



WORLD HEART DAY 世界心臟日

主辦機構：



HONG KONG

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

15 November 2015

雀巢三花心臟健康嘉年華 Carnation Heart Health Carnival



日期：2015年11月15日 (星期日)
Date : 15 Nov, 2015 (Sunday)

時間：下午2:00至6:00
Time : 2:00p.m. - 6:00p.m.

地點：香港跑馬地馬場
Venue : Happy Valley Racecourse

聯合發起組織：



WORLD HEART
FEDERATION®

UNITING GLOBAL EFFORTS
TO FIGHT HEART DISEASE
AND STROKE



人人強心 處處護心

Healthy heart choices for everyone, everywhere

目錄 Contents



食物及衛生局局長 高永文醫生太平紳士獻詞	01
香港心臟專科學院前院長暨 世界心臟日2015籌委會聯席主席陳鑑添醫生獻詞	02
香港心臟專科學院院長暨 世界心臟日2015籌委會聯席主席李樹堅醫生獻詞	03
世界心臟日2015健康榮譽大使 陳志雲先生獻詞	04
世界心臟日2015健康榮譽大使 方力申先生獻詞	05
世界心臟日2015健康榮譽大使 翁金驊先生獻詞	06
「人人強心 處處護心」主題簡介	07
雀巢三花心臟健康嘉年華及 「世界心臟日」香港心臟基金會繪畫比賽	08
雀巢三花環球健步行及心臟健康攤位設計比賽	09
「世界心臟日」心臟健康之選	10
心臟健康講座	11 - 12
世界心臟日主辦機構簡介	13
世界心臟日籌委會及專責委員會	14
贊助	15 - 16
鳴謝	17





高永文醫生太平紳士

Dr. KO Wing Man, BBS, JP



食物及衛生局局長
Secretary for Food and Health

世界心臟日二零一五

護心保健
益壽延年

食物及衛生局局長高永文





陳鑑添醫生

Dr. CHAN Kam Tim



香港心臟專科學院前院長暨世界心臟日2015籌委會聯席主席
Immediate Past President of Hong Kong College of Cardiology Cum
Co-Chairman of World Heart Day 2015 Steering Committee

本人謹代表香港心臟專科學院及世界心臟日2015籌委會，歡迎各位參加每年一度、由世界心臟組織聯會發起的全球盛事「世界心臟日」。

一般人都會認為護心只是一件個人的事，但其實個人做出的選擇，不但影響自己的心臟健康，同時亦會影響身邊的家人和朋友。今年世界心臟日的主題為「人人強心 處處護心」，希望呼籲各界人士在不同環境下作出護心選擇，以幫助自己及身邊的人減低患心血管疾病的風險。家長應鼓勵小朋友「動起來」，多與他們一起做運動；學校可為學生提供健康午餐；僱員亦可在工作環境中作定時小休，做伸展運動。

香港心臟專科學院於1992年成立，致力向大眾宣揚健康生活對心臟健康的重要性。由2000年起，學院已經連續16年舉辦世界心臟日，迄今為止，已有近5萬名市民參與過我們的心臟健康嘉年華。本人希望世界心臟日在未來能繼續得到市民踴躍參與，促進香港市民對心臟健康的認知。

最後，本人再次感謝心社會各界人士對世界心臟日的支持，謹祝大家身體健康，身心愉快。

On behalf of the Hong Kong College of Cardiology and the World Heart Day 2015 Steering Committee, I would like to express my sincere gratitude to welcome you all to participate in this annual local event to promote heart health.

People generally think that having a healthy heart is a personal matter. However, the choices that an individual made can also affect the people around them. The theme this year is "Healthy Heart Choices for Everyone, Everywhere", we hope to encourage the public to make a healthy heart choice wherever they live, play and work, which can help them and those around them to reduce the risk of having cardiovascular diseases. Parents can do exercise with their children; college and school can provide healthy lunch choices for students; employees can do stretching exercise during regular breaks in workplace.

