



**"Carry each other's burdens,  
and in this way,  
you will fulfill the law of Christ."**

Galatians 6:2

「你們各人的重擔要互相擔當，如此，  
就完全了基督的律法。」

加拉太書 6:2

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# Foreword

## 前言

Adventist Health Hong Kong (AHHK) has been extending the healing ministry of Christ to the community for about 60 years. AHHK is committed to delivering holistic health services to all segments of society. As a healthcare network with a global presence, our passion encompasses health education, intervention, as well as follow-up to sustain the well-being of the community. While the drive to incorporate Environmental, Social, and Governance (ESG) priorities in corporate responsibilities has recently increased, AHHK has always incorporated profit to serve the community to this mission.

To promote greater awareness and accountability, AHHK is celebrating its community engagement contributions with our inaugural ESG annual report - "Our Community, Our Health". This report celebrates our impact on the community in 2023 on both micro and macro levels. It highlights how lives have been transformed under the guidance of our community engagement principles to create belonging, building trust, and inspiring hope. The report also celebrates the multi-synergistic collaboration with our internal and external stakeholders while promoting a spirit of voluntarism among our staff.

Without the heartfelt contribution of our staff and stakeholders, none of the moving and inspiring stories detailed in the report would have been possible. Meanwhile, AHHK aspires to continuing the cadence of annual ESG reporting to "let the light shine before others, that they may see good deeds and glorify our Father in heaven". (Matthew 5:16)

港安醫療(港安)秉承「延續基督的醫治大能」的使命，服務社區已逾 60 年，一直致力為社會各階層提供專業而全面的醫療服務。作為一間擁有全球醫療網絡的機構，港安矢志於推廣健康生活、疾病預防、醫療跟進，以維護社區的福祉。隨著越來越多企業將環境、社會和企業管治（ESG）納為企業責任的重要一環，港安亦會貫徹履行我們的使命，投放更多盈利及資源以回饋社會。

為了提升大眾對港安使命宣言的認識和關注，港安發布首份 ESG 年度報告《全心服務社區 延續醫治大能》以展示我們在 2023 年對社區的參與和重要貢獻。該報告從微觀到宏觀層面都呈現港安對社區的深遠影響，透過舉辦多個社區參與計劃，改善人們的生活，包括營造社會的歸屬感、建立與社區密不可分的信任，並燃起他們的希望之光。報告亦讚揚港安與各內外持份者相輔相成的多方合作關係，以及員工樂於助人的奉獻精神。

若然沒有一眾員工的鼎力幫助，以及各持份者的衷心支持，報告中所提及的感人故事均不可能發生。港安期望每年持續發布 ESG 報告，體現基督所傳遞的信息：「你們的光也當這樣照在人前，叫他們看見你們的好行為，便將榮耀歸給你們在天上的父。」—馬太福音 5 章 16 節



Dr. Daniel Jiao  
Chairman of the Board of Trustees  
Adventist Health Hong Kong  
焦望新博士  
港安醫療董事局主席

## AHHK - Who are we?

### 港安－我們是誰？

Adventist Health Hong Kong (AHHK) is a Christian, non-profit healthcare organization, served by a team of dedicated professionals with a passion for excellence, a spirit of Christian service and a commitment to whole-person healing.

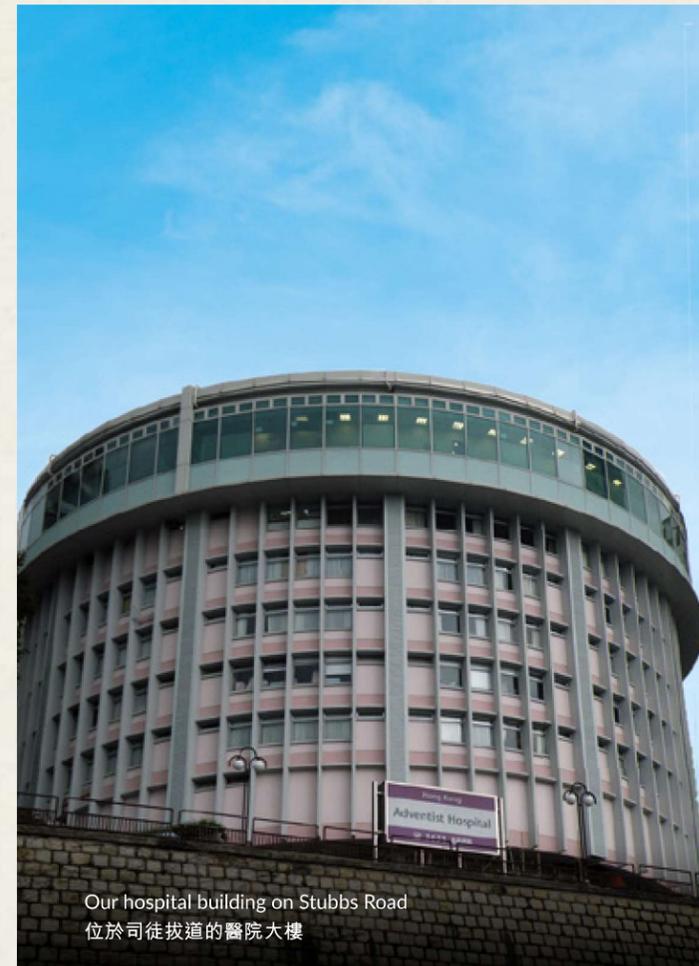
With a history spanning over six decades, we have been at the forefront of medical and healthcare development in Hong Kong and now operate two hospitals – one on Hong Kong Island and the other in Tsuen Wan – and two medical centers, as part of a global network of 200 Adventist Health hospitals and 350 medical institutions. Our efforts are complemented by the Hong Kong Adventist Hospital Foundation which is committed to extending targeted medical care and services to underserved communities through an array of charity outreach programs. Beyond providing state-of-the-art medical treatments on a non-profit basis, we advocate for a holistic approach to healing, emphasizing the transformative power of proper nutrition, mindful wellness practices, and a commitment to an active, healthy lifestyle. By empowering individuals with these tools, we equip them to actively reclaim their health and reignite their spark of hope.

