



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 -2013/2014

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 promote health amongst the South Asian community in Hong Kong.

Why South Asian's?

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.

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 and Diabetes, Cardiovascular disease and Cancer.
 - Women's health, awareness of cervical and breast cancer
 - Prevention of home injury and first aid management at home
 - Oral health
 - Mental health and strengthen social support network
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.

Service provision methods:

The service is provided through extensive collaboration with various agencies with the focus in health promotion, evaluation of health interventions, disseminating information on good health initiatives or practices. We also provide training to people engaged in health promotion activities and mobilizing the community to involve in all aspects of health promotion through various channels of promotion campaigns.

2013/14 South Asian Health Support programme executive summary:

- From 1st April 2013- 31st March 2014, health screening for prevention of chronic diseases was provide 9402 times, which included measuring blood pressure, blood sugar, cholesterol , body fat %, cervical cancer screening, health screening and anemia screening.
- 75 heath talks for women, men and school children with 2,530 attendances were provided at community level, schools and religious organization.
- 103 workshops with 1436 attendance on cancer prevention, infectious disease control, healthy lifestyle (exercise and diet) conducted
- 184 volunteers registered for the programme and 1,445 service hour was provided by our dedicated volunteers
- 150 home visits were conducted to promote healthy lifestyle and safety of children at home.
- 4 version quarterly multilingual (English, Hindi, Nepali, Punjabi and Urdu) newsletter in 8,000 copies were produced and distributed amongst the community.
- We collaborated with 15 organizations, 18 schools and 4 religious organizations to provide health service.

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 2013/14

Health campaign with Screening for Chronic disease management:

Health screening is the major elements of this programme. It is targeted in early detection and prevention of chronic diseases such as Hypertension, Diabetes, Cardiovascular diseases, and Obesity and cervical cancer. In total 52 health campaigns was conducted where 9401 times screening was done for Hypertension, diabetes and obesity (measuring blood pressure, blood sugar and body fat %). Of those screened for hypertension 28.6% had high blood pressure, of those screened for diabetes 3.4% had high blood sugar and 76% had high body fat percentage.

Of those who had high blood pressure and blood sugar, 100 (men and women) received heart health screening for early detection of cardiovascular diseases 354 women received Pap smear screening of which 19% of the cases had abnormal situation and 7% had ASCUS.

200 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 in 2013/14

S.No	Activity	No. times of screening test done	No. of times Screened positive	Intervention
1.	Screening for Hypertension (measuring Blood Pressure)	4649	1333 (29%) (Blood pressure >140/90 mmHg)	Referral and telephone follow up within a week
2.	Screening for Diabetes (measuring Blood Glucose)	4068	140(3.4%) (Blood Glucose Random 11mmol /L)	Referral and telephone follow up within a week
3.	Screening for Obesity (Measuring body fat %)	3962	3010 (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	67(19% all case abnormal) 25(7 % ASCUS*)	100% of the ASCUS cases were followed up in UCN health centre within 2 weeks

5	Screening for anemia	206	30 (15%) 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

Health activities for women:

In 2013/14, significant amount of health promotion was done amongst women as we have identified that majority of them are the core care taker of the family. Hence, it is paramount to empower them in order to achieve the goal of a healthy family.

81 women had completed our Health Advocate training. It involved 6 week intensive health training which include health talks and workshops on women's health, child health, chronic diseases, lifestyle and measures to prevent diseases. 62 health talks were given to women during women's health day with attendance of 1688. Pre and Post talk knowledge enhancement test was compared with average increase in basic health knowledge level to 72% compared to baseline. The health events were health on a territory wide basis and in collaboration with many organizations (Appendix 1).

Health activities for men:

11 health workshops with an overall attendance of 321 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.

793 face to face counseling on healthy lifestyle was provided to male participants. In comparison to previous years, SAHP has experience an increase in male volunteers who assisted during the health campaigns.

Health activities for School Children:

18 schools participated in SAHP school health programme. 27 Health ambassadors training were provided in various schools with a total of 653 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.

13 health talks with total attendance of 842 were provided at schools. Teachers and parents also joined the talk particularly during the parent's day.

