



An Overview of Healthy Cities Projects

Meeting with the Education, Health and
Social Welfare Committee



衛生署
Department of Health

Outline

- **Background of Healthy Cities projects (HCPs)**
- **Alliance for Healthy Cities (AFHC)**
- **DH involvement with HCPs**

Healthy Cities Projects (HCPs)

Historical development of Healthy Cities

- The concept of Healthy Cities originated in **1842**
 - The British Government set up the Health of Towns Association to assume the task of improving people's living conditions and addressing health problems in the cities
- In **1980**, European countries adopted the “Health for All” principles
- In **1984**, the idea of Healthy Cities was discussed in the “Beyond Health Care” conference in Toronto
- The Healthy Cities movement was officially launched by WHO in **1986**

What is a Healthy City?

- A healthy city is one that is continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and developing to their maximum potential

What is a Healthy City?

- A Healthy City aims to:
 - Create a health-supportive environment,
 - Achieve a good quality of life,
 - Provide basic sanitation & hygiene needs,
 - Supply access to health care.

Situation in HK

- In Hong Kong, the first HCP was initiated in Sai Kung district in 1997
- By 2009, all 18 administrative districts in Hong Kong have established their HCPs
- Total 19 HCPs

Structure of HCPs in Hong Kong

- Common to all are healthy lifestyle promotion (e.g. exercise, healthy diet), environmental hygiene promotion, injury prevention etc.
- Each district has its own environmental, socioeconomic, geographical and public health concerns and issues
- Districts have their Healthy Cities activities organised through a variety of means and structures ranging from steering committees, sub-committees to working groups

Alliance for Healthy Cities

- The Alliance for Healthy Cities (AFHC) is an international network aiming at protecting and enhancing the health of city dwellers
- Members are municipal governments, national governments, NGOs, private sectors, academic institutions, and international agencies

Alliance for Healthy Cities

- In the Western Pacific region, the “Alliance for Healthy Cities” was launched in 2004 with support from WHO WPRO to promote support and cooperation among member cities

Chapter of Alliance for Healthy Cities

- Chapters of the AFHC are organised at the country, sub-country, or intercountry level
- Support the achievement of the goal and objectives of AFHC by advancing information sharing among members of individual Chapters, promoting membership expansion, disseminating information of Healthy Cities

DH involvement with HCPs

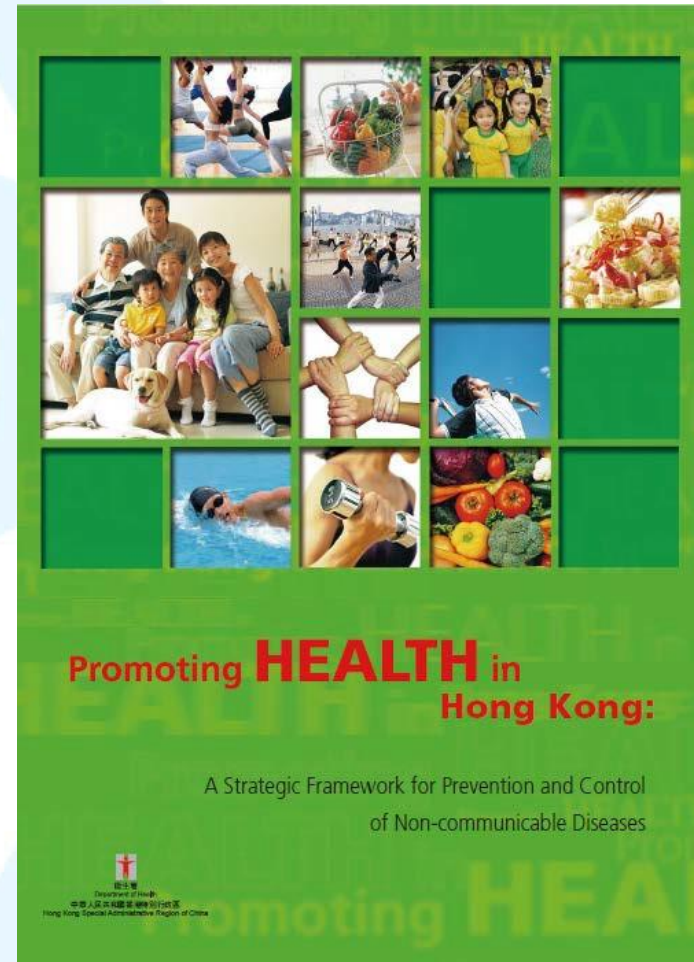
- Health promotion (ISS Programme)
- Providing technical support
 - Support to HCP meetings
 - Health talks
 - Publications

