

## 目錄 Contents

「預防慢性病：  
國家行動框架」第二次世界衛生  
組織專家會議在港舉行  
Hong Kong Hosts the Second  
WHO Expert  
Meeting on Preventing Chronic  
Diseases: A Framework for  
Country Action P.1-2

項目巡禮 P.2-5  
Programmes in Focus

科學委員會天地 P.6  
Scientific Committees Corner

活動快拍 P.7-8  
Snapshots of Events

出版速遞 P.8  
Publication Corner

### 編輯委員會 Editorial Board

#### 顧問 / Adviser

尹志強先生  
Mr Aaron WAN Chi Keung

#### 主編 / Editor-in-chief

關婉菁女士  
Ms Cindy KWAN Yuen Ching

#### 委員 / Members

陳永熊先生  
Mr David CHAN Wing Hung

譚玫瑰醫生  
Dr THAM May Ked

吳紹豐醫生  
Dr Jonathan NG Siu Fung

陳佩玲小姐  
Miss Evelyn CHAN Pui Ling

本刊物由衛生署衛生防護中心出版  
香港灣仔軒尼詩道130號修頓中心七樓  
© 版權所有  
如有意見，請電郵至 rcag@dh.gov.hk

This publication is produced by  
the Centre for Health Protection (CHP)  
of the Department of Health  
7/F., Southern Centre, 130 Hennessy Road, Wan Chai, Hong Kong  
© All rights reserved  
Please send enquiries to rcag@dh.gov.hk

衛生署衛生防護中心網頁  
Centre for Health Protection Website  
[www.chp.gov.hk](http://www.chp.gov.hk)

## 「預防慢性病：國家行動框架」 第二次世界衛生組織專家會議在港舉行 Hong Kong Hosts the Second WHO Expert Meeting on Preventing Chronic Diseases: A Framework for Country Action



來自世界衛生組織（世衛）及十二個國家衛生界的專家在香港參與會議，檢討預防慢性非傳染病的工作框架，以協助各國制定有關計劃。慢性非傳染病是全球致命及致殘的主要原因。

Experts of health related fields from the World Health Organization (WHO) and 12 of its member states met in Hong Kong to review a draft Framework that guides member countries to develop their own programme on the prevention of chronic non-communicable diseases (NCD), which are the leading causes of death and disability globally.

### 編者的話 Words from the Editor

今期其他豐富內容包括：由內地、香港和澳門三地衛生部門進行的「長城演練2007」；由衛生防護中心聯同多個政策局、政府部門及非政府機構舉行的「栗子行動」演習；「健康飲食在校園」運動的最新進展；科學委員會的新建議；各項活動花絮；及出版速遞等。

Other interesting subjects featured in this issue include the Exercise Great Wall 2007 involving the health authorities of the Mainland, Hong Kong and Macao; the Exercise Chestnut participated by policy bureau, government departments and non-government agency; the progress of the 'EatSmart@school. hk' Campaign; the new recommendations issued by the Scientific Committees; highlights of events; and latest publications etc.

大家如對《CHP通訊》有任何意見，可傳真至2591 6127，或電郵至rcag@dh.gov.hk給本刊編輯部。

If you have any comments or opinions regarding the CHP Newsletter, you may fax it to 2591 6127 or email to our Editorial Board at rcag@dh.gov.hk.




衛生署  
Department of Health

會議名為「預防慢性病：國家行動框架」第二次世衛專家顧問會議，由香港特別行政區政府衛生署主辦，於二零零七年十一月十二日至十五日在香港舉行。大會就二零零七年初在日內瓦舉行的首次會議上草議的預防慢性非傳染病工作計劃框架，作出跟進。

世衛西太平洋區域辦事處人口和社區健康司長Linda MILAN醫生在會議上表示，慢性非傳染病是全球面對的問題，需要以全面及急切的對策來回應。

在四日會議中，慢性非傳染病防控專家交流了經驗及意見，亦審視了草擬的工作大綱文件，就其中的主要部分提出建議和修訂，並於主要項目達成共識。會議主席David MACLEAN教授總結時表示是次會議非常成功及充分達到其目的，針對日趨嚴重的慢性非傳染病大流行，為各國籌劃應對的工具。

參與是次會議的專家包括香港特別行政區政府衛生署署長林秉恩醫生、社會醫學顧問醫生（非傳染病）梁挺雄醫生及助理署長（健康促進）程卓端醫生。


The meeting, entitled 'The Second WHO Expert Consultation Meeting on Preventing Chronic Diseases: A Framework for Country Action', was hosted by the Department of Health of the Hong Kong Special Administrative Region Government (HKSARG) on 12-15 November 2007. It was the follow-up of the first meeting held in Geneva early 2007 during which a work plan on chronic NCD prevention framework was outlined.

