

## 建設中西區健康城市

### I. 主旨

本文旨在建議進一步在中西區內推展健康城市的計劃，並建議中西區加入「健康城市聯盟」成為註冊成員。

### II. 背景

#### 何謂健康城市？

2. 世界衛生組織早於一九八六年已確定城市環境及社會因素對人類健康可造成重大影響，因此積極推動健康城市的發展。在二零零四年，「健康城市聯盟」在世衛西太平洋地區辦事處的支持下成立，目的是推動成員城市之間的互相支持和合作，現時聯盟有約五十名以城市或社區作單位的成員。二零零五年，世界衛生組織發動全球多個地區支持及簽署「關於在全球化世界中促進健康的曼谷約章」，重申社區上下各界合力倡導促進人口健康的重要性。

3. 根據香港特別行政區衛生署於二零零六年二月所編制名為「建設健康城市 - 在香港推展健康城市計劃的指引」的文件所載，健康城市會持續創造和改善有形環境及社會環境，也會不斷擴展社會資源，使市民能夠互相支持以維持一切生活上的日常運作並發揮個人的最大潛能。建設健康城市的目的，是要透過廣泛的公眾參與及多個界別的協作，改善區內人口的生理、心理和社交健康，全面解決涉及整個社區及城市的問題，從而達致社區和諧安居樂業的目標。

4. 把社區建設成健康城市，可加強公眾對健康政策及問題的認識，以減少區內的健康問題。這不但能提高市民的生活水平，更能為社區營造自然、舒適、互信、協調及不斷求進的環境。

## 怎樣成為健康城市

5. 建設健康城市是一個持續發展的過程，期望令市民意識到健康是一個城市問題，並力求改善，但在推展計劃時，並不需要達到某些客觀標準。而加入健康城市聯盟成為其註冊會員，便可加強與其他健康城市的連繫，以增進經驗交流，並且提高本區健康城市計劃在香港及國際間的認受性。

### III. 中西區區議會健康社區督導委員會內的討論及成績

6. 中西區區議會設有中西區健康社區督導委員會(督導委員會)，成員包括區議員、大學代表及社福機構，而政府部門代表則包括醫院管理局、衛生署、教育統籌局及社會福利署。多年來，督導委員的工作亦為中西區正式加入健康城市聯盟奠定了良好的基礎，包括－

- 督導委員會於二零零二及二零零六年委託香港大學分別撰寫兩份針對區內小學生的飲食及健康情況，以及區內青少年的健康情況的報告書。報告亦已呈交予督導委員會作參考。
- 於二零零五年，督導委員會亦曾與聖雅各福會中西區長者地區中心及香港聖公會西環長者綜合服務中心，進行了一項有關中西區長者膝關節炎的調查報告，研究預防及治療膝關節炎的方法，並向有關單位出合適的建議。
- 在督導委員會的帶領下，中西區內曾於二零零四及二零零七年度舉辦超過十五項的活動，當中包括婦女健康推廣計劃、中西區長者心臟病預防計劃、「封煙四起」計劃、「中醫西醫-健康都市健康人」特備展覽、「康健頤年」中西區長者社區全康促進計劃、「健康飲食，運動積極」健康社區計劃及「健康創繁榮之健康生活中西區」活動計劃等，以提高區內市民對健康生活的關注。

#### IV. 建議的跟進工作

7. 適逢香港將會協辦二零零八年北京奧林匹克運動會及殘疾人奧運會馬術項目，及東亞運動會亦於其後舉行，為了營造熾熱的奧運氣氛，使這些體壇盛事成功舉行，區議會、各個政府部門、地區團體、醫療組織、私營機構及市民大眾正好群策群力，共同為建立健康城市的目標而努力。由於在二零零八年區議會的撥款將會有所增加，為各區推行這項至為重要的地區計劃提供所需資源。

