

香港癌症策略

Hong Kong Cancer Strategy



二零二零年一月 • January 2020

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Hong Kong Cancer Strategy –
A Milestone in United Fight
against Cancer

CHP 通
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香港 癌症策略 2019



編者的話 Editor's Note

癌症是香港的頭號殺手。隨着人口老化和增長，癌症新增個案數目和相關的醫療負擔預料會持續攀升。2019年7月，政府公布《香港癌症策略》——本港首個就癌症防控工作而制訂的全面計劃，透過訂定工作優次和方向，期望減輕癌症對本港帶來的負擔，並改善癌症病人的生活質素和提高他們的存活率。

本期《CHP通訊》專題介紹《香港癌症策略》，希望提高讀者預防癌症的意識。

Cancer is the top killer in Hong Kong. With an ageing and growing population, the number of new cancer cases and the related medical expenses are expected to increase further. In July 2019, the Government promulgated the Hong Kong Cancer Strategy, the first holistic plan for cancer prevention and control for Hong Kong, with a view to reducing the cancer burden of the local population and improving the quality of life and survivorship of cancer patients through setting work priorities and directions.

This issue of CHP Newsletter features an article on the Hong Kong Cancer Strategy. We hope this will raise awareness among readers of cancer prevention.

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本刊物由衛生署衛生防護中心出版

如有意見，可傳真至3188 0594，電郵至 chp_newsletter@dh.gov.hk 或郵寄至香港九龍亞皆老街147C 衛生防護中心大樓2樓220室給本刊編輯部。

This publication is produced by the Centre for Health Protection (CHP) of the Department of Health (DH)

If you have any comments or opinion regarding the CHP Newsletter, you may fax it to 3188 0594; email to chp_newsletter@dh.gov.hk; or write to our Editorial Board at Room 220, 2/F, CHP Building, 147C Argyle Street, Kowloon, Hong Kong.

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香港癌症策略 攜手對抗癌症的 里程碑

Hong Kong Cancer Strategy – A Milestone in United Fight against Cancer

癌症是香港的頭號殺手。2018年，癌症共奪去超過14,400人的寶貴生命，佔同年全港整體死亡人數約三分之一。過去五年，每日平均有超過35人死於癌症，當中以肺癌、大腸癌及肝癌的比率最高。2016年，本港癌症的新增個案超過31,400宗，為歷來最高。隨著人口老化，癌症新增個案數目預料會在未來數十年持續攀升。為致力加強癌症的防控工作 and 採取整全的方式照顧癌症病人，政府於去年7月發表了《香港癌症策略》（《癌症策略》），是香港首個就癌症防控工作而制訂的全面計劃。

Cancer is the top killer in Hong Kong. In 2018, cancer claimed over 14,400 lives, accounting for about one third of the total deaths of the local population in the same year. On average, cancer took the lives of over 35 individuals every day in the past five years, with lung cancer, colorectal cancer and liver cancer topping the list. Over 31,400 new cancer cases were diagnosed in 2016, hitting a record high. With the ageing population, the number of new cancer cases is expected to increase further in the coming decades. Committed to stepping up the prevention and control of cancer and adopting a holistic approach for the care of cancer patients, the Government promulgated the Hong Kong Cancer Strategy (Cancer Strategy) in July last year. The Cancer Strategy is the first holistic plan for cancer prevention and control for Hong Kong.



政府一向重視防癌工作，於2001年成立了「癌症事務統籌委員會」（委員會）。委員會現時由食物及衛生局局長陳肇始教授擔任主席，成員除衛生署和醫院管理局的代表外，還有癌症專家、學術界人士、公私營界別醫生，以及公共衛生界別的专业人士，負責就制訂癌症的防控策略提出建議，並督導涵蓋癌症預防及篩查、治療、監測及研究等工作的方向。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）負責審視和討論本港及國際的最新科學證據，並就適用於本地人口的癌症預防及篩查措施制訂建議，從而減輕癌症對本港帶來的負擔，改善癌症病人的生活質素和提高他們的存活率。

《癌症策略》涵蓋七大範疇，即癌症監測、預防和篩查、及早發現和診斷、適時及有效的治療、科技與支援、存活及紓緩治療、癌症研究。政府提出多項防控措施，並為癌症康復者和其照顧者提供可靠的存活支援服務，預期在2025年或之前取得階段性的成果。



The Government is dedicated to fighting against cancer. The Cancer Coordinating Committee (CCC), currently chaired by Professor Sophia Chan, the Secretary for Food and Health, was established in 2001 comprising the representatives of the DH and Hospital Authority (HA), cancer experts, academics, doctors from the public and private sectors and public health professionals, to advise the formulation of strategies on cancer prevention and control, and steer the direction of work covering prevention and screening, treatment, surveillance and research. The Cancer Expert Working Group on Cancer Prevention and Screening (CEWG) under the CCC regularly reviews and discusses latest scientific evidence, both local and overseas, and makes recommendations on suitable cancer prevention and screening measures for the local population, with the aims of reducing cancer burden and improving the quality of life and survivorship of cancer patients in Hong Kong.

The seven aspects of the Cancer Strategy include cancer surveillance, prevention and screening, early detection and diagnosis, timely and effective treatment, technology and support, survivorship and palliative care as well as cancer research. The Government will put forward a number of possible preventive and control measures, and offer reassuring survivorship support services to survivors and their carers. Phased outcomes are expected to be achieved by 2025.



