



香港兒科基金  
Hong Kong Paediatric Foundation

# Hong Kong Paediatric Foundation

## Newsletter

## Inaugural Issue

Dec 2015

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HKPF website:  
[www.hkpf.org.hk](http://www.hkpf.org.hk)

### Dr. CHAN Chok Wan Board Chairman, Hong Kong Paediatric Foundation



The Hong Kong Paediatric Foundation is a non-profit making organization wholly owned by the Hong Kong Paediatric Society being devoted to child health education and advocacy for children's rights. It was established in 1994. We advocate and dedicate ourselves to the needs of our children now and for the future. Our vision is to enable children in the community to grow happily and healthily, to help them to be aware of their own rights and duties, to provide them with good opportunities to reach their potentials and to equip them with right values and skills to build the society where they live so that a bright future can be expected and can be attained by them.

In the past 20 years, we have engaged with professional activities and strategic action-plans in arenas of policy promotion (Children's Hospital of Hong Kong, Child Health Policy Proposal and the Children's Commission), health education, nurturing emerging child health knowledge and creating rich, optimum and healthy environment for our children to grow and develop so that they can have their best physical, mental, social, spiritual and behavioral well-being to face the challenges in future life. To this list of achievements from the Foundation, we would like to add the Foundation Newsletter for child health in the Hong Kong SAR. Ms. Susanna LEE, our Newsletter Editor, is to be commended in producing this inaugural issue of the Newsletter in December 2015 in such an immaculate format and design!

The Newsletter is devoted to the missions of providing: 1) report on recent Foundation activities, 2) update on upcoming activities, 3) announcement of future activities, 4) matters of current interest in child health to professionals, parents and the public, 5) social events, 6) community projects, 7) government policies related to child health, 8) advocacy and position statements and others. It will be distributed electronically by email means to all healthcare professionals, donors and contributors, friends of child health, participants at our Foundation activities and others in the public *free of charge*.

Editorial Policy for the Newsletter as in other publications from the Foundation will be open, transparent, accountable, creditable with contents stated therein being professional, educable, informative, ethical as well as views what are neutral, balanced and non-biased. We sincerely hope that the Newsletter will meet with your kind approval and we welcome constructive comments to this *new endeavor of ours*.

We wish you reading pleasure and look forward to your continual support to our Foundation now and in the future!

For and on behalf of the Hong Kong Paediatric Foundation

Dr. CHAN Chok Wan

Board Chairman and Chairman of the Executive Committee  
1st December 2015, Hong Kong.



It is my greatest pleasure to be the editor of the first publication of this Newsletter of the Hong Kong Paediatric Foundation (HKPF) which lists out the recent activities that HKPF conducted and the forthcoming events. The target audiences are child healthcare professionals as well as the general public i.e. all stakeholders of child health.

We have celebrated the HKPF 20th Anniversary last year with details of the activities being recorded in the HKPF 20th Anniversary Report which you can access in the HKPF website: <http://www.hkpf.org.hk>. In this inaugural issue, we have included the report of various events for the public and healthcare professionals; the Policy and Position Statement of HKPF in steering and advocating for the benefit and welfare of children's health in a holistic way during the years. The successful outcomes of these events come from the combined effort of various disciplines including policy makers, public notaries, legal professionals, doctors, nurses, allied health professionals and academia which well reflected our harmonious and effective transdisciplinary and intersectoral collaboration in the promotion of child health. Let me briefly walk you through from where we were in the year 2015 and the forthcoming activities in 2016. I wish you the great reading pleasure.

## MEGA EVENT

### SUMMIT ON BREASTFEEDING AND EARLY CHILDHOOD NUTRITION IN THE FIRST 1000 DAYS 11-12 July 2015

In view of the current situation in Hong Kong that many mothers stop exclusive breastfeeding prematurely before the recommended period of 6 months, the Hong Kong Paediatric Foundation (HKPF) and the Hong Kong Paediatric Society (HKPS) used its own education fund to organize the “Summit on Breastfeeding and Early Childhood Nutrition in the First 1000 Days” 2015. The major objectives of the Summit were to share cutting edge information on early nutrition, provide a platform for child healthcare professionals, policy makers, legislators, academics, the infant nutrition industry and all other stakeholders in relation to child health to assemble and suggest a strategic plan as how to iron out the obstacles for smooth practice of breastfeeding from birth to 2 years old as advised by the International Pediatric Association (IPA) and the World Health Organization (WHO) in the area of legislation, social and working environments, family and technical support for successful lactation as well as the cost-effective of Breastfeeding for Hong Kong.

