

# 愛嬰資訊

*Baby Friendly Newsletter*

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國際母乳哺育周  
World Breastfeeding Week  
1-7 August 2012



衛生署家庭健康服務  
Family Health Service  
Department of Health



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我們需要您的支持！

We need your support!

## 主席的話

## Message from the Chairman

嬰幼兒的營養及食物安全是近年香港城中的熱門話題，如早前日本奶粉缺碘事件再次令媽媽提心吊膽。其實這正反映香港在嬰幼兒餵養政策上的不足，以及本港家庭對於配方奶的依賴。

其實最安全可靠的嬰兒營養來源就在媽媽身上。世界衛生組織建議首6個月的嬰兒，除了在特殊的醫療情況下，都應以純母乳餵哺。而要令大多數媽媽能成功以純母乳餵哺嬰兒實在有賴大眾、醫療系統、公共政策的配合。今期的通訊之中，我們將報告有關香港的母乳育嬰趨勢及相對的改善建議。

我們希望，在父母的餵哺母乳意識持續上升的同時，香港有關嬰幼兒餵養的政策、配套及社會文化亦能趕上，令母乳餵哺再次成為嬰兒餵養的主流，而香港的嬰兒食物安全亦得到最好的保障。

Recent news on iodine deficiency in Japanese infant formulas stirred up a keen discussion on infant and young child nutrition and food safety in Hong Kong. The news reflected the gaps in policy in infant and young child feeding, and the heavy reliance on infant formula in Hong Kong.

Indeed, the safest and most reliable source of infant nutrition is from the mother. World Health Organisation recommends exclusive breastfeeding for the first 6 months of life unless there are specific medical reasons. Nevertheless, normalising sustained exclusive breastfeeding needs support from the general public, healthcare system and public policies. In this issue of the newsletter, we report on the current trend in breastfeeding in Hong Kong and make recommendations for improvement.

We hope that as the parents' awareness in breastfeeding is heightened, our policies, facilities and general public awareness can catch up, breastfeeding would become the norm again, and food safety for our next generation can be better ensured.

葉麗嫦醫生  
Dr. Patricia Ip



## 2012 年國際母乳哺育周活動回顧 Celebration of World Breastfeeding Week 2012

為了慶祝國際母乳哺育周，聯合國兒童基金會愛嬰醫院香港協會、衛生署家庭健康服務及醫院管理局一如以往，於 6 月至 7 月期間合辦公眾活動，推廣母乳育嬰訊息。

From June to July this year, UNICEF Baby Friendly Hospital Initiative Hong Kong Association (BFHIHKA), Department of Health Family Health Service and Hospital Authority organised public activities to celebrate World Breastfeeding Week.

### 「隨時隨地餵哺母乳」攝影活動 “Breastfeed Anywhere, Any time” photo campaign

我們於本年 6 月合辦了「隨時隨地餵哺母乳」攝影活動，旨在集合媽媽、家人及寶寶的支持，提昇公眾對母乳餵哺權利的意識，呼籲大眾以正面的態度支持媽媽「隨時隨地餵哺母乳」。

我們在西灣河及馬鞍山母嬰健康院邀請媽媽及寶寶與我們的展板合照，並為相片創作標題。活動籌委會選出了三組的相片及標題，製作成獨一無二的郵票贈予得獎媽媽留念。

In June, a “Breastfeed Anywhere, Any time” photo campaign was held to gather support from mothers, families and babies in advocating for public awareness in breastfeeding as a basic right, and urging the public to support mothers to “Breastfeed Anywhere, Any time” .

On the event days, we invited mothers and babies to take pictures with our display boards placed in the Sai Wan Ho and Ma On Shan Maternal and Child Health Centres, and create a caption for the photo. The organising committee selected 3 sets of photos and captions. They were made into sets of stamps awarded to the mothers.



