

「健營日誌」 -  
網上體重管理程式  
**My Wellness Tracker –  
Online Weight Management  
Program**

香港中文大學營養研究中心  
Centre for Nutritional Studies  
The Chinese University of Hong Kong



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# 計劃背景 Background

- ▶ 中大營養研究中心的調查 A survey conducted by CNS:
  - 發現有88%受訪人士不清楚自己每日所需的熱量  
88% respondents did not know their daily energy requirement

# 計劃背景 Background

- 認為減少進食份量是最直接減輕體重的方法  
They believed ‘reducing eating portion’ was the most effective way for weight loss
- 忽略了熱量平衡和生活習慣的重要性
- Not aware the importance of energy balance and lifestyle on weight management

# 計劃背景 Background

- ▶ 醫學文獻指出 The latest medical evidence revealed:
  - 流動應用程式作為一個體重管理計劃中的一環  
Integrating technology into standard weight loss treatment
  - 能提昇減肥效果
  - Mobile apps can enhance the effectiveness of weight loss result
    - JAMA Intern Med. 2013;173(2):105-111

# 計劃目的

- ▶ 提升港人對營養、體重管理，熱量平衡及生活習慣之間關係的認識和了解
- ▶ To raise the public awareness and knowledge on
  - Nutrition
  - Energy Balance
  - Weight Management
  - Lifestyle
  - Their associations

香港中文大學營養研究中心  
Centre for Nutritional Studies CUHK

健營日誌

電郵

密碼

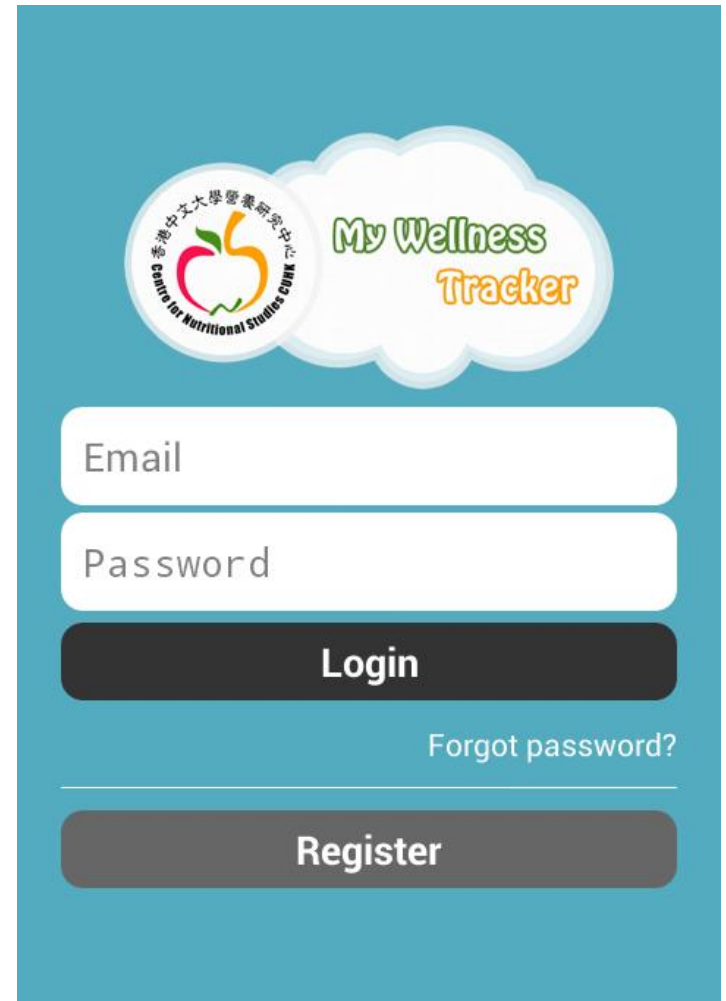
登入

[忘記密碼?](#)

註冊

# 計劃目的

- ▶ 改善體重管理效果  
Improve the weight management outcome
- ▶ 養成健康、積極的生活模式  
Establish a healthy active lifestyle



The image shows a digital interface for 'My Wellness Tracker'. At the top, there is a logo for the 'Centre for Nutritional Studies CUHK' featuring a stylized apple, and the text 'My Wellness Tracker' in green and orange. Below the logo are two white input fields: 'Email' and 'Password'. A dark blue button labeled 'Login' is positioned below the password field. To the right of the 'Login' button is a link that says 'Forgot password?'. Below these elements is a dark grey button labeled 'Register'.

