



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 -2016/2017



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

Funded by the Community Chest



Introduction:

South Asian Health Support Programme was established in 2007, it has evolved in the years, moreover still remains unique and in need in Hong Kong. The programme aims to improve health profile of the South Asian community through comprehensive health promotion and strategic and healthy lifestyle interventions. .

The need:

Hong Kong's health indices rank among the best in the world. Despite of it, the 6.4% of the population - the ethnic minorities, majority of them still struggle on the basic services such as health care. There are increasing evidence that South Asians are vulnerable to chronic diseases such as cardiovascular diseases and some cancers. Furthermore , 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 environment. 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 ,cardiovascular disease and obesity among South Asian 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 modification to reduce the risk of chronic disease such as Hypertension, Diabetes, Cardiovascular disease, Cancer.
 - Women's health, including cervical and breast cancer
 - Prevention of home injury and first aid management at home
 - Mental health coping skill
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 (Pap smear test)

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
9. Elderly health workshop

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.

2016/17 South Asian Health Support programme executive summary:

- From 1st April 2016- 31st March 2017, health screening for prevention of chronic diseases was provide 12753 times, which included measuring blood pressure, blood sugar, cholesterol , body fat %, cervical cancer screening, health screening and anemia screening.
- 69 heath talks for women, men and school children with 2408 attendances were provided at community level, schools and religious organization.
- 108 volunteers registered for the programme and 2243 service hour was provided by our dedicated volunteers
- 155 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 41 partners, which included, 16 organizations, 20 schools and 5 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 revamped and is made more user-friendly www.ucn-emhealth.org is linked with Hong Kong Department of Health Internship opportunities are provided to students from City University and Chinese University of Hong Kong.

South Asian Health Support programme descriptive report for 2016/17

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 12753 times screening was done for hypertension, diabetes and obesity (measuring blood pressure, blood sugar and body fat %). Of those screened for hypertension 26.6% had high blood pressure, of those screened for diabetes 4.5% had high blood sugar and 78.5% had high body fat percentage.

Of those who had high blood pressure and blood sugar, 155 (men and women) received heart health screening for early detection of cardiovascular diseases

362 women received Pap smear screening of which 22.4% of the cases had abnormal situation and 5% had ASCUS.

258 men and women were screened for anemia and 14% 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 (2016-17*)

| S.No | Activity | No. times of screening test done | No. of times Screened positive | Intervention |
|------|---|----------------------------------|--|---|
| 1. | Screening for Hypertension (measuring Blood Pressure) | 5130 | 1337(26.6%) (Blood pressure >140/90 mmHg) | Referral and telephone follow up within a week |
| 2. | Screening for Diabetes (measuring Blood Glucose) | 4776 | 219(4.5%) (Blood Glucose Random 11mmol /L) | Referral and telephone follow up within a week |
| 3. | Screening for Obesity (Measuring body fat %) | 4287 | 3369 (78.5%) (Body fat % >27% among female and >23% among man adults) | Health advice , referral to exercise class, healthy cooking class and follow up |
| 4. | Screening for anemia | 258 | 35 (14%) 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 |
| 5 | Pap smear screening | 362 | 114(31% all case abnormal) 20(5.5% ACUS**) | 100% of the ASCUS cases were followed up in |

| | | | | |
|--|--|--|--|----------------------------------|
| | | | | UCN health centre within 2 weeks |
|--|--|--|--|----------------------------------|

ASCUS** Atypical squamous cells of undetermined significance

*Year from April – March

II. Health activities for women:

In 2016/17, 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.

82 women had completed our Health Advocate training. It involved 4 week intensive health training which include health talks and workshops on women’s health, child health, chronic diseases, lifestyle and measures to prevent diseases. 42 health talks were given to women during women’s health day with attendance of 1156. Pre and Post talk knowledge enhancement test was compared with average increase in basic health knowledge level to 61% 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 251 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. 682 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. 28 Health ambassadors training were provided in various schools with a total of 619 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.

15 health talks with total attendance of 1001 were provided at schools. Teachers and parents also joined the talk particularly during the parent’s day.

V. Wellness classes:

As there is significant number of people form 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 201 women participated. All the classes were conducted by dietitians.

Similarly 38 exercise classes were conducted for women with attendance of 461. Monthly women's health day and wellness classes were conducted in different venues, in collaboration with many organizations.

VI. Volunteer development:

108 new volunteers registered for this health promotion service and they provided 2243 service hours much more than we anticipated. Most of the volunteers provided service during large scale outdoor health campaigns and women health events. 60 % of the volunteers agreed that they increased their network

VII. 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 (ego bag) were produced and disseminated during health event as a cue to reminder.