隨時隨地餵母乳 你我做得到  
Breastfeed Anywhere Any time,  
you and I can do it - Sharon Lai



BB 健康路 母乳第一步  
A healthy baby starts with breastfeeding  
- Dorothy Ip



母乳是最好的!  
Breastfeeding is the best!  
- Me Kwan



## 得獎媽媽分享 Sharing by participating mothers

### 關穎雯女士 Me Kwan

關女士是一位育有兩兒的母乳媽媽。她認為在香港，媽媽要往外餵哺母乳有困難，特別是因為公眾育嬰設施的不足。她認為不少其他國家的公眾育嬰設施的設備和設計都比香港優勝，除了有基本的哺乳房間及衛生設施，還會細心考量和配合父母的其他育兒需要。她認為香港的公眾育嬰間可參考國外的好設計，而且數量應增加，讓在外餵哺母乳更方便。

雖然在香港餵哺母乳仍然困難重重，但是她看見子女飽滿健康便感到很滿足，所以會堅持餵哺。

Me is a breastfeeding mother with two children. She thinks it is not easy for Hong Kong mothers to breastfeed in public, especially with the lack of public facilities. She observed that there are many nursing rooms with a better design in other countries. They did not only provide mothers with the space to nurse, but also other features to make child-care easier for parents. She wishes to see nursing facilities in Hong Kong incorporating good designs and practices in other countries. Their numbers need to be increased so that breastfeeding in public can be made easy.

Despite many difficulties, she insists on breastfeeding because of the satisfaction of seeing her baby growing strong and healthy.

### 葉潤珮女士 Dorothy Ip

身為兩兒之母的葉潤珮女士分享，她見證了公共醫療系統中對母乳餵哺支援有顯著進步，及大眾對母乳餵哺的看法亦愈趨正面。

然而她亦指出了不足之處，如公眾教育方面。她認為應擴大公眾教育的層面，不只是媽媽，更應教育廣大市民，讓大眾了解及共同支援母乳哺育。另外，她亦擔心產假後哺乳將面對的挑戰，她希望公眾教育能提高雇主在工作安排上支援雇員的意識。最後，她也呼籲將復工的媽媽主動與雇主提出自己的需要。

Being a mother of two as well, Dorothy witnessed the improvement in breastfeeding support in the public health services, and a positive trend of the public supporting breastfeeding over the years.

However, there are still many gaps, such as public education. She thinks that not only mothers, but also the general public needs breastfeeding education. Better understanding would lead to a supportive environment. Besides, she was worried about the challenges in breastfeeding after returning to work. She hopes that public education would enhance employers' willingness to make flexible arrangements that facilitate employees to sustain breastfeeding. She encourages mothers to voice out their needs to their employers before returning to work.



## 2012 年國際母乳哺育周 —

## 「理解過去，計劃將來」記者招待會

## World Breastfeeding Week 2012 –

## “Understanding the Past, Planning the Future” press conference

響應本年國際母乳哺育周的主題：「理解過去，計劃將來」，我們在 7 月 28 日舉行了周年記者招待會。會中，本會公佈了「周年母乳育嬰問卷調查」及「世界母乳育嬰趨勢調查」結果，讓大眾掌握現時香港的母乳育嬰新趨勢。「隨時隨地餵哺母乳」攝影活動其中一位得獎媽媽葉潤珮女士及家人亦獲邀分享他們的經驗和意見。

## 2012 年母乳育嬰問卷調查結果

本會每年均會向 18 所設有婦產科醫院發出問卷，本年問卷調查結果顯示 2011 年出院時之母乳餵哺比率為 83.3%，比 2010 年的上升 4.1%，也是本會進行調查的 20 年來首次突破 8 成。這代表在港的父母多了解到母乳的好處，所以在初生階段大多選擇母乳哺育。另外，從本年開始，所有受訪醫院已停止接受免費的母乳代用品，《國際母乳代用品銷售守則》在各醫院內的遵守情況得到明顯改善，情況令人鼓舞。然而，各醫院在《成功母乳育嬰十項指引》實施情況仍然參差。其實

《十項指引》互相補足，有助媽媽在出院後持續以純母乳餵養。



如欲閱讀「2012 年周年母乳育嬰問卷調查」報告全文，請瀏覽本會網頁：

To download the full report of the Annual Survey on Breastfeeding 2012, please visit our website:

<http://www.babyfriendly.org.hk/news/annual-survey/>

This year, we celebrated the 20th World Breastfeeding Week with the theme of "Understanding the Past, Planning the Future". It aimed to review previous efforts in promoting breastfeeding, identify gaps and make concrete suggestions to plan for the future. Echoing the theme, we organised our annual press conference on 28th July. At the press conference, BFHIHK released the results of our annual breastfeeding survey and World Breastfeeding Trend Initiative to enhance public understanding of the local trend and for our planning of the future. Besides, one of the winners of the "Breastfeed Anywhere, Any time" Photo Campaign, Ms Dorothy Ip and her family were invited to share her experience and opinions.

