

日行萬步步行挑戰

10 000 Steps a Day Walking Challenge

健康灣區 攜手同行

Walking Together in a Healthy Bay Area



二零二五年五月 · May 2025

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日行萬步促健康 活躍生活在香港

10 000 Steps a Day for Health:
Move for an Active Hong Kong

CHP
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中文



English

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編者的話 Editor's Note

步行，對一些人來說是簡單和看來比較平平無奇的日常活動，但這簡單的體能活動，卻是促進健康的寶庫：科學實證指出步行能改善健康。本期通訊探討此日常活動如何有助香港成為更健康的社區。今期的封面故事介紹衛生署的重要活動——「日行萬步」活動下的步行挑戰。「日行萬步」活動鼓勵所有人士，不論年紀，都能享受步行的樂趣和眾多好處。我們也簡述步行對健康的益處，和衛生署不斷積極與各社區持份者合作，推廣活力生活模式的工作。眾步齊行，讓「健康香港」，不斷邁步向前。

Walking to many is easy and perhaps sounds mundane as a daily activity. Yet this simple physical activity is a treasure in disguise – walking is scientifically proven to improve health. In this issue, we explain how this everyday activity can help transform Hong Kong into a healthier community. The cover story features the Walking Challenges under the “10 000 Steps a Day Campaign” – our flagship programme to encourage people of all ages to enjoy walking and reap its myriad benefits. We also highlight the health advantages of walking, not least the ongoing commitment of the Department of Health to promote an active lifestyle in collaboration with stakeholders in the communities. Small steps for everyone, a giant stride for a “Healthy Hong Kong”.

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封面專題 Cover Story

非傳染病處 Non-communicable Disease Branch

封面照片：醫務衛生局（醫衛局）局長盧寵茂教授（左四）及衛生署署長林文健醫生（左五）主持啓動禮，其他主禮嘉賓包括（左起）推廣體能活動專責小組主席雷兆輝醫生、醫衛局副局長李夏茵醫生、立法會議員張宇人議員、李麗娟女士、衛生署衛生防護中心總監徐樂堅醫生和推廣體能活動專責小組副主席雷雄德博士。

Cover Photo: Professor Lo Chung-mau, the Secretary of Health (fourth left), and Dr Ronald Lam, the Director of Health (fifth left), officiated at the Kick-off Ceremony, while other officiating guests included (from left) Dr Lui Siu-fai, the Chairperson of the Task Group on Promotion of Physical Activities; Dr Libby Lee, the Under Secretary for Health; the Hon Tommy Cheung, Legislative Council Member; Ms Shelley Lee; Dr Edwin Tsui, the Controller of the CHP of the DH; and Dr Lobo Louie, the Vice-chairperson of the Task Group on Promotion of Physical Activities.

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如對本通訊有任何意見，請以傳真（2591 6127）、電郵（chp_newsletter@dh.gov.hk）或郵寄（香港灣仔軒尼詩道130號修頓中心7樓）方式聯絡本刊編輯部。

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Centre for Health Protection Website

www.chp.gov.hk

日行萬步促健康 活躍生活在香港 10 000 Steps a Day for Health: Move for an Active Hong Kong

香港和全球其他地方一樣，正受人口高齡化和日益嚴峻的非傳染病威脅。2023年，四大主要非傳染病，即癌症、心血管疾病、糖尿病和慢性呼吸系統疾病，佔全港整體登記死亡人數約一半（50.6%）。不少慢性疾病均有共同的風險因素，當中體能活動量不足是關鍵因素之一。

雖然體能活動量不足的情況普遍，但這是可以改變的。步行是一個簡單而有效的體能活動，無需任何特殊裝備或訓練，適合不同年齡和能力的人士。步行不僅能改善心肺功能、幫助維持適當體重、強化肌肉和骨骼，還能減輕焦慮和抑鬱症狀。多項研究均指出，每日步行可大大減低患上非傳染病如糖尿病、心血管疾病和部分癌症的風險。政府積極推廣步行，作為健康活力生活方式的基礎。衛生署自2022年起與各大社區伙伴合作舉辦「日行萬步」活動，讓更多市民認識步行對身心健康的益處，並鼓勵他們建立活躍的生活模式。

Hong Kong, like the rest of the world, is facing the challenges of an ageing population and the rising threats from non-communicable diseases (NCDs). In 2023, four major NCDs, namely cancers, cardiovascular diseases, diabetes mellitus (DM) and chronic respiratory diseases, accounted for around half (50.6%) of all registered deaths in Hong Kong. Many chronic diseases share common risk factors, with insufficient physical activity being one of them.

Insufficient physical activity is prevalent, but this risk factor can be changed. Walking is a simple yet effective exercise. As one of the most accessible forms of physical activity, walking requires neither special equipment nor training, making it ideal for people of all ages and abilities. Walking can improve cardiopulmonary functions, help maintain a healthy body weight, strengthen muscles and bones, and reduce anxiety and depression. Studies show that walking daily can significantly lower the risk of NCDs such as DM, cardiovascular diseases and certain cancers. The Government has taken proactive steps to promote walking as a cornerstone of an active lifestyle. Since 2022, the DH, in collaboration with community partners, has organised the “10 000 Steps a Day” Campaign to raise public awareness on the benefits of walking and encourage the public to be physically active.



