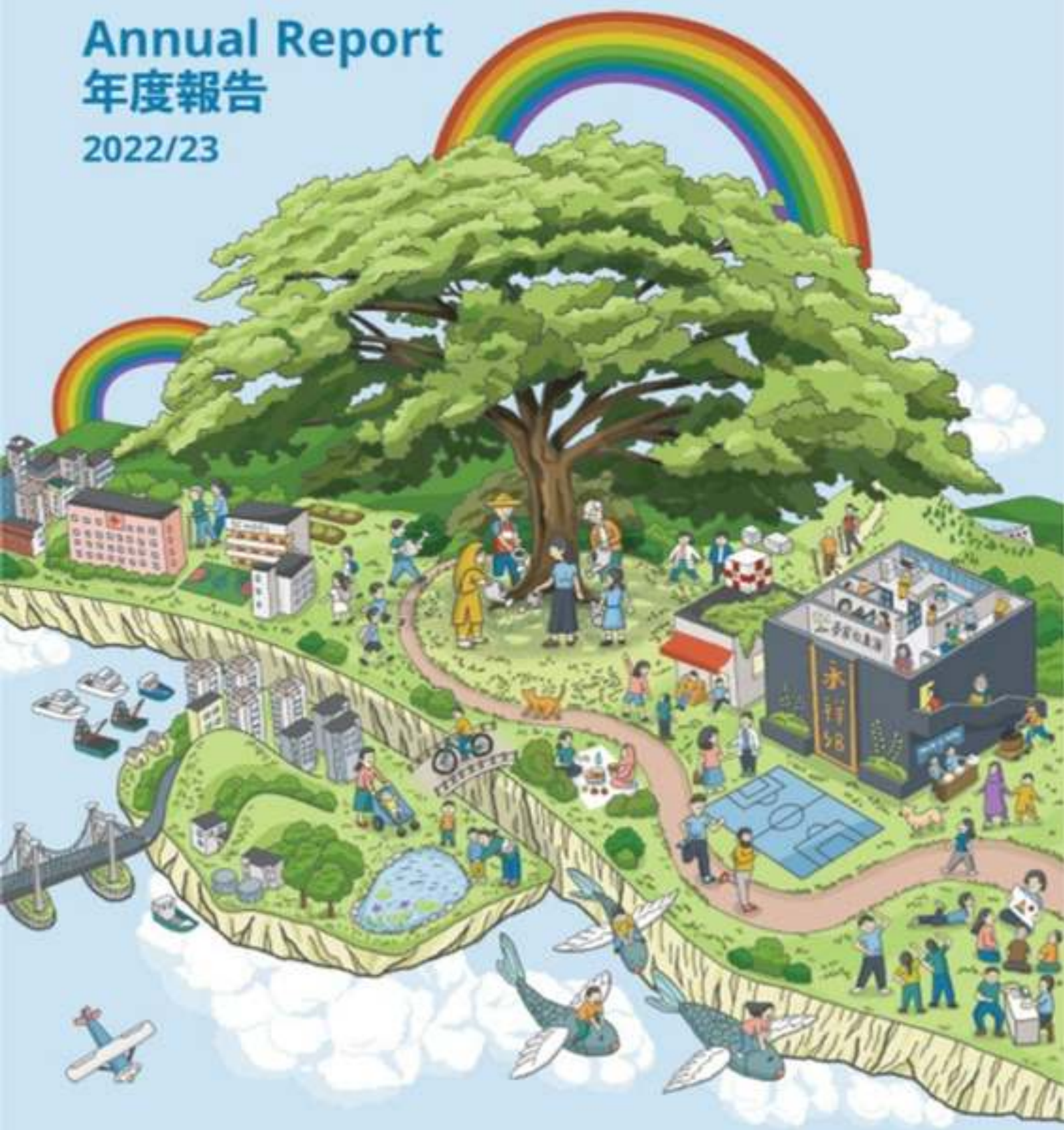


# Strengthen Social Bonds to Cocreate Healthy Community

## 促進社區連結 構建健康社會

Annual Report  
年度報告  
2022/23





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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.

由跨專業團隊、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。

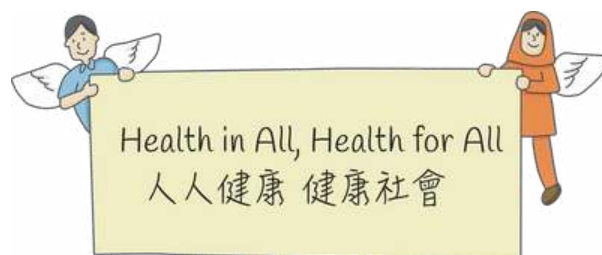






# VISION AND MISSION 願景及使命

## 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、光輝圍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、跨專業專職醫療服務和多元化身心健康活動等。我們的跨專業團隊包括：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. We actively foster health literacy and build cultural resources in our communities. Through peer collaboration, two-way learning and practice guided by our transdisciplinary team, a symbiotic model is provided in line with contemporary society with evidence.

我們提倡推動及傳承健康知識與社區文化資源歷史。我們的跨專業專職團隊透過同行、雙向學習跟實踐，為受眾提供公共衛生健康知識，讓社區推動健康新文化結合，以實証提供一個符合現代社會運作的共生模式。







# 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

After moving into The Hub 2.0, the enthusiasm and devotion of our colleagues have established a strong foundation of local community work and facilitated social-medical integration. We hope to advance the health conditions of individual, family-based and social aspects by providing companionship to overcome difficulties along the way.

Apart from The Hub, we have cooperated with Caritas Hong Kong to develop "Jockey Club Healthy Neighbourhood Kitchen Project (also known as 三房兩廳)" in Central Western and Southern District. It serves subdivided households by providing common living spaces to expand their living experiences and nurtures individual healthy habits. We notice there are more subdivided households using our space and it drives positive changes to the community.



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

Primary healthcare has aroused the attention of the public, media and organizations since last year. "What is primary healthcare service?" "Primary healthcare services are not limited to the grassroots?" "What is the relationship between prevention of chronic diseases and relieving the burden of public hospitals?" It's hard to explain the above questions with a simple answer.

Enhancing person-centered primary healthcare is always one of our priorities. I would like to illustrate how our team implemented holistic approaches in our community in response to the questions. Through the expanded living spaces in Kwai Tsing (The Hub 2.0), Hong Kong Island (Jockey Club Healthy Neighbourhood Kitchen Project) and also the community works at Kwong Fai Circuit, we connected our neighbors after social quarantine of COVID. We also rebuilt the relationships within the community as we believe the social unity affects the social determinants of health, which will help to elevate the current situations. Our transdisciplinary teams are eager to share the health-related resources and experiences from our members to the public in order to foster the development of the primary healthcare system. They support our neighbors in pursuing a healthy lifestyle based on health equity.







We hope the community will stay alert on personal hygiene and health even though COVID-19 becomes normalised. Health In Action will continue to accompany everyone in advancing physical and mental health by providing health resources and platforms.

Health In Action

Dr. Ching Tak Kwan, Joyce

Chairman

自從搬遷至葵家社康匯 2.0，有賴跨專業團隊的熱忱和投入，醫護行者這年來一方面繼續紮根社區的工作，讓社醫共生服務變得更穩定，同時積極應對不同挑戰，務求做到從個人、家庭、社區層面出發，關切彼此健康。

我們跟香港明愛展開賽馬會「三房兩廳開檯食飯」社醫共生計劃(簡稱三房兩廳)，在中、西、南區正式營運，讓劏房住戶可以在社區空間實踐健康習慣，拓闊生活體驗，進而推廣給其他劏房戶，推動社區轉變。

至於醫護行者一直推動的基層醫療，亦在去年獲得公眾、傳媒、團體的關注——基層醫療是什麼？原來基層醫療不只是針對基層？預防慢性病與減輕公營醫院門診壓力有什麼關係？對於這類的疑問，我們難以一時之間說得清，最好的辦法就是以醫護行者的實踐例子印證。

透過在葵青(葵家社康匯2.0)、港島區(三房兩廳)的健康生活空間和光輝圍健康社區的項目，我們連結起街坊們，帶動他們在新冠疫情影響後重回社區，也重新與社區上的人和事物重建關係。我們相信社區連結和凝聚是很重要的健康的社會決定因素(social determinant of health)。透過活動跟工作坊交流，我們將跨專業團隊在前線的經驗跟街坊會員的經歷（包括在社區上獲取健康資源的難處）分享出來，讓大家少走些冤枉路之餘，甚至推進基層醫療的發展，令公眾在平等的基礎上維持健康生活。

隨著疫情過去，我們當然不希望大眾對衛生健康的意識就此打住，醫護行者盼望未來與大家繼續同行，陪伴大家探討如何善用生活空間資源跟平台，達至身心靈健康。

醫護行者主席

程德君醫生





# ACCOMPLISHMENTS

## 服務成效



2885

Total number of members  
會員總數



4320

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



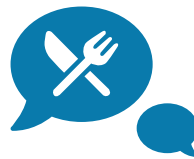
10465

Number of people in Kwai  
Tsing area reached  
葵青區接觸人數



68

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



23

Number of restaurants  
staff engaged  
餐廳員工接觸數目



42642

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



3539

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



422

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



211410

Social media reach  
社交媒體接觸次數







## Services on ethnic minority (in Hong Kong) 少數族裔服務 (全港性)



1240

Attendance served  
服務人次



39

Case follow up  
個案跟進



930

Health Screenings  
健康評估總數



72

Number of Asylum  
Seekers and Refugees  
(ASR) served  
難民及免遣返聲請者  
服務人次





# 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

- Grand opening of Health In Action Community Pharmacy, Hong Kong's first Authorized Seller of Poisons (ASP) community pharmacy supported by a transdisciplinary team  
全港首間提供跨專業專職服務的社區藥房隆重開幕
- 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

