?"
- "Great! You make me very happy. I promise that I will support you 100% and find ways to help you give up cigarettes. The phone number is..."

### Let's Talk About This Scene

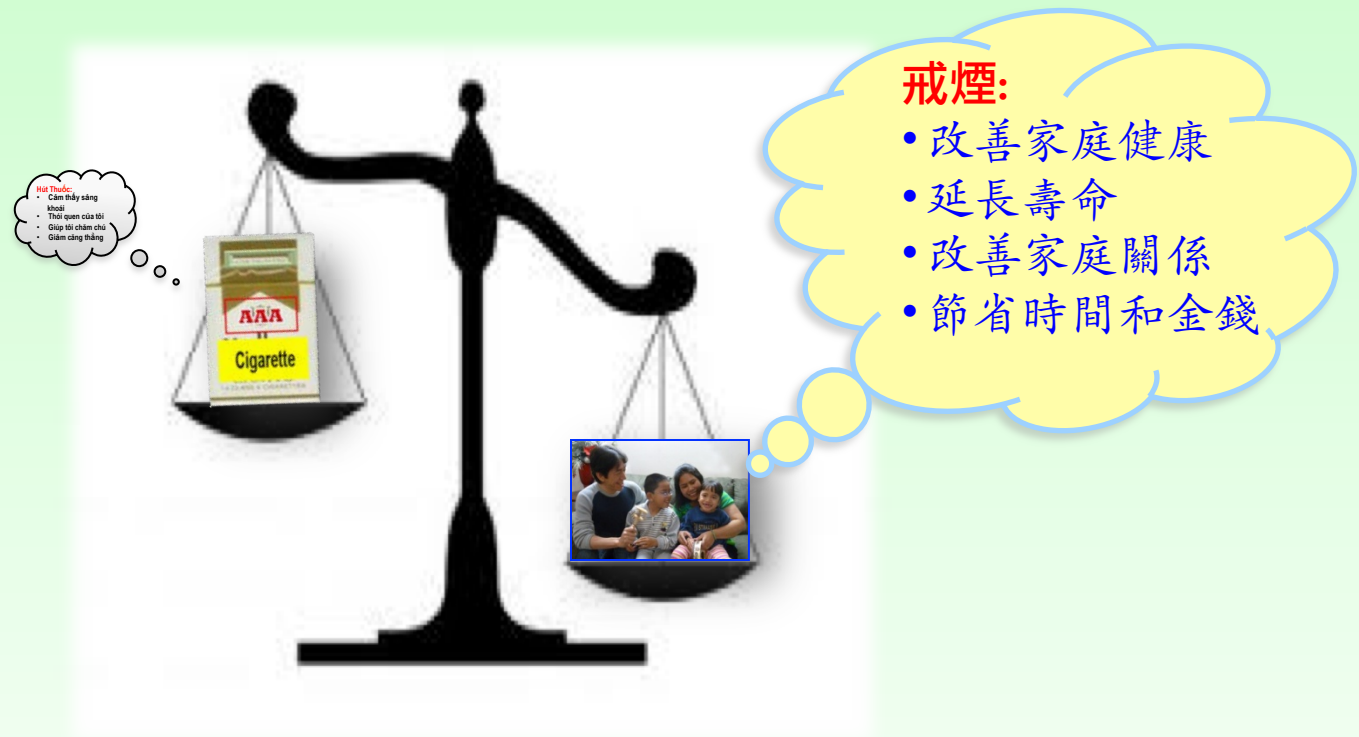
[LHW reads or invites participants to read the text in dialogue box of each person]

- Based on the conversation, what do you think is the smoking situation of this family?
- How can you tell? What makes you think this way?

[After everyone expressed their interpretations, then LHW continue]

- Thank you for your comments, now let's see what the experts say about this situation.

