

行政院及所屬各機關出國報告  
(出國類別：開會)

出席 2015 經濟學人醫療峰會  
出國報告

服務機關：衛生福利部國民健康署

出國人員：邱淑媿 署長

出國地區：香港

出國期間：民國 104 年 3 月 19 日至 20 日

報告日期：104 年 5 月 4 日

(本項經費由「菸品健康福利捐」支應)

## 摘要

經濟學人亞洲醫療峰會(The Economist - Healthcare in Asia, 2015) 3月20日於香港召開，大會主題為「抗癌戰爭：全民公敵(The war on cancer: Enemy of the state)」，議程包括「國家癌症防治」、「與私部門合作推動癌症防治」、「醫療系統之創新」、「亞洲癌症防治系統提升與改善」，及1場平行會議，議題分為：「資料數據運用」、「預防」、「能力建構與合作關係」。職以衛生福利部國民健康署署長身份，代表部長於上午舉辦之「國家癌症防治(Minister' s keynote session: The state of cancer control)」場次，與印尼、菲律賓兩國衛生部長及地主香港之食物及衛生局長共同擔任演講人，分享我國癌症防治政策與成果。我國癌症防治計畫不僅被專家學者肯定及認同，亦被認為是Comprehensive national plan的實踐。會後受經濟學人亞太智庫主任Charles Goddard邀請，出席「2016 War on Cancer forum」之專家顧問會議，對於未來政策與研討交流重點提出建議。未來，國民健康署將持續與國際接軌，進行跨國交流，一起向健康地球村的理想邁進，並以實質參與方式，繼續為提升臺灣的國際能見度來努力。

此次亦順道受香江文化交流基金會江素惠主席邀請，參與 2015 第一次香江論壇講座，於 3 月 19 日以「面對文明病的新挑戰」為題演說，與在港國人、香港市民及媒體，分享台灣在健康促進方面的努力及成果，以及台灣於肥胖防治的成功經驗。參與聽眾主要為香港社經各界領導人士，演說內容貼近民眾生活，是相當實用的資訊，獲得廣大聽眾共鳴及媒體熱烈迴響，盛讚臺灣建立了一個最佳實踐(best practice)典範，也將臺灣健康促進努力的成果，做了很好的宣傳，有助於兩岸於健康醫療照護之交流。

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# 第一部分：出席 2015 經濟學人醫療峰 會（Healthcare in Asia, 2015）

## 壹、2015 經濟學人醫療峰會簡介

經濟學人集團(The Economist Group)係致力於推動全球經濟自由發展的國際傳媒集團，針對世界環境變化及全球重大事件提出分析及預測。經濟學人亞洲醫療峰會(The Economist - Healthcare in Asia)係由該集團旗下的經濟學人智庫(Economist Intelligence Unit, EIU)主辦，每年一次。該研討會以往皆著重於討論健保相關醫療議題，今年首度以個別疾病(癌症)為討論重點，大會主題為「The war on cancer: Enemy of the state」。本次會議由經濟學人亞太智庫主任Charles Goddard主持，與會貴賓包括經濟學人亞太智庫主任Charles Goddard、世界衛生組織癌症研究所特別顧問Rengaswamy Sankaranarayanan、美國國家癌症研究中心國際合作主任Ted Trimble、香港食物及衛生局局長Ko Wing-man、印尼衛生部部長Nila F Moeloek、菲律賓衛生部部長Janette Loreto-Garin，及來自亞太地區之專家與產業界等，約200人參加。

## 貳、目的

我國近年來積極參與國際研討會，成功將我國重要公共衛生政策與各國分享，建立良好公共衛生人脈及國際形象。本研討會主辦單位經濟學人智庫(Economist Intelligence Unit, EIU)表示，我國癌症防治為亞洲各國最卓越之一，經驗值得與亞洲各國分享，故前於規劃會議時即諮詢本署，由本署提供相關建議，職並以國民健康署署長身分代表部長蒞會演說，分享我國癌症防治政策與成果。此會議有助於提升台灣癌症防治能力之國際能見度，並對於促進國際衛生交流有實質助益。

## 參、會議過程

本次大會地點在香港，整個研討會的行程相當緊湊，研討會內容也相當豐富，共有4場主題會議，議程包括：「國家癌症防治」、「與私部門合作推動癌症防治」、「醫療系統之創新」、「亞洲癌症防治系統提升與改善」，及1場平行會議，議題有：「資料數據運用」、「預防」、「能力建構與合作關係」。

職演說場次為9時15分至10時10分「國家癌症防治(Minister's keynote session: The state of cancer control)」，議程開始，主辦單位經濟學人亞太智庫主任Charles Goddard先比較各國癌症防治相關的數據資料，接著就邀請地主香港食物及衛生局局長、印尼衛生部部長、菲律賓衛生部部長及本人（臺灣衛生福利部國民健康署署長）分享各自的癌症防治經驗，接著進行現場即席問答。

職與各國聽眾分享之臺灣癌症防治經驗：

- 一、我國將癌症防治列為優先施政項目，在現任馬總統第一次競選時，即訂出癌症死亡率下降10%的目標，第二次競選時宣誓2020前將要再降10%，另承諾吸菸率減半、嚼檳率減半、規律運動倍增等2020目標。
- 二、我國有國家癌症防治計畫，內容涵蓋預防、篩檢、診療跟安寧等四個完整面向。
- 三、制定並實施癌症防治法：立法目的在於作為整合運用醫療保健資源，有效推動癌症防治工作，減少癌症威脅，維護國民健康之依據。
- 四、政策溝通與社會參與：依法定期召開中央癌症防治會報及癌症防治政策委員會，進行橫向及縱向業務之協調與溝通，並透過產、官、學、民、媒合作推動癌症防治。
- 五、癌症防治實施現況：運用菸品健康捐補助經費，提供民眾做五項具實證基礎之篩檢癌症（大腸癌、口腔癌、乳癌、子宮頸癌及肝癌）；在陽性追蹤確診部分，新診斷病人超過3個月未治療的比例已小於10%，且90%以上病人都在被認證的醫院接受治療。
- 六、癌症登記：現在仍有許多國家是由醫院來進行癌症登記，而非由政府主導。1979年，臺灣就已展開癌症登記，而從中獲得各鄉鎮、各癌別的資料更是我國推行癌症防治政策的實證基礎。另外，臺灣癌症登記資料有ID，從預防、篩檢到死亡或存活都可連結做資料加值分析。

七、癌症診療品質認證，強化品質，提升存活率。

八、安寧療護：利用率已超過50%。

其他三個國家或地區，在經濟上，香港與台灣較為相像，但香港最近才剛要實施大腸癌篩檢試辦，且只針對65歲民眾，而非65歲以上；乳癌篩檢部分，香港仍因經費因素及對科學證據持保留態度尚未實施，此點在會場引發熱烈討論。另外，印尼及菲律賓兩國因醫衛經費受限，尚難全面實施癌症篩檢。

