



2009/10 年度報告 Annual Report





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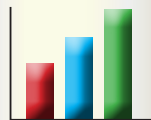
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機構簡介



宗旨



本會宗旨是推廣健康生活，特別關注青少年的成長需要。除普及健康知識，更強調健康是需要行動起來，因此本會藉不同途徑及活動形式，促進健康習慣，提升生活質素。

機構成員



主席
狄志遠先生 BBS, JP



法律顧問
謝連忠 律師



教育顧問
潘世榮 博士

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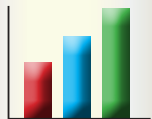
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健康行動



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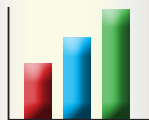
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「預防賭博工作坊」

根據香港理工大學《香港人參與賭博活動情況研究 2008》報告指出超過三成 (34.2%) 市民首次參與賭博在十八歲以下。當中超過五成首次參與賭博者受朋輩影響 (33%) 及家人的提議或影響下 (21%) 進行；其次受個人因素驅使 (30%)。因此本會深信及早提供預防賭博教育的工作，將有利青少年成長。

本會於過去一年曾為大專院校提供十場「預防賭博工作坊」。工作坊的目的是讓青少年認識賭博之禍害及解構迷思，盡早讓年青人明白賭博之禍害及破解迷思（例如：錯覺控制，迷信及非理性想法等），減少年青人參與賭博的機會。除此，亦希望透過小組討論讓年青人思考學習回應策略，以期提升青少年抗逆力。

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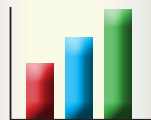
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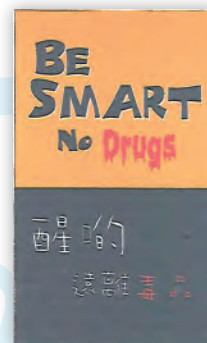


健康行動心意咭設計比賽

為了推廣健康生活訊息的重要性，本會於 2009 年 11 月舉行健康行動心意咭設計比賽。希望藉着比賽，讓學生關注心理及生理的健康成長，創造健康校園環境。是次比賽得到校長及老師大力推動及支持下，參與學校非常踴躍，合共 86 間小學，8,812 位同學參加。

經過大會評審，在手繪組及電腦組分別選出冠、亞、季及優異獎，以下為冠、亞、季軍得獎同學作品：

手繪組



冠軍

馬頭涌官立小學
何綽怡



亞軍

獻主會聖馬善樂小學
陳綺彤



季軍

聖方濟各英文小學
姚珮姿

電腦組



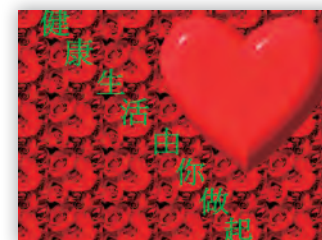
冠軍

聖公會聖雅各小學
林學喬



亞軍

浸信會沙田圍呂明才小學
李天欣



季軍

上水惠州公立學校
吳浩維

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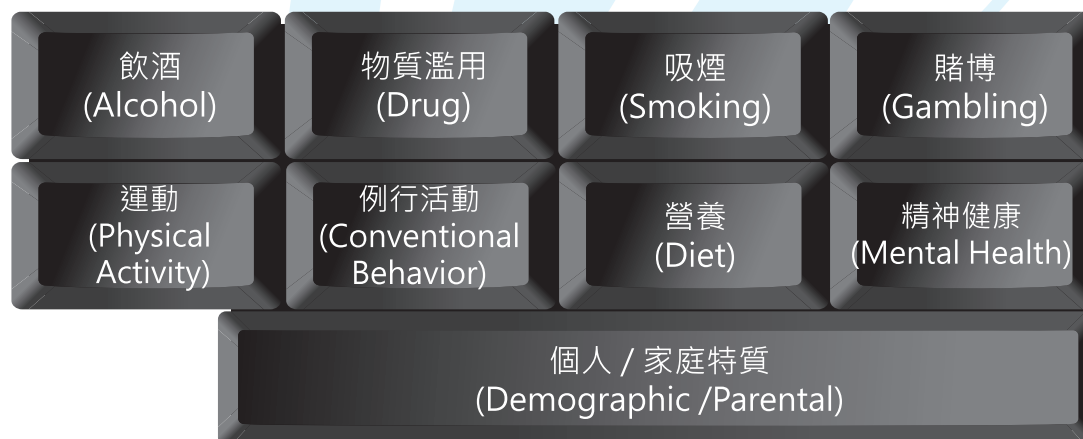
研究及發展



