

 **衛生署**  
Department of Health

## 疫情下的新常態 New Normal under Pandemic



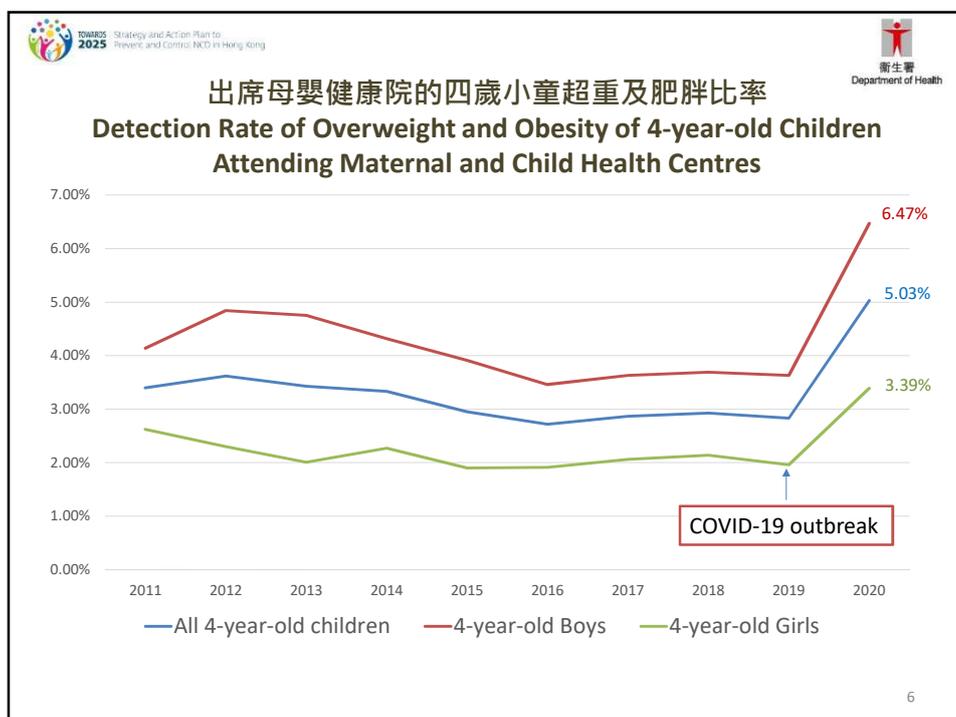
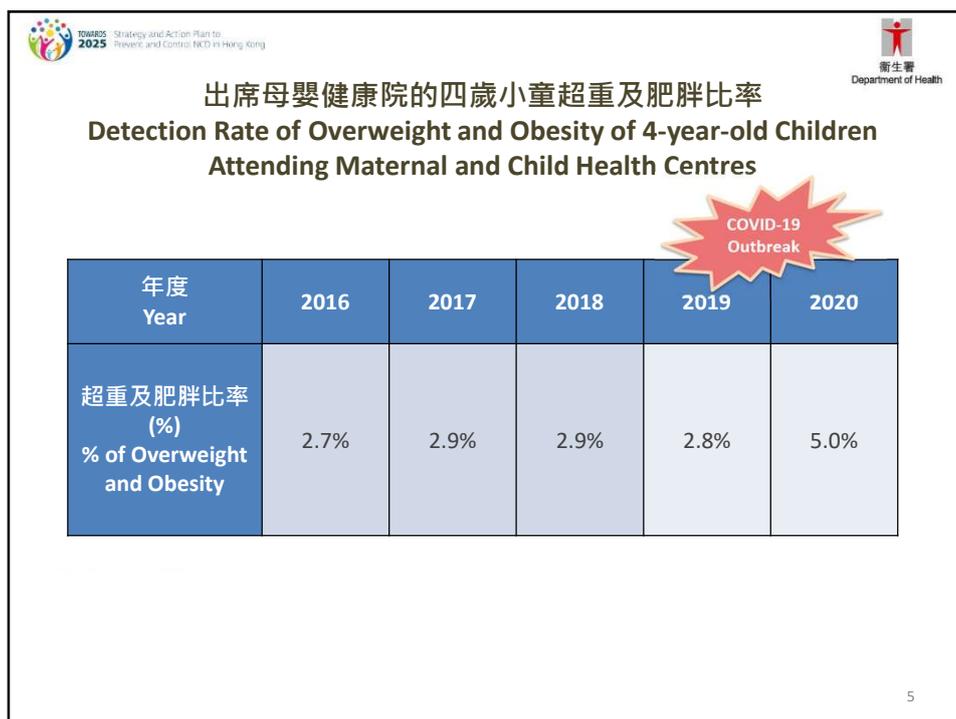
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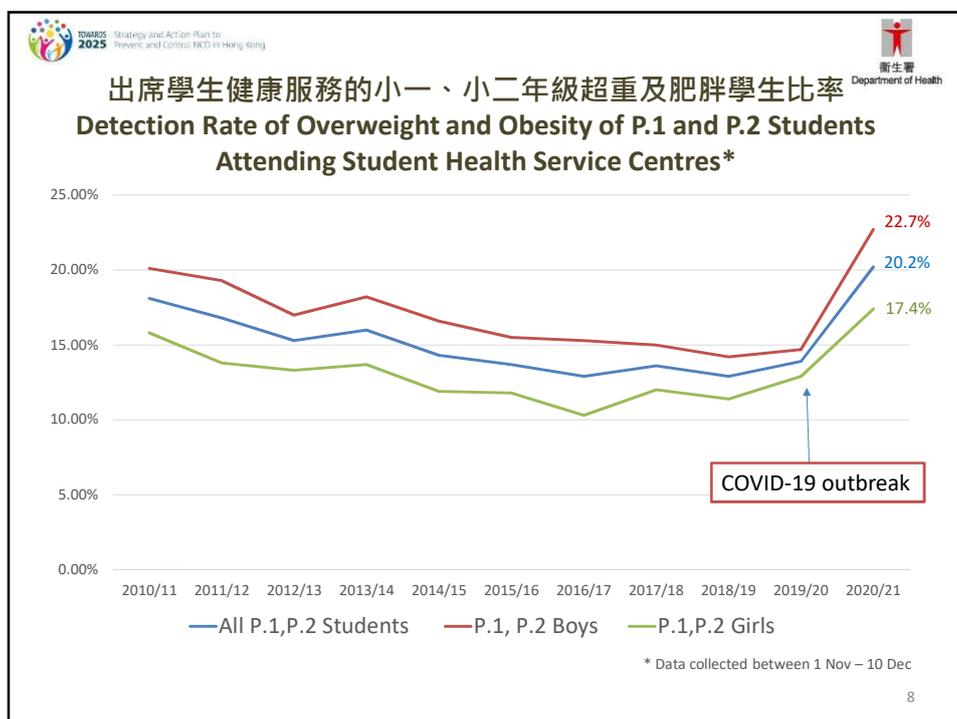