## 肆、心得與建議

一、臺灣積極且全面性推動癌症防治相關工作，獲得本次大會與會貴賓的熱烈回響及讚賞，表示對於我國將癌症防治列為國家優先政策，訂有挑戰性的目標及制定、通過癌症防治法，且籌措財源，有完善的癌症登記資料庫，以及在世界衛生組織提出的「預防」、「早期發現」、「優質診斷與治療」以及「安寧照護」四大面向都有具體配套及監測，咸認為是Comprehensive national plan的實踐。

二、我國癌症防治已建立各項資料庫，包括四癌篩檢資料庫與癌症登記資料庫，且可連結健保醫療申報檔、死亡檔，這樣的加值資料庫可媲美全世界先進國家，透過資料建立，分析屬於臺灣的癌症問題與成效，並與世界各國進行比較與交流。

三、本次會議，職分享了我國癌症防治的各項目標值，為了要下降20%死亡率，政府要勇敢訂下目標，再藉由資源籌措與全國上下的努力，朝有意義的目標邁進。

四、於經濟學人錄製的小專訪中，職提出我國健康照護給付制度應更鼓勵有效的健康照護，而非僅是給付醫療花費，才能創造更高的社會價值。

五、於當日利用中午議程空檔，與美國國家癌症中心國際合作主任Ted Trimble及其幕僚進行會談，就台灣癌症登記、口腔癌症防治等交換意見，並討論未來可能合作之機會。

六、會後受經濟學人亞太智庫主任Charles Goddard邀請，參與「2016 War on

Cancer forum」之規劃討論，一同為亞洲癌症防治擘劃未來藍圖。未來，國民健康署將持續與國際接軌，進行跨國交流，一起向健康地球村的理想邁進，並以實質參與方式，繼續為提升臺灣的國際能見度來努力。









Health care in Asia 2015  
**THE WAR ON CANCER:  
 ENEMY OF THE STATE**

The  
**Economist**

Events

March 20th 2015  
 Harbour Grand Kowloon, Hong Kong



**Ko Wing-man**  
 Secretary for food and health  
 Hong Kong



**Nila Moeloek**  
 Minister of health  
 Indonesia



**Janette Loreto-Garin**  
 Secretary of health  
 Philippines



**Shu-Ti Chiou**  
 Director-general  
 Health Promotion  
 Administration, Ministry of  
 Health and Welfare, Taiwan



**Rengaswamy  
 Sankaranarayanan**  
 Special adviser on cancer  
 control and head of early  
 detection and  
 prevention section  
 International Agency  
 for Research  
 World Health Organization



**Chatree Duangnet**  
 Executive vice-president and  
 chief operating officer  
 medical affairs  
 Bangkok Dusit Medical  
 Services



**James Miser**  
 Chief medical  
 information officer  
 Bumrungrad International  
 Hospital



**Ted Trimble**  
 Director  
 Centre for global health  
 National Cancer Institute  
 United States



**Youlin Qiao**  
 Professor and director  
 national cancer centre  
 cancer hospital, Chinese  
 Academy of Medical  
 Sciences, deputy director  
 national expert committee  
 for cancer screening  
 and prevention  
 Ministry of Health, China



**Martin Zagari**  
 Vice-president  
 global health economics  
 Amgen



**Raman Singh**  
 President  
 emerging markets  
 Mundipharma



**Raymond Ng**  
 Regional vice-president  
 Asia-Pacific  
 Cigna global health benefits  
 Cigna Corporation



**Denise Kruzikas**  
 Senior director  
 market access  
 GE Healthcare



**B S Ajaikumar**  
 Chairman and  
 chief executive officer  
 HealthCare Global  
 Enterprises



**Masum Hossain**  
 Regional president  
 Asia-Pacific  
 Pfizer Oncology



**Gordon Cameron**  
 Area vice-president  
 Asia-Pacific  
 Takeda Pharmaceuticals

## 附件一：大會議程



### Programme

8.00 am Registration and refreshments

8.50 am **Chairman's opening remarks: The state of a global problem**

The WHO projects that in the next 20 years, cancer cases worldwide will surge to 25m per year, up 75% from 2008 figures. The economic cost staggers at over \$1 trillion, and the social cost will devastate communities. This coming cancer crisis will strain rich countries and damage poor ones. But prevention can reverse the rise in cancer cases, while innovative approaches can reduce its impact. The chair will set the scene for the day's discussions by addressing the following topics.

- The global cancer epidemic: Economic costs on rich and poor countries
- The state of national cancer-control plans in Asia: A discussion of EIU white-paper findings

#### *Speaker*

Charles Goddard, editorial director, Asia-Pacific, **The Economist Intelligence Unit**

#### *Response from*

Raman Singh, president, emerging markets, **Mundipharma**

9.15 am **Ministers' keynote session: The state of cancer control**

Most governments recognise the coming cancer crisis, but to date the responses of individual countries have been varied. There is an urgent need for effective cancer-control plans, particularly in Asia. The growing cancer burden will strain the health-care budgets of Asia's wealthiest nations, but it could bankrupt its poorest ones. In a region where ageing populations soar while cancer-treatment costs rise, governments can lessen the impact of the coming cancer crisis. Leaders from government will discuss the current state of policy and cancer-control plans in their country.

- What is the current state of cancer control among Asian countries? How prepared are they for the coming cancer burden?
- What are some of the challenges each country grapples with? (eg. funding, training, implementation, capacity building)
- Do countries need whole-of-government interventions in their cancer-control plans?

#### *Keynote speakers*

Ko Wing-man, secretary for food and health, **Hong Kong\***

Nila Moeloek, minister of health, **Indonesia**

Janette Loreto-Garin, secretary of health, **Philippines**

Chiou Shu-Ti, director-general, Health Promotion Administration, Ministry of Health and Welfare, **Taiwan**

#### *Moderator*

Charles Goddard, editorial director, Asia-Pacific, **The Economist Intelligence Unit**

\* The secretary for food and health will provide opening remarks.

**10.10 am    Networking break****10.40 am    Panel discussion: Engaging the private sector in cancer control**

The private sector plays a fundamental role in the war on cancer, and the public sector must engage with it when developing cancer-control plans. Following from the ministers' overview of national cancer-control plans, this session will gather a range of stakeholders for a robust discussion of how the private sector works to improve cancer care and outcomes in Asia.

- How can insurers, providers, pharma and medtech work in partnership to achieve better and more equitable cancer outcomes?
- To operate better, what does the private sector need from regulators and governments?
- What habits and practices does industry need to shed or adopt to forge better partnerships with the public sector?

