

NURTURING HAPPY STAFF ENVIRONMENT THROUGH INNOVATIVE HEALTH SCREENING AND AWARENESS PROGRAM IN HONG KONG WEST CLUSTER

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Team

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- MT Chau



HA Vision

- “Healthy People, Happy Staff”
 - October 2008 in Hong Kong West Cluster
 - To nurture a happy and healthy working environment for our staff
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Objectives

- Enable staff to have better understanding on their health status and facilitate them to develop a healthy lifestyle
- Facilitate identification of subclinical disease (s) and early intervention and management
- Form a basis to study the general health of staff as a whole, so as to formulate special programs to cater for their needs

第二階段為年滿41歲
或以上同事作檢查將於
09年2月9日開始

瑪麗醫院職員診所 港島西聯網員工健康檢查及保健計劃



為實踐關懷同事的理念，瑪麗醫院職員診所在**2008年11月10日起**為港島西聯網員工推出「員工健康檢查及保健計劃」。第一階段服務年滿51歲或以上的同事。計劃將於**2009年2月9日起**推行第二階段，歡迎年滿41歲或以上的員工參與：

目的 :

- 提高員工對個人健康狀況的了解及關注，鼓勵其奉行防病強身之道
- 協助員工及早發現其健康問題，以便儘早獲得適切的處理

計劃內容 :

- 健康狀況評估包括
 - 體重指標、血壓測試
 - 空腹血糖及血脂肪組合(膽固醇)測試 (適用於過去12個月未曾接受測試者)
(備註：參加者請於抽血前12小時禁食)
 - 尿蛋白測試
 - 健康問卷調查
- 跟進健康檢查 / 評估包括
 - 為參加者提供檢查分析及解說
 - 提供切合個人健康狀況之相關教育和資訊
 - 為有需要者進行診治跟進

參加資格 :

- 現職港島西聯網員工
- 第二階段：年滿41歲或以上的員工
(備註：第一階段為年滿51歲或以上同事作檢查/評估已於08年11月開始)
- 41歲以下之職員將可在其後第三階段參加，詳情將容後公佈

參加辦法及查詢 :

年滿41歲或以上的港島西聯網員工可致電瑪麗醫院職員診所(電話：2855 3379)預約進行體格檢查

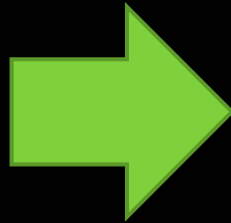




Health screening and awareness program (I)

- Health status evaluation (body mass index, blood pressure measurement, fasting blood sugar, lipid profile and urine analysis)
- Health questionnaire on personal health history, physical and psycho-social well-being assessment
- Anticipatory care component of flu vaccination, cervical smear and exercise assessment





Health screening and awareness program (II)

- Health Ambassador/ Tung Wah Hospital Nurse, will provide personal specific advice to the staff
- Cases with high cholesterol and impaired fasting glucose were referred to dietitian
- Two physical exercise classes for target staff participants were also delivered in June to August, 2009

Barack Obama

- “ Less than 4 cents of every health care dollar is spent on prevention and public health. Our health care has become a disease care system, and the time for change is overdo”
- Feb 2009



