

目錄 Contents

防控疾病
創造健康環境和文化
Prevention and Control of Diseases
Creating Healthy Environment and Culture P.2-5

非傳染病的挑戰
The Challenge of Non-Communicable Diseases P.5-7

我們的科學委員會
Our Scientific Committees P.7

赤道演習
Exercise EQUATOR P.8

護養院手部衛生推廣活動
Hand Hygiene Promotion Programme in Nursing Homes P.8-9

社會營銷短期課程
Short Course on Social Marketing P.9

出版速遞
Publication Corner P.10

活動快拍
Snapshots of Events P.10-12

編輯委員會 Editorial Board

顧問 / Adviser

尹志強先生
Mr Aaron WAN Chi Keung

主編 / Editor-in-chief

關婉菁女士
Ms Cindy KWAN Yuen Ching

委員 / Members

鄧國強先生
Mr TANG Kwok Keung

譚玫瑰醫生
Dr THAM May Ked

余潔貞醫生
Dr Rachel YUE Kit Ching

陳佩玲小姐
Miss Evelyn CHAN Pui Ling

本刊物由衛生署衛生防護中心出版
香港灣仔軒尼詩道130號修頓中心七樓
© 版權所有
如有意見，可傳真至2591 6127，或電郵至
rcag@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
7/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong
© All rights reserved
If you have any comments or opinions regarding the CHP Newsletter,
you may fax it to 2591 6127 or email to our Editorial Board at
rcag@dh.gov.hk.

衛生署衛生防護中心網頁
Centre for Health Protection Website
www.chp.gov.hk

衛生署署長的話

Message from the Director of Health

過去四年，衛生防護中心得到本地及海外專業人士的支持，不斷提高其疾病監控及應變的能力，為了強化香港的公共衛生工作，及回應市民期望而悉力以赴。

我希望衛生防護中心繼續努力，朝著三個策略性方向：實時監察、迅速介入和適時通報風險，致力加強香港的疾病防控工作。

衛生署署長林秉恩醫生

Over the past four years, with the unfailing support from local and overseas professionals, the Centre for Health Protection (CHP) has continued to increase our capacity in disease surveillance and control and emergency preparedness with a view to strengthening the public health measures in Hong Kong and meeting public expectation with our best endeavour.

I wish that CHP would continue its work in the '3Rs' strategic directions: real-time surveillance, rapid intervention and responsive risk communication to foster the efforts of disease prevention and control in Hong Kong

Dr PY LAM, Director of Health



衛生防護中心總監的話

Message from the Controller, CHP



衛生防護中心的運作轉眼已踏入第五年。過去一年充滿挑戰，我們亦取得不少有價值的工作成果。

回顧去年，各部門同事按既定目標努力不懈，建立專業知識，擴大海內外伙伴合作，以切合市民大眾的需求。在四周年特刊裏我們會簡述衛生防護中心在過去一年的工作發展重點。

展望未來，在過去工作成果的基礎上，並按照衛生防護中心三個策略性方向，讓我們繼續迎接瞬息萬變的挑戰。我們期盼大家的回應和支持，謝謝。

衛生防護中心總監曾浩輝醫生

CHP has already embarked on our 5th year of operation. We had experienced many challenges in the past year and made numerous worthwhile achievements.

Last year, colleagues of various service branches worked diligently in accordance with the defined goals, broaden our professional knowledge, and extend our collaboration with local and overseas partners in order to serve the needs of our community. In this 4th anniversary special edition, we have highlighted our key accomplishments over the past year.

Looking forward, in line with the three strategic directions and building on the solid foundation of our past achievements, we would continue to strive to meet the ever changing challenges ahead. We look forward to receiving your feedback and support. Thank you.

Dr Thomas Tsang, Controller, Centre for Health Protection



衛生署
Department of Health

防控疾病 創造健康環境和文化

Prevention and Control of Diseases

Creating Healthy Environment and Culture

衛生防護中心（中心）於二零零四年六月成立，以強化疾病控制、促進公共衛生及應付新挑戰為己任。中心轄下六個分處分別制定和落實了在各個專業範疇的目標和策略。在中心成立四周年之際，讓我們一同回顧六個分處去年的主要工作，並重點介紹未來的發展計劃。

監控疾病 促進健康

- 監測及流行病學處的傳染病部於去年共進行了超過 30,000 宗流行病學調查，其中約 800 次為實地視察，並提供適當的傳染病爆發控制措施及健康指引。
- 學童免疫接種運動為合資格學童進行疫苗注射服務的覆蓋率高達百分之九十五。
- 監測及流行病學處的非傳染病部去年發表的心臟健康調查報告，提供本港成年人口心血管疾病風險因素的資料。此外，該部亦進行了兩次行為風險因素調查，以監察與健康相關行為的趨勢。
- 為加強中毒事故的防控，衛生署、醫院管理局（醫管局）、香港中文大學及其他相關機構聯合成立了香港中毒防控網絡。
- 健康促進方面，中央健康教育組透過「健康飲食在校園」運動和「校園至『營』特工計劃」，繼續與學校、教師和家長合作改善兒童飲食習慣；又推出「有『營』食肆」運動，向市民提供更健康菜式，年內已有超過四百間餐廳加入成為「有『營』食肆」。
- 去年四月至今年一月期間，社區聯絡部分別出席了 58 個區議會或其屬下委員會的會議，就政府的重要衛生政策作出推廣及解釋。此外，該部通過出席 49 個與在各區推展健康城市計劃相關的會議，提供社區診斷及有關地區性健康推廣工作的意見。該部每個季度亦向區議會及非政府組織發表「傳染病季度風險通報」。

提升化驗服務系統

- 公共衛生化驗服務處進一步發展及提升化驗服務，以檢測新發現的病原體，如基孔肯尼雅病毒、諾如病毒等，並加強不同傳

The Centre for Health Protection (CHP) was set up in June 2004 to enhance disease control, promote public health and address new challenges. The six branches under the CHP set targets in their own professional domain and formulate respective implementation strategies. On the occasion of the 4th anniversary of the Centre, let us review the major tasks accomplished by the six branches last year and focus on their future development.