Dedicated to the well-being of Hong Kong for more than six decades, AHHK looks towards a future steeped in holistic healing and wellness. Working hand-in-hand with the public healthcare system, we will strive to deliver accessible and top-tier services to the people of Hong Kong, driven by a passion to serve and empower our community towards a healthier tomorrow.

港安是一家基督教非牟利醫療機構，由一班充滿熱誠、追求卓越的專業團隊所組成，致力於發揚基督精神，實踐全人醫治的承諾。

作為一個擁有六十多年歷史及經驗的醫療組織，港安一直走在香港醫健發展的前端。我們的醫療網路遍佈全球各個地區，涵蓋 200 間醫院與 350 家醫療機構，包括兩間分別位於港島司徒拔道及新界荃灣的醫院，以及兩間醫療中心。透過港安醫院慈善基金的全力支持，我們拓展了一系列慈善外展計劃，向弱勢社群提供具針對性的醫療服務。我們不但以非牟利方式提供優質的醫療服務，亦致力提倡整全治療，特別強調營養均衡，實踐正面、積極和健康的生活態度，從而令病人能夠積極地邁向康復之路，重燃希望之光。

港安致力在香港推動健康生活已有六十多年。展望未來，我們將與公共醫療機構攜手合作，進一步發展整全治療及正向生活，努力為香港市民提供更卓越和便捷的醫療服務，並秉承服務社區的宗旨，與大家一起邁向更健康、更精彩的明天。



Our hospital building on Stubbs Road  
位於司徒拔道的醫院大樓



Our hospital building in Tsuen Wan  
位於荃灣的醫院大樓

## Our Mission to the Community

### 我們對社區的使命

The core mission of AHHK is built upon Christ's method in reaching people, to "build trust", "nurture belonging", and "inspire hope". In serving the community, AHHK follows the same method guided by the same three principles: to build trust, nurture belonging, and inspire hope within the patients we care for, the communities we serve, and the environment we all share. Incorporating these holistic principles into our compassionate, get-up-and-go mission philosophy "I Will Go!", we have built a framework of objectives that guides and engage our team members as they develop and execute programs to alleviate suffering, strengthen families, and inspire communities.

港安的核心使命，建基於基督與人的接觸方法上，透過「建立信任」、「培養歸屬感」和「燃亮希望」這三大原則，我們致力醫治病人、服務社區及改善環境，並藉此建立獨有的哲學理念「I will Go!」，以激勵團隊制定及執行各種計劃，從而減輕社區負擔，加強家庭支援，激發社區活力。





## **MAKING AN IMPACT BY INVESTING AT ALL LEVELS OF THE COMMUNITY**

**落實「社區投資」，改善社區環境**

We believe in multi-pronged efforts to holistically impact and empower our stakeholders and the environment. From the basic unit of the family, the corporate, to the entire community in Hong Kong and the Greater Bay Area as a whole, AHHK is committed to making "communivestments" via far-reaching initiatives and programs.

我們深信，透過多方共同努力，能夠改善社區環境及加強各持份者的力量。港安醫院承諾全面落實「社區投資」，透過廣泛的計劃及倡議，以家庭單位為起點、並延伸至企業、香港、以至整個大灣區。

# Transforming the health of at-risk families through CHAMP

## 透過 CHAMP 計劃改善高風險家庭的健康狀況

Delivered in partnership with the Hong Kong Family Welfare Society (HKFWS) and with the backing of Bayview Church of Seventh-Day Adventists and Hong Kong Adventist College, the CHAMP initiative (Community Health Assessment and Management Program) is dedicated to enhancing the wellbeing of at-risk families.