*Speakers*

Raymond Ng, regional vice-president, Asia-Pacific, Cigna global health benefits, **Cigna Corporation**

Denise Kruzikas, senior director, market access, **GE Healthcare**

Luca Li Bassi, section head of health-system strengthening section, Division of Programme of Action for Cancer Therapy, **International Atomic Energy Agency**

Masum Hossain, regional president, Asia-Pacific, **Pfizer Oncology**

Gordon Cameron, area vice-president, Asia-Pacific, **Takeda Pharmaceuticals, Asia-Pacific**

*Moderator*

Vivek Muthu, chair, **The Economist Intelligence Unit Healthcare**, chief health adviser, **The Economist Intelligence Unit**

**11.40 am    Panel discussion: Innovation in health systems**

The experience in high-income countries has shown that cancer control can only succeed with well-functioning and flexible health systems. Against this backdrop, innovations are cropping up in health systems around the world—in policy and organisational structure as well as in treatments and technology.

We steer discussion of the war on cancer towards innovation in health systems broadly. How should health systems be structured to cope with cancer? This session will gather a range of stakeholders to brainstorm solutions for optimal health-care systems in the war on cancer.

- How can we improve health-care systems to achieve better cancer outcomes?
- Can prevention work be made more methodical under current systems?
- How can collaboration with NGOs and patient-focused groups improve cancer outcomes?
- How do we make the health-care ecosystem work affordably for patients and governments?

*Speakers*

Martin Zagari, vice-president of global health economics, **Amgen**

Chatree Duanqnet, executive vice-president and chief operating officer, medical affairs, **Bangkok Dusit Medical Services**

Hao Xishan, president, **Chinese Anti-Cancer Association**, board director, **Union for International Cancer Control**

B.S. Ajaikumar, founder and chairman, **HealthCare Global Enterprises**

*Moderator*

Vivek Muthu, chair, **The Economist Intelligence Unit Healthcare**, chief health adviser, **The Economist Intelligence Unit**

**12.30 pm Video: Patient voices**

To kick-start discussions on cancer-control solutions, we steer our focus towards the most important beneficiaries of improved outcomes: *patients*.

Positive patient experiences are often linked to improved cancer outcomes and lower costs for health-care providers. What do patients value most? In which areas are they underserved? How can providers develop better products and solutions to serve such needs?

In this video, patients will share perspectives from their journeys to help us better understand their needs. Their contributions respond to the following questions:

- Did you feel that, overall, the healthcare system met your needs? If you had to imagine a better and more attuned health service, what would change?
- Did you feel you were given adequate information about what was happening to you? Did you feel that the decisions made were right for you?
- How did you feel cared for as a patient?
- What do healthcare providers, including pharmaceutical and device manufacturers, need to do to make healthcare better for you?

**12.35 pm Introduction of working groups**

The afternoon's working groups are highly interactive sessions that aim to generate ideas for solutions by bringing the forum's stakeholders into discussion. Thought-provoking case studies of best-practice initiatives and innovation will act as catalysts for discussion, while discussion leaders—experts in their field—will help shape proceedings. Groups will report back with discussion outcomes and potential solutions in the next session, "Improving Asia's Cancer-control Systems."

*Speaker*

Charles Goddard, editorial director, Asia-Pacific, The Economist Intelligence Unit

**12.40 pm Networking luncheon****1.45 pm Working groups: Pillars of cancer control****Breakout session 1:  
Harnessing data**

*Challenge*

Envision what the world would look like if you could properly harness data on cancer.

What do you perceive as the top three obstacles to actualising that vision to improve cancer care?

*Case-study presenter*

James Miser, chief medical information officer, **Bumrungrad International Hospital**

*Discussion leader*

Rajendra Badwe, director, **Tata Memorial Cancer Centre**

**Breakout session 2:  
Prevention**

*Challenge*

To reduce cancer incidence by 20% over the next 20 years, what three initiatives would you prioritise and why?

Who would you bring to the table?

*Case-study presenter*

Khee Chee Soo, director, **National Cancer Centre Singapore**

*Discussion leader*

Ian Olver, professor of Translational Cancer Research and director, Sansom Institute for Health Research, **University of South Australia**

**Breakout session 3:  
Capacity building and partnerships**

*Challenge*

Assume the role of a key stakeholder group (government, industry or patients). In that role, respond to the following challenge.

What do you see as the three most critical gaps in capacity within a national cancer-control programme? Please brainstorm solutions to these critical gaps.

*Case-study presenter*

Luca Li Bassi, section head of health-system strengthening, Division of Programme of Action for Cancer Therapy, **International Atomic Energy Agency**

*Discussion leader*

Ted Trimble, director, Center for Global Health, **National Cancer Institute**,

## United States

- 3.15 pm    **Networking break**
- 3.45 pm    **Expert panel: Improving Asia's cancer-control systems**  
Following in-depth discussion of aspects of cancer control in the working groups, we gather a range of stakeholders to share discussion outcomes and potential solutions to specific challenges facing cancer-control systems in Asia.
- Outcomes from working groups
  - What should be included in a country's cancer-control system?
  - Solutions for government-led cancer-control information sharing and policy implementation (eg. cancer registries, funding, training, capacity building)
  - Solutions in the areas of prevention, early detection, treatment and palliative care
- Cancer-control experts*  
Chen Chien-Jen, vice-president, Academia Sinica, professor, National Taiwan University  
Qiao Youlin, professor and director, National Cancer Centre, Cancer Hospital, Chinese Academy of Medical Sciences, deputy director, National Expert Committee for Cancer Screening and Prevention, Ministry of Health, China  
Ted Trimble, director, Center for Global Health, National Cancer Institute, United States  
Rajendra Badwe, director, Tata Memorial Cancer Centre  
Ian Olver, professor of Translational Cancer Research and director, Sansom Institute for Health Research, University of South Australia
- Moderator*  
Charles Goddard, editorial director, Asia-Pacific, The Economist Intelligence Unit
- 4.45 pm    **Closing keynote interview**  
This keynote interview will feature the latest views from the leading cancer research multilateral under the WHO, the International Agency for Research on Cancer.
- Keynote speaker*  
Rengaswamy Sankaranarayanan, special adviser on cancer control and head of early detection and prevention section, International Agency for Research on Cancer, World Health Organization
- Moderator*  
Vivek Muthu, chair, The Economist Intelligence Unit Healthcare, chief health adviser, The Economist Intelligence Unit
- 5.15 pm    **Takeaways from *The War on Cancer***  
The conference chairs will synthesise actionable recommendations from the conference proceedings. These will be relevant to the full array of stakeholders in health care, including those from the public and private sectors alike.
- Moderators*  
Vivek Muthu, chair, The Economist Intelligence Unit Healthcare, chief health adviser, The Economist Intelligence Unit  
Charles Goddard, editorial director, Asia-Pacific, The Economist Intelligence Unit
- 5.25 pm    **End of event**

## 附件二：與會講者

### **Charles Goddard**

Editorial director,  
Asia-Pacific, Economist  
Intelligence Unit

Editorial director,  
World Ocean Summit



Charles Goddard leads the Economist Intelligence Unit’s editorial services in Asia-Pacific, including Corporate Network, a peer group for senior decision-makers of global businesses operating in the region. A journalist by background, he has worked across a range of publications and services at the Economist Intelligence Unit, including as author of the China Market Atlas series and director of its research divisions. A frequent traveller and speaker, he interacts regularly with business and government leaders across Asia. He is also executive director of The Economist’s World Ocean Summit, a global series of events on the sustainable use of our seas.



