



基督教聯合那打素社康服務 UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

South Asian Health Support Programme Annual Report -2014/2015



Promoting **HEALTH** among South Asian Community in Hong Kong-
through population based interventions

Funded by the Community Chest



Introduction:

South Asian Health Support Programme was established in 2007, the only of its kind in Hong Kong. The programme aims to improve health profile of the South Asian community in Hong Kong, through health promotion and strategic healthy lifestyle interventions. .

The need:

Hong Kong's health indices rank among the best in the world. Despite of it, the 6% of the population - the ethnic minorities, majority of them still struggle to gain access to basic services such as health care. There are increasing evidence that South Asians are vulnerable to diseases such as cardiovascular diseases and some cancers¹⁻⁴. However, the paucity of such information in Hong Kong keeps this community prone to ill health. All too often minority groups are treated as homogeneous populations, leading to inappropriate generalization, unmet need and unsuitable health management. In order to understand and manage an individual's health, it is necessary to appreciate the effects of their culture, experience and environment⁵. In the past years, the programme has evolved according to need.

Objectives:

1. Improve family and child health through maternal education.
2. Improve lifestyle and prevention of chronic diseases particularly hypertension, diabetes and cardiovascular disease among South Asian men in Hong Kong
3. To promote healthy eating habits, hygiene practices, prevention of infectious disease and reduce injury among South Asian School going children.
4. Empower South Asian community with health knowledge and raise their self-esteem, as health is a resource for everyday life

Service Category

1. Health advocate training for women to mitigate the problem on
 - Prevention of infectious disease among children
 - Lifestyle and prevention of chronic disease such as Hypertension , Diabetes, Cardiovascular disease and Cancer.
 - Women's health, including cervical and breast cancer
 - Prevention of home injury and first aid management at home
 - Oral health
2. Health literacy to enhance daily health maintenance skills
3. Wellness programme such as healthy cooking class, exercise class
4. Health talks on a community level, schools, religious centers and community organizations.
5. Community based health campaign and screening for chronic diseases (measuring blood pressure, blood sugar, cholesterol and body fat) during community event.
6. Cancer screening for women
7. Monthly women's health day where women can walk in for health workshop, Screening and socialize.

8. Diabetes management through formation and empowerment of diabetes group

Service provision methods:

The service is provided through extensive collaboration with various agencies by focusing in health promotion, evaluation of health interventions, disseminating of information on good health initiatives or practices. The programme also provides training to people engaged in health promotion activities and mobilize the community to involve in all aspects of health promotion through various channels of promotions and campaigns.

2014/15 South Asian Health Support programme executive summary:

- From 1st April 2014- 31st March 2015, health screening for prevention of chronic diseases was provide 10253 times, which included measuring blood pressure, blood sugar, cholesterol , body fat %, cervical cancer screening, health screening and anemia screening.
- 56 heath talks for women, men and school children with 2,058 attendances were provided at community level, schools and religious organization.
- 153 workshops with 2214 attendance on cancer prevention, infectious disease control, healthy lifestyle (exercise and healthy cooking) conducted
- 151 volunteers registered for the programme and 1,635 service hour was provided by our dedicated volunteers
- 150 home visits were conducted to promote healthy lifestyle and safety of children at home.
- 4 versions of quarterly multilingual (English, Hindi, Nepali, Punjabi and Urdu) newsletters with 8,000 copies were produced and distributed in the community.
- We collaborated with 39 partners, which included, 15 organizations, 21 schools and 4 religious organizations to provide health service (Appendix 1)

SAHP provides services territory wide within Hong Kong, with majority of the services concentrated in Kowloon and New Territories.

Our team continues to collaborate with health professionals of United Christian Hospital and Tuen Mun Hospital with regard to South Asians health needs. Our website is linked with Hong Kong Department of Health (www.health-southasian.hk). Internship opportunities are provided to students from City University and Chinese University of Hong Kong.

South Asian Health Support programme descriptive report for 2014/15

I. Health campaign with Screening for Chronic disease management:

Health screening is the major elements of this programme. Its aim is early detection and prevention of chronic diseases such as hypertension, diabetes, cardiovascular diseases, Obesity and cervical cancer. In total 50 health campaigns was conducted where 10253 times screening was done for hypertension, diabetes and obesity (measuring blood pressure, blood sugar and body fat %). Of those screened for hypertension 15.2% had high blood pressure, of those screened for diabetes 5.2% had high blood sugar and 76% had high body fat percentage.

Of those who had high blood pressure and blood sugar, 105 (men and women) received heart health screening for early detection of cardiovascular diseases

354 women received Pap smear screening of which 16% of the cases had abnormal situation and 5.1% had ASCUS.

210 men and women were screened for anemia and 15% of which had low level of Hemoglobin.