Blending lifestyle management coaching sessions with practical steps aimed at tackling social-economic habits and behaviours associated with poor health, CHAMP's pilot project drastically transformed the lives of 11 low-income households (selected from a group of 36) in Tseung Kwan O, as evident through a diverse range of key benchmarks measured via two screenings performed before and after CHAMP's completion.

CHAMP 計劃 (Community Health Assessment and Management Program) 是與香港家庭福利會 (HKFWS) 合作，並獲得基督復臨安息日會海光教會及香港三育書院協辦支持，旨在提升高風險家庭的福祉。

CHAMP 的試點項目，是結合生活管理課程與實踐，以針對與不良生活習慣相關的社會經濟行為。透過比較前後兩次健康檢查所得的各項主要指標數據，證明 CHAMP 計劃大大改善了將軍澳區 11 個 (從 36 個家庭中選出) 低收入家庭的健康。



A CHAMP health talk to educate the community  
CHAMP舉辦健康講座教育社區



A ceremony to celebrate the end of CHAMP Phase 1  
慶祝CHAMP完成第一階段健康檢查

## % OF FAMILIES SHOWING IMPROVEMENT IN PHYSICAL AND MENTAL WELLNESS

身心健康得到改善的家庭百分比

At the end of the six-month CHAMP health management program, a second health screening was taken, with a majority of families showing health improvements across various health and wellness indicators.

當為期六個月的健康管理計劃完結時，CHAMP 為高風險家庭進行第二次健康檢查，結果顯示大多數家庭在各種反映身心健康的指標上，都得到顯著改善。

% of families reporting improvements in the following key health indicators:

以下是報告中主要健康指標有所改善的家庭百分比：



% of families reporting improvements in the following key wellness indicators:

以下是報告中主要心理健康指標有所改善的家庭百分比：



\*BMI = Body Mass Index

## How CHAMP transformed the life of a family

### CHAMP 如何改變一個家庭的生活

39-year-old housewife Mary (pseudonym) was struggling to manage her mental health due to family problems. Thanks to CHAMP, she was able to improve her lifestyle, from adopting a plant-based diet and exercising regularly to having a 'no-cook day' a week. One of her children also became more involved with HKFWS' activities.

The results were transformative. Mary showed significant improvements across various biomarkers, including a -2.7% decrease in body fat, a drop in BMI from 24.8 to 22.7, and notable enhancements in blood pressure, fasting blood glucose, and uric acid levels. Moreover, her levels of happiness, energy, confidence, motivation, and self-care soared from 5 in February to 9 (out of 10) by December as the programme's monthly visits supported her journey toward well-being.

39 歲的家庭主婦 Mary（化名）因家庭問題而飽受情緒困擾。Mary 參與 CHAMP 計劃後，改善了自己的生活方式。從實行植物性飲食、進行定期運動，到每週安排一天「不煮飯日」，現在的她已學懂好好放鬆，其中一名孩子更參加了香港家庭福利會的活動。

計劃成果非常顯著，Mary 在各項健康指標都表現出明顯改善，包括體脂減少 2.7 %，BMI 從 24.8 下降至 22.7，血壓、空腹血糖和尿酸水平也有明顯改善。此外，計劃包含的每月探訪，亦支援她朝著健康人生進發，Mary 的個人幸福感、活力、自信心、積極度及自我照顧水平，亦從 2 月的 5 分提升至 12 月的 9 分（滿分為 10 分）。



## Fostering workplace wellness with Ahealth@Work

### 促進職場健康的「Ahealth@Work」項目

As employers grow increasingly aware of the pivotal role that physical wellness and mental well-being play not only for productivity but also in attracting and retaining talented individuals, more businesses are looking for effective solutions to support their staff.

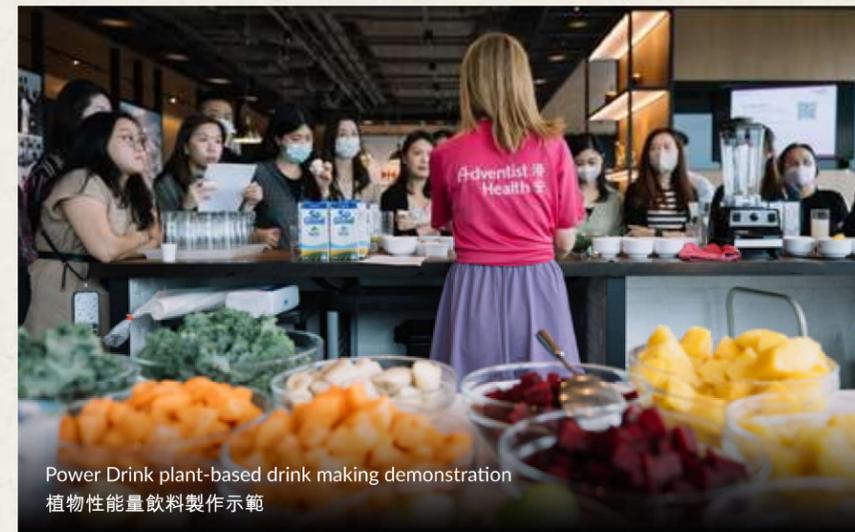
Ahealth@Work is designed by AHHK to develop wellness solutions tailored to the specific needs of businesses. Ranging from nutrition and mental health workshops to body composition analysis and health screenings, the program advocates holistic wellness education that aims to elevate employees' physical and mental health, while fostering a supportive working environment.