Established in 1992, Hong Kong College of Cardiology devotes its mission to enhance the awareness of heart health in the community. Since year 2000, we have been organizing World Heart Day Carnival participated by nearly 50,000 Hong Kong people. We hope more Hong Kong people will participate World Heart Day and work together for a healthy heart.

Once again, thank you for your generous support to the World Heart Day. Finally, I wish everyone the very best of health.



李樹堅醫生

Dr. Li Shu Kin



香港心臟專科學院院長暨世界心臟日2015籌委會聯席主席
President of Hong Kong College of Cardiology cum
Co-Chairman of World Heart Day 2015 Steering Committee

本人謹代表香港心臟專科學院及世界心臟日2015籌委會，歡迎各位參加每年一度的盛事「世界心臟日」，為推廣心臟健康出一分力。

2015年世界心臟日的主題為「人人強心 處處護心」。個人的不良生活習慣如吸煙、缺乏運動、長期坐著、大吃大喝等都會增加患心血管疾病的風險。然而，公眾卻較為容易忽略實際環境對心臟健康的影響。居住環境缺少綠化和運動設施，快餐文化，學校或工作環境提供不健康膳食，生活環境經常接觸二手煙或空氣污染物等，都會影響個人能否做出正確的「護心選擇」。正因如此，本年世界心臟日希望鼓勵公眾無論在生活、工作、玩樂等環境中都能作出正確的「護心選擇」，以減低自己、家人及朋友患心血管疾病風險。

為了讓各界了解更多有關心臟健康的訊息，香港心臟專科學院特地準備了一連串的護心活動，包括心臟健康嘉年華、環球健步行、繪畫比賽、攤位設計比賽、心臟健康之選以及一系列的健康講座等，希望透過不同的活動，讓社會大眾無論在不同的環境下都懂得護心，玩得開心。

最後，本人藉此機會感謝各參與及支持世界心臟日的捐贈人士、贊助機構及參加者。希望未來的日子能繼續與大家攜手同心，共創健康社區。

李樹堅

On behalf of the Hong Kong College of Cardiology and the World Heart Day 2015 Steering Committee, it is my pleasure to welcome you all to participate in our global annual event "World Heart Day" and contribute towards heart health promotion.

The theme of World Heart Day 2015 is "Healthy Heart Choices for Everyone, Everywhere". Unhealthy lifestyle like smoking, physical inactivity, prolonged sitting, eating and drinking too much would greatly increase the risk of having cardiovascular diseases (CVD). However, we shall not neglect the environments in which we live, work and play will have a great impact on our heart health. Many individuals are "trapped" in environment where they face: lack of access to green environment, unhealthy school meals, overwhelming displays of fast food and exposure to second-hand tobacco and air pollution. All of these limit their abilities to make healthy heart choices. This year, World Heart Day 2015 Steering Committee would like to encourage people to make healthy heart choices, wherever they live, work and play. This will help to reduce their own CVD risks as well as their families and friends.

To raise the public awareness about heart health, Hong Kong College of Cardiology has organized a variety of activities, including Heart Health Carnival, Global Embrace, Drawing Competition, Carnival Booth Competition, World Heart Day Healthy Diet Campaign and a series of Health Talks. Through different activities, we wish the public will make right choices for their heart wherever they live, play and work.

Finally, I would like to extend my appreciation to every participating organizations, sponsors and donors. I hope everyone will join together to create a heart healthy environment and wishing everybody the very best of heart health.



人人強心 處處護心 everyone, Healthy heart choices for everywhere

作出護心選擇 齊造健康環境

心血管疾病是全球的頭號殺手，每年都導致超過1700萬人死亡，預計到2030年，因此疾病而死亡的人數將上升至2300萬。其實只要好好應對風險因素，包括不吸煙、培養良好飲食習慣、多作適量運動等，大部分心血管疾病都可以預防。正因如此，「世界心臟日2015」希望鼓勵公眾無論在生活、工作、玩樂等環境中都能作出「護心選擇」，以減低自己、家人及朋友的心血管疾病風險。

Work together! Take action to create heart-healthy environment!

