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封面專題 COVER STORY

# 健康香港2025

## HEALTHY HONG KONG 2025

郁一有



CHP  
通  
訊  
NEWSLETTER

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## 編者的話 Editor's Note

農曆新年將至，祝各位新年快樂，身體健康。

恆常運動對保持健康和預防非傳染病至為重要。衛生署去年5月發表《邁向2025：香港非傳染病防控策略及行動計劃》，其中一項務求於2025年前實現的目標就是降低市民體能活動不足比率。本期專題介紹「健康香港2025 | 郁一郁·健康啲」大型宣傳運動，將到全港各區透過不同的活動，鼓勵市民建立活躍生活模式。

Chinese New Year is just around the corner! We wish all of you a new year filled with happiness and good health.

Being physically active is of paramount importance to staying healthy and preventing non-communicable diseases. In the 'Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong' announced last May by the DH, reduction in prevalence of insufficient physical activity among the population is one of the targets to be achieved by 2025. In this issue, you will know more about 'Healthy Hong Kong 2025 | Move for Health' Campaign, a large-scale and territory-wide publicity campaign, which aims to encourage the public to build an active lifestyle.

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# 健康香港2025 HEALTHY HONG KONG 2025



健康香港2025 | 郁一郁·健康啲  
HEALTHY HONG KONG 2025 | Move For Health

衛生署在2018年12月8日於尖沙咀市政局百週年紀念公園舉行「健康香港2025 | 郁一郁·健康啲」宣傳運動啟動禮。政務司司長張建宗先生、食物及衛生局局長陳肇始教授、衛生署署長陳漢儀醫生等多位政府官員擔任主禮嘉賓主持啟動儀式。超過500名嘉賓及市民響應活動，現場氣氛熱烈。

衛生署透過是次大型宣傳運動，在未來一年將到全港各區透過不同活動，鼓勵市民從「郁一郁」開始，增加體能活動，建立活躍生活模式以預防非傳染病。啟動禮除了包含主禮嘉賓致詞，藝人、DJ、運動員及長者表演，還有少數民族舞蹈演出。吉祥物「匿獅Lion」更與一眾參加者跳舞，齊做體能活動。

To promote physical activity among members of the public in Hong Kong, the DH held the 'Healthy Hong Kong 2025 | Move For Health' Campaign Launch Event on 8 December 2018 at the Urban Council Centenary Garden in Tsim Sha Tsui. The ceremony was officiated by the Chief Secretary for Administration, Mr Matthew Cheung; the Secretary for Food and Health, Professor Sophia Chan; the Director of Health, Dr Constance Chan and other government officials. More than 500 guests and members of the public attended the ceremony with enthusiastic response.

Under the publicity campaign, various activities will be held across the territory in the coming year to encourage the public to 'move for health' and increase their physical activity to build an active lifestyle and prevent non-communicable diseases (NCDs). The event featured a Launch event with speeches by officiating guests, performances by artistes, DJs, athletes, senior citizens and an ethnic minority dance group. Participants were also invited to dance and exercise with Lazy Lion, the campaign mascot.





▲ 政務司司長張建宗（前排右六）出席「健康香港2025 | 郁一郁·健康啲」啟動禮，並與食物及衛生局局長陳肇始教授（前排右七）、衛生署署長陳漢儀醫生（前排右五）、康樂及文化事務署署長李美嫦（前排右八）、勞工處處長陳嘉信（前排右四）、廣播處長梁家榮（前排右十）、衛生署衛生防護中心總監黃加慶醫生（前排右二）、體育專員楊德強（前排右十一）、教育局副秘書長胡振聲（前排右一）及其他嘉賓；與市民合照，全民參與，與眾同樂。

At the 'Healthy Hong Kong 2025 | Move for Health' Campaign Launch Event, the Chief Secretary for Administration, Mr Matthew Cheung Kin-chung (first row, sixth right); the Secretary for Food and Health, Professor Sophia Chan (first row, seventh right); the Director of Health, Dr Constance Chan (first row, fifth right); the Director of Leisure and Cultural Services, Ms Michelle Li (first row, eighth right); and the Commissioner for Labour, Mr Carlson Chan (first row, fourth right); the Director of Broadcasting, Mr Leung Ka-wing (first row, tenth right); the Controller of the CHP of the DH (first row, second right), Dr Wong Ka-hing; the Commissioner for Sports, Mr Yeung Tak-keung (first row, eleventh right) and the Deputy Secretary for Education, Mr Woo Chun-sing (first row, first right); and other guests are pictured with the members of the public, for everyone to enjoy the event.

## 《策略及行動計劃》目標三 減少 體能活動不足 對抗非傳染病

衛生署於2018年5月發表《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》），列出務求在2025年或之前實現九項目標，其中一項目標是減少青少年和成年人體能活動不足的情況，並將其體能運動不足的普遍率相對降低10%。

體能活動不足是引致罹患非傳染病的主要行為風險因素之一。由童年開始至成年階段恆常進行體能活動，對健康大有裨益，包括增強體能（包括心肺適能和肌肉力量）、減少身體脂肪、降低患上心血管和新陳代謝疾病的風險、促進骨骼健康，以及減少抑鬱症狀。此外，進行體能活動亦有助建立抗逆能力，促進團隊合作和社交互動。難怪運動被視為最佳的良藥。



### 鼓勵公眾進行體能活動

世界衛生組織（世衛）建議，18至64歲成年人每星期應進行最少150分鐘中等強度的體能活動，或最少75分鐘劇烈強度的帶氧體能活動，或相等於混合兩種活動模式的時間。5至17歲兒童及青少年每天應進行最少60分鐘中等至劇烈強度體能活動。

「體能活動」是指任何重複肌肉收縮及放鬆並需要消耗能量的身體動作，包括上課和工作期間的活動、家務、出行或休閒活動，比「運動」和「鍛鍊」的範圍更廣。例如，日常生活中加入急步行，即大約一分鐘內行100米距離，已達中等強度的帶氧體能活動。大家可以由每日步行10分鐘開始，循序漸進增加至每日20至30分鐘，以達到世衛的建議。年輕人希望加強運動量，可上斜或加快步速；至於長者、慢性病患者及缺乏活動的中年人士，則宜先諮詢醫生意見。



## Target 3 of SAP - Reduce Physical Inactivity to Combat NCDs

The DH published the 'Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong' (SAP) in May 2018, which sets out 9 health targets to be achieved by 2025. One of the 9 targets is to reduce physical inactivity among adolescents and adults and specified to achieve a 10% relative reduction in the prevalence of insufficient physical activity among them.