「華人地區學生健康狀況調查」計劃 <http://projectcshs.org>

在本年度內，健康行動積極推動華人地區研究項目，並設立「華人地區學生健康狀況調查」計劃 (Chinese Student Health Survey, CSHS)，聯合香港、台灣、澳門及內地的學者組成研究團隊，分別在香港、台北市、台北縣、澳門、珠海及武漢對初中學生健康狀況進行研究。該計劃乃華人地區首個同類型研究，在設計上參考了「全球學生健康狀況調查」(Global Student Health Survey, GSHS)，但特別針對華人地區青少年的特徵，希冀可以建成持續的區域性學生健康監測工具。

研究焦點：



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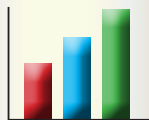
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研究及發展



「華人地區學生健康狀況調查」計劃

研究團隊

研究團隊

李略 教授, 理工學院 (澳門)

岳經綸 教授, 中山大學 (廣州)

姜逸群 教授, 國立臺灣師範大學 (臺灣)

胡益進 教授, 國立臺灣師範大學 (臺灣)

孫達仁 先生, 青年研究協會 (澳門)

陳心廣 教授, 韋恩州立大學 (美國)

劉嘉慧 博士, 香港教育學院 (香港)

簡明宇 先生, 健康行動 (香港)

龔潔 博士, 武漢市疾病預防控制中心 (武漢)

* 按筆劃序

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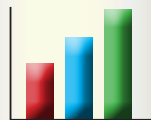
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研究及發展



研究團隊成員：

健康行動
香港中文大學香港亞太研究所
國立臺灣師範大學
中山大學
武漢市疾病預防控制中心
澳門青年研究協會

(本報告只供所屬學校傳閱)



「華人地區學生健康狀況調查」： 香港部分

「華人地區學生健康狀況調查」香港部分由健康行動統籌，並夥拍香港中文大學香港亞太研究所共同執行。該部分以隨機抽樣方式，成功向 42 間中學的 6,586 位同學進行問卷調查。研究小組更向所有參與學校提供該校的獨立調查報告，讓學校更了解學生的健康狀況，從而制訂更有效的健康促進措施。

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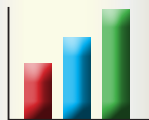
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研究及發展



A15 二零零九年八月十九日 星期三

星島日報 Sing Tao Daily

評論文章

全面健康計劃解驗毒之困

校園驗毒計劃公布以來，引起各方熱烈討論，社會亦漸漸出現正反兩個陣營。驗毒計劃正慢慢走向僵局，一方強烈推動，另一方卻消極抵制。如何化解實需要高度的智慧及技巧，否則計劃得不到相關團體及人士合作，便更難見效。

目前的僵局在於政府強烈推動校園驗毒，但民間卻又質疑其成效，亦擔心損害私隱權及影響親子及師生關係（已有多篇文章論及，不贅）。其實，雙方對計劃的目的並無分歧，彼此皆認同應推出措施預防青少年濫用藥物，只是在達成目的的方法及逼切性上未能達成共識。要解決目前的困局，筆者建議下列兩個方法：

公布學生調查結果

首先，問題的嚴重性及特質不僅影響介入措施的制訂，亦影響對介入措施的接受程度。目前公眾所能知悉有關青少年濫藥的資料，源自《青少年毒品問題專責小組報告》（簡稱《報告》）內引用禁毒處檔案室及定期學生調

查資料，《報告》顯示青少年的吸毒人數在二〇〇年攀上高峰後便呈顯著下降趨勢（第一二九頁）。不過，由於〇八年調查在撰寫報告期間尚在進行中，《報告》引用的資料只及〇四年。究竟青少年吸煙的最新情況如何？是否有大幅上升之勢，令政府不得不採取果斷措施？如政府能早日公布最新數據，讓公眾（尤其是反對計畫者）有所了解，應可拉近雙方的距離，更易達成共識。

第二，全面健康促進計畫取代單一的驗毒計畫。現時校園內存在很多問題，吸煙、朋黨、欺凌及危險性行為等等，吸毒只是其中一項而已。《報告》引述〇四年的學生調查，大部分首次吸毒的原因是好奇、受朋友影響及尋求刺激（第廿二頁），這些原因亦是導致其他危險行為的主因，例如吸煙及性行為。既然如此，何不推動一項全面的校園健康計畫，令學生健康成長，遠離一眾危險行為，而不單單只遠離毒品？