The Summit was held at the School of Public Health and Primary Care, The Chinese University of Hong Kong at Prince of Wales Hospital on 11 and 12 July 2015. Facilities for breastfeeding at the venue for participants were well arranged. The response to this summit was overwhelming. There were around 400 participants joining the Summit. The venue had been changed to a bigger hall in order to accommodate all registrants.



Group Photo with Prof. Sophia CHAN (middle of the front row) and the renowned guest speakers on Day Two

Besides renowned world experts being invited as guest speakers, the Summit was well supported by The Food and Health Bureau of the HKSAR Government. Prof. Sophia CHAN, Undersecretary for Food and Health, HKSAR government delivered the keynote lecture on the “Current Scene, Implementation Strategies and Policy in Support Breastfeeding”. She also participated in the panel discussion and enlightened the audiences the policy and future direction in promoting breastfeeding by the Government in Hong Kong.

# MEGA EVENT

## SUMMIT ON BREASTFEEDING AND EARLY CHILDHOOD NUTRITION IN THE FIRST 1000 DAYS

11-12 July 2015

### DAY ONE – 11 July 2015

The topics on Day one mainly focused on “**Early Child Nutrition in the First 1000 Days**”, which included “**Essential Nutrition in the First 1000 Days of Life**” by Prof. Manuel MOYA, “**Improving Early Child Nutrition in Rural China**” by Prof. ZHU Zonghan ; “**Nutrition for Children with Special Care Needs**” by Ms Carol LO and “**Infant Feeding and Effective Parenting**” by Dr. Lilian WONG.

### Logo of Campaigning Breastfeeding

The calligraphy of 「母」 which came from the inscription on the Famous Bronze vessel 「毛公鼎」 casted in the ZHOU Dynasty was used as the logo for campaigning breastfeeding in this Summit. We thank Dr. FUNG Kam Pui, Specialist in Paediatrics, member of Child Advocacy Committee of the HKPS for providing the information of The Chinese Character of Mother.



Site support



Breastfeeding Corner



Site Support



Prof. Manuel MOYA



Prof. ZHU Zonghan



Ms. Carol LO



Dr. Lilian WONG

### Highlight from Overseas Speakers

#### Essential Nutrition in The First 1000 Days of Life

Professor Manuel MOYA, Chair of the Technical Advisory Group on Nutrition of IPA, enlightened the audience that in 2013, WHO defined the 1000 days period as the one lasting between conception and second birthday and considered it as important for later consequences of all forms of malnutrition (Over/under nutrition).

#### Improving Early Child Nutrition in Rural China

Professor ZHU Zonghan, Director of WHO Collaborating Centre on Epidemiology and Control of Acute Respiratory Infection (ARI) in China, who involved in many collaborative programs with WHO, UNFPA and UNICEF, shared with the audiences about his successful national program on how the supply of “Ying Yang Bao (YYB)” improved the early childhood nutrition in rural China. The remarkable achievement in improving health outcomes earned the funding support from the central government, social business and donation for further expansion of the program to 300 poor counties in China in 2015.



**“Update of Breastfeeding in Hong Kong – Current Scene, Implementation Strategies and Policy in supporting Breastfeeding” by Prof. Sophia CHAN**



**“Profile of Breastfeeding in Hong Kong” by Prof. Tony NELSON**



**“Ethical Issue on Early Childhood Nutrition” by Dr. CHAN Chok Wan**



**“Gut Health in Early Childhood” by Prof. Manuel MOYA**

### Topics on breastfeeding with invited speakers from different walks of life

- “Practical Tips to Initiate Breastfeeding to Newborns and Support to Mothers In The Postpartum Period” was delivered by Ms. TO Mei Yuk
- “Science and Logistics for Setting Up Human Milk Bank in China” by Dr. LIU Xihong
- “Marketing of Breastfeeding in the Community” by Ms. Anna LEE
- “Community Support for Breastfeeding Friendly Facilities – from a Consumer’s Perspective” by Dr. Dorothy TAM
- “Support of Breastfeeding at Workplace ”by Mr. Percy CHAN and Ms. Wendy LAM
- “Family Support for Breastfeeding – Stories from Successful Couples” by Mr. Phoebus CHAN and Mrs. Danielle CHAN
- “Legal Support to Breastfeeding” by Ms. Sylvia SIU.



