



Proposal on Development of a Healthy City in YTM



Kowloon Central Cluster Hospital Authority

**LAM Shiu Ling, Cecilia**

*Community Service Director*



**RehabAid Centre**  
G/F, Core S, The Hong Kong Polytechnic University,  
Hung Hom, Kowloon, Hong Kong SAR  
Tel: 2364 2345 Fax: 2764 5038  
E-mail: [cecilalam@ha.org.hk](mailto:cecilalam@ha.org.hk)

**ReHAbAid Centre**  
復康專科及資源中心

**Cecilia Lam**

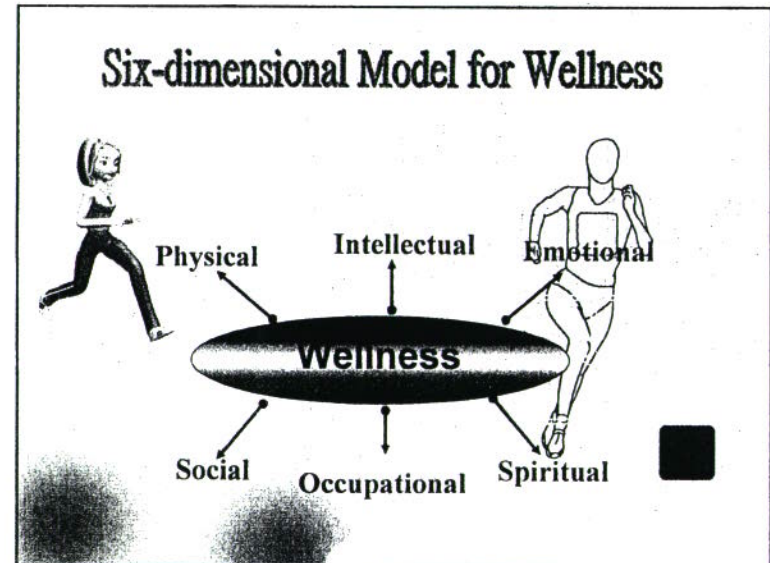
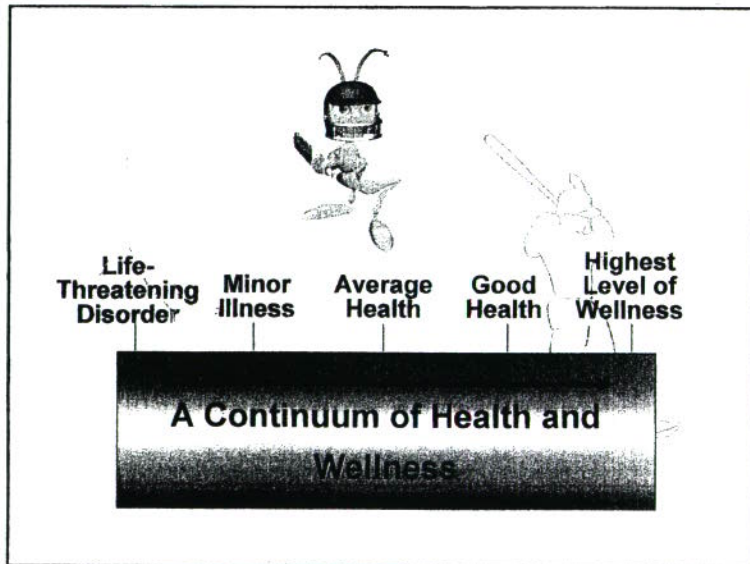
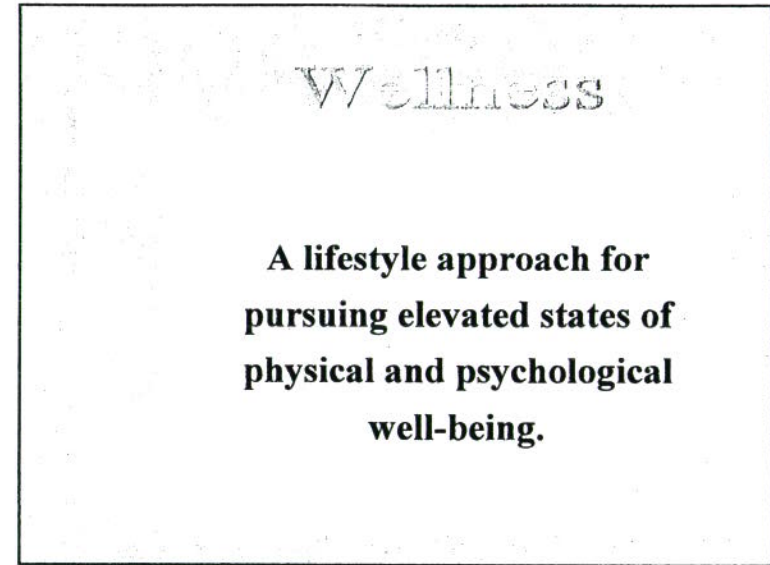
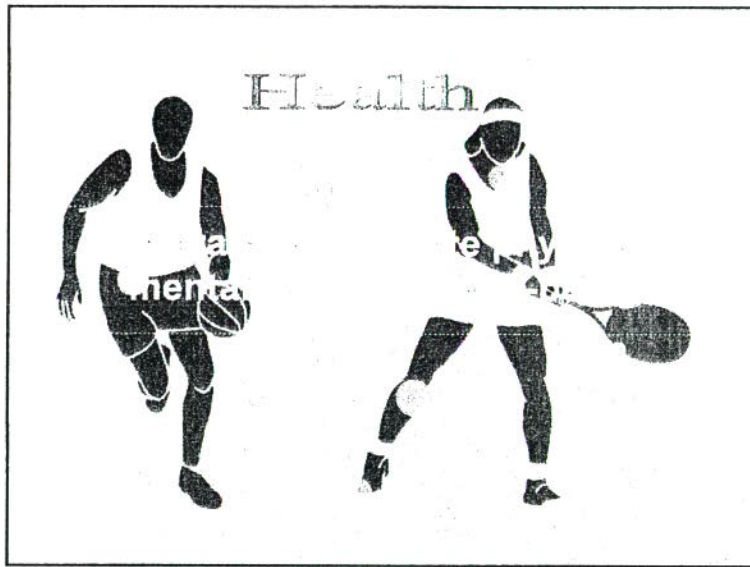
MSc BSc O.T.  
Hospital Chief Executive

