

香港成年人從食物攝取 非二噁英樣多氯聯苯的情況

Dietary Exposure to Non-Dioxin-Like Polychlorinated Biphenyls (PCBs) of Hong Kong Adult Population

內容

Content

- 什麼是多氯聯苯？
- 什麼是非二噁英樣多氯聯苯？
- 研究目的及方法
- 結果及討論
- 給市民的建議

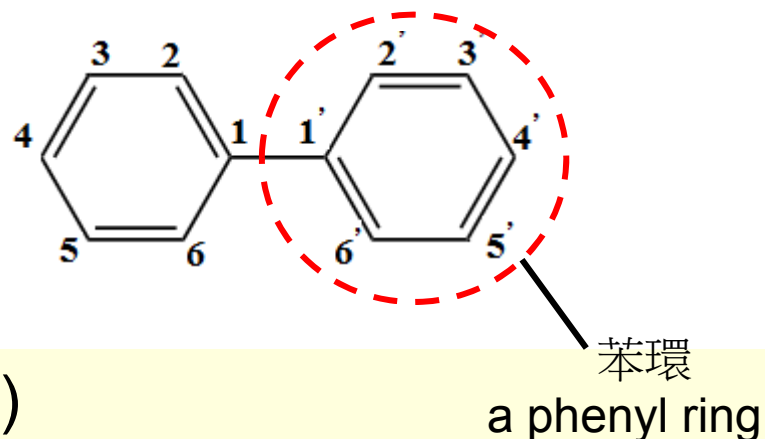
- What is polychlorinated biphenyls (PCBs)?
- What is non-dioxin-like PCBs?
- Objectives & methodology
- Results and discussion
- Advice to public

什麼是多氯聯苯？

What is polychlorinated biphenyls (PCBs)?

多氯聯苯

- 一組具相似基本結構的化合物
(聯苯 - 兩個苯相連)
- 氯的數目及位置不同
- 共有兩百多種化合物



Polychlorinated biphenyls (PCBs)

- a group of chemicals with similar basic structure
(biphenyls - two connected phenyl rings)
- number and position of chlorine attached to biphenyl are different
- a group of more than 200 chemicals

什麼是多氯聯苯？

What is polychlorinated biphenyls (PCBs)?

- 人造環境污染物
- 自1930年代開始大量生產，並廣泛應用於工業上，如電絕緣體
- 非常穩定
- 對環境及人體健康有害
- 從70年代起，禁止使用

- man-made environmental contaminants
- mass production since 1930 and used in a number of industrial applications such as electrical insulators
- very stable
- cause harm to environment and human health
- banned for use since 1970s