Physical inactivity is one of the major behavioural risk factors for developing NCDs. Maintaining regular physical activity starting from childhood and continuing into adult years will bring many health benefits, including increased physical fitness (both cardiorespiratory fitness and muscular strength), reduced body fatness, favourable cardiovascular and metabolic disease risk profiles, enhanced bone health and reduced symptoms of depression. Physical activity helps build resilience, promote teamwork and social interaction. No wonder exercise is considered the best form of 'medicine'.

### Promote Physical Activity participation among the Public

The World Health Organization (WHO) recommends adults aged 18 to 64 should have at least 150 minutes a week of moderate-intensity physical activity, or at least 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of both. Children and adolescents aged between 5 and 17 are encouraged to have at least 60 minutes of moderate-to-vigorous-intensity physical activity every day.

Physical activity refers to any bodily movement which involves repeated muscle contraction and relaxation that requires energy expenditure, including all activities performed in the workplace and in the classroom, participation in household chores, outings and leisure activities. It is a concept broader than sports and exercise training. For instance, having a brisk walking of 100 meters per minute amounts to moderate intensity physical activity. One may start by walking for 10 minutes each day and then extend gradually to 20- or 30-minute a day to reach the recommendation of the WHO. Young people may increase the amount and intensity of activity by walking at speed or uphill, while elderly persons, chronically ill patients and inactive middle-aged individuals should consult their doctors for customised advice.





## 全方位宣傳及推廣體能活動

宣傳運動吉祥物匿獅Lion的名字取自粵語「匿埋」一詞，意指他經常足不出戶和少做運動，角色道出不少香港人拒絕做運動的種種原因和藉口。衛生署希望藉着匿獅Lion這個原本不願做運動的「反面教材」引起市民共鳴，從而鼓勵市民為健康踏出第一步，做到隨時隨地「郁一郁」，繼而將體能活動融入日常生活中。若要鼓勵匿獅Lion摒棄藉口，變得活躍好動，一定要到匿獅Lion的臉書（Facebook）（[www.facebook.com/lazylionhk](http://www.facebook.com/lazylionhk)）及Instagram（[www.instagram.com/lazylionhk](http://www.instagram.com/lazylionhk)）帳戶給他一個「讚」。

隨着為期一年的「健康香港2025 | 郁一郁·健康啲」宣傳運動揭開序幕，衛生署製作了一系列宣傳品，於未來十二個月向市民推廣健康生活模式以預防非傳染病，包括於電視、電台、社交媒體平台及港鐵播放的全新宣傳片。宣傳運動的主題曲以跳躍的節拍鼓勵男女老少多做運動。有關宣傳運動的更多資料，請瀏覽衛生署「活出健康新方向」網頁（[www.change4health.gov.hk](http://www.change4health.gov.hk)）。

此外，衛生署推出「《邁向2025：香港非傳染病防控策略及行動計劃》社區參與資助計劃」，在2019/20年度預留高達25萬元的資助給每一區議會，在社區內舉辦健康推廣的項目，協力防控非傳染病。有關詳情可瀏覽「活出健康新方向」網頁：[change4health.gov.hk/tc/saptowards2025/news/20180920.html](http://change4health.gov.hk/tc/saptowards2025/news/20180920.html)。

## Multi-dimensional Approach to Promote Physical Activity

The name of the campaign mascot, Lazy Lion, refers to the mascot's laziness, which is reflected by his unwillingness to go outdoors and do exercise - echoing some Hong Kong people's excuses and reasons for not doing any exercise. The DH hoped that by arousing the public's empathy with Lazy Lion, who originally did not like exercising at all, members of the public will be motivated to take the first step to 'move for health' and make physical activity part of their daily lives. To encourage Lazy Lion to get rid of the excuse and become physically active, please follow his Facebook ([www.facebook.com/lazylionhk](http://www.facebook.com/lazylionhk)) and Instagram ([www.instagram.com/lazylionhk](http://www.instagram.com/lazylionhk)) pages to give him a 'Like'.

Along with the launch of the one-year 'Healthy Hong Kong 2025 | Move for Health' Campaign, the DH has produced a series of publicity materials to promote the message of maintaining a healthy lifestyle for prevention of NCDs to the public in the coming 12 months. They include a new Announcement in the Public Interest for broadcast on TV, radio, social media platforms and MTR. The campaign theme song featuring a lively rhythm encourages people from all walks of life to increase physical activity. For more information on the campaign, please visit the DH's Change for Health website ([www.change4health.gov.hk](http://www.change4health.gov.hk)).

The DH has also launched the 'SAP Community Engagement Funding Scheme', allocating up to \$250,000 for each District Council in 2019/20 for organising community health promotion activities which aims at prevention and control of NCDs in the district level. Please visit [www.change4health.gov.hk/en/saptowards2025/news/20180920.html](http://www.change4health.gov.hk/en/saptowards2025/news/20180920.html) for details.






匿獅 Lion Lazy Lion








**匿獅Lion**  
**Lazy Lion**

6 minutes ago

 Like
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### 匿獅 Lion專訪

我是匿獅Lion，男性，生日日期為10月22日，屬天秤座。與很多香港人一樣，我總會給自己各種原因和藉口懶去運動，因此身型略胖。我喜愛睡覺，享受慢活時光，覺得返工返學很累，所以要休息一下，但經年累月卻變成懶惰。我的心態上喜歡郁動及運動，亦知道運動的好處，但覺得郁動很麻煩，故總不能持之以恆。我的性格優柔寡斷，決定運動與否，往往被自己的藉口說服。我有點小聰明，會用盡所有方法偷懶，亦認為這是最舒適的生活態度。我平日愛與朋友玩樂，但聚會的活動最好不要與運動有關。



### Lazy Lion's Interview

I am Lazy Lion, male, born on 22 October and I am a 'Libra'. Similar to many Hong Kong people, I find thousands of excuses not to do physical activities and thus, I am a bit chubby. I love sleeping and enjoy downshifting. I feel that working and going to school are too exhausting. So I need to get some rest, and this habit eventually turns into laziness. I do like exercise and understand the benefits of it, but I just hate the feeling of exhaustion and hence I can't persevere. I am indecisive and whether I decide to exercise or not is often convinced by my own excuses. I am quite smart and I find a lot of witty ways to stay lazy and believe that this is the most comfortable way of life. I also like spending time with friends but the activities are best not to be related to physical activities.







