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## 政府推出非傳染病 防控策略框架 Strategic Framework for Prevention and Control of NCD Launched



政府於2008年10月28日推出了名為  
《促進健康：香港非傳染病防控策  
略框架》的文件。

### 背景

非傳染病是引致不健康、殘障和死  
亡的重要原因。由於人口老化及健  
康風險情況的改變，預期由非傳染  
病所造成的負擔在未來數十年會日  
漸增加。

在香港，大部分的疾病負擔皆由數  
項非傳染病所造成，而這些疾病則  
主要由數項風險因素互相集結所  
致。「儘管我們在防控非傳染病上  
已展開了不少工作，但仍需採取更  
加協調的手法，以達致更佳的成功  
果。」衛生署署長林秉恩醫生說。  
因此，我們需要一個策略框架，以  
倡導健康行為和團結社會各界採取  
適當的行動來預防及控制非傳染  
病。

### 策略框架的制訂

2005年，衛生署與四十多位來自不  
同專業和界別的專家舉行專家會

The Government launched the strategic framework,  
entitled 'Promoting Health in Hong Kong: A Strategic  
Framework for Prevention and Control of Non-  
communicable Diseases' on 28 October 2008.

### Background

Non-communicable diseases (NCD) are major causes  
of ill-health, disability and death. In light of an ageing  
population and changes in the health risk profile of  
the population, the burden attributed to NCD is  
expected to rise in the decades ahead.

In Hong Kong, a limited number of NCD account for  
a significant proportion of disease burden on the  
community and healthcare system. Simultaneously,  
several risk factors which work together to predispose  
and give rise to these diseases prevail in the population.  
'Although a lot of work has been done for the  
prevention and control of NCD, there is scope for  
a more coordinated approach for better health  
returns', Dr PY LAM, Director of Health said. In this  
regard, a strategic framework is required to inculcate  
healthy behaviours and draw the  
whole community taking  
appropriate actions in the  
prevention and control of NCD.



衛生署  
Department of Health

議，收集觀點，為香港勾劃一個預防及控制非傳染病的策略框架，並於2007年主辦第二次世界衛生組織專家會議，檢討預防慢性非傳染病的工作框架，以協助各成員國制訂有關計劃。衛生署制訂此策略文件，乃建基於專家們的討論和意見，並採用多項疾病預防及健康促進的基本原則、參考世界衛生組織和其他國家的相關工作經驗，以及對本港情況的分析。

## 策略框架的概要

策略框架的最終目標是減低香港市民患上非傳染病的機會，從而促進他們的健康和提升生活質素。

### 範圍

本策略將致力處理對香港市民健康構成重大影響，並可預防或改善的主要風險因素。

### 策略方針

為了把注意力、資源和行動集中在若干範圍，並使投放在防控非傳染病的資源得到最佳的健康成效回報，政府已確定六個策略方針，包括：

- 一) 支援全新及加強現有與策略觀點一致的健康促進和非傳染病預防措施或活動
- 二) 建立有效的資料庫和系統，按各病程階段需採取的行動提供指引
- 三) 加強伙伴關係及促進相關各方的參與
- 四) 建立抗禦非傳染病的能力
- 五) 確保醫療衛生界別能回應非傳染病的挑戰，並改善護理系統
- 六) 加強及制訂有助促進健康的法例

### 管理架構

政府已成立一個高層督導委員會，以監督策略的發展及整體推行進度及發展路向，而委員會的首次會議已於2008年10月舉行。各工作小組將分階段組成，就須優先處理的工作提出意見，並制訂目標和行動計劃。

其中，飲食及體能活動工作小組已率先成立並開始運作，以應付過重及肥胖、



## Development of the Strategic Framework

In 2005, the Department of Health (DH) held an Expert Group Meeting with over 40 participants from various disciplines and sectors to gather views and map out a strategic framework for prevention and control of NCD for Hong Kong. DH also hosted the Second World Health Organization Expert Consultation Meeting on Preventing Chronic Diseases in 2007 to review a draft framework that guides member countries to develop their own programme on the prevention of chronic NCD. Building on the discussions and inputs from the experts, adopting a number of guiding principles in disease prevention and health promotion, making references to the work undertaken by WHO and in other countries, along with an analysis of local health situation, DH developed this framework document.