癌症預防和篩查的方向

Approaches to Preventing and Screening for Cancer

1

上游的預防措施 — 約40%的癌症可透過奉行健康的生活方式，包括不吸煙、避免飲酒、均衡飲食及恆常進行體能活動來避免；

Upstream approach - about 40% of cancers can be prevented through adoption of healthy lifestyle including not smoking, avoiding alcohol consumption, having a balanced diet and engaging in regular physical activity;

2

實證為本的策略 — 癌症預防和篩查的策略和實踐需要根據最新的科學證據及 / 或最佳做法作依據；

Evidence-based strategies - strategies and practices for the prevention and screening of cancer need to be based on the latest scientific evidence, and/or best practices;

3

基層健康醫療為本 — 重新規劃醫療服務，將重點放在基層醫療、健康資訊的溝通、疾病預防、篩查等服務；以及

Primary healthcare focused - healthcare services are being redesigned to place greater emphasis on primary care, health communication, disease prevention, screening, etc.; and

4

增強公眾和社區的能力 — 教育市民如何預防和控制癌症，並增強他們作健康決策和行動的能力。

Empowerment of people and communities - the public should be educated in what they can do to prevent and control cancer, and be empowered to gain control over decisions and actions that influence health.

基層預防 — 減少癌症風險因素

預防勝於治療。很多導致癌症的風險因素，例如吸煙、飲酒、不健康飲食、缺乏體能活動、超重和肥胖等都與不健康的生活模式有關。同時，這些因素亦可引致其他主要非傳染病，例如心血管疾病、糖尿病和慢性呼吸系統疾病。因此，推廣健康的生活方式是預防癌症和其他非傳染病的首要策略。就此，政府在2018年5月推出《邁向2025：香港非傳染病防控策略及行動計劃》，採取貫穿人生歷程的跨界別介入措施，以預防非傳染病的出現和增長。這亦與癌症策略互相配合。

減少癌症風險因素的策略如下：

- 減少市民吸煙和接觸到二手煙
- 採取介入措施，以減少攝取酒精
- 鼓勵恆常進行體能活動和健康飲食，減少肥胖所引起的健康問題
- 預防乙型肝炎病毒感染
- 預防人類乳頭瘤病毒感染
- 減少市民日常生活和工作時接觸到致癌物或電離輻射

Primary Prevention of Cancer – Reducing Risk Factors

Prevention is better than cure. Cancer and other non-communicable diseases (NCDs), namely cardiovascular diseases, diabetes and chronic respiratory diseases, share many common risk factors that are linked with unhealthy lifestyles like smoking, alcohol consumption, unhealthy diet, lack of physical activity, overweight and obesity. Promoting adoption of healthy lifestyle is therefore the primary strategy for prevention of NCDs including cancer. On this front, the Government launched the 'Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong' in May 2018 to introduce multi-sectoral interventions throughout the life course to help prevent occurrence and progress of NCDs. This is also in line with the Cancer Strategy.

Strategies to reduce risk factors for cancer are as follows:

- Reduce tobacco use and exposure to second-hand tobacco smoke
- Implementing interventions to reduce alcohol intake
- Encouraging engagement in regular physical activity and healthy eating to combat health problems arising from obesity
- Preventing hepatitis B virus (HBV) infections
- Preventing human papillomavirus (HPV) infections
- Minimising exposure to environmental and occupational carcinogens as well as ionising radiation



疫苗接種 減少個別癌症 Vaccination Helps Prevent Certain Cancers

慢性乙型肝炎病毒感染是本地肝癌的主要成因，導致本港約80%肝癌個案。自1988年起，乙型肝炎疫苗接種已成為香港兒童免疫接種計劃的一部分，為減少日後出現肝癌個案發揮了重要作用。為進一步減少肝癌的發病率，政府於2018年7月成立了「預防及控制病毒性肝炎督導委員會」，負責制訂有效防控病毒性肝炎的本港策略。《癌症策略》定下在2025年或之前維持接種乙型肝炎疫苗的覆蓋率在95%或以上的目標。

另外，人類乳頭瘤病毒是全球最常見的生殖系統性傳播病毒，可引起子宮頸癌、口腔癌、口咽癌等癌症。人類乳頭瘤病毒疫苗已被證實能有效預防該病毒的感染，是降低子宮頸癌發病率的有效策略。政府已撥出資源，擴大香港兒童免疫接種計劃，以涵蓋人類乳頭瘤病毒疫苗的接種計劃。由2019/20學年起，衛生署轄下的「學童免疫注射小組」會到學校為合資格的適齡小學女學童接種人類乳頭瘤病毒疫苗，以預防子宮頸癌。

Chronic HBV infection is a major cause of liver cancer in Hong Kong. It causes about 80% of liver cancer in the territory. Since 1988, the HBV vaccination has been part of the Hong Kong Childhood Immunisation Programme (HKCIP) and has been indispensable in reducing the subsequent incidence of liver cancer. To further reduce the liver cancer incidence, the Steering Committee on Prevention and Control of Viral Hepatitis was set up in July 2018 to draw up a local strategy to effectively prevent and control viral hepatitis. The Cancer Strategy aims to maintain the vaccination coverage of hepatitis B vaccine at 95% or above by 2025.

