護心者聯盟

Our hearts keep working in every moment, pumping blood around the whole body and giving tissues the nutrients and oxygen in need so that we can have enough energy and power to cope with our everyday tasks. Nevertheless, we may hurt our hearts unintentionally because of our urban lifestyle. For instance, unhealthy diet, sedentary lifestyle, smoking and excessive alcohol can damage our hearts, and one day, it may stop functioning all in a sudden, putting our lives at stake! As a matter of fact, cardiovascular disease is the leading cause of death worldwide, accountable for more than 17.5 million premature deaths every year. Therefore, it is important for us to take preventive measures against the cardiovascular threat. As long as we take the first step to improve our heart health and make subtle positive changes to our lives, not only healthcare professionals but also everyone can become the "Heart Hero". That is why World Heart Day 2019 would like to empower people from all walks of life to be considerate for the heart, to inspire the others to be heart healthy, as well as to execute the promises below altogether.

- I promise to practise healthy eating

  • Adopt "3 Low 1 High" (low fat/sugar/salt, and high fiber) Healthy Eating Principles
  • Consume at least 5 fruits and 3 vegetables daily
  • Encourage family members and friends to make healthy food choices by reading nutrition labels or having meals at EatSmart Restaurant for example

- I promise to do more exercise

  • Studies showed that regular aerobic exercise such as running can significantly lower 3 highs (blood pressure/blood sugar/cholesterol) and help reduce cardiovascular risk in the long run
  • Do at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activities per week
  • Seize the opportunities to do exercise whenever or wherever possible. For example, get off one stop earlier and walk home or to your workplace. Take the stairs instead of escalator. Do housework such as vacuuming or sweeping

- I promise to quit smoking

  • First/Second/Third hand smoking can damage our heart and also the health of our family. Quit smoking now; seek help from smoking cessation services if necessary
  • No tobacco and vaping. Researches show that e-cigarette and tobacco both increase the risk of myocardial infarction

- I promise to care for my heart

  • Have body check regularly
  • Recognize or consult healthcare professionals about my body mass index, blood sugar, cholesterol and blood pressure
  • Learn how to do CPR and use AED

護心英雄締造愛心大都會

Let's gather all the Heart Heroes to establish a Heart-Health Community

家庭 (FAMILIES)

- 在家中講理以規控鹽、糖、油的攝取量
  - Eat more at home and restrict the intake of added sodium, sugar and oil

父母 (PARENTS)

- 讓子女少看電視、電子產品，多帶他們出外運動，多陪著他們
  - Minimize the screen time of your children and let them do more outdoor exercises

醫護人員 (HEALTHCARE PROFESSIONALS)

- 警動護心知識，控制體重及「三高症」，及傳播市民護心知識
  - Assist patients in smoking cessation, monitoring their weight and "3-highs diseases". Educate the public of the basic first aid knowledge

僱主 (EMPLOYERS)

- 培育護心工作間，鼓勵僱員即使外出用膳也應吃得清淡，小休時進行活動
  - Create a heart-healthy work environment. Encourage employees to make smart food choices even when eating out and do office exercises

政府或機構 (GOVERNMENTS / ORGANIZATIONS)

- 培養無煙及護心的素養，建立無煙社區
  - Execute the smoking cessation and heart health policies. Establish a smoking-free community

傳媒 (MEDIA)

- 將護心訊息發放於各個媒體，包括報章或社交平台，讓市民知道護心的重要性
  - Widespread the messages about heart disease protection in various media channels such as newspapers or social media platforms
World Heart Day
世界心臟日 2019

由香港心臟專科學院主辦之世界心臟日，本年度活動內容及時間表如下：
Enquiry: 2899 2035

2019年5月

「世界心臟日」健心跑暨親子嘉年華

2019年9月

「世界心臟日」啟動禮暨新聞發布會

2019年8月 - 11月

心臟健康講座
提高大家對心臟健康的認識及關注。

2019年11月

香港跑馬地

環球健步行
響應世界衛生組織倡議的環球健步行，數千名市民將會參與這個富有意義，性別及年齡的健康步行活動，為嘉年華會揭開序幕。

心臟健康嘉年華
於香港跑馬地舉行的大型綜合活動，包括歌星表演、健康檢查及職位遊戲等，節目豐富。

香港心臟基金會「世界心臟日」繪畫比賽
約千名小學生將會參加繪畫比賽，用畫筆把心臟健康訊息傳達社會。

心臟健康推位設計比賽
邀請本地大學學生於嘉年華會場內設計推位推廣與心臟健康有關的資訊。

May, 2019

“World Heart Day” Run For Heart

September, 2019

“World Heart Day” Press Conference and Kick-off Ceremony

August - November, 2019

Heart Health Talk
To enhance the general public knowledge and awareness of heart health.

November, 2019

Happy Valley, Hong Kong

Global Embrace
More than several thousand citizens will join this worldwide intergenerational walk event advocated by World Health Organization (WHO) to kick off the Heart Health Carnival.

Heart Health Carnival
Activities like stage shows, health check and game booths will be held at the Happy Valley.

Hong Kong Heart Foundation “World Heart Day” Drawing Competition
1000 primary / secondary school students will illustrate their ideas on heart health through drawings and disseminate the heart health messages to the community.

Booth Competition
Invite students from local universities to join the booth competition to promote heart health.
世界心臟組織聯會
World Heart Federation

World Heart Federation is a non-governmental organization based in Geneva, leading the global fight against heart disease and stroke, with a focus on low- and middle-income countries via a community of more than 200 member organizations that brings together the strength of medical societies and heart foundations from more than 100 countries.

網頁/Website: www.world-heart-federation.org

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

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 200 fully accredited fellows.

網頁/Website: www.hkcchk.com
http://worldheartday.org.hk

愛心支持世界心臟日
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 □ 其它金額 Any amount will help $ __________________________

我會參加環保健步行籌款活動，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 □ 女士 Ms □ 醫生 Dr 英文姓名 Name in English: __________________________

地址 Address:

聯絡電話 Telephone: __________________________ 傳真 Fax: __________________________

電郵 E-mail: __________________________

支票 Cheque 號碼 Number: __________________________ 抬頭請寫 Payable to: “HONG KONG COLLEGE OF CARDIOLOGY”

請寄回收據 Please send me a receipt 捐款港幣一百元或以上可獲收據申請免稅 Donation of HKD 100 or more is tax-deductible with a receipt

請將同支票寄回:
香港心臟專科學院 中環夏慤道12號美國銀行中心1116室
Hong Kong College of Cardiology,
Rm 1116, Bank of America Tower, 12 Harcourt Road, Central, Hong Kong

日期 Date: __________________________