

CHINA

Central and Western District, Hong Kong SAR, China
Changshu City, Jiangsu Province, China
Huai'an City, China
Islands District, Hong Kong SAR, China
Jinhu County, Huai'an City, China
Kunshan City, Jiangsu Province, China
Kwai Tsing District, Hong Kong SAR, China
Kwun Tong District, Hong Kong SAR, China
Macao Special Administrative Region, China
Qian'an City, China
Sai Kung District, Hong Kong SAR, China
Taicang City, Jiangsu Province, China
Tsuen Wan, Hong Kong SAR, China
Wan Chai District, Hong Kong SAR, China
Wong Tai Sin District Healthy & Safe City, Hong Kong SAR, China
Wujiang City, Jiangsu Province, China
Wuxi City, Jiangsu Province, China
Yau Tsim Mong District, Hong Kong SAR, China

 <p>Miss Cheryl CHOW, JP District Officer (Central and Western)</p> 	<p>Central and Western District, Hong Kong SAR</p>  <p>http://www.cwdhc.org/tchinese/index.html</p>	<ul style="list-style-type: none"> - Population : 259,300 People (2013) - Number of households : 89,529 Households (2011) - Area : 1,255 km² (2013) - Major industries : Commercial, financial and residential
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Mr CHAN Chit-kwai, BBS, JP
Chairman



Mr LEE Chi-hang,
Sidney



Mr NG Siu-keung,
Thomas, MH, JP



Mr MAN Chi-wah,
MH



Mr YIP Wing-shing,
BBS, MH, JP

Vision

- To discuss and promote the development of a “Healthy City” from the perspectives of medical hygiene, urban planning, environmental protection and community education.
- To provide residents in the district with the information on “Healthy City”.
- To organize district activities and encourage community involvement for the development of a “Healthy City”.
- To publicize healthy activities and promote healthy life.
- To report to the C&WDC on a regular basis.

Overview

(1) Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if any).

Name of Steering Committee:

Steering Committee on Healthy City in the Central and Western District

Chairman:

Mr CHAN Chit-kwai, BBS, JP

Members:

- Mr LEE Chi-hang, Sidney
- Mr NG Siu-keung, Thomas, MH, JP
- Mr MAN Chi-wah, MH
- Mr YIP Wing-shing, BBS, MH, JP

Standing Government Departments & Organizations Representatives:

- Chairman of Working Group on Health and Rehabilitation Service, C&WDC
- Assistant Director of Health, Department of Health
- Representatives from Community Liaison Division, Department of Health
- School Development Officer (Central Western and Southern Districts) 41 or other representatives from Education Bureau

- Social Work Officer 2 (Planning & Coordinating) or other representatives from Social Welfare Department
- Chief of Service and Consultant of Family Medicine and Primary Healthcare of Queen Mary Hospital or other representatives from Hong Kong West Cluster, Hospital Authority
- Sir Robert Kotewall Professor in Public Health or other representatives from the School of Public Health, University of Hong Kong
- Research Assistant Professor or other representatives from the Jockey Club School of Public Health and Primary Care, Chinese University of Hong Kong
- Vice-president or other representatives from Federation of Parent-Teacher Associations of the Central and Western District Limited
- Social Work Supervisor or other representatives from Caritas Mok Cheung Sui Kan Community Centre
- District Director or other representatives from Hong Kong Sheng Kung Hui Welfare Council
- Social Work Supervisor or other representatives from Hong Kong Young Women's Christian Association
- Senior Manager or other representatives from St. James' Settlement
- Representatives from Tung Sin Tan
- Regional Manager or other representatives from Fu Hong Society
- Senior Supervisor or other representatives from Tung Wah Group of Hospitals Wong Chuk Hang Complex
- Centre in-charge or other representatives from Yuen Yuen v-Learn Women Centre

Secretary:

Central & Western District Office Executive Officer II (District Council)

(2) Example of major activities, projects, plans

In each of the past years, the Committee organized around 10 community involvement projects. Some were organized by the C&WDC Secretariat and some by NGOs. These projects were implemented with the concerted effort of all Committee members and participating bodies. A wide range of activities were held according to the changing themes of different years, but the following three standing projects will be organized every year:

1.

Activities: Central and Western District Health Festival

Duration: 2 days

Target audience: All Central and Western District residents

Number of participants: Above 5,000

Introduction:

The Health Festival is held at Sheung Wan or Smithfield Sports Centre every year. Various stall games and body checking services will be provided to the public. Through playing the stall games, participants will have a better understanding of the symptoms of various common diseases and ways of prevention. Through free preliminary body checking services, participants will be more aware of their health conditions so as to take proper precautionary measures or, when necessary, seek further medical advice and treatment. Besides dozens of game stalls, there are fascinating stage performances guided by professional tutors at scene such as aerobic dance and Tai Chi performance. Health-related talks on popular health issues such as high blood pressure, flatfoot, obesity and diabetes, etc. will also be held.

2.

Activities: Healthy City Carnival

Duration: 1 day

Target audience: All Central and Western District residents

Number of participants: Above 7,000

Introduction:

The Healthy City Carnival has been held at Sheung Wan Cultural Square for many years. Renowned actor, athlete or celebrity will be invited as the Star of Health to help promote health-related messages to the community through demonstration of their talents, encouraging the public to live a healthy style of life. To achieve the objective, various health-related activities are organized. These include stage performances,

sharing of health issues like cognitive impairment and high blood pressure by guest speakers, talks on various aspects of Chinese medicine by professionals, demonstration of popular and traditional Chinese fitness exercises like Eight-sectioned Exercise () or Tai-chi () by elderly volunteers, as well as sports performance such as towel exercise and rope skipping. Many local NGOs will operate stall games to convey the messages of healthy city to the visitors.

3.

Activities: Publicity Campaign of Steering Committee on Healthy City in the Central and Western District

Duration: Whole year

Target audience: All Central and Western District residents

Number of participants: Above 5,000

Introduction:

Being initiatives of the publicity campaign, posters and souvenirs are specifically designed and distributed to the public for promotion of a healthy city. In the past few years, the distributed souvenirs such as towels, pedometers, ropes, water bottles and waist bags were carefully selected and might encourage the users to do exercise more frequently and regularly. A dedicated website is developed to continuously promote health-related projects and events held by the Committee and other local NGOs, providing useful links to relevant bodies both globally and locally like World Health Organization, Department of Health and Centre for Health Protection, etc. Health-related news and tips can also be found there.

(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).

- Through smooth collaboration with various NGOs, government departments and academic institutions, the Committee is able to help develop a healthy city by organizing activities for all ages, genders and nationalities. Through utilization of the network comprising different organizations and expertise of various professionals such as doctors and social workers, the local community of C&W District can be fully benefited.
- The Committee has developed a number of promotional channels so that the public can access to the latest news on healthy city more easily and conveniently.
- The Committee will keep on organizing a wide range of health-related activities throughout the year in order to arouse the awareness of the public of their health conditions.

(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.

- After years of efforts regarding implementation of various health-related projects, the community of all ages in general becomes more aware of the importance of maintaining a healthy lifestyle.
- With the employment of various promotional channels, the activities organized by the Committed have become more popular among the residents in C&W District.
- Co-ordinated by the Committee, the local NGOs have developed smooth and more frequent collaboration among them on health-related projects.
- Having joined AFHC, the Committee has better exposure and enriched vision about the development of a successful healthy city. Consequently, the collaboration among various districts in Hong Kong for striving for a healthy city has been enhanced.

Activity: Central and Western District Health Festival 2013-14



Activity: Healthy City Carnival 2013-14



(4) Scene(s) of community group activities

Activity: Healthy Diet in Chinese New Year

Organization: Hong Kong Sheng Kung Hui St. Matthew's Neighborhood Elderly Centre



Activity: Djembe Workshop for the Elderly

Organization: Hong Kong Sheng Kung Hui St. Luke's Settlement Neighborhood Elderly



Activity: Workshop on Healthy Chinese Soup

Organization: St. James' Settlement Central and Western District Elderly Community Centre



Activity: Smoke-free Central and Western District
Organization: Yuen Yuen v-Learn Women Centre



Activity: Workshop on Healthy Diet for Ethnic Minorities
Organization: Caritas Mok Cheung Sui Kun Community Centre



History

The Central and Western District Council (C&WDC), through its Steering Committee on Healthy City in the Central and Western District (Committee), is devoted to build a Healthy City in accordance with the recommendations of World Health Organization. Since 2002, the Committee has been working with various academic institutions, government departments and local non-governmental organizations (NGOs) on promoting healthy living. Various kinds of health-related activities were organised to meet the needs of residents of different ages, genders and nationalities in the community. In 2007, we decided to apply for membership of the Alliance for Healthy Cities (AFHC) in order to help the Central and Western District (C&W District) to become a more standardized Healthy City. In 2008, we joined as a member of the AFHC family. We are committed to enhance the conformity of the C&W District with the worldwide standards of Healthy Cities, and will continue to do so in future.

	<p>Changshu City, Jiangsu Province</p>  <p>http://www.changshu.gov.cn</p>	<ul style="list-style-type: none"> - Population : 150.71 People (2013) - Number of households : 330,549 Households (2013) - Area : 1,264 km² (2013)
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Vision

Those weak indexes of citizens' basic health knowledge awareness, public health behavior formation rate, citizens' mental health knowledge awareness, college students' sexual health literacy, the rate of year's healthy examination population and male reproductive health care service rate should be increased by solid measures.

Secondly, actively promoting health supporting environment construction, enhance the connotation of health of the construction of the healthy town and village. Raise the percentage of healthy community, healthy family and healthy unit. Third, continue to do propaganda work of construction of healthy city, highlighting healthy education and healthy promotion from more aspects and perspectives. Comprehensively improve citizens' awareness and satisfaction rate of healthy service, environment quality, public security, transportation condition, city management and social security. Fourth every professional group and functional departments of construction of healthy city should perform own duties. Last but not the least; we should advance research of construction of healthy city.

Overview

Changshu started healthy city construction since 2004. it established the leading group of the construction of healthy city in which Mayor acted as the leader. The leading group consists of office and the municipal health bureau to carry out daily work. For many years construction of healthy city meets the urgent needs of residents centering on health, food, shelter and transportation. Improving the health service, supplying healthy food and building healthy environment make residents be leading actor of healthy city and truly enjoy the results of construction work.

1. Healthy cell engineering is an important platform to promote the healthy city construction. Since 2004, there are 761 health units, health community, healthy town and village. A total number of 191 of healthy families compete in.
2. Changshu anti-drug education center, Changshu fire education center, Changshu museum of Chinese traditional medicines, Changshu production safety accident warning pavilion and Changshu pre-hospital first aid training base are named "Suzhou healthy education and promotion base" which open free to the public. The scientific education base also becomes a interactive platform for residents to supply healthy service and achieve healthy knowledge.
3. In 2008 and 2012, the first and second edition of <healthy changshu ---changshu's construction of healthy city's theories and practice>were edited which fully demonstrate the achievements of the healthy city construction in changshu. At the same time in 2012, distinguished <Health lantern riddle> was edited combining scientific health knowledge and all kinds of disease prevention knowledge.
4. honor view:
 - On 28th, October, 2006
 - Award for the best potential healthy city issued by western pacific region Alliance for Healthy Cities of WHO
 - On 18th March, 2008

Award for good cooperation innovation between healthy city government and society in 2007 issued by western pacific region Alliance for Healthy Cities of WHO

On 15th August, 2008

Award for the best practice of urban population aging and health care issued by WHO.

Health education branch of Changshu health system achieved 2009 Suzhou healthy education and promotion award.

Suzhou health community demonstration projects:

2006 Qinfeng community (implementation of environmental protection and management and processing of projects).

2007 Xinghai community (health street); zhaowen community (young mothers club); 2008 Huayuan bang community(new residents' healthy education and service) are rated by Suzhou model communities.

4. Group of health education and promotion goes into the village (community). Since March,2007 the health education branch of health system established, by adjusting and optimizing resources for many times, various forms of "citizen class" in the library and the college health education lectures are held. Some thematic activities such as "community health line" "healthy education village speech"and "psychological counseling lecture pre-exams " are also held.

History

Construction of healthy city is a global strategic acting aiming at global fast urbanization and health situation organized by WHO. The basic idea is to continuously develop natural and social environment as well as expand social resources so that people can support with each other while enjoying life and releasing potential abilities. At present, more than 1500 cities in the world are carrying out this work. In 2004, Changshu started the construction of healthy city. In November, 2005 Changshu joined healthy city alliance of western pacific region of healthy organization and became the provincial pilot city of construction of healthy city in Jiangsu province. In October 2006, Changshu won the "best potential award" issued by the world health cities alliance; In March 2008, Changshu won the "Urban health public and private cooperation innovation award" issued by the world health cities alliance. In October 2008, Changshu won healthy city award for the best practice(urban population aging and health care) issued by WHO.



 <p>Mayor Qu Futian</p>	<p style="text-align: center;">Huai'an City</p> <p style="text-align: center;">http://www.huaian.gov.cn/</p>	<ul style="list-style-type: none"> - Population : 5,400,000 People (2013) - Area : 10,100 km² (2013) - Major industries : IT, Salt Chemistry, Food, Special Steel, New Energy Vehicle, Medicine, Mechanism, Tobacco, Textile, Crops, Vegetables and Fruits Planting, Lakefood and Black Pigs Breeding
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Mr. Ji Wenqiao, Vice Director of Huai'an Healthy City Promotion Committee



Mr. Zhang Derong, Vice Director of Huai'an Healthy City Promotion Committee Office



Vice Mayor Wang Honghong, Director of Huai'an Healthy City Promotion Committee

Vision

Construct Healthy Environment, Provide Healthy Food, Create Healthy Life, Achieve Health & Long Life Span

Overview

There has been a complete network for healthy city construction at city, county and town level. Vice Mayor Ms. Wang Honghong is in charge of Huai'an Healthy City Promotion Committee. The Committee Office is responsible for the city work of healthy city construction. Mr Zhang Derong, Vice Director, is in charge of the whole office affairs. Under the Office, healthy city organizations at county level, district level and town level have been established to deal with the local affairs.

A Healthy Life Activity has been put into practice. Its goal is to guide citizens to reach the health standard of daily life. It is expected that by the end of 2015, health knowledge awareness

will have reached over 45 percent, healthy diet adopted population over 30 percent, daily fruits and vegetables consumption according with standard population over 60 percent, exercise reaching recommendation level population over 40 percent and per capita daily salt usage will decrease to less than 9 grams. Huai'an city has priority in geographic location, cuisine culture and economic base. Located on the division line between South China and North China, Huai'an has four seasons with specific climate features. Good climate is comfortable for people to live in Huai'an. Living in the hometown of Huaiyang Cuisine, one of the four main Chinese cuisines, Huai'an locals adapt to consume a little salt. With Hongze Fresh Lake in Huai'an, Huai'an is abundant in lakefood and vegetables. So the main diet is rice, vegetables, fish and shrimps. Agriculture is the main industry of Huai'an. Manufacturing industry is emerging into form. Thus, there is no pollution, with high air and water quality. Since we entered Healthy City Alliance, our city has made great achievements in healthy city construction.

First, front medical health network has been improved. In the past years, our city has been created 15-minute health service circle to solve the difficulties in seeing doctors and expensive healthcare consumption. Citizens' satisfaction and happiness index has greatly increased. Healthcare network has covered 116 town health centres and 1259 village health service offices. Town and village citizens needn't go to the county and city hospital to see doctors. 15-minute healthcare system offer much convenience to these patients. To ensure the quality of healthcare, the town health centres and village health service offices adopt the same criteria in planning, design masterplan, equipment, facility, decoration color and inspection.

