



Committee on Health Promotion and Protection Annual Report 2007-08

(for the period of 1 August 2007 to 31 July 2008)

I. INTRODUCTION

As a Health Promoting University, the Committee on Health Promotion and Protection (CHPP) continues to monitor the infectious diseases in the campus as well as to promote health through various channels and programmes with the collaboration of different units in the university. For the prevalent avian flu problem, the priority role of the Committee is to educate our community to strengthen necessary preventive measures and to ensure the preparedness for responses appropriate to different levels of severity in line with the Department of Health's announcements. The Chairman's Announcement at the dedicated website serves as a main communication channel for updating the pandemic situation and levels and supplemented by additional e-mail or communication through the established department and unit working groups whenever necessary.

II. ACTIVITIES HIGHLIGHTS

1. Influenza Vaccination

Influenza vaccination programmes were conducted by the University Health Service (UHS) in the form of campaigns and scheduled programmes for general group, in addition to the vaccination in the Outpatient Department of UHS throughout the year. Free vaccinations were provided for staff and students classified as high-risk group.

Total number of vaccinations in the 2007-08 campaign:

General		High-risk Group*		Total
Students	Non-students	Students	Non-students	
250	1,099	826	903	3,078

* High-risk group units include Faculty of Medicine, School of Chinese Medicine, Institute of Chinese Medicine, Estates Management Office (EMO), Security and Transport Office, Hostels, Canteens, and UHS.

2. Monitoring of Bird Corpses

Between 1 August 2007 and 31 July 2008, the number of dead bird corpses found on campus, as indicated by the statistics maintained by the Security Unit, was 171. The area where bird corpse was found would be demarcated and the Food and Environmental Hygiene Department (FEHD) informed to collect the corpse to test for the presence of H5N1 virus. Channel has been established between UHS and the Centre for Health Protection so that the University would be informed when the bird corpses collected on campus was found H5N1 positive.

3. Anti-mosquito Program

40 Ovitrap monitoring stations were set up on campus by the University Safety and

Environment Office (USEO) in 2007-08 and the figures on Aedes larvae was reported every month with copies sent to EMO for follow-up mosquito eradication actions, if needed. Results showed similar seasonal trends compared with the official statistics released by the government.

Insecticide was applied to whole campus by EMO on a 4-week cycle between March 2007 and December 2008. In addition to the routine cleaning on road side gullies, storm water channel and drainage pits for preventing stagnant water, EMO installed 196 electric mosquito killers on campus and 37 automatic insecticide spraying units at road side gullies.

4. Hygiene Enhancement Work

Further to the University's Contingency Plan for Avian Flu, EMO prepared its own contingency plan for "Alert" and "Serious" states. Training was provided to all EMO's staff so that staff was familiar with the response action. Canteen inspections and advice to the food handlers were conducted according to different response levels.

Drinking Fountain

EMO identified totally 214 drinking fountains on campus. USEO conducted water quality tests on all drinking fountains. The testing results proved that the quality of water from drinking fountain were up to the World Health Organization's water drinking standard.

5. Testing of Surgical Masks

Testing for surgical masks had been conducted by USEO for the central stocks (100,000 in number), stocks managed by the four Colleges and certain administrative and support departments.

USEO conducted tests on surgical masks on three parameters: airborne particle filtration rate (at particle diameters from 0.3 to 0.5 micron); microscopic examination of filter material for presence of mold and moisture damages; and strengths of ear-loop.

A total of 159 masks were randomly selected from different sources for testing. Although all samples were found to be satisfactory in particle filtration performance, one batch of surgical masks was recommended to be disposed due to weaken strength of the ear-loops.

6. Respirator Fit-testing

Most front-line staff in UHS, Security Unit and EMO has their respirator fit-testing completed before June 2007. USEO continued to conduct fit-testing on appointment basis for newly recruited staff from the above departments for the period of this report. A total of 27 tests were done.

