



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 2011/2012



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

Funded by the Community Chest



Health promotion is a process of enabling people to increase control over and to improve their health. To reach a state of complete physical, mental and social well being, an individual or group must be able to identify and to realize aspirations to satisfy needs and to change or cope with the environment. Health is therefore, seen as a resource for everyday life, not the objective of living. It is a positive concept emphasizing social and personal resources, for everyday life not the objectives of living. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life style to well being.

## Introduction:

This is a health promotion programme targeting South Asian ethnic minority community in Hong Kong, established in 2007. This programme promotes the health of the South Asian community through collaborating with various agencies in health promotion, researching and evaluating the effectiveness of promotion programmes, disseminating information on good promotive practices, providing 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.

## Why South Asian's?

Hong Kong's health indices rank among the best in the world. Unfortunately among the 5% of the population-the ethnic minorities, many still struggle to access basic services such as health care. There are increasing evidence that South Asians are more prone to many non-communicable diseases such as cardiovascular diseases and some cancers<sup>1-4</sup>, however there is paucity of such information in Hong Kong.

## 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 reduces 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.<sup>1</sup>

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<sup>1</sup> Bolanle et al. Ethnic minorities ill served by health service The Lancet, Volume 356, Issue 9238

2. A Szczepura .Access to health care for ethnic minority populations. *Postgrad Med J* 2005;**81**:141-147

3. Allison Worth, Tasneen Irshad et al .Vulnerability and access to care for South Asian Sikh and Muslim patients with life limiting illness in Scotland prospective longitudinal qualitative study *BMJ* 2009;338:b183

4. Misra A. Khurana L . Obesity –related non- communicable disease: South Asian Vs White Caucasians. *Int. J Obes (Lond)* 2011 Feb;35(2):167-87.

## **Our services: Holistic health and health empowering service for women, men, youth and children of the South Asian community in Hong Kong**

1. Health advocate training for women to tackle the problem on
  - Childcare and prevention of infectious disease among infant and toddlers
  - Lifestyle and prevention of chronic disease such as hypertension and Diabetes
  - 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 class to empower with 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.

### **2011/12 SAHP in summary:**

In the year 2011/12, SAHP was involved in 72 community based health campaign event providing 12,770 times health screening (which included screening for Hypertension, Diabetes , Obesity, Cardiovascular disease and Anemia). 69 health talks with an attendance of 2,115 were provided at the community level such as community centres, schools and religious organizations.

Healthy lifestyle interventions were implemented in the form of Cancer prevention workshops, healthy cooking and fitness classes.

13 schools participated in our school health promotion event by providing school health ambassador training, health workshops, talks and campaigns.

Health activity for youth as "Healthy Living is Fun" well received by the youths , 10 workshop with 554 attendance was provided which included topics such as health and hygiene, first aid and safety measures, healthy diet.

181 home visits were conducted to reach out and promote health, to hard to reach population. 103 volunteers participated in health events. Cervical cancer screening was done among 355 women. SAHP provided service territory wide in Hong Kong, though majority of the service activities were conducted in Kowloon and New Territories.

Our team continues to collaborate with health professionals of United Christian Hospital and collaborated with Tuen Mun Hospital regarding South Asians health need. Quarterly

newsletter with health related topics in 3 South Asian languages was produced. Our website is linked with Hong Kong Department of Health ([www.health-southasian.hk](http://www.health-southasian.hk)). Internship opportunity was provided to students from City University and Chinese University of Hong Kong.

**Health promotion has a crucial role to play in fostering healthy public policies and healthy-supportive environments, enhancing positive social conditions and personal skills, consequently improving health profile on a population base.**

### **South Asian Health Support programme descriptive report for 2011/12**

#### **Health action for women:**

In 2011/12, significant amount of health promotion was done among women as we have identified that they core care taker of the family and it is essential to empower women from this community in order to excel healthy family.

73 women completed our Health Advocate training, the 8 week intensive health training which included health talks and workshops on women's health, child health, chronic diseases, lifestyle and measures to prevent diseases. 41 health talks were given to women during women's health day with attendance of 671. Pre and Post talk knowledge enhancement test was compared with average increase in basic health knowledge level to 70% compared to baseline. 140 women participated in healthy cooking class. Similarly the attendance of cancer prevention workshop and fitness class was 288 and 205 simultaneously. 6 Health literacy classes were also conducted for women with 95 participants.

355 women came for cervical cancer screening. Monthly women's health day in different venues has been a successful event which is spread over the territory. In some of the event women have started to bring their spouse and male relatives.



