

Healthy Eating Promotion in Hong Kong – How far we've come & what's next

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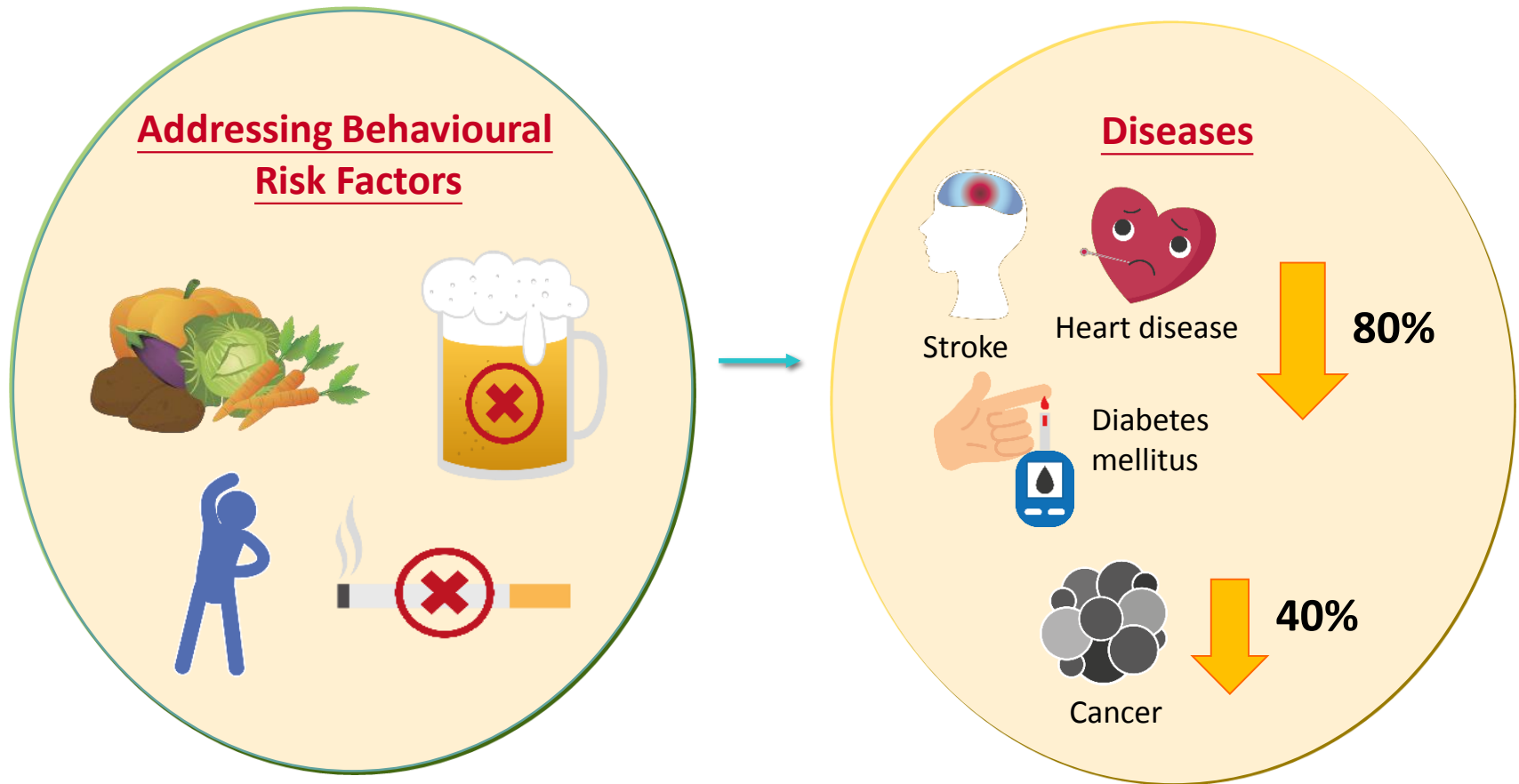
Hong Kong Special Administrative Region

Outline

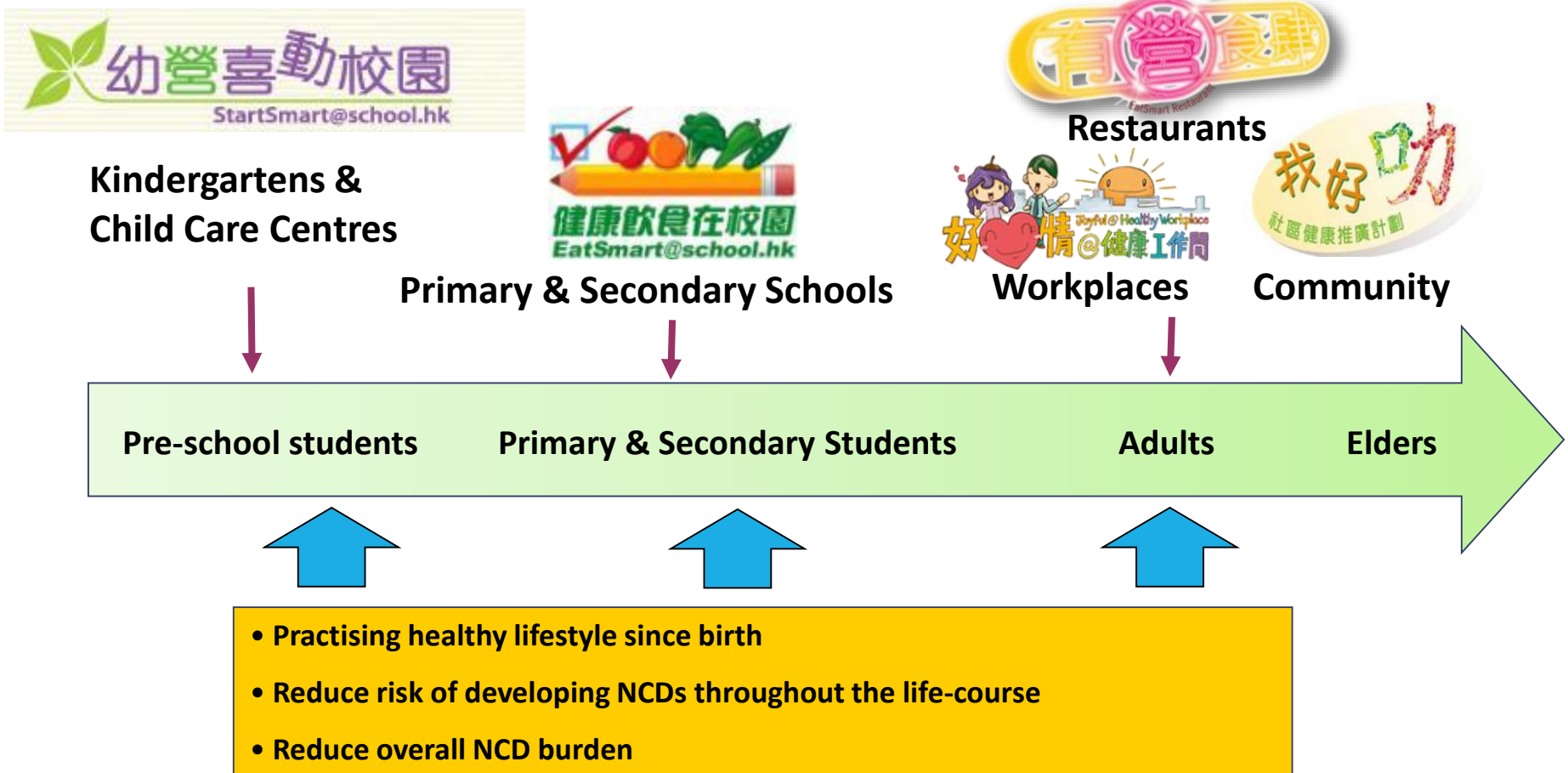
- Overview of healthy lifestyle promotion in Hong Kong
- Healthy eating promotion in schools

