



Hong Kong Paediatric Foundation Newsletter Issue 5

December 2016

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Ms. Susanna LEE
Dr. Lilian WONG
Dr. CHAN Chok Wan

Obesity is an emerging global health issue for children and adolescents. In January 2016, the World Health Organization (WHO) has made the final report on “The Commission on Ending Childhood Obesity (ECHO)” in tackling the disease burden created by obesity worldwide in a more systemic and strategic way. The ECHO report proposes a range of recommendations for governments aimed at reversing the rising trend of children aged under 5 years becoming overweight and obese. In view of the same health issue also exists in Chinese Speaking Communities (CSC), the “**Summit on Childhood Obesity in Chinese Speaking Communities**”, organized by Hong Kong Paediatric Foundation was held on 22 – 23 October 2016 at the Hong Kong Academy of Medicine Jockey Club Building. We were honored to have Dr. Constance CHAN, Director of Health, Hong Kong SAR Government, WHO Commissioner to present to us “The WHO Commission on Ending Childhood Obesity (ECHO) – Principles and Recommendations”. Besides, we were privileged to have world experts from The Asia Pacific Region: China, Hong Kong, India, Macau, Malaysia, Singapore and Taiwan to deliver lectures on I) Global Initiatives and Updated Science on Childhood Obesity; II) The Epidemiology, Updated Research and Community Programmes for Childhood Obesity in CSC; III) The Intervention for Childhood Obesity and IV) Building an Effective Agenda to Support Emerging Nutrition Policy Priorities and deliberated by round table discussion.

The Summit was successful and well attended by more than 250 delegates with wide representation from healthcare professionals including paediatricians, nurses and allied health professionals, service providers, policy-makers, academics, community partners and all those interested in child health. Through the two-days meeting, experiences and knowledge were assembled, discussed, shared and exchanged. Practical inventions and preventive approaches on childhood obesity in the CSC were recommended.



(Right) Dr. Naveen THACKER
President, The Asia Pacific
Paediatric Association (APPA)



(Left) Dr. Zulkifli
ISMAL, Secretary
General, APPA



(Left) Prof. ZHU Zong
Han and (Right)
Dr. JIANG Fan



Dr. Constance CHAN,
Director of Health,
Hong Kong SAR Government



HONG KONG CHILDREN'S HOSPITAL UPDATE 2016 – MEETING WITH DR. LEE TSZ LEUNG, the HCE

The Forum was held on 15 October 2016 at 2:30pm at Seminar Room, Hospital Authority Building. The Forum was chaired by Dr. CHAN Chok Wan, Board Chairman of the Hong Kong Paediatric Foundation (HKPF) and Prof. Godfrey CHAN, President of the Hong Kong Paediatric Society (HKPS).



The Guest Speaker was Dr. LEE Tsz Leung, Hospital Chief Executive (HCE), Hong Kong Children's Hospital (HKCH) and two panelists were Dr. TSAO Yen Chow and Dr. Lilian WONG. The Forum served as a platform to give an update of HKCH and collect professional opinions on its governance, public-private interface and referral system. It was well attended by paediatricians in both public and private settings, academics, paediatric nurses and allied health professionals.

Dr. LEE Tsz Leung provided an update on the Hong Kong Children's Hospital including background, progress of capital works, design highlights, triple aims and planning of clinical services, infrastructure of research and teaching, training progress and further plan of overseas visits and local commissioned training.

There were hot discussions in the Open Forum among paediatricians, scholars, nurses and allied health professionals on the hospital governance, research and training opportunities and service development of the Children's Hospital.

In summary, HKPS and HKPF expressed the full support to HKCH. Recommendations included:

1. A fair governance to accept people from different origins and teaching institutes. Interface should be fulfilled between public and private sectors, from doctor to doctor, and from hospital to community.
 2. A referral system to ensure free transfer of patients under fair budget, so 2-way referral guideline was crucial.
 3. Updates of the progress of HKCH through Public Forum.
 4. A shared-care model between professional, community, social, education, private/public hospital was required.
 5. Being a center of excellence dedicated for research, training and education, funding support for HKCH was important.
- Dr. T L LEE appreciated the comments from the participants and would take into consideration in future planning.



KINDERGARTEN EDUCATION FOR HONG KONG CHILDREN: IS IT PHYSIOLOGICALLY APPROPRIATE OR DEVELOPMENTALLY SOUND?

The forum was held on 14 November 2016 at 8pm at QEH. The first speaker, Prof. Doris Pui Wan CHENG, Prof. of School of Arts and Humanities, Tung Wah College delivered a talk on **"Importance of Early Education for Children"**. "Kindergarten" signified a garden for children, a location where they can observe and interact with nature, where they grow and develop in freedom from arbitrary imperatives. She illustrated with an example of the successful education model in Finland with *"Teach less and Learn More"* and focused on reading, independence and interpersonal skills of the children. She also showed audiences the impact of Early Childhood Education (ECE) on health benefits, developmental benefits as well as the economic benefits.



