

Foreword

The rapid increase in the number of people suffering from non-communicable diseases (NCD) presents one of the biggest challenges to the healthcare systems worldwide.

The Hong Kong Special Administrative Region Government is fully committed to safeguarding people's health. Our health indices are in the top league of the world. Yet, we are facing a problem of rapidly ageing population and changing population health risk profile including, for example the rising trend of obesity. It is therefore both timely and necessary to re-assess our measures taken so far for preventing and controlling NCD, and to map out the way forward so as to manage the situation more effectively and efficiently.

The success of any NCD prevention and control efforts hinges on the effective promotion of healthy lifestyles and the reduction of risk factors of NCD. All this involves attitudinal and behavioural changes which take time to make and require long-term, sustainable and combined efforts of the Government, the community and the individuals. This is particularly true because the major health risk factors are often affected by issues beyond the healthcare sector. Sustained efforts through an intersectoral approach should be the way to tackle the problem.

This NCD Prevention and Control Strategic Framework crystalises the hard work of the Department of Health (DH) and experts in different



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sectors and disciplines. It is built on current prevention themes, while drawing references from overseas experiences in health promotion and combat against NCD, as well as recommendations of the World Health Organization (WHO). The framework calls for concerted efforts in the control and prevention of our diversified range of NCD by focusing on their predisposing factors. More importantly, it also sets out directions which will help shape an environment that is conducive to the sustaining of Hong Kong people's health and well-being.

Yet, the successful implementation of the Framework would not be possible without your active participation. By choosing to live in a healthy manner, you too can contribute to our fight against the rising trends of NCD. Everyone counts!

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