8. 因此，中西區可藉這個機會加入健康城市聯盟註冊為成員，此舉除了可提升中西區在推廣健康社區方面的認同，亦可與其他健康城市交流心得，並強化在中西區推動有關工作。除此以外，據我們了解，西貢區曾提議各區一起籌備一名為「健康城市聯盟-香港支部」(Hong Kong Chapter of the Alliance of Healthy Cities)的組織，由十八區的健康城市共同參與，滙聚力量，顯示香港特區對推行健康生活的決心。雖然該項建議現時仍在計劃階段，我們希望在它成形時，中西區亦可響應支持參與，成為創會會員。

#### 申請加入健康城市聯盟

9. 加入健康城市聯盟，成為其註冊成員，亦是一個城市嚮應世衛提出健康城市計劃的有力支持。事實上，中西區健康社區督導委員會曾分別於二零零五年六月十日及二零零六年三月二十八日會議上，提出中西區可參加健康城市聯盟，以推介中西區的健康工作。於本年四月二十四日的督導委員會會議上，我們曾就加入健康城市聯盟的事宜作出諮詢，經討論後，督導委員會同意建議中西區以中西區區議會的名義加入健康城市聯盟，並在其後商討其他跟進事務。

10. 有關申請加入健康城市聯盟的方法如下 -

- 向聯盟提交就推動健康市城的政策的陳述；
- 向聯盟提交工作方向及目標；
- 有關城市的基本資料；
- 就城市的健康衛生問題的分析；及

- 繳交每年約四千元港幣的年費。

11. 健康城市聯盟的指導委員會的(Steering Committee)會審視有關的申請，並在六至八星期內確認成員身份。據衛生署的理解，暫時沒有不成功的申請個案。在二零零七年，截止申請日期成為健康聯盟成員為二零零七年六月三十日及八月三十一日。

12. 我們建議中西區區議會通過督導委員會的建議加入健康城市聯盟，而民政處可繳付有關的會員年費。至於須向聯盟提交的政策陳述、工作方向及目標等，請參閱夾附於本文的附件 1 及 2。至於中西區的基本資料，以及健康衛生問題的分析等，由於過往督導委員會所進行的調查/分析均比較具針對性，我們建議先向聯盟提交第 6 段所提及的報告，並闡釋中西區作為健康城市的工作方向及目標。由於牽涉數份厚重的督導委員會文件/報告，我們已把副本存放於督導委員會秘書處，供各委員參閱。有關文件/報告亦可在以下網址下載：  
<http://mcskcc.caritas.org.hk/cwhealthcity/survey.htm>。

13. 現邀請各委員就上述建議提出意見，並同意中西區加入健康城市聯盟。

中西區民政事務處  
二零零七年六月

支持推動「健康城市」的政策陳述

中西區區議會致力循以下方向建設中西區「健康城市」 -

1. 參照世界衛生組織的方針，為中西區訂立建設「健康城市」的方向和計劃；
2. 從醫療衛生、城市規劃及綠化環境的角度出發，以及透過與中西區內不同的組織聯繫（包括政府部門、非政府機構、學校、地區團體、私營機構及區內居民），推廣中西區「健康城市」的概念；
3. 透過舉辦不同的活動，引起區內市民對建設「健康城市」的興趣，並鼓勵區內人士參與建設「健康城市」；
4. 為改善中西區內的社區健康提供建議；及
5. 參加「健康城市聯盟」（西太平洋地區）成為會員，以跟西太平洋地區內的其他「健康城市」分享及交流經驗。

遠景與目標

中西區區議會健康社區督導委員會以促進社區健康為宗旨，舉辦各類活動。過去曾舉辦的活動的一覽表載於附錄 A。

2. 我們希望通過推廣健康生活模式(例如鼓勵市民注重飲食健康、鬆弛身心和勤做運動)、與政府部門和非政府機構等各方人士合作，以及倡議有利健康城市持續發展的城市規劃(包括為區內人口提供適當交通和康樂設施及城市綠化計劃)，把中西區發展成為「健康城市」。
3. 我們提倡採取跨界別合作模式，並希望市民參與決策事務，從而延續推廣工作的成效。長遠而言，我們希望與本地和國際其他健康城市繼續積極合作和交流。

