

Empowering People, Co-create Health
培力於人，共創健康



Health In Action Annual Report 醫護行者年度報告 2024/25

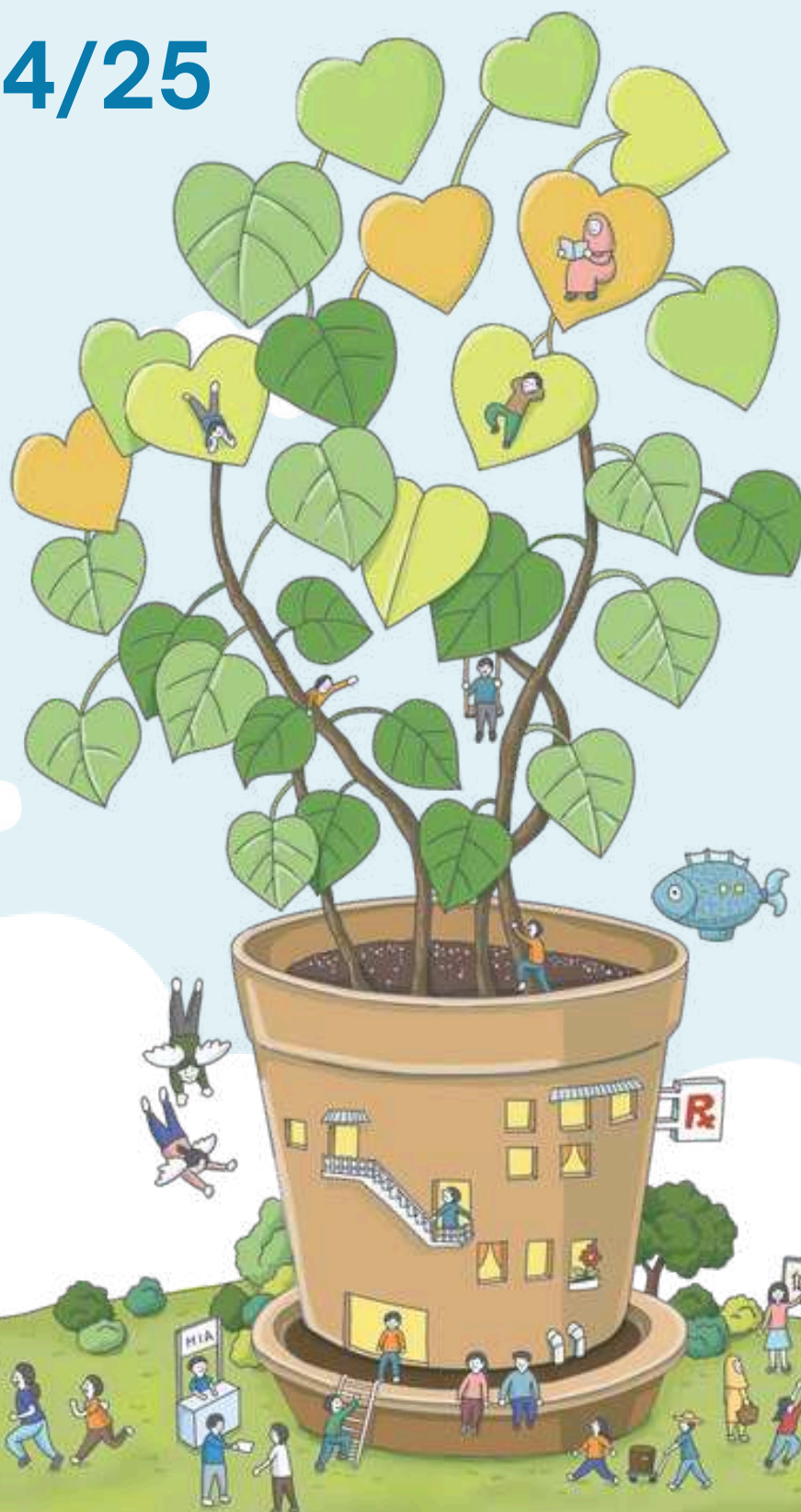




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Empowering People, Co-create Health 培力於人，共創健康

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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, composed 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.

由貫專業團隊、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 believe that health is a fundamental right for everyone, encompassing physical, mental, and social well-being. We advocate for health equity as a means to achieve social justice, striving to improve the social determinants of health and increase public access to community health resources and services, thereby reducing disparities among different social groups. Through evidence-based social research and community participatory innovation models, we pursue cross-sectoral partnerships aimed at addressing root causes and driving new policy ideas and change. We also serve as a communication bridge among various stakeholders, including policy makers, academia, community organizations, and local residents, providing constructive advice and support to meet the diverse needs of society.

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 are dedicated to creating a positive impact on the community, not only by improving the social determinants of health but also by promoting changes that center on enhancing and maintaining health in both community and individual lives. We continuously expand a health-centered ecosystem that includes neighborhoods, business partners, allied organizations, and academia, aiming to collaboratively build healthy lifestyle models with diverse stakeholders.





Rooted in this belief, the Kwai Tsing Health Management Hub was established in 2018 and has gradually become a "health guardian" for the Kwai Tsing district. It aspires to strengthen citizens' health knowledge and support health management at the personal, family, workplace, and school levels. Since 2021, we have launched projects in the community focused on living spaces for subdivided flat families on Hong Kong Island, as well as health initiatives in 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 provide one-stop, personalized, participatory and enabling health management services to residents in the community, empowering them to take ownership of their own health. Our services include community pharmacy services, integrated allied health professional care, and a variety of physical and mental wellness activities. Our transdisciplinary team comprises pharmacists, physiotherapists, nurses, dietitians, nutritionists, social workers, health coaches, public health professionals, and community health workers. They deliver preventive and therapeutic advice and continuously follow up on individual health conditions to effectively address personal health concerns.

Health In Action Community Pharmacy was established in 2019 with a commitment to advancing primary care in response to an aging population and to alleviating the long-term pressures on public healthcare services. We strive to improve the availability, accessibility, and affordability of community pharmacy services. By offering medication management and consultation, we aim to enhance clients' health knowledge, enabling better prevention and self-management of minor illnesses and chronic conditions.





Throughout the more than three years of the COVID-19 pandemic in Hong Kong, our community pharmacy has promptly responded to the health challenges faced by individuals and families. We continue to provide essential medications, medical and hygiene supplies, and accurate health information to protect and support the well-being of the people of Hong Kong.

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。

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

Guided by our transdisciplinary team, individuals are empowered to manage their own health, effectively addressing potential risks and chronic disease management.

We also place great emphasis on professional education and knowledge transfer within our organization. As the first teaching community pharmacy affiliated with the Department of Pharmacology and Pharmacy at the University of Hong Kong, we prioritize the personal and professional development of pharmacists and pharmacy students, equipping them to excel in their careers and better serve the community.

Over the years, we have actively promoted the vision of “Health For All” through diverse platforms and collaborations with a wide range of partners. These include social services, healthcare providers, academia, as well as cross-sector stakeholders such as think tanks, charitable organizations, insurance and commercial industries, the food services sector, environmental groups, legal and urban planning experts, and government departments.





At the organizational level, we strengthen knowledge preservation and transfer by systematically documenting and sharing experiences within our knowledge management system. At the cross-sector level, we foster close collaboration with various partners to encourage shared learning and innovation, advancing the goal of “Health For All.” We motivate different sectors to play constructive roles in improving health access, transforming environments and contexts, and promoting healthy behaviors in everyday life.

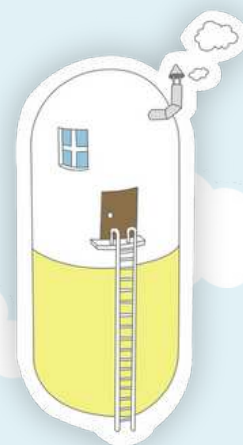
Most importantly, we acknowledge the crucial role of nurturing future leaders and decision-makers. By integrating the “Health For All” principles into their education, training, and professional practice, we prepare them to pursue a more holistic and equitable approach to healthcare and community well-being.

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 that achieving health equity in society requires changes both in structure and in mindset. We are committed to inspiring communities through grassroots work and driving positive social change.

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。

Sustainable Action 可持續性

We believe that the impact of our actions must be sustainable in order to bring about long-term positive changes in society. When reviewing past actions, we focus not only on immediate outcomes but also on the sustainability of their impact.

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 Message: Striving Not Just for the System, But for People's Health



主席的話： 不只為制度而努力，而是為人的健康而努力

As we enter the year 2024-2025, Health In Action has undergone a period of transformation and growth. Despite limited resources, we have boldly experimented and continued to advance several key initiatives, including the “Jockey Club Healthy Neighbourhood Kitchen Project,” the “Kwai Tsing Community Health Management Hub,” the “Compassionate Healthy Community in Kwong Fai Circuit,” and the continued innovation of the “Health In Action Community Pharmacy.” We have introduced a variety of practical products that address everyday needs, health maintenance, and minor ailment management. Across these projects, we go beyond simply providing services; through innovative concepts like the Health Enabling Journey and Health Asset-based Community Development, we work hand-in-hand with communities to build a culture of health and trust.

One cooperation that deeply moved me was the “Jockey Club Healthy Neighbourhood Kitchen Project.” In close partnership with the local NGO Caritas Hong Kong, this initiative involved deep intervention at the level of Social Determinants of Health (SDH), from housing quality to health as a human right, which reshaped our understanding of how neighborhood living conditions and community engagement profoundly impact health. We saw members improve their health through social connection, resource sharing, and support, and were proud that this model became a blueprint for the government’s promotion of “Community Living Rooms.” Although this partnership ended due to resource constraints, the cultural shifts, practical approaches, and empathy we gained remain invaluable.





Reflecting on the future of primary healthcare, I realize that truly sustainable health systems must begin with transforming healthcare culture. Systems are made for people, but if reforms focus only on administrative demands, citizens will find it hard to understand, participate in, or trust the system. Cultural change in health must start at the community level, empowering individuals to reclaim control over their own health. Every daily choice, about diet, exercise, rest, social life, plays a vital role in shaping health. This is about more than sickness; it is about how we live healthily.

Many low-income citizens work hard to make ends meet, yet their mental, physical, social, and spiritual wellbeing are often severely strained. Our role is to accompany them in understanding the limitations imposed by their life circumstances and to help them build knowledge, habits, and networks that improve their health despite challenges like long working hours. With access to community resources and relationships, they gradually build confidence, reshape their expectations, and become catalysts for a healthy community culture. Together with us, they help bring health into workplaces, schools, religious groups, housing estates, and subdivided flats.

From delivering one-stop, transdisciplinary care to developing community pharmacy models, Health In Action continually innovates, informs policy, and acts as a reformer and advocate. Looking ahead, our vision “Health In All, Health For All” remains steadfast. Our mission is to advance health equity, engaging deeply with communities, recognizing individual needs, and creating inspiring health experiences that enable everyone, even those at the system’s margins, to live healthy lives in Hong Kong.

Our supporting foundations recognize that Health In Action’s uniqueness lies in offering grounded, practical solutions to community health challenges. To achieve this groundedness, our professional team has learned to slow down, walk alongside people, and build genuine relationships. While each colleague brings distinct expertise, all are willing to set aside professional roles to connect authentically with members and local shops, especially in Kwai Tsing District communities like Tai Lin Pai Road and Kwong Fai Circuit.





This year, through the “Kwai Tsing Community Health Management Hub,” we launched casual engagement initiatives, now known as the “Healthy Living Lab”; advanced the “Compassionate Healthy Community” in Kwong Fai Circuit; fostered a sense of home and mutual trust for subdivided flat residents in the “Jockey Club Healthy Neighbourhood Kitchen;” and provided heartfelt pharmaceutical care at the “Health In Action Community Pharmacy,” with tailored advice addressing lifestyle factors that contribute to illness. These efforts embody our practice of accompaniment, helping communities truly embrace the essence of health enabling.

I sincerely thank every colleague who has been part of Health In Action’s journey. Our accomplishments today are the result of collective efforts over generations. I deeply appreciate those who have stood steadfast through challenges, especially the young people who have injected energy and hope into our work. I also extend my gratitude to all supporting foundations, advisors, and members, your trust and support nurture our growth.

At the heart of Health In Action lies a simple yet profound belief: we do not work for the system alone, we strive first and foremost for the health of people.

Dr. Joyce Ching Tak Kwan
Chairman, Board of Directors
Health In Action

踏入2024至2025這一年，醫護行者經歷了一段充滿蛻變與學習的過渡時期。在資源有限之下，我們仍勇敢嘗試、持續實踐，延續多項重要計劃，包括「三房兩廳社醫共生計劃」、「葵家社康匯」、「光輝圍健康社區計劃」、「醫護行社區藥房」的革新發展，推出不同貼近生活、照顧需要和小病小痛管理的產品。在這些項目中，我們不只是提供服務，更是透過創新概念，如 Health Enabling Journey 和 Health Asset-based Community Development，與社區共同建立健康文化與信任。

我尤為感動的是「三房兩廳計劃」所帶來的深層合作。這是我們首次緊密地與本地NGO明愛攜手，在「社會健康決定因素」（SDH）層面作深入介入，從房屋質素到健康人權，讓我們重新理解街坊的生活條件與參與感對健康的重大影響。我們看見會員透過社交、資源、社會支持而改善健康狀況，更欣喜此服務模式成為政府推動「社區客廳」的藍本。雖然最終因資源不足而結束這段合作，但我們從中學習的文化改變、實踐方式和同理能力，成就了這段旅程的價值。





當我們思考基層醫療未來的發展，我更深刻意識到，唯有由醫療文化層面出發，才能真正建構健康制度的可持續性。制度是為人而生，但若只為行政需求而改革，市民卻難以理解、參與甚至信任整個系統。健康文化的轉變應由社區出發，讓市民重掌健康主導權。日常生活中每一個的決定，飲食、運動、作息、社交，才是塑造健康的關鍵。這不只是醫病，而是針對我們如何「活得健康」。

基層市民雖努力生活，但心、身、社、靈嚴重耗損。我們需要先陪伴基層市民理解自己的健康受限的生活處境、掌握自身經歷。讓他們從長工時的處境中學習可改善健康的知識和建立習慣、社區內可運用的資源和關係，他們便可逐漸建立信心，重塑對自己生活的期待與改變想像，繼而成為推動健康社區文化的種子，和我們一起構建健康社區的願景，讓健康帶到不同的工作空間、學校、宗教組織、屋苑和劏房戶當中。

我們由一站式跨專業服務到建立社區藥房模式，我們不斷創新，啟發政府政策，成為社會上的改革者與倡議者。展望未來，我們的願景「Health In All, Health For All」仍然清晰。我們一直以來的工作都在推動健康公平，走入社區、看見人的需要、創造具啟發性的健康經驗，令所有人，即使身處制度邊緣，也能在香港活出健康。

支持我們的基金會認為醫護行者獨特之處，是能夠不斷提出解決社區健康問題的方案，這一切在於「夠落地」。要做到「落地」，我們各專職要學懂放慢腳步，與人同行，建立關係。同事們各有專業背景，但都願意放下專業角色，與會員和社區小店建立真正的連結，最後反映在葵青區，特別在大連排道和光輝圍的社區。今年我們由「葵家社康匯 Healthy Hub」推行 casual engagement，特意設計為今天的「健康生活實驗室 Healthy Living Lab」；「光輝圍慈悲健康社區」；在「三房兩廳」中為劏房住戶打造「家」的感覺和鄰里互助的信任；在「醫護行社區藥房」推供最貼心的藥劑服務，針對各種引致疾病的生活因素提出改善建議。這都是我們實踐「同行」的方式，讓社區人士從中學習 health enabling 的真諦。

在此，我衷心感謝每一位曾經與醫護行者相遇過的同事，今天的成果是幾代同事們的努力。您們在風浪中並肩同行，非常感謝理念相近的年輕人，為醫護行者注入活力與希望。我也感謝各基金會、顧問與會員，您們的信任與支持是我們成長的養分。

醫護行者一直秉持的，是一個簡單而深刻的信念，我們不是只為制度而工作，而是為人的健康而努力。

程德君醫生
醫護行者董事會主席





Accomplishments

服務成效

Total encounters 接觸人次

88,991

4,875



Total Members
會員總數

4,907



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

50,360



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

8,078



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

93,739



Social media reach
社交媒體接觸次數





Highlights of the years

我們的歷程

2011

Establishment of Health In Action.

醫護行者於2011年成立

2013

Established with two health management program sites in Metro Manila, followed by the launch of the first program serving 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項目

2014

Established a formal office in Kwai Chung.

在葵涌設立辦事處

Launched 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

Launched a year-long Healthy Living Program to support asylum seekers and refugees in Hong Kong.

幫助本港的尋求庇護者及難民建立全年的健康生活計劃

Launched a post-earthquake relief project in the mountainous regions of Nepal.

尼泊爾地震災後山區項目隨即展開

2016-
2017

Became an agency member of the Hong Kong Council of Social Service (HKCSS), engaged in dialogue with the Hospital Authority on the health needs of ethnic minority groups, and advocated for legislative changes.

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

Granted Special Consultative Status with the United Nations Economic and Social Council (ECOSOC).

成為聯合國經濟及社會理事會之特別諮詢地位成員

Launched the Family Health Management Program in the Kwai Tsing District.

於葵青區展開家庭健康管理計劃





2018

Held the grand opening of the Kwai Tsing Community Health Management Hub

葵青社區健康管理中心「葵家社康匯」隆重開幕

Organized the first annual Ethnic Minorities Health Symposium and hosted a radio program to promote 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

In July 2018, Health In Action, together with Clean Air Network, Greenpeace, Green Power, and several then-Legislative Council members, formed the Air Quality Objectives (AQO) Review Concern Group. The group submitted a statement to the Legislative Council Panel on Environmental Affairs opposing the Environmental Protection Department's proposal to significantly relax the permissible exceedance limits for PM2.5 levels in the air. They also called on the government to tighten standards for ozone and inhalable particulate matter. In March 2019, the concern group's motion was overwhelmingly passed by 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

Held the 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

Established mobile clinics in various districts in collaboration with community partners to serve ethnic minority populations.

與不同社區伙伴合作，建立流動診所服務少數族裔社群

Received the 2019 CIIF Social Capital Builder Award.

榮獲社會資本動力獎2019

2020

Formed an alliance with St. James' Settlement to operate the Sham Shui Po District Health Centre, securing the service contract for district health operations.

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

Played a key role in supporting the community throughout the COVID-19 pandemic by providing health education and essential 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 a new service model for Kwai Tsing Community Health Management Hub 2.0, integrating community engagement to help users extend their living spaces and further adopt healthy lifestyle practices.

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 a teaching partner and site for the School of Nursing at 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 the 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

Provided remote support and distributed protective equipment to the community and partners during the 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

Became a member of the Community Pharmacy Working Group under the 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 City Space Architecture, a non-governmental organization and partner of the United Nations Habitat, with Dr. Fan Ning as our 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）

Established a strategic partnership with the Sham Shui Po District Health Centre.

與深水埗地區康健中心建立策略伙伴關係

In partnership with Caritas Hong Kong, announced the soft opening of the Jockey Club Healthy Neighbourhood Kitchen Project for residents living in subdivided flats in the Central and Western, and Southern Districts. Using a Social Medical Integration approach, this project provides an extended healthy living space platform for these communities.

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

Served as one of the implementing NGOs for the second phase of the "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 the Department of Family Medicine & Primary Health Care, Kowloon West Cluster, by referring pre-diabetes and pre-hypertension cases to the 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

In partnership with Caritas Hong Kong, the Jockey Club Healthy Neighbourhood Kitchen Project received the "Outstanding Social Service Award" and the "Outstanding Performance Indicators Award (Collaboration & Synergy)" at 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「三房兩廳開檯食飯」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 surveyed adolescents and children had experienced at least one mental disorder in the past year. In response to the growing awareness of adolescent mental health issues, Health In Action joined the "Tsuen Wan & Kwai Tsing Youth Mental Health Network Building Platform" in 2022. The organization successfully promoted the Mental Health Awareness Campaign in secondary schools across Tsuen Wan and Kwai Tsing in October 2023, and plans to expand this initiative to include primary schools within the district in the current 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 been invited to join the three-year "Jockey Club PHARM+ Community Medication Support Network," launched and funded by The Hong Kong Jockey Club Charities Trust.

This invitation acknowledges our ongoing development of community pharmacy services since 2019, including the Medication Management Service (MMS), Minor Ailment Services (MAS), and the creation of a community pharmacy model catering to ethnic minority groups, developed in collaboration with The University of Hong Kong. Through this initiative, community pharmacists provide dispensing, medication management, and consultation services. Together with seven other non-profit organizations, we strive to strengthen primary healthcare within the community and help ease the burden on public healthcare services.

