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# 《邁向2025：香港非傳染病 防控策略及行動計劃》

'Towards 2025: Strategy and Action Plan to  
Prevent and Control Non-communicable Diseases  
in Hong Kong'

CHP  
通 訊  
NEWSLETTER

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## 編者的話 Editor's Note

不經不覺，衛生署中央健康教育組今年已成立四十載，為慶祝這個慶典，衛生署今年五月四日舉辦健康促進研討會，匯聚海外及本地醫護專業人員，探索如何推動健康生活模式以預防非傳染病。與會者當日亦見證了政府正式開展「邁向2025：香港非傳染病防控策略及行動計劃」的策略及行動計劃，以應對非傳染病帶來的挑戰。

Time flies and this year is the 40<sup>th</sup> Anniversary of the Central Health Education Unit of the Department of Health. To celebrate the occasion, a health promotion symposium was held on 4 May this year to bring together overseas and local healthcare professionals to explore the promotion of healthy living in the prevention of non-communicable diseases. Participants also witnessed the Government's launch of the 'Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong' to address the challenge posed by non-communicable diseases.

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▲ 衛生署署長陳漢儀醫生和衛生防護中心監測及流行病學處主任程卓端醫生五月四日在記者會公布《邁向2025：香港非傳染病防控策略及行動計劃》的主要元素。

The Director of Health, Dr Constance CHAN, and the Head of the Surveillance and Epidemiology Branch of the CHP, Dr Regina CHING, announced the key elements of 'Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong' at a press conference on 4 May.

**你知道哪些是主要殺手病嗎？2016年，在本港的總登記死亡人數中，約55%人士死於四大非傳染病，即癌症、心血管疾病（包括心臟病和中風）、慢性呼吸系統疾病和糖尿病；當中14,209人死於癌症，佔總登記死亡人數約30%。**

香港特區政府今年5月發表一套新的策略及行動計劃，以預防及控制非傳染病，務求在2025年或之前，與各界攜手減少非傳染病在香港造成的社會負擔，包括殘疾和早逝。

**Do you know what the major killer diseases are? In 2016, the four major non-communicable diseases (NCD), namely cancers, cardiovascular diseases (including heart diseases and stroke), chronic respiratory diseases and diabetes, accounted for about 55% of all registered deaths in Hong Kong, with cancers accounting for 14,209 deaths, or around 30% of all registered deaths.**

In May this year, the Hong Kong SAR Government launched a new strategy and action plan to prevent and control NCD, with a view to working in collaboration with all sectors of the community to reduce the NCD burden, including disability and premature death, in Hong Kong by 2025.



# 《邁向2025：香港非傳染病 防控策略及行動計劃》

'Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong'

衛生署署長陳漢儀醫生於2018年5月4日公布了《邁向2025：香港非傳染病防控策略及行動計劃》（《策略及行動計劃》）策略文件中的重要元素。《策略及行動計劃》由食物及衛生局局長陳肇始教授領導的防控非傳染病督導委員會（督導委員會）制定，以響應世界衛生組織（世衛）呼籲各地制定跨部門行動計劃以應對非傳染病的威脅。《策略及行動計劃》訂明了在2025年或之前須實現的九項本地目標以及一系列可持續、有系統、貫穿人生歷程的介入措施，以預防非傳染病出現和增長，應對非傳染病為社會帶來的負擔。

## 為非傳染病的威脅做好準備

雖然香港的健康指數在全球名列前茅，但如同許多發達國家，香港人口正在老齡化。隨著男女的預期壽命穩步提高，65歲或以上人口的比率預計將從2016年的17%顯著上升至2066年的37%。受到人口老化、健康風險狀況改變、社會改變及全球化的影響，患上前述主要非傳染病的人數將日益增加。2016年，非傳染病造成以70歲為分界的潛在壽命損失年數約為104,600年。健康欠佳會影響個人、家庭和醫療系統，如果不解決問題，更會影響社會以至經濟。展望未來，香港預計會因非傳染病面臨前所未有的威脅。

另一方面，越來越多證據顯示，通過推行全民的介入措施，鼓勵市民建立健康生活模式，包括健康飲食、參與體能活動及減少吸煙和飲酒，可有效解決非傳染病的主要成因及潛在風險因素。在有利健康的生活環境下，我們可以通過建立健康生活模式，預防至少三分之一的非傳染病。

On 4 May 2018, the Director of Health, Dr Constance CHAN, announced the key elements of a strategic document entitled 'Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong' (SAP). The SAP was formulated by the Steering Committee on Prevention and Control of NCD (SC) chaired by the Secretary for Food and Health (SFH), Professor Sophia CHAN, to echo the World Health Organization (WHO)'s call for developing a multi-sectoral action plan to combat the threat of NCD. It defines nine local targets to be achieved by 2025 and a sustainable and systematic portfolio of initiatives to introduce interventions throughout the course of life to help prevent occurrence and progress of NCD, thereby addressing the NCD burden.