Meanwhile, our city has applied a new kind of citizen health card into the common use in the city, counties, towns and villages. The new card can store patients' health conditions, exchange health data interdistricts and interhospitals and pay health cure expenses. In addition, children complete vaccination ratio has reached 100 percent, according to the national plan. Once infectious diseases dedicated by national regulations found, we immediately report them to the upper governing organization. Ascarid infection ratio for children under 14 years old is only less than 0.28 percent.

Second, health knowledge dissemination system has been improved. Health Lecture Groups have been set up at city and county level. Every year, Huai'an doctors give healthcare lectures for government units, communities, villages, schools and enterprises. We set up health education column in TV, broadcasting studio, newspaper and internet respectively. Every year, we also organize healthcare staff at different levels to carry out publication activities and offer citizens health knowledge brochures. In all primary and secondary schools, health education subjects have been open to class. By means of above publication methods, more and more people have mastered healthcare knowledge, improved health ideas and formed healthy life style.

Third, sports places have been increased. Every county and town has established health theme parks, health squares and health path for citizens to have sports. In Huai'an City, more and more sports places have been put into use.

Fourth, urban and suburb environment have been improved. Our villages collect rubbish, towns transfer them and counties deal with them. Every day the city is cleand for 12 hours and suburbs 8 hours so as to keep the environment clean. Life sewage mass treatment ratio reaches 90.64 percent and medical rubbish mass treatment 100 percent.

Fifth, food and drinking water safety has been guaranteed. Food manufacturing organization level supervision and management implement ratio reaches 92 percent. Qualified ratio of finished water from water plants reaches 100 percent and peripheral water 99.98 percent.



27th Global No-Smoking Day Ceremony



Health Education Activity In School



DIAB and HTN Lecture to a Community

History

In 2003, Huai'an Municipal Government proposed the goal of constructing Huai'an into a healthy city.

In 2007, the healthy city construction of Huai'an was started. In the same year, Huai'an City was recognized as one of the full members of Healthy City Alliance.

Islands District, Hong Kong SAR

Profile of Islands District

The Islands District, with 17,600 hectares of land, is the largest among the 18 administrative districts in Hong Kong. It consists of more than twenty islands of various sizes and cultures, and over 140,000 people are resided in here. It is a diversified community that the urban area blends harmoniously with the rural area, and the heritage meets cosmopolitan. The District is rich in history – the inhabitants' forefathers, who came from all corners of the world, had settled down here as their home centuries ago. Renowned for its idyllic holiday resorts, historical landmarks, picturesque outdoor scenery, traditional delicacies and international culinary offerings, and tourist attractions such as the Giant Buddha in Po Lin Monastery, Tai O Fishing Village and Hong Kong Disneyland, the District attracts numerous visitors year after year. With major infrastructures located in the District, such as the Hong Kong International Airport, the in-construction Hong Kong-Zhuhai-Macao Bridge and the Tuen Mun-Chek Lap Kok Link, the potential for development of the District is huge and it also serves as a transportation hub for locals and visitors.

Activity Highlights of the Islands Healthy City Working Group

With the aim of promoting community inclusion and environmental protection, and enhancing the physical and psychological well-being of the residents in the district, the Islands Healthy City Working Group (HCWG) has organized a wide array of activities through cross-sectoral collaboration with government departments, non-government organizations (NGOs), community partners, local interest groups, the private sectors etc. The highlights of past activities organized are as follows:

Health Services

Islands District Healthy City Campaign – Cardiopulmonary Resuscitation (CPR) Training Scheme



Seminar on Safety at Sea & Emergency Handling



Healthy Lifestyle Promotion

Anti-drug Seminar



Healthy Family Seminar



Greening / Environmental Protection

Islands District Health City Tree Planting Festival – Green Lantau



Islands District Healthy City – Environmental Protection Seminar



Leisure

Islands District Healthy City Golf Fun Day



Islands District-“Mix 3 Beach Volleyball” Promotion Activity



Islands District East-Asian Games Exercise



Youth Development

Islands District Youth Camp



 <p>Ms. Gong Xiaoqin</p> 	<p>Jinhu County, Huai'an City</p>  <p>http://www.jinhu.gov.cn/</p>	<ul style="list-style-type: none"> - Population : 370,000 People (2013) - Number of households : 113,518 Households (2013) - Area : 1400 km² (2013) - Major industries : Trade service, mechanism, new material industry, architecture, solar energetic electricity, tourism, animal husbandry, agricultural planting, lakefood and forest industry
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Mr. Chen Hua



Mr. Yang Zhi



Mr. Xu Xun



Mr. Wang Hui



Mr. Zhao Weiyu



Mr. Liu Yuanhai



Mr. Min Yuping



Mr. Ji Jianguo



Mr. Wang Shouhe

Vision

By the end of 2015, healthy supporting environment will be formed, public sanitation service will be improved and urban and rural residents' health will be improved. By the end of 2020, urban and rural residents' healthy level will be improved, per capita life span will reach over 78 years old and 98 percent of sewage treatment will reach the standard. Urban and rural residents' rubbish harmless treatment will reach 100 percent and village harmless public washrooms coverage over 98 percent. 100 percent of rural drinking water will reach the quality standard. 100 percent of village waste treatment will reach the standard. Urban green coverage will reach more than 60 percent. Smoking will not be allowed in all public places. All government units, primary and middle schools and medical organizations will become non-smoking places.

Overview

Since 2008, Jinhu County started the healthy city construction and set up a health promotion committee to coordinate health affairs. An office was set up under the committee, dealing with the daily affairs. The committee make a long termed plan and the office is in charge of guiding, inspecting and evaluating the departments of different levels.

In the past years, Jinhu County has newly built 6 downtown main avenues and more than 10 sub-avenues. More than 30 branch roads have been transformed. The county has completed the water plant expansion and newly built a rubbish harmless treatment factory. The county also has carried out an urban recycling water project to sustain high water quality. The committee has held over 200 health lectures and given out over 50 kinds of health documents. The committee has advocated no smoking life and constructed health supporting places.

Jinhu County has four advantages.

First, abundant natural resources. Jinhu owns a large amount of water. Water area covers one third of Jinhu County with a large yield of lobsters, crabs and lotuses. Jinhu owns a large amount of land. There are 750,000-mu farmland and 400,000-mu shoals. Jinhu is abundant in oil and gas. The detected oil reserves reach more than 40 million tons and the natural gas reserves more than 500 million cubic meters.

Second, good ecology. Jinhu County has a high quality environment with 519,000-mu farmland forest network and 410,000-mu forest land. Air, water and farmland quality all surpass the national standard. There are many places of interest, forming unique water ecological scenery. Jinhu is good at yielding green food. Jinhu Rice has been recognized as Chinese Geographic Trade Mark. There are 204 clean agricultural food, 3 organic food and 9 green food brands.

Third, long history and good culture. Jinhu is a birthplace of Chinese ancient Emperor Yao. So under the deep influence of Yao Culture, Jinhu has a very good tradition of discipline and culture. Jinhu natives are modest, enthusiastic, generous and honest with high credit. Jinhu was continuously evaluated public security model county.

Fourth, good prosperity. Jinhu has formed three pillar industries, that is, mechanism, cables and new materials. It owns 15 national hi-tech enterprises, 4 provincial engineering technological centers and 5 national famous brands. It has established national oil mechanism industry base, provincial oil mechanism export base, provincial automobile and motor parts industrial park and provincial instrument and cable industrial base. Jinhu has priority in transportation. It is located in the center of Jiangsu Province, a key developing place of Yangtze River Delta Area. It has advanced transportation in land way, air way and water way. Jinhu has a guaranteed development advantage. It has completed 20-square kilometres of the future 80-square-kilometer provincial economic development zone. It has additional 2000 to 3000 mu land by sorting out project land for sustainable development. There is 1 national model high school and 1 provincial key middle school. In addition, Jinhu County is a provincial good financial county as well.

In the past years under the enhanced construction of healthy city, Jinhu County has made great achievements in all aspects of citizens' life. In 2009, Jinhu County was titled Jiangsu Farmer Health Model County and Sanitation County. Per capita road owning area reaches 13 square metres. Plants coverage ratio is 42.6 percent with per capita public plants area 9.1 square metres. 15 public recreation squares has been completed for residents. A newly built sewage treatment plant has a disposal capacity of 40,000 tons dirty water per day. Urban main avenues keep clean for 24 hours. Day of Air Pollution Index lower than 100 covers 92.6 percent of all the days of the year. Public washrooms coverage reaches 97 percent. There are 89 non-smoking units at the city level. There have built 3 health theme parks, 12 health education streets, 12 health pedestrian paths and 35 public exercise squares for citizens.



Health Knowledge Competition






Health Promotion Activity in Community

History

In 2008 Jinhu County started the healthy city construction work and set up Jinhu County Health Promotion Committee.

In May 2014 Jinhu County was recognized one of the full members by the Alliance For Healthy Cities.

Written by Mr. Yang Zhi and Mr. Wang Song

 	<h2 style="text-align: center;">Kunshan City, Jiangsu Province</h2> 	<ul style="list-style-type: none"> - Population : 737,565 People (2012) - Number of households : 248,528 Households (2012) - Area : 931 km² (2012)
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Vision

According to the development characteristics of Kunshan city and the concept of people-oriented and people's livelihood, we formulated the development strategy of "scientific planning, highlighting health, emphasizing key points, continuous improvement, combining urban and rural, and whole advancement". This development strategy introduces the internationally advanced concepts, takes into account of all scientific indexes in the process of economic and social synchronous development, and improves the health services positively. Therefore, Kunshan city will be a place of most suitable for living and working, by creating a healthy environment, building a healthy society, fostering healthy people, and promoting the harmonies between human beings and nature, human beings and society, as well as among human beings.

Overview

(1) Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if any).

The mayor serves as the group leader, and the member includes the main leaders in Kunshan Economic & Technological Development Zone, Yushan town, and 33 administrative departments. The health city contains seven professional committees of healthy city construction, including administrative offices, and departments of health services, health society, healthy people, publicity and education, supervision and technical guidance. The leading group was also established in the corresponding districts, towns and administrative departments, streets and communities, and the network was also improved.

(2) Example of major activities, projects, plans

A. Carry out health promotion. In order to guide a healthy lifestyle among the citizens, we created a three-dimensional propaganda of promoting health knowledge including the mass media, community public electronic screen, meteorological information screen, "health forum", health messages, health weibo, micro letter and health kunshan magazine, by organizing the Kunshan TV radio and the Kunshan daily to regularly promote health information. The publicity materials have been published and distributed more than 600 thousand copies since 2002. More than 100 thousand people were involved and six

basic knowledge and skills competitions have been held since 2002 among residents and farmers, primary and middle school students, officials of street communities. These activities improve the health literacy of citizens.

- B. Carry out the construction of health unit, community and family. At present, a total of 262 healthy city propulsion units (community), 8 health self management demonstration communities, 6119 health families and 30 “shijia health families” (three sessions) and 100 health old people (1 batch) are established, consolidating the foundation construction of the healthy city.
- C. Carry out the construction of health projects. The construction of health projects was carried out based on the focused issues of the public. A total of 96 health promotion projects have been completed since 2013. 11 projects were awarded the prize of world health cities alliance, and 46 projects were awarded the city health promotion projects, and 39 were awarded the city health community demonstration projects. 3 projects were awarded the prize of best practices by the World Health Organization in 2006 and 2012. A total of 8 series of the symposium on the Kunshan city health city construction projects have been published.
- D. Carry out the health town and health village construction. The construction of the health city combines the rural and the urban, and moves forward to town and village. The health town and health village construction was carried out in 2006, and by 2013, 7 towns have been awarded the advanced town of healthy city construction in Suzhou city, and 67 villages have been awarded the advanced village of healthy city construction in Suzhou city.

(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).

- A. Constructing health garden. 11 health gardens have been established in schools, streets and communities, as well as villages and towns since 2006.
- B. Holding the “family bonsai art exhibition”. Three consecutive sessions have been hold since 2007, involving more than 600 miniascapes from 71 community organizations and more than 150 thousand people was involved.
- C. Start the theme activities of the “the health life style action” on limiting use of salt and oil. Since 2009, more than one million copies of Chinese citizens on health literacy, dietary health support tools (oil pot, limit salt spoon), pedometer, body mass index table/waist feet, food pyramid model, height and weight, blood pressure monitor, and personal health management package have been distributed to citizens, promoting a healthy lifestyle among the citizens.
- D. Constructing health trails. 13 health trails have been constructed in parks, enterprises and communities since 2010, and these health trails provide a scientific, standardized place and build a positive environment and atmosphere for the citizens to exercise.
- E. Constructing the health theme park. A large health theme park has been built based on the Kunshan ecological forest park. The health theme park includes 10 sections covering figure sculpture, health trails, citizens health literacy knowledge corridor, tobacco advertising column, health knowledge propaganda column gallery, the pyramids of a balanced diet, body mass index turnplate, health life turnplate, four health cornerstones, health games. Therefore, the tourists could acquire all sorts of health knowledge and skills during enjoying themselves, and a healthy lifestyle will silently station in people's mind and then enhance people's health literacy.

(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.

During more than 10 years of the all-round health city construction, the citizens exercise universally in both urban and rural, and hold deeply the concept of limiting salt and oil in mind, and a healthy lifestyle is established gradually. According to the random sampling survey on citizens' health literacy (national monitoring point), the health literacy level of citizens increases from 19.9% in 2012 to 21.1% to 2013.

Scenes of your activities



Scenes of community group activities



History

Kunshan launched the construction of the healthy city in 2002, and the construction was identified as a pilot project of constructing the healthy city in Jiangsu province in 2005, and was adopted as the member of the WHO health city alliance in April 2006. Kunshan was awarded the advanced city for construction of the healthy city (prize of best practice) by the Suzhou healthy city construction leading group in 2004, 2005, 2007 and 2008, respectively, and was awarded the outstanding contribution prize in constructing the healthy city in 2006.