Cardiovascular Disease (CVD) is the world's number one killer. Each year, it is responsible for over 17 million premature deaths, and by 2030 this is expected to rise to 23 million. But much CVD can be prevented by addressing risk factors like tobacco use, unhealthy diet and lack of physical exercise. That is why World Heart Day 2015 would like to ensure that people everywhere around the world take the opportunity to make healthy heart choices, wherever they live, work and play. This would help them to reduce their own CVD risk and that of those around them.

保護心臟 認清高危因素

提醒家人定期檢查身體，如量度血壓、膽固醇、血糖、腰圍及身高體重比例(BMI)等。如發現以下危險因素超標，應為自己及家人訂立有助改善心臟健康的計劃。

Know your risks, protect your heart

Visit a healthcare professional who can measure your blood pressure, cholesterol and glucose levels, together with waist-to-hip ratio and body mass index (BMI). Know the figures as below and develop a specific action plan to improve you and your families' heart health.

心臟病的高危因素 Cardiovascular risk factors include:

吸煙 Tobacco use
膽固醇：壞膽固醇 (LDL) >2.6 mmol/L, 好膽固醇 (HDL) <1.6 mmol/L Cholesterol: LDL >2.6 mmol/L, HDL <1.6 mmol/L
糖尿病：空腹血糖 ≥7 mmol/L；或餐後兩小時血糖 ≥11.1 mmol/L Presence of diabetes: Fasting ≥7mmol/L; or 2 hours after meal ≥11.1mmol/L
高血壓：上壓>140mmHg, 下壓>90mmHg High blood pressure: Systolic > 140mmHg, Diastolic > 90mmHg
肥胖：體重指數BMI >23 kg/m ² , 腰圍 > 90cm (男性) 或 腰圍 > 80cm(女性) Obesity: BMI >23 kg/m ² , Waist (Man) > 90cm or Waist (Woman) > 80cm
精神壓力 Stress
不良飲食習慣：如高脂、多鹽、少蔬果類等 Bad eating habits: such as high fat, salty, less fruit and vegetables etc.
缺乏運動：每周進行<2小時帶氧運動 Lack of physical activity: Aerobic exercise < 2 hours per week
家族史：除遺傳外亦可能從家庭中習染以上不良因素 Family history: In addition to heredity, the above risk factors can also be "inherited" by family habits.

健心運動之選 Good choices of Activities for heart health

帶氧運動

Aerobic Exercise

如：快走、慢跑、游泳、踏單車，可增強心肺功能

E.g. Brisk Walking, jogging, swimming, cycling can improve heart and lung function



肌力增強運動

Muscle Strengthening Exercise

如：行斜坡、行樓梯，可幫助消耗更多卡路里

E.g. Walking uphill, climbing stairs can burn more calories



伸展運動

Stretching activities

如：太極、瑜珈，可幫助增加靈活性

E.g. Tai Chi, Yoga can improve your flexibility



日常運動

Daily activities

如：做家務、早一個車站下車再步行到目的地，可幫助建立運動的習慣

E.g. Doing housework, get off a stop early and walk the rest can develop the habit of doing exercise



雀巢三花心臟健康嘉年華

Carnation Heart Health Carnival



時間 Time	節目 Programme
1:30pm	「世界心臟日」香港心臟基金會繪畫比賽 "World Heart Day" The Hong Kong Heart Foundation Drawing Competition
2:00pm	心臟健康檢查及攤位遊戲 Heart Health Check & Game Booth
2:30pm	歌星表演 Stage Show by Artists
3:00pm	開幕典禮 Opening Ceremony
3:40pm	雀巢三花環球健步行 Carnation Global Embrace
4:30pm	花式跳繩表演 Rope Skipping Performance
6:00pm	嘉年華會圓滿結束 End of Carnival