醫護行社區藥房獲邀加入由香港賽馬會慈善信託基金推動及資助的為期三年的「賽馬會藥健同心藥物支援網絡」。

此項邀請肯定了我們自2019年起持續推動的社區藥房服務，包括藥物管理服務（MMS）、輕微病症服務（MAS），以及與香港大學合作開發、服務少數族裔群體的社區藥房模式。透過這項計劃，社區藥劑師提供配藥、藥物管理及諮詢服務。我們與其他七間非牟利機構攜手合作，共同加強社區基層醫療服務，助緩解公營醫療系統的壓力。

Community Pharmacy Innovative Services: GI Emergency Pack and Gastrointestinal Health Promotion

We launched the GI Pack (Gastrointestinal Emergency Pack) and collaborated closely with pharmacists to promote gastrointestinal health services within the community. This initiative aims to raise public awareness of gastrointestinal health and support timely management of related issues, thereby enhancing overall public health.

社區藥房創新服務：GI腸胃急救包與腸胃健康推廣

推出GI Pack（腸胃急救包），並與藥劑師合作，將腸胃健康服務推廣至社區，提升公眾健康意識。





Advancing Primary Healthcare Development: Launch of the Three-Year Community Healthy Living Laboratory Initiative

Health In Action has received three years of support from the Fu Tak Iam Foundation and Kerry Group to promote innovation in primary healthcare within Kwai Tsing District. Using a "casual engagement" approach, we established the "Kwai Tsing Community Health Management Hub," which created a space for about 2,500 low-income families in Kwai Tsing to improve their physical, mental, and social well-being and to learn healthy living practices together. This phase of the initiative was completed in August 2024. Building on this foundation, we are further developing the project as the "Community Healthy Living Laboratory," with a focus on exploring the connection between empowerment and health and on establishing sustainable models for community health and cross-sector socio-medical collaboration.

推動基層醫療發展：健康生活實驗室三年計劃啟動

醫護行者獲傅德蔭基金及嘉里集團三年支持，於葵青區推動基層醫療創新。透過「生活化參與」（casual engagement）模式設立「葵家社康匯」，為約2,500戶葵青區低收入家庭創造身、心、社健康的改善空間，共學健康生活之道。此計劃於2024年8月完成。我們繼續深化發展，命名為「社區健康生活實驗室」，進一步探索培力（empowerment）與健康之間的關係，並建立可持續的社區健康及跨社、醫專業的介入模式。

"Compassionate Healthy Community in Kwong Fai Circuit" Enters New Phase

The programme has been extended for two years, continuing to promote community care in Kwong Fai Circuit, developing health assets within the community, and deepening the practice of compassionate care.

「光輝圍慈悲關懷社區計劃」進入新階段

計劃獲延續兩年，持續推動光輝圍社區關懷，發展社區內的健康資本，深化慈悲關懷的實踐。





Jockey Club "Healthy Neighbourhood Kitchen" Socio-Medical Symbiosis Project - Promoting Community Living Rooms

Health In Action entered housing issues, accompanying subdivided flat communities through "Healthy Neighbourhood Kitchen" to extend healthy living spaces, improving the physical and mental health of subdivided flat residents in Central, Western, and Southern Districts, and promoting community connections. The programme successfully demonstrated innovative community health models and was referenced by the government to advance "Community Living Room" policy development across districts after multiples negotiations.

賽馬會「三房兩廳開檯食飯」社醫共生計劃 - 推動社區客廳

醫護行者走進房屋議題，與劏房社群同行，透過「三房兩廳」延展健康生活空間，改善中、西、南區劏房住戶身心健康，促進社區連結。計劃成功示範社區健康創新模式，與香港明愛多次與政府討論過後，終獲政府參考，推動各區「社區客廳」政策發展。

Legal Advocacy and Collaboration

HIA successfully collaborated with Justice Centre on three non-refoulement claims, resulting in three individuals securing their legal status and the right to apply for settlement in foreign countries. This achievement underscores our unwavering commitment to advancing health equity and human dignity through strategic partnerships and legal advocacy.

免遣返聲請倡議與合作

醫護行者與Justice Center合作，成功處理了三宗免遣返聲請，使三位求助人士均獲得合法身份，並取得申請於外國定居的權利。這彰顯了我們透過策略性合作與法律倡議，持續致力於推動健康公平、人權和尊嚴的承諾。





2025

Knowledge Management and Experience Compilation

Health In Action has consolidated over a decade of service experience, distilling multiple concrete service concepts and socio-medical symbiosis operational models. We have established a comprehensive knowledge management system to provide valuable references and insights for the sector, thereby fostering professional development and driving innovation.

知識管理與經驗集結

醫護行者整理過去十多年的服務經驗，萃取出多個具體的服務概念與「社醫共生」操作模式，並建立一套知識管理系統，為業界提供參考與借鑒，促進專業發展與創新。

Engaging Various Sectors in Social Prescribing Discussions

Health In Action actively participates in the development of Social Prescribing by engaging in discussions and practical initiatives across both the social welfare and healthcare sectors. We promote cross-sector collaboration to connect community resources with health services, enhancing holistic care and support for individuals.

與各界討論社會處方

醫護行者積極參與社會處方（Social Prescription）的發展，在社福界及醫護界中討論與實踐，推動跨界合作，連結社區資源與健康服務。





Primary Healthcare Is Inseparable from Health Equity

基層醫療不離健康公平

What is Health Equity? 甚麼是健康公平？



Is health really something that can be “fair” or “unfair”?

Imagine living in an old apartment with poor ventilation where your children might catch colds several times a year. Or working long 12-hour shifts standing in shops or warehouses, leaving you too exhausted for exercise or health check-ups. Consider parents who don't understand Chinese or English, so even if free screenings are available, language barriers prevent them from accessing these services.

Though these situations seem unrelated, they all reveal the same truth: staying healthy is not just about personal effort. It's deeply shaped by external factors such as income, housing conditions, working hours, language skills, wealth, education, and social support networks.

When these factors vary widely, health becomes unequal for some, it's easier to be healthy; for others, it's much harder.

What does “health equity” mean?

Health equity does not mean everyone must have the same blood pressure or body fat percentage. Rather, it means ensuring everyone has a fair and just chance to prevent illness, receive treatment, maintain their health, and achieve physical and mental well-being.





Health Is More Than the Absence of Disease According to WHO

The World Health Organization (WHO) defines health as a complete state of physical, mental, and social well-being, not merely the absence of disease or infirmity. This means that even people living with chronic illnesses can be considered healthy if their condition is well managed and their physical, mental, and social lives remain stable.

Because health covers many dimensions, relying on individual effort alone is not enough. We must actively promote health equity to overcome systemic barriers, ensuring that different groups no longer face significant disparities in health outcomes or access to healthcare resources.

At Health In Action, we strive to ensure that everyone has fair and equal opportunities to enjoy good health.

健康也有公平與不公平的嗎？

試想像住在樓齡舊、通風差的單位，孩子可能一年感冒好幾次；如果你每天在店舖或貨倉站足十二小時，下班時只想倒頭大睡，運動和體檢自然遠在天邊；如果你的父母不懂中文與英文，即使政府有免費篩查，也往往因語言隔閡而錯過。

這些場景看似彼此無關，卻指向同一個事實：想保持健康，並不只靠個人努力，還深受到收入、住屋環境、工時、語言，貧富、教育，社會網絡等外在條件左右。當這些條件懸殊時，健康就變成「有人容易、有人艱難」的不平等狀態。

所謂「健康公平」，並不是要求人人都有一樣的血壓和體脂，而是確保人人都有公平公正的機會，去預防疾病、獲得治療、維持自己的健康，達致身心安穩。

世衛定義 並非無病才是健康

根據世衛定義，健康是一種整全狀態，不僅是無病無痛，更強調身體、心理和社會層面都保持和諧安穩。換言之，即使有慢性病，只要病情受到良好控制，身心與社交生活依然穩定，也同樣可視為健康。

正因為健康牽涉多重面向，僅靠個人努力遠遠不足；我們更需要落實健康公平，才能化解制度差異造成的健康困境，讓各群體在健康狀態，以及獲取醫療資源上，不再出現顯著落差。

醫護行者正為每個人都能公平地，擁有獲得健康的機會而努力。





Health In Action – "Health Equity"

4-3-2-1 Action Model

醫護行者——「健康公平」 4-3-2-1 行動模式

Health In Action's "Health Equity" 4-3-2-1 Action Model translates the commitment to health equity into a clear and structured framework for driving meaningful change in Hong Kong's health landscape:

醫護行者將健康公平化為具體行動，並以「4-3-2-1」框架為藍圖：

4 Strategies 大策略

Health In Action drives positive social change from four directions: providing direct services, cultivating talent, building partnership networks, and conducting evidence-based research. Its primary service targets are all citizens of Hong Kong, with special focus on low-income working families, subdivided flat residents, grassroots workers, and ethnic minority communities in the Kwai Tsing District.

醫護行者從四個方向推動社會正向轉變——提供直接服務、培育人才、建立夥伴網絡，以及進行實證研究。主要服務對象為全港市民，特別為葵青區的在職低收入家庭、劏房住戶、基層工友和少數族裔居民。

3 Focus Areas 個焦點

The Health In Action team includes multiple professional disciplines and concentrates efforts on three main areas: expanding primary healthcare, establishing a community pharmacy network, and actively addressing the Social Determinants of Health (SDH) to enhance the health autonomy of community members.

醫護行者團隊涵蓋多個專業，並集中火力在三大範疇：擴展基層醫療、建立社區藥房網絡，以及積極介入影響「健康的社會決定因素」（Social Determinants of Health, SDH），以提升社區成員的健康自主能力。





2 Transformations 個轉變

Through the innovative concept of “medical-social symbiosis,” the organization aims to promote change on two levels: firstly, driving development and policy change in health services involving medical, social welfare, and business sectors; secondly, fostering and transforming the overall health culture in society.

透過「社醫共生」的創新思維，我們致力推動兩層面變革：第一，促使醫療、社福、商界發展健康服務，以及與相關政策的推動和改變；第二，帶動和轉化整體社會的健康文化。

1 Goal 個目標

Bringing together all the above strategies and actions, the ultimate vision is to achieve an ideal society with health equity, transforming Hong Kong into a healthier city.

匯聚上述所有策略與行動，最終指向同一願景——實現健康公平的理想社會，令香港變身為更健康的城市。

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





Social Determinants of Health (SDH)

健康的社會決定因素



To understand why health is often unequal, we need to look beyond medical treatment and recognize the Social Determinants of Health (SDH). For example, many people who have eczema seek immediate medical help, and doctors typically prescribe topical ointments to relieve itching. This is a typical case of treating symptoms rather than causes. But can a cream really cure everything? If the eczema is linked to deeper issues such as mental stress from unemployment or a damp, cramped home, then medication only helps the surface, while the underlying problems remain.

Our health is shaped not just by medical care, but also by a wide range of everyday conditions, whether income is steady, housing is dry and well-ventilated, working hours are reasonable, education is accessible, family and social support exist, and even whether language or cultural barriers limit access to healthcare. These factors collectively form the Social Determinants of Health.

Because everyone's social environment and access to resources vary, not all people start from the same health "starting line." Those who work long hours may suffer chronic diseases from fatigue, stress, poor diet, and lack of exercise. Families living in poorly ventilated subdivided flats with little sunlight often face emotional distress, respiratory infections, and muscle pains. These examples clearly show that health inequalities arise from social disparities.

At Health In Action, we believe many health problems caused by SDH can be prevented or improved. The key is to boost health literacy so that everyone can make informed choices that benefit their health and actively manage their well-being.





When we design services and interventions, we begin by thoroughly understanding each person's life situation, habits, interests, and the resources and relationships they have. For instance, we consider dietary patterns and work demands for different jobs, daily routines and preferences, and family and social connections. Based on this understanding, we analyze overall health needs and integrate diverse social and medical solutions, combining nutrition, exercise, rest, and relationship-building, to encourage healthy practices. This approach helps individuals gradually take charge of their own health.

By focusing on people and real-life contexts, we aim to reduce chronic disease risks fundamentally and close the health gaps caused by social inequalities. This is how we put health equity into practice, bringing fair and just opportunities for good health into everyone's everyday life.

要理解健康為何不公平，先得看見「健康的社會決定因素」(Social Determinants of Health, SDH)。許多人遇到濕疹會立刻求醫，醫生通常開藥膏止痕，這就是典型的「對症下藥」。然而，真的能夠「一膏治百病」嗎？如果病人的濕疹，與失業帶來的精神壓力，或是家中潮濕狹窄的環境有關，單靠藥膏能解決的只是表面症狀，深層問題依舊存在。

可見，決定我們健康的，不僅是醫療處方，而是生活中那些看似與醫療無關的條件——收入是否穩定、居所是否乾爽通風、工作時間是否過長、能否接受良好教育、家人朋友的支持多寡，甚至語言與文化會否阻礙求醫。這些外在條件統稱為「健康的社會決定因素」(Social Determinants of Health, SDH)。它們左右著我們患病的機率，也影響康復的速度與生活質素。

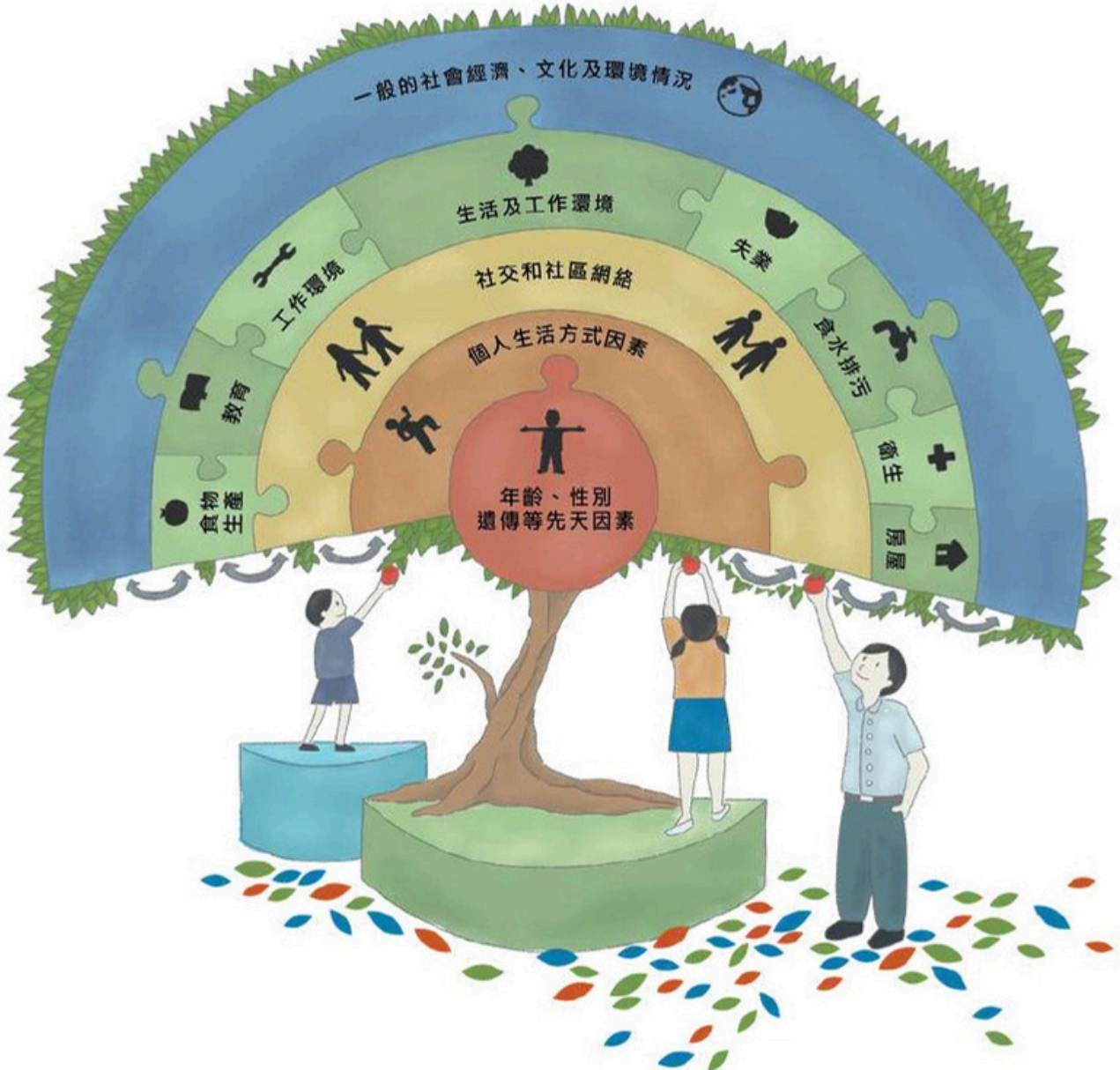
由於每個人的社會環境與資源分布有異，並非人人都站在同一條起跑線上，健康機會的落差由此而生。長期超時工作的人，因長期疲勞、精神壓力、飲食失衡和運動不足，更容易出現慢性疾病；而一家人擠住在通風差、日照不足的劏房，情緒困擾、呼吸道感染和肌肉痛症都會特別常見。這些例子顯示，健康不平等是社會條件差異，所帶來的結果。

醫護行者相信，許多由 SDH 引發的健康問題，其實可以預防或改善，關鍵在於提升大眾的健康素養，讓人人都具備在日常生活中做出有利健康選擇的能力，並管理自己的健康。

因此，在設計服務和介入方時時，我們會先深入了解服務使用者的生活處境、個人的習慣和興趣、身邊的資源和關係，例如不同工種的飲食習慣、工作強度與職業勞損，日常生活路徑、喜好，家庭和友人的關係，再分析健康生活上的整體需要，因應需要加入多元的社、醫方案，結合營養、運動、作息、關係等元素推動健康實踐，逐步掌握自己健康。

透過這種以人為本、切合實況的做法，我們希望從根本減輕長期疾病風險，同時縮小因社會條件差異而造成的健康鴻溝，真正把「健康公平」落實到你我的日常生活。







Empowering People, Co-create Health

培力於人，共創健康

Health is a fundamental human right inherent to every individual. Everyone deserves access to opportunities and resources that enable them to pursue optimal health and fully realize their potential.

In Hong Kong, the current primary healthcare development tends to lean toward medicalization, with a focus on building family doctor networks and pilot programs for chronic disease co-management, such as diabetes and hypertension screening and management. However, Health In Action observes that many low-income working individuals face various chronic illnesses and lack the capacity for self and family health management. Employees and employers of small and medium enterprises (SMEs), who also require health improvement services, often cannot access adequate support from existing District Health Centres and primary healthcare services. This issue particularly affects low-income families, SME employers, ethnic minority communities, and local small businesses.

Health In Action believes that health inequities among low-income working families primarily arise from a range of Social Determinants of Health and systemic barriers present in society. These factors contribute to ongoing health deterioration and the development of serious chronic conditions, which may ultimately result in loss of work ability. Such outcomes have far-reaching impacts on individuals and families and increase the burden on healthcare and social welfare systems.





To address these challenges, Health In Action is committed to advancing health equity in Hong Kong by embodying the principles of primary healthcare and socio-medical integration. We proactively engage with communities, empower low-income families to build sustainable health practices, bridge connections with diverse community resources, and facilitate meaningful transformation in their living circumstances.

