



Service Priorities and Programmes
Electronic Presentations

Convention ID: 182

Submitting author: Dr Yim Chu LI

Post title: Associate Consultant, Queen Elizabeth Hospital, KCC

Bringing Better Health to Our Community 2012 - School outreach program

Li YC, Choi CM, Chan KH

Department of Family Medicine & General Outpatient Clinic (FM&GOPC), KCC

Keywords:

school outreach

Bringing Better Health to Our Community 2012

Introduction

Building healthy habits starts at a young age.

Objectives

This school outreach program aims at bringing better health and early care to people in our community, and promoting healthy eating and regular exercise among children and teenagers.

Methodology

School outreach program to students is part of our "Community Networking 2012". In partnership with Hypertension Hong Kong Team (Baptist Hospital) and Kowloon Region School Heads Association, the outreach team comprises nurses from Baptist Hospital and doctors from Queen Elizabeth Hospital (QEH) Department of FM&GOPC. Quality Lifestyle Workshops were held in 5 participating schools within Yau Tsim Mong district between June and September 2012, emphasizing on healthy eating and regular exercise to help children develop healthy lifestyle in their young age. Workshop contents were tailor-made into 2 separate formats for primary and secondary schools. Post-workshop questionnaires were distributed to students and teachers. The questionnaire consisted of two domains, namely post-workshop knowledge assessment and audience satisfaction.

Result

Totally 1,277 primary school students and 240 secondary school students from 5 participating schools attended the school outreach program. Post-workshop questionnaires were given to students and teachers immediately after the workshop. In post-workshop knowledge assessment part, 74.5% primary and 95.8% secondary students gave the correct answers. Concerning audience satisfaction, up to 91.5% students enjoyed the workshops; 89.8% to 99.1% of students found the messages being conveyed by speakers were clear and understandable. Most teachers from secondary schools perceived the workshop could moderately increase the knowledge of the topics, whereas those from primary schools found it could largely increase the knowledge. Positive feedbacks received from students and teachers are acknowledgement of the outreach effort. Through the partnership with community

collaborators, this health education programme has been shown to be effective in promoting the healthy life style among young population.