

## 目錄 Contents

做個精明  
「有『營』食客」  
Be an EatSmart Customer P.1-3



科學委員會最新動向  
Scientific Committees Updates P.4



出版速遞  
Off the Press P.5



活動快拍  
Snapshots P.6-8



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## 做個精明 「有『營』食客」 Be an EatSmart Customer



衛生署在2010年2月26日舉行了「有營食客」社區推廣計劃嘉許典禮，嘉許200多名「有營食客」，表揚他們在追求和推廣健康飲食方面的貢獻。衛生署署長林秉恩醫生出席嘉許典禮時表示，透過建立健康的生活模式，可預防多種非傳染病，而市民實踐健康飲食是其中重要的一環。

### 「有營食客」齊參與

嘉許典禮的主禮嘉賓還有香港心臟專科學院的蔣忠思想醫生和高德謙醫生，以及消費者委員會總幹事劉燕卿女士。林秉恩醫生感謝各界的支持和教育市民成為精明健康的消費者。林醫生說：「我們非常感謝各界對『有營食客』社

The Recognition Ceremony for the EatSmart Customer Community Programme (ECCP) was held by Department of Health (DH) on 26 February 2010. Over 200 EatSmart Customers received recognition from DH for their contribution to the pursuit and promotion of healthy eating. Dr PY LAM, Director of Health, in officiating the Ceremony, reminded everyone that adopting healthy lifestyle can prevent a wide range of non-communicable diseases. Indeed, healthy eating is one of

essential aspects of a healthy lifestyle.



區推廣計劃的支持，並展望來年能與更多不同界別的伙伴合作，共同提倡健康飲食的文化，改善市民的生活方式。」

## 推動「有營食肆」 持續發展

衛生署社區聯絡部蔡曉陽醫生介紹計劃時說：「『有營食客』計劃是承接『有營食肆』運動勢頭推出的社區推廣計劃。自2008年推出『有營食肆』運動以來，全港至今已有超過600家食肆參與成為『有營食肆』，為市民提供有營菜式，在社區營造一個有利市民實踐健康飲食的環境。」

蔡醫生續說：「為鼓勵更多市民直接參與，去年2月衛生署聯同香港心臟專科學院推行『有營食客』社區推廣計劃，透過非政府機構的支持和協作，在全港18區招募了共250名義工，並開辦了19場工作坊，培訓他們成為『有營食客』。經培訓後，『有營食客』在2009年3月至2010年1月期間走訪了全港超過400家『有營食肆』，進行實地觀察和試食，然後向我們提出意見，好讓我們可以與有關食肆作出跟進，令『有營食肆』更加貼近大眾需要，持續發展下去。」



## Let's all become EatSmart Customers

Other officiating guests at the ceremony included Dr CHIANG Chung-seung and Dr KO Tak-him of Hong Kong College of Cardiology, as well as Ms Connie LAU, Chief Executive of Consumer Council. Dr PY LAM thanked all participating partners for their support and efforts in educating the public to make smart and healthy choices when eating. 'We are very grateful to all our partners for supporting ECCP,' he added. 'In the coming year, we hope we can work with even more sectors to promote a healthy eating culture and improve people's lifestyle.'

## Sustaining the EatSmart@restaurant.hk Campaign

In introducing ECCP, Dr Jacqueline CHOI of Community Liaison Division, DH said, 'ECCP is a community programme which follows from the EatSmart@restaurant.hk Campaign. Since the launch of EatSmart@restaurant.hk Campaign in 2008, over 600 restaurants from all over Hong Kong have become EatSmart Restaurants. By providing EatSmart Dishes, these restaurants



create an environment conducive to the practice of healthy eating.'