Speaking at the meeting, the Director of the Division of Building Healthy Communities and Populations, Regional Office for the Western Pacific of the WHO, Dr Linda MILAN said chronic NCD were a global problem that required complete yet urgent response.

During the four-day meeting, experts working on chronic NCD prevention and control shared their experience and opinions on the draft Framework document which received substantial critical review and revision with agreement reached on the major components.



The Chairman of the meeting, Professor David MACLEAN concluded that the meeting was successful and accomplished its goal to develop an important tool for countries to deal with the growing global epidemic of chronic NCD.

Experts participating in the meeting included Dr PY LAM, the Director of Health, Dr TH LEUNG, the Consultant Community Medicine (Non-communicable Disease) and Dr Regina CHING, the Assistant Director of Health (Health Promotion) from the Department of Health, HKSARG. 

## 項目巡禮 Programmes in Focus

### 長城演練 2007 Exercise Great Wall 2007



內地、香港和澳門三地衛生部門於二零零七年十二月三日進行了一項名為「長城演練 2007」的聯合通訊演練，以測試三地在處理跨境出現的人類感染禽流感個案時的應變及通報機制。

演練約有六十名來自三地的公共衛生專業人員參加，單位包括香港特區食物及衛生局、

A joint communication exercise, code-named GreatWall 2007, involving the health authorities of the Mainland, Hong Kong and Macao was held on 3 December 2007 to test their collaboration and co-ordination in mounting emergency response in the event of a cross-border incident of avian flu involving human cases.

More than 60 public health officials and medical personnel took part in the exercise. Participating organisations include the Food and Health Bureau, Department of Health (DH) and Hospital Authority in Hong Kong, the Ministry of Health (MOH) in Beijing, Jiangsu Province Health Department and Health Bureau of Macao.

The exercise was based on a scenario in which some members of a family in the Mainland had been infected with avian flu during a visit to a poultry market and one of them had travelled by public transport to Hong Kong via Macao before symptoms emerged. After confirmation of the avian flu involving human case, the Government activated the 'Serious Response Level' contingency measures.

## 項目巡禮 Programmes in Focus




衛生署及醫院管理局、國家衛生部、江蘇省衛生廳和澳門衛生局。

演練模擬一個內地家庭的幾名成員到過家禽市場後感染禽流感，其中一人在病發前已乘搭公共交通工具，經澳門到達香港。香港方面，在證實出現人類感染禽流感個案後，政府立即啟動「嚴重應變級別」應變措施。

在演練中三地以電子通訊器材包括視像會議等聯絡，以測試應變計劃中的應急措施的效率，其中包括三方互相通報信息、對受影響的病人進行流行病學的調查和追蹤跟進，及為他們的接觸者進行醫學監測。演練最後在三地就各自採取的措施和最新形勢交換信息，疫情受到控制後結束。

食物及衛生局局長周一嶽醫生率領香港團隊參與這次通訊演練，周醫生認為演練進一步加強三地在衛生應急工作的交流與合作。

衛生署署長林秉恩醫生亦表示衛生署會繼續與內地和澳門的衛生部門合作防範禽流感。是次演練是三地在二零零五年簽署「關於突發公共衛生事件應急機制的合作協議」後，舉行的第二次聯合演練。


演練結束後，隨即於二零零七年十二月十七日在港舉行「長城演練2007」總結會，會議由國家衛生部主持，共有十八名來自三地的公共衛生專業人員參加。會上三地代表分別匯報、總結演練情況及進行討論，並同意合作跟進二零零八年演練的籌備工作。 

During the exercise, emergency responses set out in preparedness plans of the three places were tested, using tele-communication facilities, including video-conferencing set-up. These included notification of counterparts in the three places, epidemiological investigation of the affected patients, contact tracing and medical surveillance for their contacts. The exercise ended when the participants exchanged information on their respective actions and latest situation of the three places and the situation was subsequently brought under control.

