



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 -2020/2021



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 in present to save lives and prevent the preventable

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. In 2020-2021 the programme had to evolve drastically due to COVID-19 pandemic, online platform technology was used to provide health service.

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 (2020-21*)

Serial No.	Health Activities	Pledged	Actual	Variance (+/- %)
1	• No. of Health screening for (Hypertension, Diabetes ,Obesity and cholesterol)	• 10,000 times	• 5,753 times	• -4,247(42%)
2	• No. of Pap smear for women	• 350 times	• 367 times	• +16(5%)
3	• No. of heart health check ups	• 150 times	• 151 times	• +1 (0.6%)
4	• No. of screening for anemia	• 250 times	• 264 times	• +14(6%)
5	Health service for women <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 participants • 32 talks with 750 attendance • 60% 	<ul style="list-style-type: none"> • 4 training with 5 sessions and 81 participants • 46 health talks with 1084 attendance • 80% 	<ul style="list-style-type: none"> • +1 (1%) in participants • +14 (44%) in talks and +334(44%) attendance • +20% in knowledge

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 50% Improvement on knowledge 450 participants 	<ul style="list-style-type: none"> 12 workshops with 262 attendance 78% Improvement on knowledge 219 participants 	<ul style="list-style-type: none"> +12(5%) in attendance +28% knowledge improvement -231(51%)
7	Health service for School children <ul style="list-style-type: none"> Train the trainer workshop Health talks 	<ul style="list-style-type: none"> 25 workshops with 650 attendance 12 talks with 700 attendance 	<ul style="list-style-type: none"> 18 workshop with 689 attendance 11 talks with 516 attendance 	<ul style="list-style-type: none"> -7(28%) workshops and -39(6%) attendance -184(26%) 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 500 attendance 17 classes with 170 	<ul style="list-style-type: none"> 40classes with 658 attendance 14 classes with 371 	<ul style="list-style-type: none"> +158(32%) attendance -3(17%) cooking classes + 201(118%) in attendance
9	Volunteer development <ul style="list-style-type: none"> No. of new volunteers recruitment No of training sessions for volunteers Volunteer service hours No of service hours by youths volunteers 	<ul style="list-style-type: none"> 70 new volunteers 10 sessions 1000 service hours 900 service hours 	<ul style="list-style-type: none"> 91 new volunteers 10 sessions 765 service hours 480 service hours 	<ul style="list-style-type: none"> +21(30%) 0 -235(23%) -420(47%)
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"> 515 times Visited 150homes, 	<ul style="list-style-type: none"> +165(47%) 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"> 12 workshop with 150 attendance 80% 	<ul style="list-style-type: none"> 18 workshops with 239 attendance 81% 	<ul style="list-style-type: none"> +6 (50%) in workshop and +89(59%) attendance +1% in knowledge

12	Healthy Aging <ul style="list-style-type: none"> No of workshop (attendance) % increase in knowledge of elderly disease 	<ul style="list-style-type: none"> 12 workshops with 180 attendance 50% 	<ul style="list-style-type: none"> 10 workshops with 352 attendance 74% 	-2 (17%) in workshop and + 172(95%)in attendance <ul style="list-style-type: none"> +24% in knowledge
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***Year from April – March**

Remarks for discrepancies on Table 1 (with +/- 10% variance) :

- Item 1: Less 42% in health screening because most of the health screening is done due to COVID – 19 pandemic.
- Item 5: Additional 44 % in participants for women's the health talks and attendance. Because in second half of the project, though face to face was cancelled we managed to do online based health talks which was well attended .
- Item 7: School activities were the ones which was affected most, as most of the activities were scheduled in the second half of the project year and due to COVID-19, it was disrupted with 28% decrease in workshop and 26% decrease in health talk attendance.
- Item 8: Additional 32% increase in attendance though face to face exercise class were cancelled our online based exercise was well attended.
- Item 9: Additional 30 % increase in the new volunteers however, the volunteers could not contribute much due to cancellation of the events.
- Item 10: Addition 47 % increase in medical interpretation service as there was need to do explain more regarding the COVID-19 situation.
- Item 11: Additional 50% increase in mental health workshop and 59% in attendance, due to COVID-19 pandemic there was huge demand for workshops in mental health.

2020/21 South Asian Health Support programme executive summary:

Though COVID-19 pandemic severely disturbed many of our planned health activities , we applied many contingency plans adopted new measures, used technology to deliver much needed service to those in need, otherwise many would be deprived of the health service and information which was much needed. Total of 71 health events were conducted using online mode.

- From 1st April 2020- 31st March 2021, health screening for prevention of chronic diseases was provide 6,563 times, which included measuring blood pressure, blood sugar, cholesterol, body fat , cervical cancer screening, heart health screening and anemia screening.

- 97 health workshops and talks for women (46), men (12), elderly (10) and school children (29) with 2,903 attendances were provided at community level, schools and religious organization.
- 91 volunteers registered for the programme and our dedicated volunteers provided 765 service hour, in addition youth volunteers provided 480 service hours.
- 150 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 47 partners, which included 23 organizations, 19 schools, 1 University and 5 religious organizations to provide health service (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 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 2020/21

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. Most of our health screening is done on outdoor based venue in large group, however COVID-19 pandemic disturbed all the planned activities and many had to be cancelled. However as a contingency plan we conducted small scale activities and did more activities in total 83 small scaled health campaigns was conducted where 5,753 times screening was done for hypertension, diabetes, cholesterol level and obesity (measuring blood pressure, blood sugar , cholesterol and body fat %) of which 2,102 (37%) 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, 151 (men and women) received heart health screening for early detection of cardiovascular diseases

356 women received Pap smear screening of which 35% of the cases had abnormal situation and 5% had cellular abnormality indicating higher risk for cervical cancer.