Leveraging AHHK's position as a reputable healthcare provider, Ahealth@Work's programs help to enhance corporate client's commitment to the programs' multifaceted aspects, from dietary advice to exercise recommendations.

隨著僱主逐漸意識到身心健康對於提升生產力、吸引及留住優秀人才有著至關重要的作用，越來越多企業也正尋求更有效的解決方案以支援員工的身心靈需要。

由港安醫院所設計的「Ahealth@Work」，旨在因應不同企業的特定需求而開發具針對性的健康解決方案。該計劃透過一系列服務，包括營養及心理健康工作坊、身體組成分析，及各類健康檢查等，以推廣整全健康教育，從而提升員工的身心健康，營造精神健康友善的工作環境。

憑藉港安在醫療界的卓越地位，有助提升企業客戶對「Ahealth@Work」計劃的參與度及信心，當中包括各種飲食建議和推薦運動等。



Power Drink plant-based drink making demonstration  
植物性能量飲料製作示範



Nutritious ingredients used  
in the power drink-making demonstration  
能量飲料在示範中使用的食材營養成份

## Health and wellness initiatives supported by Adventist Medical Centres

### 由港安醫療中心全力支持的健康與保健活動

Adventist Medical Centres (AMC) in Causeway Bay and Taikoo offer a wide range of general medicine and specialist care as well as out-patient surgeries, diagnostic screening and wellness assessments. Combining state-of-the-art technologies with professional services, it also hosts health education classes for the community.

港安醫療中心（AMC）位於銅鑼灣及太古坊，提供普通科至專科的一站式專業醫療護理服務，包括門診手術、診斷檢查，以及各種健康評估等。中心不但結合先進的設施及專業的醫護團隊，為病人提供最優質的醫療服務，同時亦在社區舉辦多元化的健康教育課程，以提升當區居民的健康知識。



## Pop-up check-up & vaccination centres to fight the pandemic

### 設立快速健康測試及疫苗接種中心，與大眾共同抵抗疫情

With the pandemic bringing Hong Kong to a virtual standstill, AMC sprung into action and launched a pop-up health check and vaccination program to cater to community's pandemic needs. Operating during the months of July and August 2021, the initiative successfully attended to 786 clients, who conveyed their high satisfaction with the services received.

在疫情令香港幾乎陷入停滯之際，港安醫療中心迅速行動起來，即時設立快速健康測試及疫苗接種中心，以支援社區對疫情的需求。該計劃於 2021 年 7 月至 8 月期間運作，成功為 786 名市民提供適切的醫療服務，他們均對服務表示非常滿意。

## Breast cancer screenings via partnership with Cookie Smiles

### 與 Cookie Smiles 攜手提供乳癌篩檢

Working with social enterprise Cookie Smiles\*, AMC's clinics introduced a breast screening program dedicated to educating vulnerable demographics about this life-threatening disease, such as the underprivileged domestic helper community. Held over two Sundays in 2022, the program successfully reached 25 individuals.

港安醫療中心與社企 Cookie Smiles\* 合作，推出專為弱勢社群包括家庭傭工而設的乳腺檢查計劃，目的為提高他們對乳癌的認識。計劃於 2022 年的兩個周日舉行，成功接觸到 25 人參與。



\*Cookie Smiles is the local social enterprise under the Edible Artists Global Academy Association (EAGAA)

\*Cookie Smiles 是 Edible Artists Global Academy Association (EAGAA) 旗下的本地社企

# Tsuen Wan-wide health screenings co-organised with Care Teams

## 與關愛隊合辦的荃灣區健康檢查

Since its inception, AHHK has remained steadfast in its dedication to connecting with the community and fostering a culture of well-being among Tsuen Wan residents. In line with our longstanding collaboration with local partners and the government, we joined forces with the Home Affairs Department's Care Teams to extend basic health screenings to Tsuen Wan residents.

The outcomes of these screenings highlight the need of raising awareness about the importance of monitoring key health metrics especially among the elderly. Furthermore, they shed light on the potential lifestyle changes residents can embrace to facilitate healthier living.