# 計劃的特色 Features

- ▶ 涵蓋本港地道常見的食物及飲品資料庫

Food database comprises with credible local foods and beverages in Hong Kong

- ▶ 除了計算熱量平衡，亦同時建議使用者攝取均衡營養，培養運動和建立健康作息習慣

Not only calculates energy balance, but also advise on balance diet, exercise and healthy habits

# 計劃的特色 Features

- ▶ 讓使用者明白全面體重管理的理念 Enhance user's understanding on the comprehensive weight management concept
- ▶ 包含多個適切的提示，以幫助使用者達到目標 Provides personalized reminders which assists in goal achievement
- ▶ 日誌有網頁及手機版，兩者資料可同步更新 Available on web and in mobile app. Data input in either ways could be synchronized
  - 計劃由可口可樂基金會贊助 Sponsored by Coca Cola Foundation

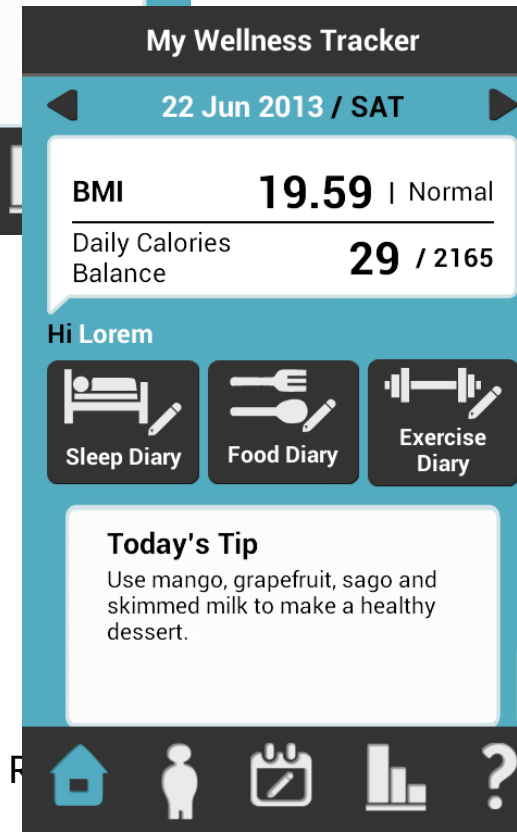