## Result of annual survey on breastfeeding 2012

BFHIHK conducts an annual survey on all 18 hospitals with maternity units to track breastfeeding trends in Hong Kong. The survey found that the breastfeeding rate upon discharge from the maternity units in 2011 was 83.3%, not only an increase of 4.1% of the rate in 2010, but also the first time it hit over 80% in the 20 years of conducting this survey. This was good evidence that most parents were aware of the benefits of breastfeeding, and thus chose to breastfeed when their baby was born. Besides, all hospitals stopped accepting free supplies of infant formula thus improving the compliance of the International Code of Marketing of Breastmilk Substitutes in the hospitals, a big step forward to becoming a Baby Friendly Hospital.

However, the implementation of the Ten Steps to Successful Breastfeeding has much room for improvement. Indeed, the Ten Steps complement each other so as to put mothers on a firm ground to sustain exclusive breastfeeding after discharge from hospital.



## 世界母乳育嬰趨勢香港調查結果

### Result of World Breastfeeding Trend Initiative (Hong Kong)

「世界母乳育嬰趨勢調查」(WBTi)由「國際嬰兒食品行動網」亞洲區 (IBFAN Asia) 創立，是一套國際性的指標，用以評估《環球嬰幼兒餵養策略》在各國的執行情況，發掘不足之處及提出改革建議，現有 81 個國家參與。2008 年本會受 IBFAN Asia 委託進行第一次香港調查，並在同年完成第二次調查。

在滿分的 150 分中，香港總分 2008 年為 27；2012 年為 37。調查反映香港在實施母乳代用品銷售守則、公眾教育資訊，及以監測嬰幼兒餵養情況方面都比 2008 年進步（詳見表一及表二）。然而，香港的得分仍遠低於鄰近亞洲區國家（見表三）。

就香港的不足之處，本會在報告中提出了改善建議。概括如下：

1. 香港欠缺長遠的母乳哺育政策規劃。香港應增設跨部門的中央母乳餵哺委員會，釐定本港的母乳哺育政策，監察政策的執行，及評估其成效；
2. 香港未有符合「愛嬰醫院」資格的醫院。醫院應積極落實「成功母乳育嬰十項守則」、遵守「國際母乳代用品銷售守則」及相關的世界衛生組織決議案；
3. 調整法定產假由現時的 10 星期至國際勞工組織規定的最少 14 星期；
4. 有系統地為照顧懷孕婦女、母親、嬰兒及幼童的醫護人員提供有關母乳哺育的培訓；
5. 成立為餵哺母乳的母親而設的互助支援小組。

WBTi is developed by International Baby Food Action Network (IBFAN) Asia to assess the implementation of the WHO / UNICEF Global Strategy for Infant and Young Child Feeding. The assessment assists in the identification of gaps and the recommendation of improvement measures. Currently 81 countries are participating in the project. BFHIIKA was invited by IBFAN Asia to co-ordinate the assessment for HKSAR: the first assessment was done in 2008, and the second assessment in 2012.

Out of the full score of 150, HKSAR's total score was 27 in 2008 and 37 in 2012. The re-assessment found improvements in the implementation of the International Code of Marketing of Breastmilk Substitutes, educational information for the public and monitoring of infant and young child feeding (See table 1 and 2). However, the score is far lower than our neighbouring regions (See table 3).

According to the gaps identified, BFHIIKA listed recommendations of improvement measures in the full report, briefly summarised as follows:

1. Hong Kong lacks a long-term strategic plan in breastfeeding. Hong Kong should establish a multisectorial Central Breastfeeding Committee that performs a leadership role in formulating a breastfeeding policy in Hong Kong, monitors its implementation and evaluates its effectiveness.
2. There is no Baby-Friendly Hospital in Hong Kong. Hospitals should implement the Ten Steps to Successful Breastfeeding and ensure compliance of the International Code of Marketing of Breastmilk Substitutes and subsequent relevant WHA resolutions.
3. Maternity leave should be extended from the current 10 weeks to at least 14 weeks as recommended by the International Labour Organisation.
4. Health workers who care for pregnant women, mothers, infants and young children should systematically receive training on breastfeeding.
5. Peer support groups for breastfeeding mothers should be established.



