

Healthy Living in Macau

澳門的健康生活

Angela Chong

According to a survey conducted by AIA Group Limited in 2013, Macau ranked 2nd for healthy living among the 15 Asian regions targeted at. Results also showed that Macau's people were more satisfied with their health and had healthier habits than their Hong Kong counterparts. There have, in fact, been other indications of its accomplishment in protecting and enhancing the health of its citizens over the past years. During the SARS outbreak of 2003, for example, Macau shared its experience of success in infection control practices with Hong Kong. And in 2004 Macau became a member of the Alliance for Healthy Cities endorsed by the WHO. What factors have contributed to Macau's success as a healthy city? Can healthy living be maintained in Macau in the future?

友邦保險公司2013年的一項健康生活調查顯示，在15個接受調查的亞洲地區的健康生活指數中，澳門排名第二。此調查結果還顯示，澳門人更滿意自己的健康狀況，生活習慣亦比近鄰香港人更加健康。事實上，澳門在過去幾年，早已有保護及增強市民健康的跡象。早在2003年非典(SARS)爆發之際，澳門就曾與香港分享其感染控制措施的成功經驗。2004年，澳門獲准加入世界衛生組織的健康城市聯盟。那麼，是什麼因素令澳門成為一個健康城市？澳門的健康生活是否可持續呢？

One of the chief factors is considerable attention and support from the government. The diversity and quality of the health care services provided free not only from the government hospital but also from a number of health centers is good evidence. Besides, there is a medical subsidy program that involves the issue of a medical coupon annually for use in non-government-funded private medical institutions. In addition, the government is keen on preventive care measures and health promotion practices. Much importance is attached to the development of ‘sports for all’ for health enhancement. To attain this goal, the Macao Sport Development Board has introduced renovation schemes of sports infrastructure, fitness and recreational classes, physical education and relevant training, all for the benefit of the residents.



Moreover, to ensure better air quality, a law was passed in 2012 banning smoking in most public enclosed venues. Related survey results have proved very encouraging. The residents commented favourably on improved air quality in the eateries and expressed an increased willingness to dine out. Tourists and hotel guests have also been very well impressed. On the whole, the smoking ban has aroused public awareness of the importance of a healthy lifestyle as almost half of the surveyed smokers claimed to have cut down on smoking.

It is said that healthy living starts on the campus. In accordance with the strategy

將澳門成功打造成健康城市的重要因素之一，就是澳門特區政府的大力支持及關注。政府醫院及一些衛生中心提供的多種多樣的高質量免費醫療服務就是一個很好的證明。此外，政府的“醫療補貼計劃”每年為市民提供醫療券，可在非政府資助的私人醫療機構使用。同時，政府還積極提倡健康的預防及促進措施，特別注重發展“大眾體育”以促進市民強身健體。為了實現此目標，澳門體育發展局已開展了體育基礎設施的修繕計劃，並為市民推出了健身及休閒課程、體育課程及相關培訓。



此外，為了更好地保證空氣質量，澳門特區2012年通過了在大多數公眾場所禁止吸煙的一項法律。此措施的相關調查結果非常令人鼓舞。市民們對餐館空氣質量的改善讚不絕口，並表示更加願意出外用餐。遊客及酒店的客人也對澳門留下了很好的印象。總體而言，澳門的控煙法提

“School Health Promotion” initiated by the WHO, the DSEJ launched a “Healthy Campus” Scheme in the 2004-2005 academic year, suggesting the provision of a health promoting environment, nurturing a culture of mindful eating by giving guidelines for healthy foods and drinks in tuck shops and organizing health promotion activities such as “the Fun Fruit Day”. The scheme has achieved satisfactory results and a number of schools have got their tuck shops rated as healthy. Under the current Curriculum Framework for Formal Education of Local Education System, students of primary, junior and senior secondary education must have sports activities for no less than 150 minutes per week, except during the examination/assessment week at the end of each semester or term.

However, it is questionable whether Macau can maintain its status as a healthy city. There has indeed been increasing awareness of a number of health hazards resulting from Macau’s mammoth economic growth over the past decade. Among the most threatening to

高了市民對健康生活方式重要性的認識，在接受調查的煙民中，幾乎一半人稱已經減少吸煙。

有人說，健康的生活從校園開始。依照世界衛生組織發起的“學校健康促進”策略，澳門教育暨青年局在2004/2005學年推出了“學校健康促進計劃”，建議學校為學生提供一個促進健康的環境，並通過學校小賣部健康飲食指導，以及組織健康促進活動（如“水果FUN享日”）來促進學生養成健康飲食的習慣。此計劃已取得令人滿意的成果，許多學校的小賣部都被評為健康小賣部。依照《本地學制正規教育課程框架》的規定，澳門中小學生每週必須有不少於150分鐘的運動，每個學期末的考試/測驗周除外。



public health is the grave pollution problem, worsening every year with the rising number of vehicles on the road and increasing population density. Huge construction projects involving the transportation and waste disposal of building materials, in particular, have led to the deterioration of air quality. The flashing neon lights from casino complexes are believed to be harmful to the residents' health, too.