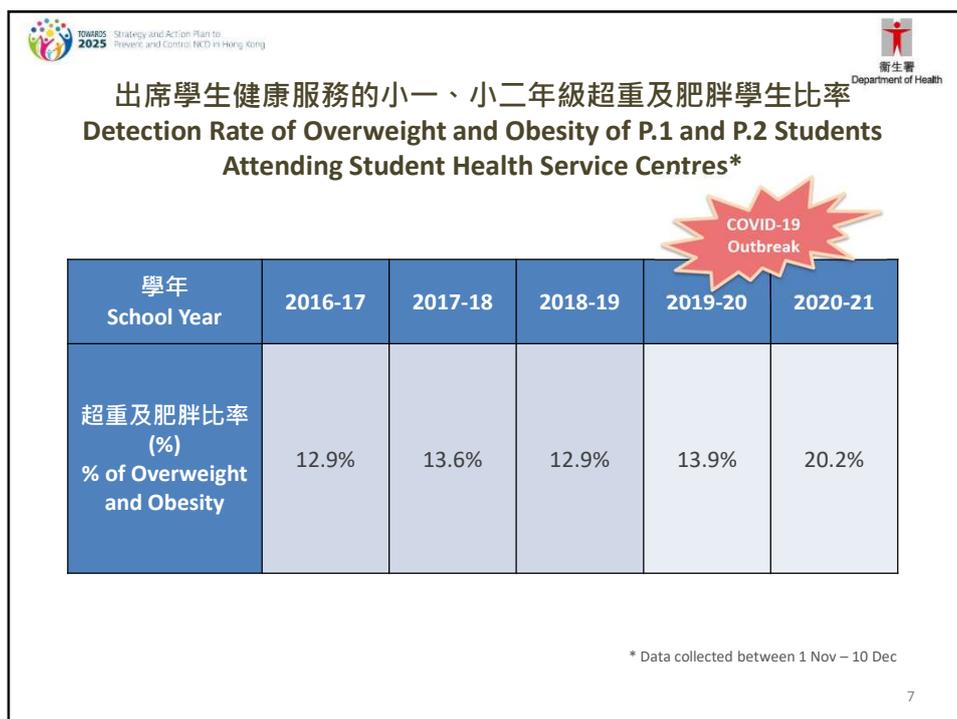
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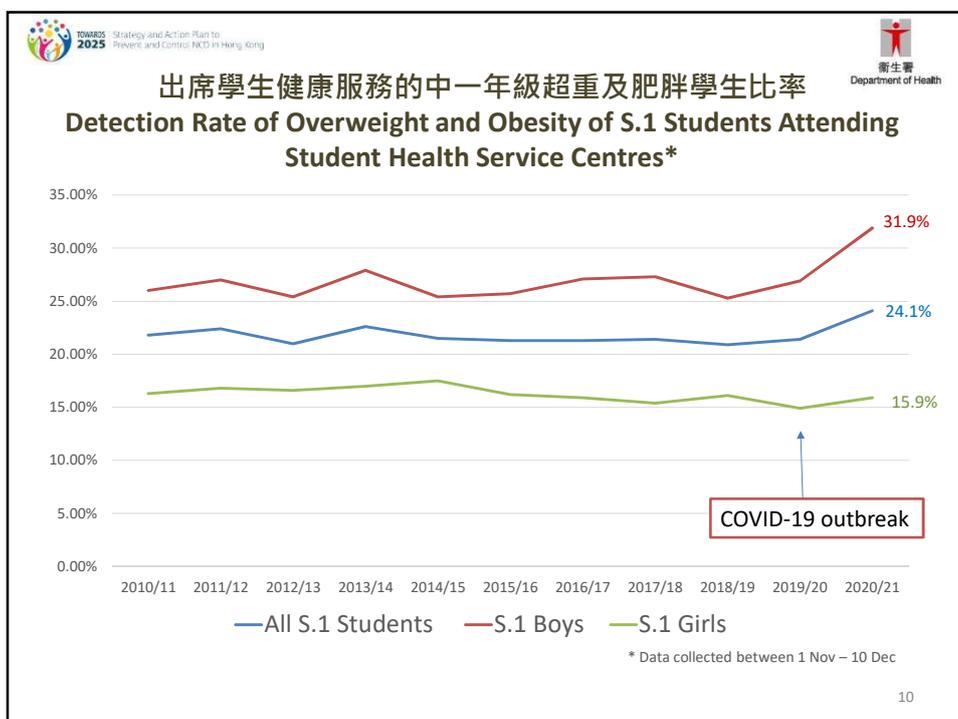
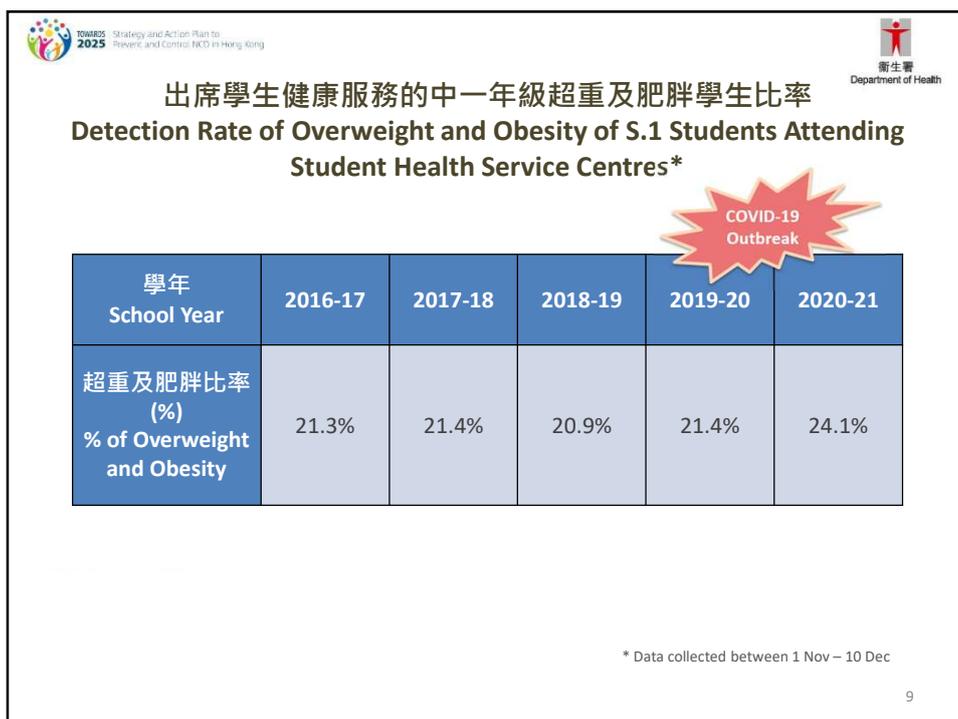
## 超重及肥胖問題 The Problem of Overweight and Obesity



