

單位分佈地圖

Location of BGCA Service Units

國內服務

廣州市荔灣區

香港
Hong Kong

Gaps and Challenges on future Child health development in Hong Kong – The Social Aspects

Lilian Law, JP
Executive Director
BGCA
April 12, 2012

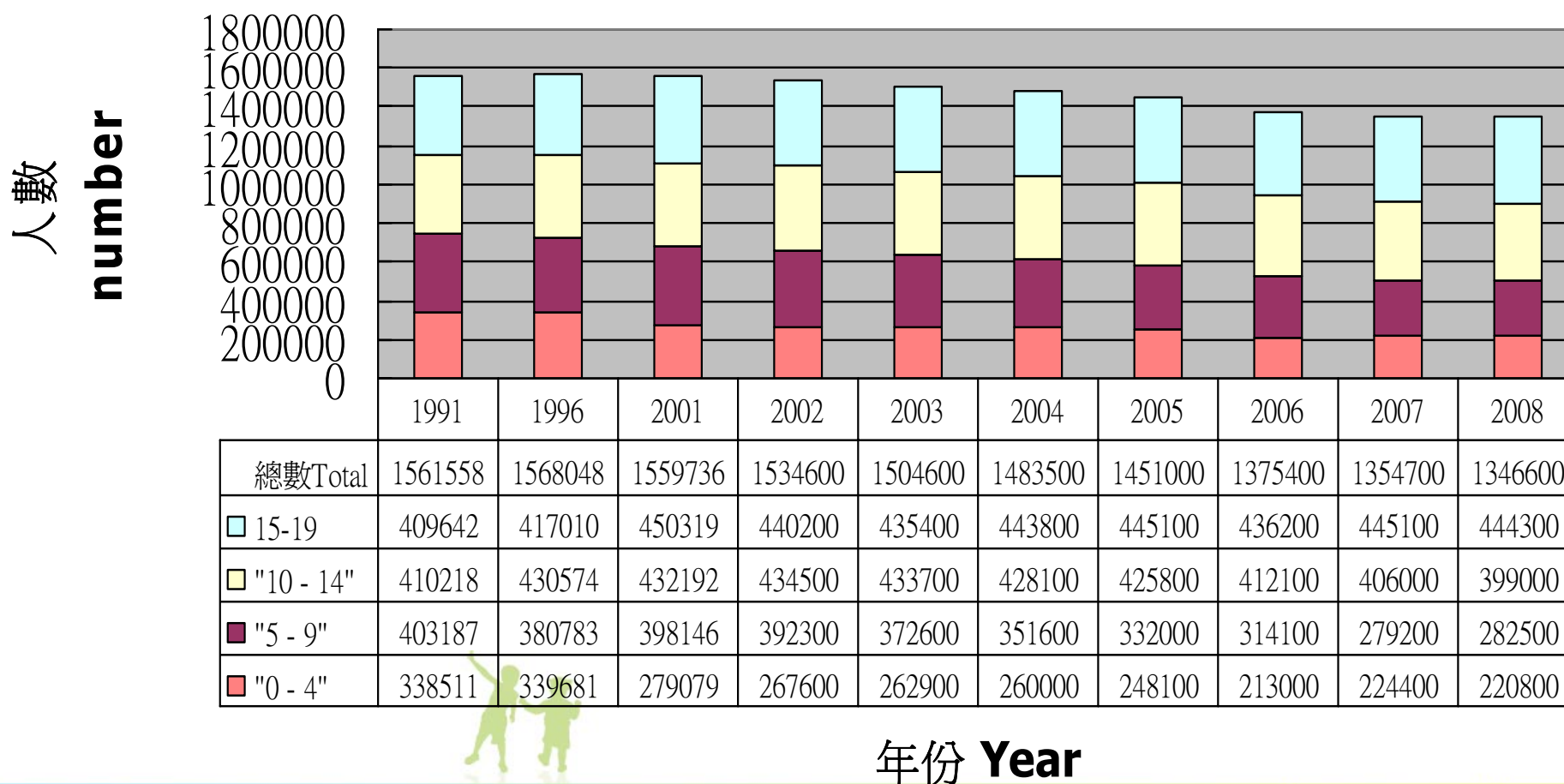


**A healthier, happier,
stronger younger
generation**

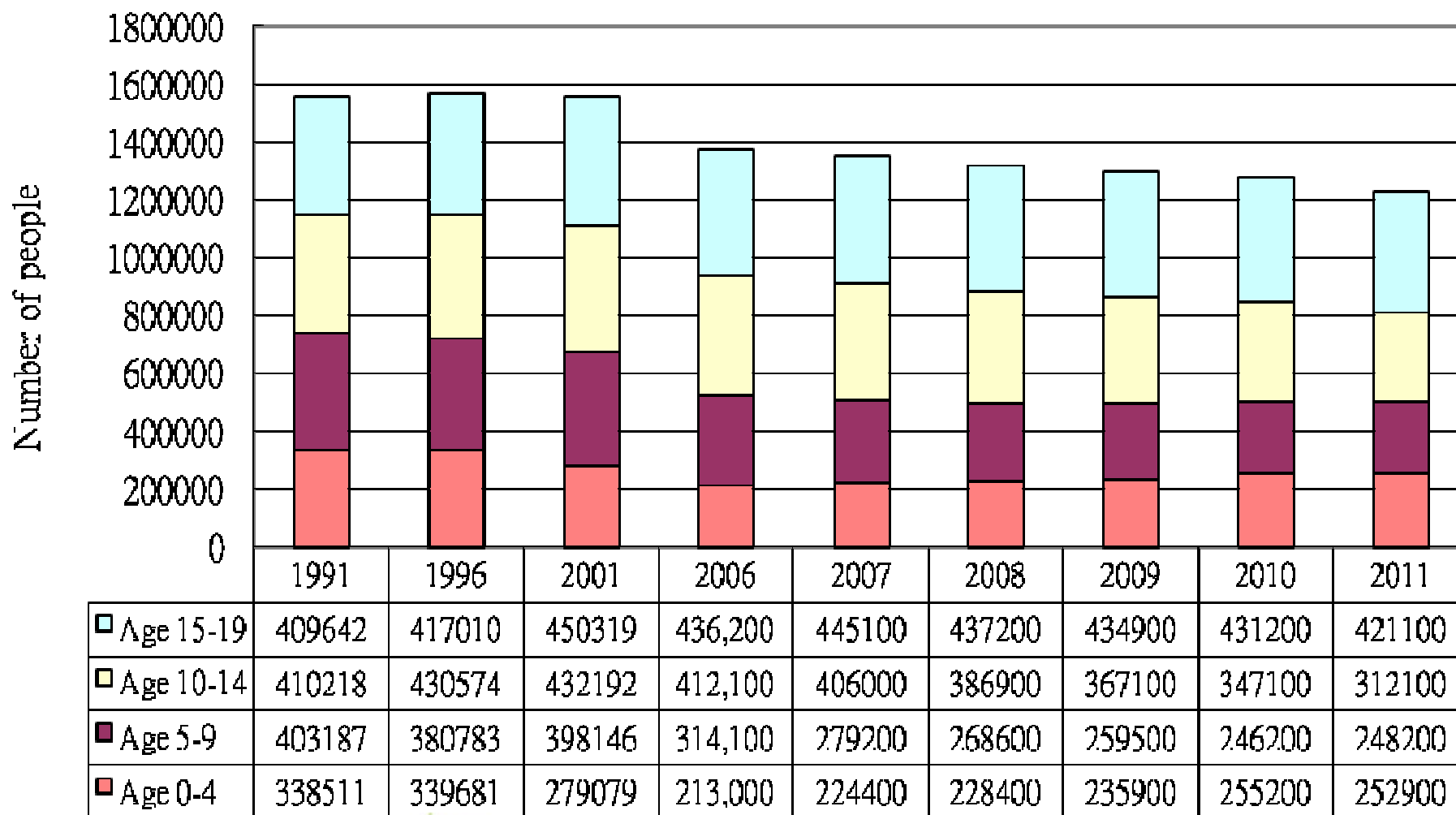


Children in Hong Kong – demographics

按年齡劃分香港兒童人口 Children population by Age



1.1. Children Population



Source: Census and Statistics Department



on.cc

ONLINE

i-ONE
www.i-one.com.hk



- ① 外表早熟、心智遲熟。
- ② 很喜歡玩，但無甚興趣。
- ③ 對大部份事情最普遍的反應是沒有反應。
- ④ 擅於「看見」，不擅「閱讀」；擅於「收聽」，但從不「理解」。
- ⑤ 渴望被注意，但又沒有面對群眾的信心。
- ⑥ 什麼都不在乎不介懷不思考不要求，典型答案是：不知道。
- ⑦ 沒有責任感、沒有自理能力，同時也沒什麼好奇心和慾望。
- ⑧ 不珍惜學習，不嚮往長大，不怕悶，只怕辛苦。
- ⑨ 精於計算結果，毫不享受過程。
- ⑩ 本性善良，不吃人間煙火，當然也未經任何苦楚及傷害。