## 讓體能活動成為日常生活的一部分 —— 黃加慶醫生

Making exercise as a part of your daily routine –  
Dr Wong Ka-hing



衛生防護中心總監黃加慶醫生跟不少同齡的朋友一樣，在中、小學時代已經常穿着俗稱「白飯魚」的帆布鞋，和同學在公眾足球場踢足球。不過中學以後，黃醫生已經很少涉足球場。約十年前，黃醫生跟舊同學聚舊，大家發起再踢足球，一群校友除了重拾踢足球的樂趣，也成為彼此的定期活動。

黃醫生說，足球除了趣味性強，更是一項十分有益的運動。他形容一眾校友踢的是「快樂足球」，大家旨在參與，體能較好的，可以多作跑動，體能稍遜的，也能樂在其中。

黃醫生認為，香港公眾無疑比過往更意識到運動的重要性，政府及其他機構舉辦的康體活動，參加者越來越踴躍。衛生署職員聯誼會亦經常舉辦體能活動、興趣班和球類比賽，鼓勵同事恆常進行體能活動，同事們亦積極響應。他希望政府能進一步推廣體育文化，鼓勵不同年齡及體能的市民恆常參與體能活動。

The Controller of the CHP, Dr Wong Ka-hing, like many friends of the same age, used to wearing sneakers commonly known as 'white rice fish' and playing football with classmates on public football pitches during his primary and secondary school days. However, after completion of high school, Dr Wong had rarely been involved in football. About ten years ago, Dr Wong gathered with his old classmates, who initiated to play football again. Since then, this group of alumni not only regained the fun of playing football, but also doing regular activities together.

Dr Wong said besides being fun, football is a very beneficial sport. He described a group of alumni playing 'Happy Football'. Everyone is aiming to participate. Those who have better physical fitness can run more. For those who are less physically active, they can still enjoy themselves.

Dr Wong believes that the public in Hong Kong is undoubtedly more aware of the importance of sports than in the past. More participants are seen in joining the physical activities organised by the Government and other organisations. The DH's Staff Club often organises physical activities and ball games to encourage colleagues to do physical activities regularly. Members of the DH also responded positively. He hopes that the Government can further promote sports culture and encourage people of different ages and physical fitness to participate in physical activities on a regular basis.



衛生防護中心總監黃加慶醫生（右六）與隊友合照。

The Controller of the CHP, Dr Wong Ka-hing (sixth right) in a group photo with teammates.



一眾主禮嘉賓在「健康香港2025 | 郁一郁•健康啲」宣傳運動啟動禮上踏健身單車，向市民推廣健康生活模式。醫護人員及演藝人員亦傾力演出，全力支持。

The officiating guests rode fitness bicycles to promote a healthy lifestyle to the public at the 'Healthy Hong Kong 2025 | Move For Health' Campaign Launch Event. Healthcare professionals and artistes also staged their performances to show their full support for the Campaign.





## 器官捐贈日2018及中央器官 捐贈登記名冊成立十周年

Organ Donation Day 2018 and 10<sup>th</sup> Anniversary  
of Launch of Centralised Organ Donation Register

食物及衛生局、衛生署和香港電台於2018年11月10日在九龍公園「生命·愛」花園舉行慶典，慶祝「器官捐贈日2018」及「中央器官捐贈登記名冊」（中央名冊）（[www.codr.gov.hk](http://www.codr.gov.hk)）成立十周年。是次活動的主題是「尊重家人意願，支持器官捐贈」，目的是希望市民改變對器官捐贈的觀念，尊重家人遺愛人間的意願；亦鼓勵市民在中央名冊登記，並把意願告知家人。

典禮上，藝人張智霖及運動員歐鎧淳獲委任為「器官捐贈推廣大使」，協助將支持器官捐贈的信息傳到社會每一個角落。此外，27個簽署《器官捐贈推廣約章》的團體、企業和學校及4個支持機構亦獲頒嘉許狀，以表揚他們多年推廣器官捐贈文化的努力。

請瀏覽主題網頁（[www.organdonation.gov.hk](http://www.organdonation.gov.hk)），了解有關器官捐贈的詳情，並請「讚好」及追蹤「器官捐贈在香港」Facebook專頁（[www.facebook.com/organdonationhk](https://www.facebook.com/organdonationhk)）以緊貼最新資訊。



To celebrate the Organ Donation Day 2018 and the 10<sup>th</sup> anniversary of the launch of the Centralised Organ Donation Register (CODR) ([www.codr.gov.hk](http://www.codr.gov.hk)), a ceremony was held by the Food and Health Bureau, the DH and Radio Television Hong Kong at the Garden of Life in Kowloon Park on 10 November 2018. With the theme of 'Respect your loved ones' wishes and support organ donation', it appeals for members of the public to be more receptive to the concept of organ donation and to respect their family members' wish to donate organs. The public is also encouraged to register in the CODR and share their wish with their family members.

At the ceremony, artiste Julian Cheung and athlete Stephanie Au were appointed as 'Organ Donation Promotion Ambassadors', who will assist in spreading the message of supporting organ donation to every corner of society. Certificates of commendation were also presented to 27 organisations, enterprises and schools which have signed the 'Organ Donation Promotion Charter' and four supporting organisations in recognition of their efforts in promoting organ donation in the past years.

For more information on organ donation, please visit the thematic website ([www.organdonation.gov.hk](http://www.organdonation.gov.hk)). Please also 'like' and follow the Organ Donation@HK Facebook page ([www.facebook.com/organdonationhk](https://www.facebook.com/organdonationhk)) for the latest information.







