



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 -2012/2013



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

Funded by the Community Chest



Health promotion incorporates all measures deliberately designed to promote health and manage chronic diseases. It 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 realise 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 that emphasise on social and personal resources, for everyday life. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life style to well being.

Introduction:

South Asian Health Support Programme was established in 2007, the only of its kind in Hong Kong. The programme aims to promote health amongst the South Asian community in Hong Kong. The service is provided through extensive collaboration with various agencies with the focus in health promotion, evaluation of health interventions, disseminating information on good health initiatives or practices. We also provide 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. 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.

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.¹

¹ 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

Our services: Enabling South Asian Community in Hong Kong to take responsibility over their health through the provision of holistic health and health empowering service. The target groups are all South Asian for women, men, youth and children.

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 and Diabetes, cardiovascular disease and cancer.
 - 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 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 organisations.
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.

2012/13 SAHP in summary:

In the year 2012/13, SAHP was involved in 61 large community based health campaign event, providing 14,585 health screening (which included screening for Hypertension, Diabetes , Obesity, Cardiovascular diseases, Anemia and Pap smear screening).

89 health talks with an attendance of 2,945 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.

17 schools participated in school health promotion, which included activities such as school health ambassador training, health workshops, talks and campaigns.

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.

5. Rait G. Burns A. Appreciating background culture: The South Asian elderly and mental health. *Int. J Geriatric Psychiatry* 1997 .Oct: 12(10)973-7

The health programme designed for youth, “Healthy Living is Fun”, was well received. 10 workshops with an attendance 449 was achieved. Topics such as health and hygiene, first aid and safety measures, healthy diet were covered in the programme.

150 homes were also visited as part of a health outreach and health promotion effort. This is to ensure that the hard to reach population can gain access to health care. 97 volunteers participated in the various health events. 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. Quarterly newsletter with health related topics were translated into 3 South Asian languages (Hindi, Nepali and Urdu) and published . 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.

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

South Asian Health Support programme descriptive report for 2012/13

Health action activities for women:

In 2012/13, significant amount of health promotion was done among women as we have identified that majority of them are the core care taker of the family. Hence, it is paramount to empower them in order to achieve the goal of a healthy family. This year, we have experienced an increase in women participants in the programme.

73 women had completed our Health Advocate training. It involved an 8 week intensive health training which include health talks and workshops on women’s health, child health, chronic diseases, lifestyle and measures to prevent diseases. 59 health talks were given to women during women’s health day with attendance of 1,283. Pre and Post talk knowledge enhancement test was compared with average increase in basic health knowledge level to 78% compared to baseline.

Our wellness classes such as, healthy cooking class was conducted under the supervision of a dietitian. A total of 156 women participated in the cooking class. 12 healthy cooking classed were conducted throughout the year in different location, with women from different ethnic background and living in different location in Hong Kong.

Cancer prevention workshop was conducted 43 times with attendance of 418. Particular emphasis was given on cervical cancer.

Similarly 34 exercise classes was conducted for women with attendance of 448

Monthly women's health day and wellness classes were conducted in different venues, in collaboration with many organizations. In some of the events, women have even started to bring their spouse and male relatives to attend the talk.



Health talk for women



Health advocated trainee volunteers

Health action for men:

11 health workshops with an overall attendance of 182 were conducted for men. The workshops emphasised 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.

317 face to face counseling on healthy lifestyle was provided to male participants. In comparison to previous years, SAHP has experience an increase in male volunteers who assisted during the health campaigns.



Health workshop for men at religious centres

Health action for School Children:

17 schools participated in SAHP school health programme. 29 Health ambassadors training were provided in various schools with a total of 620 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.

18 health talks were provided at schools. Teachers and parents also joined the talk particularly during the parent's day. A total of 1512 participants attended the talks.



School health activities

Health action for youths “Healthy Living is Fun”:

In 2012/13, more emphasis was put on youths' health, particularly on health and hygiene, sexual health, healthy diet, first aid and safety measures. 10 health workshops were provided with a response of 449 attendees.