**Lactation Consultant**



**Group Leader of Chinese Milk Bank Cooperative Team**



**Marketing Consultant**



**Paediatrician**



**Human Resources Executive**



**Administrative Manager**



**Successful Parents**



**Legal Consultant**

In the panel discussion, speakers (stakeholders) from different walks of life raised sound suggestions on ironing out the obstacles for smooth practice of breastfeeding from birth to two years old. The private company initiated to donate breastfeeding pumps to the needy lactation mothers. Some suggested donation to NGO. At the end of Summit, marketing professional, administrative personnel, legal expert and others, all raised their hands and committed to work together in achieving the noble mission of promoting the successful sustainability of breastfeeding.

#### Recommendation:

- ◆ Follow WHO code on breastfeeding – exclusive breastfeeding below 6 months of age and continue breastfeeding up to 2 years or beyond along with appropriate supplementary food.
- ◆ Enhance Public Education - start from preschool children on the value and importance of breastfeeding
- ◆ Marketing and Promotion - booth in MTR, advertising nursing scarf for breastfeeding, apps for breastfeeding
- ◆ Introduce Legislation to regulate marketing of breast milk substitutes and infant nutrition products with mandatory sanction measures
- ◆ Enforce Breastfeeding Support Policy to facilitate breastfeeding in workplace with facilities and lactation breaks
- ◆ Extend Maternity Leave
- ◆ Strictly prohibit delivery of free samples of breast milk substitutes to mothers ,hospitals and health care staff
- ◆ Training for child health care professionals on breastfeeding.

**By Dr. Lilian WONG, President, The Hong Kong Paediatric Society**

Nowadays, with modern medical advances, many children survive from complex medical conditions and live with chronic illnesses extending into adulthood. It is the common goal of all healthcare modalities to provide the best quality care to these children and their families. The focus is no longer on treatment only but more and more demand have put on long term rehabilitation, service satisfaction, cost effectiveness, support to care takers and the quality of life of children in needs. The first Children's Hospital in Hong Kong will commence into service in 2018 to provide tertiary to quaternary care to children with medical complexities. In addition to the service commitment, it also takes up the tasks on training, research and integration with the community.

The Hong Kong Paediatric Society (HKPS) and the Hong Kong Paediatric Foundation (HKPF) have jointly organized the meeting themed "Consensus on Integrated Child Health – from Hospital to Community" with the American Academy of Pediatrics (AAP) at the Mira Hong Kong, on 7-8 Nov 2015 in the presence of renowned world speakers Dr. Jane FOY and Dr. Thomas KLITZNER representing AAP, Dr. Zulkifli ISMAIL, President of Asia Pacific Pediatric Association (APPA) and Professor SHEN Kun Ling, President of the Chinese Pediatric Society (CPS) to share with us on the concepts of "Medical Home" and "Integrated Care", with the objective to bridge up the gap in child healthcare between hospital and community so as to provide child-centered, user-friendly, family-focused, seamless (among medical, social and education sectors), favorable ecology (family, school, playground and community) as well as comprehensive healthcare to the children with medical complexities we serve.

The meeting was well attended by more than 300 local delegates with wide representation from healthcare professionals including paediatricians, nurses and allied health professionals and service providers, policy-makers, politicians, educators, community partners, parent groups and all those interested in child health. Through the two-days meeting, we have assembled, discussed, shared and exchanged experiences and knowledge converged onto good consensus on integrated and coordinated quality care on child health from hospital to community.

"Hospital" here not specifically limits to the Hong Kong Children's Hospital but cited in a more broad sense to include ALL hospital settings with paediatric departments in the public system (under the Hospital Authority of Hong Kong) as well as those under the private sector. Interfacing between hospital and community care, between the public and private is the gold standard for child healthcare in Hong Kong and should be safeguarded at all times. The integration should be seamless, effective and bi-directional to allow patients and families smoothly transit from different phases of the life cycle into another without interruption, duplication and omission in the growth and development of our beloved children. Case managers and community nursing care are essential to ensure attainment of these targets.