## 2020

- 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





## 2023

- 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

- 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







# PROMOTE HEALTH EQUITY

## 推廣健康公平





# Health In Action - Health Equity Model 醫護行者 — 健康公平模式

④ ③ ② ①

## 4 Strategies 策略



To drive positive social change through cycles of service, incubation, partnership and research.  
透過服務、培育、夥伴及研究的循環，推動正面社會變遷。

## 3 Focuses 焦點

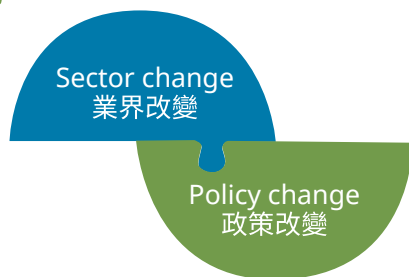
**Transdisciplinary in Primary Care**  
跨專業基層醫療服務介入模式



Enhance health ownership and achieve better health for individuals, families and communities through empowerment and community-based interventions.  
從推動賦權、社區為本介入的過程中，在個人、家庭跟社區層面提升健康自主及實踐更健康生活。

## 2 Changes 改變

**Promoted by Social-Medical Integration**  
社醫共生推動



To drive sustainable sector and policy changes.  
帶來可持續的行業及政策改變。

## 1 Objective 目的

To transform Hong Kong into a healthier city.  
將香港轉換成更健康城市。

**Health Equity**  
健康公平

**Health In All, Health For All**  
人人健康，健康社會





## Let's see how our colleagues think about Health Equity 看看同事對健康公平的心聲

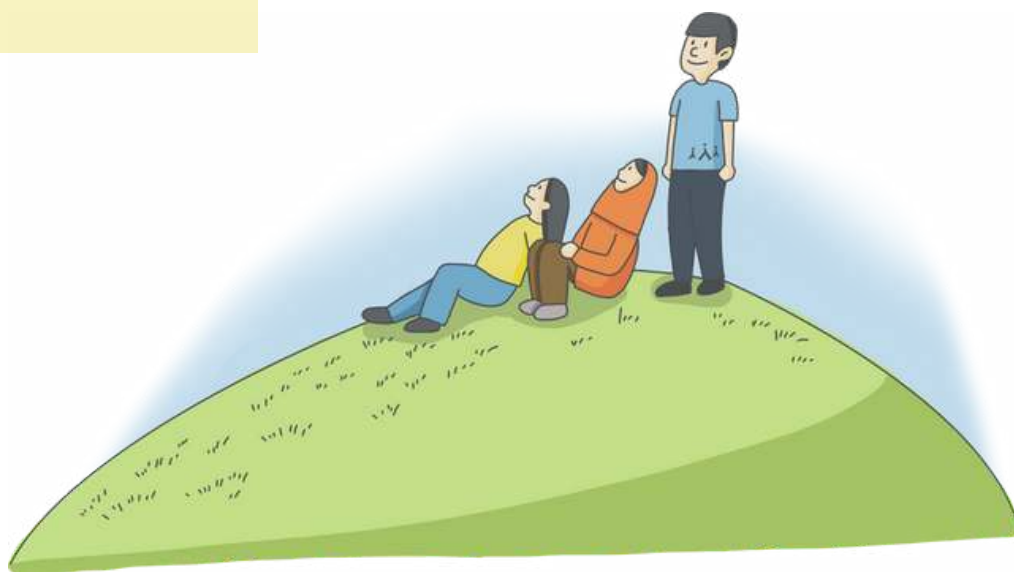
健康公平是指每個人都有平等的機會獲得良好的健康的照顧和條件

Despite the age, gender, nationality & wealth, everyone should have the equal opportunity to learn about health related issues and to access medical treatments.

健康公平是基本人權，每個人都可以擁有健康的機會，人人健康，健康社會

每個人都有維持健康體魄的權利

每個人都有足夠的條件去追求健康







## 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。

## Colleagues' sharing on experiences that relates to Health Equity or Health Inequity in the society 同事分享社會上健康公平或不公平經歷

Health Equity - connect food suppliers to support underserved families to have healthy food ingredients daily.

Health Inequity - a group of singleton living in rural areas have very limited support to address pain encountered, nor acquire the right medications.

不適切居所影響身心健康，包括劏房戶及天台屋家庭，特別影響小朋友個人成長發展，好多時候他們的需要往往被忽略

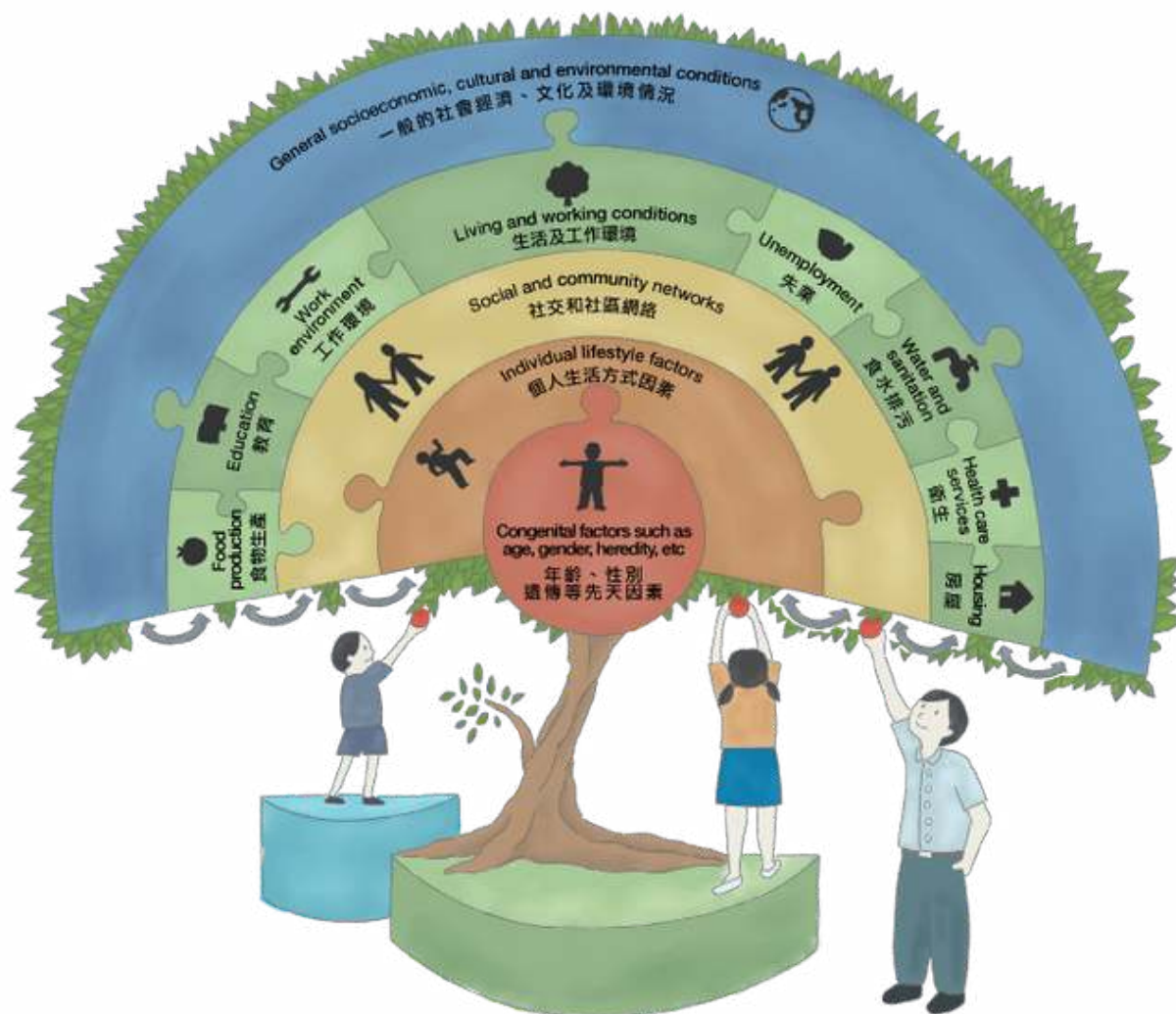
低收入人士因經濟困難無法看牙醫，只能忍受牙痛和長期服用止痛藥

打工仔一日三餐，出街食飯看似有得揀健康食物，但學識同應用少少技巧，或者都可以健康啲





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



The social determinants of health explain the contributing factors to health inequities - the unfair and avoidable differences in health status in the city. These determinants include the conditions in which people are born, grow, work, live, and age, and a wider set of forces and systems shaping the conditions of daily life.

社會的健康決定因素適用於解釋健康不平等的問題——城市中不公平和可避免的健康差異。這些因素包括人類的出生環境、成長、工作、生活和年紀，以及構成生活方式的社會系統和其他因素。





## Health Society Promotion 健康社會推廣

### 醫護行者回應《基層醫療健康藍圖》新聞稿

摒棄下游式主導思維 從「預防為重」出發



### 醫護行者回應2022施政報告

基層醫療措施內容



### 醫護行者就換屆政府的公共衛生及基層醫療 政策建議







# FOSTER HEALTH-BASED COMMUNITY DEVELOPMENT

推動以擁有健康為  
核心的社區發展





## 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。





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

Partnered with Caritas Hong Kong, Health In Action helped to create an extended living space to serve subdivided flat residents in the central, western and southern districts. With an effective service model aligning to health equity, we are able to examine the health status of the subdivided flat tenants, as well as to accompany them to overcome the obstacles in achieving a better health status. With an early identification and intervention of social determinants of health (SDH), we also hope that they will be able to regain their ownership of health and have the ability to manage their health.