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## 視力問題 Visual Problem

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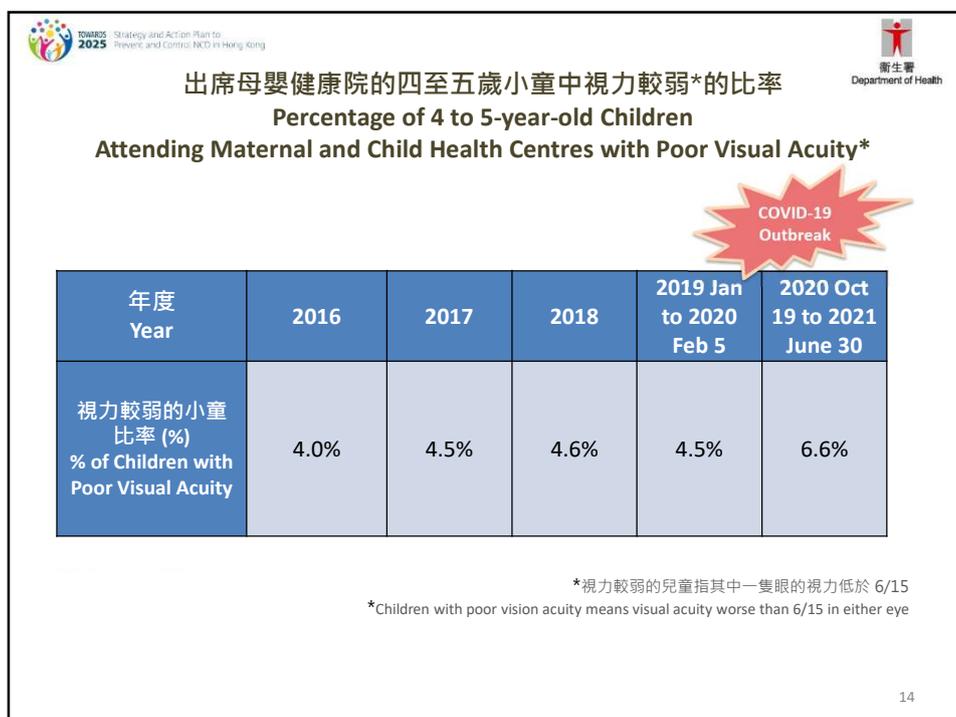
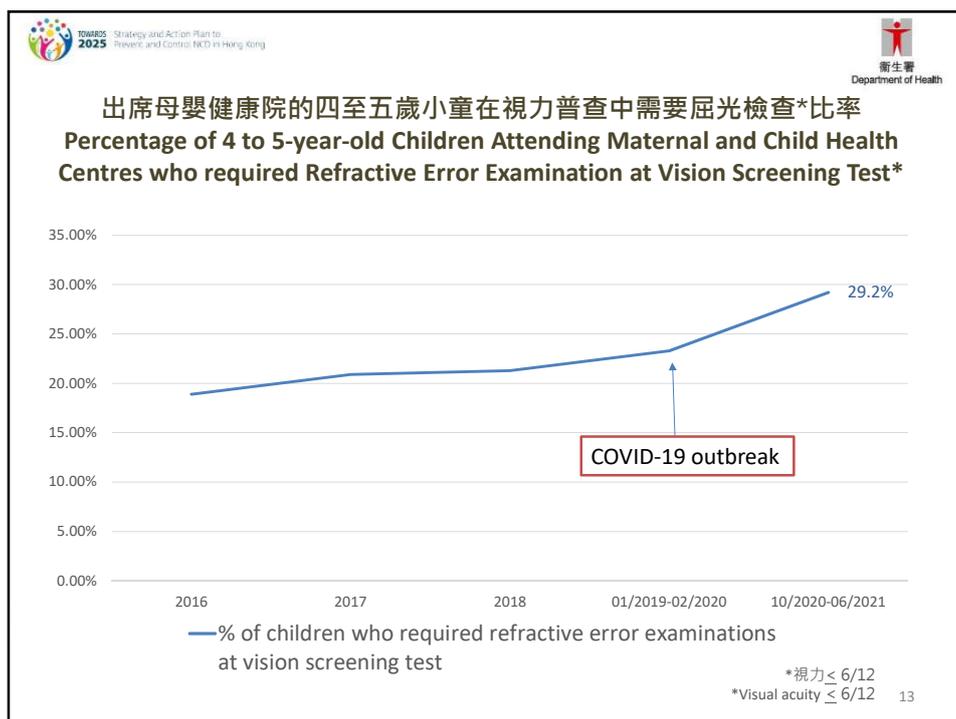
出席母嬰健康院的四至五歲小童在視力普查中需要屈光檢查\*比率  
Percentage of 4 to 5-year-old Children Attending Maternal and Child Health Centres who required Refractive Error Examination at Vision Screening Test\*