Moreover 264 men and women were screened for anemia, 34(13%) 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 (2020-21*)

S.N	Activity	No. times of screening test done	No. of times Screened positive	Intervention
1.	Screening for Hypertension (measuring Blood Pressure)	1527	482(32%) (Blood pressure >140/90 mmHg)	Referral and telephone follow up within a week
2.	Screening for Diabetes (measuring Blood Glucose)	1420	81(6%) (Blood Glucose Random 11mmol /L)	Referral and telephone follow up within a week
3.	Screening for Obesity (Measuring body fat %)	1401	1011 (72%) (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	1411	315(22 %) (Total cholesterol level >5.2 mmol)	Health advice and referral for heart health check up
5	Screening for anemia	264	34(13%) 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	367	130 (35% all case abnormal) 18(5%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 2020/21 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.

88 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 46 health talks were given to women during women's health day with attendance of 1,048. Pre and Post talk knowledge enhancement test was compared with average increase in basic health

knowledge level to 80 % compared to baseline. The health events were health on a territory wide basis and in collaboration with many organizations.

III. Health activities for men

12 health workshops with an overall attendance of 262 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 219 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. 18 Health ambassadors training were provided in various schools with a total of 689 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.

11 health talks with total attendance of 516 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 wellness classes focus on healthy diet, exercise and cancer prevention workshops.

Total of 14 healthy cooking classes was conducted with 371 participants. Of which 2 classes were allocated to youth. All the classes were conducted by dietitians.

Similarly 40 exercise classes were conducted for women with attendance of 658. Monthly women's health day and wellness classes were conducted in different venues, in collaboration with many organizations.

VI. Volunteer development:

91 new volunteers registered for this health promotion service and they provided 765 service hours much more than we anticipated. And 480 hour service was provided by youth volunteers. 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, A Healthy Diet to Prevent Cancer, COVID-19 Diet-Do's and Don'ts, COVID-19 Mental Health Tips, COVID-19 Preventive measure

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 317 attendances. In addition, a large-scale event was organized on to commemorate the “World Diabetes Day 2020”. 5 consecutive events were organized in the month of November in collaboration with 3 organizations, 202 people received screening for diabetes .

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 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 18 workshops (with 239 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. 10 workshops related to common elderly diseases and healthy aging was conducted with 352 attendances, 84% improvement in knowledge regarding elderly disease and self-care was observed.

XI. Others:

- 1) Use of technology during COVID-19 pandemic- As the ongoing pandemic severely disturbed, we heavily relied on online mode to deliver our health services. In the beginning we even had to teach the service user how to use online platform such as Zoom, furthermore young family members (children were encourage to tech the parents, grandparents on how to use Zoom), gradually many got adopted. Eventually events such as health talks, workshop, cooking class, exercise classes were conducted on online mode. The exercise class was more interactive as the participants did it simultaneously.
- 2) Sharing of the programme was done at the professional conferences, seminar government meetings:
 - HONG KONG PRIMARY CARE CONFERENCE 2020“2020 Vision: Health for All” 12 – 13 September 2020. 1 of the abstract presented in the above conference received outstanding abstract presentation award.

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. This was evident in the promotion of hygiene practice during COVID-19 pandemic.
- Thus in the past years, the programme has evolved according to needs.

XIII. Key lessons during the 2020/2021 health promotion

- Sudden emergence of pandemic such as COVID-19, was evident that even if there is contingency plan, it may not be adequate there is always need to evolve. Health promotion is a much needed service for the South Asian community in Hong Kong.
- Emphasis should be given both in chronic disease management and infection control measures, particularly hygiene practice.
- Use of technology is a health care service
- Health promotion activities in a culturally sensitive manner, is important while approaching this community and even doing virtual health events
- Face to face and continuous follow up approach works well for the intervention of the health promotion for this community, however face to face activity is always not possible, thus there is a need to improvise service with more online basis and use technology.
- 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- List of Collaboration organization 2020-21

	Organization name	Activities
1.	Bethel High School	School health promotion
2.	California School	School health promotion
3.	Christian Action	Health Talks and Community Event
4.	CMA Choi Cheung Kok Secondary School	School health promotion
5.	Delia English Primary School	School health promotion
6.	Delia Memorial School (Broadway)	School health promotion
7.	Delia Memorial School (Glee Path)	School health promotion
8.	Delia Memorial School (Hip Wo No.2 College)	School health promotion
9.	Department of Health	Health promotion and talks
10.	Diocesan Pastoral Centre for Worker	Health talk and screening
11.	Equal Opportunities Commission	Health Campaign
12.	Health In Action	Health Campaigns
13.	Hind Temple , Happy Valley	Health Campaigns
14.	Hindu Temple, Yau Ma Tei	
15.	HKTA The Yuen Yuen Institute No.3 Secondary School	School health promotion
16.	Hong Kong Christian Service	Health Talks and Exercise class
17.	Hong Kong Christian Service-Support to Ethnic Elderly(SEE) Project	Health talk and screening
18.	Hong Kong Integrated Nepalese Society (HINS)	Health talk and screening
19.	Hong Kong Nepalese Federation	Health Campaign and screening
20.	Hong Kong Taoist Association Wun Tsuen School	School health promotion
21.	Indonesian Consulate General in Hong Kong	Health Promotion
22.	International Social Service Hong Kong (ISS)	Health talk and promotion
23.	Islamic Dharwood Pau Memorial Primary School	School Health promotion
24.	Islamic Primary School	School health promotion

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

Appendix 2 : Photo report

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

Our contact:

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