 <p>CHOW Yick Hay, BBS, JP</p>	<p>Kwai Tsing Safe Community and Healthy City Association</p>  <p>http://www.ktschca.org.hk</p>	<ul style="list-style-type: none"> - Population : 511,167 People (2011) - Number of households : 168,553 Households (2011) - Area : 1,983 km² (2010) - Major industries : The traditional Four Key Industries in Hong Kong, including financial services, trading and logistics, tourism, and professional and producer services.
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Dr. TUNG Sau Ying, Nancy

MH Mr. LEE Chi Keung, Alan, MH

Ms. LAI Shuet Fun, Adela

Mr. LU Tak Ming

Dr. CHIU Lee Lee, Lily, BBS

Dr. CHOW Chun Bong, BBS, JP

Dr. LAU Suet Ting

Ms. LEUNG Lai Wah

Ms. LO Wai Lan

Mr. TSANG Kee Kung, MH

Prof. WONG Kwok Shing, Thomas, JP

Mr. CHOI Pui Wah, Philip

Ms. CHAN Wai Mai, May

Chairman of Kwai Tsing District Council

Mr. FONG Ping, JP

District Officer (Kwai Tsing)

Mr. LO Ying Ki, Alan, JP

HCE of Kwai Chung Hospital

Dr. LO Tak Lam, William

The Hong Kong Institute of Education

The Associate Vice President (Programme Development)

Prof. CHUNG Wai Yee, Joanne

Occupational Safety and Health Council

Executive Director

Mr. TANG Wah Shing

The Hong Kong Polytechnic University

Dean of the Faculty of Health and Social Sciences

Prof. Maurice YAP

Vision

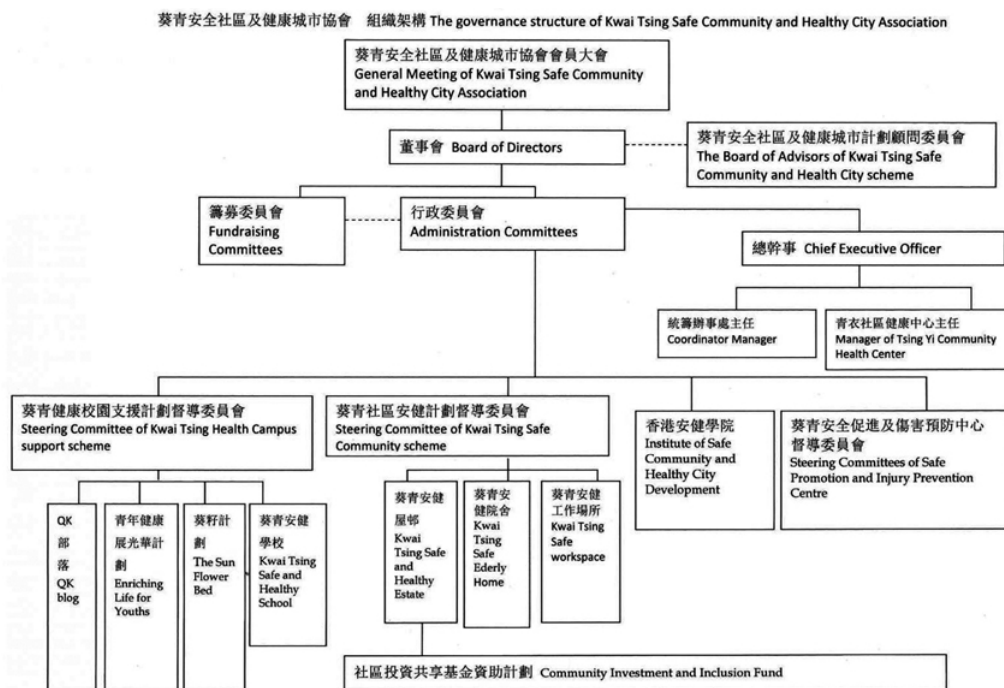
- (a) To promote public health and public safety by establishing safe environments and healthy habits in daily living;
- (b) To recognize major public health and public safety issues and for such purposes to make innovative changes by pooling community resources and concerted efforts;
- (c) To create supportive environments for promoting and sustaining the public health and public safety of Kwai Tsing citizens through inter-sectoral participation and community partnership;

- (d) As a community platform, the Association enables people of all races, religions, political beliefs, economic or social statuses to have equal access to health care; and
- (e) To work closely with the World Health Organization and other international bodies for advancing the objects of the Association.

Overview

1) Organization structure

Kwai Tsing Safe Community and Healthy City Association (KTSCHCA) is structured as a cross-sector group led by the Board of Directors and supported by different steering committees and working groups. They are, as a whole, responsible for establishing, planning, coordinating and managing the IPSP program. Following is the structure of the KTSCHCA :



2) Example of major activities, projects, plans

Starting from the inauguration of the Kwai Tsing Safe Community in October 2000, a wide range of safety promotional programs were implemented in the past 10 years: 15 projects for all ages, 12 projects for occupational safety and health, 13 projects for home safety, 5 projects for road safety, 6 projects for crime prevention. Several surveys had been conducted to assess the community's perception on safety issues. Injury data collected from Accident & Emergency Department (AED) of Princess Margaret Hospital were analyzed and programs were designed for different age groups. For the 2001 to 2003 data, a 48% reduction in injuries treated at AED had been achieved. After the site visit by WHO Official in November 2002, World Health Organization (WHO) designated Kwai Tsing District to be the 73rd Safe Community on 18 March 2003 and re-designated it again on 26 November 2007.

Health Galas is held each year from 2000 till now to promote the idea of healthy living style and spread healthcare knowledge.

3) Major strengths of your Healthy City

Kwai Tsing as the first district in Hong Kong to launch the Safe Community and Healthy City project, it received support from government and different organizations. Throughout the past few years, it promoted

the idea of healthy living styles and safety concept successfully by holding safe & healthy projects. Also, as a member of the Safe Community Network worldwide, KTSCHCA has actively engaged in exchanges with delegates from neighbouring cities of China, Macau as well as foreign countries in order to improve the our service. With the success of many safe & healthy projects we organized in Kwai Tsing in the past years, other districts and organizations had come to Kwai Tsing to learn from our experiences.

4) Major progress

KTSCHCA has founded for 12 years, throughout this years, we has organized many healthcare programs in Kwai Tsing district with the support of members, and district organizations.

Talking about the work we have done, different prohrammes were held to achieve our goals to make Kwai Tsing a safe and healthy district and influence others.

In order to facilitate the development of the Kwai Tsing Safe Community and Healthy City Association, high-level government officials are invited to be Patrons and generous donors as Advisors. Renowned leaders from Kwai Tsing District, government, hospital and university join together to become the Board of Directors. In addition to the numerous safety and health projects conducted in the community, a community diagnosis was carried out in 2003-04 by the Chinese University of HK to assess the community's perception on safety issues. An injury surveillance system was developed after a pilot in the Accident & Emergency Department (AED) of Princess Margaret Hospital in 2003.

In October 2004, Kwai Tsing has also become the Founding Member of the Health Cities Alliance in West Pacific and is one of the key drivers for the formation of the China Hong Kong Chapter, Alliance for Healthy Cities. The Tsing Yi Health Centre opened in 2005, where the Safe and Healthy Estate project was launched. To get the community leaders involved, the Kwai Tsing Safety and Health Charter was signed in June 2006. In 2007, the Kwai Tsing Safety Promotion and Injury Prevention Centre situated in the Community Health Resource Centre of PMH was officially opened in 2007. With the support from Kwai Tsing District Office, QK Blog started to function from June 2009. In early 2010, 4,800 people joined the CPR training together in Kwai Fong Playground which broke the Guinness World Record. To celebrate the KTSCHCA's 10th Anniversary, a Conference was held in Kwai Tsing Theatre in January 2013.

History

Kwai Tsing Safe Community was inaugurated in October 2000 under the joint effort of the Kwai Tsing District Council (KTDC) and the Occupational Safety and Health Council (OSHC) together with more than 10 local public and private organizations. The objectives of the Safe Community are to promote a safety culture, to coordinate resources in Kwai Tsing to implement systematic changes, to share experiences and to contribute to International Safe Community Network under World Health Organization.

Milestones of Development



Kwai Tsing Safe Community was inaugurated
2000



Kwai Tsing Health City was inaugurated
2002



Secretariat office at PMH Community Health Resource Centre started operation
2002



Kwai Tsing Safe Community and Healthy City Association was established
2002



Community



Kwai Tsing became one of the Founding Members of the Alliance for Healthy City in West Pacific Region of the WHO 2004



Started the settings approach in promoting safety and healthy through Safe and Healthy Estates, Schools, Hospitals and Elderly Homes.
2004



Tsing Yi Community Health Centre was established in Cheung Ching Estate
2004



Started the Retinopathy Screening Service for Diabetic Patients in collaborated with the School of Optometry, HK Polytechnic University and Family Medicine of KWC
2005



Began to launch CPR training called "CPR for All" in school and community every year
2005



Launched the "Safety and Health Charter" to promote "Prevention of "3 Highs" and distribute the "Personal Health Passports" in the community
2006



Kwai Tsing Safety Promotion and Injury Prevention Centre was set up
2007



Kwai Tsing was awarded the Healthy City Innovative Development Award by the WHO Alliance for Health City
2008



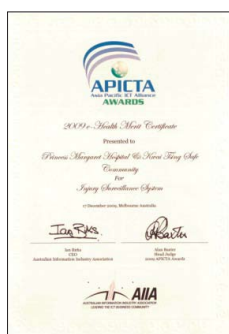
With support from Kwai Tsing District Office, QK blog was officially opened
2009



Injury surveillance system was awarded with the HK ICT and Asia Pacific ICT Awards
2009



4,800 people joined CPR training together which broke the Guinness World Record
2010





Kwai Tsing was awarded the Pioneers in Healthy City Award by the WHO Alliance for Healthy City 2010



Kwai Tsing Smoke-Free Community was launched 2011



Art in Hospital to exhibit patients' artwork to celebrate the 15th Anniversary of the HK SAR and the Association's 10th Anniversary 2012



The Kwai Tsing Safe Community and Healthy City 10th Anniversary Conference 2013

 <p>Mr. CHAN Kwok-wah, MH, Chairman of Kwun Tong Healthy City Steering Committee</p>	<p>Kwun Tong Healthy City Steering Committee</p>  <p>http://www.kthcsc.com/a1.htm</p>	<ul style="list-style-type: none"> - Population : 627,800 People (2013) - Number of households : 240,000 Households (2014) - Area : 11.3 km² (2013) - Major industries : Industrial, commercial and residential
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Ms LEUNG Fu-wing, BBS, MH, Vice-Chairman of Kwun Tong Healthy City Steering Committee

Dr CHAO Vai-kiong, Vice-Chairman of Kwun Tong Healthy City Steering Committee

Dr CHAN Chung-bun, Bunny, SBS, JP, Advisor of Kwun Tong Healthy City Steering Committee

Dr TSE Chun-yan, MH, Advisor of Kwun Tong Healthy City Steering Committee

Vision

- i) To set goals and devise plans for turning Kwun Tong into a Health City in line with the World Health Organisation's approach;
- ii) Through liaison with various sectors of Kwun Tong, including government departments, District Council, non-government organizations, schools, local groups, private institutions and local residents, to strengthen community partnership and encourage different sectors to collaborate to turn Kwun Tong into a Health City, making effective use of community resources;
- iii) To make recommendations on how community health in Kwun Tong can be improved;
- iv) To organise activities aimed at promoting community health in Kwun Tong;
- v) To join the Alliance for Healthy Cities (Western Pacific Region) with a view to sharing experiences with other Healthy Cities in the region.

Overview

Currently, there are 31 members in the Committee. The members include Kwun Tong District Council members, representatives of non-government organizations and local personalities, etc. Besides, a working group is formed under the Committee to formulate activities of the Committee. The Committee has invited Kwun Tong District Council Chairman Dr CHAN Chung-bun, Bunny, SBS, JP and Dr TSE Chun-yan as advisor.

In 2005, a community Diagnosis was conducted to find out the living habit and health status of residents in Kwun Tong. According to the results of the Diagnosis, the Committee has been organizing various health promotion activities in the district over the years with different themes including promotion of more physical exercises, promotion of a healthy life style, prevention of chronic non-communicable diseases, etc. In 2013-2014, the Committee has organized the following activities:

- "Healthy Estates" Scheme
- "Healthy Campus" Scheme
- "Award Presentation Ceremony of the "Healthy Estates" and "Healthy Campus"
- The "Quit to Win" Smoke-free Community Campaign
- Publication of Kwun Tong Healthy Indicator

The activities were overwhelming and successfully promoted community health in the district.

In the coming years, the Committee will develop and organize more different health promotion activities in Kwun Tong, in order to improve community health in the district.



Group photo of the Committee



"Award Presentation Ceremony of the "Healthy Estates" and "Healthy Campus"



"Healthy Estates" Scheme



"Healthy Campus" Scheme

History

In 2003, the outbreak of Severe Acute Respiratory Syndrome (SARS) in HK aroused people's awareness of the importance of healthy living. Kwun Tong was one of the most seriously affected districts in HK.

The Kwun Tong Healthy City Steering Committee was set up by Kwun Tong District Office with the support of Kwun Tong District Council in 2005 with the aim of promoting community health in the district.

Over the past years, in collaborate with different sectors in Kwun Tong, including government departments, District Council, non-government organizations, schools, local groups, private institutions and local residents, the Committee is devoted to set goals and devise plans for turning Kwun Tong into a Healthy City in line with the World Health Organisation's approach.

	<p style="text-align: center;">Macao SAR</p>  <p style="text-align: center;">http://www.ssm.gov.mo/healthcity/index.htm</p>	<ul style="list-style-type: none"> - Population : 614,500 People (2014) - Number of households : 185,200 Households (2013) - Area : 31.3 km² (2013) - Major industries : Entertainment, tourism
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Vision

Through active participation of all departments and organizations, reducing and even eradicating the dangerous factors that may harm public health, which in turn improving the well-being and quality of life of the Macao citizens and creating a healthy environment and society for the generations to come.

Overview

Introduction of Macao Healthy City Project

Background

After its handover in 1999, Macao has positioned itself as a tourist city. As a result of Macao's modernization and urbanization, the risk factors and noise pollution arised and caused harm to public health. Considering health as a crucial condition for a city's economic development, which was signified by the SARS epidemic that occurred in different regions globally in 2002, the process of Macao's becoming a healthy city can strongly backup its economic development. It will benefit every citizen, every sector of the society and the city as a whole.

Procedures

Macao Health Bureau started preparation for the "Healthy City" program in 2003. The Chief Executive of the Macao SAR strongly committed this Project in the Policy Address of Macau in 2004.

The "Macao Healthy City Committee" was established upon approval of the Chief Executive. The Committee, chaired by the Secretary for Social Affairs and Culture, comprises of members from 14 government departments (including aspects of health, education, welfare, labor, transportation, environment protection, tourism, culture, sports, public security, economics, civil and municipal affairs). The aim of the Committee is to promote health, improve environment and raise the quality of life by coordinating different departments and associations in the territory.

Presided over by Chief Executive and WPRO Regional Director Dr. Shigeru Omi, the launching ceremony on 13 June 2004 gathered ten thousand residents in the Sai Van Lake Square and vowed to make Macao a harmonious and healthy city. Subsequently in October, Macao was accepted by the WHO as a founding member of the Alliance for Healthy Cities. In addition, Macao was selected to chair the International Promotion Committee for Healthy Cities.

The period from 2003 to 2004 was preparatory and organizational phases of Macao Healthy City. Amid this period of time, a series of preparatory works were implemented and the first "Macao City Health Diagnosis Report" was completed.

Since 2005, the Healthy City project was into practice phase. To address the priority issues identified in the mentioned report, the steering group of the Committee decided to set up six task forces, namely "Health Services Task Force", "Healthy Life Promotion Task Force", "City Construction Task Force", "Community Environment Task Force", "Safe Community Task Force" and "Food Safety Task Force".

Main programs

These six task forces launched action plans on health-promoting school, healthy building, safe community, food safety promotion, tobacco control, healthy lifestyle promotion and much more.

“Health Promoting School” Program

The “Macao City Health Diagnosis Report” and data collected by the Centre for Quality of Life revealed that the domains of education and health are of the greatest concern in Macao. The Education and Youth Affairs Bureau (DSEJ) and the Health Bureau jointly advocated the promotion of the “Health Promoting School” program, and listed the program as a long-term project of top priority, making schools a healthier place to study, work and live in.

