

延續生命 遺愛人間 Donate Organs to Light up Lives



項目巡禮 In Focus

衛生署推出行動計劃書 減少酒精相關危害

Action plan launched to reduce alcohol-related harm in Hong Kong

走訪衛生防護中心 Venue in Focus

緊急應變中心 更新設備 做好準備

Emergency Response Centre Renewed and Ready

工餘剪影 After Work

衛生防護中心總監曾浩輝醫生

Dr Thomas Tsang,
Controller of the Centre for Health Protection

製作背後 Backstage

健康生活在你手

Healthy Choices for a Healthy Life

我打咗流感針喇！你呢？

I've got my flu shot! Have you?

編者的話 Editor's Note

香港社會對器官捐贈的接受程度日益增加，至今已有88,000多位市民登記中央器官捐贈名冊。隨著在器官捐贈網頁新增了臉書專頁，本期探討此課題，希望更多人願意於死後捐出器官，讓更多病者的「生命因你再現姿彩」。

The community is getting more receptive to organ donation nowadays. So far, there are more than 88,000 registrations in the Centralised Organ Donation Register. As the new facebook fan page on organ donation has been launched, we have a cover story on this issue, encouraging more people to support organ donation and light up lives together.

編輯委員會 Editorial Board

主編 / Editor-in-chief

周錦玉女士

Miss Christine CHOW Kam Yuk

黃敦明先生

Mr Donald WONG Tun Ming

委員 / Members

江珮珊女士

Ms Konnie KONG Pui Shan

劉偉炳先生

Mr Simon LAU Wai Bing

羅麗婷醫生

Dr Taron LOH

黃嘉文醫生

Dr WONG Ka Man

本刊物由衛生署衛生防護中心出版
香港九龍亞皆老街147C衛生防護中心大樓2樓220室
如有意見，可傳真至3188 0594，或電郵至
chp_newsletter@dh.gov.hk給本刊編輯部。

This publication is produced by the Centre for Health Protection (CHP) of the Department of Health
Room 220, 2/F, CHP Building, 147C Argyle Street, Kowloon, Hong Kong

If you have any comments or opinions regarding the CHP Newsletter, you may fax it to 3188 0594 or email to our Editorial Board at chp_newsletter@dh.gov.hk

衛生署衛生防護中心網頁

Centre for Health Protection Website

www.chp.gov.hk



封面專題
Cover Story



延續生命 遺愛人間 Donate Organs to Light up Lives

2010年11月，海關督察許細文先生慷慨捐出部分肝臟救活因公受傷的同袍袁偉祥，成為城中一時佳話，反映市民對捐贈器官的接受程度與日俱增。

由衛生署委託香港大學社會科學研究中心進行的2011年度「行為風險因素調查」的初步分析結果顯示，在二千一百多名受訪者中，超過六成半表示願意於死後捐出器官，當中有13%的受訪者曾在中央器官捐贈登記名冊上登記，36%曾填寫器官捐贈證，約五成則曾向家人表示意願。然而由於器官需求殷切，市民對器官捐贈的積極支持是十分重要的。

In November 2010, Customs Inspector Mr Simon Hui Sai-man was hailed as a role model for the community because of his brave act of donating part of his liver to save his fellow Customs Officer Yuen Wai-cheung. It reflects that people are now more receptive to organ donation.

According to provisional data of the Behavioural Risk Factor Survey 2011, commissioned by the Department of Health (DH) and conducted by the Social Science Research Centre of The University of Hong Kong, over 65% of some 2,100 respondents expressed willingness to donate their organs after death. Among those who showed willingness, 13% have registered in the Centralised Organ Donation Register (CODR), while 36% have signed an organ donation card (OD card) and about 50% have told their family members about their wish. However, the demand for transplantable organs is great, active support for organ donation by members of the public is critically important.



為了鼓勵更多市民加入捐贈器官的行列，以及向器官捐贈者及其家人表示謝意，位於九龍公園的「生命・愛」花園已於2011年11月12日正式開幕，同日亦慶祝中央器官捐贈登記名冊成立三周年，名冊自2008年成立以來，已有超過88,000人次登記表示願意捐出器官。

The Garden of Life at Kowloon Park was unveiled on 12 November 2011 to give recognition to organ donors and their families and to encourage the public to support organ donation. The ceremony also marked the third anniversary of the CODR. Since its launch in 2008, there have been more than 88,000 registrations at the CODR.