Added to this, population expansion has led to a greater demand on the medical services. There are longer waiting lists for health care and medical treatment in government hospitals. Also there is the fear that inadequate staffing may affect the health care quality.

Nevertheless, the government is determined to take the problems into its own hands and make the best efforts to seek solutions. In fact, in his Policy Address for the Fiscal Year 2015, the Chief Executive has pledged to make Macau a livable city, stressing transportation and environmental protection as the priorities in his policy proposals. Accordingly, laws will be amended to control the growth in vehicle numbers, to promote the use of public transport by optimizing bus operations, to avoid frequent road excavations and to reduce carbon emissions by encouraging the use of environmentally friendly vehicles.

Medical and health services are, understandably, on the priority list, too. In accordance with the principle of 'patient-orientedness', there will be the installation of better medical facilities, the enhanced training of general medicine practitioners and medical specialists, the review of the tobacco control law as well as the commencement of the third Macao Residents' Physical Fitness

然而，澳門能否維持其健康城市的地位？這一點頗值得懷疑。過去十年來，澳門經濟快速增長，亦對市民的健康帶來了一系列危害。人們對經濟發展給居民健康帶來的負面影響的認識也不斷提高。對公眾健康最具威脅的問題是嚴重污染問題。隨著道路上的車輛日益增多，人口密度不斷增加，澳門的嚴重污染問題每年都在不斷惡化。由於大型建築項目需要運輸大量建築材料，並需要處理大量建築廢料，會導致空氣質量惡化。賭場斑斕閃爍的霓虹燈亦被指對居民的健康有害。

此外，澳門人口不斷膨脹令市民對醫療服務的需求越來越大。政府醫院的保健和醫療服務等待時間亦越來越長。另外，市民也擔心，醫院人手不足可能會影響到醫療質量。

儘管如此，政府已經決心爭取主動，努力尋求最佳解決方案。事實上，行政長官在2015年財政年度施政報告中已承諾將把澳門建設成一個宜居城市，強調交通和環保是未來施政中優先考慮的項目。因此，政府將修改法律來控制車輛數量的增長，並通過優化公交運營來促進市民使用公共交通工具，避免道路頻繁開挖，鼓勵使用環保汽車來減少碳排放。



Assessment. Attention to health care also involves the extension of the scope of food inspection to ensure food safety.

Undoubtedly, it is unwise to think that it is merely the government's concern to ensure healthy living in the city. In his essay entitled "What Prevention Means to Me: A Bright, Healthy Future", President Obama writes: "government alone isn't the solution" and "we all have to do our part to make America healthier."

So the residents also have an important part to play. Many of them have adopted a healthy lifestyle. In parks and recreation centres, seniors are often seen doing morning exercises. Youngsters are keen on daily jogging or gymnastics practices. Parents are eager to enroll their children for swimming or other recreation classes, all showing great concern for their health. However, undeniably, the phenomenon is far from satisfactory; some choose passive leisure activities indoors and resort to sedentary stress management methods instead. Many, youngsters in particular, refuse to see internet addiction as a health risk. They stay up working or playing on the computer without realizing how much harm sleep deprivation can do to their health. An improper

醫療衛生服務也是特區政府未來的施政重點，這一點也不難理解。按照“以病人為本”的原則，政府醫院將會購置更好的醫療設施，加大全科醫生、專科醫生的培訓力度，開展控煙法的檢討，以及開展第三次“全澳市民體質監測”。政府對市民健康的關注還包括擴大食品檢驗的範圍，以確保食品安全。

毫無疑問，把健康生活的責任只推給政府是不明智的。美國總統奧巴馬在他的文章“*What Prevention Means to Me: A Bright, Healthy Future*”中提到：“單靠政府不是一個解決辦法，我們都必須盡自己的力量，讓美國更加健康。”

因此，市民在建設健康城市的過程中也可以發揮其重要的作用。許多市民都採取健康的生活方式。我們經常可以在公園和休閒中心看到老年人做早操、青少年慢跑或做體操。父母們都希望子女報名參加游泳班或其他休閒課程，這些都說明他們十分關注子女的健康。然而，無可否認的是，人們對健康的關注程度仍然差強人意；有些人選擇被動的室內休閒活動，或者用長坐不動的方式舒緩壓力。很多人，尤其是青少年對網路成癮的不健康習慣視而不見。他們在電腦前熬夜工作或打機，沒有意識到睡眠不足對健康的危害有多



diet is another unheeded health risk. As a result, the victims of diseases such as diabetes have become younger and younger. Schools, therefore, have an important part to play in educating the students on the importance of healthy living.

In conclusion, healthy living is worth everyone's careful attention. If the government's health care policies can be implemented successfully and if the residents are willing to adopt a healthy lifestyle, Macau can remain a healthy city for many more years to come.

大。不正確的飲食習慣是另一個被忽視的健康風險：糖尿病等病症的患者亦越來越年輕化。因此，在教育學生關注健康生活的重要性方面，學校發揮著重要的作用。

總之，健康的生活值得大家密切關注。如果政府的醫療政策能夠順利實施，如果市民願意採取健康的生活方式，澳門就能在未來一直保持為一個健康的城市。

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