The Secretary for Food and Health, Dr York CHOW, who led Hong Kong's team in the exercise considered that the exercise had further bolstered collaboration and communication among the three places in emergency preparedness and response for

public health crisis.

The Director of Health, Dr PY LAM, said that DH would strengthen its work with health authorities in the Mainland and Macao in the prevention of infectious diseases. This was the second joint exercise organised under the Co-operation Agreement on Response Mechanism for Public Health Emergencies signed by the three places in 2005.

Soon after the exercise, an evaluation meeting, chaired by MOH and attended by 18 public health professionals from the three places, was convened in Hong Kong on 17 December 2007. At the meeting, representatives from the three places had shared experiences gained and discussed the relevant issues, and agreed to jointly follow up the preparatory work for the next exercise in 2008. 



# 「栗子行動」演習 Exercise Chestnut

衛生署衛生防護中心聯同食物及衛生局、醫院管理局等十二個政策局、政府部門及機構與及一個非政府機構（寶血兒童村）於二零零七年九月二十一日舉行全面的演習，模擬香港出現人類感染禽流感個案，以測試政府的禽流感應變計劃及各有關單位的應變能力。


代號「栗子行動」的演習為期一天，旨在為政府及其他有關單位提供機會，檢視及調整他們制定的處理危機計劃及程序，進一步加強應變能力及協調。共約有二百五十名人員參與是次演習，另有六名來自內地及澳門的專家出任觀察員。

演習模擬一名於粉嶺一個兒童村工作的女子，探訪一個曾發生禽流感的國家後，出現疑似禽流感的徵狀。她被送往瑪嘉烈醫院接受隔離治療，稍後證實感染禽流感。

演習中政府在接到通報後，立即舉行嚴重應變級別督導委員會會議，決定將該兒童村隔離及消毒。演習中的實地模擬行動包括將證實染病的病人及有病徵的人士轉往醫院、將兒童村的宿友撤離至檢疫中心，將受影響的地方消毒等，均由穿著個人防護裝備的前線人員執行。

衛生署署長林秉恩醫生親身前往兒童村和麥理浩夫人度假村，視察前線的運作情況，並

且與觀察員交換意見。林醫生認為演習可增強跨界別的溝通、提升處理危機的能力及加強前線人員處理禽流感的信心。

衛生防護中心現正為舉行下次演習展開籌備工作。 

On 21 September 2007, twelve government bureau, departments and organisation including the Food and Health Bureau, Centre for Health Protection (CHP), Hospital Authority, etc. and a non-government organisation (the Precious Blood Children's Village) took part in a full-scale exercise held to test the government's contingency plan on avian flu and try out response capabilities of the parties concerned in the event of an outbreak of avian flu involving human cases.


Code-named Chestnut, the one-day exercise, was designed to provide an opportunity for the Government and other stakeholders to review and improve their established plans and procedures during a crisis with a view to further enhancing preparedness and co-ordination. About 250 participants took part in the exercise, and six experts from the Mainland and Macao attended as observers.



The exercise scenario unfolded when a female staff member of a children's home in Fanling developed symptoms suggestive of avian flu after visiting a country where cases of avian flu were reported. The woman was taken to Princess Margaret Hospital where she was isolated for treatment. She was later confirmed to have been infected with avian flu.

After the Government had been alerted, a Serious Response Level Steering Committee meeting was held and it was decided that the children's home would be isolated and disinfected. Ground movements in this exercise, which included the transfer of patients and symptomatic residents to hospital, evacuation of residents of the children's home to an isolation camp and disinfection of infected areas, were carried out by frontline staff wearing personal protective equipment.

The Director of Health, Dr PY LAM visited the children's home and the Lady Maclehoze Holiday Village to observe frontline operations. He also exchanged views with the observers on the exercise. Dr LAM considered the exercise could strengthen inter-agency communication, escalate ability and boost confidence of frontline staff in the fight against avian flu.


CHP has already embarked on the preparation work for launching the next exercise. 