什麼是多氯聯苯？

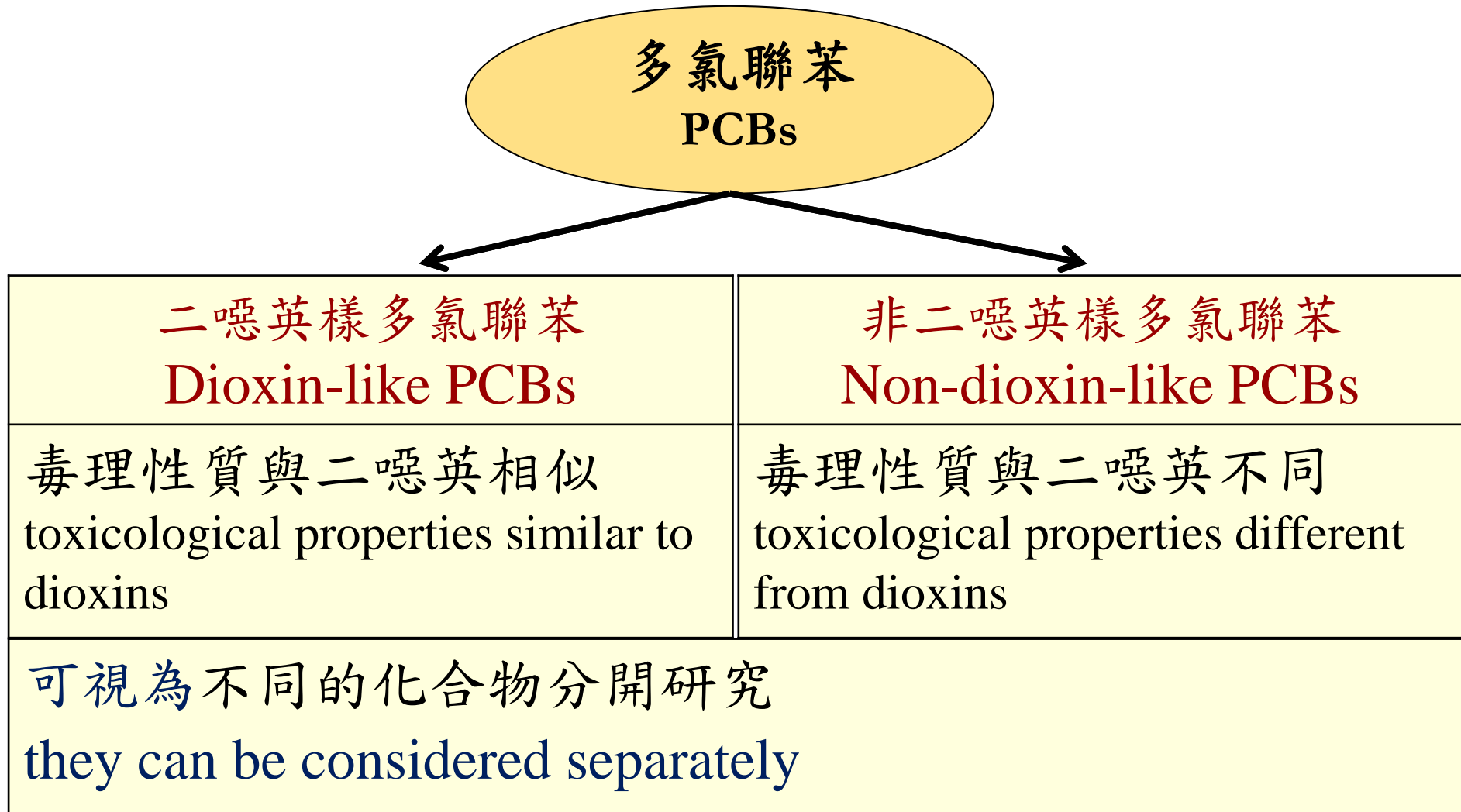
What is polychlorinated biphenyls (PCBs)?

- 會長時間存留在環境，並在食物鏈中生物累積
- 屬脂溶性
- 主要攝入來源
 - 魚類、肉類、奶類和蛋等動物源性食品

- persist in the environment and bioaccumulate in the food chain
- fat soluble
- main route of exposure
 - foods of animal origin such as fish, meat, dairy products and eggs

什麼是非二噁英樣多氯聯苯?

What are non-dioxin-like polychlorinated biphenyls (PCBs)?



什麼是非二噁英樣多氯聯苯?

What are non-dioxin-like polychlorinated biphenyls (PCBs)?

二噁英樣多氯聯苯 Dioxin-like PCBs

毒理性質與二噁英相似

toxicological properties similar to dioxins

2011年研究

- 一般市民的健康受到二噁英和二噁英樣多氯聯苯不良影響的機會不大。

Study in 2011

- the general population was unlikely to experience undesirable health effects of dioxins and dioxin-like PCBs.

什麼是非二噁英樣多氯聯苯?

What are non-dioxin-like polychlorinated biphenyls (PCBs)?

