

Health tips for World Cup fans

Soccer fans are reminded to stay health-conscious and eat smart while watching games in the World Cup, which kicks off on June 14 (Hong Kong time).

A spokesman for the Department of Health (DH) said today (June 10) that even though some football fans love crispy snacks such as potato chips and fried food, sugary drinks and alcoholic beverages while watching the matches, it is important to maintain healthy eating, avoid drinking alcohol and refrain from smoking for the sake of their health.

While enjoying the matches, avoid sitting or lying down for too long and try to do some stretching or move around regularly. Schedule some exercise to maintain an adequate level of physical activity.

"About 80 per cent of heart disease, strokes, type 2 diabetes and 40 per cent of cancers could be prevented through adopting a healthy lifestyle. Under the ['Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong'](#) recently announced by the Government, one of the targets is to achieve a 10 per cent relative reduction in the prevalence of insufficient physical activity among adolescents and adults. Apart from watching the matches, the public should strive to take part in different kinds of sports activities to enjoy the fun of sports," the spokesman said.

"Some of the matches will run into the late hours of the day. Getting enough sleep is important as insufficient sleep can lower your immunity and make you prone to illnesses. It will also affect your work performance and increase risks of accidents and injury," the spokesman added.

Following are some tips for soccer fans to stay healthy while enjoying the international event:

Stay away from tobacco and alcohol:

* Alcohol can cause cancer and there is no safe drinking level. Non-drinkers are advised not to start drinking while drinkers should limit and cut down alcohol consumption to reduce harm.

* Binge drinking (also known as heavy episodic drinking, refers to consumption of more than 60 grams of pure alcohol on a single occasion, which is equivalent to approximately five cans of beers or five glasses of table wine or five pegs of spirits) increases the risk of alcoholic intoxication, accidental injury, violence and traffic accidents. In this connection, do not pressure your friends to drink and avoid drinking games.

* Never drink and drive. Use public transport or get a trusted person to take you home if you drink.

* As both active and passive smoking are hazardous to health, refrain from smoking and encourage family members or friends to quit smoking.

* When you feel like smoking, wash your face, do stretching exercises, try deep breathing and drink water to divert your attention from the urge.

Eat smartly:

* Choose healthier snacks such as baked potato chips, baked sweet potato chips, corn chips, unsalted nuts and low-fat popcorn, and eat in moderation.

* Limit fatty and sugary snacks such as potato chips, shrimp strips and buttered popcorn.

* Choose fresh fruits as your snacks to achieve the daily target of having at least two servings of fruit every day.

* Drink plenty of water or prepare a delicious and refreshing drink at home, such as home-made lemonade by mixing the lime and soda water together.

* Choose drinks with no or low sugar instead of alcohol and sugary drinks.

Do not forget:

* Ensure good indoor ventilation.

* Stretch and move around while watching the matches.

* Sit properly while watching a soccer match to avoid muscle aches afterwards.

* Make sure you have enough sleep. Insufficient sleep can lower your immunity and make you more prone to illnesses, affect your working performance and increase risks of accidents and injury.

* Reserve time to do some exercise.

* Strike a balance between watching matches and fulfilling your social commitments.

The spokesman added that people smoking in statutory no-smoking areas are subject to a fixed penalty. During the World Cup period, the DH's Tobacco Control Office (TCO) will strengthen its enforcement actions against smoking offences in pubs and bars. The TCO will also send letters to venue managers of bars to remind them to implement smoke-free measures in their indoor public places so as to safeguard the health of staff and customers.

"It may not be a bad idea for drinkers to check their drinking risk by logging on to the online version of the Alcohol and Health Questionnaire (change4health.gov.hk/en/audit) and limit their drinking volume accordingly," the spokesman said.

Members of the public can call the DH's health education hotline 2833 0111 and the DH's Integrated Smoking Cessation hotline 1833 183, or visit the Centre for Health Protection's website at www.chp.gov.hk and the TCO's website at www.tco.gov.hk for more information. They can also download the DH's mobile application "Snack Check" to assist in making healthier snack choices.

Liquor Licensing Board to meet on Tuesday

The following is issued on behalf of the Liquor Licensing Board:

The Liquor Licensing Board will meet on Tuesday (June 12) to consider three applications for new issue or renewal of liquor licences.

The applications are (not in order of discussion):

Hong Kong:

—
Comptoir in Kennedy Town
F.A.B. in Central

Kowloon:

—
THIS TOWN NEEDS in Yau Tong

The board will also consider revoking the liquor licence of Chibee Chicken And Beer in Causeway Bay.

The meeting will be held at 9.45am in the conference room, Room 102, 1/F, 258 Queen's Road East, Wan Chai. Members of the public are welcome to attend, except during the private session on confidential items.

Using bamboo to unleash creativity

The Environmental Protection Department and the Environmental Campaign Committee have joined forces with environmental groups to set up the Reuse and Upcycling Programme for Bamboo to collect used bamboo for reuse and upcycling.

News.gov.hk interviewed programme participants to see how discarded bamboo can be transformed into objects ranging from fences to wind chimes, giving the material a second life.

The story appears on news.gov.hk today (June 10) in text and video format.

Special traffic arrangements for race meeting in Sha Tin

Police advise motorists that special traffic arrangements will be implemented in Sha Tin to facilitate the race meeting today (June 10).

The arrangements will come into effect two hours before the start of the first race and will last until the crowds have dispersed after the race meeting.

Appropriate traffic signs will be put up and police will be on hand to guide motorists.

The Police also appeal to people going to Sha Tin Racecourse for the race meeting and to Happy Valley Racecourse for cross betting to make maximum use of public transport.

Parking spaces at the two racecourses are available only to holders of appropriate permits issued by Hong Kong Jockey Club and any vehicles illegally parked will be towed away.

HAD opens temporary heat shelters

The Home Affairs Department has opened 15 temporary heat shelters today (June 10) as the Very Hot Weather Warning (VHWW) is in force.

The shelters will be closed at 10pm if the VHWW is cancelled before 4.30pm. Otherwise, the shelters will be open until 8am tomorrow.

For further information, please call the department's enquiry hotline before midnight on 2835 1473.

The 15 temporary heat shelters are located at:

Hong Kong Districts:

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

2 High Street, Sai Ying Pun

Eastern/Wan Chai –
Causeway Bay Community Centre
7 Fook Yum Road, Causeway Bay

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:

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

North –
Cheung Wah Community Hall
Cheung Wah Estate, Fanling

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