



daily fruits intake was best answered by parents, yet only 46.9% of respondents answered that correctly. Regarding the availability of snacks that were high in fat, sugar or calories at home, analysis results revealed that around 50% - 60% of parents reported that sometimes or often they would stock soda drinks or packed beverages with added sugar at home. In addition, around 40% of parents reported that candy and chocolate, and chips and crisps were sometimes or often available at home. And 10% families indicated that they often kept sweet biscuits or bread with stuffing or puff pastry that were high in fat and calories at home. Provision of unhealthy snack at home not only poses a threat to excessive intake of calories, sugar or fat among children and adolescents, but may also affect their appetite during main meals and resulted in the reduced consumption of vegetables and other nutritious food.

Most of the parents (77.0%) indicated that they would consider whether the food is good for health when choosing food for their children. However, there were half of the parents expressed the preference of their children was their main considerations in choosing food for them. The perception parents have on the eating habits of their children matched quite well with what children thought about their own eating habits. Only 38.9% of parents considered the eating habits of their children to be healthy or very healthy. Similar to that reported in students' survey, 60% of parents expressed it was not easy for their children to sustain healthy eating habits, mainly because their children liked food that was tasty but not too nutritious. The other major reasons reported by parents included healthy food not tasting good, lacking time for preparing healthy food and difficult to buy healthy food in the market. In addition, 12% of parents also indicated they did not understand what healthy eating habits should be.

Recommendations

Childhood obesity is one of the emerging global public health issues. Findings of this territory-wide nutrition survey revealed that the problem of over nutrition was common among students in Macao. One in four boys and one in seven girls was overweight, one in six children was a case of central obesity. Thirty percents of

students had abnormal LDL levels which is an important risk factor of cardiovascular diseases. In addition, results of sub-group analyses affirmed that body weight of children and adolescents is closely associated with the risk factors of cardiovascular diseases, including central obesity, high blood pressure, low HDL level, high LDL and triglyceride levels. Heart disease and stroke (cardiovascular diseases) are the second and third causes of death in Macao. It is therefore imperative to act now in addressing and combating the problems of childhood obesity and hyperlipidemia. All segments of the society should unite together to establish comprehensive, specific, effective and long-term strategies to halt and turn back the growing threat of obesity and its associated health risks and safeguard the health and well-beings of people in Macao.

Obesity, and its associated physical, mental and behavioural problems, is a complicated public health and social issue. There is no single solution or shortcuts available to resolve the problem. An integrated approach which involves inter-departmental and multidisciplinary collaboration and integration of the comprehensive strategies and actions advocated in the "Healthy Communities" and "Health Promoting Schools" campaign is recommended.

Parents play a significant role in sustaining a healthy eating habit in children and adolescents. Parents should act as a role model to foster a healthy eating and healthy lifestyle in the family. Foods and beverages that are high in fat, sugar or salt and of low nutritional value should be cut at home. Parents are encouraged to actively participate in health promotion activities organised by schools and in the community so as to equip themselves with health knowledge and skills and to enjoy healthy lifestyle with their children.

Organisation responsible for the study:

Centre for Health Education and Health Promotion, School of Public Health and Primary Care, Faculty of Medicine, the Chinese University of Hong Kong
Excerpted from: «Perfect Parents» the 27th issue, November 2009

02 全心为市民——氹仔教育活动中心 为市民提供多元服务

随着澳门及离岛社区的发展，市民对教育及消闲等各类服务的需求日增。1999年，教青局在氹仔布拉干萨街濠景花园第24至26座之间设立氹仔教育活动中心，为教育、康乐和文化活动提供多用途的场地，作为市民在余暇中举行有利成长和修身活动的地方。中心总面积15,629平方呎，2006年根据服务需要而重新装修之后，中心的空间及设施得以重整，突显了亲子、成人及青少年教育及余暇活动的设计，环境及服务条件得以优化。

提供有利亲子活动的环境设施

教青局对家庭教育十分重视，除了透过报章、电视及出版《百分百家长》杂志等不同的方式和媒体加强亲子教育外，辖下的氹仔教育活动中心经常为家长举办各类亲子教育活动，中心同时亦设置各种亲子活动设施，让家长能够在良好的环境下促进与子女的沟通。

“万有引力挑战站”：位于中心亲子活动区内，它可以为儿童提供两种的不同玩法，有以一般波波池形式的传统玩法，亦有以风力推动令气球不断飘浮于空中的动感玩法，游戏每半年轮换一次。

