



## Committee on Health Promotion and Protection Annual Report 2015-16

(For the period 1 August 2015 to 31 July 2016)

### I. INTRODUCTION

In 2015-16, a major global public health issue was the Zika epidemic in South America. Local outbreaks of infectious disease such as seasonal influenza, hand, foot and mouth disease and enterovirus 71 infection also raised public health concerns in Hong Kong. The Committee on Health Promotion and Protection (CHPP) monitored the disease development and advised the university on precautionary measures by way of its website and the Chairman's Announcements.

CHPP worked closely with colleges and various units to foster health promotion and disease prevention at the university. Three meetings were held in 2015-16 to assess the local and global emerging health threats, review the general health situation on campus, the university's response to infectious disease outbreaks, vaccination programmes and health education activities.

### II. ACTIVITIES HIGHLIGHTS

#### 1. Influenza Vaccination

University Health Service (UHS) held influenza vaccination campaigns for staff and students on a self-pay basis. Free influenza vaccination was provided for high-risk groups in October and November 2015. High-risk groups include full-time staff and students of Faculty of Medicine, full-time staff of Estates Management Office, Security and Transport Office, Hostels and UHS.

Total number of influenza vaccinations in the 2015-16 campaign:

General		High-risk Groups		Total
Students	Non-students	Students	Non-students	
50	351	656	685	1,742

#### 2. Monitoring of Bird Corpses

Security Office recorded 187 bird corpses found on campus between 1 August 2015 and 31 July 2016. The dead birds were collected by the Agriculture, Fisheries and Conservation Department for testing, and nothing abnormal had been detected.

#### 3. Anti-mosquito Programme

In view of the Zika virus infection, Estates Management Office (EMO) had enhanced the mosquito control treatment program and shortened the treatment frequency from once every 2 weeks to once a week during the high season (from August to September in 2015 and from March to July in 2016), while that for the remaining low season (from October 2015 to February 2016) was maintained at once every 2 weeks. Moreover, 3 nos. of LPG Mosquito Trapping Machines were introduced at selected locations for trial run. Such machines may be further introduced to other locations if the trial result proves to be effective in trapping mosquitos and midges. Vegetation at planters nearby school bus stops were also trimmed

down as far as practicable for enhancing soil exposure to sunlight to prevent breeding of mosquitos.

The University Safety Office (USO) had set up 60 Ovitrap monitoring stations on campus. Figures on Aedes larvae were recorded every month and copies would be sent to EMO for follow-up mosquito eradication actions. Results in 2015-2016 showed similar seasonal trends compared with the official statistics released by the government for Shatin areas with peak results in June 2016. During the 12-month period, a total of 720 Ovitrap samples were processed with 118 of them showing positive identifications of Aedes larvae.

4. Drinking Fountains

All drinking fountains on campus are tested once per year by USO. From July 2015 to June 2016, a total of 217 water quality tests were conducted for all drinking fountains managed on campus by EMO for lead, copper and total Coliform. Results from four drinking fountains were found to be deviated from the WHO standards with causes identified. Remedial measures were implemented for these four drinking fountains and after satisfactory results from follow-up tests, they were returned to normal uses.

5. Stocking of Epidemic-prevention Supplies and Disinfectant

It was recommended that colleges and individual units would keep inventory of surgical masks, gloves and personal protective equipment to meet urgent demand. A small amount of surgical masks would be kept in central stockpiling.

USO would maintain a small quantity of bleaching solution in its dangerous goods store. The bleaching solutions in store were of industrial strength (10-12%) and should be adequate as bridging supplies to stakeholders in case of emergency.

6. Testing of Surgical Masks

USO had conducted tests on one batch of total 2 samples of surgical masks sent by college administrations. All test results were satisfactory.

7. Smoke-free Campus

Security Office recorded 42 persons found smoking on campus. The smokers were cooperative after given verbal advice to stop smoking.

