

South Asian Health Support Programme Annual Report -2017/2018



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: 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 disease can also impose huge financial burden in 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, 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.

2017/18 South Asian Health Support programme executive summary:

- From 1st April 2017- 31st March 2018, health screening for prevention of chronic diseases was provide 10,163 times, which included measuring blood pressure, blood sugar, cholesterol ,body fat %, cervical cancer screening, health screening and anemia screening.
- 71 heath talks for women, men, elderly and school children with 2527 attendances were provided at community level, schools and religious organization.
- 74 volunteers registered for the programme and 1664 service hour was provided by our dedicated volunteers, in addition youth volunteers provided 649 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 43 partners, which included 18 organizations, 20 schools and 5 religious organizations to provide health service (Appendix 1) and also 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 and Chinese University of Hong Kong.

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. | Health In Action | Health Campaigns |
| 15. | International Social Service Hong Kong (ISS) | Health talk and promotion |
| 16. | Islamic Dharwood Pau Memorial Primary School | School Health promotion |
| 17. | Islamic Primary School | School health promotion |
| 18. | Indonesian Consulate General in Hong Kong | Health Promotion |
| 19. | Jordan Road Government Primary School | School health promotion |
| 20. | Kwai Chung Mosque | Health talk and screening |
| 21. | Li Sing Tai Hang School | School health promotion |
| 22. | Magar Association Hong Kong | Health Campaign and screening |
| 23. | Man Kiu Association Primary School | School health promotion and health talk |
| 24. | Matteo Ricci College, Kowloon | School health promotion |
| 25. | Mission For Migrant Workers | Health Promotion |

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

Appendix 2 : Photo report

Attached:

- 3 poster presented HKCFP (Hong Kong College of family physicians) 40th Anniversary Conference 2-3 Sept 2017



Management of Diabetes Mellitus by Lifestyle Modification and Support Group

Poster number: Poster_034

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Introduction

The United Christian Nethersole Community Health Service started South Asian Health Support Programme in 2007 with aims to improve the health profile of South Asian ethnic community in Hong Kong through community-based health interventions. Studies have indicated higher prevalence of diabetes mellitus among South Asian population. Lifestyle modification such as diet, increase in physical activity has proven to be effective in managing diabetes mellitus.

Objectives

- To raise awareness about various dietary alterations valuable for prevention and management of diabetes mellitus in South Asian population.
- To increase knowledge on the benefits of physical activity in managing diabetes mellitus in South Asian population.
- To increase the understanding of living with diabetes mellitus in South Asian population.
- To form a support group for those living with diabetes mellitus (DM support group) in South Asian population

Method

- Formation of diabetes mellitus support group for South Asians, which included people living with diabetes mellitus, family members and friends.
- Each group attended 5 workshops. The workshops were conducted on topics
 1) Information on diabetes mellitus and its complications 2) diabetes diet 3) exercise workshop, 4) medication compliance and 5) Self-care such as, eye care, foot care, dental care
- Dietitian, physical fitness instructor and dentist were involved in providing the workshop.
- Pre and post questionnaire were used for assessment.
- Promotional materials like DM booklet in various EM languages with photos of healthy diet, importance of exercise, maintenance of normal blood pressure, body weight, eye and foot care, medicine compliance were distributed to the participants.
- The participants were trained to self-monitor blood pressure and blood sugar

Results

Total of 67 South Asian participants (19 males and 48 females) attended the DM support group with an average of 17 participants/ group. On the pre and post questionnaire, there was an average of 76.56% knowledge increase on the importance of healthy lifestyle for diabetes management (Group 1 = 91.23%, Group 2 = 80.77, Group 3 = 87.58%, Group 4 = 33.34%). In addition, after completion of the DM support group training, telephone follow up was conducted between 1-3 months, to assess compliance with the medical follow up and change in health behavior for diabetes management. It was identified that 64% adhered with regular medical follow up with the doctor, 79% followed DM diet and 76% exercise regularly at least 3 times or more/ week.

Figure 1: Knowledge change on importance of healthy lifestyle for diabetes mellitus management

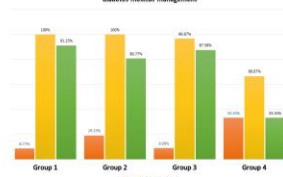
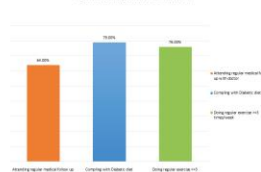


Figure 3: Change in health behaviour



Conclusion

Although there are many resources available for the public in the understanding diabetes mellitus management, many ethnic minority community lag behind in accessing it. Therefore, culturally sensitive and language friendly community-based health information and intervention is in need to reach out to them. Such health interventions can raise timely health awareness and improve response in taking up skills towards healthy lifestyle. Consequently, reduce the risk of complications and multiple comorbidities related to diabetes mellitus.