Our trans-disciplinary team hopes to enhance the ability of the subdivided flat tenants by providing guidance for them to manage their health better and advancing their living conditions. We have formed a supporting group to co-create a healthier lifestyle and community together.

醫護行者夥拍香港明愛，融合健康公平、延展生活空間的概念，為港島中、西、南區劏房住戶創設更全面、深入成效的服務模式，在地區提供一個延伸安全及共享的生活跟學習空間，吸引劏房住戶到訪。透過及早介入，盡早識別會影響他們健康的社會因素，推動他們在獲得更多社會資源條件下，突破自己及環境限制，重新掌握健康能力。

透過跨專業團隊的陪同下，以社醫共生模式、家庭為單位的服務手法，逐步學會如何自行管理健康、應對劏房惡劣環境導致身心健康的危機，從而組織社群活動共同關注健康生活模式，同步建立健康的互助社區。

### Social connect resources - Creating map for sub-divided flats 連結社區資源—製作劏房地圖

We will identify the sub-divided flats in the serving areas. We will create a map of subdivided flats and it will be kept updated. We hope to connect the community and provide adequate resources for them to nurture healthy lifestyles.

從服務範圍內找出有劏房單位的樓宇大廈，繪製及持續更新劏房地圖，連結區內生活及健康資源，交織中西南區地圖劏房街坊支援網絡。







## Project Service Model 計劃服務模式



Extended living space  
延展生活空間



Health equity  
健康公平



Empower  
自權



Health Literacy  
健康素養





三房



## Community Gym 社區健身房

We provide a workout place for members to train up themselves in order to build a healthy habit and enhance pain management.

鼓勵會員在健身空間積極運動，因應他們日常需要設計強身健體動作，舒緩身體痛症，降低勞損風險，重塑活躍人生。



## Community Pharmacy 鄰里社區藥房



Our community pharmacy provides dispensing service and medical consultation. Our pharmacists will advise and discuss with our neighbors on the usages of medicine and supplements in order to empower them for having health ownership.

為社區居民提供非牟利配藥服務及專業藥物諮詢，並與割房住戶交流用藥、保健用品心得，提升自我管理疾病能力。

## Family Wellness Room 家庭保健房

We foster health management by changing the crucial factors initiated by family, individual, environment and society. Our colleagues will undergo health screening and evaluate the mental and physical status of the members.

透過評估會員身心靈狀況跟健康篩查，以家庭為本推動健康管理，從個人、家庭及居住環境、社區等多個面向入手，締造長遠健康環境。



## Healthy Co-learning Space 健康共學空間

We encourage participants to share their daily life with other joiners. We are happy to hear any health-related information, such as dental care, unique utility meters and more. Our transdisciplinary teams will also provide practical ways to enhance their health awareness in daily life.

鼓勵參加者從討論日常生活瑣事，例如是牙科保健、獨立水電錶，由跨專業同事回應並提供實用資訊，從生活層面提高個人健康意識。





## 兩廳



### Neighborhood Living Room 鄰里客廳

It provides space for subdivided residents to meet friends and connect other volunteers to support co-learning, entertainment and sharing information.

提供劏房住戶認識夥伴的空間，連結社區義工以支援學習、娛樂及交換資訊。



### Neighborhood Dining Room 鄰里飯廳



It provides a hygiene cooking and communal dining place for members.

提供衛生及自在的烹飪及用膳共用空間，共享一家一鑊住家晚飯，建立營養飲食社群。

### Neighbourhood Kitchen 開檯食飯空間



### Shared Kitchen 共廚共食

It provides a communal cooking area and adapts a Rainbow Diet in order to facilitate healthy diet in the community. Our members will cook various dishes and share with other joiners.

為劏房家庭提供友善煮食空間，學習並運用均衡營養的彩虹飲食法，合力煮出一桌營養餸菜跟彼此分享，促進社區健康飲食。



### Coffee Corner 咖啡閣



We invite the locals to join the hand-drip coffee in the morning and get them prepared for the busy schedule. They can decorate the space and create an exclusive vibe for this coffee corner.

善用早上的空餘時間，邀請參加者研究手沖咖啡，讓他們放鬆心情，迎接忙碌一天。同時由街坊自行決定小型咖啡閣的空間佈置，營造專屬街坊主場。

### Family and Social Space 親子及社交空間

We create a carefree neighborhood space and organize health-related workshops to support families and children's growth.

營造一個可供歇息的鄰里空間，同時舉辦各類生活工作坊，支援家庭生活跟兒童健康成長。







1158

Total number of members  
會員總數



11000

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

## Experience sharing 工作經驗分享

It's difficult for our neighbours to learn about healthy lifestyle proactively as it's not urgent to them. Therefore we have to understand their behaviours and think of various suitable ways to implement the lifestyle into their daily life.

要街坊願意接觸健康議題是有難度，通常不是「殺到埋身」都不會覺得重要，但是我們想配合街坊，將健康模式變成他們日常生活習慣，了解他們的興趣，將健康概念生活化。

Team Manager, Lei Chi Ian  
社區夥伴發展統籌團隊隊長 李慈恩



Take cooking as an example, we encourage them to use less oil during cooking. Some people would say "I know but I don't want to add less oil". The answer reflected there may have various reasons behind. It could be the food becoming less delicious and their children would not like it.

以煮食為例，我們鼓勵盡量少油煮食，但有時重點並非提供即時解決方法，街坊會說「我知呀，但我不想做」，反映背後或者有不同原因阻止他們改變，可能是少油就不美味，小朋友就不食。

為了加強說服力，我們就要變通，陪伴他們一步一步找出替代方法，結合生活經驗再利用延展生活空間實踐，最後就想到教他們改用油掃，減少下油份量。

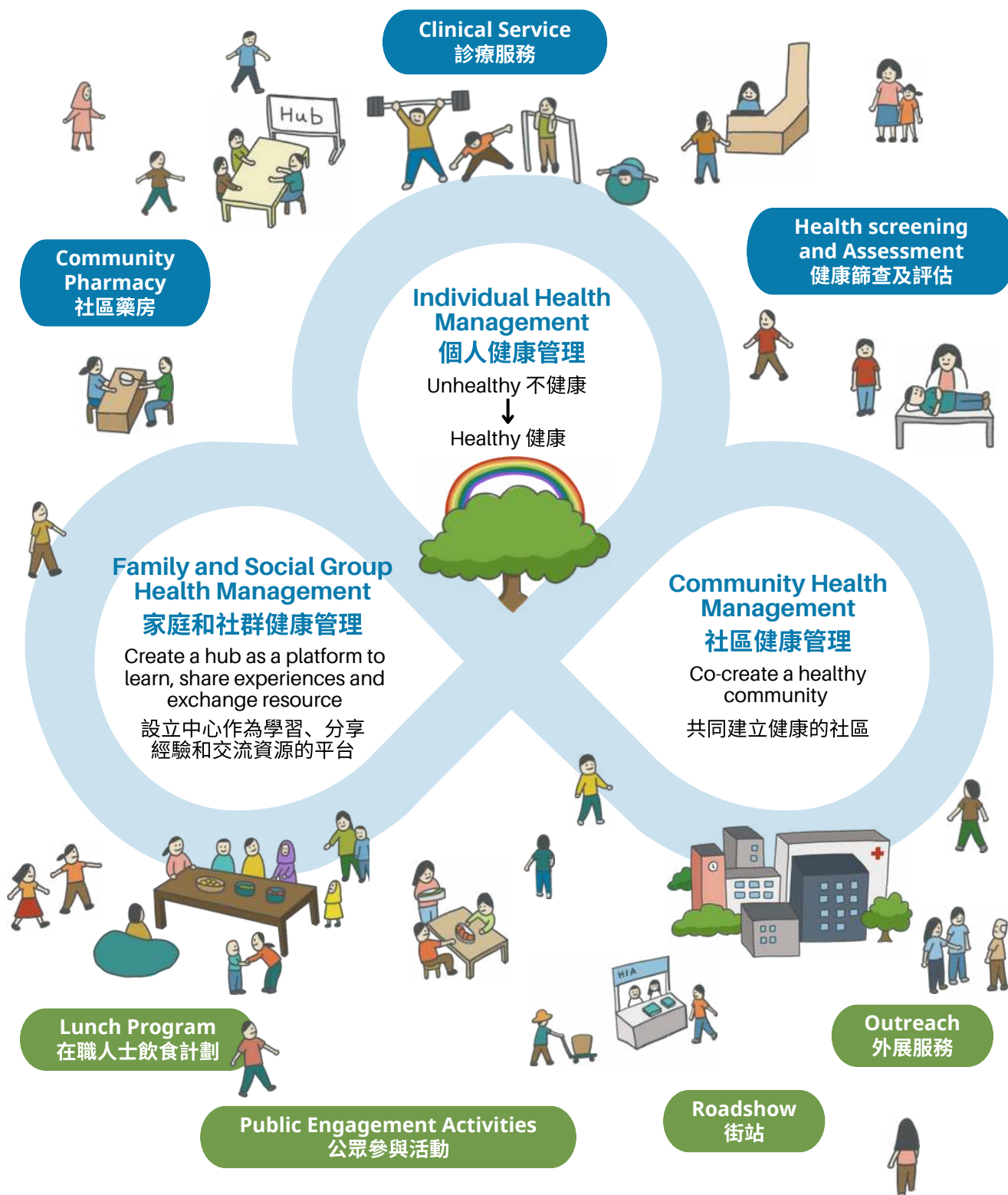
Deputy Clinical Team Head, Chiu Cheuk Pong  
醫護團隊副督導 趙焯邦





## Hub Service and user journey 葵家社康匯的服務跟使用者歷程

### Transdisciplinary Engagement 跨專業參與



### Causal Engagement 輕鬆接觸





By implementing transdisciplinary engagement and casual engagement approaches, our hub provide a sustainable and holistic service model to

streamline health management in individual, family and social group and community levels. Aiming to co-create a healthier society with our target beneficiaries, we hope to empower and motivate them to manage their own health in an active and independent way regardless of Social Determinants Of Health. Eventually, "Health in all, health for all" could be attained and our services.

