



Hong Kong Paediatric Foundation Newsletter

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香港「傑青」論壇 – 回應特首2016施政報告 – 9 Apr 2016

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Editorial Board

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



Youths are our future society. Engaging youth in the discussion on drafting the Child Health Policy is important as the Policy is directly related to their health and future.

“Youth Forum - in Response to CE Policy Address 2016” (香港「傑青」論壇 – 回應特首 2016 施政報告) was organized on 9 Apr 2016 to provide a platform for the youths to articulate their wants and needs towards child health issues and at the same time express their views and expectations in response to the Policy Address 2016 on the sessions addressing child and adolescent issues.

In the Forum, adolescents with age 11 to 24 years, coming from different schools and institutions were invited as our speakers. The presentations were arranged in 4 groups with topics covered: 1) Common Health Challenges for Adolescents in Hong Kong, 2) Possible Remedial Measures to alleviate those Health Challenges, 3) The Response to Policy Address 2016 in terms of Health Issues and 4) Future Direction on Youth Policy in Hong Kong. The last part of the forum was the open discussion with the audiences.

Overall, the Youth Forum was successful and well attended by audiences. We should be proud of our youth speakers that the presentations were richly prepared with their views and supported with evidence based information. Even the primary school students were very eager to give their opinions in the open discussion. All agreed that the mental wellbeing of children and youth in Hong Kong was suboptimal which required our immediate attention and action. There was the need of life education to children and parents. Recommendations for actions included early building up children’s core values, positive thinking and resilience power. Parents should avoid over protect their children. Education System in Hong Kong should be reformed. The public in Hong Kong should change their mindset from merely focus on academic performance. An optimal environment with equity should be in place to enable children to develop their own interests and talent. Health literacy, media literacy, healthy eating and life style, sleep hygiene and environment health were needed to be enhanced. Having a school nurse at each school was also the wish of our youngsters. The Foundation would add these constructive suggestions collected at the Youth Forum on the Child Health Policy Proposal.



Adolescent Health Update 2016

The “Adolescent Health Update 2016”, organized by HKPS and HKPF was held from 23-26 April 2016. It included three major activities, i.e. **Multidisciplinary Seminar on Adolescent Health Update 2016** from 23 to 24 April 2016, **Adolescent Health Survey and Press Conference** on 26 April 2016 and **Professional Forum on HPV Vaccine Update** on 26 April 2016 evening.

Renowned **Professor Charles Irwin**, distinguish Professor and Director of Division of Adolescent and Young Adult Medicine from UCSF, US was invited as our visiting professor. Together with many local experts to review the important aspects on adolescent health from **research, training, policy and advocacy perspectives** and the current situation of adolescent health in Hong Kong. The responses to the Seminars and Professional forum were overwhelming with more than 300 attendants. The Adolescent Health survey revealed that mental health situation of youth was critical and immediate attention and action was urgently needed.



Professional Forum on Child Health 2016

Influenza Update in Hong Kong 2016 was held on 1 Jun 2016 at QEH in response to the serious complications in relation to influenza in children recently. Prof. Paul CHAN, Chairman, Dept. of microbiology, Faculty of Medicine, CUHK; Dr. KWONG Ngai Shan, COS (Paed), Tuen Mun Hospital and Pok Oi Hospital; and Dr. Susan CHIU, Clinical Associate Professor, Dept of Paediatrics and Adolescent Medicine, HKU were invited to speak on the “**Diagnosis, Treatment and Prevention on Influenza**” with evidence based information. The Forum was chaired by Dr. CHAN Chok Wan and Prof. Godfrey CHAN. Position statement was written after the collection of experts’ opinions and conclusion from the health care professionals in the Forum.



The Tertiary Education for Individuals with Special Needs was held on 14 Jun 2016 at QEH. Speakers included Prof. SIN Kuen Fung, Dept. of Special Education and Counseling, The Education University of H.K., Ms Mandy CHEUK, Project Officer, Hong Kong Unison and Mrs. Gladys HUNG, Teacher of Dyslexia, Hon. Lecturer, Dept. of Social Work and Social Administration, HKU. The speakers have reviewed the current situation, the existing supporting services available and the deficient areas in tertiary education for children with special needs. One of the speakers also shared her personal experience and struggling as a mother and a teacher that she has gone through with her child with special needs in the education pathway. It was revealed that more support needed to be given to ethnic minorities who had limited access to tertiary education in Hong Kong. All the suggestion collected at the Forum would be added into the Child Health Policy Proposal.