# 2007/08學年「健康飲食在校園」運動 'EatSmart@school.hk' Campaign 2007/08

衛生署在二零零七年九月二十日舉行記者招待會，簡介「健康飲食在校園」運動的進展。這項運動自二零零六至零七學年起推出，旨在對付兒童肥胖及相關的健康問題。

本署已籌劃一系列新活動，幫助學校制定健康飲食政策，締造校園健康飲食的環境。其中「校園至『營』特工」活動，在上學年獲得一百四十六間學校的家長及教師參加，而二零零七至零八學年參與的學校數目更超過二百間。此外，約二十三萬名學生參與了二零零七年四月十九日的「生果日」，在其所屬的三百六十間小學內一起享用生果。此活動將於二零零八年四月十七日再度舉行。


此外，本署將舉辦多項特別為家長、午膳供應商及學校而設的活動，讓他們掌握幫助兒童建立健康飲食習慣的知識及技巧。 

To tackle the problem of children obesity and associated health problems, a press briefing was held on 20 September 2007 to review the progress of the 'EatSmart@school.hk' Campaign launched in the 2006/07 school year.




New activities such as the School 'NutriAgent' Project (SNAP) have been mapped out to help schools create a healthy environment by setting up a Healthy Eating Policy. Parents and teachers from 146 schools have been recruited in the previous school year, while some 200 schools have taken part in the project in the 2007/08 school year. Besides, about 230,000 students from 360 primary schools supported the 'Fruit

Day' event in their campuses on 19 April 2007. This fun-filled event is to be held again on 17 April 2008.

Other initiatives targeting at parents, lunch suppliers and school managerial staff will also be organised to equip them with the skills and knowledge needed to help children adopt a healthy eating habit. 


## 胸肺科外展健康講座

### Outreach Health Talks by TB & Chest Service

衛生署胸肺科為院舍、學校和工作場所提供結核病的健康講座，目的是讓有關人士認識結核病的知識，從而懂得在接觸過結核病人後，如何自我監測結核病的病徵，以及實踐健康生活。更重要的是，透過答問環節，讓參與者消除疑慮和對結核病有正確的認識。在二零零七年的首九個月內，胸肺科共提供一百二十次的外展健康講座，參加人數逾八千三百人。 

The Tuberculosis & Chest Service of the Department of Health delivers health talks in institutions, schools and workplaces. The purpose of delivering health talks is to enable people in these institutions and workplaces to understand better about tuberculosis, to perform

symptom surveillance when they have history of contact with tuberculosis cases and to adopt healthy lifestyles. Enquiries from the participants will be answered to clarify misconceptions and

reinforce correct understanding of tuberculosis. In the first 9 months of the year 2007, the Service has conducted 120 sessions of outreach health talks for over 8,300 participants. 




## 科學委員會的新建議

### Issue of New Recommendations by Scientific Committees

衛生防護中心自二零零四年六月成立至今，中央科學顧問委員會及各科學委員會就重要的傳染病議題進行了廣泛討論，並為相關的防控策略提出建議。最近，疫苗可預防疾病科學委員會於二零零七年十月發表了「使用肺炎球菌疫苗的建議」，而感染控制科學委員會亦就預防手術後感染作出指引。

由周鎮邦醫生為主席的疫苗可預防疾病科學委員會提供了有關疫苗使用的科學意見。本港肺炎球菌的病發率比大部分西方國家為低，科學委員會參考了相關科學數據及國際指引後，對使用肺炎球菌疫苗作出建議，並將有關建議上載到衛生防護中心網頁，以供參考。

司徒永康醫生繼續出任感染控制科學委員會的主席，領導新一屆委員研究及建議有效的預防措施，以預防及控制在醫護環境下出現的感染情況，保障公眾健康。新一屆的科學委員會於二零零七年十月二十三日舉行的會議上聚首一堂，並隨即努力展開工作，成功完成了「預防手術後感染的指引」，為科學委員會於新任期之始展開了豐盛的一頁。由於手術後感染在與醫護有關的感染中位列第二，因此，科學委員會制定了預防手術後感染的指引，以助推動有效的防控措施，為病患者護理的素質及節省醫療成本兩方面帶來裨益。有關指引快將上載到衛生防護中心網頁，以供公眾參考。科學委員會亦在委員的積極支持下，為未來的工作制定方針，並充分相信在眾志成城下，再配合高瞻遠矚的領導，科學委員會的工作將會再創佳績。 


Since the setup of the Centre for Health Protection (CHP) in June 2004, the Board of Scientific Advisers and the Scientific Committees have discussed a wide range of important



感染控制科學委員會  
Scientific Committee on Infection Control (SCIC)

infectious disease issues and have developed recommendations related to strategies on prevention and control. Recently, the Scientific Committee on Vaccine Preventable Diseases (SCVPD) has issued 'Recommendations on the Use of Pneumococcal Vaccines' in October 2007 and the Scientific Committee on Infection Control (SCIC) has developed a guideline on prevention of surgical site infection (SSI).