為數不少的國際研究均顯示煙及酒是所謂「門檻毒品」

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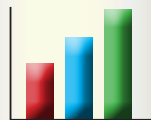
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A15 二零零九年八月十九日 星期三

星島日報 Sing Tao Daily

評論文章

全面健康計劃解驗毒之困（續）

(GatewayDrug)，有吸煙或者飲酒行為的青少年，有更大機會在日後沾上吸毒及其他更危險的習慣。另一類研究亦顯示青少年吸煙與飲酒行為在一定程度上可以預測他們的吸毒行為。換言之，當我們預防青少年吸煙及飲酒，亦正正同時在預防他們吸毒。而且，要找出哪些學生吸煙或者飲酒，遠較驗毒容易。既然有吸煙或飲酒行為的青少年是吸毒的高危一族，只要對找出他們，並加以輔導，導向正途，便可以減少他們日後吸毒的機會。

現存綜合計畫可作基礎

現時，本港亦存在一些綜合性的校園健康促進計畫，例如「健康學校」計畫及「共創成長路」計畫。前者乃世界衛生組織推動，在港由香港中文大學主導；而後者則由馬會資助，並由身兼禁毒常委員會主席的石丹理教授主導。他們的計畫不僅已有一定基礎，亦似乎有一些成效，亦受學校所支持。在這些現有計畫的基礎上，加以改良，應可做出一定效果。

計畫，便不會有所謂標籤效應，學校、家長及學生會更樂於接受。練乙錚估計驗毒計畫每年需要八千一百萬，平均一所學校超過十五萬。以此款項資助校園健康促進計畫，應有可觀的效果

筆者建議改良現有的綜合健康促進計畫，並在數所中學試行三年，以觀其成效。待具明顯成效後，始在港全面推行。程介明教授說禁毒是場持久戰，學生的吸煙、逃學、性行為等等其他問題又何嘗不是？亦正正因為如此，我們更應待證明有效的計畫出現，始全面推行。屆時，社會上下必可同心同德，共同推動。

狄志遠
健康行動主席

當學校推動的是全面健康促進計畫，而不是單一的驗毒

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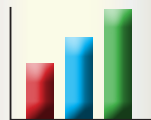
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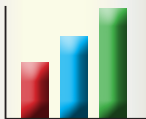
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訪問武漢

健康行動於 2009 年 9 月訪問武漢市疾病預防控制中心，與當地官員交流及探討雙方合作機會。



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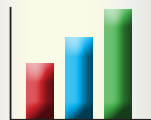
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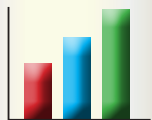


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General Committee's Report

The General Committee present herewith the report and the audited financial statements for the dated ended 31st March 2010.

PRINCIPAL ACTIVITIES

The company's principal activity is youth prevention. There has been no significant change during the period.

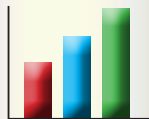
RESULTS

The company's results for the period is set out in the attached financial statements.

GENERAL COMMITTEE

The General Committee members is as follow:

Tik Chi Yuen	(Appointed on 19/03/2009)
Tse Lin Chung	(Appointed on 19/03/2009)



General Committee's Report

GENERAL COMMITTEE'S INTEREST

In the opinion of General Committee, there were no contracts of significance to which the company was a party and in which any General Committee members had a material interest subsisted at the end of the period or at any time during the period.

At no time during the period was the company a party to any arrangements to enable any General Committee members to acquire benefits by means of the acquisition of debentures of the company or any other body corporate.

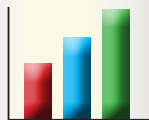
AUDITOR

The financial statements have been audited by Messrs. Y. T. Lo & Co., Certified Public Accountants (Practising), who offer for re-appointment.

On behalf of the General Committee

Chairman

Date : 24th November 2010



Independent Auditor's Report to the Action Health Ltd Members

We have audited the financial statements of Action Health Limited set out on pages 5 to 15, which comprise the statement of financial position as at 31st March 2010, the statement of comprehensive income, statement of changes in fund and statement of cash flows for the period then ended, and a summary of significant accounting policies and other explanatory notes.

