

## Priorities in Promoting Health

The people of Hong Kong can be proud of the improvements to their health over the past few decades. Excellent health indices of life expectancy, infant mortality rate and maternal mortality ratio have been attained. These achievements have been the result of socio-economic progress, good public health measures and improvements in our healthcare services.

As a result of prevailing urbanised lifestyle in Hong Kong, chronic diseases have become the major health problem. These kinds of diseases affecting various stages of life, from childhood, through adolescence, adulthood to older age.

Effective preventive care protects and promotes health, prevents illness and disability and enhances the quality of life. While maintaining good health is a personal responsibility, the Department of Health together with other health care providers, offer a full range of services, including different health education and promotion campaigns, immunisations for children, dental and health services for students, health checks for women and the elderly.

Since the pursuit of health is of a continuous lifelong process, a life-course approach of health promotion will enhance the quality of life of the community and enable people to control and improve their health. In this regard, the Department of Health has planned to further enhance its preventive programmes to promote health and lifelong wellness. The provision of a comprehensive, holistic and lifelong health programme for the community is one of the priority areas of the Department in the coming years.

## 促進健康的工作重點

過去數十年，香港市民的健康有所改善，值得自豪。本港人口的預期壽命、嬰兒死亡率和孕婦死亡比率都達到卓越的健康指標。這些成果，歸功於社會經濟發展、良好的公共健康措施和本港醫護服務的改進。

由於香港的生活方式日趨都市化，慢性疾病已經成為主要的健康問題。這類疾病影響人生各個階段，從童年、青少年、成年一直到晚年。

有效的疾病預防工作可以保障和促進健康，預防疾病和殘疾，並提升生活素質。雖然保持健康是個人責任，但衛生署和其他醫護服務機構亦會提供各類服務，包括不同的健康教育和促進健康運動、兒童防疫注射計劃、學生牙科及健康服務、婦女及長者健康檢查。

由於追求健康必須終身堅持，為市民一生健康設想的促進健康工作可提升市民的生活質素，協助市民調理和改善健康。為此，衛生署已計劃進一步加強預防疾病工作，以促進市民的終身健康。本署未來幾年的工作重點之一是為市民提供全面的終身醫護計劃。