'To encourage the community to take part in this programme, DH collaborated with the Hong Kong College of Cardiology to launch ECCP in February last year,' Dr CHOI added. 'Through the cooperation and support of non-governmental organisations (NGOs), more than 250 volunteers from 18 districts were recruited, and 19 workshops were held to train them to become EatSmart Customers. After training, participants visited over 400 EatSmart restaurants across the territory to observe and sample the food from March 2009 to January 2010. They then raised suggestions to us to enable us to follow up



左至右：高德謙醫生、劉燕卿女士、林秉恩醫生和蔣忠想醫生。  
From left to right: Dr KO Tak-him, Ms Connie LAU, Dr PY LAM and Dr CHIANG Chung-seung.

## 「有營食客」經驗分享

彭秋月和何沛恩兩人是來自同一志願組織的義工，她們回想起雖然當初兩人參加計劃的原因各異，彭秋月感到一般人容易忽略飲食健康，希望參與計劃可帶動更多朋友注意飲食，而何沛恩則盼望培訓有助照顧自己的健康；但現在她們異口同聲表示在這個計劃中學懂不少健康飲食的知識，實在很有意義。

她們以往的飲食習慣都是多肉少菜，又愛吃香口的煎炸食物。成為「有營食客」後，她們對健康飲食的認識有所增加，口味亦因而改變，外出用膳時會優先考慮光顧「有營食肆」，點菜時亦會選擇「有營菜式」。現在，她們不單懂得向朋友解釋什麼是「有營菜式」，同時更要求食肆少用調味料，甚至要求「少油，唔該」。

問道有哪些推介菜式？彭秋月特別讚賞一家「有營食肆」做的「冬菇扒時蔬」，她說：「食肆用上新鮮的食材，醬汁較少，味道沒那麼鹹。」何沛恩則推介另一家的「南瓜粟米豬骨粥」，她說該粥品味道清甜，是健康之選。她續道，「有營食客」計劃的概念很新穎，希望當局加強宣傳和推廣，鼓勵更多市民參與，讓大家更能掌握健康之選。 (HP)



「有營食客」彭秋月小姐和何沛恩小姐  
EatSmart Customers Miss PANG Chau-yuet and Miss HO Pui-yan



「有營食客」接受嘉許狀後與嘉賓留影。  
EatSmart Customers with officiating guests after receiving recognition certificates.

with the EatSmart Restaurants so that these restaurants can better serve the public and continuously improve themselves.'

### EatSmart Customers share their experiences

Miss PANG Chau-yuet and Miss HO Pui-yan were both volunteers from the same NGO. Their reasons for joining ECCP were different. Miss PANG considered that the general public did not pay sufficient attention to healthy eating, and she wished to call upon her friends to pay attention to healthy eating. Miss HO, on the other hand, wished to undergo ECCP training to help her take care of her own health. Despite their different motives, both participants agreed that they had learned much about healthy eating from the programme.

For instance, they used to eat a lot of meat and only a small amount of vegetables. They also enjoyed eating fried food. After becoming EatSmart Customers, they now know more about

healthy eating and their tastes have changed. While eating out, they will consider EatSmart Restaurants and choose EatSmart Dishes when ordering food. Thanks to the programme, they not only know how to explain what EatSmart Dishes are to their friends, but also take the initiative to ask for less seasoning in their dishes, and even demand 'Less oil, please!' when ordering their food.

When asked what dishes they would recommend, Miss PANG recommended a dish of 'shiitake mushrooms with vegetables' by an EatSmart Restaurant. 'Fresh ingredients are used in this restaurant,' she said. 'With less sauce added, the dish tasted lighter.' Miss HO recommended 'pig bone congee with pumpkin and corn', remarking that the congee was light and sweet, making the congee a healthy choice. She thought that the idea of recruiting EatSmart Customers was creative, and hoped that DH would enhance promotion of the scheme so that more people could participate and everyone could enjoy healthy eating. (HP)

## 科學委員會最新動向 Scientific Committees Updates



數據分析及疾病模型科學委員會、新發現及動物傳染病科學委員會和疫苗可預防疾病科學委員會舉行聯合會議。  
Joint SCADADM-SCEZD-SCVPD meeting.