The challenge of a logical service model



S – see



4.3. Weight F – find/facts

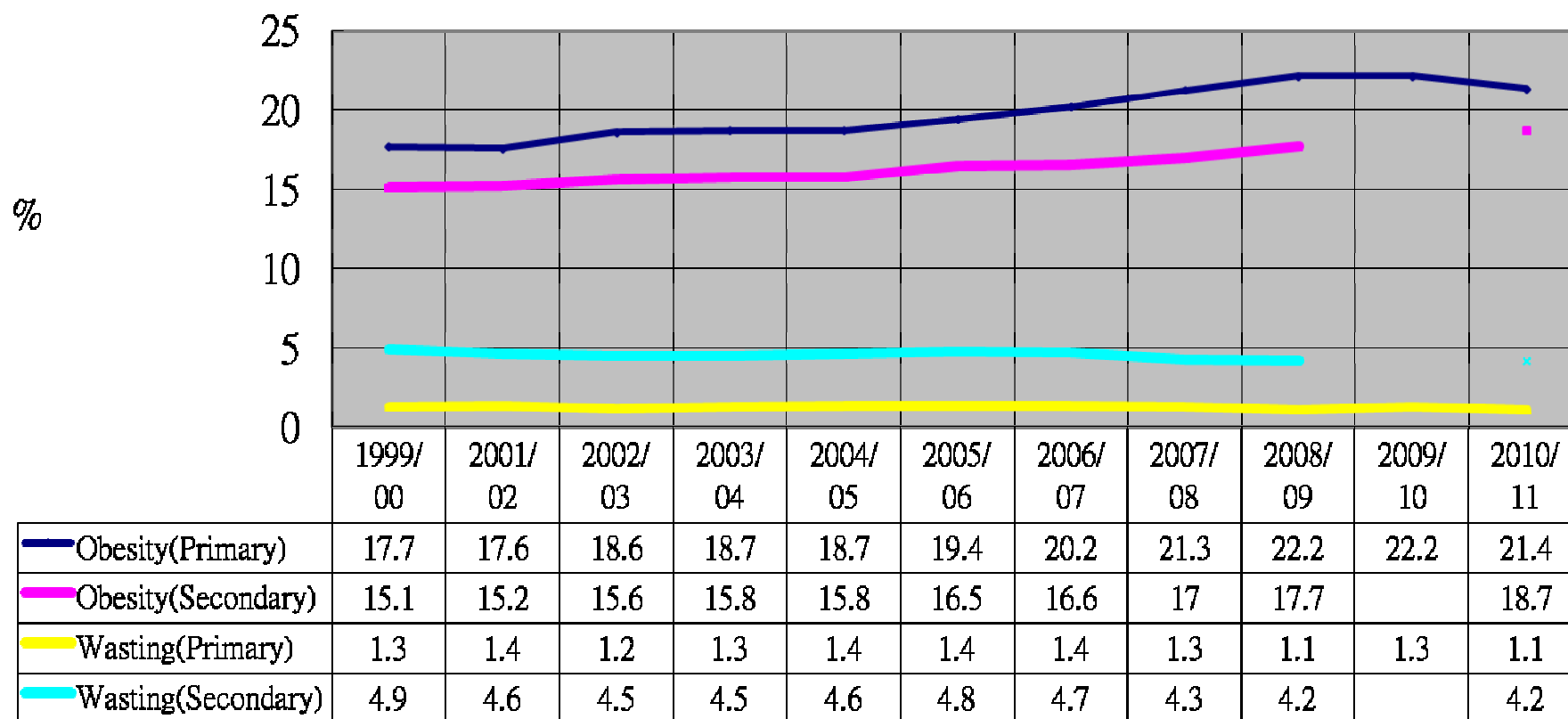
- Average weight of student by age and gender.



Source: Student health service, Department of Health

4.8. Obesity & Wasting

- Detection rate of student found to have obesity (over 120% of the median weight) or wasting (under 80% of the median weight) in SHS.



Source: Student health service, Department of Health

貧窮兒童的健康質素調查



Area	See	Find	Act
Underweight	yes	Yes	Yes
Overweight	yes	yes	yes



A – Act

Feeding Hope

Scheme	Activity
Intensive Health Support Scheme	8 Group Sessions
Year Long Nutritional Support Scheme	6 Group Sessions
	1 Outing Activity
Community Health Promotion Scheme	1 Health Talk
A+ Health Ambassadors	5 Group Sessions
School-based Health Promotion Scheme	10 School Talks
Star Mentorship Program	4 Sessions



Intensive Health Support Scheme (Parent Group)

Theme	Duration	Content
Physical Health	1 Session (1.5hrs)	Healthy Diet
	1 Session (1.5hrs)	Exercise
Psychological Health	1 Session (1.5hrs)	Emotion/Stress
Social Health	1 Session (1.5hrs)	Social Skills



Total number of participants: 33

Year Long Nutritional Support Scheme

Theme	Duration	Content
Briefing	1 Session (1.5hrs)	Introducing the project objectives and rules
Physical Health	1 Session (1.5 hr)	Healthy Diet
	1 Session (1.5hr)	Exercise
Psychological Health	1 Session (1.5hr)	Emotion/Stress
Social Health	1 Session (1.5hr)	Social Skills
Evaluation	1 Session (1.5hrs)	Evaluation and application of the learnt knowledge

Total number of participants:
 Child: 158 (160)
 Parent: 93

School-based Health Promotion Scheme

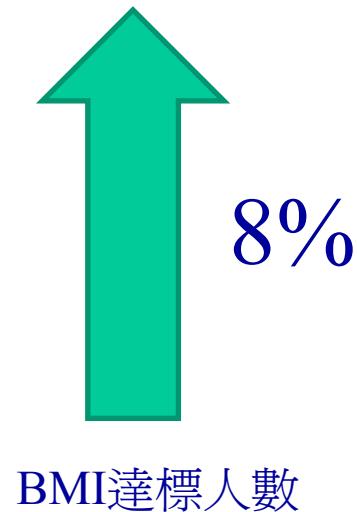
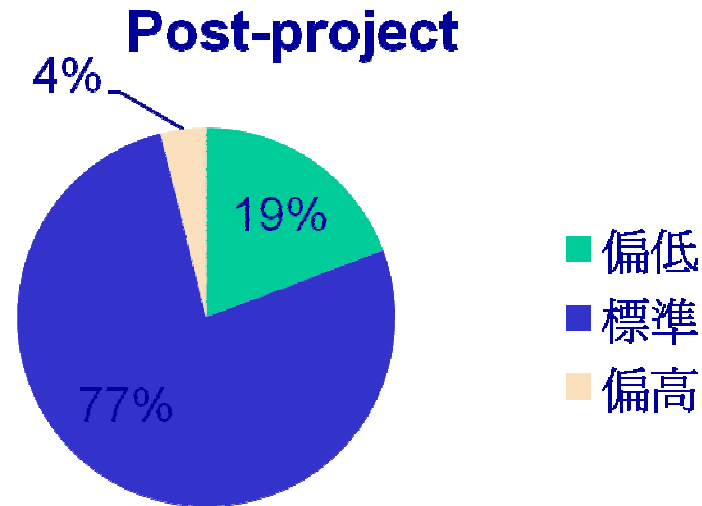
- 10 school talks were held in Sha Tin district and Tai Po district from September to December 2011
- Over 1780 children attended

	School	Number of participants
1	大埔崇德黃建常紀念學校	304
2	香港教育學院賽馬會小學	257
3	胡素貞博士紀念學校	273
4	宣道會陳元喜小學	175
5	九龍城浸信會禧年（恩平）小學	89
6	沙田循道衛理小學	224
7	新界婦孺福利會梁省德學校	217
8	慈航學校	103
9	循理會美林小學	128
10	馬鞍山課餘託管	28
	Total	1798 (1000)

Primary Data

Four aspects concerning the healthy life style of children (Year Long Nutritional Support Scheme)

