

Very Hot Weather Warning issued

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.

All-out effort for water main burst repair at Lai Chi Kok Road

The Water Supplies Department (WSD) today (September 29) received reports of a water main burst at Lai Chi Kok Road (Kowloon bound) near Cheung Sha Wan Police Station, causing a road subsidence covering an area of about four metres by four metres and is about two metres in depth. It was learnt that a taxi with a passenger stopped in time, and that the taxi driver and the passenger left the taxi before the road subsidence occurred.

The WSD project team, with the Police's assistance and the consent of the taxi owner involved, removed the taxi concerned from the scene, and the WSD would render appropriate assistance to the taxi owner on the claims. During the incident, the taxi driver felt sick and was sent to the hospital for medical check-up. The WSD's management visited the driver at the hospital and expressed condolence to him. The driver was found in a satisfactory condition.

The WSD, after dewatering of ponding water at the scene, conducted a further examination and noticed that a burst occurred at a fresh water pipe of 300 millimetres in diameter, which was connected to a water main of 750 millimetres in diameter. The fresh water pipe was a cast iron pipe laid in the 1960s and is providing fresh water to the vicinity of Cheung Sha Wan. As the WSD immediately stopped the water supply of the pipe concerned and completed a diversion of water supply, the water supply to users near the

area was not affected.

Affected by the incident, all lanes of Lai Chi Kok Road (Mong Kok bound) near Butterfly Valley Road are temporary closed and traffic diversions are implemented to facilitate urgent repair works. We apologise for the inconvenience caused to the public and drivers arising from the incident.

The project team is carrying out urgent repair and road reinstatement works. The traffic of Lai Chi Kok Road (Mong Kok bound) fast lane had resumed at around 6pm this afternoon. The traffic of all lanes of Lai Chi Kok Road (Mong Kok bound) is targeted to be resumed before 6am tomorrow (September 30). Also, the WSD had completed ground penetration radar detection in the vicinity near Lai Chi Kok Road (Mong Kok bound). Preliminary detection did not find any irregularities in underground structures nearby. For prudence sake, ground penetration radar detections at Lai Chi Kok Road (Tsuen Wan bound) fast lane have been arranged today and tomorrow.

The WSD is carrying out detailed investigation regarding this incident and will submit a report to the Development Bureau in two weeks.

The WSD is implementing multi-pronged measures, including adopting a "risk-based asset management programme for water mains", establishing approximately 2 400 Water Intelligent Network district metering areas and "main burst hot spots" mechanism, etc, with a view to strengthening the monitoring as well as replacing or rehabilitating specific sections of water mains to reduce the risks of water main bursts or leaks. The number of annual main burst cases has been greatly reduced from round 2 500 in 2000 to 34 cases in 2023. As of August this year, the WSD recorded a total of 20 main burst incidents.

"M" Mark status awarded to Prudential Hong Kong Tennis 125

The following is issued on behalf of the Major Sports Events Committee:

The Major Sports Events Committee (MSEC) has awarded "M" Mark status to Prudential Hong Kong Tennis 125 which will be held at the Tennis Centre Court in Victoria Park from September 30 to October 6.

The Chairman of the MSEC, Mr Wilfred Ng, said today (September 29) that like all other "M" Mark events, the above event can showcase the vibrancy of Hong Kong and bring a wide variety of experiences to citizens, thereby facilitating the development of sports in Hong Kong and strengthening Hong Kong as a centre for major international sports events.

The "M" Mark System aims to encourage and help local "national sports

associations" and private or non-government organisations to organise more major international sports events and nurture them into sustainable undertakings. Sports events meeting the assessment criteria will be granted "M" Mark status by the MSEC. Funding support will also be provided to some events.

For details of "M" Mark events, please visit www.mevents.org.hk.

Celebration events to mark 75th National Day

â€‹The Chief Executive, Mr John Lee, and senior government officials will attend a flag-raising ceremony and a National Day reception on October 1 (Tuesday) to celebrate the 75th anniversary of the founding of the People's Republic of China.

The flag-raising ceremony will be held at Golden Bauhinia Square outside the Hong Kong Convention and Exhibition Centre (HKCEC) in Wan Chai at 8am. Community leaders and members of uniformed groups will attend the ceremony. No public viewing area will be set up. The Police Band will perform at the ceremony and a choir from Belilios Public School and Queen's College will sing the national anthem under the lead of two singers, Chen Yong and Phoebe Tam, followed by a fly-past and a sea parade by the disciplined services.