Overview of healthy lifestyle promotion in Hong Kong

Intervene at Upstream



Life-course & Setting-based Approach



Healthy eating promotion in schools

Healthy Eating Promotion in Schools

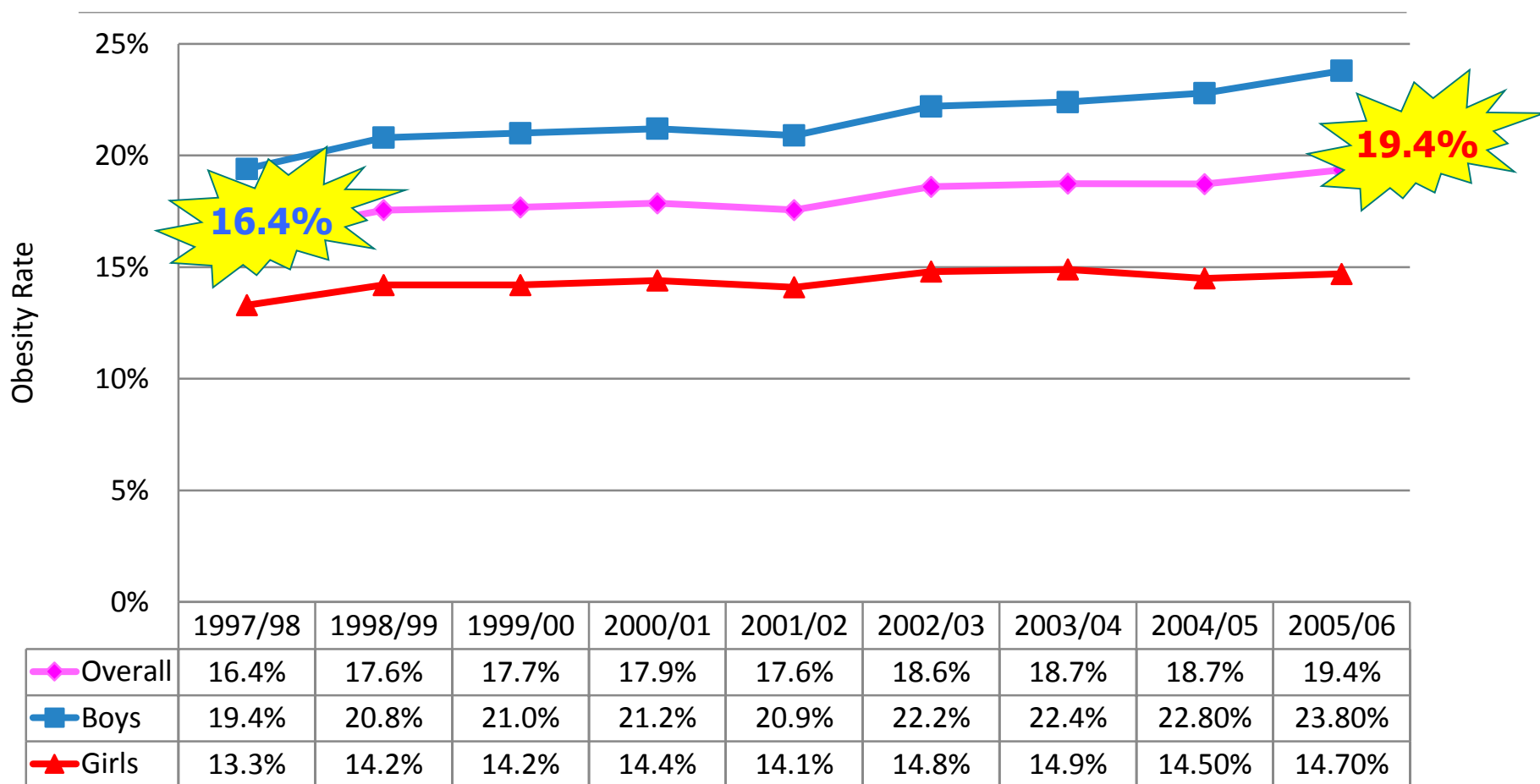


Eatsmart@school.hk
(ESS) Campaign



StartSmart@school.hk
(SSS) Campaign

Primary Student Overweight/Obesity Rate



2005-06 Policy Agenda

Promote healthy eating habit among school children to protect the public from life-style diseases

The 2005-06 Policy Address Policy Agenda

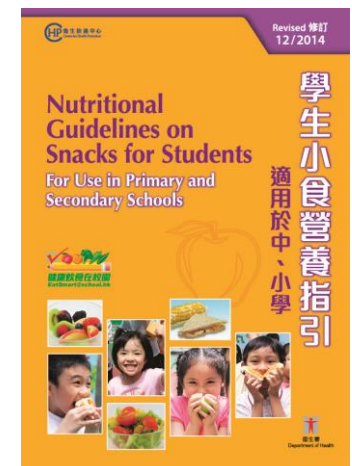
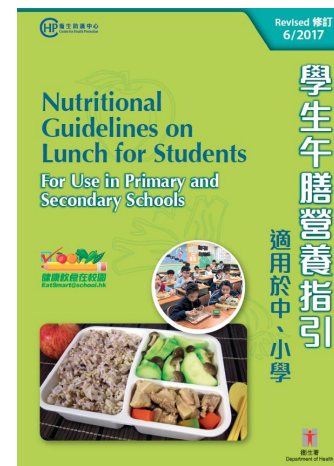
Caring and Just Society

- Promote healthy eating habit among school children to protect the public from life-style diseases.
- Explore the feasibility of introducing an electronic medical record system in Hong Kong in consultation with the Hospital Authority and other relevant parties and professions.
- Establish a department dedicated to oversee food safety, animal inspection and quarantine matters.
- Formulate measures to streamline food business licensing.
- Review the policies related to the provision of cemeteries, columbaria and crematoria facilities and strive to provide more facilities to meet future demand.
- Study the feasibility of long-term options for better meeting demands for emergency ambulance service.

ESS Campaign



- Launched in 2006-07 school year
- Joint venture of Department of Health (DH) and Education Bureau (EDB)



Comprehensive Strategies



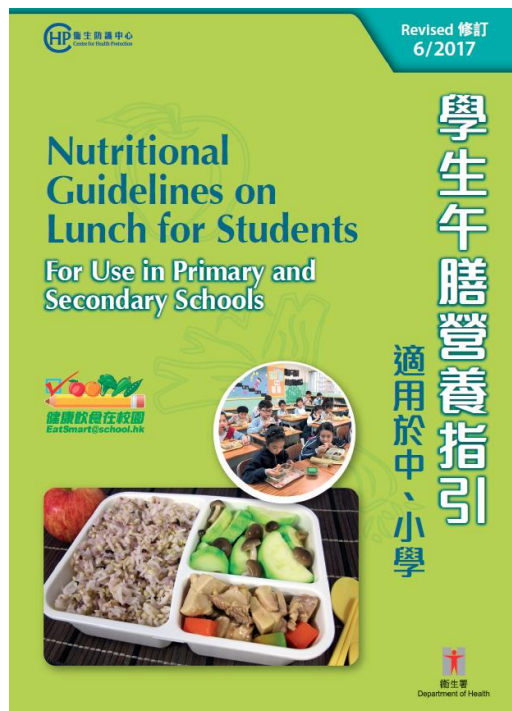
Steering Committee

- **Government Bodies**
 - DH, EDB, Food & Environmental Hygiene Department
- **Professional Associations**
 - HK Association for the Study of Obesity
 - HK College of Cardiology
 - Hong Kong Dietitians Association
 - Hong Kong Nutrition Association
- **Education sector**
 - Associations of principals of primary & special schools
 - Hong Kong Education City
 - Chinese University of Hong Kong
- **Committee on Home-School Cooperation**



