Enriching Knowledge for the Health Management and Social Care Curriculum Series ：Community Health

Learning and Teaching References

Booklet 9

Building a Healthy City

September 2016

1

S4 – Concepts and Framework

Booklet (1) Personal development	Booklet (2) Health and well-being

S4 – Holistic Health

Booklet (3) Physical	Booklet (4)Mental	Booklet (5) Social

S5 – Macro Level

Health Management	Social Care
Booklet (6) (8) (9) (10)	Booklet (7) (11)

Round-up：Booklet(13) Health and Social Care Policies
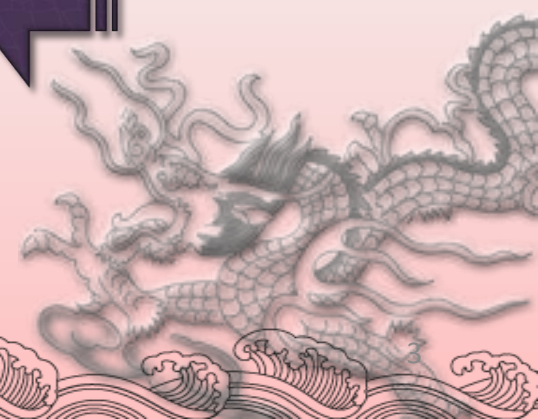
Learning Targets

Values and Attitudes

- Promote a culture of positive health and safety

Skills

- Practise safe behaviours in different settings
- Demonstrate behaviours that minimise risk to oneself and others

Knowledge

- Differentiate different concepts related to health promotion
- Understand the concepts of risk and safety
- Apply safety guidelines and procedures in different settings
- Understand the importance and concepts of risk assessment and health management

9.1 Different Models on Health Promotion

- Topic 3 – Responding to the Needs in the Areas of Health (care, promotion and maintenance) and Social Care

- *3A The notion and practice of health promotion, health maintenance, ill-health prevention, social care, welfare and community services*

- 3A3 Health promotion

  - Definition and trends of health promotion
  - Different models of health promotion
  - Health promotion in Hong Kong

- To understand the concepts and models of health promotions

9.1 Different Models on Health Promotion

Health Promotion
- Individual level
  - Health Belief Model
  - Stages of Change Model
- Across levels
  - Health Promotion
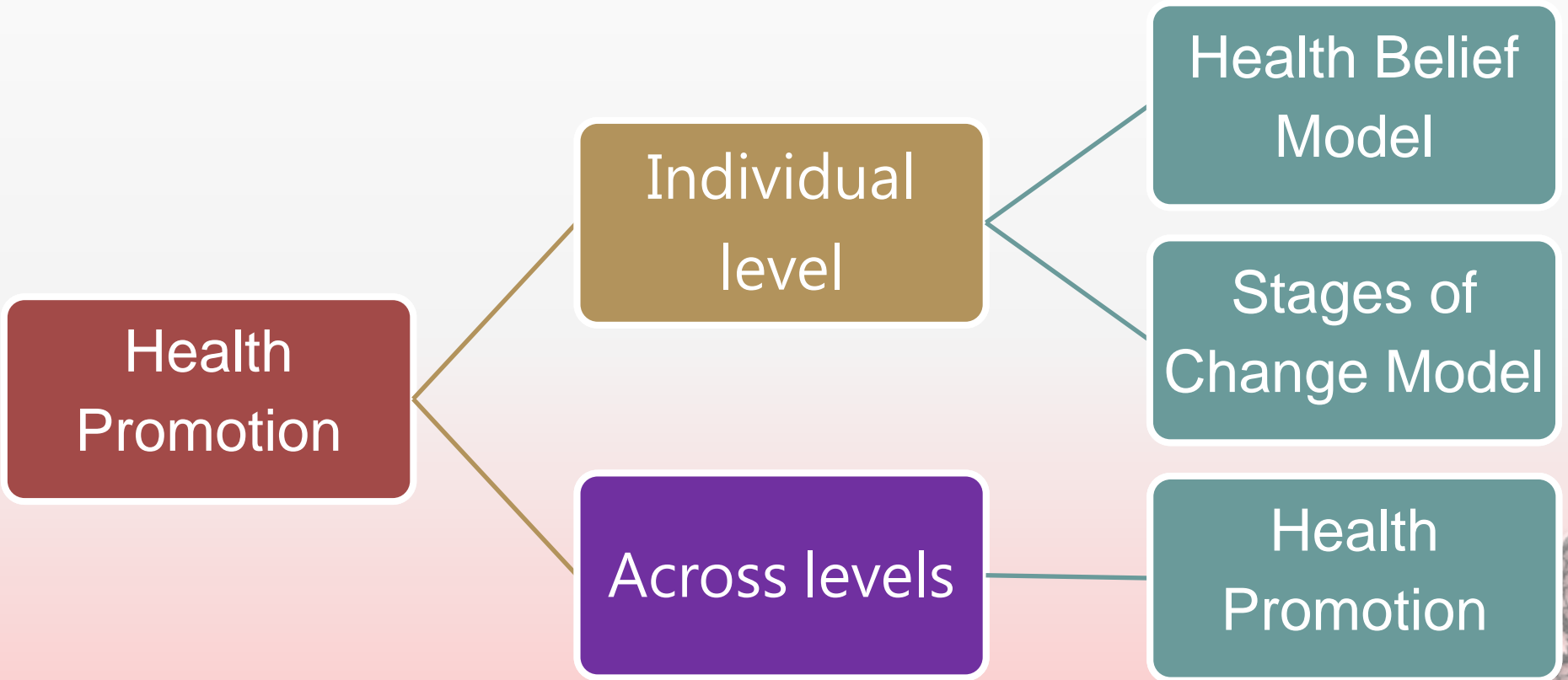
9.1 Health Belief Model