Improved Surveillance Effective Control Health Promotion

- Communicable Disease Division of the Surveillance & Epidemiology Branch (SEB) conducted investigation into over 30,000 infectious disease cases, with about 800 field visits, to provide advice on appropriate control measures and health.
- The School Immunisation Campaign achieved a coverage of over 95% for eligible school children.
- Non-Communicable Disease Division of SEB published the Heart Health Survey to provide information on cardiovascular risk factors of local adult population. Besides, two Behavioural Risk Factor Surveys were conducted to monitor the trends of health-related behaviour.

- To strengthen poisoning prevention and control, the Department of Health (DH), the Hospital Authority (HA), the Chinese University of Hong Kong (CUHK) as well as other institutions concerned jointly established the Hong Kong Poison Control Network.
- Continual effort was made by Central Health Education Unit to improve eating habits of school children through collaboration with schools, teachers and parents under the 'EatSmart@school.hk' Campaign and the School 'NutriAgent' Project. To make healthy eating choices easier when eating out, the 'EatSmart@restaurant.hk' Campaign was launched with more than 400 EatSmart restaurants serving healthier dishes to their customers in the year.
- From April 2007 to January 2008, the Community Liaison Division attended 58 District Council (DC) meetings and its subcommittee meetings to promulgate government policy on major health issues. Advice on community diagnosis and district-based health promotion was provided at 49 meetings in relation to Healthy Cities projects in various districts. The 'Seasonal Risk Communication on Communicable Diseases' to DCs and non-governmental organisations (NGO) were also presented.



染病（如戊型肝炎病毒及社區型耐甲氧西林金黃葡萄球菌感染）的實驗室監測，以採取適時的公共衛生措施。

- 該服務處又被指定為世界衛生組織（世衛）的區域麻疹病毒參比實驗室，為世衛提供以聚合酶鏈反應測試流行性感冒病毒之質量保證計劃。
- 實驗室資訊系統與醫管局系統的配合於去年完成，將有關病毒及微生物的測試報告以電子方式傳送。今年一月，有關資訊系統的配合亦已進一步擴展。

加強感染控制工作

- 感染控制處不斷提升公共衛生當局與醫管局之間的聯繫及協作效率，而設立於醫管局傳染病中心之衛生防護中心及醫管局協作小組已於今年四月七日開始運作。
- 該處正為抗生素處方恰當性提供即時建議的果效進行數據搜集及研究；同時，亦就私家醫院的細菌耐藥性模式進行普查。
- 今年一月起，我們在醫管局轄下所有醫院全面推行耐藥性金黃葡萄球菌監測計劃，並於網頁上載監測計劃的改良版本以供參考。此外，又更新了有關社區型耐藥性金黃葡萄球菌的臨床指引，編製有關資料單張，及擬備多項其他指引。

改善緊急應變能力

- 去年緊急應變及資訊處擬備了衛生署就二零零八年奧運及殘奧馬術項目期間的預防及監控傳染病爆發應變計劃，並於今年六月舉辦「赤道演練」，以測試就奧運及殘奧馬術項目所作的準備。該處亦就其他傳染病爆發擬備及更新相關的應變計劃。
- 其他跨部門以至跨區域的演習和演練包括：測試對禽流感爆發應變能力的「栗子演習」；由內地、香港和澳門衛生當局共同進行的聯合通訊演練「長城演練2007」；及模擬在深西通道邊境管制區內發生公共衛生事故的「羅盤演習」。

提供公共衛生服務

- 公共衛生服務處通過不同的公共衛生控制工作和健康推廣活動，加強有關結核病、性病及愛滋病的控制措施。
- 去年，結核病的呈報數字下降至5,545宗，即每100,000人有約80宗個案（初步數字），為歷史新低。新性病個案則錄得14,305宗，較二零零六年下跌百分之十三點八。

Enhancing Laboratory Testing Services

- Public Health Laboratory Services Branch continued to develop and enhance laboratory tests for the detection of emerging pathogens such as Chikungunya virus and norovirus. Laboratory surveillance of various infections (such as hepatitis E virus and community-associated methicillin-resistant *Staphylococcus aureus* infections (CA-MRSA)) was enhanced for timely public health actions.
- The Branch was designated as World Health Organization (WHO) Regional Measles Reference Laboratory and launched the WHO external quality assessment programme for the detection of influenza virus by polymerase chain reaction (PCR).
- The interface between the Laboratory Information System (LIS) of the Branch and that of the HA for electronic transmission of virology and microbiology test results was completed last year and was further extended in January 2008 successfully.

Strengthening Infection Control

- Infection Control Branch continued to enhance the liaison / collaboration between public health authorities and the HA with the commencement of operation of the CHP-HA Collaboration Unit located at the HA Infectious Disease Centre on 7 April 2008.
- Data collection is in progress to study the effect of the Immediate Concurrent Feedback (ICF) on appropriateness of antibiotics prescription. Meanwhile, ongoing survey is undertaken to collect information on the antibiotic resistance pattern in private hospitals.
- The MRSA Surveillance Programme was fully launched to all HA hospitals in January 2008. Enhanced version of the web-based MRSA Surveillance Programme has also



been posted for easy reference. Besides, clinical guidelines on CA-MRSA were updated. A relevant fact sheet was developed and various guidelines were drafted.

