

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.

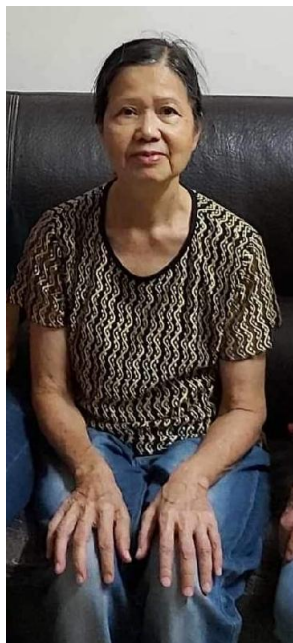
Appeal for information on missing woman in Kwai Chung (with photos)

Police today (August 7) appealed to the public for information on a woman who went missing in Kwai Chung.

Dam Le-mai, aged 71, went missing after she left her residence in Shek Lei (I) Estate yesterday (August 6). Her family made a report to Police on the same day.

She is about 1.65 metres tall, 55 kilograms in weight and of normal build. She has a round face with yellow complexion and long black hair. She was last seen carrying a dark floral shoulder bag.

Anyone who knows the whereabouts of the missing woman or may have seen her is urged to contact the Regional Missing Persons Unit of New Territories South on 3661 1173 or email to rmpu-nts-2@police.gov.hk, or contact any police station.



DH promotes healthy lifestyle in community (with photos)

The Department of Health (DH) today (August 7) presented commendations to over 50 participating organisations at the "I'm So Smart" Community Health Promotion Programme Recognition Ceremony for their participation in the past year in promoting an active lifestyle with regular physical activity by walking more, and a healthy diet with reduction in salt consumption.

Addressing the recognition ceremony, the Controller of the Centre for Health Protection of the DH, Dr Edwin Tsui, said that Hong Kong faces a growing threat from non-communicable diseases (NCDs). Unhealthy diet and insufficient physical activity are two of the behavioural risk factors responsible for NCDs. In 2024-25, the Programme will continue to promote reducing sedentary behaviour, and encourage members of the public to make a habit of taking part in physical activity. The Programme will also emphasise the importance of a healthy diet with adequate consumption of fruits and vegetables.

The Population Health Survey 2020-22 conducted by the DH revealed that 24.8 per cent of persons aged 18 or above did not meet the levels of aerobic physical activity recommended by the World Health Organization (WHO). The same survey also observed that 97.9 per cent of persons aged 15 or above had inadequate daily intake of fruits and vegetables.

Being physically active can reduce the risk of NCDs such as heart diseases, stroke, type 2 diabetes, some cancers (e.g. breast cancer and colorectal cancer), osteoporosis, depression and dementia. According to recommendations of the WHO, healthy adults aged 18 to 64 should perform at

least 150 to 300 minutes of moderate-intensity aerobic physical activity, or at least 75 to 150 minutes of vigorous-intensity aerobic physical activity throughout the week.

Furthermore, consumption of adequate amounts of fruits and vegetables per day is associated with lower mortality and reduced risk of cardiovascular diseases (including heart disease and stroke), some cancers (such as colorectal cancer, liver cancer and lung cancer), type 2 diabetes and chronic respiratory diseases (including asthma and chronic obstructive pulmonary disease). The DH calls on adults and adolescents aged 12 to 17 to eat at least two servings of fruits and at least three servings of vegetables every day (i.e. "two plus three a day").

Dr Tsui also took the opportunity to thank the participating organisations for their support in promoting healthy eating and regular physical activity in the local community. He said that active participation of the community has been crucial to the smooth running of the Programme over the years.

The "I'm So Smart" Community Health Promotion Programme was launched in 2012 and aims at enhancing community collaboration to promote healthy lifestyle with healthy eating and regular physical activity. About 70 organisations participated in the Programme last year, including the Hong Kong Housing Authority, Healthy Cities Projects and non-governmental organisations. The participating organisations held a variety of activities to promote healthy eating and regular physical activity, which catered to community needs and interests, and attracted a total attendance of more than 47 000 last year.

Other officiating guests at today's ceremony included the Senior Housing Manager of the Housing Department, Mr Ray Pang; the Executive Director of the Physical Fitness Association of Hong Kong, China, Dr Sam Wong; and the Secretary of the Hong Kong Dietitians Association, Mr Anthony Cheung.





Red flag lowered at Pui O Beach

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 announced today (August 7) that since the water of Pui O Beach in Islands District is now suitable for swimming, the red flag has been lowered.

The red flag was hoisted at the beach earlier on after a red tide was found.

Flag-lowering ceremony cancelled

Owing to the thunderstorm warning, the flag-lowering ceremony to be conducted at Golden Bauhinia Square, Wan Chai at 6pm today (August 7) will be cancelled.

If the thunderstorm warning is cancelled and weather conditions permit by then, the flag-lowering ceremony may be resumed without further notice.