Meanwhile, HPV is the world's most common sexually transmitted viral infection of the reproductive tract. It causes cancers of the cervix, oral cavity, oropharynx, etc. HPV vaccination, which has been shown to provide protection against HPV infections, is also an effective strategy for reducing the incidence of cervical cancer. Resources have been allocated to expand the HKCIP to cover vaccination against HPV. Starting from the 2019/20 school year, eligible female primary school students of suitable ages will be provided with HPV vaccination by the DH's outreaching School Immunisation Team to prevent cervical cancer.

第二級預防 — 癌症篩查

除了基層預防措施之外，專家工作小組定期審視國際及本港的相關實證，並就癌症預防及篩查工作制訂適合本港情況的建議。從公共衛生角度而言，政府在研究應否就某種癌症推行全民篩查時，必須審慎評估多項因素，最重要的考慮因素是推行全民篩查對社會是否利多於弊。根據上述原則，政府已先後推出了以下兩項篩查計劃：

子宮頸普查計劃

由2004年3月開始，政府與公私營界別合作推出「子宮頸普查計劃」，以協助本港婦女預防子宮頸癌。歷年來，子宮頸癌的發病率有下降趨勢。衛生署更於2017年12月推出一項由關愛基金資助的先導計劃，為期三年，透過非政府機構加強為低收入群組的婦女提供子宮頸癌篩查服務及癌症預防教育。

Secondary Prevention – Cancer Screening

Other than primary prevention, the CEWG regularly reviews international and local evidence and makes recommendations on cancer prevention and screening applicable to the local setting. From the public health perspective, the Government must carefully assess a number of factors when considering whether to introduce a population-based screening programme for a specific cancer. The overriding concern is whether screening does more good than harm to society. Based on the above principles, over the years, the Government has launched two screening programmes as follows:

The Cervical Screening Programme (CSP)

The CSP was launched in March 2004 in collaboration with private and public sectors to prevent cervical cancer. Over the years, the incidence of cervical cancer has been on a decreasing trend. In December 2017, the DH launched a three-year pilot scheme to strengthen cervical cancer screening services and cancer preventive education among low-income groups through non-governmental organisations under the Community Care Fund.





大腸癌篩查計劃

自2016年9月起，政府以先導計劃形式透過公私營協作的模式推出「大腸癌篩查計劃」，並於2018年8月把計劃恆常化，分階段資助沒有症狀、年齡介乎50至75歲的香港居民進行篩查測試，以協助他們預防大腸癌這種本港最常見的癌症。

大腸癌篩查計劃的參加者首先會進行大便隱血測試，方法簡單、衛生和安全。大便隱血測試會檢驗是否有肉眼都見不到的微量血液，可於數天內完成。如大便隱血測試結果呈陽性，參加者可於八周內進行大腸鏡檢查，切除有可能出現的大腸瘻肉，避免其演變成癌症。

在此項計劃下提供篩查測試服務的私營診所遍布全港，大部分均不會收取額外費用。若有額外收費，金額會在www.colonscreen.gov.hk及診所內的專用海報清楚展示。

此項計劃能有效識別患者和高危人士，以便他們及早跟進及治療。如有查詢，可於辦公時間內致電專人接聽電話熱線3565 6288，或瀏覽www.colonscreen.gov.hk。



Participants in the CRCSP will first take a Faecal Occult Blood Test (FOBT), which is a simple, hygienic and safe screening test. The FOBT can detect small amounts of blood in stool invisible to the naked eye and can be completed within a few days. If the FOBT result is positive, participants can receive colonoscopy examination in eight weeks to remove polyps, if any, to prevent them from developing into cancer.

There are many enrolled private clinics providing the screening test in the territory. No extra service fee is required in the majority of enrolled clinics. Extra service charges, if any, will be shown at www.colonscreen.gov.hk and in the special posters in the clinics.

The CRCSP can effectively identify people with disease or people at increased risk of disease for early follow-up and treatment. For enquiries, you can call the hotline manned by operators on 3565 6288 during office hours or visit www.colonscreen.gov.hk.

此外，政府已委託香港大學就本港婦女罹患乳癌的相關風險因素進行研究，並會檢視研究結果，以協助制訂本港未來的乳癌篩查策略。

總結

推行《癌症策略》是香港醫療發展的一個重要里程碑，標誌着我們矢志攜手對抗癌症。《癌症策略》在政策層面聚焦癌症防控工作，與政府致力發展基層健康醫療的方向一脈相承。透過以人為本的措施、資源上的配合，以及與社區夥伴合作，《癌症策略》冀加強預防癌症，並為受癌症影響的市民紓緩痛苦和焦慮。透過聚焦《癌症策略》的七大範疇，政府預期在2025年或之前取得階段性的成果。

《癌症策略》已上載至食物及衛生局網頁供公眾閱覽，網頁為www.fhb.gov.hk/cn/press_and_publications/otherinfo/190700_hkcs/index.html。

The Colorectal Cancer Screening Programme (CRCSP)

Initially launched as a pilot programme in September 2016, the CRCSP was regularised in August 2018 by adopting a public-private partnership model to subsidise asymptomatic Hong Kong residents aged between 50 and 75 in phases to undergo screening tests to prevent colorectal cancer, the commonest cancer in Hong Kong.

Meanwhile, the Government has commissioned the University of Hong Kong to conduct a study on risk factors associated with breast cancer for local women. The result will be reviewed to help formulate future strategies for breast cancer screening in Hong Kong.