時間 Time : 1:30pm — 6:00pm

地點 Venue : 香港跑馬地馬場 Happy Valley Racecourse



「世界心臟日」香港心臟基金會繪畫比賽

"World Heart Day" The Hong Kong Heart Foundation Drawing Competition



今年約有一千名中、小學生參加「世界心臟日」香港心臟基金會繪畫比賽。比賽以心臟健康為主題，十二歲以下學生屬於初級組、創作題目為「家居多運動 強心好輕鬆」，而十二至十七歲的高級組題目則為「人人強心 處處護心」。

This year, around 1,000 primary/secondary school students will join in promoting the importance of Heart Health by illustrating their ideas at the carnival. This year's competition is divided into two sections – the theme for the junior division (under 12 years of age) is "Heart Health Makes Easy With Household Exercises" and the theme for the senior division (aged between 12 and 17) is "Building A Healthy Heart - Everyone and Everywhere".



高級組: 1:30pm — 3:30pm

Senior Group: 1:30pm — 3:30pm

初級組: 2:00pm — 4:00pm

Junior Group: 2:00pm — 4:00pm

地點: 香港跑馬地馬場

Venue: Happy Valley Racecourse

參賽者: 香港中、小學生

Contestants: Primary & Secondary
Students in Hong Kong



雀巢三花環球健步行

Carnation Global Embrace



國際健康盛事「環球健步行」，每年均得到世界各地一百多個城市，超過一百萬人士的參與及支持。此活動鼓勵不同年齡人士，以步行鍛鍊體魄，增強心肺功能，令身心健康。

Each year, more than one million people in over 100 cities participate in the Global Embrace. This unique annual walkathon aims to promote the health benefits of walking for people of all ages.

時間 Time : 3:40pm — 4:30pm

地點 Venue : 香港跑馬地馬場 Happy Valley Racecourse



路線 Route



心臟健康攤位設計比賽

World Heart Day Carnival Booth Competition



近年心臟病有年輕化的趨勢，因此本院希望透過不同類型的活動，讓更多年青人了解保護心臟要從「小」做起的道理。有見及此，本年繼續舉辦「世界心臟日」心臟健康攤位設計比賽，由香港大學及香港中文大學兩大醫學院醫科生，組成兩組，於嘉年華會場內推廣與心臟健康有關的資訊，現場設有最佳攤位設計及最具人氣攤位兩個獎項，入場觀眾更可參與評分。希望同學們能於活動中加深對心臟健康的認識及關注。

In recent years, heart disease is affecting people in an earlier age and the College has made use of various activities to help youngsters care about their heart health. This year, World Heart Day continues to organize the World Heart Day Carnival Booth Competition. Both medical students from The University of Hong Kong and The Chinese University of Hong Kong formed two teams for the booth competition to promote heart health. There are two awards for this competition, The Best Design Booth and The Most Popular Booth. All the participants can join this competition and vote. We hope to enhance students' awareness of heart health during the competition.

日期 Date : 2015年11月15日

時間 Time : 2:00pm — 4:00pm

地點 Venue : 香港跑馬地馬場 Happy Valley Racecourse



心臟健康之選

World Heart Day Healthy Diet Campaign



世界心臟日2015特別推出「心臟健康之選」，特別邀請各大食肆參加，希望公眾能作出正確的「護心選擇」，以減低自己、家人及朋友的心血管疾病風險，從日常飲食開始，以「心臟健康之選」為標記，選擇更多對心臟有益的菜式，即使外出用膳亦有更多護心選擇。

World Heart Day 2015 would like to encourage public to make healthy heart choices so as to help them to reduce their own cardiovascular disease risk and that of those around them. In this light, World Heart Day 2015 is launching the "World Heart Day Healthy Diet Campaign" and invited different restaurants to join, hoping the public can have more healthy heart choices when they eat out. Customers only have to look for the "World Heart Day Healthy Diet Campaign" logo to enjoy dishes that is good for heart health.



