



Other Abstracts

Community Health Promotion program on Weight Management

Author: Lau W H, Cheung Y H K, Law T C, Lau W H

Institution: Hung Hom Clinic, General Outpatient Clinic, Kowloon Central Cluster

Introduction:

The prevalence of obesity is increasing. Obesity is a major risk factor for mortality, chronic illness and psychosocial disorder. A community health promotion program was held in SKH Holy Carpenter Church School on 19 th August,2007, co-organized by Hung Hom Clinic, Lions Club International District 303 Hong Kong & Macau, and SKH Holy Carpenter Church District Elderly Community Center.

Purpose of the Project:

1. To arouse the public awareness and understanding of weight management;
2. To promote healthy life style and improve the quality of life;
3. To empower the participants to make appropriate health valued decision
4. To strengthen community action for creating supportive environment;
5. To reduce the prevalence of chronic illness in the community;
6. To enhance intersectoral collaboration with NGO and charity organization.

Material & Methods:

The activities included body check, doctor consultation, health education talk, demonstration of physical activity, Tai Chi and dancing show and booth for games. Body check/screening of BMI , body fat analysis, osteoporosis ultrasound screening, cholesterol test and body flexibility test were conducted. Update related topics were disseminated to participants via health talk and powerpoint presentation. A multidisciplinary approach was adopted with the help of health care professional, physical trainer, volunteers , auxiliary medical service staff, school, housing officers in Hung Hom district.

Results:

Three hundred and thirty people living in Hung Hom district participated in the community health promotion program. According to the program satisfaction survey, about 80% participants found that the community program was interesting and useful. The overall awareness on obesity associated disease, health status screening, the benefit of diet control and exercise were increased.

Conclusions:

With the aim to increase individuals' consciousness about their health status about their health status, health professional should recognize their roles and responsibilities, organize community health promotion program towards risky behaviors. In long term, it may reduce the health care burden.