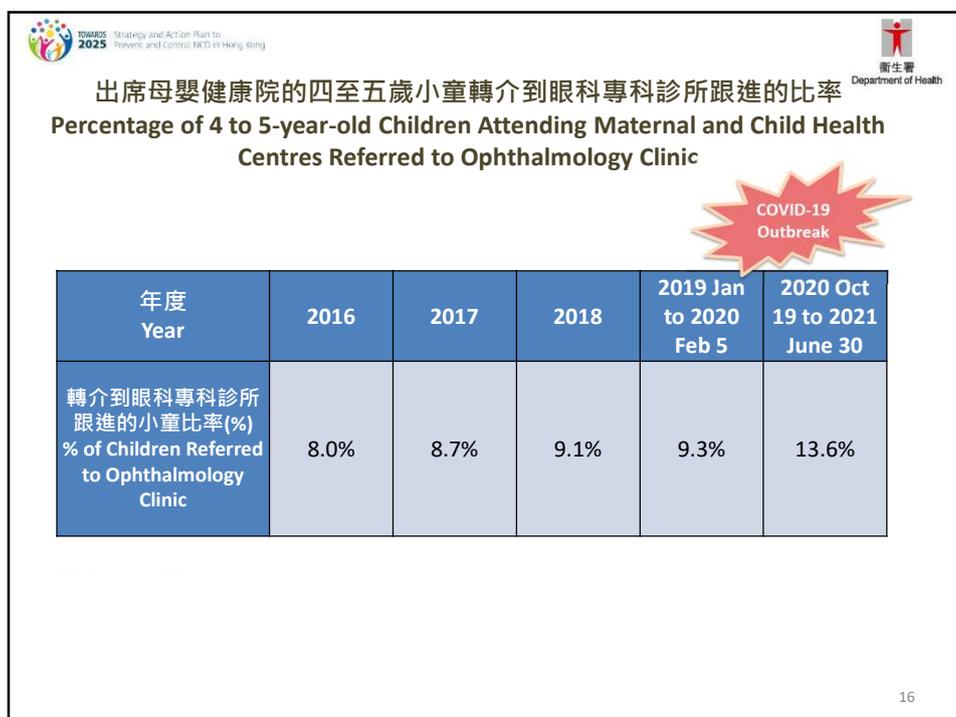
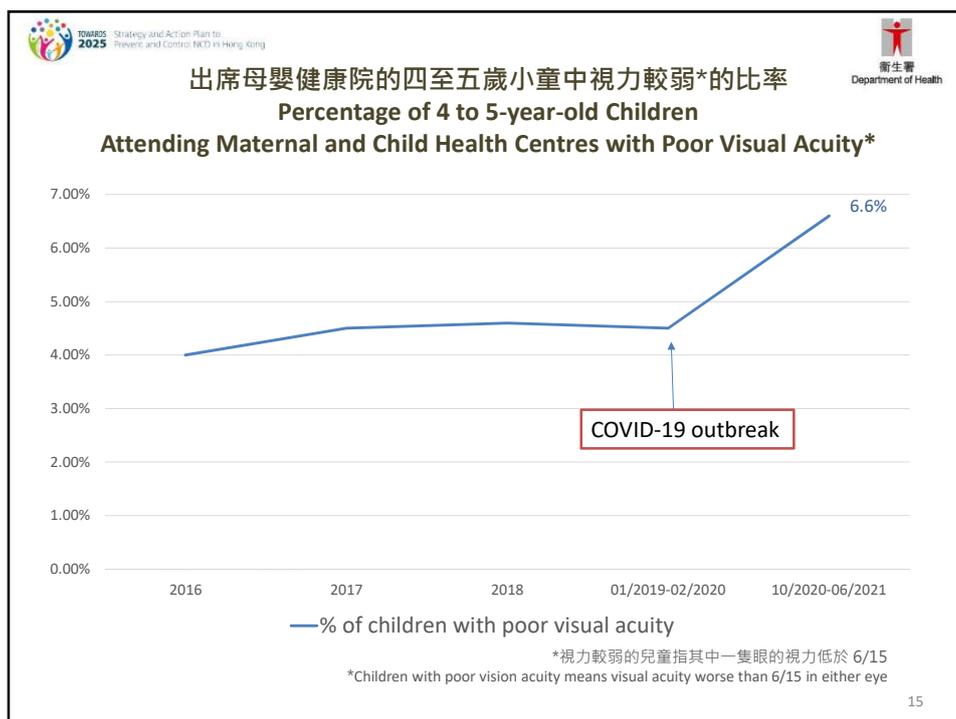
COVID-19 Outbreak

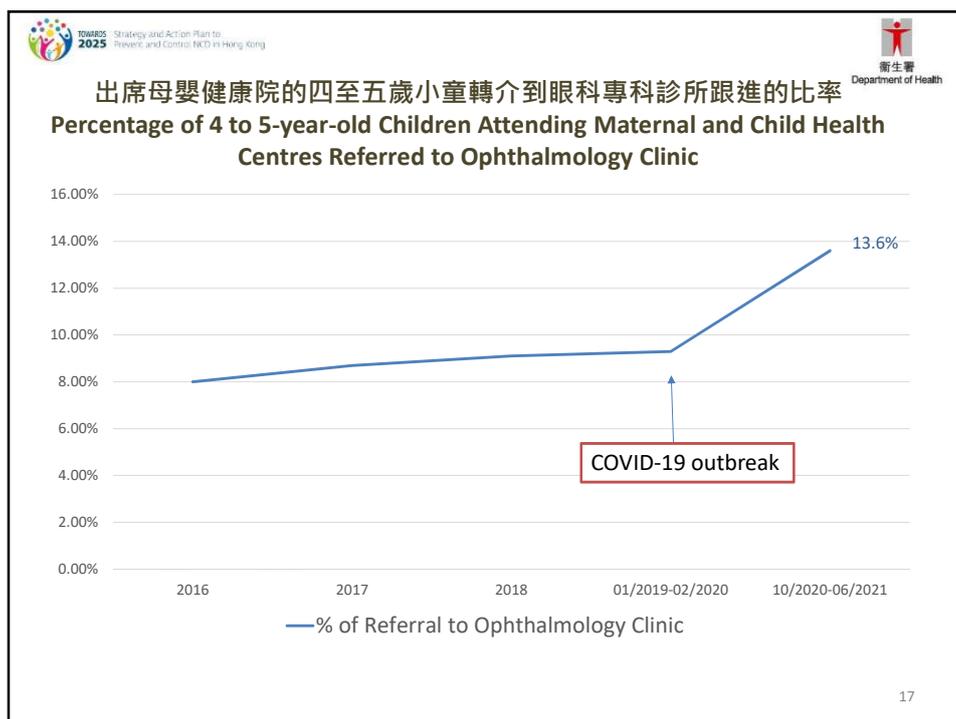
年度 Year	2016	2017	2018	2019 Jan to 2020 Feb 5	2020 Oct 19 to 2021 June 30
需要屈光檢查的小童比率(%) % of Children who required Refractive Error Examination	18.9%	20.9%	21.3%	23.3%	29.2%