黃加慶醫生（右）在記者會上公布大腸癌篩查計劃會分階段為50至75歲沒有大腸癌徵狀的香港居民提供政府資助接受篩查，預防大腸癌。程卓端醫生（左）亦有出席記者會。

Dr Wong Ka-hing (right), announced at a press conference that the Colorectal Cancer Screening Programme will subsidise in phases asymptomatic Hong Kong residents aged 50 to 75 to undergo screening tests for the prevention of colorectal cancer. Dr Regina Ching (left) also attended the press conference.

## 參加數字 (二)

Enrolment Figures (2)

截至七月二十六日 As at 26 July

目標人口  
(1946-1955年出生人士)  
Target Population  
(People born in 1946-1955) ~820,000人/persons

總參加率  
Overall participation rate  
~9.5%

已登記電子健康紀錄互連系統  
eHRSS enrolment ~253,000人/persons

約1/3登記  
互連系統的人士已參加計劃  
About 1/3 eHRSS enrollees  
joined CRCSP

已加入計劃及接受大便免疫化學測試  
CRCSP enrolment with FIT issued  
~78,000人/persons

3565 6288

# 大腸癌篩查計劃

Colorectal Cancer Screening Programme

## 大腸癌篩查計劃恆常化

Regularisation of Colorectal Cancer Screening Programme

衛生防護中心於2018年7月30日舉行記者會，由總監黃加慶醫生及監測及流行病學處主任程卓端醫生公布恆常化大腸癌篩查計劃的詳情。

計劃分三個階段逐步為50至75歲沒有大腸癌徵狀的香港居民提供政府資助，在私營界別接受大腸癌篩查。參加者首先接受資助進行大便免疫化學測試；如果結果呈陽性，可接受政府資助進行大腸鏡檢查，以找出大便帶隱血的原因。

數據顯示，因大便隱血測試呈陽性而接受大腸鏡檢查服務的參加者中，大約七成的參加者所切除的瘰肉被診斷為良性大腸腺瘤，及早切除有助防止這些腺瘤演變為癌症。這亦印證了適時接受篩查的意義，及早找出高危人士，以便及早醫治。此外，約有6%接受大腸鏡檢查的參加者確診患有大腸癌，大部分病情都屬於較早期，並已獲轉介跟進。

欲知大腸癌篩查計劃詳情，可瀏覽專題網站 [www.colonscreen.gov.hk](http://www.colonscreen.gov.hk) 或致電熱線3565 6288，辦公時間內會有專人接聽直接解答查詢。

The Controller of the CHP, Dr Wong Ka-hing, and the Head of the Surveillance and Epidemiology Branch, Dr Regina Ching, hosted a press conference on 30 July 2018 to announce the details of the regularisation of the Colorectal Cancer Screening Programme.

The Programme will be implemented in three phases to provide subsidised screening to asymptomatic Hong Kong residents aged 50 to 75 in private sector. Participants will first receive subsidised Faecal Immunochemical Test (FIT). If the result is positive, the Government will further subsidise colonoscopy examination service to find out the cause of occult blood in stool.

Statistics showed that among those who underwent colonoscopy examination services under the Programme, around 70 per cent had polyps removed that revealed benign colorectal adenomas. As their polyps have been removed in the course of examination, there is no chance for these polyps to become cancerous. This reiterates the importance of undergoing timely screening tests for identifying people at increased risk of disease for early treatment. In addition, around 6% of those who underwent colonoscopy examination were diagnosed with colorectal cancer. Most of the cases were at early stage and had been referred for further management.

For more details of the Programme, please visit the thematic website at [www.colonscreen.gov.hk](http://www.colonscreen.gov.hk) or call the hotline 3565 6288, which is operated by trained staff to provide a direct response to enquiries.



黃加慶醫生（左）及程卓端醫生（右）舉行記者會公布大腸癌篩查計劃詳情。

Dr Wong Ka-hing (left) and Dr Regina Ching (right) hosted a press conference to announce details of the Colorectal Cancer Screening Programme.





# 預防流感 Prevent Flu Get Vaccination 接種疫苗



## 2018/19年度季節性流感及肺炎球菌疫苗接種計劃

### Seasonal Influenza Vaccination and Pneumococcal Vaccination Programmes 2018/19

2018/19年度的「疫苗資助計劃」於2018年10月起展開。由本年度開始，政府將50至64歲的香港居民納入流感疫苗資助組別。其他符合資助資格的香港居民，包括孕婦、65歲或以上長者、年齡介乎6個月至未滿12歲兒童、智障人士及領取傷殘津貼人士。合資格人士到已登記參與計劃的私家醫生診所接種流感疫苗，可獲政府資助每劑疫苗港幣210元。

而在「政府防疫注射計劃」下，可於公營診所及院舍獲免費流感疫苗接種的合資格組別則維持不變。

此外，為提升學童接種流感疫苗的覆蓋率，政府推出「學校外展疫苗接種先導計劃」及「優化外展接種計劃」，以助學童在校內免費接種流感疫苗。

「疫苗資助計劃」及「政府防疫注射計劃」同時會繼續於2018/19年度為合資格的65歲或以上長者提供免費或資助接種肺炎球菌疫苗。

有關疫苗接種計劃的詳情，請瀏覽以下網址：[www.chp.gov.hk/tc/features/17980.html](http://www.chp.gov.hk/tc/features/17980.html)。

The Vaccination Subsidy Scheme (VSS) 2018/19 has been launched in October 2018. Starting from this year, the Government has expanded the eligible groups for seasonal influenza vaccination (SIV) to include Hong Kong residents aged 50 to 64 years. Other eligible Hong Kong residents include pregnant women, elderly aged 65 years or above, children aged between 6 months and under 12 years, persons with intellectual disability and persons receiving Disability Allowance. Eligible persons can receive SIV from private doctors enrolled in VSS, with Government subsidy of HK\$210 per dose of vaccine.

Under the Government Vaccination Programme, eligible groups and arrangements for free SIV in public clinics and residential care homes remain the same.