Gordon Brown

- A more personal and preventive service on that intervenes earlier

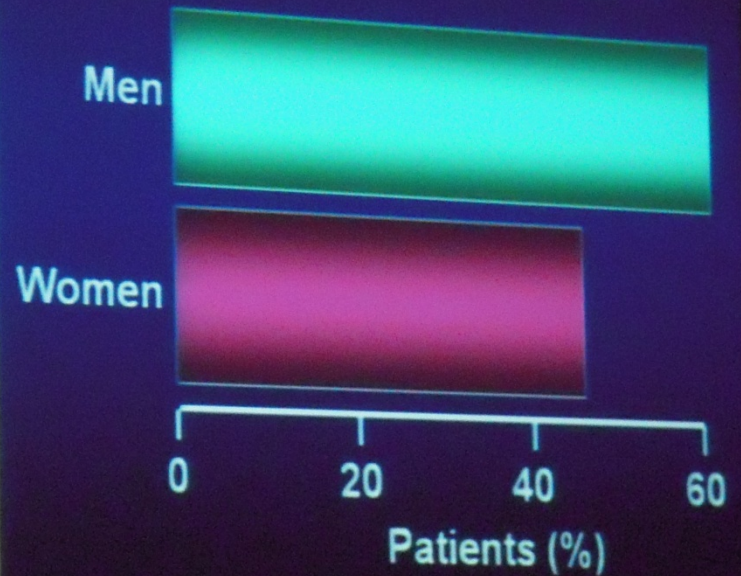
7th Jan 2008



Importance of Primary Prevention



Framingham Heart Study
(n=5144)
MI or SD as 1st Presentation

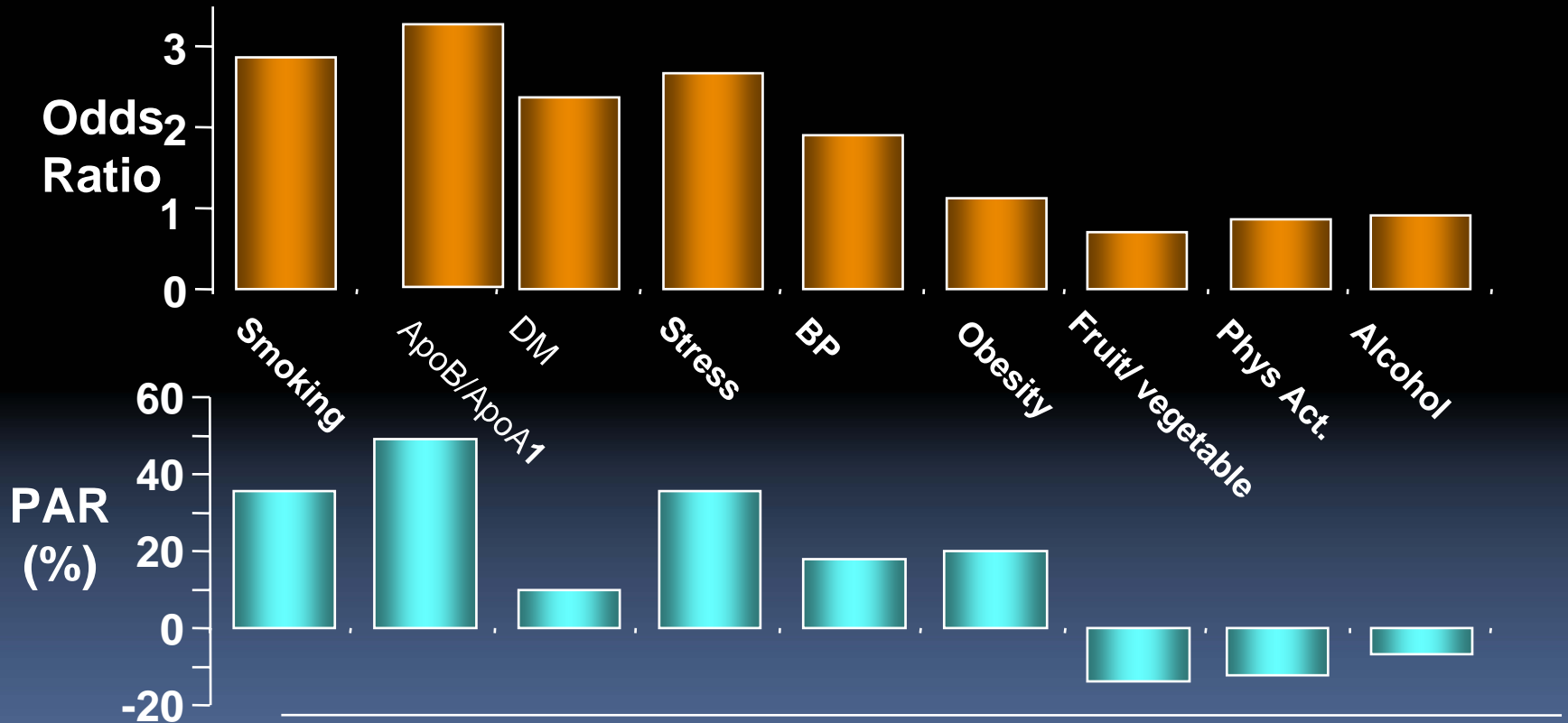


Murabito et al Circ 1993 88: 2548

Potentially modifiable risk factors and MI : INTERHEART Study