## Overview of the Strategic Framework

The overall goal of the strategic framework is to increase the positive health and quality of life of people in Hong Kong.

### Scope

The strategic framework will focus on the major risk factors that are potentially preventable or modifiable and have significant impact on the health of the Hong Kong population.

## Six Strategic Directions

For focusing the attention, resources and actions on areas where investments in NCD prevention and control can bring the greatest return in terms of health outcomes, six strategic directions have been identified. These include -

- 1) supporting new and strengthening existing health promotion and NCD prevention initiatives and activities that are in line with this strategy
- 2) generating an effective information base and system to guide action across the disease pathway
- 3) strengthening partnership and fostering engagement of all relevant stakeholders
- 4) building the capacity and capability to combat NCD
- 5) ensuring a health sector that is responsive to the NCD challenges and to improve the system of care
- 6) strengthening and developing supportive health promoting legislation


## Strategic Management

A high-level Steering Committee has been set up to deliberate on and oversee the overall roadmap for implementation and the first meeting was convened on 28 October 2008. Under it, respective working groups will be formed in phases to advise on priority actions, draw up targets and action plans.

心臟病及糖尿病等由主要風險因素所引致的迫切問題。

## 遠景實現

制訂綜合的預防及控制非傳染病策略是一項重要進展，它加強香港現時的工作，抵禦日益嚴重的非傳染病問題。然而，正如食物及衛生局局長周一嶽醫生指出：「成功推行這個策略實有賴各界人士緊密合作，以締造一個促進健康的良好環境。」衛生防護中心致力保障和促進市民健康，因此，衛生署社會醫學顧問醫生(非傳染病)梁挺雄醫生說：「我們會增撥資源、加強合作和積極與所有持份者一同把遠景實現。」


該策略框架文件可於衛生防護中心網頁 <http://www.chp.gov.hk> 下載。 

To tackle imminent problems caused by the leading risk factors of overweight and obesity, heart diseases and diabetes mellitus, a Working Group on Diet and Physical Activity has firstly been set up and started working on the issue.

## Making it Happen

The development of a comprehensive strategy for NCD prevention and control is a significant move in strengthening Hong Kong's work in reducing the impact arising from NCD. However, 'the successful implementation of the strategy essentially requires stakeholders to work in close collaboration to create an environment

that is conducive to healthy living', as the Secretary for Food and Health, Dr York CHOW pointed out. Since the Centre for Health Protection (CHP) is committed to protecting and promoting people's health, 'we shall dedicate significant resources, strengthen collaboration and work actively with all stakeholders in transforming the vision into reality', Dr TH LEUNG, Consultant Community Medicine (NCD) of DH remarked.

A copy of the framework document can be found at the CHP website at <http://www.chp.gov.hk>. 

## 出版速遞 Publication Corner



### 《小學生小食營養指引》

#### Nutritional Guidelines on Snacks for Primary School Students

透過與食物業界及家校的緊密合作和溝通，衛生署依據所收集的意見，並參考最新海外對「健康小食」的定義及分類，於2008年9月對《小學生小食營養指引》進行修訂。最新的指引請瀏覽網頁 <http://school.eatsmart.gov.hk>。

The Department of Health has collected feedbacks from food suppliers, parents and schools through different channels. Based on overseas reference on definition and classification of 'Healthy Snacks', the Nutritional Guidelines on Snacks for Primary School Students were then revised in September 2008. For details, please visit the website of 'EatSmart@school.hk' Campaign (<http://school.eatsmart.gov.hk>).

### 《給爸媽的信》

#### Letter to Parents

《給爸媽的信》是一系列自2007年起出版及刊載於衛生署健康飲食專題網站 (<http://www.eatsmart.gov.hk>) 的書信，旨在向父母及兒童照顧者灌輸有關健康飲食的知識，促進兒童建立良好飲食習慣。透過精簡的內容和有趣的插畫，讀者會發現當中蘊藏著不少的健康飲食智慧，等待著他們去發掘！

Since 2007, a series of 'Letter to Parents' has been published and made available in the healthy eating thematic website of the Department of Health (<http://www.eatsmart.gov.hk>). The letters aim to equip parents and childcare minders with knowledge and ways to promote healthy eating among their children. Through the concise content and attractive illustrations, readers would find much wisdom on healthy eating for them to explore.