## **Vivek Muthu**

Chair,  
The Economist Intelligence Unit  
Healthcare

Chief health adviser,  
The Economist Intelligence Unit



Vivek Muthu worked as a doctor in the UK National Health Service, including London's Queen Square, the Hammersmith and Oxford University hospitals, before joining the British Medical Journal, where he helped to develop and lead a team examining the clinical value of drugs and devices. Dr Muthu then went on to found Bazian, a company dedicated to developing and servicing the needs of the emerging paradigm of value-based health internationally. Following its acquisition by The Economist Group, Bazian lies at the heart of the Economist Intelligence Unit's value-based healthcare business, for which Dr Muthu took overall leadership and strategic responsibility. After launching EIU Healthcare, he has now taken up a non-executive advisory role as Chair of the business. In the past, he has additionally served as a healthcare consultant to the European Bank for Reconstruction and Development and sits on the steering panels for a number of UK-based initiatives in value-based health.

## **Ko Wing-man**

Secretary for food and health, Hong Kong



Ko Wing-man is a specialist in orthopaedic surgery by profession. He was appointed secretary for food and health of the Hong Kong government in July 2012.

Dr Ko began his career as a clinical orthopaedic surgeon and was subsequently engaged in the management of health-care services since the 1990s. After the establishment of the Hospital Authority (HA), he participated in and was responsible for co-ordinating the operational management of services for hospitals under the HA. In late 2004, Dr Ko left the HA and took up clinical work. He has held the posts of chairman of the Hong Kong Anti-Cancer Society, director of the Hong Kong Red Cross and chairman of its health and care service management committee. In the aftermath of the 5.12 Wenchuan earthquake in 2008, he has been actively involved in the rehabilitation and reconstruction efforts in the area.

After graduating from the Faculty of Medicine of the University of Hong Kong in 1981, Dr Ko served in the Princess Margaret Hospital and the former Hospital Services Department. He was director of professional services and public affairs and then director of professional services and human resources of the Hospital Authority. He received a fellowship from the Royal College of Surgeons of Edinburgh, the United Kingdom, in 1986 and a master's degree in health administration from the University of New South Wales, Australia, in 1992. He became a fellow of the Hong Kong Academy of Medicine (orthopaedic surgery) in 1993 and a fellow of the Hong Kong Academy of Medicine (community medicine) in 2000. In 2002, he was made a fellow of the Faculty of Public Health Medicine, Royal College of Physicians of the United Kingdom.

## **Nila F Moeloek**

Minister of health, Indonesia



Nila Moeloek assumed the post as Indonesia's health minister in October 2014. Prior to her appointment, Dr Moeloek was the special envoy of the president of Indonesia on the Millennium Development Goals, a ministerial-level post that she held from 2010 to October 2014. In her new role, Dr Moeloek remains committed to leading the national effort to achieve the MDGs and to maintain the momentum of implementation of the post-2015 Development Agenda.

Dr Moeloek actively participates as a speaker, resource person and moderator in a wide range of scientific meetings and workshops. She has authored or co-authored more than 150 scientific papers and five scientific books. She has led a number of high-profile organisations in Indonesia. Foremost among these are her positions as general chairperson of the Indonesian Dharma Wanita (the largest women's organisation in Indonesia), general chairperson of the Indonesian Ophthalmologists Association, general chairperson of the Indonesian Cancer Foundation and chairperson of medical research in the Faculty of Medicine, University of Indonesia.

Dr Moeloek earned her medical degree in ophthalmology from the Faculty of Medicine at the University of Indonesia. After earning her position as a specialist consultant in ophthalmology in 1998, she devoted herself to pursuing her PhD in ophthalmology and earned a cum laude degree in 2003. In 2007 she earned her full professorship at the Faculty of Medicine at the University of Indonesia.

## **Janette Loreto-Garin**

Secretary of health, Philippines



Janette Loreto-Garin, health secretary in the Philippines, is a physician and was a national legislator for nine years, shepherding the Magna Carta for Women, Cheaper Medicines Law, Responsible Parenthood and Reproductive Health Law, Sin Tax Law, among many others.

Her understanding of the plight of women, children, the elderly and the less privileged drives her to ensure that legislation and executive prerogatives are in step to materialise health measures that will help Filipinos to enjoy quality lives. As a champion of the reproductive rights of Filipinos, in 2011 she was chosen as one of the 100 Inspiring People of the World by Women Deliver.

Janette Loreto-Garin, health secretary in the Philippines, is a physician and was a national legislator for nine years, shepherding the Magna Carta for Women, Cheaper Medicines Law, Responsible Parenthood and Reproductive Health Law, Sin Tax Law, among many others.

## **Rengaswamy Sankaranarayanan**

Special adviser on cancer control and head of early detection and prevention section

International Agency for Research on Cancer, World Health Organization



After several years of experience in clinical oncology and cancer control in India, Rengaswamy Sankaranarayanan joined the International Agency for Research on Cancer (IARC) in Lyon, France, in 1993. He is currently special adviser on cancer control, as well as head of Early Detection and Prevention and head of the Screening Group at the IARC. He has a strong commitment to research, training, programme development and technical assistance in the early detection and control of cancer, particularly breast, cervix and oral cancers in low- and medium-resourced countries.

Dr Sankaranarayanan has taught as a faculty member in over 40 international courses on cervical cancer screening, colposcopy, diagnosis and treatment of cervical neoplasia, cancer registry epidemiology and cancer control. He is an author in more than 200 papers in international peer-reviewed journals. He has an MD degree in radiation oncology and completed post-doctoral training at the University of Pittsburgh and the University of Cambridge.

