Introduction Hong Kong has implemented the Smokefree legislation since January 2007 and smoking is prohibited in vast public and covered areas thereafter. The Smoke free legislation aims to protect people from exposure to SHS and motivating smokers to quit. This study explored the effect of the legislation on the smoking behaviour and their attitudes of quitting among fathers of newborn babies.

Methods This is a cross-sectional survey on families with a smoking father, a non-smoking mother and an infant under 18 months recruited at the Maternal and Child Health Centres from June 2008 to October 2009. Frequencies showed the changes in fathers’ household smoking behaviour and their attitudes of quitting after the legislation.

Results 112 fathers completed the baseline questionnaire and their mean age was 35.5 (±7.0) years and had been smoking for 17.9 (±7.2) years. 96% (1054/1097) were aware of the legislation, 27.3% (299/1097) reported they had less SHS exposure and 27% (296/1097) had smoked less at home after the enactment of the legislation. However, the majority of them had no changes in their desire to quit (63.7%, 699/1097), perceived importance of quitting (70.3%, 771/1097) and perceived confidence of quitting (73%, 801/1097) and perceived difficulty of quitting (75.6%, 829/1097) compared before the legislation.

Conclusion This study showed that some fathers improved their smoking behaviours after the Smokefree legislation but a majority had no change in attitudes towards quitting. The HK government should therefore promote the importance of quitting to the public and allocate more resources to the smoking cessation services.

The WCRF/AICR Continuous Update Project: Dietary fibre intake and colorectal cancer incidence

Introduction In the WCRF/AICR 2nd expert report, it was concluded that foods containing dietary fibre probably decreases colorectal cancer risk. As part of the WCRF Continuous Update Project, we updated the associations between dietary intake of total fibre and by dietary sources, and colorectal cancer incidence.

Methods Relevant prospective studies were identified in PubMed until May 2010. Random effect dose-response meta-analyses were performed on total dietary fibre, and specifically fruit, vegetable, legume, and cereal fibres and colorectal cancer risk. Heterogeneity between studies was assessed by I² statistic.

Results Total dietary fibre intake was inversely and statistically significantly associated with colorectal cancer. The summary RR for 10 g/day increase was 0.90 (95% CI 0.86 to 0.94, 15 studies). Similar association was observed in cereal fibre (RR 10g/day = 0.90, 95% CI 0.83 to 0.97, 8 studies) but not in fruit fibre (RR 10g/day = 0.95, 95% CI 0.82 to 1.05, 9 studies), vegetable fibre (RR 10g/day = 0.98, 95% CI 1.01 to 1.06, 9 studies), and legume fibre (RR 10g/day = 0.62, 95% CI 0.27 to 1.42, 4 studies). There was no evidence of heterogeneity between studies.

Conclusion The overall results of cohort studies indicate that high intake of dietary fibre is inversely associated with decreased colorectal cancer risk. The protective effect is more evident for fibre from cereal sources. More studies in different populations are needed to confirm this observation.