## 疫苗可預防疾病科學委員會的新建議 Issue of New Recommendations by Scientific Committee on Vaccine Preventable Diseases

科學委員會一直以來就傳染病議題進行討論，並就相關的預防及控制策略作出建議。疫苗可預防疾病科學委員會於2008年10月發表了名為《七價肺炎球菌結合疫苗於兒童免疫接種計劃的使用》的文件，建議政府將七價肺炎球菌結合疫苗納入「兒童免疫接種計劃」。政府其後接納此建議，並在2008-09年度的施政報告中提出有關決定。


由周鎮邦醫生擔任主席的疫苗可預防疾病科學委員會，負責提供有關疫苗使用的科學意見。過去數年，委員會致力進行對肺炎鏈球菌的流行病學分析。肺炎鏈球菌是一種常見的細菌性病原體，可引致肺炎、急性中耳炎和入侵性肺炎球菌疾病。目前，七價肺炎球菌結合疫苗被應用於九歲或以下的小童，而另一款針對23種血清型的非結合多糖疫苗則應用於成人和兩歲以上的小童。委員會曾於2007年在《使用肺炎球菌疫苗的建議》中就這兩款疫苗作出使用建議。

The Scientific Committees continuously devote efforts to discuss a wide range of important infectious disease issues and to develop recommendations related to prevention and control strategy. In October 2008, Scientific Committee on Vaccine Preventable Diseases (SCVPD) issued a paper named 'Use of Hepta-valent Pneumococcal Conjugate Vaccine in the Childhood Immunisation Programme'. The paper recommended the incorporation of hepta-valent pneumococcal conjugate vaccine (PCV7) to the universal Childhood Immunisation Programme (CIP). The recommendation was later accepted by the Government and was announced in the Policy Address 2008-09.


The SCVPD, chaired by Dr CHOW Chun-bong, is responsible for



acute otitis media, and various forms of invasive pneumococcal diseases. So far, PCV7 has been licensed for use in children up to 9 years of age, while an unconjugated polysaccharide vaccine targeting at 23 serotypes is available for adults and children older than 2 years. The SCVPD had developed recommendations on the use of these two vaccines in 2007, namely 'Recommendations on the Use of Pneumococcal Vaccines'.

In 2008, after further studying the latest available scientific evidence and balancing the additional benefits and potential drawbacks, SCVPD recommends the incorporation of PCV7 in the universal CIP. On the advice of experts and the Centre for Health Protection (CHP), the Government announced to include pneumococcal conjugate vaccine in the CIP in Policy Address 2008-2009. The paper on the recommendation has been uploaded on the CHP website for the public and the healthcare providers as reference. You are welcome to take a look at the paper. 



在2008年，委員會經過參考最新的科學證據及深入研究將七價肺炎球菌結合疫苗納入「兒童免疫接種計劃」的相關利弊後，向政府建議把七價肺炎球菌結合疫苗納入「兒童免疫接種計劃」。相關文件已上載到衛生防護中心網頁供大眾查閱。

providing science-based advice on vaccine use at the population level and has been reviewing the disease epidemiology of *Streptococcus pneumoniae* in the past few years. *Streptococcus pneumoniae* is a common bacterial pathogen causing pneumonia,

# 「長城演練2008」聯合應變演練

## Joint Exercise code-named 'Great Wall 2008'

國家衛生部、浙江省衛生廳、澳門衛生署局、香港食物及衛生局、衛生署及醫院管理局於2008年12月16日聯合舉辦了一項名為「長城演練2008」的演練，以測試處理跨境出現人類感染禽流感個案時的合作和協調機制。這是內地及港澳自2005年簽署《關於突發公共衛生事件應急機制的合作協議》以來，舉行的第三次聯合演練。

