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葵青安全社區及健康城市協會
Kwai Tsing Safe Community and
Healthy City Association

十周年紀念特刊
10th Anniversary Report



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Foreword

序言



Mr. Chow Yick Hay BBS JP

Chairman of Kwai Tsing Safe Community and Healthy City Association

周奕希 BBS 太平紳士

葵青安全社區及健康城市協會主席

Kwai Tsing is the first district in Hong Kong to launch the Safe Community and Healthy City project. With the success of many safe & healthy projects we organized in Kwai Tsing in the past years, other districts and organizations had come to Kwai Tsing to learn from our experiences. As a member of the Safe Community Network worldwide, we have actively engaged in exchanges with delegates from China, Macau as well as other foreign countries. In the past 7 years, more than 18 visits were officially organized for 352 visitors from all over the world; experiences of the Kwai Tsing Safe Community were also shared in over 18 international conferences with 25 presentations delivered.

This year marks the 10th Anniversary of the Kwai Tsing Safe Community and Healthy City Association (KTSCHCA). The decade of hard works reflect the dedication of the Board of Directors, funders, partners and collaborators to the KTSCHCA. In the past 10 years, the Association has strived for innovation and aimed for more inter-sectoral collaborations. Under limited manpower and resources of the Association, the outcomes of our work have been phenomenal and far-reaching. I would like to take this opportunity to express my gratitude for the organizational and professional support we have received from Kwai Tsing District Council, Kwai Tsing District Office, Hong Kong Polytechnic University, Princess Margaret Hospital and other institutions. Building upon the solid foundation, we are hopeful of a more fruitful future.

I also look forward to support from Hong Kong government which would be critical for developing more safe & healthy projects in Kwai Tsing.

葵青區是首個結合「安全社區」及「健康城市」運動的中國地區。在過去的十年，我們在葵青區成功推行了多個安健工作計劃。作為世界「安全社區」網絡的成員，我們和內地、澳門、台灣及多個海外城市緊密聯繫。協會的代表團出席了多個國際會議，發表了 25 次專題報告；接待了來自世界 18 個地區的 352 位訪客，當中包括政府官員、地方政府首長、大學學者和衛生專家等。他們的到訪，促進了相互的關係和經驗交流。

今年是葵青安全社區及健康城市協會成立十周年，回顧過去的工作，我們全體董事及全仁在有限的資源下，仍本著一貫的服務精神，透過跨界別的協作，推動葵青區的「安全社區」及「健康城市」工作，成績有目共睹。總括而言，我們有今日的成果，有賴各方熱心夥伴的共同努力，特別是葵青區議會、葵青民政事務處、香港理工大學、瑪嘉烈醫院和葵青區的公私營機構的支持。

展望未來，我們將以目前的成果作為新的起點，秉持協會成立的宗旨，世界衛生組織「安全社區」及「健康城市」的理念，為建造一個更安全、健康、活力、和諧的葵青社區繼續努力。



葵青安全社區及健康城市協會成立十周年誌慶

弘揚安健
嘉惠社區

政務司司長林鄭月娥



葵青安全社區及健康城市協會十周年紀念

提倡安健
促進和諧



民政事務局局长 曾德成





葵青安全社區及健康城市協會成立十周年誌慶

社區安健
永續欣榮

勞工及福利局局長張建宗



葵青安全社區及健康城市協會十周年誌慶



十載建樹
萬戶安康

食物及衛生局局長高永文



葵青安全社區及健康城市協會成立十周年

衛生署署長陳漢儀醫生獻辭

葵青區於 2002 年開展了「健康城市」計劃，並於 2003 年成為亞太區健康城市聯盟的創會會員。在過去十年，葵青安全社區及健康城市協會在促進區內居民健康的工作上不遺餘力，貢獻良多。協會透過多項活動去實踐「全民健康」的使命，當中包括各項安健計劃，例如「安健屋邨」、「安健學校」、「健康醫院」、「安健院舍」等，都有效地提高了葵青區市民的安健意識，減少了意外受傷的機會。此外，協會在長青邨設立了一個以社區健康照顧模式為本的「社區健康中心」，為居民提供服務。為推廣安全健康文化，協會亦設立了葵青傷害監測系統，對受傷個案數字進行分析研究，制定相關的改善計劃及建議。

健康城市計劃的目的，是為社會建立共同目標，透過社區參與，改善對健康有影響的有形實質、社會及經濟環境，以致互相支持發揮個人潛能。健康城市這個概念的重點在於過程，而非只看結果。計劃不一定要令社區達至某程度的健康狀況，而是希望令市民意識到健康不僅是個人責任或醫療事務，是需要社區居民共同參與改善。經過十年的努力，葵青健康城市計劃所帶來的裨益，大家有目共睹。

展望未來，我深信在協會的帶動下，葵青社區的「健康城市」運動將得以持續進行，並對整個香港社會帶來深遠的影響。

我衷心祝賀葵青安全社區及健康城市協會成立十周年，並祝願研討會圓滿成功。



衛生署署長陳漢儀醫生



葵青安全社區及健康城市協會十周年誌慶會刊

積健為雄
服務為本



葵青區議會主席方平



葵青安全社區及健康城市協會十周年紀念



安
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舉

眾
賢
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心

葵青民政事務專員羅應祺





葵青安全社區及健康城市協會十周年誌慶



安健社區是葵青
家家戶戶樂盈盈

醫院管理局主席胡定旭



葵青安全社區及健康城市協會十週年誌慶



同心同德
潤澤社群

葵涌及瑪嘉烈醫院
管治委員會主席方剛





**Kwai Tsing Safe Community
and Healthy City**

葵青安全社區及健康城市

Kwai Tsing Safe Community 葵青安全社區

Kwai Tsing Safe Community Movement

Safety is a fundamental human right that deserves universal concern and concerted effort to promote globally. To be a safe community is not what has been achieved or the current status in safety issue but a commitment to safety and a process and structure to achieve it. In view of the current level of industrial, domestic and traffic injuries in the district, there is a need to improve safety performance and promote safety concept.

WHO Safe Community Network

The WHO Safe Community Network has been developed based upon the bottom-to-top philosophy: see what works on the local level with the scientific knowledge already available and benefit from these working projects by observing them and drawing best-practices conclusions for projects on a global level afterwards.

Kwai Tsing Safe Community

Kwai Tsing Safe Community was inaugurated in October 2000 under the joint effort of the Kwai Tsing District Council (KTDC) and the Occupational Safety and Health Council (OSHC) together with more than 10 local public and private organizations. The objectives of the Safe Community are to promote a safety culture, to coordinate resources in Kwai Tsing to implement systematic changes, to share experiences and to contribute to International Safe Community Network under World Health Organization.



葵青安全社區

「安全社區」由世界衛生組織倡導，指藉著社區上不同界別，如公營機構、學校、醫院等組織相互協作，為區民提供一個安全健康的生活及工作環境。

世衛安全社區網絡

世衛安全社區網絡是一個由下而上的概念：著重發揮地區固有的資源，透過各界相互協作和有效的實踐，將社區的水平提升至世界水平。

葵青安全社區

依據葵青區各類意外，如工業、家居、交通意外的發生情況，實有需要為區注入「安全社區」的元素，提升公眾對安全的意識，故此，2000年10月，葵青區議會與職業安全健康局聯同區內十多個公營機構，共同成立了「葵青安全社區」，透過整合社區上資源、以有系統的改善措施，推動社區安全文化，為葵青區居民締造一個安全健康的生活及工作環境，並與其他社區分享成功，為世界衛生組織所推動的「安全社區網絡」作出貢獻。



Kwai Tsing Healthy City 葵青健康城市

WHO Healthy City

The WHO Healthy City is one that is continually creating and improving the physical and social environments and expanding the community resources that enable people to support each other, lead a healthy and active daily life and develop to their maximum potential. It does not need to have a particular health status, but it needs commitment to improve health and a structure for doing this. The Healthy City's concept emphasizes joined up, intersectoral planning and working to achieve improved health for all. It also stresses the importance of tackling inequalities and providing the same opportunities to all citizens.

Kwai Tsing Healthy City was initiated in October 2001 under the leadership of the Chairman of the Kwai Tsing District Council. It aims at integrating health promotion together with safety programs organized by the Kwai Tsing Safe Community Working Groups. Through these projects, both safety and health messages can be brought to every setting within the district.

In October 2004, Kwai Tsing became one of the Founding Members of the Alliance for Healthy City in West Pacific Region of the WHO. Members of the Steering Committee attended the inaugural general assembly in Kuching.

Kwai Tsing Safe Community and Healthy City

Starting from the inauguration of the Kwai Tsing Safe Community in October 2000, a wide range of safety promotional programs were implemented: 15 projects for all ages, 12 projects for occupational safety and health, 13 projects for home safety, 5 projects for road safety, 6 projects for crime prevention. Several surveys had been conducted to assess the community's perception on safety issues. Injury data collected from Accident & Emergency Department (AED) of Princess Margaret Hospital were analyzed and programs were designed for different age groups. For the 2001 to 2003 data, a 48% reduction in injuries treated at AED had been achieved.

After the site visit by WHO Official in November 2002, World Health Organization (WHO) designated Kwai Tsing District to be the 73rd Safe Community on 18 March 2003 and re-designated it again on 26 November 2007. In October 2004, Kwai Tsing has also become the Founding Member of the Health Cities Alliance in West Pacific and is one of the key drivers for the formation of the China Hong Kong Chapter, Alliance for Healthy Cities.



世衛健康城市

世界衛生組織所倡議的「健康城市」並非純粹一個衛生標準，而是一個可適用於世界任何地區的理念，該理念強調共同參與、聯繫、承諾以及平等。透過各界別參與和相互協作，強化社區資源，改善共同擁有的社區環境，建設健康和積極的社區生活。

2001年10月「葵青安全社區」在葵青區議會主席帶領下加入了「健康城市」元素，藉固有的「安全社區」組織和網絡，讓健康社區的概念一同帶到區內每一個社會層面。

2004年10月葵青成為世界衛生組織西太平洋區域「健康城市聯盟」創會會員，督導委員會成員參加在馬來西亞古晉舉行的成立典禮。



葵青安全社區及健康城市

葵青安全社區自2000年成立以來，已為葵青區居民舉辦數十項安全文化的推廣活動，主題包括：職業安全、家居安全、道路安全、防止罪案等。據瑪嘉烈醫院急症室2001-2003年度求診個案數據顯示，該期間因意外受傷求診人數大幅下降48%，相信在葵青安全社區計劃的引領下，市民大眾的安全和健康意識得到顯著提升。

2003年3月18日，葵青區經世界衛生組織作實地評核後，正式確認葵青區為全球第73個「安全社區」。2004年10月，本區更成為世界衛生組織西太平洋區域「健康城市聯盟」創會會員，在成立「健康城市聯盟」香港分會上，擔當重要的角色。承著葵青區持續推動本區安健文化，於2007年11月本區再被確認為「安全社區」。

Kwai Tsing Safe Community and Healthy City Association 葵青安全社區及健康城市協會

Kwai Tsing Safe Community and Healthy City Association

In August 2002, the Kwai Tsing Safe Community and Healthy City Association (KTSCHCA), an independent charitable organization was established. It seeks to provide a sustainable structure to continue the work towards a Safe Community. On 8 March 2004, the Association was renamed as "Kwai Tsing Safe Community and Healthy City Association Limited" and was incorporated as a charitable organization.

Objectives of the Association

- To promote public health and public safety by establishing safe environments and healthy habits in daily living;
- To recognize major public health and public safety issues and for such purposes to make innovative changes by pooling community resources and concerted efforts;
- To create supportive environments for promoting and sustaining the public health and public safety of Kwai Tsing citizens through inter-sectoral participation and community partnership;
- As a community platform, the Association enables people of all races, religions, political beliefs, economic or social statuses to have equal access to health care; and
- To work closely with the World Health Organization and other international bodies for advancing the objects of the Association.

In order to facilitate the development of the Association, high-level government officials are invited to be Patrons and generous donors as Advisors. Renowned leaders from Kwai Tsing District, government, hospital and university join together to become the Board of Directors. A list of members is attached in Appendix 1.

葵青安全社區及健康城市協會

為更有效推動安全和健康社區的持續發展，「葵青安全社區及健康城市協會」於2002年8月正式成立，協會更於2004年3月8日註冊為慈善機構。

成立目的和理念

- 推廣健康及安全概念，為地區建立安全環境和文化
- 匯聚地區資源和力量，對公共健康及社區安全的議題提出改善措施
- 聯繫社區夥伴，為葵青區居民推展和維持公共健康及安全的環境
- 作為社區平台，讓不同種族、宗教、政見、經濟環境、社會地位的人士，均獲得有關健康及安全訊息
- 與世界衛生組織及其他國際機構緊密合作，促進會務發展

為穩健發展會務，協會邀請政府長官及捐款資助者擔任榮譽贊助人；葵青區區議會主席、葵青民政事務專員、醫院及大學管理層代表亦應邀加入本會成為董事會成員。(見附錄1)





Milestones of Development



重要里程

Milestones of Development

October 2000
Kwai Tsing Safe Community was inaugurated



January 2002
Kwai Tsing Health City was inaugurated



January 2002
Secretariat office at PMH Community Health Resource Centre started operation



August 2002
Kwai Tsing Safe Community and Healthy City Association was established.