# 程式內容 Content

## ▶ 健營日誌 My Wellness

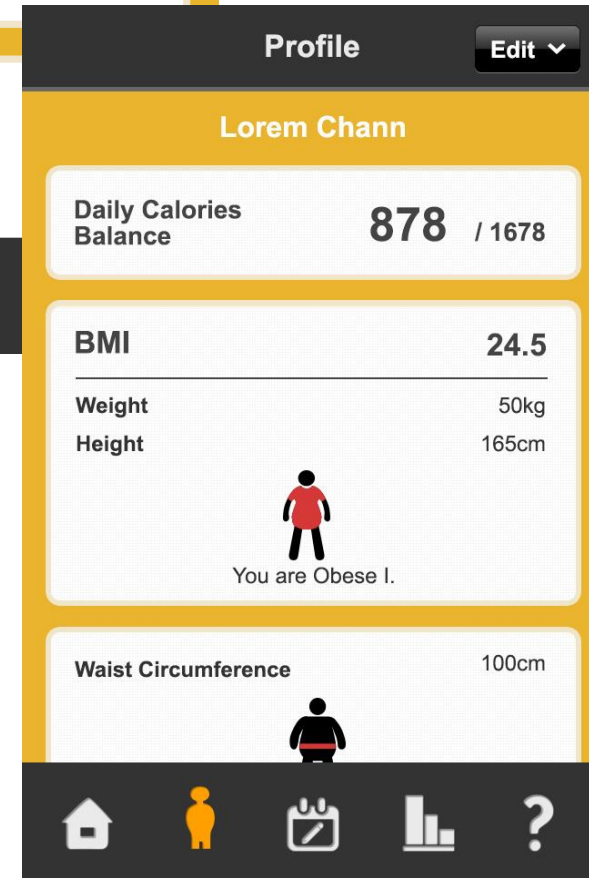
### Tracker

- 營養資料庫 Food database
- 運動資料庫 Physical activity database



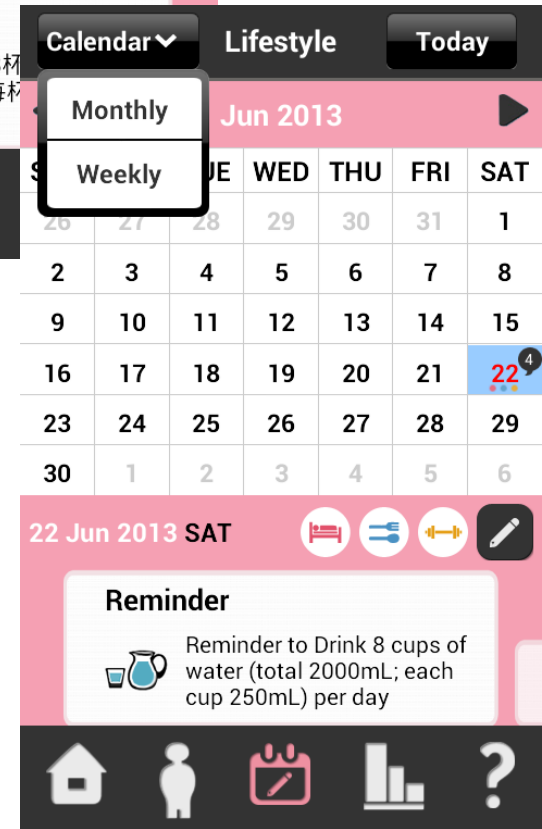
# 健營狀態 Profile

- ▶ 根據輸入的個人資料便能 Based on the personal information
  1. 估算每天所需熱量  
Estimates daily energy requirement
  2. 評估體重狀況 Assesses weight conditions



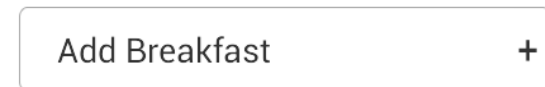
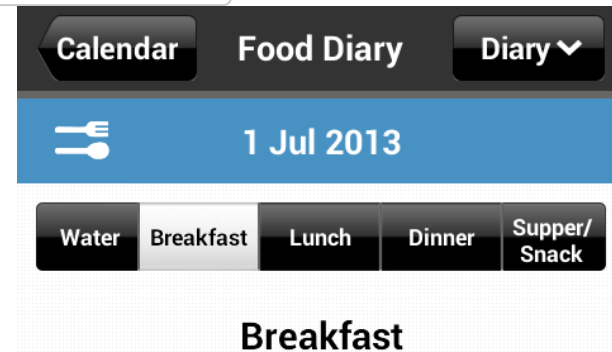
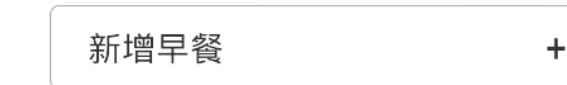
# 健營生活 Lifestyle

1. 睡眠時數 Sleep duration
2. 補水程度 Hydration
3. 飲食習慣 Dietary habit
4. 運動習慣 Exercise habit



# 食物資料庫 Food Diary

- ▶ 選擇早、午、晚餐、宵夜/零食 Choose appropriate meal occasions
  - Breakfast
  - Lunch
  - Dinner
  - Supper/ Snack