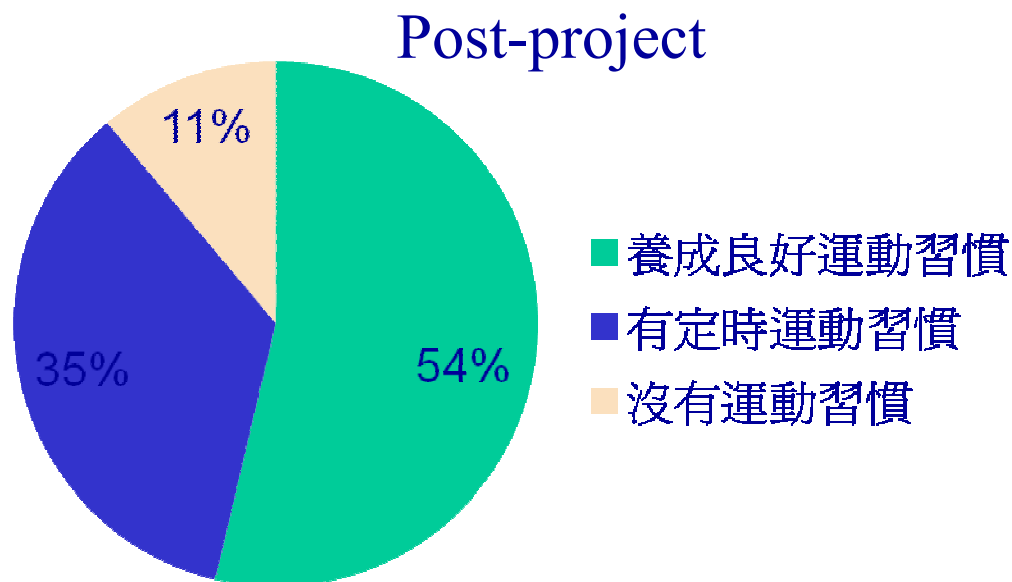
- 1) BMI



	Below	Standard	Over
Pre-project	13 (27%)	37 (69%)	2 (4%)
Post-project	10 (19%)	40 (77%)	2 (4%)

Total: 52 participants

- 2) Exercise habit (daily)



↑ 20%

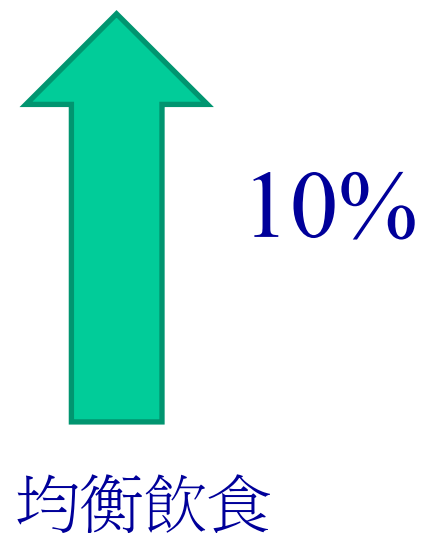
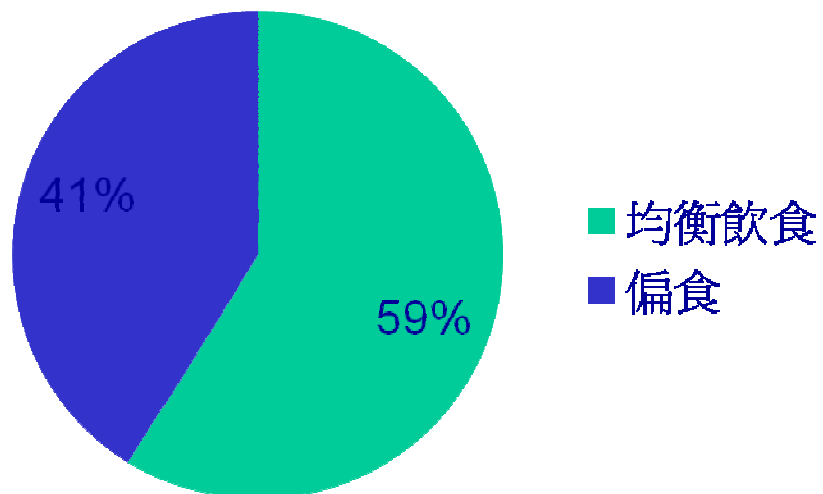
養成良好運動習慣

	No	20mins	30mins	40mins	60mins or above
Pre-project	11 (20%)	25 (46%)	10 (19%)	3 (6%)	5 (9%)
Post-project	6 (11%)	19 (35%)	21 (39%)	6 (11%)	2 (4%)

Total: 54 participants

- 3) Balanced diet

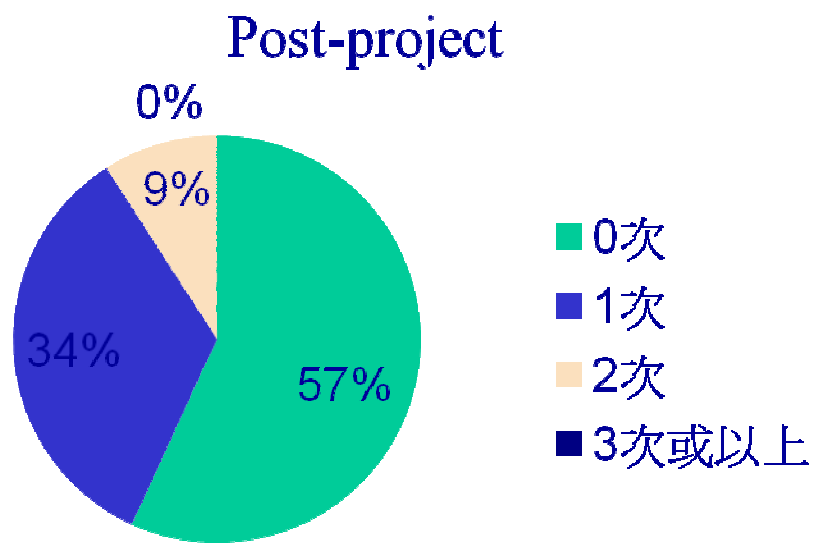
Post-project



	Balance	Unbalance
Pre-project	25 (49%)	26 (51%)
Post-project	30 (59%)	21 (41%)

Total: 51 participants

- 4) Number of visit to doctor (within 2 months)



39%

最近兩個月沒有到診所

	0	1	2	3 or above
Pre-project	14 (26%)	27 (50%)	8 (15%)	5 (9%)
Post-project	35 (65%)	15 (28%)	4 (7%)	0 (0%)

Total: 54 participants

Community Promotion scheme
Nutritional Products to students aged 6 to 12
Benefiting 9,719 children

School Promotion scheme
Talks to 10 schools in 2 districts
Benefiting 1,798 students & parents