科學委員會最近發表了三份文件以供公眾參閱。

由倪以信教授擔任主席的腸道傳染及食  
物傳播疾病科學委員會一直致力研究有關腸道感染的疾病，並提供相關的預防  
和控制策略。最近，委員會重新探究了  
戊型肝炎和李斯特菌感染的最新科學數  
據，並發表兩份名為「戊型肝炎的流  
行病學情況及預防策略」和「李斯特菌  
感染的流行病學情況及預防策略」的文  
件。這兩份文件除了提供全球和本地戊  
型肝炎和李斯特菌感染的流行病學資料  
外，亦檢視現時預防和控制這兩種傳染  
病的公共衛生措施。

自人類豬型流感（豬流感）於2009年5月  
在香港爆發以來，數據分析及疾病模型  
科學委員會、新發現及動物傳染病科學  
委員會和疫苗可預防疾病科學委員會不時  
舉行聯合會議，討論豬流感相關事宜。經過深入研究豬流感和接種豬流感  
疫苗的最新數據後，三個委員會聯合發

表了名為「接種人類豬型流感疫苗的建  
議」的文件，就豬流感疫苗注射的目標  
人口組別和用法作出建議。

以上三份文件現已上載至衛生防護中心  
網站，歡迎查閱。[\(HP\)](#)

The Scientific Committees have issued  
three papers lately for public reference.

The Scientific Committee on Enteric  
Infections and Foodborne Diseases  
(SCEIFD), under the chairmanship of  
Prof Tony NELSON, has always focused  
itself on the study of gastrointestinal  
tract infections and other foodborne  
diseases. It also advises on preventive  
and control strategies for a wide  
spectrum of these diseases. Recently,  
SCEIFD has reviewed the latest scientific  
data of Hepatitis E and Listeriosis, and  
issued two scientific papers titled  
'Epidemiology and Prevention of  
Hepatitis E' and  
'Epidemiology  
of Listeriosis  
and Prevention  
Strategies'  
respectively.  
The two  
scientific papers

provide overviews of the global and  
local epidemiology of Hepatitis E and  
Listeriosis, and examine the existing  
public health measures for prevention  
and control of these two communicable  
diseases.

The Scientific Committee on Advanced  
Data Analysis and Disease Modelling  
(SCADADM), the Scientific Committee  
on Emerging and Zoonotic Diseases  
(SCEZD) and the Scientific Committee  
on Vaccine Preventable Diseases  
(SCVPD) have been holding joint  
meetings to discuss issues related to  
Human Swine Influenza (HSI) since its  
outbreak in Hong Kong in May 2009.  
Having examined the latest data on HSI  
and HSI vaccination, the three scientific  
committees jointly issued the  
'Recommendations on Human Swine  
Influenza (HSI) Vaccination', which  
provides recommendations on the  
target groups and dosing schedule of  
HSI vaccination.

The three above-mentioned papers have  
been uploaded to the CHP website.  
You are welcome to browse through  
the website for more information.[\(HP\)](#)



## 應急演習DVD光盤

### 'Prepared & Committed - Public Health Emergency Exercises' DVD

緊急應變及資訊處製作了一輯名為「保持戒備 防患未然 - 公共衛生應急演習」的DVD光盤，介紹衛生防護中心自2004年以來所舉行的各項公共衛生危機的應急演習，包括跨部門演習、地區性演習，以及針對大型活動舉行期間發生的公共衛生事故而進行的大型活動演習。光盤已派發予本地和海外的相關機構和工作伙伴。

The Emergency Response and Information Branch produced a DVD entitled 'Prepared & Committed - Public Health Emergency Exercises'. It highlights various public health emergency exercises conducted by CHP since 2004, including inter-departmental exercises, regional exercises, and exercises specifically



designed for handling public health incidents during large-scale organized events. The DVD have been distributed to relevant local and overseas institutions and partners.

