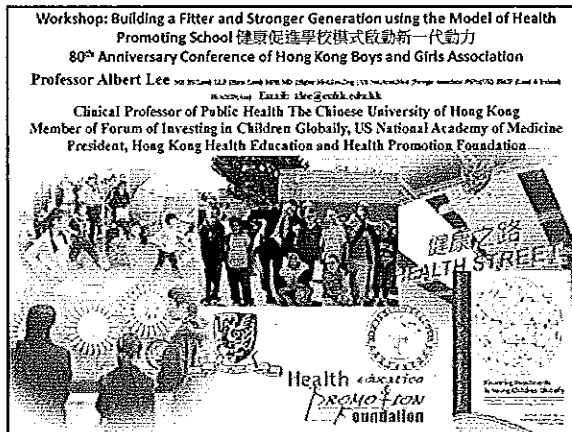


For participants of 80th Anniversary Conference of HK Boys and Girls Association
 Source: Professor Albert Lee, Centre for Health Education and Health Promotion,
 CUHK



We have best indices for health in terms of infant and childhood mortality as well as longevity?
 We have invested substantially in health and education.
 Our young generation should be fittest in the world.

Why are we here to discuss promoting fitter and stronger young generation?

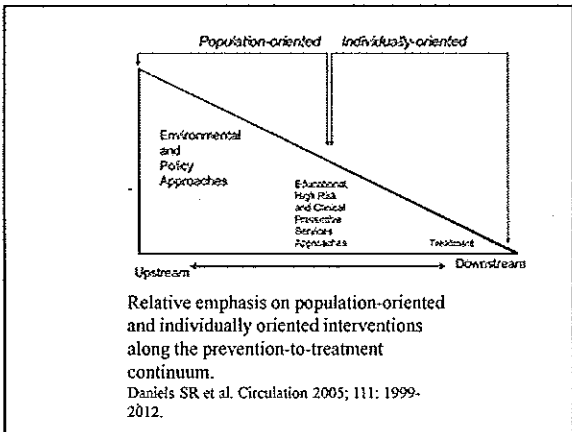
The rates of teen drug use in Hong Kong are lower than in Western countries (631 under age 16 and 1,591 aged 16-20)*, but there is a significant concern of doubling for under age 16 and also reported cases are just the tip of the iceberg.
 The suicide death among those aged 0-15 and 15 to 24 were less than 1 per 100,000 and around 8 per 100,000 respectively in 2009.#
 However is drug testing to screen out those at risk or current suicide prevention programme effective?

Let us consider the criteria for screening.

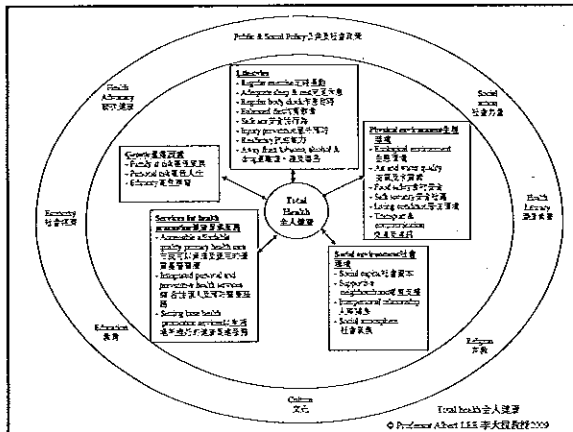
*Youth Trends in Hong Kong 2011. Hong Kong Federation of Youth Groups. Table 2.69
 # Youth Trends in Hong Kong 2011. Figure 2.66