Health Belief

Determinant factor contributing to the acceptance of advice, changes of behaviour and adoption of healthy behaviour

Individual perception and knowledge

Individual perceptions comprising perceived susceptibility or perceived severity of a specific disease

Modifying factors

Demographic variables (age, sex, race and ethnicity); socio-psychological variables (personality, sense of control, social class, peer and group pressure) and knowledge about and prior contact with diseases

The likelihood of action

the possibility of taking action and the perceived barriers

- Personal feeling on cervical cancer and the consequence of suffering cervical cancer

- Death of the pop star Anita Mui
- Cervical Screening Programme launched by Hong Kong Government
- Health education on cervical cancer

- Anticipated cost in terms of time and money
- Impacts on work, family and social relationships

Cervical Screening

9.1 Stages of Change Model

Stages	Features	Work Focus
Pre-contemplation	Not yet recognise the problem behavior and the needs to be changed	To help targets realize the hazards of the risk behaviours and assess the positive and negative consequences of behavioural changes in order to develop the intention and motivation to change
Contemplation	Acknowledge that there is a problem but not yet ready or wanting to make a change in short term	
Preparation/ Determination	Ready to change and have made some initial attempts	To facilitate the self-determination and replacement of risk behaviour with the healthy behaviour
Action	Practise new behaviour	To change the environment to eliminate or reduce the temptation of the risk behaviour. The new behaviour can be supported through strengthening the self and developing self-confidence.
Maintenance	Maintain the practice of the new behaviour in a period of time	

9.1Health Promotion

Health

- the consequence of the interdependence between the individual and the family, community, culture, physical and social environments

Health Promotion

- to develop interventions that target on the interpersonal, organizational, community and public policy factors which influence health

Ottawa Charter

- **Building healthy public policy**
- **Create supportive environments**
- **Strengthen community action**
- **Develop personal skills**
- **Re-orientate health services**

Ottawa Charter

Building healthy public policy	• Puts health on the agenda of policy making, considering the health consequences of the decisions and the responsibilities for health (Booklet 10,11,13)
Create supportive environments	• Conservation of natural resources throughout the world as a global responsibility (Booklet 8) • Generates safe living and working conditions (Booklet 9)
Strengthen community action	• Enhance self-help and social support (Booklet 7) • Promote mutual help and establish the community bonds (Booklet 7)

Ottawa Charter

Develop personal skills

- Provides information / education for health and enhances life skills aiming to increase people's ability to exercise more control over their own health and over their environments, and to make choices conducive to maintaining health (Booklet 1-5,8)

Re-orientate health services

- No longer be confined to clinical treatment of diseases but extended to disease and health promotion(Booklet 6,9,10)
- Promotes holistic health (Booklet 1-5)

9.2 Healthy Cities

- Topic 4 - Promotion and Maintenance of Health and Social Care in the Community

- *4BHealth and safety*

  - 4B2 2. Health and safety in different settings

    - Healthy city

- *To promote a culture of positive health and safety*
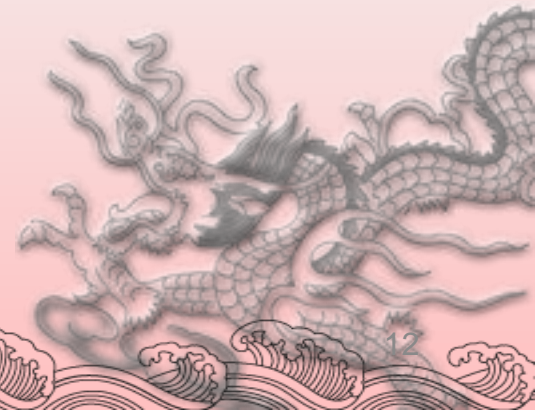
Ottawa Charter - Create supportive environments
Healthy Cities – Features

