

## Child and Adolescent Health

Family life is fundamental to the well-being of children and is the key to their psychological, physical and social development. Epidemiological studies indicate that family risk factors such as poor parenting and family conflict have a significant influence on child development. To prevent child behaviour problems, there is a need for parents to acquire more effective self-management and child-management strategies as well as parenting skills. To support parenting education, the Department of Health will incorporate parenting education into the existing child health programme of the Maternal and Child Health Centres to equip parents through provision of parenting information, training and counselling services. The aim is to enhance parental competence in bringing up their children, thereby reduce child emotional and behavioural problems.

Although children of age 5 to 14 have the lowest death rates among all age groups, health problems are not uncommon among student who attended student health service centres of the Department of Health for health screening. The common health problems included visual abnormalities, obesity, idiopathic scoliosis, low self-esteem, phimosis and behavioural problems.

## 兒童及青少年健康

家庭生活對兒童的身心健康極其重要，是兒童的心理、生理和社交發展的關鍵。流行病學研究顯示，對孩子教養不足或不善和家庭糾紛等家庭因素均影響兒童的身心發展。家長有必要學習更有效的自我管理和管理兒童策略及親職技巧，以預防兒童行為問題。為支持親職教育，衛生署會將親職教育納入母嬰健康院現有的兒童健康計劃內，透過提供親職資訊、訓練和輔導服務，讓家長能勝任為人父母的職份。這項工作旨在提升家長教養子女的能力，以致減少兒童的情緒和行為問題。

雖然在所有年齡組別中，5至14歲兒童的死亡率最低，但曾到衛生署學生健康服務中心接受健康普查的學生當中，有健康問題者並非不常見。常見的健康問題包括視力毛病、肥胖、自發性脊柱側彎、自我形象低落、包莖和行為問題。

To meet the health needs and to improve health of young people, high priority should be given to promote healthy lifestyle and psycho-social health. Closer collaboration between professionals from various sectors including health, education and social work, and parents is needed to address the health problems of our younger generation. The Department of Health also plans to enhance student health services with outreaching teams under a multi-disciplinary approach to promote health in school.

### Women Health

Women in Hong Kong live with a better health profile than most developed countries and are at lower risk of developing common cancers like breast cancer, than their counterparts in most western countries. However, cervical cancer remains a significant cause of morbidity and mortality. In 1999, cervical cancer was the fourth most common cancer in women in Hong Kong. It accounted for 3.0% of deaths from cancer in women in 2000.

It has been well documented that an organised, population-based cervical screening programme is effective in reducing incidence and mortality from cervical cancer. With joint efforts and collaboration from different health sectors, the Government will develop an effective cervical cancer screening programme.

為滿足青少年的健康需要並改善他們的健康，我們會將提倡健康生活方式及促進心理社交健康列為工作重點。年青一代的健康問題需要醫護界、教育界、社會工作界等各界專業人員和家長緊密合作，共同處理。衛生署亦計劃加強學生健康服務，成立由不同專業人員組成的外展隊，在學校進行促進健康工作。

### 婦女健康

香港婦女的健康狀況比大多數發達國家為佳，患上乳癌等常見癌症的機會亦比大部分西方國家的婦女為低。然而，子宮頸癌仍然是婦女健康的重要課題。於一九九九年，子宮頸癌是香港婦女最常患癌症的第四位，佔二零零零年婦女癌症死亡人數的3.0%。

有許多文獻證明，有系統及以人口為本的子宮頸癌普查能有效地減低子宮頸癌的發病率和死亡率。透過各醫護界別的努力和合作，政府會制定有效的子宮頸癌普查計劃。