Ms. WONG Pui Lai Mary, Service Coordinator (Early Childhood Services), Tung Wah Group of Hospitals delivered a talk on **"State of The Art for Kindergarten Education in Hong Kong"**. She briefed audiences the modes of Kindergarten Education in Hong Kong. Misconception and norms on child rearing over-emphasis on competition, academic achievement and rote memory: "the over-hurried" child; with limited understanding about psychological health and growth; the importance of sleep, movement, eating habits and play in children. From her observations, there were increased incidence of children having learning and developmental problems like social communication, emotions, sensor-motor, self care, executive functioning, attention for learning and problem solving skills.



Implementation of quality kindergarten education including the increase in financing by the government to employ additional teacher to cater for learning diversity; early prevention, early identification and intervention. Curriculum guide should be reviewed to ensure a joyful learning through play. With the investment on 15 years' Education, both speakers and audiences viewed that the quality of ECE could be enhanced by focusing more on the holistic development of our future generation!



PRESS CONFERENCE

“EFFECT OF BREAKFAST ON CHILD HEALTH AND ACADEMIC PERFORMANCE OF CHILDREN ”

A Press Conference on “Effect of Breakfast on Child Health and Academic Performance of Children” organized by the Eddatax Research Centre of the Faculty of Education, The Chinese University of Hong Kong (CUHK) was hosted at Faculty of Education, CUHK on 27 November 2016 pm. The Hong Kong Paediatric Foundation was invited to provide professional interpretation on the scientific basis of the beneficial effects of breakfast and academic achievements.

Prof. HAU Kit Tai, Choh-Ming LI Professor of Educational Psychology, Faculty of Education, The CUHK, presented the study which was conducted in July 2015 on 64 primary and 47 secondary schools with the aim to review the correlation of breakfast habit and academic performance of the students. The sample consisted of 15000 students, approximately 10% random sample of Primary 3, Primary 6 and Secondary 3 students in Hong Kong. The students' breakfast habit was correlated with academic achievements in the Territory-wide System Assessment (TSA). The study reviewed that the % of students having breakfast was dropping with age. The practice of skipping breakfast was unrelated to the socioeconomic status nor the education level of parents. Bakery food were the most popular breakfast among students. Result also showed that breakfast was extremely beneficial to students' academic performance. Dr. Lilian WONG presented on the scientific basis that children was particularly vulnerable to the nutritional effects of breakfast on brain activity and associated outcomes. Adolescents who ate breakfast daily could reduce chance of obesity and have better physical and cardiopulmonary fitness level. Dr. CW CHAN concluded that the value of breakfast on academic performance of school children was well shown in literature. Breakfast was an effective intervention with low cost and high leverage in improving health and academic performance of children and youth. Professionals in all sectors needed to advocate the practice of regular breakfast.



PUBLIC FORUM ON CHILD HEALTH 2016 兒童健康論壇

兒童健康論壇 - 「環保護苗，齊治污染」 was held on 29 October 2016 at Jordan Valley St. Joseph's Catholic Primary School. Dr. Lilian WONG, Secretary General, Hong Kong Paediatric Foundation, presented 「鉛水中毒和兒童健康」. Dr. WONG Tak Wai, The Treasurer, The Hong Kong Paediatric Society gave the talk on 「空氣污染和兒童呼吸道健康」. Both speakers highlighted the importance of environmental health to children's growth and development. Nevertheless, the environmental pollution in Hong Kong was serious and deserved our immediate attention. Audiences in the forum all viewed that providing a safe and clean living environment was very crucial to the health of our children. “Environmental Health” should be included in the Hong Kong Child Health Policy.



兒童健康論壇 - 「玩 - 你識唔識？」 was held on 10 December 2016 at Jordan Valley St Joseph's Catholic Primary School. Dr. Sylvia DOO, Specialist in Developmental-Behavioural Paediatrics talked on 「戲無益？還是兒童發展的活腦素？」 and Ms. Kathy WONG, Executive Director, Playright Children's Play Association talked on 「「真」遊戲 - 孩子健康快樂成長的秘訣」。 In the open discussion, Dr. WONG T W shared his personal experiences in playing with his children at leisure time. After the forum, audiences understood more about the meaning of play and its importance to child health.



The 52nd HONG KONG HEALTHY CHILDREN COMPETITION

“The Hong Kong Healthy Children Competition (HKHCC)” is an annual event co-organized by Hong Kong Paediatric Foundation (HKPF) and The Boys’ and Girls’ Clubs Association (BGCA) of Hong Kong with the aim of promoting healthy living and healthy habits to children and families. The assessments include health check, fitness test, cognitive test, and talent show targeting at children aged 3 to 11 years old.