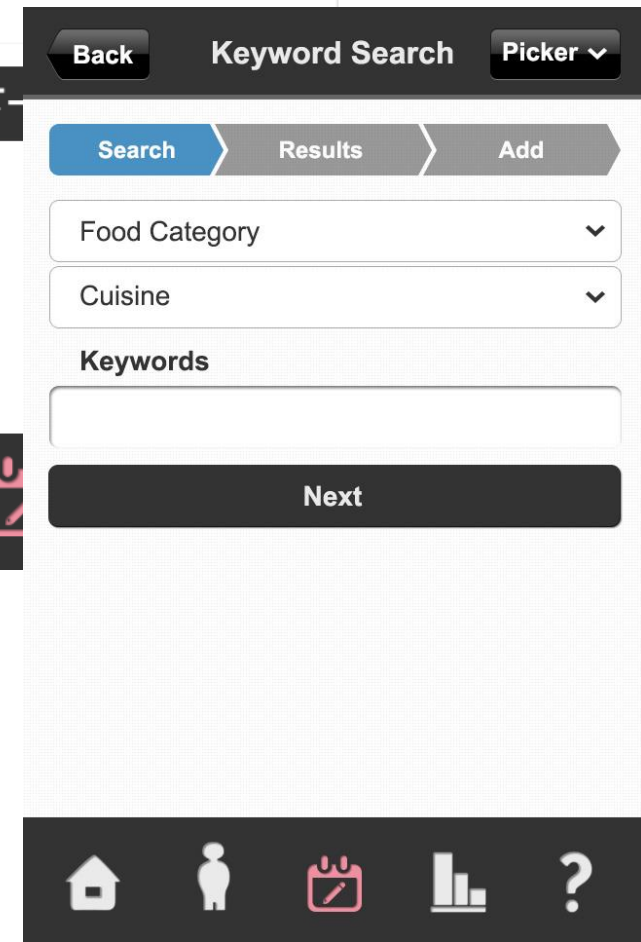
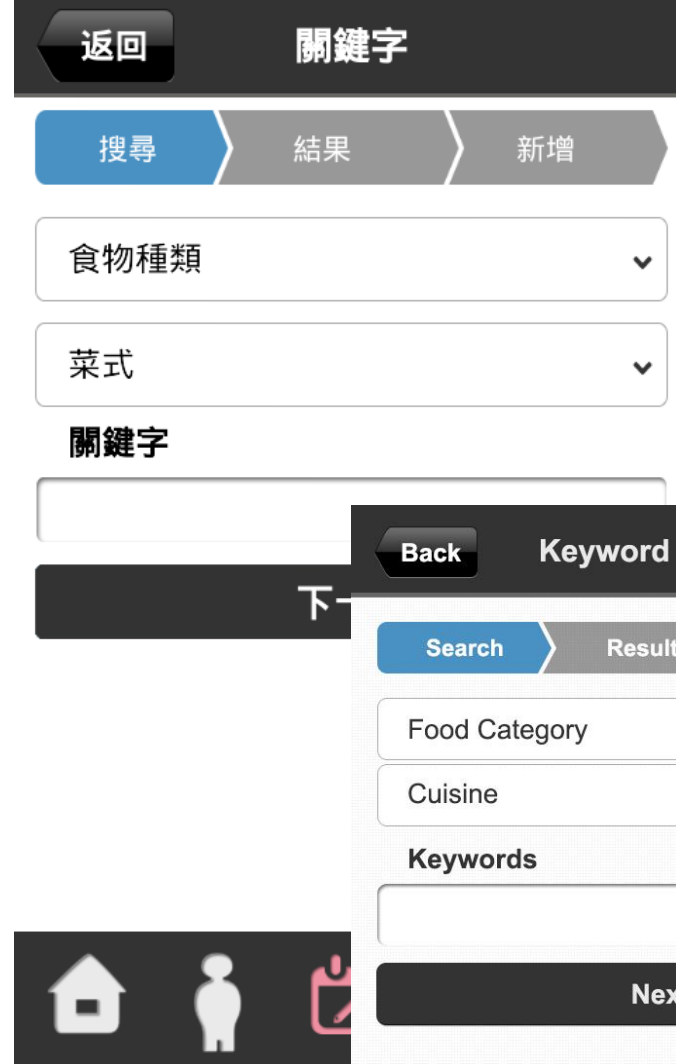
# 食物資料庫 Food Diary

- ▶ 利用關鍵字、菜式和/  
或食物種類來選擇食物

Search for the  
consumed food by  
keywords, food  
category and cuisine

- ▶ 選擇份量和單位

Choose appropriate  
portion size and unit



# 食物資料庫 Food Diary

- ▶ 根據所輸入資料程式便會顯示食物的熱量和營養成份

The energy and nutrient content of the selected food will be displayed.