Fostering Emergency Response Capacity

- Last year, the Emergency Response and Information Branch developed the Department of Health Contingency Plan for the Prevention and Control of Infectious Disease Outbreaks for 2008 Olympic and Paralympic Equestrian Events. The 'Exercise Equator' was conducted in June 2008 to test the preparedness for the above mentioned events. In addition, the Branch drafted and updated relevant plans for other infectious disease outbreaks.
- Other inter-departmental and cross-territorial drills were conducted, including the 'Exercise Chestnut' which aimed to test the response to an outbreak of avian influenza; the 'Exercise Great Wall 2007' which was a joint communication exercise of the health authorities of the Mainland, Hong Kong and Macao; and the 'Exercise Compass' which simulated a public health incident at the Hong Kong-Shenzhen Western Corridor checkpoint.

Providing Public Health Services

- Through various public health control and health promotion activities, the Public Health Services Branch strengthened the control measures for tuberculosis (TB), sexually transmitted diseases (STD) as well as AIDS.
- The number of TB notifications dropped

- 鑑於愛滋病毒在男男性接觸者社群急速擴散，紅絲帶中心開展了「零感特攻隊」的愛滋病預防活動。又因應二零零七年全球同抗愛滋運動的主題：「堅守承諾，共抗愛滋」，製作由聯合國愛滋病規劃署特別代表楊千嬅小姐參與拍攝的宣傳片及海報，並舉辦開展禮及派發紅絲帶等活動。

促進專業知識交流

- 項目管理及專業發展處為促進專業發展和交流，在去年共籌辦了52次會議、訪問項目及培訓活動，當中包括第七次粵港澳防治傳染病聯席會議及衛生防護中心研討會。
- 衛生防護中心的科學顧問架構共召開了20次會議，就多項公共衛生議題進行討論，並發表科學文件和建議。我們又為政府委任的專家小組提供秘書處支援，調查今年年初三名兒童因發燒而死亡的個案。

繼往開來 共同合作

面對生活環境的不斷變化，維護市民健康是任重道遠。衛生防護中心將緊密監測本地流行病情況，加強與區內及國際的連繫，及早阻遏疾病擴散。另外，更會加強健康教育，協助締造健康環境和文化，促進奉行健康生活方式。

中心來年在不同範疇的工作計劃包括：

掌握及分享關鍵數據

- 研究擴大與醫管局實驗室資訊系統的配合，以提高實驗室監測及臨床管理的效率
- 監察疾病蔓延趨勢以便適時啟動更強的實驗室診斷及監測工作
- 為各政府部門提供分享健康數據的平台

防控非傳染病

- 推出非傳染病防控策略文件及實施相關策略
- 進行多項調查以收集非傳染病的資料
- 支援癌症事務統籌委員會的工作，以制定癌症防控策略



to a historical low of 5,545 last year, meaning roughly 80 cases in every 100,000 people (provisional figures) while 14,305 new cases of STD were recorded, that was 13.8% lower compared with the figure of 2006.



- In view of the rising HIV epidemic among the Men who have sex with men, the Red Ribbon Centre launched an HIV prevention campaign named 'ZeroHeroes'. To tie in with the theme of the World AIDS Day - 'Stop AIDS, Keep the Promise', the Centre produced a TV announcement of public interest (API) and poster featuring Miss Miriam Yeung, United Nations Programmes on AIDS Special Representative. A launching ceremony was held and red ribbons were distributed to the general public.

Facilitating Exchange of Professional Expertise

- To enhance professional development and exchange, the Programme Management and Professional Development Branch (PMPDB) organised 52 meetings, visits and training activities, including the 7th Tripartite Meeting and CHP Symposium.
- The Scientific Advisory Structure of CHP convened 20 meetings to deliberate various issues of public health and to present scientific papers and recommendations. The PMPDB also provided secretariat support to the Expert Group appointed by the Government to investigate the febrile deaths of three children in early 2008.

Continual Collaboration into the Future

Experiencing an ever changing living environment, we are charged with the great responsibility to help maintain and protect the health of the public. CHP will vigilantly monitor the situation of local epidemic, strengthen our collaboration with regional and international counterparts, and prevent the spread of

diseases in a timely manner. Besides, health education will be enhanced for creating healthy environment and culture to support people to adopt healthy lifestyle.

The forthcoming work of CHP in different areas includes:

Collecting and Sharing Critical Data

- explore the extension of the scope of the LIS interface with the HA to improve efficiency in laboratory investigations and clinical management
- monitor disease trends for initiation of enhanced diagnostic and laboratory surveillance activities
- offer a data sharing platform for various government agencies

Preventing and Controlling Non-Communicable Diseases (NCD)

- release a strategic document on prevention and control of NCD, and implement relevant strategies
- conduct various surveys to collect pertinent information on NCD-related issues
- support the Cancer Coordinating Committee to formulate cancer prevention and control strategies

Preventing and Controlling Communicable Diseases

- assist Food and Health Bureau in updating the Framework of Government's Preparedness Plan for Influenza Pandemic
- continue to coordinate the Government Influenza Vaccination Programme which offers influenza vaccination to the eligible target groups