在跨專業參與跟輕鬆接觸兩種策略下，葵家社康匯以可持續跟全面服務模式，為個人、家庭及社區群組、社區提供一站式健康管理服務。我們希望在撇除健康的社會決定因素的限制下，鼓勵主要服務群體管理健康，共建更健康社會，最終達至「人人健康，健康社會」的願景。

## Individual health management 個人健康管理

The Hub empower our target beneficiaries to have better individual health management. No matter they are healthy or unhealthy status, they can better prevent or control disease progression after joining our services and workshops.

葵家社康匯鼓勵主要服務群體能夠更妥善地管理個人健康。無論他們處於健康及不健康的狀態時，在參與我們的服務或工作坊之後，能夠預防疾病或控制病情惡化。

## Family and social group health management 家庭和社群健康管理

We provide a platform to learn, share experiences and exchange resources by connecting targeted beneficiaries with common health interests and direct them to the corresponding resources. Knowledge exchange could facilitate their learning and improve their health literacy. In this way, they will be able to build healthy habits in daily lives.

作為學習及經驗分享、資源交流平台，葵家社康匯積極為服務對象及其他不同社區群組尋找共同興趣，協助他們配對合適資源。同時，社區群組間的知識交流，能夠鞏固他們學習，改善其健康素養，促使他們在日常生活中建立健康習慣。

## Community health management 社區健康管理

We co-create a healthier community with our target beneficiaries and facilitate redistribution resources among various groups. It's hoped that the well-being and health ownership could be enhanced in the structured network.

我們與服務對象共同建立一個更健康的社區，促進不同群體之間的資源重新分配。在此前提下，希望加強他們身心靈健康及掌握健康自主權。







## Healthy community network in Kwai Tsing area 葵青健康社區網絡

To collaborate with different stakeholders and practically encourage our partners to reach out to the community in order to establish a healthy community network in the Kwai Tsing area.

跟不同持分者互相協作下善用地區資源，以實際行動鼓勵大眾多走入社區，共同在葵青區建立健康社區網絡。

### Restaurant 餐廳

To present and execute a healthy eating diet in cooperation with restaurants' owners and chefs in Kwai Chung by encouraging them to use less salt, sugar and oil while cooking.

向葵涌的餐廳老闆及廚師推廣跟落實營養餐單，鼓勵烹調菜式時減少使用鹽油糖。

### Workplace 工作空間

To safeguard grassroots workers' (including supermarket store keepers, safeguards, cleaners) by preventing them from work-induced repetitive strain injuries through demonstration of feasible and suitable stretching exercises.

了解基層工作者（如超級市場理貨員、大廈管理員、清潔工）工作引致的肌肉勞損，示範可行、合適的伸展運動。

### School 學校

To build trust relationships with teachers, parents and students, and encourage them to care about the community and inculcate health values.

與師生、家長、建立互信關係，勉勵他們多關懷社區的身心健康，灌輸健康價值觀。

### Community group 社區團體

To collaborate with various community parties and offer shared social resources channels.

To work and explore how to strengthen practice of public health with community groups together.

與不同地區伙伴合作，提供共享社會資源渠道，探索如何加強公共衛生實踐。





## Kwai Tsing Community Health Management Hub 2.0 葵家社康匯2.0



RelaZspace 飲食空間



Healthy Living Space 健康生活空間



Pavigym 動感運動空間





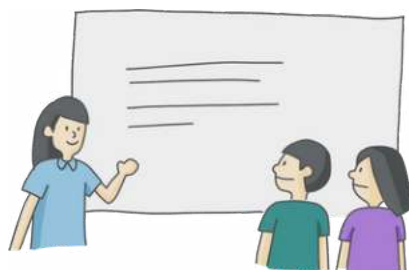


Promoting “Health in all, health for all”, Kwai Tsing Community Health Management Hub was relocated to a new site in June 2021. It is the first centre to adopt “social-medical integration” in Hong Kong and becomes a pioneering model for primary healthcare in the community. The hub consists of transdisciplinary teams including nurses, pharmacists, physiotherapists, fitness trainers, research fellows on public health, social workers, providing community-based occupational safety and health services.

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，結合社會和醫療服務，進一步成為社區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。

1

To address the healthcare access issues of working poor population  
為在職基層提供保健知識及服務的渠道



2

To enhance health literacy and abilities of health management in working poor population through learning, participation and peer supports led by our team  
在團隊陪同下，透過學習、參與、同行，提高在職貧窮人口的健康素養和健康管理技能



3

To improve and maintain health status of working poor individual and families with limited resources through people-oriented and family-based approaches

透過以人為本和家庭健康管理的服務方針，為在職低收入人士、資源比較匱乏家庭及其成員提供一站式健康管理服務







## Lunch Programme 職食營人

The programme was tailor-made for working people who often go out for lunch. We hope to increase the nutritional knowledge of our joiners. Participants had nutritious lunch boxes together and exchanged knowledge in nutritional management and sports. Accompanied by other group members, participants could share practical experiences in order to build healthy living habits.

為經常出外購買午餐的在職人士度身訂做的計劃，透過在中心共同進食營養午餐的時間，以小組形式學習如何透過以飲食及運動等方法，雙管齊下管理自身健康。在有相同目標組員陪伴下，他們過程中亦更樂意分享實踐經驗，逐步建立健康生活習慣。



Daily notes are specially created to introduce the nutritional value of lunchboxes.  
計劃特別設計每日餐盒筆記，讓參加者了解當中營養價值。





## Second phase of "Wu Wu Cheng" Community Mutual Support Initiative 社區戶互撐2.0計劃

Being one of the NGOs joining the "district-based" consumption vouchers programme, Health In Action invited locals to form a community searching team to investigate suitable local small business list joining the programme.

We hope to ease their financial burdens with food aid and emergency supplies through distributing vouchers to the underprivileged families. Meanwhile, we were here to support minority-owned small businesses by supplementing their income and stimulating consumption. The programme would strengthen neighborhood networks and boost communal harmony.

作為「社區戶互撐2.0」計劃葵青區的執行機構之一，醫護行者於2022年4月底起邀請街坊組成社區研究小組，善用他們居於葵涌光輝圍鄰近地方的優勢，共同討論出合適的社區小店名單，邀請社區小店加入計劃。

透過發放購物券予區內低收入家庭，讓他們購買到食物及生活必需品，同時透過刺激街坊在區內小店的消費，在艱難時期支持社區小店，達致「社區互撐」，促進社區和諧。



247

Beneficial families  
受惠家庭







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



The project aimed at facilitating social connection and improving the well-being of residents in Kwong Fai Circuit via social-medical integration. Our colleagues would like to build community capacity in compassion and resilience so that residents would be able to manage their health while improving living conditions. Through face-to-face interaction with our neighbors, we hoped to provide psychological and health support to them. We hoped to build a community network for them to share their experience on tackling health issues or disease prevention, as well as to share resources. Eventually the programme could enhance mutual trust and build bonding in the community.

葵涌區光輝圍是區內市民消費及休憩集中地。計劃將光輝圍定為主場，以街站、家訪形式恆常接觸出入街坊，了解他們生活、家庭狀況的同時，就他們所需提供心理及健康支援。最終目的是構建一個平台助彼此互助認識，討論共同關注的健康或疾病預防等議題，交換經驗之餘，甚至達至資源共享，成為推己及人、守望相助的社區。







## Turn The Table - A Health Career Program for the Unemployed

### 「疫」轉人生：中場增值計劃



The project aimed at supporting the unemployed or underemployed individuals. We hope to build a community platform where participants could share health-related information to maintain healthy mental and psychological conditions. Participants could also be granted subsidies to study health-related courses in their free time. Some of them joined volunteer services to give back to the society and demonstrated their community care.

計劃目的為支援疫情下失業或就業不足人士。透過分享包括營養、正向心理及社區健康等不同的健康資訊、職場培訓與輔導，以及社區體驗平台，助參加者應對因失業或就業不足所面對的身心靈壓力，在中場休息時間全面增值人生。

參加者同時可以獲得資助，藉著空餘時間實踐夢想，參與職業進修、興趣、健康相關課程。受惠者同時參與義工服務，展現社區關懷。



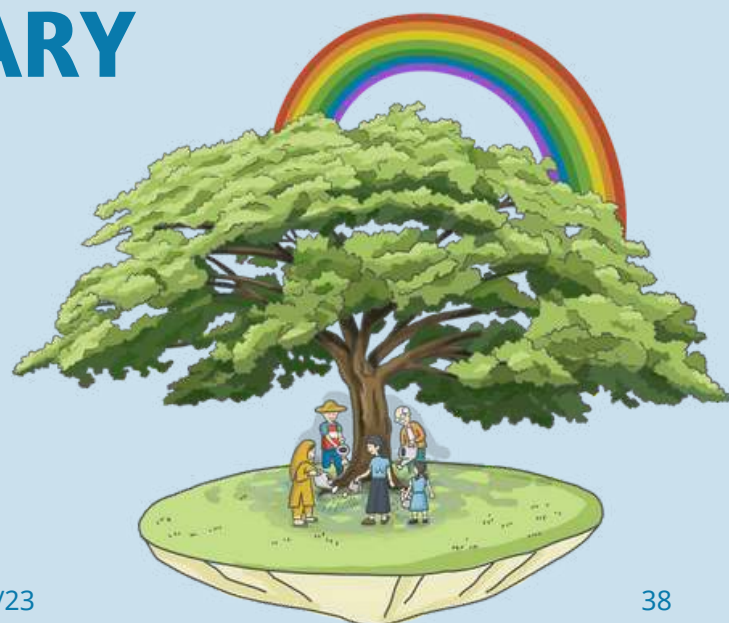
**Beneficial people who are unemployed or underemployed individuals, their families or the other people in community**  
直接或間接受惠人數 (失業或就業不足人士、其家庭及社區人士)





# ENHANCE PERSON-CENTERED PRIMARY CARE

提倡個人化的  
基層醫療







## The necessity of having community pharmacy 社區藥房的必要性



Due to the lack of understanding of community pharmacy and ambiguous role of pharmacists, the general public seldom seek consultation in the community when they encounter health-related problems. It shows the roles of pharmacists could be further expanded in response to the needs of the community.

