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## Professor Albert Lee

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Hon Fred LI Wah-ming  
Chairman of the Legislative Council Panel  
on Food Safety and Environmental Hygiene

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Dear Mr. Li,

**Ref.: Implementation of the Nutrition Labelling Scheme Special Meeting on 22 June 2009**

Thank you for the kind invitation to attend the Panel's special meeting on 22 June 2009. As I need to conduct teacher training workshop on drug education, I apologise that I cannot attend in person. We will have a representative attending the meeting on behalf of our Centre. I would like to send in written submission.

The impact of healthy eating on future health of our population is enormous and beyond doubt. If we can create a healthy eating pattern, it will reduce the prevalence of many chronic illnesses which is creating a big burden on our current health care system.

The consultation on health care reform will be delayed. However if we invest in health such as healthy eating, it will resolve many of the insoluble problems facing the health care system such as ageing population, cost of high technology medicine, increasing expenditure of hospital care. One cannot achieve healthy eating if the public cannot access to accurate nutrition information. Good nutrition labelling is one of the effective ways to improve health literacy of our population to make healthy food choice.

Education of young generation needs to take place in real life context. How would we educate our young generation on making right decision on food with sub-standard nutrition labelling? It will be a biggest joke for a world class city like Hong Kong with unreasonable delay in implementation of nutrition labelling. We will be held responsible for health of our future generation if we cannot set the right path for nutrition labelling. I fully support that education must come hand in hand with the new law to realize the importance and benefits of the Nutrition Labelling Scheme for the public. Education can only be successful if the whole community is adopting a standard practice.

Thank you for your kindest attention.

Yours sincerely,



Professor Albert Lee  
Director of Centre for Health Education and Health Promotion, CUHK