Healthy diet class for youths

Health campaigns and other health initiatives:

SAHP conducted 61 health campaigns throughout 2012/13, majority of the events were in collaboration with other organizations. Health screening was provided 14,272 times with emphasis on screening of chronic diseases such as Hypertension, Diabetes, Cardiovascular diseases and cervical cancer screening.

Community based roving exhibition was done 45 times, the health exhibits were displayed at schools, community centres, religious centers and public places during large scale outdoor health events. The exhibit included roll up stands, banner and health leaflets in different ethnic languages.

Quarterly newsletter was issues with different health topics all the newsletter were translated in 3 ethnic languages (Hindi, Nepali and Urdu). The topics in 2012/13 included 1) Common Infectious disease among children- Chicken Pox 2) Hygiene practice- “ Keep clean be Healthy” 3) Influenza- Protect yourself and others against seasonal influenza- Get a flu jab 4) Healthy Vegetarian diet. A soft copy of the newsletter can be obtained from our webpage at www.health-southasian.org.hk



Outdoor health campaign and health screening

Addition health event:

With the additional 10% funding, SAHP was able to provide additional health services and incentives, such as individual diet counseling for 100 people, certified first aid training for 31 people, 2000 pieces of user friendly eco back with health message. An additional 6 health events were organized at religious places (Sikh temple, Mosque, Satya Sai Baba Centre, Buddhist temple) with 421 attendances.



First aid training



Health literacy women group with health souvenir

Health volunteer was a major achievement in 2012/13. In total 97 people (youths, men and women) registered as our health volunteers. Volunteers assisted during all outdoor health events.



Health volunteers during Eid, Dewali and World Diabetes day event

Output indicator 2012/13

Health Screening Outputs

S.No	Activity	No. times of screening test done	No . of times Screened positive	Intervention
1.	Screening for Hypertension (measuring Blood Pressure)	4514	1007 (23%) (Blood pressure >140/90 mmHg)	Referral and telephone follow up within a week
2.	Screening for Diabetes (measuring Blood Glucose)	3918	237 (6%) (Blood Glucose Random 11mmol /L)	Referral and telephone follow up within a week
3.	Screening for Obesity (Measuring body fat %)	3149	2495 (79.2%) (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)	363	66 (18.5% all case abnormal) 35(9.6% ASCUS*)	98% 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 2012/2013 health promotion

- There are still many of Ethnic minority community who requires culturally sensitive and acceptable health activities, hence there is a need for continuity of the interventions with some modification to make it accessible and affordable.
- Face to face and continuous follow up approach 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 organisations, community groups, health care professionals and the community themselves
- Dialogue with religious and cultural leaders 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 to work with these groups to ensure continued health services for members of their communities, especially mothers and children.
- This programme also with the support of evidence that 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 mobilisation. 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.
- Professional input was vital in evaluating and gaining trust from the community.

Way Ahead: To bridge the health gap and raise the health profile among the South Asian community, there is a need to continue this health promotion strategy with modification to combat the health determinants.

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

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Christian Action – Shine Centre

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Delia Memorial School (Broadway)

Delia Memorial School (Hip Wo)

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Hong Kong Intergraded Nepalese Society

Hong Kong International Social Service

Hong Kong Society for Protection of Children, Tai Kok Tsoi

Hong Kong Taoist Association School

Hong Kong Weaving Mills Association Chu Shek Lun Secondary School

Islamic Primary School

Kowloon Mosque

Kuwn Tong District Council

Kuwn Tong Resident Association

Kwai Chung Family Welfare Society

Kwai Chung Mosque

Lady Mc Le Hose Centre Kwai Chung

Li Sing Tai Hang School

Man Kiu Association Primary School

New Home Association, Yau Ma Tei

Pat Heung Central Primary School

Po Kok Primary School

Race Relation Unit

Satya Sai Baba Centre, Tsim Sha Tsui

Satya Sai Baba Centre. Tuen Wan

Sham Shui Po Mosque

Mission for Migrant Workers

Sikh Temple, Wanchai

Tuen Mun Hospital

United Christian Hospital

Yaumati Kaifong Association School

Yuen Long Town Hall (Chomolongma Multicultural Community Centre)

Yuen Long Long Ping Estate Tung Koon Primary School

Urdu Neighbour Centre, To Kwa Wan

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