## 第三個情況: 想馬上戒煙

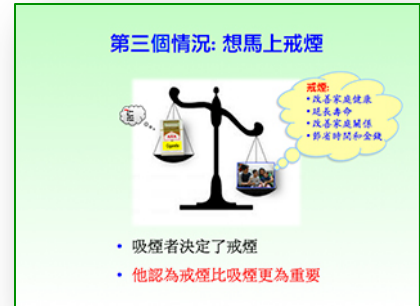


- 吸煙者決定了戒煙
- 他認為戒煙比吸煙更為重要



## 第三個情況: 想馬上戒煙

- 吸煙者決定了馬上戒煙
- 他認為健康和家庭關係比吸煙更為重要
- [社區保健員指向圖中天秤“家庭”那邊，讀出列出的句子] 戒煙可幫助我: 改善家庭健康, 延長壽命, 改善家庭關係, 節省時間和金錢
- 在這種情況下, 吸煙者與家人需堅持實行他們的戒煙計劃



### Situation 3--Want to Quit Now

#### Quitting Smoking:

- Better family health
- Live longer
- Better family relationships
- Save time and money
  
- This smoker has made a decision to quit smoking
- The smoker gives quitting greater weight than smoking

### Situation 3--Want to Quit Now

- The smoker has made a decision to quit smoking now
- He gives his health and his family relationships greater weight than smoking.
- [LHW points to the Family side of the scale and reads all the bullet points] Quitting smoking can help me: have better family health; live longer; have better family relationships; save time and money
- In this situation, the smoker and his family need to stick with their plan

不管你的吸煙情況如何，  
只要有家人的支持和戒煙資源，  
戒煙是可行的！

讓你和家人現在開始，  
一起實行5項“健康家庭行動”事項



## 不管你的吸煙情況如何，只要有家人的支持和戒煙資源，戒煙是可行的!

- 要成功地戒煙，你不單要有強烈的決心，也需要有家人的支持和幫助，譬如現在坐在你旁邊的那位

### [社區保健員舉起左手，向組員展示5隻手指]

- 戒煙的力量在你手中
- 即使你可能還未有準備戒煙，但有5樣健康家庭行動事項，是你和家人現在就可以一起做的
- 我們希望在未來的幾星期內，你可以從1樣做起，甚至可以完成全部5樣。這5樣事項可以用你的5隻手指代表



**No Matter What Your Smoking Situation Is, Quitting Smoking Is Doable With The Help of Your Family And Quitting Resources**

Let you and your family together start NOW with 5 Healthy Family Action Items

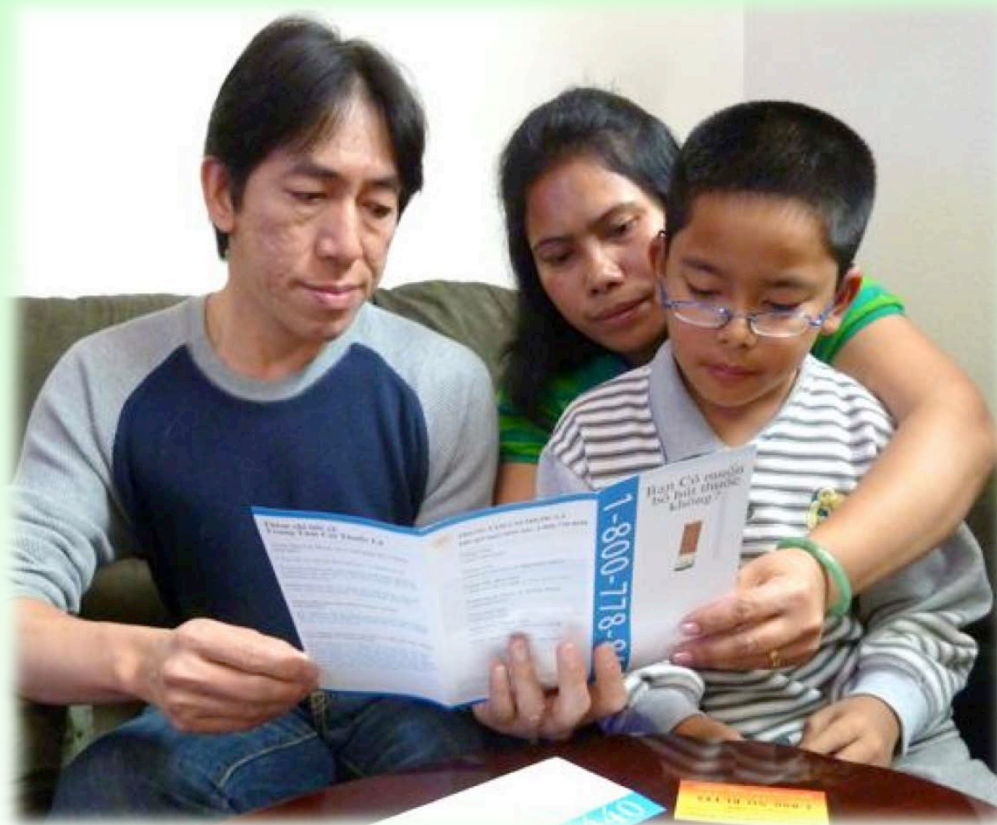
#### **No Matter What Your Smoking Situation Is, Quitting Smoking Is Doable With The Support of Your Family And Quitting Resources**