是次演練共有超過60名公共衛生和醫療人員參與。演練模擬居於香港的48歲男子帶同13歲女兒回到內地某省探訪妻子，兩人其後被證實感染禽流感。男子的妻子其後亦被內地證實感染禽流感。調查顯示，男子和其女兒在內地期間曾到過一所農場，他們其後返港，男子的妻子和岳父母亦稍後參加旅行團到訪港澳。在逗留香港期間，該名女子曾與丈夫在活家禽零售市場購入一隻雞佐膳。

為控制及預防禽流感的蔓延，三地衛生當局即時採取了一系列的公共衛生措施，包括互相通報信息、加強巡查雞場及雞隻批發零售市場、增加抽驗雞隻及環境樣本、進行流行病學調查、追蹤曾與病者有緊密接觸的人士進行醫學監察等。參加演練分屬四個公共衛生當局的人員期間透過電子通訊設備聯絡，測試應變計劃中應急措施的效率。演練最後

在三地專家有效交換應變行動資料和疫情受控的情況下結束。Ⓢ

On 16 December 2008, the Ministry of Health, the Health Bureau of Zhejiang Province, the Health Bureau of Macau, and the Food and Health Bureau, the Department of Health and the Hospital Authority of Hong Kong conducted a joint exercise code-named 'Exercise Great Wall 2008' to test the co-operation and co-ordination in the event of a cross-boundary incident of human avian flu cases. This is the third joint exercise organised under the Co-operation Agreement on Response Mechanism for Public Health Emergencies signed by the Mainland, Hong Kong and Macau in 2005.

Over 60 public health officials and medical personnel took part in the exercise. The scenario unfolded when a 48-year-old man and his 13-year-old daughter living in Hong Kong were confirmed to have been infected with avian influenza virus after visiting the man's wife in the mainland. The man's wife was also confirmed to have been infected by the disease later in Mainland. Investigation revealed that the man and his



daughter had visited a poultry farm during their stay on the Mainland. The wife and her parents subsequently joined a tour to Hong Kong and Macau. During her stay in Hong Kong, the woman and her husband purchased a chicken from a live poultry retail market for a meal.

To control and prevent the disease spread, health authorities of the three places immediately initiated a series of public health measures including notification of counterparts, enhanced inspection of poultry farms and markets, increased collection and testing of specimens from poultry and environment, epidemiological investigation, contact tracing and medical surveillance. The efficiency of response mechanism was evaluated during the exercise through the use of telecommunication facilities amongst participating officials of the four public health authorities. The exercise ended after experts from the three places exchanged information on their respective response actions in an effective manner and the situation was brought under control. Ⓢ





# 流感疫苗資助計劃 Influenza Vaccination Subsidy Scheme



**2008/09**

**流感疫苗資助計劃**  
Influenza Vaccination Subsidy Scheme

**對 象：年齡介乎六個月至未滿六歲的兒童**  
Target: Children between the age of 6 months and less than 6 years

**診所收費 Clinic charge:**

**政府資助 Government subsidy: \$80**

**家長需付 Parent payment:**

衛生署  
Department of Health

流感疫苗資助計劃號碼 Serial Number: 080001

每年1至3月和7至8月是流行性感冒（流感）的季節性高峰期。由於兒童因患上流感而需要住院的比率較高，因此衛生防護中心轄下疫苗可預防疾病科學委員會建議6個月至未滿6歲的兒童注射流感疫苗。

為鼓勵兒童接種流感疫苗，政府在今年度推出「流感疫苗資助計劃」。凡擁有香港居民的身份，並符合以下其中一項條件的兒童，均符合獲得疫苗資助的資格：

- (i) 年齡介乎6個月至未滿6歲；或
- (ii) 就讀於香港幼稚園或幼兒中心。

由2008年11月至2009年3月期間，家長只須帶同合資格子女到已登記參與計劃的私家醫生診所為子女接種流感疫苗，便可從原來費用扣除港幣80元。政府將向參與計劃的醫生發還每劑疫苗港幣80元的資助金額。

衛生防護中心已設立查詢電話(2125 2125)，解答市民有關資助計劃的疑問，並將詳情上載至計劃的專題網站（[www.ivss.gov.hk](http://www.ivss.gov.hk)），以供市民和醫生參閱。參與計劃的私家診所和收費等資料亦已

刊載於該網站。目前已有超過1,200位私家醫生參與計劃。

由於這是衛生防護中心的一項新計劃，我們期待著你的寶貴意見，以進一步完善計劃的推行。 (CHP)

Influenza occurs throughout the year with seasonal peak from January to March and July to August. Owing to the higher influenza-related hospitalisation rate in young children, the Scientific Committee on Vaccine Preventable Diseases under the Centre for Health Protection (CHP) recommends that children aged 6 months to less than 6 years old should receive influenza vaccination.