## 《營廚》 CookSmart



出街食飯想食得健康？除了到「有『營』食肆」選「有『營』菜式」外，還有什麼辦法？莫非要與營養師同行？未必！今期《營廚》特別邀請了營養師向大家傳授「有『營』秘笈」，教大家如何在不同食肆吃得健康。除此之外，《營廚》還邀請各方名人、名廚與大家分享健康飲食心得和烹調新趨勢。

想了解《營廚》的精彩內容，請瀏覽「有『營』食肆」專題網站<http://restaurant.eatsmart.gov.hk>。

In order to eat healthily in restaurants, what else can we do apart from patronising an EatSmart Restaurant and choosing EatSmart Dishes? Do we need to bring along a dietitian? Not necessarily! The latest issue of CookSmart has invited dietitians to



share with you some 'EatSmart Tips' which you can practise while eating out. Renowned celebrities and chefs are also invited to share with us healthy eating tips and new cooking trend.

Visit our thematic website today at <http://restaurant.eatsmart.gov.hk> for more exciting information about CookSmart.

# 活動快拍 Snapshots



## 06.01.2010

重慶市衛生專家代表團到訪衛生防護中心，了解緊急應變中心的運作，並就傳染病防控工作交流經驗。

A delegation of healthcare specialists from Chongqing visited CHP to gain an understanding of the operation of the Emergency Response Centre and share experience in prevention and control of infectious diseases.



## 01.03.2010

湖北省宜昌市人民醫院考察團到訪衛生防護中心，了解中心的角色和功能、傳染病的監測機制，及流感大流行的緊急應變措施。

A delegation from Yichang Central People's Hospital of Hubei Province visited CHP to gain an understanding of the role and function of CHP, the surveillance mechanism for infectious diseases as well as emergency response to influenza pandemic in Hong Kong.



## 11.12.2009 - 03.02.2010

衛生防護中心中央健康教育組聯同環保署舉辦了十二場「選擇學校午膳供應商暨即場分份供膳模式」研討會，鼓勵學校要求午膳供應商採用現場分份模式為學童提供既環保又健康的午膳。有關活動得到約二百名來自近一百間小學的校長、老師和家長代表參加。

In collaboration with the Environmental Protection Department, CHP's Central Health Education Unit organised 12 sessions of the 'Seminar on Selection of School Lunch Supplier and On-site Portioning' to promote healthy and environmentally friendly meals via on-site portioning by lunch suppliers. About 200 principals, teachers and parents from around 100 primary schools participated in these seminars.



## 27.01.2010

監測及流行病學處舉辦2009-2010定點監測大會，主題為「新紀元 - 新挑戰 - 新系統」。超過200名定點監測伙伴、西醫組織、醫院管理局、教育局和社會福利署的代表出席大會。

Surveillance and Epidemiology Branch organised the 2009-2010 Sentinel Surveillance Conference with the theme 'New Era - New Challenge - New System'. Over 200 sentinel partners and representatives from various medical associations, Hospital Authority, Education Bureau and Social Welfare Department attended the conference.

# 活動快拍 Snapshots

## 17.01.2010

感染控制處聯同醫院管理局中央腎科委員會舉辦了腎科服務感染控制研討會。會上來自英國的Dr Richard FLUCK和澳洲的Dr Josephine CHOW分享其當地的監察體系和臨床經驗。研討會共有250人參加。

Infection Control Branch in collaboration with Central Renal Committee of Hospital Authority organised a symposium on Infection Control in Nephrology Services. Two overseas experts, Dr Richard FLUCK from the United Kingdom and Dr Josephine CHOW from Australia were invited to share with us their local surveillance systems and clinical practices. 250 people attended the symposium.



## 10.01.2010

社區聯絡部蔡曉陽醫生出席元朗區的「全城清潔運動嘉年華」，為地區防疫工作打氣。

Dr Jacqueline CHOI of CLD attended the carnival of the 'Clean HK Campaign' in Yuen Long to support the fight against HSI pandemic in the district.