- To quit successfully, you not only need a strong desire to quit, but also support and help from your family like the person sitting next to you
- [LHW raises left hand showing 5 fingers in front of the participants]
- The power to quit smoking is in your hands
  - Even though quitting smoking may not be something you are ready for yet, there are 5 Healthy Family Action Items that you and your family can do together NOW
  - We hope that in the next few weeks you can start with at least 1, or perhaps all 5, of the Action Items represented by the fingers of your hand

健家行動 **1**



## 與家人談談



與家人談談你的吸煙情況

# 健家行動 1: 與家人談談

- 溝通是增進感情的第一步, 所以請主動與家人討論你的吸煙情況
- 彼此坦承, 聆聽雙方對吸煙的看法
- 不要互相批評或指責



## Action Item 1. Talk With Your Family

Discuss your smoking situation with your family

### Action Item #1. Talk With Your Family

- Communication is the first step to enrich relationships, so take the initiative to talk to your partner and family about your smoking situation
- Be honest and listen to each other's opinions about smoking
- Do not engage in criticizing or blaming

健家行動 **2**



**作出行動**



選擇一項對你和家人有益的  
健家行動，然後付諸實行！

## 健家行動 2: 作出行動

- 與你的家人一起合作, 每人選擇一項行動項目來改善家庭的健康. 要將承諾付諸實行!
- 例如, 限制你吸煙的地方, 減少吸煙數量, 或逐步完成你的戒煙計劃
- 我們將稍後為你提供一些建議, 幫助你設立一些適合你的行動項目



### Action Item 2. Take Action

Commit to an action item that is good for you and your family, and just do it!

#### Action Item #2 Take Action

- Work with your family, so that each of you commits to an action to improve your family's health, and just do it!
- For example, limit the places you smoke, reduce your tobacco consumption, or take steps to complete a plan to quit smoking.
- We will provide you some suggestions in a few minutes to help formulate your Action Items.

健家行動 **3**



**致電華語戒煙專線**

**1-800-838-8917**



- 這是一項免費服務, 任何人都可以使用
- 它提供中英雙語服務
- 這項服務既有幫助又有效



# 健家行動 3: 致電華語戒煙專線

## 1-800-838-8917

- 吸煙者和家庭成員均可致電華語戒煙專線，詢問建議或索取免費的戒煙資料
- 這項服務絕對保密，有中英雙語的工作人員
- 要求索取一本中文或英文的免費《戒煙手冊》
- 專線已經幫助過萬的吸煙者戒煙。它能让戒煙成功率提高一倍

### Action Item #3. Call the Asian Smokers' Quitline At 1-800-838-8917

- Smokers and family members can call the toll-free Asian Smokers' Quitline to ask for advice or free resources related to tobacco issues.
- The service is confidential and available in Chinese and English
- Ask for a free Chinese or English Quit Smoking Guide
- The Quitline has helped thousands of smokers to quit. It doubles the success rate of quitting.



