

Congratulatory Message from Director of Health, Dr P Y Lam

3rd Asian Preventive Cardiology and Cardiac Rehabilitation Conference cum 8th Certificate Course in Cardiac Rehabilitation

I would like to congratulate the Hong Kong College of Cardiology for hosting the 3rd Asian Preventive Cardiology and Cardiac Rehabilitation Conference cum 8th Certificate Course in Cardiac Rehabilitation.

The rapid growth of non-communicable diseases has become a major health challenge worldwide, imposing great burden to individuals, families, community and the healthcare system. As the number two killer in Hong Kong, cardiac diseases, together with cancer, stroke and chronic lower respiratory diseases, are the main causes of local deaths. Promotion of healthy eating, regular exercise and tobacco control can effectively prevent heart disease, type II diabetes mellitus cases and one-third of all cancers.

In September 2010, the Department of Health launched the "Action Plan to Promote Healthy Diet and Physical Activity Participation in Hong Kong" which calls on stakeholders to work in partnership and to do more for the promotion of healthy diet and physical activity for Hong Kong people. We very much hope that various sectors of our society can join hands to advocate healthy lifestyle and offer more healthy choices for the public. I thank the Hong Kong College of Cardiology for being an active and close partner of the Government in healthy lifestyle promotion.

I wish this important Conference every success and hope all participants will find this a fruitful and invigorating experience.



Dr P Y Lam
Director of Health