## **Ted Trimble**

Director, center for global health  
National Cancer Institute



In September 2011 Harold Varmus, director of the US National Cancer Institute (NCI), appointed Edward Trimble as director of the NCI's new Center for Global Health. Between 1991 and 2011, Dr Trimble was head of gynaecologic cancer therapeutics and quality of cancer care therapeutics in the clinical investigation branch of the cancer therapy evaluation programme, Division of Cancer Treatment and Diagnosis, at the NCI. His duties included serving as scientific liaison with the Gynaecologic Oncology Group and the American College of Surgeons Oncology Group, as well as providing oversight of issues involving the elderly, minorities, women's health, international collaboration, cost, cancer health disparities, health-related quality of life and patient-reported outcomes in NCI-sponsored treatment trials. For his work at NCI he has received two Public Health Service Commendation Medals, six National Institutes of Health Merit Awards and the NCI Director's Gold Star Award.

Following graduation from Harvard College and the Johns Hopkins University School of Medicine, Dr Trimble trained in obstetrics and gynaecology at the Vanderbilt University Medical Center. He earned a master's degree in public health from the Johns Hopkins School of Hygiene and Public Health, and then completed a fellowship in gynaecologic oncology at Memorial Sloan Kettering Cancer Center. He is board certified in obstetrics and gynaecology, as well as in gynaecologic oncology, by the American Board of Obstetrics and Gynaecology.

## **Ian Olver**

Professor of Translational Cancer Research  
University of South Australia

Director, Sansom Institute for Health  
Research, University of South Australia



Ian Olver is a medical oncologist, bioethicist and researcher. He serves as director of the Sansom Institute for Health Research and professor of translational research at the University of South Australia. He was CEO of Cancer Council Australia from 2006 to 2014. Prior to that he was clinical director, Royal Adelaide Hospital Cancer Centre. In 2008 he won the Cancer Achievement Award of the Medical Oncology Group of Australia and in 2011 he was awarded Member of the Order of Australia, “for service to medical oncology as a clinician, researcher, administrator and mentor, and to the community through leadership roles with cancer control organisations”.

## **Khee Chee Soo**

Director  
National Cancer Centre, Singapore



Khee Chee Soo is a surgical oncologist. He is still in active practice. He is the foundation director of the National Cancer Centre Singapore. This centre treats about half of all cancer patients in the country. Additional administrative responsibilities include being the senior vice dean of clinical, academic and faculty affairs of the Duke-NUS Graduate Medical School and deputy group chief executive officer of research and education for the largest health cluster in Singapore, the Singapore Health Services.



## **Qiao Youlin**

Professor and director, department of cancer epidemiology, National Cancer Center, Cancer Hospital, Chinese Academy of Medical Sciences and Peking Union Medical College Beijing



Deputy director, national expert committee for cancer screening and prevention  
Ministry of Health, China

You-lin Qiao is a professor and director of the Department of Cancer Epidemiology, National Cancer Centre, Cancer Hospital, Chinese Academy of Medical Sciences, and Peking Union Medical College in Beijing. He is also director of the International Collaboration Department, Cancer Foundation of China, and deputy director of the National Expert Committee for Cancer Screening and Prevention of Ministry of Health in China. Before returning to China in 1997, he trained for 11 years at Johns Hopkins University School of Hygiene and Public Health and at the Cancer Prevention Studies Branch, National Cancer Institute/National Institutes of Health, in the US.

He is an author of over 480 peer-reviewed publications in both English and Chinese. As an expert in cancer prevention and control, he served on the World Health Organisation (WHO) director-general's cancer control advisory committee and on WHO's cancer technical advisory groups for promoting cancer prevention and control programmes in developing countries. He is involved in many national and international projects to study etiology, primary intervention and early detection of a variety of cancers through multidisciplinary and global collaborations. In 2011 he received a WHO/International Agency for Research on Cancer Medal of Honour. He has earned his medical degree in China and a PhD degree in the United States.

## **Martin Zagari**

Vice president, global health economics  
Amgen



Martin Zagari is vice-president of global health economics at Amgen. In this role, he directs the planning, execution and scientific dissemination of worldwide economic and value evidence for Amgen's entire product portfolio, from early-stage molecules to marketed products. Dr Zagari joined Amgen in May 2005.

Prior to Amgen, between 1997 and 2005, Dr Zagari held various positions at Johnson & Johnson in health economics, medical affairs and strategic marketing. These positions included executive director in J&J corporate strategic marketing for the erythropoietic agents, medical director for erythropoietic treatments in oncology at Ortho Biotech, and director positions in health economics. Between 1994 and 1997, Dr Zagari worked in health economics and outcomes consulting at Technology Assessment Group/Lewin-TAG, based in San Francisco.

He received an MD from Stanford University, an MBA from Rutgers University and a BS in biology from the University of North Carolina at Chapel Hill and is trained in anaesthesiology.

## **Chatree Duangnet**

Executive vice-president and chief  
operating officer, medical affairs  
Bangkok Dusit Medical Service



Chatree Duangnet is currently the executive vice-president and chief operating officer of medical affairs at Bangkok Dusit Medical Services, and chief executive officer of Bangkok Medical Center (BMC). He is also a member of the board of directors. Dr Duangnet has overall responsibility for the management and operations of BMC through his combined expertise in the international health-care industry and visionary strategic management. He is American board-certified in paediatrics and by Quality Assurance and Utilization Review Physicians. His extensive experience in health-care governance, management and operations includes a health-care career of 21 years in the United States as a practising physician and as an executive in senior management positions, followed by more than 20 years in Thailand as a senior manager and a member of the board of directors at leading international hospitals.

## **James Miser**

Chief medical information officer

Bumrungrad International Hospital



James Miser is currently a practising paediatric oncologist at City of Hope National Medical Center, where he has served as chairman of the department of paediatrics and then chief executive officer from 1995 to 2006. He currently serves as a paediatric oncology consultant to the Taipei Medical University in Taipei, Taiwan. He also serves as a quality and safety consultant to Bumrungrad International Medical Center in Bangkok, where he is also the chief medical information officer of Bumrungrad International.

Dr Miser graduated from Dartmouth College (BA) and the University of Washington Medical School, where he also completed his paediatric and paediatric haematology/oncology training. He subsequently held positions at Ohio State University, the National Cancer Institute, Mayo Clinic, University of Washington and City of Hope National Medical Center

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## **Hao Xishan**

President  
Chinese Anti-Cancer Association

board director  
Union for International Cancer Control



Xi-Shan Hao is a leading surgical oncologist, scientist and medical educator in China. He is the academician of the Chinese Academy of Engineering. He serves as president of the Chinese Anti-Cancer Association, honorary president of Tianjin Medical University and Tianjin Medical University Cancer Institute and Hospital, director of the Tianjin Cancer Institute, and chief editor of Chinese Journal of Clinical Oncology.

Dr Hao plays key roles at non-governmental organisations in the fields of medicine and public health. He serves as a member of the board of directors of the Union for International Cancer Control (UICC) and executive council member of the Asian and Pacific Federation of Organization for Cancer Research and Control (APFOCC).