健家行動 3  
致電華語戒煙專線  
1-800-838-8917

- 這是一項免費服務，任何人都可以使用
- 它提供中英雙語服務
- 這項服務既有幫助又有效

### Action Item 3. Call the Asian Smokers' Quitline 1-800-838-8917

- It is a free service and anyone can call
- It provides service in Chinese and English
- This service is both helpful and effective

健家行動 **4**



# 試用尼古丁替代藥物

有效及易於使用！



尼古丁口香糖



尼古丁糖錠



尼古丁貼片

## 健家行動 4: 試用尼古丁替代藥物

- 現時，市面上有多種有效和易於使用的非處方戒煙產品，例如：尼古丁香口糖，糖錠或貼片
- 使用尼古丁替代藥物能將你戒煙的成功率提高一倍。它也是處理煙癮發作時所產生的症狀最有效的方法
- 要完全遵照產品說明使用，才能獲得最佳效果
- 為了戒煙，你可以將本來花費在香煙上的金錢用來購買尼古丁替代藥物



### Action Item 4. Try Over-the-Counter Nicotine Replacement Medications

Effective and easy to use

- Nicotine gum
- Lozenges
- Patches

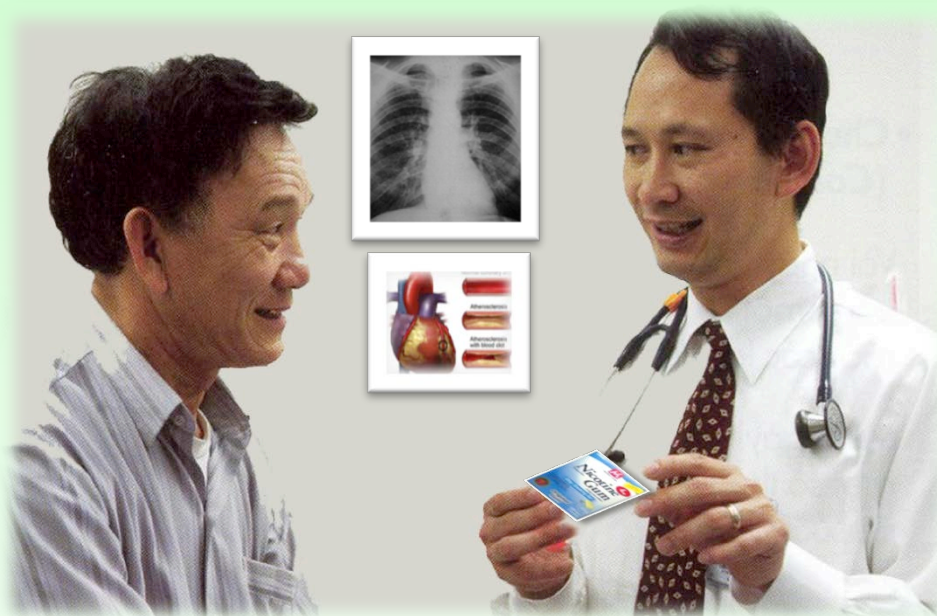
#### Action Item #4. Try Over-the-Counter Nicotine Replacement Medications

- Several effective and easy-to-use quit smoking products are now available over-the-counter, such as nicotine gum, lozenges, or patches
- Your success rate of quitting could double if you use nicotine replacement medications. They are the most effective way to deal with withdrawal symptoms
- To get the best results, it is important to follow the products' exact instructions
- To help you quit smoking, use your money to buy nicotine replacement medications instead of cigarettes

健家行動 **5**



# 與醫生談談



- 請醫生協助你戒煙
- 你的醫生亦有可能會發現一些與吸煙有關的疾病, 從而及早為你治療

## 健家行動 5: 與醫生談談

- 如果請醫生協助戒煙，醫生將為你建議最適合你的戒煙方法，包括處方一些藥物來協助你戒煙
- 獲取醫生建議的戒煙者有更高的戒煙成功率
- 除此之外，醫生亦有可能會發現一些與吸煙有關的健康問題，從而及早為你治療
- 最重要的是，你需要保持身健體健康才能支持你的家人