2002

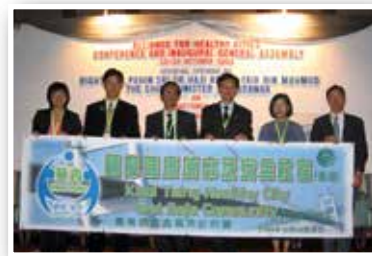
2003

2004



March 2003
Kwai Tsing was designated by WHO the 73rd Safe Community

October 2004
Kwai Tsing became one of the Founding Members of the Alliance for Healthy City in West Pacific Region of the WHO



2004
Started the settings approach in promoting safety and healthy through Safe and Healthy Estates, Schools, Hospitals and Elderly Homes.



November 2004
Tsing Yi Community Health Centre was established in Cheung Ching Estate.



November 2005
Started the Retinopathy Screening Service for Diabetic Patients in collaborated with the School of Optometry, HK Polytechnic University and Family Medicine of KWC.



2005
Began to launch CPR training called "CPR for All" in school and community every year



2005

2006

June 2006
Launched the "Safety and Health Charter" to promote "Prevention of 3 Highs" and distribute the "Personal Health Passports" in the community



2008
Kwai Tsing was awarded the Healthy City Innovative Development Award by the WHO Alliance for Healthy City



2007

2008

December 2007
Kwai Tsing Safety Promotion and Injury Prevention Centre was set up



2009
Injury surveillance system was awarded with the HK ICT and Asia Pacific ICT Awards



June 2009
With support from Kwai Tsing District Office, QK blog was officially opened

2009

January 2010
4,800 people joined CPR training together which broke the Guinness World Record.



2011
Kwai Tsing Smoke-Free Community was launched



2010

2011

2012
Art in Hospital to exhibit patients' artwork to celebrate the 15th Anniversary of the HK SAR and the Association's 10th Anniversary



2010
Kwai Tsing was awarded the Pioneers in Healthy City Award by the WHO Alliance for Healthy City



2013



January 2013
The Kwai Tsing Safe Community and Healthy City 10th Anniversary Conference

發展里程

2000年10月
葵青安全社區計劃啟動



2002年1月
位於瑪嘉烈醫院「社區健康資源中心」正式啟用，並為本會秘書處。



2002年8月
葵青安全社區及健康城市協會成立。



2002年1月
健康城市計劃展開



2005年11月
與理工大學視光學及家庭醫學科合作，為糖尿病人提供視網膜病變篩選檢查



2005年
開始每年在學校及社區推行 CPR 訓練，名為「心肺復甦齊齊操」



2006年6月
「安健約章」啟動，在社區推廣「預防三高」和派發「個人健康記錄冊」



2008年
獲健康城市聯盟頒發「健康城市創新發展獎項」



2010年1月
4,800名市民共同參與 CPR 訓練，獲列入《世界健力士紀錄大全》



2010年
得到健康城市聯盟頒發「健康城市先導者大獎」



2000

2001

2002

2003

2004

2005

2006

2007

2008

2009

2010

2011

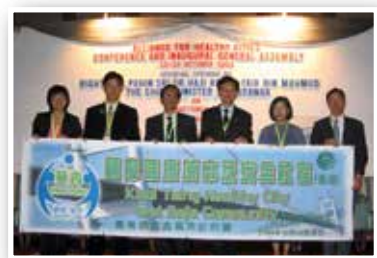
2012

2013



2003年3月
世界衛生組織確認葵青區為全球第73個「安全社區」

2004年10月
成為世界衛生組織西太平洋區域「健康城市聯盟」創會會員



2004年11月
位於長青邨的「青衣社區健康中心」正式運作

2004年
開展以地區為主的安健計劃「安健屋邨」「安健院舍」「安健學校」陸續展開



2007年12月
「安全促進及傷害預防中心」正式成立



2009年
傷害監測系統獲香港及亞太區資訊科技獎



2009年6月
得到葵青民政處的支持，「QK部落」正式成立



2011年
葵青無煙社區計劃啟動



2012年
「藝術在醫院」展覽，為香港特別行政區成立15周年和協會成立十周年慶典



2013年1月
葵青安全社區健康協會成立10周年研討會

Settings Approach

以地區為本的項目計劃



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Settings Approach

Settings Approach is a “whole-of-society” approach where policy makers, health authorities, members of non-health sectors, community members and families and individuals work together, with specific roles and responsibilities, to develop and implement a response plan. It is a collaborative approach that builds on and strengthens existing networks, and recognizes the importance of positive working relationships and effective decision-making.

Settings represent effective contexts where community resilience can be enhanced and strengthened. Settings are the normal contexts in people’s daily lives where they “live, work and play” such as schools, workplaces, markets and cities. Collaborative actions and integrative approaches are best possible within such settings that allow for the natural set of relationships, social networks and existing social capital to be utilized. Such communities are also able to react effectively to subsequent crises and efficiently return to normal functioning.

Since October 2003, being recovered from the SARS epidemic, the KTSCHCA undertook a major review to identify effective strategies for building a Safe and Healthy Community. The Settings Approach was adopted to implement safe and healthy schemes in a defined geographical area. Each year, work plans are submitted to Kwai Tsing District Council to solicit necessary funding and support in order to ensure the coordinated efforts with different sectors are involved.

以地區為本的項目計劃

要有效達至計劃的目標，讓「安健」文化得以在社區紮根，計劃必須以「地區」為基礎。各決策者、團體、以至地區內各個家庭和個體各盡其責，共同推動同一目標之餘，亦需積極聯繫，建立地區網絡，強化計劃的效能。另外，計劃亦需設置於日常生活場所，如學校、工作場所等，讓市民在固有和熟悉的社區網絡和關係下，有效落實以地區為本的計劃目標。

自 2003 年香港爆發「非典型肺炎」後，葵青安全社區及健康城市協會作出了重大的架構重整，採取以地區為主的安健計劃，使「安健」文化孕育在葵青社區。透過葵青區議會的經費支持和民政事務處的協助，將安全管理有系統實踐於不同的機構和地區內。



Safe and Healthy Estates

Goal: To strengthen the property management on key areas related to safety and health in the neighborhood

Safe and Healthy Schools

Goal: To promote a safe and healthy school environment; to prevent injuries and to sustain healthy lifestyle adopted by the teachers, students, and their parents

Safe and Healthy Elderly Homes

Goal: To provide elderly homes with guidance in management and training of worker to help establish a safety management system and culture.

Safe and Healthy Workplaces

Goal: To apply the best practices of proven injury prevention programs to protect the safety and health of employees and any person affected by the activities in the workplace environment

安健屋邨

目標：加強鄰舍支援，改善屋邨管理，提升安全和健康的居住環境。

安健學校

目標：提倡安全健康的學校環境，減少受傷，為教師、學生以及家長提供理想的學習場所。

安健院舍

目標：透過系統建設、管理指引和員工教育，為安老院舍建立安全管理系統和安全文化

安健工作間

目標：為僱主和僱員訂立有效的預防受傷措施，建立安全健康和健康的工作間。

Safe and Healthy Estates 安健屋邨

Safe and Healthy Estates

Since majority of the Kwai Tsing residents live in public housing estates, a Safe and Healthy Estate Scheme was launched to improve home safety and health in 2002. The project aims to strengthen the property management on key areas related to safety and health in the neighborhood.

A set of criteria has been developed as outcome measure for accreditation by the KTSCHCA. These criteria include estate management, greening, safe facilities for the elderly and people with disabilities, education and promotion on health and safety, risk assessment and risk identification in the home, etc.

Improvement Programs involving residents, housing managers, public utilities and volunteers have been effectively changing the living environment. Promotional activities such as home safety exhibition, health talks, first aid training and fire drills are also organized to cultivate safety culture.

A site inspection is carried out by a panel of representatives from governmental departments and private companies. Cheung Ching was the first "Safe and Healthy Estate" accredited in 2003. Since then, 10 Estates have passed the assessment and accredited. They are: Lai Yan Court 荔欣苑, Tierra Verde 盈翠半島, Grand Horizon 海欣花園, Cho Yiu Estate 祖堯邨, Mount Haven 曉峰園, Greenfield Garden 翠怡花園, Cheung Hang Estate 長亨邨, Tsang Yi Estate 青衣邨, Tsing Yi Garden 青怡花園. A total of 72 blocks with 106,000 residents are involved. The success of the Safe and Healthy Estate Project gained the recognition from the Occupational Safety and Health Council and was adopted to become the territory-wide Safe and Health Estate Management Accreditation Project in 2006.



From Kwai Tsing to Hong Kong

With the success of the scheme, the Occupational and Safety Health (OSH) Council recognized the importance and the need for quality estates management to maintain a safe and healthy environment at the community level. In 2006, the OSH Council launched the Safe and Healthy Estate Accreditation Scheme. A guidance kit was issued to facilitate estate managers to adopt the safety management system. A certification of accreditation would be awarded to the estate if assessment results which meet the required standards. Briefing of the Scheme had been included in the award ceremony of the Kwai Tsing Safe and Health Estate in September 2007 to promote the accreditation scheme among housing managers in Kwai Tsing.

安健屋邨

葵青區內大部份人口均居住於公共屋邨，有見及此，協會於 2002 年推出「安全健康屋邨」計劃，加強屋邨的安全和健康管理，從而促進市民安健的居住環境。

計劃參考世界衛生組織的準則，制定了一套評審屋邨屋苑的標準，評審項目包括：屋邨管理、綠化環境、為長者及傷殘人士而設的安健設施、安全健康教育、風險評估及家居安全評估等，並由政府部門、學術機關和公共機構代表擔任評審團。2003 年，長青邨成為通過各項評審，獲確認為首個「安全健康屋邨」，期後，荔欣苑、盈翠半島、海欣花園、祖堯邨、曉峰園、翠怡花園、長亨邨、青衣邨、青怡花園亦陸續獲得「安全健康屋邨」的認證。

協會除透過「認證計劃」帶動屋邨安健文化外，亦積極舉辦不同類型的安健文化教育活動，如：家居安全展覽、健康講座、急救課程、防火演習等，以促進各居民、管理人員、公眾以至義務工作者對社區安全健康的認識。



由葵青至全港

經過多年的推展，目前已逾十個屋邨，72 座大樓獲評核為合資格的「安全健康屋邨」，惠及 106,000 名居民，成績令人鼓舞。職業安全健康局更肯定本計劃的成果，於 2006 年以本計劃為藍本推出「香港安健屋邨確認計劃」，將計劃擴展至全港。此計劃目標主要是鼓勵屋邨管理人員，如果能夠達到既定標準，便頒發證書，以表揚他們推動安健屋邨計劃的努力和成果。



Safe and Healthy Estates 安健屋邨

Tsing Yi Community Health Centre

In order to build up the community networks in the local setting, the Tsing Yi Community Health Centre was established in November 2004. The Centre is equipped with exercise and health assessment equipment. The Centre serves as a health club, a resource pool for local residents and volunteers for training as well as networking. It aims at bringing safe and health information to the community as well as providing sport facilities and creating health information channel within public estates to increase local residents' interest in sport and emphasis in healthy lifestyle.



青衣社區健康中心

為加強社區服務網絡，本會於2004年在青衣長青邨開設「青衣社區健康中心」。中心設有運動設施、自助健康檢查儀器和健康安全資訊站，為居民提供不同資訊之餘，培養居民對運動的興趣，從而促進居民的健康生活。此外，中心亦是義工訓練和服務平台，匯聚社區資源及社區活動的地方。



發展及凝聚社會資本：一屋邨一護士計劃

2005年，協會獲得「社區投資共享基金」撥款資助，試行為期三年的「長青安健屋邨計劃」。本計劃意念創新，結合社會服務和護理服務。透過社康護士和社工合作，識別區內有支援需要的家庭，讓居民組成的「互助聯網」提供協助。三年間，透過民、商、官的合作和社區資源結合，有效減少使用醫院服務達60%，成績顯著。

為持續發展專業協作的成效，在2008年5月，「社區投資共享基金」再次資助協會開展為期三年的「家加關愛在長青」鄰舍互助計劃。計劃以推動社區力量為目標，透過長青邨內熱心人士支援和關懷有需要的家庭，延展鄰里互助精神，提升居民逆境自強的能力。

在「家加關愛在長青」計劃完成後，本會獲得「社區投資共享基金」資助另一個嶄新計劃「安樂窩，笑呵呵」，將長青邨的成功經驗和累積的社會資源帶到長安邨，讓「醫、福、社」聯繫起來，為長安邨的弱勢社群提供全面的社區照顧服務。（「社區投資共享基金」計劃及成效，詳見附錄2。）

Capacity Building with Social Capitals - One Estate One Nurse

In 2005, a 3-year project was funded by the Community Investment & Inclusion Fund (CIIF) to pilot a Safe and Healthy Estate in Cheung Ching through building up the social capitals within the estate. A community nurse was designated to work in Cheung Ching together with a social worker, the underprivileged and deserted families could be identified and supported by the caring networks within the estate. The project had brought in great outcomes. It had not only created social capitals within the estate, but the burden for hospital care was also significantly reduced by 60%.