Some people rush to the hospital emergency room even when they have mild symptoms. Health In Action stated in the Policy Bulletin\* of The Hong Kong Council of Social Service that the community was lacking primary healthcare services. People didn't have access to healthcare professionals in the community and therefore they could only visit the emergency room. We hope to enforce the community-based healthcare services in response to the needs of our neighbours.

基於對社區藥房和藥劑師的認識不足，普羅大眾很少主動在社區尋求藥房諮詢服務，變相未有完全發揮藥劑師的功能。加上凡身體有毛病的市民，無論症狀程度如何，都傾向到急症室求醫，造成醫療系統超出負荷。

醫護行者在《社聯政策報》\* 提到，急症室負荷過重只是表面徵狀，根本問題在於基層市民缺乏基層醫療選項。為醫護人員與病人的會面時間短促，加上病人在醫療診治中角色被動，醫護行者冀望加強以社區為本的跨專業基層醫療服務，以社區藥房回應地區需要，讓病人能夠掌握自己健康。

\*《社聯政策報》2017年：  
一個真正健康的香港：建設以社區為本的跨界別基層醫療系統」







## Foster Primary Care services for 10 years 推廣基層醫療的十年

Primary care is not only for underprivileged persons or families, it covers all walks of life. It's to safeguard public health by initiating health education, disease prevention and responding to the increasing prevalence of chronic diseases.

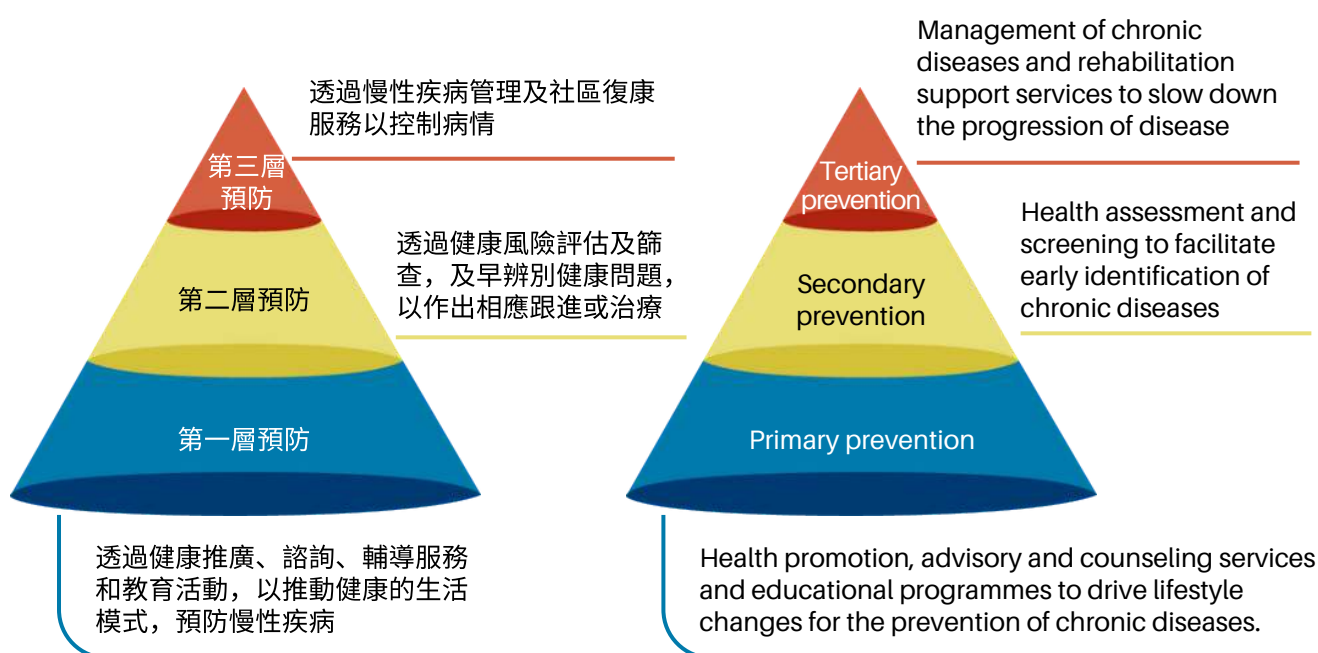
Health In Action fosters primary care services for 10 years and the Primary Healthcare Blueprint is essential for our society. Primary healthcare system could provide easier accessible and sustainable healthcare services to the locals. It also helps to alleviate the pressure on the services of public hospitals and responses to the aging populations.

Primary care services focus on disease prevention; District Health Centre has divided the works into three levels:

基層醫療（primary care）並非只為低收入「基層」而設，而是涵蓋所有階層，為公眾健康及疾病管理築起最基本的防線，從而達至推廣健康教育、預防疾病及防止病情惡化的目標。

醫護行者致力推廣基層醫療十年，深明政府於二零二二年推出的《基層醫療健康藍圖》，透過推動基層醫療為大眾提供更便捷及可持續的醫療體系，期望長遠能減輕公共醫療壓力及人口老化問題。《藍圖》主要以一人一家庭醫生作為主導方向，積極發展地區康健中心，建立社區基層醫療系統。

基層醫療提倡預防性於治療，地區健康中心將預防工作分為三層：



Data source: District Health Centre

資料來源：地區康健中心





## Community pharmacists ease the burden of public healthcare system 社區藥劑師紓緩公營醫療壓力

Health In Action Community Pharmacy is part of the primary care services and our pharmacists are "community pharmacist" to support individuals' and/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.

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 pharmacy as the first point of contact. Pharmacists will assess the severity of the diseases and refer to other healthcare professionals when needed.

Under the influence of COVID in the past three years, Health In Action Community Pharmacy cooperated with transdisciplinary teams to respond to the needs from Kwai Chung district. Starting from the first wave of pandemic, we started to populate the necessary information of COVID and disseminated it to over one million people. Pharmacists also took up the role of dispensing drug and disease management of chronic patients when the situation was not permit patients to visit public hospitals. During the fifth wave of COVID, pharmacists proactively cooperated with social welfare teams to deliver trainings for monitoring and handling COVID patients.



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，如有需要可轉介至其他醫療服務。再者，社區藥劑師同時是病人跟醫生間的橋樑，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。

在三年多漫長的疫情中，醫護行社區藥房透過社區藥劑師配合團隊其他成員，協助葵青社區及全港市民應對新冠疫情帶來的衝擊。由第一波疫情開始製作新冠疫情相關資訊，接觸超過百萬名香港市民；後來面對長期病患者覆診及配藥困難，社區藥房正發揮適時配藥及疾病管理的角色。及後在第五波疫情中，社區藥劑師主動向社福界前線同工提供訓練，以應對地區上不同群組新冠肺炎患者，協助病徵處理和監察。





## Community Pharmacy Services 社區藥房服務

### Minor Ailment Management

#### 小病小痛管理 - 專業建議 善用非處方治療



Our pharmacists help to safeguard the primary healthcare including minor ailment management, such as colds & flu, intestinal symptoms and more. Pharmacists will give advice for managing minor ailments and dispense appropriate medications for the condition if applicable. If the conditions are severe or complicated, the pharmacists will refer the patient to doctors for further diagnosis and treatments.



針對身體小病痛，如傷風感冒、腸胃不適等症狀，藥劑師會免費提供初步評估和建議，並按需要調配適合的非處方藥物，或按風險評估轉介求醫。

### Medication Management Services

#### 社區藥物管理服務 - 藥你同行 掌握健康自主



Pharmacists will provide free medication assessments and consultations via face-to-face, phone or video conferences. Together with participants and their caregivers, pharmacists will compile a comprehensive and updated medication list. They will also review clients' medication therapy, including the indications, side effect profile and precautions of each drug, as well as to formulate action plans to better self-managed clients' health and medications.

藥劑師透過面對面、電話或視像形式，向長期服藥人士和照顧者提供免費用藥評估及諮詢服務，一起整合藥物紀錄，檢視藥物用途、副作用、用藥技巧，並按個別需要訂立健康和藥物管理計劃。

### Medical Care Products and Consultation Services

#### 醫療護理用品 - 專業指導 掌握應用技巧



The pharmacy provides a variety of medical care products, including blood pressure monitor, blood glucose monitor, spacer, nutritional products and compression stockings at reasonable price, along with professional consultation services from pharmacists.

售賣多種醫療護理用品，包括血壓計、血糖機、營養奶、吸藥輔助儲霧器、壓力襪等。藥劑師免費提供專業指導，協助使用者掌握應用技巧。







## Medication Dispensing Service and Medication Consultation 社區配藥服務 - 全面用藥指導 知藥用藥



Our pharmacy provides prescription medications, especially self-financed items and non-prescription medications. Pharmacists will help to dispense the right medicine to the help-seekers after a detailed analysis of their health conditions. Meanwhile, the medication is provided at a fair-priced to alleviate their financial burdens. With the help of e-Health, our pharmacist can provide personalised medical and health suggestions to aid patients and caretakers health-related queries.