## Preparing for Threat of NCD

While Hong Kong's health indices rank among the best in the world, like many parts of the developed world, Hong Kong is having an ageing population. With a steadily increasing life expectancy for both sexes, the proportion of population aged 65 or above is projected to rise markedly, from 17% in 2016 to 37% in 2066. Driven by population ageing, changing health risk profiles, social changes and globalisation, the number of people coming down with the aforementioned major NCD will keep growing. In 2016, NCD caused about 104,600 potential years of life lost before age of 70. Poor health impacts on the individual, family and healthcare system, and if not addressed, on society and economy. In the future, Hong Kong is expected to face unprecedented threat brought about by NCD.

On the other hand, there has been a growing body of evidence showing that leading causes and underlying risk factors for NCD can be effectively tackled through population-based interventions that encourage healthy lifestyles, including healthy eating, physical activity, and reduced consumption of tobacco and alcohol. At least a third of NCD can be prevented through adopting a healthy lifestyle in a supportive environment.





## 政府的非傳染病防控工作

政府一直積極推行非傳染病的防控策略。衛生署於2008年10月推出題為《促進健康：香港非傳染病防控策略框架》的策略框架文件，闡述預防和控制非傳染病的整體原則，並訂明遠景、目標及策略方針，以建立有助維持香港人口健康的環境。

自此，政府成立了跨專業、跨界別的高層次督導委員會，由食物及衛生局局長領導，監察行動項目的實施情況。督導委員會設有三個工作小組，其中兩個工作小組負責促進健康飲食和體能活動以及減少酒精相關危害。

鑑於世衛呼籲各地制定具有明確目標及指標的跨部門行動計劃，以掌握工作進展及成就，政府有必要採取新的方針及制定《策略及行動計劃》，以指導多層面及跨部門的行動，以便政府及相關夥伴在政策、系統、計劃和行動方面共同著力，透過建立合作夥伴關係來創造有利健康的生活環境，並加強非傳染病的監測以及觀察進展。

## Government's Efforts in NCD Prevention and Control

The Government has been proactively implementing strategies to prevent and control NCD. In October 2008, the DH published a strategic framework document entitled 'Promoting Health in Hong Kong: A Strategic Framework for Prevention and Control of Non-communicable Diseases'. The document provided an account of overarching principles for the prevention and control of NCD. It also set out the vision, goal and strategic directions to help shape an environment that is conducive to sustaining Hong Kong people's health and well-being.

Since then, the Government has set up a high-level, multi-disciplinary and inter-sectoral SC under the chairmanship of SFH to monitor the implementation of action items. The SC consists of three working groups, two of which are responsible for promoting healthy diet and physical activity and reducing alcohol-related harm.

In light of the WHO's call for development of multi-sectoral action plan with clear targets and indicators to track progress and achievements in NCD prevention and control, there is a need for the Government to adopt a new approach and formulate the SAP for guidance of multi-level and cross-sectoral actions. This can facilitate the Government's collaboration with relevant parties on policies, systems, programmes and actions, foster partnership building in creating a supportive environment and enhance NCD surveillance and progress monitoring.



▲ 陳漢儀醫生指，《策略及行動計劃》重點關注四種非傳染病（即癌症、心血管疾病、糖尿病和慢性呼吸系統疾病）以及四種共通的行為風險因素（即不健康飲食、缺乏體能活動、吸煙和酒精傷害）。

Dr Constance CHAN says that the SAP focuses on four NCDs (namely cancers, cardiovascular diseases, diabetes and chronic respiratory diseases) and four shared behavioural risk factors (namely unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol).