	Examples
Self-sufficient	● The meeting of basic needs (for food, water, shelter, income, safety and work) for all the city's people
Healthy ecology	● A clean, safe physical environment of high quality (including housing quality) ● An ecosystem that is stable now and sustainable in the long term
Health care	● An optimum level of appropriate public health and sick care services accessible to all ● High health status (high levels of positive health and low levels of disease)
Economy and culture	● A diverse, vital and innovative city economy ● The encouragement of connectedness with the past, with the cultural and biological heritage
Social relationship	● A strong, mutually supportive and non-exploitive community ● The chance for a wide variety of contact, interactions and communication
Participation	● A high degree of participation and control by the public over the decisions affecting their lives, health and well-being

Ottawa Charter - Create supportive environments
Healthy Cities – How

Seven guiding principles	
Community participation	to encourage local people and organizations to voice out their opinions and actively participate in building up a healthy community
Health promotion	to enhance health education that 'prevention is better than cure' to promote healthy living environment and lifestyles
Primary health care	to strengthen the network of community clinics to reduce the need for hospital care
Equity in health	to advocate that every individual should have an equal opportunity to attain their full health potential regardless of age and gender etc
Inter-sectoral collaboration	to facilitate collaboration across government departments and service organizations for better services tailored to community needs
Effective use of resources	to identify and meet real demands through validated measures, followed by proper evaluation procedures to ensure optimum use of limited resources
International cooperation	i.e. to share knowledge and experiences with other Healthy Cities around the world

9.3 Healthy Settings

- Topic 4 - Promotion and Maintenance of Health and Social Care in the Community
- *4B Health and safety*
- 4B2 Health and safety in different settings
  - *To practise safe behaviours in different settings*
  - *To apply safety guidelines and procedures in different settings*
  - *To promote a culture of positive health and safety*

Ottawa Charter - Create supportive environments
Healthy Settings

Setting
- Environment which people use and shape, including schools, work sites, hospital, villages and cities.

Level
- Where people live, work, learn and play, related to health and social care systems

Feature
- Apply a set of holistic and multi-disciplinary strategies to a variety of risk factors, diseases and health issues, so as to maximize disease prevention via a "whole system' approach

9.5 Risk Assessment and Management

Topic 4 – Promotion and Maintenance of Health and Social Care in the Community

4B Health and safety
- 4B1 Concepts of risk and safety
  - *To understand the concepts of risk and safety*

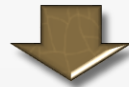*4C Aspects of risk assessment and health management*
- **4C1** The concepts of risk assessment and health management
  - *To understand the importance and concepts of risk assessment and health management*

Create supportive environments

◈ Generates safe living and working conditions

Individual

⬇

Environment (Healthy Settings)

HEALTH MANAGEMENT

ILLNESS ⟵⟶ HEALTH

Risk Management

Risk ⟵⟶ Safety

18

9.5 Risk Assessment

Risk	Hazards		Consequence
Injuries	**Mechanical**	Contact with moving parts of machinery or equipment	cuts, bruises and punctured skin , crushed limbs, amputation and death
	Physical	Obstacles on the ground where individuals walk (on wet or damaged flooring), poor visibility	slips, trips and falls
	Electrical	Contact with live parts at even normal mains voltage	severe shock and burns
Poisoning	**Chemical**	Hazardous chemical substances	skin or eye irritations, respiratory problems, poisonings and long term health problems such as cancers
Physical illness	**Biological**	environmental conditions allow the rapid growths of certain types of micro-organisms	Infectious diseases
	Lifestyle	Risk behaviours such as unhealthy diet, sedentary lifestyles, tobacco smoking, alcohol addiction, drug abuse, unprotected sex, unhygienic practices	Communicable and non-communicable diseases
Mental illness	**Stress**	Related to life events Related to working environment	Insomnia, depression and high blood pressure

9.5 Risk Management

Health and safety measures and disease prevention to minimize the risk of premature sicknesses and to assure optimal physical, mental, emotional and social well-being