健康是每個人與生俱來的基本人權，每個人都應該享有追求最佳健康狀態的機會和資源，以全面發展自我潛能。

現今香港的基層醫療發展趨向醫療化，著重建立家庭醫生網絡及慢性疾病共同治理先導計劃，（糖尿病及高血壓篩查和治理）。然而，醫護行者在社區目睹在職低收入人士面對各種長期病患及缺乏自我及家庭健康管理的能力，縱使中小企的員工和僱主也需要得到改善健康的服務，卻往往未能受惠於現時地區康健中心和其他基層醫療服務，特別是低收入家庭、其工作的中小企僱主、多元文化族裔、社區內的小店等等。

醫護行者認為在職低收入家庭「健康不公平」的現象，始於社會上存在著種種影響健康的社會決定性因素和限制，導致健康長期受到損害，衍生出各種嚴重疾病而失去工作能力。這最終影響個人、家庭生活，導致增加醫療及社福負擔。

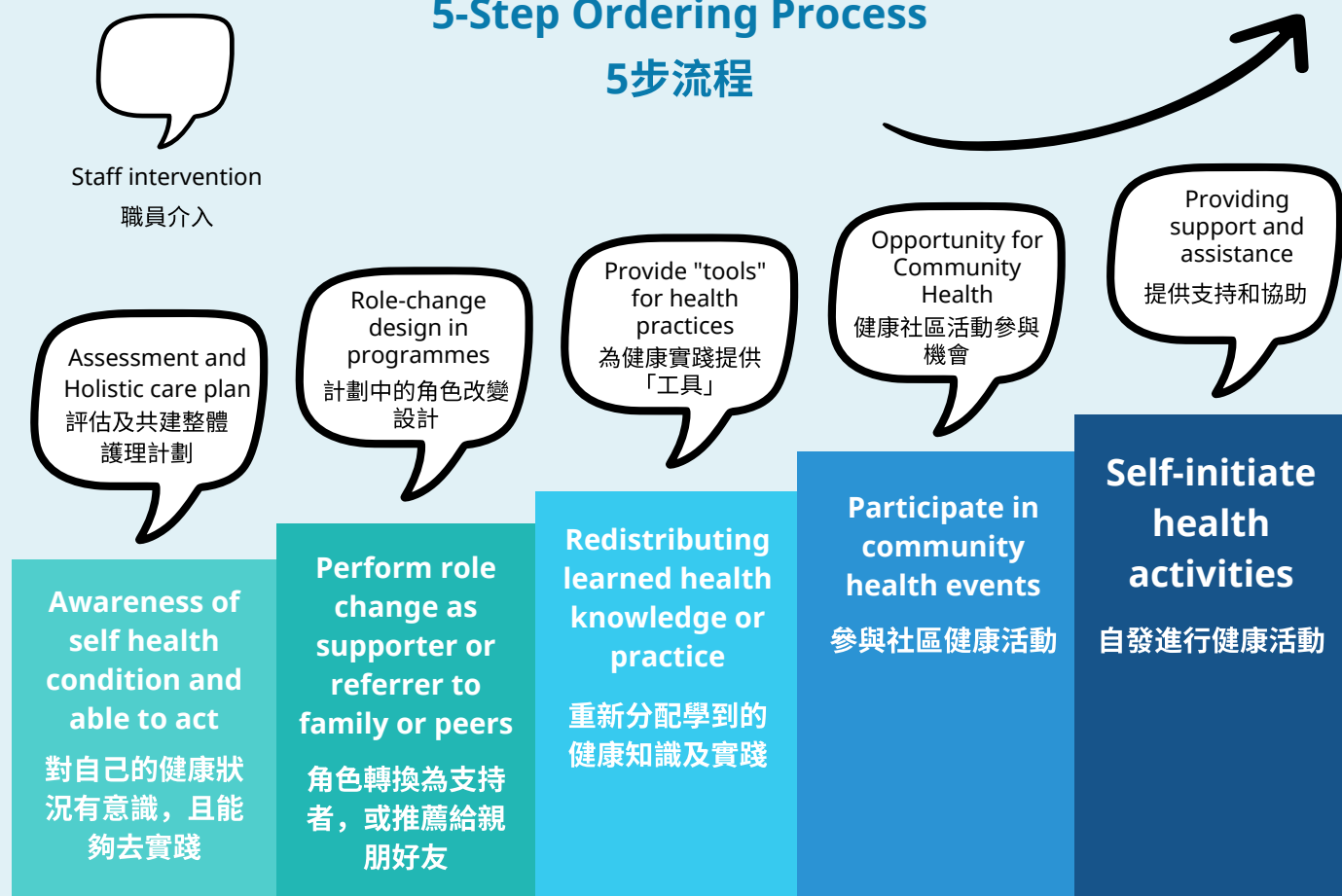
醫護行者致力於推動香港的健康公平，秉持基層醫療與社醫共生的理念，走入社群、成就低收入家庭健康實踐經驗，連結各種社區資源，實現生活處境的轉化。





Become an Enabler 成為健康促進者

5-Step Ordering Process 5步流程

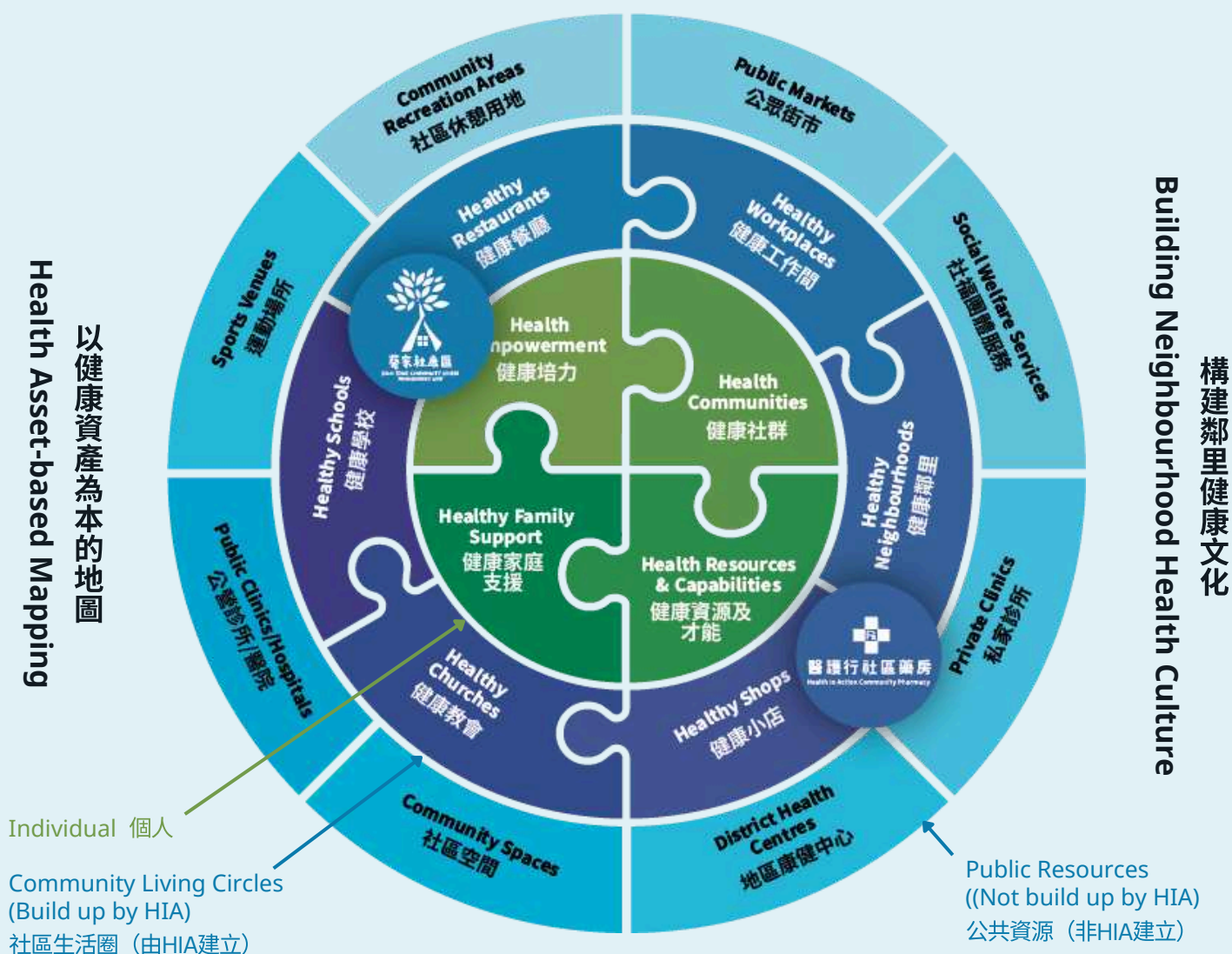




Health In Action collaborates closely with low-income families through encouraging increased participation and advocacy. Over time, these families take on more prominent roles, positively influencing their relatives, friends, and colleagues, thereby strengthening the collective momentum for community health. We actively foster a culture of "Empowering People, Co-creating Health," aiming to build a healthier and more progressive society.

醫護行者與低收入家庭「多參與、多推動」，慢慢擔當更重要的角色，影響身邊家人、友人、同事，壯大推動社區健康的力量，積極推廣「培力於人、共創健康」的文化，以期構建更健康、更進步的社會。

Healthy Asset-based Community 健康資產為本的社區





A New Phase of Service - Healthy Living Lab

葵家社康匯進入新階段 - 社區健康生活實驗室





The latest program impact evaluation by the Good Seed Impact Assessment Centre (GIA) shows:

High Satisfaction Rate

Service users reported an average overall satisfaction rating of 4.45 out of 5 for the Kwai Family Community Wellness Centre. Both "staff professionalism" and "caring and thoughtfulness" received scores of 4.38, as did the venue's atmosphere, which garnered widespread acclaim.

The self-assessed health of the interviewed participants has markedly improved.

The subjective health score rose from 56.5 to 74.4 (+17.8 points) before and after the intervention, indicating a notable enhancement in overall health.

Key areas of learning:

"Greater participation equals optimal conversion."

Participants who engaged four or more times annually exhibited significantly greater health literacy, self-management, social support, and health ownership compared to those who participated occasionally (mean health practice score: 4.23 vs 3.85, $p < 0.001$).

Positive correlations among health literacy, behavior, and family mobilization.

The analysis confirmed that "health empowerment" exerts the most significant influence on health ownership ($\beta = 0.32$), while "healthy practices" and "health literacy" exhibit a strong positive correlation with one another.

Enhanced social capital and community relationships

Most residents reported that they were able to forge new friendships at the center, bolster their sense of community belonging and pride, and that the atmosphere of mutual assistance was notably enhanced.





臻善評估中心（GIA）最新計劃成效評估中顯示：

計劃服務滿意度極高

服務使用者平均對葵家社康匯整體滿意度達4.45/5。「員工專業」及「關懷體貼」同錄得4.38分，場地氣氛亦同分，獲一致好評。

受訪會員自評健康大幅提升

主觀健康分數介入前後由56.5提升至74.4（+17.8分），反映整體健康顯著改善。

計劃重點學習：

「多參與＝最大轉化」

每年參與4次或以上者在健康識能、自我管理、社交支援與健康擁有權 (health ownership) 等指標，皆明顯高於偶發參加者（健康實踐均值：4.23 vs 3.85, $p < 0.001$ ）。

健康素養、行為與家庭動員的正向鏈結

分析證實「健康培力health empowerment」對健康擁有權最具影響力 ($\beta = 0.32$)，「健康實踐」和「健康素養」彼此間強度及正向關聯性。

社交資本及社區連結提升

多數居民指能在中心結識新朋友、增強社區歸屬感與自豪感，互助氣氛明顯加強。





Achieving Health - Goals and Outlook

成就健康 目標展望

Health In Action expects that through the "Community Health Living Laboratory," members from working poor families will improve their health levels by participating in activities and become health promoters, bringing positive influence to themselves, their families, and their neighborhoods. At the same time, we will also connect community stakeholders such as restaurants to become social partners, forming health assets by providing healthy meals, health reminders, and caring for the health of restaurant staff. The project's outlook and targets include:

- Serving over 3,000 working poor members
- Training over 600 health promoters at different stages
- Establishing over 75 community partners
- Creating over 85,000 impacts on the community

醫護行者期望透過「健康生活實驗室」，讓來自在職低收入家庭的會員，透過參加活動去提升健康水平，成為社區健康促進者，為自己、家人或鄰里帶來正面影響。同時亦連結社區持份者如餐廳等，成為社會夥伴，形成健康資本，例如提供健康餐食、健康提醒，以及關顧餐廳員工的健康等。計劃展望目標包括：

- 服務超過 3,000 名在職低收入會員。
- 培訓超過 600 名不同階段的健康促進者。
- 建立超過 75 個社區夥伴。
- 對社區產生超過 85,000 次影響。

Achieving Health Through Empowerment

成就健康 先要培力

In the 2024/2025 year, Health In Action continues to promote the philosophy of "Empowering People, Co-creating Health," steadfastly shifting the focus of health services from institutions to each individual community member. We firmly believe that true health promotion involves more than simply providing medical resources. It requires empowering residents to become active protagonists of their own health in everyday life.

Through innovative initiatives such as the Community Health Living Lab and the Health Enablers Programme, we have witnessed a meaningful transformation: community members evolving from passive recipients of health services into proactive advocates who practice and share health knowledge. This shift embodies Health In Action's commitment to moving beyond institutional frameworks toward a more people-centered approach that sparks a cultural transformation of health within communities.





Our vision of “Health In All, Health For All” and the Community Health Living Lab underscores not only the belief that everyone can embark on their own journey toward better health but also the importance of valuing each individual’s experiences and transformations as they confront the Social Determinants of Health. These personal stories serve as precious assets that inspire and strengthen the community.

The cultivation of health begins with everyday habits, starting from simple actions like improving diet and increasing exercise, gradually building sustainable healthy lifestyles. Supported by the Fu Tak Iam Foundation, Kerry Group, and Chow Tai Fook Charity Foundation, the Kwai Tsing Community Health Management Hub launched services in October under the theme of the Community Health Living Lab (HLL). A standout feature is the transformation of the open kitchen into a Healthy Kitchen Laboratory, where Health In Action’s team collaborates with community members passionate about healthy eating to co-create nutritious and family-friendly home-style recipes. These recipes are widely shared throughout the neighborhood, making health knowledge an integral and enjoyable part of daily life.

在2024/2025年度，醫護行者推動培力於人，共創健康的理念，堅持將健康服務的重心由制度轉向每一位社區成員。我們相信，真正的健康促進不僅在於提供醫療資源，更在於培力於居民，讓他們在日常生活中成為健康的主角。透過創新項目如「社區健康生活實驗室」和「健康促進者」計劃，我們見證了街坊由被動接受服務，蛻變為積極實踐和分享健康的倡導者。這一切，正體現了醫護行者從制度出發，走向更以人為本，並在社區中啟動健康文化轉變的承諾。

醫護行者推動的「人人健康」，「社區健康生活實驗室」不僅相信每個人都可以踏上追求健康的道路，更重視每位街坊在面對社會健康決定因素時的經歷與轉變，這些故事成為社區中互相啟發的寶貴資產。

健康的培養始於生活點滴——從飲食、運動入手，逐步建立健康習慣。在傅德蔭基金、嘉里集團及周大福慈善基金的支持下，葵家社康匯於本年度10月以「社區健康生活實驗室」（Healthy Living Lab, HLL）為主題展開服務。亮點之一，是將開放式廚房轉化為「健康廚房實驗室」，由醫護行者團隊聯同熱愛健康飲食的街坊，設計出既健康又合家人口味的家常菜譜，並在社區中廣泛分享，讓健康知識成為生活的一部分。





Neighbourhood Members Transform into "Health Enablers" 街坊化身「健康促進者」

Becoming a "health enabler" is truly a journey of awakening in the pursuit of health: neighbourhood members gradually evolve from initially being passive users of health services to actively practising health promotion.

This transformation is important, as explained by Ruby, Senior Community Nutritionist at Health In Action, who is responsible for nurturing these "health enablers":

"When neighbourhood members understand their own health and put the health knowledge they have learned into practice, they can manage their own and their families' health. On the other hand, by proactively sharing their health experiences, they influence those around them to make positive changes and jointly pursue a healthy lifestyle."

Broadly speaking, neighbourhood members are empowered to support one another, forming a mutually beneficial and supportive health community.

The process described, from awareness to sharing, is the experience of neighbourhood members becoming health enablers. Every person has the ability to change their own health, as well as the health of others and their community's wellbeing.

化身「健康促進者」，其實是一趟追求健康的啟迪之旅：街坊由最初對健康較消極的服務使用者，逐步蛻變為積極實踐的健康促進者。

這之所以重要，且由負責培育「健康促進者」的醫護行者高級社區營養師 Ruby 娓娓道來：「當街坊了解自身健康，並把所學的健康知識實踐，就能管理一己與家人健康。另一方面，透過主動分享健康經驗，影響身邊人作出改變，一同追求健康生活。」推而廣之，街坊得以培力互助，形成互惠互利的健康社群。

上述由認知到分享的過程，正是街坊成為健康促進者的經歷。每一個人，也有能力做得到，去改變自己、他人與社區的健康命運。





Practice and Share - Making an Impact 實踐加分享 發揮影響力

Currently, the "Nutrition Express" activity platform holds two to three workshops each month, where Ruby, together with neighborhood residents and volunteers, learns and cooks together, designing nutritious new dishes and fostering a mutual support community. Some residents even bring friends along, opening a new chapter of achievement in health.

Ruby recalls a resident who transformed the traditional salted egg and winter melon soup into a "mushroom and winter melon soup," reducing salt while preserving its fresh flavor. There are also ethnic minorities who used to have diets high in fat, sugar, and salt and low in fruits and vegetables, who modified their dumpling fillings to use low-fat halal chicken breast. After replicating the recipe at home, their families praised it highly, further motivating them to learn healthier cooking.

現時「營養快線」活動平台，每月舉辦兩至三堂工作坊，Ruby與街坊和義工們共學共煮，設計有營新菜式，創造成互助社群，甚至有街坊帶動朋友參與，揭開成就健康新一頁。

Ruby 回憶，有街坊把傳統鹹蛋冬瓜湯革新為「冬菇冬瓜湯」，減鹽同時保留鮮味。也有習慣高脂、高糖、高鹽且缺乏蔬菜水果等飲食習慣的少數族裔，將餃子餡料改為低脂的清真雞胸肉，回家複製後大獲家人好評，加強學習健康煮食的動力。





Volunteer Mr. Wu Transforms His Life, Building a Healthy Community 義工胡生轉化人生 成就健康社群

The story of volunteer Mr. Wu perfectly embodies the spirit of a health promoter. Before retirement, he worked as a chef, but due to long-term irregular routines and skipping breakfast, only eating late-night meals excessively, he developed a duodenal disease. To improve his health, he joined Health In Action's exercise classes and later became a volunteer assistant instructor, saying, "Exercising together makes it more enjoyable and gives a strong sense of accomplishment." After several months, the motivation from exercising together helped him lose over ten pounds.

He then participated in various activities and volunteered, feeling especially at ease in the nutrition cooking classes. Leveraging his professional background, he helped design recipes and exchanged ideas and experiences with neighbourhood residents. Using the nutrition and health knowledge he learned at the center, he transformed his family's favorite restaurant dishes into healthier versions and brought them to the home dining table, helping to upgrade the entire family's health.

Through numerous community activities, Mr. Wu found his sense of value and wellness, and through his personal transformation, he encouraged more people to take the first step toward improving their health.

義工胡生的經歷，正好詮釋健康促進者的精神。退休前任職廚師，因長期作息不規律，又不吃早餐，宵夜時才瘋狂進食，引發十二指腸疾病。為了改善體質，他加入了醫護行者的運動班，後來成為義工助教，「帶大家做運動會更開心，更有種成功感。」幾個月下來，齊齊運動的動力，已令他減去十多磅。

他進而參加多項活動，又擔任義工，對營養煮食班更是如魚得水。憑藉專業底子，他既協助設計食譜，亦與街坊切磋，分享經驗。他又利用在中心所學營養健康知識，把家人外食時愛吃的菜式化為「健康版」，搬進家中餐桌，帶動整個家庭的健康升級。胡生在一次次社區活動裡，找到自己的價值和健康，也以自身轉變鼓勵更多人，踏出改善健康第一步。





Diet Combines Exercise - Transmitting Healthy Community Culture 飲食加運動 傳遞健康社區文化

Of course, the health philosophy of the Community Healthy Living Lab goes beyond the dining table; “eating well” must be matched with “moving well.” The Kwai Family Community Health Network organized the Health In Action Running Club, helping 36 neighborhood members get involved in long-distance running. In a relaxed and friendly atmosphere, participants experienced the joy of running, improving their physical fitness and building endurance, while relieving stress and gaining a sense of accomplishment. Among them, 20 runners developed friendships through running and continued to meet spontaneously for training even after the club ended. Some residents even completed the 10km race of the Standard Chartered Hong Kong Marathon, evolving from often saying “I can’t do it” to truly believing “I can.”

On the other hand, Ruby also encouraged residents to enroll in Leisure and Cultural Services Department exercise classes to make good use of community health resources. Ruby fondly recalls a resident who became active in exercising and lost five kilograms within three months. Even if small home spaces made it impossible to lay out a yoga mat, the Community Healthy Living Lab creatively launched “Stretch with Your Chair,” allowing participants to do chair-based stretches using only their hands. Because of this, some residents said goodbye to back and waist pain and enjoyed restful sleep.

This shows that the pursuit of health begins with enjoyment and does not require extreme hardship to achieve.