G/F., Core S, Yuk Choi Road., The Hong Kong Polytechnic University,  
Hung Hom, Kowloon, Hong Kong.  
E-mail: [cecilalam@rotary.hk](mailto:cecilalam@rotary.hk)  
Telephone: 2817 5196 Fax: 2764 5038

**Rotary RehabAid Centre for Children**  
G/F., 7 Sha Wan Drive, Pokfulam, Hong Kong.  
E-mail: [cecilalam@rotary.hk](mailto:cecilalam@rotary.hk)  
Telephone: 2817 5196 Fax: 2819 8041



醫院管理局  
HOSPITAL  
AUTHORITY



## International Trends in Healthy Aging

- The “young old” phenomenon is becoming more common.
- Health is a matter not so much of age but of lifestyle.
- Today’s healthier lifestyles will allow a higher level of physical functioning in old age.



## Healthy City



A healthy city is one that is continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all functions of life and in developing their maximum potential.

(WHO, 1994)



## Nature of a Healthy City Project

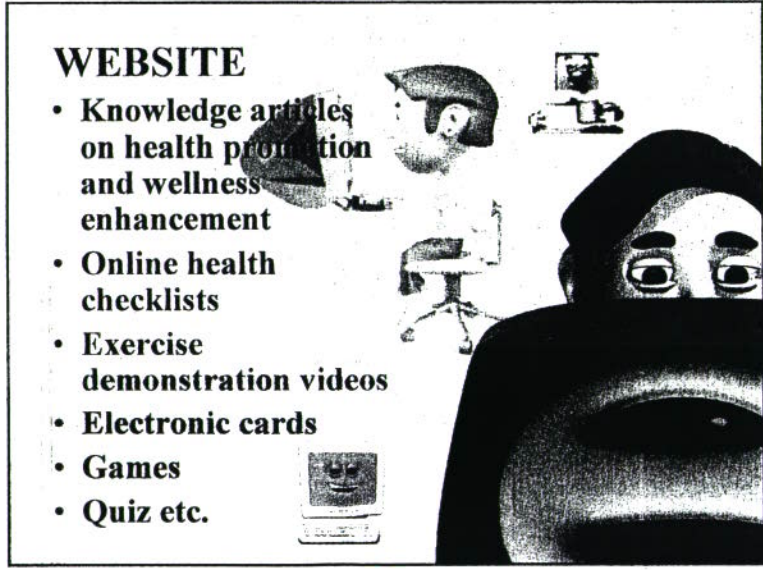
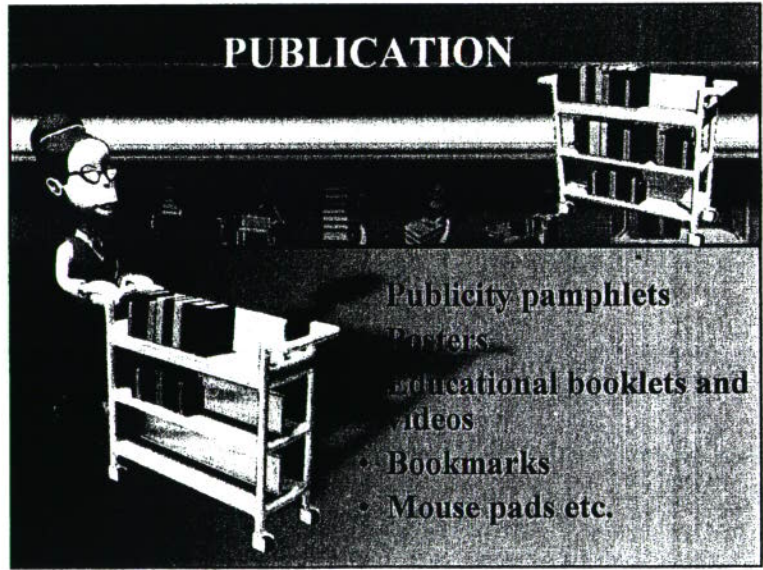
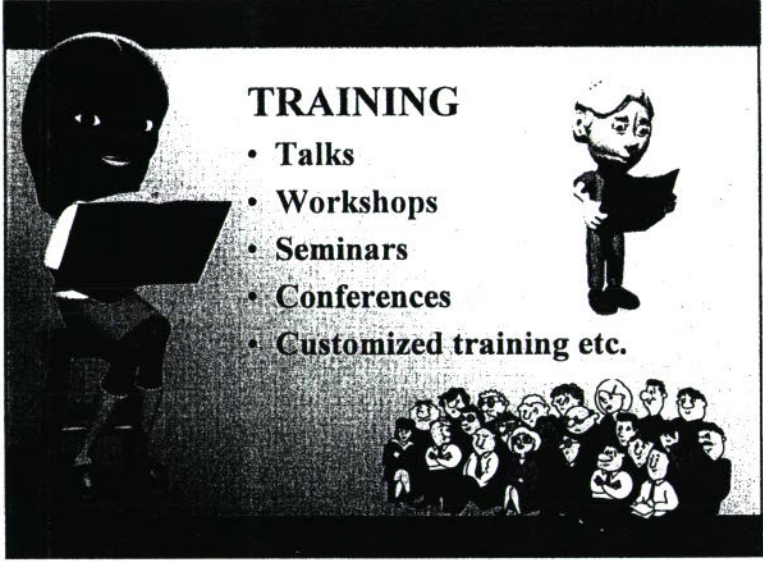
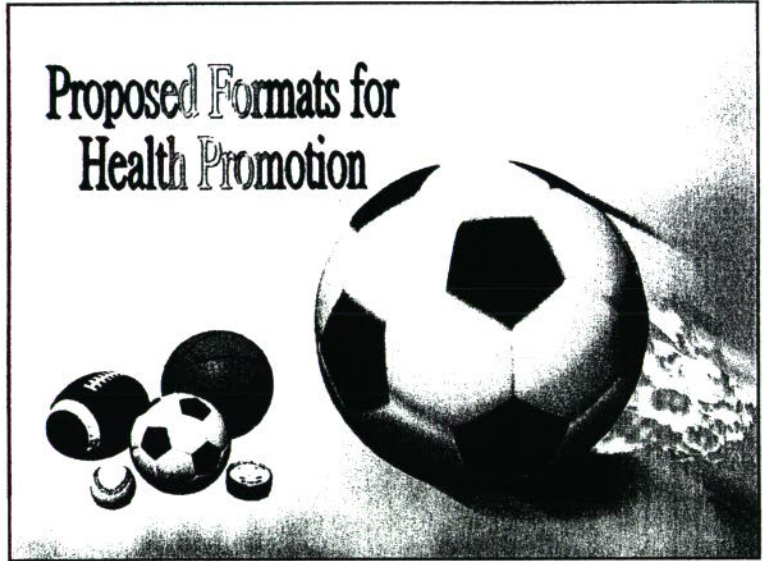
- Assumption: Social environment has a substantial impact on health.
- A continual endeavour
- Shared responsibility across the local community
- Intersectoral collaboration
- People take responsibility for their own health
- Integration between different health foci in the community (e.g. hospitals, workplaces and schools)