### Action Item 5. Talk to Your Doctor

- If you ask your doctor to help you quit smoking, your doctor will suggest the most appropriate course of action for you, including prescribing certain medications that can help you quit smoking
- Smokers getting advice from their doctors to quit smoking have a higher rate of success
- Furthermore, the doctor may also discover a tobacco-related health problem and treat you before it is too late
- Above all, you need to stay healthy in order to support your family



### Action Item 5. Talk to Your Doctor

- Ask your doctor to help you quit smoking
- Your doctor may discover a tobacco-related disease and treat you before it's too late



## 齊心建立“健康家庭行動計劃”

[社區保健員給每個家庭 2 份“健康家庭行動計劃”表, 1 份“建議行動項目”表和筆, 然後說:]

- 首先, 確認你家庭的“吸煙情況”, 然後在適當的“吸煙情況”旁寫上今天的日期。
- 現在我們一起實行所學到的知識。“健康在你手中”, 這裡有5樣“健康家庭行動”項目, 是你們每位現在就可以開始實行, 來改善你家庭的健康
- 現在請用5分鐘時間, 與家人討論在未來一週你們選擇做哪一項行動項目。“吸煙者”和“家人”每人請選擇最少一項。吸煙者寫在黃色的那一欄, 家人寫在藍色的那一欄。你也可以參考“建議行動項目表”上的建議

[社區保健員給組員幾分鐘時間討論, 觀察每一對組員, 需要時可提供幫助。讚揚那些選擇了行動事項的組員。當所有組員都填完計劃表之後, 如有時間, 說:] 你們可以與大家分享你的選擇嗎? [如果沒有時間, 繼續以下:]

- 現在你們可以將你選擇的事項抄在另外一份計劃表上, 然後交給我
- 你們回家後, 請繼續完成此計劃表。你可以選擇並寫下更多你想做的新行動項目

[小組聚會 1 到此結束。社區保健員回答組員的問題, 並提醒組員第二次聚會的日期和地點]

### Now Let's Start To Work on Your "Healthy Family Action Plan"

[LHW gives each family 2 copies of "Healthy Family Action Plan" (HFAP), a copy of "Suggested Action Items" and a pen. Then say:]

- First, let's identify your family smoking situation, and mark on the form with today's date
- Now let's put what we learned into action, "Health is in Your Hands" – There are 5 Healthy Family Action Items that each of you can do now to start improving the health of your family
- Let's spend 5 minutes to discuss with your partner about which items you would like to try for this coming week. Smoker selects at least one and writes his action item in the yellow column; the family member also selects at least one and writes in the blue column. You may refer to the "Suggested Action Items" for more ideas on what to do

[LWH allows for a few minutes, checks on each dyad. Provide help if needed. Praise those who have selected an action item. After everybody finished. Optional: if there is enough time, LHW says: "Would you mind sharing your action items with the group?", If not then continue]

- Now you can copy your action items on the second copy of HFAP and give it back to me
- When you go home, please continue to work on the plan. You can select and write down more new action items that you would like to do

[END OF LESSON FOR SMALL GROUP MEETING #1. LHW answers participants' questions and reminds participants the date and location for the second lesson]



Now Let's Start To Work On Your  
"Healthy Family Action Plan"

# 第二次聚會

1. 更多有關 "吸煙情況"
2. 關於吸煙的常見想法
3. "健康家庭行動計劃"



## 第二次聚會

在今天的會議上，我們會：

- 聽到更多關於“吸煙情況”的真實經歷
- 討論一些關於吸煙的常見想法
- 重溫我們的“健康家庭行動計劃”，並再計劃下一步

### 第二次聚會

1. 更多有關“吸煙情況”
2. 關於吸煙的常見想法
3. “健康家庭行動計劃”

#### The Second Meeting:

- More about “smoking situations”
- Common opinions about smoking
- “Healthy Family Action Plan”

