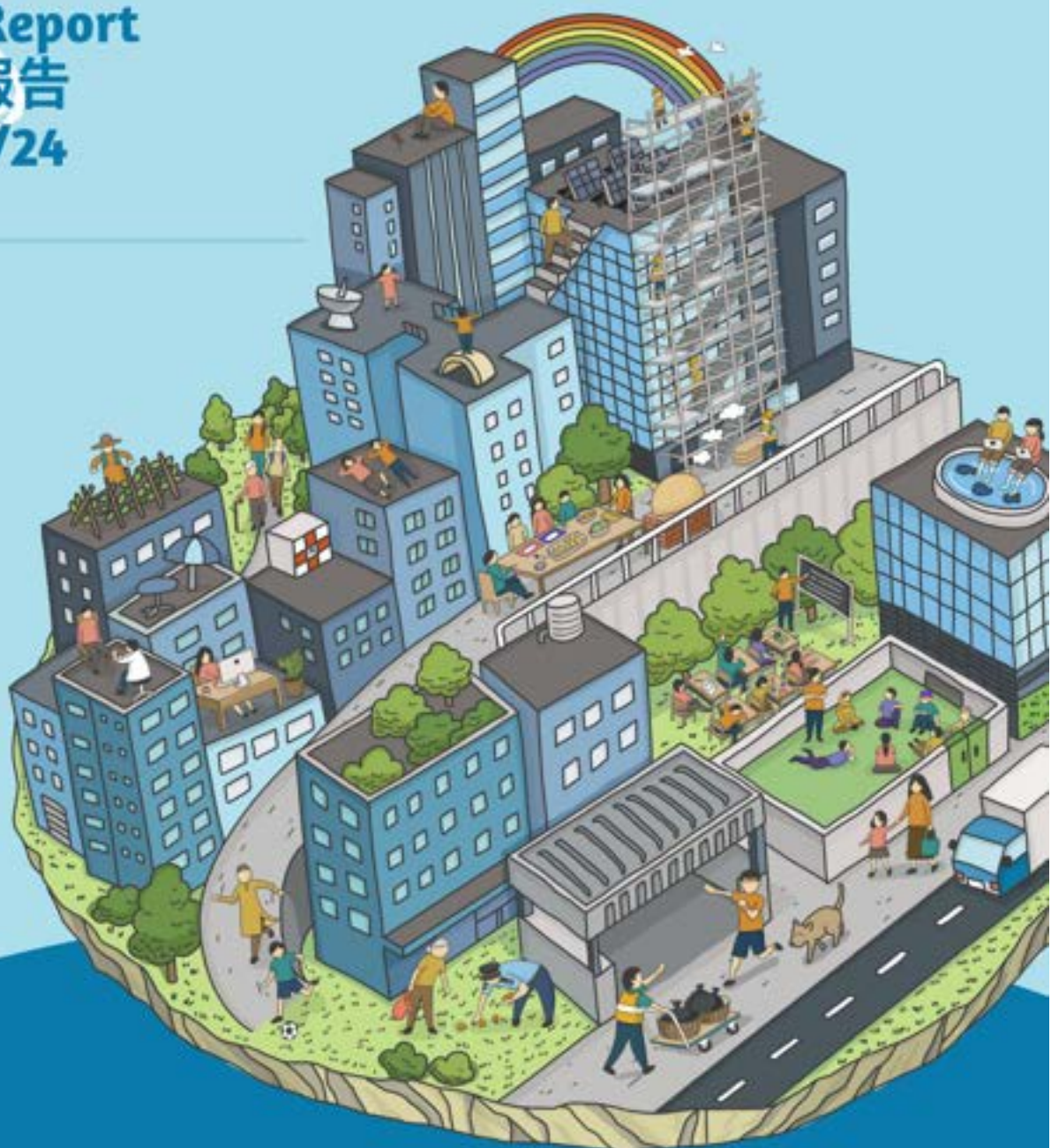


TRANSFORMING PRIMARY CARE THROUGH INNOVATIVE SOLUTIONS TO FOSTER A HEALTHY CITY 創新基層醫療，成就健康城市

Annual Report
年度報告
2023/24



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ABOUT HEALTH IN ACTION

關於醫護行者



Established in 2011, Health In Action is a registered non-governmental organisation in Hong Kong, comprised of a diversified community team with professionals and public health educators, innovators and volunteers. We champion health equity, and firmly believe everyone has the right to access health regardless of their background. With this belief, we commit to the development of primary care by adopting social-medical integration through holistic social collaboration and practices in our community.

由專業團隊、公共衛生專家和關注社區持續發展之人士所組成的醫護行者於2011年成立，是香港註冊非牟利組織。我們的願景是人人健康的社會，我們深信不論職業、貧富、男女、種族、居住環境、教育都有獲得健康的權利。基於這個信念，醫護行者致力以社醫共生模式發展基層醫療，透過與社會各持份者的合作和實踐，共同構建以掌控健康公平為核心的社會。

VISION AND MISSION

願景及使命

Promote Health Equity

推動健康公平

We commit to promote social justice through the lens of health equity. We believe health is the fundamental human right and everyone can attain their full potential of health. We also hope to optimise the situation and reduce disparities among different groups by increasing the public's access to community health resources and services. Through evidence-based research and social collaborations, we bridge between governmental bodies, academia, civil society and local communities, building constructive opinions to social policy so as to provide holistic support to our beneficiaries.

我們相信健康是每個人的基本權利，包括追求身、心、社交等各方面的健康。我們提倡健康公平以達致社會公義，希望透過改善影響健康的社會性因素，增加公眾獲取社區的健康資源、服務等機會，以減少社會不同人士的差距。透過社會性研究實証、社區參與式創新模型，以解決根本性問題為目標之跨界別夥伴協作，推動政策新思維及改變。我們亦為社會上不同持份者間建立溝通橋樑，包括政府機構、學術界、社會各界團體及區內人士等，提供有建設性的意見及支援各界所需。

Foster Health-Based Community Development

推動以擁有健康為核心的社區發展

We commit to drive positive social changes by improving social determining factors, not limited to general societal conditions, community networks and individual lifestyle changes. We develop a localised ecosystem with the engagement of our neighborhoods, businesses, extensive social organisations, and institutions. We hope to bring a positive impact to the environment by co-creating healthy lifestyles with clients in our community in a sustainable way. With the establishment of Kwai Tsing Health Management Hub in 2018, we strengthen health knowledge of underprivileged communities and hope to enhance their physical and mental status. We promote and empower the citizens, individuals and their families to manage their health in the setting of family, workplace, schools and community. Since 2021, Health In Action has been working on the expanded living spaces in Hong Kong Island and participating community works at Kwong Fai Circuit.

我們致力為社區帶來正面影響，除了改善影響健康的社會性因素，更推動社區及個人生活提升及保持健康為核心的改變。我們不斷擴展以健康為軸心的生態圈至社區鄰里、商業夥伴、友好機構和學術界等，期望能與不同持份者共同構建健康的生活模式。基於此信念，葵家社康匯於2018年成立，逐漸成為葵青區的「健康守護地」，期望能進一步加強市民的健康知識，個人、家庭、工作空間及學校內外的健康管理。自2021年起在社區推行，以港島劏房家庭為單位的生活空間、光輝園健康社區的計劃項目。



Enhance Person-Centered Primary Care 提倡個人化的基層醫療

We commit to advance the current primary care system by providing one-stop person-centered health management to enable health ownership. We leverage our services to meet personalised needs, offering community-setting pharmacy services, allied-health transdisciplinary services and innovative health-based activities. Our diversified team, including pharmacists, physiotherapists, nurses, dietitians or nutritionists, social workers, health coaches, public health officers and community health officers, offers preventive, curative, and ongoing advice to address individual health-related problems.

我們為區內居民提供一站式的個人化健康管理服務，賦予居民自身管理的能力。我們的服務包含社區藥房、貫專業專職醫療服務和多元化身心健康活動等。我們的貫專業團隊包括：藥劑師、物理治療師、護士、營養學家或營養師、社工、健體教練、公共衛生及社區健康專職等，為市民提供預防性及治療性的建議，且持續跟進其狀況，以解決個人健康問題。

Health In Action Community Pharmacy is established in 2019. We strive for advancing the current primary care system in response to the expansion of the older population, relieving hospital burdens in the long run. We aim to enhance the availability, accessibility and affordability of community pharmacy services. By providing clinical medication management and consultation services, we would like to broaden our clients' knowledge of health for better prevention of diseases and self-management of minor ailments and chronic health conditions. Experiencing over three years of COVID 19 pandemic in Hong Kong, our primary healthcare pharmacy had provided timely medications, hygiene products and health information to support the public, underprivileged and social sectors to combat all the surges of needs in the local community.

醫護行社區藥房於2019年成立，致力推動基層醫療，回應及支援人口老化及紓緩公營醫療之壓力。我們希望增加社區藥房服務的可用性、可達性和可負擔性。透過提供藥物管理跟諮詢服務，我們期望能夠提升使用者保健知識，讓他們對小病小痛、長期疾病有更高的自我管理跟關注。經歷三年新冠肺炎，醫護行社區藥房及時回應香港市民對自身及家庭健康上的衝擊和需要，將持續提供藥物、醫療衛生用品及適切資訊，守護香港人的健康。

Foster Knowledge Management and Incubation 推動及傳承健康知識

We admire the power of knowledge in building a better society. In view of that, we actively foster health literacy and build cultural resources in our communities. Guided by our transdisciplinary teams, clients are capable to manage his/her own health in response to the potential health risks or disease management.



We also place great importance on disseminating our knowledge and expertise within the pharmacy profession. As the first teaching community pharmacy affiliated with the Department of Pharmacology and Pharmacy at the University of Hong Kong, we focus on supporting the personal and professional growth of pharmacists and pharmacy students in order to better prepare and equip them to serve in the sector. Throughout the years, we have focused on promoting the vision of "Health For All" through various platforms and in collaboration with different sectors, including the social sector, healthcare sector, academic, and cross-sector partners like think tanks, philanthropies, insurance and commerce, food industry, environmental concern groups, legal, city planners and last but not the least, government units of respective disciplines.

At the organizational level, we consolidate our knowledge and experiences through internal knowledge-sharing and by capturing them in our knowledge management system.

At the cross-sector level, we work closely with partners and collaborators across different sectors, encouraging shared learning and ideas to promote the goal of "Health For All". We inspire different sectors on their constructive roles to enhance healthy access, change in respective environment and context to facilitate healthy behaviour development at daily practices.

Most importantly, we recognize the vital importance of nurturing the new and next generation who will be the future leaders and decision-makers. By embedding the "Health For All" principle into their training, learning, and professional practice, we empower them to champion a more integrated and equitable approach to healthcare and community wellbeing.

我們提倡推動及傳承健康知識與社區文化資源歷史。在我們的專業團隊的努力下，市民能夠進行自我健康管理，以應對可能的健康風險或疾病管理。

我們亦重視專業內部的教育傳承。作為香港大學藥理及藥劑學系的第一間教學社區藥房，我們強調藥劑師及藥劑學學生的個人與專業的發展，以更好地為他們在行業中提供專業儲備。多年來，我們致力於在各種平台，與不同領域合作，包括社會層面，醫療健康層面，學界及其他跨界別的夥伴，如智庫、慈善機構、保險及商業、食品行業、環保組織、法律城市規劃，以及政府相關部門。

在機構層面，我們透過將內部的知識分享記錄在知識管理系統中，以鞏固傳承知識及經驗。

在跨界別層面，我們與各個領域的合作夥伴緊密合作，鼓勵共享學習和思想，以促進「全民健康」的目標。我們激勵不同界別發揮建設性作用，從而改善健康的獲取途徑，改變相應的環境和場景，促進健康行為在日常實踐中的發展。

最重要的是，我們意識到培育新一代和下一代未來領導者和決策者的重要性。透過將「全民健康」的原則融入他們的培訓、學習及行業內的實踐，令其在醫療與社區全人健康的工作中，能夠具備更全面和公平的手法。



CORE VALUES

核心價值

Make Changes 締造改變

We believe there should be structural and conceptual changes to achieve health equity in the society. We aim at making social changes through inspiring actions

我們相信要達至社會健康平權，必須從結構及觀念作出改變。我們致力透過地區工作啟發社群、帶動社會正向改變。



Community Focus 社區為本

We believe in people's potential and capacity. We serve at the community level and work with partners in the community.