Working with Partners

- explore the possibility of conducting research activities with local and

防控傳染病


- 協助食物及衛生局更新政府流感大流行緊急應變計劃的框架文件
- 繼續統籌政府流行性感冒防疫注射計劃，為合資格對象提供流感疫苗注射

伙伴合作

- 探討和其他本地和國際性伙伴一同進行研究活動，例如新藥研究
- 籌劃一個由內地、香港和澳門當局共同進行的通訊演練，以及一個由各政府部門和其他機構參與的演習

防控性病及愛滋病

- 通過不同的公共衛生控制工作和健康推廣活動，並與署內其他部門及相關志願組織合作，加強控制及預防性病措施
- 檢討愛滋病信託基金的資助機制，推出技術援助計劃，為非政府機構提供有關撰寫資助申請書及建立評估機制的技術支援

我們會繼續努力不懈，與合作伙伴及有關方面共同合作，朝著有效預防及控制疾病的目標邁進。 




- international partners, e.g. new drug trials
- plan a joint communication exercise involving health authorities in the Mainland, Hong Kong and Macao and an exercise involving government departments and other organisations

Preventing and Controlling STD and AIDS

- strengthen STD control activities through various public health control and promotion activities, and collaboration with other DH

- services as well as voluntary organisations
- review the funding mechanism for the AIDS Trust Fund and launch the Technical Assistance Programme which provides technical support in writing up funding proposals and establishing evaluation mechanisms for NGO

We strive to achieve effective prevention and control of diseases in collaboration with our partners and other parties concerned. 



人物專訪 Feature Interview

非傳染病的挑戰

The Challenge of Non-Communicable Diseases

非傳染病是全球及本港的主要致命病因，超過六成的死亡個案都由非傳染病引致，這些疾病包括癌症、心血管病、中風、糖尿病等。但較諸一般傳染病，非傳染病似乎並未得到公眾的廣泛重視，究其原因何在？

「很多人以為心臟病、中風和糖尿病等都是『老人病』，年紀大才會患上，於是便沒有關注的迫切性。」衛生防護中心監測及流行病學處主任梁挺雄醫生一語道破社會對非傳染病的誤解。他指出：「部分非傳染病患者於年輕時已患病，而且非傳染病對發展中地區居民健康的影響更愈來愈大。」因此監測及流行病學處的主要工作範疇，除了傳染病外，更包括非傳染病及健康促進方面，目標是加強協調對流行病的防控，扭轉以上的情况。

Non-Communicable Diseases (NCD) are the leading causes of deaths and account for over 60% of all deaths globally and locally. These diseases include cancer, heart diseases, stroke and diabetes, to name just a few. Yet compared to the more widely publicised communicable diseases (CD), NCD do not seem to catch much attention of the general public. Why?



衛生防護中心監測及流行病學處主任梁挺雄醫生
Dr LEUNG Ting-hung, Head of the Surveillance and Epidemiology Branch

'Many people think that diseases such as heart diseases, stroke and diabetes are exclusively "diseases of the elders". They believe one can

only get these diseases in old age. Hence, they don't see any urgent need to pay attention to them,' explained Dr LEUNG Ting-hung,

人物專訪 Feature Interview

社區推廣健康

梁挺雄醫生說，相對於傳染病「早發現、早通報、早切斷」的策略，控制非傳染病的首要工作是針對不同疾病，找出致病的風險因素，然後決定如何減低風險。

許多非傳染病都擁有共同的風險因素如吸煙、缺乏恆常運動、不健康飲食習慣等。「香港市民對疾病的求知慾高，認識也多，但是很多人卻知而不行。事實上，實踐健康行為是預防非傳染病的最有效方法。」梁醫生說。

因此，該處訂立三大工作策略，包括鼓勵市民實踐健康生活模式、營造健康社會環境，以及透過與地區團體、機構建立伙伴關係，在社區合作推動健康生活。

舉例說，衛生防護中心在飲食業界支持下推出「有『營』食肆」運動，向業界提倡著重營養的烹調方法，並發出指引，為市民提供更健康的選擇，例如一些以蔬菜及水果為主要材料的「蔬果之選」，以及名為「3少之選」（即少油、少鹽、少糖）的菜色。

監測行為模式

為了解健康風險行為以助推行適當的預防策略，監測及流行病學處更從兩方面進行監測：一是常規監測，二是特定事項調查。該處於二零零五年建立行為風險因素監測系統，通過一系列定期及有系統地進行的電話調查，收集香港成年人口各種與健康風險有關的行為模式資料，例如運動和飲食習慣，監察變化以調整各種促進健康和預防疾病的工作策略。

梁醫生特別提及控煙工作，正是一個成功例子。香港在八十年代有接近三成的市民習慣每日吸煙，在二零零五年此數字已下降至少於一成半，而這個比率亦屬世界最低水平之一。其間衛生署進行調查，監測變化，以協調控煙工作。在全港推行的控煙運動，亦取得良好成果。

展望未來

去年七月才接任監測及流行病學處主任的梁挺雄醫生擁有豐富的公共衛生專業知識及工作經驗。他承認防控非傳染病的一大困難是全世界普遍欠缺詳細資料，資訊通報機制不如傳染病般成熟及快捷。而且，大部分的非傳染病都受眾多因素影響，必須多方面配合才能達到效果，相對於傳染病只要切斷傳染鏈便可以控制更具難度。

Head of the Surveillance and Epidemiology Branch (the Branch), Centre for Health Protection. 'Some NCD patients are diagnosed at young age. Moreover, the diseases are affecting the health of the people in the developing regions more and more seriously.' That's why, in addition to mitigating the spread of CD, the Branch dedicates significant resources to the control of NCD and health promotion. Ultimately, the Branch aims to turn the situation around by strengthening the prevention and control of NCD.