藥劑師會先全面了解求助者情況，判斷其是否有用藥需要才配藥，並以合理價格提供非處方及處方藥物，包括醫院管理局自費藥物；部分藥物設有病人資助計劃，減輕病人經濟負擔。藥劑師會利用醫健通，免費提供個人用藥指導，協助病人和照顧者提升用藥知識和技巧。

## 濕疹患者互助社——樂膏搽社



「樂膏搽社」 aims to provide an affordable way to help patients finding their suitable products. Our pharmacists organized workshops related to the usage of topical corticosteroid, soothing cream and other products that are available on the market. We hope to relieve the itchiness and rashes on the patients, as well as to make their lives better.



醫護行社區藥房策劃「樂膏搽社」，希望以更經濟的方法幫助「搽友」找出適合自己皮膚的潤膚產品，參與工作坊了解有關類固醇藥膏的知識、使用潤膚產品和藥膏的方法，並通過各種生活上的調整盡量舒緩濕疹情況。





## Expansion of NGO-operated Community Pharmacies to Respond to the 5th Wave of the COVID-19 Pandemic 抗疫藥劑師服務



Health In Action Community Pharmacy joined the "Jockey Club Community Pharmacy Support Network" in response to the needs of local community pharmacy and relieving the burden of public hospitals in the long-term.

Led by our registered pharmacists, our pharmacy had set up hotlines for the public to enquire about all the medicine-related problems and provided medical support when it was necessary.

為減低香港公共醫療系統壓力及滿足市民對社區藥房的服務需求，醫護行社區藥房特別推出「賽馬會社區藥房支援網絡」，擴展其社區藥房配藥、用藥護理和支援服務。

醫護行社區藥房安排註冊藥劑師提供抗疫藥劑師熱線，及透過即時通訊平台回答市民查詢，並在有需要時安排藥物支援。

## 藥賢行者計劃



We joined the series of events initiated by the Department of Pharmacology and Pharmacy, The University of Hong Kong and Sham Shui Po District Health Care (SSPDHC), in order to promote the usage of common medication in daily lives.

Our pharmacists and colleagues set up a Health In Action Community Pharmacy booth to promote our services and role of pharmacists. Through the interactions with the public, we hoped to ease their queries on drug usage and educated them in minor ailment managements.



Health In Action community pharmacists were invited to provide pharmacist consultation in Sham Shui Po.  
醫護行者社區藥劑師獲邀為深水埗街坊提供藥物管理諮詢。

為了令市民進一步認識常見「平安藥」的成份、使用方法等，我們參與由香港大學藥理跟藥劑學系、深水埗地區康健中心，所舉辦的一系列安全使用藥物活動。

社區藥劑師即場提供免費藥物諮詢服務，宣傳藥劑師在基層醫療、藥物教育扮演的角色，又跟他們分享小病小痛資源。



28493

Telepharmacy service  
(including phone and whatsapp)  
電話及WhatsApp諮詢次數



9531

Pharmacy users served  
到訪服務人次





## Transdisciplinary teams in Health in Action

### 醫護行者的跨專業團隊服務

Primary Healthcare Blueprint focuses on “Family Doctor for All” which encourages the public to seek a family doctor for initial treatment or further referral to other specialties. It’s hoped to alleviate the burden in out-patient clinics. Patients can’t access other healthcare professionals directly and therefore the measure can’t shorten the consultation time in general.



In the aspect of Health In Action, a primary healthcare service should include diversified healthcare professionals as a first touchpoint to the people. It's essential to focus on health education and empower them to have health ownership. Partnered with nurses, nutritionist, pharmacist, physiotherapist and social workers, we respond to the needs of health problems in the community, including overweight, three highs, less workouts, unbalanced diet, alcoholism and smoking habits. At the same time, the transdisciplinary team could help to alleviate the symptoms of COVID patients, as well as to handle minor ailment management, drug management and family-based health management. It also helps to relieve the burden of the public healthcare system for long-term purposes.

《基層醫療健康藍圖》主張以一人一家庭醫生為主導方向，引導市民轉向尋求家庭醫生治療，從問題根源上可解決公營醫院門診資源不足。然而《藍圖》卻過度側重由家庭醫生擔任主導轉介角色，求診者未能直接尋求不同醫護專職協助，在運作上未能有效縮短求診時間。

醫護行者認為不同的醫護專業團隊，應成為市民進入基層醫療體系的接觸點，讓他們得到正確資訊並學習自我健康管理，持續為他們跟進健康指標及行為，如肥胖、三高、少運動、飲食平衡、酗酒及吸煙的問題。跨專業團隊的一系列支援，有效協助市民處理新冠疫情病徵、小病小痛、痛症、藥物資訊及管理，以至家庭健康服務，達到適時及全面回應社區實際需要，長遠而言有望為公營醫療體系紓緩壓力。







## Physiotherapy 物理治療



The service aims to relieve pain and speed up soft tissue recovery of chronic pain patients. Aside from physiotherapy treatment, the physiotherapists will help to find out the reasons of the chronic pain, instruct patients to carry out strength training and stretching exercises, as well as to advise on preventive methods to reduce risk of injury.

物理治療旨在幫助慢性痛症患者，舒緩其痛症以及促進軟組織修復。除了提供物理治療，物理治療師會探究痛症的成因，教授各種強化肌力運動和伸展運動，並就減輕勞損提出建議。



## Exercise Physiotherapy 運動指導治療



Under the instruction of health coaches, participants can join the Spanish Pavigym exercise room and self-gym space to establish regular exercise habits and enhance self-care of pain.

西班牙互動運動室，跟自助運動空間，允許使用者在健體教練指導下，進行體適能培訓和運動指導治療，從而建立良好的恆常運動習慣和提倡痛症自理。



## Pain Management Services for Deprived Families and Needy Individuals Living in Hong Kong 痛症管理計劃



The programme aims to provide holistic pain management services to individuals who are from low-income households or living in unfavorable environments. We provide comprehensive healthcare to them by undergoing pain screening, physiotherapy services, exercise prescription, self gym and group exercise classes.

本計劃的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，包括痛症成因評估、物理治療、運動治療和指導、自助健體及小組活動等，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。計劃同時聯同跨專業團隊，全面關注痛症患者的身心需要，多方面協助他們紓緩痛症。





### Sports Star Program 運動之星訓練計劃

The three-month programme aimed at helping joiners to establish healthy exercise habits. We hoped to equip members with exercise knowledge and skills to rectify their doubts and misconceptions about exercise. Participants could share healthier lifestyles with their families and friends after the workshops.

After the programme, we assigned some participants as "Health Buddies" to share their experiences to other new joiners. It was to develop their co-leadership skills and boosted their self-confidence.

透過協助會員建立積極健康的運動習慣，醫護行者旨在讓會員具備運動相關知識和技能，消除會員對運動方面的疑難及迷思，提供輕鬆簡易的運動方法。

計劃更會邀請條件合適的參加者成為運動大使，將所學的技能學以致用，分享給後期新加入的參加者。除了能夠提升他們的共同領導技能，增強他們的自信心之餘，容讓他們最終透過自身經驗分享給其家庭和社區。



### Nurse clinic 護士診所

Operated by registered nurses, the nurse clinic provides healthcare services including cardiovascular disease risk assessment, chronic illness management and minor ailments management, such as flu, gastroenteritis and more. Our nurses are also responsible to coordinate projects with other disciplinary colleagues to cater health needs in the community.

During the annual flu season, our nurses and Health In Action Community Pharmacy will evaluate community needs and provide flu injections. 300 vaccinations were provided to grassroots people in the community this year.

護士診所由註冊護士主理，提供一系列的健康護理服務包括心血管疾病風險評估、慢性疾病的健康管理和處理「輕微疾病」（如感冒、腸胃炎等），統籌及聯同跨專業同事，設計適合社區健康需要的項目。

每一個流感季節，我們和醫護行社區藥房會評估社區需要，以設計疫苗教育及接種服務，為社區提供更全面及價廉的選擇。於本年度，我們為300名區內基層人士提供疫苗接種。

### Oral Health Day 牙擦擦口腔健康日

We provided free dental examinations and educational workshops for underprivileged individuals and families, aiming at enhancing their oral health awareness and nurturing their habits in oral hygiene.

為低收入會員家庭提供免費口腔檢查，舉辦講座跟工作坊，提醒他們保持口腔衛生的重要，培養口腔護理習慣。







## Nutritional service 營養服務



The dietitian provides diversified nutrition services in promoting a healthy eating habit for better health management through learning nutrition labels and healthy ways to cook homemade meals.

註冊營養師提供多元化服務，增強會員對健康飲食的識能，透過學習營養標籤及家常菜健康煮食方法，將健康飲食帶入家庭之中享用。



## Weight management program 體重管理計劃

Weight management program was designed and implemented by dietitian and health coach. This program aimed at designing personalized weight loss targets with the participants. It hoped to build up their healthy eating and regular exercise habits through nutrition education and classes. It was to promote health and lowered the risks of cardiovascular diseases, hypertension, diabetes and cancer.

由醫護行者營養師及健體教練共同策劃，透過營養及運動指導，協助參加者制訂個人化減重目標，從而建立健康飲食和恆常運動的習慣，達致有效的健康管理，進一步減低其患上心血管疾病、高血壓、糖尿病和部分癌症的風險。



## Nutrition workshops 營養工作坊

A series of nutrition workshops were carried out for specialized groups. It was to provide a targeted nutrition menu and suggestions for improvement. We also built up a peer support group for parents to exchange their ideas, experiences in cooking and diet, in order to improve their nutrition knowledge and encouraged them to manage family health.