\*視力 ≤ 6/12  
\*Visual acuity ≤ 6/12

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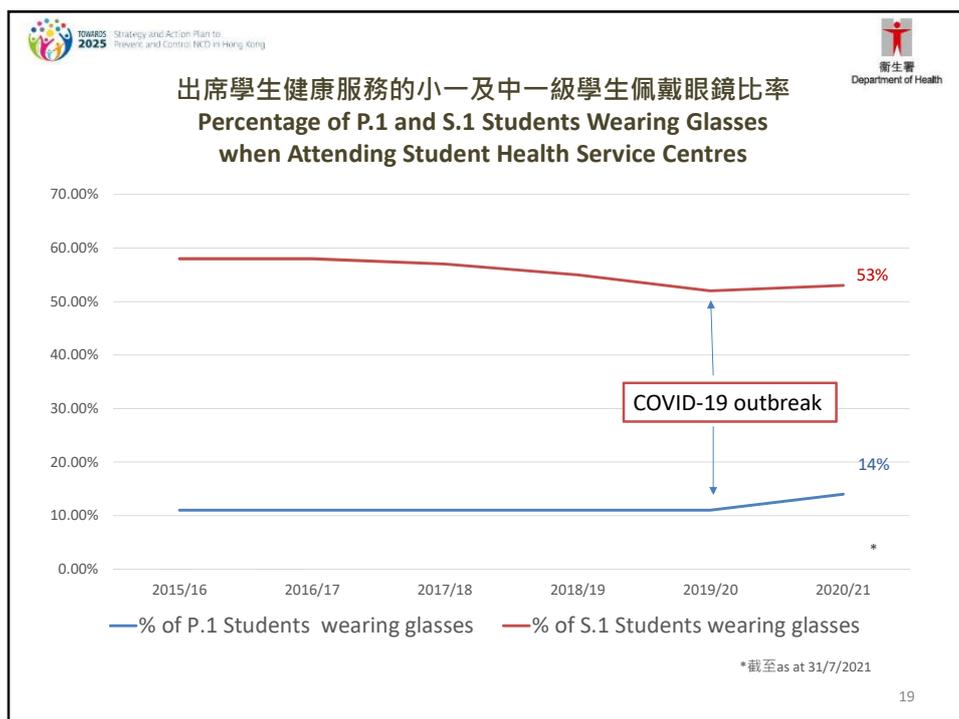

出席學生健康服務的小一及中一級學生佩戴眼鏡比率  
 Percentage of P.1 and S.1 Students Wearing Glasses when Attending Student Health Service Centres

COVID-19 Outbreak

學年 School Year	2016-17	2017-18	2018-19	2019-20	2020-21*
小一級學生佩戴眼鏡比率 (%) % P.1 Students wearing glasses	11%	11%	11%	11%	14%
中一級學生佩戴眼鏡比率 (%) % S.1 Students wearing glasses	58%	57%	55%	52%	53%

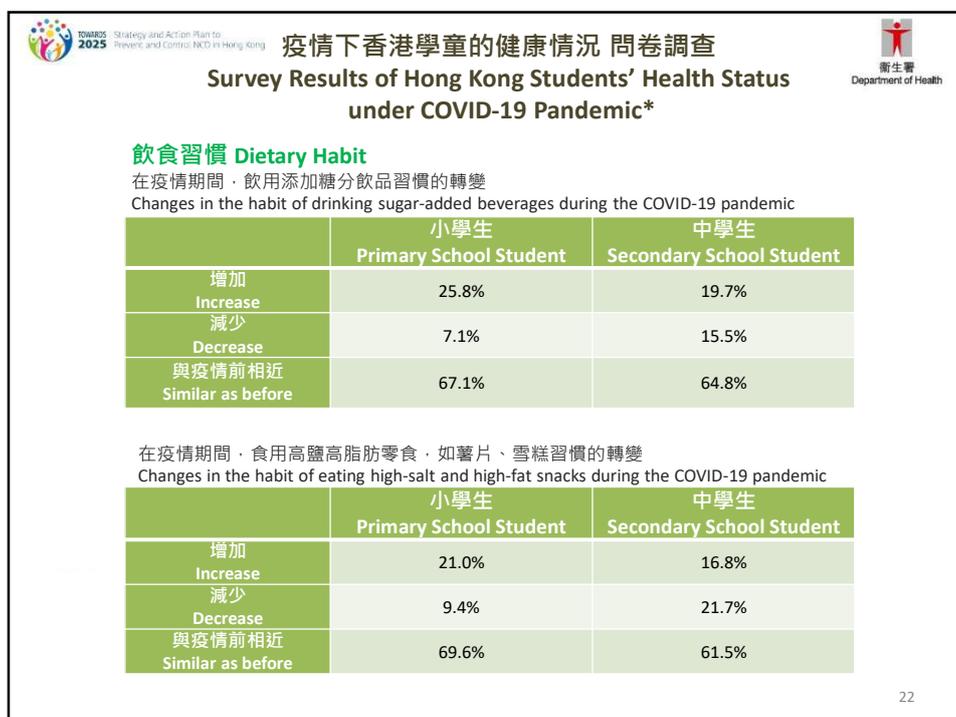
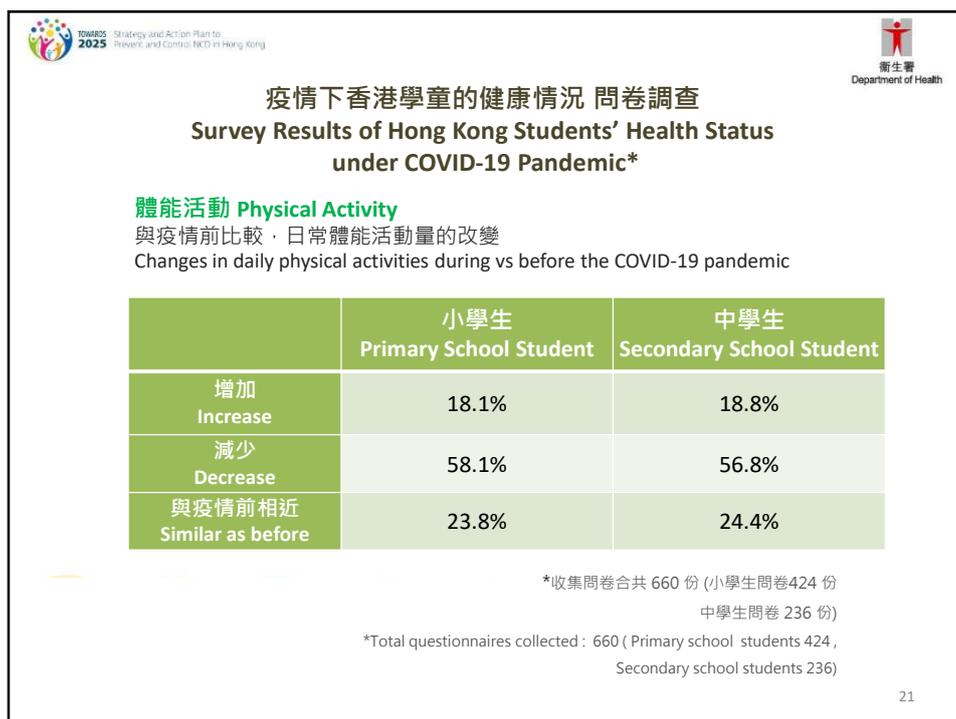
\*截至 as at 31/7/2021