已參與餐廳 Participating Restaurants :



菜式 Dishes



木耳生啫秋葵



蛋白瑤柱蒸麥飯



綠野禪蔬



燒汁茄子海參條



菜式 Dishes



瑤柱鮮菇蘭花豆腐飯



鮮茄蓉肉醬大蝦燴意粉



健怡鮮蔬菜廚師沙律



鮮茄蓉蘭花燴斑腩飯

活動詳情，請即登入世界心臟日網址：

For Details, Please go to the World Heart Day Website:

www.worldheartday.org.hk



世界心臟日籌委會

World Heart Day Steering Committee



香港心臟專科學院

Hong Kong College of Cardiology



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

陳鑑添醫生(聯席主席) Dr. Chan Kam Tim (Co-Chairman)
李樹堅醫生(聯席主席) Dr. Li Shu Kin (Co-Chairman)
陳志堅醫生 Dr. Chan Chi Kin, William
鄭俊豪醫生 Dr. Cheng Chun Ho
蔣忠恕醫生 Dr. Chiang Chung Seung
方平正醫生 Dr. Fong Ping Ching
高德謙醫生 Dr. Ko Tak Him, Patrick

劉柱柏教授 Prof. Lau Chu Pak
劉育港醫生 Dr. Lau Yuk Kong
劉雪婷醫生 Dr. Lau Suet Ting
李麗芬醫生 Dr. Lee Lai Fun, Kathy
梁達智醫生 Dr. Leung Tat Chi, Godwin
謝德富醫生 Dr. Tse Tak Fu
王國耀醫生 Dr. Wong Kwok Yiu, Chris

世界心臟日專責委員會

World Heart Day Sub-Committees



嘉年華會 Carnival

方平正醫生(聯席主席) Dr. Fong Ping Ching (Co-Chair)
劉雪婷醫生(聯席主席) Dr. Lau Suet Ting (Co-Chair)
陳志堅醫生 Dr. Chan Chi Kin, Hamish
陳志和醫生 Dr. Chan Chi Kin, William
陳志和醫生 Dr. Chan Chi Wo
陳家俊醫生 Dr. Chan Ka Chun
陳鑑添醫生 Dr. Chan Kam Tim
陳良貴醫生 Dr. Chan Leung Kwai
陳蕙賢醫生 Dr. Chan Ngai Yin
陳柏麟醫生 Dr. Chan Pak Hei
鄭俊豪醫生 Dr. Cheng Chun Ho
張莉莉醫生 Dr. Cheung Li Li
張玲玲醫生 Dr. Cheung Ling Ling
符朝暉醫生 Dr. Fu Chiu Lai
梁小瀾醫生 Dr. Hai Siu Han, Jo Jo
何鴻光醫生 Dr. Ho Hung Kwong, Duncan

何教忠醫生 Dr. Ho Kau Chung, Charles
關詠山醫生 Dr. Kwan Wing Shan, Iris
郭妙芳醫生 Dr. Kwok Miou Fong, Jennifer
林逸賢教授 Prof. Lam Yat Yin
劉育港醫生 Dr. Lau Yuk Kong
羅天柱醫生 Dr. Law Tin Chu
李沛然醫生 Dr. Lee Pui Yin
梁偉宜醫生 Dr. Leung Wai Suen, Albert
李樹堅醫生 Dr. Li Shu Kin
李英華醫生 Dr. Li Ying Wah, Andrew
莫毅成醫生 Dr. Mok Ngai Shing
伍子健醫生 Dr. Ng Yu Kin, Kenneth
伍偉康醫生 Dr. Ng William
潘錦輝醫生 Dr. Poon Kam Ha, Louisa
蕭瀟華醫生 Dr. Siu Chung Wah
譚志明醫生 Dr. Tam Chi Ming

譚志明醫生 Dr. Tam Kin Ming
蘇睿哲醫生 Dr. So Yui Chi
宋敏子教授 Prof. Sung Yn Tz, Rita
鄧逸懷醫生 Dr. Tang Yuen Wai
黃振威醫生 Dr. Tsang Chun Fung, Sunny
董光達醫生 Dr. Prabowo Tunggal
謝德富醫生 Dr. Tse Tak Fu
徐炳添醫生 Dr. Tsui Ping Tim
黃屈立醫生 Dr. Wong Bun Lap, Bernard
黃美玲醫生 Dr. Wong May Ling, Dora
王泰鴻醫生 Dr. Wong Tai Hung, John
黃煒倫醫生 Dr. Wong Wai Lun
余卓文教授 Prof. Yu Cheuk Man
余麗榮醫生 Dr. Yue Chiu Sun, Sunny
翁德璋醫生 Dr. Yung Tak Cheung