衛生署署長林文健醫生（中）拍攝短片，鼓勵市民支持「日行萬步」活動。
Dr Ronald Lam (centre), the Director of Health, called on public support for the "10 000 Steps a Day" Campaign.

欠缺體能活動量的「疫情」數據

體能活動量不足的普遍率在香港和全球均已達到令人擔憂的水平，對公眾健康構成重大風險。

在香港，由衛生署進行的2023年度健康行為調查顯示，全港有14.8%的18歲或以上人士體能活動量不足，而2014/15年度人口健康調查中的數字則為13%。

世界衛生組織（世衛）建議成年人每星期進行最少150分鐘中等強度或最少75分鐘劇烈強度的有氧體能活動，又或同等程度的中等和劇烈強度體能活動組合。

「日行萬步」活動

在衛生署推廣體能活動專責小組的導督下，「日行萬步」活動自2022年起展開，鼓勵市民把步行融入日常生活。

活動在過去三年分多個階段推行，內容涵蓋宣傳和每次為期一個月的步行挑戰，藉此在社會積極推廣步行。首次步行挑戰於2022年舉辦，以在職成年人為目標對象，吸引了約1萬名參加者，累積步數逾32億。於2023年舉辦的第二次步行挑戰再接再厲，以家庭為目標對象，共約16 000名人士參與，累計步數超過50億。

2024年步行挑戰

最近一次的步行挑戰於2024年11月舉行，對象為朋輩。是次挑戰適逢我國成立75周年，令活動增添喜慶氛圍。醫衛局及衛生署首次與大灣區城市包括深圳和珠海攜手合作籌辦專題活動，以「健康灣區 攜手同行」為主題，體現大灣區團結互助、健康相連的精神，並推動跨境團隊合作，展現提升區內健康的共同決心。

The Inactivity Epidemic in Numbers

The prevalence of insufficient physical activity has reached alarming levels both globally and in Hong Kong, posing significant risks to public health.

In Hong Kong, the Health Behaviour Survey 2023 conducted by the DH showed that the percentage of insufficient physical activity among individuals aged 18 or above in Hong Kong was 14.8%, whereas the figure reported in the Population Health Survey 2014/15 was 13%.

The World Health Organization (WHO) recommends that adults should engage in at least 150 minutes of moderate-intensity or at least 75 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity physical activity throughout the week.

The "10 000 Steps a Day" Campaign

Under the steer of the Task Group on Promotion of Physical Activities of the DH, the "10 000 Steps a Day" Campaign has been organised since 2022 to encourage members of the public to include walking in their daily routines.

Activities under the Campaign, including publicity and the one-month Walking Challenges, have been implemented by phases in the past three years to actively promote walking in the community. Targeting at working adults, the first Walking Challenge organised in 2022 attracted around 10 000 participants with an accumulative step count of over 3.2 billion. Riding on this momentum, the second Walking Challenge in 2023 targeted at families. Around 16 000 participants joined with a staggering cumulative total of 5 billion steps.



醫衛局及衛生署舉辦「國慶75周年 日行萬步步行挑戰2024」啟動禮，以推廣步行對健康的益處。

The HHB and the DH held the “Celebrating the 75th National Day 10 000 Steps a Day Walking Challenge 2024” Kick-off Ceremony to promote the health benefits of walking.

「國慶75周年 日行萬步步行挑戰2024」啟動禮於2024年11月1日舉行，由主禮嘉賓帶領其他嘉賓步行1 949步，同場更設有舞蹈表演和健身示範。

2024年的步行挑戰以「陪我行，陪你講」為口號，逾9 700名人士參加。透過與朋友一起步行，參加者在維繫社交之餘也保持動力，令體能活動變得更愉快、更持久。

不少機構積極參與為期一個月的步行挑戰。同期舉行的工作機構步行挑戰旨在鼓勵同事之間互相支持，每日步行1萬步，有全港超過100間機構包括公司和非政府機構參加。於挑戰期間累計步數最多，以及達到日行萬步的參與員工比例最高的五間機構均獲頒獎項。是次挑戰向機構傳遞共同提升員工健康責任的訊息，同時幫助參加者克服困難，在繁忙的日程中安排時間步行。



一眾嘉賓在「國慶75周年 日行萬步步行挑戰2024」的啟動禮健身示範環節中一同進行伸展運動。

The guests performed stretching exercise together during a fitness demonstration in the “Celebrating the 75th National Day 10 000 Steps a Day Walking Challenge 2024” Kick-off Ceremony.

The Walking Challenge 2024

The latest Walking Challenge, which focused on peer groups, was conducted in November 2024. The event coincided with the 75th anniversary of the founding of our country, which injected a celebratory vibe. For the first time, the Health Bureau (HHB) and the DH partnered with other cities in the Greater Bay Area including Shenzhen and Zhuhai for the initiative. The theme, “Walking Together in Healthy Bay Area”, encapsulated the spirits of unity and health in the area. The collaboration encouraged cross-boundary teamwork and showcased a shared dedication to advancing health across the region.