**Health talks for women**



**Health literacy session**



## Health action for men:

Number of men joining SAHP health initiatives has significantly increased in comparison to previous year. 16 health workshops with 409 attendances, particularly with emphasis on prevention of chronic diseases such as Hypertension, Diabetes and Cardiovascular disease was

Conducted. 699 face to face counseling on healthy lifestyle was provided among men. SAHP also had dedicated man volunteers who assisted during health campaigns.



Health screening and face to face health information. Over 100 men attended our “Health Health check for men” programme following the outdoor health screening



Health talk for men



Men during our outdoor health exhibition

**Majority of the attendees for our outdoor health event and campaigns were men.**

## Health action for School Children:

13 schools participated in SAHP school health programme. 30 Health ambassadors training were provided at different school with 605 attendances. The health topic 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 skill was taught to children.



Health ambassador training at schools



12 health talks were provided at school. Teachers and parents joined the talk particularly during the parent's day. 1035 attended the talks.



## Health action for youths “Healthy Living is Fun”:

Considering the health gap among youths in 2011/12, SAHP focus on some health issues of youths such as health and hygiene, sexual health, healthy diet first aid and safety measures. Education on sexual health was well received. 11 health workshops were provided with 554 attendance.



Self reflection from youths.

**Delia Group Of Schools**

Subject 科目 .....

Name 姓名 ..... Gurprit Kaur ..... Class 班級 ..... 5C ..... Class No. 編號 ..... 14 .....

Reflection:
we had 4 sessions, concerning our health, and a cooking class at the very end. The volunteers were from the Caritas Community Centre, near our school.
In those 4 talks, we learned a lot about our body. Since only girls were allowed to attend the talks, I felt more comfortable taking part in it. We learnt about some diseases, which many people are being affected by nowadays, for example diabetes, high-blood pressure, etc. The best part was when we learnt how to use the diabetes and high-blood pressure machine (the small device we use to check these).
I think these talks were very meaningful. We learnt things which will be really useful in our future lives. All the topics covered in these sessions were really enjoyable. I had a great time throughout the 4 weeks.
At the end, we had a cooking class. We were divided into 3 groups. I'm a vegetarian. I can't eat any kind of meat. However, my group was making a non-vegetarian dish. I helped them cut the ingredients, and also helped them with the seasonings and some extra stuff.

# Delia Group Of Schools

Subject 科目 GIRLS HEALTH CLASS (REFLECTION)

Name 姓名 MARIA LOUISE Class 班級 5C Class No. 編號 (37)

From the opportunity given to us girls for the cooking class as well as the health classes, I believe that they were very helpful in building the foundation of our knowledge.

The health classes were informative though I think the time for its schedule could have been better if it were on a weekend or so. I learnt a lot about the importance of food labels, how to read them and thus, think more about the intake of nutrition.

The cooking class was particularly my favourite as we got to cook and use our skills. Working together with my friends never been much fun as I experienced that day. It was cool getting to learn to cook healthy dishes and sharing our own.

I do recommend the classes to be held in the future especially. They would definitely be all the classes as our classmate programme.

## Delia Group Of Schools

Subject 科目 Reflection

Name 姓名 Sabatini Class 班級 5C Class No. 編號 D-

This year we had health classes for girls. It was organised by United Christian. We had that lesson once a two week. We had total of four lessons.

I must say this lesson were very helpful and useful. In this lessons we learned about some disease how we can overcome those diseases. There were teachers to teach us about health problems.

We also learned about our body weight and body pressure. We volunteered ourself to check our body weight and mass. I think our body pressure was okay. Now we know how to check our body mass. We also checked whether we are overweight or not. Luckily, we are and I'm not overweight. We also learned about Sex Education.

As a appreciation, we got certificate for having full attendance on that girls talk. Thank you Mr. Lung for arranging this girls talk and very thankful for United Christian crew for educating us.



## Health campaigns and other health initiatives:

SAHP was initiated or participated in 72 health campaigns throughout 2011/12. Health screening was provided 13,120 times with emphasis on screening of chronic diseases such as hypertension, diabetes, cardiovascular diseases and cervical cancer screening.

Community based roving exhibition was done 52 times including school and public places. The exhibit included roll up stands, banner and health leaflets in different languages.