Dr Hao has published 150 papers and seven textbooks on oncology surgery, immunology and biological therapy. He has earned numerous academic awards in China as well as overseas for his innovative approach in surgery and contributions to the advancement of public health and medical education.

## **Raymond Ng**

Regional vice-president, Asia-Pacific, Cigna  
global health benefits  
Cigna Corporation



Raymond Ng is the regional vice-president, Asia-Pacific, for Cigna Global Health Benefits, which is part of Cigna's international markets business. Cigna's international business is a rapidly growing segment of Cigna Corporation serving both individual customers and employer groups in multiple countries and jurisdictions outside the US. As the regional vice-president, Mr Ng is responsible for building and managing the sales and client-management operation and for long-term profitable growth of the global health benefits business in Asia-Pacific. He is based in Singapore.

Mr Ng joined Cigna in 2010 as the global health benefits sales director in Singapore, and helped lead new market entry for the Singapore branch. In 2012, he was appointed regional director, sales and client management, for both the Singapore and the Thailand operations. In 2012, he was also appointed the chief executive for the Singapore branch office, where he continues to carry statutory and regulatory responsibilities for branch operations, as well as expanded responsibilities for the business in Asia-Pacific.

He has over ten years of experience in the insurance industry and has previously worked for Prudential Assurance, Chartis and AIA. Mr Ng has wide experiences and expertise in greenfield operations, and has a successful track record in building market share. He holds a bachelor of commerce (finance and marketing) from Curtin University of Technology, Western Australia.

## **Denise Kruzikas**

Senior director, market access  
GE Healthcare



Denise Kruzikas leads the GE Healthcare market access data modelling team, developing a global strategy applying big data analytics and gaming visualisation to guide investment planning with regional governments and private investors. In her previous role at GE, Ms Kruzikas led and successfully accelerated the validation programme under the GE “healthymagination” initiative, establishing a portfolio of 100 innovations, including care area solutions, with evidence-based improvements on quality, access and affordability.

Prior to GE, Ms Kruzikas served as the US health outcomes director at GlaxoSmithKline and established the first health-economics support team for the vaccines business. She also led the health outcomes and policy programme at the Lovelace Respiratory Research Institute, Center for Pharmacoeconomics, and served as a consultant at NDCHealth and at Thomson Reuters Healthcare under contract with the Agency for Healthcare Research and Quality (AHRQ). She has delivered more than 35 lectures at scientific meetings, and her publications appear in peer-reviewed journals including Stroke, Vaccine, Pharmacoeconomics and the Journal of Pediatrics.

She currently serves as an adviser to the Patient-Centered Outcomes Research Institute (PCORI), representing the diagnostics industry on the Advisory Panel on the Assessment of Prevention, Diagnosis and Treatment Options.

Ms Kruzikas holds a doctorate in health services research and policy and a master’s in public health from the University of Rochester.

## **B.S. Ajaikumar**

Founder and chairman  
HealthCare Global Enterprises



BS Ajaikumar is the founder and chairman of HealthCare Global Enterprises (HCG). With vast experience in the field of oncology at some of the top cancer centres in US, Dr Ajaikumar decided to set up a network of cancer centres to improve the way cancer treatment was provided in India. He joined a group of oncologists in Bangalore in 1989 and started the Bangalore Institute of Oncology, the first and only private comprehensive cancer hospital in Bangalore.

In 2005 he founded HCG with a vision of redefining cancer care. Today with more than 27 cancer care centres, it is the largest network of its kind in Asia. Under his leadership HCG has changed the landscape of oncology by introducing innovative approaches to diagnosis and treatment. He continues to pursue his passion of redefining cancer care by increasing and strengthening his network of accessible cancer centres across the world, with doctors as partners and patients as beneficiaries.

Dr Ajaikumar has been honoured with numerous awards, including EY Entrepreneur of the Year, Confederation of Indian Industry Entrepreneur of the Year, Frost & Sullivan Oncology Leader of the Year, BC Roy Award, Karnataka Rajyotsava Award, VC Circle Award and Golden Peacock Award.

Dr Ajaikumar studied medicine in Bangalore. He then went to the US and completed his residency in oncology at the University of Virginia and his fellowship in radiation oncology and medical oncology at the world-renowned MD Anderson Cancer Center in Houston



## **Raman Singh**

President, emerging markets  
Mundipharma



Based in Singapore, Raman Singh was appointed to the role of president of Mundipharma Asia-Pacific, Latin America, Middle East and Africa in October 2011. Mr Singh oversees all aspects of the Mundipharma business across these territories. Prior to this appointment, he was the vice-president of commercial operations for emerging markets at GlaxoSmithKline, based out of London, where he was in charge of overseeing all aspects of the brand's commercial operations across its emerging markets.

Mr Singh has previously held positions in Abbott as the regional director in Australia and New Zealand, and general manager for Korea. He has also held various sales, marketing and strategy positions in Bayer. He holds an MBA from Thunderbird School of Global Management.

## **Masum Hossain**

Regional president,  
Asia-Pacific  
Pfizer Oncology



As the Asia-Pacific regional president for Pfizer Oncology, Masum Hossain is responsible for the commercial and medical operations for 12 countries in the region. Dr Hossain is a founding member and co-chair of the Cancer Drugs Alliance in Australia. Previously general manager for Pfizer Oncology in Australia, New Zealand and Korea, he has over 18 years of combined clinical, regulatory and pharmaceutical industry experience. He began his career at Pfizer Australia as medical director, taking a number of roles with expanding responsibilities before moving to general management.

He is a medical doctor with a special interest in clinical epidemiology and drug development. Graduating with a medical degree from the University of New South Wales, Dr Hossain commenced a career in neurosurgery before moving into the pharmaceutical industry. After completing post-graduate studies in clinical epidemiology, he began his pharmaceutical career at the Therapeutic Goods Administration, an Australian regulatory agency, before moving to Biogen Idec, where he managed the medical function for the neurology franchise.

Dr Hossain also holds a master of management from Macquarie Graduate School of Management and is a member of the Australian Institute of Company Directors.

## **Gordon Cameron**

Area vice-president, Asia-Pacific

Takeda Pharmaceuticals, Asia-Pacific



Gordon Cameron became vice-president of Asia-Pacific and emerging markets for Takeda in January 2015. Since joining Takeda in June 2009, he has held the positions of head of pipeline opportunities and launch, and head of South Asia.

Mr Cameron has a strong understanding of both the developmental and commercial aspects of the health-care industry. Prior to joining Takeda, he worked for Quintiles, a leading provider of global clinical research services to the pharmaceutical sector, serving successively as director of finance of European early development, senior director of pharmaceutical development, executive director of EU and Japan sales for early development divisions, and vice-president of global operations.

