

Outreach Community Education Program – “Living Without Diabetes”

Li Chi Yin, Eva

Institution : Diabetes Hongkong

Introduction

World Health Organization (WHO) has estimated that 700,000 people suffer from Diabetes in Hong Kong and it has predicted the prevalence will increase to 1.2 million in 2025. This rising trend of diabetes is attributed to over-eating, overweight / obesity and sedentary lifestyle. To promote social awareness on diabetic care and prevention of the disease, Diabetes Hongkong has started the Outreach Community Education Program since June 2006.

Purpose of the Project

The purpose of the program is to provide education on diabetes-related knowledge with primary health checks to clients, residents of local housings and staff of the applied organizations.

Material & Methods

- A one-hour talk is provided to program attendants by the DHK Center Nurse or a Registered Dietitian through PowerPoint presentation and playing of educational VCDs on diabetes. Occasionally, patients with diabetes are also invited to share their experiences in dietetic care.
- Health checks, including measurement of blood pressure, body mass index (BMI) and blood glucose, by a well trained volunteer team are offered to program attendants after the talk.
- Individual consultations by voluntary nurses will be provided to attendants who have finished all health checks. Souvenirs and educational leaflets are distributed to them at the end of the program.
- Two sets of display boards on 'Basic Knowledge on Diabetes' and 'Diabetes and Obesity' will be lent to the participating organizations for a week.

Results

From June 2006 to January 2008, 14 organizations joined our programs which attracted participation of 14,000 people. Feedbacks from program attendants were positive and encouraging. Generally, the programs have helped increasing local community's awareness on diabetes as well as patients' knowledge and skills in diabetes management.

Conclusions

The Outreach Community Education Program introduced by Diabetes Hongkong has been an effective channel for the promotion of community health since its launch in 2006. The need for the program is indeed reflected by the increasing numbers of programs over the years.