Supportive Environment

Nutritional Guidelines on Lunch for Students



Classification Chart of Lunch Food Items			Revised in June 2017
Category	Criterion	Examples	
Discouraged Food Items (If more than one type of grains are provided in a day, these food items should be provided in at least one lunch or supper. If only one type of grains is provided in a day, these food items should be provided on at least two school days in a week.)	<ul style="list-style-type: none"> White grains or grains with added vegetables, but excluding grains added with potatoes, sweet potatoes, seeds & nuts (e.g. flavoured, sesame, etc.) 	<ul style="list-style-type: none"> White rice, fried noodles, Yee-Mee noodles, pizza (without using "Discouraged Food Items as ingredients") 	
Limited Food Items (To be provided for not more than two school days per week with a 2-school days interval. If only 2-3 school days in a week, these food items should not be provided for more than one school day. If only 1 school day in a week, these food items should not be provided.)	<ul style="list-style-type: none"> Grains with added fat and oil Fatty cut of meat and poultry with skin White or grey products Processed or preserved meat, egg and vegetable products Sauce or gravy with high sugar, salt or fat content 	<ul style="list-style-type: none"> Deep-fried rice, fried noodles, Yee-Mee noodles, pizza (without using "Discouraged Food Items as ingredients") Beef belly, spare ribs, pork joint, chicken or duck or goose with skin (e.g. chicken wings, drumstick, chicken thigh, etc., except chicken paw) Egg roll, BBQ pork, bacon, smoked duck breast, ham, sausage, luncheon meat, beef ball, white fish ball, mackerel and pork ball, preserved mustard green, pickled cucumber, seasoned vegetable product, crab stick, soybean curd (tofu) cooked with spices, beefy or meaty dumpling (e.g. gyoza, etc.), hot pot, hot with meat and vegetable, seasoned beef ball, meat fish canned in oil, canned spring chicken, marinated egg, fried-made burger patty, salt-baked chicken Gravy or sauce: fermented black bean sauce, sesame sauce, onion sauce, ketchup, white sauce or carbonara sauce (made with whole fat milk or oil-based or evaporated milk), Portuguese style sauce or curry (made with whole fat milk or oil-based or evaporated milk), Chinese mackerel, red fermented soybean curd, fermented soybean curd, meat sauce, bolognese, shrimp paste, chicken sauce, beef sauce, preserved plum, meat, chili bean sauce, BBQ sauce, curry, or the sauce, sweet and sour sauce, chutney sauce 	
Strongly Discouraged Food Items (Not to be provided in any lunch or supper)	<ul style="list-style-type: none"> Deep-fried food items Food items with added mineral fat or plant-based saturated fat Food items with trans fat added Beverages in "Rank to Choose Last" category Items with very high salt content 	<ul style="list-style-type: none"> Deep-fried pork chop, French fry, deep-fried chicken thigh, spring roll, deep-fried dumpling with curry paste, fried bean curd puff, fried fish ball, fried shrimp, fried bean curd stick, fried fish stick, fried fish roll, fried potato, etc. (fried potato, deep-fried wheat dough stick (fried fritter), fried bean curd, deep-fried chicken paw) Salted butter (including reduced fat butter), margarine (including reduced fat margarine), plain oil, coconut oil Food items: pineapple bun (with butter), pineapple bun, cocktail bun or loaf (bun with a filling made of sugar and chocolate), coconut, egg tart (short crust), egg tart, cookies, egg roll, sandwich (butter, cream, butter roll (with added butter), other food items made with coconut milk, cream, margarine) Sauce: white sauce or carbonara sauce (made with cream), Portuguese style sauce or curry or salty sauce (made with coconut milk / cheese paste) Food items with the following oil added: hydrogenated vegetable oil, margarine and vegetable shortening with trans fat added Salt drinks, fruit drinks, fruit juices with added sugar, yoghurt drinks, probiotic drinks, berry-pack (scented tea or chrysanthemum tea or Chinese herbal tea, sports drink and green tea) Salted fish, salted egg, preserved Chinese sausage, Chinese preserved meat, food items containing preserved meat (e.g. chicken rice wrapped in glutin rice, sunny side, beef cubes, etc.), bubble tea 	<p>1. Since school children have a high calcium need for their growth and development, lunch (supper) are encouraged to use calcium-rich ingredients. However, as there are only limited calcium-rich ingredients suitable for the production of lunch (supper), parents should provide children with calcium-rich food outside the lunch (supper).</p> <p>2. It refers to more than 1 teaspoon of oil per serving per person added during food preparation and cooking process.</p> <p>3. It is recommended that sauce or gravy with high sugar, salt or fat content should be served sparingly and occasionally.</p> <p>4. For examples of "Beverages to Choose Last", please refer to "Nutrition/ Guidelines on Choice for Primary School Students".</p> <p>5. Chicken paw (both non-fried and deep-fried) are categorized as "Strongly Discouraged Food Items" due to the high percentage of fat content.</p>

Guidelines on Quantity

HEALTHY LUNCH



Ratio of grains, vegetables & meat (& its alternatives) is 3:2:1 by volume

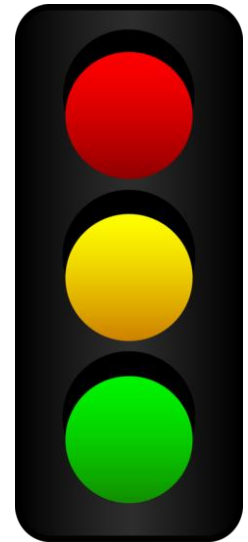
Recommendations on lunch provision for primary school students

Food groups	Recommended quantity	
	P1 to P3 students	P4 to P6 students
Grains	At least 4 servings	At least 5 servings
Vegetables	At least 1 serving	At least 1 serving
Meat, fish, egg and alternatives	1 – 2 servings	1 ½ – 2 ½ servings
Fruits	At least 1 serving	At least 1 serving
Fat and oils *	2 servings maximum	2 servings maximum

** Used during food preparation and cooking process*

Guidelines on Quality

- 3 Low 1 High
 - Low fat, low sugar, low salt and High fibre
- Classification of food items
 - Strongly discouraged food items
 - Limited food items
 - Encouraged food items



Strongly Discouraged Food Items

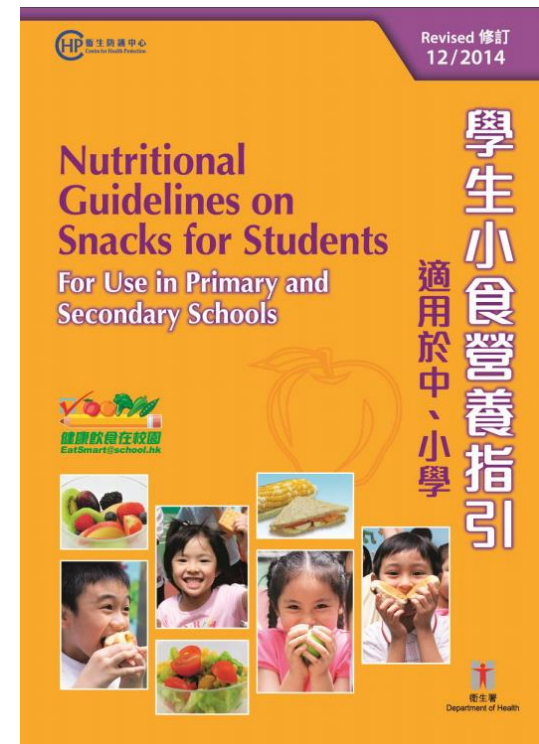
Supply: not to be provided

Food Items	Examples
Deep-fried food items	French fries, deep-fried pork chops, spring roll
Food items with added animal fat & plant sources of saturated fat	Food items with butter, cream, palm oil, coconut oil
Food items containing trans fat	Bakery products (e.g. pastry, crackers) in which trans fat & shortening are used
Beverages in “Snack to Choose Less” category	Soft drinks, fruit drinks, fruit juices with added sugar
Food items with very high salt content	Salted fish, salted egg

Supportive Environment

Nutritional Guidelines on Snacks for Students

- Snack Classification
- Snack amount:
 - ≤ 125 kcal of energy per package
 - Drinks ≤ 250 ml
- Snack time:
 - at least 1.5 – 2 hours between meals



Putting Guidelines into Practice



Training



Nutrition training workshops
for **school staff**

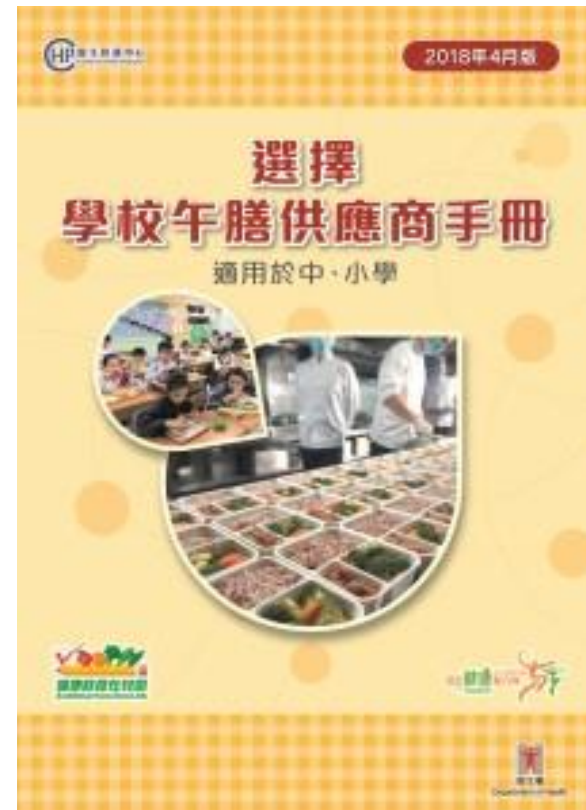


Nutrition training workshops
for **lunch suppliers**

Tools

Handbook of Selection of Lunch Suppliers

To facilitate the selection of lunch suppliers in a fair, just & open environment & provision of healthy, nutritive & environmental friendly lunch at the same time



Tools

School lunch suppliers database

- Production mode
 - cook-service system
 - cook-chill system
 - school on-site portioning
- Dietetic advice
 - in-house dietitian
 - consultation service
 - analysis software
- Staff training
 - nutrition training
- Special needs
 - food allergy
 - ethnic minority
- Food quality and quantity
 - different serving size
 - 3:2:1 ratio
 - whole wheat / grains with added vegetables
 - provide vegetable
 - provide fruit
 - no dessert & confectionery
 - no strongly discouraged food items
 - limited food items
- Participation in Salt Reduction Scheme for School Lunches

Tools

Mobile Application



- Snack Analysis

- Classify snacks based on its nutritional quality in accordance with “Nutritional Guidelines on Snacks for Students”
- Recommend consumption quantity
- Allow sharing on social media

- Snack Database

- Include information of >200 healthier snacks
- Allow users to save their own snack information
- Allow nutritional comparison between different snacks



Tools

Database of Prepackaged Snacks

- Facilitate the public in making healthy snack choices
- Update annually



EatSmart School Accreditation Scheme (ESAS)

- Launched in 2009-10



To Become an Ideal EatSmart School by Formulating and Implementing the Healthy Eating Policy