我們相信人人皆有天賦才能，我們提供社區服務並與社區夥伴合作。



Volunteerism 義工主導

We do not work for personal benefits. We work with volunteers and value their contributions in our cause.

我們不謀求個人利益，致力從事義務工作。我們與義工同行，重視他們的工作，共同為理念齊足並馳。



Sustainable Action 可持續性

We believe that the impact of our actions should be sustainable in order to induce positive and long-term changes. We assess the impact of our actions not only on its immediate effect but also on its sustainability.

我們相信行動的影響須具持續性，才可為社會帶來長遠正面改變。回顧過往的行動時，我們不單著重於即時的成果，更著重影響的持續性。



CHAIRMAN'S WORDS

主席的話



Dr. Ching Tak Kwan, Joyce (Chairman)
程德君醫生 主席

The government's "Primary Healthcare Blueprint" emphasizes the importance of community and family doctors, and the principle of "prevention is better than cure." It also recognizes the key roles of professionals like pharmacists, nurses, nutritionists, and social workers in providing convenient and holistic healthcare access. Since our establishment, we have been continuously promoting and practicing health equity. This year, our multidisciplinary team has continued to promote health equity through our ongoing initiatives include the "Kwai Tsing Community Health Management Hub 2.0" and the "Jockey Club Healthy Neighbourhood Kitchen Project" in collaboration with Caritas Hong Kong.

Community pharmacies play an essential role in transdisciplinary collaboration, managing medications, providing minor ailments consultations, and delivering health education. This approach helps reduce the burden on Hong Kong's public healthcare system. Based on the principle of health equity, we believe it is necessary to intervene in various aspects of life to address potential health risks, beyond just preventive screening and treating minor ailments. Together with our clients, we can establish healthier behavioral habits.

Our initiatives, such as the "Kwai Tsing Community Health Management Hub 2.0" and the "Jockey Club Healthy Neighbourhood Kitchen Project," extend activities to the wider community to improve public health by addressing social determinants of health and reducing external influences. Projects like the "Kwong Fai Circuit Healthy Compassionate Community Project" and the "Kwai Tsing Healthy Restaurant Program" promote healthy choices in diverse settings, aiming to have a positive impact on individuals and the entire community.

An impact study conducted by the Good Impact Assessment Institute, with the support of The Chinese University of Hong Kong, shows that participants in our previous programs experienced significant health improvements and increased confidence in dealing with health issues in their daily lives.



Looking ahead, our commitment to primary healthcare goes beyond these current efforts. We will continue to broaden the vision of primary healthcare and seek new ways to promote public health. We are grateful for the ongoing support of our sponsors and the willingness of our clients to explore different methods with us for better health outcomes.

Health In Action

Dr. Ching Tak Kwan, Joyce
Chairman

政府早前發佈的《基層醫療健康藍圖》，強調社區、家庭醫生的重要性，再加上近年來香港的人口老化挑戰，我們亦十分認同「預防勝治療」，並對基層醫療模式進行探索。但除了醫生之外，社區中的其他專職亦起著重要的作用。比如藥劑師、護士、營養師、社工等，貫專業團隊提供了便捷的獲得健康的途徑，以更加關懷的全人眼光看待個案，提供更為貼切的關懷與服務。醫護行者自創立以來，不斷推廣並實踐健康公平，我們的貫專業團隊今年繼續在葵家社康匯2.0及與香港明愛開展的「三房兩廳開樓食飯」社醫共生計劃（簡稱三房兩廳）作進一步的嘗試。

社區藥房便是貫專業協作中的重要一環，它承擔了藥物管理、小病小痛諮詢、健康知識教育等功能，這樣的模式在一定程度上減少了輕症人士進入醫療系統的機會，舒緩了香港公營醫療系統的壓力。同時，基於對健康公平理念的堅持，我們相信，在做預防性篩查、治療小病小痛之外，還要在健康隱患前，從生活的方方面面做健康的介入，同街坊一起建立健康的行為習慣。

我們嘗試從影響健康的社會決定性因素入手，進行健康層面的介入，以減少外界因素對健康結果的影響。葵家社康匯2.0和三房兩廳，亦逐漸將基於中心的活動和計劃推向社區，如光輝園慈悲關懷及葵青區健康餐廳聯盟，都是希望令健康活動和健康選擇可以發生在遊樂場、食肆、運動場、家庭等更多場景當中，並擴大對身邊人乃至整個社區的影響力。

根據香港中文大學支持下成立的臻善評估中心（Good Impact Assessment Institute）為醫護行者設計的Impact Study結果顯示，參與我們過往計劃的街坊們透過這些活動得到了顯著的健康改善，增加了其處理生活中健康問題的信心。

但我們對基層醫療的實踐，並不局限於此。在未來的工作中，醫護行者會不斷拓寬對基層醫療的想象，嘗試以不同的方式，及在不同的層面推進全民健康。最後，我們誠摯地感謝贊助人一直以來對我們理念的支持，與我們同行。同時，我們也要感謝參加過計劃的街坊，願意和我們一起嘗試用不同的方法，獲得健康。

醫護行者主席
程德君醫生

ACCOMPLISHMENTS 服務成效



3912

Total members
會員總數



4595

Number of working
poor household
served (accumulated)
服務在職低收入家庭



7505

Attendance of people in
Kwai Tsing community
reached
葵青社區接觸人次



108

Number of companies
staff reached
公司職員接觸數目



9697

Number of community
consultation provided
社區健康諮詢次數



7123

Attendance of health-
related workshops
健康相關工作坊出席人次



86

Attendance of youth
engaged to promote
health equity
向青少年推廣健康公平人次



168555

Social media reach
社交媒體接觸次數

ACCOMPLISHMENTS 服務成效

Services on Ethnic Minority (in Hong Kong) 少數族裔服務 (全港性)



519

Attendance served
服務人次



270

Health Screenings
健康評估總數

My Health Career: Primary health care
programme for ethnic minorities in Hong Kong *
我的健康職涯：香港少數族裔基層醫療計劃*



76

Health Career Scheme
健康職涯計劃



2002

Health Screenings
健康評估總數

*The duration of this project is from 1 Sept 2020 to 31 Aug 2023
該計劃的持續時間為2020年9月1日到2023年8月31日



HIGHLIGHTS OF THE YEARS

我們的歷程

- 2011** — Health In Action was established
醫護行者於2011年成立
- 2011** —
- 2013** — Established with two health management program sites set up in Metro Manila, followed by the first program for Asylum Seekers and Refugees in Hong Kong
先後於馬尼拉兩個地點開展健康管理項目，以及展開首個尋找身置香港的尋求庇護者及難民的项目
- 2014** — Formal office was set up in Kwai Chung
在葵涌設立辦事處
- Initiated the first Working Poor Health Project in Hong Kong
在香港展開首個在職貧窮健康項目
- 2015** — Initiated a full-year Health Living Program for Asylum Seekers and Refugees in Hong Kong started
幫助本港的尋求庇護者及難民建立全年的健康生活計劃
- The post-earthquake relief project started in Nepal
尼泊爾地震災後山區項目隨即展開
- 2016** —
- 2017** — Became an agency member of HKCSS Communicated with Hospital Authority on Ethnic Minority group's health needs and advocated changes in legislation
成為社聯的機構會員，並與醫院管理局就少數族裔群體的健康需求開展對話，及倡議相關條例的立法



2018

- Received United Nation Special Consultative Status with the Economic and Social Council
成為聯合國經濟及社會理事會之特別諮詢地位成員
- Started Family Health Management Program in Kwai Tsing area
於葵青區展開家庭健康管理計劃

- Grand opening of Kwai Tsing Community Management Hub
葵青社區健康管理中心「葵家社康匯」隆重開幕



- Organised first annual Ethnic Minorities Health Symposium and conducted radio programme on promoting health equity
舉辦首屆少數族裔健康研討會及推廣健康公平的廣播節目

2019

- Several organizations including Health In Action, Clean Air Network, Greenpeace, and Green Power, along with the then legislative councilors, formed the 'the AQO Review Concern Group' in July 2018, and created a submission to the Panel on Environmental Affairs, opposing the Environmental Protection Department's proposal to significantly relax the permissible exceedance of air particulate pollutant PM2.5 levels in the air, while requesting the government to tighten the standards for ozone and inhalable particulate matter. In March 2019, the motion by the concern group was ultimately passed by a large majority of the committee

2018年7月，醫護行者、健康空氣行動、綠色和平、綠色力量等團體及時任立法會議員成立「空氣質素指標檢討」關注組，向立法會環境事務委員會遞交意見書，反對環保署大幅放寬空氣中懸浮微粒PM2.5指標及可容許超標次數提出可行的建議，並同時要求政府收緊臭氧及可吸入懸浮粒子的指標水平。2019年3月，關注組提出的動議案最終獲委員會大比數通過

- Grand opening of Health In Action Community Pharmacy, Hong Kong's first Authorized Seller of Poisons (ASP) community pharmacy supported by a transdisciplinary team

全港首間提供貫專業專職服務的社區藥房隆重開幕

2020

Established mobile clinics in different districts to serve ethnic minorities

與不同社區伙伴合作，建立流動診所服務少數族裔社群

CIIF - Social Capital Build Awards

榮獲社會資本動力獎2019

Alliance with St. James Settlement to develop the Sham Shui Po District Health Center

與聖雅各福群會合作，獲得深水埗地區健康中心營運服務合約

Key player in supporting the community during COVID-19 with the provision of health education and resources

在疫情期間在社區擔當主要的支持者，提供健康教育和資源



2021

Developed new service model for Kwai Tsing Community Health Management Hub 2.0 to integrate community engagement approach in achieving healthy lifestyle

建立「葵家社康匯2.0」新模式，讓使用者在延展生活空間，透過社區參與進一步實踐健康生活模式



Health In Action became teaching site of School of Nursing, the University of Hong Kong

醫護行者成為香港大學護理學院教學夥伴

Health In Action Community Pharmacy became Teaching Pharmacy of Department of Pharmacology and Pharmacy, the University of Hong Kong

醫護行社區藥房成為香港大學藥理及藥劑學系的教學藥房



2022

- Provision of remote supports and providing protective equipment to our community and partners in response to Fifth Wave of COVID-19
第五波疫情期間，為社區及合作伙伴提供遙距支援及防疫物資援助
- As a member of Community Pharmacy Working Group under Primary Healthcare Office
成為基層醫療健康辦事處轄下社區藥房工作小組成員
- Joined as a member of Non-governmental Organization, City Space Architecture, partner of United Nation Habitat (Dr. Fan, Ning being the representative)
成為非牟利機構、聯合國人居署伙伴City Space Architecture的會員（范寧醫生作為代表）
- Built up a strategic partnership with Sham Shui Po District Health Centre
與深水埗地區康健中心建立策略伙伴關係
- Alliance with Caritas Hong Kong to announce the soft opening of the project for residents living in subdivided flats in Central and Western, and Southern Districts with the use of Social Medical Integration approach, to provide extended healthy living space platform
夥拍香港明愛，展開的賽馬會「三房兩廳開檯食飯」社醫共生計劃項目舉辦入伙派對，以社醫共生形式，為中西南區劏房住戶提供延展健康生活空間平台



2023

- Being one of the NGOs joining the second phase of "Wu Wu Cheng" Community Mutual Support Initiative in Kwai Tsing District
作為社區戶互撐 2.0計劃葵青區執行機構
- Assisted Department of Family Medicine & Primary Health Care Kowloon West Cluster to refer the cases of pre-diabetes and pre-hypertension to Sham Shui Po District Health Centre for further follow-up
協助九龍西聯網家庭醫學及基層醫療部，轉介糖尿病及高血壓前期個案至深水埗地區康健中心作跟進



Alliance with Caritas Hong Kong, the project "Jockey Club Healthy Neighbourhood Kitchen Project" was recognized with the "Outstanding Social Service Award" and "Outstanding Performance Indicators Award (Collaboration & Synergy)" under the "2023 Best Practice Awards in Social Welfare" organized by the Hong Kong Council of Social Service.