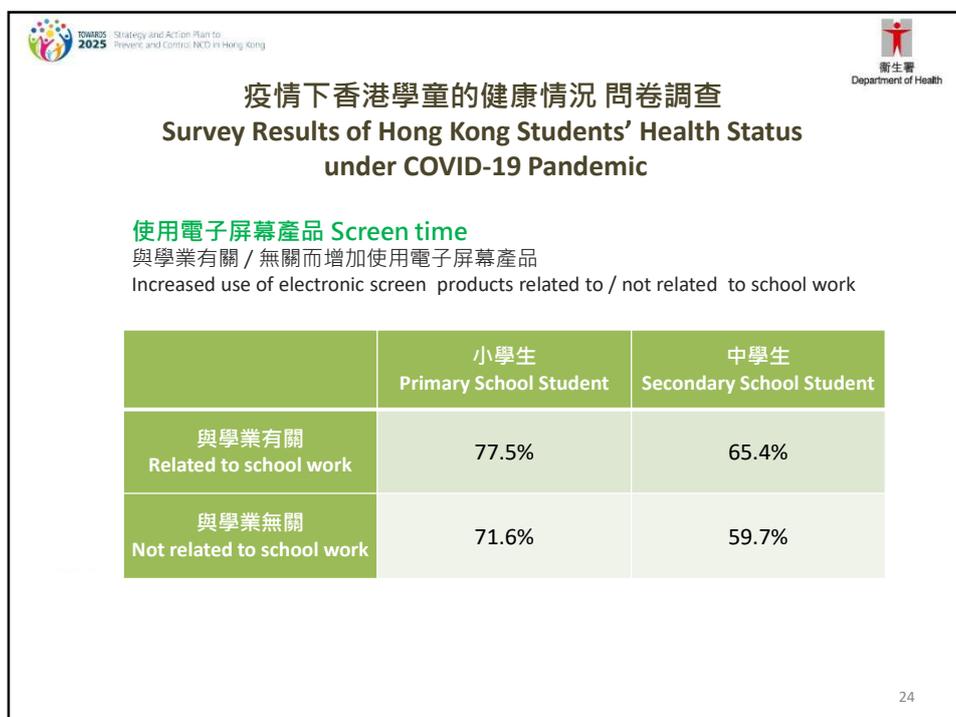
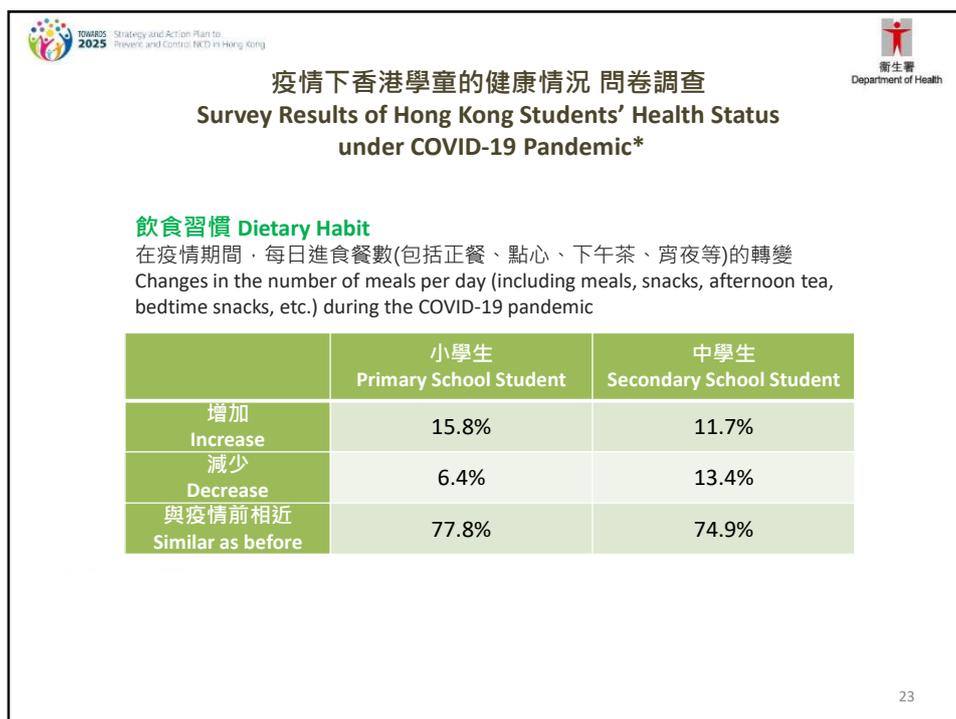
18

