

SIX KEY SERVICES

1 Health assessments for members

Health assessment sessions will include checking blood pressure, blood glucose, cholesterol levels, BMI, skeletal muscle percentage

2 Follow-up and referral for high-risk members

Members with diabetes, hypertension or those with high risk will be followed up by our multi-disciplinary team

3 Risk-stratified health promotion workshops

Lifestyle improvement and health management workshops will be organized, and members will receive workshop recommendations according to health risks

4 Members' health data management

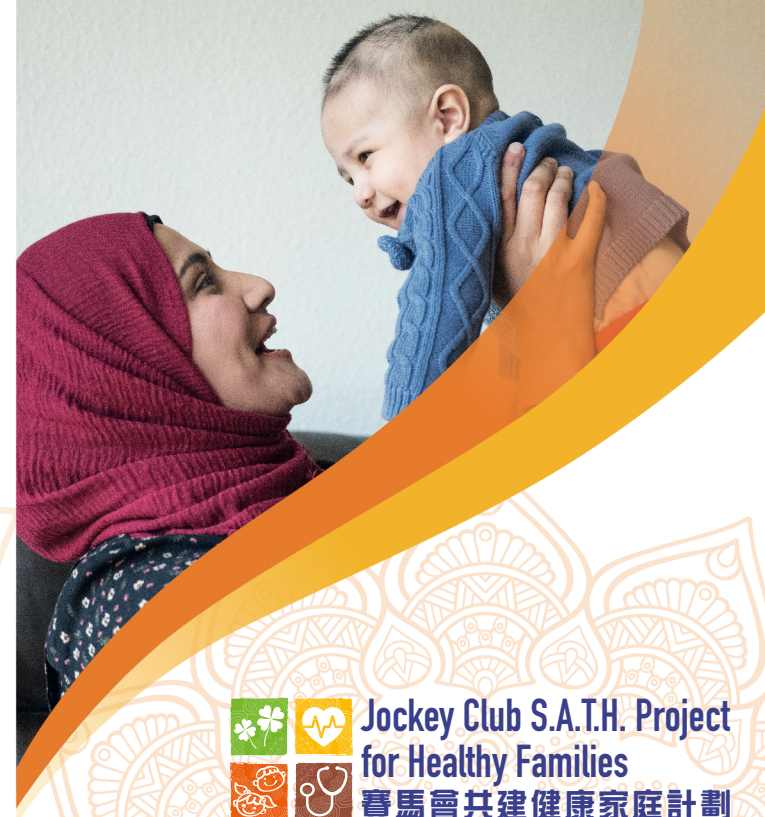
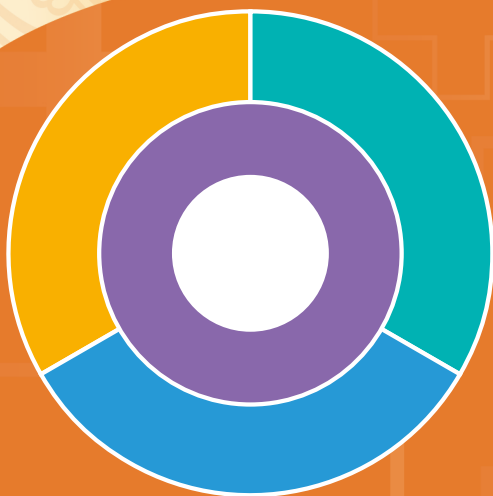
Members will be able to store and revisit their electronic health profiles securely

5 Digital information hub

Health information will be shared on various digital platforms

6 Capacity building for health and social service professionals

Cultural sensitivity training for local health professionals, and social service professionals will be equipped with better health knowledge



**Jockey Club S.A.T.H. Project
for Healthy Families**
賽馬會共建健康家庭計劃

Sustainability for All, Together for Health 人人可持續 · 齊齊享健康

**Sustainability for All,
Together for Health**

Organized by



香港基督教服務處
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H.K.S.K.H. Outreach Team for Multi-Cultural Community
香港聖公會多元文化外展服務隊



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The Hong Kong Jockey Club Charities Trust

WHY ARE WE HERE?

- ✿ Health inequalities exist among ethnic minorities in Hong Kong, e.g., higher incidence of obesity, diabetes, hypertension
- ✿ Language barriers, socio-economic disadvantages, low accessibility to health services, and low health literacy all contributed to the poorer health among ethnic minorities in Hong Kong
- ✿ We believe that these can be changed

OBJECTIVE



To work hand in hand with ethnic minority families in Hong Kong for enhanced health literacy, health management and improved access to health services, and ultimately leading to their better health

APPROACH

- ✿ **Family-based:** to nurture mutual support among family members in managing their health
- ✿ **Co-production of health:** ethnic minority members and service providers are equals with reciprocal relationship
- ✿ **Collaboration between social service and health professionals**

PRIORITY HEALTH AREAS

- ✿ Chronic disease prevention and management
- ✿ Infectious disease control practices
- ✿ Women's health, maternal and child health



Organized by

Hong Kong Christian Service

Hong Kong Sheng Kung Hui Outreaching Team for Multi-Cultural Community

Hong Kong Sheng Kung Hui Lady MacLehose Centre

Neighbourhood Advice-Action Council

The Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong

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MEMBERSHIP



Any ethnic minority living in Hong Kong is welcome. Membership is free upon registration (subject to quota)

Registration channels

Hong Kong Island, 9542 8094
Islands and Kwun Tong Districts residents

Kowloon residents 6730 7688
(excluding Kwun Tong District)

New Territories residents 6857 1423
(excluding Tsuen Wan & Kwai Tsing)

Tsuen Wan & 6938 8452
Kwai Tsing residents

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