夥拍香港明愛的賽馬會「三房兩廳開檔食飯」社醫共生計劃獲得了社聯「2023年卓越實踐在社福獎勵計劃」的「卓越社會服務獎」及「卓越實踐指標獎—協作及協同」的獎項

A survey released by The Chinese University of Hong Kong in November 2023 found that 24.4% of the adolescents and children surveyed had experienced at least one mental disorder in the past year. In response to the growing recognition of adolescent mental health issues, Health In Action joined the "Tsuen Wan & Kwai Tsing youth mental health network building platform" in 2022. They successfully promoted the Mental Health Awareness Campaign in Secondary School of Tsuen Wan & Kwai Tsing in October 2023 and plan to expand the initiative to include primary schools within the district this year.

據香港中文大學2023年11月公佈的調查，24.4%的青少年兒童參加者在過去一年受至少一種精神疾病困擾。近年來，醫護行者亦看到青少年精神健康問題的重要性，故於2022年加入了「荃葵青青少年精神健康資訊平台」，並於2023年10月成功推動了「荃灣葵涌及青衣區中學精神健康月」，預計今年會擴煲至區內小學

2024

Health In Action community pharmacy has partnered with the "the Jockey Club PHARM+ Community Medication Service Network", which was initiated and funded by The Hong Kong Jockey Club Charities Trust, for a five-year period. Community pharmacists provide medication consultation, medication management, and consultation services in collaboration with seven other non-governmental organizations to improve primary healthcare services in the community. This initiative aims to reduce the burden on public healthcare services.

醫護行社區藥房加入由香港賽馬會慈善信託基金策劃並捐助資金，推行為期五年的「賽馬會藥健同心藥物支援網絡」，由社區藥劑師提供配藥、藥物管理及諮詢服務，與其他七間非牟利機構一起加強社區的基層醫療服務，從而減輕公營醫療服務的壓力。

ADVOCATE HEALTH EQUITY

提倡健康公平



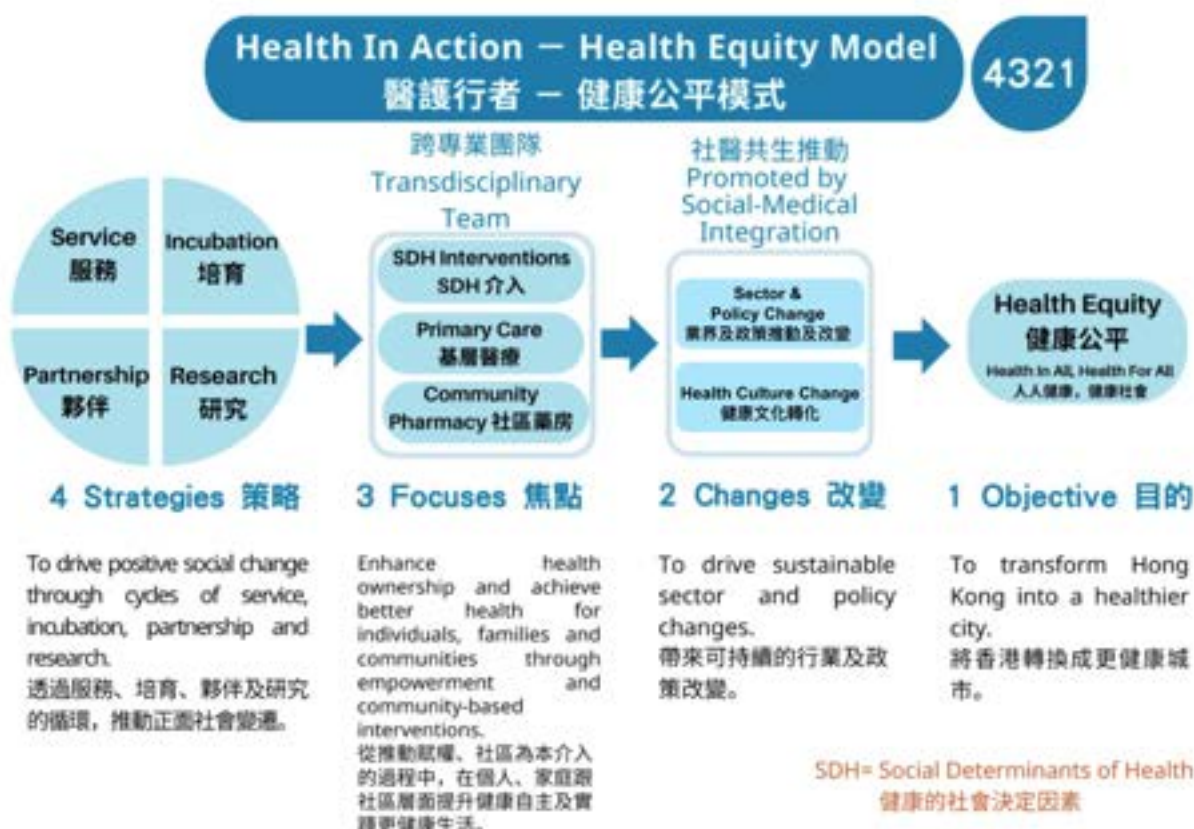
What is Health Equity 甚麼是健康公平？

Health equity is the concept of ensuring that all individuals have a fair and just opportunity to achieve good health. It is to eliminate the differences in health status and unequal distribution of resources due to institutional injustice. Despite the genetic factors, different people living together should not be affected by the opportunities to obtain health, regardless of the institutional differences in the growth, life, work and aging process.

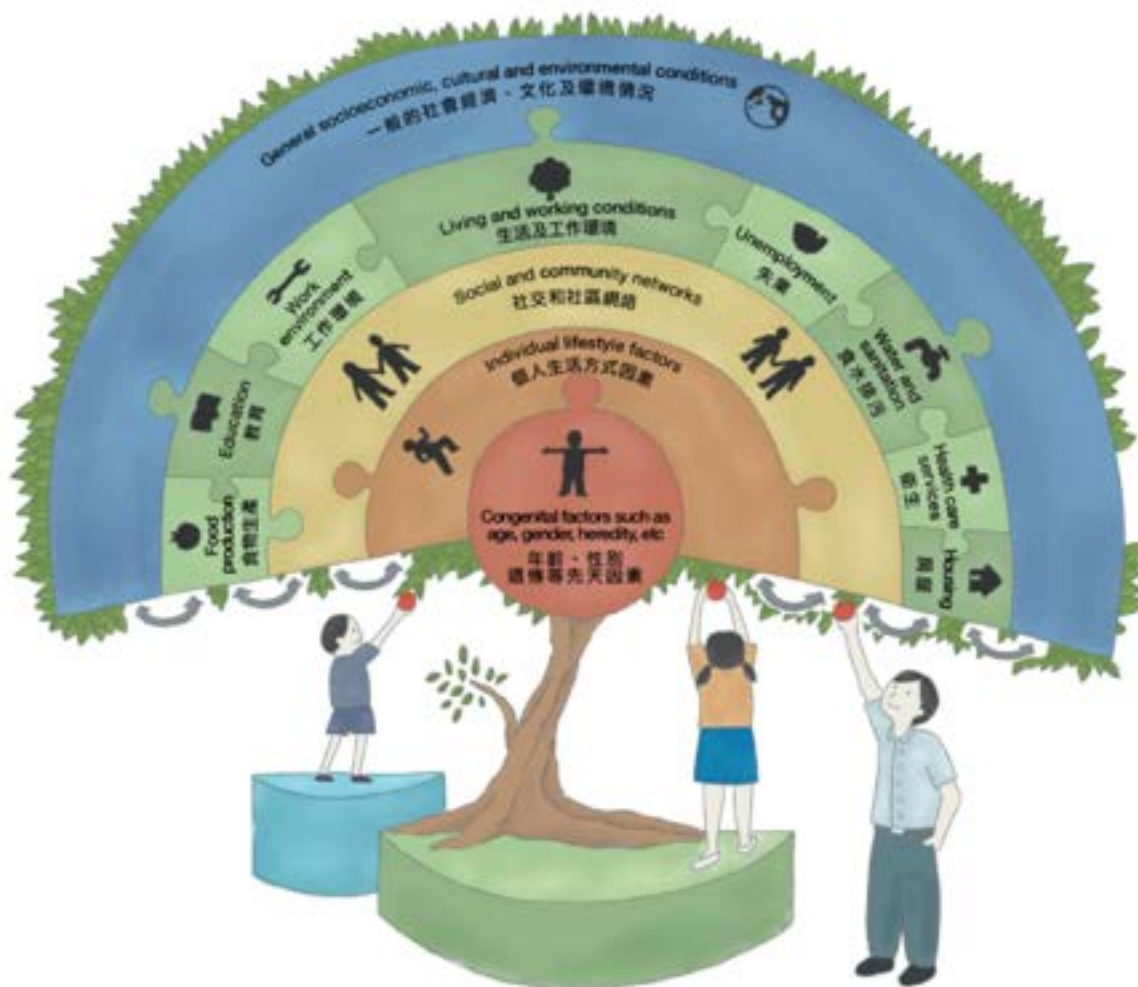
「健康公平」是確保任何人都有公平公正的機會達至健康，能夠消除不同群體因制度上不公、而造成健康指標上及擁有健康生活相關資源分配的差異。不同人士在同一社會生活中除了先天性因素外，不應受到制度上的差異而於成長、生活、工作及老化的生路歷程中得不到同等獲取健康的機會。

Health In Action - Health Equity Model

醫護行者 — 健康公平模式



Social Determinants of Health (SDH) 社會的健康決定因素



People's health is influenced by various social determinants such as economic status, education, culture, living environment, and employment. These factors contribute to health disparities among the population, creating health inequity.

For instance, people who work long hours regularly are more likely to experience health issues compared to those who have a better balance between work and personal life. Prolonged fatigue, stress, irregular eating habits, and lack of time for physical activity can all take a toll on their wellbeing. Similarly, individuals who live in cramped and poorly ventilated housing are more prone to emotional, respiratory, and musculoskeletal problems.

We believe that many of these health problems caused by social determinants can be prevented. By increasing health literacy and equipping individuals with sufficient knowledge and skills to make informed health-related decisions, we can empower them to better manage their wellbeing. Therefore, our services are designed with these social determinants in mind, with the goal of achieving greater health equity.



For example, when designing services for low-income workers, we carefully consider their specific dietary habits, work intensity, and occupational hazards. We then incorporate elements such as healthy cooking demonstrations, stretching exercises, and pain relief techniques to enhance their health and reduce the disparities caused by social determinants of health.

By addressing the underlying social factors that influence health outcomes, we aim to make meaningful progress towards achieving equitable health for all members of the community.

一個人的健康狀況是受到很多外在的社會的健康決定因素影響如經濟、教育、文化、居住環境、工作等，導致了人們之間的健康差異，構成了健康的不平等。

例如經常超時工作的人士，會因為長期的疲憊、壓力、飲食不規律、更少時間運動等，比工作生活平衡的人更容易出現健康問題；居住於狹小、通風不暢廚房的人士則更容易出現情緒、呼吸道及痛症等問題。

但醫護行者認為，社會的健康決定因素造成的健康問題有時是可以被避免的，如增加健康素養，以具備足夠知識和能力做健康相關的決策。所以我們基於對這些因素的考量設計服務，實踐健康公平的理念。比如在設計對職低收入人士的服務時，會考慮到一些特定工種的飲食習慣、工作強度、勞損狀況等，加入營養煮食、鍛煉拉筋、痛症舒緩等服務要素，改善他們的健康問題，以縮小由於社會健康決定因素造成的健康差距。



FOSTER HEALTH-BASED COMMUNITY DEVELOPMENT 推動以擁有健康為 核心的社區發展

Health in All, Health for All
人人健康 健康社會



何謂基層醫療 What is Primary Healthcare

Primary healthcare serves as the first point of contact in the healthcare process. The government collects health monitoring data and formulates evidence-based healthcare policies to provide people with opportunities for disease prevention and overall health improvement. The first level in the tiered healthcare system emphasis on preventive care. The second level involves specialty clinical services, such as specialty clinics, hospitalization, or day case surgery, for more targeted diagnostic and treatment needs. The third level comprises more complex and intensive care for patients with advanced or critical conditions.

At Health In Action, we primarily intervene at the primary care level of prevention. Rather than solely relying on disease screening, we go a step further by identifying high-risk individuals and promoting comprehensive health awareness and literacy. Our aim is to help integrate healthy habits and health-conscious behaviors into people's daily lives, thereby empowering them to proactively manage their wellbeing. We strongly believe in prioritizing prevention over cure. The most effective approach to tackling chronic diseases is by promoting a healthy community lifestyle and establishing a health-conscious society.