### 兒童活動

在二零零二年，為向中西區內小學生推廣健康的飲食習慣，香港大學社會醫學系進行了一項有關小學生飲食及健康情況的調查，就中西區內小學生的飲食習慣、對自我外觀的形象及體重控制方式進行了分析。就著調查結果，中西區區議會健康社區督導委員會(督導委員會)其後亦舉辦了食物衛生和營養工作坊，使學生明白均衡飲食的重要性。

### 青少年活動

2. 二零零二年，督導委員會完成「中西區青少年精神健康調查」。調查目的如下：(a)探討青少年健康、社會心理和行為問題(包括焦慮和抑鬱徵兆、自殺意念)的普遍程度；(b)通過問診評估學生的精神健康狀況；以及(c)研究心理和行為問題的可預計因素。

3. 繼上述調查後，督導委員會在二零零五年舉辦「中西區青少年精神健康博覽會」，提高市民對青少年精神健康的關注。

### 長者活動

4. 二零零五年，香港大學秀圃老年研究中心完成一項有關長者膝痛問題的專門調查。調查結果公布後，督導委員會推出「長者膝關節炎預防計劃」，通過改善社區環境，幫助長者預防和改善膝關節痛的問題。

5. 二零零四至零六年，督導委員會舉行一連串活動，以助長者預防心臟病。其間除了為參加者進行詳細的身體檢查外，還為證實患有心臟病的長者作治療轉介，也藉此向長者講解如何採取適當措施預防心臟病。

6. 二零零六至零七年，督導委員會舉辦「康健頤年中西區長者社區健康促進計劃」，通過多項預防疾病的宣傳活動，向長者推介健康生活模式，以助他們預防疾病及減少求診次數。

## 婦女活動

7. 二零零五至零七年，督導委員會推行婦女健康推廣計劃，為區內低收入婦女提供免費的子宮頸普查服務，旨在讓她們明白子宮頸檢查的重要作用，以及鼓勵她們定期接受身體檢查。

## 其他活動

8. 二零零五至零六年，督導委員會推行「封煙四起計劃」，以建立無煙文化，以及向學生講解吸煙的禍害。二零零六至零七年推出的「健康飲食，運動積極」健康社區計劃，提倡健康飲食習慣，令市民更加明白健康飲食與健康生活息息相關。在同年舉辦的「健康創繁榮之健康生活中西區」活動中，參加者獲免費提供基本健康檢查，該活動旨在讓在職人士明白及早偵測和預防疾病的重要性。



**Written Policy Statement in Support of Healthy Cities**

The Central and Western District Council is committed to build up a Healthy City along the directions set out below –

1. To set goals and devise plans for turning Central and Western District into a Healthy City in line with the World Health Organisation's approach;
2. Through liaison with various sectors in Central and Western district (including government departments, non-government organizations, schools, local groups, private institutions and local residents), promote the concept of "Healthy City" by placing emphasis on quality medical services and hygienic condition in the community, as well as the town planning and greening workplans in the Central and Western District;
3. To arouse the interest of local residents on health matters by organizing activities, and build a Healthy City with community participation;
4. To make recommendations on how community health in Central and Western District can be improved; and
5. To join the Alliance for Healthy Cities (Western Pacific Region) with a view to sharing experiences with other Healthy Cities in the region.

### **Future Vision and Goal**

The Central and Western District Council Steering Committee on Healthy Community has been organizing activities to promote the health of the community. A list of activities held in Central and Western District in 2004-2007 is at Appendix A.

2. We hope to promote the Central and Western District Healthy City through encouraging a healthy life style, e.g. having healthy diets, stress management and doing more physical exercises. We also hope to promote Healthy City through collaborating with different parties including government departments and non-government organizations, and recommend a town plan (including transportation and amenities facilities for the population and the greening plans for the city) which supports sustainable development.