\* 每項指標以 10 分為滿分。  
Full score for each indicators is 10.

(表一) 第一部份：嬰幼兒餵養趨勢 \*  
(Table 1) Part I: Key findings on infant feeding trends

嬰幼兒餵養趨勢指標 Indicators on infant feeding trends	2008	2012
1. 於出生一小時內開始母乳餵哺 Initiate Breastfeeding with 1 hour of birth	沒有數據 No data	22%
2. 首 6 個月純母乳餵養 Exclusive Breastfeeding for first 6 months	沒有數據 No data	沒有數據 No data
3. 母乳餵哺時間中位數 Median duration of Breastfeeding	沒有數據 No data	沒有數據 No data
4. 奶瓶餵養 Bottle-feeding	沒有數據 No data	沒有數據 No data
5. 輔食品餵養 Complementary Feeding	沒有數據 No data	沒有數據 No data
總分 (第一部份) Total Score (Part 1)	0 / 50	3/50

(表二) 第一部份：嬰幼兒餵養政策及計劃 \*  
(Table 2) Part II: Key findings on policy and programmes

嬰幼兒餵養政策及計劃指標 Indicators on policy and programmes	分數 /Score (2008)	分數 /Score (2012)
1. 國家政策、計劃及統籌 National Policy, Programme and Coordination	0	0
2. 愛嬰醫院運動 Baby Friendly Hospital Initiative	1	1
3. 執行《國際母乳代用品銷售守則》 Implementation of the International Code	0	3
4. 產婦保障 Maternity Protection	2	2
5. 醫療及營養護理系統 Health and Nutrition Care System	3.5	3.5
6. 母親支援及社區外展 Mother Support and Community Outreach	7	7
7. 資訊支援 Information Support	6	8
8. 嬰兒餵養及愛滋病病毒 Infant Feeding and HIV	4.5	4.5
9. 在緊急狀況的嬰兒餵養 Infant Feeding during Emergencies	0	0
10. 監管及評估 Monitoring and Evaluation	3	5
總分 (第二部份) Total Score (Part 2)	27/100	34/100

(表三) 鄰近亞洲區國家總分  
(Table 3) Total score for some countries in Asia

國家 Countries	調查年分 Assessment year	分數 Score
中國 China	2008	80.5
韓國 Korea	2008	73
台灣 Taiwan	2008	32.5
印尼 Indonesia	2008	57.5

國家 Countries	調查年分 Assessment year	分數 Score
斯里蘭卡 Sri Lanka	2008	124
韓國 Korea	2008	73
泰國 Thailand	2011	75.5
越南 Vietnam	2008	76

請瀏覽以下網頁下載報告全文 Please go to the link below for the full report :  
[www.babyfriendly.org.hk/breastfeeding-in-hk/wbti/](http://www.babyfriendly.org.hk/breastfeeding-in-hk/wbti/)



## 回應奶粉碘含量低聯合記者招待會 Joint press conference in response to insufficient iodine content in some infant formulas

為回應早前奶粉碘含量低於世界衛生組織標準的事件，本會與香港母乳育嬰協會及國際母乳會（香港）於8月9日舉行緊急記者招待會，促請政府將《營養標籤法例》範圍擴大至36個月以下的嬰幼兒食品，及加快推出《香港母乳代用品銷售守則》。

本會主席葉麗嫦醫生在會上指出，嬰兒奶粉作為人工產品，有出產過程出錯的潛在風險，出錯的報導亦時有所聞，如早年的奶粉含三聚氰胺、輻射等事件。另外，奶粉包裝上的營養標籤資料與產品成分不一定相乎。現時科技不能確保某些營養素不隨存放時間而流失。故此，母乳作為最天然的嬰兒營養來源是最安全可靠的。

葉醫生補充，初生階段的嬰兒處於全速發展及最需要受保護的階段。然而，本港的《營養標籤法例》卻未有涵蓋36個月以下的嬰兒食品，故本會敦促政府從速堵塞漏洞，並加快推出《香港母乳代用品銷售守則》並確保其有效執行，如執行效果欠佳更應積極立法。



In response to the recent news of insufficient iodine content in certain brands of infant formula, BFHIHKA, Hong Kong Breastfeeding Mothers Association and La Leche League (Hong Kong) jointly organised a urgent press conference on 9th August to call on the government to extend legislation of nutrition labelling to foods for infants and young children under 36 months, and speed up the introduction of the Hong Kong Code of Marketing of Breastmilk Substitutes.