作為醫療過程中的第一接觸點，基層醫療扮演著守門員的角色，收集健康監測數據，以制訂醫療健康政策，令人們可以獲得更多預防疾病，獲得健康的機會。基層醫療是醫療系統中的第一層級，著重預防；第二層級是專科醫療，如專科門診、住院或日間手術等；第三層級則是較複雜的深切治療。基層醫療的預防工作亦可分為三級：1.針對未病人士：健康推廣，培養健康行為；2.針對將病未病人士：透過篩查及早發現健康問題；3.針對已病人士：在社區內接受康復治療，疾病管理。

醫護行者主要介入的領域，覆蓋第一層預防，不僅僅是篩查疾病，辨別高風險人士，而是再前一步，推廣健康意識及素養，將健康習慣及意識滲入日常生活。醫護行者堅信預防勝治療的重要性，最有效應對慢性疾病的方式是透過促進健康社群生活和建立健康社區。



Model for Moving Towards to Healthy City 建立健康城市模式

Through the cycle of Service, Research, Incubation and Partnership Engagement, Health In Action strives to transform Hong Kong into a healthy city.

醫護行者透過服務、研究、培育、社康發展伙伴，致力推動香港成為健康城市。



The Role of Community Pharmacies in Primary Healthcare 社區藥房在基層醫療中的角色

The government's "Primary Healthcare Blueprint" proposes the concept of "treating minor ailments in the community," which is strongly aligned with Health In Action's approach. Whether it's managing mild health conditions, providing medication consultations, delivering health information, or enhancing health literacy, the "community" is a crucial unit that should not be underestimated.

Integrating the concept of "how to attain good health" into community development is a core principle that we continuously explore and implement. The Kwai Tsing Community Health Management Hub 2.0 is an example of a continuous and comprehensive service model that combines interdisciplinary collaboration with daily life interactions.

This innovative health management hub provides integrated health management services for individuals, families, community groups, and the community as a whole. By encouraging everyone to take an active role in managing their own health, we empower the community to become the driving force behind achieving our vision of "Health In All, Health For All"

Community pharmacies have the potential to play an increasingly vital role in the delivery of comprehensive healthcare services. In addition to providing consultations for mild symptoms, medication management, and dispensing services, HIA Community Pharmacy also serves as a valuable community resource for health education and self-management support. By regularly conducting medication management talks and community health education programs, we empower our clients with the abilities for health self-management and self-care of diseases.

Health In Action Community Pharmacy was established in 2019. Community pharmacy is part of the primary care services while our pharmacists become "community pharmacist" to support individuals' or families' needs. Apart from providing affordable medication, pharmacists will also evaluate patients' conditions and advise on self-management. They will also refer to other specialties when needed. Meanwhile, pharmacists bridge between doctors and patients that they could help to record the diseases status and medication usage of the patients. The record helps the patients to present their diseases to doctors in a more accurate way which facilitates doctor's diagnosis and management.

Community pharmacists also play an important role in minor ailment management. Common cases in out-patient clinics and hospital emergency rooms include flu and colds, blood glucose management, pain management, onychomycosis, varicose veins and more, which could also be treated in community pharmacies as the first point of contact. Pharmacists will assess the severity of the diseases and refer to other healthcare professionals when needed.



政府《基層醫療藍圖》提出「小病在社區」，醫護行者對此十分認同。無論是輕症、用藥諮詢、獲得健康資訊，還是提升健康素養，「社區」都是一個不容小覷的單位。將「如何擁有健康」融入社區發展，是醫護行者秉持並一直在探索、實踐的理念。葵家社康匯就是在貫專業與生活接觸兩種策略下，提供持續及全面服務模式，為個人、家庭及社區群組、社區提供一站式健康管理服務，鼓勵大家管理自己的健康，最終達至「人人健康，健康社會」的願景。

社區藥房可以擔任更重要的角色。「醫護行社區藥房」除提供輕症狀諮詢、藥物管理及配藥服務外，還會定期進行藥物講座及社區健康教育工作，協助市民提高健康自主及自我疾病管理的能力。

醫護行社區藥房成立於2019年，透過發展社區藥房拓展基層醫療服務，醫護行社區藥房團隊承擔「社區藥劑師」及「家庭藥劑師」的角色。除了提供實惠的配藥服務外，社區藥劑師同時擅長評估病情以至健康和疾病管理，如有需要藥劑師可轉介至其他醫療服務。再者，社區藥劑師亦是病人與醫生間的橋樑，只要病人出示由藥劑師撰寫的醫療及用藥記錄，就能在短時間內與醫生準確溝通，以便醫生診症。

社區藥劑師在小病小痛方面亦扮演關鍵的角色。目前在醫管局門診及急症室最為常見的傷風感冒血糖問題、痛症、灰甲、靜脈曲張等個案，都可在社區藥房先行處理，藥劑師會作適切評估，甚至擔任轉介及分流角色，紓緩公營醫療壓力。



Jockey Club Healthy Neighbourhood Kitchen Project 賽馬會「三房兩廳開檯食飯」社醫共生計劃

Health In Action is committed to promoting and achieving health equity, integrating the concept of Caritas' extended living spaces in Hong Kong. Over the past year, the "Jockey Club Healthy Neighbourhood Kitchen Project" initiative has further incorporated health elements into its services, with the aim of enabling members to bring health knowledge into their homes and communities, seamlessly integrating it into their daily lives.

At the same time, the initiative has established a neighborhood social platform, allowing the atmosphere of health and wellbeing to permeate throughout the community, promoting community connections and a sense of community. The project was recognized with the "Outstanding Social Service Award" and "Outstanding Performance Indicators Award (Collaboration & Synergy)" under the "2023 Best Practice Awards in Social Welfare" organized by the Hong Kong Council of Social Service.

醫護行者致力推動及實踐健康公平，融合了香港明愛延展生活空間的理念，在過去一年裡，賽馬會「三房兩廳開檯食飯」社醫共生計劃進一步將健康元素滲入其服務之中，旨在使會員能夠將健康知識帶入家庭和社區，融入日常生活。

同時，該計劃建立了鄰里社交平台，讓健康和福祉的氛圍能夠在社區中蔓延，促進社區的連結和人情味。該計劃獲得了香港社會服務聯會「2023年卓越實踐在社福獎勵計劃」的「卓越社會服務獎」和「卓越實踐指標獎－協作及協同」。



Project Service Model 計劃服務模式



1342

Total number of members
會員總數



7706

Number of people engaged in
community (attendance)
社區接觸人次

Kwong Fai Circuit Healthy Compassionate Community Project 光輝圍慈悲關懷社區計劃

The Kwong Fai Circuit Healthy Compassionate Community Project aims to establish a compassionate and caring healthy community in Kwong Fai Circuit. The project team reaches out to the residents through street booths and other means, not only providing them with health consultation services, but also carrying out various health education activities. In addition, the project also places great emphasis on building community bonding between residents and local stores. For example, they will co-organize festive activities with local businesses to encourage community members to support one another.

光輝圍慈悲關懷社區計劃旨在於光輝圍建立一個充滿慈悲和關懷的健康社區。團隊會透過街站等方式接觸街坊，除了為他們提供健康諮詢服務外，還會開展各種健康教育活動。此外，該計劃亦非常重視建立街坊與地區小店之間的社區關係。例如，他們會與當地商戶合辦不同的節慶活動，鼓勵社區居民互相支持。



Kwai Tsing Community Health Management Hub 葵家社康匯

Promoting "Health In All, Health For All", Kwai Tsing Community Health Management Hub was relocated to a new site in June 2021. It is the first centre to adopt the "social-medical integration" service model in Hong Kong, integrating community and healthcare services, further becoming a pioneering model for implementing primary healthcare in the community. The hub consists of a transdisciplinary team including nurses, pharmacists, physiotherapists, nutritionists, fitness trainers, public health research fellows, and social workers, working together with local residents to utilize this living space and provide community-based occupational safety and health services.

While maintaining the centre as the primary hub for activities, Kwai Tsing Community Health Management Hub is also gradually bringing its ideas and programmes into the community, creating more health touchpoints in daily life, establishing connections among community stakeholders, and better utilizing community resources to address the social determinants of health.

要推動人人健康，葵家社康匯在2021年6月遷入新址，推行全港首創社醫共生的服務模式，結合社區和醫療服務，進一步成為社會實踐基層醫療的示範點。由跨社醫團隊包括護士、藥劑師、物理治療師、營養師、健體教練、公共衛生研究員、社工，與各街坊一同善用這個生活空間，提供社區為本的職業安全及健康服務。

葵家社康匯在維持以中心為主要活動地點的同時，亦逐漸將理念及計劃帶入社區之中，在日常生活中創建更多的健康接觸點，在社區的持份者之間建立連結，以更好地利用社區資源，從而改善健康的社會決定性因素。



Holistic Healthy Community Model 整全社區服務概念

Through personalized intervention approaches, we address the social and medical needs, target the root causes of risks, and leverage lifestyle medicine to enhance the quality of life. We strive to create a participatory and empowering atmosphere, cultivate social trust and mutual support, and increase community resources and engagement.



我們透過個人化的介入手法，根據社醫需求，針對風險成因，以生活醫學方面提升生活質素，建立生活化、培力的氛圍，培養社會互信、互助關係，提升社區資源及提升社區人士參與度。

Holistic Community Health Model 整全社區健康服務概念



ENHANCE PERSON-CENTERED PRIMARY CARE

提倡個人化的
基層醫療服務



Transdisciplinary Team 貫專業團隊

Health In Action believes that the division of different medical fields only serves to strengthen the authority of each profession. This makes people overly dependent on certain specialists, creating barriers between the various healthcare disciplines. This fragmentation is detrimental to people's convenient access to comprehensive healthcare services and their ability to receive holistic health support.

In secondary healthcare, which includes emergency, convalescent hospitalization, day surgery, specialist outpatient and emergency room services, doctors play the dominant role, which is undisputed.



However, in primary healthcare, if doctors continue to dominate, on the one hand, it will exacerbate the shortage of doctors and lead to the collapse of the healthcare system, and on the other hand, it will undermine the role of other professionals. We also do not agree with simply establishing a nurse-centric service model, such as nurse clinics or the current nurse-centric operational model.

At Health In Action, we operate with a transdisciplinary team consisting of pharmacists, physiotherapists, nurses, nutritionists or dietitians, social workers, fitness coaches, and public health and community health professionals. From providing health knowledge, cultivating healthy habits in daily life, to medication safety and minor illness management, they promote health equity within the community. In addition to their own professional expertise, each healthcare professional also takes a more comprehensive view of the cases and provides more appropriate support. We believe that different healthcare professional teams should become the entry point for the public to access the primary healthcare system, so that they can obtain accurate health information and learn to self-manage their health.

We also adopt a casual engagement and easily accessible approach to make it easier for participants to manage their own health. The target of our services are low-income working people and their families in the local area, such as cleaners, security guards, and warehouse workers, as well as ethnic minority and their families.



Due to their work or lifestyle and cultural habits, they generally have issues such as pain, being overweight, and high blood pressure, high blood sugar, and high cholesterol. Through the intervention of various programs, the participants' health conditions have improved, gradually transitioning from passive participation to active participation, and influencing their family and friends, and even their community, thereby realizing the vision of building a healthy community together.