器官捐贈供不應求

根據醫院管理局的資料，2010年全港共進行了470宗各類型的器官移植手術，但仍有2,000多位病人正輪候接受器官移植，不少病患者可能來不及找到合適的器官便逝世。

醫管局器官移植聯絡主任古慧敏姑娘表示，器官捐贈除了由活人捐贈，大部分是來自屍體捐贈，捐贈器官的人士基本上沒有年齡限制，但必須是來自腦幹細胞死亡者，最常見是因腦中風、腦重創、腦缺氧或因原發性腦瘤而導致腦死亡的病人。

所謂腦死亡，是指包括腦幹在內的全腦功能喪失，引致無法控制呼吸、體溫和血壓等重要機能的運作，再也無法恢復的狀態，因此腦幹死亡在醫學及法律上相等於正式死亡。由於人在腦死亡後，器官功能仍可依靠呼吸機維持運作一段時間，因此較適合作器官捐贈；相反，因心臟停頓致死的病者，器官會因缺氧及缺血迅速衰竭，只能捐出眼角膜及皮膚等組織。

古姑娘補充，現時香港每年平均有40,000多名市民身故，其中三分一是死於各類癌症、其餘大部分是死於嚴重感染、器官衰竭等，腦幹死亡個案只佔約1%，所以器官長期供不應求。

古姑娘說，判定腦幹死亡會分別由兩位具資格而又與器官捐贈無關的醫生進行腦幹測試，證實病者的腦幹已完全沒有反

Supply of Organs Lags Far Behind Demand

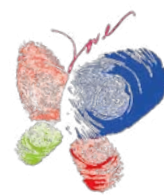
According to the Hospital Authority (HA), a total of 470 organ transplant operations were performed in 2010. However, more than 2,000 patients are still on the waiting list, many of them might die before the right organ match comes.

Ms Jenny Koo, the Transplant Co-ordinator of HA, said, "there are some live donations, while most are deceased donations. There is no restriction on age or gender for organ donation. Transplantable organs must come from brain-dead patients who usually suffered from stroke, severe head trauma, lack of oxygen or primary brain tumours."

Brain death, including the brain stem, is the whole of the irreversible loss of brain function status, failing to control breathing and regulate

「由於腎衰竭病人必須每天接受三次洗腎療程，我被迫辭掉工作，朋友的邀約只好無奈推卻，陪伴我的就只剩下那台透析機。」

"I received peritoneal dialysis 3 times a day. I had to quit my job and turn down my friend's invites for gatherings. It seemed to me that my life had nothing left but the cold peritoneal dialysis machine."



曾患腎衰竭的梁小姐憶述患病時的境況

Ms Leung, an ex-kidney failure patient, recalled the days before she had kidney transplant



應及喪失自主呼吸能力後，會正式宣告病者死亡，駐院的器官移植聯絡主任始會接觸死者家人，徵詢家人是否願意捐出死者的器官，再詳細了解死者的病歷及生活習慣，安排進行移植手術。期間，聯絡主任亦會為死者家人提供輔導，協助他們度過艱難的時刻。

社會較接受器官移植

已擔任器官移植聯絡主任四年的古姑娘說，現時接觸的十宗個案中，約四至五宗個案的家人均同意捐出死者的器官，反映市民對捐贈器官的接受程度與日俱增，亦較少人抱有「留全屍」的傳統觀念；最大的障礙反而是家人不能肯定死者是否有捐出器官的意願，或是家人未能達致共識。有家人在死者身故數天後，始在死者的遺物中發現器官捐贈證，惜為時已晚，因此她鼓勵有意捐贈器官的人士，最好事先與家人討論，以免家人在痛失至愛時難以作出器官捐贈的決定。

建立Facebook器官捐贈專頁

為了方便公眾表達捐贈器官的意願，衛生署於2008年11月，設立了中央器官捐贈登記名冊，讓市民可以透過網上登記，表明在死後捐出器官的意願。

衛生署更於2011年8月開設了一個Facebook專頁(Organ Donation@HK)，定期上載有關捐贈器官的資訊、剪報、捐贈者及康復者的個案分享，讓大家更了解器官捐贈。衛生署高級護



blood pressure and body temperature. Brain death becomes a determinant of human death in the international medical and legal arenas. As the organs, with the aid of respiratory machines and drugs support, can be maintained for a certain period, brain-dead patients may be suitable for organ donation. When cardiac death occurs, on the other hand, vital organs of

the deceased would fail quickly. As such, only corneas or skin might be suitable for organ donation.

Ms Ku added, "There are about 40,000 deaths in Hong Kong each year, of which one-third died of cancers while the rest due to serious infections and organ failures. Among them, only about 1% are brain deaths." Therefore, the supply of organs consistently lagged behind demand.

She explained, "Two senior eligible doctors who have no ties with Organ Transplant Service will carry out two separate tests to determine brain death. When the patient's brain stem fails to respond completely together with the loss of ability to breathe, the doctors will formally declare the patient's death. The Transplant Co-ordinator will then approach the patient's family members to verify the deceased's wish for organ donation. Further check on medical history and lifestyle of the deceased will be conducted to assess the suitability for organ donation. Meanwhile, the co-ordinators will render counselling service to the bereaved family."

