

BACHELOR OF SCIENCE IN

# PUBLIC HEALTH

公共衛生學士課程

為人類健康帶來改變

Be the One To Make a Difference

高瞻・遠矚

The ONLY undergraduate  
public health programme in Hong Kong  
For Students from ALL Disciplines

香港唯一公共衛生本科課程，適合各學科同學報讀



香港中文大學  
The Chinese University of Hong Kong



香港中文大學醫學院  
Faculty of Medicine  
The Chinese University of Hong Kong



香港中文大學  
雅禮公共衛生及基層醫療學院  
The Jacky Chea School of  
Public Health and Primary Care, CUHK



**Professor Eng-kiong YEOH,  
GBS, OBE, JP**  
楊永強教授

# DIRECTOR OF JC SCHOOL OF PUBLIC HEALTH AND PRIMARY CARE

賽馬會公共衛生及基層醫療學院院長

“Our mission is to work with society to enable the conditions in which people can be healthy. We concern ourselves with the wider environment around us, both locally and globally which influences how we live and impacts on our health and wellbeing. Our focus is on how health systems function to ensure everyone who becomes sick has access to effective and appropriate care and there are policies and programmes in place to prevent them from becoming sick in the first place.”

「我們的使命是與社會各界人士攜手合作，保障民眾的健康；我們亦關注包圍我們並影響我們生活、健康和福祉的本地和國際環境。我們著眼於醫療體系如何確保每個病人能得到有效及合適的治療，以及社會政策和方案來預防疾病和疫症的發生。」

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## Public Health is...

*'The science and art of preventing disease, prolonging life and promoting health through the organised efforts of society.'*

- Sir Donald Acheson (United Kingdom)

*'What we as a society do collectively to assure the conditions in which people can be healthy'*

- Institute of Medicine (United States)

## 公共衛生是：

「透過社會各界的力量，以預防疾病、延長壽命和促進健康的一門科學與藝術。」

- Sir Donald Acheson (英國)

「指作為社會一份子，須團結合力確保人們在理想的環境下活得健康。」

- 醫學研究所 (美國)

## WHAT IS

# PUBLIC HEALTH?

## 何謂公共衛生？

Public Health is about your health, your community's health, and the health of the world at large. By joining the global force of people interested and dedicated to careers in public health, you can make a significant difference. Public Health is the crucial key to how our society achieves and sustains conditions that maximise the health and well-being of our populations.

Obesity and nutrition, pollution, heat waves, tobacco use, control of infectious and chronic diseases, and injury prevention are only a handful of the important contemporary issues in public health. Such issues require urgent attention, given the short and long-term impact they have on existing and future populations.

The responsibility of public health professionals is to have a holistic understanding of public health in communities - weaving insight from past experiences with our diverse populations to foresee potential challenges in everyday health. They are tasked with planning strategically for the proper management of health services, the control and prevention of infectious disease, as well as deciding what policies are best to promote healthier lifestyles for future generations.