To promote this program and strengthen capacity building, the task force held several meetings, arranged study tours to Hong Kong and China, organized training courses for teachers and medical personnel, convened Macao “Health Promoting School” conference, held experience sharing sessions of pilot schools and informal discussion with school principals. In 2006, the “Three Years Action Plan for Health Promoting School” was brought by DSEJ to carry out a territory-wide assessment focusing on the 14 items enlisted in the Plan for academic year 2008/2009. In academic year 2006/2007, DSEJ also subsidized schools to hire medical personnel at schools and issued “A Guide for Public Health Workers in Schools” to optimize the integration of school health and health promotion.

On the other hand, following the effective practice of health promoting school in 2005, the action group of DSEJ and the Health Bureau persisted in consolidating the network of partnership, disseminated the concept of “Guide for Health Promoting School (WHO)” systematically through different means (including meetings, non-periodical e-mail information, etc.) in order to improve the schools’ capacity in health promotion.

In 2007 and 2008, “Healthy eating in school” was set as a breaking point to further promote healthy school. On the Fruit Fun Day, all Macao primary school teachers and students are recommended to bring fruits to schools and enjoy the fruit together. “Healthy Tuck-shop” is another program which encourages the selling of healthy snacks and food in schools.

Tobacco Control

To safeguard the health of the public, WHO launched the “Framework Convention on Tobacco Control” (FCTC), the first international treaty in the public health history, to reduce the hazards brought by tobacco. The Convention was effected on 9 January 2006 in China, which was also applied to the Macao SAR in accordance with the Chief Executive’s Notice No. 15/2006.

The key works include:

- 1) To revise the law related to tobacco control: contents for revision include ingredients, test, package and sale of tobacco products, advertising, promotion and sponsorship of tobacco products, as well as specific restriction for non-smoking places.

In the beginning of 2006, the “Survey in Macao Tobacco Control Strategy” was finalized. In the survey, public opinions of tobacco control strategy were collected, included their experience, feeling and reaction of passive smoking, and how relevant policies, particularly the smoking ban in all public areas and the establishment of no smoking areas, affecting their habit of consumption.

In January 1st 2012, the new Tobacco Control Act comes into force.

- 2) To promote “smoke-free culture”: citizens were provided with a deeper understanding towards the hazard of second-hand smoking, their civil responsibility and rights. “Enjoy a Smoke-free Macao” was the promotion slogan of the project, setting a supportive environment for the implementation of the tobacco control law.
- 3) To promote “Smoke-free Workplace”: this scheme was initially organized in 2001 within government departments; in October 2005, “Smoke-free Workplace” was carried out again by Health Bureau and the Social Welfare Bureau (IAS), gaining gigantic support and active participation.
- 4) To promote “Smoke-free Restaurant”: this program was set to implement the total ban of smoking in restaurants, for them to realize the feasibility and benefit of smoke free environment, and provided further understanding and consensus on no smoking in public areas. This project is organized by Health Bureau, IAS, DSEJ, the Government Tourist Office (MGTO), the Kai-Fong’s General Association of Macao, the Women’s General Association of Macao, Macao Catering Industry Association, the Macao Delicious Food Industry Association and Smoking Abstinence and Good Health Association since 2007. The pioneer restaurants finally were taken as good demonstration to the others, which showed no negative influence in their businesses.

Walking awarded program on “Health begins with a single step”

To foster the development of Healthy City in Macao, task force of healthy life promotion hosted the half year program “Health begins with a single step” which is by “walking”; it is a scientific, simple and useful physical activity suitable for different age groups of people. The aim of this program is to increase the citizens’ interests in physical exercises, thus improving their quality of life. The program won active participation of and positive feedback from the public. Approximately 10,000 Macao citizens took part in the program, who they declared to adopt the habit of healthy walking for 6 months. Finally there are about 8,000 peoples persist in healthy walking, about 270 participants of which were awarded.

Mental Health program

Mental Health Committee was set up in the community to provide service for the citizens with mental health problems, the committee also helps to organize events within the community.

Non-Communicable Disease Prevention program

Non-Communicable Disease Prevention Committee was established in 2009, its major works are to draw up strategies for the prevention of non-communicable diseases, surveillance, capacity building, chronic disease self-management training, prepare materials for advertisement and education, disseminate and publicize the diabetic preventive knowledge via mass media (i.e. radio and TV broadcasting stations).

In addition, the Health Bureau implemented the cancer registration system which collects reported cases of cancer through the classification of death certificates, in which also enables a systematic and long-term surveillance of cancers within the territory.

AIDS Prevention program

AIDS Prevention Committee was established in 2006. Aside from its routine work, the committee keeps on strengthening its ability in surveillance and cooperates with relevant agencies in the neighboring regions. Its main activities include research on and promotion of harm reduction, conduct behavioral survey on and education for high risk groups of AIDS, as well as provision of effective skills and methods for frontline workers to prevent AIDS. Furthermore, the committee has invited the Hong Kong AIDS Committee to hold workshop and offer counseling of AIDS in the preceding two years.

Tuberculosis Prevention program

Tuberculosis Prevention Committee, composed of the Tuberculosis Prevention Centre, Centre for Disease Control and Prevention, Public Health Laboratory and Thoracic Department of the government hospital, was set up in 2004. The works of the committee are to formulate strategies for tuberculosis prevention, and enhance management of tuberculosis. The committee strengthens communication and coordination with the community, deepens understanding between workmates, and enhances the citizens’ knowledge on tuberculosis.

Healthy Building Program

“Healthy Building Program” is aimed to improve the living environment. The task force of this program also collaborated with other government departments, private organizations and enterprises in order to enlarge the effects.

Healthy Building Program has developed the following tasks: 1) issuing ‘participation certificate’ which will be stuck at a prominent location of the building; 2) holding courses to convey the concept of healthy building, as well as the authority and responsibility of the owners of building; 3) making plans on environmental hygiene and refuse collection service; 4) classifying collection of original resources; 5) giving tips of water saving; 6) building green; 7) preventing dengue fever, and; 8) preventing rodents. The working team also distributed questionnaires to collect opinions on environmental hygiene, greening, safety and management, relationship and behavioral approach in person. There were 128 buildings applied in the program, in which 113 buildings were approved successfully.



Medical professionals act as model to do exercise



Dengue fever outdoor promotion activity



“Fruit fun day” at kindergarten



Former Macao Chief Executive submitted the “Declaration of the Healthy City Policy” to former WPRO director Dr Shigeru Omi



“Office for Healthy city” opening ceremony held by former Macao Chief Executive and former WPRO director Dr Shigeru Omi



The Opening Ceremony of “Macao Tobacco Control Alliance”

History

Date	Matter
Jul.03	The WHO Western Pacific Regional Director Shigeru Dr Omi visited Macao, and recommended Macao to develop "Healthy City" program.
Jul.03	"Build a Healthy Macao" was included in 2004 policy address
2003.12.31	Macao was accepted and became a founding Member of "Alliance for Healthy City".
2004.3.23	The Chief Executive Dispatch No. 71/2004 listed the committee official duties and the members of "Healthy City Committee".
2004.4.12	The first Leading Group meeting of "Healthy City Committee".
2004.4.19	The first Working Group meeting of "Healthy City Committee".
2004.6.13	An inaugural ceremony was held in the Sai Van Lake Square , with more than ten thousand people participated to proclaim Macao as "a healthy city". The Chief Executive and Dr Omi were invited to be presided Healthy City kicks off.
2004.6.14	The Chief Executive and Dr. Omi presided Healthy City Office Opening Ceremony.
2004-08 to 2004-12	Healthy city concept promotion.
2004-10-12 to 14	Secretary of Social Affairs and Culture led the members of the Macao Healthy City Committee to Malaysia Kuching to participate the first "Global Conference of the Alliance for Healthy Cities", In the plenary session, Macao was elected as the Chair of International Promotion Committee.
Feb.05	Start the amendement of smoking ban legislation
2005.6.17	Hosted "Health Promoting School" workshop. Through learning and experience sharing, to strengthen knowledge of schools and principals with school health, thus advocating them to implement "health promoting school", to improve and protect the health of school staff and students.
2005.6.19	Held "Healthy Cities promotion" event, including carnival activities and hiking. Promote the healthy lifestyle to public for the prevention of influenza. As 2005 is the year of world sport, promotion of sports is set as the healthy city theme.
2005-07-01 to 12-31	"Health begins with a single step" walking incentive scheme launched. The entire program encourages Macao residents to develop healthy lifestyle especially daily exercises.
2005-07-06 to 07-09	Health Bureau and the Education and Youth Affairs Bureau jointly organized the "Health promoting school" with short-term teacher training courses. With the purpose to let the participants understanding the importance of "health promoting school", to build up "School Health Promotion" network in the region, to strengthen the knowledge and skills of schools and teachers so that they will join the program.
2005.10.27	Health Bureau and the Social Welfare Bureau organized 2nd "Smoke-free Workplace" program, with purpose to create smoke-free workplace, and set up smoke-free culture. Follow the tobacco law when the new legislation effect. (Note: the 1st "Smoke-free Workplace" program was in 2001.)
May.06	"Quit and Win" program launched, which promoted the smoke-free culture.
2006.9.23	"Healthy building" program launched.
2007-05 to 2007-09	"Smoke-free Restaurant" program launched, with purpose to let Macao residents recognize the advantages and benefits of smoke free environment, in order to promote the "Smoke-free Culture".
2008.4.17	"Macao Fruit Fun Day" launched.
Sep.08	"Healthy Tuck-shop" program promotion.
Jul.09	Combat the H1N1 pandemic.
Nov.09	Non-communicable disease prevention committee was composed to carry out the prevention of chronic disease.
Jan.11	The prevention of Seasonal flu promotion activity.
2012.1.1	Entry into force of the "new Tobacco Control Act".
2012-05-09 to 05-11	Macao-WHO healthy city leadership programme (first batch) launched.
2013	Combat H7N9.

	<h2 style="text-align: center;">Qian'an, Hebei Province</h2> <div style="text-align: center;">  </div> <p style="text-align: center;">http://www.qianan.gov.cn</p>	<ul style="list-style-type: none"> - Population : 744,181 People (2013) - Number of households : 248,864 Households (2013) - Area : 1227.2 km² (2013) - Major industries : Commercial, financial and residential
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Vision

Based on the goal of healthy Qian'an, We will establish a new, prosperous, ecological, legal, humanistic and harmonious Qian'an city.

Overview

(1) Organizational structure :

Our government establishes the headquarters , including the Coordination group, the Steering Group, the Advocacy group, and the Experts Group.

(2) Example of major activities, projects, plans:

- ① The Health Service Optimization Project
- ② The Health Environment Improvements Project
- ③ The Health and Safety Project
- ④ The Health Social Project
- ⑤ The Healthy Culture and Sports Project
- ⑥ The Health Knowledge Education Project
- ⑦ The Healthy and Safe Food Project
- ⑧ The Healthy cell Project
- ⑨ The Health Activities Promotion Project
- ⑩ The City Satisfaction Promotion Project

(3) Major strengths :

I . Qian'an abounds in natural resources and its ecological environment are available for living and working. With the Great Wall to the north, the Bohai Sea to the south, the city has rich vegetation and charming sceneries, which is surrounded on three sides by high mountains. It has over 6 million hectares of forest and 138 km's ecological greenway throughout urban and rural, whose tree cover has increased to 40.5%. The Luanhe River and Sanli River flow through the planned ares of the city. Dragon Mountain, Foshan and Huangtai Mountain surround the city. Then hills and lakes are all in sight. The first phase of Luanhe River Comprehensive control Project has been completed, which has an area of about 50 sq km. Forming

the water area of 14 square kilometers, the project shows the presence of "North Venice". Huangtai Lake is awarded as National Water Conservancy Tourism and Sanli River Ecological corridor won "the China Habitat Environment Example Prize" and "the World Landscape". Qian'an has 65 parks of all kinds and was selected in China Special Charming 200 Cities (city green coverage rate: 41.23%, green rate: 40.22%, the per capita green area: 19 square meters).

II .Developing "low-carbon green", Promoting "green growth"

The city is divided into 3 main-functional regions: the key development areas, factors of production are configured intensely, intensive production , cycle development, city and industry integration, and the town and park will be one; Optimizing Development Area: The government will put a limit to construction, mining, and logging. Our city will develop the high-end service industry and new strategic industries, making a regional central city; Agro-ecological Area: The government forbids constructing, mining, and logging. Our city insists on 'biological environment first' ideas, thriving the city by tourism, and making the farmers prosperous. According to different functional regions, we have worked out different aims and policies. On the point of urban planning and construction, we will develop and disseminate to a great extent and build a "eco-city".

III . Enriching health service contents, Increasing National Happiness Index

Our city have planned physical-exam for key groups, prevention and treatment of chronic disease, urban and rural residents basic medical insurance, the compensation of a serious illness, accident insurance to improve the living, health conditions of masses. More than 95% of the key groups, who are over 65 years old, patients with chronic ailments or serious mental illness can enjoy free physical examinations. All the officer workers can track their health condition by inputting their information into the files. We have set up 80 Self-Managed groups to guide the patients with chronic ailments self-management. At present, 588646 health archives have been established. (Hypertensive patients: 94559, registration rate: 60.3%, standardized management: 79384; up to the standard: 37601, the control rate: 24%). (Diabetics people: 26417, standardized management: 22720 people, the rate: 31.2%, up to the standard: 12121 people, the control rate: 17%).

We have experimented with a wide range of social protection programs year after year. The coverage rate of social endowment insurance has reached 98%, and that of medical insurance has reached 99%, besides, that of industrial injury insurance has reached 90%. The urban minimum living standard has increased from 363 yuan in 2011 to 470 yuan in 2014 per person every month. At the same time, the rural minimum living standard has increased from 2100 in 2011 to 3150 in 2014 per person every year. The rural five-guarantee standard has increased from 5500 in 2011 to 7600 in 2014 per person every year. The salvage rate of low-income population and t poverty-stricken population has both reached 100%.

(4) Major progress :

I . Greatly improved ecological environment. First, we achieve it by deeply carrying out the action of Energy Saving and Emission Reduction, special projects to address serious environmental problems, and air pollution prevention. In total, we obsolete 5.49 million tons of backward iron making production, 2.8 million tons of steelmaking production. The three industrial wastes has been made full use of. The comprehensive energy consumption of key steel companies is decreasing. The rate of reused water has reached 97.8% and the usage rate of coke oven gas has reached 100%. Two-thirds of the companies could even use their own wasted heat and pressure to produce electricity. Second, we achieve it by developing forestations. The whole city has formed 200,000 mu of Green conservation ecosystem, 100.000 mu of green channel ecosystem, 100.000 mu of breaking wind and fixing sands ecosystem, 100.000 mu of farmland shelter-belt ecosystem, and 100.000 mu of Village green living environment ecosystem. Third, we achieve it by vigorously implementing the project of ecological environment in mining recovery and management. In Qian'an, tailings and the discharge field from all mining enterprises will have fully restored by the end of this year. Then the ecology landscape of "green hills, clear water, and blue sky" will reappear in our city. At last, we achieve it by improving rural appearance. All the incorporated villages have fulfilled the task of "Wuqing, Sihua", and set up long-term rural sanitation management mechanism. In 2013, the number of days of L2 is 313.

II . Significantly improved healthy environment. With the development of creating healthy city, Qian'an has comprehensively improved its health capacity and service Level. Improve the city's online health

services. Qian'an People's Hospital with 650 million yuan investment came into use and became the largest county-level modern general hospital in North China. The removal project of Qian'an traditional medical hospital will come into use in 2014 with a investment of 499 million yuan. The whole city set up 406 collective property village clinics and ensures that they all meet the standard to satisfy the majority of rural residents' demands. The penetration of community health service has reached over 99% and "The 15mins' health service circle" has been completed. Create a healthy humane living environment. The following rates have all reached 100%(city sewage treatment rate; the rate of harmless disposal of disposable medical appliance; urban garbage treatment rate; the water quality of drinking water source; the rate of edible agricultural products detection; the rate of spreading detection of residual pesticides in farm produce; the rate of detecting adverse drug reactions; the yield of drug sampling; the coverage rate of no-smoking medical institution, schools and government buildings).