The screenshot displays the app's search results screen. At the top, there are three buttons: '取消' (Cancel), '關鍵字' (Keyword Search), and '儲存' (Save). Below these are three navigation tabs: '搜尋' (Search), '結果' (Results), and '新增' (Add). The main content area shows the search results for '金針菜/黃花菜' (Daylily Flower). The results are displayed in a table format:

熱量(千卡)	199.00
總脂肪(克)	0.00
蛋白質(克)	19.40

Below the table, there are three input fields: a quantity field with '100', a unit field with '克', and a meal type field with '早餐'. At the bottom, there is a navigation bar with icons for home, user profile, calendar, and a question mark.

On the right side of the screenshot, there is a smaller version of the search results screen for 'Daylily Flower'. It shows the same table of nutritional information:

Calories (kcal)	200
Fat (g)	10
Protein	20

Below this table, there are three dropdown menus: the first is set to '1/2', the second to 'dish', and the third to 'Breakfast'. At the bottom, there is a navigation bar with icons for home, user profile, calendar, a bar chart, and a question mark.

# 運動資料庫

## Exercise Diary

- ▶ 利用關鍵字搜尋、運動種類和 / 或活動來選擇運動

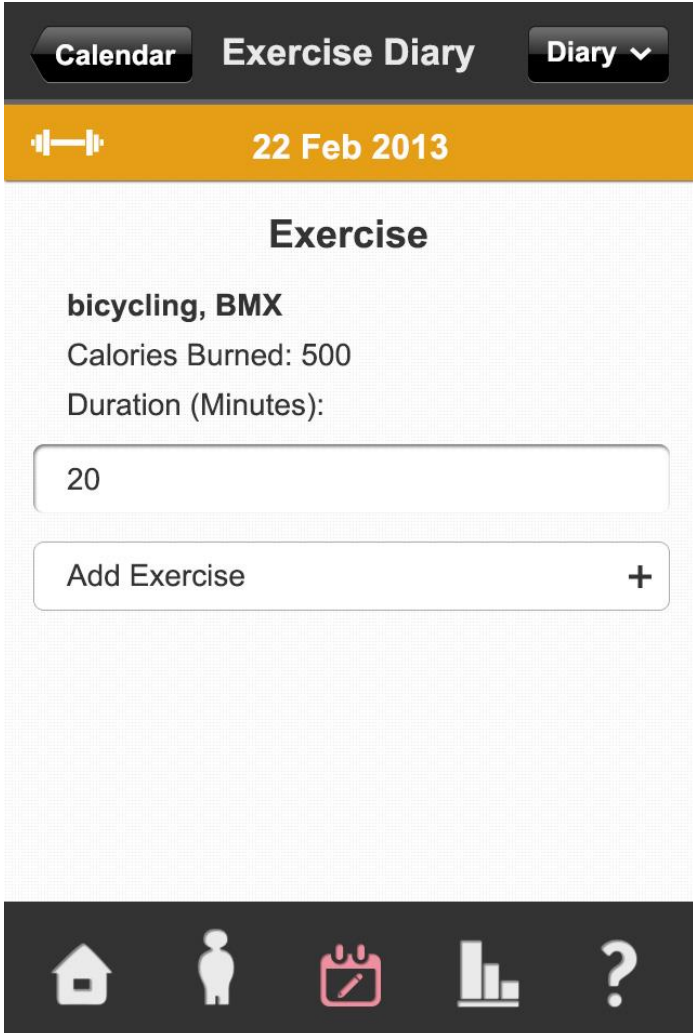
Choose the physical activity done by keywords, exercise category and/or physical activity

The screenshot shows the 'Exercise Diary' app interface. At the top, there are three buttons: '日曆' (Calendar), '運動日誌' (Exercise Diary), and '日誌' (Log) with a dropdown arrow. Below this is a yellow header bar with a home icon and the date '2013年7月1日'. The main content area is titled '運動' (Exercise) and features a blue circular icon next to the text '單車, 越野' (Cycling, Mountain Biking). Below this, it displays '已燃燒卡路里: 151.2' (Calories burned: 151.2) and '分鐘(分鐘):' (Minutes (minutes):). A text input field contains the number '20'. At the bottom of the main area is a button labeled '新增運動' (Add Exercise) with a plus sign. The bottom navigation bar contains five icons: a house, a person, a calendar, a bar chart, and a question mark.