Mr Cameron gained overseas experience in Sydney, Australia, working as chief financial officer for Street Vision, an artificial-intelligence start-up partnership; as commercial director for Unilever; and as financial controller for Soundcom, a regional music provider.

Mr Cameron began his career with Saffery Champness, a UK-based chartered accountancy practice, during which time he became qualified as a chartered accountant. He graduated from the University of Edinburgh with a BA in commerce.

## **Rajendra Badwe**

Director  
Tata Memorial Cancer Center

Head, department of surgical oncology  
Tata Memorial Hospital, India



Rajendra Badwe has more than 26 years of diverse experience as a surgeon and oncologist. He serves as director of Tata Memorial Centre, a world-renowned institution in the field of cancer care. He is an international opinion leader in oncology, developing strategies for breast cancer care, conducting innovative research, integrating delivery systems and improving quality of cancer-management programmes. His significant accomplishments in leadership in cancer care are a testimony to his role as a mentor in developing the cancer care strategy for the government of India and the World Health Organisation. His pioneering work on the timing of surgery for breast cancer has induced a paradigm shift towards importance of events at the time of surgery. He is a frequent speaker at national and international meetings and has more than 100 publications to his credit. He is the recipient of prestigious national awards, honours and gold medals.

## 第二部分：出席 2015 香江論壇講座

## 壹、香江論壇講座簡介

香江論壇講座為「香江文化交流基金會」江素惠主席所創辦。

江主席早期任職臺灣電視台記者，曾應美國國務院之邀，以亞洲傑出電視新聞工作者身份赴美訪問，深受美國傳媒肯定。後加入中國時報，成為中國時報香港特派員及香港辦事處主任。1991年底，應行政院新聞局之請，擔任駐香港新聞處負責人，並開始籌辦「光華新聞文化中心」，1994年4月正式成立，以推動兩岸三地文化交流為宗旨。主掌光華十年期間，以文化傳承為目標，致力於促進兩岸的互動與瞭解，舉辦過的活動密集且多元化，讓兩岸的交流蓬勃發展。

離開光華後，於2002年4月成立「香江文化交流基金會」和「香江顧問有限公司」，繼續推動兩岸三地經貿文化交流，主辦各類藝文活動，近年來多次舉辦「香江論壇」和「香江講座」，就兩岸三地關係之進展邀請中港台學者專家探討時事，及邀請名人分享成功經驗，影響至鉅，深受各界歡迎及肯定，並卓有成效。

## 貳、目的

職本次奉派出席經濟學人醫療峰會，亦同時受邀出席「面對文明病的新挑戰」講座，分享台灣在健康促進方面的努力及成果，尤其是介紹臺灣透過系統性組織改變與個人行為改變的過程，傳播現代人面對文明病應有的健康資訊與作為。此講座將有助增進兩岸三地瞭解台灣於文明病防治的最佳實踐，並對兩岸交流有所助益。

## 參、會議過程

本次講座安排於3月19日下午3時至4時30分，地點位於香港光華新聞文化中心，參與聽眾主要為香港各界高社經階層人士，及在港國人及台商，職以「面對文明病的新挑戰」為題演說，並與現場聽眾及媒體交流。

職與香港聽眾分享台灣的肥胖防治經驗：

一、 比較台灣、香港、英國之人口、健康指標及十大死因死亡率。

- 二、 分析現代人的健康問題：心血管疾病、糖尿病、慢性呼吸道疾病及癌症，是世界各國所重視的四大非傳染病，而透過防治四大危險因子，菸害、酒害、不健康飲食及缺乏運動，可以大幅降低這些疾病所帶來的威脅。而現代人常見的文明病，三高、代謝症候群、心血管疾病等，其危險因子除了菸、酒、檳榔外，主要是現代人飲食不健康、缺乏運動、肥胖及壓力所致，若不從源頭預防，只靠醫療，不僅費用支出龐大，其防治也會有瓶頸。
- 三、 肥胖是導致文明病的重要因子：肥胖者相對於體重正常者，罹患文明病的相對危險性高，大腸癌、乳癌、子宮內膜癌、胰臟癌等，都與肥胖有很大關係，肥胖的問題其實對國家社會的醫療費用及生產力都影響甚鉅。最佳解藥就是，健康飲食及運動。
- 四、 介紹臺灣的肥胖防治計畫：是從環境與行為雙管齊下，包括：改善致胖環境及達到健康減重，從2011年起，推動健康減重管理計畫，推廣聰明吃、快樂動、天天量體重，並建立國際第一個全國性的致胖環境監測系統，迄2014年，已號召289萬人次共減重4,473萬公斤，平均每人減重1.54公斤，4年來逾20萬人恢復正常體重；且環境支持措施也獲得更多鄉鎮推廣，中程目標要達到過重及肥胖盛行率增加速度減緩；長程目標則是要降低糖尿病發生率、失能盛行率等。



與主持人江素惠女士(右)的合照



光華文化中心的聽眾，個個專注聆聽演講



## 肆、心得與建議

職此次受邀，講題為「面對文明病的新挑戰」，演說內容貼近民眾生活，是相當實用的資訊，有許多在港國人、台商、香港民眾，包括遠東貿易中心(經濟部駐港機構)陳愛蘭主任、台北貿易中心(外貿協會駐港機構)孫至誠主任、台灣工商協會榮譽會長王乾麟、台灣工商協會榮譽會長羅安琪等，均到場聆聽，並有亞洲週刊、鳳凰衛視、澳亞衛視、中央社、文匯報、中國評論通訊社等媒體到場採訪，演講後發問踴躍。

會後，亞洲週刊、香港新聞網、澳門日報及中國評論新聞網均有相關報導(詳附錄)，其中中國評論新聞網3月20日的報導提到，人們肥胖的原因相差無幾，但政府之間的作為卻大有不同。台灣政府除了開發手機應用程序，以貼近民眾語言的“101大樓”圖表來宣傳外，還讓縣市長和企業帶頭響應，台灣衛生福利部國民健康署網站下還設立了一個肥胖防治網，其中更有社交通訊軟件的號碼，向民眾推廣“聰明吃、快樂動、天天量體重”。而香港政府最近才響應世界衛生組織有關食物健康的關注，在上週成立了“降低食物中鹽和糖委員會”，由行政會議成員陳智思任主席，另又委任海內外專家吸取外地降低食物糖鹽的經驗。

本次演講獲得廣大聽眾共鳴及媒體熱烈迴響，盛讚臺灣建立了一個最佳實踐(best practice)典範，也將臺灣健康促進努力的成果，做了很好的宣傳與交流。近年來，民眾對於自身的健康問題、健康知識的取得及相關健康促進服務的需求愈來愈高，因應高齡化與慢性病時代來臨，建議未來也能持續就健康促進及健康照護議題相互交流，將有助於提升民眾之健康。