GENERAL COMMITTEE'S RESPONSIBILITY FOR THE FINANCIAL STATEMENTS

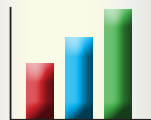
The General Committee are responsible for the preparation and the true and fair presentation of these financial statements in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and the Hong Kong Companies Ordinance. This responsibility includes designing, implementing and maintaining internal control relevant to the preparation and the true and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

AUDITOR'S RESPONSIBILITY

Our responsibility is to express an opinion on these financial statements based on our audit, on those financial statements and to report our opinion solely to you, as a body, in accordance with section 141 of the Companies Ordinance, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance as to whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and true and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the General Committee, as well as evaluating the overall presentation of the financial statements.



Independent Auditor's Report to the Action Health Ltd Members

AUDITOR'S RESPONSIBILITY (CONT'D)

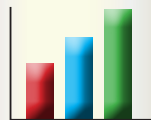
We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

OPINION

In our opinion, the financial statements give a true and fair view of the state of the company's affairs as at 31st March 2010 and of its deficit and cash flows for the period then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in accordance with the Hong Kong Companies Ordinance.

Y. T. Lo & Co.
Certified Public Accountants (Practising)
Hong Kong

Date : 24th November 2010



Statement of Comprehensive Income for the Period from 19th March 2009 (Date of Incorporation) to 31st March 2010

	HK\$
SERVICE INCOME	1,400.00
Operating Expenses	(1,600.00)
	<hr/>
DEFICIT FOR THE PERIOD	(\$200.00)



Statement of Financial Position at 31st March 2010

	HK\$
CURRENT ASSET	
Bank Balances	1,400.00
	<hr/>
	1,400.00
CURRENT LIABILITY	
Accrued Expenses	1,600.00
	<hr/>
	1,600.00
	<hr/>
NET CURRENT LIABILITY	(200.00)
	<hr/>
	(\$200.00)
FUND AND RESERVE	
Accumulated Fund (Deficit)	(200.00)
	<hr/>
	(\$200.00)


Chairman


General Committee Member



Statement of Cash Flows for the Period from 19th March 2009 (Date of Incorporation) to 31st March 2010

	NOTE	HK\$
CASH FLOWS FROM OPERATING ACTIVITIES		
Deficit for the period		(200.00)
Adjustments for :		
Increase/(Decrease) in Accrued Expenses		1,600.00
		—————
NET CASH FROM OPERATING ACTIVITIES		1,400.00
		—————
NET INCREASE IN CASH AND CASH EQUIVALENTS		1,400.00
		—————
CASH AND CASH EQUIVALENTS AT END OF PERIOD	(1)	\$1,400.00



Notes to Statement of Cash Flows at the Period Ended 31st March 2010

1. ANALYSIS OF CASH AND CASH EQUIVALENTS

	HK\$
Bank Balances	<u>\$1,400.00</u>

Statement of Changes in Fund at 31st March 2010

	Accumulated Fund HK\$
Deficit for the Period	(200.00)
	<hr/>
At 31st March 2010	<u>(\$200.00)</u>



Notes to the Financial Statements for the Period Ended 31st March 2010

1. GENERAL INFORMATION

Action Health Limited is a company incorporated in Hong Kong limited by guarantee and not having a share capital with liability of each member be limited to HK\$10.00. The company's registered office is located at Room 1202, 12/F, Methodist House, 36 Hennessy Road, Wan Chai, Hong Kong. The principal activity of the company is promotion of health in Hong Kong. The company is also registered as a charitable institution under Inland Revenue Ordinance.

The financial statements are presented in Hong Kong dollars, which is the same as the functional currency of the company.

2. APPLICATION OF NEW AND REVISED HONG KONG FINANCIAL REPORTING STANDARDS ("HKFRS")

The company has not early adopted the following new and revised HKFRSs that have been issued but are not yet effective. The company is in the process of making an assessment of what the impact of these amendments, new standards and new interpretations is expected to be in the period of initial application. So far it has concluded that the adoption of them is unlikely to have a significant impact on the company's results of operations and financial position. These new HKFRSs may result in changes in the future as to how the results and financial position are prepared and presented.