(1) 兒童健康論壇 - 「贏在起跑線，拒絕再玩？」 was held on 30 Apr 2016. Prof. CHENG Pui Wah, Asso. Professor, Dept. of Early Childhood Education, The Education University of HK and Dr. Henny P W LO of Kwun Tong Pamela Youde Child Assessment Services, Dept. of Health were the speakers. The education system in Finland targeting at healthy growth and happy development of children was introduced. The concept of “Teach less, Learn more” was emphasized to encourage development of self-learning and creativity of children. It would be a very good model for our education system in Hong Kong to take reference to.



(2) 兒童健康論壇 - 「我是堅離地沸青」 was held on 11 Jun 2016, with Ms Sanne FONG, representative of the Hong Kong Occupational Therapy Association & Dr. Lilian WONG, Regional Vice President, International Association of Adolescent Health as speakers to review the local training opportunities for adolescents with different talent and hear the voices from local youth. A number of youth reflected at the Open Forum the most effective way in communicating with youngsters was through social and electronic media.



UPCOMING EVENTS

Professional CME Meeting on Child Health 2016 (On Line Registration) website: www.hkpf.org.hk

5 Jul 2016 **Allergic Skin Conditions in Childhood** will be held at Chairman's Suite and Executive Room, 38th Floor, World Trade Centre Club, Causeway Bay, Hong Kong, 13:30-14:30 hr. Speaker: Dr. David LUK, Asso. Consultant (Paed), United Christian Hospital.

2 Aug 2016 **Clinical Approach to Children with Hypotonia** will be held at Chairman's Suite and Executive Room, 38th Floor, World Trade Centre Club, Causeway Bay, Hong Kong, 13:30-14:30 hr. Speaker: Dr. Sophelia CHAN, Asso. Consultant (Paed), Queen Mary Hospital, The Duchess of Kent Children's Hospital.

12 Jul 2016 **Professional Forum on Physical Exercises for Children in Hong Kong** will be held at Multifunction Room, G/F, D Block, Queen Elizabeth Hospital, 20:30-22:30 hr. Speakers: Prof. LOUIE Hung Tak Lobo, Asso. Professor, Dept. of Physical Education, Hong Kong Baptist University; Prof. YU Chung Wah Clare, Assist. Professor, Dept. of Health and Physical Education, The Education University of Hong Kong and representative from Dept. of Health. (Registration: email: mcl@medcom.com.hk Tel: 25783833, Fax:25783929)

6 Aug 2016 **Public Forum on Child Health 2016** (3) 兒童健康論壇 - 「幸福童年，共融齊建」 will be held at Lecture Theatre, 1/F, Jordan Valley St. Joseph's Catholic Primary School, 14:00-16:30 hr. **Please watch the call for enrolment!**

Summit on Childhood Obesity in Chinese Speaking Communities (CSC), organized by Hong Kong Paediatric Foundation will be held at the Hong Kong Academy of Medicine Building, Aberdeen, Hong Kong.

22 - 23 Oct 2016 Obesity is an emerging global health issue for children and adolescents. In Jan 2016, The (WHO) has made the final report on “The Commission on Ending Childhood Obesity (ECHO)” in tackling the disease burden created by obesity worldwide. The ECHO report proposes a range of recommendations for governments aimed at reversing the rising trend of overweight and obese in children aged under 5 years of age. As the same health challenge also exists in Chinese Speaking Communities (CSC), the Summit is organized with the aim to providing a platform for stakeholders in different regions to share their experience and work out a practical intervention and preventive approach for childhood obesity in the CSC. We feel most privileged that **Dr. Constance CHAN, Director of Health, Hong Kong, one of the Commissioners of ECHO** be our **Keynote Speaker** on the topic “The WHO Commission on Ending Childhood Obesity (ECHO) - Principles and Recommendations”, other renowned international experts have also been invited as our speakers.

Please watch the call for enrolment and don't miss the chance to join!