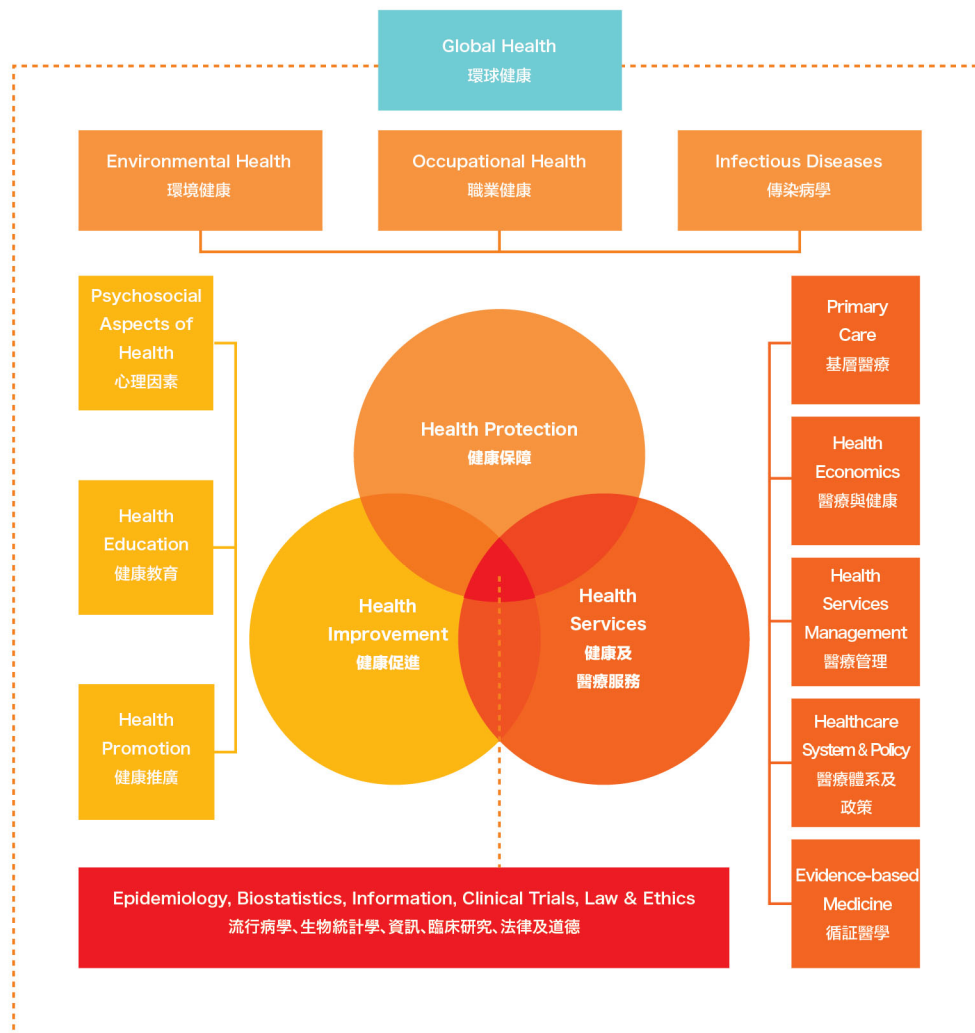
公共衛生關乎你的個人健康、社區健康、甚或環球健康。公共衛生的重要性在近年備受世界各國廣泛認同，加入這個與時並進的行列，你的確可為世界帶來重大的改變。公共衛生的決定性關鍵，在於集合社會各界的力量，為全民達致最佳的健康，並持之以恆，在達致健康的所需條件上共同努力。

肥胖與營養、污染、熱浪、禁煙、傳染病及慢性病的控制和預防傷害只是現時其中一些需要處理的公共衛生重要議題。這些問題會為現在甚至將來的人口帶來短期和長期的影響。因此，當前的急務是要關注這些問題。

公共衛生專才的責任是對社區的公共衛生有整體的瞭解——公共衛生的專才往往能透徹分析過往、現在甚至將來的趨勢和挑戰，別具遠見。在醫療服務管理、傳染病預防與控制、訂立最佳的政策來宣揚健康生活模式給下一代，這些都是公共衛生專才所需策劃的。

# THREE DOMAINS IN PUBLIC HEALTH

## 公共衛生三大領域





# INTRODUCTION OF BSc IN PUBLIC HEALTH

## 公共衛生理學士課程簡介

At the vanguard of public health education, the JC School of Public Health and Primary Care of the Faculty of Medicine has designed the first public health undergraduate programme in Hong Kong, Bachelor of Science in Public Health (BSc in Public Health). It provides students who have an interest in public health with valuable insight into population health issues. Concepts students can expect to grasp include the social determinants of health, environmental impact on health, healthy lifestyles, public health law and ethics, biostatistics and epidemiology fundamentals, emergency preparedness and disaster response, infectious diseases, and health services reform.

The curriculum of the BSc in Public Health Programme begins with Faculty Package courses, to let all students within the Faculty of Medicine share a largely common experience and gain broad exposure to related disciplines. Start from the second year, students take foundation courses in public health which include health ethics; public health methods and theories; and courses on contemporary health issues. In the later part of the programme, students acquire more advanced and in-depth knowledge of three domains of public health. This programme is benchmarked against world-class universities in Australia, the United Kingdom and the United States.

