



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

**Convention ID:** 427

**Submitting author:** Dr Lap Kin CHIANG

**Post title:** Resident, Kwong Wah Hospital, KWC

**Healthy Buddies\_Y&S (youth and senior): An Innovative Health Promotion Program Partnering Youths and Patients with Chronic Diseases**

*Ng L1,3, Kam CW1,3, Wong LK1,3, Chiang LK1,3, Yau KC1, Siu C2, Tang R2, Fung L2,3, Tsang WF3*

*1 Family Medicine and General Outpatient Department, Kwong Wah Hospital 2 Physiotherapy Department, Kwong Wah Hospital 3 Hong Kong Primary Care for Chronic Disease Association*

**Keywords:**

Chronic disease management

Healthy buddies

Primary care

**Introduction**

Chronic disease is the principle cause of disability, the major reason for seeking health care, and account for 70% of all health care expenditure. Chronic diseases are causally related to unhealthy lifestyles or risk behavior. Data from various sources have revealed that unhealthy dietary habit, physical inactivity, and overweight/obesity are common at different life stages of the local population starting from school age. Young people often lack awareness of the harm associated with risk behaviour or lifestyles, and the skills to protect themselves as well as the lack knowledge about how and where to seek help for their health concerns.

**Objectives**

1. To empower patients with chronic disease on interventional lifestyle modification to achieve better disease control; 2. To educate secondary school students on healthy lifestyles and increase awareness in chronic disease prevention. 3. To encourage both youth and senior in adopting healthy attitudes and behaviors in three key areas of health, including regular physical activity, healthy diet and mental wellness.

**Methodology**

Two secondary students were paired up with one patient with chronic disease to form a healthy buddy team. All participants went through a series of health workshops, focusing on chronic diseases management and prevention, physical activity, healthy diet and mental wellness. Interaction, mutual support and life sharing were facilitated and encouraged as the buddies should complete several health related discussion, task or quiz throughout the whole program.

**Result**

60 secondary students and 30 patients with chronic disease completed the program conducted in year 2013. The health workshops adopted interactive, quiz based and real life sharing model to increase participants' involvement and engagement. Broad

spectrum but concise topics included regular exercise, diet modification for chronic disease, positive psychology and mental adaptation to chronic diseases. Practical exercise training, healthy cooking and food tasting as well as site visit to Sport and Rehabilitation Center were also included in the program. As promotion of exercise was emphasized, one of this program's highlight was a walkathon along a beautiful lake which was successfully organized involving all participants, including family members of patients and health care providers. According to reflection from patients and students, they found it a fruitful and rewarding experience. Despite learned knowledge on healthy lifestyles and chronic disease prevention, youths also appreciated the learning and sharing opportunity with seniors. From the senior's perspective, they were not only empowered on chronic disease management, but also enhanced psychosocial wellness. The "Healthy buddies" program has transcended borders in health promotion through bridging the generation gap in increasing awareness, prevention and management of chronic diseases in our community. Conclusion This innovative model of health promotion program has achieved positive synergy benefitting both patients with chronic diseases and youths.