台灣新聞 >> 寶島万象 | 台海觀瀾

## 台積極“打肥”4年逾20萬人恢復正常體重

2015年03月19日 20:57 稿件來源：香港中國通訊社

香港中通社3月19日電(記者 周文菁)台灣衛生福利部健康署署長邱淑媿19日表示，台灣推行全社會的防肥胖行動，由2011至2014年，號召289萬人次減肥，一共減重4473公噸，平均1人減重1.54公斤，4年來逾20萬人恢復正常體重。

邱淑媿19日在香港出席“面對文明病的新挑戰”講座時表示，跟香港情況一樣，在台灣10大死因死亡率當中，心臟病、腦血管病、糖尿病都是主要的病因，其中肥胖、飲食習慣不良、缺少運動都與這些疾病有關，其中肥胖問題方面，台灣比香港略為嚴重一些。邱淑媿表示，這可能與台灣人比香港人喜歡嗜檳榔有關。

邱淑媿說，台灣自2011年推動全民健康管理，短期目標是透過推廣個人體重管理，包括推廣聰明吃、快樂動、天天量體重，達至減重目標；中程目標是令成人和兒童肥胖盛行率上升速度減慢，希望成人規律運動盛行率10年倍增至52%，長遠降低糖尿病發生率。

邱淑媿表示，參加這個活動的人士減去公斤以上的比率，從2011年的近60%，增加至2014年的76%，而參加後體重回復正的比率，每年增加6.6%-7.5%，4年來已累計20.3萬人。

邱淑媿表示，當局近年透過社區、公私職場、學校、醫院、政府各部門和紀律部隊等推出推廣，活動不只幫民眾找回健康活力，也節省因肥胖造成的醫療支出。(完)

【編輯：吳仲春】



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# 台“打肥”20萬人恢復正常體重

澳門日報

20/03

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台近年透過社區、學校、醫院等推廣健康管理。圖為 學童做新式健康操暖身。(資料圖片)

## 台“打肥”20萬人恢復正常體重

【香港中通社十九日電】台灣“衛福部健康署”署長邱淑媿十九日表示，台灣推行全社會的防肥胖行動，由二〇一一至二〇一四年，號召二百八十九萬人次減肥，一共減重四千四百餘公噸，平均一人減重一點五四公斤，四年來逾二十萬人恢復正常體重。

### 降糖尿發生率

邱淑媿十九日在香港出席“面對文明病的新挑戰”講座時表示，跟香港情況一樣，在台灣十大死因死亡率當中，心臟病、糖尿病都是主要的病因，其中肥胖、飲食習慣不良、缺少運動都與這些疾病有關。

其中肥胖問題方面，台灣比香港略為嚴重一些。邱淑媿表示，這可能與台灣人比香港人喜歡嘗檳榔有關。

邱淑媿說，台灣自二〇一一年推動全民健康管理，短期目標是透過推廣個人體重管理，包括推廣聰明吃、快樂動、天天量體重，達至減重目標；中程目標是令成人和兒童肥胖盛行率上升速度減慢，希望成人規律運動盛行率十年倍增至五成二，長遠降低糖尿病的發生率。

### 節省醫療支出

邱淑媿表示，參加這個活動的人士減去公斤以上的比率，從二〇一一年的近六成，增加至二〇一四年的七成六，而參加後體重回復正常的比率，四年來已累計二十點三萬人。

邱淑媿表示，當局近年透過社區、公私職場、學校、醫院、政府各部門和紀律部隊等推出推廣，活動不只幫民衆找回健康活力，也節省因肥胖造成的醫療支出。

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## 為了減重，你願意徒步走上101大樓嗎？（圖）



台灣衛生福利部國民健康署署長邱淑媛。（中評社李仕奇攝）

中評社香港3月20日電（記者 李仕奇）即使沿著樓梯爬完了台灣最高的101大樓——地上101層、地下5層，合共2046階——也未必能夠消耗掉午餐喝的那一杯珍珠奶茶。台灣“衛生福利部國民健康署署長”邱淑媛在一個講座中展示出“用爬101大樓來衡量熱量”的圖表，這是台灣政府近年來為了推廣全民減重而推出的宣傳手法之一。

作為“健康體重管理計劃”主要推手的邱淑媛昨日應香江文化交流基金會邀請，到香港就“面對文明病的新挑戰”分享經驗。“台灣經常有地震，是因為全民都動起來了。”她表示，該計劃自2011年推出以來，每年約有110萬人參加，四年間超過290萬人次參與，總減重逾440萬公斤，平均一人減掉1.54公斤。據一份2015年2月的政府統計月報顯示，台灣人口超過2300萬人。

人們肥胖的原因相差無幾，但政府之間的作為卻大有不同。邱淑媛表示，台灣政府為了促進市民減肥，除了開發手機應用程式，傳播上述“101大樓”圖表來宣傳外，還讓縣市長和企業帶頭響應，甚至有農夫打出了“減一公斤體重，送一公斤米”的口號。她還指出，台灣領導人馬英九在出訪時也曾送過體重計給對方領導人，律己甚嚴。資料顯示，台灣衛生福利部國民健康署網站下還設立了一個肥胖防治網，其中更有社交通訊軟件的號碼，向市民推廣“聰明吃、快樂動、天天量體重”的主題。

而香港政府最近才響應世界衛生組織有關食物健康的關注，在上週成立了“降低食物中鹽和糖委員會”，由行政會議成員陳智思任主席，另又委任海內外專家吸取外地降低食物糖鹽的經驗。

此外，邱淑媛還特意列出了一些香港的數據與台灣的作比較。她指出，香港男性和女性運動不足的比率為53%及66%左右，優於台灣的70.7%及83.4%，而香港男性的肥胖率則為38%，略優於台灣的情況，而女性則為34%，與台灣相近。不過據香港衛生署數據，香港有47.2%的男性及27.8%的女性屬超重或肥胖。

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#### 新聞眼

### 台灣衛福部官員來港 分享科學方法避肥胖

2015年4月5日 第29卷 13期

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邱淑嫻

許多病都是由肥胖引起，稱現代文明病。三月十九日，台灣衛生福利部國民健康署署長邱淑嫻（圖）受香江文化交流基金會邀請，來港分享了科學的養生之道。她提供的一系列統計數字令觀眾意識到健康問題是亟需面對的難題。在飲食上注意科學方法是避免肥胖和其他疾病的有效手段，比如提倡吃「彩虹餐」，即每餐都有至少七種顏色的菜品，其中深綠色又是必不可缺的一種。邱淑嫻還特別提到運動的重要，可以幫助新陳代謝，加強體質，讓身體遠離疾病煩惱。

讓身體遠離疾病煩惱。

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