To further expand the networks, CIIF had granted another 3-year funding for a new project called "Social Capital Strategies - Towards a caring and harmonious community". It aimed at mobilizing community forces, encouraging collaborations across sectors, enhancing the capability of the residents in times of adversity, and expanding their potential in self-care and then care for the others.

Upon completion of the project in May 2011, a new program called "Happy Home Healthy Life" was supported by CIIF. It aims to re-invest the social capitals built up in Cheung Ching to another estate in Cheung On.

A list of the CIIF projects is enlisted in Appendix 2 to include the project details and outcomes



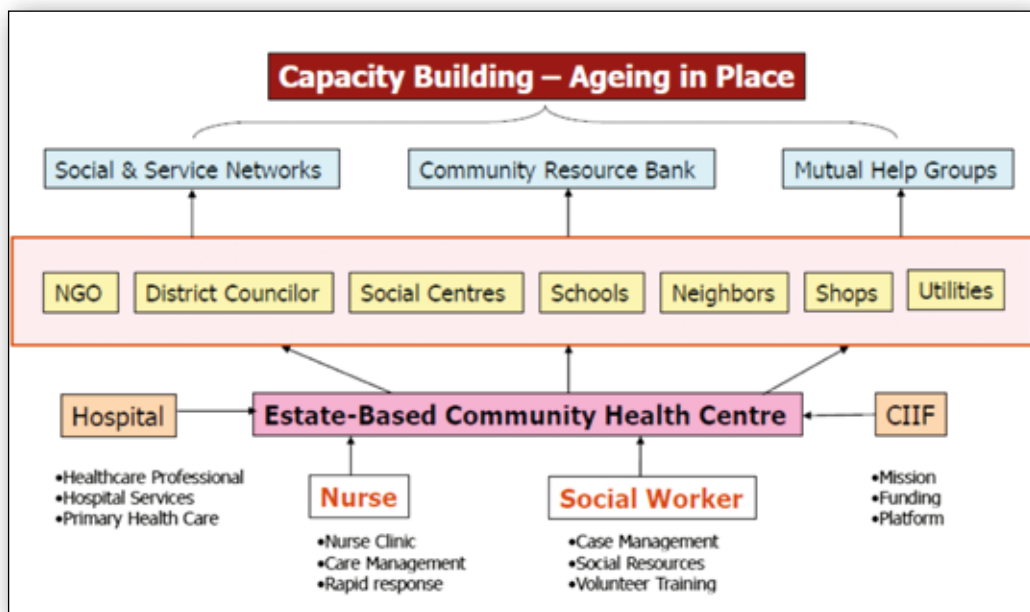
Safe and Healthy Estates 安健屋邨

Medical-Social-Community Collaboration

In the community, many government departments and public organizations carry with them the statutory responsibilities to ensure public safety. Under the District Council, Committees are in place to monitor safety-related issues and promote safety and health in the community. As a successful outcome of Medical-Social-Community Collaboration, "One Nurse One Estate" program has gained much attention in the community. The program is implemented in Lai King and Cheung Ching estates. KTSCHCA has worked together with community nurses from PMH and social workers from South Kwai Chung Service Centre to provide support services such as home visit to the elderly and chronically ill. Through the collaboration between KTSCHCA, PMH, and South Kwai Chung Service Centre, significant reduction of hospital admission has been achieved. Effective collaboration among three sectors can compensate the insufficiency of one another and will be important in sustaining the momentum of building a safer and healthier community in Kwai Tsing.

醫 - 福 - 社 協作模式

雖然社區上各個政府部門、醫護機構、團體等均為保障公眾安全而努力，但協會發現採取跨界別的協作模式，比各界別單一運作更為有效。「一邨一護士」由協會、瑪嘉烈醫院社康護士、南葵涌服務中心社工共同策動，為居於荔景和長青邨的長者和長期病患者提供支援服務。透過「醫-福-社」跨專業合作，互補不足，完善社區為本的照顧服務。計劃推行以來，入院人數大幅減少，顯示以協作模式運作的計劃，能更有效維持和改善社區的安全和健康水平。



Safe and Healthy Schools 安健學校

Safe and Healthy Schools

Health promoting school is a WHO initiative to provide a coherent framework to address school health in an integrated and strategic way. The project aims to promote health and safety through education and school training, to prevent injuries, and to sustain healthy lifestyle adopted by the teachers, students, and their parents. In early 2004, a pilot of the Safe and Healthy Schools was launched in collaboration with the KTDC, Education & Manpower Bureau, Chinese University of Hong Kong, PMH, OSHC, Department of Health and China Light and Power Co Ltd. A kindergarten, a primary school, and a secondary school joined the program, which included the formal and informal curricula in health; creation of a safe and healthy school environment; involvement of the family and wider community in efforts to promote safety and health. The 3 schools had successfully completed the curricula and were accredited as Safe and Healthy Schools by the Association.



In July 2005, the Kwai Tsing Safe and Healthy School program was formally launched. A list of 34 criteria was compiled to include safety and health management policy and implementation, environmental hygiene and protection, and community participation. A total of 16 schools have been accredited with over 12,000 students and teachers involved in the scheme. A list of participating schools from 2003 to 2006 is included in Appendix 3.



In planning the Safe and Healthy School project, a study visit to Taipei had been made in 2005. The experiences of the Health Promoting Schools were shared. The Hong Kong Alliance for Safe and Healthy School was subsequently formed and KTSCCHCA, as the first to pilot Safe Schools in Hong Kong, had been actively involved in the planning process and the final establishment of the Alliance.

安健學校

本計劃參考世界衛生組織所倡議的「健康促進學校」模式運作，旨在促進校園安全健康環境、預防受傷和維持師生及家長健康的生活。

2004 年上旬，本會聯同葵青區議會、教育統籌局、香港中文大學、瑪嘉烈醫院、職業安全健康局、衛生署和中華電力有限公司於幼稚園、小學和中學內試行「安健學校先導計劃」。這 3 所學校完成課程，並通過一套共 34 項的評審準則，包括：安健管理政策和落實方法、環境衛生和保護、社區參與等，最後獲確認為「安健學校」。



2005 年 7 月，「葵青安健學校計劃」正式推出。連同參與先計劃的 3 所學校，合共 16 所學校獲評為「安健學校」，惠及學生人數約 12,000。（2003-2006 年參與「安健學校」名單，見附錄 3）

2005 年本計劃籌備期間，協會到台北探訪和交流推行「安健學校」的經驗。及後，香港安健學校聯盟成立，本會作為推行「安健學校」的先鋒，亦積極參與籌劃和組成聯盟的過程。



Safe and Healthy Schools 安健學校

Healthy Schools

Youth health is one of the topics which the society has much concern on. In order to support secondary schools implementing the health school policy, a project called 'Enriching Life for Youths' was launched in 2009. This was a 2-year project subsidized by Partnership Fund for the Disadvantaged of the Social Welfare Department. To continue the work of 'Enriching Life for Youths', another 2-year project 'The Sunflower Bed' has been launched with the support from the Beat Drugs Fund.

QK Blog

QK Blog is a community-based Adolescent Health Centre established in response to the rapidly rising trend of substance abuse among school children and teenagers. With the support from the Kwai Tsing District Office, an office site has been established at the Cheung Ching Estate Community Center. The setting of the QK Blog is a user-friendly, non-stigmatizing environment aiming to engage at-risk youths through "Health Assessment Programme". It aims to engage them to ponder on risky behaviors and intervene early so as to prevent complications. A pamphlet to introduce the service model is in Appendix 4.

The project targets at screening 9,000 students within the 3-year study period. About 6% of the screened students are identified as high risk and referred to QK Blog for appropriate interventions in the second phase. Among the high-risk students, 130 are further assessed by health professionals in the third phase.

Although the project is still under ongoing evaluation, as an effective model to enhance adolescent health, the QK Blog has demonstrated the multi-prong approach which integrates education / social / health (醫社校) in one. To support the work of QK Blog, a 2-year project 'The Sunflower Bed' funded by the Beat Drugs Fund has started in early 2011.

健康校園

青少年健康發展是現今社會最關心的議題之一，為支援學校落實「健康校園」政策，本會在 2009 年獲「攜手扶弱基金」資助，於區內開展一項為期兩年的「青年健康展光華」計劃。計劃致力培育青少年發揮潛能，勇於面對逆境、對抗誘惑，讓青少年成為社會上健康的新一代。計劃已於 2010 年 12 月 21 日圓滿結束，為延續有關計劃的成效，協會將開展另一項獲「禁毒基金」資助，為期兩年的「葵籽計劃」。

QK 部落

為落實校園健康和強化青少年健康的訊息，本會聯同葵涌醫院和瑪嘉烈醫院，在葵青民政事務處的支持下，於 2009 年成立了一所專責輔導青少年成長的青少年健康資源中心——「QK 部落」。「QK 部落」位於長青邨社區中心，提倡關顧和不標籤化，配合設於「部落」的體適能評估設備，以及個人行為評估服務，盡早為身、心發展有誤差的青少年提供轉介、輔導和治療服務。

計劃目標為 9,000 名學生進行評估，參與評估的學生中約 6% 需轉介到「QK 部落」接受跟進和評估，其中約 130 名學生被評為高風險，另需作進一步的評估。

雖然計劃仍處於評估階段，但其「醫-社-校」專業協作模式，實是一個模範。隨著「葵籽計劃」的開展，「QK 部落」將會服務更多區內的青少年人，促進校園健康。（「QK 部落」簡介，見附錄 4）



Safe and Healthy Schools 安健學校

School Nurse Volunteer Program

In support of the QK participating schools, a School Nurse Volunteer scheme was introduced in early 2010. Over 20 experienced nurses were recruited for the 6 schools to provide on-site support on health-related issues. Through health counseling and consultation, health talks, and drama, healthy messages were delivered to the students. To further strengthen the health concepts in schools, the training of Student Health Ambassadors was also supported by the School Nurse Volunteers together with a day trip to PMH. The program received great feedback from the students and teachers.

In the past 2 school years, over 20 health education talks had been delivered to over 3,000 students and teachers. Apart from the health talks, a drama "Happy Classroom" was specially created by the Drama Group of Kwai Chung Hospital to help students manage the negative emotions. In 2010, a total of 4 school drama shows had been conducted with very good response.



學校護士義工計劃

為擴大「QK 部落」的效能，本會在 2010 年 5 月邀請瑪嘉烈醫院參與「學校護士義工」先導計劃，計劃得到 20 位資深護士支持，他們利用工餘時間，到 6 所參與「QK 部落」的中學提供義務校護支援服務。藉著健康輔導、護理諮詢、健康講座及話劇表演等活動，將健康訊息帶到學校，並透過招募及培訓「學生健康大使」，加強傳揚健康校園的訊息。

計劃至今已分別舉辦逾 20 場的健康教育講座，參與師生超過 3,000 人。於 2010 年本會更邀得葵涌醫院話劇組製作和演出四場『Teen 幕劇場之開心教室』，以活潑生動話劇，教導學生處理負面情緒，活動反應極佳，得到學生及老師的讚賞。



醫校同行—「醫 - 校 - 社」協作計劃

承蒙瑪嘉烈醫院的協助，本會聯同小童群益會設計了一個配合新高中學制的學習經歷課程。課程於瑪嘉烈醫院護士學校舉行，內容包括：醫療、護理專業的行業介紹、心肺復甦訓練，以及校園常見意外之基本急救方法。課程不單讓學生了解醫護行業的工作，更可助學生培養正面的人生觀和積極的生活態度。本課程得到極佳的評價，2009-2011 學年內，已有 33 所中學、逾 5,000 名中四至中六學生參與過本課程。（醫校同行——「醫 - 校 - 社」協作計劃參與學校名單，見附件 5）

Hospital-School-NGO Collaboration

With the genuine support from PMH, a special training program designed as "Other Learning Experience" for the new secondary school curriculum was developed in collaboration with The Boys' & Girls' Clubs Association of Hong Kong. The 2-hour training program is held in the Nursing School of PMH. It includes CPR and simple first aid together with a career talk on healthcare professions. From 2009 to 2012, 33 secondary schools with over 4,100 students from Form 4 to Form 6 participated in the program. Both students and teachers had given very good feedback to the program. The program has broadened the view of the students and increased their knowledge and interest in medical and nursing professions. More importantly, it has nourished their positive values and attitude toward life. A total of 23 schools with more than 5000 students participated in the program as listed in Appendix 5.



Safe and Healthy Elderly Homes 安健院舍

Safe and Healthy Elderly Homes

As the population ages, an increasing number of elderly homes are being established in Hong Kong where premises with cheaper rent could be found. In Kwai Tsing District, there are over 40 homes providing 3,000 residential places for the frail elders. Most of the homes are privately owned and the standards vary greatly. Some are poorly managed and create a lot of suffering to the poor elderly. Domestic injury among the elderly is a major problem accounting for a great proportion of injuries. The injuries may be caused by decreased physical mobility, eyesight and dexterity, lack of social support and risk taking behavior at home. Concerted efforts among organization are crucial to the success of intervention programs and penetration to elderly population.

