Setting Approach for Effective Prevention and Health Promotion

Professor Albert Lee MB BS(Lond) LLB (Hons-Lond) MPH LLM (Distinct-Arbitration &DR) MD (Higher Med.Res.Deg)) US Nat.Acad.Med (Foregin Associate) FFPH(UK) FRCP (Lond & Ireland) FRACGP(Aus) F.AmColl.LegMed (FCLM)

Director of Centre for Health Education and Health Promotion and Clinical Professor of Public Health and Primary Care, The Chinese University of Hong Kong Vice President (Child and Adolescent Public Health), UNESCO-Hong Kong Association Honorary Member of UNESCO Chair in Global Health and Education Member of Forum of Investing in Children Globally, US National Academy of Medicine

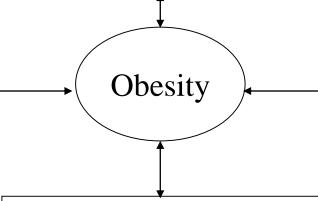
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Healthy Setting to Prevent Obesity ©Professor Albert Lee 2009

Healthy City/Community Community attitude, values and belief regarding exercise and diet Strengthen social networking and promote healthy lifestyle Availability of health information and access to healthy food and facilities for exercise Elimination of poverty making healthy choice easy choice Healthy eating places Culture for healthy eating and regular exercise

Healthy Promoting School

- Education opportunities for young people especially low income group
- Improvement of healthy literacy with skills to read nutrition label, food and exercise pyramid
- Healthy life style including dietary behaviour and exercise

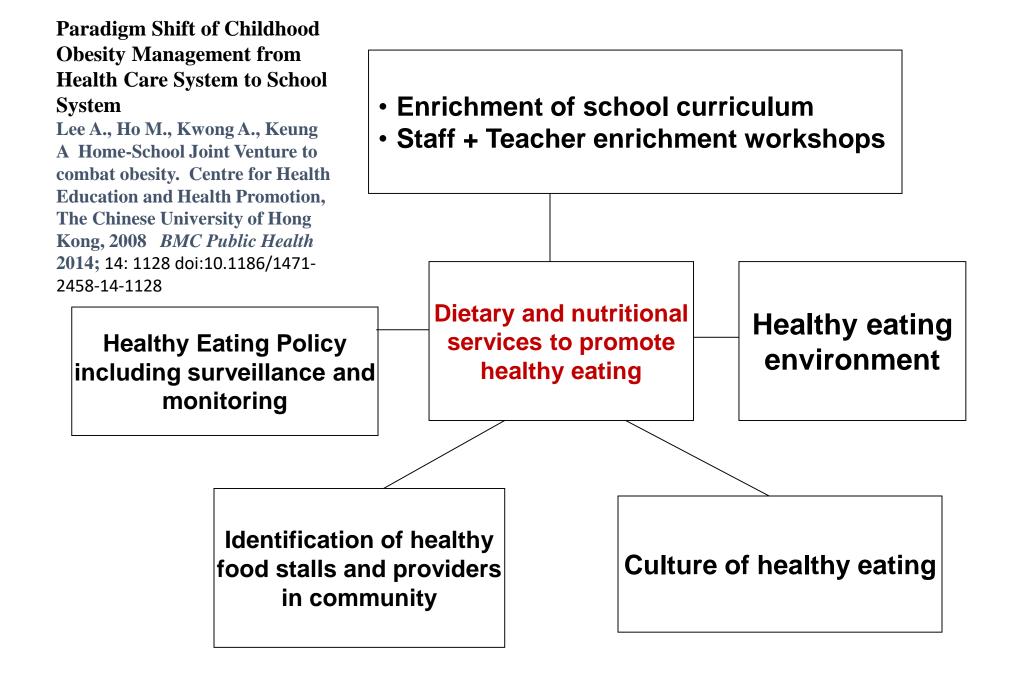


Health Promotion in Primary Care –

- Primary prevention: Advice to healthy eating and regular physical activities
- Secondary prevention: Identification at risk group, screening for dietary habit, exercise level, overweight and obesity
- Tertiary Prevention: appropriate treatment and follow up for obesity

Health Promoting Workplace -

- Staff wellness programme
- Screening for obesity, unhealthy eating and lack of physical activities
- Facilities for exercise
- Availability of healthy food



Setting Approach for Tobacco Control (Source: Albert Lee)

Community Setting

More smoke free environment (total smoke free public environment indoor and outdoor).

Strict restriction of tobacco safe to young people.

Plain packaging

Heavy duty on tobacco product.

Incentives for retailers not selling tobacco products.

Making tobacco consumption DIFFICULT CHOICE for citizens.

School Setting

Health curriculum on tobacco control as lifelong learning aiming to enhance health literacy with skills of refusal and avoidance meeting the needs and interests of different age group.

Family education to support parents to protect their children from tobacco and support for quit smoking.

Linking with community for active living, activities to say "No" to cigarettes.

Tobacco Control

Workplace Setting

- Smoke free policy at all time.
- Supporting services for smoking cessation.
- Stress management services.
- Periodic review of respiratory function of employees.

Primary Health Care Setting Primary Prevention

Information on harmful effect of tobacco on personal health, family health and environmental health.

Information to be delivered by appropriate media meeting the needs of different individuals in the context of socio-economic background.

