

參展項目 Abstracts of Poster Presentations

Project No. : 21070144

Project Title : Opening Ceremony of World TB Day cum Health Carnival Fun Fair 2008

Administering Institution : The Hong Kong Tuberculosis, Chest and Heart Diseases Association

Co-organisation(s) :

1. Department of Health - Tuberculosis & Chest Service
2. Hospital Authority - Grantham Hospital, Haven of Hope Hospital, Kowloon Hospital, Ruttonjee and Tang Shiu Kin Hospitals, TWGHs Wong Tai Sin Hospital

Project Team Members :

The project team is an Organizing Committee composed of tuberculosis physicians from Department of Health, 5 Chest & Tuberculosis hospitals and chest consultants, Chairman of Public Relations Committee and Health Promotion Committee members of the Hong Kong Tuberculosis, Chest and Heart Diseases Association. The Chairman of the Organizing Committee is Mr. SHUM Choi Sang.

Purposes / Objectives :

1. To enhance the public's knowledge on the symptoms, prevention and treatment of tuberculosis; and
2. to improve the public's awareness on tuberculosis, tobacco control and healthy lifestyles.

Activities / Programmes :

The project mainly included three activities, which are listed as below:

1. Tuberculosis Poster Design Competition

Primary and secondary schools were invited to participate in this Competition to enhance the students' knowledge on tuberculosis. Their submissions were displayed at the Carnival.

2. Inter-school Tuberculosis & Tobacco Control Games Stalls Competition

Primary and secondary schools were invited to participate in this Competition to enhance the students' awareness on tuberculosis and tobacco control. The Game Stalls were exhibited at the Carnival.

3. Carnival

The Carnival was held on 23rd March 2008 at Shung King Street, Whampao, Hung Hom with the aim of enhancing public's knowledge on the tuberculosis, tobacco control and healthy lifestyles. The Carnival consisted of opening ceremony, award presentation, health checks, medical consultations, games booths, exhibition and performances.

Targets / Recipients :

Students, teachers, parents and general public.

Expected and Actual Participation :

50 posters and 1,500 general public were expected to participate in the Project, and there were over 330 posters received in the Competitions and over 3,000 visitors participated in the Carnival.

Benefits Derived :

The Project provided a good opportunity to enhance the awareness and knowledge on tuberculosis and smoking related diseases to the participating schools and students. Besides, guests and artists were invited to convey health messages to the public in the Carnival. Health check, quiz games and display boards exhibition in the Carnival further aroused the awareness and knowledge on tuberculosis and the harm of smoking to the public.

Project Products :

Programme book and pamphlet for the Carnival.

Extent of Objectives Achieved :

The awareness and knowledge of target groups on tuberculosis and smoking were enhanced through the Project. Furthermore, the Project involved students in educating the public on tuberculosis prevention and tobacco control by posters and game stalls. Students could apply the health knowledge and concept gained to positively influence their peers, schools and families.

Conclusions :

Enhancing community's knowledge on tuberculosis, tobacco control and healthy lifestyles can ultimately empower individuals to be better partners in building a healthy community.

Project Start Date and End Date :

September 2007 to March 2008

Acknowledgement :

Hospital Authority, Department of Health, NGOs, academic institutions, members of Organizing Committee and Health Care and Promotion Fund of the Food and Health Bureau.

參展項目 Abstracts of Poster Presentations

Project No. : 19050394

Project Title : SHINE — School And Home Involvement, Nutrition And Exercise Programme For Healthy Lifestyle
「家校健兒」計劃

Administering Institution : United Christian Nethersole Community Health Service (UCN)

Project Team Members :

1. S. F. J. TANG, Medical Director, UCN
2. Y. K. J. IP, Former Community Dietitian, UCN
3. P. S. D. LAU, Community Dietitian, Preventive Medicine and Clinical Service, UCN
4. T. M. H. CHAN, Community Dietitian, Preventive Medicine and Clinical Service, UCN
5. L. H. A. CHAN, Former Physiotherapist, UCN

Purposes / Objectives :

To facilitate Primary 3-5 students in 4 participating primary schools to establish healthy lifestyle for management of obesity.

Activities / Programmes :

Children's anthropometry was measured and diet / exercise habit was surveyed at baseline. Eligible children and their parents were invited to join Healthy Lifestyle Support Group (HLSG). Before and after HLSG, an individual diet / fitness counselling session was arranged for participants with their knowledge, attitude and behaviour changes measured via self-administered questionnaire and examined using Paired Sample T-tests. Trained parents' leader helped to organize a healthy lifestyle promotion activity in school.

Targets / Recipients :

Primary 3-5 students, parents and teachers

Expected and Actual Participation :

1,582 children were screened at baseline. Sixty children (36 boys and 48 overweight) and 57 parents joined HLSG group. Eleven HLSG parents worked with 41 non-HLSG parents serving 2,630 students in healthy eating promotion activities.

Benefits Derived :

Weight for height percentile was reduced in 33 overweight children (21 reduced by $\geq 5\%$). After intervention, children had less serves of cereal ($P=0.008$) and meat ($P=0.003$) but more serves of vegetables ($P=0.001$) and fruits ($P=0.003$). They performed higher frequency of stretching ($P=0.000$), strengthening ($P=0.003$) exercise and longer duration of physical activity ($P=0.001$). Participants' nutrition knowledge score (children: $P=0.000$; parent: $P=0.011$) and sports knowledge score (children: $P=0.000$; parent: $P=0.000$) increased.

Project Products :

All HLSG children received individual diet / fitness counselling and tailor-made support group sessions to encourage healthy lifestyle establishment and weight control.

Extent of Objectives Achieved :

The project helped overweight children to control their weight, establish healthier eating and exercise habit and enhance nutrition / sports knowledge.

Conclusions :

This HLSG can help control the problem of childhood obesity and increase compliance towards healthy eating and active lifestyle.

Project Start Date and End Date :

1 April 2006 to 30 August 2007

Acknowledgement:

1. S. K. H. Kowloon Bay Kei Lok Primary School 聖公會九龍灣基樂小學
2. Buddhist Chi King Primary School 佛教慈敬學校
3. Carmel Leung Shing Tak Primary School 迦密梁省德學校
4. H.K.T.A.Y.Y.I. Chan Lui Chung Tak Memorial Primary School 香港道教聯合會圓玄學院陳呂重德紀念學校
5. Prof Georgia Sue GULDAN, Former Professor of Food and Nutritional Science Programme, The Chinese University of Hong Kong

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Project No. : 21070574

Project Title : "Super Mama" - School-based Healthy Family Scheme

「全能媽媽」- 校本健康家庭推廣計劃

Administering Institution : Hong Kong Council of Early Childhood Education & Services Limited (CECES)

Project Team Members :

1. Dr. C.B. CHOW (Consultant, Pediatric Department, Queen Margaret Hospital)
2. Prof. G.S. GULDAN (Assistant Professor, Department of Biochemistry, CUHK)
3. Prof. E. HOLROYD (Assistant Professor, Department of Nursing, CUHK)
4. Dr. Katherine KOT (Clinical Psychologist, Private practice / Executive committee member of CECES)
5. Ms. Sansan CHING (Director, CECES)
6. Mr. Leslie CHAN (Registered dietitian, Healthy Living Group, CECES)
7. Ms. Wendy LIU (Project officer, Healthy Living Group, CECES)
8. Mr. Kenny LAU (Project officer, Healthy Living Group, CECES)

Purposes / Objectives :

1. To promote general women's health through a housewife health training approach;
2. to promote healthy eating and increase physical activities among local families;
3. to promote healthy eating and increase physical activities in local primary schools;
4. to train the "Mama Health Ambassador" to organise health-related workshops and activities in local primary schools.

Activities / Programmes :

In the project, we conducted a series of needs assessments, established fruitful collaboration between participating parents and designed school health intervention programs to prepare them to organise health related activities for health promotion in the primary schools. Through the establishment of "Mama Health Ambassador", training programs, school health promotion programs and proper evaluation of these programmes, each school organised activities or workshops to promote the ideas of healthy living. A "Mama Health Ambassador Manual" including tips of organising health-related workshops and activities were produced and launched on website of Hong Kong Council of Early Childhood Education & Services.

Targets / Recipients :

Working mothers and housewives and their family members.

Expected and Actual Participation :

Expected number of Mother Ambassador Health Training: 750 working mothers and housewives and their family members

Actual number of Mother Ambassador Health Training: 780 working mothers and housewives and their family members

Expected number of school health promotion: 10,000 students from 15 local primary schools

Actual number of school health promotion: 11,000 students from 17 local primary schools

Expected and Actual number of parents viewing our healthy mama manual on the internet: 10,000 parents

Benefits Derived :

The programme helped parents understand the concepts of healthy eating and maintain an active lifestyle as well as execute these concepts into daily life. The development of decision-making skills about choosing healthy food and the clarification of myths about eating and exercise were important components of an effective health promotion programme. Parents, who joined the workshops and became "Mama Health Ambassadors", gained knowledge about healthy living and experience in conducting health promotion programmes.

Students obtained information and learned about healthy eating and exercise skills through the health promotion programmes conducted by the "Mama Health Ambassadors".

Other parents, who participated in the health promotion programs or read our "Mama Health Ambassador Manual", learned the concept of healthy living and obtained information about organising health promotion programmes.

Project Products :

Production of the "Mama Health Ambassador Manual" which included activities organised by the "Mama Health Ambassadors" committees and guidelines in organising health-related activities or workshops in schools. The Manual is posted in the website of www.hkceces.org.

Extent of Objectives Achieved :

A considerable number of parents went through health training programs on healthy eating and home-based exercise. The parent ambassadors also received training on how to organise school-based health promotion programs. At least two activities (one on healthy eating and one on exercise) were conducted by the ambassadors at each of the project schools. The experience of this program was shared through "Mama Health Ambassador Manual", that was posted in the internet with viewing of over 10,000 times.

Conclusions :

In conclusion, the parents from the 9 project schools successfully finished their health training and organised self-initiated health promotion activities. Some of the health promotional activities, including parent-children exercise classes and healthy snack days, were still continued on parents' own expenses even after completion of our programs.

Project Start Date and End Date :

1 April 2008 to 31 March 2010

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Acknowledgement :

1. Po Leung Kuk Grandmont Primary School
2. S.T.F.A Ho Yat Tong Primary School
3. Lions Clubs International Ho Tak Sum Primary School
4. S.K.H. Kei Oi Primary School
5. TWGHs Leo Tung-hai LEE Primary School
6. Yan Chai HOSP Chan Lu Seng Primary School
7. Ping Shek Estate Catholic Primary School
8. Christian Alliance H.C. Chan Primary School
9. Hop Yat Church School
10. Hong Kong Baptist Convention Primary School
11. The Salvation Army Ann Wyllie Memorial School (AM)
12. Farm Road Government Primary School
13. Aberdeen St. Peter's Catholic Primary School
14. St. Edward's Catholic Primary School
15. Leung Kui Lau Lutheran Primary School
16. NTWJWA Leung Sing Tak Primary School (TKO)
17. Tsing Yi Trade Association Primary School

Project No. : I9050304

Project Title : "Five Stars Health Five Stars Home" Community Health Education Project to Make a Healthy Life-style
(「五星健康五星家」之「健康生活模式」推廣)

Administering Institution : Health & Care Service Department, Hong Kong Red Cross

Project Team Members :

1. Ms. Iris CHAN, Head of Health & Care Service Department
2. Mr. Sean KWOK, Manager (Service)
3. Ms. Kannas YIP, Project Coordinator
4. Ms. Dorothy HO, Health Education Officer (Registered Nurse)
5. Mr. Keith KWAN, Programme Executive

Purposes / Objectives :

The Project aims at advocating a healthy life-style, raising the awareness of public hygiene and strengthening local community network through inter-sectoral collaboration so as to build a healthy and safe community.

Activities / Programmes :

In the initiating phase, a series of health education activities such as health promotion mass event, health talk and health check were organized and reached the local families who pledged to adopt healthy life-style. In the sustaining phase, various types of health promotion activities, including community-based roving exhibition and health promotion day, held in collaboration with local organizations. In addition, health knowledge and materials disseminated through home visit, as well as "Healthy Friends" and the Project volunteers networked for taking health and safety messages through the quarterly newsletter "Healthy Friends News", have been structured and rendered so as to facilitate those families to maintain healthy life-style and to enhance the Project's penetration.

Targets / Recipients :

Families in Tai Po, Tuen Mun and Kwai Tsing districts.

Expected and Actual Participation :

Expected participation (2010-2011) : 50,000 / Actual participation (2010-2011) : 66,510

Benefits Derived :

Benefits derived from the Project include preventing people from diseases and injuries much better by equipping them with health and safety knowledge; protecting human life against infectious diseases through raised awareness of public hygiene; better use of social capital by means of closer collaboration with local community partners; and ultimately creating a more healthy and safe living environment.

Project Products :

Apart from the activities and programmes held, a series of health education materials have been developed and packaged, including teaching PowerPoint, easy rolls, booth games and two newsletters: "Healthy Friends News" (health newsletter to the public), and "Health Express" (electronic newsletter to collaborators).

Extent of Objectives Achieved :

The objectives have been achieved according to the pre-set criteria. There are over 8,400 families registered as "Healthy Friends" who are willing to regularly receive health information. 386 Community Hygiene Ambassadors (volunteers) were trained and participated in voluntary services of health promotion activities. Besides, the network with local partners is developed with over 170 collaborators networked, 145 programmes organised and over 66,000 participants involved during 2010-2011.

Conclusions :

With positive feedback and support from the families, collaborators and volunteers, the Project has been running for 7 years since 2003. For better service delivery in the coming days, quality enhancement and local partnership would be emphasized so as to cater for the community needs.

Project Start Date and End Date :

2003 to present

Acknowledgement :

The Health Care and Promotion Fund of the Food and Health Bureau

參展項目 Abstracts of Poster Presentations

計劃編號：18040514

計劃名稱：「長青康健共一家」社區健康促進計劃

主辦機構：香港聖公會麥理浩夫人中心 家庭活動及資源中心

協辦機構：

區內學校及地區長者中心

計劃成員：

家庭活動及資源中心主任彭安瑜及註冊社工梁安琪統籌

目的 / 目標：

本計劃以宣揚「青」少年、「家」庭、「長」者之共融，以「青」少年為核心，推廣健康訊息。

整個計劃之目的包括：

1. 增加青少年對健康生活模式概念之理解，從認知層面以及實踐階段的過程中加強他們建立身心及社交健康的正面態度；及
2. 促進青少年參與社區健康活動，增強其自我價值感。

活動 / 推行大綱：

整項計劃包括三大部分：

1. 教育培訓系列：「活得健康」講座系列、「凝聚動力」互動教育及「健康大使添動力」義工招募及培訓；
2. 健康推廣實踐：「長青互愛」長者探訪計劃、「健康滲透社區」巡迴展覽、「家庭生活健康樂」教育活動；
3. 知識經驗凝聚：「健康的動力」社區教育嘉年華暨嘉許禮及「您我健康創動力」經驗分享及電腦光碟製作。

對象 / 受惠者：

以青少年為主，及接受服務的長者和家庭。

預期及實際參與人數：

實際共約 8,644人參與。

效益：

成功與學校合作培訓青少年義工隊成為「社區健康大使」，為弱勢社群推廣健康訊息。配合區內獨居長者之需要，提供家訪慰問及宣揚健康生活訊息，以促進長幼間之共融，藉此有效地提升青少年及義工的自信心和能力感。

計劃成品：

已出版「您我健康創動力」經驗分享冊及光碟（共1,000本）。

已達成的目標：

能達致原訂計劃之目標，有效地提升青少年對健康生活模式概念之理解及他們建立身心及社交健康的正面態度。

總結：

跨部門協作及社群間之互動能帶動青少年健康意識上之轉變，善用不同對象的長處及差異，體現跨代實踐健康生活的重要。

計劃開始及完成日期：

2005年4月10日至2007年3月10日

計劃編號：18040374

計劃名稱：健康Fit 一世

主辦機構：香港宣教會白普理上水家庭中心

計劃成員：

呂慶忠

目的 / 目標：

計劃針對中年人士因肥胖及不良生活習慣而引致的健康問題而設。提升社區大眾認識由肥胖引發的各種疾病及其預防方法，從而建立其健康生活習慣，並以身作則地向家人及社區大眾推廣。

活動 / 推行大綱：

1. 巡迴展覽、身體檢查及「健康瘦身法」講座
2. 「健康生活」深化小組
3. 健康家庭嘉年華

對象 / 受惠者：

30-60歲的中年人士

預期及實際參與人數：

預期參與人數：5,500 / 實際參與人數：10,650人

效益及已達成的目標：

此計劃成功向北區超過一萬名居民推廣健康生活的訊息，讓他們認識和關注肥胖對健康的影響，並提升他們的健康意識和建立健康生活方式的動力。參加者不但能夠對自己的健康狀況有進一步了解，而且在活動中建立了支援網絡，互相鼓勵去實踐健康生活方式和參與社區推廣活動，使計劃的成效得以延續。

總結：

香港人對健康的資訊有一定認識，但多「知而不行」。透過家人及朋友不斷的鼓勵，能有效維持改善不良生活習慣的動力。因此，是項計劃以主動、外展及地區化為特色活動，並針對中年人士及持家者，有效地推動市民對健康的關注及擴大影響範圍，增強此計劃的成效。

計劃開始及完成日期：

2005年4月30日至2006年10月30日

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計劃編號：19050344

計劃名稱：健康活力小種子

主辦機構：香港宣教會白普理上水家庭中心

計劃成員：

呂慶忠

目的 / 目標：

1. 增加社區大眾對由飲食不均衡及欠缺運動所引發的各種疾病及預防方法之認識；
2. 協助參加者（約150人）了解自己的體脂、體重、營養及體適能情況，加強他們對身體健康的關注和改善健康的動機；
3. 協助飲食不均衡及欠缺運動的學童及其家人以家庭健康為本，促進健康飲食和建立健康生活模式；及
4. 協助參加者鞏固其健康生活習慣，並以身作則地向家人及社區大眾推廣。

活動 / 推行大綱：

1. 運動習慣問卷調查
2. 健康資訊展覽
3. 專題講座
4. 營養和體適能評估暨工作坊
5. 健康生活家庭營
6. 「健康活力小先鋒」義工組
7. 社區健康推廣日

對象 / 受惠者：

小二及以上學童及其家人

預期及實際參與人數：

預期參與人數：5,400人 / 實際參與人數：8,000人

效益：

1. 進行了3,235份問卷調查，掌握三所學校的三至六年級學生及其家人的運動量及體重，得悉北區小學學生的健康狀況因校而異，有學校學生偏向過重及體適能狀態欠理想，有的學校學生卻多為過瘦及營養吸收欠佳。
2. 健康資訊展覽提升2,635名學童對健康飲食和運動的知識和關注。
3. 專題講座中1,500名學童表現投入及踴躍，加深九成學生對健康問題的認識。
4. 營養和體適能評估結果得出五個學童中便有一個過肥，而參加者認同此工作坊有助他們了解自己的身體狀況及加強了他們改善健康的動機。
5. 21位健康活力小先鋒學習如何實踐健康飲食和運動模式，以及策劃推廣活動的技巧，透過他們把健康訊息不斷推廣。
6. 於社區健康推廣日成功向區內2,000多人推廣健康生活的訊息，並鞏固居民健康生活的知識。

總結：

整個計劃能使親子共同認識有關健康的訊息。循序漸進地由認知至內化為提升改善健康動機的手法，有助健康生活模式的重組。

計劃開始及完成日期：

2006年4月1日至2006年12月31日

鳴謝：

1. 食物及衛生局健康護理及促進基金
2. 香海正覺蓮社佛教正慧小學
3. 東華三院港九電器商聯會下午校
4. 上水惠州公立學校上午校
5. 雀巢（香港）有限公司

計劃編號：21070134

計劃名稱：「健康男子組」塑造計劃

主辦機構：香港聖公會麥理浩夫人中心林植宜博士老人綜合服務中心

協辦機構：

光愛葵芳長者服務中心、香港聖公會麥理浩夫人中心青衣綜合服務中心

計劃成員：

陳詩敏女士、鍾佩華小姐、梁詩萍小姐

目的 / 目標：

1. 透過各項社區推廣活動，喚起社區人士對男士健康的關注；
2. 參加者完成計劃後，其家庭男士的健康知識、行為及態度三方面有明顯改善；
3. 透過動員男性社會支援網絡及男性本身的助人自助意識兩個工作策略，建立一個較可行和有效的男士健康行為實踐模式；及
4. 透過活動中參加者的各項經驗分享，有助推動男士持久地執行保健方案。

活動 / 推行大綱：

本計劃動員婦女有策略地推動男士改善健康，先以「家庭健康」諮詢評估及了解男士的生活習慣，再安排學習男士健康知識和制訂男士的保健計劃方法，並以每月「女人智囊茶聚」分享執行上的困難和改善方案。本計劃亦會把她們各種推動男士保健的方案輯錄成「健康男子組」塑造秘笈，派發予全港婦女參考。本計劃亦用相同的模式招募男士參加其個人健康改善計劃。

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對象 / 受惠者：

荃灣及葵青區社區人士（其中50歲或以上男士及其家人優先）

預期及實際參與人數：

預期參與人數：7,000 / 實際參與人數：7,216

效益：

參加者表示參加計劃後對男士健康的關注有所改善，對男士健康和疾病知識有所提升，明白及早預防的重要性。而且計劃透過出版刊物、巡迴推廣等推廣至社區，拓展計劃的教育及宣傳面，喚起社區人士對男士健康的關注。

計劃成品：

「健康男子組」塑造秘笈

已達成的目標：

1. 提高了參加計劃的男士及婦女關注男士健康的意識，對男士健康和疾病知識有所提升，及早預防老年疾病。
2. 以社區巡迴推廣及刊物等途徑，進一步於在地區推動關注男士健康意識，喚起社區人士對男士健康的關注。

總結：

1. 婦女對推動男士關注健康有積極影響；
2. 透過地區網絡的協作，有助增強計劃的成效。

計劃開始及完成日期：

2008年4月1日至2010年3月31日

鳴謝：

葵青劇院、葵青區葵明樓互助委員會

計劃編號：21070664

計劃名稱：賦權策略應用 - 「健康共融你我家」健康生活推廣計劃

主辦機構：香港中文大學健康教育及促進健康中心

協辦機構：

香港健康促進及教育協會

計劃成員：

李大拔教授（中心總監）、何敏小姐（健康統籌主任）、鄭棟方小姐（研究助理）、馬麗旋小姐（研究助理）

目的 / 目標：

培訓家長掌握正確的健康知識及技能，於家庭、學校及社區推廣健康文化；鼓勵和促進家校合作；及舉辦社區健康推廣活動，宣揚健康的訊息，提升市民的健康意識及對健康的掌控。

活動 / 推行大綱：

計劃以學校為切入點，分別在元朗及屯門、沙田及將軍澳三區招募家長，參與家長健康大使的培訓課程。課程共有七節，著重將實際理論融入日常生活，鼓勵家長學員協助學校舉辦健康活動及安排學員參與設計及推行社區活動，協助學校推廣健康文化，以及將健康訊息帶給其他家長及社區人士，共同建設健康城市。

對象 / 受惠者：

33 所學校推薦共 107 位家長完成培訓後，回校協助校方推動健康活動。

預期及實際參與人數：

33 所參與學校共遞交了 14 份活動計劃書，活動對象為全校學生及家長，甚至推廣至其他社區人士，受惠人數超過 30,000 人。

效益：

高達七成五受訪學員同意是次課程能增加他們對推廣健康生活的信心。九成三學員表示如舉辦同類型課程，他們會推薦其他人參加。

計劃成品：

有關本計劃的資料已上載至中心網頁：<http://www.cuhk.edu.hk/med/hep>

已達成的目標：

成功培訓了百多位家長健康大使，受訓家長共統籌了 6 場社區健康推廣活動，並累積了高達 400 小時學校及社區健康推廣服務時數。

總結：

家長健康培訓課程確實能提升家長對健康生活的認知及自信。

計劃開始及完成日期：

2008年至2010年

鳴謝：

1. 食物及衛生局健康護理及促進基金撥款支持本計劃
2. 感謝由沙田區議會、香港家庭福利會及衛生署提供合辦社區健康推廣活動的機會
3. 感謝參與學校推薦家長參與本計劃，並提供機會予家長學員共同推動健康文化

參展項目 Abstracts of Poster Presentations

計劃編號：22080314
計劃名稱：舞動健康人生
主辦機構：香港宣教會恩霖社區服務中心

計劃成員：

呂慶忠先生、古聖莊姑娘、朱雪妍小姐、羅少芳姑娘

目的／目標：

計劃對長期做同一而又重複動作的人士，尤其家庭主婦，以富有趣味及預防性的「健舞十式」，改善或減少婦女因做家务所出現的肌肉及關節勞損的情況，以及提升、培養婦女做運動的習慣，進而建立持久良好的生活模式，以及關注個人及家人的健康狀況。