#### The Second Lesson

At today's meeting, we will:

- Hear more real-life experience about “smoking situations”
- Discuss some common opinions about smoking
- Review our “Healthy Family Action Plan” and plan for next steps

# 吸煙情況



未考慮戒煙



正考慮戒煙



想馬上戒煙



成功戒煙



# 可能出現的吸煙情況

[社區保健員請組員講出每種情況的名稱]

- 它們是：“未考慮戒煙”，“正考慮戒煙”，“想馬上戒煙”
- 無論你目前的吸煙情況如何，請記住：你也可以成功地戒煙，並改善你家庭的健康



## Smoking Situations

Not Ready to Quit  
Thinking About Quitting  
Want to Quit Now

Quit Smoking Successfully

### Possible Smoking Situations

[LHW asks participants to recall the name of each situation]

- They are: “Not Ready”; “Thinking about Quitting”; “Want to Quit Now”
- And no matter what your current smoking situation is, remember you can quit smoking successfully and improve your family health

# 見證



前度吸煙者

家人



# 見證

[社區保健員將每個見證剪成紙條，放入容器中，然後請每位組員各自抽出一張，並大聲讀出見證。社區保健員也可以自創型式，讓每位組員都有機會讀出和聽到所有的見證]

- 我們希望你們能讀出一些前度吸煙者及其家人的真實經歷和見證，然後我們想聽聽你們對這些見證的想法

[讀完後，首先詢問讀者的想法，再詢問他們家人的意見，然後再邀請其他組員分享他們的想法]

- 你對剛才所讀的有什麼想法？
- 你希望能聽到或說出類似的說話嗎？為什麼？

## Testimonies

[LHW cuts each testimony into a strip and puts them into a container, then ask each participant to pick up one and read it out loud. LHW also can create his/her own way to allow each participant to have an opportunity to read and hear all the testimonies]

- We would like you to read some of the real-life experiences and testimonies from former smokers and their families. Then we would like to ask your opinions of what you have heard.

[After finish reading, ask the reader first and turn to the reader's family partner, then invite other participants to share their opinions]

- What do you think of what you just read?
- Would this be something that you would like to hear or say? Why or why not?



## Testimonies

Former smokers  
Families

# 常見想法

1. "不是每個吸煙者都會患上肺癌."
2. "現在戒煙太遲了. 我吸煙已經有很長的長時間, 我的肺和身體其他部分已經受到損害."
3. "我不在家裡或孩子面前吸煙. 因此我吸煙不會影響到家人."
4. "我大部份的朋友都吸煙. 如果我停止吸煙的話, 我將會失去我的朋友."
5. "我只是偶爾應酬才會和朋友吸煙. 我相信我隨時都可以停止吸煙."
6. "我以前曾經嘗試過戒煙, 但似乎沒有什麼能夠幫助到我."

# 常見想法

[社區保健員使用“問答講義”來回答每個被挑選的想法，或者逐一講解]

- 這裡有一些關於吸煙的常見想法
- 讓我們挑選幾個，大家討論一下。有哪些適合你們的嗎？

## Common Opinions

[LHW uses the Q&A handout to answer each opinion picked, or go through all of them]

- Here are some common opinions about smoking.
- Let's pick a few to discuss further. Do any of these apply to you?

## 常見想法

1. “不是每個吸煙者都會患上肺癌。”
2. “現在戒煙太遲了。我吸煙已經有很長時間，我的肺和身體其他部分已經受到損害。”
3. “我不在家裡或孩子面前吸煙。因此我吸煙不會影響到家人。”
4. “我大部份的朋友都吸煙。如果我停止吸煙的話，我將會失去我的朋友。”
5. “我只是偶爾應酬才會和朋友吸煙。我相信我隨時都可以停止吸煙。”
6. “我以前曾經嘗試過戒煙，但似乎沒有什麼能夠幫助到我。”

## Common Opinions

1. “Not every smoker will get lung cancer.”
2. “It is too late to quit. I have smoked for too long. My lungs and other parts of my body are already damaged.”
3. “I do not smoke inside my home or in front of my children. So my smoking would not affect my family.”
4. “Most of my friends smoke. So, I will lose my friends if I stop smoking.”
5. “I just smoke socially with friends. I think I can stop at anytime I want.”
6. “I have tried quitting before, nothing seemed to help.”