RESULTS

Improved diet & nutrition and increasing
physical activity



Healthier children

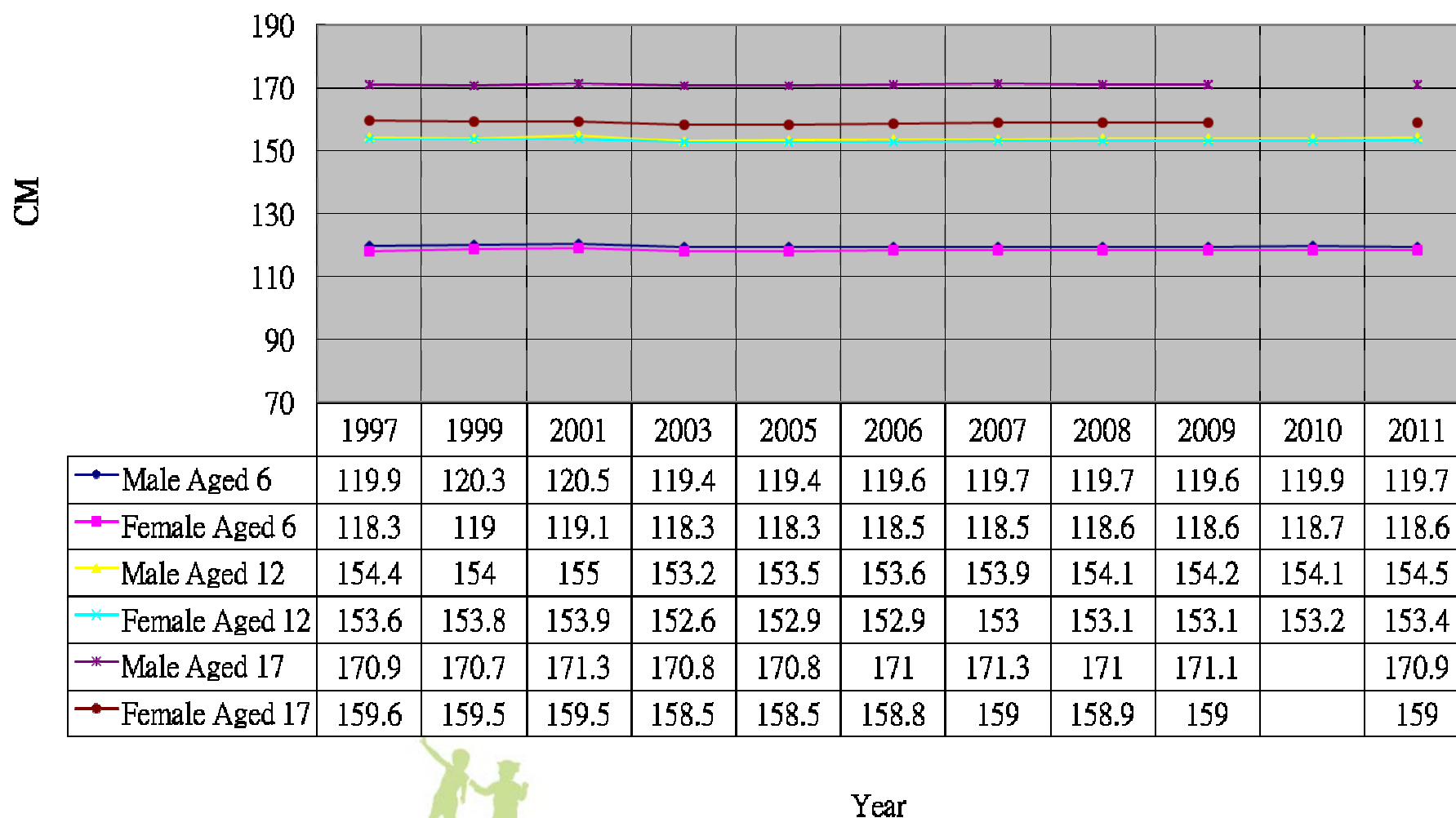


**The challenge we need to
answer is how to extend
this experience ...**



4.3. Height

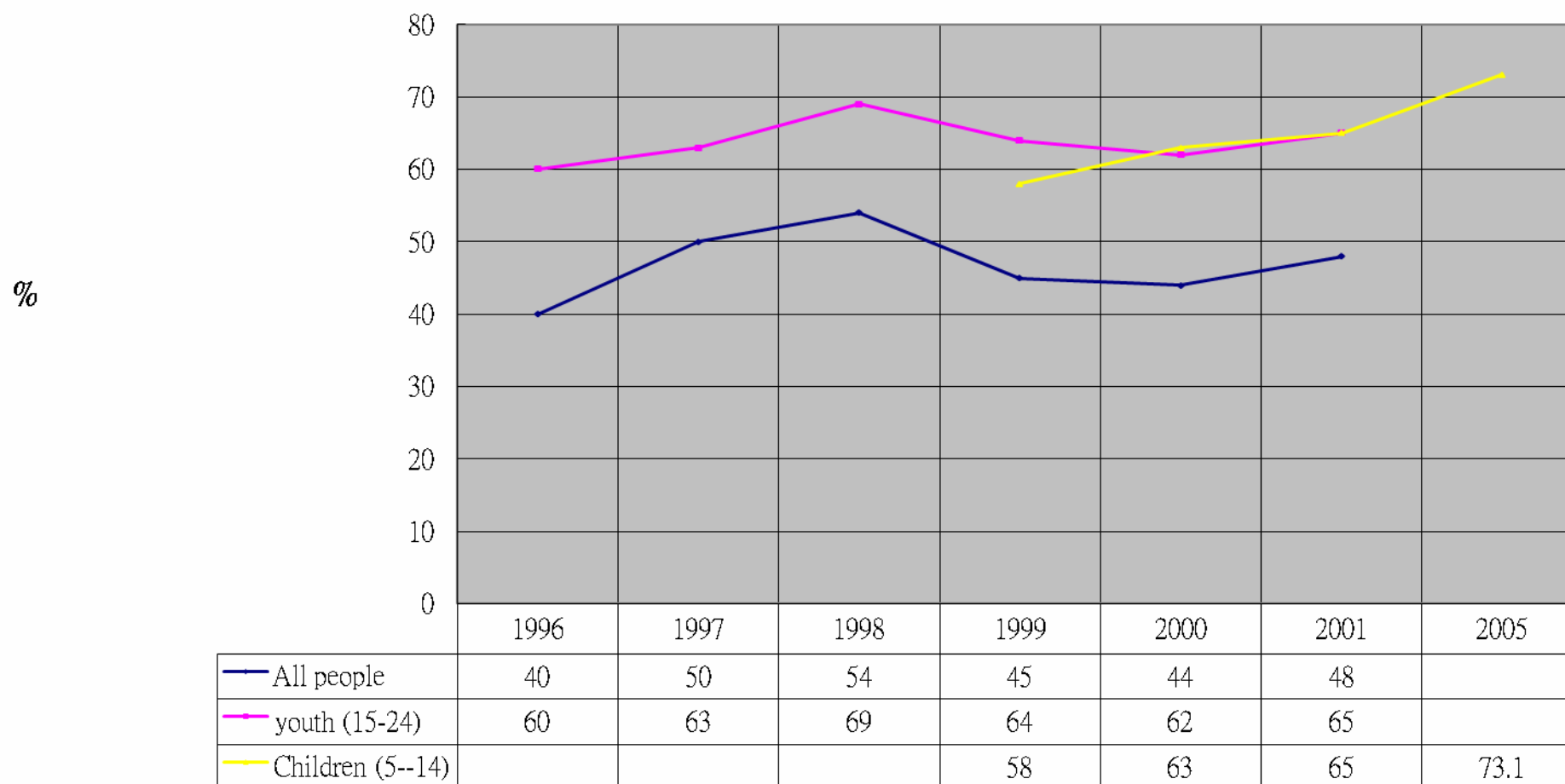
- Average Height of student by Age and Gender.



Source: Student health service, Department of Health

4.4 Physical activities

- Percentage of Children participated in physical activities except PE lesson within last four weeks.