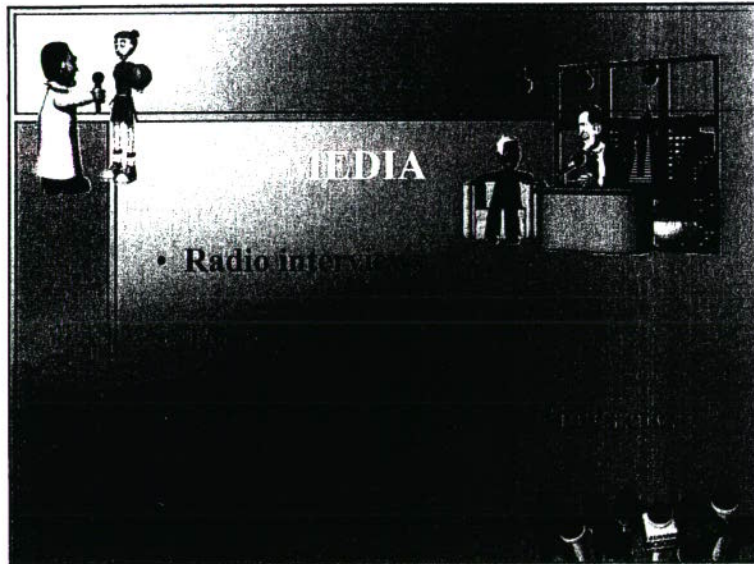


## Objectives

- Promote a positive culture conducive to wellness in the community
- Provide the momentum for movement towards healthier lifestyles
- Increase the awareness of the general public of their health levels and the importance of healthy aging
- Provide the general public with related information for health promotion, wellness enhancement and weight management







## **HEALTH CHECKS / FITNESS ASSESSMENTS**

- Blood pressure
- Heart rate
- Cardiorespiratory function / fitness
- Body composition (including BMI and body fat percentage)
- Bone mineral density
- Fall and fracture risks
- Muscle strength and endurance
- Trunk flexibility etc.

## **CARNIVAL for**

- General public
- The elderly
- Students, teachers and parents
- Working population
- Retired persons

on

## **Fruit & Veggie**

- Health food and supplements
- Exercises and related equipment / accessories
- Health tips and knowledge
- Community resources
- Sport and leisure facilities in Hong Kong
- Healthy lifestyle etc.

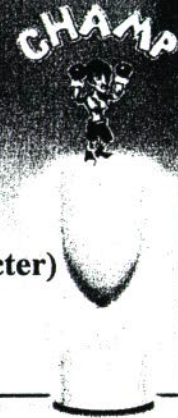
## CAMPAIGN, focus on

e.g.