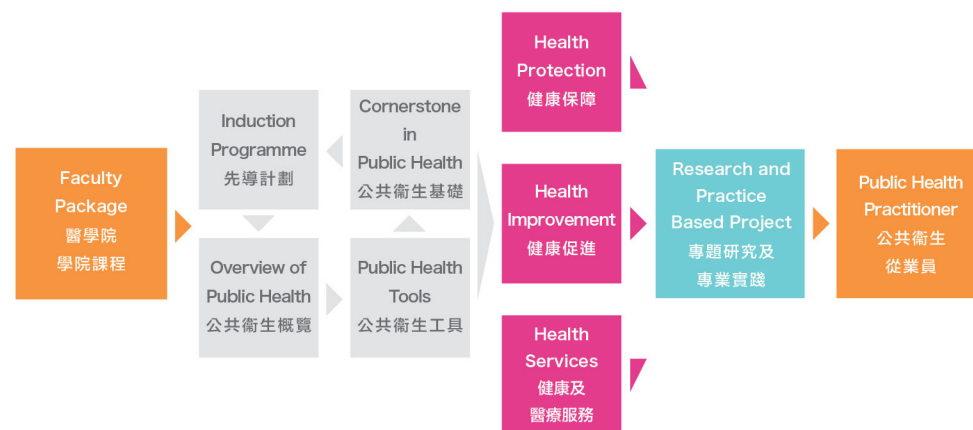
醫學院轄下的賽馬會公共衛生及基層醫療學院作為公共衛生教育的先驅，編訂了全港首個公共衛生本科生課程——公共衛生理學士學位課程，讓對公共衛生感興趣的學生在大眾健康範疇上擴闊視野。學生從中領略的概念包括：影響健康的社會因素、環境對健康的影響、健康生活模式、公共衛生法律與道德、生物統計學及流行病學基礎、危急預防及災難應變、傳染病學和醫療服務改革等。

課程以醫學院學院課程作開端，讓所有醫學院學生分享基本上共有的經驗及建立廣闊的接觸面。學生在第二年開始須修讀公共衛生基礎課程，當中涉及公共衛生道德、公共衛生理論與工具和當今公共衛生議題等。在課程的後半部份，學生可獲得公共衛生三大領域中的進階及深入知識。課程以澳洲、英國和美國的世界級大學課程作基準。



## BSc IN PUBLIC HEALTH PROCESS MODEL

### 公共衛生理學士修業模式



## COURSE LIST AND COURSE DESCRIPTIONS

科目總表及簡介





# WHAT ARE THE CAREER OPPORTUNITIES IN PUBLIC HEALTH?

## 公共衛生有哪些事業發展機會？

Some career paths that you may choose in public health include:

- Health finance, administration, and management in hospitals, clinics, and other healthcare settings;
- Health regulation and law enforcement in government agencies and departments;
- Health education and advocacy in a variety of non-governmental organisations, and international aid agencies;
- Policy development and project leadership in government departments, international think tanks, international organisations;
- Research and development in areas such as environmental health, infectious diseases, or occupational health at academic institutions;
- Teaching at secondary schools, universities, and other academic institutions;
- Leading community outreach and volunteer activities that promote health.

在公共衛生範疇中，你的事業發展機會良多。部分的事業發展路向是：

- 在醫院、診所及其他醫療保健服務業從事醫療融資、行政及管理；
- 在政府部門從事衛生法例制定和執行；
- 在非政府組織和國際救援組織從事健康教育 and 提倡健康的工作；
- 在政府部門、國際智囊團、國際組織等等從事政策發展和項目領導；
- 在學術機構作有關環境健康、傳染病或職業健康的研究及發展工作；
- 在中學、大學及其他學術機構從事教育工作；
- 在社區領導與健康促進有關的社區活動及義務工作。

## EXAMPLES OF JOB OFFERS

## FOR BSc IN PUBLIC HEALTH GRADUATES

## 部分公共衛生理學士畢業生的工作機會

### Government

- Executive Assistant
- Executive Officer

### 政府部門

- 行政助理
- 行政主任

### Non-Governmental Organisations & Academics

- Assistant Prevention Officer
- Management Trainee
- Project Assistant
- Research Assistant