Carry out education and publicity

Provide healthy lunch

Provide healthy snacks

Implement school administrative measures

Two Levels of Accreditation

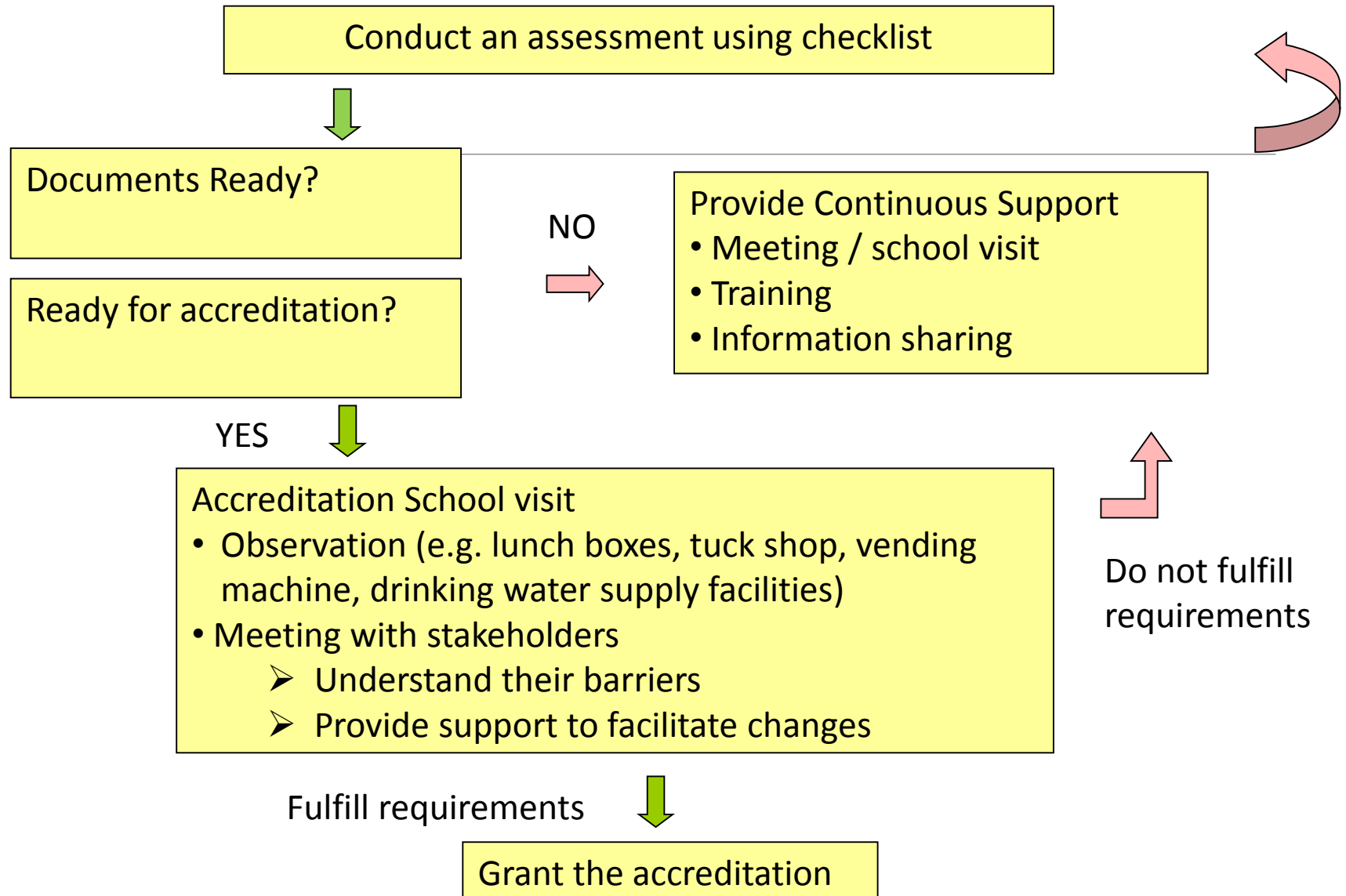
Basic Accreditation

- School Policy
- Restriction on sales of unhealthy food items (both lunch & snacks)
- Education & promotion

Eatsmart School Accreditation

- Full compliance:
- Nutritional Guidelines on Lunch for Students
- Nutritional Guidelines on Snacks for Students

Accreditation Process



EatSmart School Accreditation Ceremony



Healthy eating promotion in schools

HOW FAR WE'VE COME & WHAT'S NEXT



A circular, translucent blue glass award plaque with a textured surface. At the top center is the WHO logo, a caduceus with a globe in the center, surrounded by a laurel wreath. Below the logo, the text is embossed in a serif font. The words 'WHO SPECIAL RECOGNITION' are in a smaller font, followed by 'PRESENTED TO' in a slightly larger font. The recipient's name, 'HONG KONG (CHINA)', is in a large, bold font. Below that, the text reads 'FOR IMPLEMENTING THE "EAT SMART SCHOOL ACCREDITATION SCHEME"' and 'AS A NATIONAL LEVEL CONTRIBUTION FOR SCALING UP HEALTHY CITIES'.

WHO SPECIAL RECOGNITION
PRESENTED TO
HONG KONG (CHINA)
FOR IMPLEMENTING THE
"EAT SMART SCHOOL ACCREDITATION SCHEME"
AS A NATIONAL LEVEL CONTRIBUTION FOR
SCALING UP HEALTHY CITIES



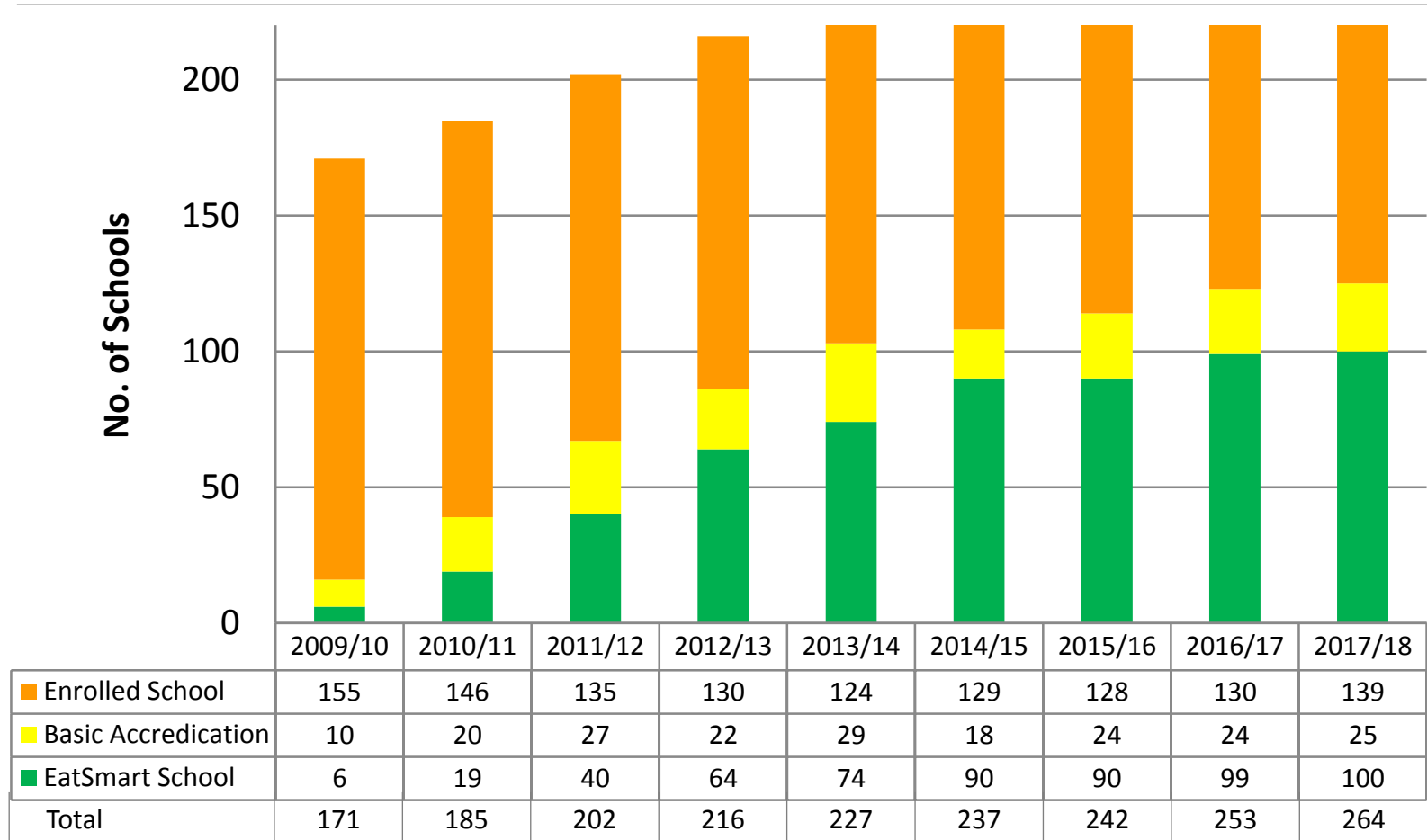
A handwritten signature in gold ink, appearing to read 'H. Shin', is positioned above the printed name and title.