8. Cervical Cancer Vaccination Campaign

Cervical cancer vaccination campaigns were held for female students, staff and dependents in October 2015 and January 2016 at UHS. Exhibition and enquiry sessions were organized to raise awareness of cervical cancer prevention. The total number of HPV vaccinations given in two campaigns was 5,051.

9. Hepatitis Awareness Campaign

Hepatitis Awareness campaign with blood checking for serological markers and vaccination was held in October 2015 at UHS. Information on the geographic distribution, transmission, and prevention of hepatitis A & B were provided in the exhibition. 245 people attended the blood checking and 504 doses were given at the campaign. Three Hepatitis B carriers were referred for medical attention.

10. Other Vaccination Campaigns

UHS conducted a Pneumococcal vaccination (PCV) campaign and Herpes Zoster (HZ) vaccination campaign in September and December 2015 respectively. A total of 57 doses of

PCV and 85 doses of HZ were given during the campaign.

11. Maintenance of Automated External Defibrillator (AED) Machines on Campus

There are nine AED machines installed on campus for emergency usage. They are located at UHS, sports centres, swimming pool, Area 39, Security Office and patrol cars. UHS and the Hong Kong Red Cross collaborated to organize AED certificate course and refresher course. There was no reported case to use AED.

12. Training on Mass CPR and AED

With an aim to educate staff and students to respond to heart and breathing emergencies, UHS and the Hong Kong Red Cross conducted a one-day training programme on Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) at Pommerenke Student Centre in April 2016. Around 120 staff and students attended the programme.

13. Campus Health Ambassadors Programme

A total of 30 students from nine colleges participated in the Campus Health Ambassadors Programme in 2015-16. The health ambassadors were given training on health topics and skills in organizing public health activities. They organized a series of activities to promote health awareness on campus. Ten selected health ambassadors attended an exchange visit to Tsinghua University on 24-27 May 2016. They held a health promotion workshop with Tsinghua University students to exchange views on common health issues. The exchange visit was led by the Director of UHS and Health Education Officer. It was a fruitful trip and the participants gained valuable experience on health promotion in Beijing, China.

14. Integrating Chinese Medicine into Daily Life

To raise awareness on the safe use of Chinese medicine in daily life, the School of Chinese Medicine and the Chinese Medicine Promotion Society organized a Chinese Medicine Banquet on 11 November 2015. It received positive feedback from 140 attendees.

15. Walking Campaign

A CHPP Walking Campaign was held on 26 February 2016. The campaign introduced a new walking trail from the University Station Piazza to Wu Yee Sun College to promote healthy benefits of exercise. It attracted over 500 staff and students to participate.

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

The seminars were jointly organized by UHS and the Training Division of the Personnel Office. The following is a list of seminars held in 2015-16:

<i>Date</i>	<i>Topic</i>	<i>Attendance</i>
22 July 2015	預防大腸癌	134
1 Sep 2015	預防肺炎球菌	87
11 Sep 2015	中醫學喝水養生	125
26 Oct 2015	酒精。成癮。健康	51
16 Nov 2015	頭痛遠離我	122
23 Nov 2015	反式脂肪	106

9 Dec 2015	實踐無煙生活環境	26
14 Dec 2015	旅遊與健康	36
25 Jan 2016	笑看壓力	165
27 Jan 2016	糖尿病對足部的影響	102
18 Feb 2016	丙型肝炎	73
14 April 2016	都市人痛症	143
26 April 2016	鼻敏感	148
16 May 2016	認識甲狀腺及常見疾病	142
31 May 2016	保護你的腎臟	124
20 June 2016	護心好生活	88

### III. CONCLUSION

Considering that health is a vital part in student learning, CHPP will continue its efforts to promote keeping healthy, living a healthy lifestyle and preventing illness. CHPP will monitor the infectious disease development locally and globally, and will educate the university community to strengthen necessary preventive measures.

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