- ### Criteria for screening
- The condition should be an important health problem
 - The prevalence should be high to achieve high predictive value.
 - There should be an accepted treatment for people with recognized disease.
 - The screening test must be valid with good sensitivity and specificity and high predictive value (minimal false negative and false positive)
 - Facilities for diagnosis and treatment should be available
 - There should be a recognizable or early symptomatic stage
 - There should be a suitable test (user friendly and minimal invasive)
 - The test should be acceptable to the population.
 - The natural history of the condition (from development to declared disease) should be adequately understood.
 - There should be an agreed-on policy concerning whom to treat.
 - The cost of case finding (including diagnosis and treatment) should be economically balanced in relation to possible expenditure on health and social care as a whole.
 - Case-finding should be a continuing process and not a "once and for all" project

The incidence of suicide death among youth and prevalence of drug abuse are not high.
 However those are important health problems.
 How should we intervene effectively?

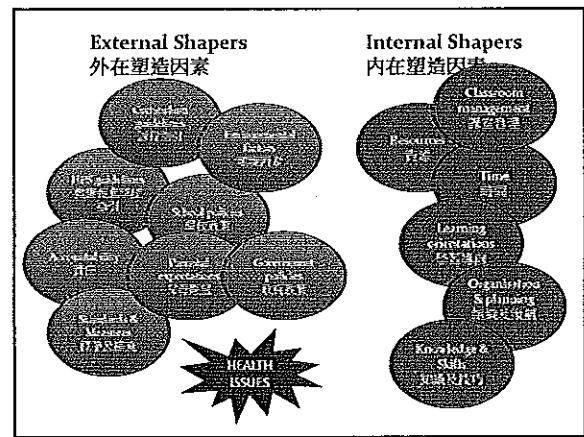
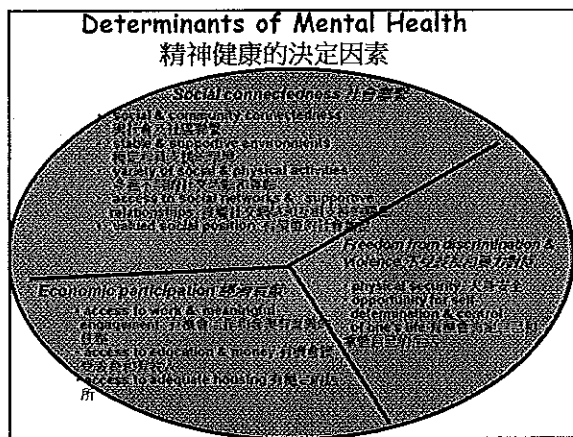


For participants of 80th Anniversary Conference of HK Boys and Girls Association
 Source: Professor Albert Lee, Centre for Health Education and Health Promotion, CUHK



Creating Healthy Behaviours in Adolescence
 為青少年建立健康行為 Professor Lawrence St.Leger November 2009

St Leger L., Koba L.J., Lee A., McCaff D., Young I. *School Health - Achievements, Challenges and Priorities*. In McQueen D., Jones C. *Global Perspective on Health Promotion Effectiveness*. Springer, New York, USA, 2007.



Let us design select one key area (school curriculum, school physical environment, school ethos, school health services, community link, school policies) and design a school based programme to:

1. Prevent suicide
2. Prevent substance abuse

- HEN Review Results**
HEN 報告結果
- Mental health promotion programmes are effective, particularly if they 如精神健康促進計劃可包括以下條件將更有效:
 - Involve the whole school 讓全體學校參與
 - Make changes to psychosocial environment 為心理社交環境帶來轉變
 - Focus on personal skill development 專注個人技能的發展
 - Involve parents and the wider community 讓家長和社區參與
 - Are implemented over a long period of time 經長年累月的實踐
 - Moderate to large effect sizes reported if above factors are present 如涵蓋上述因素，將達致中等至良好的效果
- Source: Stewart-Brown, S. (2006)

For participants of 80th Anniversary Conference of HK Boys and Girls Association
 Source: Professor Albert Lee, Centre for Health Education and Health Promotion,
 CUHK