Community Health Promotion

Unlike the strategy for managing CD that focuses on 'timely recognition, prompt reporting and rapid breaking of the chain of infection', the most important task in controlling NCD is to identify the risk factors predisposing to different types of NCD and determine how to reduce those risks.

Many NCD share common risk factors such as smoking, lack of regular physical exercise, unhealthy dietary habits, etc. 'People in Hong Kong are keen to learn more about diseases,' said Dr LEUNG. 'However, many people don't act on what they know. With no doubt, practising healthy behaviour is the most effective way of preventing NCD.'

To meet this challenge, the Branch has formulated three strategies: encouraging the general public to live healthy lifestyles; creating a health conducive environment for the society; and working in partnership with various community bodies and organisations to promote healthy lifestyles.

The 'EatSmart@restaurant.hk' Campaign is a good example. With the support of the catering industry, the Department of Health is promoting nutritious cooking methods in the trade and has issued guidelines for offering healthier choices to the public. Restaurants will provide EatSmart dishes with 'More fruit and vegetables' and '3 Less' (less oil, salt and sugar) under the Campaign.

Monitoring Behavioural Patterns

In order to understand behavioural risk factors




for the implementation of prevention strategies, the Branch engages in both regular surveillance and ad hoc surveys for specific incidents. Since the establishment of the Behavioural Risk Factor Surveillance System in 2005, regular and systematic research by the means of telephone interviews have been conducted to collect information on Hong Kong adults' health-related behaviour, including exercise and dietary habits. This enables the Branch to continually monitor the trend and adjust its strategies for health promotion and disease prevention.

According to Dr LEUNG, tobacco control is a particularly successful example in this regard. In the 1980s, nearly 30% of all Hong Kong residents were daily smokers. In 2005, this percentage has been lowered to less than 15% and is now among the lowest in the world. During the period, the Department of Health has conducted surveys, tracked changes to coordinate its work on tobacco control. The territory-wide No Smoking Campaign was then launched with success.


Looking to the Future

Drawing on his extensive knowledge and experience of public health, Dr LEUNG became Head of the Surveillance and Epidemiology Branch in July 2007. He recognises that the prevention and control of NCD is full of challenges. Major obstacles include the lack of detailed information and the relatively slow and less developed mechanism of reporting when compared with that of CD. Most NCD are subject to numerous factors. In contrast to CD which

「由於不少的非傳染病都屬慢性疾病，需長期治療和照顧，因此非傳染病不單影響個人，對家庭及社會亦帶來沉重的壓力和負擔。」梁醫生說：「我們面對的挑戰，是如何更有效地改善環境和改變行為，讓市民在每個人生階段都建立良好生活習慣，實踐健康行為。只有和社區伙伴及個人共同合作，防控非傳染病才可能成功。」

can be controlled by breaking the chain of infection, the control of NCD requires multi-faceted collaboration and is more challenging.

'As quite a number of NCD are chronic diseases that require long-term treatment and care,' Dr LEUNG remarked, 'they do not only affect the individuals, but also place heavy burden on families and society. The challenge

we now face is how to improve the environment and change people's behaviour more effectively, particularly by encouraging people to establish good habits at every stage of their lives and practise healthy behaviour. Success can only be achieved with the engagement of community partners and individuals.'


科學委員會天地 Scientific Committees Corner

我們的科學委員會 Our Scientific Committees



由鍾世文教授帶領的傳病媒介疾病科學委員會，主力研究新出現及重現的傳病媒介疾病的威脅，並為防控策略提供意見。最近，委員會就全球及本地黃熱病的流行病學，剖析了黃熱病在本港的潛伏危機及討論其預防策略，並發表了名為「本港黃熱病的預防」的科學文件。


另外，疫苗可預防疾病科學委員會專注提供有關疫苗使用的科學意見，而愛滋病及性病科學委員會則負責預防及控制愛滋病及性病這兩個關係密切的公眾健康問題。為了更有效地匯聚不同專家的意見，疫苗可預防疾病科學委員會和愛滋病及性病科學委員會攜手合作，完成了「使用人類乳頭瘤病毒疫苗的建議」。

以上兩項建議已上載到衛生防護中心網頁，以供公眾及醫護人員參考。

Headed by Professor John SIMON, the Scientific Committee on Vector-borne Diseases (SCVBD) focuses on the study of threat imposed by emerging and resurging vector-

borne diseases and advises on relevant prevention and control strategies. Recently, the SCVBD has reviewed the global and local epidemiology of yellow fever, examined its potential risks in Hong Kong and discussed the preventive strategies. It has also issued a scientific paper entitled 'Prevention of Yellow Fever in Hong Kong'.

The Scientific Committee on Vaccine Preventable Diseases (SCVPD) focuses on providing science-based advice on vaccine use at the population level while the Scientific Committee on AIDS and Sexually Transmitted Infections (SCAS) is responsible for the prevention and control of two closely related public health problems, namely AIDS and sexually transmitted infections. By virtue of better pooling knowledge, expertise and intelligence together, the SCVPD and the SCAS jointly devoted effort in studying HPV vaccine. 'Recommendation on the Use of Human Papillomavirus (HPV) Vaccine' has been issued.

The two recommendation papers mentioned have been uploaded to CHP website for the public and health care workers as reference.

衛生防護中心轄下的中央科學顧問委員會及七個科學委員會，就對公眾健康影響深遠的傳染病課題進行討論及交流。自二零零四年六月，中央科學顧問委員會及七個科學委員會共發表了七十多份建議文件，以供公眾參考。

科學顧問架構會繼續為保障香港市民的健康而努力！

The Board of Scientific Advisers and seven Scientific Committees established under CHP provide various fora for deliberation and exchange of views on issues relating to communicable diseases with public health importance. Since June 2004, the Board and the Committees have made more than 70 recommendations for public reference.