財務 Finance

李麗芬醫生(主席) Dr. Lee Lai Fun, Kathy (Chairlady)
陳鑑添醫生 Dr. Chan Kam Tim
陳蕙賢醫生 Dr. Chan Ngai Yin
李樹堅醫生 Dr. Li Shu Kin
謝德明醫生 Dr. Tse Tak Ming

宣傳及推廣 Media & Promotion

蔣忠恕醫生(主席) Dr. Chiang Chung Seung (Chairman)
劉育港醫生 Dr. Lau Yuk Kong
徐健霖醫生 Dr. Tsui Kin Lam
徐炳添醫生 Dr. Tsui Ping Tim
蘇睿哲醫生 Dr. So Yui Chi
胡鏡生教授 Prof. Woo Kam Sang
黃屈立醫生 Dr. Wong Bun Lap, Bernard

籌募 Sponsorship

劉育港醫生(聯席主席) Dr. Lau Yuk Kong (Co-Chair)
梁達智醫生(聯席主席) Dr. Leung Tat Chi, Godwin(Co-Chair)
陳偉光醫生 Dr. Chan Wai Kwong
陳向貴醫生 Dr. Chan Leung Kwai
周敬東醫生 Dr. Chau Kai Tung
董光達醫生 Dr. Prabowo Tunggal
王國耀醫生 Dr. Wong Kwok Yiu, Chris
胡鏡生教授 Prof. Woo Kam Sang

電視節目 TV Program

陳鑑添醫生(聯席主席) Dr. Chan Kam Tim(Co-Chair)
高德謙醫生(聯席主席) Dr. Ko Tak Him, Patrick (Co-Chair)
謝德富醫生(聯席主席) Dr. Tse Tak Fu (Co-Chair)
陳志堅醫生 Dr. Chan Chi Kin, William
鄭長華醫生 Dr. Cheng Cheung Wah, Boron
蔣忠恕醫生 Dr. Chiang Chung Seung
劉雪婷醫生 Dr. Lau Suet Ting
王國耀醫生 Dr. Wong Kwok Yiu, Chris

競賽 Competition

陳志堅醫生(主席) Dr. Chan Chi Kin, William (Chairman)
陳鑑添醫生 Dr. Chan Kam Tim
蔡美玲女士 Ms. Choi Mei Ling
方平正醫生 Dr. Fong Ping Ching
何教忠醫生 Dr. Ho Kau Chung, Charles
葉家偉先生 Mr. Ip Ka Wai, Alexis
高國富醫生 Dr. Ko Kwok Chun, Jason
劉雪婷醫生 Dr. Lau Suet Ting
伍子健醫生 Dr. Ng Yu Kin, Kenneth