### 非政府組織及學術機構

- 助理預防項目主任
- 見習行政人員
- 項目助理
- 研究助理

### Private Industry

- Administrative Assistant in health care centre or private hospital
- Graduate Trainee in pharmaceutical company
- Regulatory Affairs Associate in pharmaceutical company

### 私人機構

- 醫療中心或私家醫院的行政助理
- 製藥公司的見習生
- 製藥公司的藥事法規專員

# ADMISSION REQUIREMENTS

## 收 生 要 求

### LOCAL STUDENTS (JUPAS)

Applicants shall have obtained the minimum requirements for admission or above in one or more sittings of Hong Kong Diploma of Secondary Education (HKDSE).

### 本地學生(大學聯合招生辦法)

申請人必須於同一次或多於一次的香港中學文憑考試中考獲符合最低要求或以上的成績

#### Minimum Requirements 最低要求

Core Subjects 核心科目				Elective Subjects 選修科	
Chinese 中國語文	English 英語文	Maths 數學	Liberal Studies 通識教育	Elective Subject 1 第一科 選修科目	Elective Subject 2 or M1/M2 第二科選修科目或 數學(延伸部分)單元1或2
3	3	2	2	3	3

Preference will be given to applicants who list BSc in Public Health as their choice in Band A. Applicants may be invited to attend an interview before or after the release of HKDSE results. In addition to HKDSE result, reports of school principals, records of extra-curricular activities and campus journalism experience may be considered.

如申請者將公共衛生理學士列為Band A選擇範圍，將可獲優先考慮。申請者可能需要於香港中學文憑放榜前或放榜後進行面試。除香港中學文憑成績外，校長推薦報告、課外活動記錄及校園服務經驗等均可作考慮。

### LOCAL STUDENTS (NON - JUPAS) & INTERNATIONAL STUDENTS

#### 本地學生(非大學聯合招生辦法)及海外學生

For details, please visit the University website at

有關詳情，請瀏覽大學網址：

- Local Students (Non - JUPAS)  
本地學生(非大學聯合招生辦法):  
<http://www.cuhk.edu.hk/adm>
- International Students  
海外學生:  
<http://www.cuhk.edu.hk/adm/intl>





GAINING  
EXPOSURE  
WHILE  
STUDYING

加強學習經歷

EXPERIENTIAL  
LEARNING

體驗學習模式

INDUCTION PROGRAMME

Students will participate in site visits that cover government sectors, private sectors and non-governmental organisations to explore the students' perspective on professional public health practices.



St. Paul's Hospital  
聖保祿醫院

RESEARCH AND PRACTICE  
BASED PROJECT

Students are requested to complete 100 hours of field work and a research project based on the chosen field of interest with the guidance of a supervisor. It is an essential experience which develops student's understanding, analytical and researching skills as well as critical thinking in a particular subject.

專題研究及專業實踐

學生須在導師督導下，為某一特定公共衛生議題進行專題研究及須完成100小時的實習工作。這是寶貴的學習經歷，可加強學生的理解及分析能力，加強研究和解難技巧。



Mental Health Association  
香港心理衛生會



Centre for Health Protection  
衛生防護中心

先導計劃

學生將會被安排到不同地點參觀，包括政府部門、私人機構和非政府組織，藉此令學生掌握專業公共衛生的實踐。



Hospital Authority  
醫院管理局



STUDENT  
ACTIVITIES

學生活動



Student Society 學生會

Students are encouraged to participate in various internal and external activities to fully explore their potentials and creativity, as well as achieve whole-person development.

本院鼓勵學生積極參與校內校外的課外活動，讓他們能夠盡展潛能，發揮無窮創意，從而達致均衡的全人發展。



Teacher-Student Gathering 師生聚會



Fun Run 2016



Spring Dinner 春茗



Graduation Photo Day 畢業生拍照日

ENRICHMENT



MENTORSHIP SCHEME

Students will be invited to join the Mentorship Scheme which provides a valuable opportunity for establishing network, exposure to diverse perspectives, and career development.