The Scientific Advisory structure will continue to safeguard and improve the health of the people in Hong Kong.

赤道演習 Exercise EQUATOR

衛生防護中心於二零零八年六月六日舉辦了代號為「赤道」的跨部門演習，以測試就二零零八奧運及殘奧馬術項目所作的準備，和政府對發生公共衛生事故的應變能力。

是次演習驗證多個部門在馬術比賽期間發生公共衛生事故時的程序和緊急應變計劃，以提升各有關單位之間的合作安排。

來自衛生署、醫院管理局、民眾安全服務隊、消防處、食物環境衛生署、政府化驗所、馬術公司及作為奧運村的帝都酒店等八個機構，逾100人參與是次演習。此外還有三十多名代表不同政府部門、本地機構的人士，以及國家衛生部和北京市疾病預防控制中心的專家以觀察員身分出席。

是次演習模擬24個運動員在奧運村內午餐後出現食物中毒病徵。部分人士經村內診所的醫護人員初步檢查後，轉送往威爾斯親王醫院作進一步治療，其他則在村內接受醫療觀察。衛生防護中心及食物環境衛生署職員到村內調查，抽取食物樣本作流行病學及食物衛生安全檢驗。

衛生署署長林秉恩醫生陪同食物及衛生局局長周一嶽醫生到奧運村及威爾斯親王醫院視察前線運作情況，周醫生表示演習提供寶貴的機會，讓各有關部門和機構評估其應變計劃的成效，並提高前線員工於奧運期間，在處理公共衛生事故時的信心和能力。 (CHP)

The Centre for Health Protection (CHP) organised an interdepartmental exercise code-named Equator on 6 June 2008

to test the overall preparedness and response of the Government to public health incidents relating to the 2008 Olympic and Paralympic Equestrian Events (the Events).

The objective of the exercise was to validate interdepartmental procedures and contingency plans on public health incidents during the Events and to further enhance coordination and cooperation among government departments and related agencies.

Over 100 participants from 8 organisations, namely Department of Health, Hospital Authority, Civil Aid Service, Fire Services Department, Food and Environmental Hygiene Department, Government Laboratory, the Equestrian Company and the Royal Park Hotel, which is designated as the Hong Kong Olympic Village, took part in the exercise. In addition, some 30 representatives from various government departments and local organisations, as well as experts from the Mainland Ministry of Health and Beijing Centers for Diseases Control and Prevention attended



the exercise as observers.

The exercise scenario unfolded as 24 athletes developed symptoms of food poisoning after having lunch at the Olympic Village. Some of the patients, after initial assessment by medical staff in the Village clinic, were transferred to the Prince of Wales Hospital (PWH) for further medical treatment while the others received medical attention inside the Village. Staff of the CHP and the Food and Environmental Hygiene Department also swung into action, carrying out epidemiological investigations and food and hygiene inspections in the Village.

The Secretary for Food and Health, Dr York CHOW, accompanied by the Director of Health, Dr PY LAM, visited the Olympic Village and PWH to observe the frontline operation. Dr CHOW remarked that the exercise had provided a valuable opportunity for the departments and organisations concerned to test relevant contingency plans and boost confidence of frontline staff in handling public health incidents during the Event period. (CHP)

護養院手部衛生推廣活動 Hand Hygiene Promotion Programme In Nursing Homes

基於世界衛生組織（世衛）的建議並融合本地社區醫護環境特色為設計理念，衛生防護中心感染控制處設立了一套多元化手部衛生推廣計劃，並於二零零七年五月至二零零八年一月期間，在本港八間護養院首度推行。

這個推廣計劃透過以實證為本的方法，宣傳有效提升手部衛生的依從性措施，包括以不同形式強化宣傳教育，如張貼洗手步驟海報和製作相關教育資料；開辦研討會；締造有利推廣環境，如在護理工作間重點設置世衛

Building upon the World Health Organization (WHO) recommendations and adapted to local scenarios, the Infection Control Branch of the Centre for Health Protection (CHP) launched a multi-faceted hand hygiene promotional programme in eight local nursing homes from May 2007 to January 2008.

The Programme promoted hand

hygiene compliance through a variety of evidence-based methods. These included



項目巡禮 Programmes in Focus

建議的酒精搓手液配方；並定期向管理層及員工匯報手部衛生表現等。

在推廣活動展開後的第一及第四個月均進行效果評估，向超過700名護養院的護理員作出有關手部衛生的知識、信念和實踐及依從性調查。結果顯示全體護理員的手部衛生依從性，在推廣活動後的第一個月提升了百分之三十五，並能在推廣活動後的第四個月維持良好的手部衛生習慣，成績令人鼓舞。醫護人員認同使用酒精搓手液既方便又節省時間。評估結果顯示，促進手部衛生的措施在日常護理工作中被廣泛接受和應用，是提升手部衛生依從性的一個重要因素。 (HP)

enhancing education through various means such as the display of poster for hand washing steps and production of relevant education materials; organising seminars; creating favourable environment by providing WHO formulated alcohol-based hand rubs at health care workplace; and giving performance feedback to both management and workers regularly.