SHIN YOUNG-SOO, MD, PH.D.
Regional Director
WHO Western Pacific Region

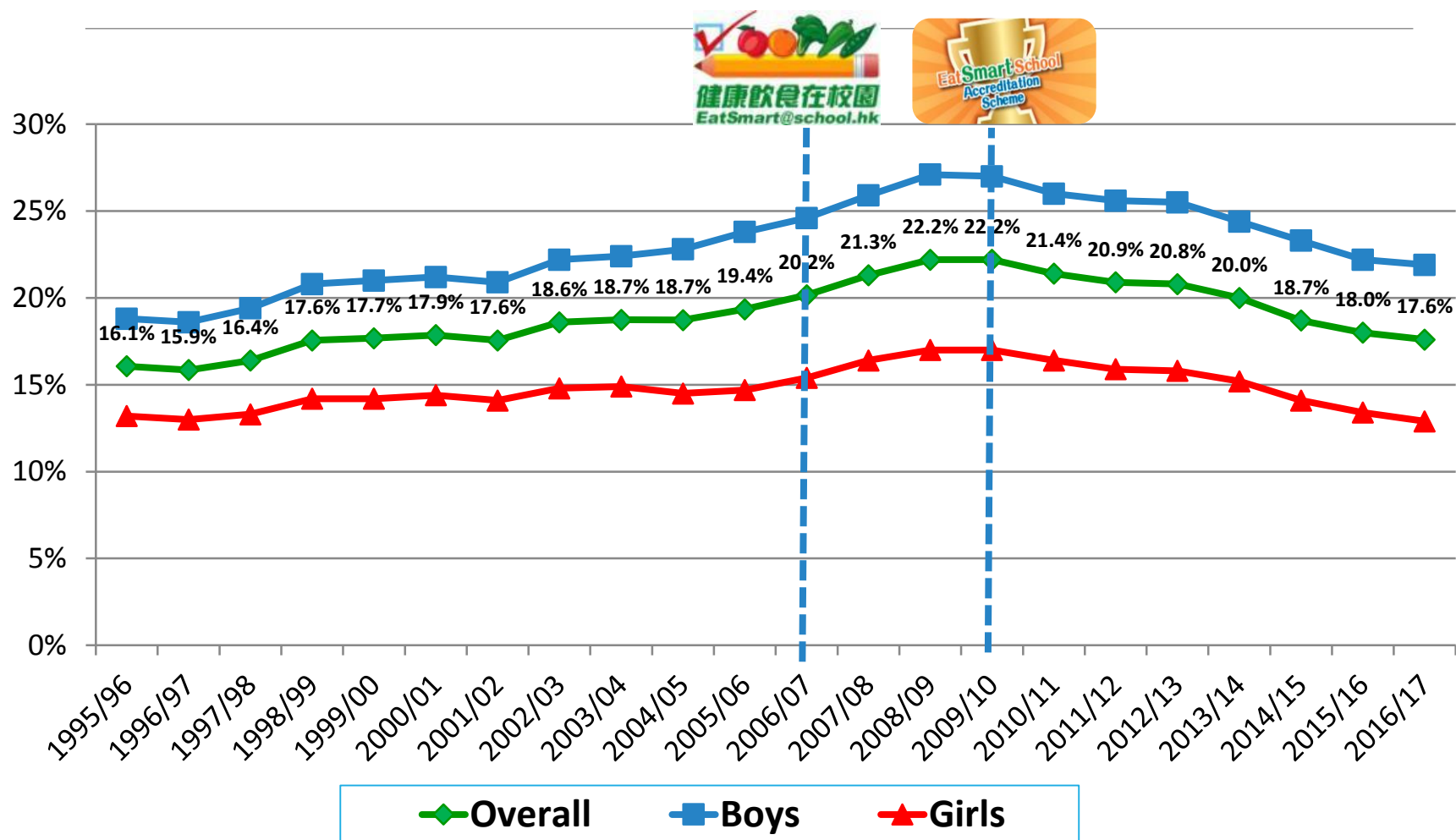
25 October 2012
at the Fifth Global Conference
of the Alliance for Healthy Cities
Brisbane, Australia

In October 2012, ESAS received a **Special Recognition Award** from the Western Pacific Regional Office of WHO for its national-level contribution for scaling up healthy cities.

ESAS - Participation Statistics



Primary Student Overweight/Obesity Rate



Nutrient Testing of School Lunches in Primary Schools in Hong Kong 2013: Sodium

- >90% of lunch samples exceed recommend intake (500mg) per lunch box (mean 950mg/lunch box)
- 40 samples (42%) exceeded the recommended daily intake of sodium
- **Top 3 lunches with highest sodium content:**



(1) Indonesian fried rice & chicken nuggets **(1722mg)**



(2) Rice noodles with Japanese-style sesame chicken **(1632mg)**



(3) Fried noodles with mushrooms & Beijing-style dumplings **(1632mg)**

Working Group on Promoting Healthy School Lunch

- Established in 2015
- Terms of reference: to identify areas for improvement in the nutrient content of primary school lunch & to formulate work plans
- Members:



Lunch suppliers

Education Sector

- Committee of Home-School Co-operation
- HK Aided Primary School Heads Association
- Subsidized Primary School Council
- Union of Government Primary School Headmasters and Headmistresses

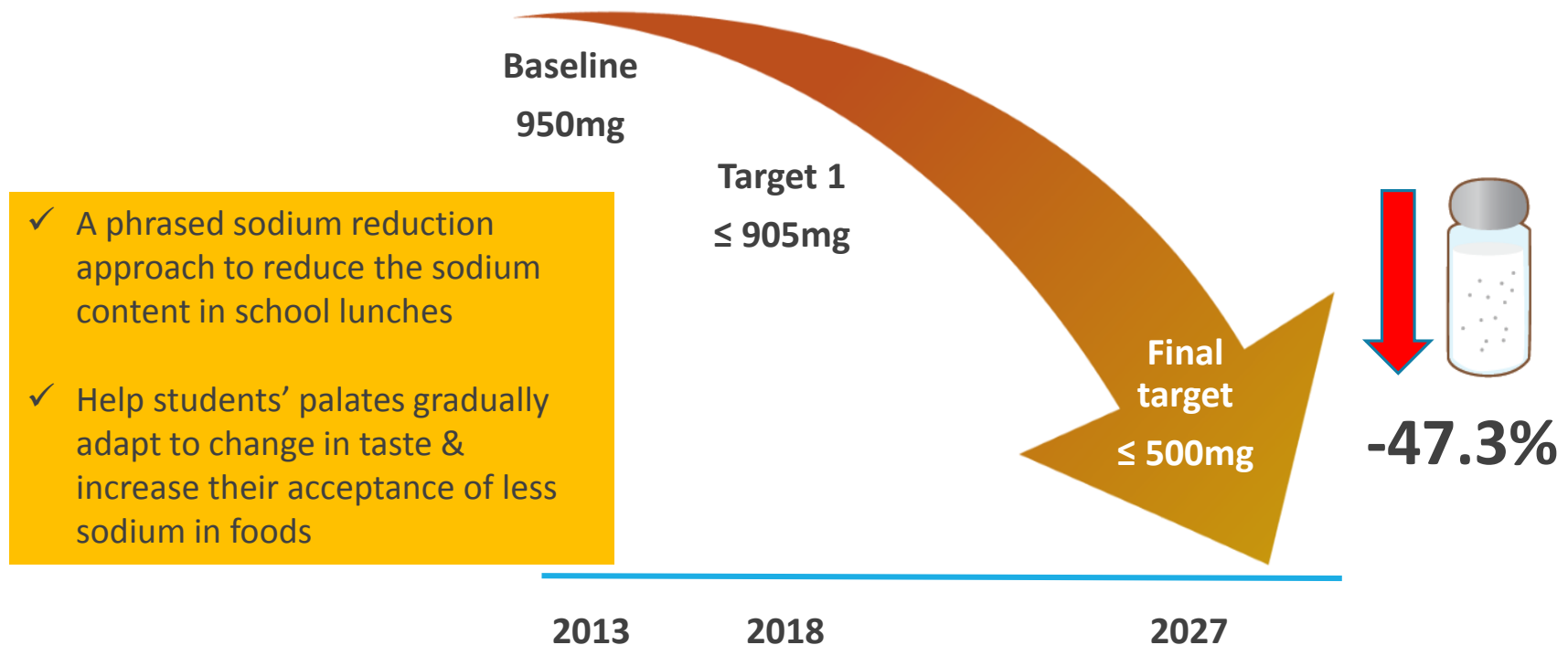
Professional organisations

- HK Dietitians Association
- HK Nutrition Association
- Chinese Culinary Institute