自團隊成立以來，港安一直致力與社區建立更密切的聯繫，以促進荃灣區居民的健康和福祉。我們一直與政府及區內夥伴保持緊密合作，並與民政處的關愛隊攜手，為荃灣區居民提供基本健康檢查，當中以長者為主要服務對象。

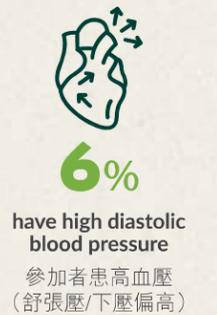
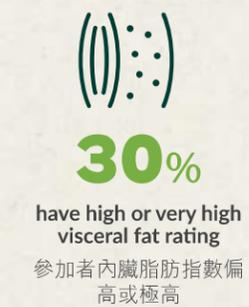
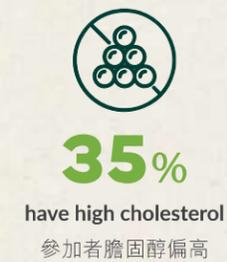
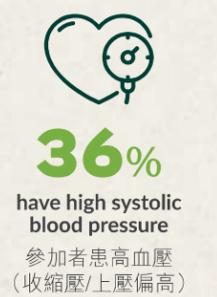
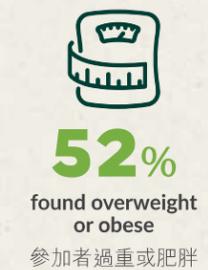
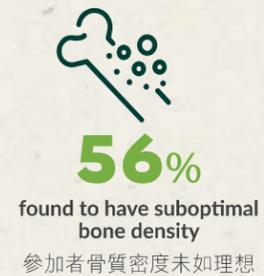
檢查結果突顯了提高主要健康指標的關注度的重要性，尤其是長者。此外，結果亦反映居民可透過改變生活習慣，以促進更健康的生活。

## HEALTH SCREENINGS OUTCOMES AND FINDINGS

健康檢查結果及發現

### Figures at a Glance

數據一覽



## Community-wide Outreach Care Program serving vulnerable segments

### 為弱勢社群而設的社區外展關愛計劃

Established in 2020, the Outreach Care Program is an enduring initiative offering community-wide activities and services aimed at reaching vulnerable demographics within their own surroundings. Collaborating with NGOs and charities, the program is keen on fostering impactful synergies with like-minded groups and organisations.

成立於 2020 年的外展關愛行動是一個長期計劃，致力為區內弱勢社群舉辦活動及提供醫療服務，讓居民在熟悉的環境下達成健康目標。該計劃與非牟利組織及慈善機構合作，透過與志同道合的團體一起建立更具成效的支援活動。

### All-round health outreach dedicated to the elderly

#### 專為支援長者的全方位健康外展計劃

Integral to community engagement, the Outreach Care Program runs a diverse array of activities designed to aid low-income elderlies residing alone. From distributing care packages to conducting home visits, organising outings, facilitating health screenings, and making follow-up phone calls (which in turn facilitate referrals to charity medical care where necessary), the Outreach Care: Elderly Program plays a pivotal role in enhancing the well-being of vulnerable seniors. The program has now expanded beyond Tsuen Wan to cover Shatin, Mong Kok, Sau Kei Wan and Tai Po.

「社區關愛行動：長者計劃」旨在透過舉辦各種活動，支援低收入的獨居長者，以改善他們的社區參與度。從派發福袋、組織家訪和郊遊活動、舉辦健康檢查，以至電話跟進他們的狀況，並在有需要時為他們轉介慈善醫療服務，「社區關愛行動：長者計劃」在提升長者福祉方面於不同層面上均發揮了關鍵作用。計劃現已覆蓋荃灣、沙田、旺角、筲箕灣及大埔等地區。



Delivering care packages to vulnerable residents  
向弱勢社群派發福袋



AHHK CEO and President,  
Mr. Alex Lan, participates in home visits  
香港港安醫院院長及行政總裁凌宏寶先生亦參與家訪



Day trip to Kang Yung  
鏡蓉書屋一日遊



Elderly home visits  
長者家訪



Health screenings for vulnerable seniors  
為長者提供健康檢查

## CARE GIVEN THROUGH THE OUTREACH CARE PROGRAM

社區關愛計劃提供的服務

Figures at a Glance  
數據一覽



620

home visits made to low-income families and elderlies living alone

為低收入家庭和獨居長者進行了 620 次家訪



647

care packages distributed to vulnerable people and families

為弱勢社群及家庭派發了 647 份福袋



2,027

follow-up calls conducted to track beneficiaries' wellbeing

為關注受惠人的情況進行了 2027 次電話跟進



220

health screenings conducted to check for underlying conditions

為篩查潛在疾病進行了 220 次健康檢查



127

people participated in a one-day local tour

共 127 人參加本地一日遊活動



4,160

lunch boxes donated for low-income families

為低收入家庭捐出 4160 份午餐飯盒

## Promoting and supporting healthier living among youths

促進青少年健康生活

An especially important initiative, the Outreach Care: Youth Program is tailored to offer essential emotional support and guidance to young individuals. Beyond that, additional activities like stretching classes and healthy cooking workshops empowered the youth, enabling them to lead healthier lives and gain fundamental life skills.