Back in 1999, the first safety program for elderly home was organized in collaboration with the OSHC, Fire Services Department, KTDC and PMH to include on-site check on environmental safety, talk on prevention of fall, safety use of electricity together with a fire drill. A safety checklist for elderly homes was developed to include environmental risks, preventive measures and fire prevention strategy.

In May 2003, at the end of the SARS epidemic, a group of PMH nurses were sent to all elderly homes to provide guidance in isolation precautions, infection control practices, hand hygiene and the proper use of PPE.

In 2004, a Safe & Healthy Elderly Homes program was launched in collaboration with the KTDC and OSHC. The program included safety training for the care workers, on-site advice on safety management, and provision of information kits. A set of criteria was developed for a Safe and Healthy Elderly Home, incorporating environmental hygiene and safety, staff safety awareness, fire safety and infection control in the safety management system.

In the past years, many elderly homes had participated in the program: 19 homes in 2004, 31 homes in 2005 and 46 homes in 2006. A total of 34 OSH Ambassadors had been recruited from PMH as volunteers to help the homes implement the safety and health management system. 32 training sessions were conducted for more than 300 care workers. In 2008, the Safe and Healthy Elderly Home program was taken over by the OSHC to form the Hong Kong Safe and Healthy Residential Care Home Accreditation Scheme.



安健院舍

香港人口老化，院舍需求殷切。葵青區現時約有 40 多個院舍，合共提供 3,000 多個宿位予長者，當中大部份為私營院舍，質素參差。為改善院舍管理，並提高對長者安全和健康的意識，早於 1999 年，協會聯同職安局、消防處、葵青區議會，以及瑪嘉烈醫院在葵青區開展了首個「安全院舍」活動，內容包括：環境安全評估、防跌講座、防火演習以及制定安全核查表供院舍使用。



2003 年沙士在社區爆發，在疫情緩和之時，瑪嘉烈醫院即派員到葵青區各院舍，推行各項防感染的措施、教育正確使用個人防護裝備的方法，防止沙士在院舍爆發的機會。

2004 年，協會籌辦「安健院舍獎勵計劃」，與葵青區議會、職安局、社會福利署及瑪嘉烈醫院聯合推行，透過實地巡查，以環境衛生及安全、員工安全意識、防火設備及傳染病控制管理等三十三個範疇作為評審準則，達標的院舍可獲確認為「安健院舍」。

由 2004 - 2006 年間，參加此計劃的院舍分別有 19 所、31 所以及 46 所。計劃亦得到 34 位瑪嘉烈醫院醫護人員支持，義務擔任安健院舍巡查大使，協助院舍實施安全健康管理措施。此外，協會亦舉辦了 32 個培訓課程，完成訓練的院舍職員逾 300 位。2008 年，職安局參照計劃的內容，將計劃概念擴展至全港，推行「香港安健院舍確認計劃」。



Safe and Healthy Elderly Homes 安健院舍

Drug Safety Campaign

In 2008-2010, a Drug Safety Campaign was launched through the collaboration of pharmacist of Yan Chai Hospital and community nurses of PMH. The goals of the campaign were: (1) to establish a safety drug management system; (2) to provide up-to-date information on drug safety practices for staff; and (3) to prevent drug incidents in the elderly homes. To achieve the goals, community nurses and pharmacists collected baseline drug management practices in the elderly homes through self-assessment check list and site inspection audits. We also held a launching ceremony to attract participation and awareness. A tailored-made training program was created with a photo guide and drug dispensing kits provided to 300 elderly homes staff. A post-education audit was completed with continuous review on drug incidents. Through site visits as well as setting up standards and training of workers, significant improvements were observed in the elderly homes, including proper storage of spare drugs, controlling the temperature of fridge ideal for drug storage, appropriate drug charting and documentation format, and 3 checks 5 rights principles on drug preparation and administration. A total of 71 elderly homes in Kwai Tsing and Tsuen Wan districts participated in the campaign and over 300 workers attended the training. A photo guide on drug safety is included in Appendix 6

藥物安全運動

為促進院舍提升藥物管理的水平，協會於 2008 年至 2010 年期間在院舍推展「藥物安全運動」。運動由瑪嘉烈醫院社康護士和仁濟醫院藥劑師合作推行，協助參與的院舍訂定藥物管理系統、加強藥物的認知，從而確保院友得到適當的藥物治療。計劃亦為 300 名院舍護理員提供藥物管理培訓，並配合培訓後核查和現場專業指導，持續監察藥物處理的情況。葵青和荃灣區共 71 所院舍參與本計劃，300 名職員完成培訓。由瑪嘉烈醫院職員義工組成的安健大使表示，計劃非常成功，院舍無論在設備、藥物安全管理、員工對藥物安全的認知、以至各項相關措施，均得到明顯的改善。（院舍藥物管理安全重點，詳見附錄 6）



Fall Prevention Program

Fall injury has been well documented as the leading cause of accidental death for the elderly. In 2008, a pilot of Fall Prevention had been successfully conducted in 2 elderly homes with 20% reduction of fall accidents. In 2010, a 2-year Fall Prevention Program in elderly homes in Kwai Tsing and Tsuen Wan was launched.

A multidisciplinary working group was formed, and a comprehensive fall risk assessment checklist for elderly home was designed. 70 staff volunteers from PMH participated as Safety Ambassadors to conduct fall risk assessment for all the elderly homes in 2010 as baseline and in 2011 as post intervention evaluation.

安老院舍防跌計劃

「跌倒」是老人因意外導致死亡的主要原因之一，為預防和減低老人跌倒的意外，本會早於 2008 年在兩所院舍試行「院舍防跌先導計劃」，計劃透過跨專業協作模式運作，成功將跌倒事故大幅減少 20%。承著先導計劃的成功經驗，本會於 2010 年 11 月，於葵青和荃灣區開展為期兩年的「安老院舍防跌計劃」。



Safe and Healthy Elderly Homes 安健院舍

A total of 84 elderly homes (89%) participated in program. 970 walking aids with fall risk problem were identified by Physiotherapists. Apart from the walking aids, environmental safety was also assessed. Upon post intervention visits, over 90% of the elderly homes showed good compliance to environmental safety with good lighting, dry floor, open hallway and stable furniture. 87% had engaged in weekly exercise class for the residents, and the overall fall rates were reduced by 8%.

The Program was highly commended by many community stakeholders. It demonstrated a concerted effort across organizations and health care professionals in promoting safe & healthy Elderly Home in Kwai Tsing and Tsuen Wan. A photo guide on fall prevention for elderly is included in Appendix 7

Healthy Nutrition Home

In order to promote healthy diet in elderly homes and to assess their catering condition, a working group has been set up. The group had their first meeting on 25 June 2012. In collaboration with Social Welfare Department, Department of Health, Princess Margaret Hospital, and Yan Chai Hospital (YCH), we developed and prepared materials such as evaluation criteria and forms for assessing Elderly Homes. We also enlisted 62 volunteers from PMH and YCH to be Assessment Ambassadors and organized briefing sessions and site visits so as to get the ambassadors familiar with the conditions and needs of the Elderly Homes. The information collected will be edited and used for making nutrition guidelines and information booklet on how to handle food and catering in Elderly Homes. A photo guide on nutrition is included in Appendix 8

A launching ceremony will be held to publicize the project in the community on 10 January 2013. In the ceremony, a series of activities such as food handling demonstration, nutrition talk for elderly, cooking talk and competitions will be organized to promote the importance of healthy diet in Elderly Homes. The ambassadors will conduct another site visit as a follow-up of the condition of the Elderly Homes and will provide them with advices on how to further improve at the end of 2013. The project will end in 2014 with a recapitulation of all the activities held.

計劃由 70 多位資深護士及專職醫療人員擔任安健大使，義務為葵青及荃灣區 84 所安老院檢查防跌用具及助行器具，並作環境安全評估。在巡查過程中，發現 970 件助行設備需要作出維修或更換；環境安全方面，90% 的院舍能夠在第二次巡查達至滿意程度；87% 的院舍亦有舉行定期運動班。

為使院舍職員能夠持續鼓勵長者多做運動，物理治療師特別設計了一套強化肌肉和平衡力的運動，並舉辦多個工作坊，教導院舍職員帶領院友齊做運動。此外，還將防跌十式運動製作成錄影帶，增強抗跌能力。此計劃成功將跌倒事故減少 8%。（參加安健院舍名單詳見於附錄五）

本計劃有效發揮了跨專業的協作效能，成績理想，獲多個部門嘉許。（「安老院舍防跌計劃」，詳見附錄 7。）

有「營」院舍

除了院舍的安全環境外，本會亦關注長者膳食及營養。故此，本會聯同社會福利署、衛生署、瑪嘉烈醫院以及仁濟醫院共同成立工作小組，制定一套檢測院舍膳食的標準、餐單設計、長者營養指南等。此外，還有由 62 位仁濟醫院和瑪嘉烈醫院職員組成的安健大使，到院舍作實地探訪和觀察。

有「營」院舍的開展禮將於 2013 年 1 月 10 日舉行，期後將舉辦教育和推廣活動，如食物處理、營養講座、餐單設計比賽等。最後，再由安全大使到院舍跟進，將經驗總結，予以有關當局作改善參考之用。（有「營」院舍須知，見附件 8）



Safe and Healthy Workplaces 安健工作間

Safe and Healthy Workplaces

A safe and healthy work environment provides the best assurance of the occupational health of workers. Princess Margaret Hospital, a major acute hospital serving the Kwai Tsing residents, was the first to launch a heart health assessment program for its staff since 1995. As a bi-annual program, over 60% of the staff participated in the program. Apart from the heart health program, PMH had also completed the International Safe Workplace Program (ISWP) together with other 6 hospitals in the Kowloon West Cluster in 2011. ISWP is one of the initiatives of WHO Safe Community Network to recognize organizations where best practices were applied to incorporate the 7 specific indicators into its safety management system and passed a designation assessment. It was the very first organization in Hong Kong, if not in the world, to be designated as a member of the ISWP network, to serve as a role model for other hospitals in the territory.

安健工作間

工作是生活的一部份，安全的工作環境與安全社區關係密不可分。作為葵涌區主要的醫院，瑪嘉烈醫院早於 1995 年，已為員工提供兩年一度的健康檢查。2010 年聯同九龍西聯網醫院共同參與國際安全工作場所計劃 (ISWP)，實踐世界衛生組織的準則，促進醫院的安全工作文化。經過在一年多的努力，九龍西聯網醫院於在 2011 年 5 月成為全球首間機構獲得世衛頒發此項認證，亦為醫療服務機構為建設安全健康工作場所的典範。



The background is a solid teal color. A large, lighter teal circle is positioned in the upper left quadrant. A faint, light-colored silhouette of a suspension bridge, resembling the Golden Gate Bridge, spans across the lower half of the image. The text is centered and has a slight drop shadow.

Community Health

Promotion

社區健康推廣

Kwai Tsing Safety and Health Charter

葵青安健約章

Kwai Tsing Safety and Health Charter

In order to sustain the safety and health programs with better utilization of community resources, a Kwai Tsing Safety and Health Charter was launched in October 2005. The purpose of the Charter is to strengthen the existing community networks in promoting safety and health messages and raising their awareness in all areas within the community. The Project was launched in collaboration with the District Council, District Office, Hong Kong Polytechnic University, PMH, OSHC and Housing Authority. The Charter denotes the following events:

1. 45 display boards were set up in strategic locations and offices in the community to disseminate safety and health information to the public in Kwai Tsing.
2. 60,000 personal health records were printed and distributed to clinics and health centre in Kwai Chung and Tsing Yi.
3. Health Galas were held jointly with Kwai Tsing District Councilors to provide health checks, health talks and Tai Chi demonstrations. Over 5,000 residents have participated in the Galas since 2005.
4. 36 blood pressure monitors were loaned to various health centres and district offices

The Kwai Tsing Safety and Health Charter was highlighted through a signing ceremony on 23 June 2006. A total of 37 organizations participated to pledge their support for the Kwai Tsing Safety and Health Charter with the following message:

葵青安健約章

為匯聚社區力量及資源，促進安全健康推廣活動的持續發展，協會與葵青區議會、政務處、香港理工大學、瑪嘉烈醫院、職業安全健康局和房屋協會於2005年10月推出「葵青社區安全健康約章」計劃，此計劃屬自願參與性質，各團體、組織簽署了約章，即表示致力願意為本區推動社區安全健康而努力。在2006年6月23日簽署儀式上，共37個團體承諾共同建立安健的社區：

在約章的帶動下所推行的活動包括：

1. 於葵青區內不同地區和辦公大樓設置45個展覽板，以助大眾了解安健社區的概念。
2. 印備60,000本《個人健康紀錄冊》，於葵青區的健康中心和診所派發予公眾。
3. 與葵青區區議員聯合舉辦「健康日」，內容包括：健康講座、太極示範、健康檢查。自2005年起，參與「健康日」的市民已超過5,000人。
4. 借出36套血壓計供多個健康中心預防三高活動及辦事處使用。



Health Galas 社區健康日

Personal Medical and Health Record

Kwai Tsing is the first district in to implement the Medical & Health Record Scheme. The purpose is to encourage participants to have regular body checks and to maintain a good record of personal health data.