To increase SIV uptake rate amongst school children, the Government has launched the School Outreach Vaccination Pilot Programme and the Enhanced VSS Outreach Vaccination to facilitate school children to receive free SIV at schools.

Meanwhile, the existing arrangements for free or subsidised pneumococcal vaccination for eligible elderly persons are continued in 2018/19.

For details of the vaccination programmes, please visit the following website: [www.chp.gov.hk/en/features/17980.html](http://www.chp.gov.hk/en/features/17980.html).





## 抗菌素耐藥性區域研討會

### Regional Symposium on Antimicrobial Resistance



衛生署聯同漁農自然護理署及食物環境衛生署於2018年11月13和14日舉辦以「同心協力應對細菌耐藥問題」為主題的「抗菌素耐藥性區域研討會」。

研討會匯集逾三百位來自本港、中國內地、澳門、日本、新加坡和韓國的代表，包括公共衛生、人類醫學、獸醫學、農業、食品、環境和藥劑業的專家和合作夥伴，共同探討最新的科學情況，了解應對抗菌素耐藥性問題的良策。

研討會並邀請了多位世界知名的講者分享他們在落實應對抗菌素耐藥性行動計劃的專業知識和經驗，包括曼徹斯特大學經濟學名譽教授兼英國抗生素耐藥性研究報告作者奧尼爾勳爵、世界衛生組織抗微生物藥物耐藥性監測主管Carmem Pessoa-Silva博士及聯合國糧食及農業組織首席獸醫盧布羅斯。

如想了解更多詳情，請瀏覽研討會的網頁[www.amr.gov.hk](http://www.amr.gov.hk)。

The DH, the Agriculture, Fisheries and Conservation Department, and the Food and Environmental Hygiene Department jointly organised a two-day Regional Symposium on Antimicrobial Resistance (AMR) under the theme 'Fighting AMR – Partnerships in Action' on 13 and 14 November 2018.

Over 300 delegates, including experts and partners in public health, human and veterinary medicine, agriculture, food, environment and the pharmaceutical industry from Hong Kong, Mainland China, Macao, Japan, Singapore and Korea attended the symposium. They reviewed the latest science and gain insights on how to do better in tackling AMR in unity.

At the Symposium, world-renowned speakers shared their expertise and experience in translating their AMR action plans into action. Speakers include, among others, the Honorary Professor of Economics at the University of Manchester and Author of the Review on AMR of the United Kingdom, Lord O'Neill; the Lead of AMR Surveillance of the World Health Organization, Dr Carmem Pessoa-Silva; and the Chief Veterinary Officer of the Food and Agriculture Organization of the United Nations, Dr Juan Lubroth.

For more details, please visit the website of the Symposium at [www.amr.gov.hk](http://www.amr.gov.hk).







## 「瑪瑙」演習測試政府應對 小兒麻痺症個案的能力

Exercise 'Onyx' tests Government Response against Poliomyelitis

衛生署衛生防護中心於2018年11月舉行代號「瑪瑙」的公共衛生演習，測試衛生署就執行小兒麻痺症應急計劃的行動力，以及與相關政府部門和機構的協調能力。

約30名相關政府部門人員參與是次演習。演習分為兩部分，第一部分為11月1日舉行的桌面演習，相關衛生署單位和其他政府部門模擬香港出現一宗確診小兒麻痺症個案，討論和統籌所須採取的傳染病應變措施。

第二部分為11月15日在橫頭磡母嬰健康院舉行的地面行動演習。演習模擬本港出現一宗由外地傳入的小兒麻痺症個案，該名剛到香港的巴基斯坦籍男童於發病後曾前往橫頭磡母嬰健康院。衛生署隨即進行流行病學調查，追蹤病者曾接觸的人士，並在橫頭磡母嬰健康院進行消毒。署方亦為接觸者舉行健康講座，講解有關小兒麻痺症的感染控制措施，以及為有需要人士注射疫苗。

演習為相關政府部門提供了寶貴機會，以測試和評估應變措施，找出可予改善及提升之處。衛生防護中心會繼續與相關政府部門、機構和持份者緊密合作，進行跨部門演習，提升香港在處理傳染病方面的整體應變能力。

The CHP of the DH organised a public health exercise code-named 'Onyx' in November 2018 to assess the operability of the DH's contingency plan for poliomyelitis as well as the interoperability of relevant government departments and organisations.

About 30 participants from relevant government departments took part in the exercise, which consisted of two parts. The first part was a table-top exercise conducted on 1 November, in which relevant DH units and other government departments discussed and co-ordinated the communicable disease response measures required in the simulated scenario following the detection of a confirmed poliomyelitis case in Hong Kong.

The second part was a ground movement exercise conducted at Wang Tau Hom Maternal and Child Health Centre (MCHC) on 15 November. The exercise simulated the detection of an imported poliomyelitis case involving a Pakistani boy, who had just arrived in Hong Kong and had visited Wang Tau Hom MCHC after disease onset. The DH conducted immediate epidemiological investigations and contact tracing to identify contacts of the index case, and conducted disinfection of the MCHC. A health talk on infection control measures against poliomyelitis was arranged for contacts of the index case and vaccinations were provided for those indicated.

The exercise provided a valuable opportunity for relevant government departments to test and evaluate the response measures as well as identify areas for improvement and enhancement. The CHP will continue to conduct inter-departmental exercises in close partnership with relevant government departments, organisations and stakeholders concerned, with a view to enhancing Hong Kong's overall preparedness in the prevention and control of communicable diseases.







