



# 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 -2022/2023



### 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 obesity, hypertension, diabetes, cardiovascular diseases and some cancers. These diseases are the leading cause of death and can also impose huge financial burden on health cost. The paucity of health information in Hong Kong South Asians 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.

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 reduce the risk of preventable diseases.

### **Objectives:**

1. Improve family and child health through maternal education.
2. Improve lifestyle and reducing the risk of chronic diseases particularly obesity, hypertension, diabetes, hyperlipidemia and cardiovascular disease 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. Community based health campaign and screening for chronic diseases (measuring blood pressure, blood sugar, cholesterol and body fat) and screening for anemia during community event.
2. Cancer screening for women (Pap smear test)
3. Health talks on a community level, schools, religious centers and community organizations.
4. Health advocate training for women
5. Monthly women's health day where women can walk in for health workshop, screening and socialize.
6. Men's health
7. Workshops, health talks and health advocate training for school children
8. Wellness programme such as healthy cooking class, exercise class

9. Volunteer development
10. Medical interpretation service
11. Home visit for those who did not attend mass/outdoor events
12. Mental health promotion
13. Elderly health workshop
14. Diabetes management through formation and empowerment of diabetes group
15. Health publicity

### 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 (2022-23\*)**

Serial No.	Health Activities	Pledged	Actual	Variance (+/- %)
1	• No. of Health screening for (Hypertension, Diabetes ,Obesity and cholesterol )	• 8,000 times	• 10,767 times	• +2767(34.5%)
2	• No. of Pap smear for women	• 300 times	• 300 times	• +0(0%)
3	• No. of heart health check ups	• 100 times	• 100 times	• +0 (0%)
4	• No. of screening for anemia	• 300times	• 300 times	• +0(0%)
5	Healthy lifestyle intervention  Exercise classes  Healthy cooking classes	40 classes with 550 attendance  14 classes with 170	42 classes with 787 attendance  16 classes with 214	+2 classes(5%) and +237(43%) attendance  +2(14.3%) cooking classes and

				+44(25.9%) in participants
6	<b>Volunteer development</b> <ul style="list-style-type: none"> <li>No. of new volunteers recruitment</li> <li>No of training sessions for volunteers</li> <li>Volunteer service hours</li> <li>No of service hours by youths volunteers</li> </ul>	<ul style="list-style-type: none"> <li>60 new volunteers</li> <li>10 sessions</li> <li>800 service hours</li> <li>800 service hours</li> </ul>	<ul style="list-style-type: none"> <li>88 new volunteers</li> <li>10 sessions</li> <li>1154 service hours</li> <li>890 service hours</li> </ul>	<ul style="list-style-type: none"> <li>+28(46.7%)</li> <li>0</li> <li>+354(44.1%)</li> <li>+90(11.3%)</li> </ul>
7	<b>Health service for women</b> <ul style="list-style-type: none"> <li>Health advocate training</li> <li>Health talk</li> <li>Knowledge improvement</li> </ul>	<ul style="list-style-type: none"> <li>4 training with 5 sessions and 70 attendance</li> <li>35 talks with 800 attendance</li> <li>60%</li> </ul>	<ul style="list-style-type: none"> <li>5 training with 5 sessions and 70 attendance</li> <li>39 health talks with 845 attendance</li> <li>79%</li> </ul>	<ul style="list-style-type: none"> <li>+0 (0%) in participants</li> <li>+4 (11.4%) in talks and +45(5.6%) attendance</li> <li>+19% improvement</li> </ul>
8	<b>Health service for School children</b> <ul style="list-style-type: none"> <li>Train the trainer workshop</li> <li>Health talks</li> </ul>	<ul style="list-style-type: none"> <li>20 workshops with 600 attendance</li> <li>12 talks with 800 attendance</li> </ul>	<ul style="list-style-type: none"> <li>30 workshop with 666 attendance</li> <li>13 talks with 1022 attendance</li> </ul>	<ul style="list-style-type: none"> <li>+10 (50%) workshops and +66(11%) attendance</li> <li>+1 (8.3%)+ 222(27.8%) in attendance</li> </ul>
9	<b>Services for men</b> <ul style="list-style-type: none"> <li>Health workshop</li> <li>No of Face to face health counselling</li> </ul>	<ul style="list-style-type: none"> <li>15 workshops with 250 attendance</li> <li>60% Improvement on knowledge</li> <li>400 participants</li> </ul>	<ul style="list-style-type: none"> <li>21 workshops with 255 attendance</li> <li>84% Improvement on knowledge</li> <li>468 participants</li> </ul>	<ul style="list-style-type: none"> <li>+6 (40%) in talks and +5(2%) attendance</li> <li>+24% knowledge improvement</li> <li>+68(17%)</li> </ul>

