

DH promotes healthy lifestyle in community (with photos)

The Department of Health (DH) today (August 7) presented commendations to over 50 participating organisations at the "I'm So Smart" Community Health Promotion Programme Recognition Ceremony for their participation in the past year in promoting an active lifestyle with regular physical activity by walking more, and a healthy diet with reduction in salt consumption.

Addressing the recognition ceremony, the Controller of the Centre for Health Protection of the DH, Dr Edwin Tsui, said that Hong Kong faces a growing threat from non-communicable diseases (NCDs). Unhealthy diet and insufficient physical activity are two of the behavioural risk factors responsible for NCDs. In 2024-25, the Programme will continue to promote reducing sedentary behaviour, and encourage members of the public to make a habit of taking part in physical activity. The Programme will also emphasise the importance of a healthy diet with adequate consumption of fruits and vegetables.

The Population Health Survey 2020-22 conducted by the DH revealed that 24.8 per cent of persons aged 18 or above did not meet the levels of aerobic physical activity recommended by the World Health Organization (WHO). The same survey also observed that 97.9 per cent of persons aged 15 or above had inadequate daily intake of fruits and vegetables.

Being physically active can reduce the risk of NCDs such as heart diseases, stroke, type 2 diabetes, some cancers (e.g. breast cancer and colorectal cancer), osteoporosis, depression and dementia. According to recommendations of the WHO, healthy adults aged 18 to 64 should perform at least 150 to 300 minutes of moderate-intensity aerobic physical activity, or at least 75 to 150 minutes of vigorous-intensity aerobic physical activity throughout the week.

Furthermore, consumption of adequate amounts of fruits and vegetables per day is associated with lower mortality and reduced risk of cardiovascular diseases (including heart disease and stroke), some cancers (such as colorectal cancer, liver cancer and lung cancer), type 2 diabetes and chronic respiratory diseases (including asthma and chronic obstructive pulmonary disease). The DH calls on adults and adolescents aged 12 to 17 to eat at least two servings of fruits and at least three servings of vegetables every day (i.e. "two plus three a day").

Dr Tsui also took the opportunity to thank the participating organisations for their support in promoting healthy eating and regular physical activity in the local community. He said that active participation of the community has been crucial to the smooth running of the Programme over the years.

The "I'm So Smart" Community Health Promotion Programme was launched in

2012 and aims at enhancing community collaboration to promote healthy lifestyle with healthy eating and regular physical activity. About 70 organisations participated in the Programme last year, including the Hong Kong Housing Authority, Healthy Cities Projects and non-governmental organisations. The participating organisations held a variety of activities to promote healthy eating and regular physical activity, which catered to community needs and interests, and attracted a total attendance of more than 47 000 last year.

Other officiating guests at today's ceremony included the Senior Housing Manager of the Housing Department, Mr Ray Pang; the Executive Director of the Physical Fitness Association of Hong Kong, China, Dr Sam Wong; and the Secretary of the Hong Kong Dietitians Association, Mr Anthony Cheung.



[Red flag lowered at Pui O Beach](#)

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (August 7) that since the water of Pui O Beach in Islands District is now suitable for swimming, the red flag has been lowered.

The red flag was hoisted at the beach earlier on after a red tide was

found.

Flag-lowering ceremony cancelled

Owing to the thunderstorm warning, the flag-lowering ceremony to be conducted at Golden Bauhinia Square, Wan Chai at 6pm today (August 7) will be cancelled.

If the thunderstorm warning is cancelled and weather conditions permit by then, the flag-lowering ceremony may be resumed without further notice.

Phishing messages and fraudulent websites related to Octopus Cards Limited

The following is issued on behalf of the Hong Kong Monetary Authority:

The Hong Kong Monetary Authority (HKMA) wishes to alert members of the public to a [press release](#) issued by Octopus Cards Limited relating to phishing messages and fraudulent websites. The relevant stored value facility (SVF) licensee has reported the case to the HKMA.

The HKMA wishes to remind the public that anyone who has provided his or her personal information or account credentials, or who has conducted any financial transactions, through or in response to the messages or websites concerned, should contact the relevant SVF licensee, and report to the Police or contact the Anti-Deception Coordination Centre of the Police at 18222.

HAD opens temporary heat shelters

The Home Affairs Department is opening 19 community halls/community centres as temporary heat shelters today (August 7).

The temporary heat shelters will remain open for people to take refuge from the heat when the Very Hot Weather Warning is in force. From 10.30pm to 8am the next day, the temporary heat shelters will also provide bedding and a sleeping place for people in need. The shelters are manned by duty attendants.

For further information, please call the department's hotline before midnight on 2572 8427.

The heat shelters are located at:

Hong Kong Island:

Central and Western –
Sai Ying Pun Community Complex Community Hall
3/F, Sai Ying Pun Community Complex
2 High Street, Sai Ying Pun

Eastern –
Causeway Bay Community Centre
3/F, 7 Fook Yum Road, Causeway Bay

Southern –
Lei Tung Community Hall
Lei Tung Estate, Ap Lei Chau

Wan Chai –
Wan Chai Activities Centre
LG/F, Wan Chai Market, 258 Queen's Road East, Wan Chai

Kowloon Districts:

Kowloon City –
Hung Hom Community Hall
1/F, Kowloon City Government Offices
42 Bailey Street, Hung Hom

Kwun Tong –
Lam Tin (West) Estate Community Centre
71 Kai Tin Road, Lam Tin

Sham Shui Po –
Shek Kip Mei Community Hall
G/F, Block 42, Shek Kip Mei Estate, Sham Shui Po

Wong Tai Sin –
Tsz Wan Shan (South) Estate Community Centre
45 Wan Wah Street, Tsz Wan Shan

Yau Tsim Mong –
Henry G Leong Yaumatei Community Centre
60 Public Square Street, Yau Ma Tei

New Territories Districts:

Islands –
Tung Chung Community Hall
G/F, Tung Chung Municipal Services Building, 39 Man Tung Road, Tung Chung

Kwai Tsing –
Kwai Shing Community Hall
Podium, Block 6, Kwai Shing West Estate, Kwai Chung

North –
Cheung Wah Community Hall
Cheung Wah Estate, Fanling

Sai Kung –
Hang Hau Community Hall
G/F, Sai Kung Tseung Kwan O Government Complex, 38 Pui Shing Road, Hang Hau,
Tseung Kwan O

Sha Tin –
Lung Hang Estate Community Centre
Lung Hang Estate, Sha Tin

Tai Po –
Tai Po Community Centre
2 Heung Sze Wui Street, Tai Po

Tsuen Wan –
Lei Muk Shue Community Hall
G/F, Hong Shue House, Lei Muk Shue Estate, Tsuen Wan

Tuen Mun –
Butterfly Bay Community Centre
Butterfly Estate (near Tip Sum House), Tuen Mun

Yuen Long –
Long Ping Community Hall
Long Ping Estate, Yuen Long

Yuen Long –
Tin Yiu Community Centre
Tin Yiu Estate, Tin Shui Wai

In addition to the above heat shelters, a number of community halls/community centres can also be used for taking refuge from the heat during their operating hours. For their address details, please browse the

following

document: www.had.gov.hk/file_manager/en/documents/public_services/emergency_services/List_CH_CC_Day_E.pdf.