活動／推行大綱：

1. 「健舞十式」推廣
2. 健舞大使計劃
3. 健康評估服務
4. 舞動社區嘉年華

對象／受惠者：

家庭主婦及社區人士

預期及實際參與人數：

預期參與人數：4,500人次／實際參與人數：7,500人次

效益：

1. 家务陷阱易勞損，健舞十式保安康

由專業人士設計了一套名為「健舞十式」的舞蹈運動，改善婦女因重複家务動作或不正確的姿勢引起之肌肉及關節勞損，亦將運動融入日常生活中。

2. 高效展示及鼓勵，強化健舞大使信心及恆心

透過練習、工作坊及巡迴表演和朋輩的影響及支持，讓18位「舞動大使」認識做家务的正確姿勢及養成持之以恆的運動習慣。並有9人繼續參與由是次計劃延伸出來的「健舞會」，承諾持續以舞蹈作為運動習慣。

3. 免費健康評估服務，增強積極運動動機

為505名婦女提供健康評估服務，讓她們對自己身體健康狀況有進一步了解，進而鼓勵積極改善或保持健康。亦有20人於計劃後，加入「健舞會」積極建立健康運動生活。

4. 民、官、校攜手舞動社區，運動與健康不住延展

匯聚了不同類型的舞蹈，舉行了「舞動健康大匯演暨社區嘉年華」，更廣泛地向社區人士推廣舞蹈對身體健康的益處。

計劃成品：

「舞動十式」光碟

總結：

「舞動健康人生計劃」能集趣味與實用一身，把運動與健康的資訊廣泛地介紹給區內接近7,000名市民，提升了市民對有關資訊的認知和體驗。同時，也能讓區內部分「高危」人士（接受體檢的婦女），掌握自己的健康問題，從而提升其改善健康的動力。而「健舞大使」的培訓和由她們組成的「健舞會」，更有效地把健康的種子植根於社區內，讓運動與健康的訊息延展下去。

計劃開始及完成日期：

2009年5月至2010年2月

鳴謝：

香港理工大學康復治療科學系及該系物理治療臨床導師方少萌女士、Ms. May Chan、吉中鳴先生及Multi-Media Oasis

計劃編號：21070404
計劃名稱：健樂每一步
主辦機構：香港宣教會白普理上水家庭中心

計劃成員：

呂慶忠先生、朱雪妍小姐、羅少芳姑娘

目的／目標：

提倡步行運動的好處，提升北區居民對積極運動的重要性和步行運動的好處之認識。透過與專業人士的合作、社區資源的推動和社區人士的關注與支持，促進及鼓勵親子實踐健康生活，培養以步行作為促進健康的途徑。

活動／推行大綱：

1. 步行獎勵計劃
2. 步行挑戰日
3. 北區健行日暨步行獎勵計劃頒獎禮
4. 健康專題調查
5. 健康評估服務
6. 健康講座暨巡迴展覽

對象／受惠者：

北區家庭

預期及實際參與人數：

預期參與人數：5,480人次／實際參與人數：12,879 人次

參展項目 Abstracts of Poster Presentations

效益：

1. **獎勵為本，提升運動動機**
有效提升1,969參加者持之以恆的步行動機和培養步行習慣。
2. **肥胖問題趨嚴重，高血壓現年輕化**
九成參加者認同服務能讓他們更了解自己及家人的健康狀況，進而積極改善或保持健康。評估結果顯示，北區學童肥胖問題有嚴重化的趨勢，每2個學童就有一個屬肥胖或痴肥，並出現高血壓年輕化的現象。
3. **健康講座與展覽，提升市民對健康的關注**
九成以上參加者認同講座能加深他們對步行運動的認識並願意以家庭為本，參與步行獎勵計劃，建立良好的健康生活習慣。
4. **家庭為本，互相扶持，建立健康家庭生活**
104人參加步行挑戰日，有效強化參加者實踐健康生活和建立運動習慣的決心。
5. **健康專題問卷，有助引發市民對自身健康的關心和掌握市民健康的情況**
成功回收了3,379份健康專題問卷，有效提升居民對健康問題的關注。問卷調查亦有助我們掌握區內家庭和諧指數及運動習慣，探討未來的健康推廣策略。
6. **善用社區資源，建立跨階層的健康推廣途徑**
聯繫了北區公民教育委員會、學校、業主立案法團及區內21間商舖參與協作，有效地引起區內不同階層對推動健康的關注和支持。
7. **創設社區健康生活指標，營造持續健康生活氣氛**
「北區健行日」得到多個地區團體和學校協作及派隊參與，參與人數更高達885人。活動得正面評價，得以持續舉辦，成為地區的年度特色和健康活動的模範。

總結：

整個計劃能廣泛加深北區家庭對積極運動的重要性和步行運動的好處之認識。成功引起社區人士、學校及團體對健康教育的關注與支持，有助宣傳及促進實踐健康生活。

計劃開始及完成日期：

2008年9月至2009年2月

鳴謝：

- | | |
|---------------------------|-------------------------|
| 1. 食物及衛生局 健康護理及促進基金 | 2. 北區公民教育委員會 |
| 3. 北區民政事務處 | 4. 北區區議會 |
| 5. 康樂及文化事務署 | 6. 牽晴間業主立案法團 |
| 7. 偉邦物業管理有限公司 | 8. 香海正覺蓮社佛教陳式宏學校 |
| 9. 基督教香港信義會心誠中學 | 10. 東華三院李嘉誠中學 |
| 11. 香港宣教會粉嶺家庭中心 | 12. 香港宣教會恩霖社區服務中心 |
| 13. 香港宣教會綜合家居照顧隊 | 14. 基督教香港信義會北區青少年綜合服務中心 |
| 15. 香港小童群益會賽馬會粉嶺青少年綜合服務中心 | |

計劃編號：20060834

計劃名稱：「踏出健康人生活」元朗區健康生活教育計劃

主辦機構：職工盟教育基金有限公司

計劃成員：

鄧燕梨、馮繼遠

目的 / 目標：

本計劃獲食物及衛生局健康護理及促進基金撥款支持，於2007-09年間向元朗區居民推廣健康生活的訊息，並推動他們於日常生活中實踐。

活動 / 推行大綱、預期及實際參與人數及效益：

1. **社區健康大使訓練計劃**
培訓了23名具多方面健康生活知識的「社區健康大使」，協助進行5次社區展覽。
2. **健康生活習慣指標調查報告**
成功收回521份問卷。調查顯示居民對運動和健康的飲食習慣有一定的了解，然而調查亦顯示很多元朗區居民壓力太大和情緒低落，而且只會選擇以個人方法面對，未有尋求朋友或社會服務協助，情況令人關注。
3. **健康新資訊工作坊系列**
共舉辦50次工作坊，共1,594人參與，比計劃預期多出近500人參加。
4. **「健康人生路」獎勵計劃**
計劃要求參加者在紀錄冊上紀錄一個月的生活習慣，以鼓勵他們持之以恆地採取健康的生活模式。常言道「知易行難」，此部分只有48人參與，較預期為少。
5. **製作「健康人生路」生活錦囊**
在社區共派發1,000本生活錦囊。
6. **教育展覽及頒獎禮**

參展項目 Abstracts of Poster Presentations

對象 / 受惠者：

元朗區居民

計劃成品：

健康生活習慣指標調查報告及「健康人生路」生活錦囊

總結：

總括而言，計劃能達到預期目的。經過兩年的計劃，我們發現元朗區居民對獲得健康資訊的興趣十分大，參與健康講座及工作坊的人數超乎預期。此外，健康生活習慣指標調查報告發現，除身體健康外，居民的壓力和精神健康亦相當值得關注。

計劃開始及完成日期：

2007年4月1日至2009年3月31日

鳴謝：

- | | |
|--------------------|------------------|
| 1. 食物及衛生局健康護理及促進基金 | 2. 元朗之友 |
| 3. 天水圍社區之友 | 4. 香港物業管理及保安職工總會 |
| 5. 飲食及酒店業職工總會 | |

計劃編號：20060404

計劃名稱：雲漢長者健康俱樂部

主辦機構：香港基督教服務處

協辦機構：

基督教聯合醫務協會社區康復服務、香港物理治療師學會有限公司及香港基督教服務處診所

計劃成員：

張瑜（總協調主任）及陳健儀（總協調主任）

目的 / 目標：

1. 增加長者對飲食營養、口腔健康及運動的知識及認同程度；
2. 促進長者建立健康生活模式；及
3. 營造鼓勵長者健康生活的社區風氣。

活動/推行大綱：

個人層面：專題講座、義工培訓、實踐小組、體驗活動、專業檢查及跟進、個別專業指導。

地區層面：專題巡迴講座、培訓、社區教育嘉年華、花車巡遊、攤位遊戲及展覽、健康食肆選舉、健康食譜及教育影碟推廣。

對象 / 受惠者：

居住或活動於觀塘區的60歲以上長者或活動於觀塘區的人士。

預期及實際參與人數：

項目	預期成效	實際成效
參與人次	11,400	14,554
出席率	70%	75%
小組、展覽、活動次數	164次	451次
參與商戶	20戶	20戶
協作組織	15個	24個
支持此計畫的組織	20個	30個

效益：

成功增加了參加者的健康知識及培養健康習慣的動機；亦令參加者於實際生活中更注重飲食營養及口腔健康。所有參與機構表示計劃能有效地促進長者的健康生活態度；並會繼續參與推動長者健康活動。

計劃成品：

長者健康飲食食譜

已達成的目標：

增加長者的健康知識及培養健康習慣的動機，讓他們在實際生活中採納更多健康行為（包括更注重飲食營養及口腔健康），達到預期成果。

總結：

知識的增加、個別專業指導、朋輩支持以及配合日常生活習慣，有助長者建立健康生活模式。方便長者的健康服務點、專業服務的支援及持續推行的模式，有助長者持續實踐健康生活習慣。

計劃開始及完成日期：

2007年7月1日至2009年6月30日

參展項目 Abstracts of Poster Presentations

計劃編號：20060384

計劃名稱：營養身心，健體人生

主辦機構：香港聖公會麥理浩夫人中心

計劃成員：

嚴詠兒女士

目的／目標：

1. 透過義工培訓，組織「體能健魂大使」，將健康飲食與體適能運動訊息於社區展覽中持續推廣。
2. 強調「體適能運動」的鍛鍊，可將精神與體能納入健康的正途，令人生活得積極精彩。
3. 在荃灣葵青區進行巡迴展覽，並於鐵路站張貼海報宣傳，讓健康飲食及體適能運動教育意識滲透到社區各階層。

活動大綱及已達成的目標：

1. 「體能健魂大使」義工培訓

培訓採合理論與實踐，一方面安排專業人士講解有關都市病、營養學、體能及運動的知識，亦安排義工在導師指導下嘗試不同的體適能運動，提高他們對健康飲食及運動的興趣，並推己及人，與其他社區人士分享。

2. 千人運動日及體適能運動宣傳日

透過表演項目讓參加者對不同的體適能運動有初步的認識，並鼓勵參加者即場跟著導師一同練習，讓參加者感受體適能運動的樂趣。安排多元化的活動項目如營養及健康講座、太極、瑜珈及跆拳道表演、攤位遊戲、健康資訊展覽、體適能檢查、健康諮詢服務及社區服務諮詢站等，成功吸引學生、青少年、婦女、少數族裔人士及行動不便的中風長者參加，認識運動對健康的好處。

3. 健體人生巡迴展覽

提供平台讓義工把培訓學到的知識，傳遞予社區人士；同時透過在展覽站提供健康檢查項目，讓參加者更關注個人健康；讓有興趣認識保健方法的人士，改善其個人健康狀況。此外，計劃亦於港鐵站內展示一系列有關健康飲食、體適能運動等健康資訊，透過顯淺易明的字句表達，令社區人士能更容易明白有關內容，並將所學應用於日常生活之中。

對象／受惠者：

社區人士

預期及實際參與人數：

預期人數：2,860人次／實際人數：4,591人次

效益：

1. 本計劃成功組成關注健康的義工小隊，協助在社區推廣身心健康的訊息。計劃增加義工對健康飲食、體適能運動及預防運動創傷等知識，鼓勵他們於日常生活中實踐。義工亦能推己及人，與身邊朋友或社區人士分享。
2. 義工在參與計劃後認識到推廣健康之義務工作的意義，有部分義工其後更帶同親人朋友加入成為健康大使。
3. 本計劃提高了社區人士對個人健康的關注，吸引個別人士或地區團體來電作進一步的查詢，可見計劃能達到原訂目標。

總結：

1. 義工培訓內容生活化，採合理論與實踐，使義工更易於明白及接受。
2. 義工招募不設年齡限制，有助擴闊健康資訊推廣層面。
3. 提供簡單的評估項目，有效喚起社區人士對個人健康的關注。
4. 生活化及簡單有趣的展示模式，能更有效地向社區人士傳遞健康訊息。

計劃開始及完成日期：

2007年6月至2008年3月

計劃編號：22080804

計劃名稱：護耆網－護老者支援夥伴計劃

主辦機構：香港耆康老人福利會

協辦機構：

荃灣及葵青區護耆網

計劃成員：

劉德基先生

目的／目標：

1. 促進社區中的護老者建立一套更健康的生活模式，從而令家中長者受惠；
2. 提倡社區人士關注護老者的全人需要與權益，達致社區有關懷護老者的文化和精神；
3. 創造資源共享，增加社區資本；及
4. 推動義工服務專業化，以及創建由下而上的社區參與方式，成為健康決策的組織。

活動／推行大綱：

社區街頭諮詢站、互聯網資訊平台、護老者資源中心、護老者晚間講座、健康檢查活動、平行小組及義工參與的「護老先鋒」登門護老員訓練課程。

對象／受惠者：

居住於荃灣、葵青、青衣區內的護老者

參展項目 Abstracts of Poster Presentations

預期及實際參與人數：

預期參與人次：12,270 / 實際參與人次：13,789

效益：

1. 多元化及跨專業合作，確立並累積與醫護合作的經驗；
2. 開拓護老保健資訊網站，服務發展進入網絡化、電子化，迎合市場需要；
3. 為護老者減輕護老壓力，提升關注自身健康的意識；及
4. 發掘和動員社區資本，提升關懷護老者的文化。

計劃成品：

1. 開拓護老者服務網站：www.saga.org.hk/tktcarenet
2. 成立「護老合作社」服務（現名為「社區陪老員」服務）

已達成的目標：

評估認為計劃能成功回應高齡化社會的來臨，以多元化活動，動員社區力量，建立護老者服務網絡。

總結：

計劃能夠順利推行，是香港耆康老人福利會及「荃灣及葵青區護老網」努力的成果，以及衷心感謝有份參與服務的社福、醫護團體及其專業人員的相助，使計劃能達到預期的效果。

計劃開始及完成日期：

2009年4月1日至2010年3月31日

鳴謝：

- | | |
|-------------------|----------------|
| 1. C M Conception | 2. 唯聽香港 |
| 3. 基督教聯合社耆老服務 | 4. 循道衛理亞斯理牙醫診所 |
| 5. 衛生署葵青區長者健康外展服務 | |

計劃編號：19050184

計劃名稱：邁向健康人生路

主辦機構：心創作劇場

計劃成員：

陳慧心、張瑋珊、黃龍斌、李景昌、胡麗英、趙堅堂、翟凱泰、梁慕貞、張錦鴻、林慶麟

目的 / 目標：

1. 向學生及公眾人士推廣健康護理訊息；
2. 鼓勵市民持續而恆久地注重健康生活的素質，並徹底改變一切影響健康的行為和習慣；
3. 提高他們預防疾病和保持健康生活的意識；及
4. 利用故事內容帶出更多預防各類疾病的方法，加強大眾對個人、環境及社區健康護理的關注。

活動 / 推行大綱：

本劇場製作一齣約三十分鐘的互動短劇，走訪接受邀請的小學及公眾場所，作出合共36場的巡迴演出。透過話劇內容提醒觀眾應從多角度觀察日常生活中忽略了的不良習慣，鼓勵他們選擇和維持健康的生活方式，改變影響健康的行為，提高自我生活的健康素質。藉此健康推廣教育活動，讓市民大眾把一切不良的飲食習慣糾正過來，建立正確和健康的均衡飲食生活。

對象 / 受惠者：

接受邀請的中學學生及教職員

預期及實際參與人數：

預期出席人數為21,000人，實際出席人數為18,000人

效益：

經過36演出後，確實提醒了市民大眾留意在生活中經常忽略的陋習，藉此喚醒他們改變這些影響健康的不良習慣。由於是互動短劇，觀眾能親身參與演出，劇情感染力相對提升。他們能即時指出不健康、不衛生之處，還提供正確的改善方法，證明他們除明白短劇內容外，還吸收了內裡要傳達的訊息，並加以糾正。當演出完畢後，觀眾能與家人或朋友分享及討論有關內容，把這些訊息廣泛傳遞。

計劃成品：

宣傳海報、單張、書籤、紙扇、月曆卡、氣球、易拉架

已達成的目標：

計劃中的4項目標均能達到，我們更透過問卷、現場觀眾的反應、觀賞短劇後能否回答有關健康護理問題，來量度是否達到預期目標。

總結：

綜觀各方面，是次計劃非常成功。首先能達到所訂下的目標，完成全部的演出，提升了觀眾對健康護理的知識，使他們更注意日常生活中要改善的地方，並把有關概念延伸到身邊的家人和朋友，令受惠層面更廣泛。

計劃開始及完成日期：

2006年3月13日至2006年8月13日

鳴謝：

感謝所有參與計劃的製作單位和人士，全賴他們的努力，才有這麼精彩的計劃誕生，亦感謝食物及衛生局健康護理及促進基金的支持和信任。謝謝！

參展項目 Abstracts of Poster Presentations

計劃編號：19050314

計劃名稱：運動保方 - 糖尿篇

主辦機構：香港仔街坊福利會社會服務中心

計劃成員：

鄭恩寶、傅家麗

目的 / 目標：

1. 提高大眾對預防糖尿病的關注；
2. 向大眾推廣持續運動和均衡飲食對預防糖尿病的益處；
3. 締造促進健康生活的環境；
4. 鼓勵前期糖尿病病患者和高危人士建立持續運動和均衡飲食並重的健康生活模式。

活動 / 推行大綱：

活動分為三個部分。第一部分是舉辦「防糖尿運動保方」巡迴展，以推廣持續運動和均衡飲食對預防糖尿病的益處。第二部分是設立「運動保方資源暨健體閣」。第三部分是舉辦「運動、營養滋補」計劃，讓糖尿病前期病患者及高危人士，透過健康課程、康復治療小組及互助小組等，建立健康的生活模式。

對象 / 受惠者：

前期糖尿病病患者及高危人士和區內大眾

預期及實際參與人數：

預期人數：27,835人 / 實際人數：31,528人

效益：

1. 成功增加糖尿病病患者對持續運動及均衡飲食的認知和關注，並透過強健體魄來預防疾病或改善病情。
2. 藉著多項服務，如巡迴展、運動健康資源暨健體閣，廣泛地推廣「持續運動」及「均衡飲食」對預防及改善糖尿病之重要性。

計劃成品：

印製報告書，以總結計劃經驗及成果。

已達成的目標：

1. 超過70%，即121位前期糖尿病病患者及高危人士參與服務後，健康狀況（如脂肪比率、血糖值及心肺功能等）及生活模式均有明顯改善，並增加了運動的次數及更留意飲食健康；
2. 曾經參與巡迴展的大眾（共12,268人次）均認同持續運動與健康飲食對預防長期病患的重要性，並對預防糖尿病更為關注；
3. 為配合服務計劃，本會成立了「珍維社區健康促進中心」，為大眾締造了一個促進健康生活的理想環境，全期共47,074人次之前期糖尿病病患者及高危人士使用中心內之健康設施，可見服務有助鼓勵大眾建立健康生活模式。

總結：

此項計劃的成功經驗，再次確立「運動及均衡飲食即醫藥」之信念。若要遏止長期病患人士數字急劇上升，以及避免長期病患者年輕化之趨勢，鼓勵社區人士多參與運動，以及透過控制飲食來改善個人的體質才是最根本的解決辦法。另外，方便就近之運動設施有助大眾持續運動。

計劃開始及完成日期：

2006年4月1日至2007年6月30日

鳴謝：

謹代表本會多謝「運動保方 - 糖尿篇」顧問委員會成員及曾提供協助之團體、商界朋友及地區人士，尤其多謝香港理工大學康復治療科學系潘美英教授及香港浸會大學體育學系之支持。

計劃編號：19050074

計劃名稱：「我至型」健康生活推廣計劃

主辦機構：社區藥物教育輔導會

計劃成員：

李蝶、黃寶文

目的 / 目標：

1. 協助學生認識健康及均衡飲食的重要性；
2. 提高學生對健康及均衡飲食的認識，強調「日日2+3（5份蔬果）」訊息；
3. 提高學生對煙草及濫用藥物問題的警覺性；
4. 協助學生認識吸煙及濫用藥物的嚴重影響；
5. 教導學生作明智抉擇的技巧；
6. 訓練學生成為健康大使，鼓勵他們在校內宣揚健康訊息。

活動 / 推行大綱：

計劃以班際及級際形式進行，主題包括「健康飲食，日日2+3」、「濫藥問題知多D」及「煙酒真面目」。計劃同時為學校提供健康大使培訓活動，協助受訓的健康大使在校內宣揚健康訊息。

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對象 / 受惠者：

本活動以小學四至六年級學生為服務對象。

預期及實際參與人數：

計劃展開前預期可服務18,000人次的學生，因學校反應熱烈，最後本計劃共服務了33,536人次的學生。

效益：

1. 超過80%的學生認為活動能提高他們對相關健康主題的關注；
2. 超過90%的學生認為活動能提高他們對相關健康主題的正確認識；
3. 超過80%的學生認為活動能協助他們作明智的決定；
4. 超過80%的學生對活動感到滿意；
5. 超過90%的教師滿意活動內容並認同計劃對學生有幫助。

計劃成品：

除了直接推行健康教育活動外，本計劃出版了5期《健康教育通訊》並寄發予全港所有小學。

已達成的目標：

計劃共舉辦了326場健康教育活動，服務33,536人次的學生；同時舉辦了30場健康大使訓練活動，訓練了100位健康大使，在5間學校內舉行全校性健康教育活動。

總結：

計劃成效顯著，顯示健康教育活動能提高學生對健康生活的認識及關注。

計劃開始及完成日期：

2006年8月至2009年1月

鳴謝：

食物及衛生局健康護理及促進基金

計劃編號：19050324

計劃名稱：「健康新營人」計劃

主辦機構：香港遊樂場協會賽馬會青衣青少年綜合服務中心

計劃成員：

本綜合服務中心的兒童及家庭分隊

目的 / 目標：

1. 提升兒童及家長對健康飲食的認知，從而培養健康的飲食習慣；
2. 提升兒童及家長對運動重要性的認知，從而培養對運動的興趣。

活動 / 推行大綱：

兒童系列活動包括：健康小跳豆學校巡迴講座、健康新營人填色比賽、兒童體重控制小組等。

家長系列活動包括：兒童營養及健康講座、體適能講座及測試、親子健康飲食工作坊、家長體重控制小組、頒獎典禮暨展覽。

對象 / 受惠者：

青衣區內6-12歲兒童及家長

預期及實際參與人數：

預期參與人數：4,948人 / 實際參與人數：3,293人

效益達成：

在兒童方面，透過「健康小跳豆」學校巡迴講座，讓區內四間小學共1,562名小學生認識到健康飲食金字塔及選擇小食的原則。另一方面，透過「健康新營人」填色比賽，向區內十三間小學派發5,000份填色比賽表格，並收回1,582份，從而宣傳「健康飲食及運動」的訊息。在家長方面，透過「兒童營養及健康」講座、「體適能講座及測試」等活動，讓70多名家長認識到健康飲食及體適能運動的重要性。另外，從「親子健康飲食工作坊」中，由導師示範健康的食譜，讓32個家庭了解到實踐健康飲食並不是想像中困難。還有，共有22名兒童及23名家長參與體重控制小組，當中有80%的兒童及家長透過小組達到營養師建議的體重標準。

已達成的目標：

量方面評估：預期參與人數是4,948人，而實際參與人數則是3,293人。實際人數較預期少，主要是參與的家長人數較預期少。另一方面，頒獎典禮地點的更改亦影響了參與人數，因社區會堂未能容納更多的參加者。

質方面的評估：從參加者的意見調查中，八成以上的參加者對活動內容及目標等感到滿意。另一方面，參與的學校老師表示，活動能讓學生認識到健康飲食及運動的重要性。還有，「體重控制小組」參加者有八成能成功達到營養師建議改善的目標。故此，計劃大致上能達到目標。

總結：

「健康新營人」計劃能使參加者從認知層面認識健康飲食及運動的重要性，但若要將之培養成為良好習慣和行為，則需要較長的時間及家長的支持才能成功。

計劃開始及完成日期：

2006年2月13日至2008年8月31日

鳴謝：

1. 食物及衛生局健康護理及促進基金
2. 東華三院黃士心小學李秀英校長
3. 仁濟醫院趙普學福小學伍美英校長
4. 聖公會何澤芸小學林美霞副校長
5. 香港基督教青年會適能及健康部
6. 基督教聯合耶打素社康服務社區營養部