## 常見想法 (繼續)

7. "我不想從幫助戒煙的藥物中得到副作用, 甚至對這些藥物上癮."
8. "戒煙只須要意志力, 沒有別的."
9. "吸電子煙 (e-cigarettes) 是否比較安全嗎?"
10. "我知道很多吸煙的人在戒煙後體重增加不少. 我不想增磅!"
11. "我有一位朋友曾經吸煙, 後來戒了煙就生病, 接著去世了. 因此我不想戒煙, 然後有同樣的事情發生在我身上!"
12. "我不想使用尼古丁替代藥物, 因為它含有尼古丁. 這不是只會延續我的尼古丁癮嗎?"
13. "我已經嘗試過尼古丁替代藥物, 但我並沒有成功戒煙!"



# 常見想法 (繼續)

[社區保健員繼續使用“問答講義”來回答每個被挑選的想法，或者逐一講解]

## 常見想法 (繼續)

7. “我不從幫助戒煙的藥物中得到副作用，甚至對這些藥物上癮。”
8. “戒煙只須要意志力，沒有別的。”
9. “吸電子煙 (e-cigarettes) 是否比較安全嗎？”
10. “我知道很多吸煙的人在戒煙後體重增加不少，我不想增磅！”
11. “我有一位朋友曾經吸煙，後來成了煙癮生病，接著去世了。因此我不想戒煙，然後有同樣的事情發生在我身上！”
12. “我不想使用尼古丁替代藥物，因為它含有尼古丁，這不是只會延續我的尼古丁癮嗎？”
13. “我已經嘗試過尼古丁替代藥物，但我並沒有成功戒煙！”

## Common Opinions – continued

7. “I don't want to get side effects from-- or become addicted to-- the medications used to help me quit smoking.”
8. “Quitting smoking takes will power, nothing else.”
9. “Is smoking e-cigarettes safer?”
10. “I know many smokers who've quit smoking and gained a lot of weight. I don't want to gain weight!”
11. “I had a friend who used to smoke and quit, and then he got sick and died. Therefore, I don't want to quit smoking and have the same thing happen to me!”
12. “ I don't want to use NRT because it contains nicotine. Doesn't it just continue my addiction to nicotine? ”
13. “I already tried NRT but I did not succeed in quitting smoking!”

## Common Opinions -- continued

[LHW uses the "Q&A handout" to answer each opinion picked, or go through all of them]

# 請大家分享一下你們的 “健康家庭行動計劃”

**我們的健康家庭行動計劃**  
致力採取“健康家庭行動”以改善我們家人的健康

我們目前的“吸煙情況”.... 在虛線上作備記號 (X) 記下你的吸煙情況，並記下日期。當你的吸煙狀況有所改變，作個新標記和記下新的日期。

未想戒煙      正在考慮戒煙      馬上要戒煙      戒煙成功

現在就可採的 5 個行動項目

1. 與家人談話
2. 作出一些改變
3. 致電加州華語戒煙專線 廣東話和普通話 1-800-838-8917
4. 考慮使用尼古丁替代藥物
5. 與醫生談話

**(他) 的行動項目**

今天，你只需選擇以上 5 項行動中的其中一項 (如你喜歡，可選多項一項)。在下面圈出相應的行動項目編號，並填上行動的內容，或會計劃如何和何時完成該項目 (請參看附頁的“行動建議清單”列出的例子)。

