

Public welcome to attend consultation sessions on District Health Centres in Sham Shui Po and Wong Tai Sin

The Food and Health Bureau (FHB) is currently actively preparing for the establishment of District Health Centres (DHCs) in Sham Shui Po and Wong Tai Sin Districts. Residents of the districts as well as other members of the public are now invited to give their valuable views at two public consultation sessions in late September.

The DHCs aim at encouraging the public to develop a healthy lifestyle, preventing diseases, identifying health issues at an early stage, managing chronic diseases, and improving self-care ability through community rehabilitation programmes. With services focused on primary, secondary and tertiary prevention, the DHCs emphasise district-based medical-social collaboration and public-private partnership.

Details of the consultation sessions are as follows:

Public consultation session on DHC in Wong Tai Sin

Date: September 20 (Friday)

Time: 7pm to 8.30pm

Venue: Wong Tai Sin Community Centre, 104 Ching Tak Street, Wong Tai Sin

Public consultation session on DHC in Sham Shui Po

Date: September 28 (Saturday)

Time: 10.30am to noon

Venue: CCC Heep Woh Primary School (Cheung Sha Wan), 18 Tonkin Street, Cheung Sha Wan

The consultation sessions will be conducted in Cantonese. Seats will be allocated on a first-come, first-served basis. People who would like to attend the consultation sessions should complete the reply slip at the FHB's website (www.fhb.gov.hk/en/press_and_publications/consultation/190900_dhc) and return the slip to the Primary Healthcare Office by email (pho@fhb.gov.hk) or fax (2556 2638). Participants may also call 2205 2491 for seat reservation or enquiries. Walk-in registration will be accepted when there are vacant seats on the spot.

Test results of seasonal food

surveillance project on mooncakes (second phase) all satisfactory

The Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department (FEHD) today (August 28) announced the results of a seasonal food surveillance project on mooncakes (second phase). The results of about 160 samples tested were all satisfactory.

A spokesman for the CFS said that the first-phase test results on mooncakes were released on August 13. In the second-phase surveillance, the CFS continued to collect samples covering traditional, snowy, ice-cream and other types of mooncakes from various retailers (including online retailers) and food factories for chemical and microbiological tests, and nutrition content analysis.

Chemical tests covered preservatives such as sulphur dioxide and sorbic acid, antioxidants and mineral oil. Microbiological tests covered pathogens such as *Bacillus cereus*, *Clostridium perfringens*, *Salmonella* and coagulase-positive staphylococci organisms. For nutrition content analyses (covering the contents of energy, protein, total fat, saturated fatty acids, trans fatty acids, carbohydrates, sodium and sugars), the samples were tested to see if they complied with the food labelling requirements.

The spokesman reminded people to maintain a balanced diet and avoid excessive eating of mooncakes as they are generally high in sugar and fat. Some types also contain relatively high levels of salt. Eating too much fat will increase the risk of being overweight and obese while dietary sugar intake is a determinant of body weight and dental caries. In addition, excessive sodium intake will increase the risk of developing hypertension, fatal stroke and coronary heart disease.

He advised people to refer to nutrition labels, particularly on the sugar, salt and fat contents, to make a healthier choice. People should avoid mooncake types with high levels of fat or sugar, i.e. containing more than 20 grams of total fat or more than 15g of sugar per 100g of food. As for reducing salt intake, people can choose low-sodium mooncake types, i.e. containing less than 120 milligrams of sodium per 100g of food.

He said that people should consider their health conditions and consume mooncakes in an appropriate amount during the Mid-Autumn Festival. He advised people to share mooncakes with their family members and friends, as this not only enhances the festive atmosphere, but also allows them to taste mooncakes of different flavours and avoid overconsumption.