Conclusion

The launch of the Cancer Strategy is an important milestone in our united fight against cancer. The Cancer Strategy focuses on the policy and the work on cancer prevention and control, which is in line with the Government's commitment in developing primary healthcare. Through people-oriented measures, allocation of resources and collaboration with community partners, the Cancer Strategy seeks to enhance cancer prevention and reduce the agony and anxieties among those who are affected by cancer. By focusing on the seven aspects outlined in the Cancer Strategy, the Government expects to achieve these phased outcomes by 2025.

The Cancer Strategy has been uploaded to the Food and Health Bureau's webpage (www.fhb.gov.hk/en/press_and_publications/otherinfo/190700_hkcs/index.html) for public access.



酒精可致癌 年輕人應說「不」

Alcohol Can Cause Cancer — Young People Need to Say 'No'

酒精是有毒物質，可引致多種慢性疾病。世界衛生組織轄下的國際癌症研究機構早已把酒精列為第1類致癌物，即有足夠證據顯示酒精對人類致癌。飲用酒精飲品可引致多種癌症，當中包括大腸癌和肝癌等香港常見的癌症。飲酒越多，患癌風險越大。酒精的致癌作用與酒精飲品的種類無關，不論是飲啤酒、葡萄酒或烈酒，都可致癌。

飲酒並沒有安全飲用水平，若有飲酒習慣，即使只是飲用很少分量，也會增加死於癌症的風險。衛生署建議沒有飲酒習慣的市民不要開始飲酒，若你選擇飲用酒精飲品，便應節制以盡量減低酒害。

為了保護年輕人免受酒精危害，衛生防護中心非傳染病處一直致力推動名為「年少無酒」的宣傳教育運動。2019/20年度「年少無酒」中學生互動講座現已展開，旨在讓青少年增進對酒精禍害的認識、加深對酒商廣告營銷手法的了解，以及學習向酒精說「不」。



要查看更多詳情，請瀏覽「年少無酒」專題網站：

www.change4health.gov.hk/tc/alcohol_aware/youngandalcoholfree/

Alcohol is a toxic substance which can cause a wide range of long-term illnesses. It is classified as a Group 1 carcinogen by the International Agency for Research on Cancer of the World Health Organization, as there has been sufficient evidence that alcohol causes cancer in humans. The consumption of alcoholic beverages causes many types of cancers, including certain common cancer types in Hong Kong, e.g. colorectal cancer and liver cancer. The more you drink, the higher the risk of cancer is. Alcohol's carcinogenic effect is independent of the type of alcoholic beverages. In other words, alcohol causes cancer regardless of whether you drink beer, wine or spirits.

There is no safe level for alcohol consumption. Regular alcohol consumption, even in small amounts, increases the risk of dying of cancer. The DH recommends that non-drinkers should not start drinking at all. If you choose to drink alcoholic beverages, limit the amount you drink to minimise alcohol-related harm.

To protect young people from alcohol-related harm, the Non-communicable Disease Branch of the CHP has been committed to stepping up its efforts in a publicity and education campaign, the 'Young and Alcohol Free' Campaign. The 'Young and Alcohol Free' Secondary School Student Interactive Health Talk 2019/20 has been launched, with the aim of raising young people's awareness of the negative consequences of drinking alcohol, increasing their knowledge of industry-driven marketing tactics and empowering them to say 'no' to alcohol use.



For further information, please visit the 'Young and Alcohol Free' thematic website:

www.change4health.gov.hk/en/alcohol_aware/youngandalcoholfree/

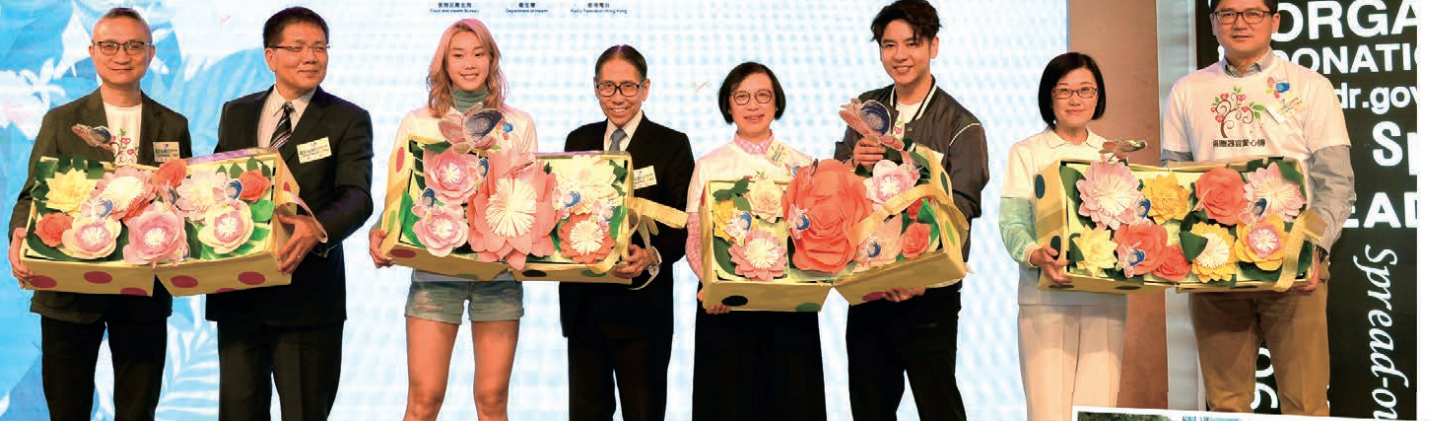




器官捐贈日2019

香港腎臟移植50周年

Organ Donation Day 2019
50th Anniversary of First Kidney Transplant in Hong Kong



器官捐贈日2019暨香港腎臟移植五十周年

Organ Donation Day 2019 and 50th Anniversary of First Kidney Transplant in Hong Kong



