



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 -2018/2019



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, 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: Investing to save lives

Hong Kong's health indices rank among the best in the world. Despite of it, the 7% of the population – many mainly the South Asian ethnic minorities, still struggle on the basic services such as health care. There is increasing evidence that South Asians are vulnerable to chronic diseases such as cardiovascular diseases and some cancers and these are the leading cause of death, these diseases can also impose huge financial burden on health cost. 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 continuously evolved according to need.

The UCN's South Asian health support programme mainly focus on preventing risk of chronic diseases and promote healthy lifestyle. Investing in preventing non-communicable chronic diseases not only improves health and saves lives but can also improve a country's economic productivity and workforce participation.

Thus, this programme is filling in the gap to meet the needs of the vulnerable group and prevent the preventable risk factors.

Objectives:

1. Improve family and child health through maternal education.
2. Improve lifestyle and reducing the risk 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. Wellness programme such as healthy cooking class, exercise class

3. Health talks on a community level, schools, religious centers and community organizations.
4. Community based health campaign and screening for chronic diseases (measuring blood pressure, blood sugar, cholesterol and body fat) during community event.
5. Cancer screening for women (Pap smear test)
6. Monthly women's health day where women can walk in for health workshop, Screening and socialize.
7. Diabetes management through formation and empowerment of diabetes group
8. Elderly health workshop
9. Youth health

Service provision methods:

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

Table 1: Output measures and variance (2018-19*)

Serial No.	Health Activities	Pledged	Actual	Variance (+/- %)
1	<ul style="list-style-type: none"> • No. of Health screening for (Hypertension, Diabetes ,Obesity and cholesterol) 	<ul style="list-style-type: none"> • 9500 times 	<ul style="list-style-type: none"> • 15025 times 	<ul style="list-style-type: none"> • +5525(58%)
2	<ul style="list-style-type: none"> • No. of Pap smear for women 	<ul style="list-style-type: none"> • 350 times 	<ul style="list-style-type: none"> • 354 times 	<ul style="list-style-type: none"> • +4(1%)
3	<ul style="list-style-type: none"> • No. of heart health check ups 	<ul style="list-style-type: none"> • 150 times 	<ul style="list-style-type: none"> • 161 times 	<ul style="list-style-type: none"> • +11 (7%)
4	<ul style="list-style-type: none"> • No. of screening for anemia 	<ul style="list-style-type: none"> • 250times 	<ul style="list-style-type: none"> • 263 times 	<ul style="list-style-type: none"> • +13(5%)
5	<p>Health service for women</p> <ul style="list-style-type: none"> • Health advocate training • Health talk • Knowledge improvement 	<ul style="list-style-type: none"> • 4 training with 5 sessions and 80 attendance • 30 talks with 600 attendance • 50% 	<ul style="list-style-type: none"> • 4 training with 5 sessions and 95 attendance • 38 health talks with 1081 attendance • 85% 	<ul style="list-style-type: none"> • +15(19%) in participants • +8 (27%) in talks and + 481(80%) attendance

6	Services for men <ul style="list-style-type: none"> Health workshop No of Face to face health counselling 	<ul style="list-style-type: none"> 12 workshops with 250 attendance 30% Improvement on knowledge 450 participants 	<ul style="list-style-type: none"> 13 workshops with 251 attendance 83% Improvement on knowledge 596 participants 	<ul style="list-style-type: none"> +0.4%attendance +53% knowledge improvement +146(32%)
7	Health service for School children <ul style="list-style-type: none"> Train the trainer workshop Health talks 	<ul style="list-style-type: none"> 25workshops with 650 attendance 12 talks with 700 attendance 	<ul style="list-style-type: none"> 27 workshop with 756 attendance 13 talks with 878 attendance 	<ul style="list-style-type: none"> +2(8%) workshops and +106(16%) attendance +1(8%) health talks and +332(25%) in attendance
8	Healthy lifestyle intervention <ul style="list-style-type: none"> Exercise classes Healthy cooking classes 	<ul style="list-style-type: none"> 40 classes with 400 attendance 14 classes with 160 	<ul style="list-style-type: none"> 39 classes with 555 attendance 14 classes with 204 	<ul style="list-style-type: none"> -1classes but +184(39%) attendance +44(27.5%)
9	Volunteer development <ul style="list-style-type: none"> No. of new volunteers recruitment No of training sessions for volunteers Volunteer service hours 	<ul style="list-style-type: none"> 70 new volunteers 10 sessions 1500 service hours 	<ul style="list-style-type: none"> 88 new volunteers 10 sessions 1912 service hours 	<ul style="list-style-type: none"> +18 (25.7%) 0 +412 (27.4%)
10	Other services <ul style="list-style-type: none"> Medical interpretation Home visit (raising awareness on healthy lifestyle and safety of children at home) 	<ul style="list-style-type: none"> 350 times 150 homes to visit 	<ul style="list-style-type: none"> 373 times Visited 154 homes, 	<ul style="list-style-type: none"> +23(7%) +0(0%)