# 運動資料庫

## Exercise Diary

- ▶ 輸入運動的時間 Enter exercise duration
- ▶ 程式便會顯示運動消耗的熱量 Exercise energy expenditure will be displayed



The screenshot shows the 'Exercise Diary' app interface. At the top, there are three buttons: 'Calendar', 'Exercise Diary', and 'Diary'. Below this is a date bar for '22 Feb 2013'. The main section is titled 'Exercise' and contains the following information:

- bicycling, BMX**
- Calories Burned: 500
- Duration (Minutes):
- 
- 

At the bottom, there is a navigation bar with five icons: a house, a person, a calendar, a bar chart, and a question mark.



# 健營提示

## Reminders

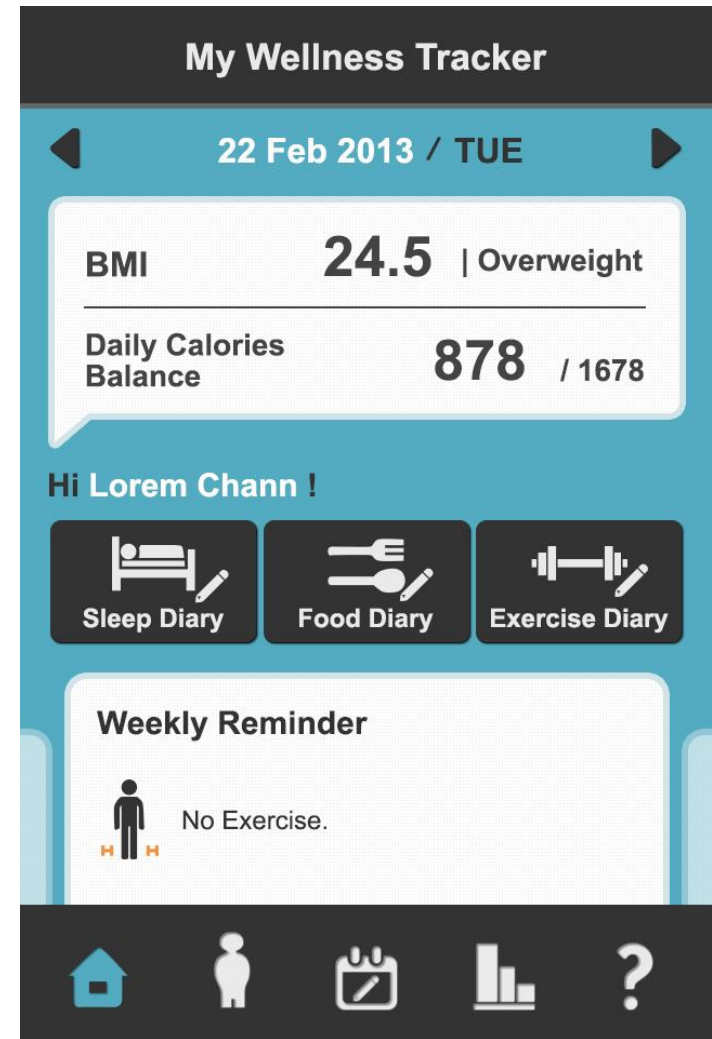
- ▶ 日誌可按使用者的飲食習慣及運動量 Based on user's diet and amount of exercise
- 作出相應的提示 Gives reminders



# 健營提示

## Reminders

- 提醒使用者作出改善 advises user to modify lifestyle such as,
- 如熱量失衡、攝取不合適份量的碳水化合物、蛋白質、蔬果或水份，甚至乎睡眠和運動不足等 Energy imbalance, inappropriate intake of particular food groups or Inadequate sleep and exercise



# 健營圖表 Graphs

- ▶ 程式根據使用者的狀況 Based on the lifestyle
  - 提供不同的健營圖表 in various graphs
  - 以紀錄使用者的飲食及運動習慣的變化 Shows the diet and exercise habits