食物及衛生局、衛生署和香港電台於2019年11月9日舉行器官捐贈日2019及香港首宗腎臟移植五十周年慶典，鼓勵市民將捐贈器官的信念化為行動，在中央器官捐贈登記名冊（中央名冊）登記，並將意願告訴家人，令更多病人可以藉器官移植來延續生命。

慶典上，「器官捐贈推廣大使」運動員歐鎧淳及「器官捐贈日2019大使」藝人許廷鏗分享心聲，並承諾協助將支持器官捐贈的信息傳到社會每個角落。多名嘉賓亦分享自身經歷，包括器官受贈者、正在輪候器官移植的病人及器官捐贈聯絡主任，讓市民知道器官捐贈不但可以幫助有需要的病人，亦可以幫助病人的家庭。

除了舉行慶祝活動，衛生署器官捐贈宣傳車亦於去年11月及12月巡迴全港不同地點，鼓勵市民響應在中央名冊登記。

如欲了解更多器官捐贈的資訊，請瀏覽專題網站www.organdonation.gov.hk，並請「讚好」及追蹤「器官捐贈在香港」Facebook專頁（www.facebook.com/organdonationhk），以緊貼最新資訊。

The Food and Health Bureau, the DH and Radio Television Hong Kong held a ceremony on 9 November 2019 to celebrate the Organ Donation Day 2019 and the 50th anniversary of the first kidney transplant in Hong Kong. The ceremony appealed for members of the public to put words into actions by signing up in the Centralised Organ Donation Register (CODR) and telling their family members about their wishes to donate organs, so that more patients could live on through organ transplants.

At the ceremony, Organ Donation Promotion Ambassador and athlete Stephanie Au and Organ Donation Day 2019 Ambassador and artiste Alfred Hui shared their views with the audience and pledged to assist in spreading the message of supporting organ donation to every corner of society. Other guests, including organ recipients, a patient waiting for an organ transplant and an Organ Donation Coordinator, also spoke about their experiences to convey to the public that organ donation helps not only patients in need, but also their families.

In addition to the celebration, the DH's organ donation promotion vehicle also visited different locations across the territory in November and December last year to call for public support to register in the CODR.

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



《衛生署健康工作間》 常務通告現已發布

Standing Circular 'Healthy
Workplace in the Department of
Health' Issued



衛生署於2019年8月發布《衛生署健康工作間》常務通告。該常務通告參考了食物及衛生局於2018年發布有關政府內部推廣健康的通告而制定，旨在落實健康推廣的措施，締造健康工作環境，讓員工培養健康生活習慣。衛生署更於去年9月舉行簡介會，積極向員工推廣有關政策。

有關政策與食物及衛生局和衛生署於2018年5月發布的《邁向2025：香港非傳染病防治策略及行動計劃》（《計劃》）的目標一致。《計劃》重點關注四種非傳染病（即心血管疾病、癌症、慢性呼吸系統疾病和糖尿病）及四種共通的行為風險因素（即缺乏體能活動、不健康飲食、吸煙及酒精傷害），以預防非傳染病，並減少其在香港造成的社會負擔。



香港非傳染病防治策略
及行動計劃網頁



SAP Web Page

The DH issued a standing circular entitled 'Healthy Workplace in the Department of Health' in August 2019, with reference to the circular 'Health Promotion in the Government' issued by the Food and Health Bureau (FHB) in 2018. The standing circular aims to take forward the health promotion initiatives taken by the Government to provide a supportive working environment for staff to develop a healthier lifestyle. A briefing for DH staff was held in September last year to promote the initiatives.

The initiatives are in line with the objectives in 'Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong' (SAP) issued by the FHB and the DH in May 2018. The SAP focuses on four major non-communicable diseases (NCDs) (namely cardiovascular diseases, cancers, chronic respiratory diseases and diabetes) and four shared behavioural risk factors (namely physical inactivity, unhealthy diet, tobacco use and harmful use of alcohol) to prevent NCDs and reduce the burden of NCDs in the community.



預防流感 Prevent Flu Get Vaccination 接種疫苗



2019/20年度疫苗接種計劃已經展開 Launch of Vaccination Programmes for 2019/20

衛生署已於2019年10月分階段展開2019/20年度的各項疫苗接種計劃。「政府防疫注射計劃」繼續於指定的公營診所免費為合資格人士接種流感疫苗。「院舍防疫注射計劃」方面，免費的流感疫苗接種已擴展至留宿幼兒中心的留宿者和員工。

此外，「疫苗資助計劃」繼續透過參加計劃的私家醫生為合資格的50歲或以上人士、孕婦、6個月至未滿12歲兒童、智障人士及領取傷殘津貼人士，提供資助接種流感疫苗。

「季節性流感疫苗學校外展（免費）」主要由公私營合作外展隊為學童接種流感疫苗，已有超過430間小學和710間幼稚園／幼兒中心參加。另外，衛生署外展隊在其中部分學校使用噴鼻式流感疫苗，以試行在疫苗接種計劃中使用該種疫苗在物流安排和實行上的可行性。