The “Celebrating the 75th National Day 10 000 Steps a Day Walking Challenge 2024” Kick-off Ceremony was held on 1 November 2024, with the officiating guests leading others to take 1 949 steps. The event also featured dance performances and fitness demonstrations.

Over 9 700 individuals participated in the Walking Challenge 2024, which came with the slogan “Shall We Walk and Talk”. By walking together with friends, participants could connect socially and stay motivated, thereby reflecting the idea that physical activity is more enjoyable and persistent when it is done as a group.

The one-month challenge saw encouragement from organisations through the Workplace Organisation Walking Challenge, which was organised during the same period to inspire staff to support one another in achieving 10 000 steps daily. Over 100 organisations in Hong Kong, including companies and non-government organisations, participated in the challenge. Awards were presented to the top five organisations in respect of the total step counts and the percentage of staff meeting the daily 10 000-step goal during the challenge period. The initiative instilled a sense of shared responsibility for organisations to enhance the health of employees, not least helping the participants overcome the hurdle of having time to walk amidst their busy schedules.



挑戰以外：延續推廣

「日行萬步」活動提供有趣和具吸引力的方式在室內和室外活動身體，鼓勵不同年齡人士不單只在挑戰期間，還要每天生活都更具活力。除了「日行萬步」，衛生署亦透過不同渠道，包括「日行萬步」活動專題網站(www.10000stepsaday.hk)、衛生防護中心的「活出健康新方向」網站(www.change4health.gov.hk)、社交媒體，以及各種創意健康教育教材，例如《郁一郁2024》舞蹈教學短片、家居運動影片、電視廣告、海報和小冊子，推廣有活力的生活方式，從而鼓勵市民克服各種障礙，保持動力，同時呼朋喚友，以安全的方式進行體能活動。

展望未來，政府將繼續透過進行教育、辨識各種獨有和形成中的障礙，以及探索創新方法，把體能活動融入日常生活，從而擴大社區參與。我們攜手並肩，將能創造全新文化，令步行不單只是一種體能活動，更可作為一種生活方式，啟發社會各界為下一代作出長期承諾，守護健康。

Beyond the Challenges: Sustaining the Momentum

Providing fun and engaging ways to exercise indoors and outdoors, the Campaign encouraged people of all ages to adopt a lifestyle that is more active – not only during the challenge periods, but also every single day. Aside from the “10 000 Steps a Day”, the DH also promotes an active lifestyle through different channels, including the Campaign’s thematic website (www.10000stepsaday.hk), the CHP’s “Change for Health” website (www.change4health.gov.hk), various social media, as well as a variety of creative health education materials such as the “Move for Health 2024” dance tutorial video, home exercise videos, TV advertisements, posters, and pamphlets. The aim is to encourage individuals to overcome barriers, stay motivated, find companions, and perform physical activity safely.

Looking ahead, the Government will continue to increase community engagement through education, identify specific and evolving barriers, and explore creative ways to integrate physical activity into the daily life. Together, we will be able to create a new culture where walking is not only a form of physical activity but also a way of life, thereby inspiring different quanta of the community to pledge for a lasting commitment to health for the future generations.



匿獅Lion（左）是衛生防護中心推出的吉祥物，旨在鼓勵市民多做體能活動，建立活躍的生活模式。

Lazy Lion (left) is the mascot introduced by the CHP to encourage members of the public to participate in physical activity and lead an active lifestyle.



第75屆 世衛西太平洋 地區年會 The 75th WHO Western Pacific Regional Committee Meeting



衛生署署長林文健醫生（第三行左二）率領衛生署代表團出席第75屆世衛西太平洋地區委員會年會。
Dr Ronald Lam, the Director of Health (second left, third row), led a delegation from the DH to attend the meeting of the 75th session of the WHO Regional Committee of the Western Pacific.



衛生署署長林文健醫生（中）與國家衛生健康委員會國際司副司長李娟（右）和澳門特別行政區政府衛生局副局長陳永華（左）一同出席會議。
Dr Ronald Lam, the Director of Health (centre), attended the meeting with Ms Li Juan, Deputy Director of the Department of International Cooperation under the National Health Commission (right); and Mr Chan Weng-wa, Deputy Director of the Health Bureau of the Macao Special Administrative Region Government (left).

第75屆世衛西太平洋地區委員會年會於2024年10月21日至25日在菲律賓馬尼拉舉行，衛生署署長林文健醫生率領衛生署代表團出席。是次年會的主題為「共建西太平洋區域家庭、社區和社會的健康」。會上通過了五項共建健康願景，包括為實現全民健康覆蓋的變革性基層醫療；適應氣候變化的衛生體系；保障衛生安全且具韌性的社區、社會和衛生體系；全人生歷程均更健康的人口；以及促進未來健康公平的技術與創新。



衛生署署長林文健醫生（左）與世衛西太平洋區域主任Saia Ma'u Piukala醫生（右）會面。
Dr Ronald Lam, the Director of Health (left), met Dr Saia Ma'u Piukala, the WHO Regional Director for the Western Pacific (right).