## 中醫中藥中國行香港活動

Promotion of Traditional Chinese Medicine in China  
- Hong Kong Programme



2018年10月25日，是香港中醫藥業界的大日子——「中醫中藥中國行香港活動」正式啟動！

「中醫中藥中國行」以「傳播中醫藥健康文化、提升民眾健康素養」為主題，是一項全國性大型中醫藥科普宣傳活動，香港是其中一站。

一眾主禮嘉賓，包括國家衛生健康委員會黨組成員兼國家中醫藥管理局黨組書記副局長余艷紅教授、中央人民政府駐香港特別行政區聯絡辦公室副主任譚鐵牛教授、食物及衛生局常任秘書長（衛生）謝曼怡、衛生署署長陳漢儀醫生、廣東省中醫藥局局長徐慶鋒和香港中醫藥管理委員會主席李焯芬教授，主持了別開生面的啟動儀式，為活動揭開序幕。觀眾亦有幸看到嚴蔚冰教授親身示範「古本易筋經」。

儀式翌日，食物及衛生局與國家中醫藥管理局簽署了《關於中醫藥領域的合作協議》，進一步促進兩地中醫藥發展。2018年10月25日至12月31日期間，各協辦單位在全港各區舉辦近百項中醫藥科普活動。有關活動的詳情，歡迎瀏覽活動網頁：[www.cmd.gov.hk/html/b5/promoTCM/index.html](http://www.cmd.gov.hk/html/b5/promoTCM/index.html)。

October 25, 2018 marked an important date for the Chinese Medicine sector in Hong Kong, as a campaign entitled 'Promotion of Traditional Chinese Medicine in China - Hong Kong Programme' was launched!

The Campaign, with the theme of promoting Chinese medicine health culture and enhancing public health literacy, is a nation-wide campaign aimed at promoting the extensive and scientific use of traditional Chinese medicine. Hong Kong is one of the stops in the tour.

Officiating guests, namely Member of the party group of the National Health Commission and Party Secretary and Vice Commissioner of the National Administration of Traditional Chinese Medicine (NATCM), Professor Yu Yanhong; Deputy Director of the Liaison Office of the Central People's Government in the HKSAR, Professor Tan Tieniu; the Permanent Secretary for Food and Health (Health), Ms Elizabeth Tse; the Director of Health, Dr Constance Chan; the Director of the Traditional Chinese Medicine Bureau of Guangdong Province, Mr Xu Qingfeng; and the Chairman of the Chinese Medicine Council of Hong Kong, Professor Lee Chack-fan, officiated at the campaign launch ceremony. Meanwhile, the audience were privileged to see for themselves a demonstration of the ancient exercise 'Yi Jin Jing' by Professor Yan Weibing.

On the following day, the NATCM and Food and Health Bureau signed a co-operation agreement on Chinese medicine to further promote the development of Chinese medicine in the two places. From 25 October to 31 December 2018, nearly 100 Chinese medicine promotional activities were held by participating organisations across the territory in Hong Kong. For details of the activities, please visit [www.cmd.gov.hk/html/b5/promoTCM/index.html](http://www.cmd.gov.hk/html/b5/promoTCM/index.html).





## 為愛出力 —— 全球同抗愛滋病運動 2018啟動禮

Power of Love: World AIDS Campaign 2018  
Kick-off Ceremony



衛生署於2018年12月1日舉辦「為愛出力——全球同抗愛滋病運動2018啟動禮」，響應每年12月1日的「世界愛滋病日」，呼籲公眾加深認識愛滋病，預防愛滋病感染及支持愛滋病患者。啟動禮的主禮嘉賓包括食物及衛生局副局長徐德義醫生、衛生署署長陳漢儀醫生、廣東省疾病預防控制中心愛滋病預防控制所副所長楊放醫生、深圳市衛生和計劃生育委員會副巡視員張英姬醫生、澳門疾病預防控制中心主任林松醫生、香港愛滋病顧問局主席李頌基醫生、愛滋病信託基金委員會主席黎錫滔醫生、紅絲帶中心管理諮詢委員會主席鄭淑真，以及衛生署衛生防護中心總監黃加慶醫生。

為提升大眾對愛滋病的了解和關注，紅絲帶中心亦在2018年12月推出了一系列以「為愛出力」為主題的愛滋病宣傳推廣及公眾教育活動，當中包括邀請社會各界知名人士，透過社交平台發放預防愛滋病及支持愛滋病患者信息。另外，紅絲帶中心與非政府機構合作，在港九夜生活熱點設立街站，推廣安全性行為和提醒市民及早接受測試以預防感染愛滋病毒。紅絲帶中心並製作網路短片，以期喚起公眾關注、了解及早診斷和治理愛滋病的重要性。

The DH held the 'Power of Love: World AIDS Campaign 2018 Kick-off Ceremony' on 1 December 2018 in support of World AIDS Day, which takes place on 1 December every year. The Ceremony aims to enhance public understanding on HIV/AIDS and its prevention, as well as appealing to them to help support people living with HIV.

Officiating guests for the ceremony included the Under Secretary for Food and Health, Dr Chui Tak-yi; the Director of Health, Dr Constance Chan; the Vice Director of the Institute of HIV/AIDS Control and Prevention of the Guangdong Provincial Center for Disease Control and Prevention, Dr Yang Fang; the Deputy Ombudsman of the Health and Family Planning Commission of Shenzhen Municipality, Dr Zhang Yingji; the Head of Center for Disease Control and Prevention of Macao, Dr Lam Chong; the Chairperson of the Hong Kong Advisory Council on AIDS, Dr Patrick Li; the Chairman of the Council for the AIDS Trust Fund, Dr Thomas Lai; the Chairperson of the Red Ribbon Centre Management Advisory Committee, Ms Victoria Kwong; and the Controller of the CHP of the DH, Dr Wong Ka-hing.

To raise the public's understanding and awareness towards AIDS, the Red Ribbon Centre organised a series of promotional and public education activities in December 2018 under the theme of 'Power of Love'. The activities included inviting key opinion leaders from various sectors of the community to spread the message about HIV prevention and show support to people living with HIV through social media platforms; setting up roadshow sessions in collaboration with a non-governmental organisation at popular nightlife hot spots in Hong Kong and Kowloon to promote safer sex and early testing for prevention of HIV transmission; and producing a video to raise public awareness on the importance of early testing and treatment for HIV.