「政府防疫注射計劃」、「院舍防疫注射計劃」及「疫苗資助計劃」繼續為長者提供免費或資助的肺炎球菌疫苗接種。

如欲了解更多疫苗接種計劃的詳情，請掃描以下二維碼瀏覽網頁：



疫苗接種計劃

The DH launched various vaccination programmes for 2019/20 in phases in October 2019. The Government Vaccination Programme (GVP) continues to provide seasonal influenza vaccination (SIV) free of charge in designated public clinics to eligible persons. On the other hand, free SIV in the Residential Care Home Vaccination Programme (RVP) has been extended to residents and staff in residential child care centres.

In addition, the Vaccination Subsidy Scheme (VSS) continues to provide subsidised SIV through enrolled private doctors to persons of age 50 years or above, pregnant women, children of age 6 months to less than 12 years, persons with intellectual disability and persons receiving disability allowance.

For the SIV School Outreach (Free of Charge), over 430 primary schools and 710 kindergartens/child care centres have enrolled in the service, which is mainly provided by Public-Private-Partnership Teams. Meanwhile, Government Outreach Teams have provided nasal spray influenza vaccines in some of these schools to test the feasibility and logistical arrangements in applying such vaccines under various vaccination schemes.

The GVP, RVP and VSS continue to provide free or subsidised pneumococcal vaccination to elderly people.

Please scan the QR code below to visit the webpage for more details on the vaccination programmes:



Vaccination Schemes



應對耐藥性 你我加把勁

Act together now to combat Antimicrobial Resistance



抗生素關注週
Antibiotic Awareness Week

18-24/11/2019

2019年抗生素關注週

Antibiotic Awareness Week 2019

抗菌素耐藥性是指微生物（例如細菌）對治療其引起感染的藥物（例如抗生素）變得具有抵抗力。當抗生素再不能有效殺死耐藥的「超級細菌」，細菌感染便會變得難以治療，亦會增加醫療程序和手術的風險。抗菌素耐藥問題是當今全球公共衛生，以至世界經濟的一大威脅。

根據衛生署進行的「公眾對抗菌素耐藥性認知、態度及行為調查2016/17」，超過一半受訪者誤以為抗生素能醫治傷風感冒，而約一半受訪者認為自己為阻止抗菌素耐藥性能做的事情並不多。事實上，不當或過度使用抗生素都會加劇耐藥問題，因此市民必須正確使用抗生素，才能阻止有關問題的蔓延。

世界衛生組織（世衛）每年都會舉行抗生素關注週活動，以提高全球對抗菌素耐藥性的認識，並鼓勵市民、醫護人員和決策者採取最佳實踐方法，避免抗菌素耐藥性進一步出現和蔓延。為響應世衛的呼籲，衛生署衛生防護中心在2019年11月18至24日舉行了「抗生素關注週」，以期提高市民和持份者對抗菌素耐藥問題的關注，並推廣正確使用抗生素。在「一體化健康」的框架下，漁農自然護理署及食物環境衛生署食物安全中心也響應衛生署舉辦的「抗生素關注週」，期內加強進行相關宣傳。

歡迎瀏覽「2019年抗生素關注週」專題網頁www.chp.gov.hk/tc/features/102082.html，了解更多有關抗菌素耐藥性的資訊。

Antimicrobial Resistance (AMR) develops when microorganisms (e.g. bacteria) become resistant to drugs (e.g. antibiotics) against them. When antibiotics are no longer effective in wiping out 'superbugs', bacterial infection will become difficult to treat, thereby increasing the risk of medical procedures and surgeries. The AMR problem has been considered as one of the greatest threats to global health and economy.

According to a study entitled 'General Public's Knowledge, Attitude and Practice Survey on Antimicrobial Resistance 2016/17' conducted by the DH, over half of the respondents mistakenly identified cold and flu as treatable with antibiotics. Around half of them considered not much they could do to stop AMR. In fact, AMR develops more rapidly through the misuse or overuse of antibiotics. Therefore, everyone should use antibiotics properly to contain the spread of AMR.

The World Health Organization (WHO) organises the World Antibiotic Awareness Week annually to raise global awareness of antibiotic resistance and to encourage best practices among the general public, healthcare workers and policy makers to avoid further emergence and spread of AMR. To echo the call from the WHO, the CHP of the DH held the Antibiotic Awareness Week from 18 to 24 November 2019 to raise awareness of the threat of AMR among members of the public and stakeholders, and to promote proper use of antibiotics. Under the 'One Health' framework, the Agriculture, Fisheries and Conservation Department and the Centre for Food Safety of the Food and Environmental Hygiene Department also stepped up AMR-related promotional activities in support of the DH's effort.

For more information on AMR, please visit the thematic webpage of the Antibiotic Awareness Week 2019 at www.chp.gov.hk/en/features/102082.html.