The 75th session of the WHO Regional Committee for the Western Pacific was held from 21 to 25 October 2024 in Manila, the Philippines. Dr Ronald Lam, the Director of Health, led a delegation from the DH to attend the meeting. The theme of the meeting was “Weaving Health for Families, Communities and Societies in the Western Pacific Region”. Five visions of weaving health, namely transformative primary care for universal health coverage; climate-resilient health systems; resilient communities, societies and health systems for health security; healthier people throughout the life course; and technology and innovation for future health equity, were endorsed at the meeting.



中國香港代表團成員包括衛生署署長林文健醫生（中）、顧問醫生（特別預防計劃）黃駿君醫生（右二）、首席醫生（家庭健康服務）莊承謹醫生（右一）、首席醫生（緊急應變及項目管理）傅玉清醫生（左二）及和高級醫生（私家醫院發展）楊芊芊醫生（左一）。
Members of the Hong Kong, China delegation included Dr Ronald Lam, the Director of Health (centre); Dr Bonnie Wong, Consultant (Special Prevention Programme) (second right); Dr Patrick Chong, Principal Medical and Health Officer (Family Health Service) (first right); Dr Alex Fu, Principal Medical and Health Officer (Emergency Response and Programme Management) (second left); and Dr Gladys Yeung, Senior Medical and Health Officer (Private Hospital Development) (first left).



衛生署署長林文健醫生（左一）、衛生防護中心總監徐樂堅醫生（左二）、新加坡傳染病管理局臨時規劃辦公室主任李堅明教授（右二）和新加坡傳染病管理局臨時規劃辦公室副主任陳珮珊女士（右一）在簽署傳染病防控合作備忘錄後合照。

Photo shows Dr Ronald Lam, the Director of Health (first left), Dr Edwin Tsui, the Controller of the CHP (second left), Professor Vernon Lee, the Executive Director of the interim Communicable Diseases Agency of Singapore (second right) and Ms Tan Pei Shan, the Deputy Executive Director of the interim Communicable Diseases Agency of Singapore (first right) after the signing ceremony of the MOU on the prevention and control of communicable diseases.

與新加坡攜手共進 公共衛生防護合作新里程

Reaching a New Milestone: Partnering with Singapore to Bolster Public Health Protection

衛生署署長林文健醫生應新加坡衛生部邀請，於2024年8月22日至24日期間率領衛生防護中心代表團到新加坡訪問。訪問期間，本港及新加坡兩地簽署傳染病防控合作備忘錄，深化雙方的交流和合作。

衛生防護中心總監徐樂堅醫生與新加坡傳染病管理局臨時規劃辦公室主任李堅明教授代表雙方簽署合作備忘錄，目標為就傳染病的防控和監測、流行病學調查、面對有重大公共衛生影響的傳染病時的應對、打擊抗菌素耐藥性的行動、科研，以及人員培訓等多個領域加強協作，並就公共衛生緊急應變計劃和演習進行交流。

代表團訪問了新加坡衛生部，了解當地在控煙和癌症篩查等非傳染病預防工作方面的策略。他們亦到訪了新加坡國家傳染病中心、國家環境局和保健促進局，視察當地的隔離設施和實驗室監測服務、討論蚊傳疾病的防控策略，並了解跨界別合作和在引入資訊科技協助促進健康方面的經驗。

At the invitation of the Ministry of Health of Singapore, Dr Ronald Lam, the Director of Health, led a delegation from the CHP to Singapore from 22 to 24 August 2024.

During the visit, Hong Kong and Singapore signed a Memorandum of Understanding (MOU) on the prevention and control of communicable diseases to strengthen exchanges and co-operation.

Dr Edwin Tsui, the Controller of the CHP, signed the MOU with Professor Vernon Lee, the Executive Director of the interim Communicable Diseases Agency of Singapore. The MOU aims to enhance the co-operation between Hong Kong and Singapore in areas such as the prevention, control and surveillance of communicable diseases, epidemiological investigation, responses to infectious diseases with significant public health impacts, actions to combat antimicrobial resistance, research and development, as well as training. Under the MOU, both sides will also exchange experiences in public health contingency planning and exercises.



衛生署署長林文健醫生（右二）率領衛生防護中心代表團與新加坡衛生當局進行工作交流。Dr Ronald Lam, the Director of Health (second right), led a delegation from the CHP to conduct exchanges on work with the health authorities of Singapore.



衛生防護中心代表團到訪新加坡國家環境局，參觀其實驗室，聽取當地沃爾巴克計劃的詳情，了解蚊傳疾病的預防和控制策略。Photo shows the CHP delegation visiting the National Environment Agency and touring around its laboratory to listen to details of Project Wolbachia in Singapore and understand more about their strategies on prevention and control of mosquito-borne diseases.



衛生防護中心代表團參觀新加坡的高等級隔離病房以了解當地的隔離設施。Photo shows the CHP delegation touring the High Level Isolation Unit to learn more about isolation facilities in Singapore.

