



**Service Priorities and Programmes**  
**Electronic Presentations**

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**To Enhance The Dietary Fibre Knowledge of The General Public in A Community  
Healthy Intestine Program**

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**Introduction**

According to the Hong Kong Cancer Registry, the most frequent cancer in 2015 is colorectal cancer, about 16.6% of all new cancer is colorectal cancer and is the second most common cancer death. Evidence shown that High fiber intake is associated with lower incidence of colonic cancer, therefore there is need to promote high fiber diet to the general public in order to decrease the risk of colorectal cancer

**Objectives**

To evaluate the nutrition knowledge on dietary fibre of the general public through the Healthy Intestine Community program

**Methodology**

This is a half day program held yearly from 2015 to 2017, general public were recruited from the community through the Health Resource Centre of YCH. The program consisted of talk by surgeon, dietitian and APN( Colorectal Nurse), food tasting, poster presentation and game. Participants were requested to fill in a self-administered identical questionnaire, with 5 multiple choice questions about dietary fiber before and after the talk conducted by the dietitian.

**Result**

Total 187 participants completed the questionnaire. All answers to the 5 questions are significantly improved after the lecture by dietitian. Average correct score were improved from 1.73 to 2.93 ( 35.5% to 55.94% , P = 0 at 95% confidence Intervals). The most significantly improved questions are : Types of dietary fiber (22.6% to 50.8% p=0) and the amount of vegetable should be taken daily. (14% to 51.9% p =0).

Conclusion: Prevention is better than cure. The dietary education is successful; hoping that the knowledge obtained from this program will have effect on their compliance to the diet and decrease the risk of colonic cancer so as to reduce the health care burden.