Empowerment

- To empower people to avoid health risk of unhealthy lifestyle
- Such as：providing information about food labelling and occupational health
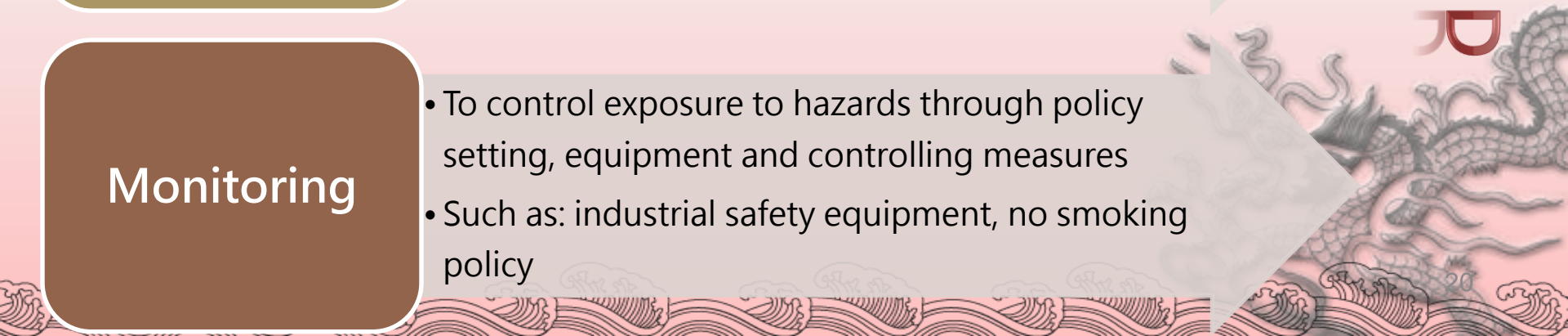
Precaution

- To remove or reduce hazards to an acceptable level
- Such as：wearing a surgical mask, washing hands, providing a healthy tuck-shop

Monitoring

- To control exposure to hazards through policy setting, equipment and controlling measures
- Such as: industrial safety equipment, no smoking policy

CARRY OUT AND MAINTAIN

9.3A Health and safety at school

- Topic 4 - Promotion and Maintenance of Health and Social Care in the Community
- *4B Health and safety*
- 4B2 Health and safety in different settings
  - Health and safety at school
    - Protection against harassment, e.g. sexual harassment / bullying
    - others: e.g. hygiene, healthy lunch, peer relationship
  - *To practise safe behaviours in different settings*
  - *To apply safety guidelines and procedures in different settings*
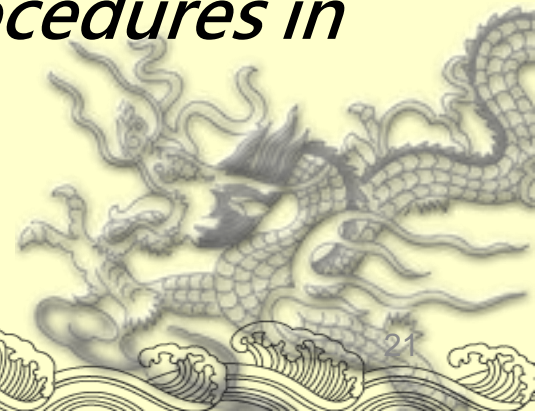
Ottawa Charter - Healthy Schools

Building healthy public policy	• Setting the school health and safety policies
Create supportive environments	• Creating the healthy school environment • Building a positive social environment
Strengthen community action	• Developing the community relationship

Ottawa Charter - Healthy Schools

Develop personal skills

- Enhancing personal health and safety skills

Re-orientate health services

- Providing school health services - to safeguard students' and staff's health, hence allowing them to have physical and mental strength to meet the demand of school work and helping them establish good interpersonal relationship

2. Healthy Eating

Building healthy public policy	• **Setting the school health and safety policies** -School healthy eating policy - school management and other stakeholders (e.g. teachers, parents, etc.) draft a healthy eating policy tailored to their school

Risk Assessment	A rising trend of obesity among primary school students
Cause	Unhealthy Diets
Impact	Chronic diseases such as diabetes, heart disease, cancer and obesity

Risk Management	Examples
Empowerment	'Nutritional Cooking Training Workshop for Chefs' for school lunch suppliers, chefs and staff of school lunch caterers to understand the nutritional needs of students
Precaution	Handbook of Selection of Lunch / Snack Suppliers, Nutritional Guidelines on Lunch / Snack for Students for reference of schools
Monitor	Monitor nutrition quality of school snacks provided by school snack suppliers as well as the lunch provided by snacks suppliers

3. Sexual harassment

Risk Assessment	Sexual harassment – Sex Discrimination Ordinance - a sexual harassment act committed by any person that "creates a hostile or intimidating environment" also applies to educational settings.
behaviour	Unwelcome sexual behavior or conduct which is offensive, humiliating or intimidating , imcluding put up pornographic pictures 、made sexual jokes or talking about issues of a sexual nature, or making a sexual advance
Impact	Cause harm to the victim's mental and physical health and significantly compromise his/her academic or work performance

Risk Management	Examples
Empowerment	Set specific targets (such as number of people and/or regular period of time) for training and education programmes on gender equality, respecting others and enhancing awareness on the prevention of sexual harassment for students and staff members
Precaution	Schools should promulgate the policy to all students, parents and staff members on a regular basis. The sexual harassment policy should be distributed and explained to all new students and staff members
Monitoring	Designate staff members of particular positions in school to implement specific measures for the prevention of sexual harassment, with a clear lineation of responsibility to ensure proper implementation of the policy.

