

結伴同行 防治糖尿及三高

PREVENTION AND MANAGEMENT OF DIABETES & 3-HIGHS,
YOUR GREAT COMPANION!



糖尿及三高健康聯盟成員及贊助夥伴

Diabetes and 3-Highs Alliance members and Sponsors



健康實況速遞 HEALTH FACTS

糖尿病、高血壓和高血脂是香港三大疾病，加上肥胖，導致了香港人的4種嚴重疾病，包括心臟病、中風、腎病和癌症。

Diabetes, hypertension and hyperlipidaemia are the top three risk conditions in Hong Kong. Together with obesity (high body weight), they underlie the 4 critical illnesses in Hong Kong people including heart disease, stroke, kidney disease and cancer.

- 大約每10人有1人有糖尿病，接近一半不知道自己患病
Nearly 10% have diabetes. Almost half of them are unaware they have diabetes.
- 大約每6人有1人有高血壓
Nearly 18% have high blood pressure.
- 大約每7人有1人有高膽固醇
About 14% have high blood lipid or cholesterol.



資料來源：香港特別行政區政府衛生署衛生防護中心，《二零一四至二零一五年度人口健康調查報告書》，2017
Reference: The Centre for Health Protection, Department of Health, the Government of the Hong Kong Special Administrative Region, Report of population health survey 2014/15, 2017.

關於糖尿及三高健康聯盟 About Diabetes and 3-Highs Alliance

隨著糖尿病和「三高」的人口增加，以致對社會和金錢上負擔日漸加重，「糖尿及三高健康聯盟」致力提高公眾對糖尿病和「三高」的認識，從而維持健康和預防疾病。

我們相信全人健康應從多方面管理及支援入手。我們的核心成員來自不同專業領域，結盟宗旨是透過我們各自的專長在這個平台，以一個全方位角度為我們的會員提供有關三高及糖尿病的健康支援與資訊：包括早期預防及風險預測的需要，藥物使用及健康營養補充品的配合，以及日後的生活保障。希望會員能夠提高對慢性疾病的意識，做到防治及得到自我管理的能力，為個人健康管理作最好準備。

As the population of Diabetes and 3-Highs is increasing, this increases the burden on society and medical cost. The Diabetes and 3-Highs Alliance is committed to raising public awareness of Diabetes and 3-Highs so as to maintain health and prevent disease.

We believe health management should be viewed with a holistic approach. We come together from different disciplines to form the Diabetes and 3-Highs Alliance with a mission to empower our members to proactively manage their health in all aspects. The Alliance serves as a resourceful platform to provide the most comprehensive information encompassing everything about the prevention and management of Diabetes and 3-Highs - from building awareness, developing knowledge for the necessity of assessment and early detection, nutrition and well-being, treatment and intervention, all the way through life protection and preparing for the future.

美國雅培

確進醫療

亞洲糖尿病
基金會

AXA安盛

默沙東
藥廠

基琳健康

如何預防或管理糖尿及三高

How to prevent and manage Diabetes and 3-Highs

評估糖尿病和「三高」的風險，及早發現、預防和干預，積極主動地管理自己的健康。

Evaluate your risk of Diabetes and 3-Highs. Manage your health proactively through early diagnosis, prevention, and intervention.



1 透過糖尿病風險計算機 (RUBY) 評估自己的糖尿病風險，可以瀏覽 rubyapp.adf.org.hk 立即測試。

Undergo Risk Understanding By Yourself (RUBY) test to assess your risk for diabetes. Visit rubyapp.adf.org.hk and assess now.



2 定期檢查血糖、血壓及血脂

Undergo blood glucose, blood pressure and blood lipid or cholesterol test regularly



3 保持理想體重及腰圍

Maintain ideal weight and waist



4 遵循健康飲食
Healthy diet



5 適量運動
Move more



6 充足睡眠
Quality sleep



7 保持情緒健康
Emotional well being



8 遵從醫生和藥物標籤服用藥物
Follow the instructions of doctors and the directions on drug labels



9 遠離煙酒
Stay away from smoking and alcohol drinking



10 積極樂觀面對，妥善管理疾病
Be positive and optimistic and well manage of disease

你是否糖尿及三高的高危一族？

Are you at risk of Diabetes and 3-Highs?

想了解更多糖尿及三高的成因、病徵及風險因素等資訊，可瀏覽正視糖尿病網站。

For more information about the causes, symptoms and risk factors of Diabetes and 3-Highs, visit the Prevent the Preventable Website.