醫護行者認為，不同專業各自為政，只會強化專職的權威性，令人們更加倚賴某些專職，築起專業之間的壁壘，不利於人們更便捷地獲得健康服務，及從多方面角度得到健康支援。

在第二層醫療，即包括急症、療養住院、日間手術、專科門診和急症室服務中，醫生是主導角色，這毋庸置疑。但在第一層醫療中，若仍處處以醫生為主導，一邊廂，會加劇醫士人手不足而導致的醫療系統癱瘓的情況，另一邊廂，亦會削弱其他專職的作用。我們亦不認同簡單地建立以護士為中軸的服務模式，如護士診所或現時以護士為中軸的運作模式。

醫護行者是由藥劑師、物理治療師、護士、營養學家或營養師、社工、健體教練、公共衛生及社區健康專職組成的貫專業團隊。從提供衛生知識，衣食住行中養成健康習慣，到用藥安全及小病小痛管理，在社區中進行健康公平的實踐。除自己的專業部分外，各健康專職亦會更全面地看待個案，提供更適切的支援。醫護行者認為不同的醫護專業團隊，都應成為市民進入基層醫療體系的接觸點，讓他們得到正確健康資訊並學習自我健康管理。

醫護行者採用輕鬆接觸的手法，令參與者更容易管理自己的健康。我們服務的對象為當區的在職低收入人士及其家庭，如清潔工、保安、倉庫管理員等，以及少數族裔街坊及其家庭。由於工作或生活、文化習慣，他們普遍存在著痛症、超重、三高等健康問題。透過以下多項計劃的介入，參與者的健康狀況得到改善，逐漸由被動參與到主動參與，並影響身邊的親朋好友甚至整個社區，從而達至共建健康社區的願景。



“

Prevention Education 預防教育

”



• Seasonal Influenza Vaccination Programme 季節性流感疫苗接種計劃



Health In Action provides annual seasonal influenza vaccination services for members of the Kwai Chung Community Health Hub and the general public. Eligible individuals can receive the vaccine for free, while others can access the service at an affordable cost.

The pharmacy team has established robust medication storage and cold chain management processes, while the nursing team has carefully planned the vaccination procedures, emergency response protocols, and staff training to ensure the smooth administration of every dose. Through the collaborative efforts of this multi-disciplinary team, participants can gain a comprehensive understanding of the vaccines and the vaccination process, and receive their shots with confidence.

醫護行者每年為「葵家社康匯」會員及公眾人士提供季節性流感疫苗接種服務。合資格人士可免費接種疫苗，其他人士亦可以相宜價格使用此服務。藥劑師團隊已建立完善的藥物儲存及冷凍鏈管理流程；護理團隊細心安排接種流程、應急管理及員工培訓，確保每劑疫苗都能順利接種。在這支專業團隊的通力合作下，參加者能夠全面了解疫苗及接種知識，安心接種疫苗。



• Osteoporosis Prevention and Management Program 葵青區骨質疏鬆預防及管理計劃

Since 2022, Health In Action has launched an osteoporosis bone health prevention and management program in the Kwai Chung district. Unlike screening programs targeting the elderly, our initiative provides bone density screening subsidies, follow-up consultations, and health activities for eligible individuals aged 45 to 64 years old. This helps raise their awareness and understanding of osteoporosis. Additionally, our team of nutritionists offers dietary guidance tailored to the prevention and rehabilitation of osteoporosis, providing comprehensive support for participants to manage their bone health.

醫護行者於2022年起推出葵青區骨質疏鬆預防及管理計劃。有別於針對年長者的篩查項目，我們為年齡介乎45-64歲的合資格人士提供骨質疏鬆檢查費用資助、後續醫療諮詢及健康活動，以提升他們對骨質疏鬆症的認識和了解。此外，我們的營養師團隊亦提供針對骨質疏鬆預防及康復的飲食諮詢指導，從多方面協助參加者管理自身的骨質健康狀況。

“ Healthy Diet and
Weight Management
健康飲食及體重管理 ”



• Community Mobile Weight Management Program 營住再動 (流動體重管理計劃)

The Mobile Weight Management Program (營住再動) is a collaborative initiative between our dietitian and health coach, who venture into local communities. Based on the community facilities and participants' lifestyles, we design nutrition workshops and exercise groups to help participants set personalized weight management goals. Through this program, we assist participants in establishing healthy eating habits and maintaining a regular exercise routine, enabling them to achieve effective health management and further reduce the risk of cardiovascular diseases, hypertension, diabetes, and certain types of cancer.



「營住再動」(流動體重管理計劃)由醫護行者的營養師及健體教練一齊走進社區提供服務。我們會根據社區的設施和參加者的生活習慣，策劃營養工作坊及運動小組，協助參加者制訂個人化的減重目標。通過這個計劃，我們協助參加者建立健康飲食習慣和維持恆常運動，從而達致有效的健康管理，進一步減低患上心血管疾病、高血壓、糖尿病和部分癌症的風險。

• Be a Family's Nutri-chef 健康煮食計劃



Targeting the dietary patterns of ethnic minority groups, which tend to be high in fat, sugar, and salt, while lacking in fruits and vegetables, this program is designed to address the increased risk of developing overweight and chronic conditions such as obesity, hypertension, and hyperlipidemia. Through this initiative, we aim to introduce healthy eating knowledge and cultivate healthier dietary habits among these communities. The program includes six nutrition workshops covering topics such as healthy diets, healthy cooking, understanding food labels, and home cooking plans. After participating in the program, the participants

reported an increase in their daily consumption of fruits and vegetables, as well as a reduction in the proportion of high-fat foods in their diet.

針對少數族裔常有高脂、高糖、高鹽且缺乏蔬菜水果的飲食特點，導致他們增加患上過重及長期疾病如肥胖症、高血壓及高血脂等的風險，我們特別設計了此計劃，旨在向他們介紹健康飲食知識，培養其健康飲食習慣。計劃包括6次營養工作坊，內容涵蓋健康飲食、健康煮食、認識健康食物標籤和家庭烹飪計劃等。參加計劃後，參加者表示在日常飲食中增加了蔬菜水果的攝入，減少了高脂肪食物的比例。



• Kwai Tsing Healthy Restaurant Program 葵青區健康餐廳聯盟



Kwai Tsing Healthy Restaurant Program was designed for restaurant staff and customers. It was aimed to improve health awareness, knowledge and general health status of the restaurant staff and to empower the restaurants to promote the knowledge and practice of healthy eating to customers via restaurants. Restaurants became our promotion stations or service satellites to post nutrition tips. Dietitians reviewed the menu, empowered restaurants to deliver healthy menus to customers. We co-created different health interventions with restaurants, such as sauce bottles and fruit day.

葵青區健康餐廳聯盟是為餐飲業員工及食客設計，旨在提升餐飲業員工的健康意識、知識及整體健康情況，並透過餐廳，宣傳健康飲食知識予食客。餐廳成為醫護行者宣傳站或服務衛星點，張貼營養小貼士，營養師會檢視及建議健康菜式餐牌，與餐廳共同創造不同健康介入方式，如：「唔該少醬」樽、水果日等。

“Exercises and Lifestyle 運動及生活方式”



• Walking Exercise Program 食保健品不如行萬里路 - 散步玩樂體驗團



Through the health consultations conducted by our nursing team, we have found that for clients who lack an exercise routine or have chronic pain issues, a readily accessible walking exercise can effectively help establish a regular fitness habit. By integrating various health-focused elements into the walking sessions, such as clients co-designing walking routes with nurses and social workers, discovering hidden public spaces in the Kwai Chung district, exploring new local landmarks, and practicing mindfulness, we are able to cater to the clients' physical and mental needs while also strengthening their sense of community belonging and connection.

在醫護行者社區護士團隊進行健康諮詢時發現，對於缺乏運動習慣或有長期痛症的街坊來說，實踐簡單的步行鍛煉有助養成定期運動的習慣。我們將不同健康元素融入於步行鍛煉中，如參加者與護士、社工等一同設計散步路線，尋找葵青區的隱藏公共空間，探索地區新地標，進行正念練習等，以照顧參加者的身心需要，同時增強他們對社區的歸屬感和連結。



• Men's Health Group 男士英雄任務



The "Men's health group" is designed for middle-aged men who have recently retired or are approaching retirement. Developed through the collaborative efforts of dietitian and health coach, the program features a series of workshops focused on men's health and community resources, such as managing high blood pressure, high

cholesterol, and high blood sugar, maintaining joint health through exercise, identifying community health resources, and addressing men's mental health. The goal is to empower participants to set personalized health goals and improve their understanding of men's health issues as well as the available community resources in the Kwai Chung district.

「男士英雄任務」是為最近一年內退休或即將退休的中年男士設計的計劃。由營養師、健體教練等組成的團隊協作，透過一系列男士健康和社區資源的工作坊，如三高管理、運動及關節健康、社區健康資源和男士心理健康等，旨在增強參加者自主制定個人化健康目標的能力，提升他們對男士健康議題及葵青區社區資源的認識。

• Intervention Lifestyle Change Program 大家Great瘦

This is a 12-week lifestyle intervention program launched by the Jockey Club Healthy Neighbourhood Kitchen Project. It targets individuals at high risk of chronic diseases such as hypertension, hyperlipidemia, and hyperglycemia. Through close collaboration with participants, a team consisting of pharmacists, health coaches, and nutritionists implements strategic dietary changes and introduces a new exercise routine each week. The goal is to improve overall health, encourage the establishment of positive lifestyle habits, and promote independent exercise, thereby reducing the risk of developing chronic illnesses.

「大家Great瘦」是賽馬會「三房兩廳開樓食飯」社醫共生計劃開展的一個為期12周的改變生活方式的介入計劃，針對高慢性病風險如高血壓、高血脂及高血糖人士而設。藥劑師、健體教練及營養師透過與參與者密切合作，採取策略性的飲食變化，每周引入一項新的運動等方式，旨在改善整體健康，鼓勵個人建立積極的生活習慣，獨立鍛煉，從而減少發展為慢性疾病的風險。



“ Medication Management Services 用藥管理 ”



• Minor Ailments Service 小病小痛管理

Our Community Pharmacy's Minor Ailments service provides clients with a convenient and efficient solution for their minor health problems. Our experienced team assesses the appropriate treatment plan and recommends affordable yet effective medications to address the current issue. By offering personalized care, we not only help alleviate the financial burden on patients but also reduce the strain on Hong Kong's emergency medical system, ensuring that everyone has access to readily available and timely healthcare.

醫護行社區藥房的「小病小痛管理服務」針對街坊的輕微健康問題為他們提供方便且高效的解決方案。我們經驗豐富的團隊會確定適當的管理方案，並推薦經濟實惠且有效的藥物來解決當前問題。透過提供個人化的護理，我們不僅幫助減輕患者的經濟負擔，還減輕了香港急診醫療系統的壓力，確保所有人都能獲得易於觸及且及時的護理。

• Health Management Service 健康管理

We take a proactive approach to supporting the well-being of our community members. Through comprehensive medical assessments, including blood pressure, glucose, cholesterol, and body composition analyses, we identify any modifiable risk factors. Our team then works closely with our clients, reconciling their medication regimens and providing personalized recommendations. For more complex cases, we facilitate seamless referrals to medical professionals, ensuring coordinated care and improved medication adherence.

我們的健康管理服務是採取積極主動的方式支援街坊的健康。透過全面的醫學評估，包括血壓、血糖、膽固醇和身體成分分析，識別任何可改善的風險因素。我們的團隊與患者密切合作，調整他們的用藥方案，並提供個人化的建議。對於更複雜的個案，我們會促進與醫療專職的無縫銜接，確保護理協調及提升藥物依從性。

• Mobile Pharmacy Service 藥劑師快線

Residents of Aberdeen District can now access our comprehensive minor ailment and health management services with ease. Our dedicated pharmacist will be stationed at the Aberdeen Community Centre once a week, providing on-site medication and supplements, as well as conducting health checks for both adults and children. This service aims to reduce barriers to healthcare and foster a stronger rapport between our pharmacist and the local community.

香港仔區居民現在也能夠輕鬆使用到醫護行社區藥房全面的小病小痛及健康管理服務。專職藥劑師每周會在香港仔社區中心駐扎一天，提供即場的藥品和補充劑，也會為成人與兒童進行健康檢查。該服務旨在減少醫療障礙，促進我們的藥劑師與在地社區之間的緊密聯繫。



• Health Programs and Initiatives 健康計劃和舉措

Recognizing the diverse health requirements of our local community, we have curated a suite of targeted programs and workshops to empower residents with knowledge and skills for better well-being. These initiatives include a 12-week lifestyle intervention program, an eczema management workshop, Nurturing Children's Growth & Development workshop, and a "Taking Care of Your Family Medicines" workshop. Offered at both our Sai Ying Pun and Aberdeen locations, these holistic services address the unique needs of community members, equipping them with the tools and guidance to manage their health proactively and effectively.

