

PATH TO WELLNESS

Dr. Alvin YS CHAN

MBBS (HK), DCH (Glasgow), MRCP (UK), FHKAM(Paed), FHKC(Paed),
MRCPCH, FRCP (Edin) ,Paediatrician in Hong Kong

Outline

1. What is “wellness”
2. Hong Kong Government Policy on “wellness”
3. Programs and Services of Department of Health (DH)
4. The HKMA’s commitment

Wellness

- Wellness is a holistic integration of physical, mental, and spiritual well-being, fueling the body, engaging the mind, and nurturing the spirit.¹

Wellness — a health prospective

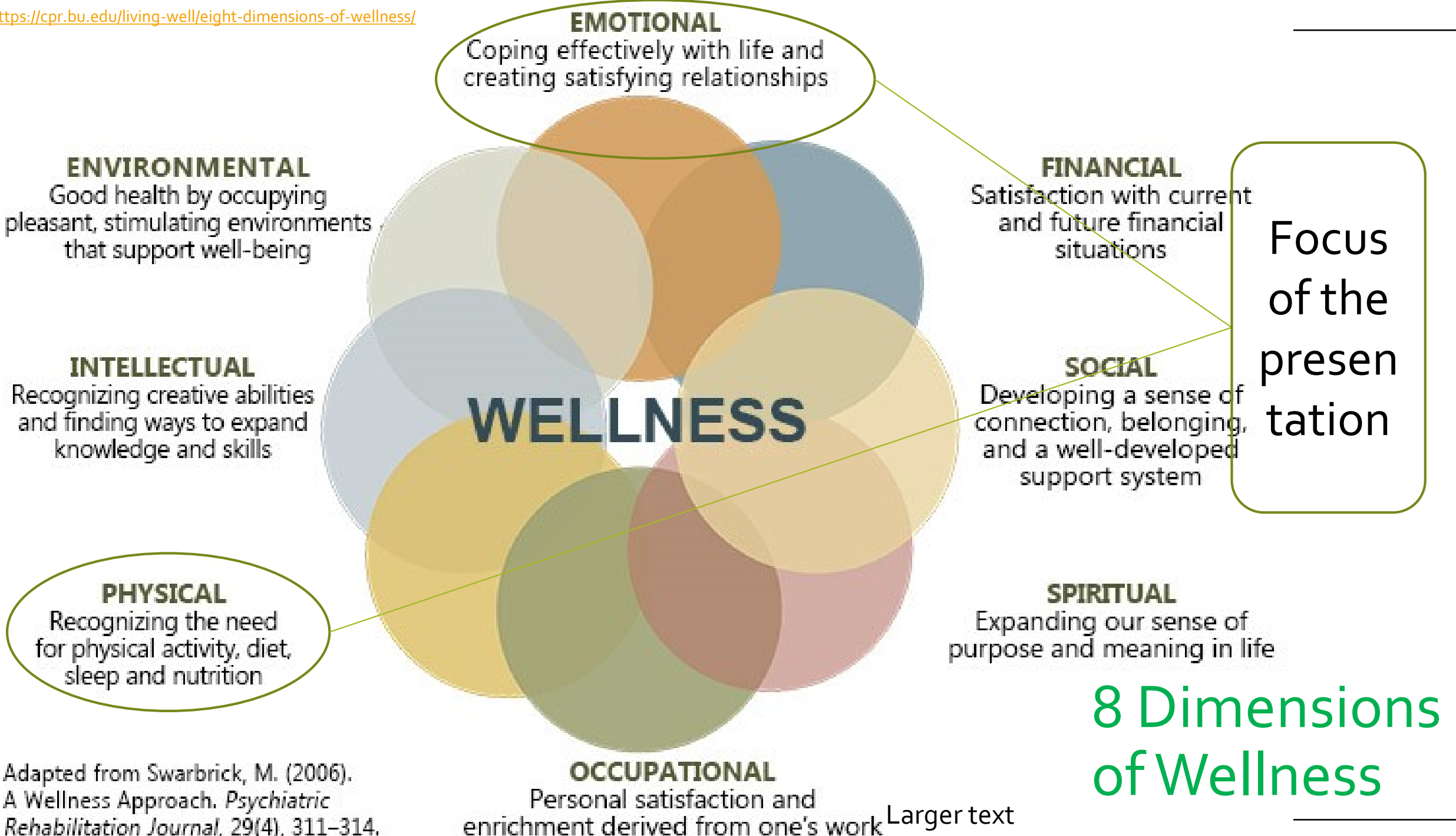
- Well-being integrates **mental health (mind) and physical health (body)** resulting in more **holistic approaches** to disease prevention and health promotion.²
- The health model of wellness through the life stages is sometimes described as a holistic approach to public health, **an approach that aims to help people maintain good mental and physical health throughout their lives rather than focusing on specific diseases or conditions.**³