結核病防治工作培訓計劃 Tuberculosis Fellowship Programme



衛生署胸肺服務與香港防癆心臟及胸病協會合作，於2019年9月16日至20日舉辦結核病防治工作培訓計劃，共有11個來自廣東和澳門的結核病工作者參與。開幕式在香港防癆心臟及胸病協會舉行，由衛生防護中心總監黃加慶醫生致歡迎辭。培訓計劃的構想始於2019年1月，當時建立粵港澳大灣區結核病防控聯合體的計劃正在草擬，藉以促進結核病防控工作。建立結核病防控聯合體的合作協議已於2019年2月24日在深圳正式簽署。

這項為期五天的培訓計劃內容包括專題討論、實地考察、結核病醫學會議和參與學員的專題匯報。香港的結核病工作者就香港的結核病防控策略、潛伏結核感染、結核病和耐藥性診斷、結核病合併症、愛滋病，以及大灣區結核病研究等問題演講。除了參觀三間醫院（律敦治醫院、葛量洪醫院、九龍醫院）的結核病部門和衛生署公共衛生化驗服務處的跨國結核參比實驗室外，學員還參加了兩個分別在葛量洪醫院和九龍醫院舉行的結核病臨牀會議。所有學員完成培訓後，均獲頒授證書。

The Tuberculosis (TB) and Chest Service of the DH, in collaboration with the Hong Kong Tuberculosis, Chest and Heart Diseases Association (HKTBCHD), organised a TB Fellowship Programme (Programme) from 16 to 20 September 2019. 11 TB workers from Guangdong and Macao attended the Programme, which was officially inaugurated at the HKTBCHD with a welcome speech by the Controller of the CHP, Dr Wong Ka-hing. The Programme was conceived in January 2019 when a plan was drafted to set up a TB coalition in the Guangdong-Hong Kong-Macao Greater Bay Area to facilitate TB prevention and control. On 24 February 2019, the co-operation agreement for establishing the TB coalition was formally signed in Shenzhen.

The five-day Programme consisted of topical discussion, field visits, TB clinical meetings and a sharing session among participants. TB workers in Hong Kong delivered talks on TB control strategy in Hong Kong, latent TB infection, diagnosis of TB and drug resistance, TB comorbidity, HIV, and opportunities for TB research in the Greater Bay Area. Besides visiting TB units at three hospitals (Ruttonjee Hospital, Grantham Hospital and Kowloon Hospital) and the Supranational TB Reference Laboratory in the Public Health Laboratory Services Branch of the DH, participants also joined two TB clinical meetings respectively held at Grantham Hospital and Kowloon Hospital. All participants were presented with certificates at the conclusion of the Programme.



感染控制科學委員會的最新建議及指引

Latest Recommendations and Guidelines of Scientific Committee on Infection Control

感染控制中的隔離防護措施為易受感染的宿主提供防禦屏障，阻隔病原體，預防疾病傳播。《醫院內隔離防護措施的實施建議》於2007年4月制定，是《感染控制的基本事宜》的其中一部分，經感染控制科學委員會、衛生署衛生防護中心感染控制處和醫院管理局感染控制專責小組共同審閱後，已於2019年4月作出修訂。

成員參考了世界衛生組織和美國疾病控制與預防中心的國際建議，並加入本地觀點，以讓建議及指引更適用於香港環境。當中的關鍵範疇包括：

- 重新強調妥善處理利器
- 澄清可能會散播傳染性飛沫的醫療程序
- 描述肺外結核病的空氣傳播防護措施
- 簡化個人防護裝備列表
- 重申環境衛生的重要性

與早前的版本一樣，附錄的概覽表列出隔離防護措施的類型和所需時間，並加上註釋部分，以涵蓋需要作出變動的情況，例如在清潔被急性腸道傳染病（如諾如病毒）污染的環境時，由於在猛烈清洗的過程中可能產生霧化的病毒粒子，故應戴上外科口罩。

Isolation precautions are infection control measures that create a barrier between pathogens and susceptible hosts to prevent disease transmission. 'Recommendations on Implementing Isolation Precautions in Hospital Settings', which was formulated in April 2007 as part of 'Basic Issues in Infection Control', was revised in April 2019 jointly by the Scientific Committee on Infection Control, Infection Control Branch of the CHP of the DH, and Task Force on Infection Control of the Hospital Authority.

Building on the framework of international recommendations from the World Health Organization and the United States Centers for Disease Control and Prevention, members brought in local perspectives which helped enhance the applicability of the recommendations and guidelines to the local setting. Key areas include:

- Re-emphasising proper handling of sharps
- Clarifying medical procedures that may disperse infectious respiratory droplets
- Delineating indications of airborne precautions for extrapulmonary tuberculosis
- Streamlining the list of personal protective equipment items
- Reiterating the importance of environmental hygiene

Same as the previous version, a summary table that shows the type and duration of isolation precautions is included in the Appendix. A section of comments has been added to cover scenarios requiring modifications. For example, surgical masks should be used when cleaning a heavily contaminated environment for cases of acute gastroenteritis (e.g. norovirus), as aerosolisation of viral particles may occur during vigorous cleaning.

2.7.2019

健康促進處與教育局舉辦「至『營』學校認證計劃頒獎禮2019」，嘉許在2018/19學年獲認證的學校，表揚它們全力推動校園健康飲食。

The Health Promotion Branch and the Education Bureau organised the 'EatSmart School Accreditation Ceremony 2019' to present awards to schools which attained accreditation in the 2018/19 school year for their all-out efforts in promoting healthy eating on campus.



10.7.2019



新加坡衛生部代表到訪衛生防護中心，就傳染病監測、防控及事故應變等議題交流及分享經驗。

The delegates of the Ministry of Health, Singapore visited the CHP to exchange and share experience on issues relating to surveillance, prevention and control and emergency response of infectious diseases.