「社區關愛行動：青年計劃」旨在為青少年提供適切的情緒健康支援及輔導，是我們非常重視的項目。我們還透過運動伸展課程及健康烹飪工作坊等活動，協助他們發揮潛能，學習基本生活技能，締造豐盛的健康生活。



Youth participating in stretching classes  
青少年參加伸展課程

## Lunchboxes and treats for the needy via FoodLink

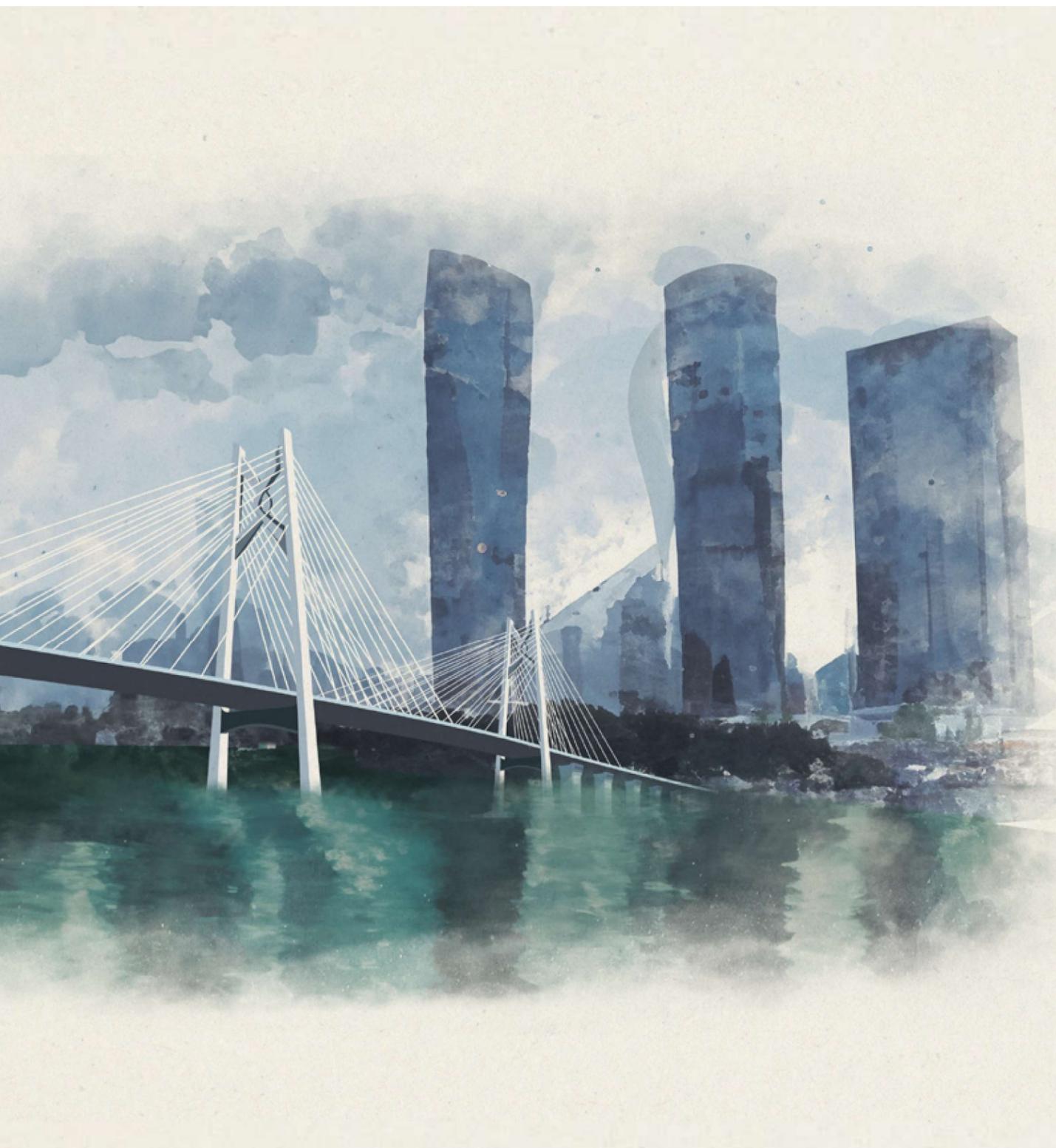
透過「膳心連基金」為有需要人士提供食物援助

Each week, our canteen works with Foodlink - a local charity dedicated to fighting hunger, building self-sufficiency, and fostering nutritional wellness among those in need - to prepare and distribute lunchboxes for low-income families and elderly individuals living alone. Apart from distributing special treats during significant holiday seasons such as Christmas, Chinese New Year, and Easter, AHHK donates surplus food to affiliated care centres to help more people, minimise waste and preserve the environment.