Community More Receptive to Organ Donation

Having been a Transplant Co-ordinator for 4 years, Ms Ku said that Hong Kong people are nowadays more open-minded about organ donation. She said, "About 4 to 5 out of 10 families of brain-dead patients are willing to donate organs. There are also fewer people who have the traditional belief in keeping the deceased's body intact. The major deterrent is that family members are not sure of their beloved's wish or unable to reach consensus. In some cases, family members found the signed OD card in things left behind by the deceased, and yet it is too late." Ms Ku thus encouraged prospective donors to indicate earlier their will of kindness to their families, so that their wishes could be fulfilled.

A Facebook Fan Page on Organ Donation

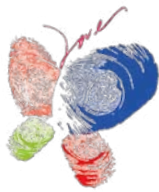
To make it more convenient for prospective donors to express their support for organ donation, DH has set up the CODR in November 2008 to allow registration for deceased donation online. DH also launched a dedicated fan page, "Organ Donation@HK", in the Facebook

「生有限，活無限，真正的完整，是人們活著的精神，支持器官捐贈，把愛心世世代代延續下去。」

"The span of life is limited, but the spirit of living lasts forever. The true fulfilment of life is the continuity of one's spirit. Support organ donation and extend the spirit of love from generation to generation."

藝人楊千嬅

Miriam Yeung, an artist

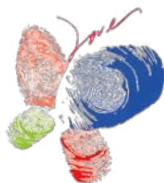


「我倆曾有承諾，如果誰先走，留下的就負責將已走的器官捐出，幫助有需要的人。」

"We promised each other that if one of us leaves first, the other will donate his or her organs to the needy."

一位器官捐贈者配偶

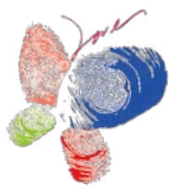
An organ donor's spouse





「我們會更珍惜生命，因為我們身上還有著別人的生命，我們不能辜負善心人捐贈給我們的器官，我們當然要做得更好、更好！」

“We have to do even better, for we are carrying also another life in us. We need to honour the generous gift of life from the donors. Yes, of course, we must do better and even better!”



梁汶，肝病患者，2007年代表香港參與世界移植人士運動會，取得一金一銅的成績。於2008年代表香港參與中國移植運動會，取得五金，並於2010年中國移植運動會中取得一金四銀的佳績。

Lomond, a former patient suffered from liver disease, represented Hong Kong and won 1 gold and 1 bronze medals in the World Transplant Games 2007. He participated and won 5 gold medals in the Chinese Transplant Games 2008 and won 1 gold and 4 silver medals in 2010.

士長(健康促進)張小琴姑娘表示，根據2007年的「行為風險因素調查」研究，年輕及教育程度較高者較願意死後捐贈器官，衛生署希望利用這項新媒體，讓更多年輕人認識器官捐贈，進而影響他們的家人。截至2011年11月，已有超過2,000位「粉絲」加入，反應良好。

衛生署中央健康教育組和醫院管理局、香港醫學會、非政府組織及其他團體一直合作無間，製作單張、短片及舉行學校講座，推廣器官捐贈的訊息，為更多不幸者重燃希望。

請加入Facebook器官捐贈專頁，給大家打打氣！

<http://www.organdonation.gov.hk/fanpage>



in August 2011. On this page, visitors will find updated information and latest news on organ donation, articles and messages from organ donors and recipients.

Ms Doreen Cheung, Senior Nursing Officer (Health Promotion) of DH, said, “The Behavioural Risk Factor Survey 2007 revealed that young adults with higher educational level are more willing to donate organs after death. We hope the new channel will pass the messages on organ donation to the younger generation, and eventually their family members.” By the end of November 2011, it's encouraging that the fan page has already gained support of over 2,000 fans.

The Central Health Education Unit of DH will continue its co-operation with HA, the Medical Association, NGOs and other organisations, through promotional leaflets, videos and school talks, to promote awareness of organ donation and to rekindle the hope of life for patients in need.

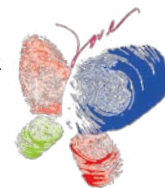
Please show your support and visit our Facebook fan page at

<http://www.organdonation.gov.hk/fanpage>



「我切身感受到，器官移植不單延續了一個人的生命，更是兩個生命的共存，每天相互供應支持、發光發熱。」

“Organ donation extends not only one life, but two. I feel like the two lives support and brighten up each other every single day.”