## 防控非傳染病的九大目標

### 9 Targets to Prevent and Control NCD

為對抗非傳染病造成的威脅，《策略及行動計劃》列明在2025年或之前須實現的九項本地目標：

To combat the threat posed by NCD, the SAP sets out nine local targets to be achieved by 2025:



#### 目標一 Target 1

市民因罹患心血管疾病、癌症、糖尿病或慢性呼吸系統疾病而早逝的風險相對減少25%

A 25% relative reduction in risk of premature mortality from cardiovascular diseases, cancers, diabetes, or chronic respiratory diseases



#### 目標二 Target 2

成年人暴飲與有害的飲酒行為（即其飲酒情況具危害性／依賴性）及青少年飲酒的普遍率相對降低至少10%

At least a 10% relative reduction in the prevalence of binge drinking and harmful use of alcohol (harmful drinking/alcohol dependence) among adults and in the prevalence of drinking among youth



#### 目標三 Target 3

青少年和成年人體能活動不足的普遍率相對降低10%

A 10% relative reduction in the prevalence of insufficient physical activity among adolescents and adults



#### 目標四 Target 4

人均每日鹽／鈉攝入量相對減少30%

A 30% relative reduction in mean population daily intake of salt/sodium



#### 目標五 Target 5

15歲或以上人士現時吸煙的比率相對減少30%

A 30% relative reduction in the prevalence of current tobacco use in persons aged 15+ years



#### 目標六 Target 6

遏止市民的高血壓患病率上升

Contain the prevalence of raised blood pressure



#### 目標七 Target 7

制止糖尿病及肥胖問題上升

Halt the rise in diabetes and obesity



#### 目標八 Target 8

透過藥物治療及輔導服務來預防心臟病和中風

Prevent heart attacks and strokes through drug therapy and counselling



#### 目標九 Target 9

為市民提供可負擔用作治療主要非傳染病的基本設備和必需藥物

Improve availability of affordable basic technologies and essential medicines to treat major NCD



為實現以上九項目標，政府將在多方面展現領導能力，例如將學校轉型為有利學童發展的健康學習環境，創造有利進行體能活動的生活環境，與基層醫療專業人員建立有效的夥伴關係，同時密切留意與世衛所建議介入措施相關的實證及海外經驗。衛生署亦會舉辦有系統、重視成果的健康宣傳活動，讓公眾加深認識生活模式因素（如健康飲食、體能活動、避免煙酒）以及這些因素與生物醫學狀態（如體重、血壓和血糖）和非傳染病風險的關聯，從而鼓勵市民為增進健康而作出改變。

政府會在推動有關工作方面發揮主導作用，然而，若要有效防控非傳染病，有賴重要持份者的共同努力，包括政府決策局和部門、學術界、非政府組織、私營界別和個人。大家團結一致，定能把香港打造成更為健康的城市。

有關《策略及行動計劃》文件的更多資訊，請瀏覽<http://www.change4health.gov.hk/tc/saptowards2025>。

To achieve the nine targets, the Government will demonstrate leadership in many ways, such as by transforming schools into healthy settings for students' development, creating supportive physical and social environments for physical activity, fostering effective partnerships with primary care professionals, and keeping in close view the evidence and overseas experience on interventions recommended by the WHO. The DH will also organise systematic and outcome-based health communication campaigns to raise public awareness of lifestyle factors (such as healthy diet, physical activity and avoidance of tobacco and alcohol) and their relevance to biomedical states (such as body weight, blood pressure and blood sugar) and NCD risk, thereby encouraging the public to make changes for better health.

While the Government will play a leading role in taking the agenda forward, successful prevention and control of NCD relies on collaborative efforts of important stakeholders, including Government bureaux and departments, academia, non-governmental organisations, the private sector and individuals. With the concerted efforts of all sides, we can make Hong Kong a healthier city.

For more information on the SAP document, please visit <http://www.change4health.gov.hk/en/saptowards2025>.