III. Significantly improved health conscious and quality. Work-break exercises are developing vigorously within companies, organs of government and public institutions with a coverage rate of 73.98%. To satisfy the needs of participating in the sports activities nearby conveniently, the broad masses build "15mins' body-building circle". The people organize 16 bodybuilding communities by themselves, and contests are often held at least once-twice every year. In particular, youngsters' sporting activities are carried out throughout the city, of which "Sunny Sports", represented by Kouzhuang Middle School, has gotten CECC's approval. The city government is popularizing the knowledge of nutrition labeling of food to guide the masses to choose the food properly. 27 medical institutions, 33 schools, 11 organs and 40 companies have met the no-smoking requirement.

In 2012, on the basis of "creating health cells", we have established 5 health offices, 5 health restaurants, 5 health canteens, 5 health communities, 2 health schools, 2 health pavements, 1 health theme park and 1 health street.

History

I . Strengthen the Organization and Leadership

Our government establishes the headquarters in which Qian'an Municipal Party Committee Secretary is appointed to the political commissar and the mayor acts as the general director. We set up Headquarters Office, including Coordination group, the Steering Group, Advocacy group, and the Experts Group. They are all in charge of the specific process of creating healthy city. We have made a clear-cut division of labor, powerful supervisor and have coordinated our actions.

II . Perform the responsibilities strictly

Put the work in Qian'an Economic and social development plans and the annual work plan of the city government. The government decomposes the task item by item, and confirms the standards, the responsibility departments, the time limit, and the leaders and the staff. At the same time, every department sets up involved administrations. The top leaders are responsible for it in every department and will make every effort to implement the plan.

III . Reinforce the guidance of construction

Seriously work out and perform the technology assessment index system and the assessment program. We carry it out with the trials and advance it on the whole. We choose 2 towns, 3 Demonstration communities, 3 villages and 10 work units to develop the trials of creating the healthy city with the entire technical guidance.

IV . Focus on major projects

According to the actual situation of Qian'an, conduct in-depth 6 projects (The health and safety, Healthy society, Health knowledge education, Healthy styles, Healthy and Safe diet, Healthy cells), comparing the standards .We compare the index with the advanced regions item by item. Our service capability and health consciousness of the masses have been greatly improved.

V . Make knowledge of Healthy City widely available

The news media will give full play to its initiative. By spreading the great significance of creating healthy

city fully, we make it well-known. The whole city will create an atmosphere of concerning, supporting and participating in creating healthy city.

2009-2011 starting Healthy City, Happy People action

2011-2013 drawing up 3 years' program

In September 2012, World Health Organization approved Qian'an as International Healthy City and published the result on the international websites.



 <p>Ms. Maureen SIU, JP District Officer</p> 	<p>Sai Kung District, Hong Kong SAR</p>  <p>西貢健康安全城市 Sai Kung Healthy and Safe City</p> <p>http://www.skpsc.org.hk/</p>	<ul style="list-style-type: none"> - Population : 441,000 People (2013) - Number of households : 140,100 Households (2013) - Area : 126.8 km² (2014)
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Ms. Maureen SIU, JP
District Officer (Sai Kung)



Mr. NG Sze-fuk, GBS, JP
Chairman of the Sai Kung District Council

Vision

- (1) To organize activity programmes to establish a healthy and safe environment in the community and to raise the awareness of the public on health and safety; and
- (2) To exchange views and experience on strategies with other “Healthy Cities” and “Safe Communities” and to foster co-operation with each other.

Overview

Sai Kung, with a total area of about 12 680 hectares, is the second largest administrative district in Hong Kong. It consists of Sai Kung Town, Sai Kung rural areas, Hang Hau, Tseung Kwan O New Town and over 70 islands of various sizes.

The “Tseung Kwan O – Healthy City Steering Committee” was established in 1999, and the “Healthy City” movement was formally incorporated with the setting up of a regular committee under Sai Kung District Council (SKDC). Currently, the Social Services & Healthy and Safe City Committee (the Committee) established under SKDC is responsible for co-ordinating the efforts of non-governmental organizations (NGOs) and interested local organizations in the provision of services for children, youth, women, the elderly, low income groups and rehabilitated people; as well as co-ordinating the work of various government departments and service-providing organizations in a bid to jointly promote the idea of healthy and safe city.

With the assistance of numerous local rehabilitation NGOs, government departments and commercial institutes, the Committee conducted two rounds of inspection on barrier-free facilities among the accessible parts of buildings within our healthy city respectively in 2009 and 2012. The programme manifested the possibilities of multi-sectorial collaboration between people with disabilities, other civilians, local NGOs, government and even commercial field. Moreover, the programme also alerted the ownership of buildings concerned to their obligations to optimize the barrier-free facilities of their properties. By the consistent joint efforts made by different sectors, a significant drop in irregularities among the barrier-free facilities of buildings was acknowledged in the second round of inspection.

To support the “I’m So Smart” Community Programme launched by the Department of Health, the Committee has jointly organized various activities with NGOs in the past few years. “Smart Cooking and Smart Eating” provided opportunities for the public to learn more about healthy diet by participating in the cooking competitions and attending seminars, while “Healthy Family @ Sai Kung” promoted the importance of regular physical activity by organizing racewalking carnivals.

The idea of “Healthy City” is critically affecting the progress of the Sai Kung District, especially in terms of

health and urban planning. Ever since the idea of Healthy City being applied to the Sai Kung District, SKDC members have been paying even greater attention to the development of health-related facilities within the district including sport centers, recreational areas, medical services centers etc. Meanwhile, the SKDC supports the creation and preservation of physical and social environments which support and promote better health and quality of life for residents in the Sai Kung District.

Smart Cooking and Smart Eating



Healthy Family @ Sai Kung



History

1997	Haven of Hope Christian Service (HOHCS) initiated the early preparatory work of Healthy City.
1998	Professor John Ashton, one of the pioneers of "Healthy Cities" movement was invited to conduct a series of seminars and workshops in Hong Kong.
May.99	The establishment of the "TKO-Healthy City" Steering Committee marked the milestone that the community started to share the responsibility of pushing forward "TKO-Healthy City" in the long run.
2000	"TKO-Healthy City" kick-off ceremony was held and the joint declaration on "TKO-Healthy City" was signed.
2001	The joint declaration on Mentoring Relationship was signed with the Glasgow Healthy City Partnership.
2001	The TKO Community Health Survey Report 2000 was released.
Apr.02	"TKO-Healthy City" was incorporated as the seventh sub-committee under Sai Kung District Council and named as the Healthy City Promotion Committee.
Jan.04	Sai Kung District joined the "Alliance for Healthy Cities" for Western Pacific Region as a founding member.
Nov.05	Sai Kung District was awarded with "Healthy Cities Good Practice Award 2005" by the World Health Organisation Western Pacific Regional Office.
Apr.06	The original committee was renamed as Healthy and Safe City Committee so as to sustain partnership with local departments and organizations conducive to "Sai Kung Healthy and Safe City"
Oct.06	Sai Kung District was awarded with the Alliance for Healthy Cities (AFHC) Award for "Progress of Healthy Cities with Good Performance" and AFHC Award for "Good Practice-Partnership for Active Living" at Second General Assembly and Conference of the AFHC.
2007	The TKO Community Health Survey 2006 Report was released.
Oct.08	Sai Kung District was awarded with the AFHC Award for "Pioneers in Healthy Cities" and AFHC Award for "Healthy City with Strong Action" at the 3rd Global Conference of the AFHC in Ichikawa, Japan.

Taicang City, Jiangsu Province



<http://jiangsu.chinadaily.com.cn/taicang/>

Steps taken towards a Healthy City in Taicang

- In 2003, Taicang Municipal Party Committee and Municipal Government held a meeting in recognition of fighting against SARS and to mobilize the constructing of a healthy city, thus the construction of a healthy city is officially started.
- In 2004, Taicang Municipal Government set up a leading team for building a healthy city headed by Mayor Pu Ronggao.
- In 2005, the city was one of the first batch named as "National Tobacco-free Advertising City" by the Ministry of Health and the State Administration for Industry and Commerce of the People's Republic of China.
- In 2006, Taicang joined the Alliance for Healthy Cities.
- In 2007, the municipal Health Education Park with an area of nearly 800 square meters was officially built and opened to the public, and then a Health Flower Hall was also completed and another five Health Education Parks were built in towns and villages.
- In 2008, Taicang City was granted "Outstanding Practice Award for Healthy Cities" by the World Health Organization.
- In 2009, Taicang City was titled as the model city in Jiangsu Province of "Hundreds of Millions of Farmers' Health Promotion Action".
- In 2010 and 2012, Taicang City was twice granted "Award for Innovation and Development in Healthy Cities" by the Alliance for Healthy Cities.

The main health indicators: approved by household population

1. The average life expectancy ≥ 82 years old;
2. The mortality rate of pregnant and delivery woman is controlled at less than 4/100000;
3. The infant mortality rate is controlled less than 4 ‰;
4. Number of beds for one thousand residents ≥ 8 ;
5. Number of practitioners for one thousand residents strive to reaches 2.8 to 3.0;
6. Number of registered nurses for one thousand residents strive to reaches 3.0 to 3.5;
7. Reported incidence rate of infectious diseases A and B $< 150/100000$;
8. The proportion of outpatient and emergency visits borne by community health service institutions $\geq 60\%$;
9. Filing rate of residents' health records $> 95\%$;
10. Health education coverage $> 95\%$.

Since starting construction of a healthy city in 2003, Taicang has continuously improved urban and rural environment, medical treatment & health services and other health influencing factors through government leading, social participation, and the quality of public health has been continuously improved.

I. Continuous improvement of health service function

Seven hospitals have been newly built or expanded, which improved public medical environment. The city has 21 Community Health Service Centers and 99 Community Health Service Stations, and "Fifteen-Minute Health Circle" has been basically formed. The city has eight Health Education Parks, two Health

Theme Parks, and has built 40 health self-test aid points in the community, residential areas, enterprises and supermarkets to further popularize the basic knowledge and skills of health literacy. Public health emergency response mechanism has been established to strengthen disease prevention and control ability. And Taicang has been named as National Chronic Disease Integrated Prevention and Control Model Area by the Ministry of Health for organizing health club and chronic disease self-management group, etc. And the city has also well conducted the daily management of psychiatric patients in community and fully implemented free medication and free testing for the psychiatric patients.

II. Steady promotion of healthy cell project

Constantly promote healthy cell project by focusing on schools, hospitals, enterprises and communities. All elementary schools and middle schools in Taicang have been built into Health Promote School of Jiangsu Province, and 6 enterprises into Health Promotion Model Enterprise of Jiangsu Province. More than 100 healthy living guider teams for enterprises have been formed, and training and promotion activities of exercise and broadcast gymnastics at breaks carried out in more than 120 enterprises. Salt limit spoon, waistline tape, pedometer, knowledge brochures and other health gift bags have been issued to the citizens in order to strengthen health promotion in communities. Centralized pension institutions have been established in the towns and day care centers in the communities so as to care for health of the elderly. Health manager training courses have been organized for two consecutive years in order to further enhance development of talents for the grass roots community health service centers and stations. The family doctor system and health management services team have been actively promoted to provide health services to community residents.

III. Vigorous construction of a healthy environment

Vigorously develop the circular economy and strictly implement the "Energy Conservation and Emission Reduction" strategy. Garbage collection and disposal system of "households accumulating, villages collecting, towns transporting and city processing" has been further improved. Pilot waste sorting recycle has been launched and three-level network framework of the city renewable resources collecting and distributing center, community recycling points and mobile recycling truck further improved. Carrying out a comprehensive ecological construction, the city's urban sewage treatment rate has reached 95%. Vigorously carry out the beautiful urban and rural construction, to achieve full coverage of the national health town. Taicang was awarded the National Environmental Protection Model City and China Habitat Environment Prize. Strengthening video surveillance, security patrol, community prevention and control, security guarding and public opinion monitoring in recent years, the total incidence of various types of criminal cases in the city annually declined by 3%, making it the first county-level city in Jiangsu Province that won the "Long Term Peace and Stability Cup".

IV. Continuous nurturing of healthy people

Construction of urban and rural integrated "10-Minute Physical Exercise Circle" has been carried out to accelerate the construction of public sports service system. Starting from mass sports activity, National Fitness Day has been held annually from 2011, and training of fitness skills and fitness knowledge and other voluntary service activities organized to guide the general public to actively participate in body building. Strengthen the management of tobacco advertising and consolidate the achievement of "National Tobacco-free Advertising City". Carry out social popularization work of pre-hospital emergency knowledge. 100% of the blood for clinical use is from blood donation by continuously enhancing voluntary blood donation. Resident health insurance (New Rural Cooperative Medical Care) compensation policy has been further improved. The city resident medical insurance (New Rural Cooperative Medical Care) rate reaches above 99%. Fully implement serious disease health care reinsurance system, and promote it across the country as a serious disease supplementary health insurance model of Taicang.

Basic Information of Taicang

Under the jurisdiction of Suzhou City, Jiangsu Province, Taicang covers a total area of 809.9 square kilometers, of which land area is 666 square kilometers. It governs the National Taicang Port Economic and Technological Development Zone (port district, new district), Science and Education New Town, six towns

and a neighborhood office. The city has a total population of 941,000 of which the number of household population is 474,000. Taicang, by its comprehensive economic strength, is listed in the top ten of China's hundred counties with strong comprehensive strength and is one of the first six well-off counties in Jiangsu Province. In 2013, its regional GDP reached 100.23 billion Yuan and its per capita disposable income of urban residents was 43,010 Yuan and per capita net income of rural residents was 21,605 Yuan. It has been granted many titles, such as, National Ecological City, National Sanitary City, National Garden City, National Water-saving City, National Environmental Protection Model City, China longevity, etc.



As one family, by YU Zhenxiu



Members conference of Healthy Cities



ZHOU Wenbin, Vice Mayor of Taicang City



Taicang new look.



Students visit the Health Education Parks



Morning exercise, by YANG Zongming in Taicang



Community Activities



Dragon dance, by YANG Zongming in Taichang.



Dancing youth, by YANG Xi in Taichang.