11	Mental health <ul style="list-style-type: none"> No of workshop (attendance) % of participants showing increase in knowledge of mental health 	<ul style="list-style-type: none"> 10 workshop with 180 attendance 80% 	<ul style="list-style-type: none"> 10 workshops with 263attendance 78% 	<ul style="list-style-type: none"> +83 (4.6%) -2%
12	Healthy Aging <ul style="list-style-type: none"> No of workshop (attendance) % increase in knowledge of elderly disease % increase in knowledge of self-care 	<ul style="list-style-type: none"> 10 workshops with 180 attendance 30% 30% 	<ul style="list-style-type: none"> 10 workshops with 291 attendance 88% 83% 	<ul style="list-style-type: none"> +82 (62%) +58% +53%

***Year from April – March**

Remarks for discrepancies on Table 1:

- Item 1: Addition 58% of health screening was provided to the community, as there was high in demand.
- Item 5: Additional 27 % increase in health talk and 80% increase in attendance. It is popular event and most of the event is organized in collaboration with other organizations.
- Item 6: Additional 53% in men’s health counselling, most of the event were conducted during weekend and at access locations and congregation, such as event gathering places during community festivities.
- Item 7: Additional 25% increase in health talk attendance, talks provided during parents days were well attended by both parents and students.
- Item 8: Additional 27% increase in healthy cooking classes participants; some classes conducted at new venues were well attended.
- Item 9: Additional 25 % increase in volunteer service hours, we encourage more youths and women to join the volunteer programme and activities.
- Item 12: Addition 62 % increase in the attendance for healthy aging workshop, there is paucity of health promotion for the vulnerable South Asian elderly.

2018/19 South Asian Health Support programme executive summary:

- From 1st April 2018- 31st March 2019, health screening for prevention of chronic diseases was provide 15,025 times, which included measuring blood pressure, blood sugar, cholesterol, body fat , cervical cancer screening, heart health screening and anemia screening.
- 74 heath talks for women (38), men (13), elderly (10) and school children (13) with 2,441 attendances were provided at community level, schools and religious organization.
- 88 volunteers registered for the programme and our dedicated volunteers provided 1912 service hour, in addition youth volunteers provided 1293 service hours.
- 154 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 44 partners, which included 18 organizations, 22 schools and 6 religious organizations to provide health service (Appendix 1) and Universities.

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

Our team continues to collaborate with health professionals of United Christian Hospital and Tuen Mun Hospital , Hospital Authority and Department of health 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 , Chinese University of Hong Kong and The University of Hong Kong.

South Asian Health Support programme descriptive report for 2018/19

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 72 health campaigns was conducted where 15,025 times screening was done for hypertension, diabetes , cholesterol level and obesity (measuring blood pressure, blood sugar , cholesterol and body fat %) of which 4,593 (31%) screened positive i.e. they had either blood pressure or blood sugar, cholesterol or body fat higher than normal.

Of those who had high blood pressure and blood sugar, 161 (men and women) received heart health screening for early detection of cardiovascular diseases

354 women received Pap smear screening of which 33% of the cases had abnormal situation and 7% had cellular abnormality indicating higher risk for cervical cancer.

Moreover 263 men and women were screened for anemia, 32 (12%) had low level of hemoglobin and they were followed up.

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

Table 2: Health screening and finding (2018-19*)

S.N	Activity	No. times of screening test done	No. of times Screened positive	Intervention
1.	Screening for Hypertension (measuring Blood Pressure)	3964	975(24.6%) (Blood pressure >140/90 mmHg)	Referral and telephone follow up within a week
2.	Screening for Diabetes (measuring Blood Glucose)	3905	179(4.6%) (Blood Glucose Random 11mmol /L)	Referral and telephone follow up within a week
3.	Screening for Obesity (Measuring body fat %)	3391	2831 (83.5%) (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 total cholesterol level	3765	608(16.1%) (Total cholesterol level >5.2 mmol)	Health advice and referral for heart health check up

5	Screening for anemia	263	32(12.1%) 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
6	Pap smear screening	354	118(33.3% all case abnormal) 25(7%Cellular changes **)	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 2018/19 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 caretakers 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.