# 健營知識 Knowledge

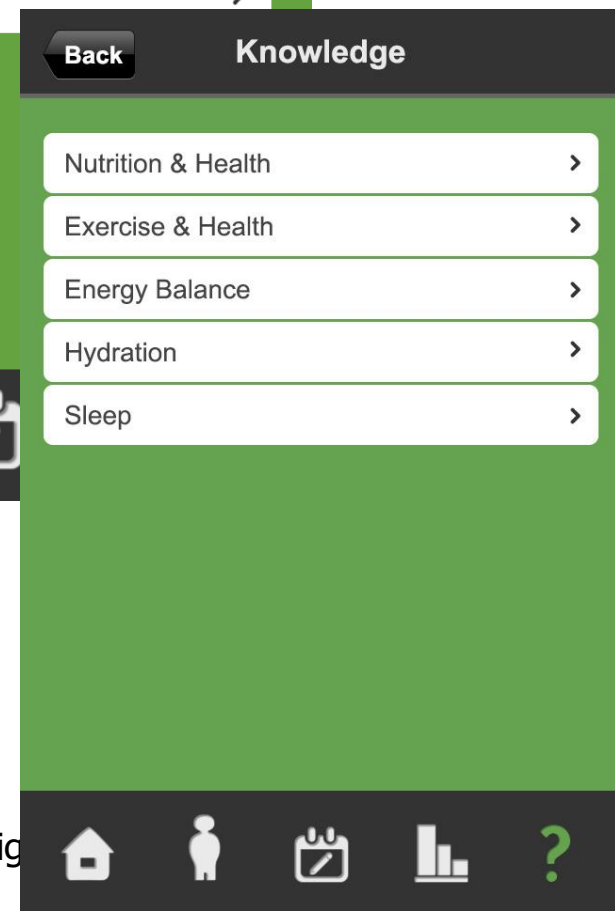
- ▶ 本中心的專業團隊編撰，備有中、英文版本 Designed and edited in both English and Chinese by our professional team

Topics include:

Topics include:

- ▶ 包括題材包括營養、運動及健康、熱量平衡、水分補充和睡眠

Nutrition, exercise & health, energy balance, hydration & sleep



# 健營問題 FAQ

## ▶ 常見問題

- 營養及運動的常見誤解 Clarifying some common misconceptions about nutrition and exercise

返回

關於

營養

### 1. 不吃飯可以嗎？

飯屬於碳水化合物類食物。碳水化合物是腦部及身體的最主要的能量來源並應佔全日攝取總熱能的55 - 60%。如果不喜歡吃飯，可以選擇吃其他含有碳水化合物類的食物例如粉麵類，麵包等，但以較高纖維的選擇為佳。

### 2. 完全不吃油，可以嗎？

油屬於脂肪。脂肪是製造荷爾蒙的必需物質。然而多脂肪，因過多會對身體應適量地進食含有脂肪類少於30%的全日攝取總熱供9千卡。

### 3. 只要攝取一天所需的熱意進食時間嗎？



Back

FAQ

Nutrition

### 1. Can I eliminate rice in my diet?

Rice is a type of carbohydrate. Carbohydrate is the main source of fuel for our brain and body. Carbohydrates should take up 55 – 60% of our daily energy intake. If you do not like rice, you should eat other carbohydrate such as noodles, bread etc. but high in fibre are most preferred.

### 2. Can I eliminate rice in my diet?

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### 3. Can I eliminate rice in my diet?

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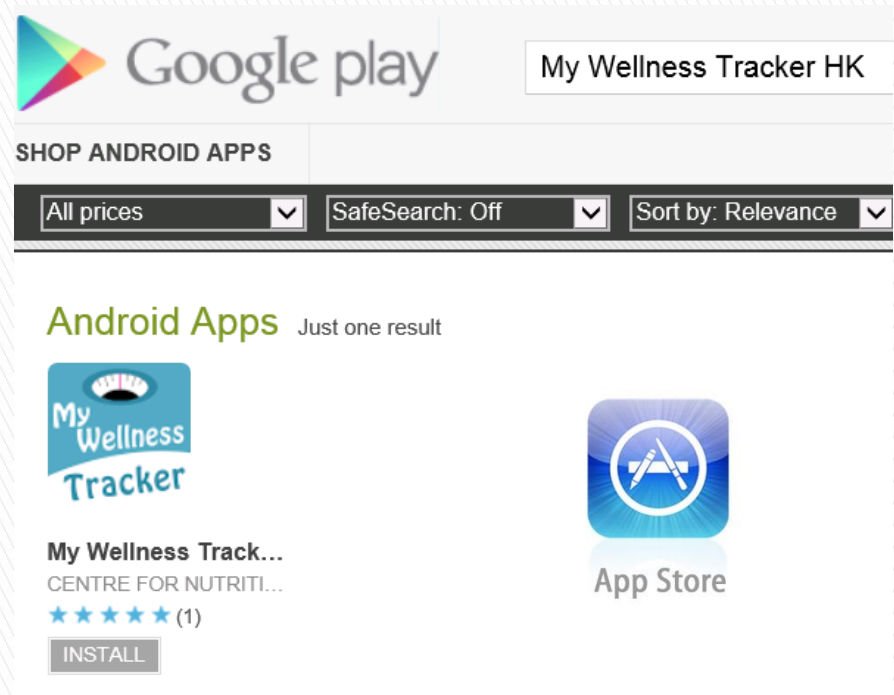
如可使用「健營日誌」？  
How to use “My Wellness  
Tracker”