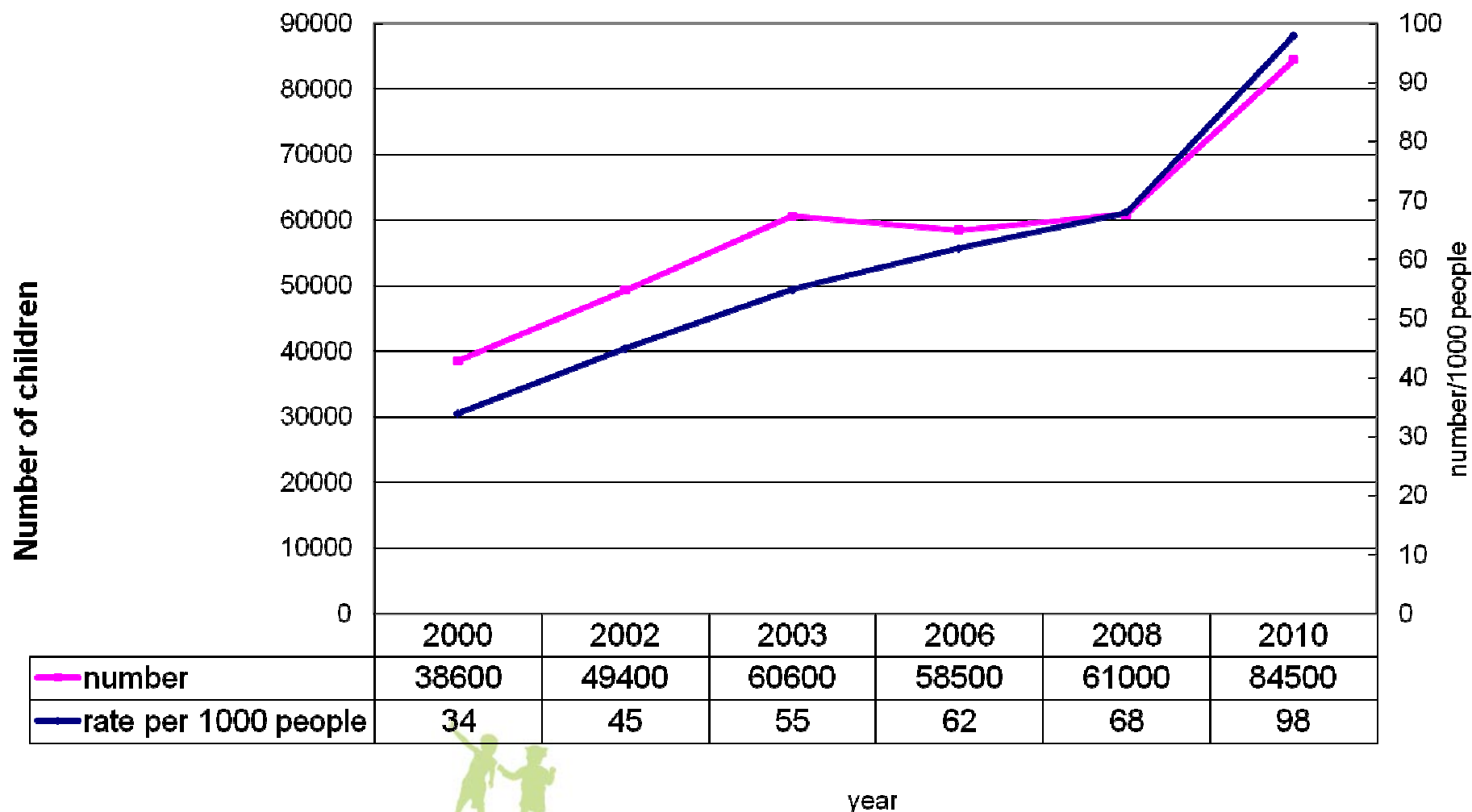


Source : Sport Participation Survey, 1996-2001, Hong Kong Sports Development Board; Child Health Survey 2005-2006,
Department of Health

www.bgca.org.hk

4.5 Illness

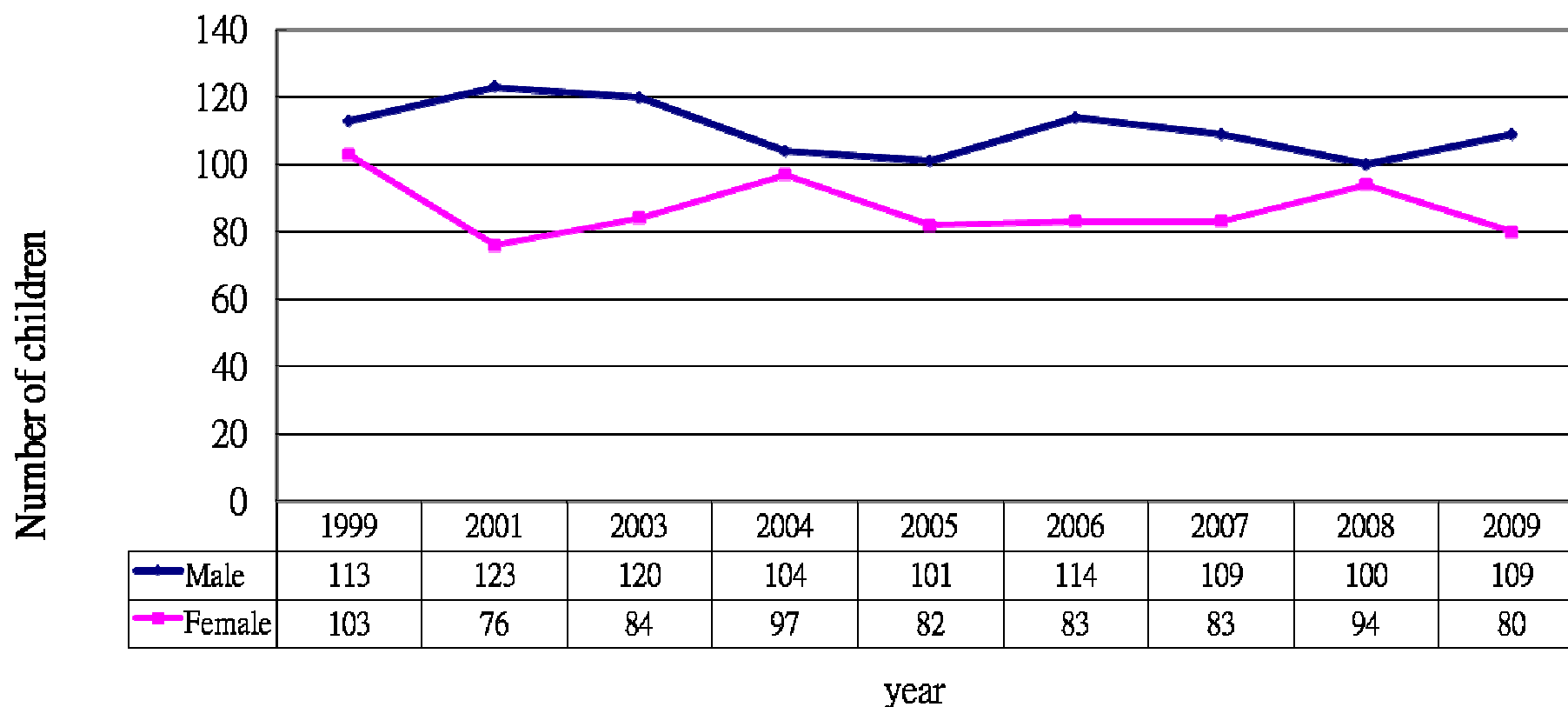
- Number of Children under 15 who had diseases that required long-term follow-up by doctors.



Source : Thematic Household Survey Report, Census & Statistical Department (2000,2002,2003,2006,2008,2010)

4.5 Illness

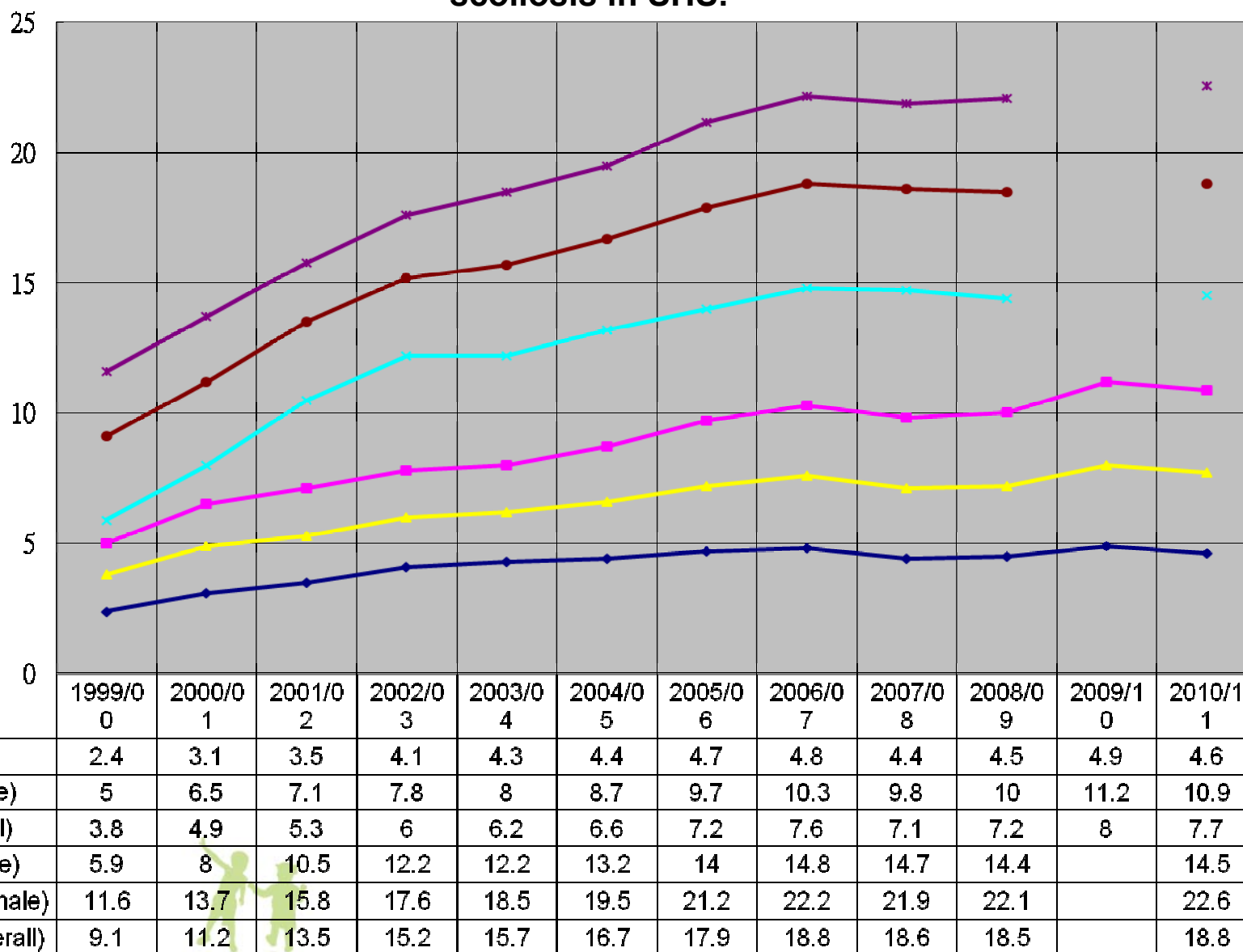
- New Cases Registered of Childhood and Adolescent Cancer aged 0-19



Source: Hong Kong Cancer Registry, Hospital Authority

4.9. Spine health

- Detection rate of student found to have scoliosis in SHS.