This Record should be presented when consulting a doctor, being admitted to a hospital or undergoing a health assessment for doctor's reference and filling in findings. So far 60,000 personal health records have been distributed to residents in Kwai Chung and Tsing Yi

個人醫療健康紀錄冊

葵青區是首個推行醫療健康紀錄的社區，此計劃鼓勵參與者定期接受健康檢查，以及妥善保存個人健康資料。遇有需要時，讓醫護人員盡快掌握患者醫療紀錄和健康狀況，並作有效而妥善的治療。目前，本會已向葵涌和青衣居民派出約 60,000 本紀錄冊。



Health Galas

Health Galas are held in the community to provide body checks including body mass index, blood pressure, blood sugar and blood cholesterol. Health information display, health talk and Tai Chi demonstration are also included. These Health Galas are organized in collaboration with the District Committees and District Office. Since 2005, a total of 30 Health Galas have been held with over 5,000 participants in the prevention of 3 Highs campaign. (Appendix 11)

社區健康日

協會自 2005 年起，已舉辦超過 30 次社康日，內容包括：健康資訊展覽、健康講座、太極示範、體質指標、血糖、血壓、血脂等檢查。活動安排是透過分區委員和民政事務處的合作協調，每次活動均反應良好，累計參與活動人數已逾 5,000 人。（2005-2012 年健康日，見附錄 11）



Health Galas 社區健康日

Prevention of 3 Highs

Campaign for the prevention of 3 Highs (i.e. high blood glucose, high blood pressure and high lipid), is to assess and raise public concern on the level of modifiable cardiovascular risk of 3 Highs in Kwai Tsing. Since 2005, the campaign has been conducted in 16 public housing estates of Kwai Tsing. A self-administered questionnaire with demographics and known history of the 3 Highs are acquired.

Results of the assessment showed high prevalence of the risks factors in the participants. Large proportions of known history of the risk factors are not well controlled and high percentages of participant are not aware of the modifiable cardiovascular risks. In 2011-12, 677 joined the body checks during Health Gala, of which 18% and 47.5% had blood glucose and lipid higher than normal; 33% had hypertension.

To promote the prevention of "3 Highs", numerous talks have been conducted in health centres and in health galas. Banners, pamphlets and DVDs are distributed with the personal health records. Key messages are also distributed through the mini bus and other means.

預防「三高」

三高即「高血糖」、「高血脂」以及「高血壓」。為加強葵青居民對「三高」的認知，從而減低患上心臟血管疾病的機會，本會聯同葵青區議會和瑪嘉烈醫院推行「預防三高」運動。內容包括：健康檢查、講座和健康問卷調查等。

根據評估數據所示，大部份參加者潛藏罹患心臟血管疾病的「高危因素」，當中部份人不自知，而大部份自知的高危一族，均沒有採取任何干預措施。2011-2012年度，677名參加者當中，18%被評為高血糖，47.5%為高血脂，33%為高血壓。

此外，在進行社康日和健康推廣活動時，本會予參與者派發「個人醫療健康紀錄冊」的同時，亦會加上有關「三高」的小冊子和光碟，並於公共交通工具張貼宣傳品，以提高市民對「三高」的認知。



Diabetes Retinopathy Screening 糖尿病視網膜病變篩選檢查服務

Diabetes Retinopathy Screening

The diabetes retinopathy (DMR) screening service is a joint venture with the School of Optometry, Hong Kong Polytechnic University. It is to provide early detection of eye problem to prevent blindness in later stage for the 50,000 diabetes in Kwai Tsing. The service was set up in 2005 and was put into full operation in May 2006. Clients are referred by the Family Physicians to the Lai King Integrated Clinic for photography of the retina. The process takes about 30 minutes and costs \$80 per client. The optometrist furnishes a photograph and a report to the client who could bring back to the referring doctor for follow up. This is a cross-discipline and cross-boundary service, designed to be affordable, efficient with high quality, self financed to be sustainable. Since 2005, over 30,000 diabetic patients have received the DMR service. Among them, 27% have been diagnosed of early eye complications. Appropriate treatment and referrals are given thereafter. Also a symposium on Diabetic Retinopathy was organized on 18 August 2007 with over 150 health care professionals participating.

As of 31 January 2012, total 31757 patients have used the service. Of them, 73.1% had no DMR; 24.92% suffered mild to moderate DMR; less than 1% had severe DMR. This service model is different from other existing services; the Clinic is not only a site for providing the public with retina assessment service but also a site of teaching and training. The data collected from this Clinic will also be analyzed and used as reference for future research.

糖尿病視網膜病變篩選檢查服務

糖尿病視網膜病變(俗稱「糖尿病上眼」)是糖尿病引起的併發症。早期的「病變」不會影響病人的視力，但當發展至後期時，視力便會明顯受損，甚至引致失明。證據顯示，患者如能有效地控制糖尿病和接受定期的眼睛檢查，大可減低因糖尿病引致視力受損的機會。故此，本會與香港理工大學視光學系合辦「糖尿病視網膜病變篩選檢查服務」，為區內約 50,000 名糖尿病人士提供檢測服務，盡早識別早期的病患者，並及早作出轉介和治療。

服務於 2006 年 5 月全面推展，糖尿病患者先由家庭醫生轉介到「荔景社區結合保健中心」；視光師會為病者作視網膜檢查並進行眼底拍攝，過程約需 30 分鐘，收費 \$80 元；病人取得相片和報告後，可予醫生作進一步診斷。此項跨專業和跨界別的診斷服務，以自負盈虧運作，有效發揮各自專業效能，提供有效的服務之餘，亦大大減低社區的醫療成本。中心除提供檢查服務外，亦是教育培訓場地，病者的數據還會用於日後研究和參考。

截至 2012 年 1 月 31 日，共 31,757 名糖尿患者透過此項計劃檢查，當中 24.92% 被診斷為輕微至中等程度，少於 1% 為嚴重個案（詳見本頁圖表）。

級別	男性		女性		總數	
	佔數 (No. of Patients)	百分比 (%)	佔數 (No. of Patients)	百分比 (%)	佔數 (No. of Patients)	百分比 (%)
沒有視網膜病變	71.3%	73.2%	70.6%	73%	71%	73.1%
輕微非增生性視網膜病變	23.6%	21.9%	24.5%	22.4%	24%	22.1%
中等非增生性視網膜病變	2.8%	2.93%	2.9%	2.71%	2.9%	2.82%
嚴重非增生性視網膜病變	1.3%	1.08%	0.6%	0.54%	1%	0.8%
十分嚴重非增生性視網膜病變	-	0.13%	-	0.07%	-	0.1%
增生性視網膜病變	0.2%	0.21%	0.1%	0.16%	0.2%	0.18%
未能評級	0.7%	0.6%	1.3%	1.15%	1%	0.89%
總數	7667	14992	8552	16765	16219	31757



CPR for All 心肺復甦齊齊操

CPR for All

CPR for All, learning the basics of CPR: cardiopulmonary resuscitation was launched in Kwai Tsing since 2005. The CPR training is designed to train the general public aged 13 or above preparing them to prevent and response to life-threatening emergencies. As heart disease is one of the top killers in Hong Kong, to increase the survival rate of the victims, the general public should acquire CPR skills for helping people in need in any place at any time. Upon completion of the CPR training course, participant who successfully passed skill assessment is awarded with a certificate.



「心肺復甦齊齊操」

心臟病是香港第二號的殺手。如心臟病患者病發時，能及時施行心肺復甦法 (CPR)，可大大增加患者的存活率。有見及此，本會於 2005 年開始舉辦「心肺復甦齊齊操」心肺復甦訓練課程，目的讓心肺復甦訓練普及化，讓 13 歲或以上人士均可認識到心臟病發時的即時處理方法。成功完成訓練的學員，更可獲得獎狀嘉許。

To celebrate the 35th anniversary of Princess Margaret Hospital, a 'CPR for All' program was conducted on 24 January 2010. Over 4,800 people gathered in Kwai Chung Playground together with 1,000 in Tsuen Wan to perform the CPR training together. The Guinness World Record of 5,857 participants, including residents, students, teachers and parents, healthcare professionals and staff volunteers, had raised the public awareness in heart health and importance of CPR training. It was a very successful event with great feedback from the participants.

為配合瑪嘉烈醫院 35 周年院慶，同時帶動大眾關注心臟健康和心肺復甦的重要性，本會在 2010 年 1 月 24 日假葵涌運動場辦行「心肺復甦齊齊操，世界紀錄齊創造」活動，當日共有 5,857 名葵青區居民、中學師生家長、大專學生、醫護人員和義工參加，成功刷新世界健力士紀錄。



Smoke Free Community

葵青無煙社區

Smoke Free Community

As a yearly event on No Smoking Day, anti-smoking booths in the community are organized in collaboration with the Department of Health and PMH. In August 2010, the Lung Health Day was also organized to share the hazard of smoking through the life experiences of patients recovered from chronic lung disease. Exercise to promote lung health was demonstrated by physiotherapists. The program also included checking lung functions and other health index. The Lung Health Days had been held in Kwai Chung, Cheung On and Cho Yiu estates.



In 2011, a Smoke-Free Community Promotion Campaign was launched with the Lung Health Day. Funding support was sought from the Hong Kong Council of Smoking and Health (COSH). The use of Chinese Medicine to quit smoking was introduced. Over 1,400 residents had participated in the Smoke-Free campaign. The list of programs to promote smoke free community is listed in Appendix 12.



無煙社區計劃

為響應世界不吸煙日和推廣無煙社區，本會每年均與衛生署及瑪嘉烈醫院合辦反吸煙活動。2010年更以「健肺日」為主題，舉行大型推廣活動，邀請曾患肺阻塞病人，分享吸煙對健康的害處，並由物理治療師介紹健肺操。此外，亦為公眾提供健康檢查，和肺功能測試。大型的社區無煙日分別於青衣長安邨及葵涌祖堯邨內舉行。

承著 2010 年無煙社區及健肺日的經驗，本會與香港吸煙與健康委員會擴大活動規模，透過不同形式活動，推廣呼吸系統和心肺功能的健康教育，並引入中、西醫戒煙治療轉介服務，以及成功戒煙獎勵計劃等。整項活動參與人次超過 1,400 人。（計劃詳見附錄 12）

2012-2013 年度，香港吸煙與健康委員會再次邀請本會參與「戒煙大贏家 2012」計劃，於 2012 年中旬在葵青區內舉行多場的巡迴展覽，提醒市民大眾吸煙危害健康，同時鼓勵吸煙者參與「戒煙大贏家 2012」計劃嘗試戒煙。透過是次計劃，本會成功接觸超過 1,000 名市民，並成功招募 90 位願意戒煙人士。



Preparedness for Community Outbreak 預防傳染病在社區爆發

Battle with SARS in Kwai Tsing

During the SARS epidemic in 2003, KTSCHCA had joined hands with government officials, district leaders, doctors and nurses to fight hard against SARS at the community level. A series of talks, exhibitions, and teaching materials on how to properly wear mask and wash hands plus introduction of healthy diet and Chinese medical treatment were introduced to strengthen the public knowledge in fighting against SARS and to reduce the chance of community outbreak. Starting from April 2009, a total of 19 talks were held various parts of the Kwai Tsing areas with 1,600 residents participated in these events.

Upon the end of the SARS period, the KTSCHCA had also launched the "Support for School with SARS Scheme" in collaboration with the School of Nursing of the Hong Kong Polytechnic University, PMH and GPs in the district. It was to prepare kindergartens for the resumption with site visits and advises given by doctor and nurses. The scheme was well received by 45 kindergartens with a total of 300 classes with 6,280 students involved. In addition, a talk on self-protection against epidemic was held for staff and helpers from over 70 schools and institutions.

SARS 戰疫在葵青

在政府官員、地方領袖及醫護人員努力抗災時，葵青健康城市及安全社區亦參與戰線。於 2003 年 4 月，本會與香港理工大學護理學系、瑪嘉烈醫院舉辦了一連串的講座、展覽，希望藉社區的層面，加強市民大眾抗災的常識，減低 SARS 在社區爆發的機會。展覽和講座的內容包括：教授正確佩戴口罩和洗手的方法、中醫食療和健康飲食介紹等。自 2009 年 4 月 30 日至今，瑪嘉烈醫院與協會在葵青各屋邨和機構內已舉行了 19 個教育講座，內容介紹流感的預防及治療方案，解釋政府實施的措施要點和原因，共 1,600 名居民參加。

此外，本會連同香港理工大學護理學系、瑪嘉烈醫院及區內私人執業醫生，為幼稚園及幼兒園舉辦「非典型肺炎學校支援計劃」，藉簡介會以及醫護人員的巡迴探訪，讓學校教職員在復課作前好準備。支援計劃的反應非常熱烈，短短一個星期，便得到區內 45 間幼稚園及幼兒園響應參與，惠及 6,280 名學生。



Preparedness for Community Outbreak

預防傳染病在社區爆發

H1N1 Outbreak

In June 2009, with the outbreak of Swine Flu, the KTSCHCA responded promptly with a hotline set up on 15 June 2009; a van was hired to bring patients away from the designated fever clinics; special program was launched in elderly homes together with community nurses. 130 staff from over 80 elderly homes in Kwai Tsing and Tsuen Wan joined the program and 52 staff volunteers from PMH visited 79 homes and provided on-site guidance and support. Among them, 10 homes conducted drills for flu outbreak in the homes.