The health care knowledge, beliefs, practice and compliance of over 700 health care workers of nursing home were measured one month

and four months after the intervention. The findings were encouraging with 35% increase in overall hand hygiene compliance among health care workers one month after the intervention, and the good hand hygiene practice could be sustained even four months after the intervention. The use of alcohol-based hand rub was perceived to be convenient and time-saving. The results showed wide acceptance in the daily nursing care activities and hence, is an important contributing factor to enhancing hand hygiene compliance. (HP)

社會營銷短期課程 Short Course on Social Marketing

汲取了商界的市場營銷方式及其成功向顧客推銷產品的經驗，「社會營銷」已漸漸被廣泛接受為一個有效藉以影響人們自願地接受、拒絕、改變或放棄一些行為的工具，從而令個人、群體以至整體社會獲益。有見及此，衛生署繼二零零六年舉辦社會營銷訓練後，在二零零八年五月廿二至廿四日與香港中文大學公共衛生學院合辦了「社會營銷短期課程」。

課程開幕禮由衛生署署理署長譚麗芬醫生主持，香港中文大學公共衛生學院總監葛菲雪教授致歡迎辭，並頒發紀念品予多位來自英國及本地傑出的演講嘉賓。在首晚（二零零八年五月廿二日）的研討會上，英國國家社會營銷中心政策經理 Allison THORPE 女士、高級社會營銷顧問 Rowena MERRITT 博士及國家項目經理 Steve MENZIES 先生從理論到實踐，分享了他們獨到的見解和寶貴的經驗。於第二晚的研討會上，香港中文大學新聞與傳播學院助理教授李賴俊卿教授、香港大學公共衛生傳媒研究計劃總監暨新聞及傳媒研究中心助理教授 Thomas ABRAHAM 先生、香港吸煙與健康委員會主席左偉國醫生和香港家庭計劃指導會執行總監范瑩孫醫生分享本地個案及經驗，增進了參加者的學習和理解。

大會又於五月廿四日舉行工作坊，由 Allison THORPE 女士、Rowena MERRITT 博士及 Steve MENZIES 先生與參加者進行練習及深入研討。

是次研討會及工作坊分別約有 280 人及 50 人參加。參加者來自不同界別與範疇，包括澳門衛生局、衛生署、其他政府部門、醫院管理局、非政府組織及學術界。 (HP)

Developing from the flourishing experience of commercial sector in marketing product to their customers, 'social marketing' has been widely accepted as an effective tool to influence people to voluntarily accept, reject, modify or abandon a behaviour for the benefit of individuals, groups and society as a whole. In this connection, the Department of Health (DH), building on its experience in capacity building on social marketing in 2006, co-organised the 'Short Course on Social Marketing' with the School of Public Health of the Chinese University of Hong Kong (CUHK) from 22 to 24 May 2008.

Dr Gloria TAM, Acting Director of Health, graced the opening of the Short Course. Professor Sian GRIFFITHS, Director of School of Public Health of the CUHK, welcomed and presented souvenirs to a distinguished faculty of experts from the United Kingdom and locally. In the seminar of the first evening (22 May), Ms Allison THORPE, Policy Manager, Dr Rowena MERRITT, Senior Social Marketing Advisor and Mr Steve MENZIES, National Interventions Programme Manager of the National Social



Marketing Centre shared their insights and experience in social marketing, from theory to practice. In the second evening, Professor Annisa LEE, Assistant Professor of the School of Journalism and Communication of the CUHK, Mr Thomas ABRAHAM, Director of Public Health Media Project and Assistant Professor of the Journalism and Media Studies Centre of the University of Hong Kong, Dr Homer TSO, Chairman of the Hong Kong Council on Smoking and Health and Dr Susan FAN, Executive Director of the Family Planning Association of Hong Kong shared local experiences.

In the workshop on 24 May, Ms Allison THORPE, Dr Rowena MERRITT and Mr Steve MENZIES reiterated the concepts and principles and practised exercise on social marketing with the participants.

About 280 participants attended the seminars and 50 participants attended the workshop. They came from different sectors and disciplines, including representatives from the Health Bureau of Macao, DH, other Government departments, Hospital Authority, NGO and academia. (HP)

出版速遞 Publication Corner



《營廚》CookSmart

現代廚師除了講求烹調技巧，注重色、香、味外，還要考慮營養的配合。衛生署製作的《營廚》季刊，集結廚師的心思及創意，為設計「有『營』菜式」提供靈感。創刊號除提供十款「有『營』食譜」外，還有名廚和學廚與大家分享烹調新趨勢，以及香港各區「有『營』食肆」名單。

我們希望大家在欣賞這本《營廚》之餘，亦會到全港各有『營』食肆享用清新美味的有『營』菜式。

如欲了解更多《營廚》的精彩內容，請瀏覽衛生署專題網站 <http://www.eatsmart.gov.hk>。

Modern chefs pursue not only the culinary skills in colour, aroma and taste, but also proper combination of nutrients. In this new quarterly magazine by the Department of Health - CookSmart, the creativity of chefs are collected to inspire the design of EatSmart dishes. The inaugural issue features ten recipes of EatSmart dishes together with new cooking trend shared by both renowned master and student chef, and a list of EatSmart restaurants in the territory.

We hope you will enjoy this magazine and try the yummy EatSmart dishes at EatSmart restaurants in Hong Kong.

For more information about CookSmart, please visit the thematic website of the Department at <http://www.eatsmart.gov.hk>.

活動快拍 Snapshots of Events

15.02.2008

英國衛生防護局 Victoria MELLIS 女士到訪衛生防護中心，與中心人員交流香港傳染病控制及衛生防護工作的經驗。



Ms Victoria MELLIS of Health Protection Agency from the United Kingdom visited CHP to exchange views with CHP staff on communicable disease control and health protection work in Hong Kong.