4. Bullying

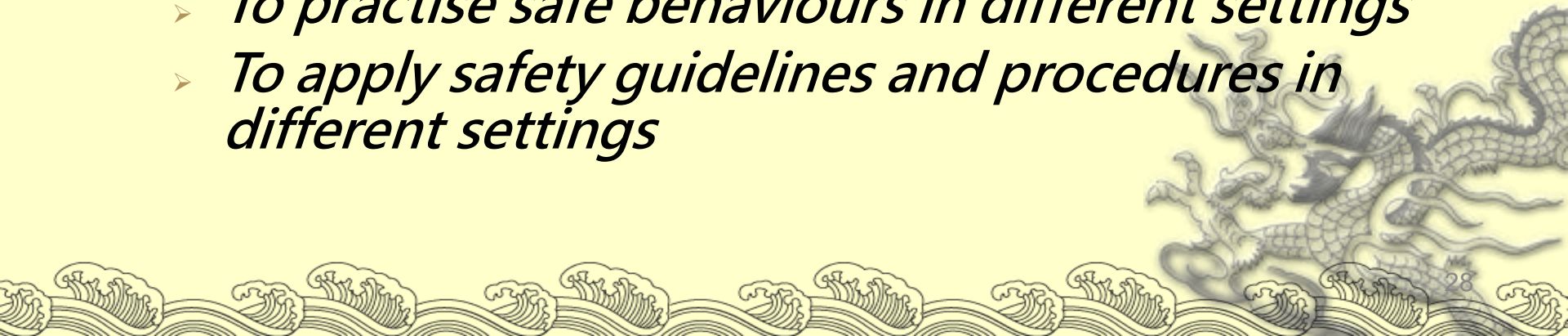| Risk Assessment	Types of bullying
	➢ **Physical assault** ➢ **Verbal harassment** ➢ **Exclusion from social situation** ➢ **Coercion**
Causes	● a group of children may single out one child because they think he or she is different ● Interpersonal conflicts ● Imitation of violent behavior
Impacts	On the victims ● Physical injuries ● Emotional health affected when being offended, humiliated or intimidated ● Stressful when being threatened to keep silent ● Being isolated and unable to build good interpersonal relationship ● the victimized child to commit suicide

Bullying

Building healthy public policy

- Different parties may establish the policy of providing harmonious family & school
- Schools should develop clear education objectives and policies

Risk Management	Examples
Empowerment	- Supporting victims and encouraging them to speak up - Providing training to victims to help them to be strong - Teaching bullies about emotional control - Help bullies differentiate what is wrong and learn to make an apology
Precaution	- Training of senior form students to take part in life education activities - Development of a whole school anti-bullying policy - Organising violence prevention programme - Programmes on anti-bullying & prevention of bullying, control of assaultive behavior / rage-management
Monitoring	- Schools, parents and NGOs cooperate and provide a pleasant and positive environment - Provide basic knowledge about bullying such as its popularity and seriousness to parents/schools and the community

9.3B Health and safety in sports and leisure

- ❖ **Topic 4 - Promotion and Maintenance of Health and Social Care in the Community**
- ❖ *4B Health and safety*
- ❖ 4B2 Health and safety in different settings
  - ❖ Health and safety in sports and leisure
    - ◆ health and safety practices in sports
    - ◆ lifestyle changes and new leisure activities create new risks
  - ➢ *To practise safe behaviours in different settings*
  - ➢ *To apply safety guidelines and procedures in different settings*

B.   Health and safety in sports and leisure

Risk Assessment	Examples
Causes	- no proper training and protective equipment - the use of the facilities, such as grass and artificial playing surfaces - the toxic effects of chemicals used to purify water in a swimming pool - physical contact occurring between competitors - sedentary mode of leisure - new leisure activities such as Wiimote
Impacts	Soft tissue injuries, broken bones, tendon, cartilage damage and head injury

Risk Management	Examples
Empowerment	learning proper techniques
Precaution	- warming up - wearing essential equipment
Monitoring	- a procedure for estimating and evaluating the levels of risk - implementing adequate control measures in order to reduce the risks of the sport to acceptable levels