## 如何防控非傳染病？

### How to prevent and control NCD?

 <p><b>健康飲食</b> Healthy diet</p>	<ul style="list-style-type: none"><li>• 少油、鹽及糖 Eat less fat, salt and sugar</li><li>• 每日進食三份蔬菜及兩份水果 Eat three servings of vegetables and two servings of fruit every day</li><li>• 清水是最佳飲料，適宜多喝 Drink more water since it is the best beverage</li></ul>	 <p><b>無酒無煙</b> Alcohol and tobacco free</p>	<ul style="list-style-type: none"><li>• 多了解煙酒的害處 Learn more about the harmful effects of tobacco and alcohol</li></ul>
 <p><b>活躍好生活</b> Live well and be active</p>	<ul style="list-style-type: none"><li>• 成人每星期應進行最少150分鐘中等強度體能活動 Adults should engage in physical activity of moderate intensity at least 150 minutes per week</li><li>• 5至17歲的兒童及青少年每天應進行最少60分鐘中等至高等強度體能活動 Children and adolescents aged 5 to 17 should engage in physical activity of moderate to vigorous intensity at least 60 minutes per day</li></ul>	 <p><b>從小實踐健康生活</b> Healthy start</p>	<ul style="list-style-type: none"><li>• 教導兒童及青少年在家中和學校實踐健康生活 Teach children and adolescents to practise healthy ways of living at home and schools</li></ul>





## 傳病媒介疾病科學委員會更新《給離港市民的瘧疾預防藥物指引》

Update of 'Guidelines on Malaria Chemoprophylaxis for Travellers from Hong Kong' by Scientific Committee on Vector-borne Diseases (SCVBD)

瘧疾是一種常見於熱帶及亞熱帶地區的嚴重疾病。在2016年，全球大約有445,000人死於此疾病。要降低瘧疾的死亡及發病率，採取預防感染的措施尤其重要。

傳病媒介疾病科學委員會最近更新了《給離港市民的瘧疾預防藥物指引》，供本地醫護人員參考。旅客如計劃前往有瘧疾風險的地區，應向醫生查詢，並考慮適當使用預防藥物。

指引的最新版本已上載至衛生防護中心網頁，歡迎公眾參閱。

Malaria is a common and serious infection in many tropical and subtropical areas. In 2016, there were an estimated 445,000 deaths from malaria across the globe. To reduce mortality and morbidity from malaria, it is particularly vital to take measures to prevent infection.

The SCVBD has recently updated the 'Guidelines on Malaria Chemoprophylaxis for Travellers from Hong Kong' for reference by local healthcare workers. Travellers who plan to visit places with potential malarial risk should consult medical practitioners and consider the appropriate use of chemoprophylaxis.

The latest version of the guidelines is available on the CHP website for public information.



## 感染控制科學委員會更新《預防血管內置導管相關性血流感染的建議》

Update of 'Recommendations on Prevention of Intravascular Catheter Associated Bloodstream Infection' by Scientific Committee on Infection Control (SCIC)

感染控制科學委員會於2018年3月召開會議，更新了2010年發表的《預防血管內置導管相關性血流感染的建議》。

使用血管導管是現代醫學不可或缺的技术，但此技術或會為患者帶來局部和全身感染性併發症的風險。已更新的建議為醫護專業人員提供指引，說明在使用不同的血管內置導管時，如何減少相關感染個案。

建議的最新版本旨在協助醫護人員制定策略和方案，以預防血管內置導管相關性血流感染。建議已上載至衛生防護中心網頁，歡迎公眾參閱。

In March 2018, the SCIC convened a meeting and updated the 'Recommendations on Prevention of Intravascular Catheter Associated Bloodstream Infection' previously published in 2010.

The use of vascular catheters has become an indispensable part of modern medicine practice. Yet, their use may put patients at risk of local and systemic infectious complications. The updated recommendations provide guidance to healthcare professionals on how to reduce the incidence of intravascular catheter associated bloodstream infection (CABSI) when using different intravascular catheters.

The latest version of the recommendations serves to help healthcare workers formulate strategies and plans for the prevention of CABSI. It is available on the CHP website for public information.







## 「日光石」演習測試政府應對新型傳染病的能力

Exercise 'Sunstone' Tests Government's Response to Novel Infectious Disease

衛生防護中心2018年5月24日和6月27日舉行了代號為「日光石」的公共衛生演習，以評估政府部門和機構處理新型傳染病的協調安排，並測試隔離樓宇及撤離居所涉及的跨部門程序和政府的應變行動。

是次演習分為兩部分。第一部分為5月24日舉行的桌面演習，模擬香港出現多宗新型傳染病「疾病X」個案，相關部門和機構討論和統籌所需採取的傳染病應變措施。根據世界衛生組織的資料，「疾病X」代表一種可能由現時未知會令人類致病的病原體所引起的傳染病。