The SCVPD, chaired by Dr CHOW Chun-bong has provided science-based advice on vaccine use at the population level. The local incidence of invasive pneumococcal diseases (IPD) appears low as compared with most western countries. The SCVPD has reviewed current scientific evidence and recommendations among the international communities and produced recommendations on the use of pneumococcal vaccines. You may refer to the details on the CHP website.

Dr SETO Wing-hong, in the second term of chairmanship, continues to lead the SCIC to advise the local government on infection control at health care settings for the safeguarding of public health. The Committee met on 23 October 2007, and marked the beginning of a fruitful year under new term of membership, with the accomplishment of 'Guidelines of Prevention of Surgical Site Infection' (SSI). The guidelines provide strategies for prevention of SSI which is ranked second among common healthcare associated infections; and effective prevention will bring benefits to quality patient care and saving of health care costs. The guidelines will be available soon on CHP website. With Members' support, the Committee has also planned work ahead; and is confident that more achievements will follow with the synergy and dedication of Members under Chairman's leadership. 



疫苗可預防疾病科學委員會  
Scientific Committee on Vaccine Preventable Diseases (SCVPD)

## 活動快拍 Snapshots of Events

### 10.11.2007

二零零七年十一月十日國家衛生部領代表團來港參加「第六屆內地、香港、澳門衛生局高層聯席會議」，並到訪衛生防護中心進行參觀訪問。去年十至十二月期間，項目管理及專業發展處共接待八個到訪團體，並為本地醫護人員提供培訓，其中包括醫療輔助隊。

A mainland delegation of the Sixth Joint Meeting of Senior Health Officials of the Mainland, Hong Kong and Macao, headed by Minister of Health of PRC, visited the CHP on 10 November 2007. From October to December 2007, Programme Management and Professional Development Branch has received 8 groups of visitors and provided training to local health care workers, including members of the Auxiliary Medical Service.



### 6.9.2007

為加強與區議會的聯繫，衛生署署長林秉恩醫生於二零零七年九月六日出席九龍城區議會會議，並在會議中介紹衛生署的架構，以及二零零七年的策略規劃。

To enhance communication between Department of Health and District Councils, Dr PY LAM, the Director of Health, attended the Kowloon City District Council meeting on 6 September 2007 to introduce the Department's structure and strategic plan for 2007.



### 6.10.2007

紅絲帶中心於二零零七年十月六日舉辦中國大陸及鄰近地區愛滋病項目分享會，為在國內及鄰近地區工作的非政府組織工作者提供分享經驗的平台，加強互相之間的溝通。

'Sharing Forum for the Network of Hong Kong Based AIDS Programmes in Mainland China and Neighbouring Countries' was launched by Red Ribbon Centre on 6 October 2007. The forum served to facilitate communication and collaboration among workers of various non-government organisations in the Mainland and neighbouring countries.



### 23.10.2007

衛生署於二零零七年十月二十三日舉行的健康促進學術交流會，邀請香港大學公共衛生傳媒研究計劃總監暨新聞及傳媒研究中心助理教授Thomas ABRAHAM分享「傳媒與健康 — 沙士個案研究」，而中央健康教育組高級醫生譚玫瑰醫生亦分享了首次「公共衛生傳媒工作坊」的舉辦經驗及檢討結果。

An Academic Meeting on Health Promotion was held on 23 October 2007, featuring the presentation of 'The Media and Health: A Case Study of SARS' by Professor Thomas ABRAHAM, Director of Public Health Media Project and Assistant Professor of the Journalism and Media Studies Centre of the University of Hong Kong. Dr THAM May-ke, Senior Medical & Health Officer of the Central Health Education Unit (CHEU), also shared the successful experience from the 'Workshop on Public Health for Media Workers'.