The delegation visited the Ministry of Health of Singapore to learn about the local strategies to prevent non-communicable diseases including tobacco control and cancer screening. They also visited the National Centre for Infectious Diseases, the National Environment Agency and the Health Promotion Board to view the isolation facilities and the laboratory surveillance in Singapore, discuss the prevention and control strategies regarding mosquito-borne diseases, and learn more about the cross-sector collaboration and experiences in using information and technology to support health promotion.



第21次粵港澳 防治傳染病聯席會議 The 21st Tripartite Meeting on Prevention and Control of Communicable Diseases



廣東省衛生健康委員會副主任暨省疾病預防控制中心局長宋鐵（中）、衛生署署長林文健醫生（左）和澳門衛生局局長羅奕龍醫生（右）在簽署會議紀要後合照。

This photo shows Dr Song Tie, the Deputy Director-General of the Health Commission of Guangdong Province and the Director of the Guangdong Provincial Disease Control and Prevention Administration (centre); Dr Ronald Lam, the Director of Health (left); and Dr Lo Iek-long, the Director of the Health Bureau of Macao (right), after signing the meeting minutes.

第21次粵港澳防治傳染病聯席會議於2024年12月13日在廣東東莞舉行，由粵港澳三地衛生部門代表就重點傳染病與登革熱的防控、醫療機構的傳染病防治，以及病毒性肝炎和愛滋病的防控工作三大主題進行深入交流和討論。三地代表在聯席會議上達成八項共識並簽署紀要，內容涵蓋突發公共衛生事件的防控和處理、傳染病科研、技術交流，以及資訊共享等方面的工作。



香港代表團
The Hong Kong delegation

The 21st Tripartite Meeting on Prevention and Control of Communicable Diseases was held in Dongguan, Guangdong on 13 December 2024. Delegates from the health authorities of Guangdong, Hong Kong and Macao had in-depth exchanges and discussions on three major agenda items, namely the prevention and control of major communicable diseases and Dengue Fever; the prevention and management of communicable diseases in healthcare institutions; and the prevention and control of viral hepatitis and HIV infection. Meeting minutes were signed by delegates from the three places to mark the consensus with regard to eight areas, covering the prevention, control and management of public health emergencies, scientific research and development regarding communicable diseases, the exchange of technologies, and sharing of information.



一眾參加者於演習結束後合照。
This photo shows the participants after the exercise.

國際衛生條例 水晶演習 Annual International Health Regulations Exercise Crystal

衛生防護中心傳染病處及緊急應變及項目管理處於2024年11月13日參與了世衛西太平洋區域辦事處舉辦的年度國際衛生條例水晶演習。環境及生態局和食物環境衛生署（食環署）亦有派員參加。是次演習模擬本地爆發一種不常見的傳病媒介疾病，並測試各單位的反應，包括向世衛和相關聯絡單位索取關鍵資訊以作即時風險評估、在出現個案時向世衛及其他國家通報，以及評估疫情會否出現跨境擴散。

參與演習的衛生署、環境及生態局和食環署代表就演習情節和應採取的跨部門應變措施進行討論，於演習後作總結，並向世衛報告結果。是次演習有助強化香港與世衛的聯絡協作機制，確保香港在傳病媒介疾病爆發時能迅速應對。

On 13 November 2024, the Communicable Disease Branch and the Emergency Response and Programme Management Branch under the CHP participated in the annual International Health Regulations Exercise Crystal organised by the Regional Office for the Western Pacific under the WHO. Representatives from the Environmental and Ecology Bureau (EEB) and the Food and Environmental Hygiene Department (FEHD) also joined the exercise. The exercise simulated a local outbreak of an uncommon vector-borne disease to test the responses of individual units. The simulation covered soliciting key information from the WHO and relevant contact points to facilitate immediate risk assessment, reporting to the WHO and other countries on the emergence of local cases, and conducting an assessment on the possibility of the disease spreading across border.

Representatives from the DH, the EEB and the FEHD discussed the simulated scenario as well as the cross-sectoral responses required, conducted a debriefing session, and reported the results to the WHO. The exercise helped strengthen the collaboration mechanism between Hong Kong and the WHO, ensuring Hong Kong can provide timely responses in case of vector-borne disease outbreaks.



感染控制處高級醫生廖天蕙醫生（中）接受香港電台節目《精靈一點》訪問。

Dr Andrea Liu (centre), a Senior Medical Officer of the Infection Control Branch (ICB), attended an interview on the Radio Television Hong Kong (RTHK) programme "Healthpedia".



感染控制處顧問醫生馬紹強醫生接受香港電台節目《千禧年代》訪問，分享「公眾對抗生素耐藥性認知、態度及行為調查2023」報告結果。

Dr Edmond Ma, the Consultant of the ICB, shared the results of the "General Public's Knowledge, Attitude and Practice Survey on Antibiotic Resistance 2023" during an interview in the RTHK programme "In the New Millennium".