9.3 C. Health and safety abroad

- Topic 4 - Promotion and Maintenance of Health and Social Care in the Community
- *4B Health and safety*
- 4B2 Health and safety in different settings
  - Health and safety abroad
    - *To practise safe behaviours in different settings*
    - *To apply safety guidelines and procedures in different settings*
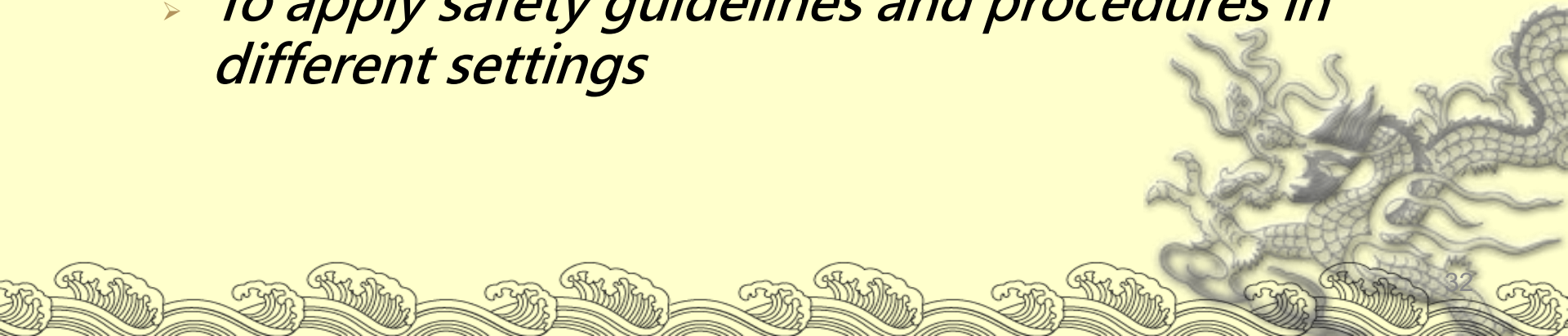
C.   Health and safety abroad

Risk Assessment	Examples
Causes	- various form of stress may reduce the resistance to disease: crowding, long hours of waiting, disruption of eating habits, changes in climate & time zone etc. - sudden and significant changes in altitude, humidity, microbes and temperature - accommodation is of poor quality, hygiene and sanitation are inadequate, medical services are not well developed and clean water is unavailable - disease outbreaks at specific destinations
Impacts	Infectious diseases, injuries and death

Risk Management	Examples
Empowerment	Health education provided by Travel Health Centres
Precaution	Health risk assessment, vaccinations and medications that travellers might need to stay healthy while travelling abroad
Monitoring	The Port Health Office of the Hong Kong Department of Health provides the Travel Health Service aiming at promoting and protecting the health of travellers as well as preventing the spread of diseases into Hong Kong

9.3D.   Health and safety at home

- Topic 4 - Promotion and Maintenance of Health and Social Care in the Community
- *4B Health and safety*
- 4B2 Health and safety in different settings
  - Health and safety at home e.g. safety aids, use of equipment
  - *To practise safe behaviours in different settings*
  - *To apply safety guidelines and procedures in different settings*

D. Health and safety at home

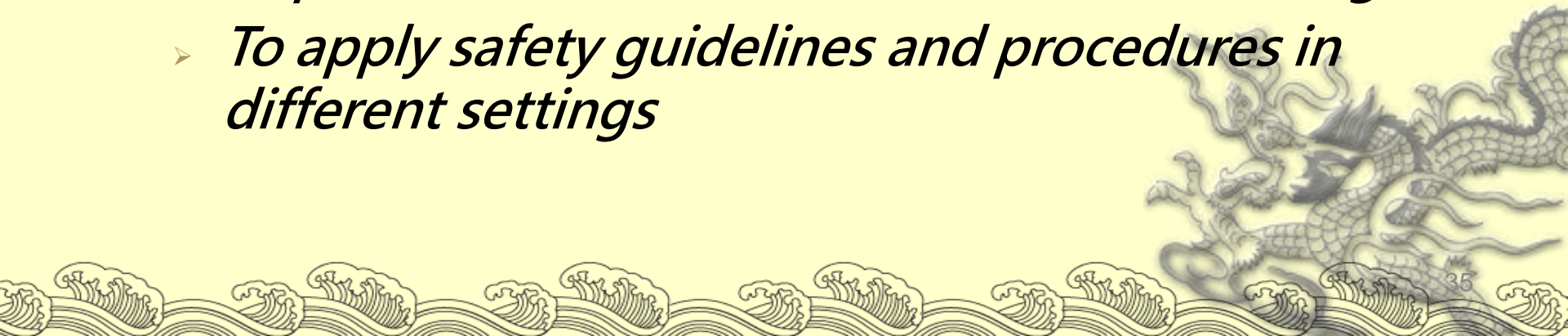| Risk	Hazards		Consequence
Injuries	Mechanical	Contact with moving parts of machinery or equipment	cuts, bruises and punctured skin , crushed limbs, amputation and death
	Physical	Obstacles on the ground where individuals walk (on wet or damaged flooring), poor visibility	slips, trips and falls
	Electrical	Contact with live parts at even normal mains voltage	severe shock and burns
Poisoning	Chemical	Hazardous chemical substances	skin or eye irritations, respiratory problems, poisonings and long term health problems such as cancers
Physical illness	Biological	environmental conditions allow the rapid growths of certain types of micro-organisms	Infectious diseases
	Lifestyle	Risk behaviours such as unhealthy diet, sedentary lifestyles, tobacco smoking, alcohol addiction, drug abuse, unprotected sex, unhygienic practices	Communicable and non-communicable diseases
Mental illness	Stress	Related to life events	Insomnia, depression and high blood pressure