當然，社區健康生活實驗室的健康理念並止於餐桌，「吃得好」也要「動得好」。葵家社康匯組織醫護行跑會，協助36位街坊接觸長跑運動。在輕鬆融洽的氛圍下，體驗長跑樂趣，去改善體格和訓練毅力，減壓又有成就感。其中20名跑者從跑步孕育友誼，跑會完結後也會自發相約練跑，成功培養出運動習慣，有幾位街坊更完成渣打香港馬拉松10公里賽事，由當初把「我唔得」掛在口邊，進化至自己真的「做得到」。

另一方面，Ruby 亦有鼓勵街坊報讀康文署運動課程，善用社區的健康資源。Ruby 難忘有街坊從此積極鍛煉，三個月內瘦了五公斤。即使家居面積狹小，無法展開瑜伽蓆做運動，社區健康生活實驗室亦創意十足地推出「筋你椅靠在一起」，讓大家坐在椅子上徒手拉筋。有街坊因而告別腰背痛，換得一夜安眠。



可見追求健康由樂趣開始，毋須極度辛苦才能達到。





Volunteer Ms. Fong - Transforming Those Around Her Through Exercise 義工秀瓊 以運動改變身邊人

Volunteer Ms. Fong, who benefited greatly from the exercise classes, is also a shining “health promoter.” With her neat short hair, Ms. Fong developed a regular exercise habit from scratch after participating in the “Star of Exercise” training course, gradually becoming a “fitness ambassador.” She has tried stretching, yoga, strength training, and even boxing. Facing her own chronic illness, she firmly believes that exercise is the key to recovery: “If I hadn’t persisted in daily activity, my body couldn’t have healed so quickly.”

This resilience not only helped her regain health but also sparked her passion for helping others. When leading community fitness activities, she always wears a warm smile and chats while demonstrating movements, creating a relaxed atmosphere where participants experience how exercise and happiness can go hand in hand. To her, a healthy lifestyle is not just about exercise but also about maintaining a positive mindset and health philosophy. Through her actions, she passes this belief on to everyone around her.

Besides exercise, Ms. Fong also frequently assists with coordinating healthy cooking workshops and festive gatherings. Thanks to her encouragement, many neighbors who once avoided exercise have now become energetic practitioners of a healthy lifestyle.

The path of pursuing health shared by these neighborhood members includes mutual reference and encouragement, while tailoring their goals according to their own health conditions. Through her personal practice and infectious enthusiasm, Ms. Fong inspires more people to embark on their own journeys to health, advancing toward a healthy community.





義工秀瓊受惠於運動班，也是亮眼的「健康促進者」。

秀瓊蓄着俐落的短髮。她參與「運動之星」訓練課程後，從零開始培養起規律運動習慣，漸漸成為「運動大使」。拉筋、瑜伽、肌力訓練，甚至拳擊，她樣樣嘗試。面對自身的長期病，她堅信運動是促進康復的關鍵：「若不是每天堅持活動，身體不可能這麼快恢復。」

這份韌性不僅讓她重拾健康，也激發了助人的熱情。帶領社區健身活動時，她總是掛着溫暖的笑容，邊聊天邊示範動作，讓參與者在輕鬆氛圍中，體會到運動與快樂可以並行。對她而言，健康生活並不止於運動，還包括積極的心態和健康理念。她以行動把這份信念，傳遞給身邊每一個人。

除了運動，秀瓊也經常協助健康煮食工作坊與節日聚會的統籌。在她的帶動下，不少原本對運動避之則吉的街坊，如今已成為活力滿滿的健康實踐者。

一眾街坊們的追求健康之路，既有互相參考和鼓勵，又可以對應自己健康狀態，去追求並達到理想的目標。憑藉自身實踐與感染力，啟發更多人的成就健康之路，向健康社區進發。





Unlocking the Community's Potential for "Preventive Health": Building Community Health Assets

釋放社區「治未病」的潛力： 社區健康資本營造



In the 2024–2025 fiscal year, under the annual theme of “Empowering People, Co-creating Health,” Health In Action deepened its commitment to health equity through innovative community practices and academic collaborations. Our Kwai Fook Wai Compassionate Care Community Program, spanning 18 months, generated 9,626 community contacts and completed 272 service activities. It also nurtured 53 volunteers and community guardians and established partnerships with 23 local community businesses.

At the same time, we developed deep collaborations with four local universities to lay the foundation for the next generation of interprofessional primary healthcare talents. Through a collaborative model involving multidisciplinary professional teams, an asset-based community development strategy, and evidence-based service evaluation, we engaged residents of the Kwai Chung Kwai Fook Wai community in health and social activities. These activities included regular health street stations, health awareness education, promotion of health autonomy and neighborhood management, and the construction of mutual-support networks among local shops. The aim is to foster a health-promoting culture within the Kwai Fook Wai community, consolidating a sense of identity and mutual support.

2024-2025年度，醫護行者在「培力於人，共創健康」的年度主題指引下，透過創新的社區實踐與學術合作，深化了我們對健康公平的承諾。我們的光輝圍慈悲關懷社區計劃歷時18個月，創造了9,626次社區接觸，完成272場服務活動，培育了53名義工及社區守護者，並建立了與23間社區商戶的夥伴關係。

同時，我們與4所本地大學建立深度合作，為新一代跨專業基層醫療人才奠定基礎。透過貫專業團隊的協作模式、資產為本的社區發展策略，以及實證為本的服務評估，帶動葵涌光輝圍社區的居民參與健康及社交活動，內容涵蓋恆常健康街站、健康意識教育、健康自主及鄰里間管理、小店互助網絡建構，以達致促進光輝圍社區的健康文化，鞏固社區內的認同感和互助氛圍。





The latest program impact evaluation by the Good Seed Impact Assessment Centre (GIA) shows:

Significant Enhancement in Health Literacy and Family Empowerment

- Health Knowledge and Attitude Improvement: 94.2% of surveyed Kwong Fai Circuit residents agreed that activities enhanced health knowledge, 93.2% learned health improvement methods, and 82.5% showed improvement in family health management skills.
- Health Behavior Change: 80.6% of surveyed Kwong Fai Circuit residents agreed they increased exercise and health behaviors, with 78.6% becoming more engaged in activities promoting personal and family well-being.
- Subjective Well-being/Mental Health: Life satisfaction means score 7/10, happiness index 7.3.

Significant Strengthening of Social Capital and Community Identity

- Community Trust and Sense of Belonging: 77% of surveyed Kwong Fai Circuit residents agreed that "most people in the community are trustworthy"; community pride index increased from 67.7 to 72.4.
- Social Acceptance and Inclusion: Social acceptance index of 83.8 points, with approximately 90% of respondents indicating they are "often treated kindly."

Direct Correlation Between Community Participation Frequency and Effectiveness

- Frequent participants (e.g., ≥ 3 street counter visits) showed statistically significant differences in health behavior and social behavior improvements (e.g., health behavior index 83.8 vs 73.3, $p < 0.01$).
- Participants in the "Guardians of KFC" activities showed significantly higher social knowledge and social behavior compared to non-participants ($p < 0.05$).
- Those participating for 3 months or more showed significant improvements in social capital, health attitudes, and behaviors.





臻善評估中心（GIA）最新計劃成效評估中顯示：

健康素養與家庭培力顯著提升

- **健康知識與態度提升：**94.2%受訪光輝圍居民同意活動提升健康知識，93.2%學會改善健康方法，家庭健康管理技能有82.5%提升。
- **健康行為改變：**80.6%受訪光輝圍居民同意增加運動及健康行為，78.6%更多投入於促進個人及家人福祉的活動。
- **主觀幸福感/心理健康：**生活滿意度均值7/10，快樂指數7.3。

社會資本與社區認同明顯加強

- **社區信任和認同感：**77%受訪光輝圍居民同意「社區中大多數人值得信任」；社區自豪感指數由67.7升至72.4。
- **社會接納及包容：**83.8分的社會接納指數，約九成受訪者指「常被友善對待」。

社區參與、頻率與成效直接相關

- 參與頻密者（如街站≥3次）在健康行為、社交行為的改善有統計學顯著差異（如健康行為指數83.8 vs 73.3， $p<0.01$ ）。
- 加入圍家守護者活動的社會知識及社交行為顯著高於非參與者（ $p<0.05$ ）。
- 活動3個月或以上受惠於社交資本、健康態度、行為明顯提升。





Healthy Compassionate Community - Kwong Fai Circuit 慈悲關懷社區 - 光輝圍

Beyond regular health check-ups and direct medical services, Health In Action actively engages neighbourhood members, small businesses, churches, social service agencies, and grassroots organizations who are passionate about advancing community health. Through empowerment and collaboration, we transform these stakeholders into valuable community health assets. Together, they foster an environment that supports every resident, especially those with lower health awareness or facing barriers to accessing services, in maintaining a healthy lifestyle within the district.

Health promotion begins not only with individuals but also through a community-centered approach. By organizing community-driven health activities that raise residents' awareness and skills in self-managing their health, we help unlock the community's potential for preventive care ("treating illness before it arises"), gradually establishing and accumulating precious health capital.

Thanks to the generous support from The D. H. Chen Foundation, Health In Action launched a new phase of the "Compassionate Healthy Community in Kwong Fai Circuit" programme this year. Alongside ongoing community-based primary healthcare services, delivered through regular street outreach and health workshops, and efforts to build community resilience grounded in compassionate care, we have trained a dedicated group of professionally skilled residents as "Kwong Fai Guardian" volunteers. These volunteers actively promote a culture of health within the community, joining forces to create a stronger, healthier living environment throughout Kwong Fai Circuit.

除了定期檢查和直接提供醫療服務外，醫護行者亦積極招募及邀請有志推動社區健康的街坊、小店、教會、社會服務機構與民間團體，透過培力與合作，將他們發展成有助推動健康的社區資本。這些力量共同營造有利的社區環境，讓社區中的每一位居民——特別是健康意識較低或難以獲得服務的街坊——都能在區內維持健康的生活方式。

推動健康除了由個人做起，也可以由社區作為着眼點。透過社區營造式的健康活動提升居民的自我健康管理意識，有助釋放社區內「治未病」的潛力，慢慢建立和累積珍貴的健康資本。

感謝陳廷驊基金會的支持，醫護行者今年度展開新一階段的「光輝圍慈悲關懷社區計劃」。除了透過恆常街站、健康工作坊等形式提供社區為本的基層醫療服務，建立以慈悲關懷為核心的社區韌性，更培訓了一批受過專業訓練的居民，成為「圍家守護者」義工。他們在社區內推動健康文化，凝聚成強大的力量，共同把光輝圍締造成更健康的生活環境。





Neighbourhood Members Transform into "Guardians of the Kwong Fai Circuit" - Promoting Health Culture

街坊化身「圍家守護者」 推動健康文化

Every Friday, "Shui Fung," a dedicated member of the "Guardians of the Kwong Fai Circuit," regularly attends Health In Action's weekly street booth in Kwong Fai Circuit. She alternates between taking blood pressure readings for neighbourhood members and encouraging nearby friends to try basic blood pressure and blood sugar screenings. She also consults on-site healthcare professionals, often saying: "It's completely free, and knowing your health status is always beneficial."

Having personally experienced the advantages of "preventive care," Shui Fung is especially passionate about promoting health activities. She resides in Kwai Chung and frequently visits friends in Kwai Hing's Kwong Fai Circuit after retirement. This small community, centered around the Kwong Fai Circuit Playground, serves as a vital public space. The area mainly consists of private residential buildings and numerous small shops.

After participating in a healthy eating workshop as part of Health In Action's "Healthy Compassionate Community in Kwong Fai Circuit" programme, Shui Fung adopted key principles such as eating two portions of fruit daily and cooking with less sugar, salt, and oil. She changed her breakfast to oatmeal, eggs, and bread. As a result, her blood sugar levels, which had been borderline diabetic, dropped noticeably. Motivated by Health In Action staff, she now walks 10,000 steps a day, five days a week. This regular exercise has significantly eased her rheumatic pain, eliminated nighttime cramps, and reduced her overall discomfort.

Inspired by these health improvements, Shui Fung transformed into an active "Guardian of the Kwong Fai Circuit," enthusiastically recommending various health activities to friends: "The staff lead us in stretching, swimming, and hiking. Moving together as a group is lively and joyful." Once a woman of few words, she now often wears a warm smile and has expanded her social circle.

每逢星期五，「圍家守護者」成員之一「水逢」，總會現身醫護行者位於光輝圍的恆常街站。她時而為街坊量血壓，時而遊說旁觀的朋友嘗試基本的血壓、血糖檢測，並向在場的醫護專職諮詢：「全程免費，了解自己的身體狀況總是好的嘛。」





親身感受過「治未病」的好處，水逢推動健康活動格外起勁。她住在葵涌，退休後常到葵興光輝圍探望朋友。光輝圍這個小社區，圍繞着光輝圍遊樂場，是社區的公共空間核心。區內主要為私人住宅樓宇，亦有不少小店。

一次，水逢參加醫護行者「光輝圍慈悲關懷社區計劃」的健康飲食工作坊後，她學會「每日兩份水果」、「煮食減糖、減鹽、減油」等原則，把早餐改成麥皮、雞蛋、麵包。原本徘徊在糖尿病邊緣的血糖水平隨即回落。再加醫護行者職員鼓勵，她每周五天、每天步行一萬步，運動令她的風濕痛症得以改善，夜裏不再抽筋，整體病痛也大為減少。

大受鼓舞的水逢，搖身一變成為「圍家守護者」的積極分子，向身邊朋友推薦各式健康活動：「職員帶我們拉筋、游水、行山，一班朋友一齊動起來，又熱鬧又開心。」昔日寡言的她，如今常帶笑容，社交圈也愈來愈大。





Helping Others Means Helping Yourself 幫助別人 等於幫助自己

When asked why she enjoys volunteering at the street booth, Shui Fung responds without hesitation: "Helping others means helping yourself." She recalls encouraging a neighbourhood member to get tested, whose blood sugar level was as high as 13 mmol/L, putting them at high risk for diabetes. With guidance from Health In Action staff, the person improved their diet, and a subsequent test showed a significant drop in blood sugar levels.

More recently, Shui Fung has learned to perform "finger stick" blood glucose testing under staff supervision, greatly boosting her confidence. Already skilled at taking blood pressure readings, she now applies her growing expertise to support more neighbours effectively.

Individuals like Shui Fung, who combine health knowledge with personal passion to help others adopt healthier lifestyles and serve as bridges between neighbourhood members and healthcare teams, are true Health Changing Agents. They are indispensable in building community health assets and unlocking the potential for preventive care within the community. Currently, around 20 Kwong Fai Guardians proudly share this mission.

談到為甚麼樂於到街站幫忙，她毫不猶豫：「幫到人，就是幫到自己。」她記得曾鼓勵一位街坊檢測，結果對方血糖高達 13 mmol/L，屬糖尿病高危；在職員指導下改善飲食，不久再驗已顯著回落。最近，她更在職員帶領下學會了「篤手指」測血糖，信心倍增。

最近，在醫護行者職員的鼓勵下，本身懂得量血壓的水逢，學會了如何為街坊「篤手指」量度血糖，自信心亦隨之增加。

像水逢這種憑着健康知識與自身熱忱，協助他人改變健康生活方式、並充當街坊與醫護團隊之間的橋樑，可說是真正的健康變革推動者(Health Changing Agent)，是建構社區健康資本，以及釋放社區治未病的潛力當中，不可或缺的一環。目前約有 20 位圍家守護者肩負同樣使命。





Promoting Compassionate Care Community 促進慈悲關懷社區

“Currently, about 20 Kwong Fai Guardians actively contribute their insights on enhancing community health. They leverage their strengths to share health knowledge and participate in activities that influence others,” said Chin Fung, Health In Action’s Community Nurse. Monthly meetings and events are organized to give the Kwong Fai Guardians a platform to voice their opinions and engage in decision-making processes, thus empowering them.

In addition to the Kwong Fai Guardians, the programme also offers health talks to residents, covering topics such as pain management and chronic disease care. It integrates local resources, such as wet market vendors and pharmacies, to facilitate convenient access to healthy ingredients, supplies, and exercise opportunities.

Jason Wong, Community Development Coordination Manager at Health In Action, emphasized the team’s focus on building strong relationships with neighbourhood members and merchants. For example, during festivals, booth games are arranged to weave health messages into community interactions. “Whenever Health In Action is mentioned, residents immediately think of our street booth health screenings and consultation team,” Jason said. Residents not only warmly greet the team but also openly discuss various life topics, including welfare applications.

Furthermore, a report submitted in April 2024 by Good Impact Assessment (GIA) affirmed the programme’s remarkable achievements in fostering a caring community. The report highlighted that the programme has successfully built trust within Kwong Fai Circuit, strengthened community bonds, enhanced health empowerment, improved residents’ health status, and boosted health literacy. These outcomes have directly advanced both the social and health dimensions of the compassionate community. Regular health check-ups, consultation street booths, and the Kwong Fai Guardians were identified as critical factors driving these successes.

Looking ahead, Jason expressed strong optimism: “In the long term, we hope that even after the project concludes, Kwong Fai Circuit remains a healthy community, with residents confidently managing their own health.”





「目前約有20位圍家守護者，為如何提升社區健康提供意見，並利用他們的強項，分享健康知識和參與活動，去影響其他人。」醫護行者社區護士錢豐指出，每月會舉辦會議或活動，讓圍家守護者發聲、參與決策，藉此賦權。

他補充，除了圍家守護者，計劃亦同時向街坊提供健康講座，介紹痛症與慢病管理，並整合街市小店、藥房等地區資源，方便居民選購健康食材和物資，及進行運動等。

醫護行者社區營造統籌經理黃偉杰(Jason)說，團隊亦重視與街坊及商戶建立關係，例如在節慶舉辦攤位遊戲，把健康訊息融入社區互動。「一提醫護行者，街坊就想到街站檢查以及諮詢那班人！」Jason說，街坊不僅主動寒暄，還會聊到福利申請等生活議題。

另一方面，香港中文大學臻善評估中心（GIA）於2024年4月提交的報告，也肯定了計劃在建設關懷社區方面，取得顯著成效。報告指出，計劃在光輝圍成功建立信任，強化社區連結、提升健康賦權、改善居民健康狀況，並提高了健康素養，直接促進了關懷社區社會和健康的發展。其中恆常的健康檢查和諮詢街站，及「圍家守護者」是達致成效的關鍵。

「長遠來說，希望項目結束後，光輝圍仍然是健康社區，居民也能夠自主管理健康。」Jason對未來信心十足。





Early Warning for the Body – Tackling Sub-optimal Health

及早注意身體警號，從「醫食住行」著手處理亞健康情況

Many neighbourhood members live with persistent sub-optimal health conditions, such as gastrointestinal discomfort or irregular bowel movements, poor sleep quality, chronic fatigue, and weakened immunity, which may not meet clinical diagnostic criteria but significantly affect their daily well-being.

Health In Action's Sub-optimal Health Management Series is designed to address these challenges. Through two key groups, the "Gastrointestinal (GI) Management Group" and the "Sleep Management Group", participants comprehensively examine their lifestyle across four domains: Medical care, Diet, Living environment, and Physical activity (our holistic "SSPA" framework). This process helps them uncover underlying social determinants affecting their health.

Guided by our Nutritionist and Senior Project Coordinator, Chelsy, group members collaboratively develop effective self-care strategies. Participants gain increased confidence in managing their GI and sleep issues, adopt sustained healthy behaviours, and make good use of community resources. Gradually, they break free from sub-optimal health, moving toward holistic well-being spanning body, mind, and spirit.

Chelsy hopes more neighbourhood members will reclaim control over their health and improve their quality of life through this empowering approach.

社區中不少街坊長期處於亞健康狀態——腸胃不適或排便失調、睡眠質素低下、長期疲倦、免疫力不足，卻未達臨床診斷門檻。醫護行者的「醫食住行」亞健康管理系列，正是為此而設。我們透過兩大主題：「從『腸』計議」腸胃管理小組及「精神『瞓』練員」睡眠管理小組，邀請街坊以「醫、食、住、行」四大範疇全面審視自身生活模式，找出影響健康的社會決定因素，醫護行者營養學家（高級項目統籌）Chelsy與小組組員共同建立行之有效的自我照顧策略。參加者不僅面對腸胃與睡眠問題的信心有提升，更持續實踐健康行為、善用社區資源，逐步走出亞健康困局，邁向身心社靈的整全健康。Chelsy盼望街坊重新掌控自己的健康，提升生活質素。





Gastrointestinal (GI) Management Group 醫食住行之從「腸」計議 (腸胃管理小組)



The "GI Management Group" serves local members who experience chronic bowel problems or gastrointestinal discomfort. Throughout the programme, participants kept daily food diaries, helping them identify foods that might not agree with their digestive systems. This awareness enabled them to adjust their diets accordingly. In addition, participants actively shared personal experiences and collaborated to develop practical action plans.

Many participants noted that bowel issues are often considered a sensitive or difficult topic to discuss. However, sharing common gastrointestinal concerns within the supportive group setting fostered mutual understanding and encouragement. They also gained valuable insights into how emotions and other factors can impact GI health.

Eager to improve their well-being, participants embraced various strategies such as "smart fiber intake" and "GI-friendly breathing and stretching exercises." They enthusiastically shared these approaches with their families and neighbours. Together, the group co-created the "GI-Friendly Community Map of Kwong Fai Circuit" to promote digestive health awareness within the community.