演習第二部分為6月27日舉行的地面行動演習。演習模擬同一幢住宅大廈出現四宗「疾病X」懷疑個案。其中一名病人入院不久後死亡，另外三名病人需留院診治。

衛生署隨即與相關政府部門和機構協調，制定及執行相應措施，並啟動「跨部門應變小組」，調查及審視可能導致群組感染的環境因素。綜合調查結果後，衛生防護中心建議衛生署署長向大廈發出隔離令並撤離居民。出現病徵的大廈住客被送往醫院隔離，而沒有病徵的住客則被送往檢疫中心。大廈其後進行徹底消毒，住客則繼續隔離，直至衛生署確認安全後，隔離令才取消。



是次演習提供了寶貴平台，測試政府部門及相關機構應付重大傳染病事故的能力，並加強處理傳染病的應變計劃和程序的效用。衛生防護中心會時刻保持警惕，為應付公共衛生危機作好準備。

演習中，懷疑受新型疾病感染的大廈住客被送往醫院。  
At the exercise, a resident suspected to have been infected with the novel disease is being taken to hospital.





▲ 衛生署署長陳漢儀醫生和衛生防護中心總監黃加慶醫生視察演習。  
The Director of Health, Dr Constance CHAN, and the Controller of the CHP, Dr WONG Ka-hing, inspect the exercise.



▲ 參與演習的渠務署人員檢查大廈外的污水渠系統。  
Officers from the Drainage Services Department participating in the exercise inspect the sewage system outside the building.

On 24 May and 27 June 2018, the CHP organised a public health exercise code-named 'Sunstone' to assess the interoperability of government departments and organisations in response to the detection of a novel infectious disease, as well as test the inter-departmental procedures and government contingency actions for the isolation and evacuation of a building.

The exercise consisted of two parts. The first part was a table-top exercise conducted on 24 May, in which relevant departments and organisations discussed and co-ordinated the communicable disease response measures required in the simulated scenario of detection of a number of cases of a novel disease known as 'Disease X' in Hong Kong. According to the World Health Organization, 'Disease X' represents the knowledge that a communicable disease could be caused by a pathogen currently unknown to cause human disease.

The second part of the exercise was a ground movement exercise conducted on 27 June. The exercise scenario unfolded when four suspected cases of 'Disease X' were detected in the same residential building. One of the patients passed away shortly after admission to the hospital while the remaining three were hospitalised.

The DH immediately co-ordinated with relevant departments and organisations to formulate and implement corresponding

measures. The Multi-disciplinary Response Team was activated to investigate and examine the environmental factors that may have contributed to the clustering of cases. After consolidating the findings of the investigation, the CHP advised the Director of Health to issue an isolation order to the building and to evacuate the residents. Symptomatic residents in the building were taken to hospital for isolation, whereas those who were asymptomatic were sent to the quarantine centres. Thorough disinfection was then carried out at the building. The residents remained in isolation until the DH confirmed that it was safe to lift the isolation order.

The exercise provided a valuable platform to test the preparedness of government departments and relevant organisations to respond effectively to a major infectious disease incident. It also enhanced the effectiveness of the response plans and procedures for communicable diseases. The CHP will stay vigilant at all times and be prepared for public health crises.





## 健康促進研討會暨中央健康教育組四十周年慶典

### Health Promotion Symposium cum Central Health Education Unit 40<sup>th</sup> Anniversary Celebration

為慶祝中央健康教育組成立四十周年，衛生署於2018年5月4日舉辦了「健康促進研討會暨中央健康教育組四十周年慶典」。

中央健康教育組於1978年成立，初為健康教育教材資源中心，就健康教育事宜提供專業意見。為配合《渥太華健康促進憲章》對「健康促進」提出的定義，中央健康教育組於2002年年初重新界定其角色，並於2014年再次確定其主要的優先行動範疇，包括採取以人生歷程和環境為本的方式推廣健康飲食和恆常體能活動、宣傳器官捐贈及預防傳染病，並自2015年起將推廣心理和精神健康納入工作範圍。

研討會匯聚了逾三百名海外及本地醫護專業人員，深入探討如何推動健康生活模式，以預防非傳染病。研討會涵蓋多項健康議題，包括健康飲食、體能活動、控煙和控酒工作及精神健康。政務司司長張建宗在研討會開幕禮上致辭，對中央健康教育組過去四十年在促進健康的努力予以肯定，並於會上見證了「邁向2025：香港非傳染病防控策略及行動計劃」的開展。

食物及衛生局局長陳肇始教授及衛生署署長陳漢儀醫生亦有出席研討會。兩人致辭時讚揚中央健康教育組四十年來在促進健康方面的工作和貢獻，又鼓勵同事持之以恆。署長亦衷心感謝所有合作夥伴對中央健康教育組的支持。