To get prepared for community outbreak, a Community Support Network for Flu Epidemic was proposed in June 2009, and the first meeting on "Outbreak Prevention Advisory Group in Kwai Tsing" was also held on 31 July 2009 by the chairman of the Kwai Tsing District Council. This experience shall form the blue print of rapid response in case of infectious disease outbreak in the community.

豬流感爆發

2009年6月，社區爆發人類豬型流感，協會於同月15日即時設立諮詢熱線，讓瑪嘉烈醫院社康護士及義工負責接聽和解答公眾疑問。同時，亦特別為安老院舍舉行活動，共130名來自80多個葵青荃灣安老院舍的職員參加，另外，52位瑪嘉烈醫院的安健大使巡查了共79所荃葵青區院舍，並提供專業指導及支援，當中有10間院舍進行傳染病爆發演習。

為社區爆發作好準備，於2009年6月，協會與葵青區議會和葵青民政事務處聯署邀請葵青區各公私營機構組織流感大流行社區支援網絡；並於同年7月31日，在葵青區議會的率領下，進行首個「葵青各界抗疫督導委員會」會議，制定行動方針，當社區疫症爆發時，能迅速執行抗疫行動。



Preparedness for Community Outbreak 預防傳染病在社區爆發

Rapid Response to Flu Pandemic

With the threat of community outbreak of Swine Flu, a seminar was held for elderly home operators. It was conducted on 24 June 2009 to introduce the guideline and practical advice for the preparedness of infectious disease outbreak in elderly homes. Over 130 care workers from over 80 homes attended. Subsequently, 52 volunteers from staff of PMH were recruited to visit 80 homes as OSH Ambassadors giving onsite advice on infection control strategies in September 2009. In addition, infection control drills were in progress to further promote a Safe & Healthy Elderly Homes in the community. Photo guides in managing flu outbreak are prepared for frontline staff and managers as shown in Appendix 9 and 10.



流感大爆發緊急支援

為應付社區爆發人類豬型流感，本會於 2009 年 6 月 24 日，舉行「安老院應變專題講座」，為安老院舍介紹傳染病防治指引和實際運作建議。講座共 80 所院舍和 130 名護理人員參與。同年 9 月，52 位瑪嘉烈醫院職員獲任為職安健大使，到 80 所院舍巡查和提供傳染病防治建議。院舍亦定期舉行感染控制演習，持續推行安健院舍的理念。（流感爆發錦囊，詳見附錄 9 和 10）

**社區防疫工作及
為預防 豬流感社區爆發
作好準備**

**第一階段 控疫早期
預防社區感染的衛生教育**

**第二階段- 控疫後期及緩疫早期
為社區爆發作準備**

**第三階段 - 成立抗疫架構
成立葵青各界抗疫督導委員會**



Injury Surveillance System and Research Studies

傷害監察系統及研究

Injury Surveillance System and Research Studies

葵青區率先研發「傷害監察系統」

Injury Surveillance System and Research Studies

According to WHO, injuries account for 13% of disease burden and 9% of causes of death globally. Injury prevention is one of the targets for Kwai Tsing Safe Community. Starting from 2003, an injury surveillance system (ISS) has been developed with reference from the international standards and injury surveillance guidelines issued by CDC and WHO. The system is designed to capture the core data related to location, causes, context, mode and outcome of injuries at the triage station of the Accident and Emergency Department of an acute hospital. With the funding support from the OSH Council and the Hong Kong Polytechnic University, a robust system was designed to capture the core data related to all types of injuries at the AED of PMH.

A proposal for system enhancement to design an injury map using the geographic information system (GIS) was supported by the Kwai Tsing District Council and Kwai Tsing District Office in 2006. The data was coded and systematically utilized as an Injury Map showing the locality of different incidents over the Kwai Tsing area. During the 6 years from 2003 to 2009, the ISS had been evolved from paper collection to web-based using the GIS technology.

Throughout the years, the ISS has received much recognition from local and international organizations. Apart from the HK ICT Award and the Asia Pacific ICT Alliance Award in 2009, the ISS has also been incorporated in the Sham Shui Po and Sai Kung Safe Communities.



葵青區率先研發「傷害監察系統」

早於 2003 年 9 月，瑪嘉烈醫院已率先依據世衛及疾病控制及預防中心的指引，試行分析急症室求診個案。及後，協會聯同香港理工大學和瑪嘉烈醫院，在職業安全健康局的資助下，成功設計了一套「傷害監察系統」。

在 2006 年獲得葵青區議會和葵青民政事務處的大力協助，研發了現時附有電子地圖的新一代傷害監察系統，將瑪嘉烈醫院急症室求診的受傷個案進行分析和整合，並以地圖綜合顯示個案發生的地點。分析結果有助政府部門或志願團體有效制訂預防意外的政策。系統自成立以來，已得到本地和國際上極佳的評價，除於 2009 年得到「香港資訊科技獎」外，亦得到亞洲科技獎項。



Injury Surveillance System and Research Studies

傷害監察系統及研究

Through the establishment of ISS, an injury database is formed to provide useful information to identify trends of injuries and preventive strategies. Several research studies have been conducted with scholars, specialists and healthcare professionals.

隨著傷害監察系統的運作成熟，「傷害資料庫」的數據亦趨龐大，在研究傷亡趨勢、預防策略上更具參考價值。在過去數年，本會曾與醫護專家和學者進行多個研究項目，對傷害事故有更深入的了解。以下是過往完成的研究項目：

Violence and abuse

This is a retrospective study of domestic violence presented at AED of PMH; to examine the association between domestic violence and clinical outcomes.

暴力及虐待

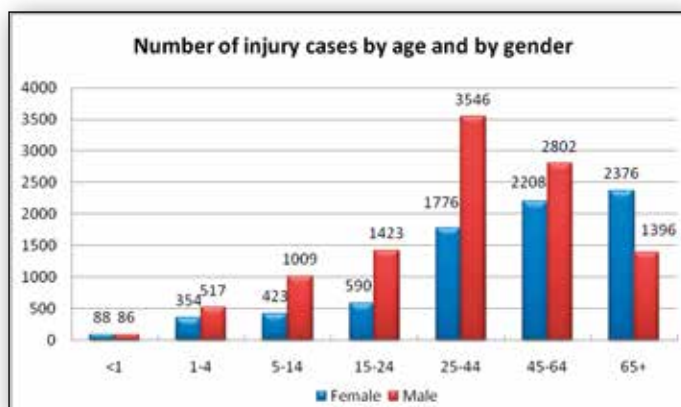
本研究透過分析瑪嘉烈醫院急症室牽涉家暴求診個案，比對臨床結果與家暴的關係。

Injury prevention in RCHE

It is an interventional trial of surveillance based prevention program for injuries in elderly homes. 4 OAH are selected (2 for intervention and 2 for control). In 8 months, a cost benefit ratio of 1:2.68 was achieved. A self-reporting mechanism for injury is identified as the main drive for local modification and environment enhancement in RCHE.

老人院舍傷害預防計劃

這是一個對照性的研究項目，項目邀請 4 所安老院舍參與，其中 2 所推行的防跌措施，另外 2 所則列為非干預的院舍。經過 8 個月實施情況顯示，實施防跌措施的院舍其成本效益比率為 1:2.68，成效顯著；研究亦發現自我舉報事故，是改善院舍環境的主要動力之一。



Injury Surveillance System and Research Studies 傷害監察系統及研究

Suicide and Self Harm

This is a collaborative research network established with Hong Kong University and a team of diverse background, including nursing, psychology, medicine, psychiatry, social work and education. The objectives of the network are to conduct supportive research for capacity building through peer-mentoring; evaluate interventions; foster the training; advance the knowledge and intervention of self-harm and suicide. Result of the study had been published on the World Suicide Prevention Day on 10 September 2009.

Traffic Injury Database

this research project is funded by HCPF to develop an integrated traffic injury database, incorporating the TRADS from Transport Department, ISS and AEIS from PMH. The research team includes members from Hong Kong University, Transport Department, PMH and Community for Traffic Safety. The purpose of the study is to facilitate epidemiological studies with GIS analysis and site survey. Crash analysis identified that 8 of the 24 hot zones had a strong pattern of common factors such as downhill approach to a junction or frequent crossing pedestrians in conflict with traffic. All these sites are considered treatable with a combination of low-cost remedial measures. However, it is also recognized that overall pedestrian safety problems would be best addressed on a territory-wide basis. The study result was presented at Kwai Tsing District Council and was given 'The Most Outstanding Community Partnership Award' at the Health Promotion Symposium 2011.

Injury Reports

With the rich database established through the ISS, KTSCHCA took the initiative to report the statistics of the injured cases in 2009 and 2010. The 2009 report explored potential leading causes of hospitalizations due to injuries and its association to deaths and specific areas concerning fall injury, traffic injury, work injury, domestic violence and self-harm injury. Contribution and determinations of causing injuries and hotspots where injuries clustered were also identified. For the 2010 report, apart from the analysis of injuries, comparison with 2009 statistics was also conducted where appropriate.

香港自殺和自我傷害行為調查

由本會、瑪嘉烈醫院以及香港大學防止自殺研究中心共同參與的「香港自殺和自我傷害行為調查」是一項跨專業的調查研究，透過護理、心理學、醫學、精神科、社會服務、教育等不同專業人員的參與，分析全港自殺和自我傷害行為的比率，結果已於 2009 年全球防止自殺日（9 月 10 日）公佈。本會亦透過此報告，對葵青區居民情況有更深入了解，有助日後設計合適的健康推廣活動。

交通事故資料庫

本研究得到「健康護理及促進基金」資助，由協會、瑪嘉烈醫院、香港大學地理學系、運輸處以及交通安全組織組成研究小組，綜合三個大型數據資料庫（瑪嘉烈醫傷害監察系統、急症室數據系統以及運輸處交通意外數據系統），配合電子地圖，進行交通事故的追蹤分析。

結果找到葵青區內 24 個交通黑點，透過實地考察，發現其中 8 個是與地理位置和行人違規過路有關。研究亦指出，所有黑點均可以小型補救措施作出改善，惟亦應加強教育工作，改善行人違規過路情況。研究小組已將結果於葵青區議會中發佈。此項研究得到基金的讚賞，並於健康促進研討會 2011 上獲頒發獎項嘉許。

葵青區傷害報告書

協會正逐步整理和分析「傷害監察系統」中所得的數據，並發表「2009 年葵青區傷害報告書」及「2010 年葵青區傷害報告書」。報告書詳列多項受傷入院的主因以及導致死亡的關係，如：跌倒受傷、交通意外受傷、工傷、家庭暴力和自我傷害。報告亦就各類主因進行分析，以及羅列區內受傷的黑點。2010 年報告書中，更加入 2009 年數據比較，希望可以提供更有效的數據分析予有關政府部門、機構及地區人士，作為制定改善社區安全工作的參考資料。





10 Year Anniversary

Celebration Programs



十周年慶祝活動

10 Year Anniversary Celebration Programs 十周年慶祝活動

Arts in Hospital

As the first event to celebrate the 10th anniversary of the Association, the Arts in Hospital was held in Tsing Yi on 26 November 2012. It was a 2-days art exhibition, with artworks all made by rehab patients. Since 2001, PMH and Kwai Chung Hospital have adopted art therapy by organizing various art classes for daycare and hospitalized patients. By projecting their inner feeling onto the artwork, rehab patients can develop positive thinking and reach recovery. Through this exhibition, we hope to further promote the benefit of art therapy in the community and to encourage patients be brave when combating disease. On the day of exhibition, there were not only artworks by rehab patients but also various art demonstrations on site. The event was successful, mostly attributing to the painstaking efforts of different parties and organizations. We thank them for their everlasting support to the development of the Kwai Tsing District.



