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健康護理及促進基金自 1995 年成立以來，本着鼓勵市民養成健康生活方式的宗旨，已資助 132 項活動計劃，大大提高了公眾的健康意識、改善個人行為習慣，以及締造健康的生活環境。

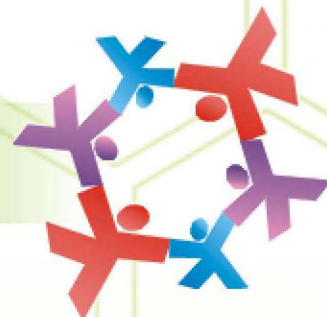
要創建一個恆久的健康社會，我們須從不同方面着手，以受眾為本，再配合善用地區資源，針對不同的社羣策劃推行健康促進計劃，將健康意識及習慣融入日常生活。去年，大家藉着參與由基金主辦的健康推廣計劃博覽，一同分享基金在過去十年取得的豐碩成果，並交流健康促進工作的心得，成績斐然。延續去年的成功經驗，這次的論壇主題為「創建健康在社區」，旨在鼓勵公、私營機構、學術界及專業團體攜手合作，務求更有效地組織和運用社區資源。為此，基金成立全新的「種子撥款」計劃，藉以支持地區組織建立合作伙伴與同盟，合力推動可持續發展的健康推廣計劃。

世界衛生組織在 2005 年通過的《曼谷健康促進憲章》，建議採取以下策略來建造一個更健康的社會：（一）普及健康促進的知識和技巧；（二）建立伙伴關係和同盟；（三）建設能力、培植領導人材；及（四）投資於可持續的政策和基礎設施。香港已具備普及健康促進的意識和條件，我們現時應提升層次，加強社區在促進健康方面的能力。我很高興邀請到幾位本地健康促進的先驅及專家參與今天的活動，分享他們在不同領域的健康推廣工作，他們的經驗和意見定會成為建設社區健康促進能力的寶貴參考。

今日的論壇亦是慶祝香港特別行政區成立十周年的活動。在總結過往十年經驗的同時，我衷心祝願基金與香港市民像今日論壇的標誌一樣，攜手建設一個健康和諧的社會。



## Message from



**Dr. York Y N Chow, SBS, JP**

**Secretary for Food and Health**

The Health Care and Promotion Fund was established in 1995 to encourage the adoption of healthy lifestyles. It has since then supported 132 projects to significantly enhance public health awareness, improve personal health habits, and create a healthy living environment.

To maintain and sustain a high standard of population health, we need strategies tailor-made to meet the needs of different user groups. By making optimum use of community resources, health promotion programmes should aim at integrating health awareness and behaviours into everyday life. Last year, through participation in the Health Promotion Project Expo organised by the Fund, we had fruitful exchanges in health promotion experience accumulated over the past decade. Building on last year's success, the theme of this Forum is "Capacity Building in the Community for Health Promotion". It encourages collaboration among public and private sectors, academic and professional groups to achieve more effective organisation and utilisation of community resources. To this end, the Health Care and Promotion Fund has established a new "Seed Funding" scheme to support district-based organisations in fostering partnerships and alliances to carry forward sustainable health promotion programmes.

The World Health Organization adopted the "Bangkok Charter for Health Promotion" in 2005, which proposed the following strategies to construct a healthy society: (a) promotion of universal health knowledge and skills; (b) establishment of partnerships and alliances; (c) capacity-building and nurturing leadership; and (d) investment in sustainable policies and infrastructure. Hong Kong already has the awareness and conditions for achieving universal health promotion. We should now take a step forward by strengthening the health promotion capacity of the community. I am pleased to have several local health promotion pioneers and experts joining today's Forum to share with us their health promotion work in different fields. Their experience and advice will no doubt become useful reference for capacity building in the community for health promotion.

Today's Forum is also one of the activities celebrating the 10<sup>th</sup> anniversary of the establishment of the HKSAR. While summing up the experience of the past decade, I sincerely hope that the people of Hong Kong will join the Fund's efforts in building a healthy and harmonious society together, as signified by the logo of this Forum.