中央健康教育組製作了題為「**光影追昔：守護市民四十載**」的短片，介紹該組四十年來的歷史和發展，以及引以自豪的「五大之最」，分別是「最貼身的健康主題」、「最『好心情』的宣傳大使」、「最長壽的健康教育運動」、「行動最迅速的團隊」和「最鼎盛的陣容」。此外，不同持份者在短片內分享他們與中央健康教育組合作的體會。

如想了解更多詳情，請瀏覽研討會的網頁（<https://www.chp.gov.hk/chou40/tc/welcome.html>）。





▲ 一眾主禮嘉賓在健康促進研討會暨中央健康教育組四十周年慶典開幕禮上與講者及嘉賓合照。

Officiating guests at the opening ceremony of the Health Promotion Symposium cum Central Health Education Unit 40<sup>th</sup> Anniversary Celebration take a group picture with speakers and guests.



▲ 一眾主禮嘉賓為研討會暨周年慶典揭幕。

Officiating guests kick off the symposium cum anniversary celebration.

To mark the 40<sup>th</sup> anniversary of the Central Health Education Unit (CHEU), the DH held the 'Health Promotion Symposium cum Central Health Education Unit 40<sup>th</sup> Anniversary Celebration' on 4 May 2018.

Established in 1978, the CHEU started out as a resource centre of health education materials, providing professional advice on health education matters. To follow the definition of 'health promotion' outlined in the 'Ottawa Charter for Health Promotion', the CHEU redefined its role in early 2002 and reaffirmed its key priority action areas in 2014 to include the promotion of healthy eating and regular physical activity through a life-course and setting-based approach, organ donation promotion, and prevention of communicable diseases. Since 2015, promoting mental health and mental well-being has also been added to its agenda.

The Symposium brought together over 300 overseas and local healthcare professionals to explore in depth the promotion of healthy living in the prevention of non-communicable diseases. It covered a broad range of health subjects, including healthy eating, physical activity, tobacco and alcohol control as well as mental health. Addressing the opening ceremony of the Symposium, the Chief Secretary for Administration, Mr Matthew CHEUNG, acknowledged the efforts made by the CHEU in health promotion over the past 40 years. He also witnessed the launch of 'Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong' at the symposium.

Also in attendance were the Secretary for Food and Health, Professor Sophia CHAN, and the Director of Health, Dr Constance CHAN. In their speeches, they praised the CHEU for its work and contributions in health promotion over the past 40 years and encouraged colleagues to sustain their efforts. The Director of Health also expressed her sincere gratitude to all working partners for their support to the CHEU.

The CHEU produced the video "**Down the Memory Lane: Four Decades of Safeguarding Public Health**" to introduce its history and development over the past 40 years and the five 'mosts' in which it takes pride, namely, 'The Most Relevant Health Issues', 'The Most Joyful Ambassador', 'The Longest-running Health Education Campaign', 'The Swiftest Team' and 'The Strongest Lineup'. In the video, various stakeholders also shared their experiences in working with the CHEU.

For more details, please visit the **website** of the Symposium at <https://www.chp.gov.hk/cheu40/en/welcome.html>.





製作背後  
BACKSTAGE



## 2018年手部衛生關注日宣傳活動

Publicity Activities for Hand Hygiene Awareness Day 2018

自2010年起，香港每年5月5日舉行「手部衛生關注日」，以支持世界衛生組織（世衛）所倡議的「拯救生命：從清潔雙手做起」全球行動，提高醫護人員和大眾對良好手部衛生的意識。

衛生防護中心以「適時潔手，預防敗血病」作為2018年手部衛生推廣活動的口號，以響應世衛今年對醫護人員的呼籲——「依從潔手五時刻，預防護理間引起的敗血病」。

衛生防護中心在本地公營和私營醫療服務機構協助下，製作了以「為清潔的妙手齊讚好」為主題的短片，向醫護人員推廣手部衛生的重要性。

短片收錄了衛生署今年3月29日舉辦的手部衛生接力活動的片段，當日有超過40位來自衛生署不同部門的同事參與，並由衛生署署長陳漢儀醫生和衛生防護中心總監黃加慶醫生示範正確的洗手技巧。除衛生署外，醫院管理局、私家醫院、大學的醫護專業人員以及基層醫療醫生亦有參與短片的拍攝工作。

短片已上載至衛生防護中心網站、Facebook專頁及YouTube頻道，並於醫療機構播放。歡迎各位同事與親友分享影片。

如欲了解更多有關手部衛生的資訊，請瀏覽衛生防護中心為本年度「手部衛生關注日」而設的專題網頁（<https://www.chp.gov.hk/tc/features/100352.html>）。



衛生署集合醫護專業人員一起參加手部衛生接力活動。  
The DH gathers healthcare professionals to take part in a hand sanitising relay.