To encourage uptake of influenza vaccination by young children, the Government launched the Influenza Vaccination Subsidy Scheme (IVSS) this year to provide subsidy for eligible children who are Hong Kong residents AND meet either of the following conditions:

- (i) between the age of 6 months and less than 6 years; OR
- (ii) attending kindergartens or child care centres in Hong Kong.

During the period between 1 November 2008 and 31 March 2009, parents bringing their eligible children to doctors enrolled in this scheme for influenza vaccinations are entitled to a discount (\$80 off the original fee). The Government is going to reimburse participating doctors an amount of HK\$80 - for every dose of vaccine given under the Scheme.

The CHP has set up a hotline (2125 2125) to answer public enquiries related to the Scheme. Details regarding addresses of clinics and fees charged by enrolled doctors can be found in the designated website ([www.ivss.gov.hk](http://www.ivss.gov.hk)). Over 1,200 private doctors have enrolled in the Scheme so far.

Being a new initiative of the CHP, the implementation and the effect of the Scheme will be closely monitored. (CHP)



## 活動快拍 Snapshots of Events

### 19-20.11.2008

衛生署長林秉恩醫生出席在杭州市舉行的2008中國國際健康城市市長論壇，報告香港健康城市的發展情況及分享衛生署推動健康城市的經驗。該論壇由國家衛生部及全國愛衛會辦公室主辦，世界衛生組織協力，全國多個省市代表及海外人員、學者及專家參與。

Dr PY LAM, Director of Health, attended the 2008 China International Healthy City Mayors' Forum held in Hangzhou. He reported the progress of healthy cities development in HKSAR and shared the experience of the Department in promoting the healthy cities movement. The Forum was jointly organised by the Ministry of Health and the National Patriotic Health Office, with support from the World Health Organization. Participants were representatives from healthy cities projects, academia and experts from a number of provinces and cities in China and overseas.



### 13.11.2008

上海市人民政府副市長沈曉明先生及其他官員到訪衛生防護中心，以了解衛生署之架構及職能。

Mr SHEN Xiaoming, Vice Mayor of Shanghai Municipal People's Government and other officials visited CHP to gain an understanding of DH's organisation and functions.



### 13.11.2008

上海市人民政府應急辦主任蓋國平先生、其他官員和商界代表到訪衛生防護中心，以了解香港就公共衛生事件的備戰工作、緊急

應變措施及其就傳染病的監察和防控工作。

Mr GAI Guoping, Director of Emergency



Response Office of Shanghai Municipal People's Government, other officials and business representatives visited CHP to understand Hong Kong's preparedness and emergency response actions in public health related incidents as well as its efforts on communicable diseases surveillance and prevention.

### 24.11.2008

食物及衛生局局長周一嶽醫生、衛生署署長林秉恩醫生、醫院管理局主席胡定旭先生及香港醫學會會長謝鴻興醫生正式啟動衛生署中央器官捐贈登記名冊。

The Centralised Organ Donation Register (CODR) was launched by Dr York CHOW, Secretary for Food and Health, Dr PY LAM,

Director of Health, Mr Anthony WU, Chairman of the Hospital Authority (HA), and Dr HH TSE, President of Hong Kong Medical Association (HKMA).



### 02.12.2008

廣州市越秀區衛生局的官員及廣州市內多間社區衛生服務中心的代表到訪衛生防護中心，就

非傳染病防控工作，以及健康促進活動進行交流。

Officials of Health Bureau of Yuexiu District, Guangzhou City and representatives of Health Service Centers for Community in Guangzhou City visited CHP to share experiences in prevention and control of non-communicable diseases as well as the health promotion campaigns.