D. Health and safety at home

Risk Management	Examples
Empowerment	● Acquire first aid skills
Precaution	● Buy a first-aid kit at home and place it in an easily accessible place ● Supervise children all the times ● Turn off electrical appliances when they are not in use ● Never leave cooking unattended
Monitoring	● Fire safety - Fire Safety (Buildings) Ordinance - requirements to provide fire service installations and equipment ● Household Electrical Safety Handbook

9.3 Health and safety at work

◈ **Topic 4 - Promotion and Maintenance of Health and Social Care in the Community**

◈ *4B Health and safety*

◈ 4B2 Health and safety in different settings

  ◈ •Health and safety at work

    ◆ occupational health

  ➢ *To practise safe behaviours in different settings*

  ➢ *To apply safety guidelines and procedures in different settings*

Health and safety at work

Risk	Hazards		Consequence
Injuries	Mechanical	Contact with moving parts of machinery or equipment	cuts, bruises and punctured skin , crushed limbs, amputation and death
	Physical	Obstacles on the ground where individuals walk (on wet or damaged flooring), poor visibility	slips, trips and falls
	Electrical	Contact with live parts at even normal mains voltage	severe shock and burns
Poisoning	Chemical	Hazardous chemical substances	skin or eye irritations, respiratory problems, poisonings and long term health problems such as cancers
Physical illness	Biological	environmental conditions allow the rapid growths of certain types of micro-organisms	Infectious diseases
	Lifestyle	Risk behaviours such as unhealthy diet, sedentary lifestyles, tobacco smoking, alcohol addiction, drug abuse, unprotected sex, unhygienic practices	Communicable and non-communicable diseases
Mental illness	Stress	Related to work	Insomnia, depression and high blood pressure

Health and safety at work

| Risk Management	Examples
Empowerment	• Occupational health and safety training and talks to industrial and commercial sectors as well as launching awards for reinforcement
Precaution	• Uses of safety helmets and ear-muffs • Filters and equipment used for personal eye-protection against laser radiation • Safety belts for construction and demolition use
Monitoring	• Building the culture of health and safety at work：setting up health and safety guidelines or policies using technologies in, work environment and work organization of all procedures to help in achieving occupational health and safety objectives • Enforcement of legislation through regular workplace safety inspections, provision of advisory services on matters concerning occupational health and safety

9.4 Emergency Management

Topic 4 - Promotion and Maintenance of Health and Social Care in the Community

4CAspects of risk assessment and health management

- 4C4. Emergency Management
  - Accidents in schools, on the road, at home
  - Ways of reporting or obtaining assistance when faced with unsafe situations or accidents
  - Corrective action e.g. first-aid skills
  - *To explore the ways to manage personal and community health*
  - *To demonstrate behaviours that minimise risk to oneself and others*
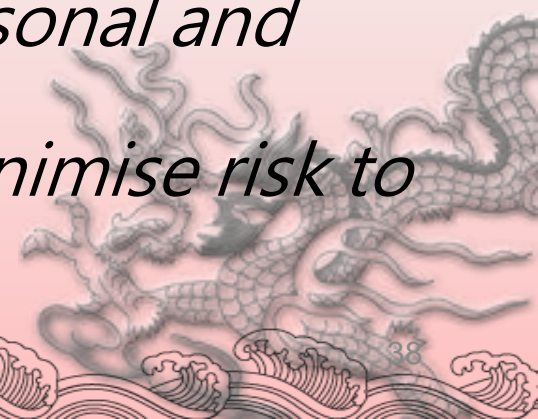
9.4 Emergency Management

Before
- preparing for accidents before they happen

During
- dealing with and avoiding risks, including emergency evacuation and first aid management, personal safety, reporting and harm reduction