Preventive approach

- Preventive medicine focuses on the health of individuals, communities, and defined populations. Its goal is to protect, promote, and maintain health and well-being and to prevent disease, disability, and death.

Public Health and General Preventive Medicine

- Public health and general preventive medicine focuses on **promoting health, preventing disease, and managing the health of communities and defined populations.** These practitioners combine population-based public health skills with knowledge of primary, secondary, and tertiary prevention-oriented clinical practice in a wide variety of settings. ⁴



Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

Hong Kong Government Policy on Wellness

- On physical and mental wellness:
 - Department of Health (DH)
 - ❖ Setting up of the Committee on Reduction of Salt and Sugar in Food
 - ❖ Health Promotion Programs
 - Social Welfare Department
 - ❖ Deferent support programs on Mental Health

Hong Kong Government Policy on Wellness

— Department of Health (DH)

- Preventive Care

- ❖ Child health services

- ❖ Student Health Service

- ❖ Woman Health Service

- ❖ Elderly Health Service

Committee on Reduction of Salt and Sugar in Food

- Background:

- According to a survey conducted by the Census and Statistics Department in 2011-12, 34% per cent of the local population aged 55 or above suffered from hypertension.

- Another survey conducted by the Department of Health in 2012 found that about 37 % of the local population aged between 18 and 64 were classified as overweight or obese.

Committee on Reduction of Salt and Sugar in Food

- Objectives :

- To steer the direction and coordinate the work of reducing salt and sugar intake by the local population, including:

- To formulate and oversee the implementation and evaluation of the Action Plans for Salt and Sugar Reduction in Food in Hong Kong.

DH's initiatives

- "Change for Health" initiative

—Aligning with the WHO's Global NCD Action Plan, the SAP focuses on four NCD (namely cardiovascular diseases, cancers, chronic respiratory diseases and diabetes) and four shared behavioural risk factors (namely unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol) that are potentially preventable or modifiable and have significant impact on population health.

DH's initiatives

- "Change for Health" initiative
 - the Government, private and public sectors, community and individuals to work collaboratively.

Change for Health —Healthy eating

- EatSmart Restaurant



- EatSmart@School.hk



Change for Health — Healthy Life Style & Mental Health Initiative

- Move For Health
- StartSmart@school.hk Pilot Project
- Joyful@HK



Healthy eating:



- Childhood obesity:

—The Department of Health has recorded a rising trend of obesity among primary school students, from 16.4% in 1997/98 to 18.7% in 2004/05. That is to say, almost **one in five school children is obese**.

Healthy eating:



- Chronic diseases related to unhealthy eating habit
 - Unhealthy eating habit is closely linked to the development of obesity and increases the risk of chronic diseases including heart diseases, cerebrovascular diseases, diabetes and some cancers, which accounted for about **60% of all registered deaths in Hong Kong** in 2017.

Healthy eating:



- Unhealthy eating habit related to dining out
 - According to the Population Health Survey 2014/15 conducted by the Department of Health (DH) :
 - ❖ over 80% of persons aged 15 or above reported eating out (including breakfast, lunch and dinner as a whole) at least once a week.
 - ❖ Analysed by age group, 65% of persons aged 15 to 34 reported that they ate out for lunch 5 times or more a week.

Healthy eating:



- Another study conducted in 2016 showed that :
- ❖ over 90% of the respondents preferred to have healthier options in the menus when they were eating out.
 - ❖ Over 70% of them considered the food they consumed contained too much oil and fat, whereas over 60% considered the food contained too much salt.
 - ❖ over 70% of the respondents considered the portion of vegetables provided was not enough, with more than 80% reckoning the portion of fruit provided was inadequate.