參展項目 Abstracts of Poster Presentations

計劃編號：18040334

計劃名稱：關「健」燃動力

主辦機構：香港青年協會杏花邨青年空間

計劃成員：

趙婉珊小姐（註冊社工）、梁雪薇小姐（註冊社工）及湯港生先生（福利工作員）

目的／目標：

1. 於社區提倡健康生活，鼓勵市民在日常生活中實踐健康的生活習慣；及
2. 為不同對象（如：長者、小學生等）提供適切的資訊、活動、服務或支援。

活動／推行大綱：

計劃共設2個主題：

1. 關「健」常運動系列 - 以推廣常做運動的重要性為焦點

推行大綱	目的／內容
健康小先鋒訓練	訓練中、小學生成為健康大使，認識健康生活的概念和要義；參觀健康教育中心，配合學習策劃活動技巧，協助推動連串健康活動計劃。
健康大使訓練	訓練兒童花式跳繩及協助表演活動。
童繩齊齊跳	展覽主題包括：真健康、熱身運動招式、簡易運動、骨骼疏鬆、口腔衛生、眼睛護理、食物營養、食物處理。由健康大使、先鋒製作展板，並於展覽時當值作介紹。
動感健康資訊站	透過比賽，提高小學生對運動的興趣。
Q版馬拉松	訓練健康大使使用檢查身體的用具，為小學生作身體檢查。
關「健」第1步	由健康小先鋒示範健體操、主持遊戲，協助推動同樂日。
健體同樂日	由健康小先鋒設計攤位遊戲，主題為運動及健康飲食，藉此提高公眾的健康意識。
身奇運動	

2. 關「健」好飲食系列 - 以推動健康飲食習慣為焦點

推行大綱	目的／內容
健T設計比賽	以飲食習慣為主題的T-shirt 設計比賽，得獎設計製成健康小先鋒及健康大使的制服。
健康正能量	邀請體適能導師、健康小先鋒等作示範、帶領健體操。另外，由醫院護士、健康大使，義務為市民作身體檢查。
健康急口令	以健康飲食為主題的急口令創作比賽，並用於食得精明→食得健康嘉年華，作為攤位遊戲之一。
識康識食劇團	訓練健康小先鋒創作及排練話劇（分長者及兒童篇），向不同服務對象介紹健康飲食的重要性及鼓勵他們坐言起行。
有營早餐設計比賽	為東區小學舉辦營養早餐設計比賽，並於「早晨！健康餐」活動中採用得獎餐單，為長者/幼童準備早餐。
早晨！健康餐	為區內長者/幼童準備健康早餐及遊戲。
社區小小營養師	訓練及委任小先鋒成為營養師，協助推廣健康生活訊息。
食得精明→食得健康嘉年華	由健康小先鋒及健康大使合作，籌辦嘉年華。透過遊戲、健康飲食示範、話劇等，向大眾推廣健康飲食的重要性。
關鍵燃力量分享營	嘉許參與計劃的健康小先鋒及健康大使，讓他們分享心得、交流經驗及聯誼。

對象／受惠者：

東區市民、中、小學生，區內院舍宿友（長者、兒童）

預期及實際參與人數：

接受訓練的「健康小先鋒」及「健康大使」共484人，遠高於預期目標的144人；而參與人次高達2,149，較預期的816人次，高出兩倍多。計劃預期受惠人士人數達3,496，人次則為7,530。而實際受惠人數和人次分別為7,006及11,105，十分理想。

效益：

計劃的成果與效益主要分為兩個層面。首先，計劃能提高大家愛健康、愛身體的意識，為生活注入運動和健康飲食的重要元素，不論是健康大使或健康小先鋒，他們協助傳遞健康生活訊息；而受惠的服務對象也直接從不同的活動及服務中，獲得資訊、知識，並再由他們向其他認識的親友、老師、同學等，分享從計劃中所得到的體驗，並帶進日常生活中。

其次，參與人士也直接從各項活動中有所獲益，例如：健康大使和健康小先鋒，接受訓練後，不但掌握更多健康資訊，更學懂正確使用身體檢查儀器的方法，及向受惠人士講解各項測量身體狀況的標準。與此同時，作為義工的他們，更學到基本的義工服務技巧及不求回報的精神。而受惠人士亦更了解個人健康及身體狀況，有助提升他們定期身體檢查及關注身體機能的意識。

計劃成品：

請參閱活動大綱的內容。

參展項目 Abstracts of Poster Presentations

已達成的目標：

計劃所推出的32項活動，出席率平均達83%。活動設檢討問卷，分別由健康大使及健康小先鋒填寫。從收集活動檢討問卷所得數據顯示，達85%表示對活動感到滿意、認為活動內容充實。其中，72%參加者認為活動有助提高他們對健康生活的知識；而74%則表示所學到的健康知識及資訊，能應用於日常生活中。

此外，計劃推出後，成功聯繫39所中、小學、地區團體及機構。參與計劃的機構負責職員，達90%認為活動形式適合受惠對象，及有助提升他們對健康運動及飲食的認識和重視。

總結：

關「健」燃動力為執行單位首項獲食物及衛生局健康護理及促進基金資助的社區計劃。計劃於未來日子仍具極高的可持續性，繼續將健康生活及其價值帶進社區不同層面。

計劃開始及完成日期：

2005年7月4日至2007年6月3日

鳴謝：

- | | | |
|--------------------------|----------------------|-------------------|
| 1. 中華傳道會劉永生中學 | 2. 天主教明德學校 | 3. 天主教喇沙會張振興伉儷書院 |
| 4. 天主教總堂區學校 | 5. 心光護理安老院 | 6. 北角官立下午小學 |
| 7. 北角官立小學 | 8. 杏花邨業主委員會 | 9. 明愛香港太平洋獅子會幼兒園 |
| 10. 東華三院李志雄紀念小學 | 11. 英華女學校 | 12. 香港中國婦女會丘佐榮學校 |
| 13. 香港中華基督教青年會必愛莊護工場及宿舍 | 14. 香港保護兒童會譚雅士日托幼兒園 | |
| 15. 香港耆康老人福利會耆康學院方樹泉發展中心 | 16. 香港專業教育學院（柴灣分校） | |
| 17. 柴灣天主教海星小學 | 18. 柴灣信愛學校（下午） | 19. 軒尼詩道官立小學（下午校） |
| 20. 軒尼詩道官立小學（上午校） | 21. 基督教香港信義會興華幼兒中心 | 22. 培英中學 |
| 23. 救世軍韋理夫人紀念學校（下午校） | 24. 救世軍韋理夫人紀念學校（上午校） | 25. 港大同學會小學 |
| 26. 港大同學會書院 | 27. 華富仰賢血小學 | 28. 慈幼小學 |
| 29. 聖士提反女子中學附屬小學 | 30. 聖保祿書院 | 31. 路德會聖雅各幼稚園 |
| 32. 嘉諾撒書院 | 33. 嘉諾撒學校 | 34. 瑪利曼中學 |
| 35. 福建中學 | 36. 衛理中學 | 37. 嶺南中學 |
| 38. 嶺南衛怡紀念中學 | 39. 香港青年協會青樂幼兒園（西灣河） | |

計劃編號：20060314

計劃名稱：傷健形美1+1

主辦機構：香港傷健協會

計劃成員：

高潔梅、郭宏偉

目的／目標：

1. 透過親屬或朋輩結伴參與、傷健融合，認識健康飲食，關注及改善個人飲食習慣，鼓勵參與各項體能運動，達致身心健康。
2. 組織及訓練「健康大使」，將健康訊息傳播到社區，助人自助，並讓公眾認識傷殘人士及長者有健康和積極一面。

活動／推行大綱：

包括登記行動、檢查及體能評估。活動系列（1）：膽固醇及毛巾操123；系列（2）：肥胖所引起之疾病及家居運動樂123；系列（3）：傷健運動樂；系列（4）：體重控制及橡筋帶運動123；系列（5）：識飲識食及孫家太極拳123、製作健康大使教材套、健康大使訓練課程及全港巡迴推廣、健康資源閣、設計計劃網頁、健康大使嘉許禮等。

對象／受惠者：

傷健人士、長者及社區人士

預期及實際參與人數：

預期參與人數：59,040人次／實際參與人數：61,284人次

效益：

計劃透過 KABP (Knowledge, Attitude, Behavior & Practice) 模式進行，協助結伴參與之傷健人士增加健康知識，身體力行持續運動，在過程中增強彼此的溝通。同時，藉著派發「健康大使教材套」予地區團體，及設置專用網頁，引起社會更大的迴響。

計劃成品：

「傷健形美1+1」健康大使教材套。

已達成的目標：

所有目標均已達成。

總結：

計劃以「1+1」為亮點，吸引傷健人士家屬或朋輩結伴參與，在互相鼓勵中促進身心健康，達致傷健融合。

計劃開始及完成日期：

2007年5月至2009年3月

鳴謝：

食物及衛生局健康護理及促進基金撥款資助

參展項目 Abstracts of Poster Presentations

計劃編號：18040154

計劃名稱：「真」健美大行動 - 身心健康區校推廣教育計劃

主辦機構：基督教靈實協會

協辦機構：

- | | |
|-----------------|-------------|
| 1. 將軍澳官立中學 | 2. 保良局陸慶濤小學 |
| 3. 新界婦孺福利會梁省德學校 | 4. 將軍澳天主教小學 |
| 5. 景嶺書院 | 6. 將軍澳香島中學 |

目的 / 目標：

1. 推廣不正確或過度減肥瘦身對身心所帶來的影響（例如：飲食失調、情緒病等）；
2. 協助青少年建立積極正面的健康審美觀念，以培養身心靈的平衡發展；及
3. 向社區人士推廣積極正面的健康審美觀念及各種健康生活習慣，以平衡「瘦=美」的單一審美文化。

活動 / 推行大綱：

1. 「真」健美歷奇之旅
透過不同的體驗活動，結合反思和學習，增強學生在自我形象、營養、健康及運動方面的知識。
2. 「真」健美社區巡禮
學生協助推行與區內商場及服務機構合辦的社區健康活動。
3. 出版「真」健美光碟
製作影片，鼓勵社區人士實踐健康生活；光碟免費派發到區內各機構、團體及學校。

對象 / 受惠者：

西貢將軍澳區中小學生及居民

預期及實際參與人數：

	預期參與人數	實際參與人數
中小學生	5,200	5,400
社區人士	10,000	12,000
總人數	15,200	17,400

效益：

1. 成功與將軍澳區內8間中小學結成伙伴，共同推行為期16個月的計劃，部分學校於計劃完結後，繼續維持緊密合作，持續向區內學生、家長及老師推廣健康訊息。
2. 由接受過訓練的學生，向其同輩推廣正確的健康審美觀念，比傳統由專業人士講解更為有效。
3. 在向身邊的同學、家人以至社區人士推廣健康審美觀念的過程中，學生所建立觀念得以鞏固，自信心及與人合作的技巧同時獲得改善，有助身心靈的平衡發展。

已達成的目標：

1. 透過多元化活動，向1,330名中小學生推廣不正確或過度減肥瘦身對身心所帶來的影響，約八成學生表示健康知識及意識獲提升，並擬定行動建立健康生活習慣。
2. 225名中小學生培訓成為「真」健美大使，協助推行相關校內活動，向3,887位學生推廣積極正面的健康審美觀念。
3. 「真」健美大使協助推行8次社區健康活動，向12,000名社區人士推廣健康生活習慣。

總結：

健康生活習慣應從小培養，因此培訓中小學生成為「真」健美大使，讓他們先掌握正確的審美觀及健康生活模式的重要性，繼而向身邊的同學、家人以至社區人士推廣有關訊息，是一有效的策略。

學校是社區的主要處所（setting），亦是「健康城市」的重要伙伴。要提高市民的健康意識，長遠建立健康的生活習慣，學校能提供恆常機會接觸學生、家長及老師，無疑是策略性的介入平台。本計劃的經驗正好為日後類似的計劃，提供參考和借鏡。

計劃開始及完成日期：

2005年8月至2006年11月

參展項目 Abstracts of Poster Presentations

Project No. : 20060344

Project Title : Smoke free Club 無煙俱樂部 2007-2009

Administering Institution : The United Christian Nethersole Community Health Service

Project Team Members :

Dr. S. F. Joyce TANG, Ms. Loong May CHU, Dr. K. C. Ruby LAI

Purposes / Objectives :

The aims of the project were to:

1. strengthen institutional capacity in helping smokers to quit by both professional and non-professional staff training;
2. recruit and train ex-smokers from the community to become quit ambassadors;
3. popularise the practical skills of quit smoking to the general public;
4. enable more current smokers to quit through formal clinical and informal channels;
5. provide a supportive environment for the quitter and ex-smokers by sharing group; and
6. create a virtual community of quitters to give mutual support online.

Activities / Programmes :

All health care professionals were given formal training by the Tobacco Control Office. They would ask and record every clinic attendants about his / her smoking status, including the ex-smoker by a health care professional. Those smokers who were ready to quit were recruited. Severity of Nicotine Dependency was assessed and monitored. Individual quit counseling was conducted with follow up at 1 and 3 months. Quit ambassadors training and small groups were conducted. Public education exhibitions were held.

Targets / Recipients :

Staff of the organisation, adult smokers, ex smokers & general public in Hong Kong.

Expected and Actual Participation :

	Expected	Actual
No. staff trained	180	174
No. of adult smokers in "contemplation" and "ready for action" phases willing to make a quit attempt	3,000	1,416 recruited from 5,444 smokers assessed
General public education on simple quit advice	230,000	304,774
No. of adult smokers assessed for readiness to quit	4,400	5,444

1. During the 2 years of the project, 1,416 smokers were recruited to quit from 5,444 assessed.
2. The quit rate at 1 month was 18.9%. The quit rate at 3 months increased to 31.7%.
3. 448 smokers successfully quit by end of 3 months and 967 made a good attempt. We found that the quit rate among older smokers was marginally higher than younger smokers, 35.4%, 31.4%, 30.2% for age ≥ 60 yr, 40 - 59 yr, 18 - 30 yr respectively; which brings the message that age is no barrier to quit smoking.
4. 46.4% of recruits had moderate to high nicotine dependence score, but most did not take Nicotine replacement therapy (NRT) due to cost consideration.
5. 8 ex-smokers recruited as ambassadors. 11 sharing groups conducted by ambassadors.
6. The SFC blog virtual community was established and proved more popular than expected, with 4,493 visits and 3,129 hits.

Benefits Derived :

1. The project successfully provided a smoking cessation service for the community. We directly motivated 5,444 smokers to quit and directly provided 1,416 in-depth individual smoking cessation counseling for smokers who are "ready to quit". The successful quit rate (7 day abstinence) was 18.9 % at one month & 31.7 % at 3 months. No difference between male and female. Twelve month quit rate by random sampling was 45.5%.
2. Older smokers had higher successful quit rate at 3 months, demonstrating that age is no barrier to smoking cessation.
3. The project helped to disseminate the smoking cessation message to 304,774 general public via exhibitions, talks and other publicity activities in the community.
4. Through the project, more health care professionals and non-professionals were trained in smoking cessation skills, thus building institutional capacity for ongoing work.
5. The project also strengthened our community networking with non-government organisations and schools, thus furthering the quit smoking message and culture.

Project Products :

1. Institutionalised quit smoking as routine part of health care workers' role.
2. Smoke Free Club blog established and ongoing.
3. Community networks formed to further quit smoking message in community.

Extent of Objectives Achieved :

174 staff members have received training on smoking cessation counseling skills. The trained staff identified and directly motivated 5,444 smokers and provided 1,416 individual face to face in-depth smoking cessation counseling. The successful quit rate (7 day no smoking) was 18.9 % at one month & 31.7 % at 3 months. Of all the cases enrolled between January and March 2009, the 12-month quit rate was 26.5%. That is, out of a total 1,416 enrollees in the programme, about 375 had quit after 12 months.

Conclusions :

Helping smokers to quit starts with identifying smokers and offering help. Quit counseling can be institutionalised in every health care workplace. Age is not a barrier to quit smoking.

Project Start Date and End Date :

1 April 2007 to 31 March 2009

Acknowledgement :

We would like to acknowledge the Health Care and Promotion Fund of the Food and Health Bureau for their sponsorship that made this project possible. And to all the NGO's, schools and agencies who participated actively.

參展項目 Abstracts of Poster Presentations

Project No. : I9050504

Project Title : Promoting women's health : A gender-specific smoking cessation program for female smokers in Hong Kong

Administering Institution : The University of Hong Kong

Project Team Members :

1. Professor Sophia S.C. CHAN, School of Nursing, The University of Hong Kong
2. Professor Tai-Hing LAM, Department of Community Medicine, School of Public Health, The University of Hong Kong
3. Professor Gabriel LEUNG, Department of Community Medicine, School of Public Health, The University of Hong Kong

Purposes / Objectives :

The objectives were to :

1. arouse public awareness of the effects of smoking on sexual, reproductive and child health, and the risks of cancer, cardiovascular and lung diseases among women;
2. ascertain the learning needs, knowledge, attitudes, and practice of tobacco control and smoking cessation;
3. equip women volunteers with the knowledge and skills in smoking cessation;
4. develop and evaluate a gender-specific smoking cessation program to help female smokers to reduce and quit smoking; and
5. promote women's health and quality of life, and reduce the life-long morbidity and mortality of female smokers in the long term.

Activities / Programmes :

This project was conducted from April 2006 to March 2009 comprising three phases as follows:

1. Women Against Tobacco Taskforce (WATT) and the need assessment survey
We set up a community-based network, the Women Against Tobacco Taskforce (WATT) with 14 women organizations in Hong Kong and invited 623 workers and volunteers from eight of these organizations to complete a need assessment survey. In addition, 14 focus group interviews were conducted among female staff and volunteers, female smokers, as well as never smokers.
2. Gender-specific smoking cessation training curriculum
Based on the results of the need assessment survey, we designed a tailored smoking cessation counselling training program for the volunteers and staff of WATT. It was designed to recognize the characteristics of women smoking and to educate participants about the psychological and behavioural therapies in managing female smokers. The participants were also asked to complete the KAP questionnaire before and 6 months post training.
3. Gender-specific smoking cessation counselling service
The trained women counsellors were encouraged to arouse the awareness of hazards of smoking on women's health and the importance of smoking cessation, provide brief smoking cessation advice to female smokers in their respective community, and refer interested subjects to intensive smoking cessation counselling delivered by our trained and experienced nurse smoking cessation counsellors (SCCs).

Female smokers who intended to quit were recruited through WATT members' referrals and our own proactive promotional effort in the community. We provided intensive counselling via face-to-face or telephone interviews from November 2006 to March 2009. The participants' smoking and quitting history was first assessed, followed by designing an individualized quit plan at the baseline interview. The counsellors called them again at 1-week and 1-month follow ups for assessment and counselling. They were further assessed at 3-month and 6-month follow-ups. Those who reported quitting at 6-month were invited to participate in a bio-chemical validation.

For quality assurance, the principal investigator and a nurse supervisor held regular meetings with the counsellors once every 2 months for case sharing and evaluation of the counselling. The nurse counsellors also audio-taped one counselling session per month and completed a self-assessment form for audit-checking. The experienced nurse supervisor reviewed the audio tape and completed the performance assessment form for cross-validation. The instruments were developed based on the international guidelines of core competencies for evidence-based instrument of tobacco dependency.

In addition, a publicity plan was executed since November 2006 as follows:

1. Seven outreach activities in collaboration with WATT and other NGOs were held between May 2007 and April 2008. We distributed 357 promotional leaflets and presented demonstrations on testing of carbon monoxide, lung function and peak flow rate testing. We also demonstrated health education models including toys illustrating the harmful effects of smoking and displayed posters with anti-smoking messages during the activities. A total of 121 smokers were identified, among whom 13 expressed interests in receiving our smoking cessation counselling service;
2. Distribution of 597 promotional posters and 15,739 leaflets;
3. Mass emails about our smoking cessation services to all staff and students in The University of Hong Kong once a month between December 2007 and February 2008;
4. Two publicity websites (<http://www3.hku.hk/quitnow/> and www.wquit.hku.hk);
5. Yahoo and Google Keyword search;
6. Interviews on various newspapers, magazines, radio, and TV.

Targets / Recipients :

1. Training program : women volunteers and staff from the WATT members
2. Smoking cessation counselling service: current female smokers in Hong Kong

Expected and Actual Participation:

Expected participation : We planned to deliver the smoking counselling training program to community workers and to recruit 250 woman smokers for receiving the smoking cessation counselling service.

Actual participation : A total of 271 female smokers received the intensive gender-specific cessation counselling by NCCs.

Benefits Derived :

SCC Training :

Overall 28 participants were satisfied with the program. They had improvement in general knowledge of the health effects of smoking while remained high in specific knowledge on smoking-related diseases. Their attitudes towards banning of tobacco advertisement and their role in smoking cessation remained positive. Comparing to pre-training, fewer participants (55% vs. 62.5%) had provided smoking cessation counselling to clients during the 6 months after training as the majority (70%) did not have contacts with smokers. For those who did not deliver smoking cessation interventions, all felt that they had gained the necessary knowledge and skills through the workshop.

Gender-Specific Smoking Cessation Service :

A total of 118 female smokers received brief cessation counselling from our trained WATT volunteers and 271 female smokers received our intensive gender-specific cessation counselling by nurse cessation counsellors. Among the clients receiving intensive counselling, 152 (56.1%) received face-to-face smoking cessation counselling and 119 (43.9%) received telephone counselling. At 1-week and 1-month follow-ups, 253 (93.4%) and 245 (90.4%) received further counselling, respectively, and 244 (90.0%) and 231 (85.2%) were successfully followed up at 3- and 6-month, respectively. The monthly recruitment of the intensive counselling was satisfactory at the beginning and dropped gradually, then increased again after the proposal of tobacco tax increase in March 2009. The majority of clients were recruited through mass media promotion (110; 40.6%) and from the Internet (86; 31.7%) while only a few were referrals of WATT organizations (9; 3.3%).

Project Products :

1. The WATT was set up (14 women organizations with 69 service units in the community).
2. A one-day smoking cessation counselling training workshop was provided to 28 WATT affiliates.
3. We had organized seven outreach activities in collaboration with the WATT members and other NGOs.
4. Brief smoking cessation counselling and intensive gender-specific smoking cessation counselling were provided to female smokers.
5. We had constructed two websites to promote the gender-specific smoking cessation service (<http://www3.hku.hk/quitnow/> and www.wquit.hku.hk).
6. We had published over 13 feature articles in newspapers / magazines and conducted 42 TV / radio interviews.
7. We had organized 2 press conferences and a total of 51 reports were published on newspapers or broadcasted on TV / radio.
8. We had designed promotional posters and leaflets for distribution to NGOs, WATT organizations, local educational institutions, Department of Health, Hospital Authority, COSH, public housing estates, commercial and residential buildings, and shopping malls.
9. We had attracted additional funding from HK COSH to support the publicity of the programme.
10. We had published in peer-reviewed international journals, and presented over 16 papers in both regional and international conferences.

Extent of Objectives Achieved :

The 7-day point prevalence quit rate was 25.8%. 24.3% of the self-reported quitters received the bio-chemical validation test and 88.2% passed both the exhale carbon monoxide test (< 8 ppm) and urine cotinine test, yielding the validated quit rate as 5.5%. After receiving counselling, 32.1% of them had quit or moved upwards, 39.9% had remained stable, and 28.0% moved downwards in their stage of readiness to quit smoking. Excluding quitters, 31.8% had reduced their cigarette consumption by at least 50.0%. For those who reported to continue smoking at 6-month, 41.6% had attempted to quit in the last 6 months.

Conclusions :

The project is a pioneer in providing gender-specific smoking cessation counselling service for female smokers in Hong Kong. We have collaborated and formed a network with local women organizations to promote quitting in smoking women and to arouse public awareness of the hazardous effects of smoking among women. Public education activities were organized to promote tobacco control and smoking cessation for female smokers in the community. This project was the first smoking cessation service which offered tailor-made smoking cessation interventions to female smokers in Hong Kong. This was effective in smoking cessation and the reduction of daily cigarette consumption. The participants had improved self-efficacy to resist smoking and gained confidence in quitting with less perceived difficulty. We have illustrated the feasibility to develop a gender-specific smoking cessation service to female smokers in the community. We suggested the government to take initiatives to run a similar program, collaborate with women organizations, and promote and sustain female smoking cessation services in Hong Kong.

Project Start Date and End Date :

April 2006 to March 2009

Acknowledgement :

We thank the Health Care and Promotion Fund of the Food and Health Bureau for providing funding for the project. Thanks must also attribute to the Hong Kong Council on Smoking and Health for their additional financial support to publicity activities, and the following 14 organizations for participating in the WATT :

1. Action for Reach Out (青島)
2. Association of Women Accountants (Hong Kong) Limited (香港女會計師協會有限公司)
3. Caritas Community Centre (明愛社區中心)
4. Christian Family Service Centre (基督教家庭服務中心)
5. Diabetes Hong Kong (香港糖尿病學會)
6. Family Planning Association of Hong Kong (香港家庭計劃指導會)
7. Hang Hau & Junk Bay Merchants Association LTD (坑口將軍澳商會)
8. Hong Kong Federation of Women (香港各界婦女聯合促進會)
9. Hong Kong Women's Commission (婦女事務委員會)
10. Hong Kong Young Women's Christian Association (香港基督教女青年會)
11. Southern District Women's Association (香港南區婦女會)
12. The Helena May Women Association (梅夫人婦女會)
13. Tuen Mun District Women's Association (屯門區婦女會)
14. Women Service Association (婦女服務聯會)

參展項目 Abstracts of Poster Presentations

Project No. : I8040084

Project Title : Youth Quitline: An accessible telephone-based smoking cessation hotline for youth

Administering Institution : The University of Hong Kong

Co-organisation(s) :

Hong Kong Council on Smoking and Health

Project Team Members :

1. Professor Sophia S.C. CHAN, School of Nursing, The University of Hong Kong
2. Professor Tai-Hing LAM, Department of Community Medicine, School of Public Health, The University of Hong Kong
3. Dr. ASM ABDULLAH, School of Public Health, Boston University
4. Dr. Angela Y.M. LEUNG, School of Nursing, The University of Hong Kong
5. Dr. Debbie O.B. LAM, Department of Social Work and Social Administration, The University of Hong Kong
6. Dr. Daniel F.Y. FONG, School of Nursing, The University of Hong Kong

Purposes / Objectives :

The objectives were to:

1. increase the youth's awareness of tobacco control and smoking cessation services provided in Hong Kong;
2. publicize the importance of quitting smoking while young;
3. provide smoking cessation counselling through a telephone hotline to support youth quitting; and
4. evaluate the effectiveness of the service provided.