一位曾接受骨髓及雙肺移植的白血病患者

An ex-leukaemia patient who had received bone marrow and a double-lung transplant

器官移植小檔案 Facts about Organ Transplant in Hong Kong

- 香港在1961年進行了首宗眼角膜移植手術，1969年進行腎臟移植；於90年代，分別引入了肝和骨骼(1991年)、心臟、皮膚(1992年)、肺及心肺(1995年)移植手術。
- 香港於2010年共進行了470宗各類器官移植手術，其中以眼角膜移植最多，共250宗，以肺部移植個案最少，只有兩宗。
- 截至2010年年底，約有1,621人等候腎臟移植；心臟移植的輪候人數只有8人。
- 截至2011年10月，已有超過88,000人次在中央器官登記名冊登記。
- The first successful corneal transplant operation was performed in 1961; followed by the first kidney transplant in 1969. In the 90s, various kinds of organ transplantation were performed successfully, such as liver and bone in 1991, heart and skin in 1992, lung and heart-lung in 1995.
- In 2010, a total of 470 organ transplant operations were performed in Hong Kong, most of which, amounted to 250 cases, were corneal transplants, while only 2 were lung transplants.
- By the end of 2010, about 1,621 patients were waiting for kidney transplant, while 8 patients for heart transplant.
- By the end of October 2011, there are 88,000 registrations in the CODR.



衛生署推出行動計劃書 減少酒精相關危害

Action plan launched to reduce alcohol-related harm in Hong Kong

世界衛生組織估計，超過六成的全球死亡個案是由非傳染病引致。除不健康的飲食習慣、缺乏體能活動和吸煙外，飲用酒精類飲品已被確認為另一個導致非傳染病的重要可改變行為為風險因素。衛生署於2008年推出的「促進健康：香港非傳染病防控策略框架」文件，目的正是控制不斷上升的非傳染病，從而改善市民的生活質素，其中減少酒精相關的危害，被列為需要優先採取行動的範疇。

防控非傳染病督導委員會屬下的酒精與健康工作小組參考國際資料數據，詳細分析本地酒精飲用的情況，以及仔細考慮和諮詢不同持份者的意見後，制訂了《減少酒精相關危害行動計劃書》。行動計劃書於2011年10月24日舉行的「酒精與健康研討會」上正式推出。

食物及衛生局局長周一嶽在當日的研討會上致詞時指出，「防控非傳染病的成功，取決於有效推廣健康生活習慣和協助市民作出更健康的選擇。」

The World Health Organization estimated that more than 60% of global deaths were caused by non-communicable diseases (NCD). Apart from unhealthy diet, physical inactivity and smoking, alcohol use has been recognised as another important modifiable behavioural risk factor in causing major NCD. In 2008, the Department of Health published a strategic framework document entitled "Promoting Health in Hong Kong: A Strategic Framework for Prevention and Control of Non-communicable Diseases", with a view to combating the rising tide of NCD and to enhance the quality of life for the community. Reducing alcohol-related harm has been designated as a priority area for action.

Upon review of international evidence, detailed examination of the local situation on alcohol use, and careful consideration and consultation of different stakeholders, the Working Group on Alcohol and Health, established under the Steering Committee on Prevention and Control of NCD, has drawn up an "Action Plan to Reduce Alcohol-related Harm in Hong Kong" (Action Plan). The Action Plan was officially launched at the "Seminar on Alcohol and Health" on 24 October 2011.

"The success of NCD prevention and control efforts hinges on effective promotion of healthy lifestyles and assistance in helping people make healthier choices in life," said Dr York Chow, the Secretary for Food and Health, while addressing the Seminar.



行動計劃書涵蓋五個優先範疇、十項建議和十七項具體行動措施。五個優先範疇包括：

- (一) 建立有效的資訊系統，以了解酒精的危害，就防控酒精相關危害提供建議和支援；
- (二) 加強伙伴關係及促進持份者的參與；
- (三) 建立防控與酒精相關危害的能力；
- (四) 確保衛生界可應對非傳染病的挑戰，並改善醫療系統；
- (五) 加強並制定支援健康促進的法例。

The Action Plan includes five priority areas, 10 recommendations and 17 specific actions. The five priority areas are:

- i) Generate an effective information system to understand the epidemiology of alcohol-related harm and to provide advice and support on prevention and control of alcohol-related harm,
- ii) Strengthen partnership and foster engagement of all relevant stakeholders,
- iii) Build the capacity and capability to prevent and control alcohol-related harm,
- iv) Ensure a health sector that is responsive to the NCD challenges and to improve the healthcare system, and
- v) Strengthen and develop supportive health promotion legislation.