HEN Review Results
HEN 報告結果

- **Healthy Eating and Physical Activity Programmes 健康飲食和運動計劃**
 - Amongst the most sophisticated 讓善長者參與
 - Effective if involved changes to school environment 如包括改變學校環境，效果更佳
 - Effective if they involved parents and wider community 如讓家長和社區參與，效果更佳
 - A range of different type of programmes proved effective 證實多種不同的計劃是有效的

Source: Stewart-Brown, S. (2006)

HEN Review Results
HEN 報告結果

- **Substance use programmes were the least effective. 濫用藥物計劃是最不具效能的。**
- **At best they 這些計劃最多只能:**
 - delay onset 延遲發生的時間
 - reduce quantity of drugs consumed 減少使用藥物的數量
- **Driver education ineffective 駕駛者教育無效**

Source: Stewart-Brown, S. (2006)

Mental Health 精神健康

Successful initiatives
 成功的計劃在於.....

- are well designed and grounded in tested theory and practice; 以經實驗的理論和實踐為基礎，計劃完善
- link the school, home and community; 與學校、家庭和社區相連
- address the school ecology and environment; 針對學校的環境和校風
- combine a consistency in behavioural change goals through connecting students, teachers, family and community; 學生、老師、家庭和社區互為聯繫，達成行為改變目標上的一致性

Source: Lavy St Leger 2009

Mental Health 精神健康

Successful initiatives
 成功的計劃在於

- foster respectful and supportive relationships among students, teachers and parents; 加強學生、老師和家長彼此尊重和支持的關係
- use interactive learning and teaching approaches; and 使用互動學習和教學的方式; 以及
- increase the connections for each student 增加每一名學生的聯繫

Source: Lavy St Leger 2009

Substance use 濫用藥物

School-based drug reduction initiatives are effective if the programs
 如學校為本打擊濫藥的計劃具以下元素，就會更有效：

- are interactive rather than teacher-centred; 互動式，非說教式
- focus on life skills, e.g. refusal skills, assertiveness; 以生活技巧為主，如拒絕技巧、肯定自己
- take a whole of school approach; 全校策略
- link with the family and local community; and 與家庭和社區聯繫；以及
- address the improvement of connections for students. 改善與學生的聯繫性

Source: Lavy St Leger 2009

Substance use 濫用藥物

The evidence also shows....
 實證更顯示.....

- effect sizes (at best) are modest, but compare well with results of clinical trials; 最佳效能為中等，但比臨床實驗為佳
- some successful gains may include a short term delay in use and or short term reduction in usage; 一些成功的元素包括短期延遲濫藥及/或短期減少濫藥
- positive effects are more likely to occur in banning tobacco, then alcohol or illicit drugs; 真正應行為相宜的效果，比為濫藥或濫藥
- specific programs are more likely to have no effects or harmful effects on alcohol use; and 特定的計劃對濫藥方面完全無效果或出現反效果
- teaching staff who understand mental health issues, achieve higher health and educational outcomes for the students than those staff who don't. 明白精神健康問題的老師，比不明白者更能為學生達成較佳的健康和教育成果

Source: Lavy St Leger 2009

For participants of 80th Anniversary Conference of HK Boys and Girls Association
 Source: Professor Albert Lee, Centre for Health Education and Health Promotion, CUHK