- A clean city
- A safe city
- Healthy living after menopause and retirement
- Healthy aging for the elderly
- Happy working life
- Healthy growth
- Care for the carers

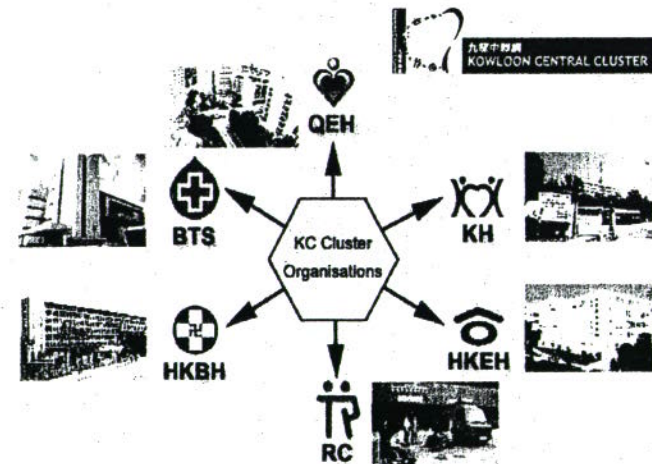


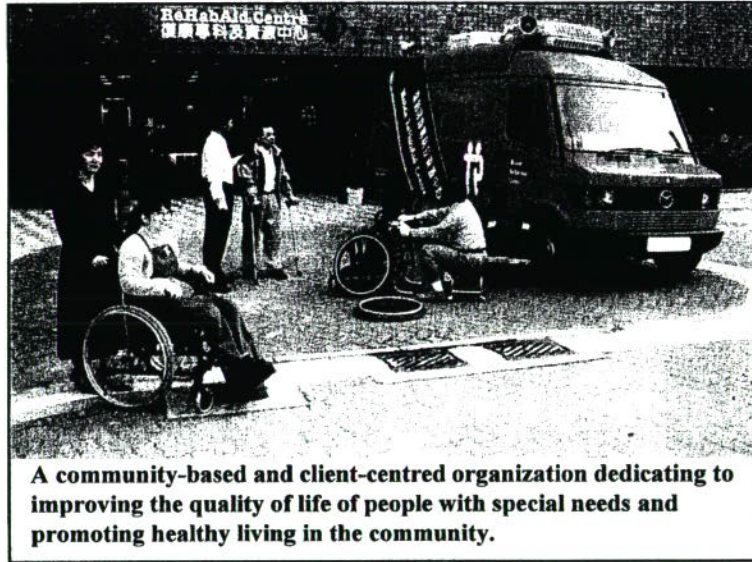
- Slogan
- Bookmark
- Poster
- Website background
- Health ambassador (cartoon character) etc.



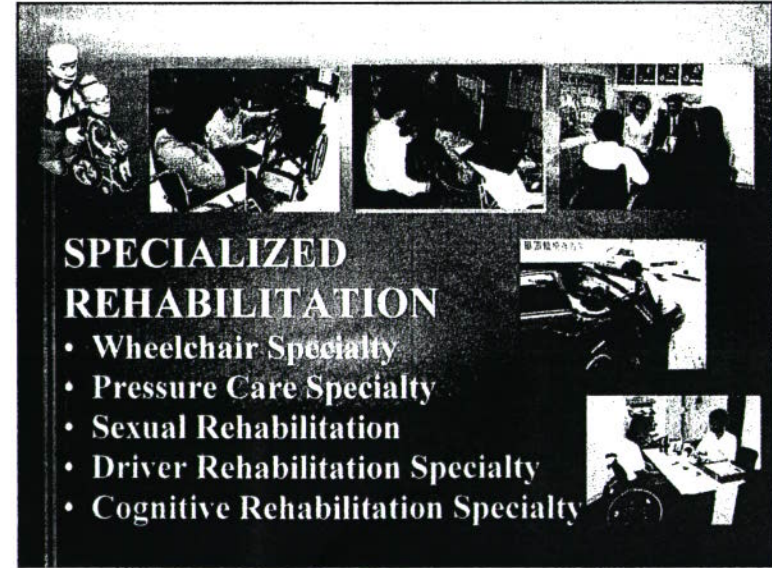
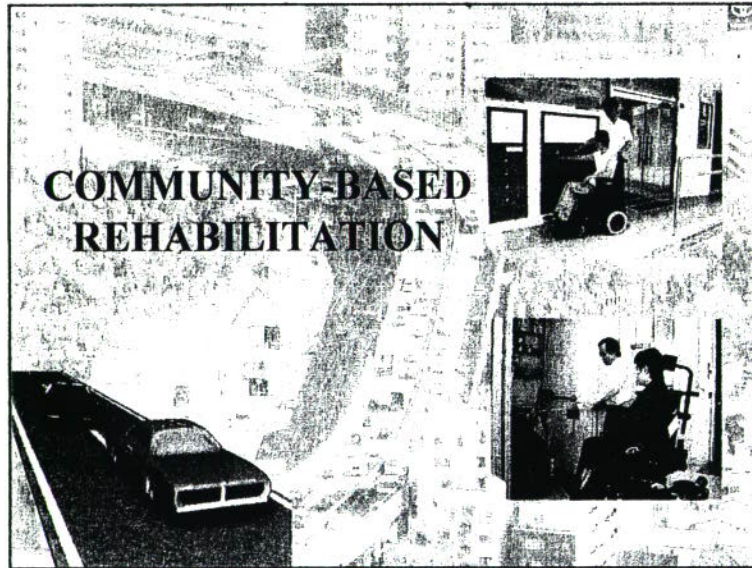
e.g.