藝術在醫院

為慶祝協會成立 10 周年，本會於 11 月 26 日一連兩日假青衣港鐵站內，舉辦名為「藝術在醫院」——復康病人藝術作品展覽，是次展覽展出多幅由精神病患者創作的藝術作品，當日除展覽外，亦設繪畫示範。透過是次展覽，向社會各界推廣藝術治療，並鼓勵病人勇於面對疾病。

自 2001 年起，瑪嘉烈醫院和葵涌醫院為日間和住院病人提供「藝術治療」，誘導病友將內心感受投於藝術創作，協助他們建立正面的想法並達致痊癒。



10th Anniversary Conference

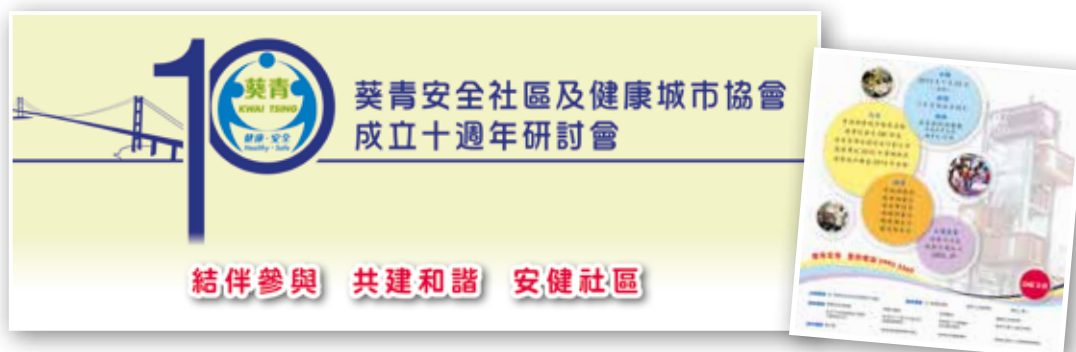
As founded on 12th August 2002, the Kwai Tsing Safe Community and Healthy City Association (KTSCHCA) has strived to build a safe and healthy city for residents in Kwai Tsing through community partnership with different sectors. In the past 10 years, we have successfully launched many safety and health programs in the public housing estates, schools, elderly homes and in the community.

To celebration the Association's 10th Anniversary, a conference is organized to share experiences with lessons learnt and to look for the way forward. To chart the milestone of 10 years of community development, Mrs. Carrie Lam, GBS, JP will be the guest-of-honor to officiate the conference on 22 January 2013 in Kwai Tsing Theatre.

十週年誌慶研討會

葵青安全社區及健康城市協會在 2002 年 8 月 12 日成立，目的為葵青社區建立一個安全健康的生活和工作環境。在過去十年，協會成功推行了多項以地區為主的安健計劃，成績有目共睹。

為慶祝葵青安全社區及健康城市協會成立十週年，於 2013 年 1 月 22 日安排研討會在葵青劇院舉行，將多年來推動安健社區的經驗總結。研討會得到政務司司長林鄭月娥 GBS, JP 答為主禮嘉賓，這都是協會十年工作得以肯定及鼓勵。



Conclusion

總結

Throughout these years, Kwai Tsing has set a role model for Safe Community and Healthy City in Hong Kong. Over 50 projects and educational programs have been completed to promote safety in Kwai Tsing District since inauguration of the project. We have overcome considerable challenges and difficulties in achieving the target of 36% reduction in injuries since 2002. Our experiences are shared and appreciated by many local and overseas leaders. Some of our major achievements include the Guinness World Record on CPR Training, International Safe Workplace Designation, AFHC Award for Pioneer in Health City, HK and Pacific Asia ICT awards. We are indeed very grateful to the Board of Directors and supporting organizations for their full commitment and dedication. Without their supports, all these programs unable to achieve the results as mentioned. It is the faith, trust, respect and professionalism that have brought us together. With such solid foundation, we shall strive to sustain the momentum of building a safer and healthier community in Kwai Tsing. We are also committed to launching the project on a long-term basis and would like to take the opportunity to express our heartfelt to all those involved for their strenuous efforts and hard work. There will be a stronger partnership with the community in Kwai Tsing so as to foster citizens' participant, input and ownership of the programme.

本會一向致力實踐安全社區，自 2002 年成立以來，已成功為社區大幅減少 36% 受傷個案；同時，亦積極在葵青區推動各項安健社區的服務，多年來，已舉辦逾 50 項安健推廣活動，其中刷新世界健力士紀錄的「心肺復甦齊齊操」、「醫校同行」協作計劃、「安老院舍防跌計劃」、獲得「香港資訊及通訊科技獎—最佳公共服務應用（電子轉化）銀獎」的「傷害監察系統」以及「國際安全工作場所認證」等計劃，得到本地及海內外人士的認同和高度評價。協會多年的成績，除因為各委員的竭力促成外，亦有賴各界協作伙伴的支持，「安健社區」的成功關鍵在於協作，未來我們會繼續努力，以社區為主，推動跨專業的合作平台，建立安健文化，令葵青區成為更安全、更健康的社區。





Appendices

附錄



Board of Directors of the Kwai Tsing Safe Community and Healthy City Association 葵青安全社區及健康城市協會成員

榮譽贊助人	Honorary Patron
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張建宗 GBS 太平紳士	Mr. CHEUNG Kin Chung, Matthew, GBS, JP
曾德成 GBS 太平紳士	Mr. TSANG Tak Sing, GBS, JP
榮譽副贊助人	Honorary Vice Patron
陳甘美華 太平紳士	Mrs. TAN Kam Mi Wah, Pamela, JP
陳漢儀醫生 太平紳士	Dr. CHAN Hon Yee, JP
方剛 SBS 太平紳士	The Hon Vincent FANG Kang, SBS, JP
主席	Chairman
周奕希 BBS 太平紳士	Mr. CHOW Yick Hay, BBS, JP
副主席	Vice Chairman
趙莉莉醫生 BBS	Dr. CHIU Lee Lee, Lily, BBS JP
李志強先生 MH	Mr. LEE Chi Keung, Alan, MH
義務秘書	Honorary Secretary
黎雪芬女士	Ms. LAI Shuet Fun, Adela
義務司庫	Honorary Treasurer
盧德明先生	Mr. LU Tak Ming
當然董事	Ex-officio Directors
方平 太平紳士	Mr. FONG Pin, JP
羅應祺 太平紳士	Mr. Alan LO, JP
董秀英醫生	Dr. TUNG Sau Ying, Nancy
盧德臨醫生	Dr. LO Tak Lum
鍾慧儀教授	Prof. CHUNG Wai Yee Joanne
鄧華勝先生	Mr. TANG Wah Shing
葉健雄教授	Prof. Maurice YAP
董事	Directors
陳慧媚女士	Ms. CHAN Wai Mai May
周鎮邦醫生 BBS 太平紳士	Dr. CHOW Chun Bong, BBS, JP
劉雪婷醫生	Dr. LAU Suet Ting
李紹鴻教授 SBS 太平紳士	Prof. LEE Shiu Hung, SBS, JP
梁麗華女士	Ms. LEUNG Lai Wah
盧慧蘭女士	Ms. LO Wai Lan
曾其鞏校長 MH	Mr. TSANG Kee Kung, MH
汪國成教授 太平紳士	Prof. WONG Kwok Shing, Thomas, JP

CIIF Projects and Outcomes 社區投資共享基金計劃及成效

「長青安健屋邨」計劃成效一覽表

16.05.2005—15.05.2008

服務項目	數量
伙伴單位	59 個
「社區資源寶庫」人仕	72 位
家居安全大使	183 位
接受支援家庭	206 戶
受助轉化成自助	203 位
互助網路	4 個
互助小組	6 個
中心設施使用率	26,198 人次

「家加關愛在長青」計劃成效一覽表

16.05.2008—15.05.2011

服務項目	數量
伙伴單位	55 個
「社區資源寶庫」人仕	63 位
家居安全大使	166 位
樓住有心人(樓長)	202 位
接受支援家庭	318 戶
受助轉化成自助	120 位
中心設施使用率	26,588 人次

「安樂窩 笑呵呵」計劃成效一覽表
(截至)31.09.2012

01.06.2011—31.5.2014

服務項目	數量
伙伴單位	12 個
「社區資源寶庫」人仕	25 位
家居安全大使	35 位
接受支援家庭	247 戶
受助轉化成自助	55 位

List of schools participating in the Safe and Healthy School Project during 2003 to 2006 2003-2006 年「安健學校」名單

Name of School (Year of Participation)	Students	Teachers
Kiangsu-Chekiang College (2003)	1,034	58
YCH Chiu Tsang Hok Wan primary School (2003)	319	23
Tivoli Anglo-chinese Kindergarten (2003)	101	13
Lions College (2005)	1,003	64
Po Leung Kuk 1983 Board of Directors' College (2005)	925	49
TWGHs Ko Ho Ning Memorial Primary School (2005)	368	27
ELCHK Kwai Shing Lutheran Primary School (2005)	792	42
Tsuen Wan Trade Association Primary School (2005)	288	21
HKSYC&IA Chan Nam Chong Memorial School (2005)	97	211
Tsing Yi Trade Association Primary School (2006)	280	19
Salesian Yip Hon Millennium Primary School (2006)	1,043	50
SKH Yan Laap Primary School (2006)	1,129	49
Lok Sin Tong Leung Chik Wai Memorial School (2006)	1,033	64
Asbury Methodist Primary School (2006)	358	26
Shek Lei Catholic Primary AM /PM Schools (2006;)	1,626	83
Shek Lei Catholic Secondary School (2006)	1,118	62
Total	11,514	671

Pamphlet of QK Blog 「QK 部落」簡介

葵青安全社區及健康城市協會

QK BLOG QK 部落

青少年健康資源中心

QK 部落服務團隊

醫務總監
趙莉莉醫生 BBS
周鎮邦醫生 BBS 太平紳士

行政總監
周奕希 BBS 太平紳士

協作機構
葵青、葵涌及青衣區中學校長會
葵涌醫院
瑪嘉烈醫院
香港理工大學
香港教育學院
香港專業教育學院 (青衣)
工商資訊學院
香港青年協會
香港小童群益會

支持機構
葵青民政事務處
葵青區議會

『有突破困難的決心，才能獲得良機，
有接受失敗的勇氣，才會獲得成功』
星雲大師

交通資訊
巴士：41, 41A, 42, 42A, 42C, 43, 43A, 43B, 43C, 242X, 243M, 249M, 948, A31
小巴：88, 88M, 88D

地址：葵青康樂路5號
長青邨社區中心一樓103室
電話：2436 3363
傳真：2436 3031
電郵：office@qkblog.org.hk

開放時間：
星期一至五 上午10時至下午6時
星期六 上午10時至下午1時
星期日公眾假期 休息

前言

青少年健康成長是現今社會最關心的課題，葵青安全社區及健康城市協會為支援葵青區學校推行「健康校園」政策，聯同葵涌醫院及瑪嘉烈醫院特別設立一所專責輔導青少年成長的青少年健康資源中心——QK部落。

計劃特點

「QK部落」以醫護專業為主體，奉行「醫校同行」為核心價值。透過學校、家長、老師、社工及醫護各專業的合作，透過為學生進行體適能測試及個人行為評估，以「運動」、「健康」和「關懷」為服務重點。在有需要時，將由醫生、專業醫療團隊和社會工作者提供輔導服務。

計劃目標

1. 支援葵青區學校推行健康校園政策。
2. 協助葵青區青少年身、心、社、靈的健康成長。
3. 提高青少年對健康生活的認知，並抗拒影響精神健康的媒介的引誘。
4. 對在成長過程中有身、心發展誤差的青少年及早作出轉介、輔導或治療。

理念

「QK部落」致力培育青少年發揮潛能，勇於面對挑戰和誘惑，努力解決疑難和困境，成為對社會有承擔的新一代。

服務策略

健康體能初步測試
精神健康初步評估

資料分析

區藥問題
情緒問題
學習問題
體格問題
健康問題

港工大學
QK 部落
學校校長

重點評估

QK 部落——
青少年專科及
家庭醫學專科醫生
專職醫療隊
社工

支持服務

健康輔導
心理輔導
價值觀制
朋友輔導

諮詢

青少年專科醫生
精神科醫生
臨床心理學家
輔助專職醫療隊

使命

我們期望與青年人建立互信的良師益友關係。通過專業的輔導和經驗分享，使青年人樹立正確的價值觀；明確人生方向，健康成長；日後成為國家及社會的棟樑。

導航青少年
發展潛能

QK 部落

人際關係
正向人生

Hospital-School-NGO Collaboration Participating Schools 醫校同行計劃參與學校名單

1	中華傳道會安柱中學	CNEC Christian College	20
2	明愛聖若瑟中學	Caritas St. Joseph Secondary School	320
3	迦密愛禮信中學	Carmel Alison Lam Foundation Secondary School	50
4	棉紡會中學	Cotton Spinners Association Secondary School	400
5	香港四邑商工總會陳南昌紀念學校	HKSYC & IA Chan Nam Chong Memorial School	130
6	香港道教聯合會四圓玄學院第一中學	HKTA The Yuen Yuen Institute No. 1 Secondary School	130
7	裘錦秋中學 (葵涌)	Ju Ching Chu Secondary School	230
8	葵涌蘇浙公學	Kiangsu-Chekiang College (Kwai Chung)	310
9	葵涌循道中學	Kwai Chung Methodist College	255
10	樂善堂顧超文中學	LST Ku Chiu Man Secondary School	300
11	荔景天主教中學	Lai King Catholic Secondary School	160
12	嶺南鍾榮光博士紀念中學	Lingnan Dr. Chung Wing Kwong Memorial School	120
13	獅子會中學	Lions College	160
14	樂善堂梁植偉紀念中學	Lok Sin Tong Leung Chik Wai Memorial School	80
15	保良局八三年總理中學	Po Leung Kuk Lo Kit Sing (1983) College	280
16	保良局姚連生中學	Po Leung Kuk Yao Ling Sun College	170
17	保祿六世書院	Pope Paul VI College	80
18	聖公會李炳中學	S.K.H. Li Ping Secondary School	250
19	石籬天主教中學	Shek Lei Catholic Secondary School	120
20	東華三院伍若瑜夫人紀念中學	TWGHs Mrs Wu York Yu Memorial College	280
21	循道衛理聯合教會李惠利中學	The Methodist Lee Wai Lee College	170
22	東華三院陳兆民中學	Tung Wah Group of Hospitals Chen Zao Men College	
23	佛教葉紀南紀念中學		60