15152 Cases
14820 Controls
in 262 Centres
in 52 Countries

9 RFs accounted for 90% of MI in men and 94% in women



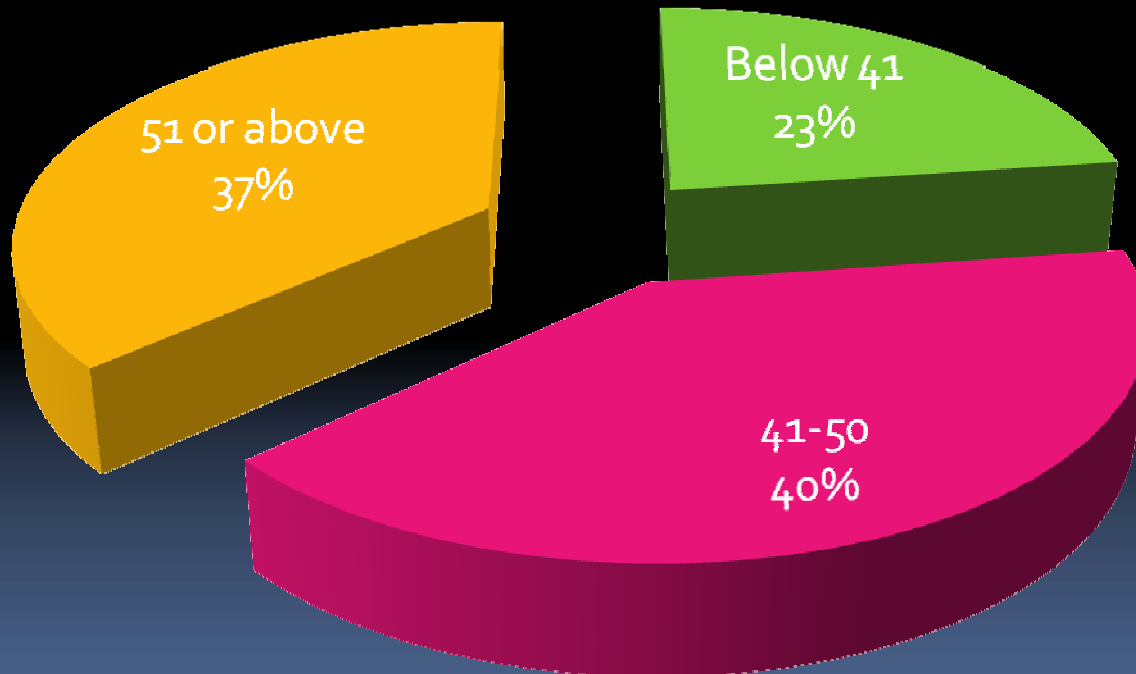


Result- Subjects

- 31 December 2009, 1339 staff joined the program (19% of the staff population)
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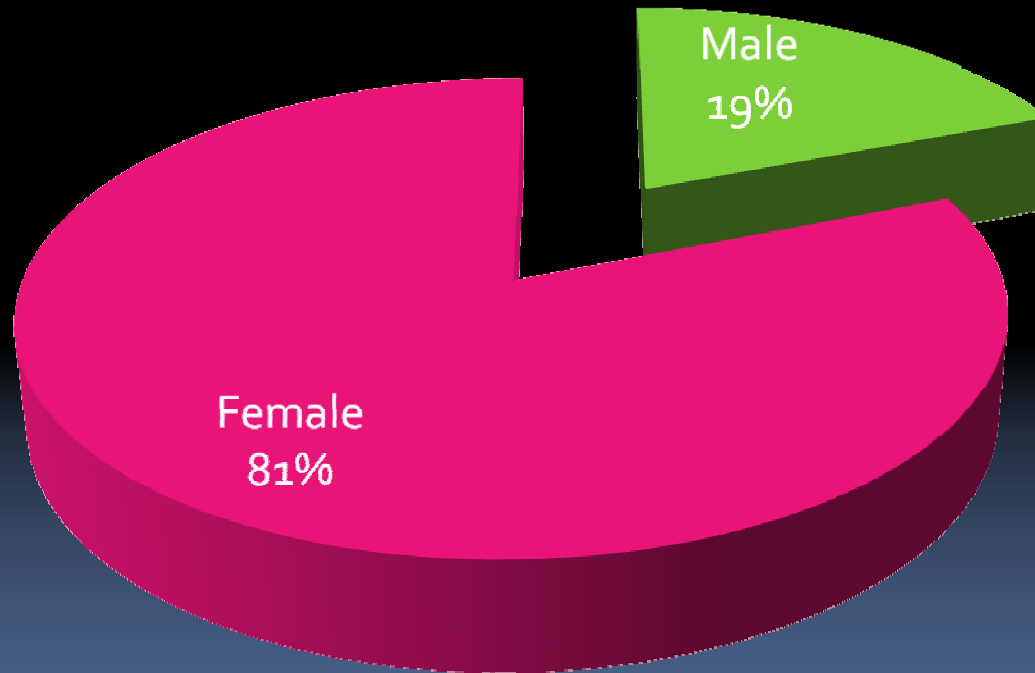
Demographical Data- Age