All the cases that were screened positive were advised to seek medical attention. (Table 2)

Table 2: Health screening and finding (2014-15*)

S.No	Activity	No. times of screening test done	No. of times Screened positive	Intervention
1.	Screening for Hypertension (measuring Blood Pressure)	3795	586 (15.4%) (Blood pressure >140/90 mmHg)	Referral and telephone follow up within a week
2.	Screening for Diabetes (measuring Blood Glucose)	3139	163(5.2%) (Blood Glucose Random 11mmol /L)	Referral and telephone follow up within a week
3.	Screening for Obesity (Measuring body fat %)	3218	2445 (76%) (Body fat % >27% among female and >23% among man adults)	Health advice , referral to exercise class, healthy cooking class and follow up
4.	Pap smear test for women (screening for cervical cancer)	354	56(16% all case abnormal) 18(5.1 % ASCUS**)	100% of the ASCUS cases were followed up in UCN health centre within 2 weeks

5	Screening for anemia	210	32 (15.2%) Adult Male: 13.0-17.0 g/dl, Adult Female: 11.0-16.0g/dl	Health advise was give on site and referral to seek further medical attention
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ASCUS** Atypical squamous cells of undetermined significance

*Year from April – March

II. Health activities for women:

In 2013/14, as in the previous year significant amount of health promotion was done amongst women as we have identified that majority of them are the core care takers of the family. Hence, it is paramount to empower them in order to achieve the goal of a healthy family. In addition the service was extended to new partners to reach out to those who had not received the service.

80 women had completed our Health Advocate training. It involved 5 week intensive health training which include health talks and workshops on women's health, child health, chronic diseases, lifestyle and measures to prevent diseases. 45 health talks were given to women during women's health day with attendance of 1276. Pre and Post talk knowledge enhancement test was compared with average increase in basic health knowledge level to 70% compared to baseline. The health events were health on a territory wide basis and in collaboration with many organizations (Appendix 1).

III. Health activities for men

12 health workshops with an overall attendance of 255 were conducted for men. The workshops emphasized on the prevention of chronic diseases such as Hypertension, Diabetes and Cardiovascular diseases among the male population. In addition to workshop based intervention, outdoor health events, particularly those organised during weekend and holidays had a very high response rate. 515 face to face counseling on healthy lifestyle was provided to male participants.

IV. Health activities for School Children:

21 schools participated in SAHP school health programme. 30 Health ambassadors training were provided in various schools with a total of 632 attendances. The health topics included prevention of infectious disease, healthy diet, injuries prevention and first aid skills. In addition to the health ambassador training, an exercise session was included. During the injury prevention training, basic first aid skills was taught to children.

11 health talks with total attendance of 782 were provided at schools. Teachers and parents also joined the talk particularly during the parent's day.

V. Health Activities for youths:

In 2014/15, emphasis was continued on youths' health, particularly on health and hygiene, sexual health, healthy diet, first aid and safety measures. 8 health workshops were provided.

VI. Wellness classes:

As there is significant number of people from the South Asian community continues to be in risk of chronic disease our wellness classes have played a vital role as early intervention. Our well ness classes focus on healthy diet, exercise and cancer prevention workshops.

Total of 14 healthy cooking classes was conducted with 244 women participated. All the classes were conducted by dietitians.

Similarly 36 exercise classes were conducted for women with attendance of 428. Monthly women's health day and wellness classes were conducted in different venues, in collaboration with many organizations.

VII. Volunteer development:

151 new volunteers registered for this health promotion service and they provided 1635 service hours much more than we anticipated. Most of the volunteers provided service during large scale outdoor health campaigns and women health events. 84% of the volunteers agreed that they increased their network

VIII. Health publication:

4 series of health newsletter was produced on quarterly basis. The newsletter contained topics on cervical cancer, coronary heart disease, dementia, healthy diet for diabetic person. All the content was produced in 5 South Asian languages mainly Hindi, Nepali, Punjabi and Urdu.

2,000 copies of health booklet and 2,000 pieces of health souvenir (eco bag) were produced and disseminated during health event as a cue to reminder.

IX. New service initiated in 2014/15:

Diabetes management:

As diabetes is becoming more prevalent amongst the South Asian community, with an intention of early intervention, the diabetes management was formed. There are not many such interventions available for the ethnic minority community in Hong Kong.

The objective was to raise awareness and teach skills on management of diabetes for the patient and their family members. Thus 20 workshops on diabetes management were conducted, which included, general information about diabetes mellitus, complications and Diabetes Mellitus management skill (uptake of diabetic diet, exercise habit, foot care and compliance with drugs).

A multilingual diabetes management booklet and 3 version of poster, on Diabetes management, foot care and diabetes complication was also produced then distributed to the participants of the workshop.

Further to workshop and distribution of the diabetes management booklet, telephone and face to face follow up done in order to evaluate change in behavior. 68% of the

participants showed knowledge improvement in the behavior such as uptake of diabetic diet, foot care and importance of compliance with drugs.