## 癌症預防及普查專家 工作小組的建議

Recommendations of the Cancer  
Expert Working Group on Cancer  
Prevention and Screening

癌症是香港重要的公共衛生課題。癌症事務統籌委員會轄下的癌症預防及普查專家工作小組（專家工作小組）自2002年成立以來，定期檢視本港及國際的科學證據，並制訂適合本地情況的癌症預防及普查建議。

於2016及2017年期間，專家工作小組重新審視、制定或更新了九種癌症（包括子宮頸癌、大腸癌、乳癌、肝癌、鼻咽癌、前列腺癌、肺癌、卵巢癌和甲狀腺癌）的篩查建議，並將相關建議的涵蓋範圍推展至包括高風險人士。

公眾及醫護人員可於衛生防護中心網站 [www.chp.gov.hk/tc/healthtopics/content/25/31932.html](http://www.chp.gov.hk/tc/healthtopics/content/25/31932.html) 瀏覽上述癌症的資訊及專家工作小組的普查建議。

Cancer is an important public health issue in Hong Kong. The Cancer Expert Working Group on Cancer Prevention and Screening (CEWG), since its establishment under the Cancer Coordinating Committee in 2002, regularly reviews local and international scientific evidence and formulates local recommendations on cancer prevention and screening.

Between 2016 and 2017, the CEWG reviewed, formulated or updated the screening recommendations for nine selected cancers (including cervical, colorectal, breast, liver, nasopharyngeal, prostate, lung, ovarian and thyroid cancers) which have been extended to cover high risk individuals.

Members of the public and healthcare professionals can access more information of the aforementioned cancers and their corresponding CEWG recommendations on screening at the Centre for Health Protection website at [www.chp.gov.hk/en/healthtopics/content/25/31932.html](http://www.chp.gov.hk/en/healthtopics/content/25/31932.html).



## 傳病媒介疾病科學 委員會就登革熱預防及 控制的建議

Recommendations on the  
Prevention and Control of Dengue  
Fever by Scientific Committee on  
Vector-borne Diseases

登革熱是一種由蚊子傳播的急性傳染病。由於全球暖化及城市化步伐加快，近年登革熱的個案在全球有所增加。

在2018年，本港一共錄得超過100宗本地或外地傳入的登革熱個案，其中29宗確診個案分別與獅子山公園及長洲這兩個感染源頭有流行病學關連。

衛生防護中心轄下的傳病媒介疾病科學委員會在2018年8月召開會議，檢視本地登革熱爆發情況和政府的防控措施。

登革熱是透過帶有登革熱病毒的雌性伊蚊叮咬而傳染給人類。近年，本港未有發現主要傳播登革熱的埃及伊蚊，但同樣可傳播登革熱的白紋伊蚊卻屬常見品種。登革熱的監測、健康教育及病媒控制是預防和控制登革熱傳播的主要策略。市民應全面防蚊，並採取個人防護措施，避免被蚊子叮咬。

Dengue fever is an acute mosquito-borne infection. The global incidence has increased in recent years, largely due to global warming and rapid urbanisation.

In 2018, over a hundred local or imported dengue fever cases were recorded in Hong Kong, of which 29 were confirmed to be epidemiologically linked with two sources of infection, namely Lion Rock Park and Cheung Chau respectively.

The Scientific Committee on Vector-borne Diseases under the CHP held a meeting in August 2018 to review the local outbreaks and the Government's prevention and control measures.

Dengue fever is transmitted to humans through the bites of infective female *Aedes* mosquitoes. In Hong Kong, the principal vector *Aedes aegypti* is not found, but *Aedes albopictus*, which can also spread the disease, is a mosquito commonly found in Hong Kong. Surveillance of dengue fever, health education and vector control are the main strategies to prevent and control the transmission of dengue fever. The public should take anti-mosquito and personal protective measures to prevent mosquito bites.



## 6.7.2018

中央健康教育組與教育局舉辦「至『營』學校認證計劃頒獎禮2018暨健康飲食分享會」，嘉許2017/18學年獲認證的學校，並揭曉「2018開心『果』月」的「水果漫畫填色及創作比賽」賽果。

The Central Health Education Unit (CHEU) and the Education Bureau organised the 'EatSmart School Accreditation Ceremony 2018 and Healthy Eating Forum' to present awards to schools which attained accreditation in the school year 2017/18. The results of the 'Fruit Comic Colouring and Drawing Competition' of the 'Joyful Fruit Month 2018' were also announced.



## 8 - 9.2018



因應2018年8月至9月期間確診29宗本地登革熱個案，傳染病部於獅子山公園及長洲這兩個感染源頭進行了流行病學調查；並於社區舉行健康講座，提高市民對預防和控制登革熱的認知。

In response to the 29 local dengue fever cases confirmed from August to September 2018, the Communicable Disease Division (CDD) conducted epidemiological investigations at the two sources of infection, namely Lion Rock Park and Cheung Chau. CDD also conducted health talks for the local communities with a view to raise public awareness on the prevention and control of dengue fever.

## 23.8.2018

社區聯絡部聯同食物環境衛生署代表在東區民政事務處「東區地區主導行動計劃」舉辦的「蚊傳疾病防治講座」宣傳有關蚊傳疾病的健康資訊。

The Community Liaison Division (CLD) disseminated health information about mosquito-borne diseases, jointly with representatives from the Food and Environmental Hygiene Department, at the 'Seminar on Prevention of Mosquito-borne Diseases' organised by the Eastern District Office under the 'Eastern District-led Actions Scheme'.



## 29.8.2018



中央健康教育組公布「香港小學午膳營養素測試2018」的結果，發現小學午膳部分營養素成分有所改善，而平均鈉含量減幅已達「學校午膳減鹽計劃」為2018年訂立的目標。

The CHEU announced the results of the 'Nutrient Testing of School Lunches in Primary Schools in Hong Kong 2018'. The results showed improvements in some nutrient contents of lunches in primary schools. In particular, the drop in average sodium content met the 'Salt Reduction Scheme for School Lunches' target for 2018.

## 9.2018

衛生防護中心網站 ([www.chp.gov.hk](http://www.chp.gov.hk)) 獲得美國Web Marketing Association 頒發優秀網站獎 (Outstanding Website Award)。

The Centre for Health Protection website ([www.chp.gov.hk](http://www.chp.gov.hk)) was awarded 'Outstanding Website Award' by the Web Marketing Association of the United States.



