



TOWARDS 2025 香港非傳染病防控策略及行動計劃
Strategy and Action Plan to Prevent and Control NCD in Hong Kong



衛生署
Department of Health

衛生署 健康促進學校計劃 Department of Health Health Promoting School Programme

13/6/2019




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甚麼是「健康促進學校」？ What is Health Promoting School (HPS)?

 學校各成員通力合作，令校園成為一個有益於生活、學習及工作的健康環境

“one that constantly strengthens its capacity as a healthy setting for living, learning and working”

世界衛生組織
World Health Organization



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健康促進學校發展框架 Health Promoting School Framework




- 健康學校政策
Healthy School Policies
- 學校環境
School's Physical Environment
- 校風與人際關係
School's Social Environment
- 家校與社區聯繫
Community Links
- 健康生活技能與實踐
Action Competencies for Healthy Living
- 學校保健與健康促進服務
School Health Care and Promotion Services

資料來源 Reference: World Health Organization, Western Pacific Region

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推動「健康促進學校」的好處 Benefits of HPS



- 幫助學生建立健康的生活模式，減低患上非傳染病的風險
Reduce the risk factors for non-communicable diseases by helping students to:
 - 增加體能活動
Increase physical activity
 - 改善飲食中蔬菜和水果的攝取量
Improve fruit and vegetable consumption
 - 減少吸煙的情況
Reduce tobacco use
- 提升學生及老師的抗逆力
Increase the resilience of students and teachers
- 對提升教育成效有一定作用
Enhance educational outcomes of students
 - 研究顯示學生體能活動量及健康飲食習慣與學業表現有密切關係，前者尤其可提升數學及閱讀能力
Research suggests that students' level of physical activity and dietary habit have a strong association with academic achievement, in particular a higher level of physical activity has positive effects on skills in mathematics and reading

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健康促進學校工作小組 Working Group on Health Promoting School

-  衛生署於2018年5月成立「健康促進學校工作小組」
DH convened a Working Group on Health Promoting School in May 2018
-  成員包括：衛生署及教育局代表、香港中文大學健康教育及促進健康中心成員、校長及家長
Comprising representatives from DH, Education Bureau, Centre for Health Education and Health Promotion of The Chinese University of Hong Kong as well as school principals and parents



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健康促進學校計劃 Health Promoting School Programme

-  於2019/20 及 2020/21學年推行
Launch in 2019/20 and 2020/21 school years
-  30間學校參與先導計劃
30 schools participate in the pilot project
-  協助學校根據其學生的健康需要來訂立校本健康推廣的發展策略
Assist schools to identify the specific health priorities and develop school-based health promotion action plan by making reference to the health needs of students
-  探討在全港進一步推展「健康促進學校」模式的可行性
Evaluate the feasibility of extension of the health promoting school framework in HK

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校本需求評估 School-based Need Analysis

- 健康促進學校檢視表
Checklist
- 健康評估資料
School health profile reports
- 訪校與面談
School visits





- 六大發展領域狀況
Development of 6 key factors
- 學生及教職員的健康需求
Health needs of students and staff
- 健康政策方向
Direction of healthy school policy
- 校本行動計劃
School-based action plan


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講座及活動 Seminars & Activities

透過講座及活動，讓持分者了解建立健康促進學校的實用知識及技巧
 Capacity-building activities for stakeholders to understand the concept and implementation of HPS







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互動資源
Interactive Resources



- 設立多元化平台分享健康促進學校資訊及工具
Diversified platforms to share resources and tools related to HPS
- 提供醫護人員的專業意見
Professional advice from healthcare professionals





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植根
Take Root

全校性
Whole-school Approach

可持續
Sustainable



健康促進學校

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