想了解更多有關行動計劃書的更多資料，請瀏覽「活出健康新方向」網頁
More information on the Action Plan is available at the "Change for Health" website at

<http://www.change4health.gov.hk>





緊急應變中心 更新設備 做好準備

Emergency Response Centre Renewed and Ready

迅速掌握和發放最準確的資訊，對妥善應付公共衛生危機十分重要。衛生署衛生防護中心轄下的緊急應變中心是部門處理重大傳染病爆發時的資訊中心，負責收集來自相關部門和機構有關疾病的最新信息，整理和發放進度報告，以便當局評估情況，議定適當的應變措施。

緊急應變中心最近進行了改善工程，更新了設備，確保中心可在公共衛生危機期間充分發揮功效，適時發放資訊及數據。舉例來說，中心原有的投影電視牆已經過時，新的高清液晶電視屏幕取而代之。同時，中心的面積亦有所增加，以便有需要時為全體紀錄和聯絡小組的人員及其電腦工作站和相關設備提供足夠空間。

緊急應變中心的新設備已準備就緒，當出現公共衛生危機時，衛生署可與其他政府部門緊密合作，並更有效地與地區和國際衛生當局保持連繫。

In times of public health crises, having the most accurate information and disseminating it in a timely manner are crucial for effective dealing with the crises. The Emergency Response Centre (ERC) under the Centre for Health Protection of the Department of Health is set up to act as the department's information hub during major outbreaks of infectious diseases. It is responsible for collecting up-to-date information on disease outbreak from relevant departments and organisations, and compiling and disseminating progress reports for the authorities to assess the situation and determine the response measures that need to be taken.

The facilities of the ERC have recently been upgraded to ensure that the Centre fulfils its functions in disseminating timely information and statistics during a public health crisis. For instance, the projector-based video wall display, which will soon come to the end of its service life, has been replaced with an array of high-resolution LCD TVs. At the same time, the ERC has been expanded to accommodate all members of the logging and liaison teams together with their workstations and equipment as necessary.

With all these upgrades in place, the ERC is fully equipped to work closely with other Government departments during public health emergencies. It will also enhance the department's collaborations with regional and international health authorities.



衛生防護中心總監曾浩輝醫生 Dr Thomas Tsang, Controller of the Centre for Health Protection



相信不少衛生署同事都知道衛生防護中心總監曾浩輝醫生熱愛網球運動，他最近更在衛生署一次比賽中奪標。

曾醫生於初中時已開始接觸網球運動，多年來一直興趣不減，全賴一班相熟的「球友」定期相約練習，打球後例必一同飯聚，閒話家常，分享工作的苦與樂，所以他能維持經常運動。曾醫生憶述，多年前曾經參與醫學會一次比賽晉身決賽，曾醫生見對手年紀稍長，滿以為奪標在望，不料「白鬚公亦不可欺」，最後更甘拜下風，足以證明運動是沒有年齡界限的。

此外，曾醫生每晚就寢前亦會做點舉啞鈴、跳繩或掌上壓等較輕鬆的運動，他認為香港人生活繁忙，應該多做運動保持身心健康；工餘到公園散步，亦是不錯的活動。

除了運動，曾醫生對鋼琴亦有相當造詣，他說彈琴有助紓緩工作壓力，維持生活均衡。

Many of our colleagues may have already known that Dr Thomas Tsang, Controller of the Centre for Health Protection, is very fond of playing tennis. He has won the championship in a tennis competition recently organised by the Department of Health.

Dr Tsang began playing tennis in his junior years in secondary school. His interest is sustained through regularly playing with a group of buddies and after practice, they usually have dinner together to catch up with each other. This also explains his incentive to keep up exercise. Dr Tsang recalled that he had once reached the grand final in a tournament organised by the Medical Association many years ago. He thought he stood a good chance to win because his opponent was much older than him. In the end, however, Dr Tsang got outplayed and he came to realise that people of all ages can play and enjoy sports, and with practice, even elder players can beat the younger ones.

Apart from tennis, Dr Tsang always does some less demanding exercise such as dumbbell lifting, rope skipping and push-ups before he goes to bed at night. For those Hong Kong people who are too busy, Dr Tsang suggests they try some exercise to keep a healthy body and mind. Going for a walk in the park is a good option.

Dr Tsang is also a proficient pianist. He finds he can relax himself while playing piano and it helps maintain a work-life balance.



健康生活在你手

Healthy Choices for a Healthy Life

想生活得更健康嗎？其實健康的選擇就在你手。非傳染病部推出了一款以「健康生活在你手」為口號的海報，提醒大家一些簡單的健康貼士：健康飲食、多做運動、減少飲酒和常持樂觀的心境。就由今天開始，活出健康新方向！想得到更多關於以上健康範疇的資訊，請瀏覽網頁：www.change4health.gov.hk

Want to live a healthier life? Choices are in fact in your hands. The poster with the slogan "Healthy Choices for a Healthy Life" issued by the Non-Communicable Disease Division provides you with some simple health tips - eating healthy, exercising more, drinking less and thinking positive. Starting from today, For Health We Change! Please visit our website at www.change4health.gov.hk for more information.