# 哪裡下載「健營日誌」？

## How to download “My Wellness Tracker” ?

- ▶ 「健營日誌」體重管理程式由即日起可於Google Play及App Store免費下載 Now could be downloaded for free from Google Play & App Store
- ▶ 市民亦可選用網頁版的「健營日誌」，網址為 Or use the web version, [wellness.mect.cuhk.edu.hk](http://wellness.mect.cuhk.edu.hk)
- ▶ 兩者輸入的資料可同步更新 Information input in either ways will be synchronized



# 「健營日誌」學校推廣計劃

## My Wellness Tracker – School Campaign

- ▶ 中學老師及學生通識教育科的「營養與運動」教材套 Educational Toolkit for Secondary School Liberal Studies
- ▶ 提高青少年對體重管理的認識 Enhances teenage awareness on weight management

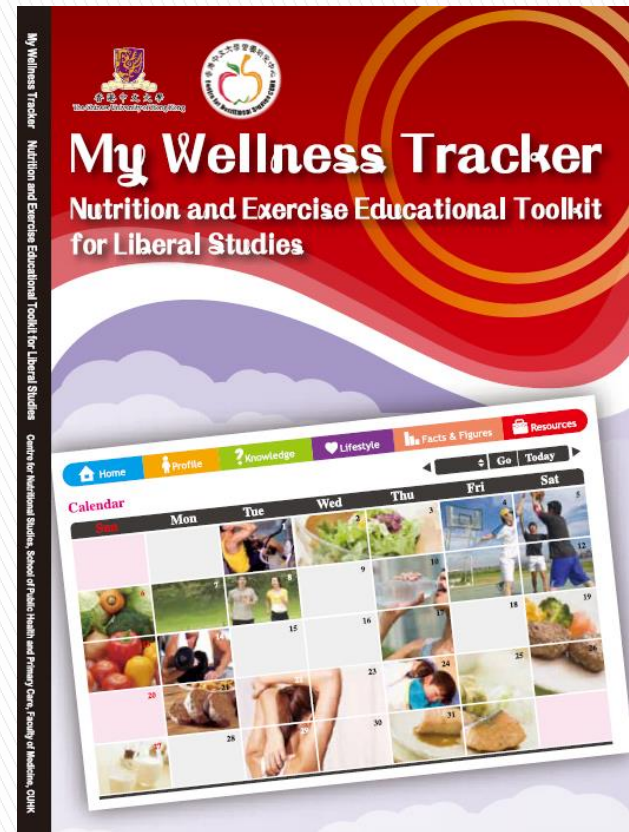




# 「健營日誌」學校推廣計劃

## My Wellness Tracker – School Campaign

- ▶ 歡迎有興趣的學校聯絡我們 For interested schools, feel free to contact us
- ▶ 查詢電話 Tel : 2252 8831 , 3178 9211
- ▶ 查詢電郵 Email : [bonnie.wong@cuhk.edu.hk](mailto:bonnie.wong@cuhk.edu.hk)



# 計劃內容 Campaign

- ▶ 教材套內容 Educational Toolkit :
  - 包括營養和運動知識 Nutrition and exercise knowledge
- ▶ 已參與學校 Participated schools :
  - 小學 Primary school : 25
  - 中學 Secondary school : 50



# 計劃內容

## Campaign

- ▶ 附有教師用書，遊戲板，課堂用的投影片，工作紙，「健營日誌」(網上健康生活日誌) Includes teacher version textbook, board games, PowerPoint, worksheets, “My Wellness Tracker” (Online Healthy Lifestyle Program)



感謝出席是次招待會

Thank you!

提問時間

Q&A SESSION