Health Activities for youths:

In 2013/14, emphasis was continued on youths' health, particularly on health and hygiene, sexual health, healthy diet, first aid and safety measures. 10 health workshops were provided with a response of 305 attendees.

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 wellness classes focus on healthy diet, exercise and cancer prevention workshops.

Total of 14 healthy cooking classes was conducted with 211 women participated. All the classes were conducted by dietitians.

Similarly 28 exercise classes was conducted for women with attendance of 406. Monthly women's health day and wellness classes were conducted in different venues, in collaboration with many organizations. In some of the events, women have even started

Volunteer development:

184 new volunteers registered for this health promotion service and they provided 1145 service hours. Most of the volunteers provided service during large scale outdoor health campaigns and women health events. 70% of the volunteers agreed that they increased their network

Health publication:

4 series of health newsletter was produced on quarterly basis. The newsletter contained topics on prevention of infectious disease, healthy diet, chronic disease and dental hygiene. 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.

Other service:

- Medical interpretation was provided 424 times. This identifies that there is still a huge need for this service. More emphasis will be given on this
- To promote sports amongst the community sportive activity was facilitated with 130 participants.
- 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.

Key lessons during the 2013/2014 health promotion

- Many South Asian community need health promotion activities in a culturally sensitive manner, hence there is a need for continuity of this type of interventions with some modification to make it accessible and affordable.
- Face to face and continuous follow up approach worked well for the intervention of the health promotion
- 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.

- The SAHP programme is also a bridge between the community and the formal health system and it must be scaled up to support health promotion and other community health programmes.
- Professional input was vital in evaluating and gaining trust from the community.
- Health promotion is not just the responsibility of the health sector, 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

	Agency name	Activities
1.	Buddhist Fat Ho Memorial College	Youth health promotion
2.	Caritas Social Service Aberdeen	Health Talks and Health Campaign
3.	Caritas Social Service, Tuen Wan	Health Talks ,campaign and wellness classes
4.	Caritas Tuen Mun Marden Foundation Secondary School	School health promotion
5.	Christian Action	Health Talks and Community Event
6.	Delia Memorial School(Hip Wo)	Promotion of school health project
7.	Department of Health	Health promotion
8.	Hong Kong Christian Service	Health Talks and Exercise class
9.	International Social Service Hong Kong (ISS)	Health talk and promotion
10.	Islamic Primary School	School health promotion
11.	Jordan Road Government Primary School	School health promotion
12.	Kwai Chung Mosque	Health talk and screening
13.	Lady Mc Le Hose Centre Kwai Chung	Health talk
14.	Li Sing Tai Hang School	School health promotion
15.	Magar Association Hong Kong	Health Campaign and screening
16.	Man Kiu Association Primary School	School health promotion and health talk
17.	New Home Association Hong Kong	Health talk, training and wellness classes
18.	Pat Heung Central Primary School	School health promotion
19.	Po Kok Primary School	School health promotion
20.	Race Relation Unit	Health Promotion through radio programme
21.	Satya Sai Baba Centre. Tuen Wan	Health Talks and Health Campaign
22.	Sikh Temple, Wanchai	Health Talks and Health Campaign
23.	Sir Ellis Kadoorie Secondary School	School health promotion
24.	Taoist Association Primary School	School health promotion
25.	Tin Sui Wai Pakistani Welfare Association	Health talk and health screening
26.	Tsing Yi Trade Association Primary School	School health promotion
27.	Tuen Mun Hospital	Health promotion

28.	United Christian Hospital	Health Promotion
29.	Yaumati Kaifong Association School	School health promotion
30.	Yuen Long Town Hall (Chomolongma Multicultural Community Centre	Health talk ,Campaign and exercise classes
31.	Hong Kong Weaving Mills Association Chu Shek Lun Secondary School	School health promotion
32.	Bethel High School	School health promotion
33.	Nepali Union Church	Health talk and screening

Appendix 2: Newsletters (4 issues)

Appendix 3: Health booklet (3 versions)

Appendix 4: Health souvenir (eco bag)

Appendix 5: Photo report

Our contact:

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South Asian Health Support Programme

Appendix 5

Photos report



Outdoor health campaigns



Health Talks for men and women



School health event



Wellness classes (healthy cooking classes and exercise classes)