Since 2010, the Hand Hygiene Awareness Day has been designated annually on 5 May in Hong Kong in support of 'SAVE LIVES: Clean Your Hands', a global initiative organised by the World Health Organization (WHO) to raise the awareness of good hand hygiene among healthcare workers and members of the public.

The CHP adopted the slogan 'It's in your hands – prevent sepsis in health care' for its hand hygiene promotion campaign in 2018 to echo the WHO's call to healthcare workers this year, 'Take 5 moments to clean your hands to prevent sepsis in health care'.

With the assistance of local public and private medical service providers, the CHP produced a video entitled 'Great Thanks to Our Cleaned Healing Hands' to elaborate the importance of hand hygiene.

The video features the highlights of the hand sanitising relay organised by the DH on 29 March this year. Over 40 colleagues from various DH Services took part in the relay, during which the Director of Health, Dr Constance CHAN, and the Controller of the CHP, Dr WONG Ka-hing demonstrated proper hand-washing techniques. Apart from the DH, healthcare professionals from the Hospital Authority, private hospitals and universities as well as primary care practitioners also took part in the filming.

The video has been uploaded to the website, Facebook page and YouTube channel of the CHP and is being shown in various healthcare institutions. Colleagues are welcome to share the video with their families and friends.

For more information on hand hygiene, please visit the CHP's thematic website of this year's Hand Hygiene Awareness Day at <https://www.chp.gov.hk/en/features/100352.html>.







## 《我的家庭醫生3》電視節目

Television Programme 'My Family Doctor 3'

為響應每年5月19日的「世界家庭醫生日」和推廣家庭醫生的概念，衛生署和香港電台（港台）得到香港家庭醫學學院的支持，合力製作了一連五集的電視節目《我的家庭醫生3》。這齣實況劇集內容涵蓋性病、情緒問題、吸煙飲酒、大腸癌及食物敏感等健康議題，讓觀眾更了解家庭醫生如何帮助大家預防和處理一些常見的健康問題。節目已於2018年5月至6月在港台電視31及無綫電視翡翠台播出，亦可於港台網頁（<http://www.rthk.hk/tv/dtt31/programme/myfamilydoctor2018>）收看。詳情請瀏覽衛生署基層醫療統籌處網頁（<http://www.pco.gov.hk>）。



To echo the annual World Family Doctor Day on 19 May and to promote the concept of family doctors, the DH and Radio Television Hong Kong (RTHK), with support from the Hong Kong College of Family Physicians, have jointly produced 'My Family Doctor 3', a five-episode television programme. The television drama series covers various health subjects, like sexually transmitted diseases, mood problems, smoking and alcohol drinking, colorectal cancer and food allergy, and gives the audience a better understanding of how family doctors help the public prevent and manage common health problems. The programme was broadcast from May to June 2018 on RTHK TV 31 and TVB Jade. It can also be watched at RTHK's website at <http://www.rthk.hk/tv/dtt31/programme/myfamilydoctor2018>. For more details, please visit the website of the Primary Care Office of the DH at <http://www.pco.gov.hk>.





## 公眾健康講座暢談育兒及親職教育技巧 Public Health Talks on Childcare and Parenting Skills

為確保孩子有健康開始，衛生署家庭健康服務定期為父母和照顧者舉辦公眾健康講座。講座題材廣泛，以協助參加者—

- (a) 在懷孕期間明智選擇食物，滿足營養所需；
- (b) 了解孩子發脾氣的原因及處理方法，學習如何培養專注和有條理的孩子；以及
- (c) 了解孩子的語音發展，學習如何在日常生活中訓練孩子的口肌能力。