Quarterly newsletter was issues with different health topics. The topics in 2011/12 included 1) Dengue fever and Health Tips on fever management 2) Action to flight seasonal influenza 3) Breast Cancer and its preventative measure 3) Oral health matters and Healthy diet for Cancer prevention. Soft copy of the newsletter can be obtained form [www.health-southasian.org.hk](http://www.health-southasian.org.hk)



**Outdoor health events**

## Addition health event:

With the additional 10% one of funding SAHP was able to conduction several additional health initiatives such as individual diet counseling for 77 people, certified first aid training for 29 people, 2000 pieces of user friendly eco back with health message, 5 health events were organized at religious places (Sikh temple, Mosque, Satya Sai Baba Centre, Buddhist temple) with 351 attendance.

## Health Screening Outputs

S.No	Activity	No. times of screening test done	No . of times Screened positive	Intervention
1.	<b>Screening for Hypertension</b> (measuring Blood Pressure)	3871	1092 (28.2%)  (Blood pressure >140/90 mmHg)	Referral and telephone follow up within a week
2.	<b>Screening for Diabetes</b> (measuring Blood Glucose)	3251	158 (4.8%)  (Blood Glucose Random 11mmol /L)	Referral and telephone follow up within a week
3.	<b>Screening for Obesity</b> (Measuring body fat %)	2525	1929 (76.3%)  (Body fat % >27% among female and >23% among man adults)	Health advice , referral to exercise class, healthy cooking class and follow up
4.	<b>Pap smear test for women</b> (screening for cervical cancer )	355	66 (18.5% all case abnormal)  27(7.6% ASCUS*)	92% of the ASCUS cases were followed up in UCN health centre within 2 weeks

ASCUS\* Atypical squamous cells of undetermined significance

## Key lessons learnt during the 2011/2012 health promotion

- As in the past years, we have observed that there is need for continuity of the interventions with some modification to make it accessible and affordable for the people in need.

- Face to face and continuous follow up approached worked well for the intervention of the health promotion.
- This ambitious South Asian Health Support programme succeeded due to the strong coordination and support from other organizations, community groups, health care professionals and the people themselves
- Dialogue with religious and cultural objectors was successful in persuading their followers to get actively involved in health actions. We partnered with Mosque, Satya Sai Baba Centers and Sikh temple. As a community health promotion project we will continue with these groups to ensure continued health services for members of their communities, especially mothers and children.
- District outreach programmes must be revitalised and supported to prevent accumulation of unreached people
- 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.
- The pre-campaign assessment was critical in identifying gaps at community level before the health campaign. These gaps mainly related to cultural sensitiveness and language barrier facilities were immediately resolved with our multinational and multilingual team
- SAHP is also doing continuous assessment survey regarding the need, satisfaction and feedback regarding the health activities.

Way Ahead: As there is a long way to bridge the health gap among the South Asian community this health promotion strategy is essential to raise the health profile of this community.

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

### **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.

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California School

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Catholic Labor Centre, Yau Ma Tei

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Caritas Social Service Aberdeen

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Caritas Social Service, Tuen Wan

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Caritas Tuen Mun Marden Foundation Secondary School

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Christian Action – Jordan Centre

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Christian Action – Shine Centre

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Community Support Team for Pakistani Community, Tin Shui Wai

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Delia Memorial School (Broadway)

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Delia Memorial School (Hip Wo)

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Department of Health

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Education and Manpower Bureau Hong Kong

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Equal Opportunities Commission

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Hong Kong Christian Service

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Hong Kong Intergraded Nepalese Society

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Hong Kong International Social Service

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Hong Kong Society for Protection of Children, Tai Kok Tsoi

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Hong Kong Taoist Association School

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Hong Kong Weaving Mills Association Chu Shek Lun Secondary School

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Islamic Primary School

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Kuwn Tong District Council

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Kuwn Tong Resident Association

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Kwai Chung Family Welfare Society

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Kwai Chung Mosque

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Lady Mc Le Hose Centre Kwai Chung

---

Li Sing Tai Hang School

---

Man Kiu Association Primary School

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Pat Heung Central Primary School

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Po Kok Primary School

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Race Relation Unit

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Satya Sai Baba Centre, Tsim Sha Tsui

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Satya Sai Baba Centre. Tuen Wan

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Sham Shui Po Mosque

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Mission for Migrant Workers

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Sikh Temple, Wanchai

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Tuen Mun Hospital

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United Christian Hospital

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Yaumati Kaifong Association School

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Yuen Long Town Hall (Chomolongma Multicultural Community Centre )

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Yuen Long Long Ping Estate Tung Koon Primary School

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Urdu Neighbour Centre, To Kwa Wan

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