## 30.01.2010 & 06.02.2010

紅絲帶中心舉辦工作坊予提供與愛滋病相關服務的非政府機構工作人員，內容包括本港愛滋病疫情和政府的相關政策和服務的簡介、性病和愛滋病的基本知識、以及同工經驗分享等。

The Red Ribbon Centre held two workshops for the staff of non-governmental organisations which provide AIDS-related services. The programme included a brief introduction of the AIDS epidemic in Hong Kong, related government policy and services, basic knowledge of sexually transmitted



infections and AIDS, as well as one experience sharing session among the workers.

## 09.01.2010

社區聯絡部參與由南區健康安全協會舉辦的長者家居防疫增值計劃，推廣正確的家居環境和個人衛生措施。

CLD took part in the promotion of proper personal and environmental hygiene practices by elderly at home conducted by the Southern District Healthy and Safe Association Limited.



## 09.01.2010

社區聯絡部參與由離島民政事務處舉辦的「全城清潔運動 - 東涌抗流感關懷大行動開幕禮」，向東涌居民推廣預防流感的訊息。

CLD participated in the opening ceremony of the 'Clean HK Campaign' organised by Island District Office to promote the message of flu prevention among the residents of Tung Chung.



# 活動快拍 Snapshots

## 19.01.2010 & 09.02.2010

項目管理及專業發展處舉辦兩個為期一天有關項目管理的工作坊，讓參加者更了解如何把相關的知識和技巧應用於工作上，共有61名衛生防護中心同事參加。



To enhance the understanding of CHP staff on how to apply related knowledge and skills to their work, PMPDB organised two full-day workshops on Event Management in early 2010. The workshops were well-received and attracted a total of 61 staff from various service units of CHP.

## 27.02.2010

社區聯絡部代表出席荃灣安全健康社區督導委員會的頒獎禮，積極支持地區健康推廣工作。

CLD representatives attended the award ceremony of Tsuen



Wan Safe and  
Healthy  
Community  
Steering  
Committee  
to support  
district health  
promotion.

## 編者的話 Editor's Note

衛生署一直對推動健康飲食文化不遺餘力，繼「有營食肆」後，再接再勵推出「有營食客」社區推廣計劃。本期通訊報導了該計劃的嘉許典禮及訪問「有營食客」，分享有「營」心得。

希望市民大眾懂得選擇健康有「營」的菜式，向擁有健康生活的目標繼續邁進。

DH has been actively promoting healthy eating in the community. Subsequent to the launch of EatSmart@restaurant.hk Campaign, DH introduced the EatSmart Customer Community Programme to mobilise the community to support the development of healthy eating habits. We bring you the story on Recognition Ceremony of the

Programme and interview some of the EatSmart Customers in this newsletter.

We hope everyone knows how to choose EatSmart Dishes while eating out and works continuously towards a healthy life.



## 09.01.2010

在香港中文大學公共衛生及基層醫療學院安排下，41名來自印尼Hasanuddin University的教授和碩士學生到訪衛生防護中心，與中心人員互相分享策劃和評估健康促進活動（包括健康飲食運動和健康城市計劃）的經驗。

Under the arrangement of the School of Public Health and Primary Care of The Chinese University of Hong Kong, 41 delegates (professors and graduate students) from Hasanuddin University in Indonesia visited CHP to share experience on the planning and evaluation of health promotion programmes, including the EatSmart Campaign and Healthy City Programme.

## 22.01.2010

社區聯絡部參與油尖旺民政事務處舉辦的「全城清潔運動 - 校園健康講座」，向區內學生講解防疫措施。

CLD conducted flu pandemic prevention health talks for schools in the district of Yau Tsim Mong in support of Yau Tsim Mong District Office in the 'Clean HK Campaign'.