Aims:

- Educate, empower and enable the community to have easier access to healthier dishes when eating out; and
- Encourage, empower and enable food premises operators to provide a wider choice of healthier dishes.

promoting healthy eating on campus so as to maintain the health of students and develop healthy eating habits among them



Target group

Restaurants

Preprimary institution
Primary and Special
Schools
Secondary School

Method:

Under the “EatSmart Restaurant Star+” Campaign (ESR Star+ Campaign), the features of a restaurant are indicated by stars of different colours.

EatSmart School Accreditation Scheme (ESAS)
Joyful Fruit Month event
Salt Reduction Scheme for School Lunches

Healthy lifestyle and physical activities

- Physical inactivity is estimated to be the principal cause for approximately 21–25% of breast and colon cancer burden, 27% of diabetes and approximately 30% of ischaemic heart disease burden.



Healthy lifestyle and physical activities

- Maintaining high amounts and intensities of physical activity starting from childhood and continuing into adult years will bring many health benefits, including increased physical fitness (both cardiorespiratory fitness and muscular strength), reduced body fatness, favourable cardiovascular and metabolic disease risk profiles, enhanced bone health and reduced symptoms of depression.





Aims:

encourage the public to "move for health" and increase their physical activity to build an active lifestyle and prevent non-communicable diseases (NCDs).

encourage and support pre-primary institutions in their pursuit of cultivating healthy eating and active living habits in children:
(i) to create conducive environments for healthy eating and physical activity for preschool children in the school and at home; and
(ii) to help preschool children cultivate a sustainable healthy lifestyle.



Target group

General Public

Pre-primary institution

Method:

Various campaign to encourage the public to increase physical activities

Formulating Healthy Eating and Physical Activity School Policy

Mental Health Initiative



- Mental health is the fundamental of keeping personal health as well as maintaining function of the society. The WHO issued the “Mental Health Action Plan 2013-2020” in 2013.
- One of the objectives of the Action Plan is to implement strategies for promotion on mental health and prevention of mental disorder.

Joyful@HK



- territory-wide **3-year mental health promotion campaign**, launched by the Department of Health in January 2016.
- **Objectives of the campaign:**
 - increase public engagement in promoting mental well-being; and
 - increase public knowledge and understanding about mental health

Preventive Care

— Department of Health (DH)

- Preventive Care

- ❖ Immunization Program

- ❖ Child health services

- ❖ Student Health Service

- ❖ Woman Health Service

- ❖ Elderly Health Service

Preventive Care

- Hong Kong Childhood Immunisation Programme

AGE	IMMUNISATION RECOMMENDED
Newborn	BCG Vaccine Hepatitis B Vaccine - First Dose
1 month	Hepatitis B Vaccine - Second Dose
2 months	DTaP-IPV Vaccine - First Dose Pneumococcal Vaccine - First Dose [#]
4 months	DTaP-IPV Vaccine - Second Dose Pneumococcal Vaccine - Second Dose [#]
6 months	DTaP-IPV Vaccine - Third Dose Hepatitis B Vaccine - Third Dose
12 months	MMR Vaccine (Measles, Mumps & Rubella) - First Dose Pneumococcal Vaccine - Booster Dose [#] Varicella Vaccine - First Dose *
18 months	DTaP-IPV Vaccine - Booster Dose
Primary 1	MMRV Vaccine (Measles, Mumps, Rubella & Varicella) - Second Dose * DTaP-IPV Vaccine - Booster Dose
Primary 5	Human papillomavirus vaccine - First Dose [^]
Primary 6	dTap-IPV Vaccine - Booster Dose Human papillomavirus vaccine - Second Dose [^]

Immunisation Programme

- Pneumococcal vaccination —free vaccination for specific high risk groups (including elderly aged 65 or above)
- Seasonal Influenza Vaccination—free / subsidized vaccination for specific high risk groups (including elderly aged 65 or above)

Child health services

- Parenting programme
 - to equip parents of all children attending MCHCs with the necessary knowledge and skills to bring up healthy and well-adjusted children. Anticipatory guidance on child development, childcare (e.g. nutrition, home safety, oral health etc.) and parenting are provided to all parents during the antenatal period and throughout the pre-school years of children,
 - information leaflets, parenting and individual counselling.