Photo Guides on Drug Safety in Elderly Homes 院舍藥物管理重點

藥物管理重點





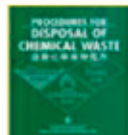

	重點	圖片	注意事項
貯存藥物	<ul style="list-style-type: none"> ◆存放在乾爽、陰涼及避免太陽直接照射的地方 		<ul style="list-style-type: none"> ✚院友有獨立小抽屜 ✚藥櫃需上鎖 ✚雪櫃中的藥物與食物分開 ✚外用與內服藥物分開存放 ✚清楚的藥物標籤
藥物記錄	<ul style="list-style-type: none"> ◆院友個人及健康記錄表 ◆分配藥物記錄表 ◆特別事故報告記錄 		<ul style="list-style-type: none"> ✚記錄院友藥物敏感史 ✚藥物資料(藥物名稱、份量、服用途徑、服用次數、發出日期、數量發放診所/醫院名稱) ✚服用藥物時之不良反應 ✚中醫處方 ✚拒絕服藥 ✚藥物出錯報告
備藥過程	<ul style="list-style-type: none"> ◆清潔雙手 ◆三核五對 ◆用潔淨盛藥杯 		<ul style="list-style-type: none"> ✚三核：於藥櫃取藥時；倒出藥物前；藥物放回藥櫃時 ✚五對：核對院友姓名、藥物名稱、使用劑量、時間及使用途徑 ✚留意標籤上「用藥注意事項」：如「整粒吞服」或「不可壓碎」
派藥程序	<ul style="list-style-type: none"> ◆註明院友姓名及派藥時間在有蓋的盛藥 ◆核對清楚院友的姓名 		<ul style="list-style-type: none"> ✚確保院友服完所派藥物 ✚勿擅自配藥或與其他院友共用藥物 ✚如院友要接受胰島素注射而餵飼管脫落，必須暫停注射胰島素並即時通知護士處理
藥物棄置	<ul style="list-style-type: none"> ◆過期及剩餘的藥物 		<ul style="list-style-type: none"> ✚按環保署的指示作化學廢物處置
清潔	<ul style="list-style-type: none"> ◆保持存放藥物地方及盛載藥物器皿清潔 		<ul style="list-style-type: none"> ✚藥櫃：定期清潔及整理 ✚盛藥杯及蓋；托盤；藥盒：每日清潔 ✚壓碎藥物的用具：每次使用後清潔，避免混雜其他院友的藥物給他人

Photo Guides on Fall Prevention in Elderly Homes
安健院舍「防跌十式」

<p>一)左右兼顧</p> 	<p>二)大搖大擺</p> 	<p>三)頂天立地</p> 
<p>四)常伴左右</p> 	<p>「葵青荃灣安健院舍 - 安老院舍防跌計劃」</p> <p>坐式防跌運動 + FUN</p> <p>仁濟醫院 及 瑪嘉烈醫院 物理治療部製作</p> <p>主辦機構：  職業安全健康局 協辦機構：  社會福利署</p>	<p>五)美人照鏡</p> 
<p>六)腳踏實地</p> 		<p>七)舉足輕重</p> 
<p>八)手足情深</p> 	<p>九)能屈能伸</p> 	<p>十)步步高升</p> 

Photo Guides on Nutrition in Elderly Homes 有「營」院舍須知

		圖 片		重 點
環境氣氛	廚房衛生			<ul style="list-style-type: none"> 環境舒適（光線充足、空氣流動、地面乾爽） 合適的洗滌設施及煮食爐具 張貼指引（食物衛生、環境衛生、個人衛生）
	飯廳環境			<ul style="list-style-type: none"> 環境舒適（光線充足、地面乾爽、溫度適中） 食具清潔及整齊擺放 提供清潔及妥善的飲水設備
	享受進食樂趣			<ul style="list-style-type: none"> 充足進餐時間（不少於30分鐘） 與院友共同進食促進愉快氣氛 提供合適的進食餐具
食物質量	食物衛生			<ul style="list-style-type: none"> 生熟食物分類存放 提供合適的盛載器具 食物應蓋好及溫度合宜 員工分派食物時佩戴口罩
	食物色香味			<ul style="list-style-type: none"> 主菜的供應，有五穀類、菜、魚或肉、豆類食品 供應各式餐類飲食，如：治療餐、固體/流質、湯水、蔬果、高纖維食品 食物溫度適中
	食物份量 (每天供應)			<ul style="list-style-type: none"> 3碗五穀類 5安士魚/肉 (5安士=5隻麻將大小份量的肉類) 1碗半蔬菜瓜類 奶品/高鈣食物 水果
重要程序	均衡餐單			<ul style="list-style-type: none"> 每星期最少有：4餐紅肉、3餐海產、2餐家禽及2餐豆品 1星期內不多於：3次高脂肪肉、3次加工肉類、3次高脂肪汁、3次油炸肉類
	導管餵飼			<ul style="list-style-type: none"> 按營養配方進行導管餵飼 導管餵飼需由護士或保健員執行 每天更換奶袋或餵食管
	口腔護理			<ul style="list-style-type: none"> 每天為導管餵飼院友最少清潔口腔三次 為進食有困難的院友提供以下評估：口腔狀況、咀嚼及吞嚥情況、自行進食能力
指引及執行	營養評估			<ul style="list-style-type: none"> 院友高度、每月體重、飲食份量及排泄記錄 提供營養補充品要適量 為個別院友制定凝固粉使用指示
	護理指引			<ul style="list-style-type: none"> 口服進食程序指引 導管餵飼程序指引
	護理質素			<ul style="list-style-type: none"> 員工訓練和定期評核

合辦機構：葵青安全社區及健康城市協會

瑪嘉烈醫院

贊助機構：葵青區議會

支持團體：荃灣安全健康社區督導委員會

社會福利署

仁濟醫院

職業安全健康局

安健院舍流感爆發錦囊

葵青荃 安健院舍計劃 安老院舍感染控制 預防人類豬型流感(H1N1)爆發錦囊 (前線員工適用)

	重點	圖畫	注意事項
病徵	與一般流行性感冒相近		<ul style="list-style-type: none"> ➢ 發燒、頭痛、發冷、疲倦、肌肉痛、咳嗽、喉嚨痛、流鼻水、肚瀉 ➢ 若個人或院友出現流感病徵，需盡快通知上司
傳播途徑	飛沫傳播		<ul style="list-style-type: none"> ➢ 透過咳嗽及打噴嚏時產生 ➢ 接觸受污染的物件表面
一般預防方法	個人衛生		<ul style="list-style-type: none"> ➢ 所有員工及訪客需配戴外科口罩 ➢ 咳嗽或打噴嚏時用紙巾掩蓋口鼻 ➢ 加強手部衛生，勤洗手 ➢ 注意休息和營養以增強抵抗力
	隔離措施		<ul style="list-style-type: none"> ➢ 避免集體活動 ➢ 減少病者的運送或轉院 ➢ 如需送院，通知有關部門，事後消毒運送工具 ➢ 染病員工應放病假至完全康復
	環境衛生		<ul style="list-style-type: none"> ➢ 將用過的紙巾放入有蓋垃圾桶 ➢ 保持空氣流通，打開門窗及開抽氣扇、定期清洗冷氣機隔塵網 ➢ 用 1:99 稀釋漂白水清潔地方 ➢ 所有污衣物須先除污，之後浸 1:49 稀釋漂白水 30 分鐘才作一般處理 ➢ 爆發期間，1:49 漂白水作環境消毒

葵青荃灣安健院舍計劃 安老院舍感染控制
預防人類豬型流感(H1N1)爆發錦囊
(院長、主管及感染控制主任適用)

	重點	注意事項
預防 流感 爆發	<ul style="list-style-type: none"> ➢ 儲備充足的個人防護裝備 ➢ 訪客守則 ➢ 隔離措施 ➢ 監察流感個案 	<ul style="list-style-type: none"> ➢ 所有員工及訪客需配戴外科口罩 ➢ 記錄訪客資料 ➢ 訪客進出院舍必需清潔雙手 ➢ 不鼓勵有呼吸道感染病徵者探訪 ➢ 安排固定地方用作隔離區 ➢ 減少員工轉動，安排同一組員工照顧同一組院友 ➢ 如有流感徵狀 → 求醫 → 追查源頭 → 記錄
流感 爆發 時 措施	<ul style="list-style-type: none"> ➢ 若發現多人有流感病徵 	<ul style="list-style-type: none"> ➢ 加強監察 ➢ 嚴格執行感染控制措施 ➢ 妥善保留疾病記錄 ➢ 呈報社區老人評估小組、衛生防護中心及社署牌照部 ➢ 協助採集鼻咽標本 ➢ 院舍內進行隔離
	 <ul style="list-style-type: none"> ➢ 當出現確診個案 	<ul style="list-style-type: none"> ➢ 送院隔離 ➢ 有流感病徵的緊密接觸者亦需送院隔離 ➢ 其他緊密接觸者，需接受處方預防藥物 ➢ 限制探訪
	 <ul style="list-style-type: none"> ➢ 密切留意疫情 ➢ 維持預防措施 	<ul style="list-style-type: none"> ➢ 只有出現嚴重病徵者需入院治療 ➢ 無需採集鼻咽標本 ➢ 緊密接觸者毋需接受預防藥物

Health Galas from 2005 to 2012 2005 - 2012 年社康日


Year 年份	Program 計劃	Location 地點	No. of participants 參與人數
2005	「量血壓，保健康」	青衣長青邨	2000
	傳染病的公開健康講座	青衣城海濱公園	200
	社區健康日	祖堯邨、荔景邨、長亨邨、石籬邨、荔瑤邨、長康邨、大窩口邨、青衣邨、青衣海欣花園	1500
2006	社區健康日預防三高健康講座	大窩口邨、青衣邨石籬邨、青衣邨、葵芳邨、葵涌邨、葵興邨、安蔭邨、石籬邨、大白田邨、翠怡花園	2000
	預防三高社康日	職業訓練局工商資訊學院	250
2007	社區健康日	長安邨	200
	預防三高健康講座	香港聖公會麥理浩夫人中心、曉峯園	400
	安健講座 「糖尿病視網膜病變」教育講座	瑪嘉烈醫院 G 座八樓會議廳	170
2008	預防流行性感冒講座	青衣長發社區中心、青衣長青社區中心、葵涌石籬社區會堂、葵涌葵盛社區會堂、荔景社區會堂	1000
2009	預防三高社康日	青衣東北	861
		青衣西南	
		葵涌東北	
		葵涌中南	
		葵涌西	
2010	預防三高社康日	青衣東北	795
		青衣西南	
		葵涌東北	
		葵涌中南	
		葵涌西	
2011	預防三高社康日	青衣東北	692
		青衣西南	
		葵涌東北	
		葵涌中南	
		葵涌西	
2012	預防三高社康日	青衣東北	800
		青衣西南	
		葵涌東北	
		葵涌西	
		葵涌中南	

Smoke Free Community Program from 2010 to 2012 2010-2012 年無煙社區計劃

Program	Year	Location	No. of Participants
健肺日	2010	葵涌邨四期三樓中央廣場	230
葵青社區無煙計劃	July 2011	長安邨安泊樓對出廣場	250
	Oct. - Dec. 2011	葵涌邨四期三樓中央廣場	160
		長亨邨長亨社區會堂	140
		長康邨康貴樓	110
	Dec. 2011	荔景邨仰景樓	140
Dec. 2011	葵涌祖堯邨	250	
世界無煙日	Sept. 2012	長安邨安泊樓	230
戒煙大贏家 (Quit to win)	July—Sept 2012	葵青區多個地點	超過 1000

Injury Data from 2004 to 2011 2004-2011 年傷害數據

	2004	2005	2006	2007	2008	2009	2010	2011
毆打 Common assault	1728	1527	1593	1607	1481	1406	1202	758
非禮 Indecent assault	28	15	18	13	30	18	16	14
虐待兒童 Child abuse	31	30	29	22	33	33	19	21
虐待長者 Elderly abuse	2	5	8	5	5	3	6	5
虐待配偶 Spousal abuse	98	128	146	175	142	129	108	98
交通意外 Traffic accidents	1743	1746	1845	1916	1740	1733	1741	1122
工業意外 Industrial accidents	8729	8163	8769	8383	7842	7370	7474	5453
家居意外 Domestic accidents	10182	9877	10102	10118	10035	9498	9546	9289
運動意外 Sport Accidents	2616	2127	2290	2150	2029	1998	2067	1722
其他 Unclassified	4791	4714	4802	5354	5544	5641	5960	4038
自殺 / 自殘 Commit suicide/Self-Harm	121	108	139	130	112	109	106	83
Total	30069	28440	29741	29873	28993	27938	28245	22603

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