“玩具俱乐部”：有大量的玩具，不少更适合亲子共同玩耍的，父母可以在陪伴游戏的过程中，教导子女学习与人分享，以及培养收拾玩具的美德。

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全心为市民——氹仔教育活动中心
为市民提供多元服务

亲子故事厅：是亲子活动区内的阅览室，内藏各类绘本，有适合亲子阅读的舒适环境设计，是培养子女阅读兴趣的好地方。

“美味派出所”：是进行厨艺活动的场所，那里经常有亲子厨艺班的举办，活动过程中，年幼子女不必担心自己个子矮小而不能与父母一起动手烹调美食，因为他们可以站在从厨柜底拉出的特制木箱上，与父母一同处理食材，一同清洁食具。

“亲子魔法巴士”：它由退役巴士改装而成，兼具教育及娱乐功能，以体验课堂的设计理念，为参与者营造良好沟通的氛围，巴士的构图及装饰令参与游戏者进入虚拟的世界，使亲子可以在该时段内处身一个没有太多干扰的环境下，借助“魔法”进行亲子沟通。

上述各项亲子活动设施十分受家长的欢迎，已成为假日亲子活动的好去处。

多用途场地推动余暇活动的开展

除了上述适合亲子活动的场地及设施外，氹仔教育活动中心还有其他多用途的场地举办教育、康乐和文化等活动。

“休闲书房”：位于中心一楼，藏书量丰富而且阅读环境良好，既可阅览图书，亦可自备电脑作无线上网。

“跳室”：专业舞蹈室，经常有舞蹈、瑜伽及跆拳道等活动进行。

“综艺室”：举办讲座及工作坊活动。

“温室”、“左心房”、“右心房”、“手作坊”：举办各类成人、儿童及青少年生活教育及兴趣班等活动，这些培训课室每逢有兴趣班上课都显得十分热闹。

“乐人地带”：在一楼走廊尽，是一间达到专业隔音水准且设备齐全的Band房，是青少年喜爱“夹Band”的理想地方。

“网想空间”：位于中心地下正门口处，提供亲子及个人上网的电脑区。

“百变空间”：可作展览、讲座或进行社交舞及太极等活动训练场地的多用途空间。

“世界情报站”、“健康泉源”及“小小花园”：供市民阅报及品尝健康美食的场地，在这个区域市民可以一面品尝美食，一面阅读各种报章或观赏在花园傍边鱼池在畅泳的锦鲤。

经过2006年期间的改善工程，氹仔教育活动的中心的服务及设施更为完善，更能配合中心发展的方向。据中心的统计，2007年共有169,639人次使用，而2008年则跃升至205,644人次，有超过21%的增长。而2009年至10月份止，共有138,536人次，若非于2009年6月中旬因为避免流感形成社区感染而暂停若干服务设施，相信中心2009年的使用率将不亚于2008年。

中心各场地设施使用统计

2007年	2008年	2009年（至10月止）
169,639人次	205,644人次	138,536人次

积极推动亲职教育

氹仔教育活动中心设置各种多用途场所，不单为亲子及青少年提供良好的教育、康乐及文化活动的场地，同时中心亦主力承担向市民推行家庭教育的功能。中心透过出版《家长教育教材套》、组织系列家长教育活动，举办讲座、工作坊、家长座谈会及分享会等，加强亲职教育，充分发挥家长在子女教育中的作用。《家长教育教材套》分核心课程和基础课程两部分，内容除了包含核心家庭家长的一般需要之外，亦照顾到单亲家庭、新来澳家庭以及需轮班工作的双职工家庭家长的各种需要，该教材套核心课程正透过社团及机构的协助在社区逐步推广应用。

中心亦重视家长教育人员的培训，近年为家长教育工作者举办了多个不同范畴的专业培训，以提升有关人员与家长沟通和指导家长的能力，如“家长教育培训课程”、“亲职教育课程”导师训练班、“家长辅导技巧”小组以及“家庭性教育研习培训课程”等。

亲职教育及兴趣班活动统计

	2008年	2009年上半年
兴趣班、课程	共165项 2,173人次	共85项 1,151人次
亲职讲座及工作坊	共70场 2,903人次	共34场 1,093人次

积极宣传家长教育理念

为向全澳市民宣传家长教育之理念，中心协助定期出版《百分百家长》杂志及每季中心通讯，还制作了“主动关心，缩短亲子距离”及“互动表关怀，让家变得更和谐”广告宣传片。今年还将分别以“家庭的品德教育”和“家庭与学校合作”作为宣传主题制作两套宣传短片，供澳广视新闻时段播放。中心未来将继续与本澳各相关机构及学校合作，建立家庭教育网络，为家长提供教养子女资讯，透过多元化的家长教育活动提升家长的教养素质，并培训及扩大家长教育工作者的队伍。

中心开放时间：

周一至周日：上午10:00至晚上9:30

“万有引力挑战站”、“玩具俱乐部”及“亲子故事厅”开放时间：

周一至周日：上午11:00至晚上7:00

“亲子魔法巴士”开放时间：

周一至周五：下午4:30至晚上7:30

周六及周日：上午10:00至1:00，下午2:00至6:00

氹仔教育活动中心

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