VIII. Mental health awareness

The burden of mental disorders continues to grow with significant impacts on health and major social and economic consequences in all countries of the world. Thus many health promotion intervention and strategies are being initiated to improve well being of the individual, however many of those intervention will may not reach the ethnic minority community, due to language and social barriers.

The objective was to raise awareness importance of mental health and inform coping mechanism during early signs of mental health conditions. 10 workshops (with 246 attendance) on mental health awareness conducted, which included general information about mental health, early signs, coping mechanism and where to seek help .

A multilingual newsletter was published with the topic “ Tips on coping with Mental Health Issues” We observed 72% increase in knowledge on mental health

IX. Healthy Aging : New Initiative in 2016/17,

X. Others:

Medical interpretation was provided 409 times. This identifies that there is still a huge need for this service. More emphasis will be given on this

155 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.

- Many from the 6% of the population - the ethnic minorities, still struggle to gain access to basic services such as health care.
- Increasing evidence that South Asians are vulnerable to diseases such as cardiovascular diseases and some cancers.
- There is paucity of such information in Hong Kong which keeps this community prone to ill health
- 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 environment
- Thus in the past years, the programme has evolved according to need.

XI. Key lessons during the 2015/2016 health promotion

- There are still many South Asian community in Hong Kong, who are 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. | Caritas Tuen Mun Marden Foundation Secondary School | School health promotion |
| 3. | CMA Choi Cheung Kok Secondary School | School health promotion |
| 4. | Chung Sing Benevolent Society Mrs Aw Boon Haw Secondary School | School health promotion |
| 5. | Christian Action | Health Talks and Community Event |
| 6. | Diocesan Pastoral Centre for Worker | Health talk and screening |
| 7. | Delia Memorial School(Hip Wo) | Promotion of school health project |
| 8. | Department of Health | Health promotion |
| 9. | Equal Opportunities Commission | Health Campaign and screening |
| 10. | Hong Kong Christian Service | Health Talks and Exercise class |
| 11. | Hong Kong Integrated Nepalese Society (HINS) | Health talk and screening |
| 12. | Hong Kong Nepalese Federation | Health Campaign and screening |
| 13. | Hong Kong Christian Service-Support to Ethnic Elderly(SEE) Project | Health talk and screening |
| 14. | International Social Service Hong Kong (ISS) | Health talk and promotion |
| 15. | Islamic Dharwood Pau Memorial Primary School | School Health promotion |
| 16. | Islamic Primary School | School health promotion |
| 17. | Indonesian Consulate General in Hong Kong | Health Promotion |
| 18. | Jordan Road Government Primary School | School health promotion |
| 19. | Kwai Chung Mosque | Health talk and screening |
| 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. | Matteo Ricci College, Kowloon | School health promotion |
| 24. | Mission For Migrant Workers | Health Promotion |
| 25. | Nepali Union Church | Health Talks and HEALTH Campaign |

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|-----|---|--|
| 26. | Pat Heung Central Primary School | School health promotion |
| 27. | Po Kok Primary School | School health promotion |
| 28. | Po Leung Kuk Camoes Tan Siu Lin Primary School | School health promotion |
| 29. | Race Relation Unit | Health Promotion through radio programme |
| 30. | Sikh Temple, Wanchai | Health Talks and Health Campaign |
| 31. | Sir Ellis Kadoorie Secondary School | School health promotion |
| 32. | Sir Ellis Kadoorie (Sookunpo) Primary School | School health promotion |
| 33. | Taoist Association Primary School | School health promotion |
| 34. | The Neighborhood Advice -Action Council integrated service center | Health talk and screening |
| 35. | TWGHS Jockey Club Tai Kok Tsui Integrated Services Centre | Health talk and screening |
| 36. | The Society Of rehabilitation and crime prevention Hong Kong | Health Talks and Health Campaign |
| 37. | The Salvation Army | Health talk and Health screening |
| 38. | Tamu Association of Hong Kong | Health Promotion |
| 39. | Yau Ma Tei Kaifong Association School | School health promotion |
| 40. | Yuen Long Town Hall (Chomolongma Multicultural Community Centre | Health talk ,Campaign and exercise classes |
| 41. | YPI & CA Lee Lim Ming College | School health promotion |

Appendix 2 : Photo report

Attached:

- 4 versions of newsletter
- Diabetes mellitus booklet
- 5 versions of Diabetes mellitus posters
- 5 version of Hypertension posters
- Zip bags

Our contact:

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South Asian Health Support Programme

Photo Report (2016-2017)



Women's Health Talk



Healthy Cooking Class



Exercise



Health Volunteers in action



Outdoor Health Event



Men's Health Talk



School Health Programme



Diabetes Mellitus Support Group



Home Visit



Health Advocate Volunteer Training



Diwali and World Diabetes Day 2016