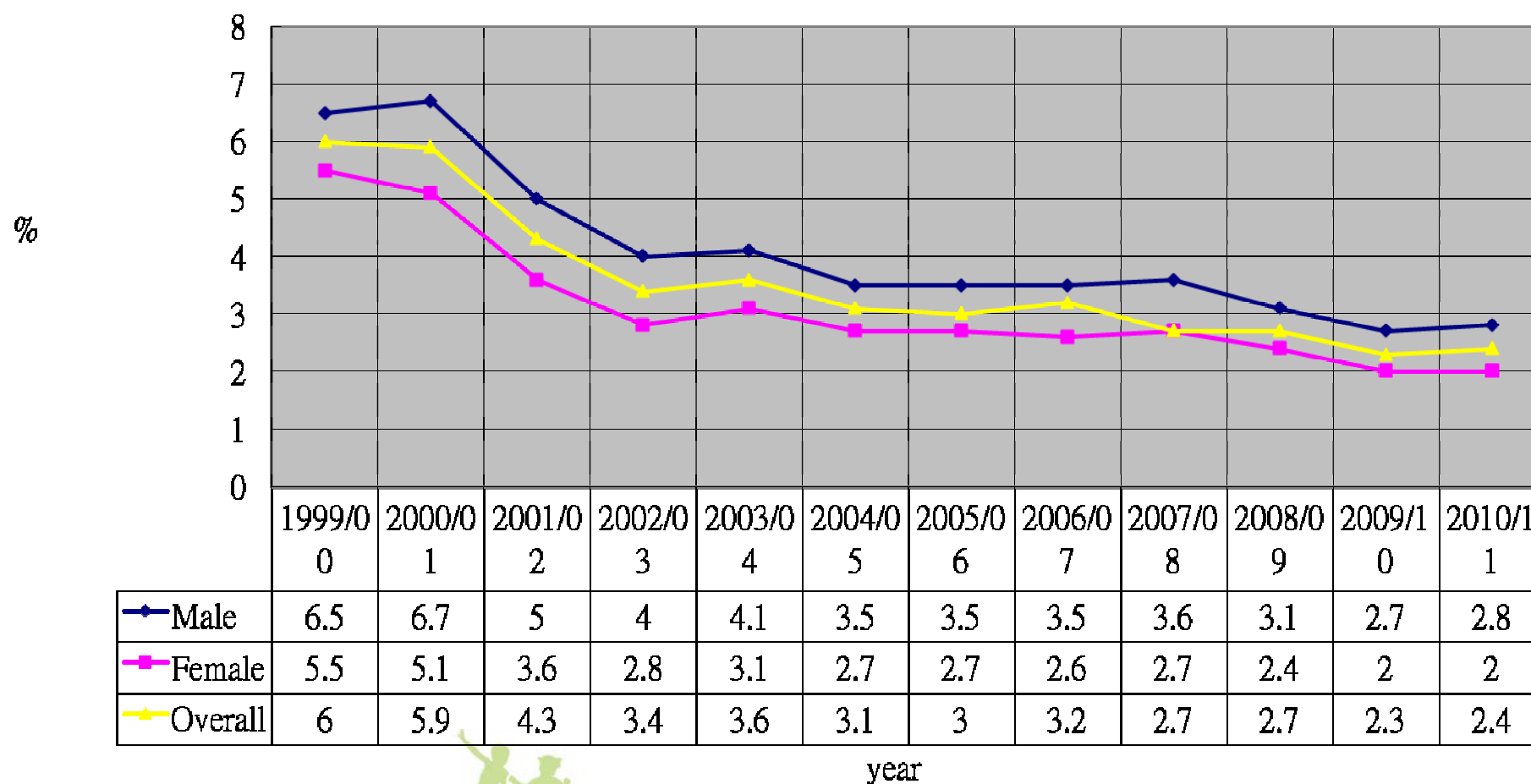
Source: Student health service, Department of Health

year

www.bgca.org.hk

4.12 Mental Health & Emotion Status

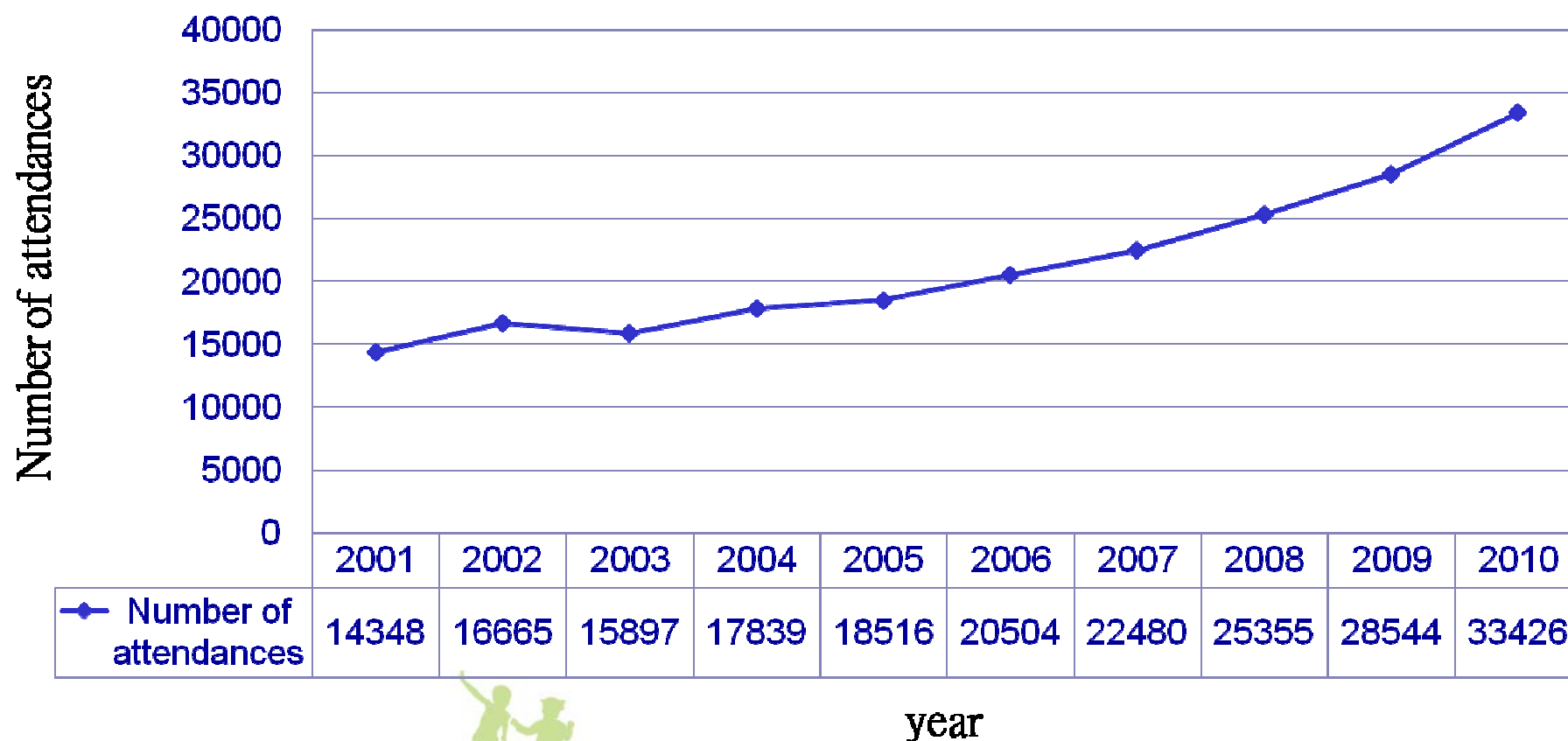
- Detection rate of student found to have low self-esteem in SHS