師友計劃

學生透過參與師友計劃，獲得建立其人際網絡、擴闊視野和發展他們事業計劃的寶貴機會。



FIELD STUDIES COURSE AND STUDY TOUR

Field studies course and study tours will be arranged to broaden the horizons of students, and to explore regional healthcare system in the summer.

野外考察課程及交流團

學生參加野外考察課程及交流團，藉此機會擴闊視野、學習及探討地區的醫療體系。



PEER ASSISTED STUDY SESSION (PASS)

PASS is a program where students work together to consolidate understanding, reinforce key concepts and develop effective study strategies. Each session is facilitated by PASS Leaders: students who have excelled in the course in the past.

友儕輔學時間

這項計劃以科目為單位，招募過往修讀過該科目而成績優異的學生成為「友儕領袖」，協助學生鞏固學習基礎及開創有效的讀書策略。



STUDENT EXCHANGE PROGRAMME

Exchange opportunities are offered to our students. By participating in exchange programmes, students can experience different learning environments and cultures, and broaden their horizons.

交換生計劃

學生參加由本課程、大學或書院舉辦的交換生計劃，藉此體驗不同的學習環境及文化，擴闊視野。







# AWARDS AND SCHOLARSHIPS

## 獎 項 與 獎 學 金

Our School and University offer a number of awards and scholarships to recognise and encourage students who have demonstrated academic excellence and outstanding performance in other areas, such as creativity, community services and leadership.

Partial list of JCSPHPC students' achievement in academic year 2015-2016:

本院及大學均設立多項獎項及獎學金，藉以肯定和鼓勵成績優異或在非學術範疇中（如：創意、社區服務、領導才能等）表現傑出之學生。

賽馬會公共衛生及基層醫療學院學生於2015-2016學年獲頒發的部分獎項與獎學金：

Awards / Scholarships	獎項 / 獎學金
1960 Ming De Xin Wen Alumni Academic Prize	1960年明德新民校友學業優異獎
AIG Hong Kong Scholarships	
Alumnus of Class of 1972 Outstanding Social Service Award	雋社校友傑出社會服務獎
AstraZeneca Student Leadership Scholarship	阿斯利康香港有限公司學生領袖獎學金
Awards for Sports Event Record Breakers	破紀錄運動員獎
D.H. Chen Foundation Scholarships	陳廷驊基金獎學金
Dean's Outstanding Academic Award	院長傑出成績獎

Recipients	得獎學生
WONG, Chui Hei	黃隨喜
VERMA, Rohit Kumar	
CHUNG, Pui Wun	鍾珮嫻
CHUNG, Pui Wun	鍾珮嫻
MOK, Hiu Yan	莫曉欣
HO, Yan Kiu	何欣翹
LIN, Ho Kwan	連可君

HSBC Hong Kong Scholarship	滙豐香港獎學金
Innovation and Creativity Award	創新創意獎
JCSPHPC Research and Practice Based Project (Health Services) Outstanding Award	賽馬會公共衛生及基層醫療學院專題研究及專業實踐傑出表現獎（健康及醫療服務）
Kiang Ping Fai Scholarship	姜炳輝獎學金
Lam Yee Lung Wade China Employment Award Scheme	林宜龍內地就業實習獎勵計劃
Lee Wai Wing Scholarships	李惠榮獎學金
M. Y. Tsai Memorial Scholarships	蔡明裕紀念獎學金
Mr. & Mrs. Rusy M. Shroff Scholarship	勞士施羅孚先生夫人獎學金
Mr. & Mrs. S. H. Hsu Memorial Scholarships	徐士浩、沈玉紀念獎學金
Ms Yeung Shu Ching Memorial Scholarships	楊樹青女士紀念獎學金
Pearl Island Lions Club Public Health Scholarship	明珠獅子會公共衛生獎學金
Reaching Out Award	外展體驗獎
S. Leung Postgraduate Scholarship	梁鶴年留學獎學金
Shaw College General Education Scholarships	逸夫書院通識教育獎學金
Shaw College Global Exposure Award Scheme	逸夫書院寰宇交流獎勵計劃
Shaw College Scholarships for Community Service	逸夫書院社區服務獎
Sir David Trench Scholarships	戴麟趾爵士獎學金
Sir Run Run Shaw Gold Medal	邵逸夫爵士金牌
Social Services Award – Wu Yee Sun College	社會服務獎 – 伍宜孫書院
WONG, Tsz Yan	黃梓欣
CHAN, Yuen Kiu	陳婉喬
LAI, Liangyu	賴良煜
YIM, Wing Yee	嚴詠儀
CHEUNG, Sin Yu	張倩瑜
LIN, Ho Kwan	連可君
CHU, Tsz Kan	Christopher 朱子勤
CHAN, Yeuk Lai	陳約禮
TO, Yuet Ying	杜悅瀝
VERMA, Rohit Kumar	
LEUNG, Tin Chi	Jonathan 梁天賜
LAI, Shuk Wun	黎淑媛
LI, Pui Tong	李沛瑋
WONG, Tsz Yan	黃梓欣
HO, Yan Kiu	何欣翹
VERMA, Rohit Kumar	
HO, Ka Ki	何珈其
CHAN, Sze Lok	Royce 陳詩諾
WONG, Tsz Yan	黃梓欣
VERMA, Rohit Kumar	
CHAN, Yuen Kiu	陳婉喬
LAU, Hiu Ching	Jo Jo 劉曉晴
SO, Man Ching	蘇文婧