## 活動快拍 Snapshots of Events

27.9.2007

社區聯絡部舉辦子宮頸普查計劃分享會，講者為明愛社區中心青少年及社區服務單位主任葉婉孌女士，及監測及流行病學處高級醫生蘇淑娟醫生，提供有關子宮頸健康的知識，共有五十六人參加。

A sharing forum was held by the Community Liaison Division (CLD) to promote women's awareness on the importance of cervical screening. Ms Shirley YIP, Social Worker-in-charge (Youth & Community Service) of the Caritas Community Centre, and Dr Joanna SO, Senior Medical & Health Officer of Surveillance and Epidemiology Branch (SEB) shared their professional views with 56 participants at the forum.



7-10.2007

社區聯絡部在全港不同區域，以健康講座、展覽及嘉年華等多項活動，向市民推廣健康生活訊息，其中包括有關常見傳染病的健康講座，及多項提倡健康飲食的推廣活動。

The CLD has been promoting healthy lifestyle in different districts through health talks, carnival and exhibitions to explain method of prevention for communicable diseases and to cultivate healthy eating habits among residents.



## 出版速遞 Publication Corner



### 安老院舍預防傳染病指引 Guidelines on Prevention of Communicable Diseases in Residential Care Homes for Elderly

為預防傳染病於安老院舍內散播，衛生署修訂了《安老院舍預防傳染病指引》，向安老院舍員工及院友介紹有效的感染控制措施。指引已發送到各院舍作參考，如欲了解指引內容，請瀏覽網頁<http://www.chp.gov.hk/guideline.asp?lang=tc&pid=11&id=35>

To prevent the spread of communicable diseases in residential care homes for the elderly (RCHes), the Department of Health has revised the 'Guidelines on Prevention of Communicable Diseases in Residential Care Homes for Elderly' to equip the staff and residents of RCHes with effective preventive measures of communicable diseases. Copies have been distributed to RCHes for reference. For more details, please visit <http://www.chp.gov.hk/guideline.asp?lang=tc&pid=11&id=35>



### 建設健康城市——在香港推展健康城市計劃的指引（第二版） Building Healthy Cities - Guidelines for Implementing a Healthy Cities Project in Hong Kong (second edition)

社區聯絡部出版《建設健康城市——在香港推展健康城市計劃的指引》（第二版），為正在籌劃開展或強化健康城市計劃的區議會及社區團體提供參考資料。該指引介紹建設健康城市的二十項步驟，下載網址為：[http://www.chp.gov.hk/files/pdf/BUILDING\\_HEALTHY\\_CITIES\\_GUIDELINES\\_b5.pdf](http://www.chp.gov.hk/files/pdf/BUILDING_HEALTHY_CITIES_GUIDELINES_b5.pdf)

Published by the Community Liaison Division, 'Building Healthy Cities - Guidelines for Implementing a Healthy Cities Project in Hong Kong (second edition)' provides practical reference for District Councils and community groups which plan to initiate or strengthen healthy cities projects. This book outlines 20 steps for local project implementation. The guidelines can be downloaded at: [http://www.chp.gov.hk/files/pdf/BUILDING\\_HEALTHY\\_CITIES\\_GUIDELINES\\_b5.pdf](http://www.chp.gov.hk/files/pdf/BUILDING_HEALTHY_CITIES_GUIDELINES_b5.pdf)



### 優勝食譜專輯（健康午餐廚神大比併） Winning Recipes (Healthy Menu & Healthy Cooking Competition)

衛生署於二零零七年五月舉辦「健康午餐廚神大比併」健康午餐食譜設計及烹飪比賽，鼓勵家長和學校午餐供應商為學童提供創意健康美食。此食譜收集了比賽的得獎作品，並備有網上版本，以進一步推廣健康飲食文化。下載網址為：<http://www.eatsmart.gov.hk/b5/template/index.asp?pid=22&id=27>

In May 2007, the Department of Health organised the 'Popular Lunch Box Election' - a recipe design and cooking competition to encourage parents and food traders to design and provide nutritious, creative and delicious lunch to children. This cookbook is compiled of the winning recipes to further promote the idea of healthy eating. Online version of the cookbook is available at: <http://www.eatsmart.gov.hk/eng/template/index.asp?pid=22&id=27>