10	<b>Other services</b> <ul style="list-style-type: none"> <li>• Medical interpretation</li> <li>• Home visit (raising awareness on healthy lifestyle and safety of children at home)</li> </ul>	<ul style="list-style-type: none"> <li>• 400 times</li> <li>• 150 homes to visit</li> </ul>	<ul style="list-style-type: none"> <li>• 471 times</li> <li>• Visited 155 homes,</li> </ul>	<ul style="list-style-type: none"> <li>• +71(17.8%)</li> <li>• +5(3.3%)</li> </ul>
11	<b>Mental health</b> <ul style="list-style-type: none"> <li>• No of workshop (attendance)</li> <li>• % of participants showing increase in knowledge of mental health</li> </ul>	<ul style="list-style-type: none"> <li>• 25 workshop with 350 attendance</li> <li>• 80%</li> </ul>	<ul style="list-style-type: none"> <li>• 26 workshops with 381 attendance</li> <li>• 84%</li> </ul>	<ul style="list-style-type: none"> <li>• +1 (4%) in workshop and +31(8.9%) attendance</li> <li>• +4(5%) in knowledge</li> </ul>
12	<b>Healthy Aging</b> <ul style="list-style-type: none"> <li>• No of workshop (attendance)</li> <li>• % increase in knowledge of elderly disease</li> </ul>	<ul style="list-style-type: none"> <li>• 12 workshops with 180 attendance</li> <li>• 50%</li> </ul>	<ul style="list-style-type: none"> <li>• 12 workshops with 311 attendance</li> <li>• 85%</li> </ul>	<ul style="list-style-type: none"> <li>+0(0%) in workshop and +131(73%) in attendance</li> <li>• +35% in knowledge</li> </ul>

**\*Year from April – March**

## **2022/23 South Asian Health Support programme executive summary:**

- From 1<sup>st</sup> April 2022- 31<sup>st</sup> March 2023, health screening for prevention of chronic diseases was provide 10,767 times, which included measuring blood pressure, blood sugar, cholesterol, body fat. There are 300 cervical cancer screening, 100 heart health screening and 300 anemia screening.
- 148 health workshops and talks for women (39), men (21), elderly (12) and school children (13) with 2,434 attendances were provided at community level, schools and religious organization.
- 88 volunteers registered for the programme and our dedicated volunteers provided 1154 service hour, in addition youth volunteers provided 890 service hours.
- 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 6,000 copies were produced and distributed in the community.
- We collaborated with 45 partners, which included 19 organizations, 25 schools and 1 religious organizations to provide health service and Universities (Appendix 1- List of collaborating organizations).

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](http://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 and also to fresh HKDSE graduate students and overseas Hong Kong students.

## South Asian Health Support Programme descriptive report for 2022/23

### 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, hyperlipidemia, obesity, cardiovascular diseases, and cervical cancer. In total 110 health campaigns was conducted where 10,767 times screening was done for hypertension, diabetes , cholesterol level and obesity (measuring blood pressure, blood sugar , cholesterol and body fat %), which was more than three times compare with 2021-2022. Of which 3,828 (35.6%) were 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, 100 (men and women) received heart health screening for early detection of cardiovascular diseases

300 women received Pap smear screening of which 30% of the cases had abnormal situation and 9.3% had cellular abnormality indicating higher risk for cervical cancer.