Activities / Programmes :

The Youth Quitline was launched on August 8, 2005, providing service for 24 hours per week. A special design training programme was provided to university and secondary school students by experts in smoking cessation and youth counselling. The youth smokers who called the Youth Quitline were first assessed at baseline and then provided with motivational counselling. They were contacted again at 1 week and 1 month for assessment and counselling. Follow-up calls were conducted at 3 and 6 months post-program to assess the smoking status. Those who reported quitting at 6 months were invited to participate in a bio-chemical validation.

A publicity plan was also developed to promote the Youth Quitline, which included the following:

1. Mass media campaign
2. Publicity website (www.hku.hk/yquit)
3. Distribution of leaflets and posters
4. Health talks for a few secondary schools
5. Train the trainers: seminars targeted at school teachers
6. Collaborations with secondary schools, District board, NGOs and Hong Kong Council on Smoking and Health: case referrals and promotion of the Youth Quitline

Targets/Recipients:

Chinese youth smokers aged between 12 and 25 who resided in Hong Kong.

Expected and Actual Participation :

1. The Youth Quitline has a maximum capacity to serve 5,148 telephone calls to help youth smokers quit smoking and answer queries from school teachers and parents, who want to help youngsters quit smoking.
2. During August 2005 to December 2007, the Youth Quitline received a total of 2,695 calls, of which 918 calls were successfully handled. Nearly 75% of handled calls (n=683) were from smokers and 25% (n=228) were from those who wanted to help smokers quit smoking (e.g. parents, school teachers). 486 youth smokers who fulfilled the inclusion criteria received telephone counselling.

Benefits Derived :

The Youth Quitline is a pioneer effort in Hong Kong and it has reached a group of youth smokers, many of whom have reduced or quit smoking or were motivated to do something about their smoking behaviour now or in the future. The findings indicated the peer-led smoking cessation intervention was effective in motivating youth to quit smoking and / or reduce daily cigarette consumption and that these quit rates were comparable to other international quitline services and local smoking cessation programs.

The project successfully promoted the importance of youth's smoking cessation to school teachers, social workers, NGOs and healthcare professionals. The care givers would now consider the issue as a higher priority, and school teachers joined our seminars to understand the psycho-socio behaviours of youth smokers and to learn the strategies to encourage and assist youth to quit smoking. There have been an increasing number of schools and youth organizations willing to collaborate with us to encourage youth smoking cessation. Our efforts have prompted many interview requests from TVs and radio stations.

The Youth Quitline provided telephone smoking cessation counselling to youth smokers in Hong Kong for at least 24 hours per week from August 2005 until December 2007. Up to July 2008, the Youth Quitline operated for a total of 3,744 hours, with peer counsellors on site at the telephone counselling call centre to provide assistance to youth smokers and parents during the operation hours. A total of 486 youth smokers aged 12 - 25 received baseline telephone counselling and completed follow up by June 2008, which accounted for about 0.5% of targeted smoking group in Hong Kong, compared to 1% utilization rate for quitline services in North America.

In the short-term, the Youth Quitline has successfully increased smokers' awareness of health hazards on second-hand smoke and reduced the myths towards smoking as a relaxing agent and help with concentration. With tailor-made smoking cessation counselling, the Youth Quitline successfully strengthened smokers' confidence to quit smoking, relieved their difficulties to quit and increased their self-efficacy toward quitting. In the medium term, the Youth Quitline increased youth smokers' stage of readiness to quit smoking, encouraged quit attempts and promote reduction of daily cigarette consumption. In the long-term, the Youth Quitline has successfully provided smoking cessation counselling to achieve a higher quit rate for youth smokers as compared to previous local quitline and clinic services.

參展項目 Abstracts of Poster Presentations

Project Products :

1. We set up a telephone smoking cessation call centre for youth smokers and it is sustainable (Recently, the Youth Quitline has been incorporated into the integrated smoking cessation hotline 1833183 of the Tobacco Control Office, Department of Health).
2. The call centre also serves the function as a smoking cessation training centre for medical and nursing students.
3. During the study period, we conducted 2 smoking cessation counselling training workshops and trained 84 undergraduates and secondary school students as peer smoking cessation counsellors serving the Youth Quitline throughout the project.
4. We constructed a website to provide education, promote smoking cessation and publicize the Youth Quitline (www.hku.hk/yquit).
5. We published over 10 featured articles in newspapers and conducted TV / radio interviews.
6. We organized 3 press conferences during the project period and attracted over 14 mass media to report the findings of the Youth Quitline.
7. We designed 2 sets of pamphlets and posters for distribution to NGOs, youth organizations, Social Welfare Department and hospitals / clinics.
8. Published in 4 peer-reviewed international journals, and presented over 30 papers in both regional and international conferences.
9. Provide a platform for research and study for higher degrees (1 PhD graduated).
10. Attracted additional funding from the Hong Kong Council on Smoking and Health to further promote the project.

Extent of Objectives Achieved :

The quit rate at 6-month follow up was 24% (7-day point prevalence) and 18% (30-day point prevalence) using intention to treat analysis. Out of 114 self-reported quitters, 49 received bio-chemical validation and 32 passed both the exhaled carbon monoxide test (< 8 ppm) and urine cotinine test. For smokers who remained smoking, 40% made at least one quit attempt during the 6-month follow-up, and 27% reduced daily cigarette consumption by half or more.

Conclusions :

The Youth Quitline is the first smoking cessation telephone counselling services tailor-made for youth smokers in Hong Kong. We demonstrated feasibility in developing a low-cost and effective peer counselling services to improve the youth smokers' knowledge and attitudes towards smoking and quitting, and strengthen their confidence and self-efficacy in quitting. Through our publicity efforts, we have also increased the awareness of smoking cessation among youth and the general public. Capacity on smoking cessation was built through training programmes to secondary school and university students, and a network of schools and youth organizations was set up to refer smokers to the Youth Quitline. Finally, the project was sustained and enhanced through our collaboration with the Hong Kong Council on Smoking and Health, and it is now a smoking cessation training centre for the HKU nursing students. The Youth Quitline is an complementary strategy to the overall tobacco control policy, and provides accessible and acceptable quality services for youth smokers who wish to quit. With this successful experience, the Food and Health Bureau, and Education Bureau can provide similar services to the community to promote youth smoking cessation in Hong Kong, and to act as a role model for the rest of China.

Project Start Date and End Date :

Baseline recruitment of youth smokers from August 2005 to December 2007; with 6-month telephone follow-up survey completed in June 2008.

Acknowledgement :

We thank the Health Care and Promotion Fund of the Food and Health Bureau which provided funding for the project. We are grateful to the Hong Kong Council on Smoking and Health who provided funding to promote and publicize Youth Quitline. We thank Ms. Anita Chan for assisting in training the student counsellors; Dr. David Wong for acting as the project manager and prepared data management and analyses; and Mr. Derek Yip, Ms. Jan Lai and Mr. Bryan Chik who have coordinated the project. Finally, we acknowledge the student research assistants for their dedication and time given to the project.

Project No. : 20060894

Project Title : Inter School Anti-smoking Campaign 2006 - 2007

Administering Institution : The Hong Kong Tuberculosis, Chest and Heart Diseases Association

Co-organisation(s) :

- | | |
|---|---|
| 1. Hospital Authority | 2. Department of Health |
| 3. Education Bureau | 4. Labour Department |
| 5. Grantham Hospital | 6. Ruttonjee Hospital |
| 7. Pamela Youde Nethersole Eastern Hospital | |
| 8. Faculty of Health & Social Science, The Hong Kong Polytechnic University | |
| 9. Action on Smoking or Health | 10. Drug Education Resources Centre |
| 11. Society of Hospital Pharmacists of Hong Kong, Hong Kong | 12. Committee on Care for Children Ltd. |
| 13. Hong Kong Council on Smoking and Health | |
| 14. Hong Kong Health Education & Health Promotion Foundation | |
| 15. The Practising Pharmacists Association of Hong Kong | |
| 16. The World Association of Chinese Public Health Professionals | 17. Quit-Winners Club |

Project Team Members :

The Project team is an organising committee composed of different tobacco control specialists and public health professionals from Government departments and non-governmental organisations.

參展項目 Abstracts of Poster Presentations

Purposes / Objectives :

1. To enhance the knowledge of students in primary and secondary schools on the harmful effects of smoking;
2. to support the Government to pass the amended Ordinance to protect the community against second-hand smoking; and
3. to reduce the number of smokers.

Activities / Programmes :

Primary and secondary schools were invited to design an anti-smoking campaign consisted of a series of activities to be organised at schools / community to promote tobacco control. Superior submissions were selected into a Competition. The selected participants were required to make presentations / performance in November 2006. After that, the selected participants were required to implement their projects in schools and community with subsidy. They were required to submit the progress and final reports for assessment. Award Presentation Ceremony was held in May 2007.

Targets / Recipients :

Students, teachers and staff of schools, parents and general public

Expected and Actual Participation :

50 applications were expected to participate in this Campaign and 6 schools implement their project. We received nine proposals and four of them were implemented by schools. The healthy lifestyle and anti-smoking scroll-up banners were roving exhibited at 23 schools. The overall attendance of this project was around 13,500 people.

Benefits Derived :

Through the project, the participants learned about the harmful effects of smoking, benefits of smoke-free environment and the information about the Smoking (Public Health) (Amendment) Ordinance which commenced on 1 January 2007.

Project Products :

Booklets, "Tobacco Control Ambassador" paper models and magnetic stickers.

Extent of Objectives Achieved :

Involving and delegating responsibility to new and young generation on tobacco control. With the influence of young people to the peer groups, teachers and their parents, smokers were encouraged to quit and non-smokers were prevented from smoking.

Conclusions :

This anti-smoking message was successfully spread among the community, including the benefits of a smoke-free community and the harmful effects of smoking, and gained the public support in building up and sharing a healthy community.

Project Start Date and End Date :

January 2006 to July 2007

Acknowledgement :

- | | | |
|---|-----------------------------------|--------------------------|
| 1. Hospital Authority | 2. Department of Health | 3. Education Bureau |
| 4. Labour Department | 5. Non Governmental Organisations | 6. Academic institutions |
| 7. Health Care and Promotion Fund of the Food and Health Bureau | | |

計劃編號：21070414

計劃名稱：Teen「戒」三部曲

主辦機構：香港遊樂場協會－「夜軌」葵青深宵外展服務

協辦機構：

香港大學李嘉誠醫學院護理系

計劃成員：

「夜軌」葵青深宵外展服務之社會工作員

目的 / 目標：

透過一系列活動如簡單身體檢查、戒煙營及事後跟進，令青少年認識並體會到吸煙對其身體帶來的不良影響，從而激發他們戒煙的動機和維持戒煙的決心；配合戒煙方法的介紹，期望參加者最終達致戒煙 / 減少吸煙的目標，並建立一個健康的生活模式。

活動 / 推行大綱：

活動	內容
Teen「戒」三部曲之序	計劃宣傳
第一部曲 - Teen「戒」驗身	驗身街站
第二部曲 - Teen「體」營	戒煙訓練營
第三部曲 - 「Teen」「Teen」日報	此乃自願性質的戒煙跟進服務

對象 / 受惠者：

有吸煙習慣的青少年及高危青少年

預期及實際參與人數：

預期參與人數：270 / 實際參與人數：348

效益：

從參加者的意見調查中，六成以上的參加者對計劃活動內容及目標等感到滿意。有參加者認為參加戒煙營後，自己的身體

參展項目 Abstracts of Poster Presentations

狀況比入營時有所改善。是次的驗身計劃能讓他們知道吸煙對其身體所帶來的負面影響，甚至危害生命，而二手煙亦影響了其他人的健康。

計劃成品：

模額、易拉架、驗身貼

已達成的目標：

參加者在認知層面的轉變較為顯著。透過活動，他們加深認識吸煙對身體造成的負面影響，及更了解戒煙 / 減少吸煙的方法。

總結：

「Teen『戒』三部曲」能使參加者從認知層面了解吸煙對自己身體造成的負面影響，及加深認識戒煙 / 減少吸煙的方法。

計劃開始及完成日期：

2008年4月1日至2008年10月31日

鳴謝：

1. 食物及衛生局健康護理及促進基金
2. 香港大學李嘉誠醫學院護理系

計劃編號： 22080394

計劃名稱：《無煙良民》互動教育生活劇（巡迴演出、【不吸煙 健康叻】資料冊派發、《我愛無煙香港》展板展覽）

主辦機構： 心創作劇場

計劃成員：

張瑋珮（計劃統籌及計劃賬目會計）、莊海岩及Chan Hay Wah Dawn（計劃聯絡及宣傳專員）、陳海茵（計劃行政執行專員）、胡麗英（計劃製作技術總監）、黃耀斌、陳慧心（導演）、陳慧心（故事創作 / 編劇）、王耀祖、陳慧心、朱仲暉、柯嘉琪、陳康（演員）、詹文龍（司機、投影及影響控制、搬運）、Chan Ming Kit（攝影及錄影）

目的 / 目標：

1. 說明「無煙」的重要性，讓參加者從小已對吸煙有所警惕；
2. 透過互動教育生活劇逐一揭示吸煙的害處；
3. 提醒青少年和兒童不要受家人或朋輩影響而接觸香煙；
4. 向青少年和兒童揭露吸煙的真面目，從而減低他們對香煙的好奇心；
5. 鼓勵他們勸導有吸煙習慣的家人或親友及早戒煙，並提供其他健康的紓壓方法和途徑；
6. 說明二手煙的禍害，加強宣傳和教育青少年和兒童吸煙是萬害而無一利。

活動 / 推行大綱：

本劇場製作了一齣三十分鐘的互動短劇並走訪 32 間小學，合共演出了35場。透過互動短劇帶出吸煙的禍害，提醒他們成為「無煙良民」的重要性。此外，更製作了一本推廣宣傳反吸煙的資料冊【不吸煙 健康叻】，每間接受邀請觀賞演出的學校都獲贈我們設計的《我愛無煙香港》易拉架作校內展覽。

對象/受惠者：

接受邀請觀賞演出的小學學生及教職員

預期及實際參與人數：

實際直接受惠人數（觀賞互動教育劇）約8,819人，預期直接受惠人數約12,250人；從【不吸煙 健康叻】資料冊間接獲得訊息（學生家長、家人、與觀看後學生討論人士）的市民大眾估計為1:1，因此間接實際受惠人數約8,819人，預期受惠人數約12,250人；《我愛無煙香港》展板：35場巡迴演出後將製作展板留校展出，實際每塊展板約有900人觀賞，因此約有31,500人曾觀賞展板從而獲得反吸煙訊息。

效益：

經過35場教育劇推行活動後，在小學生心中確立了「無煙良民」的形象，明白不吸煙才是正確的人生態度，同時加強了他們對吸煙的理解，提高他們遠離煙草的意識，喚醒大眾無煙生活的重要，宣揚建立無煙人生對自己和家人的好處。演出完畢後，建立了渠道讓師生討論有關內容。

計劃成品：

宣傳海報、單張、書籤、紙扇、月曆卡、氣球、易拉架

已達成的目標：

計劃中的6項目標都能達到，我們更透過問卷、現場觀眾的反應、觀賞短劇後能否回答有關的問題，來量度是否達到預期目標。

總結：

綜合各方面的表現，是次計劃實在非常成功。首先能達到所訂下的目標，完成全部的演出，提升了小學生對吸煙危害健康等的知識，提醒他們要建立遠離煙草誘惑的決心，並把有關的訊息延伸到身邊的家人和朋友，令受惠層面更廣泛。

計劃開始及完成日期：

2009年9月1日至2010年3月31日

鳴謝：

再次感謝食物及衛生局健康護理及促進基金支持是次的計劃，讓接近一萬位小學師生受惠，令他們及早建立無煙健康的人生；而我們一班台前幕後的工作人員，為推廣宣傳反吸煙不遺餘力，使計劃得以順利完成。

參展項目 Abstracts of Poster Presentations

計劃編號：21070604

計劃名稱：《無煙人生》生活教育劇（巡迴演出、【毒煙】資料冊派發、《活在無煙空間》展板展覽）

主辦機構：心創作劇場

計劃成員：

張瑋珮、陳慧心、王耀祖、朱仲暉、葉榮輝、詹文龍、趙堅堂、謝思恆

目的／目標：

1. 說明「無煙」的重要性；
2. 透過教育劇帶出吸煙的害處；
3. 探討青少年吸煙的原因：受朋友影響、好奇心和試圖減輕精神壓力；
4. 教導青少年拒煙技巧；
5. 揭露吸煙的真面目，從而減低他們對香煙的好奇心；
6. 提供其他健康的紓壓方法和途徑；
7. 透過【毒煙】資料冊和《活在無煙空間》展板將「無煙」訊息推廣到廣泛的層面，增加了課題的伸延性。

活動／推行大綱：

本劇場製作了一齣四十分鐘的互動短劇並走訪32間中學，合共演出了35場。透過互動短劇帶出吸煙的禍害，提醒他們「無煙人生」的重要性。此外更製作了一本推廣反吸煙的資料性雜誌「Smoke Free Magazine」。而每間接受邀請觀賞演出的學校都獲贈我們設計的《活在無煙空間》展板，及衛生署印製的宣傳單張。

對象／受惠者：

接受邀請觀賞演出的中學學生及教職員

預期及實際參與人數：

實際直接受惠人數（觀賞互動教育劇）約11,900人，預期直接受惠人數約14,000人。從「Smoke Free Magazine」資料性雜誌間接獲得訊息（學生家長、家人、與觀看後學生討論人士）的市民大眾估計為1:1，因此間接實際受惠人數約11,900人，預期受惠人數約14,000人；《活在無煙空間》展板：35場巡迴演出後將製作展板留校展出，實際每塊展板約有900人觀賞，因此約有31,500人曾觀賞展板從而獲得反吸煙訊息。

效益：

透過35場教育劇推行活動，在青少年界別中灌輸「無煙人生」的健康概念，加強了他們對吸煙害處的理解，提高他們遠離煙草的意識，喚醒大眾建立無煙生活，宣揚「無煙人生」的重要性。演出完畢後，建立了渠道給師生討論有關內容。

計劃成品：

海報、宣傳單張、「Smoke Free Magazine」、《活在無煙空間》展板

已達成的目標：

計劃中的7項目標都能達到，我們更透過問卷、現場觀眾的反應、觀賞短劇後能否回答有關的問題，來量度是否達到預期目標。

總結：

總結各方面，是次計劃實在非常成功，首先能達到所訂下的目標，完成全部的演出，提升了青少年對吸煙危害健康的知識，提醒他們遠離香煙的誘惑，並把有關的訊息延伸到身邊的家人和朋友，令受惠層面更廣泛。

計劃開始及完成日期：

2008年4月1日至2008年9月30日

鳴謝：

在此特別鳴謝是次活動的專業顧問，給予我們額外的支援和提供專業的意見，包括：基督教聯合那打素社康服務（無煙俱樂部）統籌主任龍美珠姑娘為我們審閱劇本內容，使其內容更精確無誤，更親身來到觀賞演出，感受互動教育的現場氣氛；還有香港吸煙與健康委員會項目籌劃經理何仕明先生；最後很感謝衛生署控煙辦公室，除了顧問醫生親臨觀賞賜教，更應我們的要求準備了充足的宣傳單張和紀念禮品給我們派發到演出的學校。最後十分感謝食物及衛生局健康護理及促進基金的撥款，因有這次的資助才可使萬多位中學生受惠，令他們及早建立無煙健康的人生；而我們一班台前幕後的工作人員，為推廣宣傳反吸煙不遺餘力，好使活動得以順利完成。

參展項目 Abstracts of Poster Presentations

Project No. : 18040554

Project Title : Colourful and Bright Fruits and Vegetables Project - Creating a Supportive Eating Environment for our New Generation

Administering Institution : Centre for Health Education and Health Promotion, The Chinese University of Hong Kong

Project Team Members :

Ms Mandy HO, Professor Albert LEE , Dr. Chun Bong CHOW, Ms. Jackie LEE, Ms. Vera KEUNG and Mr. Tony YUNG

Purposes / Objectives :

To help primary school children in Hong Kong adopt a habit of eating enough fruits and vegetables by creating a supportive school eating environment to enhance awareness, change behaviour and support good practices.

Activities / Programmes :

The pilot project was based on the Health Promoting Schools framework. It adopted an integrated approach, entailing a comprehensive needs assessment, improved school eating policies and eating environment, training of teachers, parents and student ambassadors, involvement of family and community, along with a comprehensive nutrition education programme and the active participation of students. Training, consultancy services and professional supports as well as teaching kits and nutritional educational materials were provided to the participating schools throughout the project period. Schools were encouraged to incorporate the programme into their school life and utilize the resources and professional supports provided by the project to organise school-based nutritional education and promotion activities for their students.

Targets / Recipients :

About 20,000 students, parents and teachers from 10 primary schools in Hong Kong

Expected and Actual Participation :

10 schools participated in the Project with great enthusiasms and demonstrated good collaborative efforts. The Project has received very positive feedback from schools and parents. As a result, some activities were made opened to other interested schools.

Benefits Derived :

The project was successful in enhancing the nutrition knowledge, increasing fruits and vegetables consumption of the students and their parents; reducing the consumption of high fat and high sugar snacks in students; improving the nutritional quality of school lunch and empowering the teachers and parents to work collaboratively to foster a healthy eating environment and culture at school.

Project Products :

1. 150 student and more than 100 parent ambassadors were trained and served as change catalysts and role models for their peers;
2. More than 170 headcounts of teachers attended the training workshops and were empowered with knowledge and skills to foster a supportive school eating environment;
3. a set of user-friendly nutrition education teaching kits together with a range of quality nutrition education resources had been developed to support schools in implementation of school-based nutrition education and promotion initiatives;
4. A printed report was published for dissemination of project experience, the electronic copy is available at http://www.cuhk.edu.hk/med/hep/research/c_publications.html.

Extent of Objectives Achieved :

All of the key objectives identified in the project have been successfully achieved. In addition, it has raised the awareness of government, schools and media towards the importance of adequate fruits and vegetables consumption and the impact of environmental intervention to help children building a healthy eating habit. The model proposed by the Project has been adopted by the Department of Health to become the blueprint for the EatSmart@school.hk Campaign to improve the eating habit of primary students in Hong Kong. The project experiences and findings were shared to the public, schools, the academics, government officials and health professionals in various local and overseas conferences, seminars, symposium and meetings.

Conclusions :

The project affirmed that the Health Promoting Schools model is an effective way to integrate a broad range of strategies that complimented each other to foster a supportive environment to improve knowledge and support eating behaviour change of school children and also their parents.

Project Start Date and End Date :

1 June 2005 to 30 November 2006

Acknowledgement :

The support and active participation of the 10 project schools.

參展項目 Abstracts of Poster Presentations

Project No. : 18040564

Project Title : Community Development Approach to Create Better Health of our Young Generation within the Settings of their Daily Life

Administering Institution : Centre for Health Education and Health Promotion, The Chinese University of Hong Kong

Project Team Members :

1. Professor Albert LEE (Principal Investigator)
2. Mandy HO (Health Promotion Co-ordinating Officer)
3. Winki YUEN (Health Programme Co-ordinator)
4. Carol SUEN (Assistant Health Promotion Officer)
5. Jackie LEE (Health Programme Co-ordinator)

Purposes / Objectives :

To cascade the effect of Health Promoting Schools (HPS) and to nurture healthy lifestyles in students by providing a supportive school and home environment.

Activities / Programmes :

The project was based on the Health Promoting Schools framework (HPS), and adopted an integrated approach that highlighted the concept of community development, school-based strategies, partnership and network collaboration, empowerment of various school members through health education, skills development, sharing and active participation. Mentee schools were guided and supported by their mentors. A HPS network was set up to provide a platform for the schools to share their experience and promote good practice on health promoting schools.

Targets / Recipients :

A total of 16 schools in the New Territories West region participated in the project (5 secondary schools, 8 primary school and 3 kindergartens). 5 secondary schools and 3 primary schools participated as mentees.

Expected and Actual Participation :

16 schools participated covering over 15,000 students and 30,000 parents.

Benefits Derived :

The Project has successfully linked up individual HPS and established a large-scale HPS network. The evaluation results showed that school health policies, curriculum, linkage with parents and community has been strengthened. Parents are provided with more opportunities to participate, support and cooperate with school to ensure the balanced development of their children. Improvement in dietary and exercise habit, mental wellness of students was evident. The project had served as a good model for future preventive care and health promotion in school setting.

Project Products:

Publications

Centre for Health Education and Health Promotion, the Chinese University of Hong Kong, *Special Issue: Parent College of Health*, 2007.

