

Public urged to lead healthy lifestyle to support World Cancer Day 2019 (with photo)

The Department of Health (DH) today (February 3) urged members of the public to support World Cancer Day 2019 through leading a healthy lifestyle to prevent and control cancer.

World Cancer Day has been designated for February 4 each year by the Union for International Cancer Control (UICC) to increase community understanding of threats posed by cancer and to unite the global population in cancer prevention. The theme this year is "I am and I will", which means whoever you are, you have the power to reduce the impact of cancer for yourself, for the people you love and for the world.

A spokesman for the DH said that individuals can have the power to prevent and reduce the risk of cancer by refraining from smoking and drinking alcohol, being physically active and having a healthy diet by consuming more vegetables and fruits as well as eating less energy-dense food and cured meat.

The spokesman reminded members of the public that during the Lunar New Year (LNY) with scrumptious delights, they should use more natural ingredients which are low-fat (such as pork fillet, beef shank, seafood, soybean curd and fresh soybean stick) and adopt healthier cooking methods (such as steaming, boiling and baking) when preparing meals. When having LNY food, they should be mindful of the portions without overeating. Fruit-filled recipes and fresh fruit as gifts can also be considered.

In 2016, about 31 500 new cancer cases were reported in Hong Kong and the five most commonly diagnosed cancers were colorectal cancer, lung cancer, breast cancer, prostate cancer and liver cancer. Cancer is the leading cause of death locally.

"An unhealthy lifestyle is the leading cause of cancer. Study shows that 40 per cent of cancer cases are preventable by adopting a healthy lifestyle," the spokesman said.

Tobacco, alcohol, physical inactivity, an unhealthy diet and being overweight or obese are the major risk factors of cancer. Among them, tobacco is the single most important risk factor for cancer, as it leads to 90 per cent of lung cancers. Like tobacco, alcoholic beverages are also classified as a Group 1 carcinogen by the World Health Organization (WHO).

The WHO also estimated that about 21 to 25 per cent of breast cancer and colorectal cancer cases are mainly attributed to physical inactivity. An unhealthy diet and being overweight or obese can also increase the risk of a

number of cancers.

The Government published "Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong" in May last year, setting out nine local targets to be achieved by 2025 and covering actions against the above unhealthy lifestyles.

The DH has been actively promoting a healthy diet and regular physical activity so as to reduce the burden caused by non-communicable diseases (NCDs) including cancer on the healthcare system and society. A large-scale publicity campaign, "Healthy Hong Kong 2025 | Move for Health", was officially launched in December last year, encouraging the public to increase their physical activity to build up an active lifestyle and prevent NCDs.

To encourage the public to "move for health" and do more exercise, the DH has produced a campaign mascot, Lazy Lion. Lazy Lion will motivate the public to develop an active lifestyle through various means and flash mobs will be held across the territory from time to time. Details can be found on Lazy Lion's Facebook page (www.facebook.com/lazylionhk).

More information on World Cancer Day is available on the UICC's website (www.uicc.org/world-cancer-day-2019).



[London ETO supports theatre performance of a Hong Kong story \(with photos\)](#)

The Hong Kong Economic and Trade Office, London (London ETO), sponsored a theatre performance "Citizens of Nowhere?" which was played at the restaurant Duddell's in London on January 31 (London time). It is a live audio drama about a British-Hong Kong family dining in the restaurant and

plays out in real time. The audience 'listens-in' to the conversation of the family through a unique system of microphones and headsets, while eating a meal themselves.

The play was commissioned by Chinese Arts Now which is an organisation funded by Arts Council England. It supports and commissions British-Chinese contemporary performing arts. "Citizens of Nowhere?" is part of the first ever Chinese Arts Now festival. It was written by award-winning Chinese/Welsh writer Ming Ho, directed by Hong Kong-based David Jiang, and featured actors who have a close connection with Hong Kong.

Speaking after the performance, the Director-General of the London ETO, Ms Priscilla To, said, "It is our great pleasure to once again showcase the talent of Hong Kong's creative sector on an international stage. It is a very unique experience to see a play at a real restaurant that features the conversation of a British-Hong Kong family over dinner about the generational and cultural identities of British Chinese. Congratulations to all the cast and to the writer, Ming Ho, and director, David Jiang, on a great performance."

"Citizens of Nowhere" runs until February 2 at Duddell's in London, then will move to Nottingham on February 4.



[Young HK chefs scoop top awards](#)

Graduates of the Chinese Culinary Institute (CCI) and the International Culinary Institute (ICI) have swept up awards at international culinary competitions.

News.gov.hk spoke to the CCI's first-ever female chef team competing in the 2018 Asian Culinary Exchange and an ICI graduate who won gold at the NingBo International Young Chef Challenge for an insight into their award-winning recipes.

The story appears on news.gov.hk today (February 3) in text and video format.

[Key statistics on service demand of A&E Departments and occupancy rates in public hospitals](#)

The following is issued on behalf of the Hospital Authority:

During the winter surge, the Hospital Authority is closely monitoring the service demand of Accident and Emergency Departments and the occupancy rate in public hospitals. Key service statistics are being issued daily for public information. Details are in the appended table.

[Red flag hoisted at Clear Water Bay Second Beach](#)

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (February

3) that due to big waves, the red flag has been hoisted at Clear Water Bay Second Beach in Sai Kung District. Beach-goers are advised not to swim at the beach.