Moreover 300 men and women were screened for anemia, 36 (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 (2022-23\*)**

S.N	Activity	No. times of screening test done	No. of times Screened positive	Intervention
1.	Screening for Hypertension (measuring Blood Pressure)	2816	823(29.2%) (Blood pressure >140/90 mmHg)	Referral and telephone follow up within a week
2.	Screening for Diabetes (measuring Blood Glucose)	2802	216(7.7%) (Blood Glucose Random 11mmol /L)	Referral and telephone follow up within a week

3.	Screening for Obesity (Measuring body fat %)	2490	2108 (84.7%) (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	2659	681(25.6%) (Total cholesterol level >5.2 mmol )	Health advice and referral for heart health check up
5	Screening for anemia	300	36(12%) 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	300	90 (30% all case abnormal) 28(9.3%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. 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 214 participants. All the classes were conducted by dietitians.

**Similarly 42 exercise classes** were conducted for women with attendance of 787. Monthly women’s health day and wellness classes were conducted in different venues, in collaboration with many organizations.

## III. Volunteer development:

88 new volunteers registered for this health promotion service and they provided 1154 service hours much more than we anticipated. And 890 hour service was provided by youth volunteers. Most of the volunteers provided service during large scale outdoor health campaigns and women health events.

## IV. Health publication:

4 series of health newsletter was produced on quarterly basis. The newsletter contained topics on: Women’s Health (Vaginal Discharge), Monkey Pox, Meliodosis, Seasonal Influenza.

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.

#### V. **Health activities for women:**

In 2022/23 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.

70 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 39 health talks were given to women during women's health day with attendance of 845. 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.

#### VI. **Health activities for School Children:**

25 schools participated in SAHP school health programme. 30 Health ambassadors training were provided in various schools, which was almost three times comparing with previous year, with a total of 666 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 1022 were provided at schools. Teachers and parents also joined the talk particularly during the parent's day.

#### VII. **Health activities for men**

21 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 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 468 face to face counseling on healthy lifestyle was provided to male participants.

#### 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 216



attendances. In addition, to commemorate the “World Diabetes Day 2022”. 4 consecutive events were organized in the month of November in collaboration with 4 organizations, 4 health talks were given, and 91 people received screening for diabetes.

#### **IX. Mental health awareness**

As the results of social and financial stress due to COVID19 restrictions mental health problem grow significantly. This caused major health, social and economic consequences in all countries of the world. Thus many health promotion intervention and strategies are being initiated to improve their mental well-being of the individual, however many of those intervention may not reach the ethnic minority community, due to language and social barriers.

Thus 26 workshops (with 381 attendances) on mental health awareness were conducted, which included general information about mental health, early signs of depression, coping mechanism and where to seek help.

#### **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. 12 workshops related to common elderly diseases and healthy aging was conducted with 311 attendances, 85% improvement in knowledge regarding elderly disease and self-care was observed.

#### **XI. Ongoing need identified:**

- Many from the 8.5 % 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. This was evident in the promotion of COVID- 19 vaccination, seasonal flu vaccination, and cervical cancer screening and colorectal cancer screening program.
- Thus in the past years, the programme has evolved according to needs.

#### **XII. Key lessons during the 2022/2023 health promotion**

- Health promotion is a much needed service for the South Asian community in Hong Kong especially in need to diseases preventive measures also the information of available resources for early testing, treatment.
- Emphasis should be given in life style change, chronic disease and cancer screening.
- Health promotion activities in a culturally sensitive manner, is important while approaching this community.

- Face to face approach works well for the intervention of the health promotion for this community with the easing of COVID19 restrictions more onsite health talks, workshops and screenings were done.
- 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, and the Ethnic Minorities groups are the fast growing section of Hong Kong community.