Extent of Objectives Achieved :

2 of the mentor schools (1 secondary school and 1 primary school) have self-initiated a healthy school networks supporting more than 20 primary schools and kindergartens in Tuen Mun District (屯門區健康學校協作計劃)

Conclusions :

The project demonstrated that HPS mentorship scheme was effective in cascading the effect of HPS to reinforce the collaboration between schools and partnership with families to promote health in school children.

Project Start Date and End Date :

April 2005 to March 2007

Acknowledgement :

All participating schools

Project No. : 20060524

Project Title : Home-School Joint Venture to Combat Childhood Obesity

Administering Institution : Centre for Health Education and Health Promotion, The Chinese University of Hong Kong

Project Team Members:

1. Professor Albert LEE (Principal Investigator)
2. Mandy HO (Registered Dietitian and Registered Nurse)
3. Amy KWONG (Registered Physiotherapist)
4. Vera KEUNG (Nutritionist)
5. Jackie LEE (Nutritionist, till April 2008)

Purposes / Objectives :

The project aimed to help primary school children with overweight or obesity to develop healthy lifestyles with the goal of weight control via home-school joint venture approach under support of healthcare professionals.

Activities / Programmes :

The 1-year programme embraced health promotion strategies through a Health Promoting School approach adopting multidimensional strategies, including training and support for teachers and parents, assessment and progress monitoring, individualized weight management plan, after-school weight management programme and school-based health promotion activities, to educate overweight children the importance of healthy eating, active living and positive body image and to empower schools and parents in providing a supportive healthy home and school environment benefiting all school children.

Targets / Recipients :

120 obese or overweight students and their parents as well as teachers from 6 local primary schools.

Expected and Actual Participation :

Six primary schools from different districts in Hong Kong enrolled in the project. A total of 165 students, aged from 8 to 12 with overweight and obesity, were recruited to participate in the weight management programme.

Benefits Derived :

The programme was successful in improving body composition (BMI and body fat %), dietary and exercise habit among participating students. More importantly, no rebound in BMI and significant drop of body fat % was found 4 months after completion of programme.

Over 90% of participating parent reported the programme enhanced their understanding and awareness on effective weight management and fitness status of their children. Participating schools ran various school-based health-promoting activities for students and parents under the guidance of project team (ranging from 5 to 34 activities each school). Teachers responded the project greatly enhanced their knowledge and skills of weight control, confidence and competence in health-promoting policy implementation and health promoting activity organization.

Project Products :

Teacher's manuals, including weight management; student's handbook and teaching materials, were given to participating schools for reference. Individualised weight management plans were given to participating students to follow. A printed report was published and uploaded in our Centre website to disseminate the project findings and experience to wider audience.

Extent of Objectives Achieved :

The key objectives identified in the project were generally achieved and the project received positive feedback from the students, parents and schools as well.

Conclusions :

The project affirmed that the school is an ideal setting for childhood weight control intervention and Health Promoting Schools model is an effective way to integrate a broad range of strategies that complimented each other to foster a supportive environment that helps to prevent and alleviate the health burdens caused by obesity.

Project Start Date and End Date :

1 June 2007 to 31 Nov 2008

Acknowledgement :

- | | |
|--|--------------------------------------|
| 1. Alliance Primary School (Tai Hang Tung) | 2. HKFYG Lee Shau Kee Primary School |
| 3. Po Leung Kuk Fong Wong Kam Chuen Primary School | 4. SKH Kei Fok Primary School |
| 5. Shatin Tsung Tsin School | 6. Tai Koo Primary School |

Project No. : 21070534

Project Title : Smart Kids Program 叻營子女全攻略

Administering Institution : St. James' Settlement

Project Team Members :

Dietitians, Social workers, Fitness Instructor

Purposes / Objectives :

To provide practical nutrition knowledge free of charge to economically disadvantaged children and parents (including new immigrants, ethnic minorities, etc.), and to ensure that the knowledge obtained in the workshops can be integrated as habits into their daily lives.

Activities / Programmes :

The project began in collaboration with primary schools in the district. Information sessions were held in primary schools, TeenS' World and Shopping Centre to draw children and parents' attention. In addition, questionnaires regarding parents' main concerns and food choices for children dietary habit were also distributed in the primary schools.

Those families attending the information sessions with child aged 4-10 were invited to join a 5-session workshop. The 5-session workshop comprises Physical assessment, Healthy eating talk, Tai Chi class,

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Supermarket tour and Cooking class.

In the first session of every workshop, physical assessment including heights and weights of the children were measured. Those overweight and underweight defined as 120% and 80% respectively of the median weight-for-height in the growth charts developed from the 1993 Hong Kong Growth Survey were identified.

Dietary habit records were also collected from participants at each session to review any changes in the eating habit.

The effectiveness of the program was also assessed by the participants using the qualitative evaluation form upon successful completion of the program.

Targets / Recipients :

Children aged 4-10 and their parents

Expected and Actual Participation :

Expected Participation: 160 families attending the information sessions and 25 families attending the workshops.

Actual Participation: 191 families attending the information sessions and 48 families attending the workshops.

Benefits Derived :

Baseline dietary habits records of the participants revealed that most of them have excessive meat intake and insufficient consumption of fruits, vegetables and milk.

The results indicate an improvement in meal pattern, intake of meat, vegetables, milk, and breakfast. All respondents indicated high satisfaction to the program, including the topics covered, nutrition knowledge transfer, the content of each workshop, the time, place and overall organization of the workshops.

Project Products :

Smart Kids Program Pamphlet (叻營學童小冊子)

Extent of Objectives Achieved :

1. Provide practical nutrition knowledge free of charge to economically disadvantaged children and parents (including new immigrants, ethnic minorities, etc)
2. Both parents and children are able to assess their own nutritional status and to establish feasible goal towards healthy lifestyle.

Conclusions :

The final evaluations from the participants showed that the program was successful in increasing their nutrition knowledge. Yet more emphasis needs to be placed on the objective of improving nutrition habits in the long run. A program on larger scale with longer duration may be required so as to monitor and review the progress of the participants.

Project Start Date and End Date :

1 February 2008 to 31 March 2009

Acknowledgement :

We would like to express our deepest appreciation to the following people and organizations for their great effort and enduring support leading to the success in this meaningful program:

(Names listed no particular order)

1. Queen Elizabeth School Old Students' Association Primary School (伊利沙伯中學舊生會小學)
2. Queen Elizabeth School Students' Association Branch Primary School (伊利沙伯中學舊生會小學分校)
3. Chiu Yang Primary School of Hong Kong (香港潮陽小學)
4. Lions Clubs International Ho Tak Sum Primary School (獅子會何德心小學)
5. Lok Sin Tong Leung Kau Kui Primary School (樂善堂梁鉅培學校)
6. The Hong Kong Federation of Youth Groups Tin Shui Youth S.P.O.T. (香港青年協會天瑞青年空間)
7. The Hong Kong Federation of Youth Groups Jockey Club Tin Yiu Youth S.P.O.T. (香港青年協會賽馬會天耀青年空間)
8. The Hong Kong Federation of Youth Groups Jockey Club Tin Yuet Youth S.P.O.T. (香港青年協會賽馬會天悅青年空間)
9. Yan Chai Hospital the 24th Term of Board Social Service Centre Children and Youth Services Centre (仁濟醫院第二十四屆董事局社區服務中心兒童及青年中心)
10. Chinese YMCA of Hong Kong Tin Shui Wai Centre Jockey Club Integrated Children and Youth Services Centre (香港中華基督教青年會天水圍會所賽馬會綜合青少年服務中心)
11. Hong Kong Young Women's Christian Association Jockey Club in Tin Shui Wai Integrated Social Service Centre (香港基督教女青年會天水圍天水圍綜合社會服務處)
12. Hong Kong Sheng Kung Hui St. Mathias' Integrated Services (香港聖公會聖馬提亞綜合服務)
13. Evangelical Lutheran Church Social Service Tin Shui Wai Children and Youth Integrated Service (基督教香港信義會天水圍青少年綜合服務隊)
14. Tin Shui Wai Integrated Services Centre (賽馬會天水圍綜合服務中心)
15. St. James' Settlement TEENS' World (靑苗新天地)

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Project No. : 18040804

Project Title : "Building Healthy Tuck Shops"- Healthy Primary School Tuck Shop Program, A Participatory Research Approach

Administering Institution : Hong Kong Council of Early Childhood Education & Services (CECES)

Project Team Members :

1. Dr. C.B. CHOW (Consultant, Pediatric Department, Queen Margaret Hospital)
2. Prof. G.S. GULDAN (Assistant Professor, Department of Biochemistry, CUHK)
3. Prof. E. HOLROYD (Assistant Professor, Department of Nursing, CUHK)
4. Dr. Katherine KOT (Clinical Psychologist, Private practice / Executive committee member of CECES)
5. Ms. Sansan CHING (Director, CECES)
6. Mr. Leslie CHAN (Registered dietitian, Healthy Living Group, CECES)
7. Ms. Grace LAM (Project officer, Healthy Living Group, CECES)
8. Ms. Yvonne LI (Project officer, Healthy Living Group, CECES)

Purposes / Objectives :

1. To establish a participatory action research team on healthy school tuck shop movement;
2. to review current school tuck shop practice and conduct initial needs assessment;
3. to help primary schools set up school tuck shop committees;
4. to develop and conduct school-based health intervention programs;
5. to perform documentation and evaluation on school health intervention programs;
6. to raise awareness of parents, teachers and tuck shop owners on the importance of healthy tuck shop programs at primary schools;
7. to produce practical manual on building a healthy school tuck shop.

Activities / Programmes :

In the project, we conducted healthy school tuck shop programs at local primary schools. We conducted a series of needs assessments; established fruitful collaboration between working parties and designed school health intervention programs to build healthier tuck shops in the primary schools. Through the establishment of school tuck shop committees, training programs, school health promotion programs and proper evaluation of these programmes, we provided a healthy tuck shop model by which primary schools developed their own healthy tuck shops. An experience sharing book on "building a healthy school tuck shop" were produced for future reference.

Targets / Recipients :

Primary schools parents and school tuck shops owners

Expected and Actual Participation :

Initial needs assessment : 5,000 students, 300 parents and 25 tuck shop owners from 25 primary schools

Healthy tuck shop manual production : Distributed to all primary schools in Hong Kong (around 500 schools)

Expected number of intervention schools : 8 primary schools

Actual number of intervention schools : 9 primary schools

Benefits Derived :

1. Need assessments were conducted to review the difficulties of schools and tuck shop operations in promotion of healthy snacking in primary school. Results from the need assessment were used as basis for development of future tuck shop intervention programs.
2. 9 healthy tuck shops were set up at the intervention schools.
3. A manual on how to build up a healthy school tuck shops was produced and distributed to all primary schools in the territory.

Project Products :

Manual on "building a healthy school tuck shop" that distributed to all primary schools in Hong Kong for future reference on school healthy tuck shop programs.

Extent of Objectives Achieved :

In the project, we established a participatory action research team on healthy school tuck shop movement. We also reviewed current school tuck shop practice through conducting an initial needs assessment. We then helped 9 primary schools set up school tuck shop committees with guidelines and evaluations. We conducted workshops to raise awareness of parents, teachers and tuck shop owners on the importance of healthy tuck shop programs at primary schools. We finally produced practical manual on building a healthy school tuck shop for reference in conducting health tuck shop in primary schools.

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Conclusions :

In conclusion, the project was successful in changing the acceptance, knowledge and behavior of primary school students' towards healthy snacking. However, it is very important to have participation from a wider spectrum of representatives including health professionals, tuck shop owners, parents, teachers and healthy snack suppliers that enable a higher degree of representation and collaboration.

Project Start Date and End Date :

1 June 2005 to 31 October 2007

Acknowledgement :

1. SKH Holy Spirit Primary School
2. Queen Elizabeth School Old Students' Association Branch Primary School
3. Po Leung Kuk Horizon East Primary School
4. SKH Kei Fook Primary School
5. The Church of Christ in China Kei Kok Primary School
6. Salesian Yip Hon Millennium Primary School
7. Aberdeen St. Peter's Catholic Primary School
8. SKH St. Clement's Primary School
9. St. Antonius Primary School

Project No. : 18040544

Project Title : Involving the "hard-to reach": Developing and Evaluating a Peer Education Sexual Health Programme to target early school leavers (ESLs) in Hong Kong

Administering Institution : The Chinese University of Hong Kong

Co-organisation (s) :

The Chinese Young Men's Christian Association of Hong Kong (YMCA)

Project Team Members :

1. Dr. William Chi Wai WONG, Department of Family Medicine and Primary Care, HKU
2. Prof. Eleanor HOLROYD, Division of Nursing and Midwifery, School of Health Sciences, RMIT University, Melbourne
3. Prof. Albert LEE, School of Public Health and Primary Care, CUHK
4. Prof. Samuel WONG, School of Public Health and Primary Care, CUHK
5. Mr. Jonathan WONG, ReHabAid Centre
6. Ms. Connie LEUNG, YMCA
7. Mr. Protein SO, YMCA
8. Ms. Terry MUI, YMCA
9. Mr. Phil LEUNG, HKJC Centre for Suicide Research and Prevention, HKU

Purposes / Objectives :

To design a culturally adjusted sex education programme for early school leavers.

Activities / Programmes :

The programme was designed by multidisciplinary professionals based on focus group discussions with early school leavers. The training components included lectures, case discussions, role plays and hand-on projects in a 5-module 3-hours sex education workshop. Early school leavers who completed the training would become the peer educators (PEs) and helped to deliver knowledge and positive attitudes regarding love and sex to their friends (i.e. the target peers). Monthly support groups were held to assist the PEs on how to handle the difficulties encountered. Internet, radio interview and publications on newspaper and magazines were used as means of increasing awareness amongst the early school leavers and general public.

Targets / Recipients :

Early school leavers in the Kwai Ching and Shatin Districts and their target peers.

Expected and Actual Participation :

58 early school leavers completed the workshop and joined the programme as PEs. A total of 545 target peers were reached by the PEs.

Benefits Derived :

The programme was evaluated positively by the PEs. At both 7th and 14th months after the training, they reported better communication with parents regarding sexual health and developed more mature attitudes towards sex. They also reported better understanding on the issues of love and sex and increasing awareness on the importance of safe sex.

Contemporary attitudes and behaviours regarding love and sex among local adolescents were explored. It helped to promote a better understanding and increasing awareness on sexual health in the targeted population and general public.

Project Products :

A culturally-adjusted target-orientated sex education programme for early school leavers was developed.

Extent of Objectives Achieved :

The objective of the study was achieved satisfactorily.

Conclusions :

The results of this multidisciplinary sex education programme were encouraging. It would be useful in planning other out-of-school sex education programmes in the future.

Project Start Date and End Date :

1 July 2005 to 24 September 2007

Acknowledgement :

We would like to express our sincere gratitude to the Health Care and Promotion Fund of the Food and Health Bureau, for the funding and support that they have extended to this project.

We would also like to thank Dr. Doug Kirby for his kind suggestion of the assessment tools and permission of using them.

The support and active participation of the adolescents, in addition, is of crucial importance for successful completion of the study.

Project No. : I8040844

Project Title : School Health Promotion, Hong Kong East Cluster – Roving Health Exhibition

Administering Institution : The Hong Kong Tuberculosis, Chest and Heart Diseases Association

Project Team Members :

Mr. James YUE, Ms. Babe CHAN, Mr. Tommy HO, Ms. Anna KAM

Purposes / Objectives :

1. To provide health information for students, parents, school staff and the general public;
2. to enhance health awareness and provide health education for students, parents and school staff in schools and general public through community organisations;
3. to encourage schools or community organisations to develop and sustain health promoting activities in schools and community.

Activities / Programmes :

6 scroll-up system banners with 3 different health topics (Anti-smoking, Diet & Nutrition and Exercises) were arranged to display for 1 week in schools and community organizations in Hong Kong East and Wanchai districts and other districts of Hong Kong from June 2005 to May 2006. The information and design of the banners for different age groups were tailor-made including children (6-12 years old), adolescent (12-18 years old) and adults (over 18 years old). The awareness in healthy lifestyle and enhance knowledge in health practices of the participants will be evaluated by questionnaire assessment.

Targets / Recipients :

Students, parents, school staff and the general public

Expected and Actual Participation :

It was expected that nearly one third of the participating primary and secondary schools would display the banners and finally, from March 2005 to May 2006, 24 schools and 15 community organisations had displayed the banners.

Benefits Derived :

Over 10,000 students and 15,000 general public attended the exhibition. The evaluation questionnaires collected from the schools and organisations were 17 and 14 respectively.

Project Products :

4 sets of Roll Up banners (Children, Adolescent, Adult, Hospital)

Extent of Objectives Achieved :

The information was approved by different professionals from our Organizing Committee so that the information is updated and correct. From the questionnaires collected, 16 schools and 13 organizations showed that they were satisfied or very satisfied with the information of the exhibition and believed that the information would be useful in future. 17 schools and 12 community organizations had organized health promoting activities to match up the display of the exhibition.

Conclusions :

Roving exhibition is a general but important way to deliver information to the public within short time to increase the awareness. In long term, if more people get the correct health knowledge, their attitude would be changed and they would adopt a healthy practice to promote better healthy lifestyles.

Project Start Date and End Date :

March 2005 to May 2006

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Acknowledgement :

1. Action on Smoking and Health
2. Drug Education Resources Centre of Society of Hospital Pharmacists of Hong Kong
3. Education Bureau
4. Grantham Hospital
5. Health Care and Promotion Fund Committee
6. Hong Kong Committee on Care for Children Limited
7. Hong Kong Council on Smoking and Health
8. Hong Kong Health Education & Health Promotion Foundation
9. Hospital Authority
10. Labour Department
11. Occupational Safety and Health Council
12. Quit-Winners Club
13. Ruttonjee and Tang Shiu Kin Hospitals
14. School Health Promotion, Hong Kong East Cluster, The Practising Pharmacists Association of Hong Kong
15. Tobacco Control Office of Department of Health
16. World Association of Chinese Public Health Professionals

Project No. : 21070324

Project Title : Sports & Health Exhibition Education Programme for Primary School Children

Administering Institution : Hong Kong Museum of Medical Sciences Society

Project Team Members :

Dr. Rose Ha-Ling MAK

Purposes / Objectives :

1. Increase children's awareness of energy balance; and
2. encourage children to partake of more physical activity during the day.

Activities / Programmes :

School children and their teachers were invited to a 1-hour guided tour of an exhibition on physical fitness and balanced nutrition in the Museum, during which they:

1. handled the life-sized models (human muscles, fat and progression of atherosclerosis);
2. calculated the child's Body Mass Index;
3. selected food choices (models) to maintain energy balance;
4. measured grip strength (grip dynamometer), body flexibility (modified sit-and-reach test), and percentage of body fat (hand-held bioelectrical impedance analyzer); and
5. documented the amount of physical activity and energy expended.

At the end of the tour, the groups came together for sharing and quiz. They were asked to bring the completed worksheet home to show their parents. Teachers were asked to complete a simple evaluation questionnaire about the programme.

Targets / Recipients :

Healthy children in levels 4, 5 and 6 in regular primary schools, and their accompanying teachers

Expected and Actual Participation :

Expected: 4,000 children and their accompanying teachers

Actual: 2,725 children and 44 teachers

Benefits Derived :

Key learning points

1. that the body must have a minimum amount of physical activity to remain healthy;
2. that the required amount of physical activity can be accumulated throughout the day by the child's own choice of activities, including exercise and sports;
3. that the child can make choices in selecting food to replenish and balance the calories spent in physical activity;
4. that the child can monitor his / her own energy balance, e.g. by measuring his / her own BMI.

Project Products

1. information leaflet cum worksheet for students;
2. display panels;
3. life-sized models of food items for a balanced diet, muscle, fat and progression of atherosclerosis in blood vessels;
4. interactive exhibits including a food exchange panel, pedometer, grip dynamometer, modified sit-and-reach test, and hand-held bioelectrical impedance analyzer.

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Extent of Objectives Achieved

All children measured their own BMI, documented it and their own daily caloric and balanced diet requirements on a worksheet to bring home and show their parents. Accompanying teachers found the programme suitable and interesting for the children.

Conclusions :

The programme was successful in enhancing the children's awareness of making choices to achieve energy balance, and measuring BMI. Docent-guided tours at a museum could be an avenue for health promotion.

Project Start Date and End Date :

1 April 2008 to 31 December 2008

Acknowledgement :

The author would like to thank the Health Care and Promotion Fund of the Food and Health Bureau for sponsoring this project; the Organising Committee of the "Sports & Health: new concepts and new technology in a modern society" Exhibition for permission to use the displays, exhibits and information of the exhibition modules on Physical Fitness and Balanced Nutrition; the Central Health Education Unit of the Department of Health, for advice on food servings exchanges; and Ms. Ada LEUNG, Ms. Tammy LEUNG, Dr. Sin-Ping MAK, Ms. SN SIU, and Ms. Anne Marie WONG for their advice in the formulation of the programme.

計劃編號：20060974

計劃名稱：可持續之綜合社區兒童肥胖試驗計劃

Integrated and Sustainable Community Pioneer Project for Obese Children (ISO 2007)

主辦機構：香港小童群益會、基督教聯合醫院兒童及青少年科

計劃成員：

香港小童群益會助理總幹事梁永宜先生、基督教聯合醫院兒童及青少年科顧問醫生張志雄醫生

實施小組的成員

基督教聯合醫院兒童及青少年科：

顧問醫生張志雄醫生

副顧問醫生吳國樑醫生

兒科醫生何慕清醫生

註冊營養師陳麗婷小姐

一級註冊物理治療師趙碧燕小姐

註冊職業治療師梁美玲小姐

註冊護士（普通科）劉秀麗姑娘

註冊護士（門診主管）唐佩蓮姑娘

香港小童群益會油塘青少年綜合服務中心：

計劃統籌區仲萍小姐

註冊社工章祥浩先生

註冊社工吳詠琴小姐

註冊社工陳詠芝小姐

註冊社工曹俊欣小姐

目的 / 目標：

1. 透過多專業介入，教育兒童、家長及社區人士對均衡營養的認識，並建立良好的飲食習慣。
2. 透過家庭及學校，從小建立兒童運動的良好習慣。
3. 建基於以往多年合作的經驗，成立一個以多專業（醫生、物理治療師、營養師等）、多機構層面（醫療、志願組織、學校）及多醫療預防層次（第一、二及三層）之可持續兒童肥胖對策計劃。
4. 除飲食及運動教育外，亦針對及處理兒童肥胖有關之心理、社交及家庭問題。

對象 / 受惠者：

兒童肥胖與不良生活習慣有著密切的關係，如一天零食不斷，糖果、甜飲料太多，以及缺乏適當的運動。故此本計劃透過多元化的教育活動，以培養「健康生活習慣」為目標，從下列不同層面介入：

1. 初小的兒童：兒童從3歲起開始養成及建立健康生活習慣。
2. 家庭：兒童肥胖的主導關鍵者是父母或照顧孩子的人，他們應該要對肥胖的健康危害有所認知，並且一同參與，關心孩子的營養與健康。
3. 學校：學校是兒童期成長一個重要的部分，於校內建立一個良好的飲食文化及運動習慣，有助兒童培養「健康生活習慣」。
4. 社區：提倡社區健康教育，從個人推展至社區，讓社區人士明白「健康生活習慣」的重要性。

預期及實際參與人數：

約 20,000 人受惠

已達成的目標：

兒童方面

1. 兒童普遍投入計劃，表現認真，平均出席率達95%。
2. 兒童對健康飲食的意識有明顯提升。例如：於茶點時間，有組員主動提出以清水及茶代替汽水；組員間互相監察及提醒，不進食高脂零食。
3. 對運動的抗拒感減低。例如：於小組遊戲中願意走動；部分組員於計劃完結後，成立小組，定期到本會中心一起做運動。

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家長方面

1. 大部分家長意識到自己在子女減肥過程中扮演重要角色，從而在日常生活中作出調節，以配合子女。例如：烹調較健康的菜式、不添置零食放於家中、減少和子女去超級市場、以身作則和子女一起做運動。
2. 意識到肥胖對於子女的心理影響，例如：自信心、社交方法等，從而多加支持及鼓勵。

社區教育活動方面

共有4間觀塘區小學參與，大部分反應正面，除了轉介學生參加計劃，亦從策略及規劃層面推廣健康校園氣氛，例如：

1. 動員初小師生參與運動週；
2. 將計劃物理治療師的運動建議納入常規體育課；及
3. 根據計劃營養師之建議，調節午餐餐單及小賣部售賣之食物種類。

總結：

建立健康生活習慣 長遠承擔

兒童肥胖非由單一原因或一時間造成。因此，要解決問題，需要兒童本身、家長及學校等多方面配合；並須由根本意識出發，作出長期努力，建立及保持健康生活習慣，才可以避免問題重現。

家長方面，建議家長從多角度去處理子女的肥胖問題，尤其由肥胖引起的心理影響。

跨專業合作 多角度介入

計劃連繫了兒科醫生、營養師、物理治療師、職業治療師、社工、家庭治療師等多個專業界別，從飲食、運動、心理、社交、家庭等多角度去介入兒童肥胖問題。各專業能發揮專長，互相補足，使服務更全面、成效更顯著，例如：專業人士擁有權威形象及專業知識，兒童及家長往往較願意信服其意見及建議。

三層計劃模式 針對不同需要

三層模式包括：個案服務、核心小組活動、大型推廣教育活動，能針對不同人士的需要。個案服務及核心小組活動主要針對一些肥胖問題較嚴重、或較有迫切需要的兒童，由聯合醫院及學校轉介。而大型推廣教育活動的對象為一般小學生，目的是於校園建立健康生活的氣氛，再由此擴散至家庭及社區。

除了邀請學校轉介個案外，計劃亦「走進」學校，例如於早會期間舉行營養講座、常規體育課加入物理治療師之運動建議，都能擴大服務範圍，更有效地傳達信息。

計劃開始及完成日期：

2007年4月1日至2008年5月31日

鳴謝：

1. 醫療輔助隊 - 於《至fit小人類》兒童奧運會暨《健康Q暖校園》頒獎典禮負責救傷工作
2. 香港童軍東九龍第195旅 - 於《至fit小人類》兒童奧運會暨《健康Q暖校園》頒獎典禮負責維持秩序

Project No. : 20060454

Project Title : CHEERS - Enhancing Awareness and Wellness of Chronic Ill and the Community (a disease prevention & mental health project on anxiety & depression)

Administering Institution : The Hong Kong Society for Rehabilitation Community Rehabilitation Network Tai Hing Centre

Co-organisation(s) :

New Territories West Cluster, Hospital Authority

Project Team Members :

ATF HUNG, Jo HO, SLE CHOW, L CHOW, FK TSANG, CL LAM, KT LEUNG, SM NG

Purposes / Objectives :

The Project aims to address the mental health needs of people with chronic illness and their families in the NTWC. Project objectives include :

1. to promote the awareness of mental health among people with chronic illness and their families;
2. to alleviate the stress of people with chronic illness and their families;
3. to educate the community about the needs of people with chronic illness and their mental health;
4. to raise the awareness of mental health needs of people with chronic illness among professionals;
5. to establish a model of collaboration between hospital and the community for people with chronic illness and mood disorder (anxiety and depression).