 <p>Chairman: Mr. TANG Kam-hung, MH</p>	<p>Tsuen Wan Safe and Healthy Community Steering Committee</p>  <p>http://www.twshc.org.hk</p>	<ul style="list-style-type: none"> - Population : 304,637 People (2011) - Number of households : 102,570 Households (2011) - Area : 60.7 km² (2011) - Major industries : Import/export, wholesale and retail trades
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The 7th Tsuen Wan Safe and Healthy Community Steering Committee Members

Mrs. TAN KAM Mi-wah, Pamela, JP	Director of Home Affairs	Honorary Patroness
Mr.Chan Lu-seng, Star, SBS, JP	Chairman, Tsuen Wan District Council	Honorary President
Mr CHAU How-chen, SBS, JP	President, New Territories Chiu Chow Federation	
Miss Jenny YIP	District Officer / Tsuen Wan District Office Home Affairs Department	
Prof. LEE Shiu-hung SBS, ISO, JP	Emeritus Professor of Community Medicine, The Chinese University of Hong Kong	Founding Advisor
Mr CHUNG Wai-ping, SBS, MH	Chairman, Tsuen Wan Rural Committee	Honorary Chairman
Mr TONG Wai-ki, BBS, MH	Chairman, The Yuen Yuen Institute	
Dr. Chan Kwok-chiu, MH, JP	Chairman, The Yuen Yuen Institute	
Prof. TO Cho-Yee, BBS	Hon. Professor of the Chinese University of Hong Kong	Honorary Advisor
Prof. Albert LEE	Director of Centre for Health Education and Health Promotion, Faculty of Medicine, The Chinese University of Hong Kong	
Mr TANG Wah-shing	Executive Director, Occupational Safety and Health Council	
Mr Simon TANG	Director, Corporate Resources, Fuji Photo Products Co., Ltd.	
Mr Moses LEE	Partner of LI, WONG, LAM & W.I. CHEUNG Solicitors & Notaries, Agents for Trade Marks & Patents	Legal Advisor
Mr Andy IP	Accountant, Yip Ng & Company	Financial Advisor
Mr TANG Kam-hung, MH	Vice-chairman, The Yuen Yuen Institute	Chairman
Mr CHAN Wai-ming, David, MH, JP	Councilor, Tsuen Wan District Council	Vice-chairman
Mr CHAN Sung-ip	Chairman, Ma Wan Rural Committee	
Dr. Chow Chun-bong, BBS	Chairman, Scientific Committee on Vaccine Preventable Diseases	
Dr. Kenneth Y.K. NG	Doctor, Evergreen Medical Centre	
Ms LI Pik-fong, Annie	Account Director & Director, Great East Asia Surveyors & Consultants Co. Ltd.	
Mr LAU Kwong-wah, Edward		
Mr. Leung Wai Chung	Chief Environmental-health Inspector (Tsuen Wan), Food and Environmental Hygiene Department	Committee Members
Mr. CHAN Ming Cheong, Horman	District Leisure Manager (Tsuen Wan), Leisure and Cultural Services Department	

Mr. Choi Wai Sing	Senior Divisional Occupational Safety Officer, Occupational Safety & Health Branch, Labour Department
Mr Law Kam-lung	Sergeant, Neighbourhood Police Co-ordinator, Police Community Relations Office, Hong Kong Police Force
Ms CHANG Hung-mei, Annie	Liaison Officer-in-charge, Home Affair Department, Tsuen Wan District Office
Mr WAN Yan-ming	School Development Officer (Tsuen Wan), School Development Division, School and Professional Development Branch, Education Bureau
Ms. Tam Yuen Yee	Operation Manager, Department of Internal Medicine, Yan Chai Hospital
Dr. Tam MK	Senior Medical and Health Officer, Community Liaison Division, Department of Health
Mr YAU Kam-ping, MH	Vice-chairman, Tsuen Wan Rural Committee
Mr WONG Chi-keung, Melvin	Project Development Manager, District Council Focus Team, Towngas
Mr. Wong Yu Kei	Regional Relations Manager-NT West, Corporate & Community Relations, CLP Power Hong Kong Limited
Mr. Liu Kin Wah, Aaron	Director, Lifestyle Management Centre, Tsuen Wan Adventist Hospital
Mr. Toran Law	Senior Consultant, Occupational Safety & Health Council
Ms Helina YUK	Director of HKSKH Lady MacLehose Centre
Ms WU MAK Pui-ling	Chairman of owners' corporations, Bo Shek Mansion , Tsuen wan
Ms Alice YUEN	Executive Committee Member (External Affair), Tsuen Wan Liveihood Association
Mr. CHOW Kwong Yu	Officer, Tsuen Wan Fire Station, Fire Service Department
Ms. Wong Mei Fung, Amelia	Registered Nurse, Community Liaison Division, Department of Health
Ms. YU So-ying, Monica	Social Work Officer 2(planning /Co-ordinating) (Tsuen Wan/ Kwai Tsing), Planning and Co-ordinating Team (Tsuen Wan/ Kwai Tsing), Social Welfare Department
Mr FAN Kin-ming	District Citizen
Mr Wong Ka-Wah, Samuel	Councilor, Tsuen Wan District Council
Mr LO Siu-Kit, Peter	Councilor, Tsuen Wan District Council
Mr. Cheung Kwok Leung	Station Sergeant, OC District Traffic Team, Tsuen Wan District, Hong Kong Police Force
Mr. Chung Kam Wa	Station Sergeant, ARSO of Road Safty Section, Traffic New Territories South
Mr CHAN Yee-Kwong, Dennis	Acting Senior Chief Supervisor, Assistant Regional Commander, New Territories South Region, Hong Kong Road Safety Patrol
Ms CHOI Po-Chu	Emeritus Police
Ms. Wong Suk Fan	Principal of Holy Cross Lutheran School
Mr. Cheong Man Ho	Principal of Saint Francis Xavier's School (Tsuen Wan)
Ms. Wong Sau Han	Principal of Hong Kong Taoist Association Yuen Yuen Kinderdarten
Mr. Chan Han Pan, Ben	Councilor, Tsuen Wan District Council
Ms, Cheng Po Po, Peggy	Nurse Consultant(Gerontology) Central Nuring Division

Vision

Raising public awareness on safety and health and enhancing the quality of life have been the long-term visions of “Tsuen Wan Safe and Healthy Community”. Through the integration of different resources and power in the community, as well as constant promotion, “Tsuen Wan Safe and Healthy Community” strives for nurturing Tsuen Wan residents to concern about the safety and healthy culture, in order to create a wonderful living and working environment for the residents.

Overview

Introduction:

Tsuen Wan Safe and Healthy Community Steering Committee was established in 2002, is a charitable institution. Over the years, the Tsuen Wan Safe and Healthy Community Steering Committee and the Tsuen Wan District regional organizations, government departments, the Occupational Safety and Health Council to work together to implement various safety and health programs and activities in the region in order to enhance the safety and health awareness. Tsuen Wan District in 2006 was awarded the World Health Organization is recognized as the world's first 101 "security community" and recognized as a "Healthy City" in 2007.

Regular cooperation with the Hong Kong Special Administrative Region Government Departments and public bodies, including:

- Tsuen Wan District Office
- Social Welfare Department
- Department of Health
- Occupational Safety and Health Council
- Tsuen Wan District Council
- Tsuen Wan East Area Committee
- Hong Kong Police Force
- Hong Kong Fire Services Department
- Food and Environmental Hygiene Department
- Yan Chai Hospital
- Princess Margaret Hospital
- Tsuen Wan Adventist Hospital
- The Chinese University of Hong Kong
- Lingnan University
- The Yuen Yuen Institute
- Tsuen Wan Kwai Tsing District Women's Association
- Tsuen Wan District Parent Teacher Association Ltd.
- Hong Kong Road Safety Patrol
- Hong Kong St. John Ambulance

Tsuen Wan Safe and Healthy Community Steering Committee established 6 working groups to carry out long-term and sustainable programs covering both genders and all ages, environments and situations.

1. Safe and Healthy School Working Group

The Safe and Healthy Schools programs encourage schools to apply school-based models to organize various safe and healthy activities. This aims to enhance the new generation's mental and physical well-being and safety awareness. The themes of promotional activities include:

a) Health Aspect

Encourages adoption of healthy diet and regular exercise, prevention of sport injury, prevention of adverse habits like drug abuse, smoking and drinking.

b) Mental Well-Being Aspect

Educates students to cope with stress and build up correct values concerning the weight and appearance.

c) Social Aspect

Forbid school bullying and violence. Teach students on interpersonal skills.

Moreover, based on formal training programs, the scheme organizes a series of promotional campaigns, such as courses on uncomplicated first-aid training and moral education. In addition, the Tsuen Wan Safe and Healthy Community Steering Committee invite students to become volunteers in the major safety and health promotional events. In this way, students can take part in organizing the carnival, designing booth games, demonstrating healthy exercise, and dramas featuring safety. These activities offer chances to the students to expose to community affairs and to appreciate the importance of safety and health. As a consequence, social solidarity is strengthened.

According to students' different age groups (infants, children, youths), "Safe and Healthy School Working Group" continuously conducts annual "Safe and Healthy Schools" Bonus Point Scheme which rewards points in competition mode. This scheme encourages schools to actively participate in safety promotional activities in order to promote safety and health awareness for students. The number of schools participating in each term is more than the previous term, and the result of each competition is higher than the previous term. Thus, we can see and confirm that "Safe and Healthy Schools" Bonus Point Scheme is a very effective campaign.

Besides the promotion of safety and health messages to students, "Safe and Healthy School Working Group" also promotes the messages to adults. For example, through the provision of first aid courses, the first aid knowledge of staff and parents can be enhanced so that they can provide right treatment when students were injured.

2.Safe and Healthy Estate Working Group

The Safe and Healthy Estates programs are neighborhood-oriented. Using estates as the medium, the programs enhances the residential awareness on safety and health concept through residents' associations and property management companies across-departmental venture of Department of Health, The Hong Kong Police, and The Hong Kong Fire Services Department, etc. The working group advocates:

- a) Establish a healthy lifestyle,
- b) Nurture a good mutual neighborhood relationship,
- c) Promote hygienic and green estate environment, and
- d) Beware of home safety and estate security.

As a "safe community", providing safe living environment for the public is the most basic and the most important condition. "Safe and Healthy Estate Working Group" is to counter for the improvement of the living environment of local residents. The members of the working group are professionals from different sectors of the community. They visit and score the housing estates which participate in "Safe and Healthy Estates Improvement Reward Scheme" on a regular basis. During the visits, they provide relevant safety and health information and precautions so as to enhance housing court quality and thus the households have a more comfortable, safe and healthy living environment. "Safe and Healthy Estates Improvement Reward Scheme" is based on goodwill visits and evaluation methods to elect and reward excellent housing estates, in order to strengthen the management of individual estates, the owners, and even residents of the safety and health awareness.

3. Safe and Healthy Residential Care Home Working Group

In Tsuen Wan District, the population aged 65 or above takes up to 10.6% of the district's population and there are 50 homes for elderly. "Safe and Healthy Residential Care Home Working Group" aims to promote safety message and even make grants on the resources by, for example, providing some materials, professional advice, and training of nurses. Through providing seminars and training courses, undergoing regular residential visits and inspections and developing guidelines and criteria, the Safe and Healthy Residential Care Homes strives to rise the government allowance and the safety and health standards of the private elderly care centers so that the senior citizens in the residential care homes of the district enjoy a

safe, healthy and comfortable life.

4. Safe and Healthy Occupational Safety Charter Working Group

“Safe and Healthy Occupational Safety Charter Working Group” promotes the occupational safety and health messages in the district. The Safety Charter is a platform to communicate workplace safety and health messages to organizations of all size. The working group is committed to delivering community-based service in collaboration with the District Councils, Occupational Safety and Health Council and Labor Department to promote safety and health.

Also, the working group in collaboration with Labor Department, Occupational Safety and Health Council and various enterprises to promote occupational safety and health messages. Through organizing Tsuen Wan Safe and Healthy Community “Safety Charter” Signing Ceremony regularly, the event encourages the management executives in various industries in the district to sign the charter to increase the level of awareness of occupational safety and decrease and prevent injury. The establishment of Tsuen Wan Safety and Healthy Charters MEMBERS CLUB is established in order to link different institutions/organizations and create a safe and healthy Tsuen Wan District. By keeping contact with different agencies/organizations, MEMBERS CLUB will perform as a platform to deliver safety and health messages to all members.

5. Food Safety and Nutrition Working Group

The “Food Safety and Nutrition Working Group” enhances the food and restaurant trade operators’ (including management and frontline staff) awareness on safe and healthy restaurants through health education. The working group mainly encourages improvements on the following:

- a) Food safety and hygiene in the restaurant;
- b) Occupational safety in the restaurant; and
- c) Food nutrition offered by the restaurant.

The “Safe and Healthy Restaurants” Promotion Scheme aims to connect different organizations and agencies in the district to launch a series of “safe and healthy restaurants” promotional campaigns that enhances the safety and health awareness of the food and restaurant trade operators (including management and frontline staff).

In order to achieve better results, the working group has introduced practical and attractive activities for safety promotion in the industry, like “Safe and Healthy Restaurants” seminar, Restaurant visit and Tsuen Wan Catering Industry Safety Award Scheme.

6. Safe and Healthy Traffic and Transport Safety Working Group

Tsuen Wan has a well-developed transportation network. People can reach the area by taking buses, green minibuses, red public light buses, the Mass Transit Railway and the West Rail. Tsuen Wan is a coastal area and there are countless big and small boats go through it every day. With such a complex transportation network, the promotion of traffic safety is very important

7. Through the soft approach, the “Safe and Healthy Traffic and Transport Safety Working Group” urges the public to pay attention to traffic safety, in order to promote road safety messages to Tsuen Wan residents. Other large-scale carnival and travel activities are also held.

For The 6th Global Conference of the Alliance for Healthy Cities hold in Hong Kong this year, the Tsuen Wan Safe and Healthy Community Steering Committee will held the event of Jockey Club Healthy City Community Projects – Enjoy Your Healthy And Happy Life in Tsuen Wan with the theme of mental health.

The aim of this event is to promote the positive thinking to the public, such as people how to aware and manage their emotion, thereby preventing emotional distress and achieving a healthy and happy life.

Content :

- For all people:
“The Safe and Healthy Community Day in Tsuen Wan - Reducing Pressure In Play”
- For the community service providers:
“Mental Health First Aid Standard Course”
- For the youth:
“Emotional Management Training Workshop”

- For the parents:
" "New Attitude of Parent-child Relationship " Seminar"

History

Supported by Tsuen Wan District Council and the Yuen Yuen Institute, Tsuen Wan Safe and Healthy Community Steering Committee rallied more than 20 local public and private sector forces, which shared a common goal to enhance safety awareness in the region, and finally established in 2002. The co-ordination work of the committee is supported by the Department of Social Services of the Yuen Yuen Institute. Mostly important, the committee gathers different resources and forces of the whole community, including District Councils, local committees, different function committees, schools, professional groups, business, social service agencies, medical service organizations, NGOs, government departments, large enterprises, local communities, and ensures that the sense of " Tsuen Wan Safe and Healthy Community " can be brought to every corner in the region in order to reduce the frequency of injuries and accidents.

 	<p>The Wan Chai District, Hong Kong SAR</p>  <p>http://www.districtcouncils.gov.hk/wc/tc/2012_2015/working_groups.html</p>	<ul style="list-style-type: none"> - Population : 152,608 People (2012) - Number of households : 54,887 Households (2012) - Area : 9.76 km² (2012) - Major industries : A prime centre of business, conventions, exhibitions, cultural and sports activities, entertainment and shopping
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Vision

Vision

The Wan Chai District healthy city aims to improve the quality of life of citizens in mental, physical and social well-being aspects through creating a healthy community with cooperation from various sectors.

Goals

a) Partnership

Develop and exchange ideas with other healthy cities through the Alliance. Create platforms for government, medical service providers, district representatives, non-government organizations, business sector in the district to exchange health-related ideas and organize activities.

b) Education

Enhance health consciousness through education and publicity of best practices. Increase the awareness on not only value of physical health, but also mental importance of mental health.

c) Sustainability

Create a better physical environment through sustainable community development and urban planning with long term visions.

d) Monitor

Keep track and monitor health problems in the district and respond with structured and integrated approach with different sectors.