Government Departments

- Department of Health
- Centre for Food Safety

Long Term Target of Sodium Reduction in School Lunches in Hong Kong



Pilot Project on Sodium Reduction in School Lunch Boxes

- **Aim:** To examine the feasibility to reduce sodium content **gradually** in school lunches
- **Period:** Conducted between September & December 2016
- **Result:** Feasible



Salt Reduction Scheme for School Lunches

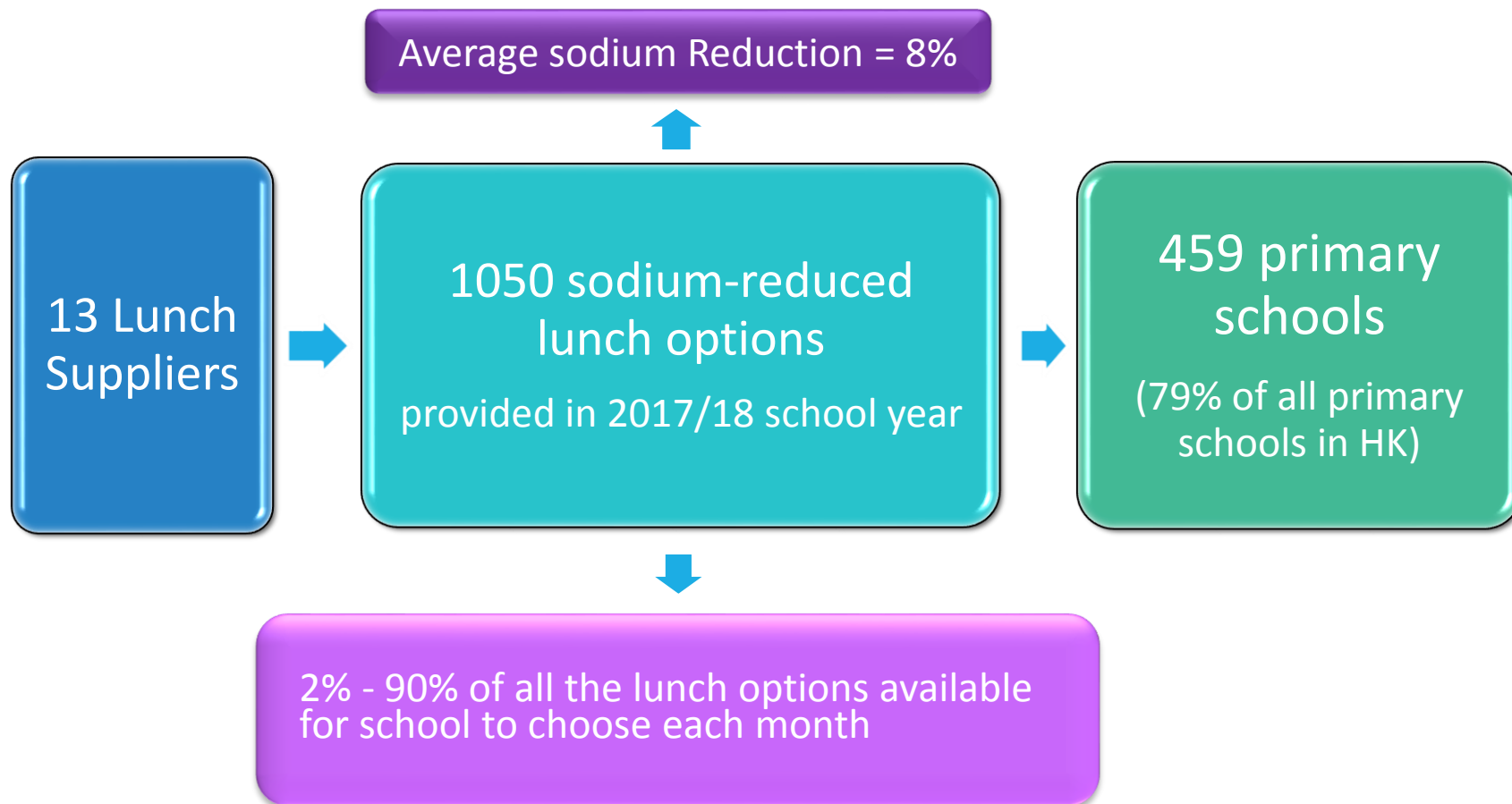


Aim: Gradually lower the sodium level of school lunches by 5-10% each year

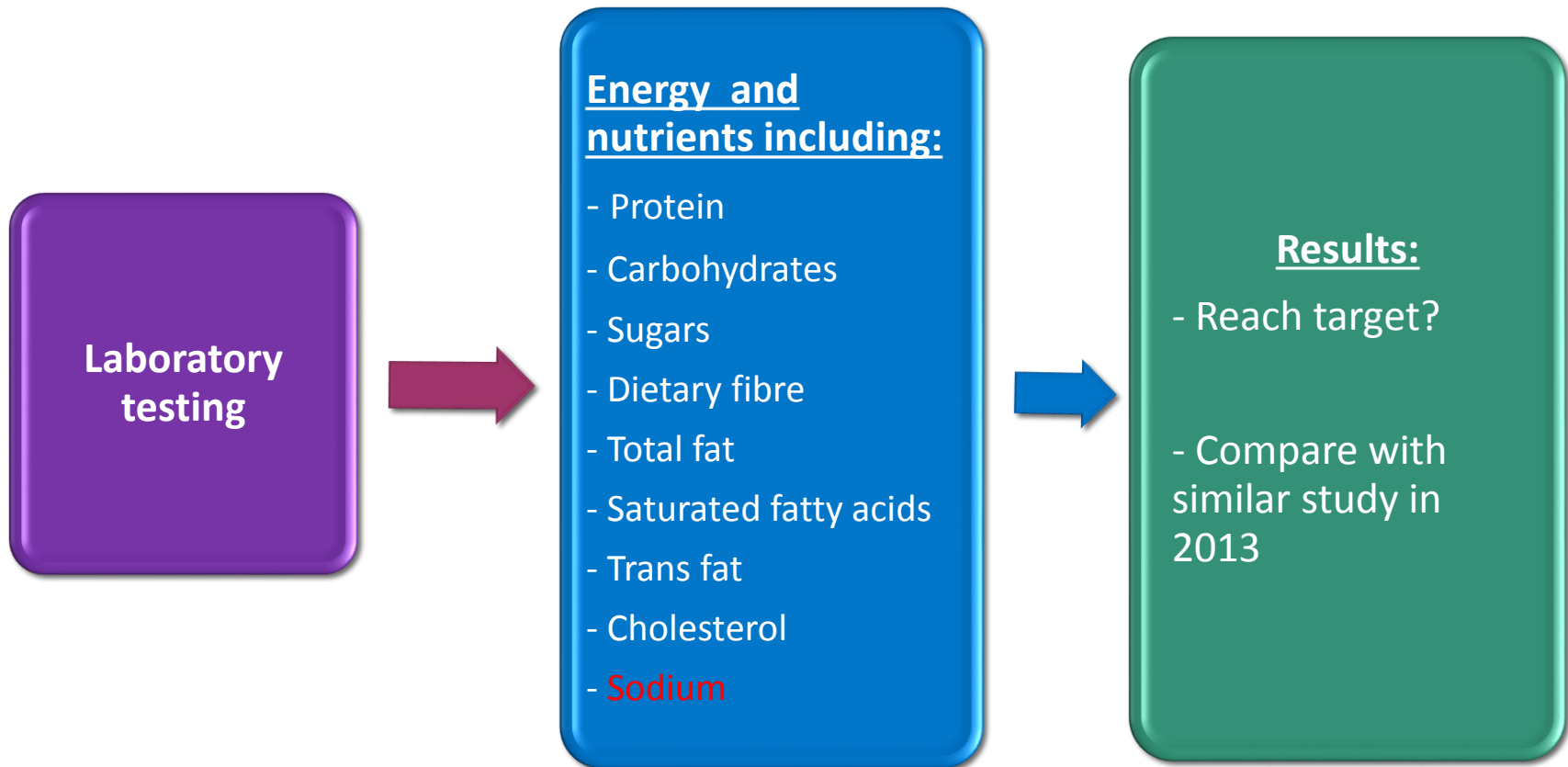
Commencement: 2017/18 school year



Salt Reduction Scheme for School Lunches



Evaluation (in early 2018)



Healthy Eating Promotion in Schools



Eatsmart@school.hk
(ESS) Campaign



StartSmart@school.hk (SSS)
Campaign

SSS Campaign

- Launched in 2012
- Joint venture of DH, EDB, Leisure & Cultural Services Department
- Target: children aged 2 to 6
- Setting: kindergartens & child care centres (Pre-primary Institutions, PPIs)