26.02.2008

國家衛生部副部長陳嘯宏及北京奧組委運動會服務部副部長戴建平於二零零八年二月二十六日到訪衛生防護中心，為奧運作好準備。

Mr CHEN Xiaohong, Vice-minister of Health, and Mr DAI Jianping, Deputy Director of the Games Service of the Beijing Olympics Organizing Committee, visited CHP for preparation of the Olympic Games.



27.02.2008

社區聯絡部主辦健康促進交流會，邀請香港聖公會麥理浩夫人中心服務幹事嚴慧玲女士和助理組織幹事Arif ABBAS先生，以及衛生署中央健康教育組研究主任李耀玲女士，分享向本地少數族群推廣健康訊息的經驗及研究資料。

Community Liaison Division (CLD) invited Ms YIM Wai-ling, Project Officer, and Mr Arif ABBAS, Assistant Organizing Officer, of HKSKH Lady MacLehose Centre and Ms Elaine LEE, Research Officer of Central Health Education Unit, Department of Health (DH), to share their field experiences and research data on health promotion for the local ethnic minorities at the 'Health Promotion Sharing Forum'.



07.03.2008

社區聯絡部及家庭健康服務參與由明愛九龍社區中心舉辦的「三八婦女節 21世紀婦女處境的展現」活動，向九龍城區內的婦女介紹子宮頸普查計劃及其他支援服務。

CLD and Family Health Services (FHS) attended the '3.8 Women's Day - Showcase of Women's Situation in the 21st Century', organised by Caritas Community Centre (Kowloon). Cervical Screening Programme and other supporting services of FHS were introduced to women in Kowloon City.



活動快拍 Snapshots of Events

11.04.2008

國際奧林匹克委員會醫務總監Patrick SCHAMASCH醫生到訪衛生防護中心，了解奧運馬術比賽的公共衛生及醫療服務。

Dr Patrick SCHAMASCH, Medical and Scientific Director of Medical and Scientific Department of International Olympic Committee, visited CHP to update the progress made on public health and medical services for the Olympic Equestrian Events.



17.03.2008

英國駐香港總領事館及衛生防護中心合辦「管理傳染病及社區衛生研討會」，分享英國在傳染病控制的經驗，是次研討會吸引了約90名醫生及感染控制護士參與，反應良好。

CHP co-organised the 'Management of Infectious Disease and Community Health Seminar' with the British Consulate-General in Hong Kong. The British experience of infectious disease management was shared. The Seminar was well received by about 90 doctors and infectious control nurses.



13.03.2008

衛生署顧問醫生（特別預防計劃辦事處）黃加慶醫生出席「2008年深圳市艾滋病防治工作會議」。會上，與會者交換了有關愛滋病的資訊及預防經驗。

Dr WONG Ka-hing, Consultant of Special Preventive Programme Office of DH, attended the 'Shenzhen Workshop for HIV Prevention and Care 2008.' Participants exchanged information on HIV epidemic and experience in prevention activities.



23.03.2008

衛生署胸肺科在本年度的世界防癆日開幕典禮暨健康嘉年華會中設置有獎問答遊戲攤位，藉著遊戲向市民大眾灌輸有關結核病的知識。

The TB & Chest Service ran a game booth at the 'World TB Day - Exhibition cum Health Carnival Fun Fair 2008'. Knowledge on tuberculosis was delivered to the public through game activities.



04-05.2008

為提高菲律賓僱工對社區型耐藥性金黃葡萄球菌的認識，感染控制處舉辦了三場講座。參加的僱工表示，活動提高了他們預防感染的意識。

Infection Control Branch organised three talks to raise the awareness of domestic (Filipino) workers on community associated methicillin-resistant *Staphylococcus aureus* (CA-MRSA). Domestic workers who attended the talks had their knowledge on the prevention of CA-MRSA reinforced.

活動快拍 Snapshots of Events



17.04.2008

「開心果日大行動」讓教師和學生在輕鬆愉快的氣氛下品嚐美味又健康的水果，從而培養每日進食水果的習慣。來自 907 間中小學及學前教育機構的超過 437,000 名學生一同在校園內享用水果。

'Joyful Fruit Day 4.17' Celebration provided a joyful occasion for teachers and students to enjoy delicious and healthy fruits. The event aimed to cultivate the habit of daily fruit intake among them. Some 437,000 students from 907 pre-primary institutions, primary and secondary schools took part in the event and enjoyed fruits together at school.



27.04.2008

社區聯絡部聯同衛生防護中心各部門，在香港警察舉辦的「體康日」中，以系列講座及展覽攤位的形式，宣傳重點健康資訊。是次活動得到警察及其家屬一致好評，參加者共有五千三百多人。

CLD and various branches of CHP held a series of thematic health talks and display booths at the 'Physical Fitness and Health Management Day' hosted by the Hong Kong Police to promulgate key health messages. The event drew some 5,300 participants and was well received by the Police and their families.

14.04.2008

國家衛生局「衛生應急工作管理幹部學習班」的學員到訪衛生防護中心，就傳染病防控等項目進行交流。

Participants of 'Workshop for Managerial Cadres on Public Health Emergencies' of the Mainland Ministry of Health visited CHP to share experiences including prevention and control of infectious diseases.



17.04.2008

社區聯絡部和九龍醫院合辦4·17開心「果」日展覽活動，向市民傳遞吃水果的健康訊息。

CLD and Kowloon Hospital co-organised the '4.17 Joyful Fruit Day Exhibition' to encourage fruit eating habit of the public.

14.05.2008

社區聯絡部探訪屯門仁愛堂，以建立社區網絡，尋求合作發展屯門健康城市計劃。

For the development of Tuen Mun Healthy City Project, CLD visited Yan Oi Tong Headquarters in Tuen Mun to establish community network and to explore collaborative partnership.