Overview

(1) Organizational structure

The Promotion Committee of “Hygienic, Healthy and Dynamic City” is under the Wan Chai District Council. It consists of a chairman, a vice-chairman, 3 members of the Wan Chai District Council, and a list of supporting organizations.

(2) Example of major activities, projects, plans

Over the past years, we spared no effort in promoting our healthy city with health screening activities to the community. We united relevant organizations in the community to co-organize activities like “Medical Health Fair for the Elderly”, “Elderly Eye Care Day” and “How Much Do You Know about Diabetes”, to enrich the health consciousness and knowledge of citizens. These activities have well attracted and benefited citizens in community.

In 2012, having been recognized as a full member of the AFHC, our chairman, Dr. PONG Chiu-fai, Jeffrey, participated in the 5th Alliance for Healthy Cities Global Conference held in Brisbane.

A mental health survey will be conducted in the Wan Chai district to investigate the mental health status of the community. Through interviews and data collection, professionals and experts are invited to analyze

the mental well-being of different ethnic and demographic groups in the district. The project aims to raise citizen's awareness on mental health and to promote a healthy style of living.

To foster social inclusion of persons with disabilities and able bodies, the "Friendly Wan Chai" Project is working in progress. By review restaurants in the district, we hope to investigate if a barrier-free environment is provided to restaurant-goers with disabilities.

(3) Major strengths of our Healthy City

Wan Chai is centrally located on the northern shore of Hong Kong Island, known for its unique and harmonious blend of old traditions and new developments. It is one of the oldest districts of Hong Kong with rich cultural heritage and traditions.

Wan Chai is a traffic hub of the East/West and North/South bound traffic on Hong Kong Island. Given its well-developed transportation network, Wan Chai has always been a popular town centre for over six hundred thousand of workers, shoppers and commuters who flock to the district daily.

There are a full range of easily accessible sports, leisure, recreational and cultural facilities in the district including a number of community halls and centres, public libraries, indoor stadiums and sports grounds. As for health care, the Ruttonjee Hospital, Tang Shiu Kin Hospital and Tung Wah Eastern Hospital under the Hong Kong East Cluster of the Hospital Authority are situated in Wan Chai. There are also health facilities including specialist outpatient clinic, general outpatient clinic, dental clinic, community nursing service centre and maternal and child health centre to provide comprehensive medical service to residents in the district.

Wan Chai is also renowned for its diversity and harmony with different ethnic groups in the population. To enable the ethnic minorities to better integrate to the community, the Promotion Committee of "Hygienic, Healthy and Dynamic City" has been closely collaborating with local organizations to promote an inclusive society that renders substantial support to the group.

(4) Major progress of our Healthy City

Ever since we have worked to create a Healthy City, we have been promoting a healthy style of living and the importance of health screening through a wide range of activities.

Due to the fact that mental health problems have become an important health concern in the past decade, our Healthy City has conducted a mental survey to investigate the mental status of the population in the district. Not only did the results reveal the psychological situations of the population, it also shows a significant impact on our service planning in the future.

Through publishing magazines, we distribute various up-to-date health information to our community. This has greatly raised the awareness of health issues among our citizens and thus the quality of life of citizens in mental, physical and social well-being aspects has gradually improved.





History

The Promotion Committee of “Hygienic, Healthy and Dynamic City” of Wan Chai District Council (HKSAR) was first started in March 2000. Since then, we have fully committed to the vision of the Alliance of Healthy Cities in improving social and physical environment and enhancing quality of life of city dwellers through the Healthy Cities approach. The abovementioned ideas have long been shared and supported by relevant government departments, non-government organizations, local resident association, schools and medical service providers. We have been cooperating with other healthy cities and organizations to realize the creation of a healthy community. In 2012, we were recognized as a full member of the Alliance for Healthy Cities.

 <p>Dr. SHI Lop-tak, Allen, MH, JP Chairman, Wong Tai Sin District Healthy & Safe City</p> 	<p>Wong Tai Sin District Healthy and Safe City Company Limited, HKSAR</p> <p>http://www.districtcouncils.gov.hk/wc/tc/2012_2015/working_groups.html</p>	<ul style="list-style-type: none"> - Population : 421,600 People (2012) - Number of households : 140,315 Households (2011) - Area : 926 hectares (2012)
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Mrs. CHOI MA On-ki, JP
District Officer, Wong Tai Sin District Office



Mr. LI Tak-hong, MH, JP
Chairman, Wong Tai Sin District Council



Dr. WAT Ming-sun, Nelson
Vice-chairman



Mr. HUI Chung-shing, SBS, MH, JP
Director



Mr. KAN Chi-ho, BBS, MH, JP
Director



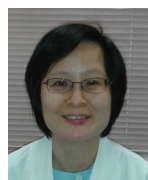
Dr. LAU Chi-wang, BBS, JP
Director



Mr. WONG Kam-choi, MH
Director



Dr. WONG Tak-cheung
Director



Dr. MIU Ka-ying
Director

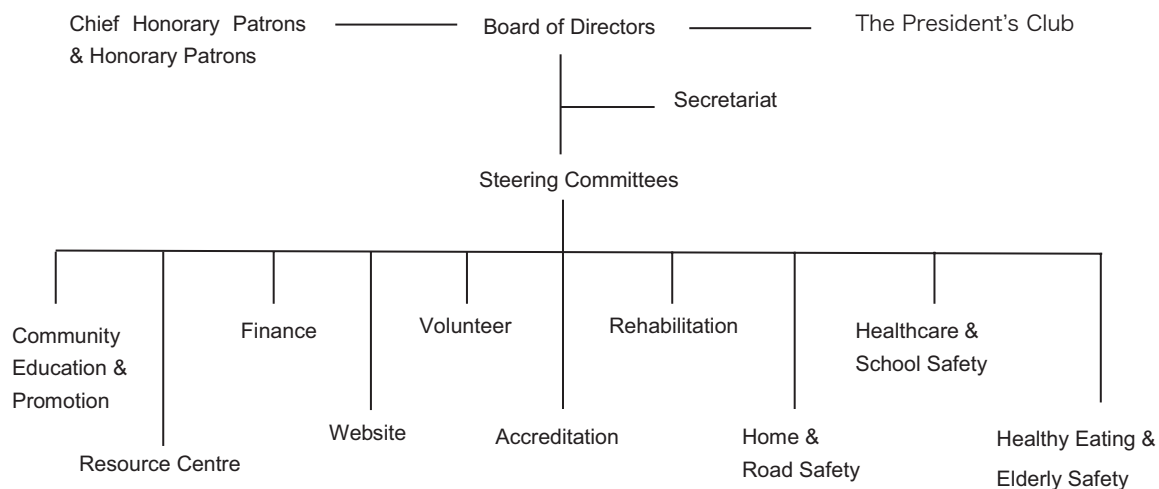


Ms TANG Fung-ki
Honorary Secretary

Vision

- To develop culture and environment conducive to building of a -Healthy and Safe Wong Tai Sin District
- To develop an infrastructure based on partnership and collaborations; accountable to formulation of strategies for health and safety promotion in the District
- To develop sustainable, long-term programmes covering two genders and all ages, environments and situations;
- To synergize community resources and concert efforts for the betterment of change an innovations conducive to a -Healthy and Safe Wong Tai Sin District
- To network with national and international counterparts under the World Health Organization for experience sharing

Overview



Introduction

With the leadership and coordinating roles of the District Office & District Council, together with the collaborations of government departments, public institutions, non-government organizations, private enterprises and active local leaders, Wong Tai Sin District have actively promoted and participated in programs and projects related to the health and safety of its residents even before the establishment of the Wong Tai Sin District Healthy and Safe City (WTSDHSC).

In the last 7 years since its inauguration, WTSDHSC further strengthens the impetus and acts as a complimentary platform for key stakeholders to deliberate, formulate, implement and monitor both health and safe issues of significance affecting our residents. Integrated approach and community participation are fundamental attributes of the Healthy & Safe City approach. It will avoid duplication of efforts and increase cooperation and coordination among contributing parties. It will lead to cost-effective solutions, synergy between activities and substantial benefits in terms of resource sharing. The best and most efficient place of such integration include schools, hospitals, workplaces, markets, charitable organizations where same values and shared visions for common action are already in place.

In dealing with both health and safe issues, a life course development framework is our blueprint. This framework will be adopted for the construction of our health and safety project coverage and priorities. It will define the health and safety trajectories over an individual's lifetime and guide new approaches to policy, practice and research. It offers a conceptual model for health and safety development which might interact with risk factors, protective factors, early-life experiences influencing people's long-term health, disease outcome and personal as well as community safety. Moreover, interactions between the individuals and environment characteristic to the District are important factors contributing to health and safety risks of our residents.

In the coming years, a stronger social network will be put in place so that a friendly and cohesive community can facilitate better mutual neighborhood support in the Housing Estates, especially where there are high numbers of elderly and children residents with working adults. Barrier-free access together with safe road and traffic facilities for traveling to public recreation grounds and health institutions are priority areas in view of the high numbers of slope streets and elderly in the District. It is our belief that a healthy individual will be more resilient towards adversities/stresses, physical or psychological, arising from the environment. Improvements of our environments will provide guarantees in the protection of individual health and safety; and hence, ensuring the full potentials of all individuals to develop and enjoy their lives and to cultivate the spirit of harmonious community.

Decisions and designs of future endeavors and programs of the District must focus on and utilize the demographic, geographic and social characteristics of the local situations. Respect and attention must also be paid to the cultural and traditional features of the District where a cohesive Chinese community, values of filial piety and an ageing/dependent population are eminent. The Report of Community Diagnosis

commissioned by WTSDHSC and recently completed by Centre for Health Education and Health Promotion, Faculty of Medicine, School of Public Health & Primary Care, the Chinese University of Hong Kong will provide additional researched materials for our in-depth considerations and actions for the improvements of the health and safe environments of the District. Continuity and sustainability of all these programs are essential for the prudent and best use of limited public resources and the realization of the effectiveness of our proposed actions or interventions.

The Way Forward

Sustainability in Health & Safety Assessments

The WTSDHSC will continue to evaluate the health and safety needs of the WTS District. As the demographic and economic scenes will not cease to evolve, the social and environmental factors affecting health and safety will keep on changing. The current approach, such as the Injury Surveillance system, must be better organized so that a true picture reflecting the real situations can be developed. New monitoring models will also be studied to evaluate its feasibility for local application. The way of program evaluation and effectiveness scoring will also require closer scrutiny and improvements.

Sustainability in Program Developments

New concepts/ideas and programmes/projects are being shared among peers. These will provide insights and reflections of the WTSDHSC Committee and Working Groups for further thoughts and applications of these innovative resources to suit our local settings. WTSDHSC will seize every opportunity in participating in this knowledge exchange and experience sharing activities in order to enrich its scope and levels of program/project developments.

For intermediate term purpose, more specific programs will be designed for both genders. Focus projects for psychological health will be considered since mental illnesses/stresses can undoubtedly disrupt family or societal safety.

Sustainability in Community Partnerships

WTSDHSC will continue its founding principle that it will collaborate with all local stakeholders in the promotion/realization of health and safety for all residents in the community. Our plan, that is currently underway, to further reaching out into the community can be consolidated by the proposed relocation of the Secretariat Office to a more accessible venue where our partners and residents can have more convenient receptions by WTSDHSC. A closer link, in both physical and literal terms, will surely strengthen a more interactive relationship; and hence, a more long-lasting interdependent partnership.

Sustainability in Professional Credibility

WTSDHSC will embark on the accreditation schemes for Safe & Healthy Estate, Safe & Healthy Residential Care Home, Safe & Healthy School and Safe & Healthy Hospital for such facilities within the District. These accreditation schemes will benchmark our achievements with international standards through external and professional assessments. It will solicit welcomed receptions by those parties with potentials to participate when successful accreditations and due recognitions have been demonstrated. This endeavor will be a long-term process that can only be completed by phases and taken in stages.

Sustainability in Resource Acquisitions

Interest and enthusiasm of community leaders, government officials, professional experts, volunteer advocates and proactive residents are the driving forces to reinforce the health and safety of the local citizens. In order to ensure a healthy financial support for the implementation and operations of the programs/projects and activities, WTSDHSC has recently founded the President's Club where sponsorships are being obtained from community celebrities, commercial/business elites and charitable personnel. This will contribute towards the pooled resources where government funds continue to be a major source of support.

Sustainability in Peer Recognitions

Announcements or circulations of WTSDHSC achievements can invite peer opinions and recognition. In addition to publicizing our activities via the present channels such as district newspapers, local media and Safe Communities seminars, a website will be uploaded for wider paperless circulation. Involvements of academic or professional bodies or personnel in researching significant issues for WTS District can help raise our status so that WTSDHSC will not only be there to serve but to lead as well.

Launching & promoting the project of Tai Chi, Automated External Defibrillator (AED) and Health and Safety promotion.

Tai Chi



Automated External Defibrillator (AED)



Health and Safety promotion





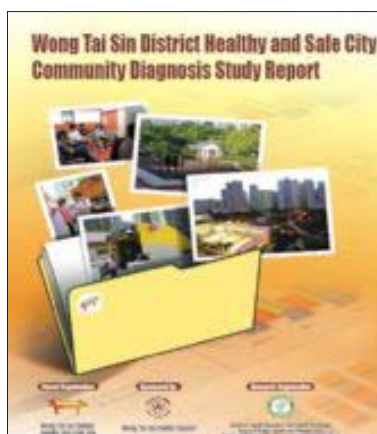
Fall prevention

http://www.wtsdhsc.org.hk/uploadfiles/CTL_25_2_3451528.pdf



Home Safety

http://www.wtsdhsc.org.hk/uploadfiles/CTL_26_2_3464172.pdf



Community Diagnosis

http://www.wtsdhsc.org.hk/uploadfiles/CTL_14_2_3356261.pdf

History

Wong Tai Sin District Healthy and Safe City Company Limited was established in 2007. By launching “healthy & safe” projects in the community, Wong Tai Sin District was recognized as the member of AFHC at Oct 2007.

<p>Shen Guofang</p> 	<p>Wujiang District, Suzhou, Jiangsu Province</p>  <p>http://www.zgwj.gov.cn/</p>	<ul style="list-style-type: none"> - Population : 804,868 People (2013) - Number of households : 256,535 Households (2011) - Area : 1,255 km² (2013) - Major industries : Silk and Textile, E-communication, Communication Cables, Equipment Producing
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District Committee Office, District Government Office, District Public Security Bureau, District Discipline Inspection Committee (Supervisory Bureau), District Publicity Department, District Party and Worker's Union Committees, District Development and Reform Committee, District Economy and Informationization Work Department, District Human Resources and Social Security Bureau, District Financial Bureau, District Education Bureau, District Civil Affairs Bureau, District Bureau of Housing and Construction, District Planning Bureau, District Urban Management Bureau, District Road Traffic Bureau, District Agricultural Committee, District Water Resources Bureau, District Sports Bureau, District Population and Family Planning Bureau, District Press and Publication Bureau of Culture, Radio and Television, District Bureau of Health, District Food and Drug Administration, District Auditing Bureau, District Environmental Protection Bureau, Wujiang Industrial and Commercial Bureau, Wujiang Quality Supervision Bureau, District Statistics Bureau, District Safety Inspection Bureau, District Administration of Commodity Prices, District Tourism Bureau, District Commercial Bureau, District Government Affairs Management Center, District Association for Science and Technology, District General Labor Union, District Women's Federation, District Youth League Committee, District Industrial and Commercial Federation, District Disabled Person's Federation, Wujiang Daily, District Bureau of Parks, Wujiang Development Zone(Tongli Township), Fen Hu New & Hi-Tech Zone (Lili Township), Wujiang Hi-New Tech Zone (Shengze Township), Administrating Committee of Taihu Newly Developed Zone(Songling Township), Zhengze Township, Pingwang Township, Qidu Township, Taoyuan Township Government.