鑒於我們在地社區多元的健康需求，醫護行社區藥房策劃了一系列有針對性的活動及工作坊，令居民具備變得更健康的知識和能力。這些舉措包括為期12周的生活方式干預計劃、濕疹管理工作坊、培育兒童成長和發展工作坊及「家庭用藥指南」工作坊。我們在西營盤和香港仔開展整全的服務，滿足街坊的不同需求，為他們提供工具和指導，令其能夠主動有效地管理自己的健康。



Pain Management Services 痛症管理計劃

Pain Management Service Flow



The programme aims to provide holistic pain management service for individuals from low-income household or poor living environment, including pain screening , physiotherapy services, exercise prescription , self gym and group exercise classes. A transdisciplinary team including physiotherapist, pharmacist, social worker and nurse collaborates in pain management of patients, to empower pain self-management of low-income families and enhance work ability through education of exercise and self-management skills, and fill in the gaps of the unavailability and inaccessibility to both public and private physiotherapy service.

After understanding the contributing factors of a client's presentation through detailed assessment, physiotherapists will design a comprehensive rehabilitation program focusing on exercise prescription, with manipulative therapy and various physical modalities serving as adjunct, to relieve pain and improve function. Meanwhile, we encourage clients to participate in different exercise groups, aiming to establish regular exercise habits and self pain management ability.

痛症管理服務流程簡介



由物理治療師和健體教練主導，其他專業團隊協助的痛症管理計劃，服務對象為來自低收入家庭或居住於惡劣環境的患有痛症的人士提供一站式痛症管理服務，包括痛症評估、物理治療、運動治療和指導、自助健體及小組活動等。專業團隊包括物理治療師、營養師、藥劑師、社工和護士，全面關注痛症患者的身心需要，多方面協助及教育低收入人士和其家庭能自主痛症管理的知識從而提高其工作能力，同時填補社會公營物理治療服務需求。

當中，物理治療師透過評估探究痛症成因，利用運動治療，配合手法治療以及冷、熱、電等物理方法舒緩痛症，同時鼓勵他們參與不同類型的運動小組，鼓勵痛症人士建立良好的恆常運動習慣、提倡自主管理痛症。



The program targets low-income workers such as cleaners and security guards who often suffer from back pain, shoulder, and neck pain due to prolonged sitting and bending. Physiotherapists provide exercise therapy, pain management exercise classes, and guidance on daily diet and stress relief to help reduce pain and improve overall abilities. The goal is to empower participants to become exercise leaders who can assist others.

此計劃的服務對象為在職低收入人士，包括清潔工、保安等，他們因需要彎腰或久坐，多數都受腰背痛、肩頸痛等痛症困擾，針對這些普遍性痛症，開展不同面向的服務。物理治療師會先透過諮詢判斷是否需要接受物理治療，接著，透過運動治療、痛症運動班，及一系列將運動融入生活的活動，以及日常飲食、舒緩壓力等知識，全方位舒緩痛症，培養運動的生活方式，並增加參加者的培力，從而成為運動領袖，影響並幫助身邊的人。

• Sports Stars 運動之星



This programme aims to provide participants an accessible and simple way to develop an exercise habit, resolve any problems, questions and difficulties they encountered during exercise and improve understanding on physical fitness. This year's program emphasizes on empowering participants to unleash their own abilities and influence their families or communities.

By helping our members establish active and healthy exercise habits, we aim to strengthen the connection between physical fitness and well-being. Ultimately, our goal is to equip members with knowledge and skills they can share with their families and communities for a healthier lifestyle. The final goal aims to foster their identity not only as participants, but also as volunteers and sports leaders in HIA.

該計劃旨在為參加者提供輕鬆簡易的方式建立運動習慣及目標，消除參加者對運動方面的疑難及迷思，提升對體適能的認知。在上一期的運動之星基礎上，本年度的計劃更側重於令參加者發揮自己的能力，影響家人或社區。

透過協助醫護行者會員建立積極健康的運動習慣，我們旨在加強健康身體與幸福之間的聯繫。最終目標是會員具備運動相關知識和技能，以分享給他們的家庭和社區，達到更健康的生活方式。最終，我們希望培養他們不僅作為參與者，還作為醫護行者志願者和體育領袖的身份分享健康訊息。

• Sport Buddies Training 運動夥伴培訓計劃

With the increased usage of the Multicultural self gym, we have launched the sports buddies training, to train the EM clients to be our sports buddies to help support the self gym operation and introduce the self gym services to other EM clients. Six EM clients attended our sport buddies training and became our sport buddies, who would help introduce the self gym to new EM clients and support the self gym services with the aid of health coaches. Sport buddies provided positive feedback to the training and claimed the group helped them to improve self-esteem in introducing exercises to others.

隨著多元文化用家使用自助健身室，我們設計了運動夥伴計劃，透過增加參加者的鍛煉知識、自助健身室設備的設置、正確使用，及安全注意事項，以培養少數族裔參加者成為我們的運動伙伴，協助支援自助健身室的運作，並介紹此服務給其他多元文化街坊。6位參加者透過此計劃的培訓，成為了我們的運動夥伴，在健體教練的協助下，他們負責向新的少數族裔用家介紹自助健身室及使用。他們表示，在此過程中提升了成功感及自我肯定。

• Cleaners' Group Exercise Class 清潔工運動班

During health consultations, many clients are cleaners, and experience back pain. Our physiotherapist and health coaches offer exercise classes that help with self management of pain, including stretching and strengthening exercises, as well as balance and yoga ball exercises. Dietitian regularly organize healthy cooking classes and also handmade sunscreen workshops to assist them in managing pain from



various aspects of their physical and mental well-being, improving their working capacity and physical function. At the same time, the program promotes social bonding among participants and improve psychosocial support among them, providing positive influences that help with better management and coping of stresses during the pain management journey.



在健康諮詢接觸的街坊中，有不少從事清潔工作，他們普遍有著腰背疼痛的問題。醫護行者物理治療師及健體教練針對痛症問題，開設包括拉筋，負重訓練，平衡訓練和瑜伽球運動等運動班，以預防和舒緩痛症。營養師亦會定期舉辦健康煮食活動，更有太陽油製作等工作坊，以從身心健康各方面協助清潔工自主管理痛症，從而提高其工作能力，協助參與者減輕痛症，改善體能，鼓勵其養成恆常運動的習慣。同時促進參與者間的人際關係，為他們提供心靈支持，從而幫助他們更好地克服長期痛症帶來的壓力。

• 筋筋計較 Stretching Program



During public health and health consultations, we have learned about the occupational strain experienced by many low-income working individuals in Kwai Tsing. We launched a series of stretching workshops to help participants gain knowledge about occupational strain and effectively alleviate pain. This program was aimed to introduce simple stretching methods and diaphragmatic breathing exercises

which help to alleviate physical and mental fatigue and also encourage participants to practice at home and in working environments to prevent muscle strains.

在公共衛生及健康諮詢工作中，我們了解到許多在職人士的勞損狀況，我們設計了一系列拉筋工作坊，幫助參加者了解勞損知識，有效舒緩痛症。筋筋計較旨在招募葵青區在職低收入人士參與，透過拉筋班介紹簡單伸展方法，腹式呼吸訓練，舒緩身心疲憊，讓參加者可以在家中和職場環境練習，預防勞損。



FOSTER KNOWLEDGE MANAGEMENT AND INCUBATION

推動及傳承健康知識



Nurturing Particums to Understand the Transdisciplinary Collaboration Model

培育實習同學了解貫專業合作模式



In the internship program, students actively participate in community workshops and develop tailored plans for low-income workers in occupations, such as security guards and professional drivers, based on their needs. By engaging with diverse communities and collaborating with professionals from various fields, they gain an understanding of the importance of interdisciplinary cooperation in addressing health issues.

Nurturing the younger generation plays an important role in promoting health and primary healthcare services. Health In Action welcomes students from different universities to get in touch with the grassroots in order to understand the needs of the community during their internships. We hope they can apply their professional knowledge in this platform and gain experiences for future careers.



實習計劃中，學生們積極參與社區工作坊，並針對特定組別的基層社群，在職低收入人士如保安、職業司機等，親身到社區觀察，並與他們交談了解其需要，最後與不同專業制定計劃。醫護行者重視培養年輕一代對推動基層醫療及宣揚健康，鼓勵來自不同院校學生實習期間接觸基層了解社區所需。透過接觸不同群體，與不同專業通力協作，了解貫專業合作處理健康問題的重要性。他們將專業知識學以致用，集結社區經驗為將來投身在專業領域做好準備。



• 營聚「里」社區

Together We Build -Our Healthy Community

Health In Action organized a group of students from Kwai Tsing District to participate in the Together we build -our healthy community. The project focuses on nutrition and community health, bringing neighbors together, understanding their post-pandemic lives and voices, and improving their physical and mental well-being.



The aim is to unite the community and work collaboratively to create a healthier community. Activities include nutritionists providing home dietary consultations, helping people adopt healthy eating and lifestyle habits, and neighbors transforming their refrigerators to promote healthier food choices and foster neighborhood connections. Residents are also empowered to collectively improve the menus of local restaurants. Student volunteers engage in home visits and refrigerator transformation activities alongside nutritionists, sharing community news and health videos, and working together to develop nutritious restaurants and dishes. The overarching goal is to create a community-based health network and strengthen community support.

醫護行者組織一班葵青區中學生，參與營聚「里」社區計劃，從營養飲食及社區健康入手，凝聚街坊，了解他們疫後生活及重整其身心健康，集結街坊心聲和互助力量，一同打造理想的健康社區。由營養師到家飲食諮詢，重新建立健康飲食及生活習慣；到街坊成為「雪櫃魔法師」改造自家及鄰舍的雪櫃，連結鄰里關係；以至賦權街坊合力改善區內餐廳餐單。作為青少年義工的學生們，透過同營養師一起參與家訪及雪櫃改造活動，鄰里協作健康實踐，區報及健康影片，共建有營餐廳及菜式等一系列參與，了解到構建以街坊為本的健康社區、重塑社區支援的重要性。



推動社會轉變





Health In Action is committed to the principle of health equity, and continuously explores ways to improve the social determinants of health in primary medical services, aiming to narrow the health disparities caused by these factors. We advocate for and actively promote social change through various professional outreach services, "Kwai Tsing Community Health Management Hub 2.0", the "Jockey Club Healthy Neighbourhood Kitchen Project", and the community pharmacy fostering the development of district health centers, community living rooms, community pharmacies, and more.

We are dedicated to empowering the community to take charge of their own health, moving away from a system where professionals have all the control, and advancing the development of healthcare services. We design feasible health services tailored to individuals' life circumstances and characteristics, while also developing long-term health resources to support personalized health living. We respond promptly to the changing social and health conditions, addressing the health needs of the community. We collaborate and engage in discussions with different stakeholders, leveraging the strengths of different industries to consistently promote primary healthcare initiatives.

醫護行者秉持健康公平理念，在基層醫療服務中不斷探索，嘗試改善健康的社會決定性因素，以縮小這些因素帶來的健康差距。我們呼籲並積極促進社會的改變，過去十一年來透過多專業外展服務、葵家社康匯、賽馬會「三房兩廳開樓食飯」社醫共生計劃及醫護行社區藥房等重點社區項目，推動社會持份者發展出地區康健中心、社區客廳、社區藥房等。

我們致力培養社群自我管理健康的能力，打破專業主導的服務思維，推動業界服務發展。我們按個人生活處境及特質，設計可行的健康服務，並長遠發展健康資源以支持個人化健康生活。我們因應著社會變化及衛生處境，及時回應社區的健康需要。我們與不同的持份者合作和討論，發揮各行各業的優勢，持續推動基層醫療。

Develop Individual Health Autonomy 發掘個人健康自主權

During the program, we have seen how participants have shown resilience and change. The social determinants of health have resulted in disparities in individuals' health literacy and even their health conditions. By engaging in various programs and activities, participants have gradually acquired a reservoir of health knowledge and the ability to manage their own health. This, in turn, has had a positive impact on and inspired those around them.

