



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 -2015/2016



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, 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
 - 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
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.

2015/16 South Asian Health Support programme executive summary:

- From 1st April 2015- 31st March 2016, health screening for prevention of chronic diseases was provide 12640 times, which included measuring blood pressure, blood sugar, cholesterol , body fat %, cervical cancer screening, health screening and anemia screening.
- 33 heath talks for women, men and school children with 1022 attendances were provided at community level, schools and religious organization.
- 108 volunteers registered for the programme and 2155 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 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 12640 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

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

250 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 (2015-16*)

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.	Pap smear test for women (screening for cervical cancer)	356	80(22.4% all case abnormal) 18(5 % ASCUS**)	100% of the ASCUS cases were followed up in UCN health centre within 2 weeks

5	Screening for anemia	250	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
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ASCUS** Atypical squamous cells of undetermined significance

*Year from April – March

II. Health activities for women:

In 2015/16, 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.

83 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. 33 health talks were given to women during women’s health day with attendance of 1022. 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 2015/16, 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 241 women participated. All the classes were conducted by dietitians.

Similarly 39 exercise classes were conducted for women with attendance of 484. Monthly women's health day and wellness classes were conducted in different venues, in collaboration with many organizations.

VII. Volunteer development:

108 new volunteers registered for this health promotion service and they provided 2155 service hours much more than we anticipated. Most of the volunteers provided service during large scale outdoor health campaigns and women health events. 50 % 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 (zip bag) were produced and disseminated during health event as a cue to reminder.

IX. New service initiated in 2015/16:

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 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 75% increase in knowledge on mental health and 63% increase in knowledge regarding the coping skills.

X. Other service:

Medical interpretation was provided 467 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.

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

26.	Pakistani Islamic Welfare Union Incorp(HK)Ltd	Health Talks and Health Campaign
27.	Pat Heung Central Primary School	School health promotion
28.	Po Kok Primary School	School health promotion
29.	Race Relation Unit	Health Promotion through radio programme
30.	Satya Sai Baba Centre. Tuen Wan	Health Talks and Health Campaign
31.	Sikh Temple, Wanchai	Health Talks and Health Campaign
32.	Sir Ellis Kadoorie Secondary 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.	The Society Of rehabilitation and crime prevention Hong Kong	Health Talks and Health Campaign
36.	Tin Sui Wai Pakistani Welfare Association	Health talk and health screening
37.	Tsing Yi Trade Association Primary School	School health promotion
38.	Tuen Mun Hospital	Health promotion
39.	United Christian Hospital	Health Promotion
40.	Yaumati Kaifong Association School	School health promotion
41.	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**
- **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 (2015-2016)

Funded by Community Chest



Women's Health Talk



Men's Health Talk



Exercise Class



Cooking Class



Health Advocate Volunteer Training



Health volunteers in action



Diwali and World Diabetes Day



Diabetes Mellitus Support Group



Outdoor Event



School Health Programme



Practical Workshop