講座由營養師、言語治療師和臨床心理學家主持，希望能讓父母和照顧者學習到妥善的育兒及親職教育技巧。

所有公眾健康講座均以粵語主講，時間表及報名方法已上載至家庭健康服務的專題網頁（[http://www.fhs.gov.hk/tc\\_chi/main\\_ser/healthtalk\\_timetable.html](http://www.fhs.gov.hk/tc_chi/main_ser/healthtalk_timetable.html)），市民可以電郵預留座位。

To ensure a healthy start for children, the DH's Family Health Service (FHS) organises public health talks for parents and caregivers on a regular basis. The talks cover a wide range of topics to assist the participants in -

- (a) meeting their nutritional needs by making smart food choices during pregnancy;
- (b) understanding the causes of children's tantrums and coping strategies, as well as learning how to develop children's attention span and organisation skills; and
- (c) understanding children's speech sound development and learning how to train their oral motor skills in daily life.

Hosted by dietitians, speech therapists and clinical psychologists, the talks help parents and caregivers develop childcare and parenting skills in a proper manner.

All public health talks are in Cantonese. Timetables and enrolment methods have been uploaded to the FHS's thematic website at [http://www.fhs.gov.hk/tc\\_chi/main\\_ser/healthtalk\\_timetable.html](http://www.fhs.gov.hk/tc_chi/main_ser/healthtalk_timetable.html). Members of the public may reserve their seats by e-mail.



家庭健康服務舉辦的公眾健康講座內容涵蓋不同育兒及親職範疇。  
The Family Health Service's health talks cover different aspects of childcare and parenting.





30.1.2018

國家衛生和計劃生育委員會副主任崔麗女士（前排左三）到訪衛生署，了解部門在傳染病防控及應對重大公共衛生事件的措施及工作。

The Vice Minister of the National Health and Family Planning Commission, Ms CUI Li (third left, front row), visited the DH to gain a better understanding of the department's measures and initiatives on prevention and control of communicable diseases and response to major public health issues.



3.2.2018



衛生防護中心社區聯絡部在建設健康九龍城協會舉辦的「清潔九龍城舊區計劃2018」中，主持「環境衛生與健康」講座，提高公眾的環境衛生意識。

To raise public awareness of environmental hygiene, the CHP's Community Liaison Division hosted a health talk on 'Environmental Hygiene and Health' as part of a district cleaning programme in Kowloon City (清潔九龍城舊區計劃2018) organised by the Building Healthy Kowloon City Association.

27.2.2018

廣州市副市長黎明女士（前排左四）與廣州市衛生和計劃生育委員會代表到訪衛生署，就疾病防控及公共衛生議題交流及分享經驗。

The Vice Mayor of Guangzhou, Ms LI Ming (fourth left, front row), and the delegation of the Health and Family Planning Commission of Guangzhou Municipality visited the DH to exchange and share experience in disease prevention and control and public health issues.



20.4.2018



為延續「好心情@HK」計劃的工作，衛生署舉行「好心情·齊傳承」活動。活動當日，嘉賓及現場觀眾一起拼砌拼圖，拼出「好心情@HK」計劃的標誌及名稱，寓意在社會各界人士的支持及參與下，將好心情延續下去。

To sustain the efforts of the 'Joyful@HK' Campaign, the DH held the 'Spread the Joy' event. On the event day, guests and participants were invited to put together puzzle pieces to form the logo and name of the 'Joyful@HK' Campaign. It represented the spread of joy that would continue through the support and engagement of different sectors of the community.

3.5.2018 & 9.5.2018

社區聯絡部為2018/19年度「我好『叻』社區健康推廣計劃」的參與機構舉辦工作坊，推動恆常體能活動和健康飲食。工作坊向參加者提供了如何減少靜態行為和促進進食足夠蔬果的資訊與實用技巧。



To promote regular physical activity and healthy eating, the Community Liaison Division organised workshops for participating organisations of the 'I'm So Smart' Community Health Promotion Programme 2018/19. The workshops provided participants with information and practical tips on how to reduce sedentary behavior and encourage an adequate intake of fruit and vegetables.

17.5.2018



社區聯絡部舉辦2017/18年度「我好『叻』社區健康推廣計劃」嘉許典禮，表揚積極參與計劃的協作機構及市民，推動恆常體能活動與無酒健康飲食，並提高大眾對抑鬱症的關注。

The Community Liaison Division organised a recognition ceremony to commend organisations and community members for their active participation in the 'I'm So Smart' Community Health Promotion Programme 2017/18, as well as to promote regular physical activity and alcohol-free healthy diet and to raise public awareness of depression.