港安醫院的餐廳每星期都會與「膳心連基金」合作，為低收入家庭及獨居長者準備及派發飯盒。膳心連是一家香港慈善機構，致力於減少飢餓，協助受惠者建立自給自足的能力，促進他們對食物營養的關注。除了於重要節日例如聖誕節、農曆新年和復活節送上應節食品外，港安更捐出剩食予相關院舍，以幫助更多有需要人士，並避免浪費食物，支持環保。



An old lady living alone receiving a donated lunchbox  
一位獨居婆婆收到捐贈的飯盒



## **THE GREATER BAY AREA: NEW HEALTHCARE OPPORTUNITIES AWAIT**

### **大灣區：迎接醫療發展新機遇**

As Hong Kong further integrates with the Greater Bay Area (GBA), Adventist Health Hong Kong stands ready to engage with partners in Mainland China in a drive to improve access to superior and more affordable healthcare services whether in Hong Kong or across the GBA.

隨着香港與大灣區建立起更深厚的聯繫，港安正與中國內地合作夥伴共同推動更優質、更實惠的醫療服務，讓香港以至整個大灣區均能受惠。

## Promoting AHHK's approach to care through the lifestyle medicine

### 透過「生活方式醫學」推廣港安的關顧方向

In partnership with Shenzhen Community Health Association, AHHK organised a one-day Lifestyle Medicine Summit aimed at promoting and educating various GBA stakeholders about its holistic therapeutic approach.

Lifestyle medicine, a medical specialty that addresses prevalent chronic diseases such as cardiovascular disease, type 2 diabetes, and obesity, involves the collaboration of doctors, dietitians, nurses, health instructors, and exercise specialists who work together to holistically tackle chronic diseases by comprehensively addressing the lifestyle of patients.

Aside from gaining insights into the operations of AHHK's Lifestyle Management Center – which has been active for more than 30 years – 133 attendees in three summits joined a series of four seminars on topics including the promotion of "whole-person health", the importance of treating the root causes of diseases, and the crafting of healthy life plans. The seminars also emphasised AHHK commitment to elevate the community and partnering with the government to promote healthier lifestyles.

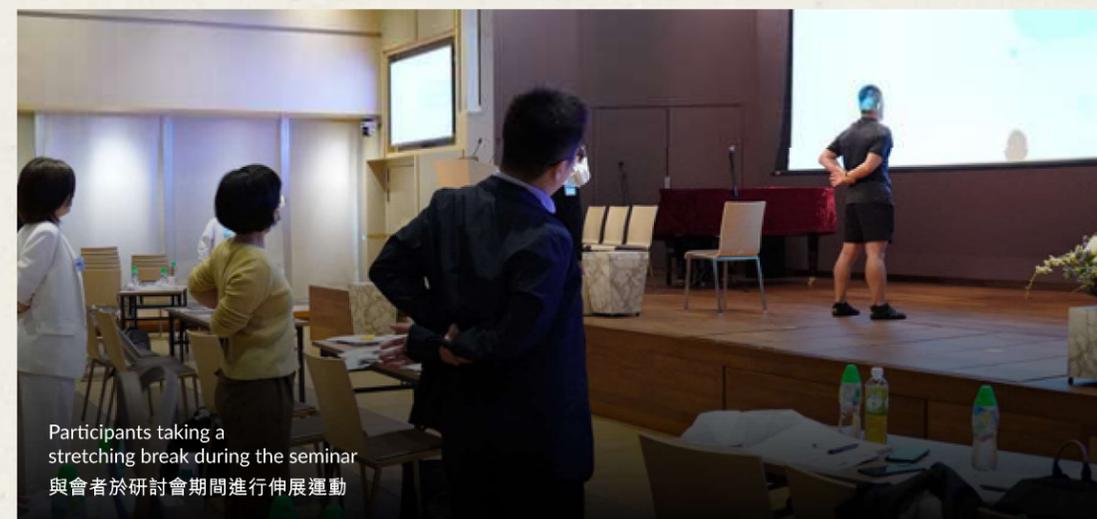
香港港安醫院與深圳市社區健康協會合作舉辦了為期一天的「生活方式醫學高峰會」，旨在向大灣區各持份者推廣及教育有關「生活方式醫學」的療效。

生活方式醫學是針對心血管疾病、第二型糖尿病及肥胖等慢性疾病的專業醫學，當中涉及醫生、營養師、護士、健康教練及運動專家等多方合作，全面改善患者的生活方式，以應對慢性疾病。

