



## News from the International HPH Network

### Hong Kong Network – a small but active network

#### About the Hong Kong Network

**The Regional HPH Network consist of four members:**

Hong Kong Adventist Hospital, Tsuen Wan

Hong Kong Adventist Hospital, Stubbs Road

Jockey Club Tin Shui Wai Community Health Centre

The University of Hong Kong, Shenzhen Hospital

The Regional Network is coordinated by Regional Coordinator Alan Siu Yuk Lung from the Lifestyle Management Center at Hong Kong Adventist Hospital.

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The first two Hong Kong based hospitals joined the international HPH Network in 2012 in relation to the HPH Conference held in Taipei, Taiwan, and with four member hospitals it is one of the smallest National/Regional HPH Networks. But the diminutive size does not mean that the network is not strong on ideas and projects. We have interviewed Alan Siu Yuk Lun the coordinator of the Hong Kong Network about their projects and organisation.

*We know you have a strong focus on involving the community in your projects, can you enlighten us in some of your project and how you involve your community in your Health Promotion activities?*

Overall we tend to Structure health programs and lifestyle management activities to fit the needs of the community and we engage in collaborative effort to achieve disease prevention.

In 2015, we developed a team focusing on Healthy Training and Development and in 2017 the team extended their work to include Diabetic Risk in the Health Program. Under the projects, the team holds a series of training activities in the community where the participants can have their risk for lifestyles related diseases assessed and informed about it.

Another example of our community commitment is our projects with kindergartens where we have a focus on increasing the intake of fruit and vegetables for children and their parents. This project is done in collaboration with a local NGO and is under application for funds through the Health Government.

A final project, I would like to highlight is our Corporate Health Screening project where we screen employees for lifestyle risk factors. In collaboration with the corporates administration, a group is

*In the Western hemisphere, most people have limited knowledge about traditional Chinese Medicine, but in Hong Kong the health sector encompasses both the traditional and the western approach. Can you elaborate on how the patient sand relatives perceive Health Promotion?*

Traditional Chinese Medicine is normally perceived with fewer side effects and is today used as supplements to the more Evidence-based western approach. The traditional Chinese Medicine is perceived with a better overall effect upon physical wellness compared to Western Medicine. The Evidence-based lifestyle management approach is used to bridge the two management domains.

*Thank you vey much for the exiting insight in the Hong Kong Network.*



Cooking class for patients and relatives  
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