「醫食住行之從『腸』計議」針對長期有排便問題或腸胃不適的街坊會員，通過腸胃管理小組，參加者持續撰寫飲食日記，發現某些食材可能不適合自己，藉此調整飲食習慣，也互相交流生活經驗及一同制定行動計劃。

參加者表示，排便問題一直是難以啟齒的話題，但在小組中分享共通的腸胃困擾，感受到彼此的明白和鼓勵，並了解到情緒及其他因素對腸胃健康的影響。參加者樂於嘗試不同的腸胃健康策略，例如「纖維要識食」和「腸胃友善呼吸法和伸展運動」，他們也願意向家人和街坊分享所學的、試過的、可行的，更在小組中共創了「光輝圍腸胃友善社區地圖」。





Sleep Management Group

醫食住行之精神「瞓」練員 (睡眠管理小組)

To better understand the sub-optimal health status in the Kwong Fai Circuit community, we are grateful for the support of our "Guardians of Kwong Fai Circuit" who helped collect survey questionnaires. The results revealed that approximately 40% of neighbourhood members are in a state of sub-optimal health, with mental health concerns, especially poor sleep quality, being the most prevalent issue.

The Sleep Management Group specifically supports neighbourhood members facing long-term sleep difficulties. Participants meet regularly in local restaurants and parks to explore how the elements of "Self-care, Suitable intake, Practice in where you stay, and Action" (our holistic SSPA framework) relate to improving sleep quality.

By sharing their sleep experiences and lifestyle adjustments within the group, participants collaboratively set personalized sleep improvement goals, such as engaging in daily stretching exercises or mindfulness practices. Many expressed that poor sleep had once been a major challenge, but facing it together with group members helped them feel less isolated. The group also functions as a supportive platform for exchanging health insights and discussing diverse life challenges.

The spirit of mutual support fostered within the group inspires participants to use their own strengths and inclination to help others. Many have begun assisting fellow neighbours in enhancing their sleep quality and have contributed to broader efforts promoting holistic health in the community.





為了解光輝圍一帶社區的亞健康情況，我們感恩有一班「圍家守護者」協助收集問卷。調查結果顯示，大約四成的光輝圍一帶街坊處於亞健康狀態，尤其是精神健康方面，當中以睡眠質素差的情況最為普遍。「醫食住行之精神『瞓』練員」針對長期有睡眠問題的光輝圍一帶街坊，參加者在光輝圍的餐廳和公園聚會，並認識「醫、食、住、行」與睡眠質素的關係。

通過小組中分享睡眠情況及生活改變，參加者一同商議並定立助眠目標，例如每天進行伸展運動或靜觀練習。參加者反映，過去睡眠不佳是一個大問題，但現在發現有小組夥伴共同面對，讓他們不再感到孤單，而且小組也是個平台讓他們交流健康生活經驗及分享生活中的種種困難。

小組中營造的「互助」氛圍，也促使參加者發揮自身強項和「助人」精神，幫助其他街坊改善睡眠質素，甚至協助整全健康的推廣工作。





Driving Healthcare Culture Change: Health In Action Community Pharmacy

推動社會求醫文化改變： 醫護行社區藥房



Government plans to progressively implement the Community Pharmacy Programme by the end of 2026, aiming to establish four to five community pharmacies in every district. Health In Action fully supports this initiative and has been an active pioneer in the field. Since its founding in 2019, Health In Action Community Pharmacy has championed the roles of the “Community Pharmacist” and “Family Pharmacist.” We provide minor ailment consultations, medication management, and affordable, high-quality dispensing services.

Beyond serving the community directly, we share our extensive experience in setting up and operating community pharmacies with academic institutions and fellow practitioners. Our goal is to enhance the public’s capacity for self-managing illnesses while continually innovating to cultivate pharmaceutical professionals as a vital social force dedicated to developing new and responsive services.

Thanks to the generous support from the Fu Tak Iam Foundation, Lee Hysan Foundation, and Kerry Group, we have been able to sustain and expand our services. Moreover, with strong backing from the University of Hong Kong’s Faculty of Medicine, we collaborate closely on advancing a primary healthcare model centered on community pharmacies. We are proud to be the first Teaching Community Pharmacy affiliated with HKU’s Department of Pharmacology & Pharmacy, where frontline practice and academic expertise converge to train the next generation of pharmacy professionals.

政府計劃於 2026 年底分階段全面推行「社區藥房計劃」，於每個地區最少設立五間社區藥房。醫護行者對此深表支持，並早已積極投身其中。作為社區藥房的先行者，「醫護行社區藥房」自 2019 年成立以來，一直倡導「社區藥劑師」與「家庭藥劑師」的概念，提供輕症諮詢、用藥管理和可負擔及優質的配藥服務，同時把開設及營運社區藥房所累積的經驗分享予大學及社區藥房同業，致力提升市民自我疾病管理能力，並透過持續創新，培育藥劑專業的社會力量，着力發展新的服務。





有賴傅德蔭基金、利希慎基金及嘉里集團的慷慨贊助，「醫護行社區藥房」得以持續發展。另一方面，承蒙香港大學醫學院的鼎力支持，攜手發展基層醫療模式的社區藥房之餘，更讓我們成為港大藥理及藥劑學系首間「教學社區藥房」，把前線經驗與專業知識薪火相傳。





Community Pharmacist Pioneer - Relieving Public Healthcare Pressure 社區藥劑師先驅 紓緩公營醫療壓力

Health In Action Community Pharmacy has steadily matured in its operations. Conveniently located within a commercial building, the pharmacy offers a comfortable and spacious environment for visitors. Pharmacists on duty take the time to thoroughly understand each visitor's medication routines, hygiene practices, and overall health status. Based on these assessments, they provide personalized medication advice along with tailored health and disease management services to support the public in managing chronic conditions.

The pharmacy also offers immediate relief for a variety of minor ailments, such as common colds and flu, blood sugar irregularities, pain, nail fungus, and varicose veins, helping people avoid unnecessary visits to clinics or emergency departments.

In the face of economic challenges and rising demand on emergency services, community pharmacies, like ours, effectively bridge the gap between outpatient clinics and emergency rooms. By managing minor conditions early, they prevent escalation into serious illnesses or emergencies, thereby alleviating pressure on the public healthcare system.

Beyond clinical services, the community pharmacy actively promotes health education by regularly hosting talks and workshops. This year's focus on gastrointestinal health addresses a common urban issue. For the first time, a collaborative model between Traditional Chinese Medicine and pharmacy was introduced to jointly analyze spleen deficiency and gastrointestinal syndromes. Additionally, the pharmacy launched the "GI Emergency Pack," offering a comprehensive gastrointestinal care solution at a preferential price to provide timely symptom relief.

For those unable to visit the pharmacy in person, we offer accessible consultations via our website and instant messaging hotline, allowing the public to seek comprehensive health and medication advice anytime. These services aim to empower citizens to take proactive control of their own health.





醫護行社區藥房發展至今，運作愈趨成熟。藥房坐落於商業大廈之內，提供舒適與寬敞環境。當值藥劑師會首先細心了解訪客的用藥習慣、衛生習慣與整體健康狀況等，再作出評估，度身訂製個人化用藥建議，以至提供健康和疾病管理，去協助公眾管理慢性疾病。亦可即時紓緩各種小病小痛，例如傷風感冒、血糖問題、痛症、灰甲與靜脈曲張等，讓公眾毋須因而趕至診所或急症室求診。

可見在經濟低迷和急症室需求急升的雙重壓力下，社區藥房正好填補門診與急症室之間的空隙，防止小病惡化為大病或急症，為公營醫療體系減輕負擔

此外，社區藥房一直推動社區教育，定期舉辦健康講座與工作坊。今年聚焦都市人常見的腸胃不適，首度以中醫及藥劑協作形式，共同剖析脾虛與腸胃症候。社區藥房更推出「腸胃急救包」，讓市民以優惠價格，獲得全面的腸胃保健方案，即時緩解症狀。

即使無法親身到訪藥房，公眾仍可透過網站及即時通訊熱線，隨時向藥劑師查詢，獲取全方位的健康與用藥建議，務求協助市民提高健康自主的意識。





Invited to Join the Jockey Club PHARM+ Community Medication Service Network

獲邀加入 賽馬會藥健同心藥物支援網絡

Years of dedicated effort and practical achievements have been recognized. With sincere gratitude to The Hong Kong Jockey Club Charities Trust for their endorsement, Health In Action Community Pharmacy has been invited to join the Jockey Club PHARM+ Community Medication Service Network. We are now extending the framework and valuable experience accumulated during our pilot phase to community pharmacies across this network.

Yet, Health In Action fully appreciates that providing minor ailment consultations, medication management, and dispensing services represent only a portion of the potential community pharmacies hold. As Dr. Fan Ning, founder of Health In Action, explains: *"As a primary healthcare contact point, how community pharmacies can further expand their role and generate greater possibilities for public health merits in-depth exploration and rigorous, evidence-based social research."*

In this spirit, Health In Action and Health In Action Community Pharmacy remain committed to pioneering more innovative services.

Among these innovations, a key breakthrough is the advancement of pharmacist injection services. Historically, pharmacists in Hong Kong were not permitted to administer injections. With guidance and support from the University of Hong Kong Faculty of Medicine, Health In Action Community Pharmacy has developed a formal certification process for pharmacist injection services, training pharmacists to safely provide injections and thereby extending the pharmaceutical profession's role into preventive medicine.

多年來的自身努力，以及實戰成果獲得認可。感謝香港賽馬會慈善信託基金的肯定，醫護行社區藥房獲邀加入「賽馬會藥健同心藥物支援網絡」，並把我們在試行階段累積的框架及經驗，推廣至網絡內的社區藥房。

然而，醫護行者深明提供輕症諮詢、藥物管理及配藥等，只是社區藥房發揮的部分功能。醫護行者創辦人范寧解釋：「作為基層醫療的接觸點，社區藥房如何為公眾健康，創造更多可能及發展，值得進一步探究，以及作出社會性研究實證。」醫護行者及醫護行社區藥房會致力發掘更多創新服務。





其中一項創新突破，要數推動藥劑師注射服務。香港過去不允許藥劑師進行針藥注射，醫護行社區藥房在香港大學醫學院協助下，制定一套藥劑師注射服務的認證流程，去培訓藥劑師執行注射服務，將藥劑專業角色延伸至預防醫學範疇。





Discovering Innovative Services - Medication Management Services Partnership Scheme

發掘創新服務 藥你同行

Community pharmacists have stepped beyond the confines of traditional pharmacies to launch a pioneering community health initiative: the Medication Management Services Partnership Scheme. This programme enables pharmacists to conduct outreach at community service units, delivering professional medication management services to elderly clients while also supporting the training of pharmacists in partner community pharmacies.

Health In Action Community Pharmacy plays a pivotal role in promoting medication management within the community and advancing the professional development of pharmacists involved in the scheme. As of March 2025, the programme has successfully managed 338 cases.

Elderly individuals often harbor substantial concerns about medication use yet seldom have access to trustworthy assistance channels. Mr. Tsai, the manager of Fook On Tong Neighbourhood Elderly Centre, one of the scheme's participating partners, points out that outreach pharmacists provide timely answers to seniors' medication queries following their medical consultations and significantly improve their health outcomes. He shares a case where an elderly person suffered dizziness due to duplicated medications after a change in diabetes medication formulation; the pharmacist's explanation promptly resolved the issue.

The scheme also benefits other community pharmacy partners by enhancing operational efficiency and elevating professional standards. Catherine, a pharmacist at Lok Sin Tong Community Pharmacy, notes that *"through screening and in-depth analysis of complex cases, our pharmacy operations have become more efficient, and our team's clinical knowledge has improved simultaneously."*

Overall, by integrating outreach services with a network of community pharmacies, the programme has greatly improved medication safety and health management capabilities among participants. It simultaneously fosters pharmacists' professional growth and drives transformation in service delivery models. Positive feedback from involved organizations underscores the community's strong demand for such personalized and professional medication management services.





社區藥劑師亦走出藥房，開展了嶄新而重要的社區健康倡議，推出「藥你同行-社區藥物管理服務夥伴計劃」，讓藥劑師外展至社區服務單位，為長者提供專業藥物管理服務，同時協助培訓夥伴社區藥房的藥劑師。醫護行社區藥房在計劃中，擔任向社區推動藥物管理，以及提升藥劑師專業發展的角色。計劃截至 2025 年 3 月，已完成 338 宗個案。

長者向來對用藥疑慮重重，卻鮮有可靠渠道求助。參與計劃的福安堂耆趣天地負責人蔡先生指出，外展藥劑師不僅能夠即時解答長者覆診後的用藥問題，更能顯著改善長者健康狀況：「有長者因糖尿病藥物劑型改變，重複用藥導致頭暈，經藥劑師解釋後，問題迎刃而解。」

此外，計劃亦有助其他社區藥房夥伴，提升運作效率與專業度。樂善堂社區藥房藥劑師 Catherine 分享，「藉由篩選並深入剖析複雜個案，藥房整體運作更為高效，同事的臨床知識亦同步提升」。

總括而言，整合外展服務與社區藥房網絡後，計劃顯著提升受眾的用藥安全與健康管理能力，同時促進藥劑師專業發展，並推動服務模式轉型。參與機構的正面回饋證明，社區對此類個人化、專業化藥物管理服務需求殷切。





Jockey Club Healthy Neighbourhood Kitchen Socio-Medical Integrated Project - Driving Social Change

賽馬會「三房兩廳開檯食飯」 社醫共生計劃 - 推動社會改變



Subdivided flat living environments in Hong Kong are often harsh and detrimental to residents' health. Despite this, over 200,000 people continue to live in these cramped conditions, facing serious physical and mental health risks. In response, Health In Action committed to engaging these communities by developing the "Healthy Neighbourhood Kitchen", an innovative extended community living space that enables residents to step out of their confined homes and find much-needed respite.

Through empowerment and the mobilization of social capital, the project encourages subdivided flat residents to harness their own strengths to actively improve their health, lifestyle habits, and social connections. This approach fosters neighborly bonds, helping participants regain self-confidence and hope, and collectively move towards greater health equity.

Throughout this year, the project has continued to address the comprehensive health needs of grassroots subdivided flat families and other vulnerable groups via creative community spaces and transdisciplinary teamwork. Centered on the principle of "Empowering People, Co-creating Health," the initiative has demonstrated significant positive outcomes, serving as a model for social and health transformation within disadvantaged urban communities.

劏房環境惡劣，危害健康。然而因着種種原因，香港仍多達二十多萬人居於其中，面臨嚴重的身心健康威脅。醫護行者決意走進劏房社群，發展「三房兩廳」的社區延展生活空間，讓劏房居民走出狹小的蝸居，得以喘息。同時透過培力及連接社會資本支援，鼓勵劏房居民轉化自身的力量，去積極改善健康、生活習慣和社交狀況。鄰里之間從而互相連結，重拾對人生的自信和盼望，朝着健康公平之路進發。

本年度，「賽馬會開檯食飯三房兩廳社醫共生計劃」以創新社區空間和跨專業協作，持續回應基層劏房家庭及弱勢群體對全面健康的渴求。計劃以「培力於人，共創健康」為核心，成果斐然。





Jockey Club Healthy Neighbourhood Kitchen Programme Three-Year Outcomes:

賽馬會「三房兩廳開檯食飯」社醫共生計劃三年期間：

- Served over 2,084 residents living in subdivided flats across Central, Western, and Southern Districts
 - Trained more than 558 subdivided flat residents to become neighbourhood volunteers
 - Delivered 78 transdisciplinary socio-medical professional training sessions
 - Organized 49 industry sharing and exchange sessions
 - Facilitated 51,695 uses of centre facilities
 - Achieved over 99,257 community impacts
-
- 服務超過 2084名中、西、南區劏房住戶。
 - 培訓超過558名劏房住戶成為鄰里義工。
 - 78次跨社醫專業培訓。
 - 49次業界分享會。
 - 使用51695次中心設備
 - 對社區產生超過 99,257次影響。





Evaluation Results from the Good Impact Assessment (GIA)

Significant Improvement in Health Literacy and Self-Management among Subdivided Flat Residents

Over 97.9% of surveyed residents reported increased awareness of maintaining their physical and mental health through the programme. Additionally, 94.1% gained more knowledge about health and community resources, and 94.6% developed greater confidence in self-care.

Marked Enhancement in Social Networks and Community Participation

90.8% of respondents felt their social support networks had grown stronger, while 87% experienced a significant reduction in feelings of loneliness. Furthermore, 89.1% actively utilized community facilities, and 70% participated in multiple community projects, collectively strengthening community cohesion at a rapid pace.

Improvements in Both Physical and Mental Health

Among participants, 86.6% maintained or improved their physical health, and 88.2% reported better mental health. A notable 91.6% acknowledged improved dietary habits and self-care practices, while 95.1% felt that accessing needed support had become easier, reflecting progress toward holistic health goals.

Comprehensive Benefits for Children and Families

94.3% of children demonstrated a more positive and proactive attitude toward life, and 91.4% formed new friendships. All children (100%) maintained or improved their physical health. Parents also experienced increased confidence and capability in parenting, alongside strengthened family and school support systems.

Professional Growth of Socio-Medical Interdisciplinary Teams and Volunteers

All (100%) interdisciplinary team members self-assessed improvements in professional skills, cross-sector collaboration, and commitment to serving vulnerable groups. Among volunteers, 92% reported significantly enhanced social participation and teamwork abilities, contributing to deeper service quality and greater societal impact.

Evidence-Based Validation of Effectiveness

The report highlights that social capital, well-being, and health are closely linked, with higher participation frequency correlating to significant gains in health, happiness, and self-confidence.





臻善評估中心（GIA）最新計劃成效評估中顯示：

劏房住戶健康素養與自主能力大幅提升

逾97.9%受訪住戶認為計劃提升了自身維護身心健康的意識，94.1%增加健康與資源知識，94.6%建立對自我健康照顧的信心。

社交網絡及社區參與顯著增強

90.8%受訪住戶自覺社交支援網絡日益壯大，87%感到孤獨感明顯減少，89.1%主動善用社區設施，更有七成用戶跨項目參與社區活動，社區凝聚力急速提升。

生理與心理健康雙雙改善

受訪住戶中86.6%身體狀況維持或改善，88.2%心理健康轉佳，91.6%認為飲食與照顧方式優化，95.1%認同能更容易獲得所需支援，體現全人健康目標。

兒童及家庭發展全面受惠

94.3%兒童對生活態度更積極正面，91.4%建立新友誼，100%維持或改善身體健康。家長育兒信心與能力提升，家庭和家校支持同步壯大。

社、醫跨專業團隊及義工專業成長

100%跨專業團隊成員自評專業能力、跨域協作與對弱勢服務熱忱提升；義工92%自覺社會參與及合作能力顯著增強，服務質素與社會影響進一步深化。

實證數據證明效能

報告分析指出，社交資本、幸福感與健康密切相關，參與頻率越高，健康、快樂與自信均有顯著提升。





Extending Living Space - Health Empowerment

延展生活空間 健康培力

Yoga instructor Emily briskly climbs the stairs from the community fitness center on the ground floor of the Healthy Neighbourhood Kitchen, pausing at the large windows of the neighbourhood's communal living room on the first floor. Outside, blue hydrangeas, lovingly planted by residents of subdivided flats, sway gracefully in the soft afternoon sunlight. Inside, warm sunlight fills the spacious, airy living room.

"I love how open and well-ventilated this space is. You can really feel the sunlight," Emily smiles. "Living day-to-day in subdivided flats means cramped, dark, and tiny spaces where everyone tends to keep to themselves. Having this shared space where people can breathe, chat, and cook together is such a rare and precious thing. It's really comfortable and uplifting."

This exclusive shared space for subdivided flat residents in the Central and Western District covers around 2,500 square feet over two floors. It houses a fitness center, a communal living room, dining area, and an open kitchen. This vibrant hub serves as the activity center of the Jockey Club Healthy Neighbourhood Kitchen Socio-Medical Symbiosis Project (referred to as "Healthy Neighbourhood Kitchen"). Demonstrating a deep commitment to health equity, Health In Action has partnered with Caritas Hong Kong, whose pioneering concept of "extending living space" underpins this initiative, to jointly operate this center during the earliest phase of the programme.

瑜伽老師 Emily 在「三房兩廳」地下的社區健身房，輕快地走上樓梯，站在一樓鄰里客廳的大窗前。窗外，劏房街坊親手栽種的藍色繡球花在午後陽光下搖曳生姿；窗內，溫暖的陽光灑落在寬敞通風的客廳裡。

「我最喜歡這裏開揚通風，能夠感受日照。」她笑說，「平日住在劏房，又細又暗又侷促，各家自掃門前雪。難得有個共享空間，大家可以透口氣、聊天、下廚，多舒服！」

這個由中西區劏房居民專屬、樓高兩層、合共約 2,500 平方呎的共享空間，同時設有健身房、客廳、飯廳及開放式廚房——正是賽馬會「三房兩廳開檯食飯」社醫共生計劃（下稱「三房兩廳」）的活動中心。醫護行者致力推動健康公平，融合了香港明愛延展生活空間的理念，兩間機構於計劃初期，共同營運三房兩廳。





Innovative Model - Building Mutual Support Networks Among Subdivided Flat Residents

創新模式 建立劏房戶互助網絡

Living in subdivided flats poses serious health risks. The harsh physical environment, combined with the social isolation it fosters, represents key Social Determinants of Health (SDH) that contribute to both physical and mental harm among residents, challenges that are often difficult to overcome. In response, the Healthy Neighbourhood Kitchen project introduced the concept of “socio-medical collaboration,” integrating innovative approaches such as extending living space, health empowerment, and transdisciplinary team intervention to fundamentally address some of these adverse factors. These efforts aim to enhance the overall quality of life and health for subdivided flat residents.

