

世界心臟日

WORLD HEART DAY

25.9.2005 (星期日 Sunday)



健形康體
強身保心

Healthy Weight
Healthy Shape

世界心臟嘉年華

日期: 2005年9月25日

地點: 跑馬地香港賽馬會

主辦機構:

聯合發起人:

協辦機構:



世界心臟組織聯合會
WORLD HEART
FEDERATION®
GENEVA



♥ 如何達致「健形康體、強身保心」？

How to have a healthy weight, healthy shape?



平衡熱量吸收和消耗

當身體所吸收的熱量多於消耗的熱量，便會形成過重。所以，日常生活應該以保持「熱量平衡」為目標。經常運動及均衡飲食能幫助身體保持健美和可消耗更多熱量。

健康飲食

請注重均衡飲食，使用更健康的烹調方法，並限制鹽分及糖分的攝取。不要購買不良食品，注意每日最少進餐三次，並喝六至八杯水。

經常運動

成人每日要進行三十分鐘運動，兒童則應進行六十分鐘體能活動。群體的支持鼓勵能幫助你運動更多。抽空在家中、工作地方及學校運動，以保持身體經常活動。

超重是危機

明顯超重會增加你患上心臟病及中風的風險。超重的兒童成長之後在六十五歲前患上心臟病及中風的風險，會增加達三至五倍。超重亦令你更容易患上：

- * 高血壓：過重人士形成高血壓的危機較正常人士高二至六倍。
- * 高膽固醇：每日攝取的膽固醇和飽和脂肪含量，可影響血液中的膽固醇含量。
- * 第二型糖尿病：八成糖尿病患者有過重問題。

Energy balance

Being overweight is due to more calories being consumed than used. We need to live our lives in "energy balance." Exercise regularly, eat a balanced diet to stay fit and burn more calories.

Healthy eating

Adopt a balanced diet, use healthier cooking methods and restrict salt and sugar intake. Do not buy junk food, make sure to eat at least 3 meals and drink 6-8 glasses of water per day.

Regular exercise

30 minutes exercise for adults and 60 minutes physical activities for children per day. Gathering together with supportive people will help you exercise more. Exercise at home, at work and in school whenever possible to maintain being physical active.

Excess weight is a risk

Extra weight significantly increases your risk of heart disease and stroke. Excess weight in children means they are three to five times more likely to suffer a heart attack or stroke before they reach 65. It also increases your likelihood of developing:

- * High blood pressure: An overweight person has a 2-6 times greater risk of developing high blood pressure.
- * High blood cholesterol: Your level of cholesterol is affected by the amount of cholesterol and saturated fats intake every day.
- * Diabetes Type 2: 80% of people with diabetes are overweight.

♥ 你是蘋果？還是梨？

Are you an apple or a pear?

蘋果型 - 如果你的體重傾向增加在腰部

梨型 - 如果你的體重傾向增加在臀部

蘋果型人士有較高機會罹患心臟病，所以他們要更注意保持健康體重！

Apple Shape - if you tend to gain weight mostly in the waist (stomach) area

Pear Shape - if you tend to gain weight around the hips and buttocks

Apple shape has an increased risk of heart disease and need to take extra care to maintain a healthy weight!





♥ 世界心臟日 World Heart Day

2005年9月25日

September 25, 2005



香港心臟專科學院及東華三院將會繼續合辦世界心臟日，活動內容包括：

環球健步行2005

為響應世界衛生組織舉辦的環球健步行，三千多名市民將會一同參與這個無分國籍、性別及年齡界限的健康步行活動，為嘉年華會展開序幕。

心臟健康嘉年華

於跑馬地香港賽馬會內舉行的大型綜合節目。

「世界心臟日」王定一繪畫比賽

800多名香港中、小學生將會參加在嘉年華會中舉行的繪畫比賽。優勝作品將與來自北京、新加坡、上海、溫哥華、多倫多和台灣的得獎作品，於稍後由「全球華人心臟保健網絡」舉辦的決賽中一較高下。

健康講座

提高大眾對心臟健康的知識及關注，講座將於銅鑼灣中央圖書館舉行。

電視綜合節目

電視廣播有限公司協助大會舉辦電視綜合節目，以提倡心臟健康的重要性。

The Hong Kong College of Cardiology and the Tung Wah Group of Hospitals will continue to co-organize the World Heart Day 2005. Activities include:

The Global Embrace 2005

More than 3,000 citizens will join this worldwide intergenerational walk event organized by the World Health Organization (WHO) to kick off the Heart Health Carnival.

Heart Health Carnival

Stage shows will be held at the Happy Valley Hong Kong Jockey Club.