% of subjects in different age groups



Demographical Data- Gender

Gender of our subjects

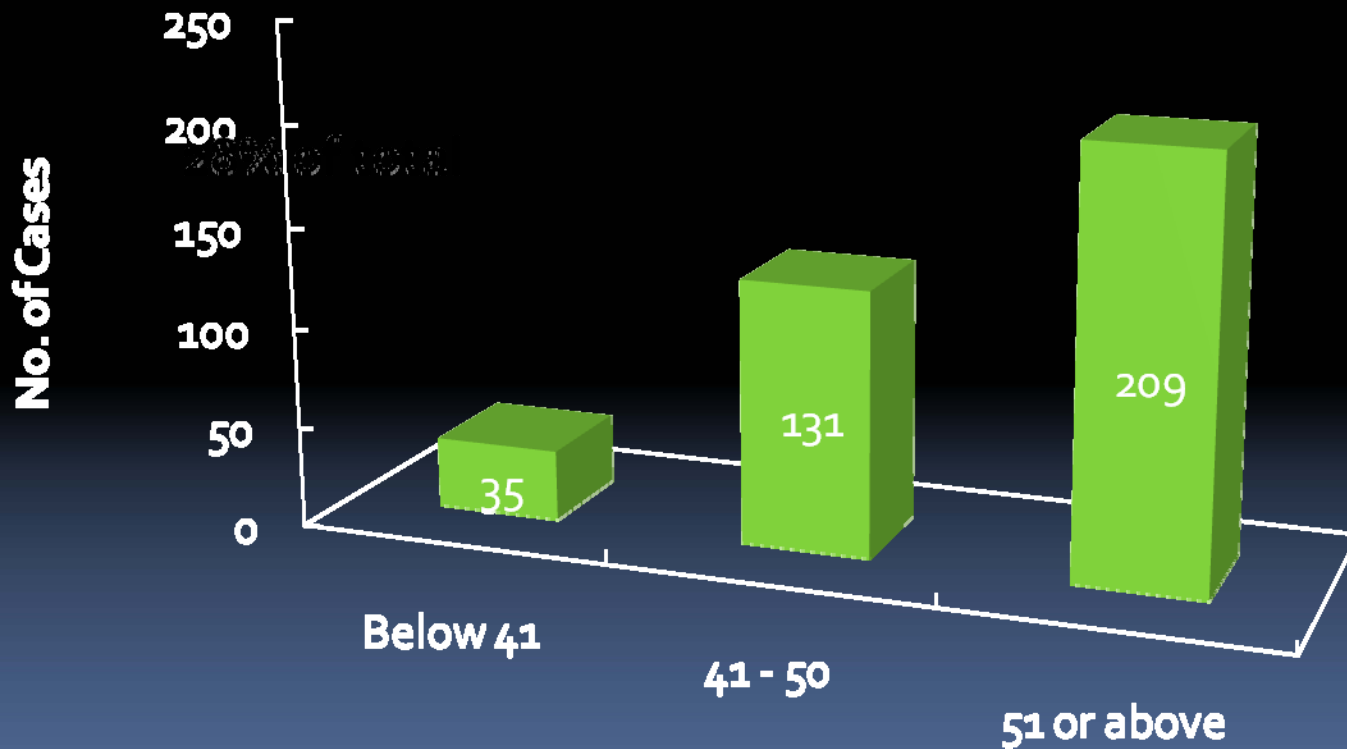


Result- Risk factors

Risk Factors	Prevalence
Overweight	48%
Elevated total cholesterol	37.2%
Impaired fasting glucose	12.9%
Elevated systolic pressure	10%