T.Y. Wu Foundation Scholarship	吳仲亞基金獎學金
Talent Development Scholarship	才藝發展獎學金
To Teuk Ki Public Health Research and Practice Based Project (Health Protection) Outstanding Award	杜琢其公共衛生專題研究及專業實踐傑出表現獎（健康保障）
United Asia Finance Scholarships	亞洲聯合財務獎學金
Wei Lun Foundation Scholarships for the Faculty of Medicine	偉倫醫學院學生獎學金
Woo Sau Wing Scholarships	胡壽榮獎學金
LEUNG, Tin Chi	Jonathan 梁天賜
AU, Jasper	Tsz Shun 歐子醇
MOK, Hiu Yan	莫曉欣
IP, Hang Fai	葉恆輝
SIN, Chun Yi	冼雋怡
CHOW, Tsang	Man Jasmine 周增敏
VERMA, Rohit Kumar	

# WONG PIU FAT

黃標發



Year 2, BSc in Public Health Student (JUPAS)  
公共衛生理學士二年級學生  
(大學聯合招生)

Making the world a better place has always been my aspiration. Witnessing the outbreak of SARS and MERS around the world, I realized the importance of public health in resisting the spread of diseases as well as protecting global population's health. Thus, I decided to join the big family of public health.

Past year's learning experience was fulfilling and meaningful. Not only equipping us with foundation knowledge about epidemiology and body mechanisms, but also giving us an insight on future workplaces including government and non-governmental organizations in the field of public health through "Induction Programme". My horizon was broadened by the abovementioned experiential learning.

Being a committee member of public health's student society, I was never bored in the past year. I was given lots of opportunity to meet students from CUHK and other universities, thus expanding my social network. Moreover, organizing events like photo day and spring dinner had become unforgettable experience for me.

讓世界變得更美好一直是我的志願。近年我目睹SARS與MERS於世界各地的爆發，於是意識到公共衛生於對抗疾病傳染及保護人類健康的重要性。因此，我決定加入公共衛生學系這個大家庭。過去一年的學習經驗十分充實和有意義。我們不但學會了有關流行病學與身體結構的基本知識，更透過「先導計劃」了解未來工作的地方，包括與公共衛生有關的政府與非政府機構。這種體驗學習模式擴闊了我的視野。作為公共衛生學系學生組織的成員之一，我過往一年的校園生活十分多姿多采。藉著籌辦不同的學生活動，令我有機會認識來自中文大學與不同大專院校的學生，擴闊社交圈子，也成為了我難忘的珍貴回憶。

# SHARING FROM STUDENTS

同學分享

After one year's study, I have learnt that prevention is of utmost important among all solutions to diseases. Chronic diseases stem from bad habits and imbalanced diets. Although we are not the frontline healthcare professionals who engage in the direct process of curing people, we can offer protection to our citizens by promoting the healthy lifestyle. This strong sense of commitment made me believe that studying in this program is the right choice.

