

TOTAL HEALTH NEWSLETTER



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Dr. Mia Holm obtained her PhD in Public Health with a specialization in Community Health Education. Prior to returning to HKAH—SR, Dr. Holm held teaching and management positions at the School of Public Health, HKU, and CUHK, respectively.



CHAMP: Transforming Lives Through *Community Health Assessment and Lifestyle Coaching*

In collaboration with the Hong Kong Family Welfare Society (HKFWS), the HKAH-SR (supported by Bay View Church of Seventh-Day Adventists and HKAC) has launched the pilot program Community Health Assessment and Management Program (CHAMP) in Tseung Kwan O. The program aims to enhance the well-being of vulnerable families by providing lifestyle management coaching and addressing social determinants of health. The Lifestyle Management Center (LMC) has played a crucial role in organizing health screenings, conducting volunteer training, and coordinating with HKFWS.

Achievements of the Pilot Program:

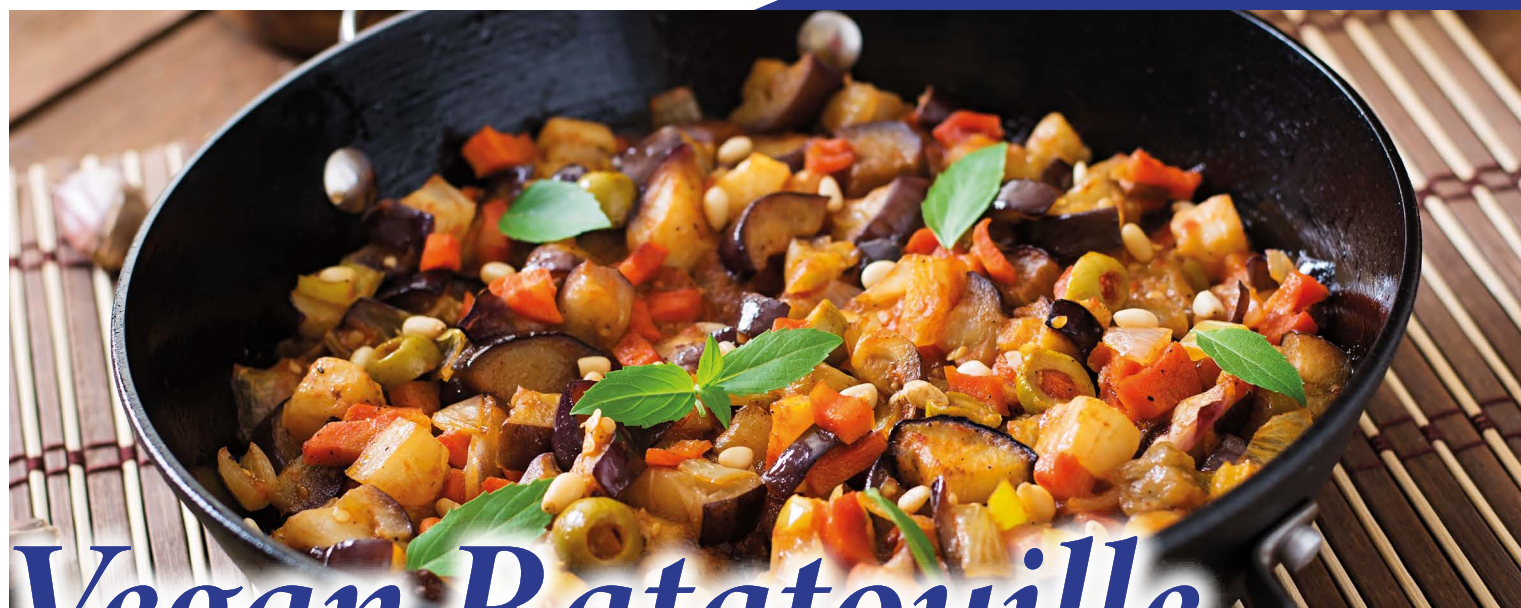
- Health screening of 36 households (February 2023).
- Adoption of 11 families for 6 months of lifestyle coaching and clinical support through progressive NEWSTART adoption (April 2023).
- Completion of six monthly lifestyle coaching sessions by 10 families with the assistance of 22 volunteers from four organizations (Jun-Dec 2023).

Results:

The overall analysis report based on pre-screening and post-screening data has revealed positive changes in various health parameters. Individuals have shown improvements in body composition, including decreases in body fat percentage (Body Fat %) and body mass index (BMI). There have also been notable improvements in blood pressure, with decreases in systolic and diastolic measurements, indicating positive changes in cardiovascular health. Glucose levels have demonstrated improvements, suggesting better blood sugar control, and there have been decreases in uric acid levels, indicating positive changes in overall health.