在參與計劃的過程中，我們看到參與者的韌力及轉變。健康的社會決定性因素造成人們的健康素養甚至健康狀況的差距。透過參加各類計劃和活動，參加者逐漸具備了健康的知識儲備和管理自己健康的能力，從而影響並帶動身邊的人。

• Inspire Individual's Resilience 激發人的韌力

Yingying works at a supermarket, handling cashier duties and warehouse operations, and she enjoys hiking and doing stretching exercises in her spare time. A year ago, she experienced a fall at work, resulting in a torn and detached muscle in her right shoulder. The pain was debilitating, making it difficult for her to perform tasks and even simple activities like getting dressed and combing her hair. Despite undergoing surgery and receiving physical therapy at both a public hospital and a private clinic, the shoulder pain persisted. During her rehabilitation period, her husband suffered a stroke. It was during this time that Yingying encountered a promotion for physical therapy services at a street booth and decided to seek treatment there. After six months of receiving treatment, her shoulder injury significantly improved, leading to an increase in her range of motion and strength. This progress allowed her to stop taking the antidepressant medication that she had been using for pain and stress and return to work at the supermarket. Yingying mentioned that compared to the services offered by hospitals, the physical therapy she received was more compassionate and profoundly aided her recovery. She also found the pricing for the private physical therapy service to be fair and affordable.

瑩影在超級市場工作，包辦收銀搬運倉務，平日會行山會拉筋。一年前，她在工作時不幸跌倒，右肩肌肉撕裂斷開。肩膊患處，痛得無法用力，不要說回到工作崗位，簡單如穿衣、梳頭也十分困難。手術過後她在公立醫院和私家診所接受了物理治療，但肩膊疼痛仍然持續。同時禍不單行，丈夫在她復康期間中風，需要休養。瑩影在回家的途中，遇見正在街站宣傳的我們，便開始接受物理治療服務。



螢影在這大半年間接受了我們的治療後，肩膊傷患好了不少，活動幅度和力量也好了不少。她開始對生活重拾信心，也告別了之前因痛症和壓力而要服用的抗抑鬱藥物，最後更回到了工作崗位繼續超市的工作。螢影說，相比於醫院服務的機構式，我們的服務較人性化，更能幫助她復原，而且對比私營物理治療價錢相宜。

• Create a Healthy Work Environment 營造健康工作環境

The conditions of our work environment are closely linked to our well-being in terms of health. Many health issues are associated with work, including musculoskeletal disorders caused by prolonged static postures, occupational accidents due to inadequate safety training or protection, accidents resulting from insufficient guidelines for adverse weather conditions, the physical and mental burden of long-term stress and excessive working hours, and workplace relationships that become a source of stress.



在健康的社會決定性因素中，工作環境與我們的健康息息相關。很多健康問題都與工作相關，如長期保持同一個姿勢誘發痛症、職安培訓或保護不夠而導致工傷事故，惡劣天氣指引不完善導致意外，長期精神緊張、長工時會令身心超負荷，職場人際關係亦會成為壓力源等。



A 56-year-old warehouse worker, Mr. Law, lives in Yuen Long with his family, had slightly high cholesterol levels and was overweight. However, he lacked knowledge about nutrition and exercise. Upon enrolling in a weight management program that included workshops and exercise sessions, he became more aware of his health, reduced weight and body fat, and trimmed his waistline. Subsequently, he motivated his colleagues and family to participate, organized group workouts, and willingly shared his journey in upcoming programs.

羅先生是一位56歲的倉庫工人，與家人一同居住在元朗。在健康檢查中，得知自己體重超標，膽固醇指數偏高。由於缺乏營養和運動知識，羅先生被營養師邀請加入「營住再動」（流動體重管理計劃）。計劃涵蓋一系列營養工作坊和運動小組，讓他更了解自己的健康狀況，改善飲食和運動習慣，他在工作間歇練習「營住再動八式操」（有氧與肌力訓練相結合），舒緩因工作而導致的肌肉勞損，體重和體脂含量有所下降，腰圍也減少了。隨後，他還鼓勵同事和家人參與計劃，學習自我健康管理。

A More Comprehensive Service Perspective 服務視角更全面

Through a transdisciplinary approach, we consistently implement a community-based service model. We integrate the social determinants of health into our service principle, addressing members' health issues directly and delving into various aspects of their lives to identify the underlying causes behind their symptoms. By addressing the root causes, we aim to improve and resolve health problems.



醫護行者透過貫專業的模式，不斷實踐以社區為本的服務。我們將健康的社會決定性因素滲入服務理念之中，不僅會直接地幫會員解決健康問題，亦會回溯其生活的方方面面，找出導致其痛症、身體數值超標等表面症狀的多重原因，從而由根源改善，以解決健康問題。



Ms. Luo, a 48-year-old residential care worker, lives with her family in Kwai Tsing District. During a health check, she discovered that she was overweight and had slightly elevated cholesterol levels. Due to her busy work schedule, she lacked exercise and time to cook at home. As a result, she often dined out with family and friends, choosing meals high in fats and salts. After consulting with a nutritionist, she received healthy eating recommendations. She gradually improved her dining-out habits and began cooking simple and healthy dishes at home. In addition, she actively participated in exercise classes like dance and boxing and encouraged her family to join her in improving their dietary and exercise habits together.



羅女士是48歲的院舍照顧員。她與家人一同居住在葵青區。在健康檢查中，她發現自己超重，膽固醇指數亦有些偏高。由於繁忙的工作，她缺乏運動及沒有時間在家烹調食物，因此她經常與家人和朋友外出用膳，而外出飲食選擇亦不乏高脂和高鹽食物。營養師評估她的飲食習慣，並為她提供健康飲食建議。她逐漸改善外出飲食習慣，並嘗試在家烹調簡單和健康菜式。她亦積極參與運動班，如：跳舞班和拳擊班等。她更鼓勵家人參與，互相鼓勵和支持，一起改善飲食和運動習慣。

Revitalizing the Community 社區重煥活力

The conditions of transportation, public spaces, facilities, sanitation, and relationships within a community can significantly influence people's health. Over time, communities have become more disconnected, making it challenging for people to engage with the resources available to them and leading to a decline in neighborly relations.

Health In Action recognizes the potential of community as a touch point and a source of health resources. We engage with various stakeholders in the community, establish a robust community support network, and infuse health elements to create a healthy community. Our health programs are community-based, empowering participants to



develop health resources within their own community. By organizing health-focused activities that promote interpersonal relationships, access to recreational facilities, and community shops, we aim to rebuild connections within the community and foster a healthier environment for all.

社區的交通狀況、公共空間、各類設施、衛生情況、鄰裡關係等，是影響人們健康的重要決定性因素。社區不似往昔，人與人之間的關係逐漸疏離，人們對自己所在社區中的資源也感到陌生，鄰裡關係少了些人情味。

醫護行者相信社區作為健康接觸點及健康資源的潛能，聯絡社區中的不同持份者，建立良好的社區支持網絡，注入健康元素，打造健康社區。我們的健康計劃建基於社區，以期參與者逐漸發展社區中的健康資源，透過一系列以健康為切入點的活動重建與社區的聯結——包括人際關係、康樂設施、社區小店等，在社區中獲得健康。



Min-yi and Angel, both longtime residents of Kwong Fai Circuit, met each other for the first time at the "Guardians of Kwong Fai Circuit" program, despite both live there for over ten years. They became sports buddies and started exploring public sports facilities and different types of exercises together.

Min-yi, who used to have little physical activity, started walking as a means of transportation and can now achieve a daily step count of 10,000 steps. Under Min-yi's influence, her husband now incorporates a 30-minute daily walk into his exercise routine. Angel, on the other hand, sets small goals for herself each week, gradually progressing from easy to more challenging tasks. For example, she increases her water intake, commits to jogging and stretching exercises with Min-yi, and encourages her family to eat more fruits. She also applies the nutritional knowledge she has learned, finely chopping or grating bell peppers and leafy greens that her children don't like and incorporating them into meat patties or omelets to maintain a balanced diet.

Both Min-yi and Angel had the opportunity to interact with our sponsors. Angel expressed, "I hope the activities in Kwong Fai Circuit can continue because I have received help from these activities, and I also hope to contribute in my own small way."



同是居住光輝園超過十年的敏儀和Angel，一直都不認識對方，直至參加了「圍家守護者」活動而真正認識，也透過這個活動逐漸變成了「運動buddy」，經常相約去附近不同的社區公共空間，一起嘗試不同種類的運動，並將活動學習到的健康知識及管理技巧帶到家庭生活的不同面向當中。除此之外，二人由活動的參與者、受益者，逐漸轉變為施予者，敏儀參與醫護行者的散步活動的路線策劃，Angel也積極成全光輝園的社區舞龍活動。

本身很少運動的敏儀由步行接送仔仔開始，現在可以做到日行一萬步。在敏儀的影響下，先生現在也會每天步行30分鐘當做運動。Angel則是由易到難，每星期給自己設定小目標，如增加飲水量、堅持約敏儀一起慢跑拉筋、吃多些水果等。她也會運用學到的營養知識，把子女不喜歡的青椒、青菜切碎或磨成絲放在肉餅或煎蛋中，保持營養均衡。

二人曾經有機會與贊助人交流，Angel表示：「希望光輝園的活動可以有下續，因為受到活動嘅幫助，希望自己都可以出返小小力。」

Long Chuan Shanghai Restaurant has been a part of the Kwong Fai Circuit for a decade, known for its warm and friendly atmosphere. The owner, Mr. Wong is committed to the well-being of the neighborhood and offers the restaurant space for regular health check-ups on Wednesday. Mr. Wong and his staff regularly inform customers and neighbors about the health check-



ups and invite their own family members and relatives for health consultations. Recently, neighbors expressed their gratitude by presenting thank-you cards to Mr. Wong. They express appreciation and hope that the restaurant thrives. Long Chuan and the neighbors have gone beyond a traditional buyer-seller relationship and have become partners in health management. The role of restaurants in the community extends beyond ordinary imagination.

龍川上海料理屹立於光輝園十年，是一間富有人情味的餐廳，老闆黃先生本著「最緊要各位街坊都身體健康」的熱心，多次響應醫護行者的社區健康活動。一年前，他不忍街坊烈日下在街邊做身體檢查，決定逢週三早上將餐廳的閒置空間借出供街坊前來聚腳及定期檢查血壓血糖。黃先生及店員平時也會自發跟街坊食客提起「週三健康檢查站」，甚至邀請自己的家人和親戚來做健康諮詢。早前街坊致送感謝卡給老闆表達對餐廳的心聲，除了感激老闆的熱心和愛心，亦對餐廳及老闆認識多了，希望餐廳生意好。龍川與光輝園街坊突破了買與賣的傳統關係，現在是健康管理的同路人；而餐廳在社區中的角色也可超越一般的想像。

Enhance Diverse Collaboration 啟發多元合作

In contrast to the traditional model where professionals work independently, Health In Action takes a collaborative approach across different disciplines. They work together to address members' health issues from various perspectives, taking a human-centered and holistic view of their well-being. We also actively seek to cooperate with external professionals to make health services more accessible and obtainable for people.

In this process, professionals need to put aside their expertise and walk alongside participants instead of instructing them. This approach aims to empower participants, allowing them to transition from passive engagement to actively participating in health-related activities. They can apply the knowledge and methods they have learned to manage their own health, regain autonomy over their well-being, and inspire those around them to make healthy changes.

不同於各專業獨立運作的模式，醫護行者各團隊間採用貫專業協作的模式，從不同的出發點共同處理會員的健康問題，從人本的角度，全人的眼光看待會員的健康。除內部團隊的貫專業協作外，我們亦積極尋求與外部專業人士的合作，以達至令人們更便捷地觸及到健康服務，更輕易地獲得健康。

同時，在此過程中，各專職人士亦需放低自己的專業，與參加者同行，而非由上而下的教導，從而建立參加者的培力，令其能夠由被動參加，到主動地參與健康相關活動，並能夠運用所學知識和方法管理自己的健康，重拾健康自主權，並帶動身邊的人做出健康的改變。



A 70-year-old woman, Ms. Ho, sought help from a community pharmacy for ongoing nerve discomfort in her legs, which had started in her left leg and spread to both legs about a year and a half ago. She mentioned that a B-vitamin complex recommended by her primary care physician had only provided limited improvement. Upon reviewing her electronic health record, the pharmacist found that she had previously used medication for nerve discomfort but had stopped using it due to constipation side effects with her doctor's approval.

Taking her medical history into account, the pharmacist wrote a referral letter to her doctor, recommending a different medication and suggesting the use of another over-the-counter B-vitamin complex to alleviate the nerve discomfort. During her follow-up appointment, the doctor agreed to switch medications. Two weeks after taking the prescribed medications and the additional vitamin, Ms. Ho reported relief from the nerve discomfort. She expressed gratitude for the pharmacist's medication adjustment recommendations and was satisfied with the consultation for her symptoms.