Patient health passport (individualized electronic medical record) summarizing all the medical conditions, treatments and medications should go with the patient wherever he/she goes. Both local and international experts and delegates concluded unanimously on the urgent need of formulating a comprehensive Child Health Policy to realize Integrated Child Health and establishing a Children's Commission under a powerful Children's Commissioner so as to supervise, implement, evaluate, and monitor the progress currently and for surveillance in the future addressing their physical, mental, social, behavioural and spiritual well-beings proactively and providing with a fertile and safe environment for them to grow and develop to reach their highest potentials in life.

## CONSENSUS ON INTEGRATED CHILD HEALTH – FROM HOSPITAL TO COMMUNITY

7 Nov To 8 Nov 2015

Children make up 20% of our population but represent 100% of our future! Integrated Child Health is essential for their attainment of highest potential in life. We need a joint powerful voice for our Children to achieve the IPA (International Pediatric Association) target objective of safeguarding “Child Survival, Child Health and Child Development”; “Healthy Children for Healthy World”; and “One Child , One Dream”. This should be common goals for all healthcare professionals to strive for the health and advocacy of the children we care!



The Consensus on Integrated Child Health was officiated by international guests (from left to right), Prof. SHEN Kun Ling (President of Chinese Pediatric Society), Dr. Zulkifi ISMAIL (President of Asia Pacific Pediatric Association), Dr. Jane FOY (Board Director of American Academy of Pediatrics) and Dr. Thomas KLITZNER (Founder and Executive Director of the Pediatric Medical Home Program at UCLA) accompanied by Dr. Lilian WONG (President of the Hong Kong Paediatric Society), Dr. CHAN Chok Wan (Board Chairman of the Hong Kong Paediatric Foundation).

Round-table discussion with renowned guest speakers, local paediatricians, child health leaders, administrators and politicians.



All the guest and delegates including paediatricians, nurses, allied health professionals, educators, policy-makers, politicians, community partners and parent groups gave their blessing to Hong Kong and supported the development of integrated and coordinated child health from hospital to community in Hong Kong.



The guests and participants were listening to the “Voice of Children” articulating their wishes and needs at the “Policy” Night which was dedicated to the launching of the first “Proposal on Child Health Policy for Hong Kong”.

## CHILD HEALTH POLICY

### Professional Forum on Child Health Policy For Hong Kong on 18 Jun 2015

The professional consultation forum was held on 18 Jun 2015. More than 100 professionals from various disciplines attended the forum. Dr. CHAN Chok Wan, Chairman of the Steering Committee introduced to audiences the background of drafting the Child Health Policy, the 3 years' effort from professionals of different sectors and the next step ahead. Dr. CHOW Chun Bong, Convenor of Drafting Group in Medical; Dr. Daniel CHIU, Convenor of the Drafting Group in Social; Dr. Lilian WONG, Convenor on the Education dimension and Ms. Susanna LEE, Convenor on the Nursing and Allied Health dimension reported to audiences the views collected in their drafting paper. The audiences showed much concerns to the policy draft and provided invaluable inputs. The suggestions from the audiences were documented and included in the paper of the Child Health Policy.

### Formal Launching of Child Health Policy Proposal on 20 Sept 2015

The “Proposal on the Child Health Policy for Hong Kong” has been formally launched on 20 Sept 2015 at the Press Conference in the presence of over 30 reporters from electronic and paper media. The Press Conference was successful and well supported by HKPS Council Members, HKPF Board Members, legislators, academics and other healthcare professionals. The final version of the Child Health Policy Proposal was sent to the Chief Executive of HKSAR Government two days before the Press Conference. The Child Health Policy Proposal could be accessed in the Hong Kong Paediatric Foundation website and the Hong Kong Paediatric Society website.



# PROFESSIONAL FORUM

## Professional Forum on Lead Poisoning in Children on 18 August 2015

The forum was held in response to the recent lead poisoning incidence in Hong Kong. The aim of the forum was to enable health care professionals to understand more about the current situation and the harmfulness of lead poisoning in children. In the Forum, Dr. CHOW Chun Bong briefed the audience “The Clinical Significance of Lead Poisoning in Children”. Prof. Ignatius Tak Sun YU, Chairman and Honorary President, Hong Kong Occupational and Environmental Health Academy and Honorary Clinical Professor, School of Public Health and Primary Care, CUHK briefed the audience on “The Impact from Public Health’s Perspective”. Dr. Lilian WONG introduced to audience “The International Guideline and Update Information on Lead Poisoning in Children”. Position Statement on Lead Poisoning in Children was written based on the comments and discussions made at the Open Forum.



