



## Service Priorities and Programmes Electronic Presentations

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### **Heart to Heart Program: Hand in hand with community partner**

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### **Introduction**

Nowadays, population show increasing concerns about their health. Cardiac health is one of the most common topics of public interest. In 2012-13, North District Hospital cooperated with North District Council and Fung Ying Seen Koon in organizing a number of activities to promote cardiac health. We had held a cardiac health series, including health talk, health walk and health exhibition, to accommodate the needs of different parties. Moreover, it is the extension of “Heart to Heart Program 2011-12”, to extend the program based patient group activity into community health program.

### **Objectives**

1) Promote and increase public awareness on cardiac health in North District. 2) Strengthen patient engagement to maintain healthy heart. 3) Provide information to public, focusing on lifestyle modifications to preventing heart diseases. 4) Provide an opportunity to cardiac patients and their family having group activity and exercise. 5) Increase the secondary school students’ awareness on cardiac health.

### **Methodology**

There was a series of health promotion activities held from August 2012 to January 2013. The activities collaborated with a local community partner “Fung Ying Seen Koon” and supported by the funding in North District Council. The four health talks, a comic competition, a health promotion day and a health walk were being held. A cardiac health booklet with four major topics which was providing information to public on focusing to maintain a healthy heart was developed by Cardiologist, Cardiac Nurse, Dietitian, Physiotherapist, and Occupational Therapist. All booklets were being distributed to promote cardiac health in health talks and health promotion day. Moreover, secondary schools in North District were being invited to join a comic competition on the topic of healthy heart. Invitation letters send out and then got back their works within a month. The prize presentation to the winners was held in the health promotion day. In the Health Promotion Day, it was held in one of the local district park. There were six booths which were including three health check and three

game booths. It was provided a simple health check with blood glucose, cholesterol testing, body mass index, percentage of body fat and blood pressure measuring. In early December, a health walk was held to a group of heart failure patients and their relatives. It was a short trip to countryside and took a lunch together in Fung Yin Seen Koon.

### **Result**

There were about 800 and 1000 participants attended the health talks and health promotion day respectively. The 40 cardiac patients and their family members participated in a health walk. Over 2000 health booklets distributed to the public. By this active participation result showed that it was already increased the district public awareness to cardiac health.