Child health services

- Positive Parenting Program

- for parents of children with early signs of behaviour problems or those who encounter difficulties in parenting, a structured group training programme on positive parenting skills

Child health services

- **Immunisation**

- MCHCs provide immunisation to children up to the age of 12 according to the Hong Kong Childhood Immunisation Programme. (As stated previously)

- **Health and Developmental Surveillance**

- routine reviews conducted by health professionals, designed to achieve timely identification and referral of children with health and developmental problems. These include a physical examination of the new-born child, periodic monitoring of the child's growth parameters, and formal hearing and vision screening tests at specific ages.

Child health services

- **learning and developmental screening**

- Free service is provided for Hong Kong citizens for child learning and developmental screening

- Screening for early diagnosis of learning disability and developmental problem : Attention deficit hyperactivity disorder (ADHD) / autism spectrum disorder (ASD) / reading and writing difficulty/ global developmental delay and mental retardation

- Developmental assessment centres are located in different regions

Maternal Health

- **Antenatal service**

- 31 Maternal and Child Health Centres (MCHCs) in Hong Kong

- A comprehensive antenatal shared-care programme is provided to pregnant women, to monitor the whole pregnancy and delivery process.

- To ensure the continuity of quality care, antenatal service clustering between MCHCs and hospitals under the HA of the same district is provided. Pregnant women should attend the MCHC having shared antenatal care with HA hospitals.

Maternal Health

- **Postnatal Service**

— Postnatal mothers are provided with physical check-ups and advice on family planning. Postnatal mothers are given help and support to adapt to changes in life through individual counselling.

Maternal Health

- **Postnatal Service**

- **Counselling service** focusing especially on breastfeeding and preventing postnatal depression

- **Establish approach of marketing on breastfeeding substitute** for infant and young children up to age of 3 years

- Hong Kong Code of Marketing of Breastmilk Substitutes

Woman Health

- health promotion and disease prevention programme is offered to all women at or below 64 years of age to cater for their changing needs in different life stages from late adolescence/young adulthood to middle-age and those associated with role changes.
- **Programs provided:**
 - ❖ Sexual and Reproductive Health
 - ❖ Psychosocial Health
 - ❖ Physical Health and Lifestyle

Student Health

— to safeguard both the physical and psychological health of school children through health promotion and disease prevention services, enabling them to gain the maximum benefit from the education system and develop their full potential.

Student Health Service Centres

- 13 Student Health Service Centre (SHSC)
- Enrolled students will be given an annual appointment at a student health service centre to receive services meeting the health needs at various stages of their development.
- Services provided : physical examination, screening for health problems related to growth, nutrition, blood pressure, vision, hearing, spine, psychological health and behaviour; individual health counselling and health education. Students found to have health problems will be referred to the special assessment centre or specialist clinics for detailed assessment and follow-up.

Student Health

- 4 Special Assessment Centre
 - Students found to have health problems will be referred to the special assessment centre or specialist clinics for detailed assessment and follow-up.
- Health Promoting School Programme.
- School based educational psychologist and social workers are providing territory-wide service.
- Emotional support and suicide prevention service.

Elderly Health Service

- 18 elderly health centres in Hong Kong
- to address the multiple health needs of the elderly by providing integrated primary health care services to them. Preventive, promotive and curative services are provided from a family medicine perspective using a multi-disciplinary team approach.
- Elders aged 65 or above are eligible for enrolling as members of Elderly Health Centres. Enrolled members are provided with services of health assessment, counselling, health education and curative treatment.

Elderly Health Service

- **Visiting Health Teams**

—The Visiting Health Teams reach out into the community and residential care settings to provide health promotion activities for the elderly and their carers in collaboration with other elderly services providers. The aim is to increase their health awareness, the self-care ability of the elderly, and to enhance the quality of caregiving. All services provided are free of charge.

—Target service recipients include elders and their carers (e.g. family members, home helpers, domestic helpers, staff working in residential care homes for the elderly and elderly centres, and volunteers providing services to the elderly).