% of family that shows improvement in the second health screening:

- | | |
|-----------------------|-------------------------|
| • Body Fat%: 40% | • Lifestyle score: 73% |
| • Visceral Fat: 20% | • Happiness level: 100% |
| • BMI: 36% | • Stress reduction: 90% |
| • Blood Pressure: 73% | • Energy level: 90% |
| • Blood glucose: 70% | • Confidence level: 80% |
| • Uric acid: 64% | • Motivation level: 90% |
| • Bone Density: 44% | • Self-care level: 80% |



Vegan Ratatouille

Ingredients:

- 1 onion, diced
- 3 cloves garlic, minced
- 1 eggplant, diced
- 1 zucchini, diced
- 1 yellow bell pepper, diced
- 1 red bell pepper, diced
- 1 can (14 ounces) of diced tomatoes
- 2 tablespoons of tomato paste
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 2 tablespoons extra virgin olive oil (added at the end)
- Fresh basil leaves, chopped (for garnish)

Instructions:

1. Sauté the diced onion and minced garlic until the onion turns translucent and becomes fragrant.
2. Add the diced eggplant, zucchini, yellow bell pepper, and red bell pepper to the pan. Stir well to combine.
3. Stir in the diced tomatoes, tomato paste, dried thyme, dried oregano, salt, and pepper. Mix everything together.
4. Cover the pan and cook over medium heat for about 20–25 minutes, stirring occasionally, until the vegetables are tender and the flavors have melded together.
5. Once the ratatouille is cooked, remove it from the heat.
6. Drizzle the extra virgin olive oil over the ratatouille and gently stir to incorporate.
7. Garnished with fresh, chopped basil leaves. Taste and adjust the seasoning if needed.

OUR *Prayer Room* AND *Worship* SERVICE

Caring for the whole person—body, mind and spirit — is an integral part of our hospital's approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families.

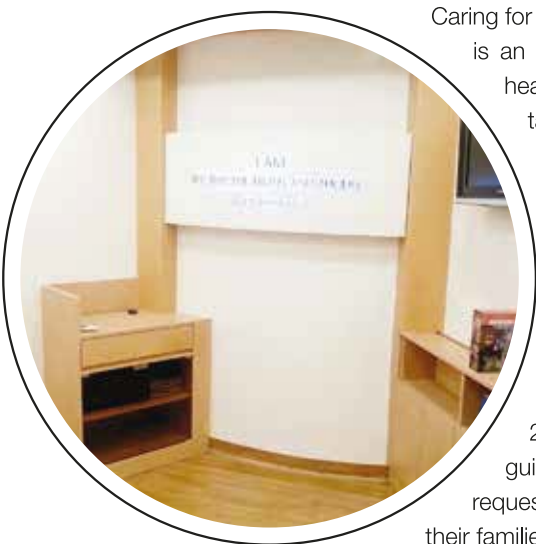
Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 8:40am to 9:00am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you.

From the Chaplain's Office





Emotional Wellness to Help Bring in the New Year

As the year comes to a close, it's natural to reflect on the past 365 days. We think about where we started, who we loved, who we lost, what we learned, and what we could have done differently. This is also a time to consider the big picture and where we're headed in our personal, professional, and spiritual lives. We ask ourselves what we want to achieve in the coming year and how we'll make it happen. Reflecting on all of this can bring up a range of emotions, including happiness, pride, regret, joy, sadness, fear, confidence, insecurity, and excitement.

Here are some insights that can help you support your emotional health this year:

- Try not to judge yourself if you wake up on the 1st of the year without a crystal-clear vision of what you'd like to achieve, a positive attitude of gratitude, and inner peace about the future. We've been through a lot, and it takes time to heal. Aim for progress, not perfection, and congratulate yourself for making it through the day.
- You are stronger than you may think. Everything is temporary—emotions, experiences, circumstances, all of it. If you are struggling in this moment, remember that it won't last forever, even if it feels never-ending.
- Emotions can be overwhelming, but they have real value. They are signals intended to communicate information with us. Instead of trying to block them or feel frustrated about them, try to be curious about them and the meaning behind them.
- Tolerate negative emotions. They can be uncomfortable but can be well managed by acknowledging them, naming them directly, and accepting them, not fighting them. Be kind to yourself while experiencing them.
- It's normal to have conflicting feelings. You can be grateful for surviving the pandemic, having a job, and having food on the table. You can also be fearful about the future and overwhelmed by having to keep your children at home while you are trying to work.
- Healing happens in the community; we need each other. Stay as connected as possible to loved ones. You deserve self-compassion. It's been really hard; you've been through a lot, and you deserve the support.

We wish you and your loved ones a peaceful and fulfilling new year, filled with good health and happiness.



Lifestyle Management Center (LMC) is a crucial component of Hong Kong Adventist Hospital, articulating its mission, aiming to provide health education to both our patients and the general public regarding the benefits of 'Total Health'.

Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

Our success depends largely on your participation and support. Let us strive together to promote better holistic health in our society.

**DONATE
TODAY**



Your benevolence not only makes a significant difference to our beneficiaries but also opens doors that they never imagined possible!

WEBSITE:
www.hkahf.org.hk

**DONATE
FOR A BRIGHT
FUTURE**



Healthy Lifestyle Fund

Your generosity will contribute to the healthy lifestyle education to the general public through Lifestyle Management Center. It will help our center run health seminars, cooking and fitness classes and health programs in order to educate the public on how to prevent, improve and even reverse chronic diseases.

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