醫護行者營養師為特定群組舉行營養工作坊，因應需求提供具針對性的營養餐單及改善建議。我們同時建立朋輩支援平台，藉此讓家長交流烹調經驗和看法，同時鼓勵他們著手管理全家飲食健康。



Participants visited the stores run by ethnic groups, and exchanged the differences on catering culture.  
參加者走進少數族裔小店，交流飲食文化間的差異。







## Transdisciplinary Team Experience Sharing 跨專業團隊交流經驗

Health In Action develops a transdisciplinary health team to improve health access for working poor and ethnic minorities in Hong Kong. Our health team is composed of nurses, social workers, pharmacists, dietitians, physiotherapists and public health officers to enhance accessibility, availability, and affordability of lower social class. We also encourage our team members to learn from each other in order to provide a holistic care to our targeted audiences.



Team will exchange their professional knowledge in daily practice to better equip ourselves, so that I could utilize the knowledge to serve our members when needed. For example, a nutritionist will share the nutrition label and importance of "3 Lows, 1 High". When we meet our members, we can answer their queries and share practical knowledge confidently. Meanwhile, I have learnt a preliminary assessment tool and massage techniques from a physiotherapist.



醫護行者成立了跨專業醫療團隊，以改善香港在職貧窮和少數族裔的醫療服務。藉由護士、社會工作者、藥劑師、營養師、物理治療師、公共衛生工作者組成的健康小組，可以提高較低社會階層的可用性、可負擔性、可達性。我們亦提倡團隊成員互相學習，以為受眾提供全面的照顧。

團隊間平日會互相交流彼此的專業知識，更好地裝備自己。例如自從聽取營養師分享如何看懂營養標籤、三低一高的重要性後，我們自己一人都可以解答街坊疑難，分享簡易實用的健康知識；又會跟物理治療師學習治療手法、為街坊做簡單的痛症指數評估。

Steve Tong 唐俊傑  
Community Health Officer 社區健康主任





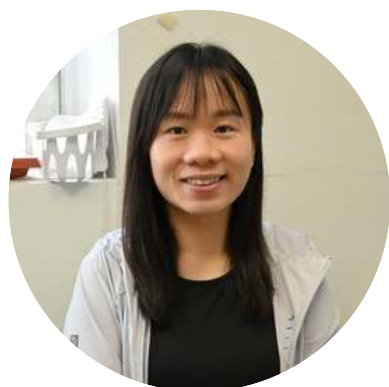
## Colleagues' sharing 其他同事分享

Before starting physiotherapy, physical abnormalities were found on the patients in some occasions, such as swollen feet reflecting cardiovascular risk, which they may not notice. We would seek help from nurses to evaluate their conditions and see if it's necessary to refer them to a specialist for follow-up.

在治療前的檢查時，試過會發現患者有身體異樣，例如腳腫代表有心臟健康風險，而病人並不知情。我們會提醒他之餘，都會找護士一起評估他的狀況，有沒有轉介專科跟進的需要。

Easley Lee 李燕婷

Community Physiotherapist 社區物理治療師



During health assessment and consultation, we would cooperate with social workers when we find our users were having emotional issues. We would provide them with appropriate support without irritating their emotions.

進行健康評估服務過程中，當發現街坊有情緒問題時，需要跟社工同事合作嘗試介入，在避免刺激他們的情緒下，為他們提供適當支援。

Bowie Kwong 鄺寶兒

Community Health Nurse 社區健康護士

When patients come to our pharmacy to buy the pain killers, we would ask more about their level of pain during consultation. We would refer to physiotherapy when needed as it's an effective way for a permanent cure.

有病人到社區藥房買止痛藥，經過諮詢後知道更多他們的痛症狀況，會為轉介他們做物理治療之餘，同時分享予他們知道，治本才是有效方法。

Tommy Lee 李家豪

Pharmacy Service Manager (Community Pharmacist)

藥劑服務經理 (社區藥劑師)





For participants who want to lose weight, diet is as important as exercising. For people who have pain problems and cannot do particular exercises, we would collaborate with health coaches to design particular sports for them.

對於想減重的街坊，飲食同運動亦同樣重要。部分人同時面對痛症問題，無法做某一些動作，此時我們就需要聯同健體教練，為他們度身設計運動動作。

Ruby Leung 梁雅姿

Senior Community Dietitian 高級社區營養師



We will do regular health checks for users. Every colleague is equipped with knowledge in muscle training, catering, and risk assessment of disease, in order to share with our neighbors when needed. Colleagues would also invite us to share what stress eating is and ways to reduce pressure on the public in other programmes.

我們定期為街坊做的健康檢查，需要每個同事都掌握各類型的知識，增肌、飲食、疾病風險評估等都缺一不可，以便隨時跟他們分享；同事都會邀請我參與其他計劃，跟街坊分享情緒化飲食跟減壓方法，令他們提高處理自己情緒的能力。

Lawrence Leung 梁家齊

Social worker 社工







# FOSTER KNOWLEDGE MANAGEMENT AND INCUBATION

推動及傳承健康  
知識





## Step Out: from Me to Community 「步觸」社區體驗場

Health In Action engaged youths from secondary schools in Kwai Tsing District to visit and understand more about the community. Participants gained experiences in designing district newspapers and healthy food short videos, as well as to get in touch with small business, cleaners, and grassroots neighbors of different ages. They also sent necessities to cleaners for improving their health or work conditions. After the one-year project, they were continually attached to different forms of community health activities as "HIA Community Health Youth Ambassadors".



醫護行者組織一班葵青區中學生走訪社區，透過製作社區報、健康美食短片，連繫社區小店、清潔工、不同年齡的基層街坊。參加者從中反思自己與健康的關係，及如何貢獻周遭的社區，並向探訪過的清潔工送上物資。一年計劃過後，他們繼續以「社區健康青年大使」的身份，現身於醫護行者不同形式的社區健康活動。



Students visited public refuse collection points to send supports and necessities to cleaners. (Video captured from HKCSS Channel)  
同學到公眾垃圾站為清潔工送上物資跟打氣。  
(社聯頻道片段截圖)







## Young participants sharing 青少年參加者感想



In the past, I would prefer eating delicious food without considering my health; now I know the importance of healthy diet and it's good for our body

以往只會考慮自己食得開心、好味，但好少考慮到健康，現在知道平時都要健康飲食，才會對身體好

I learnt a lot from the programme on how to improve our diet and made unique district newspapers. I hoped there will be more volunteer service activities in the future

學習到怎樣從飲食方面做出改變，還有製作了一份獨一無二的社區報，真是獲益良多，希望日後有更多義工服務活動







## Nurturing particums to understand the transdisciplinary collaboration model 培育實習同學了解跨專業合作模式



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.

Through the practicum, they could learn the influences of Social Determinants of Health (SDH). There are still a lot of factors that influence health conditions of people. It's necessary to promote the transdisciplinary team in response to the needs of the community and nurture the public to establish healthy habits.

醫護行者深知培育年輕一代，對推動基層醫療及宣揚健康有重要作用，提倡讓來自不同院校學生實習期間接觸基層了解社區所需，讓他們將專業知識學以致用，結集經驗為將來投身在專業領域當中做好準備。

透過在醫護行者實戰，他們體會到由於受社會的健康決定因素影響，即使掌握管理健康的技巧，每人具體健康狀況亦有所不同。他們要學習如何在跨專業團隊合作下，促使每位基層深入認識及建立正確的健康價值觀。





# SUPPORTING MULTICULTURAL COMMUNITIES

## 支援多元文化群組

### Health Career Workshop 醫護專業生涯工作坊



Health Career Workshop was provided to multicultural youths who were interested in pursuing a career in the healthcare field. The workshop introduced them to an overview of different professions in the healthcare field and allowed them to recognise the health needs of the community. Health In Action would help to line up different social or medical organisations for providing placement opportunities upon completion of the training.

工作坊讓有意投身醫護專業的年青人可以接受相關訓練及裝備，讓他們認識在不同崗位，了解少數族裔群體的健康需要。在完成工作坊後，醫護行者會協助他們在醫護及社福界別尋找進修或工作機會。



### Health Screening Outreach Services 外展健康普查服務



Health screening on blood pressure, blood glucose, weight and body fat were performed in different districts. Individuals with high risk in cardiovascular disease were spotted. Further follow-up with action plans were implemented in terms of lifestyle modification and case management.

為全港各地區人士進行血壓、血糖、體重及體脂檢查。一旦發現對方屬於心血管疾病的高危群組，會為他們設計計劃方案以改變生活方式及個案管理。



### Medical Advice and Subsidy Platform to Ethnic Minorities and Asylum Seeker or Refugee (ASR) 少數族裔、難民及尋求庇護者的醫療諮詢和資助平台



Health In Action serves as a platform for workers, who serve the ethnic minorities community and the multicultural community. We raise the attention of the rights of multicultural community regarding healthcare-related enquiries in terms of accessing public healthcare services and medication management. Besides, medical subsidy is available for those who are underprivileged (ASR included). Therefore they will be able to enjoy accessible and affordable healthcare services.

醫護行者充當為少數族裔社區、多元文化社區服務的工作人員的平台，代為詢問與醫療保健相關的問題，例如公共醫療保健服務和藥物管理。此外，發放醫療津貼給予有需要社群（包括難民及尋求庇護者），以保障他們得到可負擔的醫療服務。







## Diversified Preventive Healthy Living Programs 多元化及預防性的推廣健康生活活動



Health-related programs were prepared for Ethnic Minorities (EM), including health ambassador program, healthy living cantonese classes and health checkup, to increase awareness and literacy in the EM community. Also, our team aimed at providing education and supports to them on self care on their own and their families through different workshops and peer groups.