At the press conference, the Chairman of BFHIHKA, Dr. Patricia Ip, reminded parents that infant formula being a man-made product is subject to potential errors in the manufacturing process. Hence there has been periodic recalls of different problematic products throughout the years. Besides, the content of some nutrients on the labels do not necessarily reflect the content inside. Current state of technology does not prevent the level of some unstable nutrients to reduce with the passage of time after production. Therefore, a mother's breastmilk is the safest and most reliable source of nutrition for her baby.

In addition, Dr. Ip urged the government to regulate by law the nutrition labelling of foods for infants and young children under 36 months which are exempted under the current legislation. The voluntary Hong Kong Code of Marketing of Breastmilk Substitutes should be brought out as soon as possible and if it turns out to be ineffective, implementation by legislative means should be the immediate next step.





## 母乳餵哺能減低女性患上肥胖相關疾病 Breastfeeding reduces risk to obesity- related diseases for women at older age

英國一項有關育兒方式及母親身高體重指數 (body mass index, BMI) 的研究結果證實，母乳餵哺能長遠地減低女性患上肥胖相關疾病的風險。

這項大型研究收集了 740,628 位更年期後女性的數據，了解她們的身高、體重、生育及餵養嬰兒的經驗等等相關因素，發現每多餵哺母乳 6 個月能減低母親的身高體重指數達 1%，有效的減低她們隨歲增長而患上肥胖相關疾病的風險。

In UK, a large population-based study was carried out to investigate the effect of women's childbearing pattern on their body mass index (BMI). The study showed that breastfeeding has a long-term effect to reduce the risk of obesity-related diseases for women.

The study collected data from 740,628 postmenopausal women, including their height, weight, reproductive and infant feeding histories, and other relevant factors. It found a reduction of 1% of mean BMI for every 6 months of breastfeeding, which could reduce their risk of obesity-related disease as they age.

資料來源 / Source of information: Bobrow KL, Quigley MA, Green J et al (2012). Persistent effects of women's parity and breastfeeding patterns on their body mass index: results from the Million Women Study. International Journal of Obesity advance online publication, 10 July 2012. (<http://www.ncbi.nlm.nih.gov/pubmed/22777544>)



## 母乳的成分能影響嬰兒的食慾 Breastmilk composition affects babies' appetite

過往研究發現嬰兒需求的奶量非取決媽媽的供奶量，而是由嬰兒的生理需要控制，讓嬰兒可以跟據自己的食慾進食。

在澳洲，有研究人員邀請了純母乳餵哺的母嬰進行了研究，分析母乳中的主要營養素，如脂肪、乳糖、蛋白質等，與其餵哺母乳次數的關係。結果發現，如嬰兒在 24 小時內攝取的蛋白質成分較高，母乳餵哺的次數會較少。他們相信嬰兒的蛋白質攝取量與他們的食慾有關。

Previous researches suggest that babies have a self-regulatory mechanism on their milk intake that allows feeding according to the babies' appetite. The amount of milk intake was not determined by the milk supply of mothers.

In Australia, researchers invited mothers who were exclusively breastfeeding their babies to participate in a research that investigates the relationship between macronutrients in breastmilk, such as fat, lactose, and proteins, and the feeding patterns. The results showed that high protein intake over 24 hours was associated with fewer feeds per day. They believed that protein intake might play a role in infant appetite control.