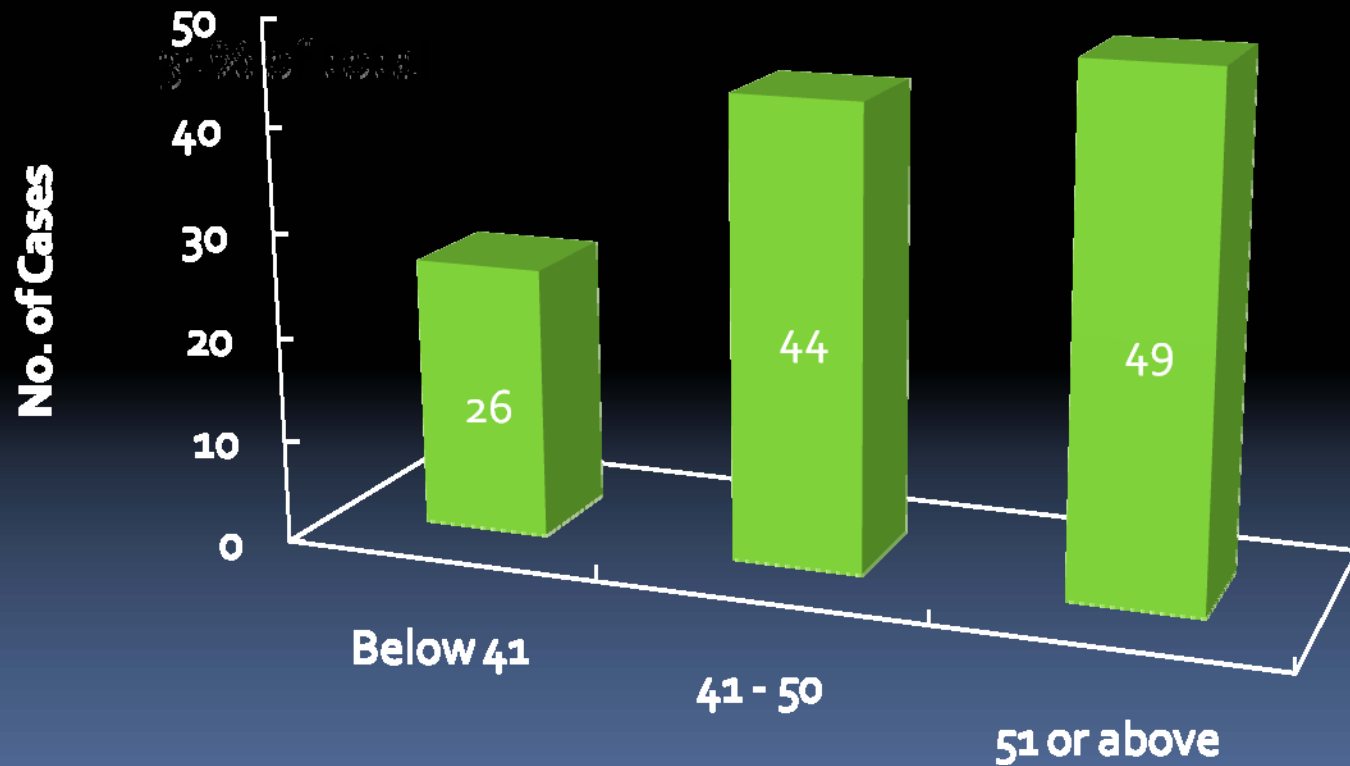
Result-LDL

LDL-Chol level (≥ 3.4 mmol/L) by age group



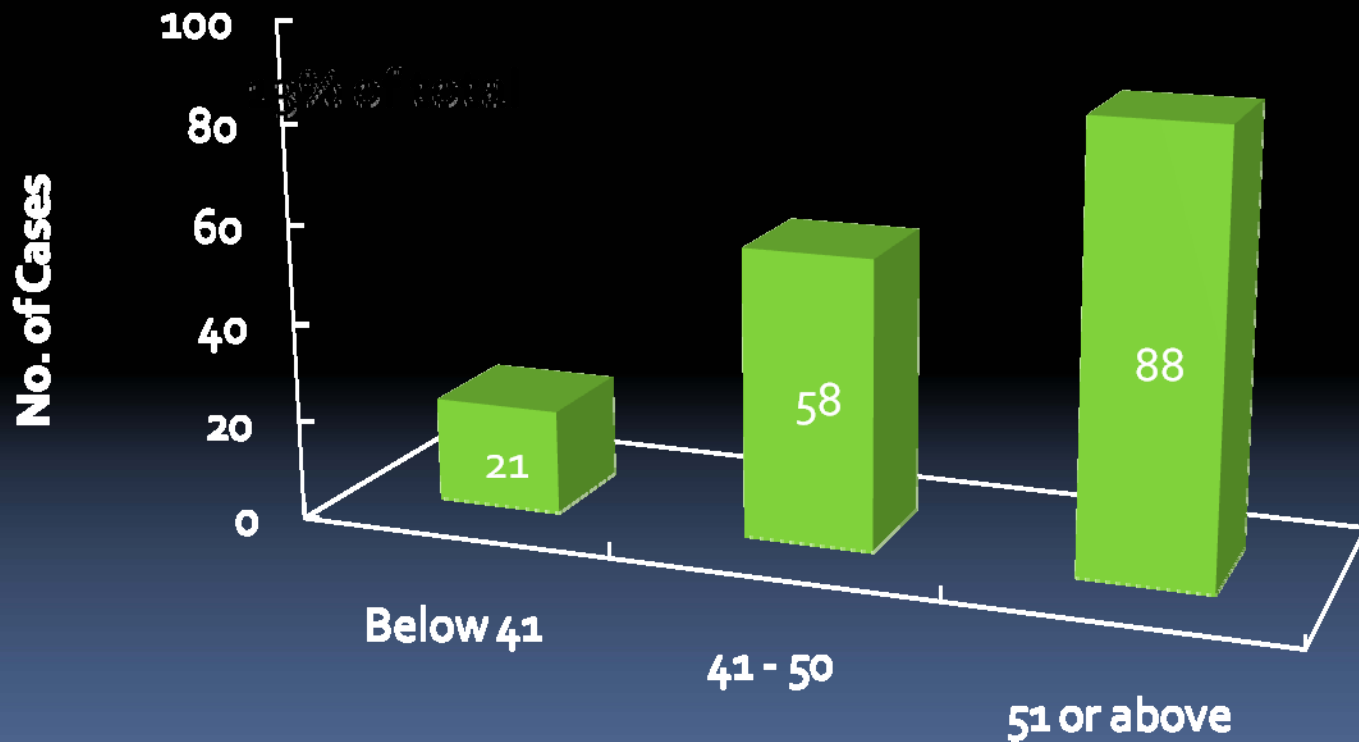
Result- HDL

HDL-Chol Level (≤ 1.0 mmol/L) by age group



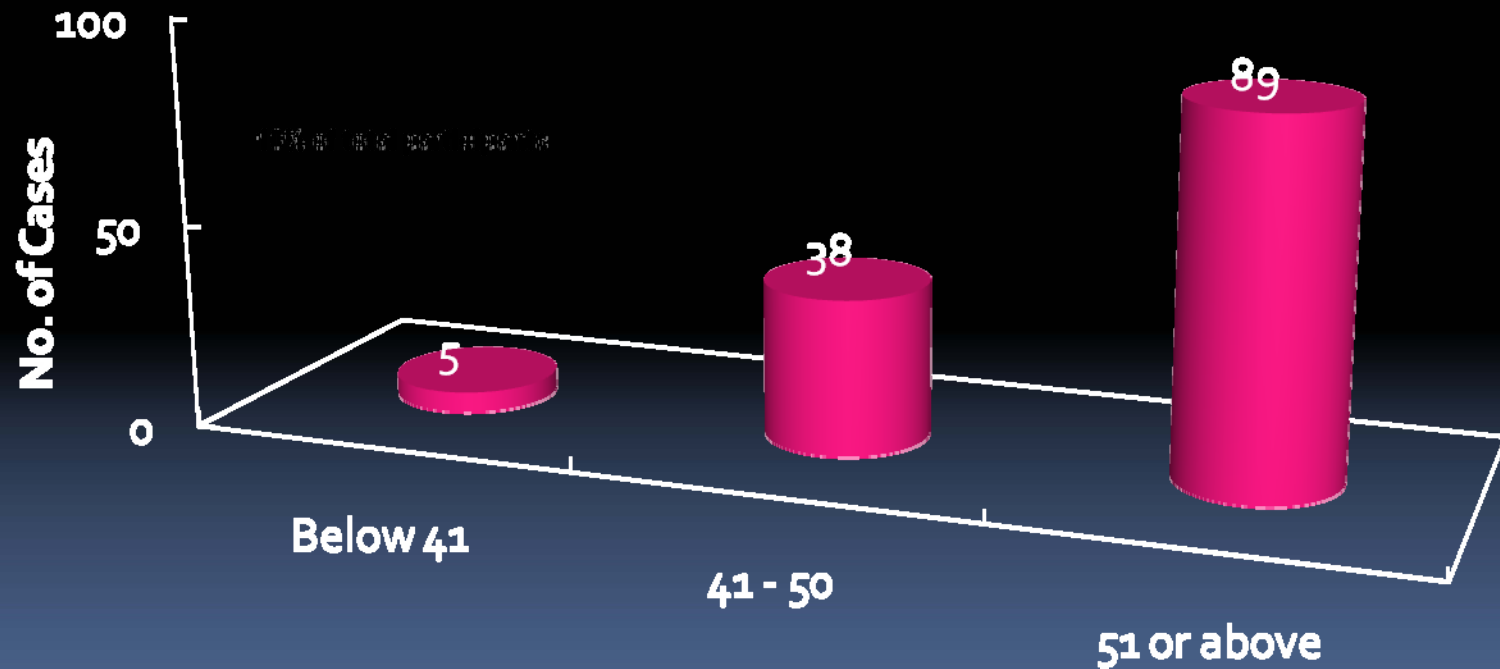
Result- TG

Triglyceride Level (> 1.7 mmol/L) by age group