HKAS 24 (Revised)
HKAS 27 (Revised)
HKAS 32 (Amendment)
HKAS 39 (Amendment)
HKFRS 1 (Revised)
HKFRS 1 (Amendment)
HKFRS 1 (Amendment)
HKFRS 2 (Amendment)
HKFRS 3 (Revised)
HKFRS 7 (Amendment)
HKFRS 9

Related Party Disclosures⁵
Consolidated and Separate Financial Statements¹
Classification of Rights Issues³
Eligible Hedged Items¹
First-time Adoption of HKFRS¹
Additional Exemptions for First-time Adopters²
Limited Exemptions from Comparative HKFRS 7 Disclosures for First-time Adopters⁴
Group Cash-settled Share-based Payment Transactions²
Business Combinations¹
Disclosures about Transfers of Financial Assets⁶
Financial Instruments⁶



Notes to the Financial Statements for the Period Ended 31st March 2010 (Continuations)

HK(IFRIC) - Int 14
(Amendment)

HK(IFRIC) - Int 17

HK(IFRIC) - Int 19

HKFRSs

HKFRSs

Prepayments of a Minimum Funding Requirement⁵

Distributions of Non-cash Assets to Owners¹

Extinguishing Financial Liabilities with Equity Instruments⁴

Annual Improvements to HKFRS 2009²

Annual Improvements to HKFRS 2010⁵

¹ Effective for annual periods beginning on or after 1 July 2009

² Effective for annual periods beginning on or after 1 January 2010

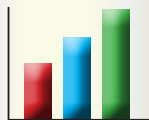
³ Effective for annual periods beginning on or after 1 February 2010

⁴ Effective for annual periods beginning on or after 1 July 2010

⁵ Effective for annual periods beginning on or after 1 January 2011

⁶ Effective for annual periods beginning on or after 1 July 2011

⁷ Effective for annual periods beginning on or after 1 January 2013



Notes to the Financial Statements for the Period Ended 31st March 2010 (Continuations)

3. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

a) Basis of Preparation of Financial Statements

The financial statements have been prepared in accordance with HKFRSs which collective term includes all applicable individual Financial Reporting Standards, Hong Kong Accounting Standards ("HKAS") and Interpretations issued by the HKICPA, accounting principles generally accepted in Hong Kong and requirements of the Hong Kong Companies Ordinance. The financial statements have been prepared under the historical cost convention.

b) Cash and Cash Equivalents

Cash comprises cash on hand and at bank and demand deposits with bank. Cash equivalents are short-term, highly liquid investments that are readily convertible to known amounts of cash and which are subject to an insignificant risk of changes in value and have a short maturity of generally within three months when acquired.

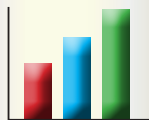
For the purpose of statement of cash flows, bank overdrafts which are repayable on demand form an integral part of the company's cash management are included as a component of cash and cash equivalents.

c) Trade and Other Payables

Trade and other payables are initially measured at fair value and, after initial recognition, at amortised cost, except for short-term payables with no stated interest rate and the effect of discounting being immaterial, that are measured at their original invoice amount.

d) Revenue Recognition

- (i) Service income is recognised when services are rendered.



Notes to the Financial Statements for the Period Ended 31st March 2010 (Continuations)

3. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES (CONT'D)

e) Income Tax

No provision for tax or deferred taxation has been made as the company is exempted from Hong Kong Tax under section 88 of the Inland Revenue Ordinance.

f) Related Parties

For the purposes of these financial statements, parties are considered to be related to the company if the company has the ability, directly or indirectly, to control the party or exercise significant influence over the party in making financial and operating decisions, or vice versa, or where the company and the party are subject to common control or common significant influence. Related parties may be individuals (being members of key management personnel, significant shareholders and/or their close family members) or other entities and include entities which are under the significant influence of related parties of the company where those parties are individuals, and post-employment benefit plans which are for the benefit of employees of the company or of any entity that is a related party of the company.

g) Employee Benefits

Salaries, annual bonuses, paid annual leave and contributions to defined contribution plans are accrued in the year in which the associated services are rendered by employees.

4. CRITICAL ACCOUNTING ESTIMATES AND JUDGEMENT

The company's management makes assumptions, estimates and judgements in the process of applying the company's accounting policies that affect the assets, liabilities, income and expenses in the financial statements prepared in accordance with HKFRSs. The assumptions, estimates and judgements are based on historical experience and other factors that are believed to be reasonable under the circumstances. While the management reviews their judgements, estimates and assumptions continuously, the actual results will seldom equal to the estimates.

Certain risk factors in respect of the financial risk management are set out in note 6.



Notes to the Financial Statements for the Period Ended 31st March 2010 (Continuations)

5. GENERAL COMMITTEE MEMBERS' REMUNERATION

The company's key management personnel only include General Committee members.

