



Service Priorities and Programmes Electronic Presentations

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Helping Colleagues Stay Healthy - A Personalized Keep Fit Program for Staff of SH

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Introduction

Health promotion is essential to the prevention of many lifestyle related chronic diseases. In May-July 2015, Dietetics Department and Physiotherapy Department have collaborated to develop and implement a keep fit program for colleagues of Shatin Hospital, which aims to promote healthy lifestyles to achieve weight management.

Objectives

- 1) To equip colleagues with the related knowledge in energy balance and weight management, in order to achieve desirable weight change in overweight colleagues.
- 2) To provide guidance on individual dietary and exercise regimen as integral components of sustainable healthful lifestyles.

Methodology

During the 8 weeks program, participants engaged in self-management by keeping daily eating diary and exercise log, and met with Dietitian and Physiotherapist every week. Dietitian assessed participants' eating diary and gave advice and practical tips based on healthful food choice and appropriate portions. Participants were given a pocket-counter to assist diary keeping, food selection and meal planning. Physiotherapists introduced the use of convenient, user-friendly and smart-phone "apps" in addition to the conventional one-on-one consultation. Participants were requested to enter their exercise record into the activity log to have the total energy expenditure estimated and monitored. For the "WhatsApp" peer support group, participants were kept motivated by prompt coaching from Dietitians and Physiotherapists, as well as from peer support and sharing.

Result

11 participants completed the program with satisfactory result. In the self-assessment about dietary habits reported that all participants' dietary habit was improved with mean reduction of ~ 400 kcal per day intake. In reviewing the exercise log, all participants became more physically active. 11 participants had increase in energy expenditure with mean ~300 kcal per day. Strategies to increase energy expenditure included: brisk walking, jogging, cycling, dancing, and increase walking distance before or after work. At the end of program, 11 (100%) participants have an improved BMI with an average weight loss of 4.5 % which equates to 3.6 kg (8 lbs). 8 participants rated the program as highly satisfied and 3 participants gave satisfactory rating.