85 women had completed our Health Advocate training. The intensive health training included health talks and workshops on women’s health, child health, chronic diseases, lifestyle and measures to prevent diseases. Furthermore 38 health talks were given to women during women’s health day with attendance of 1081. Pre and Post talk knowledge enhancement test was compared with average increase in basic health knowledge level to 79 % compared to baseline. The health events were health on a territory wide basis and in collaboration with many organizations.

III. Health activities for men

13 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 organized during weekend and holidays had a very high response rate. Those identified in higher risk i.e. high blood pressure, blood sugar and body fat were given on site health counselling, in total 596 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. 27 Health ambassadors training were provided in various schools with a total of 756 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 878 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 from the South Asian community continues to be at 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 204 participants. Of which 2 classes were allocated to youth. All the classes were conducted by dietitians.

Similarly 39 exercise classes were conducted for women with attendance of 555. Monthly women's health day and wellness classes were conducted in different venues, in collaboration with many organizations.

VI. **Volunteer development:**

88 new volunteers registered for this health promotion service and they provided 1 912 service hours much more than we anticipated. Most of the volunteers provided service during large scale outdoor health campaigns and women health events.

VII. **Health publication:**

4 series of health newsletter was produced on quarterly basis. The newsletter contained topics on, Women's Health (Vaginal Candidiasis), for school children and also adults (Choosing Healthy Snacks) , Ways to Manage Back Pain, Daily Recommended Intake of Fat/Oil, Sugar and Salt.

All the content was produced in 5 languages including 4 South Asian languages mainly Hindi, Nepali, Punjabi and Urdu. (Attached Appendices 3 a, b, c, d).

1,000 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. **Diabetes support group:**

Diabetes is a chronic disease, which is increasing amongst all population. Thus to encourage prevention, raise awareness and strengthen prevention and control, the diabetes support group is ongoing. In total 20 workshops was conducted with 425 attendances. In addition, a large-scale event was organized on to commemorate the "World Diabetes Day 2018". 4 organizations collaborated during the event and it was attended by around 150 people. In addition 200 copies of multilingual diabetes information booklet was prepared.

IX. **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 their metal well being of the individual, however many of those intervention 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 263 attendance) on mental health awareness conducted, which included general Information about mental health, early signs of depression, coping mechanism and where to seek help.

We observed 76 % increase in knowledge on mental health mainly on depression.

X. Healthy Aging :

South Asian elderly are one of the vulnerable of the vulnerable group, thus we filled in the gap of promoting health aging. 10 workshops related to common elderly diseases and healthy aging was conducted with 291 attendances and 88% improvement in knowledge regarding elderly disease and self-care.

XI. Others:

Sharing of the programme was done at the professional conferences, seminar government meetings:

- Sharing with the Nursing Team of Pamela Youth Nethersole Hospital
- Sharing Session at Chinese University of Hong Kong “ Intercultural Communication” , 10th Nov 2018
- 1 poster presentation at HKPPC (Hong Kong Primary Care Conference) Anniversary Conference June 2018

XII. Ongoing need identified:

- Many from the 7 % of the population - the ethnic minorities, still struggle to gain access to basic services such as health care because of language, cultural and often simply due to lack of awareness.
- There are 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 the population wide awareness campaign doesn't reach to this community on a timely manner.
 - Thus in the past years, the programme has evolved according to needs.

XIII. Key lessons during the 2018/2019 health promotion

- Promotion of risk reduction on chronic diseases and health promotion with screening is a much needed service for the South Asian community.
- 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.
- 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.

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.	Hind Temple , Happy Valley	Health Campaigns
15.	Health In Action	Health Campaigns
16.	International Social Service Hong Kong (ISS)	Health talk and promotion
17.	Islamic Dharwood Pau Memorial Primary School	School Health promotion
18.	Islamic Primary School	School health promotion
19.	Indonesian Consulate General in Hong Kong	Health Promotion
20.	Jordan Road Government Primary School	School health promotion
21.	Kwai Chung Mosque	Health talk and screening
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.	Matteo Ricci College, Kowloon	School health promotion

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

Appendix 2 : Photo report

Appendix 3 : Newsletters

Our contact:

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