Task Force

- **Government Bodies**
 - DH, EDB, Leisure & Cultural Services Department
- **Professional Associations**
 - HK Association for the Study of Obesity
 - Hong Kong Nutrition Association
- **Education sector**
 - Chinese University of Hong Kong, Education University of Hong Kong
- **School associations**
 - Committee on Home-School Cooperation, Hong Kong Kindergarten Association, Non-profit-making Kindergarten Council of Hong Kong
- **School sponsoring bodies**
 - Caritas-Hong Kong, Catholic Diocese of Hong Kong, Hong Kong Christian Service, Hong Kong Sheng Kung Hui, Po Leung Kuk, the Salvation Army, Tung Wah Group of Hospitals, Yan Chai Hospital, Yan Oi Tong



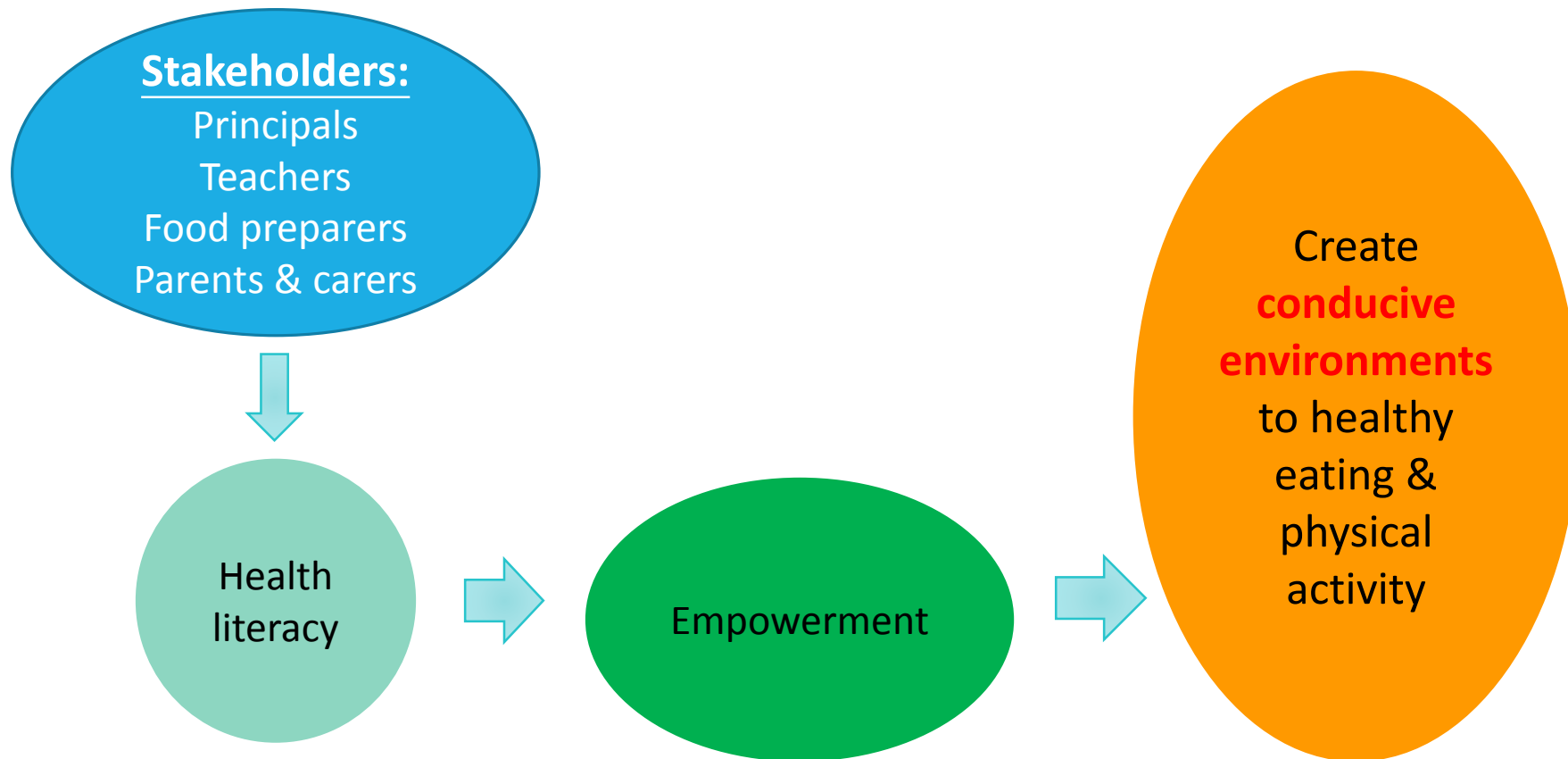
SSS Campaign



- Objectives
 - To create **conductive environments** to healthy eating & physical activity in the school & at home
 - To help preschool children cultivate a **sustainable healthy lifestyle**
- Two main themes: **Healthy Eating & Physical Activity**

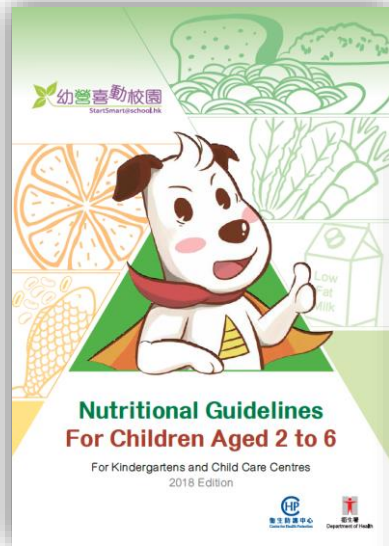
School Year	Theme on Healthy Eating	Theme on Physical Activity
2016/17	Eat more vegetables	Less screen time
2017/18	Healthy drinks	Adequate amount of physical activity
2018/19	Eating only one healthy snack in between meals	More parent-child physical activities

SSS Campaign



Principals, Teachers & Food Preparers

1. GUIDELINES & NEWSLETTER



2. TRAINING WORKSHOPS



Principals, Teachers & Food Preparers

3. TEACHING KITS



Principals, Teachers & Food Preparers

4. TOOLS

Recipe Sharing Platform

幼營食譜分享

主頁 · 幼營推介 · 幼營食譜分享

幼稚園及幼兒中心只須提交表格予「幼營喜動校園計劃」秘書處，便有機會與全港幼稚園及幼兒中心分享「健康烹調」方法和貼士。

菜式名稱 / 學校名稱 輸入菜式名稱 / 學校名稱

主要材料 ☐ 豬肉 ☐ 牛肉 ☐ 雞肉 ☐ 魚類 ☐ 蔬菜 ☐ 其他

搜尋 清除搜尋

前一頁 1 2 3 4 5 下一頁



豆腐粟米煮甘筍

東華三院徐展堂幼稚園



南瓜片煮免治牛肉

救世軍乙明幼兒學校



菜心雞肉湯麵

仁濟醫院蔡百素幼稚園/幼兒中心



清爽米紙卷

東華三院王胡麗明



紅菜頭蕃茄薯仔紅蘿蔔豬展湯

世傳會文雅幼兒學校



青瓜炒蛋

廣林浸信會呂鄭麗鳳幼稚園



紫菜芝士蛋卷

鑽石山浸信會美欣幼稚園



雜菜碎肉餛飩

奧恩國際幼兒園暨

Seasonal Menu

Festive Menu

Lunch Recipes for Kids

Soup Recipes for Kids

Snack Recipes for Kids

Recipe Sharing Platform

Kindergartens & Child Care Centres

Parents & Carers

Menus & recipes

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Corn flakes + Low-fat milk	Piggy bun + Low-fat milk	Macaroni with hairy gourd and shredded pork	Oatmeal with egg drop in low-fat milk	Congee with shitake mushrooms and chicken
Morning Snacks	Cantaloupe	Banana	Apple	Dragon fruit	Orange
Lunch	Stir-fried chicken fillets with zucchini and onions	Steamed ground pork with diced carrots and water chestnuts + Stir-fried baby pak choi	Beef tenderloin with mango and enokitake mushrooms + Blanched choy sums	Stir-fried fish fillets with broccoli and bell peppers	Rice vermicelli fried with Chinese long beans, Jew's ears and dried tofu + Blanched lettuce
Afternoon Tea	Spaghetti with baby cabbage and pork meat balls in sauce	Tuna and tomato sandwich	Boiled corns + Calcium-fortified low-sugar soy milk	Peanut buttered sandwich	Steamed bun + Calcium-fortified low-sugar soy milk

Snack Recipes for Kids

Home » Let's Cook Smart » Snack Recipes for Kids

(Chinese Version Only)

吞拿魚番茄杯



↑ 更多食譜 [檔案大小: 722KB]

烹調步驟

1. 吞拿魚隔去鹽水。
2. 西芹洗淨切幼粒待用。
3. 乳酪番和蜜糖或沙律醬。
4. 蕃茄洗淨，切去頂部並把核挖出。
5. 將吞拿魚、西芹粒、粟米粒、提子粒、沙律醬及調味料拌好備用。
6. 將材料填入蕃茄內，沖凍即成。

營養小貼士

- ★ 蘋果水浸吞拿魚的脂肪是油浸吞拿魚的三分之一
- ★ 以低脂肪乳酪代替傳統沙律醬有減少脂肪含量，增加好質的好處。蜜糖並非必要，因為提子本身已有濃郁的天然甜香