7. Stocking of Disinfectants

USEO maintains at least 14-day supply of bleaching solution in its dangerous goods store during the "Alert" epidemic response level. The bleaching solutions which are of industrial strength (10-12%) are replaced every three months with the old stock transferred to departments for routine uses.

8. Smoke-free Campus

Under the Smoking (Public Health) (Amendment) Bill 2005 which took effect on 1

January 2007, smoking was prohibited in the entire university campus with the exception of limited staff quarters. UHS conducted smoke cessation sessions for individual staff and students in University Health Centre. A website (http://www.cuhk.edu.hk/uhs/smokefree/index_eng.html) was launched to publicize the campus no-smoking policy.

Between 1 August 2007 and 31 July 2008, Security Unit recorded 125 cases of ‘smoking on campus’, involving a total of 163 people. Most of them were construction site workers. 8 workers were removed from construction sites in CUHK in joint site inspections of USEO and Campus Development Office (CDO) colleagues due to violation of smoking prohibition. Another 29 verbal warning was issued.

The message for banning smoking on site (requirements of the Smoking (Public Health) Ordinance) was repeatedly raised by CDO and USEO during monthly walk-through of construction sites on campus. This was regarded as warning to contractors and their workers.

9. Cervical Cancer Prevention Campaign

In order to increase the awareness of cervical cancer health among members of our University, a Cervical Cancer Prevention Campaign was organized from 25 February to 7 March 2008. Four health talks on cervical cancer prevention were delivered respectively to UHS staff, health ambassadors, general staff and students. Leaflets and booklets enriched with education information were prepared and distributed free to students and staff. Booth with educational information and enquiry counter were set up during the week before the mass vaccination days. The first-dose vaccination was delivered on 5-7 March 2008. The Campaign was well delivered and more than 400 students and staff had received the newly available vaccine at cost for preventing cervical cancer. A study was conducted during the Campaign to explore the knowledge gaps and further needs of our students on the area of cervical cancer prevention.



10. Walking Campaign (Phase 2)

After the Phase 1 Walking Campaign (from University Station to New Asia College) on March 2007 with extremely positive feedback of 400 participants, Phase 2 took place on 2 November 2007, from University Station to Shaw College. The walking route passed through the scenic Alumni Path and the Chinese Medicine Garden. More than 500 staff and students attended.



Starting at MTR University Station

11. Campus Health Ambassadors Programme

Totally 47 students were selected as Campus Health Ambassadors Programme this year. 12 students from each college were selected. After the training sessions, students organized health promotion projects and assisted in University's health promotional programmes. Past ambassadors who graduated came back to share their experience and encouragements to this year's ambassadors.



Lecture by Prof. Paul Chan



Discussing their proposed project



Graduation Ceremony

College Projects



Cervical Cancer Prevention



Yoga Class by UC Health Ambassadors



Quality sleeping Q&A Competition by SC Health Ambassadors

12. “Healthy Campus, Prosperous Life” Luncheon Seminar Series

A total of 18 seminars were jointly organized by UHS and the Training Division of the Personnel Office. There were 2131 attendees (a 30% rise of the previous year) and mostly were staff. Seminars conducted in 2007-08 were listed as follows:

Date(D/M/Y)	Topic	Speaker	Attendance
16/7/2007& 17/7/2007	人際關係 (for minor staff)	馬德輝先生	171
6/8/2007	第三個六年以後-如何與 成年子女溝通	梁天明博士	165
25/9/2007	腦活神通 – 預防癡呆(失智)症	郭志銳教授	178
31/10/2007	大腦健康的「七好要訣」	梁耀堅教授	133
15/11/2007	認識及預防柏金遜症	戴樂群醫生	166
17/12/2007	投資與賭博	黎子勤先生	97
2/1/2008	健康跑步與馬拉松	方玉輝醫生 / 王香生教授	141
8/1/2008	快樂人生 DIY	羅澤全先生	146
16/1/2008	快樂人生 從「身」開始	方玉輝醫生	142
27/2/2008	預防子宮頸癌	陳基湘教授	152
10/3/2008	延緩衰老的中醫藥應用	梁頌名教授	151
23/3/2008	子宮頸細胞檢查	張德康醫生	98

