

A Partnership Program to Promote Health for School Children in North District

Wu B B^{1,3}, Au W L^{1,3}, Lai K K^{1,3}, Cheng S Y^{2,3}

Administration¹, Health Resource Centre², North District Hospital³

Introduction:

Building up health likes saving, early the start, the result is better. Healthy life style is a simple way to build up and to maintain health. Thus group of doctors, nurses and physiotherapist join together to derive health building programs target mainly for primary and secondary school children to increase their awareness on the essence of health life style since 2002.

Purpose of the Project:

The project aims to introduce health concept and ways to improve the health status for school children, teachers and parents in fun and joy so that they could integrate the concept into their life pattern. It is the sole purpose of the program that the school children, teachers and parents would adopt a healthy life style in their daily living.

Materials & Methods:

In order to reach the target group, NDH collaborates with North District Secondary School Principals Association and North District Primary School Heads Association, financed by North District Council, to implement the project. To facilitate the teachers to cultivate healthy life style with students, lectures and workshops on issues that closely related to their daily living were arranged. They included how to prevent infection, essence of hand hygiene, body weight control, diet, interpersonal skill and stress management, etc. In 2006, cardio-pulmonary resuscitation training was arranged. To encourage school children actively involve in the program, various competitions were arranged in form of quiet and active mode such as badge, bookmark, power-point design competition and fancy rope skipping competition. It enabled the school children to work out the health promoting ideas with their classmates, friends and family members.

Result:

Since the launch of the program, more than 2000 numbers of primary and secondary school children, teachers and parents participated at the program. Many of them continue the program within their school such as fancy rope skipping at rest. The children energetically and happily do the exercise. Some schools form health promoting club to share health information with the classmates.

Conclusion:

Cultivating a habit takes time. With the support from schools, management and parents and government, it is believed that the concept of building healthy life style could be seeded at the children and adult.