**Position Statement on Lead Poisoning in Children**

Lead exposure poses significant health risks to children. The recent lead in water incident in Hong Kong has alerted us on the safety issue in our environment. A Professional Forum on Lead Poisoning in Children was held at the Lecture Theatre of Queen Elizabeth Hospital on 18 August 2015 by the Hong Kong Paediatric Society and the Hong Kong Paediatric Foundation to solicit the professional views from paediatric community on this important child health issue.

The Forum was chaired by Dr. CHOW Chun-bong and was attended by more than 100 healthcare professionals including paediatricians, paediatric nurses and allied health professionals. The keynote speakers Dr. CHOW Chun-bong, Professor Ignatius Tak Sun YU and Dr. Lilian WONG highlighted on “The Clinical Significance of Lead Poisoning in Children”, “The Public Health Impact on Lead Poisoning” and “The International Guidelines and Updated Information of Lead Poisoning in Children” respectively in preparation of the Forum, two international experts Professor Ruth PTZEL, Chair of the Professional Health Advisory Group of the International Pediatric Association (IPA) and Dr. Mary Jane MCKIM, Chief of the Healthy Homes and Lead Poisoning Prevention Branch at the Centers of Disease Control and Prevention (CDC) have been consulted for the most updated scientific evidence on the subject. The following consensus was reached based on the discussions and resolution generated from the Forum.

**The Potential Effects of Lead Poisoning in Children**

1. Evidence confirms the detrimental effects of lead in children's health.
2. There is no safe blood lead level (BLL) for children because even low BLL can cause irreversible cognitive, behavioural and permanent neurological impairments. The current internationally adopted reference of BLL of 10µg/dL in children is a statistical reference only and NOT an absolute safety level.
3. Interventions or chelation therapy cannot reverse the neurological or cognitive damage.
4. The dose response of cognitive damage from lead exposure is more drastic in younger age and at low BLL but the effect is equally harmful to children of all age groups. The damaging effects can be delayed and become apparent in years to come.

**The Need for Strict Lead Exposure Control and Lead Remediation**

5. Children with BLL above 10µg/dL necessitate deliberate intervention to remove the source of lead exposure, environment programme to mitigate any harm being done and continue to bring them follow-up for potential neurodevelopmental consequences.

Approved by the Council of the Hong Kong Paediatric Society and the Board of Directors of the Hong Kong Paediatric Foundation and endorsed by the International Paediatric Society.

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6. The relevant government departments should work together to have coordinated actions on population screening if indicated (simple blood tests available on population screening tests), accurate diagnosis, appropriate interventions, effective risk communication and counselling, public education and long term preventive measures for lead poisoning as well as other environmental challenges.
7. The Government should have short to intermediate term action plans to alleviate unnecessary public anxiety and long term strategic approaches on environmental health policies to prevent further population health risks.

**The Public Health Impact of Lead Poisoning and other Environmental Health Issues**

8. Lead in water is only one of the identified environmental hazards in Hong Kong. There are many other sources of lead contamination from soil, air, food as well as other health hazards like radon, mercury or carcinogenic substances existed in the environment compromising the health of our children and the general population.
9. Government should make serious environmental evaluation to identify the hidden picture of environmental hazards that may bring irreversibly health risks and negative publicity on the general population. Attention should focus on all ages and all social sectors irrespective of public language or ethnicities. They are all equally vulnerable. A Comprehensive Environmental Health Policy including lead surveillance and research is mandatory to control the problem long term and strategically. Prevention approach to different aspects of environmental hazards is only palliative and would result in unnecessary public anxiety and political disputes to the community.
10. A Child Health Policy for Hong Kong and a Children's Commission are the ultimate answer to effective and comprehensive management of any upcoming child health risks.

The Hong Kong Paediatric Society and the Hong Kong Paediatric Foundation committed ourselves in the past, at present, and will continue to be the child advocate with all our available capacities. All healthcare professionals, particularly those in paediatrics and child health field, have paramount roles to play in educating the public on environmental hazards for children and preventive measures to take. We shall work together with other child health professionals to support the government to ensure a lead free and safe environment for our children to grow and to live.