The National Day reception, led by the Chief Executive, will be held at the Grand Hall on Level 3 of the HKCEC after the flag-raising ceremony.

Motorists are reminded that the Police will implement special traffic arrangements at Golden Bauhinia Square and the nearby area during the celebration events.

Public urged to stay vigilant against cardiovascular diseases in support of World Heart Day

The Department of Health (DH) today (September 29) urged members of the public to take positive steps to care for their hearts and prevent cardiovascular diseases. This appeal was made in support of [World Heart](#)

[Day](#) held on September 29 annually.

Cardiovascular diseases, including heart disease and stroke, are the leading cause of death globally. However, 80 per cent of premature deaths from cardiovascular diseases are preventable by limiting risk factors and practising heart-healthy behaviours. The most important behavioural risk factors of heart disease and stroke are unhealthy diet, physical inactivity, use of tobacco and alcohol. The effects of behavioural risk factors may show up in individuals as overweight and obesity, raised blood pressure, raised blood glucose, and raised blood lipids. These "intermediate risks factors" can be measured in primary care facilities and indicate an increased risk of heart attack, stroke, heart failure and other complications. Identifying those at a higher risk of cardiovascular diseases and ensuring they receive appropriate treatment can prevent premature deaths.

In Hong Kong, cardiovascular diseases are a major cause of mortality and morbidity. In 2023, there were 11 138 registered deaths* attributed to cardiovascular diseases, including 7 258 deaths* due to heart diseases. The Population Health Survey (PHS) 2020-22 adopted the Framingham Risk Model to predict the risk of cardiovascular outcomes including coronary heart diseases, strokes, peripheral artery diseases and heart failure. Among asymptomatic persons aged 40 to 74 living in the community, 18.4 per cent were classified as high risk for cardiovascular issues, with a likelihood of 20 per cent or more over the next 10 years. The proportion of persons classified as high risk was much higher in males (34.0 per cent) than females (4.9 per cent) and increased with age (from 1.1 per cent among persons aged 40 to 44 to 44.5 per cent among persons aged 65 to 74).

More importantly, local surveys revealed that risk factors of cardiovascular diseases were prevalent among the general population. Among persons aged 15 or above, 97.9 per cent reported consuming an average of less than five servings of fruit and vegetables per day, which is the amount recommended by the World Health Organization (WHO), 9.1 per cent were daily conventional cigarette smokers, and 8.7 per cent consumed alcohol regularly (i.e. at least once a week). In addition, the PHS 2020-22 revealed that 24.8 per cent of persons aged 18 or above did not meet the WHO's recommended levels of aerobic physical activity for optimal health. The prevalence of overweight and obesity, raised blood pressure, raised blood glucose and raised total blood cholesterol among persons aged between 15 and 84 was 54.6 per cent, 29.5 per cent, 8.5 per cent and 51.9 per cent, respectively.

To guard against cardiovascular diseases, members of the public are urged to lead a healthy lifestyle that includes eating a balanced diet with at least five daily servings of fruit and vegetables, reducing fat, salt and sugar intake, being physically active, avoiding smoking, and refraining from alcohol consumption.

Apart from healthy living, early identification and proper management of risk factors for cardiovascular diseases, including diabetes mellitus (DM) and hypertension (HT), is another key strategy for lowering the risk of cardiovascular diseases. The Government launched the three-year Chronic Disease Co-Care Pilot Scheme (CDCC Pilot Scheme) on November 13, 2023, to

subsidise Hong Kong residents aged 45 or above with no known medical history of DM or HT to undergo DM and HT screening services in the private healthcare sector. As at August 7, 2024, around 40 per cent* of participants who have completed the screening have been diagnosed with prediabetes, DM or HT. They can then receive long-term follow-up care in the community provided by Family Doctors, District Health Centre (DHC)/DHC Express, and other healthcare service providers according to clinical conditions. For more details, members of the public may browse the dedicated website of the CDCC Pilot Scheme (www.primaryhealthcare.gov.hk/cdcc/en).

To help members of the public maintain heart health, the Government will continue organising health promotional campaigns and work in close partnership with community partners to increase public awareness about the importance of healthy living in preventing cardiovascular diseases and to foster a heart-healthy environment.

For more information about healthy living, please visit the [Change4Health website](#) of the DH.

*Provisional figures