吞拿魚番茄杯

約 12 人份量

材料

蕃茄 (中型)	12 個
西芹	½ 杯 (切粒)
粟米粒	½ 杯
蘋果水浸吞拿魚	2 罐
提子乾	4 湯匙
原味低脂肪乳酪	½ 杯
蜜糖	少許
(註: 1 杯 = 240 毫升)	
調味料	
鹽	少許
胡椒粉	少許
sugar soy milk	

iday
with carrot,
and lean pork
berries
xenne with
i, assorted
and chickpeas

n + Calcium-
u-sugar soy
ilk
iday
ans congee
and Jew's ears
apple

with lemon,
fish filets
d broccoli
oup with
and low-fat
milk

Parents & Carers

1. GUIDELINES & LETTERS TO PARENTS



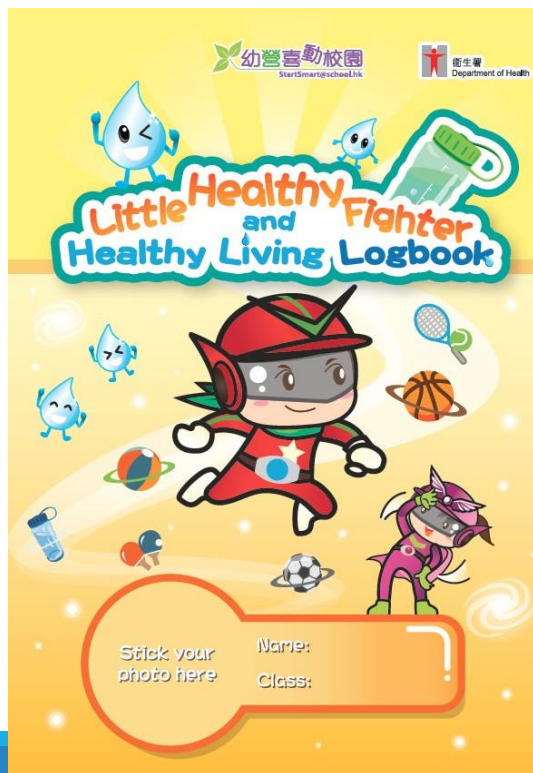
2. TEACHING KITS



Parents & Carers

3. TOOLS

Logbook and souvenirs to encourage parent-child activities



Healthy eating promotion in schools

HOW FAR WE'VE COME & WHAT'S NEXT

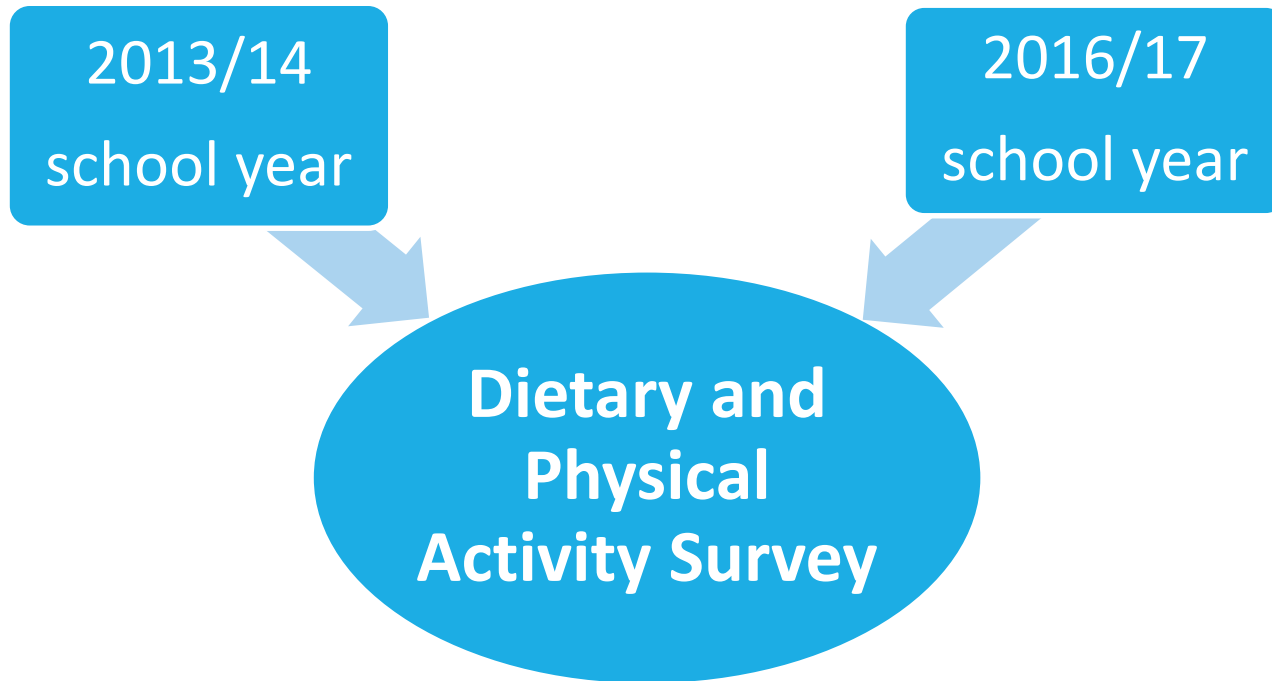
Participation Statistics

As of 31 March 2018

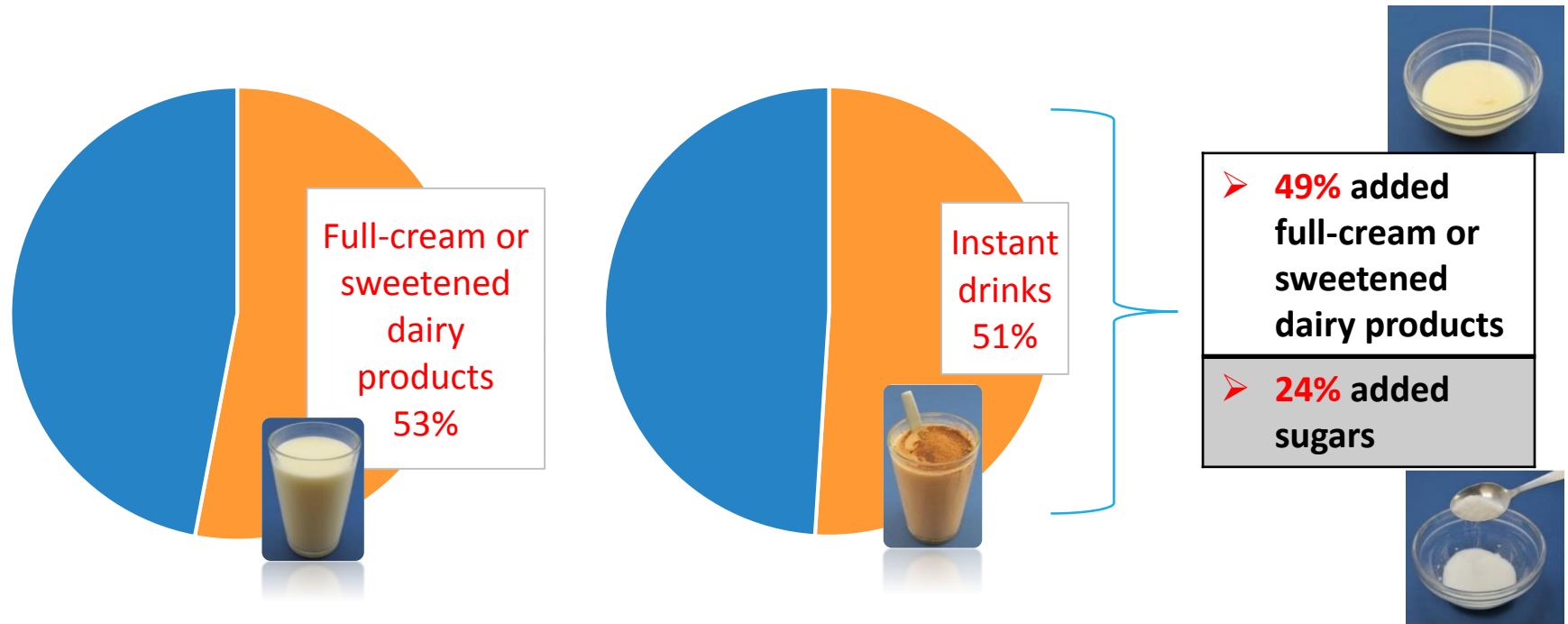
- Over 900 schools ever participated since 2012
- Over 610 (~60%) schools participating in 2017/18 school year



Dietary & Physical Activity Survey among Preschool Children



Area for Improvement: Drink Provision



- Unhealthy drinks were provided in schools

What's Next?



Healthy Drinks at School Charter

1. Encourage young children to drink water
2. Make healthy drinks available to young children
3. Not to provide drinks with added sugar or drinks with a relatively high sugar content

Conclusion



Strengthen collaboration to
promote health together