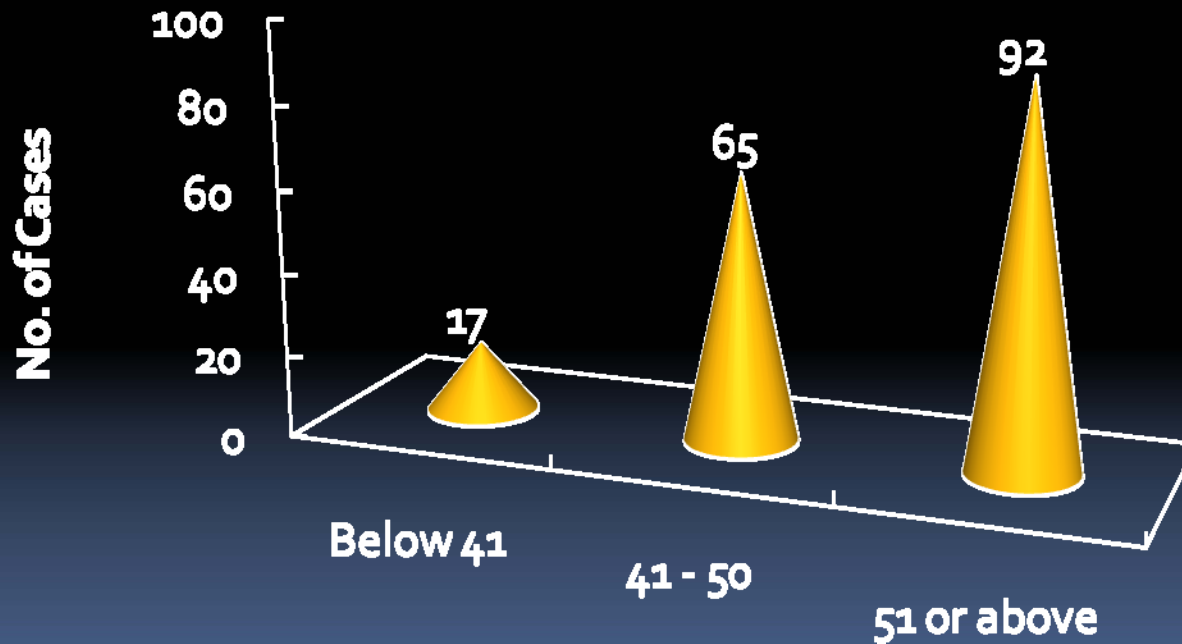
Result-SBP

Elevated SBP (>140 mmHg) by age group



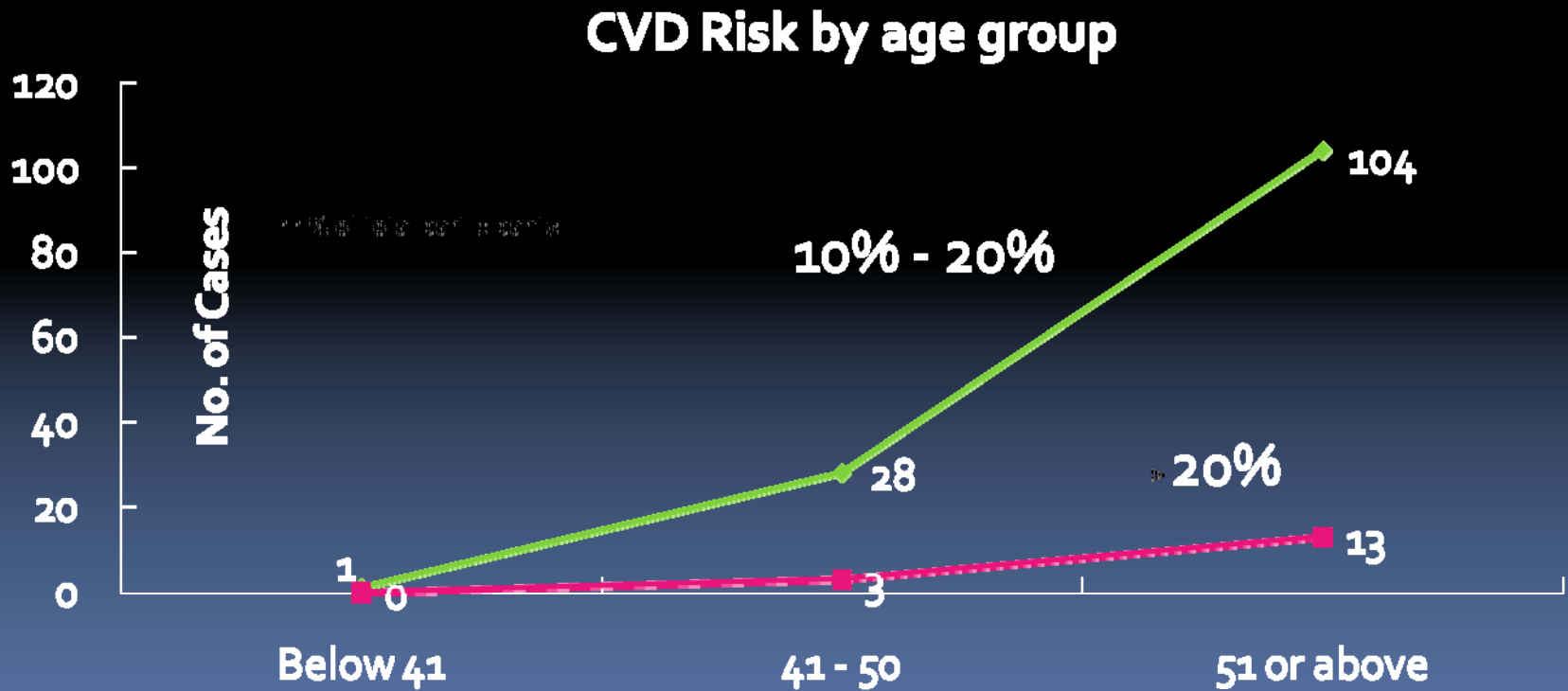
Result-IFG

Impaired fasting glucose (≥ 5.6 mmol/L) by age group




Result- CVD risk


- For cardiovascular risk, 11% of the subjects (149/ 1339) have high cardiovascular risk





Result- Happiness

- For psychological status, 13% of the subjects expressed unhappiness in the past one month
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The way forward

Physical

- Waist-to-hip ratio
- Diet history
- Staff satisfaction survey
- Personal target setting for different participants
- Specific programs targeting at groups with different cardiovascular risks

Psychological

- PHQ-9 score

Conclusion

- Raises the health awareness among our staff
- Achieves the vision of our strategic service plan - “Healthy People, Happy Staff”