贊助人

Patrons



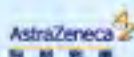
雀巢,三花,



香港心臟基金會有限公司
THE HONG KONG HEART FOUNDATION LIMITED



Abbott Vascular



阿斯利康香港有限公司
AstraZeneca Hong Kong Limited



拜耳醫療保健有限公司
Bayer HealthCare



雀巢®三花®護心奶粉系列
Nestlé® CARNATION® Milk Powder, Heart Series



美國默沙東藥廠有限公司
Merck Sharp & Dohme (Asia) Limited



瑞士諾華製藥(香港)有限公司
Novartis Pharmaceuticals (HK) Limited



美國輝瑞科研製藥
Pfizer Corporation Hong Kong Limited



賽諾菲安萬特香港有限公司
Sanofi-aventis Hong Kong Limited



雀巢,三花,

環球健步行主要贊助人
Global Embrace Title Sponsor

雀巢®三花®護心奶粉系列
Nestlé® CARNATION® Milk Powder, Heart Series



雀巢,三花,

世界心臟日2015—心臟健康之選
World Heart Day 2015 – Heart Health Choice

雀巢®三花®護心奶粉系列
Nestlé® CARNATION® Milk Powder, Heart Series

世界心臟日 2005-2015 心臟健康之選
World Heart Day 2005-2015 Heart Health Choice

贊助人

Patrons



阿斯利康香港有限公司
AstraZeneca Hong Kong Limited



Next Step Gourmet Group



美國輝瑞科研製藥
Pfizer Corporation Hong Kong Limited



Aetna Global Benefits
(Asia Pacific) Limited

Mrs. So Chau Yim Ping



葵涌扶輪社
Rotary Club of Kwai Chung



Abbott Vascular



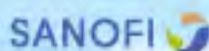
拜耳醫療保健有限公司
Bayer HealthCare



跳繩強心
Jump Rope for Heart



美國默沙東藥廠有限公司
Merck Sharp & Dohme (Asia) Limited



賽諾非安萬特香港有限公司
Sanofi-aventis Hong Kong Limited



偉倫基金會有限公司
Wei Lun Foundation Limited



香港港安醫院
Hong Kong Adventist Hospital



瑞士諾華製藥(香港)有限公司
Novartis Pharmaceuticals (HK) Ltd

鳴謝

Acknowledgements



謹向以下贊助致謝: Very Special Thanks to Our Sponsors:

香港心臟專科學院董事局 (2014-2015)
The Council of Hong Kong College of Cardiology (2014-2015)

跳繩強心
Jump Rope for Heart Program

屈臣氏蒸餾水
Watsons Water

及向以下機構及人士致謝: And to the following supporting parties and people:

義務工作發展局
Agency for Volunteer Service

香港心康會有限公司
Hong Kong H.E.A.R.T. Club Limited

瑪嘉烈醫院
Princess Margaret Hospital

香港輔助警察隊
Auxiliary Police Force

火箭特技跳繩隊
R.S. Crew

Pure Fitness

關心您的心
Care For Your Heart

養和醫院
Hong Kong Sanatorium & Hospital

伊利沙伯醫院
Queen Elizabeth Hospital

陳良貴醫生
Dr. CHAN Leung Kwai

香港聖約翰救護機構
Hong Kong St. John Ambulance

律敦治醫院
Ruttonjee Hospital

科聯系統集團
Computer & Technologies Holdings Limited

香港大學李嘉誠醫學院
The University of Hong Kong Li Ka Shing Faculty of Medicine

九龍香格里拉大酒店
Kowloon Shangri-La, Hong Kong

香港中文大學醫學會
Faculty of Medicine,
The Chinese University
of Hong Kong

香港大學公共衛生學院
School of Public Health,
The University of Hong Kong

香港心臟基金會有限公司
The Hong Kong
Heart Foundation Ltd.

商業電台
Commercial Radio

醫院管理局
Hospital Authority

香港賽馬會
The Hong Kong Jockey Club

衛生署
Department of Health

心臟健康促進會有限公司
Institute for Heart Health
Promotion Limited

香港防癆心臟及胸病協會
The Hong Kong Tuberculosis,
Chest & Heart Diseases Association

何耀光慈善基金有限公司
Ho Yu Kwong Charity
Foundation Limited

KAM KAY AND PING WU
FOUNDATION LIMITED

東華東院
Tung Wah Eastern Hospital

香港港安醫院
Hong Kong Adventist Hospital

林思為女士
Ms. Sylvia LAM

東華醫院
Tung Wah Hospital

香港心臟護理學會
Hong Kong Cardiac
Nursing Association

李奕嫻女士
Ms. Helen LEE

博愛醫院歷屆總理聯誼會
鄭任安夫人千禧小學

香港心臟專科學院 - 「安心校園」計劃
Hong Kong College of Cardiology -
Heart-safe School Project

中國香港體適能總會
Physical Fitness Association of
Hong Kong, China

香島中學

香港警察樂隊
Police Band

香港道教聯合會青松中學

22PLUS 創意傳媒