馬紹強（衛生署衛生防護中心感染控制處顧問醫生（抗菌素耐藥性））

「世界抗菌素耐藥性關注周」 The World Antimicrobial Resistance Awareness Week

世衛已將抗菌素耐藥性列為人類面臨的十大全球公共衛生威脅之一。「世界抗菌素耐藥性關注周」為每年舉辦的全球性宣傳活動，而2024年的活動則於11月18至24日舉行，主題為「教育・倡導・立即行動」。為響應活動，衛生防護中心根據最新發表的「公眾對抗生素耐藥性的認知、態度及行為調查2023」報告結果，安排2024年關注周的宣傳活動，包括電視和電台廣播、在衛生防護中心網站專題網頁、媒體訪問、在公立及私家醫院和診所以至社區派發宣傳品，以及在社交媒體及公共交通工具上展示相關宣傳資訊。衛生防護中心希望藉此鼓勵市民認識細菌產生抗生素耐藥性的後果，並立即採取行動，確保抗生素得以正確使用。



衛生防護中心於社交媒體發布健康信息。
The CHP posted health information on social media platforms.

The WHO has declared antimicrobial resistance (AMR) as one of the top ten global public health threats facing humanity. The World Antimicrobial Resistance Awareness Week, an annual global campaign, was held from 18 to 24 November in 2024 with the theme "Educate. Advocate. Act now." In support of this initiative, the CHP arranged promotional activities for the 2024 campaign based on the results of the newly published "General Public's Knowledge, Attitude and Practice Survey on Antibiotic Resistance 2023". Activities included TV and radio advertisements, a thematic webpage on the CHP's website, media interviews, publicity materials for distribution to the public and private hospitals and clinics as well as in the community, and publicity on various social media platforms and public transportation. Through these efforts, the CHP aims to encourage the public to recognise the consequences of bacterial AMR and take prompt action to ensure the appropriate use of antibiotics.

人類乳頭瘤病毒疫苗補種計劃 Catch-up Programme for Human Papillomavirus Vaccination

政府推出人類乳頭瘤病毒(HPV)疫苗補種計劃，為2004年或以後出生而未獲現有計劃涵蓋的香港女性居民免費接種HPV疫苗。計劃首階段已於2024年12月展開，對象為於本港就讀中五或以上程度的全日制女中學生。第二階段已於今年3月展開，對象為於2004至2008年出生並於本港專上院校／大學就讀的女性香港居民。第三階段亦將於本年上半年展開，對象為於2004至2008年出生並已於本地完成學業的女性。第三階段亦會涵蓋其餘2004年至2008年出生而未完成接種HPV疫苗的女性香港居民。

The Government has launched a human papillomavirus (HPV) vaccination catch-up programme to provide free HPV vaccination for female Hong Kong residents born in 2004 or after who have not been covered by the existing programme. The first phase of the programme, which targets full-time female students studying in secondary five or above in Hong Kong, started in December 2024. The second phase, which targets female Hong Kong residents born between 2004 and 2008 who are studying in local tertiary institutions/universities, commenced in March this year. The third phase, which targets female Hong Kong residents born between 2004 and 2008 who have completed their studies in Hong Kong, will start in the first half of this year. The third phase will also cover the rest of female Hong Kong residents born between 2004 and 2008 who have not yet completed their HPV vaccination.

2024/25年度流感疫苗接種計劃接種劑數創歷史新高 2024/25 Seasonal Influenza Vaccination Programme Has Administered a Record High Number of Doses



衛生署署長林文健醫生(後排左一)與衛生防護中心總監徐樂堅醫生(後排左二)到訪香港基督教女青年會戴翰芬幼兒學校，視察該校提供季節性流感疫苗接種的安排。
Dr Ronald Lam, the Director of Health (first left, second row), and Dr Edwin Tsui, the Controller of the CHP (second left, second row), visited the Hong Kong Young Women's Christian Association Tai Hon Fan Nursery School to view the school's arrangement for seasonal influenza vaccination.

在社會各界的通力合作下，截至今年4月21日，2024/25年度各項流感疫苗接種計劃共接種超過207萬劑疫苗，較上一季度同期增加約12.5%，並已超過上季整體接種劑數（約187萬劑），創下歷史新高。大部分年齡組別的接種率均超過五成，而所有相關年齡組別的接種率均較上一季度同期上升。

參與疫苗注射學校外展計劃的學校數目今年亦顯著上升，約1 020間幼稚園／幼兒中心（97%）、約640間小學（98%）和約490間中學（98%）已完成或將舉行流感疫苗學校外展活動，較上季的參與率為高，這有賴學校、教師和家長積極支持。

未接種流感疫苗的合資格市民仍可接種流感疫苗。

大家亦應慎防其他呼吸道傳染病。高風險人士應按時接種新冠疫苗的加強劑，以減低重症和死亡的風險。

With the concerted efforts of all sectors of the community, as of April 21 this year, a total of over 2.07 million doses of vaccine were administered under various seasonal influenza vaccination (SIV) programmes in the year 2024/25, representing an increase of about 12.5% over the same period of the last season and exceeding the total number of doses (about 1.87 million doses) administered last season. This is a record high figure. The coverage rates surpassed 50% in most age groups and increased in all relevant age groups compared to the same period of the last season.

