

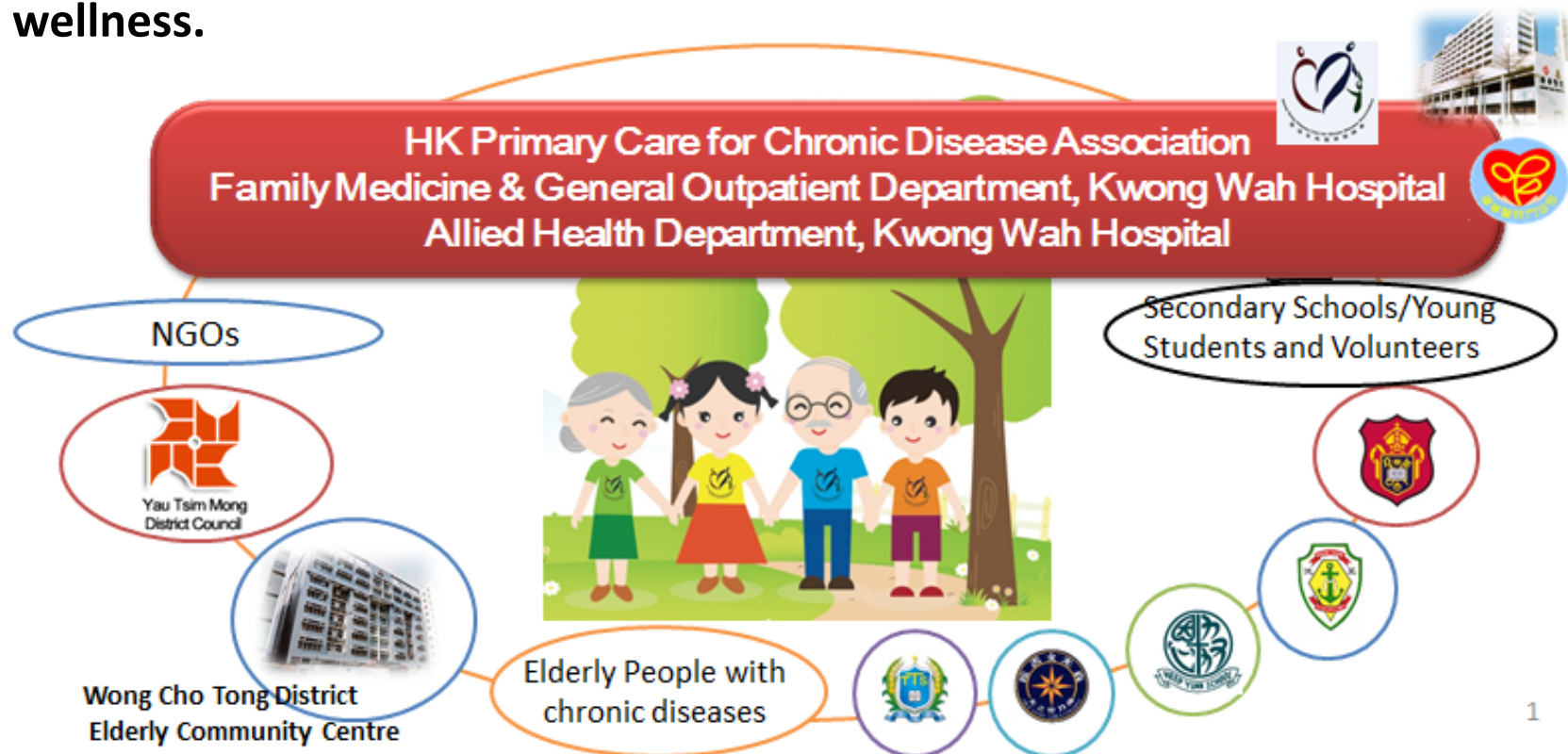


Flourishing Health Cascade:

An Innovative Inter-generational Health Promotion Program

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Community and school based inter-generational health promotion program, which uses an innovative teaching model by partnering youth with chronic disease patients and focuses on encouraging healthy attitudes and behaviors in three key areas of health namely physical activity, healthy diet and mental wellness.





PROGRAM OBJECTIVES :

- 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.
- To evaluate whether this program could enhance physico-psychosocial well-being and cross-generational perspectives in both elderly and youth.



Methodology

Inter-generational Health Promotion Workshop :

- knowledge-based quiz games
- practical exercise training,
- healthy modification of diet recipe with food tasting



Inter-generational Day Camp Activities :

- Hunting games
- Specially-designed fall prevention drama skit competition



Strength-based Life Review Interview Workshop Life Review Interview Sessions:

- A 4-hr specially-designed workshop with life review interview practice sessions
- Total of 4-6 hrs of 1-2 hours per session at 1-2 weeks interval of strength-based life review interviews
- Optional home visits / recreational activities



Doing recreational activities



Home Visits

更深入訪問長者

Results

Demographics ²		Elderly (N=49)		Young (N=112)			
Mean Age in years (SD)		71 (5)		16 (1)			
Gender – Male to Female ratio		1 to 1.45		1 to 1.95			
Results on Healthy Lifestyle ^{1,2}		Pre-test	Post-test	Pre-test	Post-test		
Daily fruit consumption >= 2 servings		30.0%	36.0%	23.2%	29.5%		
Daily vegetable consumption >= 2 servings		54.0%	64.0%	61.6%	64.3%		
Physical Exercise Twice or above per week		82.1%	85.7%	52.9%	51.0%		
Results on Mental Well-being ³		Elderly (N=21)		Young (N=61)			
		Pre-test	Post-test	Pre-test	Post-test		
Rosenberg Self-esteem		28.33	29.71 (p = 0.031*)	21.89	21.59		
WHO-5		15.19	17.57 (p = 0.010*)	15	15.15		
Cross-Generation Perception of Aging and Young People ³							
Elderly (N=21)	Pre-test	Post-test	P-value	Young (N=61)	Pre-test	Post-test	P-value
AGED ⁴ Total	119.8	141.7	0.006*	KAOP ⁵	145.59	149.49	0.014*
AGED ⁴ Vitality	26.15	28.9	0.059	Ageing Semantic Differential	117.72	128.33	0.000*
AGED ⁴ Maturity	30.6	37.15	0.004*				
AGED ⁴ Goodness	31.4	37.9*	0.009*				
AGED ⁴ Positiveness	31.6	37.7	0.019*				

¹ Knowledge, Attitude and Practice of healthy behaviors towards Healthy Diet and Physical Activity

² Pooled data 2015 & 2016

³ 2016 data

⁴ The Age Group Evaluation and Description Scale(AGED)

⁵ Kogan's attitude toward older people Scale (KAOP)

* Statistically significant with p-value <0.05

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Excerpts of Elderly and Young People Qualitative Evaluation:

- Young People's Perspectives towards Elderly : - **Value elderly people, understand and not discriminate them**

Excerpts:Although our views (**Young buddies**) were different from them regarding "Fishball revolution", I respect their views as they (**matched elderly buddies**) had a difficult life in China, worked hard when they came to HK and are already very satisfied with their three meals and basic needs.....

- Elderly People's Perspectives towards Young : - **Appreciated the positive impact of their vitality and caring attitude, influencing their current perspectives of young people in Hong Kong**

Excerpts:They were more polite and patient than what I expected. They made me feel youthful again and these kids could contribute positively to our society. It was a rewarding and memorable experience. I am happier after this program.....

Conclusion

- Promotes health and well-being in youth and elderly
- Effective platform in bridging generation gap towards positive cross-generations perception
- Builds up mutual trust and reciprocity