正視糖尿病網站
Prevent the Preventable Website



diabetesrisk.hk

會員申請 MEMBER REGISTRATION

成為會員將定期以電郵形式收到我們的期刊及不同的資訊，包括聯盟活動及教育課程的最新消息，並享有會員優惠及優先報名的機會。

As a member, you will receive our regular newsletters and updated information by email including activities such as outreach program and education talk. You will also have priority in signing up or joining these alliance activities at membership rate.

申請人資料 Particulars of Applicant (*必須填寫 must be completed)

請填寫以下資料並以下列方法遞交至亞洲糖尿病基金會：

- (1) 傳真 (852) 2647 6624 ; 或 (2) 郵寄沙田坳背灣街45-47號喜利佳工業大廈4樓K室；或
(3) 電郵 enquiry@adf.org.hk；或 (4) 掃描QR碼 (糖尿及三高健康聯盟網站 diabetesrisk.hk/register)
直接填寫申請表。

Please fill in the following information and submit to Asia Diabetes Foundation by following methods.

- (1) fax to (852) 2647 6624; or (2) mail to Unit K, 4/F, Haribest Industrial Building, 45-47 Au Pui Wan Street, Shatin, New Territories, Hong Kong; or (3) email to enquiry@adf.org.hk; or (4) scan the QR code (Diabetes and 3-Highs Alliance website www.diabetesrisk.hk/register) to fill in the registration form.

網上申請表
Online registration form



diabetesrisk.hk/register

中文姓名

Chinese Name *: _____

英文姓名

English Name *: _____

年齡 18-25 26-35 36-45 46-55

Age *: 56-65 66-75 76或以上 76 or above

性別

Gender *: 男 Male 女 Female

電郵

Email *: _____

電話

Tel No : _____

地址

Address : _____

個人資料收集 Personal Information Collection Statement

亞洲糖尿病基金會可能使用你的個人資料作聯絡、通訊、收集意見、服務申請、發送糖尿及三高健康聯盟期刊或活動推廣等用途(當中包括或不包括其他機構或公司的信息資料或參與)。除獲本會授權的人員外，將不會提供予其他人士。根據個人資料(私隱)條例，閣下有權向本會查閱及更改你的個人資料。如會員希望查閱和更改個人資料，須以書面向本會提出。

Your hereby provided personal information will be used for the purpose of communication, survey, application, dispatch of Diabetes and 3-High Alliance's newsletters or promotion of events (which may or may not include messages or participation of other organizations or companies). Apart from personnel duly authorized by the organization, no one will be given access to your personal information. In accordance with the personal data (privacy) ordinance, you have a right to request access to and correction of your personal data provided. Request for personal data access and correction should be addressed to Asia Diabetes Foundation in writing.

聲明 Declaration

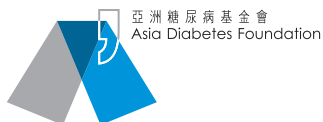
- 本人聲明此申請表所載一切資料，依本人所知均屬正確，並無遺漏。本會有權決定是否接納申請而毋須提供理由。
I declare that all information given in this application is correct and complete to the best of my knowledge and belief. ADF reserves the right to reject any application without providing explanation to the applicant.
- 本人已閱讀、明白及同意上列之「個人資料收集」聲明。
I fully understand and agree with the "Personal Information Collection Statement" listed above.
- 本人不希望收到糖尿及三高健康聯盟期刊或活動推廣。
I do not want to receive the Diabetes and 3-High Alliance's Newsletter or activities promotion information.

簽署

Signature*: _____

日期

Date*: _____



亞洲糖尿病基金會
Asia Diabetes Foundation

亞洲糖尿病基金會(ADF)是香港中文大學基金會管轄的一間註冊慈善團體，旨在發起和推行各項醫學、科學和學術研究，收集現有的臨床醫學證據，並將其轉化為糖尿病及其他慢性病的預防和控制策略。The Asia Diabetes Foundation (ADF) is a charitable organisation, governed by the Chinese University of Hong Kong Foundation, developed to initiate and implement medical, scientific and academic research activities to collect and translate current evidence into prevention and control strategies for diabetes and other chronic diseases.

願景 Vision

亞洲糖尿病基金會採用多學科綜合策略，輔以最新科學技術，在亞洲區推廣行之有效的慢性病管理計劃，加強慢性病長期管理的可持續性、實惠價值和普及程度。

ADF is dedicated to conducting pragmatic research using a multidisciplinary approach, augmented by the latest technologies, to promote informed decision making in order to enhance the sustainability, affordability and accessibility of chronic care.

www.adf.org.hk

(852) 2647 6624

(852) 2637 6624

enquiry@adf.org.hk



正視糖尿病 Prevent the Preventable