Members of the public should heed the following points in the purchase, storage and consumption of mooncakes to prevent food-borne diseases:

- * Buy mooncakes from reliable outlets rather than patronising unlicensed

hawkers. Check whether the mooncakes are properly packaged, pay attention to the expiry dates before purchase and eat them before the expiry dates;

- * Store mooncakes according to the instructions on the package if they are not to be consumed immediately. Keep snowy mooncakes at 4 degrees Celsius or below and ice-cream mooncakes at minus 18 degrees C or below, and consume them as soon as possible after taking them out from the refrigerator;

- * Use an icebox to carry snowy or ice-cream mooncakes outdoors and consume them as soon as possible;

- * Wrap mooncakes properly and separate them from raw food when storing in a refrigerator to prevent cross-contamination; and

- * Maintain good personal hygiene. Wash hands properly with liquid soap and running water before handling and consuming mooncakes.

The spokesman also reminded food traders to adhere to the Good Manufacturing Practice. Other than purchasing food ingredients from reliable suppliers, they should also comply with legal requirements when using food additives.

"Snowy and ice-cream mooncakes, which do not undergo a baking process at high temperature, need to be handled hygienically during processing, transportation and storage to avoid contamination and growth of germs," he said.

Local artists to share experiences on production of operas in Chinese

"Operas in Chinese Lecture Demonstration Series" will be held in October, featuring tenor David Quah as host. Guest speakers and local artists will be invited to join the lectures to share their experiences in performing and producing operas in Chinese, accompanied by live music demonstrations.

Details of the lecture series are as follows:

October 2 (Wednesday)

Topic: From Western Opera to Opera in Chinese

Content: David Quah will share the differences between singing operas in Putonghua and European languages. He will also discuss different techniques when it comes to interpretation, supported by his demonstration.

Speaker and demonstration artist: David Quah

Pianist: Dennis Tam

October 9 (Wednesday)

Topic: Composing for Operas in Chinese

Content: Recognised as having created the largest output of Hong Kong opera compositions, composer Chan Hing-yan will explore various aspects of writing operas in the Chinese language by drawing examples from his works.

Speaker: Chan Hing-yan

Demonstration artist: David Quah

Pianist: Dennis Tam

October 16 (Wednesday)

Topic: Is Composing Operas in Cantonese an Impossible Task?

Content: Setting operas to the nine tones of Cantonese is not an easy feat. Composer Chan Hing-yan and librettist Mak Su-yin will share their views and expertise with us.

Speakers: Chan Hing-yan and Mak Su-yin

Demonstration artists: David Quah and Candice Chung

Pianist: Dennis Tam

October 23 (Wednesday)

Topic: The Evolution of Opera

Content: Professor Law Wing-fai will share his vision of operas in Chinese, which deviate from conventional Western operas, with an emphasis on atmospheric creation that comes from an oriental aesthetic point of view.

Speaker: Law Wing-fai

Demonstration artist: David Quah

Pipa player: Lam Tsan-tong

Presented by the Leisure and Cultural Services Department, all lectures will be held at 7.30pm at the Lecture Hall of the Space Museum. Tickets priced at \$50 (free seating) are now available at URB TIX (www.urbtix.hk). For telephone credit card bookings, please call 2111 5999. For programme enquiries and concessionary schemes, please call 2268 7321 or visit www.lcsd.gov.hk/CE/CulturalService/Programme/en/music/programs_859.html.

Marine Department announcement

Attention duty announcers, radio and TV stations:

Please broadcast the following message as soon as possible and repeat it at suitable intervals:

As Tropical Cyclone Warning Signal No.1 has been issued, the Marine Department reminds vessel owners, masters and persons-in-charge of vessels that they should take precautionary measures immediately and properly secure their vessels at safe locations.

In case of an accident, a report should be made immediately to the

Vessel Traffic Centre at 2233 7801.

Lifesaving services at Golden Beach resume

Attention TV/Radio Announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department has announced that the lifesaving services at Golden Beach in Tuen Mun District resumed today (August 28). The lifesaving services at the beach were suspended earlier due to an insufficient number of lifeguards on duty.