



## Message from the Permanent Secretary for Food and Health (Health)



My warmest welcome to you all to the Health Promotion Symposium 2015.

This Symposium is particularly special as it also marks the 20<sup>th</sup> anniversary of the Health Care and Promotion Fund. The Government is committed to improving the health of the population. Since its establishment in 1995, the Fund has been providing funding opportunities to non-governmental organisations to empower people to adopt healthier lifestyles by enhancing awareness, changing unhealthy behaviours and creating conducive environments that support good health practices.

The projects funded by the Health Care and Promotion Fund cover a wide range of health promotion topics including smoking cessation for the youth and women, empowering of the younger generation to adopt healthy diet and regular physical exercise, collaborative efforts to prevent injuries, increasing public's awareness of mental well-being and reducing stigma against people with and recovering from mental illness, helping people to make informed decisions about alcohol use, and management of hypertension and diabetes at the community level.

The projects were conducted in different settings from homes to schools, workplaces and the community. We are pleased to see the fruition of many projects that have become self-sustainable as well as those with their outcomes successfully adopted by other organisations in similar or other settings. The achievements of these projects are acknowledged widely and successfully promulgated to the wider community through different platforms including our Health Promotion Symposium. I am sure you will enjoy this rewarding Symposium as in the past.

A handwritten signature in black ink that reads "Richard Yuen".

**Mr Richard YUEN Ming-fai, JP**

Permanent Secretary for Food and Health (Health)

The Government of the Hong Kong Special Administrative Region

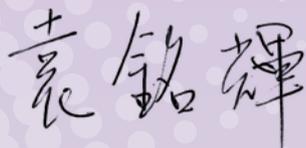
# 食物及衛生局常任秘書長(衛生)獻辭

我衷心歡迎你們出席健康促進研討會 2015。

這次研討會標誌着健康護理及促進基金成立二十周年，因此別具意義。政府一向致力改善全港市民的健康，基金自一九九五年成立以來，一直為非政府機構提供撥款資助，透過提高公眾的健康意識，改變不良的行為習慣，以及締造有利健康的生活環境，鼓勵市民選擇更健康的生活方式。

健康護理及促進基金所資助的項目涵蓋範圍廣泛，有關的健康促進課題包括：鼓勵青少年及婦女戒煙、推動年青一代選擇健康飲食和經常運動、預防受傷的協作計劃、提升公眾對精神健康的認識和減少對精神病患者和康復者的標籤效應、協助市民就飲酒作出明智的決定，以及在社區層面控制高血壓和糖尿病。

資助項目涵蓋不同環境，包括家居、學校、工作場所，以至社區。我們很高興見到許多項目都已取得成果，並能自行以持續方式繼續推動，有些項目的成果更獲得其他機構在相若或其他環境成功地採用。這些項目的卓越成效已透過不同的平台，包括我們的健康促進研討會，成功地向更多市民傳揚，並獲得廣泛認同。我深信這次研討會必定會一如既往，讓各位碩果豐收。



香港特別行政區政府  
食物及衛生局常任秘書長(衛生)  
袁銘輝先生, JP