3. In order that the promotion is sustainable, we strongly encourage multi-sectoral collaboration, and we hope that citizens in the community could be involved in the decision-making process. In the long-run, we hope to continue maintaining an on-going and active participation in both the local and international Healthy Cities networks.

## Youth

In 2002, a survey on Central and Western District Adolescent Health (青少年精神健康調查) was completed and the aims of study is (a) to measure the prevalence of physical illnesses, psychosocial and behavioral problems (including anxiety and depressive symptoms, suicidal ideation); (b) to assess students' psychiatric health by using diagnostic interview; and (c) to investigate the predictive factors for psychological and behavioral problems.

2. The survey was followed up by an activity called "Mental Fitness for Central and Western Adolescence"(中西區青少年精神健康博覽會) held in 2005 to raise the public awareness of youth mental fitness.

## Elderly

3. In 2005, the University of Hong Kong Sau Po Centre on Ageing has also completed a report relating specifically to the "Knee Pain Problems" of elderly. Findings of the research were followed up by an activity entitled "Knee Pain Project", which seeks to improve the environment in the community to prevent and solve the elderly knee pain problems.

4. Another series of activity was also held in 2004-2006 to help the elderly in preventing heart diseases. After detailed body-checking, participants who were discovered to have cardiopathy were referred to receive medical treatments. For healthy participants, they were also educated on the importance of taking appropriate measures to prevent heart diseases.

5. In 2006-2007, another program was organised for the elderly (「康健頤年」中西區長者社區全康促進計劃). Through health prevention projects, the programs aims at promoting a healthy life style among elderly so that they do not need to seek medical treatment frequently.

## Women

6. In 2005-2007, a program on promoting women health (婦女健康推廣計劃) was organised. During the activity, free cervical screening program was provided for women from the low-income group in the community, so as to raise their awareness on the need for cervical screening and encourage them to have regular body-checks.

## Others

7. A "Smoke-free program" (封煙四起計劃) was organised in 2005-2006 to promote a smoke-free culture, and educate students on the harms of smoking. In 2006-2007, another program called "Healthy Eating, Active Exercise and Healthy Community" (「健康飲食，運動積極」健康社區計劃書) was held to promote healthy eating habits so that the community may learn more about the importance of healthy diets in leading a healthy life. In 2006-2007, another program on "Better Health for a Better Hong Kong - Healthy Lifestyle in C&W District" (健康創繁榮之健康生活中西區) was organised. Free basic healthy tests were provided, which aims at educating the working people to understand the importance of early detection and prevention.

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3. In order that the promotion is sustainable, we strongly encourage multi-sectoral collaboration, and we hope that citizens in the community could be involved in the decision-making process. In the long-run, we hope to continue maintaining an on-going and active participation in both the local and international Healthy Cities networks.

### Children

In 2002, to promote the dietary health of primary students, the Department of Community Medicine of the University of Hong Kong conducted a Dietary and Health Survey of Primary Students, and analysed the dietary habits, body image and weight control practice of primary school students in the Central and Western District. To follow up the findings of the report, a Food Hygiene and Nutrition Workshops was organised in 2002 for students to learn more about the importance of healthy eating habits.

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7. In 2005-2007, a program on promoting women health (婦女健康推廣計劃) was organised. During the activity, free cervical screening program was provided for women from the low-income group in the community, so as to raise their awareness on the need for cervical screening and encourage them to have regular body-checks.

### Others

8. A “Smoke-free program” (封煙四起計劃) was organised in 2005-2006 to promote a smoke-free culture, and educate students on the harms of smoking. In 2006-2007, another program called “Healthy Eating, Active Exercise and Healthy Community” (「健康飲食，運動積極」健康社區計劃書) was held to promote healthy eating habits so that the community may learn more about the importance of healthy diets in leading a healthy life. In 2006-2007, another program on “Better Health for a Better Hong Kong - Healthy Lifestyle in C&W District” (健康創繁榮之健康生活中西區) was organised. Free basic healthy tests were provided, which aims at educating the working people to understand the importance of early detection and prevention.