## 17.9.2018

### 2018年 非故意損傷 統計調查

非傳染病部展開《2018年非故意損傷統計調查》，探討本港人口中非故意損傷（俗稱「意外」）的特徵及所造成的負擔，詳細資料可瀏覽[www.chp.gov.hk/r/unintentional\\_injury\\_survey](http://www.chp.gov.hk/r/unintentional_injury_survey)。

The Non-Communicable Disease Division commenced the 'Unintentional Injury Survey 2018' to collect pertinent information about the characteristics and burden of unintentional injuries (commonly known as 'accidents') in Hong Kong. Detailed information is available at [www.chp.gov.hk/en/static/100843.html](http://www.chp.gov.hk/en/static/100843.html).





18.9.2018

中央健康教育組公布「幼童健康生活調查2016/17」的結果，並宣布推出「健康飲品在校園」約章，以加強校園健康飲食文化，減少幼童攝取過量糖分。

The CHEU announced the results of the 'Survey on Healthy Lifestyle of Preschool Students 2016/17' and the launch of the 'Healthy Drinks at School Charter', which aims to enhance the school culture conducive to healthy eating and reduce the sugar intake of preschool students.



2.10.2018



公務員事務局局長羅智光先生探訪衛生防護中心，與管理層和各職系同事會面，了解部門的工作情況，並就同事關注的事宜交換意見。

The Secretary for the Civil Service, Mr Joshua Law visited the CHP and met with its management and staff of various grades to learn more about their work and exchange views on matters of concern.

8-12.10.2018

衛生署署長陳漢儀醫生應邀出席在菲律賓馬尼拉舉行的世界衛生組織（世衛）西太平洋區域委員會第69屆會議，與世衛和各地的衛生部門代表討論了多個公共衛生領域的工作進展及計劃，期間與世衛總幹事譚德塞博士合照。

The Director of Health, Dr Constance Chan was invited to attend the 69<sup>th</sup> session of the World Health Organization (WHO) Western Pacific Regional Committee Meeting held in Manila of the Philippines. Dr Chan discussed the progress and plans of various public health issues with representatives from the WHO and health departments of different places. Dr Chan was pictured with Dr Tedros Adhanom Ghebreyesus at the meeting.



13.10.2018



衛生署署長陳漢儀醫生為「長者健康服務二十周年紀念典禮暨推廣健康樂齡年研討會」擔任主禮嘉賓，並由香港中文大學林翠華教授作主題演講。

The Director of Health, Dr Constance Chan officiated at the '20<sup>th</sup> Anniversary Ceremony of the Elderly Health Service cum Seminar on Promoting Healthy Ageing'. Keynote was delivered by Professor Linda Lam of the Chinese University of Hong Kong.

25.10.2018

衛生署署長陳漢儀醫生接種季節性流感疫苗，並與同事一起呼籲市民及醫護人員接種季節性流感疫苗。

The Director of Health, Dr Constance Chan received seasonal influenza vaccination, and together with colleagues, appealed to members of the public and healthcare workers to receive seasonal influenza vaccination.



3-4.11.2018



社區聯絡部參與「2018年度中西區健康節」，透過健康講座和攤位遊戲推廣健康信息，強調進食足夠蔬果及減少靜態行為的重要性。

The CLD participated in the 'Central and Western District Health Festival 2018', promulgating health messages through health talk and game booth, underscoring the importance of consuming adequate amount of fruits and vegetables and reducing sedentary behaviours.



5.11.2018



食物及衛生局局長陳肇始教授及衛生防護中心總監黃加慶醫生到訪瑪利諾神父教會學校（小學部），視察「學校外展疫苗接種先導計劃」的安排。

The Secretary for Food and Health, Professor Sophia Chan and the Controller of the CHP, Dr Wong Ka-hing visited Maryknoll Fathers' School (Primary Section) to observe the arrangements under the 'School Outreach Vaccination Pilot Programme'.

16.11.2018

衛生署署長陳漢儀醫生及衛生防護中心總監黃加慶醫生到訪五旬節于良發小學，視察「學校外展疫苗接種先導計劃」的疫苗接種活動情況。

The Director of Health, Dr Constance Chan and the Controller of the CHP, Dr Wong Ka-hing visited Pentecostal Yu Leung Fat Primary School to observe the implementation of the vaccination activity organised under the 'School Outreach Vaccination Pilot Programme'.



20.11.2018



食物及衛生局副局長徐德義醫生及衛生防護中心總監黃加慶醫生到訪獻主會聖馬善樂小學，視察在「優化外展接種計劃」下的季節性流感疫苗接種活動。

The Under Secretary for Food and Health, Dr Chui Tak-yi and the Controller of the CHP, Dr Wong Ka-hing visited St. Eugene de Mazenod Oblate Primary School to observe the implementation of the seasonal influenza vaccination activity organised under the 'Enhanced Vaccination Subsidy Scheme Outreach Vaccination'.

27.11.2018

社區聯絡部舉辦以「無酒健康生活」為主題的健康促進交流會。參加者就在社區推廣減低酒精危害的相關工作分享經驗。

The CLD organised a Health Promotion Sharing Forum under the theme of 'Alcohol-Free Healthy Living'. Participants shared their experiences about promoting reduction of alcohol-related harms in the community.



6.12.2018



衛生署署長陳漢儀醫生、衛生防護中心總監黃加慶醫生及其他衛生署同事以香港代表團成員身份出席在澳門舉行的第十七屆內地、香港、澳門衛生行政高層聯席會議。

三地衛生部門在會議中就「粵港澳大灣區衛生合作」、「衛生健康領域科技創新」、「健康扶貧」及「藥物管理」四個議題進行交流和討論。三地代表在會議上分別就公共衛生事件應急機制和醫療衛生簽署了合作安排。

The Director of Health, Dr Constance Chan, the Controller of the CHP, Dr Wong Ka-hing, and other DH colleagues joined the Hong Kong delegation to attend the 17<sup>th</sup> Joint Meeting of Senior Health Officials of the Mainland, Hong Kong and Macao, which was held in Macao.

At the meeting, health officials from the Mainland, Hong Kong and Macao discussed issues relating to co-operation on health in the Bay Area, healthcare technology and innovation, medical assistance programmes, and drug management. Representatives of the three governments also signed co-operation agreements on emergency response in relation to public health issues and medical and health co-operation.