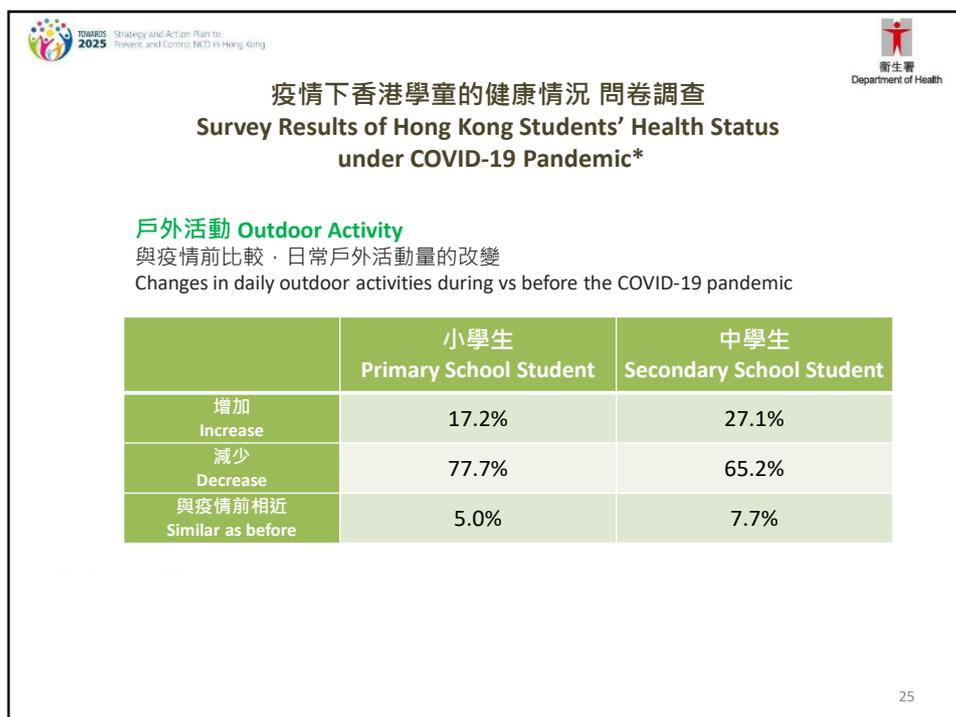


**問卷調查**  
**Survey Results**

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### 疫情對兒童及青少年健康行為的影響

### Impact of Pandemic on Health Behaviour of Children and Adolescents

 **體能活動**  
**Physical Activities**

-  對疫情恐懼而減少外出  
Reduced outdoor activities due to fear of COVID-19 pandemic
-  家中運動空間 / 類別選擇有限  
Limited space / choices of physical activities at home
-  公共運動設施關閉  
Closed public sport facilities
-  電子遊戲佔用時間長  
Spent prolonged time in playing video games



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疫情對兒童及青少年健康行為的影響  
 Impact of Pandemic on Health Behaviour of Children and Adolescents

**飲食習慣改變**  
**Change of Eating Habit**

-  留家時間增多  
 Spent more time at home
-  以零食解悶  
 Relieved boredom by snacks
-  父母多買零食  
 Parents bought more snacks
-  親子烹調及飲食活動  
 Parent-child cooking and eating activities

作息及進食習慣改變  
 Changed sleeping and eating habits

增加進食機會  
 Increased opportunities for eating



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疫情對兒童及青少年健康行為的影響  
 Impact of Pandemic on Health Behaviour of Children and Adolescents


**使用電子屏幕產品時間**  
**Screen Time**

-  學習需要  
 Learning needs
-  留家時間增多  
 Spent more time at home
-  以電子產品解悶  
 Relieved boredom by electronic products




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疫情對兒童及青少年健康行為的影響  
 Impact of Pandemic on Health Behaviour of  
 Children and Adolescents


**戶外活動**  
**Outdoor Activities**

-  對疫情恐懼而減少外出  
Reduced outdoor activities due to fear of COVID-19 pandemic
-  課外活動暫停  
Suspended extracurricular activities
-  戴口罩辛苦  
Discomfort in wearing mask
-  習慣在家  
Got used to be at home
-  電子遊戲佔用時間長  
Spent prolonged time in playing video games



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**健康建議及小貼士**  
**Health Recommendations and Tips**











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## 體能活動建議 Physical Activity Recommendations

**3至6歲的幼童  
Young children of  
3 to 6 years of age**

每天應進行至少**180分鐘**不同類型和強度的體能活動，當中包括**至少60分鐘**中等至劇烈強度的體能活動，分布在全日不同的時間；多則更好。

should spend at least **180 minutes** in a variety of physical activities of different intensity levels, including **at least 60 minutes** of moderate- to vigorous-intensity physical activity spread throughout the day; more is better



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## 體能活動建議 Physical Activity Recommendations

至Fit學童抗疫系列  
體能活動篇 1

衛生防護中心  
Centre for Health Protection

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- 兒童及青少年應平均每天進行**最少60分鐘**中等至劇烈強度的體能活動  
Do at least an average of 60 minutes per day of moderate- to vigorous-intensity physical activity across the week
- 每星期應進行**最少3次**強化骨骼和肌肉的帶氧運動  
Engage in strengthening bone and muscle aerobic activities at least 3 days a week

每天累積**最少60分鐘**中等至劇烈強度的體能活動

避免長時間坐着

每天花**少於兩小時**在電子屏幕產品上作娛樂用途

每星期**最少進行三次**可強化肌肉及骨骼的體能活動

在家抗疫 郁多啲 坐少啲



At least **60 minutes a day** moderate- to vigorous-intensity physical activity across the week, most of this physical activity should be aerobic.