社區藥房接觸到一位70歲的何女士，她的腿部持續神經不適由1年半前從左腿擴散至雙腿。諮詢時該女士表示，主診醫生建議她服用的某款維生素B雜只能為她帶來有限的改善。經查看其醫健通紀錄，藥劑師發現她曾使用過某款專門治療神經不適的藥物，但由於該藥物會引起便秘，她在主診醫生同意的情況下停止服用該藥。

而基於這兩個情況下，藥劑師為她的病歷進行評估，其後向她的醫生寫了一封轉介信，建議她使用另一款藥物及利用另一款無需處方的維他命B雜以緩解神經不適。當她再次覆診時，醫生同意了更換藥物。服用以上藥物及另一款維他命2週後，何女士表示神經不適已得到舒緩，並對於藥劑師提供的藥物調整建議表示感謝，滿意自己的症狀於諮詢後獲得不同的幫助。





Jockey Club Healthy Neighbourhood Kitchen Project once hosted a coffee class that introduced the concept of "high-end" pour-over coffee and coffee tasting into daily life. The participants not only learned about coffee, but also independently designed a coffee corner on the

second floor, based on our colleague's suggestion. According to participant Xiao-qin, "This is our own space, where we have a say."

Another participant, Dandan, enjoyed the collective efforts of neighbors and colleagues in pursuing a common interest and goal. She described the process of discussing and implementing the layout of the coffee corner as "watching our own baby grow." She mentioned that the coffee corner is "not the end but a continuation." Members feel a sense of accomplishment and belonging there. They engage in conversations, savor a cup of coffee in solitude, and exchange ideas about coffee beans and pour-over methods, which has brought them closer together.



賽馬會「三房兩廳開檯食飯」社醫共生計劃曾開辦咖啡班，將街坊們眼中「很高級」的手沖咖啡、咖啡品鑒融入日常生活，並由此延伸出咖啡閣的設計和使用。咖啡班學員們不僅學到了關於咖啡的知識，亦在同事的提議下，自主設計位於三房兩廳中心二樓的咖啡角。參加者小琴說：「這是屬於我們自己的空間，我們自己話事。」

另一位參加者丹丹表示很享受街坊和三房兩廳同事們同心協力，為了共同的興趣和目標前進，她形容大家一起從商議到實施佈置咖啡閣的過程，像是「睇住自己個BB 成長咁」。正如她所說，咖啡閣「不是句號，還有延續」，會員們在這裡獲得成功感，歸屬感。或是聊天，或是沖一杯咖啡享受獨處，抑或一起交流咖啡豆、手沖方法等，大家的關係變得更加緊密了。



FINANCIAL REPORT 財政報告

Total Income 總收入

\$29,076,407

Income for 2023
2023年總收入

Total Expenses 總支出

\$29,144,598

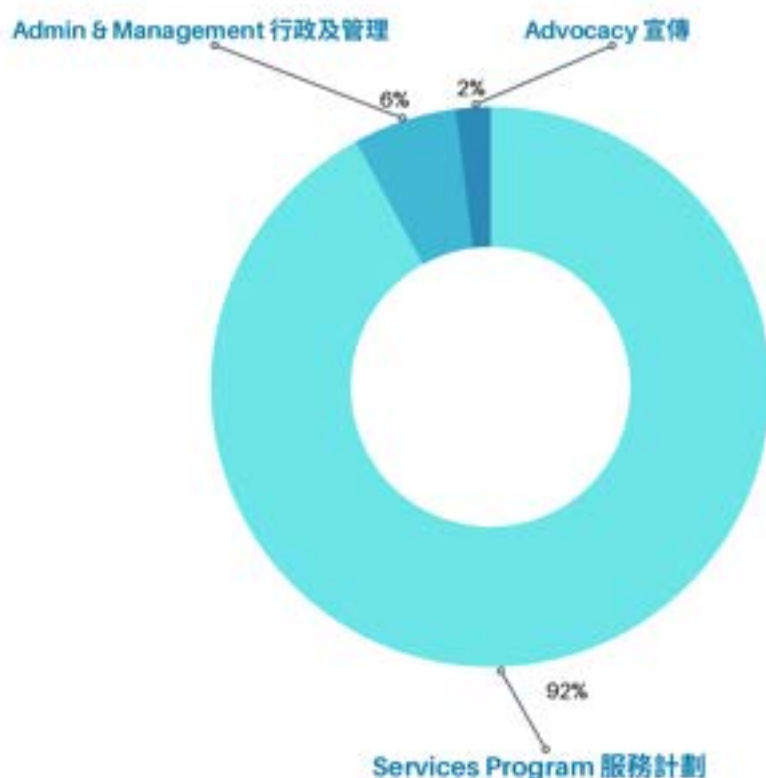
Expenses for 2023
2023年總支出

\$33,775,309

Income for 2024
2024年總收入

\$30,404,331

Expenses for 2024
2024年總支出



HIA BOARD MEMBERS AND ADVISORS

董事會名單及顧問

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- Ms. Ho Po Shan 何寶珊女士
- Mr. Chan Kam Ming 陳鑑銘先生
- Ms. Lam Chuen Ping 林傳芃女士
- Ms. Cheung Wai Ching, Catkin (Resigned from the Board of Directors position on September 20, 2023)
張惠青女士(已於2023年9月20日辭去董事會成員一職)
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- Dr. Tam Yan Hung 譚一洪醫生
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Honorary Consultant 榮譽顧問

- Mr. Shih Wing Ching 施永青先生



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Drs Richard Charles and Esther Yewpick Lee Charitable Foundation

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Kerry Group 嘉里集團

Lee Hysan Foundation 利希慎基金

Optimas Capital Limited 中庸資本有限公司

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The Hongkong Bank Foundation 滙豐銀行慈善基金

The Hong Kong Club Foundation

The Hong Kong Jockey Club Charities Trust 香港賽馬會慈善信託基金

ZeShan Foundation 擇善基金會

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Aurora Physiotherapy and Fitness Centre 恩躍物理治療康健中心

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Frederic Macias

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Lap Yin Li

Lee Ka Wai

MA XIAO

Tak Kin Chan

PANGLAI BUN CURTIS

Sze Ting Cheng

Sze Ting Cheong

Sze Wan Lau

陳國權



NGO & Community Partners

非牟利機構&社區合作伙伴

- Baptist Oi Kwan Social Service Tsing Yi Neighbourhood Elderly Centre
浸信會愛羣社會服務處青衣長者鄰舍中心
- Baptist Oi Kwan Social Service Lai Yiu Neighbourhood Elderly Centre
浸信會愛羣社會服務處麗瑤長者鄰舍中心
- Baptist Oi Kwan Social Service 浸信會愛羣社會服務處
- CarbonCare InnoLab 低碳想創坊
- Community Leap 喜動社區
- Caritas Residents Mutual Help Centre 明愛居民互助中心
- Concern for Grassroots' Livelihood Alliance 關注草根生活聯盟
- Concerning Home Care Service Alliance 關注家居照顧服務大聯盟
- Food Grace 食德好
- Fook On Church Elderly Centre 基督教播道會福安堂耆趣天地
- Grassroots Organisation Development Project 明愛基層組織發展計劃
- Habitat for Humanity Hong Kong 仁人家園
- HKSKH Lady MacLehose Centre 聖公會麥理浩夫人中心
- Hong Kong Red Cross 香港紅十字會
- Playright Children's Play Association 智樂兒童遊樂協會
- Sham Shui Po District Health Centre 深水埗地區康健中心
- The Jockey Club S.A.T.H. Project For Healthy Families 賽馬會共建健康家庭計劃
- The Society for Truth and Light 明光社
- The Urban Peacemaker Evangelistic Fellowship 城市睦福團契
- The Hong Kong Council of Social Service 香港社會服務聯會
- Clean Air Network 健康空氣行動
- Cocoon Foundation 浩觀創業基金
- OneSky Hong Kong 李伯忠一片天國際啟育中心

Academic Institute 學術機構/辦學團體

- Department of Pharmacology and Pharmacy, the University of Hong Kong
- 香港大學藥理及藥劑學系
- HKTA The Yuen Yuen Institute No.1 Secondary School
- 香港道教聯合會圓玄學院第一中學
- School of Nursing, Li Ka Shing Faculty of Medicine, the University of Hong Kong
- 香港大學李嘉誠醫學院護理學院



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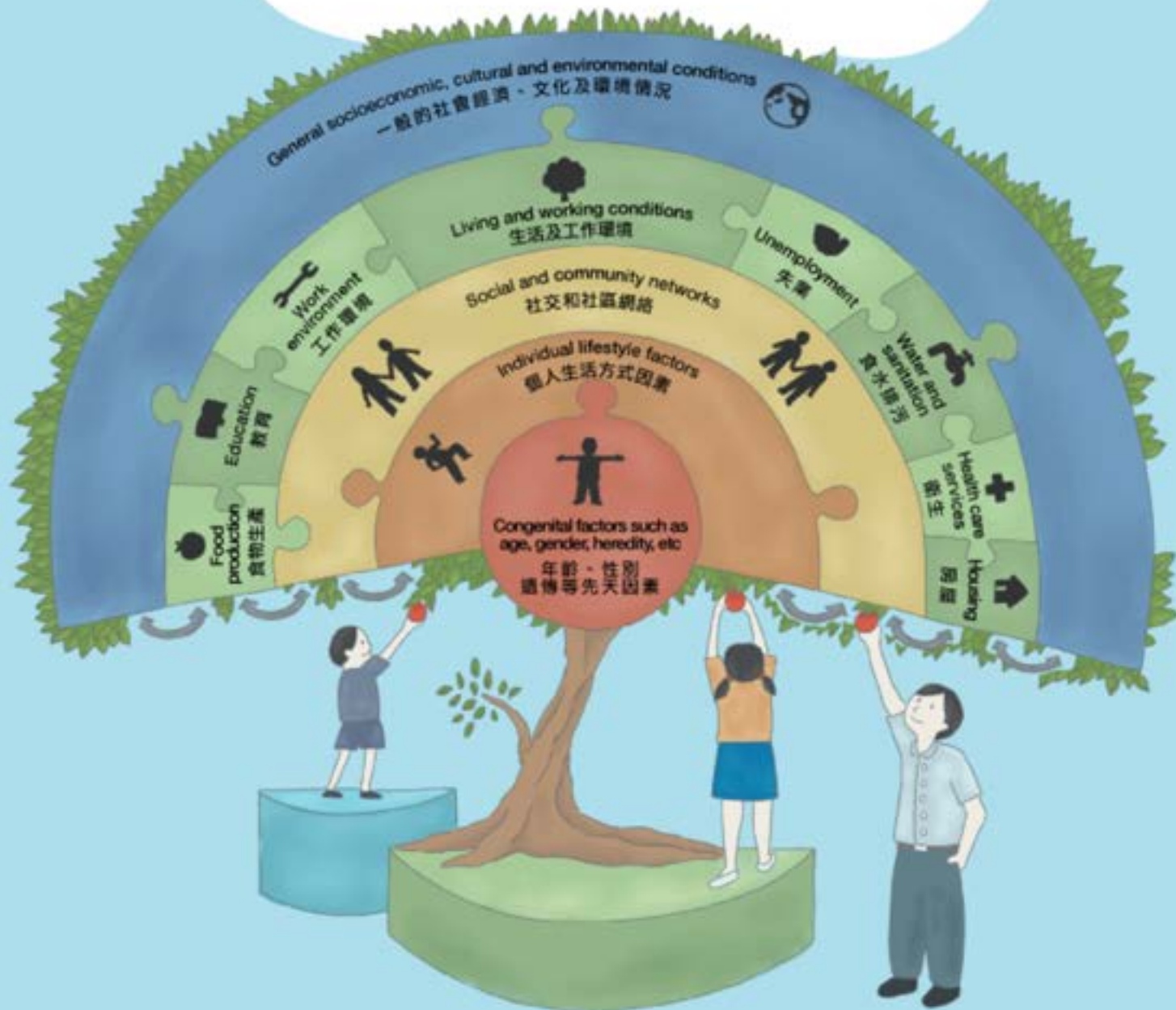


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