Photo 1 DM Support Group
Training on measuring blood pressure



Photo 2 DM Support Group
Training on using blood sugar machine



Photo 3 DM Support Group
DM diet workshop



Photo 4 DM Support Group
Exercise workshop for DM patients

Acknowledgement:

This program is funded by the Community Chest.



Prevention and screening Cardiovascular disease risk factor among South Asian Community in Hong Kong

Poster number: Poster_029

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Introduction

The United Christian Nethersole Community Health Service (UCN) started a health promotion programme "South Asian Health Support Programme" (SAHP) in 2007. The programme aims to improve health profile of the South Asian community in Hong Kong, through health promotion and strategic healthy lifestyle interventions.

6% of Hong Kong's population are Ethnic Minorities, of whom many face difficulties in gaining access to basic services such as health care. There is increasing evidence that South Asians are more prone to cardiovascular diseases. To identify and provide early intervention, the programme adopted screening measures for early detection and reduction of risk factors.

Aims

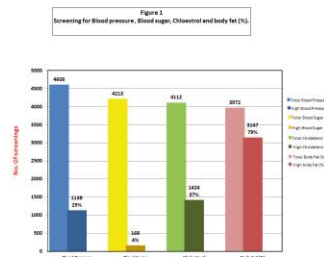
- Increasing awareness about chronic diseases among South Asian Ethnic Minority community in Hong Kong
- Prevention and reducing the risk of Hypertension, Diabetes and Obesity.

Method

- The screening was done on territory wide between 1st April 2016- 31st March 2017
- South Asian Ethnic Minority men and women, who attended our health events were screened on voluntary basis
- Screening for chronic diseases included measuring Blood pressure, Blood Sugar, Cholesterol and Body Fat %.
- Health information leaflets and banners on Hypertension, Diabetes and Obesity in different South Asian languages were dispersed and displayed at various health activities and campaigns.

Results

- Blood pressure screening was done 4608 times of which 1138 (25%) had increased blood pressure i.e. $\geq 140/90$ mmHg.
- Diabetes screening was done 4213 times of which 168(4%) had increased random blood i.e. blood sugar level ≥ 11 mmol/L
- Cholesterol screening was done 4112 times of which 1424 (37%) had increased total blood Cholesterol level i.e. >5.2 mmol/L
- Obesity Screening was done 3972 times of which 3147 (79%) were obese.



Intervention

- People identified with high blood pressure, sugar, cholesterol and body fat % were given intensive follow up within a week, followed by one month and then in three months.
- Those with higher risk of cardiovascular disease were referred for further heart health assessment.
- Exercise classes were organized to promote regular exercise habit.
- Healthy cooking classes were conducted to demonstrate healthy low fat cooking in south Asian cuisine.

Discussion

South Asian communities in Hong Kong are prone to higher risk of cardiovascular disease. With timely interventions and more health promotion activities in the community level, might enhance their awareness about the risk factors. Moreover, with increase knowledge about the available resources enables them to take health actions.



Photo 1 - Outdoor Health Events



Photo 2 - Outdoor Health Events



Photo 4 - Health Talks



Photo 3 - Exercise Class

Acknowledgement:

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香港公益金
THE COMMUNITY CHEST

Home visit – a proactive health intervention amongst the South Asian ethnic community in Hong Kong.

Poster number: Poster_033

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Introduction

The South Asian Health Support Programme aims to improve the health profile of South Asian ethnic community in Hong Kong through community-based health interventions.

Objectives

- To prevent child injuries by enhancing knowledge on safety practice at home of south Asian families
- To equip South Asian mothers/caretakers with knowledge on safety measures and healthy diet
- To equip South Asian mothers with available family planning services
- To equip South Asian mothers with other available health resources

Method

- Training group of women volunteer for prospective home visitors
- Identification of South Asian household with children under 6 years old through interview of women who attended health events
- Actual home visit and household observation on safety measure suitable for children, such as checking kitchen lockers, window frames, bathroom and sharp furniture
- Structured interview, including safety measures, diet, exercise habit and family planning

Results

Total of 151 home visits were done from 1st April 2016 to 31st March 2017. Average number of household size was 4.7 people, children per household was 2 and average number of children under 6 years old was 1.3. On average the safety score on household was 2, which was moderately safe (1 = safe practice, 2 = moderately safe and 3 = unsafe practice). Regarding diet, 54% had heard about healthy food pyramid. Only 50% had used the family planning services, 79% wanted to know more about the healthcare services, 84% wanted to know the education service, where as 74% wanted to know about the housing.