### 01.12.2008

為紀念「世界愛滋病日」二十周年，衛生署紅絲帶中心在奧海城舉行「2008年世界愛滋病日活動開展典禮」。主禮嘉賓包括食物及衛生局局長周一嶽醫生、衛生署署長林秉恩醫生及聯合國愛滋病規劃署中國香港特別行政區親善大使楊千嬅小姐。



To commemorate the 20th anniversary of World AIDS Day, Red Ribbon Centre of the Department of Health launched a Kick-off Ceremony for 2008 World AIDS Day Activities in Olympian City 2. The Ceremony was officiated by Dr York CHOW, Secretary for Food and Health, Dr PY LAM, Director of Health, and Miss Miriam YEUNG Chin-wah, UNAIDS National Goodwill Ambassador for HKSAR, China.



## 活動快拍 Snapshots of Events

**27.11.2008**

來港參與「京港衛生防疫合作研討會」的北京市衛生局及北京市疾病預防控制中心官員到訪衛生防護中心，了解香港流感大流行緊急應變措施。



Participants of Seminar for Beijing - Hong Kong Collaboration in Epidemic Prevention, which included officials of Beijing Municipal Health Bureau and Beijing Center for Disease Prevention and Control, paid a courtesy visit to CHP to understand the emergency preparedness for Influenza Pandemic in Hong Kong.



**04.12.2008**

社區聯絡部積極參與由衛生署、香港醫學會及浸會大學合辦的「健步8,000大行動獎勵計劃」，推動員工多作步行，建立健康的生活模式，並榮獲「最高參與率獎」。

Community Liaison Division (CLD) won the 'Highest Participation Rate Award' in the 'Healthy 8000 Steps Campaign Award Scheme' co-organised by DH, the Hong Kong Medical Association and the Hong Kong Baptist University. Staff were encouraged to lead a healthier lifestyle by walking more.

**11.12.2008**

為加強地區溝通並尋求支持，衛生署署長林秉恩醫

生出席元朗區議會會議，就政府的重要衛生政策作出推廣及說明，其中包括非傳染病防控策略框架。

To strengthen communication with and seek support from the district level, Dr PY LAM, Director of Health, attended the meeting of Yuen Long District Council to promulgate major health initiatives of the Government, including the 'Strategic Framework for Prevention and Control of Non-communicable Diseases'.



**09.12.2008**

為進一步推動市民多行樓梯以促進健康，港鐵公司與衛生署攜手合作把「多行樓梯、多點健康」活動延伸至七十六個港鐵站。

In an ongoing effort to encourage Hong Kong people to regularly climb stairs for better health, the MTR Corporation

and the Department of Health jointly extended the 'Step Your Way to Health' campaign at 76 stations in the MTR network.



**02.12.2008**

社區聯絡部的同事與英國牛津大學的高級研究主任 Dr Steven ALLENDER 探訪圓玄學院轄下的荃灣安全健康社區督導委員會辦事處及區內小學，交流有關健康城市計劃的經驗。

Staff of CLD and Dr Steven ALLENDER, Senior Researcher, University of Oxford visited the project office of Tsuen Wan Safe and Healthy Community Steering Committee and a local primary school for experience sharing on the healthy city project.



## 編者的話 Words from the Editor

新的一年又到了，《CHP通訊》編輯部謹祝各位讀者新年快樂，身體健康！

要開心歡度佳節，市民須格外注意健康飲食，慎防疾病。尤其上月本港發現雞隻感染 H5N1 禽流感 and 一名居於深圳的兩個月大女嬰感染 H9N2 禽流感，大家更必須時刻保持個人和環境衛生，並增強抵抗力，方法包括保持均衡飲食、做適量運動、充足休息、避免過度緊張和不吸煙。

From the Editorial Board of CHP Newsletter, may we wish you a happy and healthy New Year!

While celebrating the festival, everyone should pay attention to healthy eating and safeguard against diseases. Particularly, with avian flu found in a local chicken farm (H5N1) and a 2-

month-old baby girl (H9N2) who lives in Shenzhen last month, personal and environmental hygiene has to be observed at all times. Good body resistance also helps to prevent infection. This can be achieved through a balanced diet, regular exercise, adequate rest, avoiding too much stress and no smoking.