健康飲食 Eating healthy

每天應進食最少兩份水果及三份蔬菜 Eat at least 2 servings of fruits and 3 servings of vegetables daily

一份水果的份量有多少？

「一份水果」約相等於：

- 兩個小型水果（如：布林、奇異果）。
- 一個中型水果（如：橙、蘋果）。
- 半個大型水果（如：香蕉、西柚、楊桃）。
- 半碗水果塊（如：西瓜、皺皮瓜、蜜瓜）。
- 半碗顆粒狀的水果（如：提子、荔枝、車厘子、士多啤梨）。
- 四分之一碗沒有添加糖或鹽的果乾（如：提子乾、西梅乾）。
- 四分之三杯沒有添加糖的純果汁（如：鮮橙汁連果肉）。

註：一杯或一碗=240毫升

How big is a serving of fruits?

One serving of fruits is approximately defined as:

- 2 pieces of small-sized fruits (e.g. plum, kiwifruit).
- 1 piece of medium-sized fruit (e.g. orange, apple).
- 1/2 piece of large-sized fruit (e.g. banana, grapefruit, star fruit).
- 1/2 bowl of fruit cuts (e.g. watermelon, cantaloupe, honeydew melon).
- 1/2 bowl of mini-sized of fruits (e.g. grapes, lychees, cherries, strawberries).
- 1/4 bowl of dried fruits without added sugar or salt (e.g. raisin, prune).
- 3/4 cup of pure fruit juices without added sugar (e.g. fresh orange juice with pulp).

Remark: 1 cup / 1 bowl = 240 ml

一份蔬菜的份量有多少？

「一份蔬菜」約相等於：

- 一碗未經烹調的葉菜（如：生菜、紫椰菜）。
- 半碗煮熟的蔬菜、芽菜、瓜類或菇類（如：菜心、芥蘭、菠菜、白菜、豆芽、茄子、紅蘿蔔）。
- 四分之三杯沒有添加糖的新鮮蔬菜汁（如：新鮮番茄汁連渣）。
- 半碗煮熟的豆類（如：荷蘭豆、紅腰豆）。

註：一碗 / 杯=240毫升

How big is a serving of vegetables?

One serving of vegetables is approximately defined as:

- 1 bowl of raw leafy vegetables (e.g. lettuce, purple cabbage).
- 1/2 bowl of cooked vegetables, sprouts, gourds or mushrooms (e.g. Chinese flowering cabbage, Chinese kale, spinach, white cabbage, bean sprouts, eggplant, carrot).
- 3/4 cup of fresh vegetable juice without added sugar (e.g. fresh tomato juice with pulp).
- 1/2 bowl of cooked beans (e.g. snow peas, red kidney beans).

Remark: 1 bowl / cup = 240 ml



多做運動 Exercising more

所有健康並沒有體能活動禁忌的18-64歲成年人：

- 成年人應每週進行最少150分鐘中等強度的帶氧體能活動，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。
- 每次進行帶氧活動應最少維持10分鐘。
- 要獲得更多的健康效益，成年人應將每週進行中等強度的帶氧體能活動時間增至300分鐘，或每週進行150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。
- 成年人應每週兩天或以上進行針對重要肌群的強化肌肉活動。

For all healthy adults aged 18-64 years without any contraindication to physical activity:

- Adults should do at least 150 minutes a week of moderate-intensity aerobic physical activity, or at least 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity.
- Aerobic activity should be performed in bouts of at least 10 minutes' duration.
- For additional health benefits, adults should increase their moderate-intensity aerobic physical activity to 300 minutes a week, or engage in 150 minutes of vigorous-intensity aerobic physical activity a week, or an equivalent combination of moderate- and vigorous-intensity activity.
- Adults should do muscle-strengthening activities that involve major muscle groups for 2 or more days a week.