On at least **3 days a week** vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone should be incorporated.

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## 體能活動小貼士 Physical Activity Tips

- 體能活動 = **日常生活中消耗能量的活動**  
Physical activity refers to **All Movement**
- 把體能活動 **融入日常生活中**  
Incorporate physical activity into **daily life**



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## 網上家居體能活動影片 Resources: Home-online Physical Activity Video



全家喜動 - 挑戰吧！



全家喜動 - 玩轉奧運會



青春爆汗 - Selfie Impossible



青春爆汗 - 旅行幻覺

參考網上資源，與家人齊做體能活動  
 Searching online resources and engaging with family  
 in physical activity



[https://www.change4health.gov.hk/tc/resources/av\\_gallery/index.html](https://www.change4health.gov.hk/tc/resources/av_gallery/index.html)

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## 健康使用互聯網 Healthy use of Internet

兒童及青少年應限制使用電子屏幕產品作娛樂用途  
Limit the amount of screen time spent on recreational purpose

**2歲以下**  
Under 2 years old

應**盡量避免**讓兒童接觸電子屏幕產品。  
Avoid letting children in contact with any electronic screen products.

**2至5歲**  
2 to 5 years old

應限制靜態屏幕時間每天在**一小時**以內  
Daily sedentary screen time should be restricted to within one hour.

**6至18歲**  
6 to 18 years old

如因學習需要而長時間面對屏幕，也應**定時小休**  
Regular breaks should be adopted if prolonged screen time is needed e.g. for learning purpose.

SEDENTARY SCREEN TIME  
no more than 60 minutes

LIMIT  
the amount of time spent being sedentary during recreational screen time

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## 健康使用互聯網 Healthy use of Internet

留意距離  
Beware of reading distance

30厘米  
40厘米  
50厘米

閱讀、看電視或使用屏幕產品**20至30分鐘**，應小休**20至30秒**，遠望景物，讓眼內肌肉放鬆  
After every **20-30 minutes** of reading and screen use, rest for **20-30 seconds**. Look far away to relax the eye muscles.

留意  
眨眼及休息

20/20

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## 戶外活動 Outdoor Activities Tips

智Sm@rt貼士

積極參與體能活動  
及戶外活動  
Be physically active,  
go outdoor



參與現實生活中的互動接觸  
Engage in **interactive** activities in real life

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## 健康飲食建議 Healthy Eating Recommendations

- 鼓勵參照「**健康飲食金字塔**」的分量比例進食不同種類食物  
Follow the "**Healthy Eating Food Pyramid**" to eat various kinds of food in the right proportion





飲食**定時定量**，並選擇多元化的食物，以攝取所有營養素  
Have **regular meal at regular times** and choose a variety of food for all nutrients.



確保午餐和晚餐的**穀物類、蔬菜類和肉類**比例是**3:2:1**  
Ensure the **grains, vegetables and meat and its alternatives** in the ratio of 3:2:1 for lunch and dinner.



多選擇**高纖維**穀物類，**減少**進食**高油、鹽、糖**或**經精製和加工**的食物  
Choose **more high fibre grains**, choose **less processed foods** and food which is **high in fat, salt and sugar**.



**6至8杯**  
6 to 8 glasses  
每日飲用充足的**液體**，**清水**是最好的選擇  
Consume adequate fluid daily, **water** is the best drink

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## 正餐貼士 Tips for Main Meals

**多蔬少肉 More Veg Less Meat**

**少油 Less Oil**

**少鹽 Less Salt**

**少糖 Less Sugar**

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## 小心選擇食肆及外賣食物 Choose restaurants and takeaway smartly

有營食肆搜尋器 Search Engine of the EatSmart Restaurants

主題網站 Thematic website

The public can easily savour the “EatSmart Dishes” which include “More Fruit and Vegetables” dishes and “3 Less” dishes (less fat or oil, salt and sugar) when eating out , also enjoying “EatSmart Promotion” which facilitates the public for healthy eating practice.

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至「營」小食站  
Healthy Snack Checker

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主題網站  
Thematic website

**小食紅黃綠 識揀好醒目**  
Red, Yellow, Green, Healthy Snacks Sure Win

適宜選擇的小食  
Snacks of Choice

限量選擇的小食  
Snacks to choose in Moderation

少攞為佳的小食  
Snacks to choose Less

1 第一步：選擇類別

2 第二步：營養資料

3 營養分析

營養分析表：

原糖餅乾	每塊	20 克
小食營養分數		
總能量	每100 克	500 千卡
蛋白質	每100 克	10 克
脂肪	每100 克	8 克
鈉	每100 克	100 毫克
膳食纖維	每100 克	0 克

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以健康食譜和孩子一起入廚  
Parent-child Cooking with Healthy Recipes

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主題網站  
Thematic website

Facebook

有營食肆  
EatSmart Restaurant Star

精選食譜

1 2 3 4 5 6 7 8 9 10 11 12

營式煮意

22.7K followers

All videos

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## 網上資源 Online Resources

香港特別行政區政府  
衛生署學生健康服務

兒童及青少年健康攻略

兒童及青少年健康攻略

體能活動篇

健康飲食篇

視力健康篇

網絡電屏生活

兒童及青少年健康攻略  
Health Tips for  
Children and Adolescents



[https://www.shs.gov.hk/tc\\_chi/health\\_tips\\_for\\_children\\_and\\_adolescents/health\\_tips\\_for\\_children\\_and\\_adolescents.html](https://www.shs.gov.hk/tc_chi/health_tips_for_children_and_adolescents/health_tips_for_children_and_adolescents.html)

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## 攜手合作 Work with Different Parties

繼續與各方合作，提供相關健康資訊及支持健康生活  
Continue to provide health message and support health lifestyle

- 教育局  
Education Bureau
- 康樂及文化事務署  
Leisure and Cultural Services Department
- 學校及家長  
Schools and Parents



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全城起動  
快打疫苗  
點只打針咁簡單

鼓勵更多12歲或以上學生及  
學校教職員接種疫苗

Encourage more students aged 12 or above and  
staff of schools to receive COVID-19 vaccination



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**THANK YOU**



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