Detail on 18th August Day of August, Year Ten Thousand and Fifteen in Hong Kong.

Approved by the Council of the Hong Kong Paediatric Society and the Board of Directors of the Hong Kong Paediatric Foundation and endorsed by the International Paediatric Society.

Position Statement can be accessed at the HKPF website

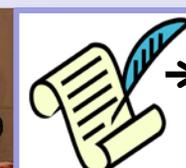
## Professional Forum on Update on the National Health Insurance for Children in China on 10 July 2015

Prof. ZHU Zonghan, Director General, Society of Pediatricians of Chinese Medical Doctors Association has been invited to speak on the National Health Insurance Scheme for children in China.



## Professional Forum on Professional Indemnity for Practicing Paediatricians on 1 September 2015

Various speakers were invited to discuss the recent significant increase in the premium of medical insurance for local paediatricians. Dr. TEOH Ming Keng, Head of Medical Services - Asia, Medical Protection Society (MPS) talked on “MPS Professional Indemnity Policy on High Risk Neonatal Service”. Dr. TSAO Yin Chow, Head of Paediatrics, Hong Kong Sanatorium & Hospital discussed on “Challenges in Providing High Risk Neonatal Service in Private Setting”. Dr. Ares LEUNG, President of the Hong Kong College of Obstetricians and Gynecologists and Deputy Medical Director, Union Hospital talked on “Labour Ward Risk Considerations – United We Stand”. Dr. LEUNG Tze Ching, Vincent, Honorary Consultant, Neonatal Nursery, Hong Kong Baptist Hospital delivered his talk on “Concerns from Private Practicing Paediatricians. There were hot discussions in the Open Forum among local paediatricians, representative from MPS and panelists on the definition of “newborn care” and the “risks” implied. A Summary based on the discussion at the Forum was sent to MPS for their re-consideration on the new Insurance Plan on Professional Indemnity for Paediatricians.



MPS



## Professional Forum on Training and Career Opportunities for Adolescents in Hong Kong on 13 Oct 2015

Dr. Roy CHUNG, Deputy Chairman of the Vocation Training Council and Chairman of the Task Force on Promotion of Vocational Education, Education Bureau (2014-2015) delivered his talk on “Promotion of Vocational and Professional Education and Training (VPET) in Hong Kong”. He introduced to audiences the promotion work in the past, public engagement activities such as surveys, focus group interviews etc., 3 pronged strategies with short and long term plans implemented including 1) Rebranding VET to VPET which covered programs up to degree level 2) Strengthening promotion and 3) Sustaining efforts including encouraging Government to promote VPET, promotion of Qualifications Frameworks and tracking surveys on attitude change from the public so that the entrenched perception of VET being a second choice can be changed.

Ms. Gladys YAM, Senior Assistant Executive Director, Vocational Training Council briefed the audiences the history and background of VPET. She further introduced to audiences the multiple learning pathways of VPET such as the Technological and Higher Education Institute of Hong Kong (THEi), Hong Kong Institute of Vocational Education (IVE), Hong Kong Design Institute (HKDI), International Culinary Institute (ICI), Youth College which provided diverse opportunities for further study and professional development.

Dr. Christopher LEUNG, Academic Director (Applied Science), Vocational Training Council delivered a talk on “Applied Science Discipline in Focus-Training and Career Opportunities for Adolescents”.

Dr. Lilian WONG talked on “Challenges and Opportunities for Adolescent Education in Hong Kong”



(From right to left) Dr. CHAN Chok Wan, Dr. Roy CHUNG, Dr. Christopher LEUNG, Ms. Gladys YAM and Dr. Lilian WONG in the open discussion session.

In the discussion, the audiences shared their perceptions about VET and their concerns on the overall learning attitudes of students in the VET. Doctors, nurses and teachers all opined that through this forum, their understanding about VPET, its training and career opportunities for adolescents in Hong Kong has been much increased. They agreed that the promotion of VPET should be intensified so that the parents could have more informed choices for their children’s study and career development.