26/3/2008	孩子的第一個六年 (晚間講座)	梁天明博士	22
7/4/2008	紓緩精神壓力的中醫文化	岑澤波教授	138
16/4/2008	孩子的第二個六年 (晚間講座)	梁天明博士	34
7/5/2008	孩子的第三個六年 (晚間講座)	梁天明博士	34
28/5/2008	淺談中醫藥與護膚	符文澍醫師	127
3/6/2008	第三個六年以後-如何與 成年子女溝通(晚間講座)	梁天明博士	36

13. Production on Work Safety DVD

In order to arouse the attention of staff on work safety, a short film on Work Safety was produced jointly by University Health Service and University Safety and Environment Office. The film was converted into DVD disc for distribution to departments and units. It is also included in the induction programme for new staff.

14 Video for Occupational Deafness Compensation Board

University Health Service assisted the Occupational Deafness Compensation Board for filming a video to promote facilities for people with hearing deficiencies at the Health Centre on May 2008. The shooting scene was about the problems faced by such group of people and the ways to tackle the problems.

III. CONCLUSION

CHPP will continue to work with various units towards the goals of providing a healthy, hygienic and safe environment to support all types of teaching, learning and research activities, as well as fostering a culture of health awareness among the university community.

Appendix: Composition and Terms of Reference of CHPP

March 6, 2009

Committee on Health Promotion and Protection

Composition

Chairman:	Professor Jack Cheng, Pro-Vice-Chancellor
Members:	Professor Paul Chan, Professor, Department of Microbiology Professor Sian Griffiths, Professor of Public Health, School of Public Health and Department of Community and Family Medicine Mr. Jacob Leung, Secretary of the University (ex officio) Dr. Ben Fong, Director, University Health Service (ex officio) Mr. Eric Ng, Director of Registry Services (ex officio) Ms. Amy Tsui, Director, Communications and Public Relations Office (ex officio) Mr. Lam Shi-kai, Director, University Safety and Environment Office (ex officio) Mr. Benny Tam, Director, Estates Management Office (ex officio) A representative of the CHPP Working Groups of four Colleges* Ms. Lilian Pang, Representative from the Office of Student Affairs Ms. Wendy Chan, Representative from the Information Technology Services Centre Professor Ip Wan Yim, Representative of CUTA Mr. Kwok Wai-leung, Anthony, Representative of CUSA Miss Ni Xiao Di, Student representative from the CUHK Student Union Student representative from the Student Union of four Colleges Mrs. Pauline Kan, Information Co-ordinator, University Health Service Ms. Alice Ho, Communication Co-ordinator, Pro-Vice-Chancellor's Office
Secretary:	Ms. Jenny Lam, University Health Service

** The four representatives of the College CHPP Working Groups (namely Professor Fong Wing-ping, CCC; Professor Maria Tam, NAC; Professor Wong Heung-sang, UC; Professor Gordon Cheung, SC) serve as College Co-ordinator and attend meetings on a rotation basis.*

Terms of Reference

In regard to the areas of hygiene, prevention of disease on campus and promotion of health in general,

- a. to make recommendations to AAPC on the formulation and revision of policies, strategies and action plans;
- b. to coordinate the efforts of the various units within the University and resources available to the University to achieve the aforesaid goals/targets;
- c. to solicit support and develop resources from outside the university through inter-institutional/inter-programme collaborations and grants to help the University achieve the aforesaid goals/targets;
- d. to monitor the progress of work and evaluate the effective implementation of the aforesaid policies, strategies and action plans on a continuing basis; and
- e. to undertake any other duties as may be prescribed by AAPC.