As year 2016 was the “Year of the Olympic Games”, the theme of 52nd HKHCC was 「快樂由運動做起」, with the aim to encourage children and family to do more exercises in order to reduce childhood obesity and promote a healthy and happy lifestyle. The 52nd HKHCC activities were held in October and November 2016.



The HKHCC was divided into 5 groups according to the age of the participants. The preliminary round and the final were successfully held at Queen Elizabeth Hospital on 16 October and 6 November 2016. 27 out of 400 children won the 1st, 2nd and 3rd and other merit awards. Besides, there were also “Best Talent Awards” and “Most Sport Potential Award” presented to the best performers.

The Prize Presentation Ceremony was held at the Tsuen Wan Plaza on 20 November 2016. We have invited Prof. Sophia CHAN, Under-Secretary for Food and Health of HKSAR Government as our Guest of Honor. Ms. CHAN Sin Yeung 陳倩揚 was our Health Ambassador this year. In the event, there were 8 families joined the “Parents and Children Look Alike Competition”. “Sports Scholarship” were presented to the participated families as the encouragement to develop healthy habits in the families.



Little Genius Summer Training Programme 2016

Same as last year, Hong Kong Paediatric Foundation (HKPF) has participated in a Community Project named “**Little Genius Summer Training Programme 2016**”, jointly organized by St. Joseph’s Church, Kowloon Bay and Caritas Centre for the primary school students coming from low income families in Summer this year. The programme invited youth tutors in their community to act as Teachers/Big brothers (youth training provided by Caritas) to lead the summer education programme for young children. HKPF has provided Health Ambassadors, professional inputs and funding.

The programme was completed successfully. Graduation Ceremony and dinner gathering were held on 20 August 2016 with the presence of children and their families, the youth mentors, the HKPF Health Ambassadors and the 3 organizers. The children all felt excited to this important ceremony. Highlights included performance show and sharing by the children, appreciation and recognition from the parish priest, and experience sharing from the youth teachers. Food in the party was specifically homemade by the church volunteers and ethnic minority families signifying the sharing and inclusive spirit in the community. A post- event debriefing session for the youth was conducted by the three organizers with valuable evaluations. We should express our heartfelt thanks to Mr. Andrew TSANG, Social Worker, Caritas Community Centre (Ngau Tau Kok), Ms. Anita LEE, Clinical Psychologist, Program in charge, Sister Margaret Mow, Ms. Gloria LUK, HKPF Convenor and the three HKPF Health Ambassadors, Kaiser, Cecilia and Sarish for their dedicated contributions in providing such a meaningful training to our young generations in underprivileged environment.



PROFESSIONAL CME MEETING ON CHILD HEALTH 2016

Professional CME Meeting on Child Health 2016 - Update on Childhood Sleep and Breathing Disorders was held on 4 October 2016 at the Chairman’s Suite and Executive Room, World Trade Centre Club, Causeway Bay. The talk was delivered by Prof. Albert Martin LI, Professor, Dept of Paed.; Assistant Dean (Development), The CUHK. It was well attended and welcome by audiences.

Professional CME Meeting on Child Health 2016 - Advances on Management of Congenital Heart Diseases in Children was held on 1 November 2016 at Chairman’s Suite and Executive Room, World Trade Centre Club, Causeway Bay. The talk was delivered by Prof. CHEUNG Yiu Fai, Clinical Professor, Bryan Lin Professor in Paediatric Cardiology, Dept. of Paediatrics and Adolescent Medicine, HKU. The talk was fruitful and well attended by child health care professionals.

UPCOMING EVENTS

<p>10 January 2017 13:30-14:30 hr</p>	<p>Professional CME Meeting on Child Health 2017 - Zika Infection and Its Impact on Child Health Speaker: Prof. Paul CHAN, Chairman, Department of Microbiology, The Chinese University of Hong Kong Venue: Chairman’s Suite and Executive Room, World Trade Centre Club, Causeway Bay (On Line Registration) website: ww.hkpf.org.hk</p>
<p>17 January 2017 20:00-22:30 hr</p>	<p>Professional Forum on Child Health 2017 – Effect of Breakfast on Health of Children and their Academic Performance Speakers: Prof. HAU Kit Tai, Choh-Ming Li Professor of Educational Psychology, Faculty of Education, The Chinese University of Hong Kong Dr. Lilian WONG, Secretary General, Hong Kong Paediatric Foundation; Immediate Past President, The Hong Kong Paediatric Society Mr. Gordon CHEUNG, President Elect, Hong Kong Nutrition Association Venue: Room 2, M Block, Queen Elizabeth Hospital</p>



HONG KONG PAEDIATRIC FOUNDATION

wishes you
Happy New Year 2017
Healthy Children
Happy Family
Healthy World