

# A Safe Community & Healthy City Project in Kwai Tsing – Sustainable Development on Community Health

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Kwai Tsing (KT) is one of the 18 Administrative Districts in Hong Kong with 523,300 residents. It is famous of the large container terminal and highway networks; and is close to the international airport. Safe Community and Healthy City Project in KT has been a long-term urban health development since Year 2000.

At the initial stage, efforts were made in establishing the structure so as to put the community partners together and working towards the same goal. In order to sustain the community work, the Kwai Tsing Safe Community and Healthy City Association as a Non-Governmental Organization was formed in August 2002.

After SARS, a more systematic approach was adopted. A study on Community Diagnosis was conducted with issues identified and followed up by the local District Council. Setting approach was adopted to promote safety and health in schools, elderly homes, housing estates and hospital. Collaborative partners were set up to perform site inspection, health and safety promotion, education and management control. Moreover, to establish firm footings in the community, Community Health Resource Centers were set up in the PMH and Tsing Yi.

In 2005, the Safe and Health Charter (安健約章) was launched. The program included 45 information display stations and 23 health galas for over 2,000 residents in KT. A movement was subsequently launched in 2006/07 for the prevention of 3-Highs, i.e. hypertension, high blood sugar and high blood cholesterol. Another demonstration project is the Diabetes Retinopathy Screening Program launched in November 2005. The target is to provide annual eye examination preventing blindness for diabetes patients.

To further plan and monitor the Safe Community movement, KT was pioneered to design and develop an injury surveillance system. The system is to capture data on injuries presenting at the Accident and Emergency Department of PMH. An injury map will be produced to show the prevalence of different types of injuries at different locations in the district. We have overcome considerable challenges and difficulties in achieving the target of 36% reduction of injuries from 2002.

In the past 7 years, Kwai Tsing has set a role model to integrate safe community and healthy city in Hong Kong – i.e. firstly designated and re-designated as the 73<sup>rd</sup> Safe

Community in 2003 and 2007, respectively; and became the Founding Member of the Alliance for Healthy Cities in 2004. It also provides a good foundation for the bottom-up approach in promoting community health in addition to the formal health services organizations.