



食物及衛生局局長

周一嶽醫生, GBS, JP 獻辭

今年九月舉行的聯合國防控非傳染病高層會議通過政治宣言草案，認定非傳染病已是刻不容緩的全球問題，對經濟發展和社會各方面帶來挑戰。會議並將預防和控制非傳染病訂為重點課題，要求國際社會共同關注和採取行動抵禦。

引致非傳染病的各種風險因素，如不良的生活模式及習慣，均可透過行為改變而減少，從而達至預防疾病的目的。全球每五名死亡人士中就有三個死於非傳染病，如心血管疾病、癌症、慢性下呼吸道疾病和糖尿病等。香港人口老化情況日趨嚴重，加上香港生活節奏急促，市民往往因工作繁忙而忽略了均衡的飲食，缺乏充足的休息和適度的運動，以致患上非傳染病的風險越來越高。我們要採取有效策略應對挑戰，就是政府和整個社會須共同努力，創造促進健康的環境，協助市民在個人方面改變行為習慣，以減少非傳染病的風險因素。

健康的生活模式應由幼年開始培養，學童尤其應該盡早建立良好的飲食和恆常的運動習慣。因此，我們積極鼓勵教育界在這方面與各機構合作，如衛生署聯同教育局推出「至『營』學校認證計劃」，委派專業人員支援學校，鼓勵家、校、社合作，制定明確有序的目標，表揚致力促進學童健康飲食的學校。來年，我們也會透過「健康護理及促進基金」，特別在中學向青少年人推廣健康訊息，鼓勵他們積極實踐健康人生。

今年的研討會主題為「坐言起行：跨界共創健康環境·健康人生」，正好配合聯合國對抗非傳染病的主題。我們邀請了世界著名的專家學者 Professor Robert Beaglehole 與大家一起探討促進健康的新策略和前瞻。這次研討會更是各位熱心推廣健康人士的交流平台，既可分享嘉賓講者和參加者的寶貴經驗，又可借鑑創建健康環境和提升社區能力的成功例子。

我謹祝研討會圓滿成功，並希望我們能為香港的現在和下一代締造更美好的社會。

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Message From

Dr. York CHOW, GBS, JP

Secretary for Food and Health

In September this year, the United Nations High-Level Meeting on Prevention and Control of Non-communicable Diseases adopted a draft political statement, which recognises non-communicable diseases as a global problem requiring immediate attention and posing challenges to economic development and various aspects of the society. The meeting also identified the prevention and control of non-communicable diseases as a key issue, and urged for coordinated responses and actions from the international community.

Risk factors, such as undesirable lifestyles and habits, for non-communicable diseases can be reduced through behavioural changes with the ultimate goal of disease prevention. Globally, three out of five deaths are the result of non-communicable diseases, such as cardiovascular diseases, cancers, chronic lower respiratory diseases and diabetes. With a rapidly ageing population in Hong Kong, exacerbated by the fast pace of living, as well as negligence of a balanced diet, inadequate rest and lack of physical exercises due to high workload among the citizens, the risk of contracting non-communicable diseases is ever increasing. We should adopt effective strategies to meet the challenges and to this end, concerted efforts of the Government and the community are needed to develop a health promoting environment and to help our people change their individual behavioural habits, thereby reducing the risk factors for non-communicable diseases.

Healthy lifestyles should be nurtured in early age. School children, in particular, should get into habits of healthy eating and regular exercises as early in life as possible. Therefore, we actively encourage the education sector to collaborate with other organisations in this regard. For example, the Department of Health has joined hands with the Education Bureau to launch the “*EatSmart School Accreditation Scheme*”, which assigns professionals to support schools, encourages the family, school and community to work together in formulating specific and organised objectives, and gives recognition to the schools which promote healthy eating among school children. In the coming year, we will disseminate health messages especially to the youth groups in secondary schools through the Health Care and Promotion Fund, in order to foster healthy lifestyle practices among them.

The theme of this Symposium, “*From Awareness to Action: Cross-sector Partnerships for Healthy Environment and Healthy People*”, corresponds with the key theme of the United Nations to fight against non-communicable diseases. We are honoured to have the internationally renowned expert, Professor Robert Beaglehole, to explore with us the new strategies and challenges for health promotion. This Symposium also serves as a sharing platform for all of you who are dedicated to health promotion, as it will bring together the valuable experience of our guest speakers and participants and showcase successful examples of the creation of a healthy environment and community empowerment.

I wish this Symposium every success, and hope we can build up a better society for the present and future generations of Hong Kong.



Dr. York CHOW
Secretary for Food and Health