非二噁英樣多氯聯苯 Non-dioxin-like PCBs

- 毒理性質與二噁英不同
- toxicological properties different from dioxins
- 沒有本地數據評估相關的健康風險
- no local data for health risk assessment

非二噁英樣多氯聯苯對健康的影響

Health effect of non-dioxin-like PCBs

- 對健康的影響
 - 影響內分泌系統
 - 干擾甲狀腺素的水平
 - 影響免疫系統
 - 影響改變神經行為的發育

- Health effects
 - affect endocrine system
 - disrupt thyroid hormone levels
 - affect immune systems
 - affect neurobehavioural development

非二噁英樣多氯聯苯對健康的影響

Health effect of non-dioxin-like PCBs

- 致癌性
 - 國際癌症研究機構(IARC)
 - 多氯聯苯
 - 列為第1組物質 (即確定的人類致癌物)

- Carcinogenicity
 - International Agency for Research on Cancer (IARC)
 - PCB
 - Group 1 agent, i.e. carcinogenic to human

目的 Objectives

- 檢測食物中非二噁英樣多氯聯苯的總和
- 估計香港成年人從食物攝取非二噁英樣多氯聯苯的情況
- 評估相關的健康風險

- to determine the sum of non-dioxin-like PCBs in food
- to estimate the dietary exposure to non-dioxin-like PCBs of the Hong Kong adult population
- to assess the associated health risks

食物抽樣和處理

Food sampling and preparation

■ 選取71種食物

□ 動物源性食物及其產品、油脂性食物

- 魚類和海產及其製品
- 肉類、家禽和野味及其製品
- 乳類製品
- 脂肪類
- 蛋及蛋類製品
- 混合食品
- 不含酒精飲品
- 穀物及穀物製品及其他

■ 71 food items selected

- animal origin and their products and oily food
 - Fish and seafood and their products
 - Meat, poultry and game and their products
 - Dairy products
 - Fats and oils
 - Eggs and their products
 - Mixed dishes
 - Beverages, non-alcoholic
 - Cereals and their products and others



食物抽樣和處理

Food sampling and preparation

- 12個月內分4次購買樣本
- 每次購買
 - 每種食物購買3個樣本
 - 把同一種食物的3個樣本合併成為混合樣本
- 共檢測了284個混合樣本

- 4 sampling occasions in twelve months
- Each occasion
 - purchase 3 samples for each food items
 - combine the 3 samples of the same item into a composite sample
- analysed 284 composite samples in total

化驗分析

Laboratory analysis

- 由食物安全中心的食物研究化驗所進行
- conduct by the Food Research Laboratory (FRL) of the CFS



健康參考值

Health-based guidance values (HBGVs)

- 評估健康風險
- 參照一些歐洲國家採用的健康參考值
 - 以六種非二噁英樣多氯聯苯之總和計算，每日可容忍攝入量為每公斤體重10納克
- 六種非二噁英樣多氯聯苯：
 - PCB-28、52、101、138、153及180

- to assess associated health risks
- make reference to HBGV from some European countries
 - 10 ng/kg bw/day for sum of the six non-dioxin-like PCBs
- six non-dioxin-like PCBs:
 - PCB-28, 52, 101, 138, 153 and 180

結果及討論

Results and discussion

- 284個樣本中，225 (79%) 個未檢出含非二噁英樣多氯聯苯
- 不含非二噁英樣多氯聯苯的食品類別
 - 穀物及穀物製品
 - 蛋及蛋類製品
 - 混合食品
 - 不含酒精飲品

- 225 samples (out of 284) with non-dioxin-like PCBs not detected (79%)
- food groups with non-dioxin-like PCBs not detected
 - cereals and their products
 - eggs and their products
 - mixed dishes
 - beverages, non-alcoholic

結果及討論

Results and discussion

- 284個樣本中，只有59(21%)樣本檢出非二噁英樣多氯聯苯
 - ◆ 非二噁英樣多氯聯苯含量屬於低
- 這59個樣本中，50個屬於“魚類和海產及其製品”
 - ◆ 海外研究結果相若

