

生活動力那裡來，身心健康是首要
健康生活在我手，強健體魄必定有
全人健康第一位，正面訊息要傳遞
掌握健康新知識，豐盛人生創未來
互助互愛家連家，聆聽關懷心連心
凝聚香江添力量，共創健康樂社群
世衛組織今呼籲，全球抗炎齊和應



保障衛生從個人及家庭開始

同心抗炎，先從個人做起。我們承諾保持個人衛生，再推己及人，將訊息帶給家人及社會。我們承諾緊守崗位，一起行動，同心實踐「衛生約章」。

每人都要為自己的健康負責。醫學發展日新月異，顯示個人及環境因素，與身體的健康狀況息息相關。現代社會生活水平日漸提高，例如衛生條件和營養方面均有改善，令二十世紀的患病死亡率顯著下降。然而，要保障身體健康，仍須注重個人生活習慣及環境因素。培養良好生活習慣，應該先從個人做起，繼而推廣至家人及社群。

我們應該主動學習最新的健康資訊及醫學常識，掌握保健之道。此外，建立積極的生活態度與價值觀，認同環境清潔衛生的重要，對保持身體健康亦至為關鍵。

倘若擁有健康知識及積極生活態度，卻無法應用在日常生活之上，意義便頓成疑問。而建立健康生活，需要大家的支持。除了注重健康，增加健康常識及掌握保健之道，亦需要人與人之間的關懷和社會各界的支持。家人的支持、關懷和諒解，是創造健康家庭生活的必要條件。推廣至社會層面，有助傳遞健康訊息，並有效推動社會健康運動，使人人成為創造「健康清潔」的一份子，進而把這種精神，延伸至推動環保工作方面。

個人及家庭 Personal and Family

就以世界衛生組織推出的「渥太華促進健康憲章」為例，便強調社會各界必須加強行動，營造互相支持的環境，同時培養有助促進個人健康的能力。為推廣健康訊息，達到理想的衛生狀況，個人、家庭及社群需要互相支持。此外，分別於1997年在雅加達以及2000年在墨西哥舉行的「世界促進健康大會共同宣言」，均呼籲個人及整體社會加強行動，肩負促進健康的責任。

要保持身體健康，各人必須共同努力。只要大家提高警覺，不少疾病都能有效預防，尤其是傳染病。個人的身心健康都由自己主宰，要是大家以健康為先，建立良好生活習慣，不僅能夠遠離病魔和擁有健康體魄，家人及社會亦同樣受惠。因此，大家應該養成良好生活習慣，多做運動，作息定時，飲食均衡及維持良好人際關係。每人都有責任向親友推廣正面的健康訊息，我們應保持家庭及公共設施清潔衛生，同心協力為大眾創造健康的生活環境。



Hygiene starts with the individual

No one can be responsible for your own health except you. As a starting point in our united effort to fight against SARS, we agree as individuals to keep good hygiene for ourselves, our families and community and we pledge to support and to adhere to the Hygiene Charter.

New developments in medicine recognize the important link between personal and social factors in the causation of health and disease. Advances in general living conditions, such as improved sanitation and nutrition have been responsible for declining mortality rates due to illness in the last century. As lifestyle and environmental factors are major determinants of health, the promotion of healthy and good practices is everybody's business, with individuals playing a part in protecting their own health and working together with others at the family and even at community level.

Individuals need to take the initiative to acquire the latest information and develop their knowledge on health issues, and develop skills that increase their ability to take positive control of their health.

Apart from knowledge and skills, another important strategy for maintaining good health is to develop positive attitudes and values towards a clean and hygienic environment.

What good is health knowledge or having positive attitudes and values if one cannot apply them to daily life? 'Healthy' people need to be empowered. Interpersonal and social support is needed for healthy behaviours in addition to building awareness, knowledge and skills. The family is a strong source of support for individual action, providing understanding, collective action and responsibility, as well as care and concern. All these work towards the creation of a healthy living environment at home. This effort can be extended to the community so that health promotion can work through concrete and effective collective action. Individuals would then be full contributors to create a 'Healthy and Hygienic' community, and the effort could be sustained through environmental protection and conservation.

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The World Health Organization launched the Ottawa Charter for Health with a strong emphasis on strengthening community action, creating a supportive environment, and developing personal skills to promote health. Individuals, family and the community need to be empowered to increase their coping strategies so that they may achieve their full health potential. The Declaration of the 4th World Conference on Health Promotion in Jakarta in 1997 and the Declaration of the 5th World Conference on Health Promotion in Mexico in 2000 also called on strengthening the individuals and community action and responsibility in health.

It is important for individuals to make a concerted effort to maintain good health. Many diseases, including infectious diseases, can be prevented through self-care and self-help. You are the owner of your mind and body. Once you commit to place your own health as a top priority, you will make choices everyday that help prevent disease and promote the well being not only of yourself, but of your family and the community too. We should adopt a healthy lifestyle by doing more exercise, eating a balanced diet, getting adequate sleep, having enough rest and maintaining good interpersonal relationships. Every individual should take an active role in promoting positive health for family and friends. We must also take the responsibility to keep our home environment and public utilities clean and healthy. Every individual and family needs to be engaged in creating a healthy living environment for all.