Hong Kong Healthy Schools Award Scheme
 香港健康學校獎勵計劃

Healthy Schools (Pre-school) Award Scheme 健康幼稚園獎勵計劃

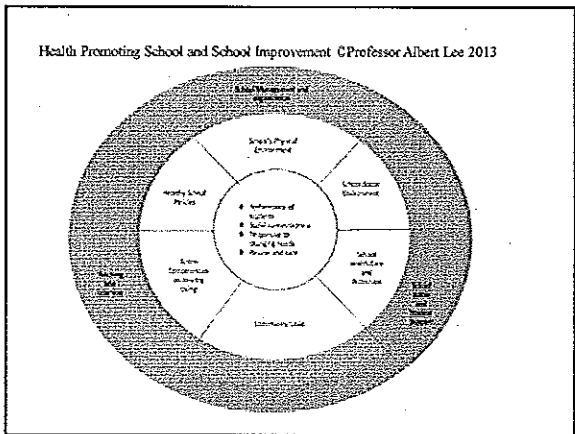
Marshall, B., Sheehan, M., Nordfeldt, J., Carlisle, R. and St Leger, L. (2009) "School-based health promotion across Australia" *Journal of School Health*, 78:6 pp251 - 262.
 Lee, A., St Leger, L., Moon, A.S. (2005) Evaluating Health Promotion in Schools meeting the needs for education and health professionals: A case study of developing appropriate indicators and data collection methods in Hong Kong. *Promotion and Education*, 20(2):177-184.

- Child and adolescent health promotion should focus on health literacy, behavioural change, changing environment (physical and social) conducive for health, improvement of public policies for healthy youth development, engagement of stakeholders, and enhancement of services to be more accessible and acceptable.
- It ought to be complex, multi- factorial and innovative activity in many domains (curriculum, school environment and community) with long duration to be more effective (Stewart, Brown, 2006.)
- Evidence has been gathered extensively about what schools actually do in health promotion using the HPS/CSH framework. (Lee, St Leger & Moon, 2006; Marshall et al, 2001)
- It can assist schools and authorities to concentrate on the gaps and affirm qualities work in schools through award upstream (Moon et al, 1999; Lee, Cheng & St Leger, 2005)

HSA's Positive Health

On the whole, students from HSA group showed positive results in the health behaviours of students and actions taken by schools.
 總括而言，就HSA之學童進行健康行為及HSA學校實踐健康促進方面都有顯著之成果。
 The study has demonstrated that schools participation in HSA scheme, could produce visible and positive health-related impact on many aspects of school life compared with non-participating schools. 研究顯示，參與健康學校獎勵計劃之學校與沒有參與計劃之學校相比，參與計劃學校在與健康相關各層面之校園生活都有明顯及正面的影響。
 The practice of HPS seems to help schools to modify risky health behaviours of students and improve the school environment and atmosphere in health and hygienic practice.
 實踐健康促進學校有助學校改善學童之危害健康行為、學校環境、健康氣氛及衛生習慣。

Our Journey of HPS



Health and Education Decisions Together for Children's Health Today and Tomorrow: An International Dialogue
 7-12 November 2016

Symposium on Health and Education Decisions Together for Children's Health Today and Tomorrow: An International Dialogue

Date: 7-12 November 2016 (Sat)
 Venue: Education Extension Centre, The Chinese University of Hong Kong
 City: Education Extension Centre, The Chinese University of Hong Kong
 Day of programme: The first day (Nov 7) will be for registration and check-in. The second day (Nov 8) will be for the symposium. The third day (Nov 9) will be for the dinner and the closing ceremony.

Meeting Venue: Education Extension Centre, The Chinese University of Hong Kong

1. Name of event: Symposium on Health and Education Decisions Together for Children's Health Today and Tomorrow: An International Dialogue

2. Dates: 7-12 November 2016

3. Venue: Education Extension Centre, The Chinese University of Hong Kong

4. Objectives: To bring together health and education professionals from different countries to discuss the current status of health and education in their respective countries and to explore ways to improve the health and education of children in the future.

5. Topics: The topics of the symposium will include: (1) The current status of health and education in different countries; (2) The challenges and opportunities in promoting the health and education of children; (3) The role of health and education professionals in promoting the health and education of children; (4) The role of parents and the community in promoting the health and education of children; (5) The role of the government in promoting the health and education of children.

Please visit our website: www.chep.cuhk.edu.hk/symposium2016 for online registration (FREE) or contact meeting.healtheducation.ht@gmail.com or by fax to (852) 2694-0004.