- Volunteer recruitment and training
- Strategic alliance with health, social, government and related organizations
- Partnership/collaboration with employers, employee associations, schools, hospitals, elderly centres, self help groups etc. for organization of health promotion programmes





A community-based and client-centred organization dedicating to improving the quality of life of people with special needs and promoting healthy living in the community.



### SPECIALIZED REHABILITATION

- Wheelchair Specialty
- Pressure Care Specialty
- Sexual Rehabilitation
- Driver Rehabilitation Specialty
- Cognitive Rehabilitation Specialty



**SPECIALIZED REHABILITATION**

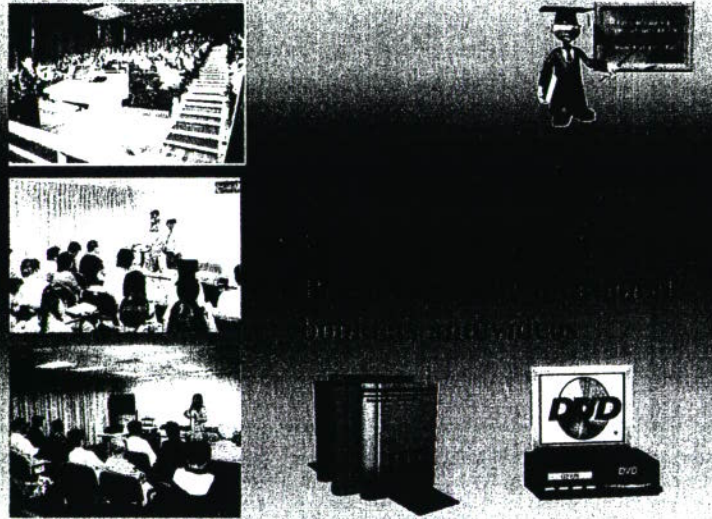



- Computer Access Specialty
- Specialty Service for Children with Developmental Coordination Disorder (DCD)
- Back Care Specialty
- Occupational Health and Safety Specialty




**WELLNESS ENHANCEMENT SERVICE**






- Education
- Health checks, fitness assessments and individual consultation
- Website on healthy living ([www.rehabaid.org](http://www.rehabaid.org))



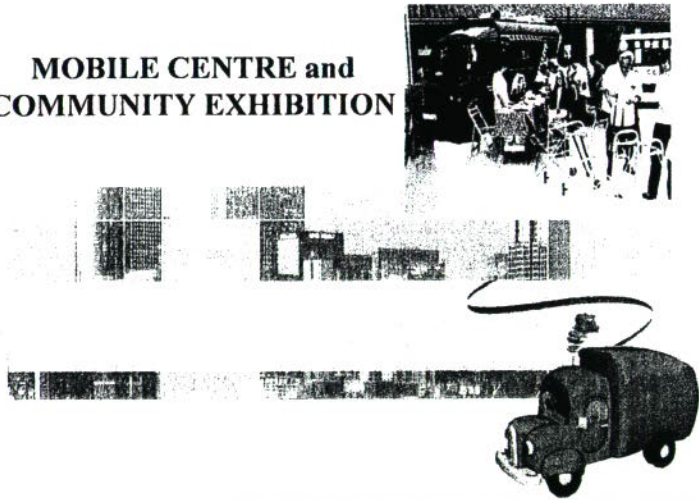
**INFORMATION AND RESOURCE SERVICE**

- Technical aid consultancy service
- Telephone and mail enquiry
- Technical aid database and display
- Technical aid loan and donation schemes
- Resource libraries
- Toy library