- only 59 samples (out of 284) with detected non-dioxin-like PCBs (21%)
 - ◆ levels of non-dioxin-like PCBs were low
- among these 59 samples, 50 belonged to “fish and seafood and their products”
 - ◆ similar to overseas studies

結果及討論

Results and discussion

非二噁英樣多氯聯苯含量分布 (下限估量-上限估量)

Distribution of non-dioxin-like PCB (Lower bound – Upper bound)

食物組別 Food group	檢出非二噁英樣多氯聯苯樣本數目 (檢測樣本數目) No. samples with detected non-dioxin-like PCBs (no. of samples tested)	平均值(微克/公斤) Mean (µg/kg)
魚類和海產及其製品 Fish and seafood and their products	50 (76)	0.89 – 0.93
肉類、家禽和野味及其製品 Meat, poultry and game and their products	3 (48)	0.01 – 0.07
乳類製品 Dairy products	1 (20)	0.01 – 0.06
油脂類 Fats and oils	4(8)	0.17 – 0.22
其他 Others	1(16)	0 – 0.07

結果及討論

Results and discussion

含非二噁英樣多氯聯苯較高的食物

Food items with higher level of non-dioxin-like PCBs

	平均含量 (微克/公斤) Mean concentration ($\mu\text{g}/\text{kg}$)
三文魚 salmon fish	5.7
蠔 oyster	3.4
桂花魚 mandarin fish	3.1
黃花魚 yellow croaker fish	1.7
鯧魚 pomfret fish	1.2

膳食攝入量 Dietary Exposure

每日膳食攝入量 (納克/每公斤體重)

Dietary exposure (ng/kg bw/day)

	一般人 Average	攝入量高的人 High consumer
本研究 Current study	0.68 – 1.38	3.08 – 3.84
健康參考值的百分比 % HBGV	6.8% – 13.8%	30.8% – 38.4%