按少數族裔參加者的興趣籌辦不同活動，包括健康大使計劃、健康生活廣東話班及健康檢查等，以提升他們的對自身及其家人的健康意識，並提供平台讓他們可以實踐健康生活。



## Multicultural Annual Symposium 多元文化年度研討會



The theme of the annual symposium was “Building a resilience network for our wellbeing”. We invited different stakeholders among the multicultural community, including members of the multicultural communities, non-governmental organizations, charitable groups, funders and scholars. Through the sharing of representatives from different sectors, participants could learn the needs of the various communities. We hoped to build resilience among them, and shared how members would overcome physical conditions and language barriers with their own abilities.

During the social simulation game session, Health In Action brought up the actual social situation of incidents and difficulties. Participants could experience different scenarios and allowed them to reflect on how they faced obstacles by using own abilities.



本年度研討會主題為「在多元文化社區中建立復原力網絡」，邀請多元文化族裔服務的不同持分者參與，包括多元文化族裔人士、非牟利團體、慈善團體、基金會成員及學者。透過不同界別代表的分享，了解多元文化族裔面對逆境時的需要，同時發掘族群的抗逆潛能，讓他們可以利用自身能力跨越生活中因身體狀況、語言不通等帶來的障礙。

同日的社會處境遊戲環節，模擬一系列突發的社會事件及逆境，讓參加者設身處地經歷社會不同人士日常所面對的困境，透過處境遊戲得以反思跟汲取經驗，使他日在應對日常生活中的難題時能活學活用。







# MEDIA COVERAGE 媒體報導

## Experience sharing on practicing primary healthcare 分享基層醫療實踐經驗



鏗鏘集：基層醫療向前走  
(港台電視)



范寧 | 求醫無門，何去何從？結合基層醫療與社區藥房的未來出路  
(HK01)



未來城市：精明學藥物知識「自療」小病痛長遠有幸福  
(明報)

## Community projects promotion 社區計劃推廣



一線搜查 - 第28集：社區戶互撐2.0購物券  
(香港開電視 Open TV)



賽馬會社區創新智能共學計劃  
(商業電台)





# FINANCIAL SUMMARY 財政報告

## Total Income 總收入

**\$32,065,057**

Income for 2022 | 2022 年收入

**\$29,076,407**

Income for 2023 | 2023 年收入

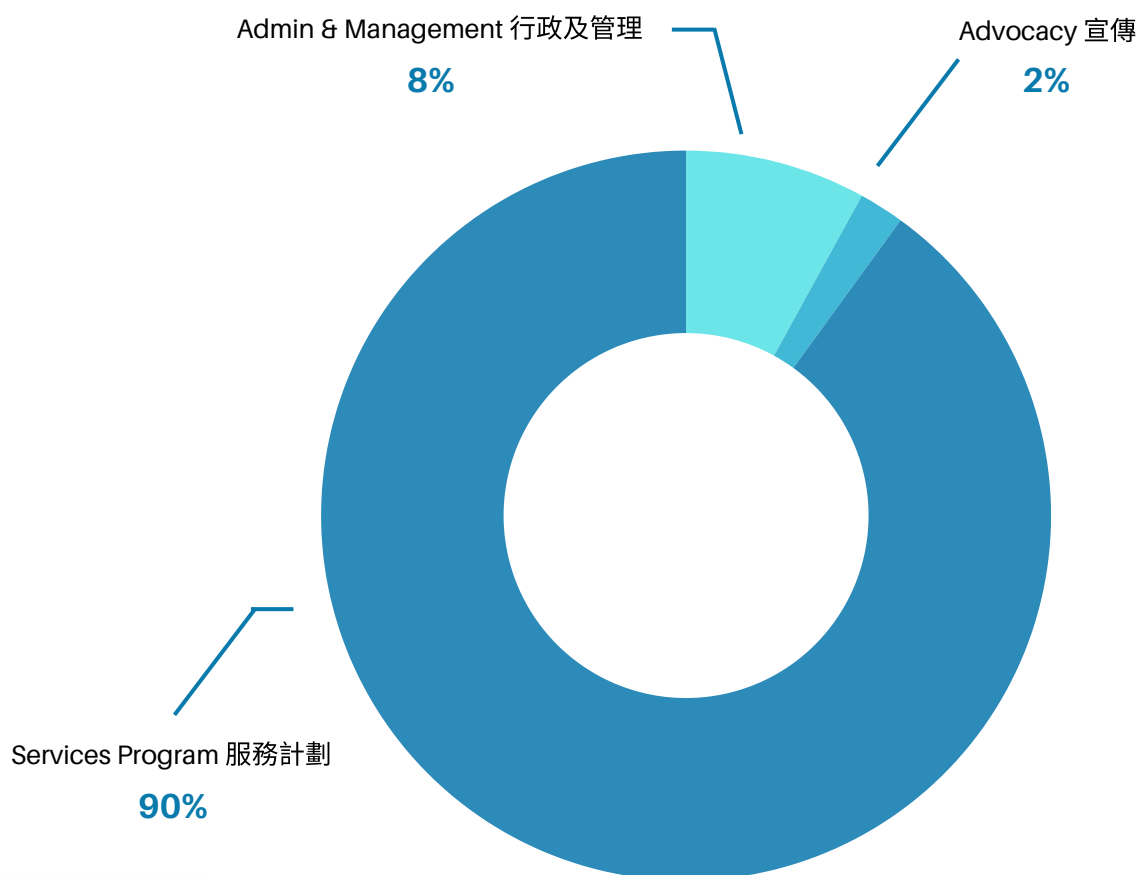
## Total expenditure 總支出

**\$23,970,357**

Expenses for 2022 | 2022 年支出

**\$29,144,598**

Expenses for 2023 | 2023 年支出





## Major donor and supporter 主要捐款人及支持者

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- Parental Assist Network 家庭互助網絡
- People's Place 民坊
- Playright Children's Play Association 智樂兒童遊樂協會
- Senmily HK 童SEN同戲
- 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
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- The Urban Peacemaker Evangelistic Fellowship 城市睦福團契
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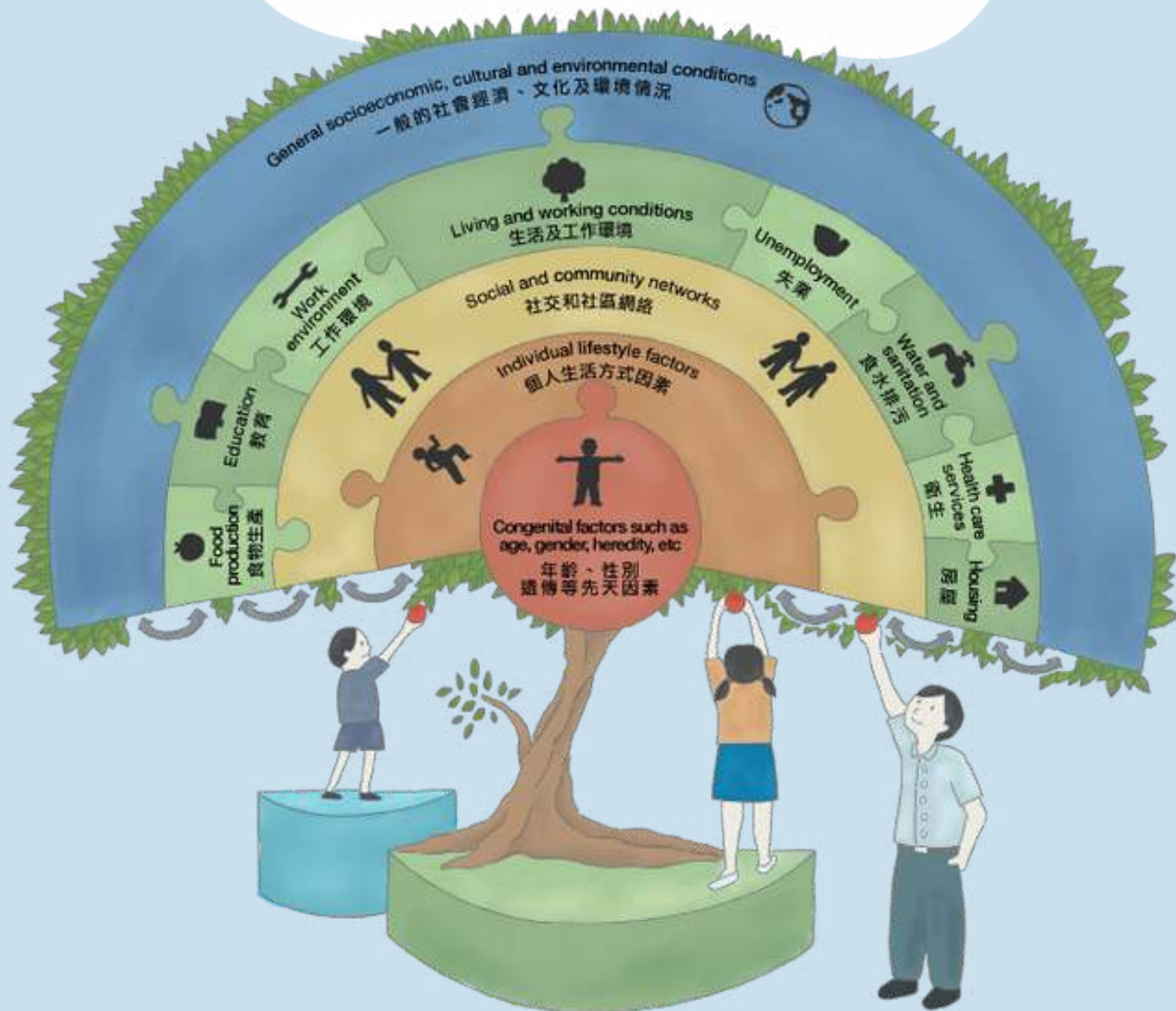


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