General Committee members' remuneration disclosed pursuant to section 161 of the Hong Kong Companies Ordinance is as follows:

Fee	HK\$
Other Emoluments	\$Nil
	\$Nil

6. FINANCIAL RISK MANAGEMENT

The company is exposed to various kinds of risks in its operation and financial instruments. The company's risk management objectives and policies mainly focus on minimizing the potential adverse effects of these risks on the company by closely monitoring the individual exposure as follows :

a) Market Risk

i) Currency risk

As all the company's transaction and bank balances are in Hong Kong dollars, there is no currency risk.

ii) Interest rate risk

The interest rate risk arises from bank balances. Bank balances with variable rates expose the company to cash flow interest rate risk.

The company has followed a policy of which involves close monitoring of interest rate movements and taking appropriate action where necessary.



Notes to the Financial Statements for the Period Ended 31st March 2010 (Continuations)

7. FINANCIAL RISK MANAGEMENT (CONT'D)

a) Market Risk (Cont'd)

iii) Price risk

As the company has no investment in listed equity securities, classified either as available-for-sale financial assets or financial assets at fair value through profit and loss, therefore the company does not exposed to price risk.

b) Credit Risk

Bank deposits are normally placed with financial institutions of high credit quality.

c) Liquidity Risk

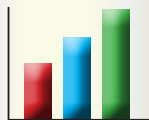
The company's policy is to regularly monitor its liquidity requirements to ensure that it maintains sufficient reserves of cash and adequate funds to meet its requirements in the short and longer term.

The following table details the contractual maturity of the company for its financial liabilities. The table has been drawn up based on the undiscounted cash flow of financial liabilities based on the earliest date on which the company can be required to pay. The amounts represent both interest and principal cash flow.

Accrued Expenses	HK\$
Not later than 1 month	1,600.00
	<hr/>
	\$1,600.00

d) Fair Value

All financial instruments are carried at amounts not materially different from their fair value at the end of reporting date.



Notes to the Financial Statements for the Period Ended 31st March 2010 (Continuations)

8. CAPITAL RISK MANAGEMENT

Capital comprises of reserves stated on the statement of financial position. The company's objective when managing capital is to safeguard its ability to continue as a going concern.

The company manages the capital structure and makes adjustments to it in the light of changes in economic conditions and the risk characteristics of the underlying assets.

The company is not subject to either internally or externally imposed capital requirements.

9. CHANGE OF COMPANY NAME

The company changed from its former name of Youths Action Limited to its present name with the Certificate of Incorporation on Change of Name issued on 31st March 2009.

10. APPROVAL OF FINANCIAL STATEMENTS

These financial statements were authorised for issue by the company's General Committee on 24th November 2010.



<http://www.ah.org.hk/>



捐款表格



捐款者資料 Information of Donor

中文捐款者／機構名稱 Chinese Name :

先生 / 女士 / 太太 / 小姐 (請刪去不適用者)

英文捐款者／機構名稱 English Name :

Mr./ Ms./ Mrs./ Miss (請刪去不適用者)

通訊地址 Address :

聯絡電話 Tel. :

電郵地址 Email Add. :

註：以上個人資料將用作寄發收據及寄送本機構之資訊，如不欲收到本機構資訊，或需更改個人資料，請與本機構聯絡

Beside of the above purpose, the above information may also used for sending our publicity. If you do not want to receive them, or you want to change your personal details, please contact us.

捐款金額 Donation Amount

☐ HK\$1,000.0

☐ HK\$500.0

☐ HK\$100.0

☐ 其他金額 Other Amount HK\$ _____

註：捐款港幣 100 元或以上可申請免稅 Donation of HK\$100 or above are tax deductible.

捐款方法 Donation Method

☐ 劃線支票，祈付「健康行動有限公司」 Crossed payable cheque to "Action Health Limited"

☐ 銀行轉賬至 中國銀行：012-699-101-434-54 Bank transfer to Bank of China (Hong Kong)：012-699-101-434-54

請將填妥之捐款表格及劃線支票／銀行收據正本寄回香港灣仔軒尼詩道 36 號循道衛理大廈 12 樓 1202 室「健康行動」

Please send the donation form and crossed payable cheque or original ATM/pay-in slip to Action Health, Room 1202, 12/F, Methodist House, 36 Hennessy Road, Wan Chai, Hong Kong.

- 感謝支持健康行動 -



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