19.7.2019

香港公共行政學院舉辦「國家行政學院『健康促進骨幹香港研習班』」，率領來自內地不同省份的醫院代表到訪衛生防護中心。前社區聯絡部接待代表團，並舉行了有關「建設健康城市」的簡介會。

The former Community Liaison Division received a delegation of hospital officials from various provinces of the Mainland taking part in a training programme organised by the Hong Kong Institute for Public Administration. A briefing on 'Building Healthy Cities' was conducted at the CHP.





16.8.2019



前社區聯絡部在民政事務總署荃灣民政事務處及食物環境衛生署聯合舉辦「防蚊工作專題講座」，向學校校長及教師介紹蚊傳疾病及相關預防措施，以提高學界對預防蚊傳疾病的意識。

At the 'Seminar on Anti-mosquito Measures and Mosquito-borne Diseases' jointly organised by the Tsuen Wan District Office of the Home Affairs Department and the Food and Environmental Hygiene Department, the former Community Liaison Division gave information on mosquito-borne diseases and related prevention measures to school principals and teachers so as to raise the education sector's awareness of the prevention of mosquito-borne diseases.

7-8.9.2019

前社區聯絡部參與「2019/20中西區健康節」，透過健康講座及攤位遊戲，推廣減少攝取鹽分及減少靜態行為的健康訊息。

The former Community Liaison Division conducted health talks and set up game booths at the 'Central and Western District Health Festival 2019/20' to promulgate health messages on lowering salt intake and reducing sedentary behaviours.



26-27.9.2019



「第十九次粵港澳防治傳染病聯席會議」在香港舉行，三地代表就提升合作應對傳染病進行交流，並舉行桌面演習，以測試應對埃博拉（伊波拉）病毒病的能力。

The 19th Tripartite Meeting on Prevention and Control of Communicable Diseases was held in Hong Kong. Representatives from Guangdong, Hong Kong and Macao exchanged views on how to enhance co-operation in fighting against communicable diseases. A table-top exercise was also conducted to test the preparedness and capacities in responding to Ebola virus disease.

7-11.10.2019

衛生署署長陳漢儀醫生（右三）、衛生防護中心總監黃加慶醫生（左二）和衛生署家庭及學生健康處首席醫生盧艷莊醫生（右一）連同一眾同事，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70屆會議，與世衛和各地衛生部門代表就多個重要公共衛生領域的工作進展及計劃作出討論，並與世衛西太平洋區域主任葛西健博士（左三）合照。

The Director of Health, Dr Constance Chan (third right); the Controller of the CHP, Dr Wong Ka-hing (second left); the Principal Medical and Health Officer of the Family and Student Health Branch of the DH, Dr Lo Yim-chong (first right); and other DH colleagues were invited to attend the 70th session of the World Health Organization (WHO) Regional Committee for the Western Pacific held in Manila, the Philippines. During the event, the progress and plans of various important public health issues were discussed with the representatives from the WHO and other health authorities. Dr Chan, Dr Wong and Dr Lo were also pictured with the WHO's Regional Director for the Western Pacific, Dr Takeshi Kasai (third left).



7.11.2019



食物及衛生局局長陳肇始教授（前排右五）探訪粉嶺一間幼稚園，視察「2019 / 20季節性流感疫苗學校外展（免費）—— 幼稚園 / 幼稚園暨幼兒中心 / 幼兒中心（先導）」的外展疫苗接種安排，期間與學校學童、家長以及為學童提供噴鼻式流感疫苗接種服務的衛生署外展隊合照。

The Secretary for Food and Health, Professor Sophia Chan (front row, fifth right), visited a kindergarten in Fanling to observe the outreach vaccination arrangements under the '2019/20 Seasonal Influenza Vaccination School Outreach (Free of Charge) - Kindergartens/Kindergarten-cum-Child Care Centres/Child Care Centres (Pilot)'. During the visit, Professor Chan took a picture with pupils of the school and their parents as well as members of the Government Outreach Team providing nasal vaccination service for the schoolchildren.

Influenza Vaccination School Outreach (Free of Charge) - Kindergartens/Kindergarten-cum-Child Care Centres/Child Care Centres (Pilot). During the visit, Professor Chan took a picture with pupils of the school and their parents as well as members of the Government Outreach Team providing nasal vaccination service for the schoolchildren.

18.11.2019

為鼓勵食肆提供色、香、味、「營」俱備的菜式，「星級有營食肆」運動在2019年8至11月舉行了「有營食譜設計比賽」。經過專業評判團商議和「星級有營食肆」運動Facebook專頁進行公眾投票後，菜式「金玉耀華堂」和「金湯翡翠釀羊肚菌」分別在「蔬果之選」和「3少之選」組別獲勝。

To encourage restaurants to provide colourful, aromatic, tasty and healthy dishes, the 'EatSmart Recipe Competition' was held under the 'EatSmart Restaurant Star+' Campaign from August to November 2019. Following the deliberations of a professional judging panel and a public voting on the Facebook fan page of the Campaign, the dishes 'Stir-fried Mixed Fungus with Lily Bulbs' and 'Stuffed Morel Mushroom with Greens in Pumpkin Purée' were chosen as the winners in the 'More Fruit and Vegetables Dish' and '3 Less Dish' categories respectively.