Primary care providers should draw attention to their users of those information.

Secondary Prevention

- Early identification of those at risk of smoking.
- Identification current smokers their stage of change and offered appropriate intervention.

Tertiary Prevention

• User friendly smoking cessation clinic.

Healthy Setting to Promote Mental Well-being Lee A. Managing Human Resources: Promoting Staff well-being and Enhancing

Productivity SOUTH-SOUTH ENTREPRENEURSHIP ACADEMY Conference: Building Global Citizenship and Harnessing Entrepreneurial Skills and Mindset Through South-South Cooperation, "Technology, Financial Innovation and Entrepreneurship". Organised By United Nation Office of South-South Co-operation (UNOSSC) and Centre for Business/ Social Sustainability and Innovations (BSSI), School of Business, Gratia Christian College. 3-4 April 2019, Hong Kong

Healthy City/Community

- -Community attitude, values and belief regarding mental illness to avoid stigmatisation and promote integration
- Strengthen social networking and promote social connectedness and harmony
- Availability of health information and access to supporting services
- -Elimination of poverty making essential daily living choices easy choice
- -Space for leisure and recreation
- Culture for active living and caring for others

Healthy Promoting School –

To match the need of staff and students and allow their potentials and creativity to come to full play. To build up a loving, caring and trusting environment for nurturing the sense of mutual care and support between school members.

To provide support and assistance for every school member, especially the ones with special needs To create an atmosphere of mutual respect and care, so as to promote the sense of acceptance

Mental Well-being

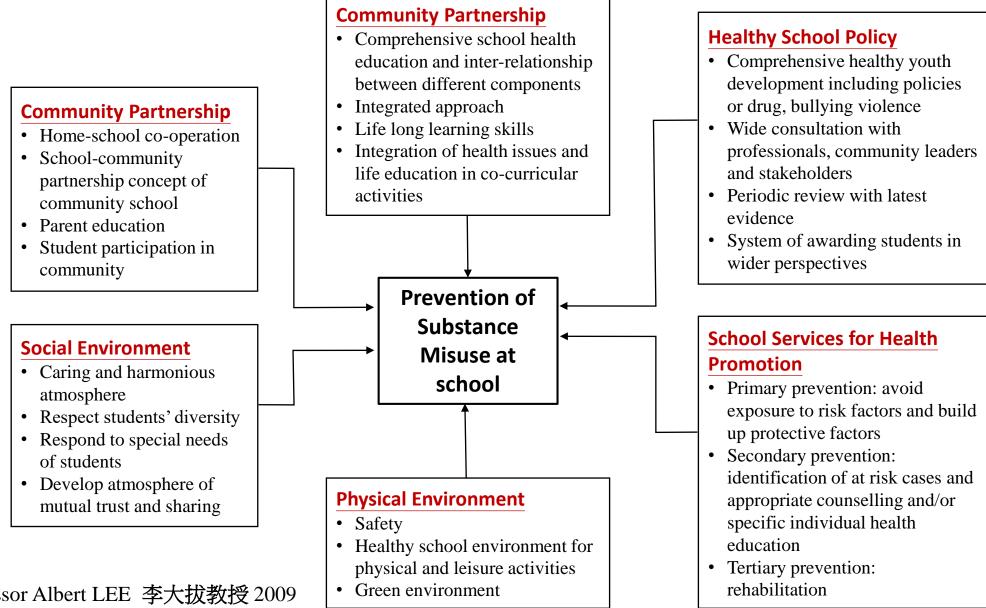
Health Promotion in Primary Care –

- Primary prevention: Advice to Stress Management
- Secondary prevention: Identification at risk group, screening for anxiety, depression, mental health problems
- Tertiary Prevention: appropriate treatment and rehabilitation to return to usual functional capacities

Health Promoting Workplace -

- Staff wellness programme especially on emotional well-being
- Screening for stress, anxiety and depression with supportive services
- Facilities for exercise, relaxation
- Availability of Employee Assistances Scheme during crisis period
- Human resource management should focus on managing people to maximise their potential not exploiting their energies, and organisation as second home (Total Quality Management.

Multi-component approach in school setting to prevent substance abuse



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Whole School Approach to Healthy Development

Physical Education - Physical activities and health - Injury prevention - Sport science - Team spirit and collaborative **Moral and Civic Education** skills **Science Education** -Values and attitudes - Avoidance of addictive behaviour -Body structure and - Self esteem development -Civic responsibility function -Sense of belonging -Understanding of -Drug education infectious diseases -Preventive education on -Understanding of chronic smoking, alcohol, gambling **Healthy Development** diseases -Internet surfing - Nutritional science -Environmental conservation - Environmental science -Prevention of anti-social - Ecology and health behaviours Life Education - Family life cycle - Personal development - Family structure and dynamics - Ageing - Bereavement

Healthy City movement should help to address the wider social determinant of health and establishing equitable and sustainable city development.

Parallel development of other healthy settings would act in synergy with healthy city development

Health Promoting School/Universityimproved health literacy

Healthy
Municipality/Village/IslandSafe, clean, green &
hygienic environment

Healthy City

Health Promoting
Health Care
Setting- Better
access to preventive
measures

Health Promoting
Workplace- manage
stress and increase
resources