Source: Student health service, Department of Health

4.12 Mental Health & Emotion Status

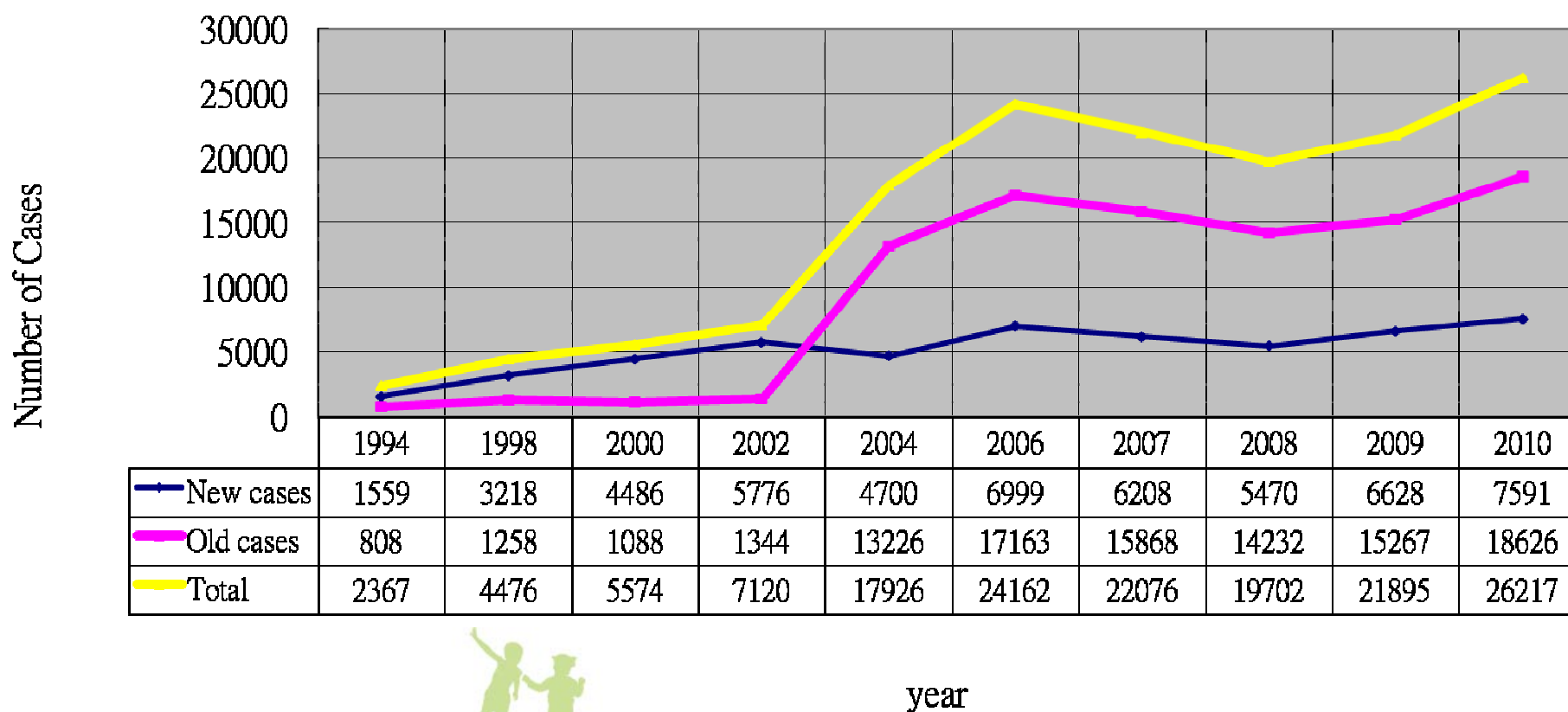
- Specialist Out-patient Attendance (Psychiatric Specialty) of children aged 0-14 of Hospital Authority Hospitals



Source : Hospital Authority in Women and Men in Hong Kong Key Statistics, census & Statistics Department

4.13 Child Assessment Service

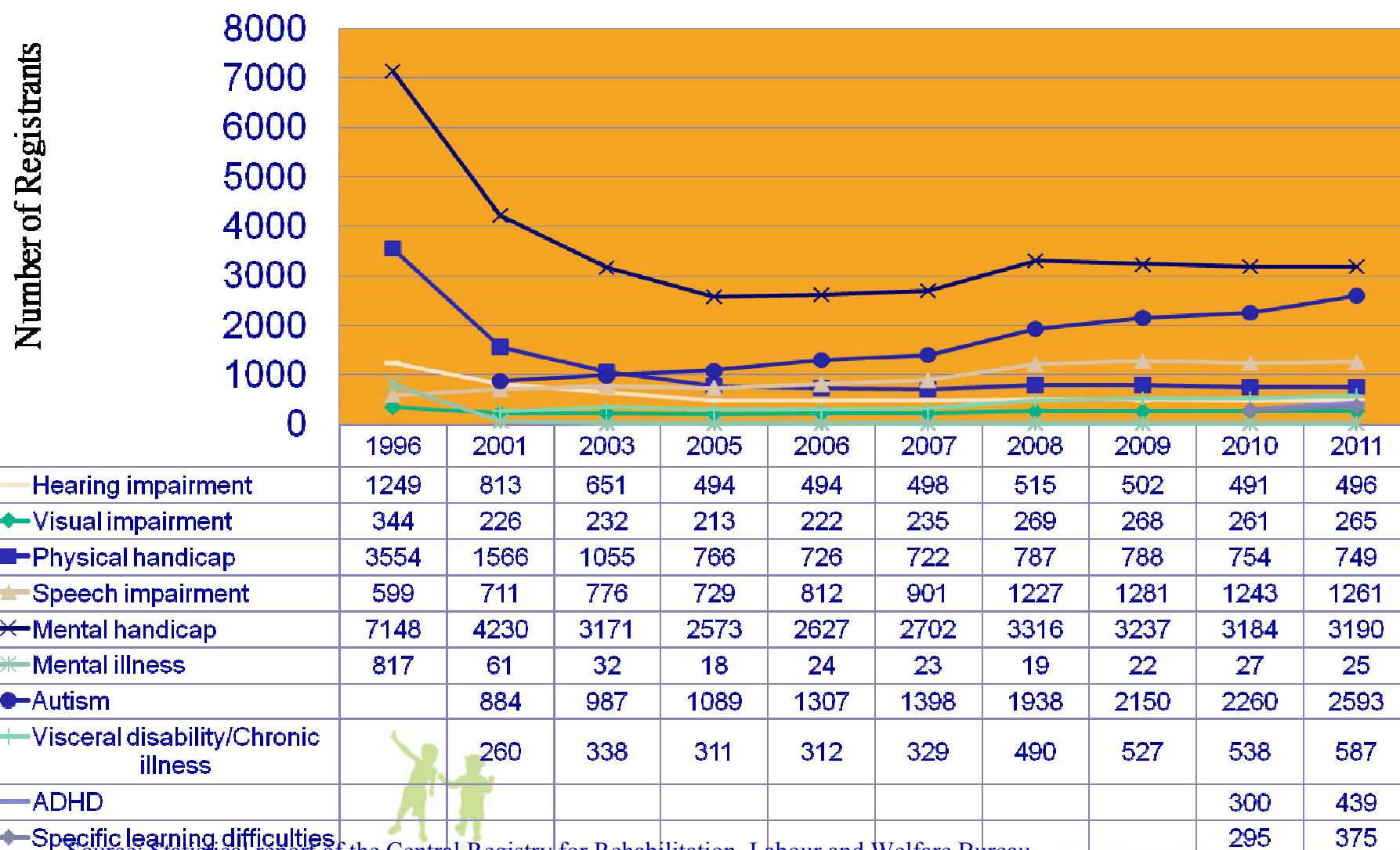
- **Number of Cases of Child Assessment Service of Department of Health**



Source : Annual Report of Department of Health

4.17 Children with disability

- Number of Registrants aged 0-14 by Type of Disability



Source: Statistical report of the Central Registry for Rehabilitation, Labour and Welfare Bureau

Area	See	Find	Act
Underweight	yes	Yes	Yes
Overweight	yes	yes	yes
Anxiety	yes	yes	yes
Autism	yes	yes	yes
Scoliosis	...	yes	...
Lack of sleep	yes