HKMA's commitment

- **Setting up Committee and Task Force related to wellness**
 - Community Service Committee
 - Health Education Committee
 - Task Force on “Exercise for Health” Project
 - Task Force on Mental Health
 - Focus Group on Common Mental Disorders PPP
- **Introducing the DASH diet**

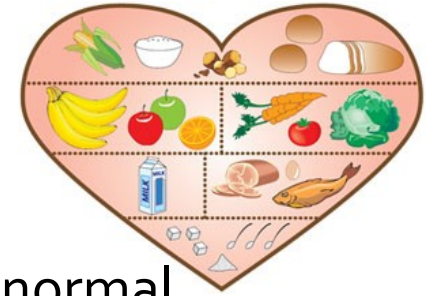
Disseminate information on “wellness”

Public Health Education 公眾健康教育

The HKMA has disseminate information on “wellness” in our website

S/N	↑↓ Title		
#	Radio Programs 電台節目		
#	Beat Drug Projects 抗毒活動		
#	What You Need to Know About Drink Driving 醫生律師話你知酒後駕駛知多D	-	View
#	Healthy 8,000 Steps Award Scheme 健步8,000大行動	-	View
#	DASH Diet 得舒飲食	-	View
#	Promotion for the Use of Serving Chopsticks & Spoons 推廣公筷公羹	-	View
#	Hong Kong Academy of Medicine Specialty Descriptions 香港醫學專科學院專科簡介	-	View

DASH Diet



- The DASH diet is a healthy eating habit. It can prevent hypertension in normal people and will also help in patients with hypertension. DASH diet can be delicious and it is no more expensive than food we take every day.
- DASH Diet:
 - a diet rich in potassium, magnesium and calcium and high in fruits, vegetables & low fat dairy foods, and also rich in fibre and protein can reduced hypertension. The diet should also be high in whole grains, poultry, fish and nuts while being low in fat and red meat content, sweets and sugar-containing drinks.
 - The diet will reduce systolic blood pressure by 6 mm Hg and diastolic blood pressure by 3 mm Hg in patients with normal blood pressure. Those with hypertension dropped by 11 and 6, respectively. In addition to its effect on blood pressure, it is considered a well-balanced approach to eating for the general public. It is now recommended by the U.S. Department of Agriculture (USDA) as an ideal eating plan for all Americans.

DASH Diet

- DASH Diet Press Conference
- "Bringing Better Health to Our Community" Community Service Day on Sunday, 23 October 2011
- The Outreach Program
In conjunction with the Hong Kong Medical Association and the Queen Elizabeth Hospital, the team carried out an Outreach Program to 5 schools. The response from the students was very good.



DASH Diet

- Chinese DASH recipes : The Hong Kong Medical Association, in conjunction with the Queen Elizabeth Hospital, the Hong Kong Baptist Hospital and the Hong Kong Nephrology group, has designed a set of Chinese DASH recipes.
- To promote the DASH diet, the Hong Kong Jockey Club is considering putting up a DASH menu in all of the Club restaurants starting from the end of March this year. The project is supported by the Hong Kong Medical Association. The diet was reviewed by Dr Ho Chung Ping and the Hypertension Hong Kong Team.

DASH Diet and healthy eating habit

- Dr. Alvin Y. S. CHAN composed a theme song titled "**Healthy Ways of Eating**" for DASH diet.

<https://youtu.be/RAjuFHR7Uuw>

- Dr. Alvin Y. S. CHAN composed another song on healthy eating:

<https://youtu.be/eFdVAr1a1Tc>

「治未病」

“ To start treating an illness before onset ”

Reference

1. 8 Dimensions of Wellness, (UMD) University of Maryland's Your Guide to Living Well. Available from: <https://umwellness.wordpress.com/8-dimensions-of-wellness/>
2. Dunn HL. High level wellness. R.W. Beatty, Ltd: Arlington; 1973.
3. Steinberg, K. Wellness in every stage of life: a new paradigm for public health programs. Prev Chronic Dis [serial online] 2007 Jan . Available from: http://www.cdc.gov/pcd/issues/2007/jan/06_0120.htm.
4. American College of Preventive Medicine, Available from : <https://www.acpm.org/page/preventivemedicine>