The number of schools participating in the SIV School Outreach Programme has also increased significantly this year. About 1 020 kindergartens/child care centres (97%), about 640 primary schools (98%) and about 490 secondary schools (98%) have completed or will conduct SIV school outreach activities, which are higher than the participation rates in the last season. This was made possible thanks to the active support from schools, teachers and parents.

Eligible persons who have not received SIV may still receive one.

We also call on members of the public to stay vigilant of other infectious respiratory diseases. High-risk persons should receive COVID-19 booster doses timely to lower the risks of serious illness and death.

衛生署微信官方帳號正式啟用 DH Launches WeChat Official Account

衛生署已正式啟用微信官方帳號，為社會各界提供更多渠道，了解衛生署在執行公共衛生領域的工作，包括法定職責、促進健康、預防疾病、醫療護理和康復服務等，同時方便公眾掌握最新和重要健康資訊。

公眾可於微信平台搜尋「香港特區政府衛生署」或掃描以下二維碼，瀏覽、關注及分享該帳號的資訊。

除了微信官方帳號，衛生署亦已開設 YouTube官方頻道、Facebook官方專頁、Instagram官方帳戶，並設有流動應用程式，未來將繼續採取多管齊下的方式，善用傳統渠道和社交媒體進行推廣、宣傳及公眾教育，以保障市民健康。



The DH officially launched its official WeChat account to provide the community with more channels to learn about its work in various fields of public health, such as execution of statutory functions, health promotion, disease prevention, and provision of curative and rehabilitative services. The platform will also facilitate the public in learning the latest and important health information.

Members of the public can search for "HKSARDH" on the WeChat platform or scan the QR code below to view, follow and share the information in the WeChat account.

In addition to the official WeChat account, the DH has also launched its official YouTube channel, Facebook page and Instagram account, as well as DH Mobile App. Moving forward, the DH will continue to adopt a multi-faceted approach, utilising both traditional channels and social media platforms for promotion, publicity and public education to safeguard public health.



愛滋病及性病科學委員會 就香港進行愛滋病病毒檢測發出最新建議

New Recommendations on HIV Testing by the Scientific Committee on AIDS and STI

愛滋病及性病科學委員會（委員會）經參考本地最新流行病學的情況、相關的科學證據、世衛的建議和海外的做法後，於2024年11月發表「就香港進行愛滋病病毒檢測的建議」（「委員會的建議」）。

在本地新增的愛滋病病毒感染個案當中，晚發現感染者的比例呈上升趨勢，往往與確診時年齡較為年長和經異性性接觸受感染有所關聯。委員會建議曾進行性行為的人士應最少接受一次愛滋病病毒測試，以掌握自身健康狀況，而有進行高風險行為的人士更應定期接受測試，以確保可及時獲得診斷和治療。

此外，委員會的建議亦闡述了應接受測試人士、測試方法、同意程序、測試後護理和轉介途徑等，為本地醫護人員和社區前線服務提供者提供參考和實用指引。

有關建議的詳情，請瀏覽衛生防護中心網站（只有英文版）（www.chp.gov.hk/tc/static/24003.html）。

The Scientific Committee (SC) on AIDS and STI (sexually transmitted infections), after considering the latest local epidemiology, the scientific evidence, the WHO's recommendations and overseas practices, published the "Recommendations on HIV Testing in Hong Kong" (the Recommendations) in November 2024.

Among the newly reported HIV cases in Hong Kong, there has been an increasing proportion of late presenters, often linked to an older age at diagnosis and a heterosexual route of transmission. In the light of the situation, the SC advised that individuals who have had sex should get tested for HIV at least once to check their health status. Those engaging in risky behaviours are encouraged to undergo regular screening to ensure timely diagnosis and treatment.

The Recommendations also include detailed sections addressing key aspects such as who should get tested, the testing methods, the consent procedures, the post-test care, and the referral pathway to provide references and practical guidance to healthcare professionals and frontline service providers in the community.

For details of the Recommendations, please visit the CHP website (www.chp.gov.hk/en/static/24003.html).

疫苗可預防疾病科學委員會 就呼吸道合胞病毒疫苗發表暫擬共識

Scientific Committee on Vaccine Preventable Diseases Issued an Interim Consensus on Respiratory Syncytial Virus Vaccines

衛生署衛生防護中心轄下的疫苗可預防疾病科學委員會於2025年1月16日召開會議，討論有關長者和孕婦使用呼吸道合胞病毒疫苗（一般稱為RSV疫苗）的事宜。會上，專家詳細審視了呼吸道合胞病毒的本地流行病學數據、有關RSV疫苗效力和安全性的科學數據，以及世衛和國際間對使用RSV疫苗的建議。經深入討論後，委員會從公共衛生的角度發表暫擬共識，認為在取得額外數據前暫時不建議為全部長者和孕婦普遍接種RSV疫苗。另一方面，長者（特別是75歲或以上或居於院舍）和孕婦可考慮徵詢醫生意見，在知情並同意的前提下，作個人決定接種RSV疫苗，以同時保護自己和初生嬰兒免受呼吸道合胞病毒的影響。