Emily is among those who have benefited from this approach. She recalls her first visit to the Healthy Neighbourhood Kitchen during the COVID-19 pandemic and was pleasantly surprised to find a community pharmacy in the centre, a vital “community safety net.” The community pharmacist effectively dispensed medication based on symptoms to treat common ailments like colds and flu and provided education on self-care techniques for skin conditions such as eczema. *“For us, this meant affordable medical support and learning to manage minor illnesses ourselves, greatly improving our self-care skills.”* Remarkably, throughout the three years of the pandemic, Emily never needed to visit a doctor.

With her outgoing and sociable nature, Emily quickly forged deep friendships with over fifty fellow subdivided flat residents at the Healthy Neighbourhood Kitchen. From these connections, a mutual support network naturally blossomed, breaking down the isolation and helplessness that once defined their lives. The shared community space itself functions as an extended living area, lovingly maintained by residents. Filled with vibrant greenery and a strong sense of belonging, it truly serves as a “home away from home”, welcoming neighbours to chat, play games, relax, use computers, or exercise together.

劏房危害健康。劏房的惡劣環境與引致人際疏離的關係皆屬「影響健康的社會因素」（SDH），最終令劏房居民身心受損，情況難以改善。「三房兩廳」遂引入「社醫共生」概念，配合「延展生活空間」、「健康培力」（Health Empowerment）及「貫專業團隊介入」（Trans-disciplinary Team Intervention）等創新模式，從根本上改變劏房居民面對的部分不利因素，去達致較佳的生活與健康品質。Emily 正是受惠者之一。





她回想初次踏入「三房兩廳」，正值新冠疫情，發現中心竟設有社區藥房，形同一張「社區安全網」。社區藥劑師按病徵配藥，處理傷風感冒綽綽有餘，並教授濕疹等皮膚問題的自我護理方法。

「對我們來說，成本好低就有醫療支援，還學懂自己處理小病，提升了自我照顧能力。」疫情三年，她因此一次醫生也沒看過。

性格外向又健談的 Emily，很快在三房兩廳，與其他劏房街坊建立深厚情誼，認識了五十多位新朋友，互助網絡應運而生，打破了過往的孤立與無助。而且共享空間儼如延展了的生活空間，由劏房住戶共同打理，綠意盎然，充滿歸屬感，更成為「家外之家」，歡迎聊天、玩遊戲、放空、用電腦甚至做運動。





From Service Recipient to Helper - Teaching Yoga 由受助者轉化為助人者 教授瑜伽

What she enjoys most is "sharing meals" with neighbourhood members: *"Everyone cooks home-style dishes together, exchanging information about where to buy vegetables cheaply and which restaurant offers the best value for two-dish rice meals. Neighbourhood members know I'm single and often bring me soup and meals, showing such caring concern. I used to feel isolated and helpless living in subdivided flats, but now I know I'm not alone."*

The community fitness center on the ground floor is equipped with dumbbells, exercise bikes, and other fitness equipment, and offers a variety of exercise classes to encourage residents living in subdivided flats to improve their physical health. This space also became Emily's stage to showcase her talents, transforming from a service recipient to a helper, she took on the role of a yoga instructor at the Healthy Neighbourhood Kitchen. She designs stretching exercises tailored to address neighbourhood members' pain issues and shares healthy eating tips, such as incorporating extra virgin olive oil into meals.

Teaching at a non-profit for the first time, Emily's students affectionately call her "Teacher Emily." Through this mutual learning and teaching experience, her confidence grows every day: *"In the second half of my life, I want to help people achieve physical and mental well-being. Being able to help my neighbours become healthier feels deeply meaningful."*

她最享受與街坊「開檯食飯」：「大家一起煮家鄉菜，交流哪裏買菜便宜、哪家兩餸飯最抵。街坊知道我單身，經常送湯送飯，關心備至。以前覺得住劏房孤立無援，現在知道自己並不孤單。」

地下的社區健身房配備啞鈴、健身單車等健體器械，並開辦各式運動班，鼓勵劏房居民強身健體。這裡也成了 Emily 發揮所長的舞台——由受助者轉化為助人者，她成為「三房兩廳」瑜伽導師，針對街坊痛症設計伸展動作，並分享健康飲食心得，例如以初榨橄欖油入饌等。第一次在非牟利機構授課，學生親切地稱她「愛美麗老師」。教學相長，她的自信與日俱增：「人生下半場想幫人身心健康。現在能幫街坊健康一點，很有意義。」





Enhanced Health Awareness - No Longer Alone 提升健康意識 不再孤單

For Emily, the transdisciplinary team at the Healthy Neighbourhood Kitchen, comprising social workers, nurses, nutritionists, physiotherapists, pharmacists, and others, feels both familiar and welcoming. She deeply appreciates the team's passion for promoting health and their genuine care for residents living in subdivided flats. Thanks to their support, her health awareness has greatly improved. She has even taken on an active role, assisting with blood pressure monitoring and blood sugar testing within the community.

Emily shares, *"The connections and support among neighbourhood members bring hope to life."* Visiting the Healthy Neighbourhood Kitchen four to five times a week has become a regular part of her routine, and she diligently applies the health knowledge she has gained in her daily life.

At present, Caritas Hong Kong fully operates the Healthy Neighbourhood Kitchen. Meanwhile, Health In Action remains committed to sharing and transferring its experience in planning, operating, and implementing this programme with various professionals and stakeholders. The government has proactively drawn on the Healthy Neighbourhood Kitchen's service model to develop similar "Community Living Rooms" across different districts.

Looking ahead, Health In Action will continue partnering with subdivided flat service units throughout various districts to drive social change and further enhance the physical and mental health and well-being of subdivided flat residents.

對 Emily 而言，「三房兩廳」的貫專業團隊，包括社工、護士、營養學家、物理治療師、藥劑師等，既熟悉又親切，感受到團隊對於推動健康的熱誠，關懷劏房街坊的熱心。她的健康意識大為提升，還主動協助量血壓、測血糖。「街坊間的連結與支持，帶來生活的希望。」她每周到訪三房兩廳四、五次，早已成為生活日常，並把健康知識落實在生活細節中

目前，「三房兩廳」由香港明愛全權營運。另一方面，醫護行者致力把策劃、營運及實踐「三房兩廳」的經驗，與不同專業及持份者分享、轉移，以至於政府主動參考三房兩廳的服務模式，發展出各區的「社區客廳」。未來醫護行者會繼續與各區劏房服務單位攜手推動社會改變，提升劏房居民的身心健康與幸福感。





Significant Impact of Healthy Neighbourhood Kitchen on Hong Kong's Primary Healthcare Development

三房兩廳對香港基層醫療發展的重要影響

The Healthy Neighbourhood Kitchen project has had profound and far-reaching impacts on the advancement of primary healthcare in Hong Kong. By establishing an innovative socio-medical integration model, the programme extends community space through the Healthy Neighbourhood Kitchen to integrate primary healthcare services with social support.

Using the community as a foundational platform, the model engages individuals, families, and the broader resident network, successfully attracting focused attention and endorsement from policy makers. It has become a reference blueprint for primary healthcare policy initiatives such as the government's "Community Living Rooms." The success of this model demonstrates that the socio-medical integration approach can be replicated and scaled across different districts, further expanding grassroots health support networks.

Simultaneously, the programme effectively addresses critical gaps faced by grassroots households in terms of living space, access to health information, and social capital. Through this multi-level support, it powerfully mitigates social health disparities. By promoting the principle that "prevention is better than cure" alongside autonomous health management, the programme encourages citizens to actively take charge of their health, thereby alleviating long-term pressures on the public healthcare system and offering substantive responses to health inequity.

In fostering transdisciplinary collaboration, the programme has innovatively formed teams that span social welfare and medical sectors, encompassing healthcare professionals, social workers, pharmacists, nutritionists, nurses, and community volunteers. By breaking down traditional professional silos, the initiative enhances the quality of people-centered, holistic grassroots services. This experience nurtures a new generation of primary healthcare professionals with broader interdisciplinary perspectives, setting new standards for the healthcare industry.

Furthermore, the team places strong emphasis on resident participation and health co-learning, promoting a bottom-up, community-led health network. This approach empowers volunteers, families, and neighbours to engage in mutual support, fostering a sense of communal ownership and integration within society. It aspires to serve as a pioneering model of healthcare collaboration and a beacon for sustainable development in local primary healthcare and social health partnerships.





Finally, the programme's measurable and monitorable action framework has become a crucial reference for the implementation of policies such as "Community Living Rooms." It provides government and stakeholders with clear indicators for performance evaluation, enabling ongoing collaboration across societal sectors and primary healthcare. This foundation supports continuous exploration of scalable, equitable pathways toward future community health.

本計劃在推動香港基層醫療發展上產生了多方面的深遠影響。計劃建立了社醫共生社區模式，透過「三房兩廳」延展社區空間，把基層醫療服務和社會支援結合起來，以社區為平台，從個人至家庭、再延展至整個居民網絡，成功推動政策部門重點關注及肯定，並成為「社區客廳」等基層醫療政策方案的參考藍本。這種模式的成功證明，社醫共生模式可以在不同地區複製推廣，進一步擴大基層健康支援網絡。

同時，計劃有效針對基層住戶在生活空間、健康資訊和社交資本上的不足，加強多層面支援，有力彌補社會健康落差問題。推動「預防重於治療」及健康自主管理的理念，不僅讓市民主動關心自身健康，更可減輕公營醫療體系的長遠壓力，針對健康不公平現象給予具體回應。

跨專業協作方面，計劃創新地建立跨社福、醫療界（transdisciplinary）團隊，涵蓋醫療、社工、藥劑、營養、護理及社區義工等，打破傳統專業界限，提升以人為本、全方位照顧的基層服務質素，此經驗為業界培育出更具多元視野的新一代基層健康專才，引領行業標準。

此外，團隊重視居民的參與和健康共學，推動由下而上、以社區主導為本的健康網絡建設，令義工、家庭與鄰舍互助成為社會，望能成為醫療協作的典範，展現本地基層醫療與社會健康協作的可持續發展新方向。

最後，這套可量度與可監察的行動經驗，已成為「社區客廳」等政策落地的重要參考，為政府和業界提供明確的效能評估模式，推動社會各界與基層醫療的協同，持續探索更具擴展性和公平性的未來健康路向。





Community Care Vouchers" Community Support Programme - Responding to Economic Challenges, Safeguarding Health Equity

「撐住『里』社區同行支援計劃」 - 回應經濟環境 守護健康公平



Amid the easing of anti-epidemic measures and a rise in outbound spending by Hong Kong residents, the local economy has faced significant setbacks. Low-income families and small community shops have been among the hardest hit. Economic pressure stands as a critical Social Determinant of Health (SDH), where unstable incomes place vulnerable groups at greater risk of limited access to health resources.

In times of economic downturn, timely support for low-income families and small shops becomes essential to uphold health equity. With generous funding from a local charitable foundation, Health In Action launched the "Community Care Vouchers" (CCV) Community Support Programme. This initiative issues community consumption vouchers to assist working poor and unemployed families in the Kwai Tsing District in purchasing essential daily necessities.

Simultaneously, the programme boosts the income of 22 participating small shops within the district, thereby invigorating the local economy and reinforcing mutual aid among community members.

在防疫措施放寬、港人外出消費比例上升的情況下，本港經濟受到沉重打擊；低收入家庭與社區小店首當其衝。經濟壓力是影響健康的社會決定健康因素（SDH）之一，收入不穩令弱勢群體在獲取健康資源時面臨更大挑戰。

經濟低迷之際，低收入家庭與小店更需及時支援，以追求健康公平。醫護行者獲本地慈善基金會資助，推出「撐住『里』社區同行支援計劃」（Community Care Vouchers, CCV），透過發出「社區消費券」，支援葵青區在職低收入或失業家庭購買生活必需品，同時為區內22間參與計劃的小店增加收入，帶動社區經濟及強化社區互助。





Distributing Vouchers - Implementing Health Tasks 派發消費券 實踐健康任務

The programme has introduced a “health task” mechanism, requiring beneficiary families to complete activities such as parent-child ball games, hiking, or attending health, exercise, and cooking classes organized by Health In Action in order to continue receiving support. This initiative encourages families, especially those of workers with longer hours like security guards and cleaners, to carve out quality time for exercise together and truly appreciate the importance of health.

To date, the programme has supported approximately 200 families, reaching a total of 1,140 neighbourhood members. Carina, Health In Action’s Community Engagement Officer, reflected that many neighbourhood members expressed how the programme significantly eased their economic burdens over the course of the year.

Alongside economic relief, positive shifts in health awareness and health equity have been evident within the community. Some residents utilized the vouchers to purchase healthy ingredients they had previously avoided due to cost. Others cultivated regular exercise habits through organised hiking activities. Notably, female participants in stretching classes found relief from pain, which motivated them to stretch daily, teach family and friends, and remain actively engaged in Health In Action’s programmes.

This initiative not only addresses immediate financial challenges but also sows the seeds of health equity and mutual support throughout the community. It promotes a holistic view of health, one that extends beyond medical services to become a natural part of everyday life.

計劃更設立「健康任務」機制：受惠家庭須完成如親子打球、行山，或參加由醫護行者舉辦的健康、運動、烹飪等班組活動，方可續領資助。此舉鼓勵因保安、清潔等工作時間較長的工友家庭，騰出時間與家人運動，親身體會健康的重要。



計劃惠及約200個家庭、共1,140名街坊。醫護行者社區參與主任 Carina 回顧時表示，不少街坊反映，計劃有效減輕了他們一整年的經濟壓力。





在健康意識與健康公平層面，街坊同樣出現可喜轉變：有街坊利用消費券購買過往因價格卻步的健康食材；有街坊透過行山活動培養了恆常運動習慣；更有女街坊因參與伸展班紓緩痛症，進而主動每天拉筋，甚至教導身邊親友，更持續參與醫護行者活動。計劃不僅緩解街坊經濟困境，更在社區播下健康公平與互助的種子，提倡健康不僅限於醫療服務，而是融入日常生活的各個層面。





Primary Healthcare Innovation: Social Prescribing 基層醫療的創新：社會處方

Pathways to Health Beyond Medical Diagnosis and Treatment

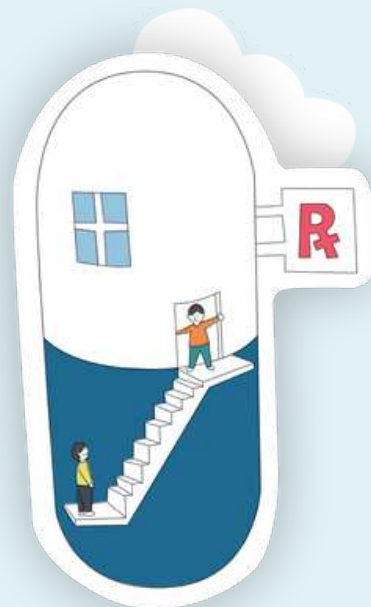
靠醫生診斷治療以外，實踐健康的路徑

Achieving universal health cannot rely solely on medical diagnosis and pharmaceutical prescriptions, this is especially true as Hong Kong faces a rapidly aging population alongside limited public finances and healthcare workforce. Without embracing diverse approaches, the public healthcare system will inevitably become overwhelmed.

Individual health is influenced not only by biological factors but also by lifestyle habits, social environments, and personal experiences. For instance, loneliness has been scientifically shown to damage health, yet it remains untreatable by conventional medical interventions.

In response to these challenges, Social Prescribing has emerged globally as an innovative care model. Here, doctors, healthcare professionals, and even non-medical personnel recommend community resources matched to individual health status and needs. They may also co-create personalized, achievable health management plans. This holistic approach fosters new ways of supporting people's well-being beyond the clinic.

As one of Hong Kong's earliest nonprofit adopters of Social Prescribing, Health In Action has tailored culturally and socioeconomically sensitive models to meet the unique needs of working poor families, low-income households, and ethnic minorities. By collaborating directly with neighbourhood members, we dismantle barriers that obstruct health journeys.





According to the World Health Organization's Social Prescribing Toolkit, Social Prescribing creates structured pathways linking healthcare systems with non-medical community resources and participation. This connection ensures underlying social and behavioral determinants of health are addressed. Consequently, those who are healthy can better prevent illness, while individuals with existing health issues can stabilize their condition and maintain quality of life.

要全民健康，是無法單靠醫生診斷及處方治療藥物，尤其香港正人口正急劇老化，公共財政及醫護人員供應有限，不謀求多元進路，本地公營醫療系統會遲早超出負荷。同時，個人健康也受到生活習慣、環境或個人經歷的影響，例如「孤獨」已被證實會損害健康，但醫生卻無法醫治「孤獨」。於是近年來，「社會處方」(Social Prescribing) 在全球蔚然興起，由醫生、醫護人員或非醫護人員，按照個人的健康狀況及需求，推薦有助促進當事人健康的資源，甚至共同擬定對方力有可及的健康管理計劃，從而開創出新的照護模式。作為本港最早引進「社會處方」的非牟利機構之一，醫護行者更按本地在職低收入家庭、貧窮住戶，及少數族裔的需要，設計獨有模式，與街坊並肩拆除健康路上的種種障礙。

根據世衛《社會處方工具》的定義，「社會處方」是指在醫療體系與非醫療服務資源及社區參與之間，建立連結的路徑(Pathway)，讓影響健康的潛在因素得到關注。於是健康的人能夠預防疾病，而身體狀況已有變化者，仍能穩定健康狀況及保持一定的生活與健康品質。





Co-creating Personalized Prescriptions - Making Good Use of Community Resources

共同制定個人化處方 善用社區資源

From a comprehensive "health" perspective, the wide array of non-medical resources available within the community can be viewed as diverse "prescriptions." Health In Action advances the practice of Social Prescribing by adopting a holistic health approach, partnering with neighbourhood members to systematically assess the Social Determinants of Health (SDH) impacting their well-being, including social, economic, environmental, and family factors. Together, they identify meaningful entry points to address these determinants and tailor personalized prescriptions that leverage community assets effectively, aiming to improve and promote the health of each individual served.

換言之，由「健康」視角出發，社區內形形色色的非醫療資源，就像不同的藥方。醫護行者在實踐「社會處方」時更進一步，從全人健康角度出發，與街坊一同盤點影響健康的「社會健康決定因素」(SDH)，如社會、經濟、環境及家庭關係等，再找出可改善及推進服務對象健康的切入點。





Depressed Woman Who Lost Her Mother - Four-Pronged Approach to Regaining Hope 喪母抑鬱女性 四管齊下重拾希望

Over the past year, Bowie, a Senior Community Nurse at Health In Action who adeptly applies Social Prescribing, has managed numerous cases. She once worked with a middle-aged woman who fell into depression following her mother's death and was also living with mild forms of the "three highs" high blood pressure, high blood sugar, and high cholesterol. Although her doctors determined that her chronic conditions were not severe enough to warrant medication yet, she experienced various discomforts, with "trigger finger" causing her particular distress and leading to a sense of near despair.

At that critical juncture, Bowie collaborated closely with a social worker to gain a full understanding of the woman's circumstances. She emphasized, "It is crucial at this stage to encourage individuals to believe in their ability to change their situation, and to discover their strengths and inner resources to support themselves."

Bowie discovered that the woman had a passion for dancing and that her family regularly attended church. Together, they designed a personalized Social Prescribing plan built around these interests. First, she was referred to join dance classes, integrating physical activity into her routine, which revitalized her motivation and contributed to managing her three highs. Additionally, Bowie suggested she attend church with her sister as a source of spiritual support and renewed purpose.

To address her depression, Bowie referred her to The Comfort Care Concern Group for grief counseling to help her process the loss of her mother. For her troubling trigger finger, she arranged for physiotherapy follow-up.

Following the implementation of these four coordinated interventions, the woman noticeably regained energy and hope, stabilized her mood, and experienced improvement in her three chronic health conditions.

