



Service Priorities and Programmes Electronic Presentations

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Enhancement of Dietetic Service in the Community

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Introduction

Prevention is better than cure. OLM not only provides holistic care to patient, but also commits to health promotion in the community. Dietitians working in hospitals may indeed apply their professional knowledge in food and nutrition to contribute more to the society for disease prevention. That may include involving in nutrition education activities in the community.

Objectives

The Dietetic Department of OLM collaborated with Neighbourhood Elderly Centres (NGOs) in Wong Tai Sin district to deliver nutrition education talks about promoting weight management via healthy eating to the elderly in the community.

Methodology

The NGOs launched a series of programmes targeting the elderly who were overweight or obese. Dietitian was involved in delivering a 60-minutes nutrition talk on the topic regarding prevention of overweight/obese through healthy eating ("至FIT老友記 - 從健康飲食及營養角度預防肥胖和超重"). Besides, the Dietetic Department conducted nutritional analysis and gave comments on recipes that were designed by the participants.

Result

Three identical seminars were conducted on 29/10/15, 26/11/15 and 15/12/15 with a total of 649 participants. Fifty-six questionnaires were received. Of which, over 90% of the recipients revealed that the talk conveyed by the dietitian helped them understand the importance of healthy eating. A booklet including recipes of healthy dishes was also made and distributed to the participants. In short, dietitians in hospitals may play a role in primary prevention of diseases through health promotion.