**MOBILE CENTRE and  
COMMUNITY EXHIBITION**

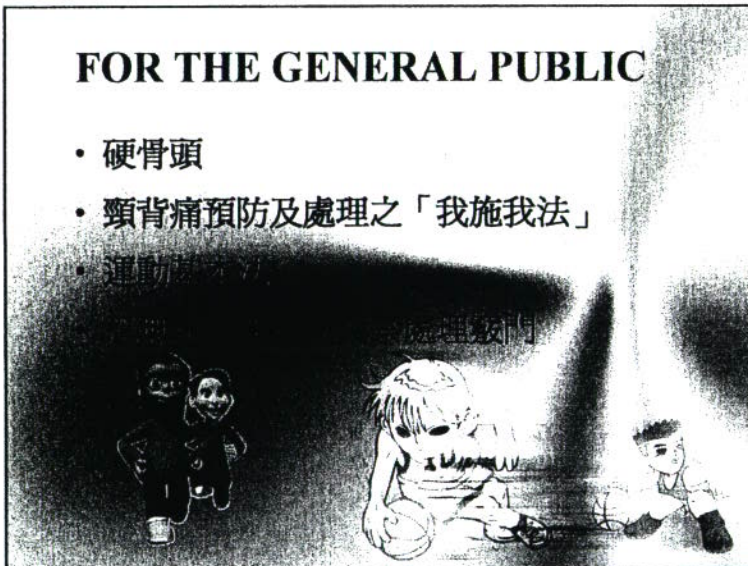


**Proposed Topics for Healthy City Activities**



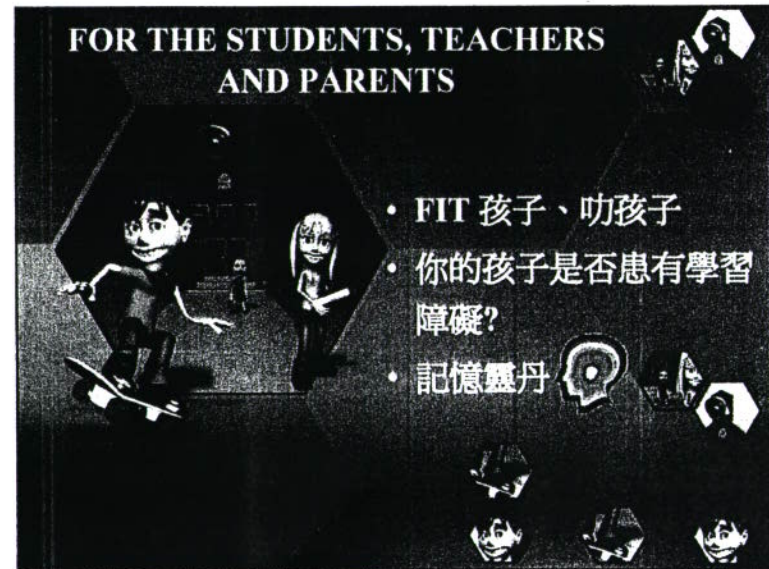
**FOR THE GENERAL PUBLIC**

- 硬骨頭
- 頸背痛預防及處理之「我施我法」
- 運動



**FOR THE STUDENTS, TEACHERS  
AND PARENTS**

- FIT 孩子、叻孩子
- 你的孩子是否患有學習障礙?
- 記憶靈丹



## FOR THE WORKING POPULATION

- KEEP FIT有「營」人
- 做個精叻電腦使用者
- 搬抬倍輕鬆
- 互助互按
- 更年無憂



## FOR THE ELDERLY

- 「運」轉乾坤
- 耆英安樂窩
- 防跌不倒翁