委員會將繼續監察相關事宜的發展，適時檢討是否有足夠科學資料從公共衛生角度建議所有長者和孕婦接種RSV疫苗。

有關委員會暫擬共識的詳情，請瀏覽衛生防護中心網站（只有英文版）（www.chp.gov.hk/en/static/24008.html）。

The Scientific Committee on Vaccine Preventable Diseases (SCVPD) under the CHP of the DH held a meeting on 16 January 2025 to discuss the use of respiratory syncytial virus (RSV) vaccines in elderly persons and pregnant women. The SCVPD reviewed the local epidemiological data of RSV disease, the scientific data regarding the efficacy and safety of RSV vaccines, and the recommendations of the WHO and the international community. After extensive discussion, the SCVPD reached an interim consensus from the public health perspective that pending additional data, universal RSV vaccination for elderly persons and pregnant women was currently not recommended. On the other hand, elderly persons (especially those aged 75 years or above or living in residential care homes) and pregnant women, in consultation with their doctors, may consider receiving an RSV vaccination for protecting themselves and newborn infants (for pregnant women) against RSV disease. The decision should be made by individuals under informed consent.

The SCVPD will continue to monitor the development and review in a timely manner whether there is sufficient scientific information to recommend RSV vaccinations for all elderly persons and pregnant women from the public health perspective.

For details of the interim consensus of the SCVPD, please visit the CHP website (www.chp.gov.hk/en/static/24008.html).



2023年度健康行為調查報告 Report of Health Behaviour Survey 2023

2023年度健康行為調查報告已於2025年1月23日出版，揭示香港市民普遍存在一些不健康但可改變的生活習慣：14.8%的18歲或以上人士體能活動量不足；絕大部分人（97%）的水果及蔬菜攝取量不足；2.7%的15歲或以上人士每月暴飲至少一次。報告亦指出，只有46.2%的50至75歲人士曾接受大腸癌篩查，而有49.8%的25至64歲的女士則曾接受子宮頸普查。這反映有相當比例的合資格人士仍未按照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的建議，接受以實證為本的篩查。

有關2023年度健康行為調查報告的詳情，請瀏覽衛生防護中心網站(www.chp.gov.hk/tc/static/101105.html)。

Published on 23 January 2025, the Report of Health Behaviour Survey 2023 revealed the prevalence of unhealthy yet modifiable lifestyle practices among the Hong Kong population: 14.8% of adults aged 18 or above engaged in insufficient levels of physical activity; a vast majority of individuals (97%) had an inadequate intake of fruit and vegetables; and 2.7% of the population aged 15 or above engaged in binge drinking at least once a month. It also stated that only 46.2% of individuals aged 50 to 75 were screened for colorectal cancer, and 49.8% of women aged 25 to 64 underwent cervical screening. This reflects that a significant proportion of eligible individuals have yet to undergo evidence-based screening, which is recommended by the Cancer Expert Working Group on Cancer Prevention and Screening under the Cancer Coordinating Committee.

For details of the Report of HBS 2023, please visit the CHP website (www.chp.gov.hk/en/static/101105.html).



10.2024

衛生防護中心為行政長官、主要官員和立法會議員接種季節性流感和新冠疫苗，並呼籲市民盡早接種疫苗，以在冬季流感季節來臨前加強防護。

The CHP arranged seasonal influenza and COVID-19 vaccinations for the Chief Executive, the Principal Officials and the Legislative Council members. It appealed to members of the public to get vaccinated early for better protection before the winter flu season.



11.2024

衛生署署長林文健醫生與衛生署衛生防護中心總監徐樂堅醫生到訪香港基督教女青年會戴翰芬幼兒學校，視察該校提供季節性流感疫苗接種的安排，並呼籲家長盡早為子女安排接種有關疫苗，以應對臨近的流感季節。

Dr Ronald Lam, the Director of Health, and Dr Edwin Tsui, the Controller of the CHP under the DH, visited the Hong Kong Young Women's Christian Association Tai

Hon Fan Nursery School to view the school's arrangement for seasonal influenza vaccination. They also appealed to parents to arrange vaccination for their children early in view of the coming flu season.



08.11.2024

醫衛局、衛生署聯同香港電台舉辦活動慶祝「器官捐贈日2024」，主題為「生命饋贈，延續希望」，呼籲社會各界繼續支持器官捐贈，為需要器官移植的病人重燃新生希望。署理醫衛局局長李夏茵醫生、衛生署署長林文健醫生，以及醫院管理局行政總裁高拔陞醫生與其他嘉賓蒞臨主禮。

The HHB, the DH and the RTHK held the "Organ Donation Day 2024" event with the theme "Pass on hope with a gift of life". The event aimed to appeal to all sectors of the society to keep supporting organ donation, rekindling hopes for a new lease on life for patients in need of organ transplants. Dr Libby Lee, the Acting Secretary for Health, Dr Ronald Lam, the Director for Health, and Dr Tony Ko, the Chief Executive of the Hospital Authority, officiated at the event with other guests.