- 健康參考值: 每日可容忍攝入為每公斤體重10納克
- 攝入量均低於相關健康參考值
- 一般市民的健康受到非二噁英樣多氯聯苯不良影響的機會不大

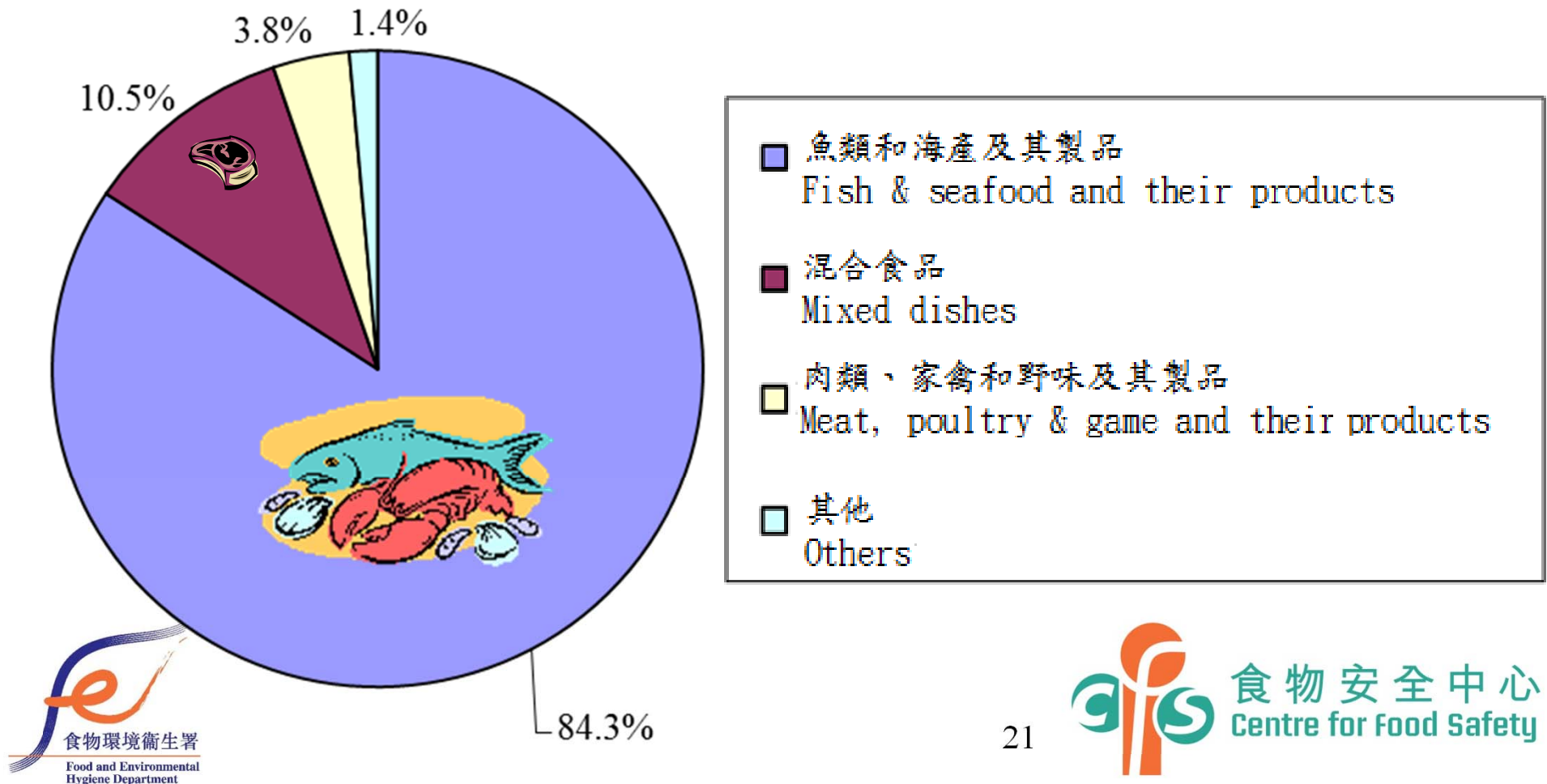
- HBGV: 10 ng/kg bw/day
- exposures were below the HBGV
- general population was unlikely to experience undesirable health effects of non-dioxin-like PCBs

結果及討論

Results and discussion

主要的膳食來源

Major food contributors



結果及討論

Results and discussion

最主要的膳食來源

- 魚類和海產及其製品
 - 佔總攝入量的84.3%

Major food contributors

- Fish and seafood and their products
 - 84.3% of total exposure

結果及討論

Results and discussion

- 一般市民
 - 健康受到非二噁英樣多氯聯苯不良影響的機會不大
- 主要攝入來源：
 - 動物源性的食物
 - 特別是魚類

- General population
 - unlikely to experience major undesirable health effect
- Predominant route of exposure:
 - Food of animal origin
 - Particularly fish

結果及討論

Results and discussion

- 各國已致力減少市民從膳食攝入多氯聯苯的分量
- 源頭控制措施
 - 從70年代起，已禁止使用多氯聯苯
- 不同研究發現，多氯聯苯在主要食物類別內的含量有所降低

- international effort has been made to reduce the dietary exposure to PCBs of the population
- source control measures
 - banned for use since 1970s
- different studies have shown that PCB concentrations in major food groups have been decreasing

給市民的建議

Advice to public

- 保持均衡及多元化的飲食
 - 包括進食多種蔬果
 - 避免因偏食某幾類食物而攝入過量的污染物

- Have a balanced and varied diet
 - include a wide variety of fruit and vegetables
 - so as to avoid excessive exposure to contaminants from a small range of food items

給市民的建議

Advice to public

- 適量進食多種魚類
 - 魚類含有多種人體所需的營養素，例如奧米加-3脂肪酸、優質蛋白質等

- Recommend moderate consumption of a variety of fish
 - Fish contain many essential nutrients such as omega-3 fatty acids, and high quality proteins

謝謝
Thank you