Activities / Programmes :

The Projects consisted of health talks, exhibitions, stress management workshops, exercise classes, cognitive-behavioral therapy groups and mutual aid self help groups. Press conference and educational campaigns were also conducted during the period.

Targets / Recipients :

People living in the New Territories West Cluster with chronic illness and their family members, professionals working in health care and social service settings and the public.

Expected and Actual Participation :

The expected participations in the programmes were achieved. Promotion of the project through exhibition of boards has reached 10,000 attendants. Psychosocial stress management workshops, Cognitive Behavioral Therapy Classes and Motivational Exercise Classes have been conducted 5 times respectively. 1 Support Group has been formed and continuously conducted. 1 Seminar with 120 professionals' participants has been implemented as expected. Web-site and media promotion via internet and radio broadcasting have reached the public widely. 10,000 copies of educational leaflets and 2,000 copies of educational booklets have been published as planned.

Benefits Derived :

The CHEERS Project has brought direct benefits to people with chronic illness for the awareness of mood issues, enhanced coping capacity and early treatment if appropriate. The public as well as health care and social professionals have also increased their awareness in mood issues of persons with chronic illness. Prevention, early identification and early treatment are vital to the patients and their families. Public health approach with collaboration with different health and social service sectors will be important to tackle the needs concerned. The prevention elements are now enhanced as part of cooperation with Pok Oi Hospital IMPACT programme namely 「悅滿計劃」. It also enlightened the agency to develop new psychosocial programmes to address the mental health needs of people with chronic illness by approaches like mindfulness-based stress reduction course and positive psychology-happy coach programmes.

Project Products :

Apart from the programmes, 10,000 copies of educational leaflets and 2,000 copies of educational booklets have been published. A cross-sectional study on the mood issue among the chronic patients was completed highlighting the mental health conditions of people with chronic illness in comparison with other local studies. 2,000 copies of report have also been published summarizing the project for the health and social care professionals.

Extent of Objectives Achieved :

All the objectives of the Project have been fully achieved accordingly. The Project has promoted the awareness of and addressed the mental-health needs associated with chronic illnesses among patients, care-givers and health care professionals. The project worked through a new model incorporating education, disease self-management strategies, psychotherapy techniques and support group, together with education for professionals and the public. The project was awarded as the Best Poster Presentation of NTWC Quality Conference 2008, presented as Poster Presentation in HA Convention 2008, 2009 and 2010, Health Research Symposium 2010 (Food and Health Bureau), as well as a number of local rehabilitation conference.

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Conclusions :

The CHEERS project revealed a successful experience of disease management, with particular focus on emotion management of chronic patients. It has successfully served as a pioneer project for both organizational service initiative and the current mental health services (IMHP) for people with chronic illness attending family medicine clinics in various clusters.

Project Start Date and End Date :

April 2007 to October 2008

Acknowledgement :

Hospital Authority New Territories West Cluster

Project No. : I8040434

Project Title : Sun Shine in the Heart, Lit up the Life of the Elderly

Administering Institution : The Neighbourhood Advice-Action Council, O.T. Dept., Kwai Chung Hospital

Project Team Members :

1. Regina CHEUNG (Coordinator, The Neighbourhood Advice-Action Council)
2. Grace Yuet Ying LEE (Senior Occupational Therapist & Advanced Practitioner in Psychogeriatric, Kwai Chung Hospital)
3. Francis Li (Service Supervisor, The Neighbourhood Advice-Action Council)
4. Gable FUNG, Shuk Heng LI, Daisy CHAN (Social Workers of The Neighbourhood Advice-Action Council)
5. Ricky LEUNG (Occupational Therapist, The Neighbourhood-Action Council, 4-2005 to 7-2005)
6. Vicky MAN (Occupational Therapist, The Neighbourhood-Action Council, 7-2005 to 6-2006)
7. Sue Siu Lai MOK (Occupational Therapist, The Neighbourhood-Action Council, 7-2006 to 11-2006)

Purposes / Objective :

The overall aim of this project is to promote the mental health of the elderly so they lead a happy and meaningful life with their disability.

Activities / Programmes :

1. Large scale educational talks and exhibitions to empower the elderly to detect early signs of dementia and depression.
2. Trained staff and volunteers provided screening assessments for the elderly by employing various validated Chinese assessment tools.
3. Occupational therapist conducted therapeutic groups to improve the cognitive function and healthy living styles of the elders.
4. Involve care-takers to support elderly people to live happily in the community with support of occupational therapists and social workers.
5. A seminar was held for about 250 professionals to promote the mental health of the elderly, and to stimulate more mental health promotion projects and interfacing protocols of social and medical services.
6. Production of educational materials, with the theme on mental health education, were published and distributed to the general public.

Benefits Derived :

The participants were benefitted from the project in terms of knowledge gained, cognitive function and mood improvement. The focus of the project is to develop positive thinking and enhance healthy living style of the elders. The mutual referral system between the social and medical sectors could provide one stop and comprehensive service without duplication of resources. The cooperation amongst the service units of different organizations could maximize resources strategically. Besides conducting assessments in the project, the trained staff and volunteers were also alerted to detect symptoms of dementia and depression of the elders during their daily life. The benefits of the project can then be widespread to the community.

Targets / Recipients :

Those elderly, aged 60 or above living in the selected areas of Kowloon, New Territories & Hong Kong Island who are at risk of dementia and depression.

Expected and Actual Participation :

1,995 participants served versus the expectation of 500.

Project Products :

1,000 copies of the book with the project information and results were distributed to different elderly service units in the community. Other publications of the project include various mental health education pamphlets.

Extent of Objectives Achieved :

The response rate was higher than expected. The concept of "Healthy Ageing" was also widely disseminated. Through early assessment, elders were able to receive appropriate trainings and service. Staff and volunteer

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training also facilitated the early detection of the signs of depression and dementia through their intensive contact with the elders in daily work. The result of pre-and post-assessment and subjective forum evaluation showed significant improvement of the elders' cognitive ability and the extension of their social network. The ultimate aim to facilitate the elders to lead a happy life was largely achieved.

Conclusions :

The elderly population is growing significantly. Mental health promotion is essential. Raising the awareness of mental health & healthy lifestyles is critical to facilitate the elders to achieve positive and healthy ageing. On the other hand, the prevention and early intervention work may lead to increase of productivity of the society and to save resources from hospitalisation.

Project Start Date and End Date :

April 2005 to November 2006

Acknowledgement :

Advisor of the Project

1. Dr. Yu Chi-shing, Edwin, COS, Consultant Psychiatrist & Consultant Psychogeriatrician, Kwai Chung Hospital & Vice-chairman of HK Alzheimer's Disease Association
2. Dr. Dai Lok Kwan, David, Consultant, Medical & Geriatrics Dept., Prince of Wales Hospital & Chairman of HK Alzheimer's Disease Association
3. Dr. David Man, Associate Professor, The Hong Kong Polytechnic University

Project No. : I8040784

Project Title : Project Sun - A Support & Understanding Adolescent Mental Health Care Net

Administering Institution : Department of Paediatrics and Adolescent Medicine, Caritas Medical Centre

Co-organisation :

The Boys' & Girls' Clubs Association of Hong Kong Cheung Sha Wan & Mei Foo Units

Project Team Members :

Dr. CM YU, Dr. KW HUNG (From CMC)

SY FU, PF CHAN, LY CHAN, KP CHAN, WL CHUNG, HY CHIU (From BGCA)

Project Objectives :

This project aimed to :

1. strengthen the resilience, self efficacy, creativity, active coping and problem-solving skills, of the discharged adolescents patients (with mental and emotional disturbance);
2. increase the awareness and sensitivity of their significant others including the family and teachers on caring the discharged adolescent patients;
3. increase the public awareness on early symptoms of adolescents mental problems so as to ensure a timely mobilization of community supportive service.

Programmes :

1. Individual counseling and family work
2. Support and Therapeutic Groups
3. Preventive and Community Education

Targets :

1. Discharged patients from Caritas Medical Centre (aged 13 -19 adolescents that identified with psychosomatic issues, but not willing to have psychiatric treatment or not required psychiatric in patient care).
2. The significant others of discharged patients.
3. Residents and organization of Sham Shui Po community.

Expected and Actual Participation :

Programmes	Expected Participation	Actual Participation
Individual Case	60 cases (240 sessions)	63 cases (809 sessions)
Family Counseling	60 cases (120 sessions)	63 cases (262 sessions)
Family Support Groups	3 groups (18 sessions)	3 groups (26 sessions)
Therapeutic Groups	4 groups (48 sessions)	5 groups (52 sessions)
Professional Training Workshops	4 sessions (120 participants)	4 sessions (237 participants)
School Talks	10 schools (3,600 participants)	13 schools (4,040 participants)
Parents Talks (Added value)	N.A.	12 sessions (650 participants)
Community Talks (Added value)	N.A.	2 sessions (90 participants)
Healthy Internet Use Survey (Added value)	N.A.	12 schools (3,062 participants)

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Benefits Derived :

1. Focusing on prevention and early identification.
2. Promotion of adolescent mental health in local community.
3. Consolidation of experience in working with the service targets.

Extent of Objectives Achieved :

It increased the public concerns on the adolescent mental health issues in the local community. The mentally disturbed or at risk adolescents received early intervention and support in the community and established a primary health care net.

Conclusion :

The multi-disciplinary collaboration at a community level is a new trend of delivering community health care service in local health sector. With uprising trend in youth mental health related problems such as drug-abuse, Internet addiction, and other self-harm activities engagement, we conclude that there is an increasing need for collective action to tackle the adolescence mental health needs. The efforts should be put into strengthening the resilience and self-efficacy among the adolescents. More importantly, a holistic perspective of interpretation of symptoms and life events is crucial in case intervention.

Project Start Date and End Date :

September 2005 to March 2008

Acknowledgment :

We would like to express our gratitude towards the parties participated in this project and had been given us the inspiration during the project implementation, especially to the partnership schools, collaborate agencies and different professions involved in the community health education programs. Finally, we gratefully thank to the Health Care and Promotion Fund Committee for their patience, understanding, and providing support during the implementation of this project.

Project No. : 20060234

Project Title : Intellectual Wellness and Health through an e-Mode Training Project for the Older Adults
「健腦智多 FUN 晚情計劃」

Administering Institution : The Hong Kong Polytechnic University

Co-organisation (s) :

1. Kwai Chung Hospital, Hospital Authority
2. The Neighbourhood Advice-Action Council

Project Team Members:

Dr. David MAN, Ms. Grace LI, Mr. Francis LI, Ms. Regina CHEUNG

Purposes / Objectives:

The aim was to promote intellectual wellness and health for Hong Kong's aging population, to promote effective intellectual wellness and health enhancing exercises through computerized media so that the clients and their caregivers and the society would seek to endorse.

Specific objectives of the project are:

1. to educate the participants on the various signs of cognitive deficit;
2. to cultivate the concepts of "intellectual wellness and health";
3. to promote screening and assessments; and
4. to develop and implement therapeutic training like online multi-media training programme packages for the participants.

Activities / Programmes :

Opening Ceremony cum public exhibition / education talk of the project was held on 13 November 2007, from 14:30 - 17:00, at The NAAC Elderly Community Centre, Pak Tin Estate, Shek Kip Mei. Subsequent exhibition / talks that were held respectively at Ma On Shan Neighbourhood Elderly Centre (21 May 2008, from 1:30 - 4:00pm) and Tuen Mun District Integrated Services Centre for the Elderly (7 June 2008, from 10:00am - 12:00noon). Training of e-fun training programme in the community was run for about 9 months to test its effectiveness.

Targets / Recipients :

Target participants were those older adults living in different districts in Hong Kong, of age 60 or above. They should be stable in physical and mental health conditions and have reasonable good basic attention span. They should be living in the community at risk of dementia and depression. Those having past history of psychiatric illness, epilepsy and mental retardation, however, were excluded.

Expected and Actual Participation :

A total of around 500 participants had attended exhibition and talks. A total of 110 older adults (male=21%; female=78.9%) were recruited from different centres and received training among eight cognitive training groups.

Benefits Derived :

Very positive feedbacks were received from participants including acceptance, usability of e-fun programme and personal efficacy of using computer in mental health enhancing.

Project Products :

1. 健腦智多 FUN 晚情計劃家電腦訓練軟件 (version 1.0).
2. Manuscript of the project for journal submission is under preparation.

Extent of Objectives Achieved :

The project objectives were fully achieved.

Conclusions:

Initial findings suggested that users of this e-fun training programme had demonstrated improvement in cognitive, emotional and daily functions among older adults. Early identification, detection and intervention of the cognition-related and emotion-related problems were thus achieved and they are considered important to improve the quality of life and can reduce the burden and cost of caring them in the long run.

Project Start Date and End Date :

Project successfully completed in 2009 and final report submitted on 28 July 2009.

Acknowledgement :

Funded by Health Care and Promotion Fund of the Food and Health Bureau. Support received from The Neighbourhood Advice-Action Council (NAAC) in NAAC Elderly Community Centre (Pak Tin), Ma On Shan Neighbourhood Elderly Centre, Tuen Mun District Integrated Centre for the Elderly and Tung Chung Integrated Services Centre.

Project No. : 18040504

Project Title : Empowerment of Rehabilitated Mentally-ill Clients to Promote Mental Health to Secondary School Students

Administering Institution : Occupational Therapy Department, Kwai Chung Hospital

- | | |
|----------------------------|-------------------------------|
| 1. Mr. Ip Yee CHIU | 2. Ms. Sharifa Yuen-ping YAM |
| 3. Ms. Yuk Ming SIN | 4. Mr. Patrick Hung Ching LEE |
| 5. Mr. Ken U Fei IEONG | 6. Ms. Ivy Sau Ping YEUNG |
| 7. Ms. Sharon Chi Kwan LEE | 8. Ms. Sue Shuk Fan HO |
| 9. Ms. Mo Yee TAM | 10. Mr. Thomas KONG |

Purposes / Objectives :

To educate secondary school students about mental health through talks and working with rehabilitated mentally-ill clients to produce craft products. At the same time, the rehabilitated mentally-ill clients will gain more confidence and their self-esteem improved.

Activities / Programmes :

The programme trained the rehabilitated mentally-ill clients with craft work skills. They then visited the Secondary Schools in Tsuen Wan & Kwai Tsing Districts as volunteers to teach the Students and teachers to do the craft work under the supervision and guidance of the Occupational Therapists.

They also assisted the Occupational therapists in touring the students to our Occupational Therapy Department and in delivering a talk on "*Mental Health and Stress Management*" to the students accompanied by the teachers. With these guided visits to our Hospital and the health talks, the teachers and students have a better understanding on mental health and the rehabilitation services for the mentally-ill clients in Hong Kong.

Targets / Recipients :

Secondary school students and teachers and rehabilitated mentally-ill clients

Expected and Actual Participation :

1. Originally planned to have 3 to 5 secondary schools with 300 students & teachers participated in the craft making sessions. Finally, 4 secondary schools with 139 students joined with positive feedbacks and more accepting attitudes towards our rehabilitated mentally-ill clients.
2. 3 talks on "*Mental Health and Stress Management*" were delivered to 260 students and 10 teachers in which they showed better understanding on mental health and stress management with encouraging and positive feedbacks.
3. 40 students in 2 groups visited our Hospital.
4. Originally planned for 10 to 15, finally, 39 rehabilitated mentally-ill clients joined the program with self-esteem and confidence heightened.

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Benefits Derived :

1. Students joined the craft making sessions with positive feedbacks and more accepting attitudes towards our rehabilitated mentally-ill clients.
2. Students and teachers showed better understanding on mental health and stress management with encouraging and positive feedbacks.
3. The rehabilitated mentally-ill clients joined the program with self-esteem and confidence heightened.
4. One of the schools invited our clients back to join their school Christmas function to share and play with them in December 2005. They had a very memorable time.

Project Products :

1. 3 talks on "Mental Health and Stress Management" organized.
2. 139 craft products made by the students.

Extent of Objectives Achieved :

Rehabilitated mentally-ill clients worked closely with secondary school students allowing a win-win situation during the craft-making sessions. The finished products were given to the students; the clients gained more confidence to stand in front of the students with appropriate empowerment; whereas the students gained more understanding on mental health and stress management which are important life coping skills for their future.

Secondary school teachers' awareness on mental health was also raised so that they would pay more attention to their students in this area.

Conclusions :

The project was very meaningful and exciting. The result was very positive and we can see many smiling faces during the project and some clients even encouraged others to join and some had made good friends with each other after the project.

The finished products were kept by the participating students who will then pass them to their friends or family members as an appreciation of caring.

We hoped that we could involve more students in the craft-making sessions as the interactions during the practical sessions were more strong and intensive with lots of fun and laughter.

Project Start Date and End Date :

1 April 2005 to 30 Sept 2006

Acknowledgement :

I wish to thank the students and teachers from the below schools to make this project happen and meaningful:

1. Lok Sin Tong Leung Chik Wai Memorial School, Cheung Hong Estate, Tsing Yi
2. Tak Nga Secondary School, Tat Chee Avenue, Yau Yat Chuen, Kowloon Tong
3. Kiangsu - Chekiang College, Kwai Fong
4. Cheung Sha Wan Catholic Secondary School, Cheung Sha Wan

Also, special thanks to the efforts made by the rehabilitated mentally-ill clients of the Occupational Therapy Department of Kwai Chung Hospital. They had shown extra courage to stand in front of so many students and teachers to do the craft making.

計劃編號: 22080024

計劃名稱: 遠足如此多FUN (Part B) — 「行出健康——第一屆全港精神復康機構遠足比賽」

主辦機構: 扶康會

協辦機構:

登毅發展顧問

計劃成員:

籌委會成員包括社工、護士、物理治療師、職業治療師和本會傳訊部的同事，並且邀得香港攀山總會註冊山藝教練擔任顧問。

目的 / 目標:

1. 透過遠足活動，促進康復者身心健康，增強體質，提升個人自信心；
2. 向精神復康機構及其服務使用者，推廣遠足活動的好處，藉此提高他們對遠足活動的興趣；
3. 提供機會讓社區人士接觸精神康復者，並增加對他們認識。

活動 / 推行大綱:

運動對個人的身心健康有正面的幫助已是不用置疑的。在眾多運動中，遠足是十分適合康復者的運動。遠足並不是一種很劇烈的活動，參加者可因應自己的能力去選取合適的路線和調節步伐，所以適合不同體能的人士參加。若經常到郊外遠足，呼吸新鮮空氣，欣賞美麗景色，不但能促進身體健康，更能紓緩日常的生活壓力，增加生活情趣；還有，遠足是一種持久性的運動，它不單可以改善個人的心肺功能和體質，亦可鍛煉個人的毅力和耐力，有助提升自信心。研究亦發現，在運動的過程中，腦部會釋出安多芬，此種物質有鎮痛的作用，與及令人產生愉快的感覺，有助減低抑鬱症的病發率。若與

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親友或三五知己結伴到郊外遠足，沿途說說笑笑，互相照應扶持，更能促進彼此了解，增進友誼，所以遠足活動對康復者的身、心、社、靈都有莫大裨益。有見及此，扶康會三間中途宿舍（悅群/悅智/悅行之家）聯手籌辦遠足比賽，藉此向精神復康機構及其服務使用者推廣遠足的好處。

活動於2010年1月31日舉行，賽道位於香港仔郊野公園，圍繞香港仔上下水塘作賽。比賽分為體驗組（3.5公里）和健行組（7公里），每二至四人為一隊（當中最少一人為康復者）。當日之參加者來自28個康復服務的單位共113隊約400人參賽。開步典禮於上午九時舉行，而比賽則於九時三十分正式展開，健行組首先出發，體驗組於10分鐘後接著起步。最終所有參加者都能順利行畢全程（除了一位參加者因身體不適退出比賽）。整個活動於下午一時圓滿結束。

對象 / 受惠者：

1. 精神康復者；
2. 精神康復者的支援人士，如親屬、朋友、復康機構職員；
3. 社區人士（義工），如大專院校學生、工商機構僱員。

預期及實際參與人數：

預期參加比賽人數不少於300人。

當日共113隊約400人參賽，來自28個康復機構的單位，超出了預期的目標，連同嘉賓、義工及職員，合共近700人出席當日活動，場面熱鬧。

效益：

1. 隊際比賽，每隊至少有一位康復者，促使康復者與親友一同報名參加，沿途互相支持和鼓勵，促進關係。
2. 各組別首十名的隊伍都獲贈獎座和禮品，行畢全程的參加者均獲頒發獎牌和證書，而最終所有的參加者（1人除外）均能完成賽程，當參加者接過獎牌和證書後，都表現雀躍，當中的成功感對參加者有鼓勵作用，有助提升個人自信。
3. 當日出席活動的總人數近700人（包括康復者及其親友、職員、嘉賓、義工及社區人士等），提供機會讓社區人士接觸精神康復者，並增加對他們認識，善善體現社區共融的精神。

已達成的目標：

1. 當日來自28個精神康復服務的單位共352人，組成113隊參賽。連同陪行的親友、義工、嘉賓及職員等合共近700人參與活動。
2. 除了一名參加者因身體不適中途退出比賽外，其餘所有參加者皆能行畢全程，當日未有任何意外事故發生，即接近100%成功率。
3. 從面談及問卷收集所得的意見，97.9%參加者對是次活動的整體安排表示滿意，有88%參加者表示會再參加本會日後舉辦的遠足比賽。另外，當日不少精神復康機構的同工都認同遠足活動對促進康復者的身心健康有莫大裨益。一些同工表示，當返回工作崗位後會積極考慮籌辦遠足活動予服務使用者。

總結：

活動能夠成功舉行，除了業界同工支持外，亦有賴約180名熱誠主動的義工協助。此外，一些商號慷慨的贊助，亦使活動生色不少。要持續舉辦大型的遠足比賽活動，單憑機構的人力物力並不足夠，必須從社會上尋求更多資源以助活動的推行。若要推動康復者參與運動，必須進行相關的研究。研究課題可以包括：了解他們運動的種類、頻度和時間，與及運動後的主觀感覺和經驗，如身體和精神健康得到顯著改善；另外，亦可探討影響他們參與運動的因素，然後根據研究結果制訂政策，設計合適的活動，投放適當資源。

計劃開始及完成日期：

籌備工作於2009年4月開始進行，工作包括制訂比賽路線和章則，申請場地、對外宣傳、預備獎品及物資、招募義工、尋找贊助、邀請嘉賓、場地佈置、人手規劃等。活動於2010年1月31日順利完成。

編謝：

主 要 贊 助：食物及衛生局健康護理及促進基金

其 他 贊 助：Protrek、體檢慈善基金、雀巢香港有限公司、香港大塚製藥有限公司、梁介福藥業有限公司、陳文洲水果有限公司、藝高亞太有限公司

支持義工團體：康樂及文化事務署、香港業餘無線電會、九巴之友、港鐵義工隊、香港金草會、醫療輔助隊、花旗銀行、葵青露人像攝影班學生、香港浸會大學體育系學生、香港警察義工隊等。

計劃編號：18040534

計劃名稱：「彩虹行動」—關注精神健康社區推廣計劃

主辦機構：香港聖公會麥理浩夫人中心

計劃成員：

本機構內的「社區健康促進小組」轄下「健康大使聯席」，成員包括長者、婦女及成人健康大使。

目的 / 目標：

1. 透過培訓，組織義工成立一關注全人健康的小隊，於社區持續地推廣身心健康的訊息。
2. 透過活動計劃，讓社區人士認識精神健康的來源及預防精神壓力的重要性，於社區營造關注精神健康的氣氛。