劇烈程度	運動項目	Level of intensity	Exercise
劇烈強度	例子： 緩步跑、快速游泳、跳快舞、跳繩、打網球（單打）、打籃球、踢足球	Vigorous	Examples: jogging, fast swimming, fast dancing, jumping rope, tennis (singles), basket ball, soccer
中等強度	例子： 快步行、水中有氧運動、打網球（雙打）、在平路上踏單車、包含接與投的運動（例如排球和棒球）	Moderate	Examples: brisk walking, water aerobics, tennis (doubles), biking on level ground, sports involving catch and throw (such as volleyball and baseball)
低等強度	例子： 散步、伸展運動、舉起練手啞鈴、仰臥起坐、站立對著牆做掌上壓	Low	Examples: light walking, stretching, lifting hand weights, sit-ups, push-ups against the walls

減少飲酒 Drinking less

世界衛生組織的國際癌症研究機構將酒精列為第一類致癌物質，與煙草屬同一類別。同時，酒精對心臟健康所起的保護作用仍存在很多爭議。

事實上，絕對安全或無害的飲酒水平並不存在。一般而言，飲酒越多，要承受酒精相關危害的風險便越大。

因此，若選擇飲用酒精飲品，便應節制以盡量減少與酒精相關的危害。

Alcohol is classified as a group 1 cancer-causing agent (at the same group of tobacco) by the International Agency for Research on Cancer of the World Health Organization. At the same time, controversy exists over the protective effect of alcohol on the heart.

In fact, there is no absolutely safe or harmless level of drinking. Generally speaking, the more people drink, the higher the chance they get alcohol-related harm.

Therefore, if you choose to drink alcoholic beverages, limit the amount to minimise alcohol-related harm.



我打咗流感針喇！你呢？ I've got my flu shot! Have you?

即使健康人士亦可能感染嚴重的流行性感冒，為保障個人健康，所有人士都應考慮接種季節性流感疫苗

過往的本地調查顯示，醫護人員接種季節性流感疫苗的比例偏低。為鼓勵衛生署的員工接種季節性流感疫苗，衛生防護中心總監曾浩輝醫生應邀參與拍攝了一段名為「一年一度衛生署員工流感疫苗注射計劃」的短片。曾醫生說：「我每年都會接種流感疫苗。接種流感疫苗，最重要是除了可以保護自己外，亦能保護我們的家人及照顧的病人。」

為推廣本年度的員工注射計劃，凡接種流感疫苗的衛生署員工，將獲贈襟章一枚，以答謝他們的支持，有關安排可參閱相關的海報或向所屬服務單位查詢。

As serious influenza infection can occur even in healthy individuals, everyone should consider getting a seasonal influenza vaccine in order to protect one's own health.

Previous local studies revealed that the uptake rate of seasonal influenza vaccination amongst health care workers was on the low side. In an effort to appeal to the staff of the Department of Health (DH) to receive seasonal influenza vaccine, Dr Thomas Tsang, the Controller of the Centre for Health Protection, has been invited to appear in a short video titled "Annual Seasonal Influenza Vaccination Programme for DH Staff". In the clip, Dr Tsang said, "I receive my flu shot every year." He added, "It is important as getting a flu shot protects not only yourself, but also your family members and your patients."



To encourage our staff to get vaccinated for the flu this year, those who have gotten a flu shot will receive a badge in appreciation for their support. For details please refer to the poster of the scheme or contact your service unit.

接種流感疫苗 可保護自己和你周邊的人

季節性流感疫苗計劃增兩目標群組

此外，疫苗可預防疾病科學委員會建議，將年齡介乎50至64歲的人士及體重指數達30或以上的肥胖人士，納入2011/12年度接種季節性流感疫苗的建議目標群組之內。

本港流行病學數據顯示，在上個流感季節年度，年齡介乎50至64歲的人士，因感染甲型(H1N1) 2009流感(即人類豬型流感)而需要接受深切治療或死亡的風險較高。而本港和海外的證據均顯示，肥胖為導致嚴重甲型(H1N1) 2009流感的一項獨立風險因素。

2011/12年度其他建議接種季節性流感疫苗的目標群組包括：有長期健康問題的人士、65歲或以上的長者、居於院舍的長者或殘疾人士、六個月至未滿六歲的兒童、醫護人員、孕婦、家禽業從業員及從事養豬及屠宰豬隻行業的人士。

Get a flu shot to protect yourself and those around you

Two Target Groups Added to the Recommended List

In addition, the Scientific Committee on Vaccine Preventable Diseases has suggested that people aged between 50-64 and obese individuals with body mass index (BMI) of 30 or above be included as target groups recommended for seasonal influenza vaccination in the 2011/12 seasons.

According to local epidemiology data in the last influenza season, persons aged between 50 and 64 had a higher risk of Influenza A (H1N1) 2009 virus-related (i.e. human swine influenza virus-related) intensive care unit (ICU) admission or death. Meanwhile, local and overseas evidence suggests that obesity is an independent risk factor for severe influenza A (H1N1) 2009.

Other target groups for 2011/12 seasonal influenza vaccination include persons with chronic medical problems, elders (65 years and above), elders and disabled persons in residential care, children (aged from 6 months to less than 6 years), health care workers, pregnant women, poultry workers, pig farmers and pig-slaughtering industry personnel.