Vision

Wujiang releases its healthy city construction plans every five years. The latest Plan is "Wujiang's Patriotic Health Campaign and Healthy City Construction Plans during 2011-2015". Its goals are:(1) Establishing 5 systems centering around the improvement of rural and urban citizens' health and characterized by the integration of rural and urban water environment management with a better living environment, health culture and city spirit. The five systems are: Optimizing Health Services, Improving Health Environment, Cultivating Healthy People, Building up a Healthy Society and Deepening Health Promotion. (2) Through the innovative ideas, innovative mechanisms and innovative methods, developing the construction of healthy city into what is more advanced than now in the connotation, concept, forms and effects, raising the main health standards of rural and urban residents to the point where they are as advanced as those applied in the developed countries and regions and building Wujiang into a pioneering model of National Healthy Cities.

Overview

(1) Organizational Structure:

Healthy City Construction Leading Group composed of 40 plus member departments. Under the Group, there are offices. The group releases Healthy City Construction Plan every 5 years and carries out evaluations each year in accordance with "National Specifications and Evaluation Standards for Healthy City Construction"

(2) Example of major activities, projects, plans:

1 “Optimizing Health Service”, 2 “Improving Healthy Environment”, 3 “Building up a Healthy Society”, 4 “Cultivating Healthy People”, 5 “Consolidating the Construction of National Advanced Clean City”, 6 “Cleaning the Environment in Urban and Rural Areas” 7 “Health Promotion Among All” 8 “Health Education Promotion”, 9 “Controlling Smoking in Public Areas ” and 10 “Establishing Healthy Community(Working Unit)”

(3) Major strengths:

1 Leaders attach much importance, Inter-department co-operations full and effective; participation of the people full and wide. 2 Wujiang became one of the “National Advanced Clean City” in as early as 1997, long-term sanitation management effective. 3 Health care service system well developed. (4) Boarded by the Taihu Lake, beautiful in the environment and rich in resources.

(4) Major progress:

Wujiang’s “Agricultural Product Safety Assurance Project ” was given the WHO Awards for Healthy Cities, Best Practice in the 2nd Global Conference of Alliance for Healthy Cities in October, 2006.

Wujiang’s Project “Healthy City Health Promoting Schools” won the WHO Awards for Healthy Cities, Good Practice” in the 4th Global Conference of Alliance for Healthy Cities in November, 2010.

Tongli Township of Wujiang was named by WHO Healthy City Cooperation Center as “Healthy Community” in November, 2013.



Wujiang Health-Themed Park, Wujiang Health Education Park.



Citizen Health Education Park in Hengshan Community in Songling Township of Wujiang



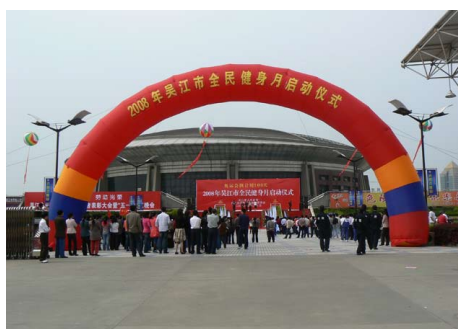
Health Road in Longjiangqiao Village of Wujiang



Health Hut in Xiaodianhu Village in Wujiang Development Zone (Tongli Township)



The First “Wujiang Health Knowledge Contest for Government Staff and International Healthy City Month Artist Performance” in 2007



The Launching Ceremony for Wujiang Body-building Month Activity in 2008



Wujiang's 21st Popular Science Publicity Week themed as “Health Assembly”



Promoting Activities for Patriotic Health Month and Health Education Month in 2014

History

(1) Launching Phase(2003-2006)

In 2003, Suzhou promoted the all-dimensional construction of healthy city in the whole prefecture area. Wujiang responded actively to the call and started the construction on the basis of strengthening the national advanced clean city. In the February of 2004, the Wujiang City Committee and the Wujiang Government released the “Resolutions on the Promotion of Healthy City Construction”, further reinforced the consolidation of leadership and organization, and established a Healthy City Construction Leading Group, required vigorous efforts in building a healthy environment, improvements in health services, buildup of a healthy society, cultivation of healthy people and at the same time, it strengthened the financial support for healthy city construction.

With the guidance of Suzhou Patriotic Health Campaign Office, Wujiang took an active role in the international affairs related to the construction of healthy city. She gained the membership of Alliance for Healthy Cities under the West Pacific Region Office of WHO. In the October of 2006, Wujiang's “Agricultural

Product Safety Assurance Project ” was given the “ WHO Awards for Healthy Cities, Best Practices” in the 2nd Global Conference of Alliance for Healthy Cities.

(2) Initial Development Phase (2007-2010)

The concept of healthy city means continuously eliminating the dangerous factors to the health of the citizens through projects implementation. Wujiang carried out actively the “Nationwide Health Promotion Among Peasants” and participated in the Suzhou’s establishing of Healthy Communities, Villages and Townships, bringing the healthy city construction into the rural areas and contributing to the rural-urban integration. At the same time, Wujiang vigorously promoted the building of Provincial Health Promoting Schools, Provincial Health Promotion Model Enterprises, Healthy Families, etc and other grassroots health promotion projects. In the year of 2008, Wujiang became the provincial model city in the “Nationwide Promotion of Health Among Peasants” activity. 2 years later in the November of 2010, Wujiang’s Project “Healthy City Health Promoting Schools” won the “WHO Awards for Healthy Cities, Good Practice” in the 4th Global Conference of Alliance for Healthy Cities.

(3) Steady Development Phase (2011-Present)

All-dimensional Healthy City Construction has been carried on, 10 Activities including “Optimizing Health Service”, “Improving Healthy Environment”, “Building up a Healthy Society”, “Cultivating Healthy People”, “Consolidating the Construction of National Advanced Clean City”, “Cleaning the Environment in Urban and Rural Areas” “Health Promotion Among All”, “Health Education Promotion”, “Controlling Smoking in Public Areas ” and “Establishing Healthy Community (Working Unit)” have been put into real practice.

 	<p style="text-align: center;">Wuxi City, Jiangsu Province</p>  <p style="text-align: center;">http://www.cwdhc.org/tchinese/index.html</p>	<p>- Population : 6,484,100 People (2012)</p> <p>- Area : 4787.61 km² (2013)</p> <p>- Major industries : Electronics & information, high grade textile & garment processing, fine chemical industry, bio-pharmaceutical, animated cartoon, photo-voltage, tourism, agriculture etc.</p>
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Vision

To build Wuxi into a modern city with strong comprehensive forces, progressive science, education and culture, sound democracy and legal system, coordinated social undertakings, beautiful ecological environment, healthy and rich people. All major health indexes reach average levels of the developed countries at the same period.

Overview

Wuxi is located in southeast Jiangsu China, on the southern bank of Yangtze River. It governs 2 county-level cities and 7 districts. It is a famous tourist destination. In 2013, it had a population of 6.4841 million and per capita GDP reached 20400.

In recent years, based on the concept of WHO healthy city construction, Wuxi put people in the first place, worked out plans scientifically, explored effective working mechanism, improved public services, mobilized government departments, NGO and citizens to take part in and achieved 3 major results: improved living environment, increased healthy places, health quality and main health indexes ranked in front in the province.

In 2007, municipal government set up a leading group of healthy city construction with mayor as group leader, vice municipal Party secretary and responsible vice mayors as deputy leaders, 35 government departments and 9 county and districts as members. The office was in Health Bureau, which sponsored plans and projects of healthy city construction, coordinated and supervised members to carry out the plan, summed up regularly, conducted self-evaluation or invited a third party to assess.

In 2008, municipal government issued "Wuxi three-year action plan of healthy city construction (2008-2010)", focused on 5 major tasks: create healthy environment, guarantee healthy diet, perfect health services and build healthy communities, and 21 working plans and 68 targets, with such key items as treatment of blue algae of Lake Taihu, building a 15-minute medical service circle, transforming city water and toilets, health education and promotion.

In 2011, evaluated by specialists from Fudan University and Suzhou University, the accomplishment rate of the 68 targets of the three-year action plan of Wuxi reached 95.6%.

In 2011, based on the results of the first round, Wuxi worked out the second round plan and carried out itemized management. The health department coordinated with such core departments as environmental protection, safety supervision, education and sports, centered on 3 major strategic tasks: continuous improvement of city environment, effective improvement of health service quality and steady increase of residents' health quality. 8 major action plans were launched: blue sky, non-smoking city, trustworthy foods, care for employees' health, promotion of citizens' health quality, community health intervention, psycho-health improvement and residents' health diagnosis. 40 targets were formulated, including prevention and treatment of air pollution, no smoking in public places, construction of health venues and popularizing health quality. The period of second round is 5 years in order to connect with plans of national economic development and urban construction.

- 1, Control water environment. Since 2007, we have recovered lake area from fishing ponds, removed sludge from riverbeds, controlled sources of pollution and repaired ecology. 2735 enterprises along the lake were closed down or moved out. After rectification for 4 years, water quality of 12 check sections of Lake Taihu met the standard. In 2010, Wuxi was evaluated as a national ecological city. Now the lake is picturesque with clear water, attracting numerous tourists.
- 2, Carry out comprehensive renovation of urban and rural environment. Harmless treatment of urban domestic waste reached 100%, sewage treatment rate reached 96%, harmless treatment of rural domestic waste with village as unit reached 100%, sewage treatment rate reached 80%. Sanitary toilet of rural household reached 99.21%, benefit rate of city water reached 99.8% and 89.1% towns became national sanitary towns.
- 3, Control chronic diseases of key population. Carry out self-management mode of patients with chronic diseases, measures include self-management groups, self-monitoring, self-management diary, doctor-patient interaction. Up to 2013, 2 county-level cities and 7 districts of Wuxi became provincial demonstration areas of chronic disease control. Health Ministry and provincial health department held on-the-spot meetings in Wuxi to exchange experiences.
- 4, Spread health knowledge. Every community has at least 1 publicity board to spread health knowledge and renew it every 2 months, 300 books on health are available; "community health classroom" invites medical staff to give lectures once a month. Wuxi attaches importance to the media. 60 short TV plays on health quality were televised; such knowledge was also spread by broadcasting station. A special cartoon column on health appeared in newspaper "Modern Express"; Jingnan Health News is published every week with a circulation volume of 40000 in Wuxi. Since 2009, comprehensive health quality of urban and rural residents of Wuxi has been in the first place of Jiangsu province.
- 5, Build health venues and promote health environment for citizens. Cooperated with Education Bureau, 289 health promotion schools were established. Together with Safety Supervision Bureau and Environment Protection Bureau, 51 enterprises became health promotion demonstration units. 3 healthy city practice bases, 12 health theme parks, 66 health paths, 73 health cottages (where residents can check their health) and 174 health demonstration communities were set up in Wuxi.
- 6, Carry out community diagnosis, aiming at health promotion. In 2013, community diagnosis was carried out in 7 urban districts, covering 70000 samples. It was the largest comprehensive health investigation in Wuxi in recent years. It investigated health conditions of residents, main health hazards and health quality of residents, issued health report of Wuxi's residents to provide basis for policies of health promotion and intervention.
- 7, Carry out large scale interaction of health promotion. To spread health knowledge was the aim. 48 large activities were carried out, including health knowledge contests, choosing anti Parkinson stars and anti-cancer stars, choosing healthy families. In 2010, together with Wuxi Newspaper Group, democratic party of Wuxi and Hejian Pharmaceutical, the municipal health office sponsored the second competition of "Healthy Aged". After mobilization, screening, recommendation by neighborhoods, districts and counties, physical check-up and contests of health knowledge and personal talents, 100 healthy aged persons were selected and honor certificates were issued. More than 50000 people over 65 years old took part in the activity.
- 8, Reinforce tobacco control based on international cooperation item. In 2010, Wuxi became one of the 7 cities of "No smoking city---Bill Gates China tobacco control". 47 public health institutions took part in the item in the first phase. In 2011, 187 medical units at all levels in Wuxi joined the second phase. Specialists from Emory University of US came to Wuxi many times to guide the work. Wuxi expanded the results of tobacco control. In 2012, smoking was banned in all primary and secondary schools. In 2012-2013, smoking was banned in all government organs and hotels with 4 stars or higher. 84 no-smoking units were established. Our tobacco control public benefit advertisement won special award from Health Ministry "2011-2012 China tobacco control works of public media", tobacco control cartoon film got the first place of video works of national health education materials.

Through exploration for many years, Wuxi has achieved phase results in healthy city construction. Per capita average life expectancy increased year by year and reached 82.02 years in 2013. In the future, we will innovate and pioneer further, take advanced experiences of other cities as reference, combine with our actual conditions and try our best to build Wuxi into a healthy city with harmonious development of human, nature, environment and society.



In 2010, the second "The Healthy Elderly" final contest was held by Wuxi Education Television



In 2012, Deputy Mayor Hua Boya led the volunteers to pick up rubbish in the community



In 2010, the second "The Healthy Elderly" final contest was held by Wuxi Education Television



In 2010, Yi Ke Kangbao Encephalopathy Health Management Center in Wuxi held the "10 Best Anti-Parkinson Stars Selection Activities".

History

In 2007, Wuxi established the leading group of healthy city construction, the office was in municipal health bureau.

2008-2010, Wuxi carried out a three-year action plan of the first round of healthy city construction.

In 2011, we launched a five-year action plan of the second round of healthy city construction (2011-2015)

Yau Tsim Mong District, Hong Kong SAR



- Population : 307,878 People (2011)
- Number of households : 112,986 Households (2011)
- Area : 7 km² (2013)
- Major industries : Light industry

Vision

The vision of Yau Tsim Mong District Healthy City is to enhance the physical, mental and social well-being of residents of Yau Tsim Mong District by making the district a harmonious, healthy and happy community.

Overview

(1) Organizational structure

The members of the Executive Committee of Yau Tsim Mong Healthy City are appointed by District Officer (Yau Tsim Mong) annually.

(2) Example of major activities, projects, plans

Three projects have been organized in the year of 2013-2014; which includes “Yau Tsim Mong Excellence Award Scheme for Health Care Staff 2013-2014”, “Yau Tsim Mong High Blood Pressure Prevention Talk cum Check Day for Elderlies” and “Yau Tsim Mong Care and Integration Health Check Program.

In implementing the first project, the outstanding health care staffs of three public medical institutions in Yau Tsim Mong District have been commended.

The second project has disseminated health knowledge relating to the prevention of high blood pressure to the elderlies in the district.

The third project has provided health check services to the ethnic minority groups, new arrivals and low-income families in the district and enhanced health awareness of the participants as well.

(1) Yau Tsim Mong Excellence Award Scheme for Health Care Staff 2013-2014



(2) Yau Tsim Mong High Blood Pressure Prevention Talk cum Check Day for Elderlies



(3) Yau Tsim Mong Care and Integration Health Check Program



History

The Executive Committee of Yau Tsim Mong Healthy City has been established since 2008. It aims at enriching health consciousness and knowledge of residents by implementing various projects and activities in the district. In addition, it has been a full member of AFHC since the same year.