活動 / 推行大綱：

計劃由四系列活動組成，包括：

1. 「彩虹大使」義工服務計劃（2005年5月7日—2006年12月10日）

活動招募了不同年齡的義工接受了7堂有關精神健康知識及健康檢查技能培訓，他們完成培訓後，舉行了3次巡迴社區教育展覽，推廣精神健康訊息。

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2. 「彩虹行動」巡迴教育講座（2005年6月—2006年3月）

舉辦了6次精神健康教育巡迴講座，為不同年齡的社區人士度身訂造講座內容，增強他們對個人精神健康的知識、認識處理精神壓力的方法。

3. 彩虹行動（2005年6月—2006年3月）

由47位不同年齡的義工於6月份集體製作4,500個「彩虹襟章」。這些襟章連同「活出彩虹人生錦囊」於講座、巡迴展覽及嘉年華活動中，派發予一些關注自己和別人精神健康的社區人士。

4. 「彩虹下的約定」精神健康嘉年華（2006年3月11日）

此嘉年華活動內容包括中西醫學講座、話劇、綜合表演、攤位遊戲及展覽。當日更邀請了「心晴行動慈善基金」主席林建明小姐分享面對情緒病的經歷。

對象／受惠者：

社區人士

預期及實際參與人數：

計劃預期有5,000名社區人士參與及受惠。而計劃完結後，實際參與人數達9,941名。

效益：

此計劃凝聚了一群不同年齡的熱心義工，透過連串的培訓及合作，向社區人士宣揚關注精神健康的訊息，健康大使們更有信心地在日後舉辦不同的健康推廣活動。

計劃成品：

「彩虹襟章」及「活出彩虹人生錦囊」

已達成的目標：

義工於完成了計劃後，能組成義工團向社區人士宣揚精神健康的知識。

總結：

計劃不但令義工洞悉精神健康的重要性，亦提升了他們策劃活動的技巧。而「健康大使聯盟」的成立，讓義工們繼續協助機構推動各項社交健康教育活動。

計劃開始及完成日期：

2005年4月30日至2006年4月29日

鳴謝：

衛生署、香港健康協會、全康醫療綜合中心、全康情緒治療綜合中心、心晴行動慈善基金

計劃編號：19050134

計劃名稱：「健康紅企業計劃—提倡工作間的精神健康」

主辦機構：香港心理衛生會

計劃成員：

傅劉淑儀女士、黃廷鑑先生

目的／目標：

1. 提高中小型企業僱主對僱員工作能力之關注外，主動照顧員工的身心健康。
2. 改善中小型企業欠缺合適人員推行關顧員工精神健康工作的問題。
3. 提高僱員對處理工作壓力的認識和能力，改善其精神健康。
4. 透過提供資訊、活動及訓練，推動僱員及其家庭實踐精神健康的元素。

活動／推行大綱：

我們為參與之公司／團體提供以下服務：

1. 兩次相關主題的到會式工作坊，學習實踐工作間精神健康之三個重要元素：i) 學習放鬆（Relaxation）；ii) 保持運動（Exercise）和 iii) 注意飲食（Diet）。
2. 參與之公司／團體可選派1至2位代表參加「企業紅人培訓」。
3. 參與之公司僱員及家屬可參加本會8次有關之活動。
4. 全年獲發4次有關提倡精神健康工作間之「健康紅字」電子通訊。

對象／受惠者：

中小型企業僱員

預期及實際參與人數：

預期20間中小企約300僱員參與，實際有21公司／團體共863位僱員參與。

效益：

26個工作坊共863僱員參與；8次企業團體活動共230僱員及其家屬參加；出版4期有關精神健康生活之三個重要元素之「健康紅字」。

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已達成的目標：

此計劃在各方面均能達到預期成效，且獲得參與之中小企認同。

總結：

「健康紅企業—提倡工作間的精神健康」是一項預防性之工作計劃。我們相信有身心健康之工作間，便有身心健康的僱主及僱員；有身心健康之僱主及僱員，亦必惠及他們的家庭。此計劃已為21間中小企業播下健康種子，也培訓了可協助播種之「企業紅人」，我們寄望他們能持續在工作間實踐健康生活元素(R.E.D.)

計劃開始及完成日期：

2006年4月至2007年9月

鳴謝：

食物及衛生局健康護理及促進基金

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Project No. : 20060154

Project Title : Health Promotion Project on Prevention of Knee Injury In Sports Activities
「熱身運動做一做, 遠離膝傷做得到」

Administering Institution : Tseung Kwan O Hospital (TKOH), Kowloon East Cluster, Hospital Authority

Co-organisation (s) :

1. Department of Orthopaedics & Traumatology, TKOH
2. Physiotherapy Division, Department of Integrated Rehabilitation Services, TKOH

Project Team Members :

Hok Ming HO , Vincent Wai Shing LAU

Purposes / Objectives :

This community based health promotion project aims to enhance the awareness of adolescents in Tseung Kwan O and Sai Kung district areas on different aspects of sports injury.

Activities / Programmes :

Screening tests and educational talks were conducted to secondary schools. Self-administered questionnaires were used to evaluate the programme.

Targets / Recipients :

Adolescents

Expected and Actual Participation :

Expected : To perform screening test to 1,000 secondary school students and to deliver 30 educational talks in 26 secondary schools in Tseung Kwan O and Sai Kung district areas.

Actual : 10 secondary schools participated in this project. 606 questionnaires were collected at the beginning and 605 questionnaires were collected at the end of the programme for evaluation. 466 students aged 11 to 20 have undergone screening test. 12 educational talks were delivered covering over 2,500 students.

Benefits Derived :

From our-programme evaluation : (1) students recognizing the importance of warm up exercise has increased from 85% to 92.7%; (2) students performing warm-up before sport activities has increased from 77.4% to 82.8%; (3) there was an improving trend on proper warm up practice; (4) rate of sustaining sports injury has reduced from 60.4% to 34.5%.

Project Products :

Educational posters and bookmarks were distributed to 26 secondary schools in Tseung Kwan O and Sai Kung district areas and the information should reach an estimated 26,000 secondary school students.

Extent of Objectives Achieved :

Correct concept and knowledge of sports injury prevention has been introduced to the high risk group of our local community. Health data were collected and community partnership was established to facilitate long term health promotion and health care research.

Conclusions :

This health promotion project serves as a key step of introducing important health concept to the community. It also serves as a preventive programme to help reducing unnecessary hospital admission. Community resources are utilized and networking of community partnerships is initiated. Similar programme is recommended for other district areas based on similar or different themes.

Project Start Date and End Date :

1 January 2007 to 31 March 2008

Acknowledgement :

We would like to express our gratitude to the Physiotherapy Department, MacLehose Medical Rehabilitation Centre, Hong Kong West Cluster, Hospital Authority for lending the KT-1000 Arthometer for this project.

Project No. : 21070314

Project Title : Wellness at Work for Health Care Workers

Administering Institution : Helping Hand

Project Team Members :

Miss Rosa MAH (registered physiotherapist), Ms. Shun Wan CHENG (registered nurse), Ms. Alice Yuen Fan LAU (registered social worker)

Purposes / Objectives :

1. To enhance workplace safety by provision of ergonomics advice at work;
2. to improve health care workers' knowledge on the prevention of musculoskeletal injuries;
3. to improve the skills of health care workers in handling frail clients; and
4. to enhance physical and psychological health of health care workers.

Activities / Programmes :

The program lasted for 12 months. In order to improve health care workers' knowledge on wellness, fitness as well as occupational health and safety, a series of educational health talks were conducted at various community centers.

To further minimize the risk of musculoskeletal injuries in health care sector, we conducted on-site assessment and training on skillful transfer techniques and the use of transfer aid in their settings. Training sessions were conducted in form of demonstration and practices, to teach the health care workers performing lifting and transfer activities in proper posture and skills. The physiotherapist conducted manual transfer techniques assessment for them to ensure their capabilities to perform the skills properly.

Our project also aimed at exerting a long term influence on individual centre, a 'Train-the-trainer' workshop namely "Health ambassador workshop" has been developed. The contents of the 4-session workshop are as follows:

Session 1 : Self physical fitness and stress level assessment; workplace safety assessment

Session 2 : Physical fitness training for improving flexibility, muscle strength and endurance

Session 3 : Stress management, self-relaxation exercise and acu-pressure techniques

Session 4 : Revision on fitness exercises, self-relaxation exercise and acu-pressure techniques

Targets / Recipients :

The health care workers in elderly homes and other elderly service units

Expected and Actual Participation :

	Expected	Actual
No. of participated organizations	20	42
No. of workers received transfer techniques assessment & training	200	217
No. of workers attended educational talks	360	362
No. of workers attended fitness program	200	287

Benefits Derived :

42 elderly service units have participated in the project, and over 400 health care workers have increased their knowledge in adopting healthy lifestyles and injury prevention.

Project Products :

1. Training manual on transfer techniques
2. Fitness assessment and training manual

Extent of Objectives Achieved :

Our objectives were fully achieved.

Conclusions :

On completion of the project, over 90% of participants have improved their knowledge in adopting healthier lifestyles. Workshops and health talks with demonstration and practical sessions were found to be the effective strategies to improve health care workers' knowledge on occupational health and safety. The resource materials produced can provide support to the organizations in their on-going promotion of workplace wellness.

Project Start Date and End Date :

1 April 2008 to 31 March 2009

Acknowledgement :

Mr. TSUI Sze Ho (Chinese medicine practitioner), Ms. Elaine CHAN (Dietitian), Dr. Philip LEONG (Medical practitioner), Mr. Andy CHUNG (Occupational therapist)

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Project No. : I9050464

Project Title : Post-Menopausal Women Walk towards a Healthy Life

Administering Institution :

1. Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong (CUHK)
2. The Family Planning Association of Hong Kong (FPA)

Project Team Members :

Principal applicant : Professor LEUNG Kwok Sui

Other applicants : Mr. SZE Pan Ching, Ms. LAU Yuen Wah

Other team members : Ms. MAK Wai Yee (CUHK), Ms. MOK Hoi Wah (CUHK)
Ms. WONG Wai Kit (FPA), Ms. TANG Kit Ching (FPA)

Purposes / Objectives :

1. To help women facing the problems when approaching menopausal age;
2. to encourage the adaptation of healthy life style especially enhancing or maintaining bone health;
3. to improve the severity of osteoporosis and decrease the risk of fracture in long term;
4. to educate women and family members with positive attitude towards healthy menopause;
5. to extend the knowledge on fall and fracture prevention through train-the-trainer concept;
6. to promote bone health and prevention of osteoporosis to public; and
7. to reduce number of osteoporosis in Hong Kong as ultimate goal.

Activities / Programmes :

The program was specially designed for women approaching menopausal age. It included a Bone Health Educational Carnival, in which, there were bone health educational talks delivered by health care professionals, bone health assessment booths, interactive game booths and weight bearing exercise demonstration. Apart from that, there were regularly organized nutritional workshops, exercise workshops and bone health interest groups. The workshops were led by professionals and were continuously run by the trained volunteers, namely 「健骨大使」. There were also three sessions of promotional drama shows, called 「根根計較」, to further promote bone health message to the public and enhance the public awareness on the importance of fall and fracture prevention.

Targets / Recipients :

Women and their family members in Women's Clubs of the Family Planning Association in Hong Kong as well as all general public.

Expected and Actual Participation :

Expected participation:

2,000 participants

Actual participation:

Bone Health Educational Carnival: 350

Nutritional Workshop: 254

Drama Promotion: 1,386

Exercise Workshop: 114

Bone Health Interest Group : 136

Total participants : 2,240

Benefits Derived :

The program brought various benefits towards participants and the public. The carnival was successful in enhancing the awareness and the knowledge on bone health among 90% of participants. In exercise workshop, a group of volunteers 「健骨大使」 were trained and led the regular exercise classes continuously running in Women's Clubs. Overall, there were 12,550 women practising Ten-combo Tai Chi in exercise classes. The nutritional workshops reported that participants were enhanced with knowledge on bone health for adopting a healthy and high calcium life style. These workshops run continuously by months after program, which further served 1,385 members. Apart from that, 94% of women who joined the bone health interest group were successfully reinforced to perform exercise more than 3 times per week. 92% of participants responded that they acquired the fall and fracture prevention knowledge through the drama shows.

Project Products :

After program, there was a group of trained volunteers 「健骨大使」 to help in running other bone health activities. Moreover, 2,000 copies of drama DVD were produced. They contained the drama and some bone health tips explained by health care professionals. The DVDs were freely distributed in the Women's Clubs, Menopause Clinic and Elderly Centres to spread the bone health message in the community.

Extent of Objectives Achieved :

The carnival can enhance the awareness and the knowledge on bone health and osteoporotic prevention among postmenopausal women. By the train-the-trainer concept, the workshops equipped the trainees with knowledge. They take up the role to spread the message on bone health. The regular workshops further enhanced participants on their physical fitness and improved their bone health. Drama shows and the educational DVD distribution widely spread message on osteoporotic prevention towards the public. Therefore, more and more people were benefited from the program by reducing the risk of suffering osteoporosis and fracture.

Conclusions :

The program gained valuable experience in organizing bone health and fall prevention programs. Bone health and fall prevention education together with relevant activities had a positive impact on enhancing the awareness and knowledge of the problem and resulted in a better compliance in follow-up activities. It is suggested that future projects could be planned in similar format. Therefore, the whole society will be benefited from such a concept.

Project Start Date and End Date :

1 May 2006 to 30 April 2008

Acknowledgement :

Medical professionals from Prince of Wales Hospital, Pamela Youde Nethersole Eastern Hospital, The Chinese University of Hong Kong Jockey Club Center for Osteoporosis Care and Control, Hong Kong Sanatorium & Hospital.

Project No. : 21070504

Project Title : Development of an Integrated Traffic Injury Database in Kwai Tsing

Administering Institution : Kwai Tsing Safe Community and Healthy City Association

Co-organisation (s) :

Community for Road Safety, Princess Margaret Hospital, The University of Hong Kong

Project Team Members :

- | | |
|----------------------------|----------------------------|
| 1. Dr. Chun Bong CHOW | 2. Ir Julian Tse Hin KWONG |
| 3. Ms. Adela Shuet Fun LAI | 4. Mr. Ming LEUNG |
| 5. Prof. Becky PY LOO | |

Purposes / Objectives :

To develop a comprehensive database for traffic injury and to provide targeted recommendations for reducing traffic injury in Kwai Tsing.

Activities / Programmes :

The project involved the formation of a multidisciplinary task group, epidemiological studies, spatial analysis and intervention recommendations. The project was implemented in three phases.

For phase I, we set up the database and conducted the epidemiological study of traffic injuries in Kwai Tsing. Scientific spatial analysis of dangerous road segments was conducted with the geographic information system (GIS)-based hot zone methodology. Moreover, an innovative causality-based approach rather than the traditional crash-based approach was used. Three types of causality-based hot zones generating a particularly heavy burden on the public health system were targeted for road improvements and the introduction of intervention programmes. They were hot zones involving killed and serious injury (KSI), multiple causalities and pedestrian causalities. Based on the five-year period of 2003-2007, a total of 13 KSI, 10 multiple-causality and 14 pedestrian hot zones were identified for in-depth field analysis.

For phase II, we investigated the hot zones in more details using the crash database from Government known as TRADS. An important part of the investigation is the coding of data into crash types of interest to crash reduction and prevention. Common factors of crashes were identified in terms of road environment, vehicle operation and road-user characteristics. Site visits were then conducted at every hot zone to observe and record road and traffic factors which could contribute to crashes. A package of appropriate traffic engineering intervention measures was then proposed for each site. In general, these are low-cost, proven remedial measures including sightline improvements, junction improvements, anti-skid surfacing and better signage. In some circumstances, the recommendations also cover more advanced changes such as the "30 km/h zone" or other measures to slow down traffic where conflicts between vehicle traffic and pedestrians are inevitable.

For phase III, we conducted the process-based evaluation of the project. The process-based evaluations were geared to fully considerate how a program works. The issues focused the implementation process.

Targets / Recipients :

All type of road users in Kwai Tsing area (pedestrian, pedal cyclists, motorcyclists, car occupants and drivers)

Benefits Derived :

The project identified the pre-event, event and post event factors in the traffic injuries with identified targeted interventions, which made reference to aggregated data from the injury surveillance, previous studies and site survey.

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Project Products :

1. A comprehensive traffic injury database in Kwai Tsing.
2. Epidemiological study report of traffic injury in Kwai Tsing.
3. Geographic analysis of traffic injury in Kwai Tsing.
4. Recommendations for reducing traffic injury in Kwai Tsing.
5. Process Evaluation report.

Extent of Objectives Achieved :

All objectives were fully achieved.

Conclusions :

The project featured an integrated database linking hospital and police data on traffic injuries and presented a set of traffic injury hot zones based on the GIS-based hot zone algorithms and the causality-based approach. Traffic engineering investigation is an integral part of the study thus leading to technically sound and affordable recommendations. The study is a good example of multi-disciplinary collaboration to benefit a community in terms of injury reduction and prevention.

Project Start Date and End Date :

1 March 2008 to 28 February 2010

Acknowledgement :

This project was indebted to the full support by the Hospital Authority, Princess Margaret Hospital, Transport Department, the Hong Kong Police Force, the Kwai Tsing Safe Community & Healthy City Association, the Community for Road Safety and the Department of Geography, the University of Hong Kong

Project No. : I9050374

Project Title : From a Safe Home to a Safe Community: a Project on Occupational Safety and Health (OSH) for Domestic Workers and Unpaid Homemakers

Administering Institution : Hong Kong Federation of Women's Centres

Project Team Members :

Man Ying FONG, Ying Tsz LAW, Hui Ha WONG

Purposes / Objectives :

1. To provide OSH knowledge and community resources to women who work in domestic environment, including paid domestic workers and unpaid homemakers;
2. to introduce preventive measures to domestic workers and homemakers in order to prevent or minimize the OSH hazards in their work setting;
3. to educate women on the principles of safe conduct at work and to be resourceful in basic OSH;
4. to motivate women to engage in health promotion activities at community level; and
5. to promote the concept of a "Safe Community".

Activities / Programmes :

Activities of the project included:

1. Educational activities:

Organized 12 community booths, 26 community talks, 10,000 copies of educational pamphlet, a sharing forum attended by 86 NGO workers, trade union members and academics.

2. Training of trainers:

4 batches of training to 60 peer health educators were conducted.

3. Referral of resources / case referrals for further investigation or follow-up:

Four women who suffered from occupational injuries were referred to the health professionals for treatment while 66 domestic workers / homemakers were given related information and community support to reduce their risks of injuries.

Targets / Recipients :

1. Women who are paid domestic workers and caregivers; and
2. women who are unpaid homemakers, looking after their homes without pay.

Expected and Actual Participation :

Expected participation: 8,365 / Actual participation: 16,814

Benefits Derived :

1. Increased public awareness of OSH in domestic setting;
2. enhanced knowledge of OSH among participants of OSH talks;
3. changed behaviour among peer health educators as they have internalised knowledge of OSH, practice that at home and promote the knowledge to other homemakers;
4. project experience shared among NGO, trade unions and academics.

Project Product :

Educational pamphlet and VCD of the sharing forum.

Extent of Objectives Achieved :

This pilot project has raised public awareness on the importance of OSH in domestic setting. Participants' knowledge of OSH was enhanced after participating in the project. Peer health educators became mentors and shared their knowledge and experience on OSH in public. The sharing forum was successful in promoting the model and experience of this educational project on OSH in domestic setting.

The network of peer health educators was a good platform for women to share their knowledge, skills and experience about OSH issues in domestic setting. This mutual support network will definitely facilitate their future engagement in promoting a safe community which looks after the domestic workers' and homemakers' needs to OSH at the community level.

A cross-sectoral collaborative network with the health care sector, OSH concern group, the academics and other interested parties in the community was built up. Further collaborative effort will be drawn on preventing OSH hazard and promoting a safe community.

Conclusions :

In view of the experience gained from this project, we suggest that the community and the government should pay more effort and resources to enhance OSH knowledge and practice of women who work in domestic environment, including paid domestic workers and unpaid homemakers so as to prevent or minimise the OSH hazards in their work settings. More studies should be carried out to reveal situation and needs of OSH in domestic setting. Promotion of OSH to domestic worker should be more proactive, instead of remaining in the passive way of leaflet distribution. Medical treatment and rehabilitative service should be provided to domestic workers who suffer from occupational injuries.

In nurturing a safe community, the health and safety of workers in domestic domain should be recognised, as they all equally deserve a safe and healthy working environment.

Project Start Date and End Date :

April 2006 to October 2007

Acknowledgement :

We are grateful to the Health Care and Promotion Fund of the Food and Health Bureau for sponsoring us this pilot project. We are also grateful to our project advisors, namely Hon CHAN Yuen-han, SBS, JP, Hon LI Fung-ying, BBS, JP, Dr. IP Fu-keung, Dr. CHAN Kan Kam, Prof. Ignatius YU Tak Sun and Mr. Eddy LO King Sang for their helpful advices. Last but not least, the continuous support of the Hong Kong Workers Health Centre is highly appreciated.

Project No. : 21070164

Project Title : Exercise for Fall-Prevention: A Train-the-trainer Program for Elderly Carers Working in Community Centres 「穩步行」初級指導員訓練課程

Administering Institution : Department of Physical Education, Hong Kong Baptist University

Project Team Members :

1. Professor Lena FUNG (Principal Project Applicant and Project Leader)
2. Miss Cyan CHU (Project Coordinator)
3. Miss Kwong Mei CHE (Project Assistant)
4. Miss Hay Wood IP (Tutor)
5. Miss Jofy PANG (Tutor)
6. Dr. Pinky TSO (Tutor)
7. Dr. Allison WONG (Tutor)
8. Students of the Sport and Recreation Leadership Program, Hong Kong Baptist University

Purposes / Objectives :

The main purpose of this project was to equip paid and volunteer carers working in community elderly centres with the knowledge and skills to implement independently or assist in implementing a fall-prevention exercise programme for elderly person in community centres.

Activities / Programmes :

Through 9 workshops, each lasting 15 hours, a total of 220 persons from 15 elderly centres were trained.

Targets / Recipients :

The program was a territory-wide program and was opened to all paid and volunteer carers working in community elderly centres in Hong Kong.

Expected and Actual Participation :

The main objectives of the project was to train 200 elderly person carers with the knowledge and skills to implement independently or assist recreation programmers to implement a fall-prevention exercise program for elderly persons in community centres. Actually, a total of 220 individuals from 15 elderly centres completed the program successfully and were able to implement a fall-prevention exercise program in their respective centres. Another 604 individuals were exposed to the program through program related activities. In addition, a VCD containing

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program material and a leaflet demonstrating how to perform stretching exercises were produced and disseminated to all participants.

Benefits Derived :

Through taking part in the project, the awareness of what constitute a healthy lifestyle was heightened among program recipients. In sum, the project enabled 220 elderly carers to receive first-hand training in an exercise program targeted at reducing risk of falls in elderly. Also, through the “add-on” activities 「豐盛耆年」研討會暨「穩步行」指導員培訓計劃簡介 and 「穩步行」嘉年華, another 476 persons learnt about the project and acquired some basic knowledge about healthy lifestyle and the importance of exercise.

Project Products :

A VCD containing program material and a leaflet demonstrating how to perform stretching exercises were produced.

Extent of Objectives Achieved :

All stated objectives of the project have been achieved.

Conclusions :

The program was well received and the demand for re-runs is high. Through taking part in the project, the awareness of what constitute a healthy lifestyle was heightened among program recipients. They were also empowered to be exercise leaders and it is hoped that they would, in turn, spread the message about the importance of exercise and means to achieve a healthy lifestyle to their families and friends.

Project Start Date and End Date :

1 April 2008 to 31 March 2009

Acknowledgement :

The project team wishes to thank the Health Care and Promotion Fund of the Food Health Bureau in providing funding for the project and all the elderly centres who encouraged their staff and members to take part in the project.

Project No. : 21070694

Project Title : A Safe and Healthy Household” - A Household Injury Prevention Program

Administering Institution : The Chinese University of Hong Kong

Project Team Members :

Prof. Emily Y. Y. CHAN, Ms. Lilian S.K. LAW, Prof. Sian GRIFFITHS, Dr. C.B. CHOW, Mr. C.H. CHIU, Ms. Queenie T.K. NG, Ms. Carol Y.P. SUEN

Purposes / Objectives :

Injury is a major preventable morbidity that threatened public health globally. Through collaborating with community partners, this two-staged project aimed to provide evidence based public education to reduce household environmental risk factors for childhood injury.

Five project objectives are, to :

1. promote community partnership and participation through injury prevention activities;
2. reach high-risk households to provide health education;
3. reduce risk and morbidity of household childhood (aged 6-12) injury;
4. improve awareness of home environmental injury risk factors in low-income household; and
5. serve to empower community members to protect their well-being.

Activities / Programmes :

The two main project components included home-based visits and public exhibition. The project team conducted approximately 250 episodes of home visit to households with children aged 6-12, in three low-income districts - Tuen Mun, Yuen Long (including Yuen Long and Tin Shui Wai), and North (including Sheung Shui and Fanling). About 20 community volunteers completed a two-hour training on household injury risk assessments and injury prevention education conducted by project partner, CIPRA before dispatched for home visits. Each home visit lasted for half an hour, and was conducted by two volunteers. During these home visits, households were assessed for injury risk using an environment checklist and home injury prevention advices were given. The household was visited again within 1 month to examine the potential change of knowledge, attitude and behavior of the resident. A complimentary “Home Safety Assessment Report” and an *Influenza Pandemic Preparedness Kit* were also given to these households.