I have had a joyful school life throughout the year. Being one of the committee members in the student society, I learn how to cooperate and communicate with people from diversified backgrounds through organizing different activities. Invaluable friendships with people who share the same views as I do and refreshing perspectives are gained along the way, in which, I am very grateful of it.

If serving the community or promoting the essentials of public health is something that appeals to you, studying in BSc in Public Health is no doubt a correct path for you.

## TONG MANTING

唐敏婷



Year 2, BSc in Public Health Student (Non - JUPAS)  
公共衛生理學士二年級學生  
(非大學聯合招生)

經過一年的學習，我明白到預防疾病的重要性，很多疾病的發生源於市民不健康的生活和飲食習慣。雖然我們不是前線的醫護人員，不能醫治市民，但透過宣揚健康的生活模式，我們也能從其他方面守衛市民的健康，正是這份使命感令我堅信當初的選擇是對的。過去一年的校園生活十分充實，成為院會幹事，籌辦不同的活動，我學會了如何與不同的人合作和溝通，也擴闊了我的視野和社交圈子。如果你跟我一樣，渴望在未來的日子服務社會大眾，在公共衛生範疇出一分力的話，選讀公共衛生理學士課程是必然之選！

With the outbreak of SARS, H5N1 swept through Hong Kong and around the world, public health awareness is increasingly becoming important. Indeed, doctors and nurses provide medical services to individuals while public health professionals play equally important role in preventing the onset of diseases through various aspects from health education to health policies making in the community.

Public health curriculum not only equipped me with a sound foundation from biomedical knowledge to the perspectives of health promotion and protection, but also provided experiential learning opportunities which offered me a lens of humanities to glance through community health in a different way. I could never forget my first health promotion trip which made a big impression on me to rural China. It was a treasurable experience from which tailor-made health materials were designed for ethnic minority community. Despite all different backgrounds in the team, we worked hard to achieve the common goals of practicing public health in the field.

I am now working in an NGO (Non-governmental organisation) for health promotion and protection where I am able to march forward with my passion and dedication in protecting health for all.



# YIU PO YI

姚寶怡

BSc in Public Health Graduate  
公共衛生理學士畢業生

The four years spent in Public Health programme is fruitful and fun. Public Health people are keen to share ideas and work as a team. With the support of our department, we can always take proactive steps to implement our health promotional ideas in the real setting. Through the mentorship and internship program, I expanded my network, gained a precious chance to work in a world famous company and acquired valuable insights about public health related positions in the government, NGOs and private sectors. I am now responsible for promoting safety devices and providing trainings among medical staff and students in Hospitals. Those experiences during my study qualified me to secure this promising and challenging job in the medical devices field.

回顧四年大學生活，我過得充實愉快。公共衛生學的同學很團結，得到學系的支持，我們能一起實踐各種健康推廣活動，學以致用。透過學長計劃，我結識了經驗豐富的前輩，了解我們在政府、非政府組織及商界等的發展空間；另一方面，我有幸被安排到一間世界知名的公司實習，實在令我獲益良多。現在我作為醫療儀器專員，負責訓練醫護人員和醫學生的抽血技術及在醫院推廣安全儀器。要是沒有實習經驗和前輩的分享，我也未必能勝任這份富挑戰性的工作。

隨著近年SARS和H5N1的疫症橫掃香港和全球，公眾對於公共衛生的意識漸漸地提高了不少。事實上，醫生和護士在醫護上提供個人層面上的服務給病人，而公共衛生專才則通過健康教育和制訂政策，在保衛公眾健康上扮演了同等重要的角色。本課程不單提供了實用的生物醫學基礎讓我們作健康推廣，更有體驗學習的機會去探討何為公義、何為公共衛生。最令我難忘的是一次到偏遠的中國農村作公共衛生倡議的經歷。縱使當中我們有來自不同背景的人，我們都向著相同的目標前進——就是要為當地少數民族居民提供最適切的健康保障方案。這旅程為我們的未來投入公共衛生的行列打好了紮實的基礎。我現於一間非牟利機構工作，負責健康推廣和健康保障的項目，容讓我實現保障大眾健康的理想。

# HA WAITSZ WINNIE

夏慰芷



BSc in Public Health Graduate  
公共衛生理學士畢業生