**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- List of Collaboration organization 2022-23

	<b>Organization name</b>	<b>Activities</b>
1.	Man Kiu Association Primary School	School Health Promotion
2.	Bethel High School	School Health Promotion
3.	Islamic Dharwood Pau Memorial Primary School	Health Ambassador Training
4.	Islamic Primary School	School Health Promotion
5.	Caritas Tuen Mun Marden Foundation Secondary School	School Health Promotion
6.	Li Sing Tai Hang School	Health Ambassador Training, Health talk
7.	Delia Memorial School (Hip Wo No.2 College)	School Health Promotion
8.	Pat Heung Central Primary School	School Health Promotion
9.	Po Kok Primary School	Health Ambassador Training
10.	Sir Ellis Kadoorie Secondary School	Health Ambassador Training, Health talk
11.	Sir Ellis Kadoorie (Sookunpo) Primary School	School Health Promotion
12.	Hong Kong Taoist Association Wun Tsuen School	School Health Promotion
13.	Chung Sing Benevolent Society Mrs Aw Boon Haw Secondary School	School Health Promotion
14.	Yaumati Kaifong Association School	School Health Promotion
15.	YPI & CA Lee Lim Ming College	Health talk
16.	Delia Memorial School(Hip Wo)	School Health Promotion
17.	Delia Memorial School (Glee Path)	School Health Promotion
18.	Delia Memorial School (Broadway)	Health talk
19.	Delia English Primary School	School Health Promotion
20.	HKTA The Yuen Yuen Institute No.3 Secondary School	School Health Promotion

21.	Hong Kong Weaving Mills Association Chu Shek Lun Secondary School	Health talk
22.	California School	Health Ambassador Training
23.	Buddhist Wong Fung Ling College 佛教黃鳳翎中學	School Health Promotion
24.	Yuen Long Long Ping Estate Tung Koon Primary School / 元朗朗屏邨東莞學校	School Health Promotion
25.	CMA Choi Cheung Kok Secondary School, 廠商會蔡章閣中學	School Health Promotion
26.	Caritas community centre	Health talk, screening and wellness classes
27.	Centre for Harmony and Enhancement of Ethnic Minority Residents (CHEER)	Health talk, screening and wellness classes
28.	Christian Action	Health Talk and screening
29.	Consulate General of the Peoples Republic of Bangladesh	Health talk and screening
30.	Hong Kong Integrated Nepalese Society(HINS)	
31.	Hong Kong Nepalese Minority Organisation(HKNMO)	Health Talk and screening
32.	Hong Kong Christian Service	Health Talk and screening
33.	HOME Centre (YTM) of New Home Association	Health Talk and Screening
34.	Hong Kong Tamang Gedung Association	Health talk and screening
35.	Hong Kong Nepalese Federation	Health Campaign and promotion
36.	International Social Service: Ambassador Scheme for Ethnic Minorities	Health Campaign and wellness classes
37.	Overseas Foreign Domestic Workers	Health Campaign
38.	Peduli Sehat Hong Kong	Health Talk and Screening
39.	Sikh Temple, Wan Chai	Health Promotion
40.	Shatin Women's Association	Health Campaign and Health Talk
41.	Tamu Samaj Hongkong	Health talk and screening
42.	Tamu Tyul Hongkong	Health Campaign and promotion

43.	The Neighborhood Advice -Action Council integrated service center	Health Campaign and Promotion
44.	The Society of Rehabilitation and Crime Prevention,Hong Kong	Health Talk and Screening
45.	Yuen Long Town Hall	Health Talk and Screening

**Appendix 2 : Photo report**

**Appendix 3 : Newsletters ( Appendix 3a, 3b, 3c, 3d)**

**Our contact:**

United Christian Nethersole Community Health Service

**South Asian Health Support Programme**

5/F, Block J, United Christian Hospital

130 Hip Wo Street

Kwun Tong, Kowloon

Tel: 2344 3019, Fax: 2357 5332

Website: [www.ucn.org.hk](http://www.ucn.org.hk). <https://www.ucn-emhealth.org/>