資料來源 / Source of information: Khan S, Hepworth AR, Prime DK et al (2012). Variation in Fat, Lactose, and Protein Composition in Breast Milk over 24 Hours: Associations with Infant Feeding Patterns. Journal of Human Lactation. published 13 July 2012. (<http://www.ncbi.nlm.nih.gov/pubmed/22797414>)



## 紐約市倡醫院嬰兒奶粉如藥物般上鎖 共 27 所醫院響應 27 hospitals in New York city started locking up infant formula like medications

自本年 9 月 3 日起，美國紐約市推行一個名為 Latch On NYC 的母乳倡議計劃，把醫院中的嬰兒奶粉如藥物般上鎖，並記錄嬰兒奶粉的儲存和消耗情況，以減少醫院隨意為媽媽提供免費嬰兒奶粉，從而鼓勵母乳餵哺。全市 40 所醫院共有 27 所響應。



倡議母乳哺育的人士認為這計劃可抗衡嬰兒奶粉製造商的宣傳對新任媽媽的影響；反對者則擔心計劃會負面標籤了不選擇母乳餵養的媽媽。

按照計劃，如非有醫療需要，醫院不會讓嬰兒飲用奶粉。如果媽媽堅持使用嬰兒奶粉，醫院不會拒絕，但之前媽媽必須聽一遍為甚麼母乳是最好的解釋。雖然計劃成效尚待探討，一所早已限制使用嬰兒奶粉的醫院表示他們在實施限制後，母乳餵哺率由 39% 升至 68%。

On 3 September 2012, New York City launched "Latch On NYC" initiative that asks hospitals to lock up infant formula like what they do with medications, and record their stock and usage. The initiative aims at reducing hospitals' practice of liberally providing free infant formula to mothers, hence encouraging breastfeeding. 27 out of 40 hospitals in New York City agreed to participate.

Breastfeeding advocates praise the move as a way to limit the influence of marketing strategies of formula manufacturers to new mothers; some worry that the initiative would shame women who chose not to breastfeed.

According to the initiative, unless medically indicated, the hospitals would not prescribe infant formula. If mothers insist on formula feeding, hospital staff will give a mandatory speech about why breastfeeding is best for babies before giving formula milk. Breastfeeding rate of one of the hospitals in New York increased from 39% to 68% by implementing restricted access to formula. Although, it is still too early to say that the "Latch On NYC" initiative has a great impact on the breastfeeding rates, there is reason to be optimistic.

資料來源：時代雜誌 2012年8月

Source of information: TIME Healthland August 2012

## 台灣認證優良哺乳室 倡優質的哺乳環境 Taiwan accredits public breastfeeding facilities and promote quality breastfeeding environment

台北市政府衛生局舉辦了「台北市優良哺乳室認證」，共有 181 間公民營機構提出申請，其中 177 間通過認證，當中包括圖書館、閱覽室、銀行、學校、教會、酒店、戲院等公共場所。

這些優良哺乳室，除了照顧媽媽哺乳需要，亦會照顧父母的其他育兒需要，如設有親子區域或休憩空間、臨時托兒服務、尿布及濕紙巾販賣機、飲水機等等。

台灣於 2010 年通過《公共場所母乳哺育條例》，規定達一定面積的公共場所應設置哺乳室，並有明顯標示。現時，台北市全市共設有 755 間哺乳室。

The Department of Health, Taipei City Government has administered "good breastfeeding room certificates." 181 organisations with public facilities applied and 177 of them received the certificates. These public facilities include libraries, banks, schools, churches, hotels, cinemas, and so on.

These certified "good breastfeeding rooms" do not only meet the breastfeeding needs of mothers, but also other child-care needs of parents, such as child-friendly leisure area, temporary child-care service, vending machines for nappies and wet wipes, and drinking fountains.

In 2010, Taiwan passed the Public Breastfeeding Act that stipulates that public areas that reach a certain minimum size shall install a breastfeeding room with clear signs. There are 755 public breastfeeding (collecting) rooms.

資料來源：優活生活網 2012年9月4日

Source of information: uho.com.tw 4 Sept 2012



## 我們需要您的支持！ *We Need Your Support!*

為了給孩子們最好的開始，我們誠邀閣下登記成為本會的會員或義工，本會將定期和大家分享母乳育嬰的資訊，把健康的訊息傳播開去。詳情請瀏覽 [www.babyfriendly.org.hk](http://www.babyfriendly.org.hk) 或致電 2591 0782 查詢。

We need your support to give our children the best start in life. You are cordially invited to join us as our member or volunteer. We will share with you the latest news and information about breastfeeding. Let's spread the healthy message to every one! For more information, please visit [www.babyfriendly.org.hk](http://www.babyfriendly.org.hk) or contact us at Tel.: 2591 0782.



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愛嬰醫院運動是聯合國兒童基金會致力推動、保護及支持母乳餵哺的全球性運動。

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