For other observations, there are issue or actions to be further taken:

- **the obesity problem, we have not devoted as much energy -**
- **the height of children, in general, remain similar with the improved nutrients?**
- **the increased prevalence of scoliosis among teenage girls ?**
- **the observation of children lack of sleep?**

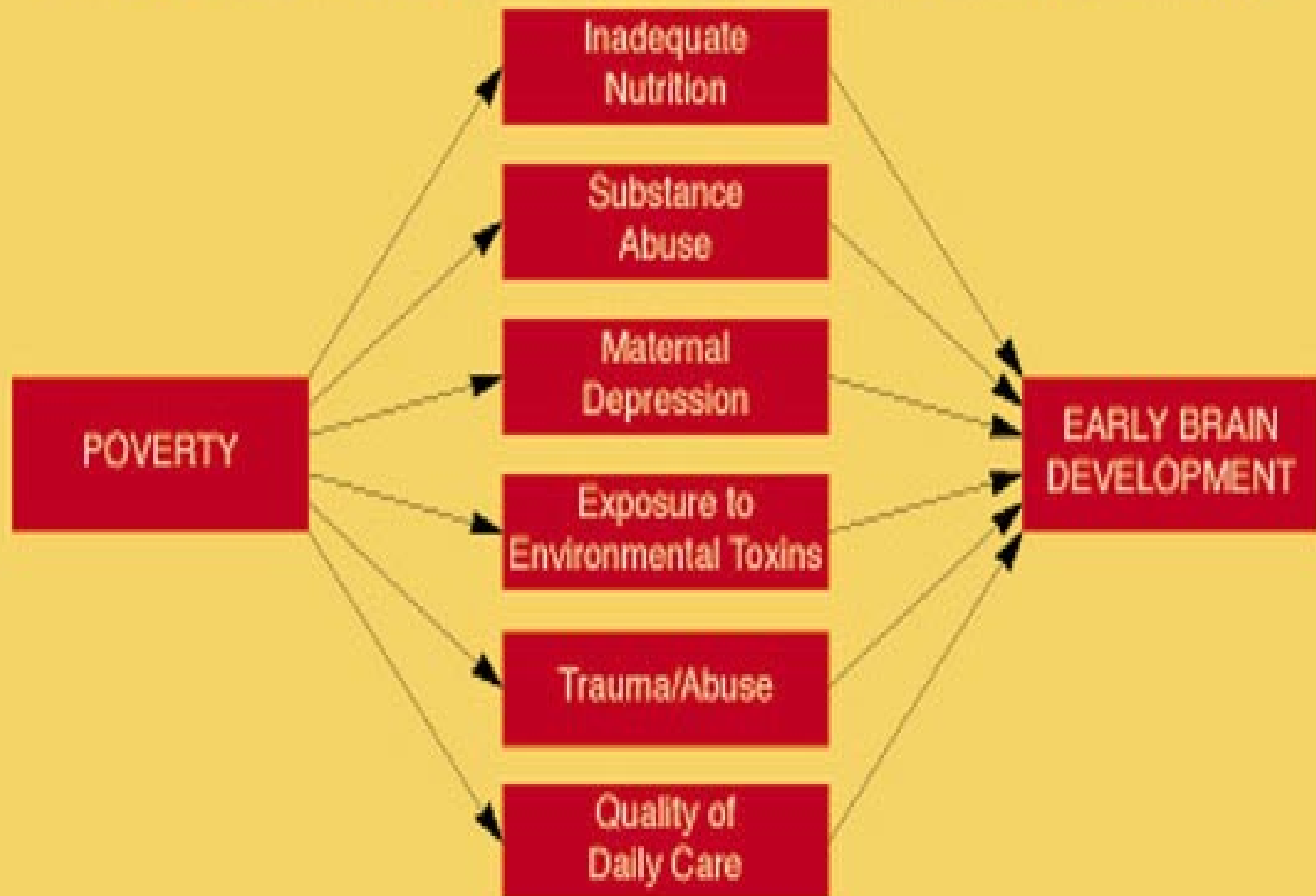


The Gap of communication

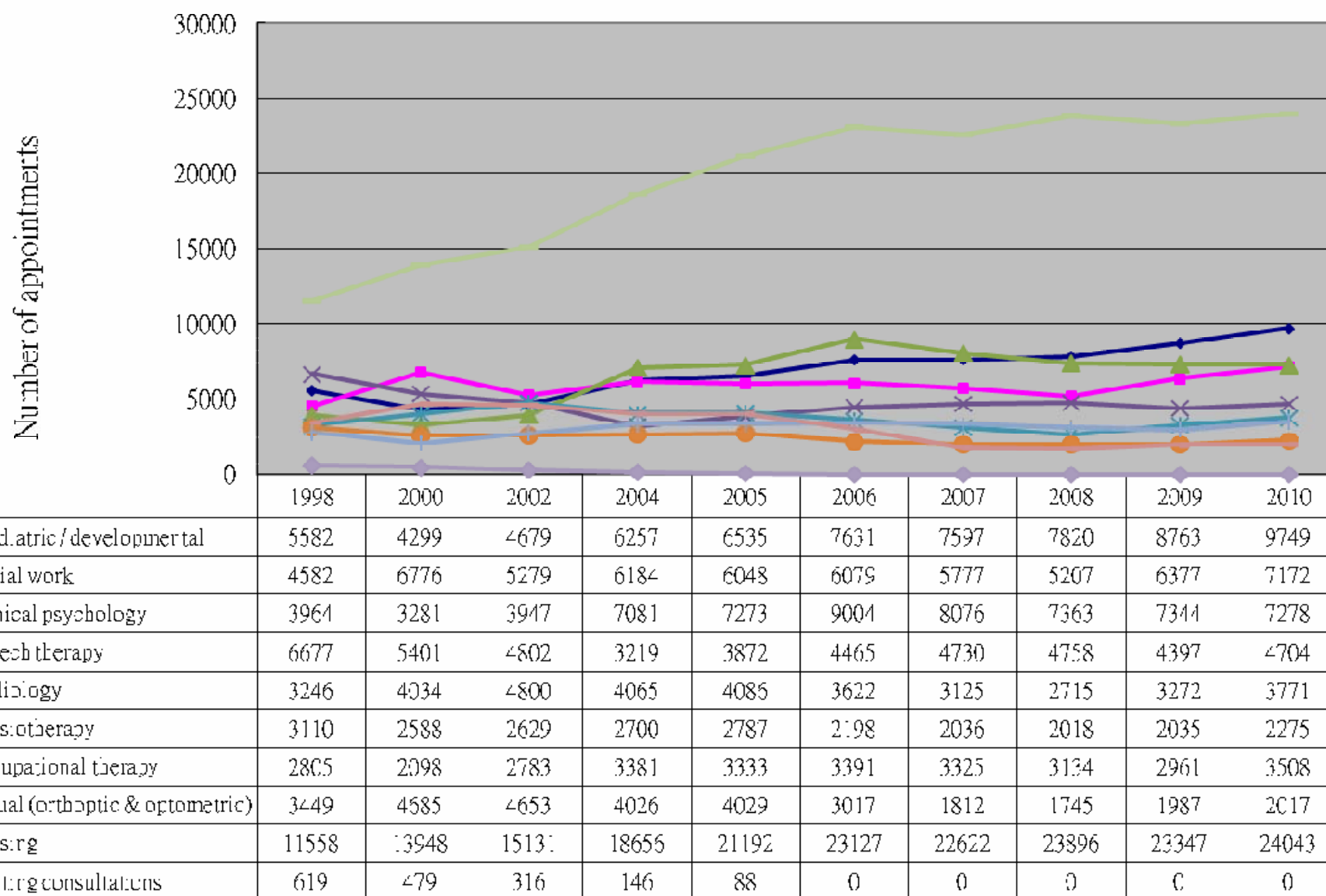
It takes a village to nurture a child



The Impact of Poverty on Brain Development: Multiple Pathways



4.13 Child Assessment Service-- Number of Appointments (by discipline)





Building a child friendly city



www.childfriendlycities.org

9 building blocks:

- 1. Children's Participation**
- 2. A child friendly legal framework**
- 3. A city-wide Children's Rights Strategy**
- 4. A Children's Rights Unit or coordinating mechanism**
- 5. Child impact assessment and evaluation**
- 6. A children's budget**
- 7. A regular State of the City's Children Report**
- 8. Making children's right known**
- 9. Independent advocacy for children**

Thank You



香港兒童發展指標 II



家庭專題