過去一年，善用社會處方的醫護行者高級社區護士 Bowie，處理過不少個案。她曾遇上一名中年女士。對方因母親離世陷入抑鬱，同時患有「三高」。醫生評估三高病情尚輕，暫無需用藥，但她已出現多種不適，尤以「彈弓指」最困擾，對人生幾近絕望。





當時，Bowie 先聯同社工了解女士狀況，「這時鼓勵街坊相信自己有能力改變現狀，並發掘自我優勢和內在資源，去幫返自己，是十分重要的。」

Bowie 發現女士熱愛跳舞，家人亦有上教會的習慣，遂與她共同擬定以此為基礎的社會處方。首先依興趣轉介參加舞蹈班，把運動融入生活，既重拾動力亦有助控制三高。此外，亦建議她與姐姐一起上教會，尋找前行的信念，得到精神支持。

針對抑鬱，Bowie 轉介她至臚明會接受哀傷輔導，處理喪母帶來的情緒。至於彈弓指，則為她轉介至物理治療師跟進。執行各種處方後，女士明顯重拾動力與希望，情緒趨穩，三高亦有改善。





Person-Centered Approach - Exploring Arts and Other Therapeutic Resources

以人為本 發掘藝術等治療資源



This case exemplifies Health In Action's commitment to a person-centered philosophy in Social Prescribing: harnessing the strengths and resources inherent both within the community and among service recipients, accompanying them on their health journey. As a Senior Community Nurse, Bowie is acutely aware of the limitations of traditional medical prescriptions, which often emphasize pharmacological treatments. By integrating her professional healthcare expertise with rich community resources, she implements Social Prescribing in a way that produces synergistic benefits.

Bowie firmly believes that medical prescriptions and social prescribing are not mutually exclusive nor substitutes for one another. Instead, they coexist, offering individuals a broader spectrum of choices and empowering them with greater confidence in managing their own health.

Recognizing that Social Prescribing embraces diverse modalities beyond merely matching individuals to appropriate services, Bowie actively explores and researches various non-medical therapeutic resources suitable for inclusion in personalized prescriptions. In recent years, she has pursued a Master's degree in Expressive Arts Therapy at the University of Hong Kong, grounded in the conviction that arts activities, such as painting, music, dance, and drama, serve as powerful mediums to reveal and address the physical, mental, and social needs of service users. This approach helps ensure Social Prescribing remains closely attuned to the lived realities of individuals.

Indeed, in countries like the United Kingdom, Ireland, and the Netherlands, creative arts therapies have long been integrated into Social Prescribing programs. Research consistently indicates that engaging in these artistic modalities leads to improvements in participants' psychological and social well-being, including significant reductions in stress, anxiety, and depression.

此案例正好體現醫護行者「以人為本」的社會處方精神：善用社區與服務對象本身擁有的資源，彼此同行。作為高級社區護士的 Bowie 深知傳統醫療處方偏重用藥的侷限，當她結合專業醫護知識與社區資源，實行「社會處方」時，效果相得益彰。她深信：「醫療處方與社會處方並非互相排斥或取代，而是兩者共存，為大眾提供更多選擇，亦讓他們更有信心管理自己的健康。」

Bowie 深知「社會處方」的形式多元化，除了為服務對象配對適切的處方，也積極尋找及研究各種可納入處方的非醫療資源。近年她修讀香港大學表達藝術治療碩士課程，相信藝術活動可以化為媒介，讓我們了解服務對象身、心、社的需要，使得社會處方接近使用者的實況。其實，在英國、愛爾蘭及荷蘭等地，繪畫、音樂、舞蹈、戲劇等藝術作媒介，早已列入社會處方的方案。有研究指出，參與者的心理及社交健康普遍有所改善，減輕壓力、焦慮和抑鬱。





Utilizing Individual Strengths - Achieving Mutual Benefits 善用個體優勢 成就彼此受惠

“Utilizing individual strengths” is a core principle of Health In Action’s Social Prescribing approach, strongly reflected in our emphasis on empowerment (enabling). A valued member, Mr. Lu, retired after more than thirty years working at Kao Corporation and now volunteers as a gardener at the Kwai Tsing Community Health Management Hub. Leveraging his extensive gardening expertise, he proactively tends to the center’s plants and enthusiastically shares practical skills such as soil changing, fertilizing, and pruning with other neighbourhood members, finding joy and purpose in this engagement.

“At first, when I saw the plants leaning this way and that, I wanted to care for them properly so they could thrive. A patch of greenery brings comfort and tranquility to the center, naturally lifting everyone’s spirits,” Mr. Lu explains. He stresses that gardening requires love and a form of “communication” with the plants. Thanks to his careful nurturing, spider plants, sago palms, Indian rubber trees, and golden pothos now flourish, filling the Kwai Tsing Community Health Management Hub with a refreshing natural atmosphere.

Senior Community Nurse Bowie highlights how Mr. Lu has transformed his gardening talents into meaningful action, not only greening the environment and benefiting other members, but also supplementing staff capabilities in horticulture. This perfectly exemplifies the power of empowerment: a process where one’s own growth brings benefits to others as well.

Bowie’s work also reflects a distinctive feature of Health In Action’s Social Prescribing: although we currently do not have dedicated Link Workers as seen in UK or Singaporean models, our transdisciplinary socio-medical team members serve dual roles, as both prescribers and connectors. They collaborate closely with neighbourhood members to co-create personalized, realistic health prescriptions. This collaborative, empowering approach underpins the unique identity of Health In Action’s Social Prescribing.

此外，「善用個體優勢」是醫護行者社會處方的核心概念之一，也體現在「培力」（enabling）上。會員陸生退休前在花王任職逾三十年，現於葵家社康匯擔任園藝義工。憑藉豐富的園藝知識，他主動照顧中心植物，並向其他街坊傳授換泥、施肥、修剪技巧，樂在其中。





「一開始見到植物東歪西倒，就想好好照顧，讓它們茁壯成長。一片翠綠可為中心帶來舒適、平和的環境，街坊自然心情愉快。」陸生強調，種植要有愛心、要跟植物「溝通」。在他的巧手下，吊蘭、鐵樹、印度橡樹與黃金葛盡展生機，令葵家社康匯洋溢自然氣息。

Bowie 指出，陸生把園藝才能化為行動，既綠化環境、惠及其他會員，也補足職員在園藝方面的不足，正好展現「培力」的力量——自己受益，旁人亦受惠。

Bowie的工作，反映雖然醫護行者現時未有類似英國或新加坡推行「社會處方」的連繫員(Link Worker)，不過我們社醫跨專業同事團隊，既是處方者，也兼任連繫工作，與街坊共同制定能力可及的個人化處方，這正是醫護行者社會處方的鮮明特色。





Organizational Health Development and Continuous Innovation

機構健康發展，持續創新





Consolidating Foundations - From Self-Cultivation to Knowledge Legacy

鞏固基礎 由修身到知識承傳之路

Health In Action has long upheld the mission of promoting health equity, encouraging the public to actively manage their personal health. Equally important is the organization's commitment to its own "health management", strengthening internal resilience and capability to ensure sustainable impact. With generous support from the ZeShan Foundation, we have made significant strides in consolidating our foundations across three critical pillars: Internal Management, Finance, and Knowledge Integration. This robust infrastructure ensures that our rich experience accumulates into a lasting legacy, empowering us to respond adeptly to evolving social challenges and the dynamic landscape of primary healthcare.

At the forefront is Internal Management, where the concept of "self-cultivation" forms the cornerstone. We believe that organizational health begins with each member's personal alignment to the institution's core values and operational ethos. Our Executive Director, Ms. Macy Chui, emphasizes: *"Self-cultivation is not a hollow slogan; it is about embodying our shared values and principles in every action. We prepare staff to fully integrate into our transdisciplinary teams, fostering mutual understanding and seamless collaboration."*

This cultivation process involves continuous professional development, reflective practice, and an inclusive culture that respects diversity and encourages innovation. It nurtures a workforce that is not only skilled but deeply connected to the institution's mission, ensuring that every action taken advances health equity in meaningful and sustainable ways.

In parallel, reinforcing Financial Management underpins our organizational stability. Through prudent stewardship and transparent processes, we secure resources that fuel innovation, expand services, and maintain quality across programmes.

Meanwhile, Knowledge Integration compiles our collective experiences into accessible frameworks, training modules, and evaluation tools, allowing best practices to be shared internally and externally. This encourages evidence-based approaches while fostering a learning organization that continuously adapts and evolves.

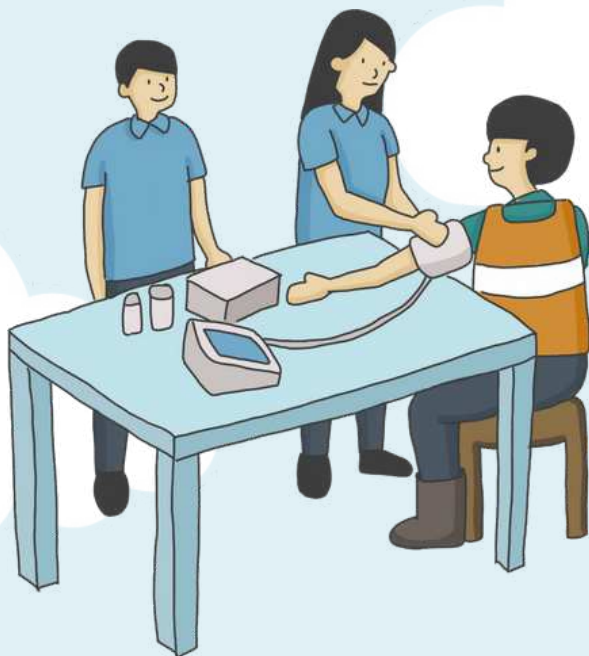




Together, these pillars build a solid foundation, one that supports ongoing innovation and expansion, enabling Health In Action to lead with excellence and integrity in the complex field of community health.

醫護行者一直以促進健康公平為使命，鼓勵公眾主動管理個人健康，同時也十分重視自身的「健康管理」，透過能力建設（Capacity Building）為機構的長遠發展打好根基。感謝擇善基金會的支持，協助醫護行者鞏固基礎建設，包括「內部管理」、「財務」和「知識整合」三大支柱，務求讓多年累積的經驗得以傳承，並持續回應新興社會問題及基層醫療挑戰。

首先，在「內部管理」方面，醫護行者把「修身」視為首要工作，確保每位員工對機構的核心價值和運作模式，有共同且深入的理解。醫護行者執行總監徐美儀解釋：「所謂修身，並非停留在口號，而是讓員工與機構核心價值一致，並落實於行動。我們會裝備員工，去融入跨專業團隊。」





Internal Knowledge Base - Aligning Staff with Organizational Philosophy 內部知識庫 助員工與機構理念接軌

To strengthen alignment between staff and the organization's mission, Health In Action has developed a detailed internal Knowledge Base to facilitate seamless internal knowledge sharing. This Knowledge Base serves a dual purpose.

On one hand, it articulates core organizational concepts, including health equity and primary healthcare development, and incorporates team management tools designed to onboard new employees efficiently, helping them quickly grasp the organization's culture and values.

On the other hand, it consolidates frequently used health knowledge and practical tools, covering topics such as common minor ailments, health management strategies, service design principles, and techniques for fostering healthy community development, enabling staff to apply these resources flexibly in their daily work.

In addition, Health In Action has revamped its management structure by introducing a middle leadership layer between senior management and frontline staff. These middle-level leaders each oversee small teams of eight to nine members, supporting project planning and implementation.

The organization invests in their development through targeted management workshops, equipping them with strong leadership capabilities to ensure that the organization's service philosophy is effectively embedded and sustained at every level.

為此，機構建立了一套內容詳盡的內部「知識庫」，實行內部知識共享。知識庫一方面闡釋機構理念，如健康公平、基層醫療發展等，並提供團隊管理工具去培訓新員工迅速了解機構文化。另一方面整合常用健康知識與工具，例如各類「小病小痛」、健康管理資訊、服務設計及健康社區營造技巧等等，方便同事在日常工作中靈活運用。

此外，醫護行者亦重整管理架構，在高層與前線人員之間增設中層領袖，成為團隊領導。每人帶領八至九人的小隊，協助規劃和執行不同的項目。機構並透過管理工作坊培養他們的領導能力，確保服務理念在不同層面落地生根。





Establishing Financial Reserves - Funding New Projects 建立財政儲備 資助新項目

Establishing Financial Reserves - Funding New Projects

The second pillar of Capacity Building is Finance. Traditionally, many non-profit organizations depend heavily on external funding to design and deliver services that address social needs. However, when it comes to launching innovative projects, securing timely external funds can be challenging. To address this, Health In Action has proactively established internal financial reserves dedicated to providing steady and reliable resources for forward-looking services.

For instance, the organization has set up a dedicated development fund specifically for the Health In Action Community Pharmacy. This fund allows the hiring of specialized personnel to spearhead new initiatives without overburdening existing staff who already have their primary duties. By doing so, Health In Action can swiftly and flexibly adapt to evolving social demands while maintaining financial prudence and sustainability.

Knowledge Integration

The third pillar focuses on Knowledge Integration. Beyond the internal Knowledge Base mentioned earlier, Health In Action systematically compiles and organizes critical elements of each project, including its developmental context, design principles, implementation methodologies, and data, into structured knowledge assets. These assets serve as valuable resources that are both replicable and adaptable for future projects and stakeholders.

Anthony Lai, Head of Strategic Communications and Talent Development at Health In Action, emphasizes the importance of this approach:

"We deeply value the accumulation of knowledge and experience, much like our predecessors built bridges and paved roads, to ensure that this intellectual capital is passed on effectively to new employees, enabling them to carry forward our mission with confidence and insight."





第二個能力建設支柱是「財務」。傳統非牟利機構往往依賴外部資助，去設計服務回應社會需要，但一旦要開展創新項目，未必能夠迅速獲得外部資金支持。醫護行者因而決定建立內部財政儲備，為前瞻性服務提供穩定資源。

例如，機構已為「醫護行社區藥房」設立發展基金，可用於聘請專責人員推動新項目，避免倚賴現有人手，在本職以外再兼顧創新工作。透過這種方式，機構得以靈活回應社會變化，同時確保財務穩健。

第三個能力建設支柱是「知識整合」。除了上述知識庫，醫護行者還會把每個項目的發展脈絡、設計理念、實踐方法及數據等，系統化整理成可複製、可借鑒的知識資產。醫護行者策略傳訊及人才發展主管黎俊健指出：「我們重視累積知識和經驗，就如前人鋪橋搭路，把知識傳承至新入職的員工。」





Knowledge Consolidation- Emphasizing Evidence and Transformation 知識整合 重視實證和轉化

The organization values project data and evidence, and engages third-party research institutions such as the Good Impact Assessment (GIA) to evaluate and validate the effectiveness of service models as well as how services lead to transformation. For example, many Health In Action services encourage neighbourhood members to regain Health Ownership, what specific actions are needed to achieve this goal?

Upon review by the Good Impact Assessment (GIA) , an action pathway was outlined, starting from Access to Health, progressing to Health Awareness, developing Health Literacy, gaining Social Support, and achieving Health Empowerment. Only after these steps can the goal of regaining health ownership be realized.

This transformation pathway serves as a clear reference for Health In Action's future programmes and also strengthens the persuasiveness of communications with external stakeholders.





機構重視項目的數據和實證，會借助第三方研究機構如臻善評估中心（GIA），去評估驗證服務模式的成效，以至服務如何轉化。例如醫護行者不少服務，均鼓勵街坊去重掌健康(Health Ownership)，究竟當中要經過甚麼行動，去達到這個目標？

經過臻善評估中心（GIA）檢視後，勾勒出要由「健康可及性」(Access to Health)、到「健康認知」(Health Awareness)、擁有「健康素養」(Health Literacy)、得到社會支持(Social Support)和健康賦權(Health Empowerment)等步驟，最後才能實現重新掌握健康的行動路徑。這個轉化路徑，就成為醫護行者日後活動提供清晰參考，也強化了對外溝通的說服力。



Service model co-created by the trans-disciplinary team
由貫專業團隊共創的服務概念





Knowledge Dissemination - Facilitating Industry Application and Knowledge Transfer

對外分享知識版圖 助業界應用及傳承

Knowledge consolidation also supports external dissemination and strengthens Health In Action's impact beyond the organization itself. Health In Action actively shares accumulated outcomes with external stakeholders by transforming years of experience into accessible and practical "knowledge frameworks." These frameworks detail the entire process, from identifying social issues to selecting methodologies and designing solutions—enabling other organizations and professionals in the sector to reference, adapt, and apply these approaches effectively.

In the past, Health In Action has collaborated with three key partner organizations, playing roles in knowledge sharing and service planning. By generously imparting expertise, Health In Action has assisted these partners in the implementation and design of health services tailored to their communities. Examples include:

- Sharing group facilitation experience from the "The Healthy Neighbourhood Kitchen Project" with "A Piece of Sky" to support nurturing their members' capacities.
- Transferring holistic health concepts to the "Society for Community Organization", aiding the development of their health initiatives.
- Providing community nutrition education and training knowledge to the "Hong Kong Women Workers' Association for staff capacity building".

These collaborations have accelerated the adoption of health agendas among partner organizations, fostering collective efforts to advance the vision of a healthy city.

Moreover, Health In Action maintains active exchanges with academia, encouraging students to apply their learning practically within community pharmacies and to critically reflect on the systemic issues underpinning individual cases.

Leveraging this robust Capacity Building framework, Health In Action continues to uphold its pioneering role in social-medical partnerships amid Hong Kong's rapidly aging population. The organization persistently explores and delivers innovative, socially responsive health solutions that meet evolving community needs.

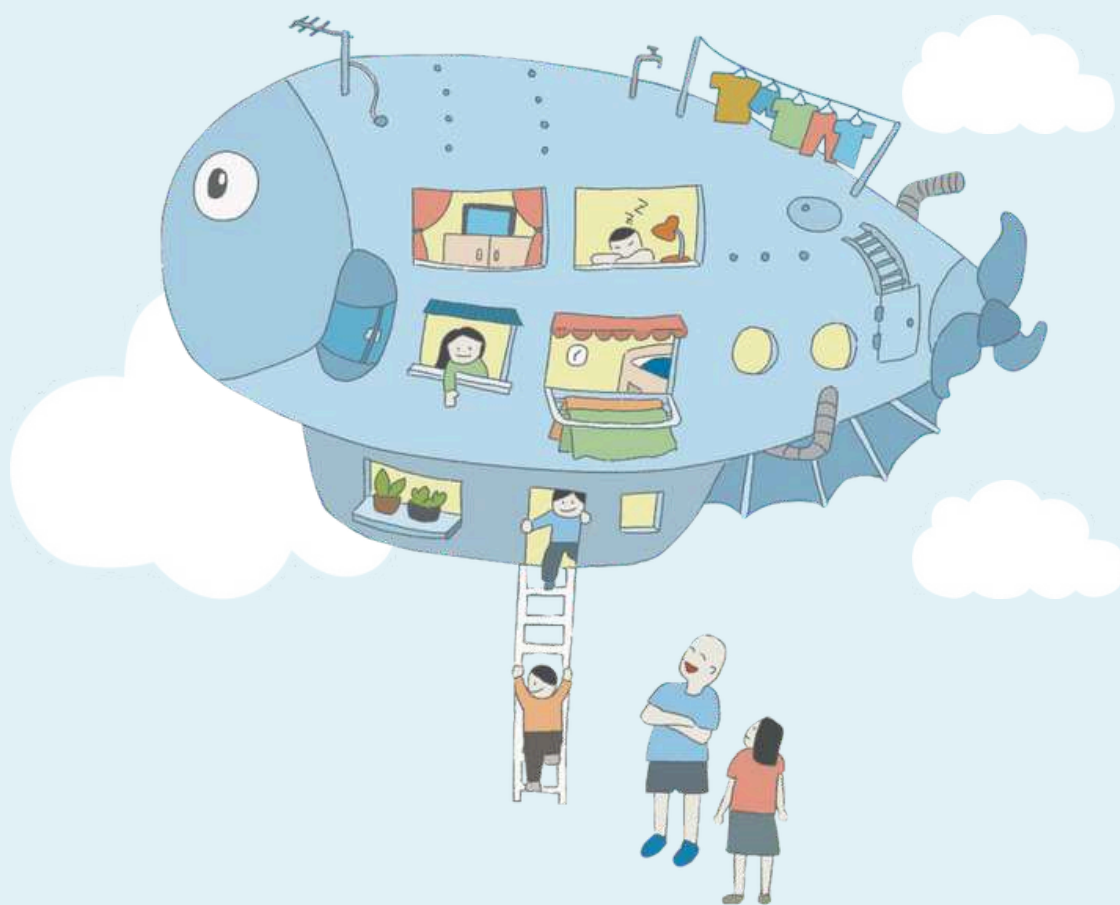




知識整合亦有助對外傳播，發揮影響力。醫護行者將這些成果進一步對外分享，將多年累積的經驗轉化為可傳播的「知識版圖」。特別是如何識別社會問題，到使用甚麼手法，去設計解決方案的完整流程，讓業界得以參考和應用。

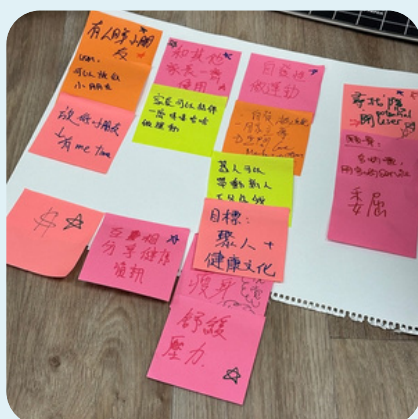
醫護行者過往曾經與三個機構合作，擔任經驗分享和協助規劃服務的角色，把知識傾囊相授，協助他們實踐和設計健康服務。這包括把三房兩廳的帶組經驗，分享給「一片天」去培育其會員；與「民社」分享整全健康概念，助其發展健康項目；以及把社區營養教育及培訓的知識，傳授給「香港婦女勞工協會」進行職員培訓。種種均協助這些合作夥伴，加速落實各自的健康議程，合力推動健康城市。另外，醫護行者亦積極與學界交流，鼓勵學生在社區藥房實踐所學，並反思個案背後的系統性問題。

憑藉這套穩健的能力建設框架，醫護行者得以在香港人口急速老化的背景下，延續醫社合作的先驅角色，持續探索並提供貼合社會需要且具創意的健康方案。

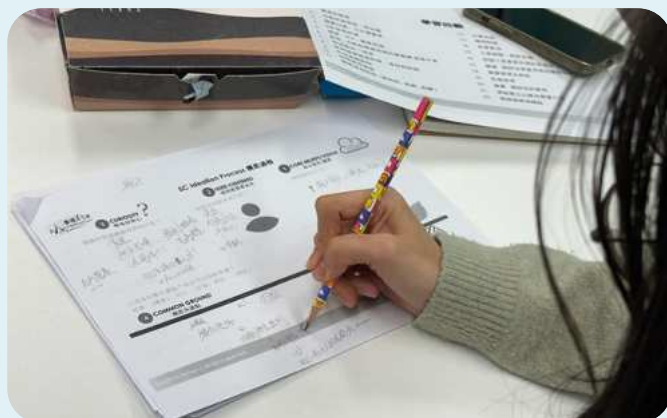




「一片天」健康空間營造相片



「香港婦女勞工協會」員工共學工作坊相片





Health Advocacy: Bridging Policy and Community

健康倡議：連結政策與社區

Health In Action firmly believes that advocacy is a vital avenue for driving systemic change. Over the past year, the organization has actively contributed to the formulation of Hong Kong's health policies through rigorous policy research, cross-sector collaboration, and meaningful public engagement. By translating frontline service experiences into concrete policy recommendations, Health In Action has championed the incorporation of health equity principles across various public policy frameworks.