## PUBLIC HEALTH TALKS 2015

Four public health talks were held in the year 2015 at the Hong Kong Science Museum, Tsimshatsui. The talks were free to general public with the aim of providing education to parents on common child health topics. The talks were well attended by parents with positive comments. On 6 June 2015, “Common Paediatric Surgical Problems” was delivered by Dr. Nicholas S Y CHAO. On 13 June 2015, the talk “Common Paediatric Infection Diseases” was given by Dr. Vercia LAU. On 1 August 2015, “The latest Development of Paediatric Vaccines” was given by Dr. Daniel CHIU. The talk on “Children Growth and Development” was given by Dr. Susan P S CHENG on 15 August 2015. The program for public talks 2016 are now under planning.



# COMMUNITY PROJECT

## “Little Genius Summer Training Programme 2015 ”

Hong Kong Paediatric Foundation has participated in a Community Project this Summer jointly organized by St. Joseph’s Church, Kowloon Bay and Caritas Centre for the primary school students coming from low income families in the neighborhood. 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 professional inputs and funding.

The Objectives :

1. To provide a continuous learning opportunity for children from underprivileged families during the summer holiday
2. To engage families from ethnic minority group to participate in community activities
3. To train up youth as teacher (big brother) to lead the young children from the underprivileged families throughout the “Little Genius Summer Training Program 2015” under mentor supervision.
4. To raise public’s awareness on the needs of children from underprivileged families through the volunteer helpers program

Total 10 youths were recruited including 2 South Asian adolescents. They were mainly secondary school graduates while two were studying in university. Intensive training from social workers and mentors were provided for these young volunteers to equip them on the communication skills and teaching skills from June to July.

30 children were recruited (9 from South Asian families) for the summer education program held from 20 July to 22 August, 2015. The classroom program included coaching in summer homework, handcrafting, music learning, cooking, games and story telling. There were also outdoor activities with 4 visits being organized to Kam Hing Noodles Factory, Shatin Heritage Cultural Museum, Pizza Hut in Tseung Kwan O, Coca Cola Co. and a Tram Transportation Tour on Hong Kong Island. Volunteers from HKPF including student nurses and student occupational therapists have organized game day for the children.

Graduation Ceremony and dinner gathering were held on 22 Aug 2015 inviting children and their families, the youth volunteers, the executives of the 3 organizers to join. The children all dressed in their ethnic costumes and paid the highest respect to this important ceremony. Dr. CW CHAN was invited to give remarks in the Ceremony. He extended his heartfelt appreciation to the children, the parents, the youth and all the volunteers. 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.

The parents from different ethnic groups joined the party with active participation even though some could not communicate with local language. The project was very successful and meaningful. A post-event debriefing session for the youth was conducted by the three organizers with valuable evaluations.



# HONG KONG HEALTHY CHILDREN COMPETITION 2015

“The Hong Kong Healthy Children Competition (HKHCC)” is an annual event co-organized by HKPF and BGCA with the aim of promoting healthy living and healthy habits to children and families. There are health check, fitness test, cognitive test, and talent show targeting at children aged 3 to 11 years old. The theme this year was “Healthy Eating and Promotion of Breastfeeding” delivering healthy nutritional messages to participants.

The Prize Presentation Ceremony was held at the City Walk, Tsuen Wan on 22 Nov 2015. We have invited Prof. Sophia CHAN, Under-Secretary for Food and Health of HKSAR Government to be our Guest of Honor and Hon. Dr. LEUNG Ka Lau, Legislative Council member as our Honorable Guest. Ms. CHAN Ki, our Health Ambassador this year, shared her experiences on how to encourage healthy eating for her children and family. The winners of the HKHCC had excellent performance at the talent show and many families joined the “Parents and Children Look Alike Competition”. The highlight at the end was the innovative “Healthy Dancing” created and led by the Occupational Therapists from the Hong Kong Occupational Therapist Association.



## UPCOMING EVENTS

- ◆ **Professional Forum** will be held on 12 Jan 2016 at **Lecture Theatre, G/F, M Block, QEH, 8pm-10:30pm**
- ◆ **Summit on Effect of Economic Growth on Child Health in Chinese Speaking Communities** will be held on 27th - 28th Feb 2016 at **Shangri La Hotel in Guangzhou, China**

The economic growth in Asia has been unprecedented for the recent decades and its impacts on all aspects of the community and child health have never been foreseen. The Summit serves as a platform for paediatricians and child health professionals to come together to communicate, to deliberate and to share new thoughts on the child healthcare at the present era. Besides world famous speakers from Australia, India and USA, we have invited a number of renowned speakers from the Chinese speaking communities to explore the subject from multiple perspectives.