After
- supporting and rebuilding society after disasters

Examples of Emergency Management

	Before	During	After
Accidents in Schools	- A well documented list of "emergency management procedures" for different accidents and good communication protocol within and outside the school - Form a crisis management team for planning, managing, monitoring and reviewing all emergency crises. - Post classroom emergency procedures in every classroom. - Post in the main office and playground names of staff who have completed First Aid training or other special lifesaving training or expertise. - Post the list of emergency telephone numbers in the main office and the playground.	- Notify the crisis emergency team (Teacher / Staff) - Call emergency services if indicated - Notify parents or guardians, spouses or other individuals listed as emergency contacts	Review of emergency management protocols and making amendments if necessary
Accidents on Road	Assess the potential risks, traffic condition, number and condition of casualties	- Leave the traffic accident scene immediately if the environment is dangerous. - Stay calm and call for emergency services. - Conduct traffic flow if possible to avoid further accidents in the scene. - Make sure that it is safe to perform any rescue or first aid management on site	- Improve road user behaviour through education and publicity; - Create a safer driving environment through safety legislation to; - Build better roads - Manufacture of safer cars

Emergency Management – Before Accidents

Before Accidents	Road	Fire	Gas or Chemical	Medical
Risk Assessment (Potential hazards in environment)		✓	✓	
First Aid Training	✓	✓	✓	✓
Health Management (Check-up + understanding on healthy diets and exercises)				✓
Information about emergency services	✓	✓	✓	✓
Procedures for reporting accidents		✓	✓	

Emergency Management – During Accidents

Step 1 : Ensure Personal Safety	Road	Fire	Gas or Chemical	Medical
Leave the scene immediately	✓	✓	✓	
Identify any potential risk and eliminate or minimize the risk if possible	✓	✓	✓	✓
Open windows to dilute poisoning gases		✓	✓	
Do not switch on or off any electrical appliances, make any phone call, or press any door bell as it triggers explosion		✓	✓	
Make a thorough assessment of the situation	✓	✓	✓	✓

Emergency Management – During Accidents

Step 2：Reporting	Road	Fire	Gas or Chemical	Medical
Stay calm. Clearly state the nature and the location of the incident, the situation at the scene, e.g. people trapped, number of casualties, the condition and medical history of the patient and reporter's contact telephone number	✓	✓	✓	✓
Activate the nearest break-glass fire alarm switch and alert everyone to leave the premises		✓	✓	
Isolate the fire e.g. by closing doors, alert other people in the immediate area		✓		
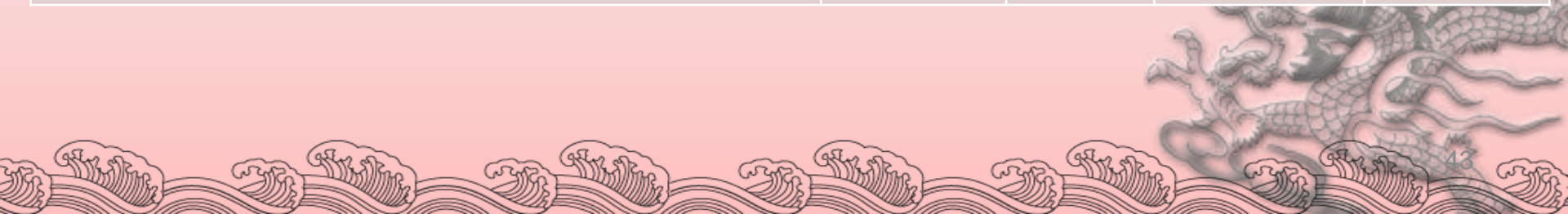
Emergency Management – During Accidents

Step 3 : Harm Reduction	Road	Fire	Gas or Chemical	Medical
Moving people from possible danger to safety	✓	✓	✓	
Conduct traffic flow if possible to avoid further accidents in the scene	✓			
Provide first aid treatment if the environment is safe	✓			✓
Do not move the injured if any head or /and spinal injury is suspected unless there is environmental hazard such as gasoline leaks are suspected	✓			✓
Rescue any person in immediate danger, if it is safe to do.	✓	✓	✓	

9.6 Legislation and Actions

◈ Topic 4 - Promotion and Maintenance of Health and Social Care in the Community

◈ *4B Health and safety*

◈ 4B3 Actions to enhance health and safety

  ◈ Statutory requirements for health and safety

  ◈ Health and safety promotion, such as anti-smoking campaigns, personal hygiene campaigns

➢ *To promote a culture of positive health and safety*

9.6 Legislation and Actions

Legislation	Promotion
• The Smoking (Public Health) Bill • The Occupational Safety and Health Ordinance	• **I Love Smoke-free Hong Kong Campaign** • Health Ambassadors to Youth Project