Table 1: Background of the household visited

| Background | No | % | Total |
|--|-----|------|-------|
| Ethnicity | | | |
| • Indian | 59 | 39.1 | 151 |
| • Nepalese | 62 | 41.1 | |
| • Pakistani | 30 | 19.9 | |
| Number of people per household | | | |
| • 2-4 | 108 | 52.3 | 151 |
| • 5-6 | 49 | 32.4 | |
| • 7 or more | 18 | 11.9 | |
| Number of children per household | | | |
| • 1-2 | 115 | 76.2 | 151 |
| • 3-4 | 23 | 15.2 | |
| • 5 or above | 13 | 8.6 | |
| Number of children < 6 yrs old per household | | | |
| • 1 | 105 | 69.5 | 151 |
| • 2 | 43 | 28.5 | |
| • 3 | 3 | 2.0 | |
| Mother's /main caretaker's education level | | | |
| • No schooling | 15 | 9.9 | 151 |
| • Primary | 32 | 21.2 | |
| • Secondary | 60 | 39.7 | |
| • College | 35 | 23.2 | |
| • University or above | 3 | 2.0 | |
| Household income | | | |
| • 5-9.9 K | 22 | 14.6 | 151 |
| • 10-19.9K | 65 | 43.0 | |
| • 20-29.9K | 46 | 30.5 | |
| • >30K | 13 | 8.6 | |
| Type of housing | | | |
| • Public housing | 39 | 25.8 | 151 |
| • Home ownership estate | 2 | 1.3 | |
| • Private housing | 38 | 25.2 | |
| • Temporary housing | 65 | 43.0 | |
| • Room/bed space | 6 | 4.0 | |

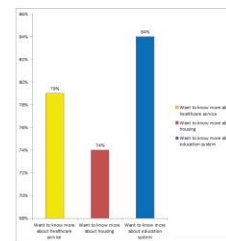


Figure 1 Needs expressed during home visit (N=151 household)



Photo 1 Open display of the kitchen items



Photo 2 Open display of toys and baby stroller on the bed with a young child



Photo 3 Home safety education at park



Photo 4 Home safety assessment at home

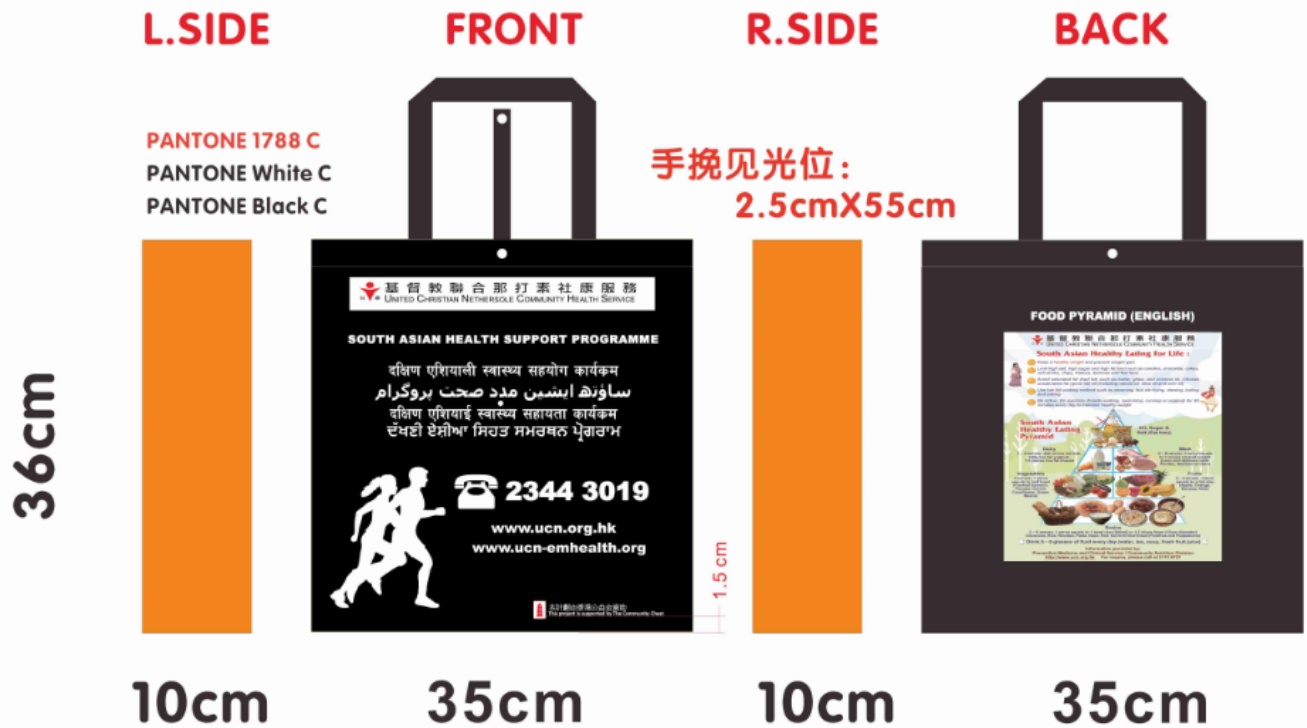
Discussion

The South Asian household has a relatively high number of family members including the number of children. As household safety on average was moderate, there is more to be done to improve awareness on home safety particularly among those household with children aged under 6 yrs. In addition promoting healthy lifestyle during home visit may improve the response as it is more interactive. Explanation of the available family planning services can help them to make informed choices. In addition there is need to educate the South Asian Ethnic minority community regarding the available healthcare service, housing service and more information on education service.

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- Eco bags souvenir (picture)



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