



食物及衛生局常任秘書長（衛生）
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健康護理及促進基金自1995年成立以來，在加強健康促進和疾病預防方面擔當重要角色。基金資助非牟利機構推行各項健康推廣活動，藉此提高市民的健康意識和倡導健康生活模式。迄今，基金已資助超過250項活動。我們也先後在2006及2007年舉行健康推廣計劃博覽和健康護理及促進基金論壇，一同分享基金過往取得的豐碩成果。

許多非傳染病是由不良生活模式所導致的，如吸煙、不健康飲食、缺乏運動和酗酒等。因此，我們要從多方面採取有效的措施，鼓勵市民積極實踐健康生活模式。我們也要着力加強社區組織和醫護專業人士的協作，以及讓市民認識基層醫療在預防和治理疾病方面的益處，包括引入家庭醫生的概念，希望能獲得普羅大眾廣泛採用。此外，精神健康和預防損傷也是城市生活中的重要健康議題，值得我們關注。

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，幫助他們將健康意識及習慣融入日常生活。就此，我感到十分欣喜，香港公私營界別的持份者一直同心協力，在不同地區積極參與，並針對特定社羣的需要，設計和舉辦形形色色的健康促進計劃，讓更多市民受惠。

今年，研討會的主題為「坐言起行：跨界共創健康環境·健康人生」，這正好讓健康促進工作繼往開來，提升社區能力，以締造更健康的環境。研討會的籌備委員會、嘉賓講者及六十多個參展單位羣策羣力，共同籌辦這項盛事，我謹衷心致謝。我也盼望大家跟今次研討會的主題一樣，為健康人生攜手合作，一同創造更加優質和健康的社會。

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Message From

Mr. Richard YUEN, JP

Permanent Secretary for Food and Health (Health)

Since its inception in 1995, the Health Care and Promotion Fund has played a crucial role in health promotion and disease prevention. The Fund aims to provide financial support to non-profit organisations to undertake health promotion activities that raise health awareness and advocate healthy lifestyles in the community. To date, the Fund has supported over 250 activities. At the Health Promotion Project Expo and Health Care and Promotion Fund Forum held in 2006 and 2007, we also shared the fruitful results achieved by the Fund over the years.

Many non-communicable diseases are the result of bad living habits, such as smoking, unhealthy diet, physical inactivity and excessive drinking. Therefore, we need to put in place a combination of effective measures on various fronts to foster healthy lifestyle practices among our people. We also need to strive to enhance collaboration between community organisations and healthcare professionals as well as to raise public awareness of the benefits of primary care in disease prevention and management, including the introduction of the family doctor concept with a view that it will be widely adopted by the general public. Besides, mental well-being and injury prevention are also major health issues in urban living which give cause for our concern.

To build an enduringly healthy society, we have to take a multi-pronged and client-based approach, coupled with better use of community resources, in planning and implementing health promotion projects for different target groups, with the aim of helping them integrate health awareness and healthy behaviours into their daily life. In this connection, I am very pleased that stakeholders in both the public and private sectors of Hong Kong have been making concerted efforts in participating actively in various districts and in designing and organising a diversity of health promotion projects geared towards the needs of specific groups, to bring benefits to more people.

With its theme of "*From Awareness to Action: Cross-sector Partnerships for Healthy Environment and Healthy People*", this Symposium drives forward the cause of health promotion and facilitates, through community empowerment, the creation of a healthier environment. I would like to thank the organising committee of the Symposium, guest speakers and some 60 participating units for their wisdom and commitment that contribute to the successful staging of this event. It is also my wish that, as highlighted by the theme of this Symposium, you will join hands and work towards a healthy life and a better and healthier society.



Mr. Richard YUEN

Permanent Secretary for Food and Health (Health)