X. Other service:

Medical interpretation was provided 426 times. This identifies that there is still a huge need for this service. More emphasis will be given on this 150 home visits were done, during the home visit the tenant was informed about healthy lifestyle and home safety particularly if there are children at home. Such as window safety, fire safety, storage of sharp objects, slippery floor.

XI. Key lessons during the 2014/2015 health promotion

- There are many South Asian community in Hong Kong, who are still ignorant about their own health and the services available in Hong Kong
- Health promotion activities in a culturally sensitive manner, is important while approaching this community.
- Face to face and continuous follow up approach works well for the intervention of the health promotion for this community.
- Collaboration and support from other organizations, community groups, religious affiliations, health care professionals and the community themselves is vital in conducting any health promotion activities.
- Interpersonal contact, although time consuming, is the best means of social mobilization and gaining trust.
- The SAHP programme is acting as a bridge between the community and the formal health system, therefore there is need to scale up support for such health promotion and other community health programmes.
- Professional input is vital in evaluating and gaining trust from the community.
- Health promotion is not just the responsibility of the health sector therefore continuous , but goes beyond healthy life style to well being

SAHP is evaluating its strategies in reference to Glasgow RE-AIM model (R- reaching, E- efficacy, A- adoption, I –implementation, M-maintainance).

There is a need for continuity of this programme as there are still many ethnic minority community members who still need to be reached.

Acknowledgement:

Special thanks are given to (in alphabetical order):

All the dedicated staffs of United Christian Nethersole Community Health Service All the volunteers of SAHP without whom we could not have achieved more than we expected

Appendix 1

Collaborating organization and the events:

	Agency name	Activities
1.	Bethel High School	School health promotion
2.	Buddhist Fat Ho Memorial College	Youth health promotion
3.	Caritas Community Centre-Ngau Tau Kok	Health talk and screening
4.	Caritas Social Service Aberdeen	Health Talks and Health Campaign
5.	Caritas Social Service, Tuen Wan	Health Talks ,campaign and wellness classes
6.	Caritas Tuen Mun Marden Foundation Secondary School	School health promotion
7.	Chomolongma Multicultural Community Centre	Health talk and screening
8.	Christian Action	Health Talks and Community Event
9.	Delia Memorial School(Hip Wo)	Promotion of school health project
10.	Department of Health	Health promotion
11.	Equal Opportunities Commission	Health Campaign and screening
12.	Hong Kong Christian Service	Health Talks and Exercise class
13.	Hong Kong Integrated Nepalese Society (HINS)	Health talk and screening
14.	Hong Kong Weaving Mills Association Chu Shek Lun Secondary School	School health promotion
15.	International Social Service Hong Kong (ISS)	Health talk and promotion
16.	Islamic Primary School	School health promotion
17.	Jordan Road Government Primary School	School health promotion
18.	Kwai Chung Mosque	Health talk and screening
19.	Lady Mc Le Hose Centre Kwai Chung	Health talk
20.	Li Sing Tai Hang School	School health promotion
21.	Magar Association Hong Kong	Health Campaign and screening
22.	Man Kiu Association Primary School	School health promotion and health talk
23.	New Home Association Hong Kong	Health talk, training and wellness classes
24.	Pakistani Islamic Welfare Union Incorp(HK)Ltd	Health Talks and Health Campaign
25.	Pat Heung Central Primary School	School health promotion

26.	Po Kok Primary School	School health promotion
27.	Race Relation Unit	Health Promotion through radio programme
28.	Satya Sai Baba Centre. Tuen Wan	Health Talks and Health Campaign
29.	Sikh Temple, Wanchai	Health Talks and Health Campaign
30.	Sir Ellis Kadoorie Secondary School	School health promotion
31.	Taoist Association Primary School	School health promotion
32.	The Neighborhood Advice -Action Council integrated service center	Health talk and screening
33.	The Society Of rehabilitation and crime prevention Hong Kong	Health Talks and Health Campaign
34.	Tin Sui Wai Pakistani Welfare Association	Health talk and health screening
35.	Tsing Yi Trade Association Primary School	School health promotion
36.	Tuen Mun Hospital	Health promotion
37.	United Christian Hospital	Health Promotion
38.	Yaumati Kaifong Association School	School health promotion
39.	Yuen Long Town Hall (Chomolongma Multicultural Community Centre	Health talk ,Campaign and exercise classes

Appendix 2 : Photo report

Attached:

- 4 versions of newsletter
- Diabetes mellitus booklet
- 3 versions of Diabetes mellitus posters
- Eco bag

Our contact:

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Appendix 2

South Asian Health Support Programme

Photos report (2014-15



Health Talks for men and women



Outdoor Health Campaigns



Health Screening



Wellness classes (exercise classes & healthy cooking classes)



Health volunteers in action



School Programme