A public household injury prevention exhibition campaign was created in three districts from July to October, 2009. These were held at BGCAHK Jockey Club Tuen Mun Children and Youth Integrated Service Centre (for Tuen Mun district), 天水圍兒童學習及發展支援中心 (for Yuen Long and Tin Shui Wai) and BGCAHK Jockey Club Fanling Children & Youth Integrated Services Centre (for Sheung Shui and Fanling). 9 poster panels were displayed to discuss about the common pitfalls for household injuries, ways to treat and prevent injuries, and how to use the first-aid kits. Pamphlets and souvenirs consisting home safety information were distributed for every exhibition participants.

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Targets / Recipients :

Households with children aged 6-12, in three low-income districts - Tuen Mun, Yuen Long, and North.

Expected and Actual Participation :

2,128 stakeholders had participated in this project.

Extent of Objectives Achieved :

As a summary, 2,128 stakeholders had participated in this project. 128 low-income household had been visited twice and three well-received public exhibitions with a total of 1,919 participants were organized in Fanling, Tuen Mun and Tin Shui Wai during July to September, 2009. The 2009 Swine Flu (H1N1) posed major challenge as it resulted in a low home visit recruitment rate and yield a final completed home-based sample size of 128 households (62% of the original intended sample). Nevertheless, all project objectives were met.

Conclusions :

Overall, our project had obtained valuable insights to understand household injury patterns in low-income households and a set of healthy message and public health education materials were developed and guidelines were adopted by 3 organizations for further work in the community.

Project Start Date and End Date :

1 March 2008 to 15 November 2009

計劃編號：20060714

計劃名稱：全港教師護聲行動

主辦機構：香港言語治療師協會

計劃成員：

伍可怡（主席）、方思行、譚曜庭、黃麗浩、劉家明、吳詠儀、姜秀芳

目的 / 目標：

1. 令教師瞭解聲帶的結構及發聲的原理、聲帶疾病及聲線問題的病徵及成因；
2. 分辨有助保護聲線及應避免的行為及掌握有關聲線護理的技巧。

活動 / 推行大綱：

1. 「聲線護理工作坊」到校服務
2. 「教師聲線檢測」到校服務
3. 「教師聲線護理展覽」

對象 / 受惠者：

中學教師

預期及實際參與人數：

預期參與人數：2,500名中學老師 / 實際參與人數：2,380名來自54間中學的教師

效益：

1. 計劃成功令教師掌握漸進式全身鬆弛練習；掌握腹式呼吸之技巧；掌握協調呼吸及發聲之技巧；掌握哼聲練習（可供日常緩練聲線之練習）；及掌握聲線放送之技巧及使用擴音工具之最佳方法。
2. 計劃成功令教師瞭解聲帶的結構及發聲的原理；瞭解聲帶疾病及聲線問題的病徵及成因；可以分辨有助保護聲線的行為及應避免的行為。
3. 計劃成功加強教師及社會人士對聲線護理的認知，加強對聲線的關注和及早治療的重要性。

計劃成品及已達成的目標：

1. 令超過2,000名中學教師在短時間內掌握聲線護理的常識和實踐技巧並獲得超過95%的教師的好評；
2. 透過兩個多月的展覽，教師可參閱展板上有關聲線護理的訊息；
3. 為超過200名教師舉行聲線護理講座，令超過200名教師學習有關技巧；
4. 印製了3,600個耐用塑膠文件夾，派發予全港中學，並列出七個聲線護理妙法及附上本會諮詢熱線。

總結：

整個計劃能廣泛引起教師認識有關聲線護理的訊息；「聲線護理工作坊」及「教師聲線檢測」內容生活化，揉合理論與實踐，切合工作實際需要，使教師易於明白及接受。同時，提供簡單的評估項目，有效喚起教師對聲線護理的關注。而計劃亦有其可持續性；有助擴闊聲線護理資訊的推廣層面。

計劃開始及完成日期：

2007年6月至2008年12月

鳴謝：

香港言語治療師協會會員、五十四間參與中學

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Project No. : 21070064

Project Title : Promotion of Wellness in Workplace with an East-Meet-West Approach

Administering Institution : Caritas Rehabilitation Service, Caritas - Hong Kong

Project Team Members :

Working Group Members of the Occupational Health and Safety Working Committee of Caritas Rehabilitation Service, comprising of Professionals in Occupational Therapy, Physiotherapy and Social Work.

Purposes / Objectives :

Through the application of tailor-made and structured wellness programs which include Tai Chi, cardiovascular exercise, stress management and dietary recommendation, the Project targeted to promote and facilitate staff and service users in rehabilitation service settings to achieve a balanced lifestyle and wellness state in the workplace.

Activities / Programmes :

The project comprises of three phases:

Recruitment :

Qualified personnel, course instructors and trainers are identified to conduct the planned wellness programmes.

Programme Implementation :

1. Selection of appropriate participants with health-related risk to participate in the wellness programmes.
2. Assessments performed by the agency-based occupational therapists and physiotherapists for the eligibility of the targeted participants and the setting of priorities.
3. Record the personal health data of the participants before prescribing appropriate training regimes and activities accordingly. Data collected are kept strictly confidential.
4. Monitoring of the programmes planned by the course instructors and attendance of the participants. Assistance provided by the Caritas staff during the training and programmes.
5. A total of 47 wellness-related training classes and talks had been organized in different units of Caritas Rehabilitation Service, including 8 Tai Chi training Classes, 6 Fitness Programs, 12 Stress Management Classes and 21 Dietary Recommendation Talks.

Programme Evaluation :

1. With reference to questionnaire of (WHOQOL) Assessment - Hong Kong version, participants' wellness conditions were measured after involving them in both the Tai Chi and Fitness Programmes;
2. Questionnaires for measuring stress coping skill and assessing dietary habits were sent to the participants for data collection. By comparing the difference in the total scores between the pre-test and post-test for items of functional tests and scores of questionnaires, improvement in particular wellness aspects of the participants were measured.

Targets / Recipients :

The staff and service users of Caritas Rehabilitation Service were the major beneficiaries of this Project. The service users are persons with various levels of intellectual disabilities and mental illness recruited from units operated by Caritas, including day activity centres, sheltered workshops and hostels as well as the integrated vocational training centre for young person with mild intellectual disability. The staff are the carers of these service units, providing day training and care services for persons with disabilities in above-named service units.

Expected and Actual Participation :

It was originally expected to have 640 beneficiaries participating in the Project. Eventually, it turned out that a total of 945 participants by headcount had actually been involved actively.

Benefits Derived :

Majority of the participants had been equipped with some fundamental health knowledge and skills to achieve a more balanced lifestyle and wellness state of body and mind. They have become more health conscious when compared with three years ago.

Project Products :

A booklet containing the programme highlight and results was published, together with a DVD consisted of quick references to the wellness programmes as conducted such as, demonstration of the stretching exercises with pictures.

Extent of Objectives Achieved :

The Project had provided new perspectives for the staff and service users in pursuing a better and balanced lifestyle. The change in their attitude towards maintaining a wellness state and their ownership to achieve such state are worth to be mentioned.

Conclusions :

This two-year project has offered a cost-effective way to promote "Wellness in Workplace with an East-Meet-West Approach" for the agency staff and service users. Apart from promoting their health consciousness progressively, the impact of this project on some staff and service users approaching middle-aged was also significant. The outcomes had proven that project of this kind is essential and worth to organize, and it should also be promoted to the carers of persons with disabilities as well as the managerial / professional staff in future as they are facing with a lot of stress and emotions in dealing with life crisis arising from work and middle-age.

Project Start Date and End Date :

April 2008 to March 2010

Acknowledgement :

1. Health Care and Promotion Fund of the Food and Health Bureau
2. The managerial and frontline staff of Caritas Rehabilitation Service

Project No. : 20060244

Project Title : Exercise for Your Mind and Body - Staff Carers Exercise Training Project for Elders with Alzheimer Disease and Related Dementia

Administering Institution : Department of Rehabilitation Science, The Hong Kong Polytechnic University

Co-organisation (s) :

Aberdeen Kai-fong Welfare Association Social Service Centre

Project Team Members :

1. Dr. Dora MY POON, Department of Rehabilitation Science, The Hong Kong Polytechnic University
2. Ms. Emily YP KWONG, Aberdeen Kai-fong Welfare Association Social Service Centre
3. Dr. Mason CP LEUNG, Department of Rehabilitation Science, The Hong Kong Polytechnic University

Purposes / Objectives :

1. To develop a comprehensive "Exercise for Your Mind and Body - Staff Carers Exercise Training Kit for Elders with Alzheimer Disease and Related Dementias (ARD)";
2. to empower confidence and competencies of staff carers as exercise leaders;
3. to evaluate the exercise program in terms of feasibility (i.e. exercise program-delivery strategies and materials); acceptability (i.e. to both the deliverers and elders); barriers to overcome for optimal program delivery; and effectiveness.

Activities / Programmes :

Three sets of 10 exercises VCD and books were designed and used in Staff Training Workshops (large group and on-site at elder centers) by Physiotherapist to elaborate aims, components of exercise (flexibility, balance, strengthening, endurance / aerobic), importance for daily functioning of elders, exercise dosage, means to progress exercise, contraindications to exercises; as well as issues and skills in exercise monitoring and promotion. A final workshop summarized key project findings; share criteria in client selection for exercise group assignment and use of simple outcome measures to evaluate effectiveness of program. Questionnaire was used to evaluate feasibility and acceptability of program by staff carers / administrator; outcome measures on physical health of elders were examined pre and post program.

Targets / Recipients :

Front-line support workers (FSWs) / centres administrators who received training of exercise coaching. Elders with ARD received regular exercise training.

Expected and Actual Participation :

Expected : 160 staff carers and 160 elders with dementia.

Actual : 305 staff carers (from 80 elder units) participated in exercise training workshops, 151 elders completed 4 months exercise, 58 staff carers coached on-site as exercise leaders.

Benefits Derived :

The project was successful in 1) developing a user-friendly Staff Carer Training Kits; 2) raising the awareness of the beneficial effect of regular physical activity to function of elders with cognitive impairment; 3) improving physical health and quality of life of elders; 4) providing evidence to support use of FSWs as a cost-effective service model in enhancing physical health and quality of life of elders with dementia.

Project Products :

A Staff Carers Exercise Training Kit was developed.

Extent of Objectives Achieved :

Comment from staff carers was highly positive. 19 out of 20 centres delivered two 1 hour exercise class per week for 4-months and continuing exercise as a routine program. Objective improvement in elders' handgrip, lower leg strength, mobility and balance was noted.

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Conclusions :

The project successfully enhanced confidence and competencies of FSWs in leading regular exercise class. It was an acceptable, feasible, and cost-effective way in enhancing physical health and quality of life of elders with ARD, and in lessening burden of staff carers. A further funding by Health and Health Services Research Fund (#08091261) in October 2010 was granted to conduct a randomized controlled trial to examine long term effect on the program on physical, cognitive and health of elders' exercise participants and the burden level of staff carers.

Project Start Date and End Date :

May 2007 to April 2009

Acknowledgement :

1. Funding by Health Care and Promotion Fund of the Food and Health Bureau
2. Front-line workers / administrators / agency coordinators of 20 elder centers
3. Project assistants - Ms. Angel CHAN, Ms. Carol CHEUNG and Mr. Henley YEUNG

計劃編號: 18040404

計劃名稱: 同行松柏路 - 弱智人士老年健康計劃

主辦機構: 基督教懷智服務處

計劃成員:

鄧志榮先生(主申請人)、馬秀蘭小姐、葉志榮先生和陳耿洲先生

目的 / 目標:

1. 推動弱智人士及照顧者關注身心健康, 認識老化的過程和影響;
2. 建立以弱智人士及照顧者為讀者群的健康與教育資源網站。

活動 / 推行大綱:

1. 製作網站: 製作了同行松柏路 - 弱智人士老年健康網站(網址: www.mhageing.com)。網站於2006年11月4日起在萬維網供讀者瀏覽。
2. 推廣網站: 為使市民, 特別是弱智人士和照顧者, 知悉弱智人士老年健康問題和推廣網站, 曾進行多項推廣與教育活動, 包括: (i) 分區巡迴教育展覽、(ii) 網站啟用禮、(iii) 電台之「同途有心人」節目訪問、(iv) 在地鐵、小輪和巴士張貼宣傳海報、和 (v) 「15/16問答遊戲」等。

對象 / 受惠者:

本港弱智人士及其照顧者, 和有興趣之人士。

預期及實際參與人數:

	預期參與人數	實際參與人數
一年瀏覽網站人數	20,000人次或以上	20,119人次
巡迴展覽參加者	3,000位	5,060位

效益:

1. 推動弱智人士及照顧者關心身心健康

藉著計劃的各項教育與宣傳活動, 如教育展覽和問答遊戲, 向弱智人士及照顧者傳遞健康資訊, 使他們認識身心健康及老化資料, 如常患疾病、照顧方法與技巧、健體運動和健康飲食等。很多弱智人士照顧者參觀展覽後, 表示弱智人士老年健康問題是很迫切及極需要關注的事情, 而這計劃可以加強他們在這方面的認識。

2. 建立以弱智人士及照顧者為讀者群的健康與教育資源網站

此計劃已經成功建立了一個具本地特色的弱智人士老年健康教育與資源網站, 而網站也成為向弱智人士及照顧者推廣健康教育的工具。

計劃成品:

《同行松柏路-弱智人士老年健康網站》

已達成的目標:

此計劃成功建立《同行松柏路 - 弱智人士老年健康網站》, 為讀者提供弱智人士身心健康與老化的基本資料。

總結:

本港年長弱智人士的人口數量增多, 他們與一般人同樣地面對進入老年期之各項問題, 唯本港對弱智人士的老年健康和老化課題研究資料很少, 主要依靠服務弱智人士的機構之實務經驗和零散小型調查。本港面臨人口老化問題, 而弱智人士老齡化和隨之衍生的健康照顧問題, 極需政府和社福機構全面關注和處理。

計劃開始及完成日期:

2005年11月1日至2007年10月31日

鳴謝:

本計劃承蒙食物及衛生局健康護理及促進基金贊助經費。

參展項目 Abstracts of Poster Presentations

計劃編號：20060054

計劃名稱：「凝聚健康，家添和諧」健康家庭社區教育計劃

主辦機構：香港聖公會麥理浩夫人中心 家庭活動及資源中心

協辦機構：

區內幼稚園、小學、母嬰健康院及醫院

計劃成員：

家庭活動及資源中心主任彭安瑜及註冊社工梁安琪統籌

目的／目標：

1. 以預防教育性之活動，推廣家庭溝通之重要，提升家長之有效溝通技巧和管教意識；
2. 增強家長管理情緒壓力的技巧，建立互助支援網絡。

活動／推行大綱：

藉著與不同團體及學校緊密合作，推展以下不同系列活動：

1. 「輕鬆情繫新生兒」教育工作坊系列
為產前家長舉辦健康教育工作坊，與母嬰健康院及醫院合作推行。
2. 「家添溫情」教育系列
專為幼兒家長舉行之一系列有關有效管教及壓力管理的講座，與區內多間幼稚園合作。
3. 「家長動力，情添家庭」社區教育系列
專為中小學家長舉行之一系列家長講座，以案例分析帶動家長反思情緒管理的技巧。
4. 「凝聚健康，減壓同行」互動教育營
專為低收入家庭而舉行的活動，以壓力管理和情緒健康為主題舉行一系列日營活動及營內小組討論環節。
5. 「輕鬆和諧親子情」工作坊系列
專為親子而設的溝通分享平台，以趣味遊戲、影片播放及家課練習促進親子同步認識如何維繫健康生活模式。
6. 壓力管理教育展覽系列
於區內舉行以情緒健康及預防家庭衝突為主題的展覽系列。
7. 健康生活推廣及社區資源參觀活動
讓家庭成員更能掌握社區資源，以及加深對如何實踐健康生活的認識。
8. 運動工作坊及音樂減壓工作坊系列
建立健康運動工作坊，鼓勵父親們學習以運動舒緩壓力；並設音樂小組，作為母親減壓之平台。

對象／受惠者：

家長及家庭成員

預期及實際參與人數：

參與人數大約4,200人

效益：

1. 家長在活動中互動參與，建立互助網絡；
2. 以運動向男士們推廣情緒健康之課題；
3. 強化地區協作網絡

計劃成品：

已出版「情添家庭，凝聚互助」經驗分享冊及光碟（共1,000本）

已達成的目標：

1. 以預防教育性之活動，推廣家庭溝通之重要，提升家長之有效溝通技巧和管教意識。
2. 增強家長管理情緒壓力的技巧，建立互助支援網絡。

總結：

能達預防教育的目的，讓家長選取不同方式反思自我情緒狀態，有助預防家庭衝突。

計劃開始及完成日期：

2007年6月20日至2009年6月20日

鳴謝：

「青田之優」音樂創作公司、樂意群社婦女義工組、「男」天行動男士義工隊、東華三院王胡麗明幼稚園、聖公會仁立小學、慈幼葉漢千禧小學、天主教石鐘山紀念小學、崇基幼稚園

參展項目 Abstracts of Poster Presentations

計劃編號：20060114

計劃名稱：「南亞裔健康連線計劃」Health Care Link for South Asian

主辦機構：香港聖公會麥理浩夫人中心

計劃成員：

南亞裔健康專業網絡成員(排名不分先後)：

- | | |
|--|---------------------------------------|
| 1. 歐耀佳醫生(聖母醫院外科部主管) | 2. 陳淑勤小姐(全康醫務綜合中心經理) |
| 3. 劉立儀小姐(身心營養顧問有限公司 註冊營養師) | 4. Miss Doris LAU(基督教聯合那打素社康服務 註冊營養師) |
| 5. Miss Irene JOR(香港中文大學公共衛生學院婦女健康促進及研究中心) | 7. 徐志文先生 |
| 6. Miss Chui Yee TAM(聖公會李炳中學老師) | 9. Dr. Rati DAS |
| 8. 吳亭欣小姐 | 11. Ms. Himangini BHAT |
| 10. Miss Daphne CHEUNG | 13. Miss Hoi Yan LIU |
| 12. Miss Ada Yee Chi LEUNG | |

南亞裔健康關顧隊：

30名地區及大專院校的準專業人士

協作團體(排名不分先後)：

- | | | |
|----------------|-----------------|----------------------------|
| 1. 聖母醫院 | 2. 基督教聯合那打素社康服務 | 3. 全康醫務綜合中心 |
| 4. 香港道教聯合會雲泉學校 | 5. 聖公會李炳中學 | 6. 香港中文大學公共衛生學院婦女健康促進及研究中心 |

目的/目標：

1. 提高居港南亞裔社群對健康及預防疾病的認知、教導他們正確使用醫療服務和設施，以及讓他們更了解及關注健康的生活習慣；
2. 建立社區支援互助網絡，為居港南亞裔社群提供健康服務，以協助他們認識健康的生活習慣。

活動/推行大綱：

1. 成立「南亞裔健康專業網絡」
邀請來自醫護界、學術界、運動科學、食物營養等界別的專業人士擔任「南亞裔健康專業網絡」委員，積極就計劃不同的活動提供專業支援。
2. 組織「南亞裔健康關顧隊」
組織來自營養、醫療保健、文化研究及社會工作等學系的準專業人士提供及協助推廣服務。
3. 舉辦多元化的南亞裔健康連線服務
「南亞裔健康專業網絡」及「南亞裔健康關顧隊」共同協作向專門收取少數族裔的學校、社區中心、教會等，提供健康支援和教育推廣服務。

對象/受惠者：

居港南亞裔人士，包括巴基斯坦、印度及尼泊爾裔人士。

預期及實際參與人數：

參與推行「南亞裔健康連線服務」的南亞裔人士：61名

提供及支援「南亞裔健康連線服務」的專業及準專業人士：15名專業人士、30名準專業人士及5個專業團體

服務受惠者：南亞裔人士4,800人次；社區人士1,500人次

效益：

1. 有效提高南亞裔居民之健康知識和意識
成功透過舉辦多項以南亞裔人士為對象的健康專業活動、「南亞家庭活力操」、「南亞營人煮食一餐」社區推廣計劃，以及製作多種語言版本的南亞裔健康資訊/刊物，提高了居港南亞裔人士對使用醫療服務和健康的認識及提高他們對健康生活習慣的關注及認識。
2. 成功連結地區專業，建立社區健康資本
成功運用社會資本的策略以連結社區上來自不同界別的專業人士及團體共同協作，創造社區資本，有效提供切合南亞裔社群需要的社區健康支援服務及活動。

計劃成品：

出版「南亞裔健康連線計劃分享書冊」總結兩年服務成果及分享協助南亞裔人士健康需要的經驗。

已達成的目標：

1. 成功提升居港南亞裔人士對其自身和家人的健康及如何預防疾病的關注及了解，並作出正面的轉變，如當中不少南亞裔婦女表示已實踐在家做運動的習慣及少油的健康煮食方法。
2. 成功建立社區互助支援網絡，建立持續而緊密的合作關係，共同為南亞裔社群之健康福祉作出貢獻，以有效提高他們健康生活的素質。

總結：

本計劃能針對居港南亞裔人士的健康需要，運用有效的工作策略以提升他們健康素質，並建立社會健康資本，於社區持續發揮協作力量。

計劃開始及完成日期：

2007年8月1日至2009年7月31日

編謝：

本機構特別感謝食物及衛生局健康護理及促進基金的資助，使計劃得以成功推展。同時向所有曾為本計劃提供協助的「南亞裔健康專業網絡」及「南亞裔健康關顧隊」成員、機構、團體及人士致衷心感謝。

參展項目 Abstracts of Poster Presentations

計劃編號：21070354

計劃名稱：「安全清潔·由我做起」

主辦機構：香港婦女勞工協會

協辦機構：

香港工人健康中心、清潔工人職工會、家務助理員總工會、環保姨姨發展網絡

目的／目標：

1. 提高清潔工人及從事清潔有關工作人士對正確及安全使用清潔劑的意識；
2. 改變不正確使用清潔劑及化學物質的工作及生活習慣；
3. 共建更健康的清潔環境。

活動／推行大綱：

1. 健康大使培訓：培訓參加者認識清潔劑的正確及安全使用方法。
2. 探訪清潔工人：由大使及義工到垃圾站探訪清潔工人，派發職安包及小冊子，並進行問卷調查。
3. 清潔工人調查：調查主題是「清潔劑對健康影響」，調查報告於記者會發佈。
4. 公眾教育展覽：內容包括清潔劑化學傷害、環保清潔劑材料、及環保清潔方法。
5. 家居清潔的講座：主題圍繞家居清潔健康、及家居環保清潔方法、及自製環保肥皂。
6. 小冊子：宣傳環保清潔方法、及不當使用清潔劑的問題。
7. 職安包：送贈給受訪的清潔工人，職安包內含口罩、帽、水壺、葯油、手套等實用物品。

對象／受惠者：

從事清潔行業的工人、及負責家居清潔的家務助理及家庭主婦

預期及實際參與人數：

1. 培訓義工（三期）290人次
2. 講座（環保與健康）114人次
3. 公眾教育展覽126次（接觸約8,000人、並向途人講解展板內容）
4. 探訪清潔工人約450人（派發安全清潔小冊子及完成問卷300份，有效問卷228份）

效益：

1. 培訓大使探訪清潔工人，對一向被忽視的清潔工人來說是很大的鼓舞，透過親身講解清潔劑問題及提醒正確使用方法，增添感染力和說服力；而職安包和小冊子也有助提醒和推廣安全清潔的訊息。
2. 健康講座針對日常使用的清潔劑問題，讓家務助理和家庭主婦更有動力去改變。
3. 舉辦公眾教育展覽能在社區層面更直接與街坊接觸，讓街坊可即時提問和解答。
4. 問卷調查公布的記者會，有三份報章報導。

計劃成品：

1. 小冊子：「安全清潔·由我做起」
2. 調查報告書：「清潔劑對健康影響」
3. 展覽：認識環保安全清潔方法、展示清潔的環保用品

已達成的目標：

1. 透過義工大作的探訪、及社區婦女的親身示範，以人傳人的方法推廣安全使用清潔劑及宣傳環保清潔等訊息，效果顯著。
2. 透過問卷調查，提升社會公眾和清潔工人對安全清潔的重視。

總結：

1. 負責家居清潔的家務助理和家庭主婦較容易做到改變使用清潔劑的不安全習慣；而清潔工人使用的清潔劑則由公司安排和指令，較難改變。
2. 是項計劃不單促進參加者對安全清潔的關注，也提供可選擇的及便宜的環保清潔方法作為代替方案，在現今越來越關注環保和健康的社會，值得繼續在社區推行。
3. 至今（2011年），本會仍繼續培訓大使探訪清潔工人、持續舉辦培訓班及講座向家務助理和家庭主婦講解安全和環保的清潔方法。

計劃開始及完成日期：

2008年7月1日至2009年9月30日

鳴謝：

食物及衛生局健康護理及促進基金、香港工人健康中心、清潔工人職工會、家務助理員總工會、環保姨姨發展網絡