1. \_\_\_\_\_ 日期 \_\_\_\_\_

2. \_\_\_\_\_ 日期 \_\_\_\_\_

3. \_\_\_\_\_ 日期 \_\_\_\_\_

4. \_\_\_\_\_ 日期 \_\_\_\_\_

5. \_\_\_\_\_ 日期 \_\_\_\_\_

**(家人) 的行動項目**

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3. \_\_\_\_\_ 日期 \_\_\_\_\_

4. \_\_\_\_\_ 日期 \_\_\_\_\_

5. \_\_\_\_\_ 日期 \_\_\_\_\_

**我們的健康家庭行動計劃**  
致力採取“健康家庭行動”以改善我們家人的健康

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5. \_\_\_\_\_ 日期 \_\_\_\_\_

**(家人) 的行動項目**

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5. \_\_\_\_\_ 日期 \_\_\_\_\_

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今天，你只需選擇以上 5 項行動中的其中一項 (如你喜歡，可選多項一項)。在下面圈出相應的行動項目編號，並填上行動的內容，或會計劃如何和何時完成該項目 (請參看附頁的“行動建議清單”列出的例子)。

1. \_\_\_\_\_ 日期 \_\_\_\_\_

2. \_\_\_\_\_ 日期 \_\_\_\_\_

3. \_\_\_\_\_ 日期 \_\_\_\_\_

4. \_\_\_\_\_ 日期 \_\_\_\_\_

5. \_\_\_\_\_ 日期 \_\_\_\_\_

**(家人) 的行動項目**

今天，你只需選擇以上 5 項行動中的其中一項 (如你喜歡，可選多項一項)。在下面圈出相應的行動項目編號，並填上行動的內容，或會計劃如何和何時完成該項目 (請參看附頁的“行動建議清單”列出的例子)。

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4. \_\_\_\_\_ 日期 \_\_\_\_\_

5. \_\_\_\_\_ 日期 \_\_\_\_\_

## 請大家分享一下你們的“健康家庭行動計劃”

- 謝謝你們分享你的觀點
- 今天會議的最後一個部分，我們希望大家分享一下自己在過去的一個月內，採用了“健康家庭行動計劃”的哪些項目來改善你家庭的健康

[社區保健員可以提出以下問題鼓勵組員討論和分享]

- 有沒有人做到5項健家行動中的其中一項或多項呢？你可否告訴我們你做了哪幾項，或有哪幾項你沒有做？這些健康家行動項目容易做嗎？或者是很困難？
- 為了改善你家庭的健康，你打算下一步怎樣做？

[社區保健員讓每個家庭輪流參與和分享他們的經驗。如有需要，可使用每位組員的“會議和電話記錄”來提示該問的問題。不論組員的成果如何，別忘記表揚他們的努力。結束時，請緊記鼓勵他們繼續進行自己的行動計劃]

### Let's Share Your "Healthy Family Action Plan"

- Thank you for sharing your viewpoint.
- For the last part of our meeting today, we would like you to share with us what you have done in the past month using your "Healthy Family Action Plan" to improve your family's health.

[LHW may ask the following questions to encourage discussion and sharing from participants]

- Did anyone do one or more of the 5 action items? Can you tell us the item(s) you did or didn't do? Was the action item easy or hard to do?
- What do you plan to do next to improve your family's health?

[LHW go around and allow each family to participate and share their experiences. Use the individualized "Meetings & Calls Log" to prompt your questions if needed. Don't forget to praise their efforts regardless of their outcome. At the end, be sure to encourage them to continue their Action Plan accordingly]



Let's Share Your ...  
"Healthy Family Action Plan"



This Vietnamese-English flipchart entitled “齊心合力把煙戒: 齊心戒煙, 家健倍添” (Let’s Quit Smoking Together: *Quit Smoking for a Healthy Family!*) has been developed and published by “健康家庭計劃” (the Healthy Family Project) of **Sức Khỏe Là Vàng!** (the Vietnamese Community Health Promotion Project) at the University of California, San Francisco. This flipchart was developed with funding support from the University of California, Tobacco-Related Disease Research Program (Grants 19XT-0083H and 22RT-0089H), and National Institute of Drug Abuse (Grants R21DA030569 and R01DA036749).



*Sức Khỏe là Vàng!*  
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