* 體重指數的計算方法是體重(公斤)除以身高平方(米)：公斤/米²

* BMI is calculated by dividing the body weight (in kg) by the square of height (in m): kg / m²





5.7.2011 & 14.7.2011



衛生署署長林秉恩醫生出席了屯門及葵青區議會會議，向議員講解衛生署在2011/2012年度的重點工作計劃，以保持與地區緊密溝通及加強地區層面的支持網絡。

Dr PY Lam, Director of Health, attended meetings of Tuen Mun and Kwai Tsing District Councils to brief the councillors on the key points of the Department's Annual Plan 2011/2012 and to strengthen communication and gain support at community level.

社區聯絡部舉辦健康促進交流會，邀請了中央健康教育組及非政府組織機構的代表分享向少數族裔推廣健康訊息的寶貴經驗，吸引了超過120人出席。

Community Liaison Division hosted the Health Promotion Sharing Forum where speakers from Central Health Education Unit and Non-Governmental Organisations were invited to share their valuable experiences on promoting health to ethnic minority groups. The event attracted over 120 attendees.



28.7.2011



11.7.2011

衛生署與教育局舉辦一年一度的「小學校長高峰會」，推廣學童健康飲食，會上更向獲得至「營」學校認證資格的學校頒授證書。

Department of Health and the Education Bureau co-organised the annual "Principal Summit for Primary Schools" to promote healthy eating in schools. During the summit, awards were presented to schools which had achieved "EatSmart School" accreditation.

來自昆明醫學院的一個考察團訪問衛生防護中心，由中心同事簡介緊急應變中心等設施的運作。

A delegation from Kunming Medical University visited CHP and was briefed on the operation of its facilities, including the Emergency Response Centre.

29.7.2011





10-11.9.2011



社區聯絡部與中西區區議會聯合舉辦「2011中西區健康節」，透過主題講座、遊戲及資訊攤位，推廣預防傳染病及有「營」飲食的健康訊息。兩天活動共吸引了2,800位市民參與。

Community Liaison Division and Central & Western District Council jointly held the "Central & Western Health Festival 2011", to promulgate the messages of "Prevention of Communicable Diseases" & "Healthy Eating" through thematic health talks, games and informative booths. The two-day event had attracted 2,800 participants.

由中央健康教育組委託向居港印尼裔人士推廣「家庭傭工衛生手冊」的基督教聯合那打素社康服務召開了兩次焦點小組會議，探討如何有效地推廣相關的健康訊息。

United Christian Nethersole Community Health Service, which has been commissioned by the Central Health Education Unit to promote the "Hygiene Handbook for Domestic Helpers" among local Indonesian population, held two focus groups to explore how to promote health-related messages effectively.



22.9.2011

上海市衛生局一個代表團到訪衛生防護中心，雙方就非傳染病防控及控煙等議題進行交流。

A delegation from Shanghai Municipal Health Bureau visited the CHP to share experiences in the prevention and control of non-communicable diseases and tobacco control.



23.9.2011



銅鑼灣一間教會曾出現數個感染德國麻疹的案例，衛生防護中心派出調控小組到該教會舉行健康講座及問卷調查，為曾出現病徵者抽血化驗，並為未有接種麻疹、流行性腮腺炎及德國麻疹混合疫苗之人士進行免疫注射。



16.10.2011

CHP Outbreak Team paid a visit to a church service in Causeway Bay for investigation and control of a rubella outbreak there. During the visit, a health talk was delivered and questionnaires were distributed to assess whether there were other persons affected. Blood specimens were also collected from those who had symptoms. Measles, Mumps and Rubella vaccines were offered to those unvaccinated.



20.10.2011



汶萊衛生部一個代表團考察了本港港口衛生設施及參觀衛生防護中心，了解中央呈報辦公室、緊急熱線中心和緊急應變中心等工作。

The representatives from the Ministry of Health of Brunei Darussalam visited the port health facilities in Hong Kong as well as the CHP, in which they were briefed on the functions of Central Notification Office, Emergency Hotline Centre and Emergency Response Centre.

24.10.2011

寧波市衛生局官員一行到訪衛生防護中心，與中心人員就非傳染病防控進行交流，並瞭解公共衛生化驗服務處的工作。

A delegation from Ningbo Municipal Health Bureau visited the CHP to share experiences in the prevention and control of non-communicable diseases and to understand the work of Public Health Laboratory Services Branch.



01.12.2011

紅絲帶中心舉行了「2011年世界愛滋病日音樂會」，並將前九廣鐵路鐘樓等建築群外牆燈光轉為紅色，以喚起公眾對愛滋病的關注。

Red Ribbon Centre held a concert to mark the World AIDS Day 2011 and turned the landmark buildings such as former Kowloon-Canton Railway Clock Tower to red to raise public awareness of HIV/AIDS.