"World Heart Day" Eddie Wang Drawing Competition

800 primary/secondary school students will illustrate their ideas on heart health through drawings at the carnival. Drawings will be selected to compete with drawings from Beijing, Singapore, Shanghai, Vancouver, Toronto and Taiwan in the final organized by the International Chinese Heart Health Network.

Health Talk

To enhance the general public awareness of heart health. The talk will be held at the Central Library in Causeway Bay.

TV show

Television Broadcasts Limited (TVB) will produce a TV show to promote the importance of heart health.



♥ 9月25日見 See You on September 25



世界心臟組織聯會 WORLD HEART FEDERATION

世界心臟組織聯會以瑞士日內瓦為基地，是一所世界性的非政府機構。該會由來自一百多個國家的一百八十六個醫學組織及心臟健康慈善團體所組成，致力協助全球各地，特別是中、低收入國家的居民預防及控制心血管疾病及中風。

The World Heart Federation is a Non Government Organization based in Geneva, Switzerland and is committed to helping the global population achieve a longer and better life through prevention and control of heart disease and stroke, with a focus on low and middle-income countries. It is comprised of 186 medical societies and heart charities from more than 100 countries.

www.worldheart.org



香港心臟專科學院 Hong Kong College of Cardiology

香港心臟專科學院於一九九二年成立，乃醫學專業團體及認可的慈善機構，旨在維持心臟醫療的水平，並致力改善香港人的心臟健康。學院現有院士超過一百五十八名。

The Hong Kong College of Cardiology is a charitable organization founded in 1992. It aims at upkeeping the highest standard of cardiovascular practice and working towards the improvement of heart health amongst people of Hong Kong. There are now more than 158 fully accredited fellows.

www.medicine.org.hk/hkcc



東華三院 The Tung Wah Group of Hospitals

東華三院成立於一八七零年，現時屬下共有五間醫院，包括東華醫院、廣華醫院、東華東院、東華三院黃大仙醫院及東華三院馮堯敬醫院，為貧病者提供免費的中西醫門診服務及免費病床服務，去年受惠人數超過一百二十萬人次。除提供醫療服務外，東華亦因應社會需求積極拓展教育及社會福利服務，現時轄下服務單位共二百零一個。

The Tung Wah Group of Hospitals was founded in 1870. It is now providing free Chinese and Western outpatient services and free hospitalization service in its five hospitals namely Tung Wah Hospital, Kwong Wah Hospital, Tung Wah Eastern Hospital, TWGHs Wong Tai Sin Hospital and TWGHs Fung Yiu King Hospital for the people in need, servicing more than 1.2 million patient-cases last year. Besides medical services, Tung Wah is also providing education and community services to cope with the need of the community. It has under its management 201 service centres.

www.tungwah.org.hk

請慷慨支持世界心臟日

Thank you for your generous support to the World Heart Day



我願意捐助 I would like to donate

港元HKD \$100 \$500 \$1,000 其他金額多少無拘 Any amount will help \$



我欲參加環球步行的行籌款活動，請將有關資料寄給本人。

I would like to join The Global Embrace Walkathon. Please send me the information.

中文姓名Name in Chinese: _____ 先生Mr 女仕Ms 醫生Dr 英文姓名Name in English: _____

地址Address: _____

聯絡電話Telephone: _____ 傳真Fax: _____

支票Cheque 號碼Number: _____ 抬頭請寫Payable to: "HONG KONG COLLEGE OF CARDIOLOGY - WORLD HEART DAY"

請寄回收據Please send me a receipt 捐款港幣一百元以上可憑收據申請免稅Donations over HKD100 are tax deductible with a receipt

日期Date: _____

請連同支票寄回香港心臟專科學院 中環夏慤道12號美國銀行中心1116-7室
Please enclose donation cheque and mail to: Hong Kong College of Cardiology, Room 1116-7, Bank of America Tower,
12 Harcourt Road, Central, Hong Kong

體質指數

Body Mass Index



$$\text{體質指數 (Body Mass Index)} = \frac{\text{體重(千克) weight (kilograms)}}{\text{身高(米) height (metres)} \times \text{身高(米) height (metres)}}$$

請以下表比較體質指數，衡量你的罹患心臟病的機會：

Compare your BMI to the chart below to determine your level of risk of heart disease :

體質指數 (BMI)	類別 (Classification)	罹病機會 (Risk Level)
< 18.5	過輕 (Underweight)	低 (Low)
18.5 - 22.9	正常 (Normal range)	中等 (Average)
23 - 24.9	過重 (Overweight)	增高 (Mildly increased)
25 - 29.9	肥胖 (Obese)	高 (High)
> 30	癡肥 (Class III)	嚴重 (High very severe)