醫護行者深信倡議工作是推動系統性改變的重要途徑。過去一年，機構透過政策研究、跨界合作及公眾參與，積極參與香港健康政策制定，將前線服務經驗轉化為具體政策建議，推動健康公平理念融入各項公共政策。





Achievements in Advocacy 主要倡議成果

Multicultural Services and Future Development 多元文化服務及未來發展

In Kwai Tsing District, where Health In Action has firmly established its roots, the population of non-Chinese-speaking multicultural ethnic groups continues to grow, now making up nearly 5% of the local community. For these neighbourhood members, language barriers, lack of sufficient information, and cultural differences form multiple invisible walls that isolate them from vital health information and community resources essential for achieving good health.

In response, Health In Action is committed to tearing down these barriers by enhancing the cultural sensitivity of services offered at both the community pharmacy and the Kwai Tsing Community Health Management Hub. This includes actively recruiting staff from diverse ethnic backgrounds to provide multilingual support during daily service interactions. The Health In Action Community Pharmacy has introduced multilingual signage and launched training programmes specifically designed for ethnic minority groups. These efforts ensure equitable care accessibility for all neighbourhood members regardless of ethnic background, empowering them and their families to improve their health and jointly tackle the negative effects rooted in Social Determinants of Health. Through this approach, Health In Action advances the cause of health equity.

Looking forward, Health In Action Community Pharmacy foresees a projected shortage of approximately 75 pharmacists across Hong Kong over the next two to three years. To address this challenge, the organization has initiated explorations into task shifting and other efficiency-enhancing strategies to optimize pharmacist workflows. Committed to continuous innovation and deepening its impact, Health In Action aims to reinforce the pivotal role of community pharmacies in the primary healthcare landscape, foster greater public awareness of community pharmacy services, alleviate strain on the public healthcare system, and pave the way toward a more robust and accessible primary healthcare system.





在醫護行者扎根的葵青區，非華語多元文化族裔人口持續攀升，佔當區人口近5%。對這些街坊來說，語言限制、資訊不足，和文化差異，形成多道無形高牆，隔絕了他們與健康資訊和成就健康的社區資源的連結。

因應多元文化族裔街坊的處境和需要，醫護行者決意拆牆，增強社區藥房及葵家社康匯服務的種族敏銳度，透過聘用多元族裔員工，在日常服務中提供多種語言支援。而醫護行社區藥房已增設多語標示及推出以多元族裔為對象的培訓計劃，令不同族裔的街坊都同樣得到醫護行者的關顧，成就自己及家人健康，和共同對應健康的社會決定因素帶來的負面影響，藉此推動健康公平。

着眼將來，醫護行社區藥房預視未來兩至三年，全港將短缺約75名藥劑師，因此已着手探討職能轉移，以提升藥劑師的工作效率。我們將持續深化和創新，鞏固社區藥房在基層醫療的樞紐角色，推動公眾對社區藥房的認知，同時為公營醫療體系減壓，為完善基層醫療鋪路。



Air quality in subdivided flats: joint voice to promote reform 劏房空氣質素：聯合發聲促改革

Faced with the long-standing issue of indoor air quality in subdivided units, Health In Action joined hands with Clean Air Network to submit a joint response to the government's consultation on the regulatory framework for "Basic Housing Units." This joint submission is based on the organization's first-hand observations accumulated over years of serving subdivided unit residents, as well as evidence-based research conducted in partnership with academic institutions.

Research has found that PM2.5 concentrations in subdivided units are 3 to 5 times higher than in typical indoor environments. A 2023 study by Lingnan University further revealed that in Sham Shui Po, the average PM2.5 concentration in 20 subdivided units reached 60.1 micrograms per cubic meter ($\mu\text{g}/\text{m}^3$), which is more than four times the World Health Organization's recommended standard.

In its submission, the organization put forward four key recommendations: strengthening the enforcement of existing building ventilation regulations; collecting data on subdivided units' compliance with legal requirements across Hong Kong; providing affordable primary healthcare services; and establishing inter-departmental cooperation mechanisms.





面對劏房居民長期面臨的室內空氣質素問題，醫護行者與健康空氣行動攜手，就政府「簡樸房」規管制度諮詢發表聯合意見書。這份意見書建基於機構多年來為劏房住戶提供服務的第一手觀察，以及與學術機構合作進行的實證研究。

研究發現，劏房的PM2.5濃度比一般室內環境高出3至5倍，嶺南大學2023年研究更顯示深水埗20個劏房單位的PM2.5平均濃度達60.1微克/立方米，超出世界衛生組織建議標準四倍以上。機構在意見書中提出四大建議：加強執行現行建築物通風規定、收集全港劏房遵守法例數據、提供可負擔基層醫療服務，以及建立跨部門合作機制。

Healthy City: New Thinking on Interdisciplinary Planning 健康城市：跨專業規劃新思維

Health In Action has launched a three-year collaborative research project with the Healthy City Taskforce of the Hong Kong Institute of Planners, focusing on health challenges in the Yau Ma Tei and Mong Kok area. This partnership reflects the organization's strong emphasis on cross-sector collaboration and the integration of health perspectives into urban planning decision-making.

Through comprehensive community research, including focus group discussions with elderly residents and ethnic minorities, the collaborative team identified key factors influencing community health. The proposal report, published in July 2024, put forward several innovative recommendations such as enhancing the safety of pedestrian walkways, establishing pedestrian-priority zones, creating community health walking trails, and redesigning public spaces to offer diverse health and community services.

To ensure the recommendations closely reflected community needs, the team organized a series of participatory events: an online public forum in August 2024, a community forum in October, and a pilot "Healthy Walking Trail" experience day in November. These activities not only gathered valuable feedback from community members but also raised public awareness and understanding of the healthy city concept.





醫護行者與香港規劃師學會健康城市專責組展開為期三年的合作研究，聚焦油旺區的健康挑戰。這項合作體現了機構對跨界協作的重視，將健康視角融入城市規劃決策。

透過深入的社區研究，包括與長者及少數族裔進行焦點小組討論，合作團隊識別出影響社區健康的關鍵因素。2024年7月發布的建議報告提出多項創新建議，包括改善行人通道安全、創建行人優先區域、建立社區健康步行徑，以及重新設計公共空間以提供多元化健康和社區服務。

為確保建議貼近社區需要，團隊於2024年8月舉辦網上公眾論壇，10月舉行社區論壇，11月更試行「健康步行徑」體驗日。這些參與式活動不僅收集了寶貴的社區意見，更提升了公眾對健康城市理念的認識。

Policy Dialogue: Responding to the Policy Address 政策對話：回應施政報告

Health In Action actively participated in government policy consultations, submitting a detailed response to the 2024 Policy Address. The organization's response focused on the development of primary healthcare and the role of community pharmacies. Health In Action affirmed the government's direction in advancing community pharmacy programs as part of the primary healthcare framework, while emphasizing the need for accompanying supportive measures to facilitate the transformation of pharmacists' roles from traditional dispensing to more proactive, patient-centered care.

The organization recommended expanding the functions of community pharmacies, allowing pharmacists not only to provide dispensing services but also to conduct health assessments and disease management, becoming important bridges between patients and doctors. At the same time, the organization advocated for incorporating "health impact" considerations into all government policy-making processes, reflecting the concept of "Health in All Policies."

醫護行者積極參與政府政策諮詢，就2024年施政報告發表詳細回應，重點關注基層醫療發展及社區藥房角色。機構肯定政府推動社區藥房計劃的方向，同時強調需要配套措施支持藥劑師角色轉型。

機構建議擴展社區藥房功能，讓藥劑師不僅提供配藥服務，更能進行健康評估及疾病管理，成為病人與醫生之間的重要橋樑。同時，機構倡議將「健康影響」考量納入所有政府政策制定過程，體現「健康融入所有政策」的理念。





Knowledge Transformation and Impact - Academic Collaboration Deepens Evidence Base

知識轉化與影響力 - 學術協作深化實證基礎

Health In Action established regular exchange mechanisms with the University of Hong Kong's School of Public Health to deepen the evidence base for community health services through academic collaboration. The organization also maintains its teaching partnership with HKU's Faculty of Pharmacy, serving as Hong Kong's first teaching community pharmacy, providing practical learning opportunities for students while promoting innovation in community pharmacy service models.

These academic partnerships not only enhanced the professional quality of the organization's services but also offered valuable practical experience and data support for health policy research in Hong Kong. Through industry-academia collaboration, the organization transformed insights gained from frontline services into replicable knowledge assets.

醫護行者與香港大學公共衛生學院建立定期交流機制，透過學術合作深化社區健康服務的實證基礎。機構同時維持與香港大學藥理學院的教學夥伴關係，作為香港首間教學社區藥房，為學生提供實踐學習機會，同時推動社區藥房服務模式創新。

這些學術夥伴關係不僅提升了機構服務的專業水平，更為香港健康政策研究提供寶貴的實地經驗和數據支撐。透過產學合作，機構將前線服務中的發現轉化為可複製的知識資產。

Media participation expands public influence

媒體參與擴大公眾影響

Over the past year, Health In Action has actively expressed its views through various media platforms, including interviews with major media outlets such as HK01, Ming Pao, and Sing Tao Daily, sharing insights on the development of primary healthcare, the role of community pharmacies, and health equity issues. The organization has also effectively utilized social media platforms, especially promoting the concept of "Social Prescribing" on World Social Prescribing Day, to raise public awareness of holistic healthcare.





Through continuous media engagement, the organization successfully transformed experiences from community health services into public discourse, thereby raising societal awareness of health equity issues and fostering a supportive social environment for policy reform.

過去一年，醫護行者透過多元媒體平台積極發聲，包括接受《香港01》、《明報》、《星島日報》等主要傳媒訪問，分享對基層醫療發展、社區藥房角色及健康公平議題的見解。機構亦善用社交媒體平台，特別在世界社會處方日推廣「社會處方」概念，提升公眾對全人健康照護的認識。

透過持續的媒體參與，機構成功將社區健康服務經驗轉化為公眾討論，推動社會對健康公平議題的關注，為政策改革營造有利的社會氛圍。

Advocacy Focus 倡議重點	Key Achievements 主要成果	Policy Impact 政策影響
Subdivided Unit Air Quality Improvement 劏房空氣質素改善	Published joint submission with Clean Air Network, proposing four key reform recommendations 與健康空氣行動發表聯合意見書，提出四大改革建議	Promoted inter-departmental attention to housing health issues 推動跨部門關注住屋健康問題
Healthy City Planning 健康城市規劃	Completed Yau Mong District healthy city proposal report with HKIP 與香港規劃師學會完成油旺區健康城市建議報告	Integrated health perspectives into urban planning decisions 將健康視角融入城市規劃決策
Primary Healthcare Policy Engagement 基層醫療政策參與	Submitted detailed response to 2024 Policy Address 就2024年施政報告提交詳細回應	Influenced government policy direction on community pharmacy development 影響政府社區藥房發展政策方向
Social Prescribing Promotion 社會處方推廣	World Social Prescribing Day promotional campaign on social media 世界社會處方日宣傳活動	Enhanced awareness of holistic healthcare concepts 提升全人健康護理理念認知





Outlook: Building a sustainable, healthy and equitable society

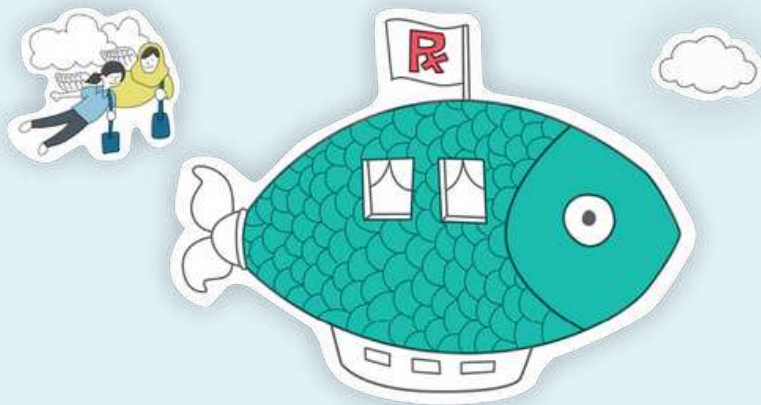
展望：建構可持續健康公平社會

Health In Action's advocacy work is gradually gaining influence. The government's emphasis on the development of community pharmacies in the 2024 Policy Address, its focus on cross-departmental collaboration to address housing-related health issues, and the growing recognition of healthy city planning concepts all demonstrate the alignment between the organization's advocacy efforts and current policy development trends.

Looking ahead, the organization will continue to promote the goal of "Health for All" in Hong Kong through evidence-based research, cross-sector collaboration, and public engagement. By transforming frontline service experiences into policy recommendations, the organization is dedicated to ensuring that the principles of health equity are thoroughly integrated into all public policies, thereby creating a fairer and healthier social environment for Hong Kong.

醫護行者的倡議工作正逐步發揮影響力。政府在2024年施政報告中對社區藥房發展的重視，跨部門協作處理住屋健康問題的關注，以及健康城市規劃理念的逐步認同，均反映機構倡議方向與政策發展趨勢的契合。

展望未來，機構將繼續透過實證研究、跨界合作及公眾參與，推動香港朝向「人人健康」的目標邁進。透過將前線服務經驗轉化為政策建議，機構致力確保健康公平理念深度融入各項公共政策，為香港建構更公平、更健康的社會環境。





Financial Report 2024-25

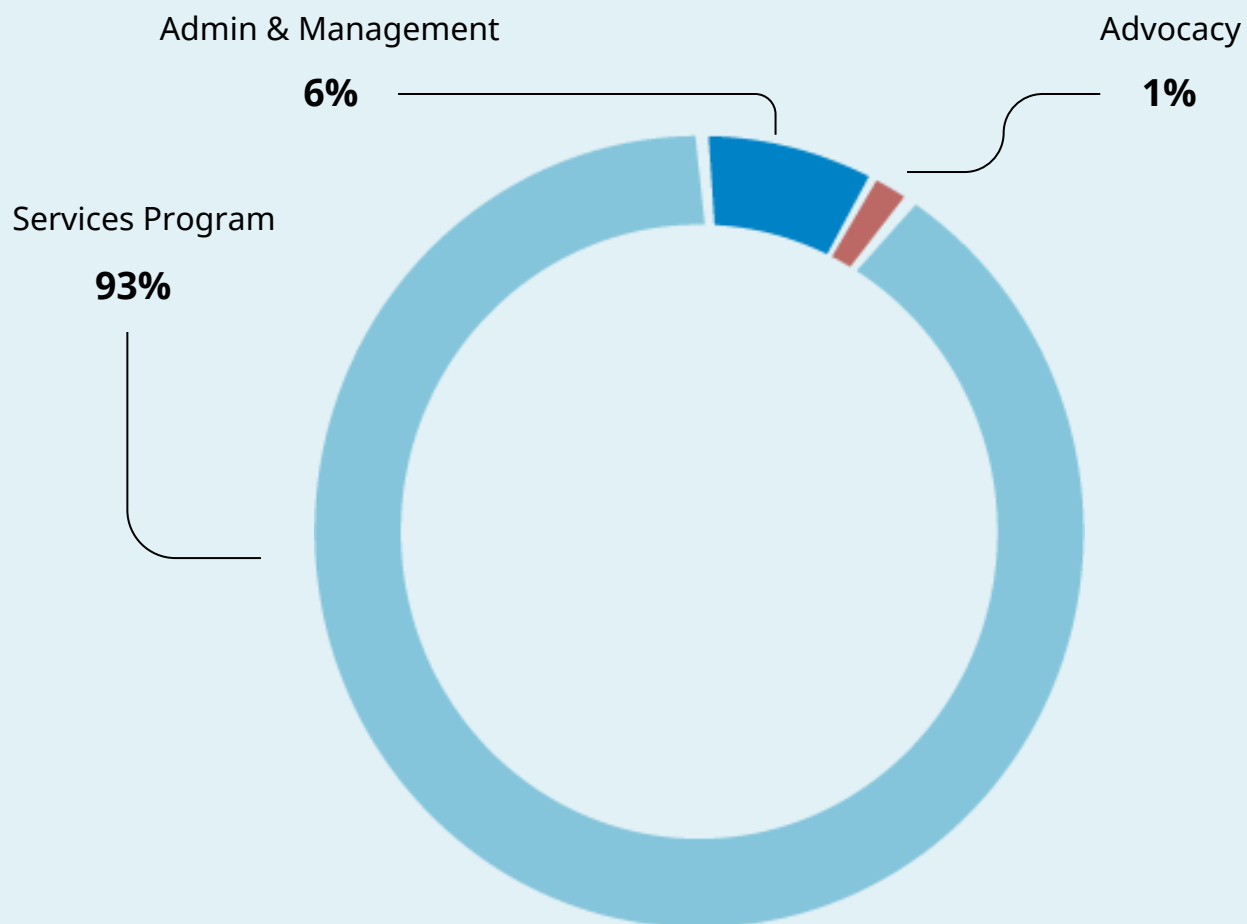
財政報告 2024-25

Total Income

Income for 2024: \$33,775,309
Income for 2025: \$35,215,877

Total Expenses

Expenses for 2024: \$30,404,331
Expenses for 2-25: \$35,071,119



Expenses for 2024/25





HIA Board Members and Advisors

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Acknowledgement

鳴謝

Project Fund 計劃贊助

KG Services Limited
Fu Tak Iam Foundation Limited 傅德蔭基金有限公司
The HK Jockey Club Charities Trust 香港賽馬會慈善信託基金
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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
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Hong Kong Young Women's Christian Association 香港基督教女青年會
The Lok Sin Tong Benevolent Society, Kowloon 九龍樂善堂
Pok Oi Hospital 博愛醫院
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The Hong Kong Council of Social Service 香港社會服務聯會

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「健康餐廳聯盟」

口口口 Triple Mouth
Me Time
二蛋 Double Eggs
Little Prince
Libra
Relax Coffee
芋仙森
Chart Coffee
海南餐廳
西餐工房
幸福咖啡

龍川上海料理
樂芝食坊鮮魚湯米綫
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