“I’m So Smart” Community Health Promotion Programme (ISS)



Background

- In 2008, DH published the “Promoting Health in Hong Kong: A Strategic Framework for Prevention and Control of Non-communicable Diseases” to set out a comprehensive strategy and goals for the prevention and control of NCD
 - It recognises **environment** as one of the key elements of implementing NCD strategic framework
 - The “**setting**” approach, such as Healthy Cities, is better able to support local health promotion actions by bringing together policy support, intersectoral collaboration and community action



Previous Programmes

Healthy Eating
("口")

EatSmart
Consumer
Community
Programme

EatSmart
Consumer
Community
Programme

EatSmart
Community
Programme

2009

2010

2011

2012



Physical
Activities
("力")

Stair
Climbing
Community
Programme

"Sporty
Bunny"
Community
Programme

TOWARDS 2025

Strategy and Action Plan to Prevent and Control
Non-communicable Diseases in Hong Kong

Summary Report



9 local NCD targets

Reduce
premature
mortality from
NCD

Reduce
harmful use of
alcohol

Reduce
physical
inactivity

Reduce salt
intake

Reduce
tobacco use

Contain the
prevalence of
raised blood
pressure

Halt the rise in
diabetes and
obesity

Prevent heart
attacks and
strokes through
drug therapy
and counselling

Improve
availability of
affordable basic
technologies and
essential
medicines to treat
major NCD

Objectives of ISS

1. To enhance community partnerships on health promotion
2. To encourage community partners to make use of their available local resources for health promotion activities and to devise policies conducive to building healthy environment

Key Parties Involved

- Organiser
 - DH

- Partners
 - HCPs
 - Community NGOs
 - Hong Kong Housing Authority
 - Estate Management Advisory Committee (EMAC) of public housing estates

- Participants
 - Networks built through 19 HCPs and their partnered NGOs
 - Residents of 17 public housing estates under EMAC of Housing Department

Events of ISS



Providing technical support to HCPs

Contribution to the 2020 health diary of TM HCP

恆常體能活動

充足的體能活動可管疾病、糖尿病等。

世衛建議成年人每體能活動或 75 分鐘的體能活動；年齡不少於 60 分鐘中等。

多步行 增加

步行是一項花費不研究指如果每日有風險。每次步行都比散步的更多。對的步速足以達到中等。

對沒有運動習慣的，行可輕易地融入日選擇。例如：

- 步行上班或上學
- 乘搭公共交通時步行至目的地
- 以行樓梯替代乘
- 餐後去散步

衛生署提供的健康資訊

低鹽的飲食習慣

膳食中的鹽（鈉）與健康息息相關。身體通常只需少量鈉維持正常運作，攝入過多鈉會危害健康。

高鹽飲食會導致血壓上升，並增加患上心臟病和中風的風險。攝入過多鹽亦與增加患上腎病、胃病和骨質疏鬆症的風險有關。

鈉的建議攝取量

- 世界衛生組織（世衛）建議，健康成年人士每日應攝入少於 2 克鈉（或每日少於 5 克鹽）
- 兒童應比成年人士攝入更少鹽

膳食中的鈉主要來自食鹽和含鈉的佐料及醬料，大部分被隱藏在加工食物內。人們往往沒有意識到在膳食中攝入的鹽份量。

培養低鹽的健康飲食習慣 - 按 5 法 限 5 克：

- ✓ 選擇新鮮食材，避免加工或醃製的食物
- ✓ 以天然、新鮮的配料取代鹽或現成醬汁
- ✓ 查閱營養標籤選擇「低鈉」產品
- ✓ 減少添加鹽並除去食物中多餘的鹽／醬汁
- ✓ 出外用膳時點選低鹽食物

衛生署提供的健康資訊

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健康城市 健康通訊 / 2019年10月（第二十五期）

● 聯絡地址：九龍彌敦道392號創紀之城6樓21樓 諮詢民政事務處諮詢中聯總小組
● 網址：<http://thccsr.com>

鼠患與疾病

衛生署提供的資訊

鼠屬於齧齒動物，是一些致病病毒及細菌的宿主，可以傳播多種疾病給人類。人類受感染後可能出現嚴重的症狀，甚至可引致死亡。

要預防經由老鼠傳播的疾病，有效防治鼠患至為重要。

鼠傳疾病的致病原主要通過幾種途徑入侵人類：

- 鼠體外的寄生蟲，例如鼠蚤、蟻
- 鼠帶有病原體的排泄物
- 鼠咬傷人體

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Contribution to the Healthy Newsletter of KT HCP

THANK YOU