

## **Hong Kong Adventist Hospital and Tsuen Wan Adventist Hospital Recognized as Hong Kong's First Health Promoting Hospitals**

(Hong Kong, October 17, 2012) In recognition of their efforts within the local community, Hong Kong Adventist Hospital and Tsuen Wan Adventist Hospital received certification by the WHO-HPH (International Network of Health Promoting Hospitals and Health Services) in May 2012, and are the first two hospitals to join this network in Hong Kong and Macau. President and CEO of both Adventist Hospitals, Dr. Frank Yeung, said, "Over the years, both hospitals have been actively committed to promoting health, and this certification further confirms our dedication to our patients, staff, and the community. Looking forward, both our hospitals will continue their efforts in promoting the concepts of health and prevention."

HPH is an official network initiated by the World Health Organization (WHO) that advocates and assists medical institutions in the advancement of WHO's health promotion philosophy, and extends this concept to countries around the world.

To join the network, hospitals must implement at least three sustainable health promotion plans over a course of four or more years, and are assessed on their efforts towards health promotion on the patient, staff, and community levels. The three programs submitted by Adventist Hospitals were the NEWSTART Program, the Corporate Wellness Program, and the Community Health Project, all of which are long-running, well-received programs with NEWSTART as one of the most popular.

**The NEWSTART Program targets city dwellers and helps manage and prevent chronic diseases and other illnesses through revamping a patient's daily lifestyle and restoring health.**

The program originated from the Weimar Institute in California, and is immensely helpful to those suffering from diabetes, obesity, high blood pressure, and high blood cholesterol. Many participants have recovered their health through this program. During their stay at the health center, participants go through a series of classes, demonstrations, and practical training to restructure their lifestyle at the physical, psychological, social, and spiritual levels.

**The Corporate Wellness Program, designed to promote the health and well-being of employees in recent years, advocates a healthy workforce and a safe working environment, and has been very well received by various large corporations and organizations.**

Designed to meet the particular needs of each company, the program can range from an hour-long presentation to a full-day workshop, and aims at teaching employees how to handle the stress and pressures of work while maintaining a healthy lifestyle. The weight control program is one of the most popular and effective programs, and advocates achieving weight control through a change in lifestyle and attitude through regular exercise and a balanced, controlled diet.

**Collaborating with various organizations, the Community Health Project spreads the message of health in the community. Over the years, the program has hosted hundreds of health talks, workshops, cooking classes, and other activities.**

Adventist Hospital works closely with community leaders and organizations to raise awareness of the importance of health in the community through various channels such as lectures, exercise classes, cooking demonstrations, etc. In 2010, Tsuen Wan Adventist Hospital established Health Union 2010, Hong Kong's first large-scale ongoing community health promotion program. Hong Kong Adventist Hospital also works with non-profit organizations and the Wan Chai District Council, partnering with organizations such as Green Monday, St. James' Settlement, and the Methodist Center to host health talks and participate in events such as World Heart Day to raise awareness of cardiovascular health among the public.

**To patients and staff, the hospital also emphasizes the importance of maintaining a healthy body and mind by encouraging regular exercise, work-life balance, and vegetarianism.**

In addition to building a healthy community, Adventist Hospitals also take care of the health and well-being of their patients and staff. For example, patients and staff are encouraged to join the hospital's Fitness Club, one of the first running clubs in Hong Kong. We are also the first and only hospitals in Hong Kong to offer vegetarian meals.

Furthermore, both hospitals organize various leisure events for their staff from time to time, including table tennis, badminton, and basketball tournaments, retreats, and day excursions, promoting the benefits of exercise while helping staff relieve stress and pressure while maintaining a healthy state of mind.

### **Living out our mission of promoting health**

HPH is not solely about the treatment of illnesses, but also about promoting health in the community, and amongst patients and staff. The philosophy of Adventist Hospital is to extend our services beyond treatment to include the promotion of health. Dr. Yeung states, “We are greatly encouraged to be recognized as Hong Kong’s first health promoting hospitals and will continue to actively promote health, instilling the concepts of healthy living amongst patients, staff, and the public, and building a healthy community through physical fitness and prevention of illnesses.”

### **What is HPH?**

A network initiated by the World Health Organization (WHO), HPH advocates and assists medical institutions in the advancement of WHO’s health promotion philosophy. To join the network, hospitals must implement at least three sustainable health promotion plans over a course of four or more years, and are assessed on their efforts towards health promotion on the patient, staff, and community levels. For further information, please visit the website below:

<http://www.euro.who.int/en/what-we-do/health-topics/Health-systems>

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