三場高峰會共有133名參加者，他們除對已營運30多年的港安健康生活促進中心加深了認識，亦參加了四場特備研討會，探討與健康生活方式相關的課題，包括「全人健康」的益處、治療病理根源的重要性等。研討會亦強調港安對提升社區健康水平的承諾，並與政府攜手推廣健康生活。



Speaker addressing whole-person health during a seminar  
演講者在研討會上講解全人健康的重要性



Participants taking a stretching break during the seminar  
與會者於研討會期間進行伸展運動

## Training partnership with Guangdong Nursing Association

### 與廣東省護理學會建立培訓夥伴關係

Building upon a successful collaboration initiated in 2019, Hong Kong Adventist Hospital - Tseun Wan (HKAH-TW) has continued to work with the Guangdong Nursing Association under the supervision of the Guangdong Provincial Health Commission on a new project. A training program leveraging the expertise of HKAH - TW's Clinical Training Centre, the latest initiative aims to equip Guangdong healthcare professionals with advanced knowledge and skills in critical areas such as Advanced Cardiac Life Support (ACLS) and Advanced Pediatric Life Support (PALS).

Since 2019, a total of 12 doctors and 12 nurses nominated by 12 different Guangdong hospitals have successfully completed this rigorous training program, earning certification as American Heart Association (AHA) providers in Basic Life Support, ACLS, and PALS. This initiative is envisioned to further develop into a robust platform for ongoing collaboration and knowledge exchange between Guangdong hospitals and HKAH-TW, further strengthening GBA healthcare expertise and patient care.

基於 2019 年的合作非常成功，香港港安醫院—荃灣（荃灣港安）將再次聯同廣東省護理學會，展開由廣東省衛生健康委員會監督的新項目。這個培訓計劃將充分利用荃灣港安臨床培訓中心的專業知識，為廣東醫護專業人員提供先進的醫療知識及技能，技術範圍將涉及高級心臟生命支援術（ACLS）及高級兒科生命支援術（PALS）等關鍵領域。

自 2019 年開始，已有分別來自 12 家不同的廣東省醫院，共 12 名醫生 12 名護士成功完成這些嚴格的培訓課程，獲美國心臟協會（AHA）提供的醫護人員基本生命支援術、高級心臟生命支援術、高級兒科生命支援術等的專業認證。

展望未來，我們希望將這個項目進一步發展成一個強大的平台，藉此促進廣東省醫院與荃灣港安的持續合作及知識交流，進一步提升大灣區的醫療及病理專業知識。



Trainers and trainees participating in the training initiative  
參與培訓課程的導師與學員



A training session deploying mannequins  
人體模型訓練課程



A scenario training session  
情境模擬訓練課程



## THE FOUNDATION: PARTNERING TO EXTEND HOPE

### 港安醫院慈善基金：攜手合作，傳遞希望

The Foundation strives to transcend socio-economic barriers and give lower-income beneficiaries access to world-class healthcare services. Its synergistic approach not only addresses the immediate healthcare needs of the underserved but also fosters enduring connections within the medical community. The revival of hope stands at the heart of the Foundation's mission, ensuring that vulnerable patients receive not only medical support, but also gain a renewed sense of optimism.

港安醫院慈善基金致力於突破社會經濟障礙，為低收入人士提供醫療服務；其支援方案不僅為有需要人士提供即時的醫療需求，更協助促進醫療界的聯繫。基金會的核心使命是為弱勢社群重燃希望，以生命影響生命，務求患者不僅獲得醫療支援，亦能提升正面而樂觀的情緒。

## The Foundation gives hope to little Ka Chuan and his family

### 港安醫院慈善基金為家俊及其家人燃點希望之光

Reviving hope is as crucial as attending to the health of patients. When young Ka Chun faced a relapse of stage 4 neuroblastoma (a type of cancer) with N-myc amplification, initially diagnosed in April 2019, hope seemed scarce for Ka Chun and his family.

Things took a turn for the better when Ka Chun secured support from the Foundation's Children's Medical Fund & Cancer Fund, providing a glimmer of hope and much needed assistance during a challenging time. Guided by the expertise of Dr. Anthony Liu, Ka Chun received the life-saving care he urgently required. Beyond securing a new lease on life, Ka Chun, along with his parents, now feel hopeful for a better future and the opportunity to live a normal life.

為患者帶來希望與關注他們的健康同樣常重要。年幼的家俊於 2019 年 4 月首次確診患有四型神經母細胞瘤（一種癌症疾病），N-myc 腫瘤基因有擴散跡象時，家俊及其家人頓失希望。

其後他們獲得基金會的兒童醫療基金及癌症基金的支持，在艱難時期得到一絲希望及急切的援助，家俊的情況大有改善。在 Dr. Anthony Liu, Ka Chun 醫生的專業領導下，家俊及時獲得緊急醫療照顧，成功延續生命之餘，對未來亦充滿盼望，有望重拾正常健康的生活。

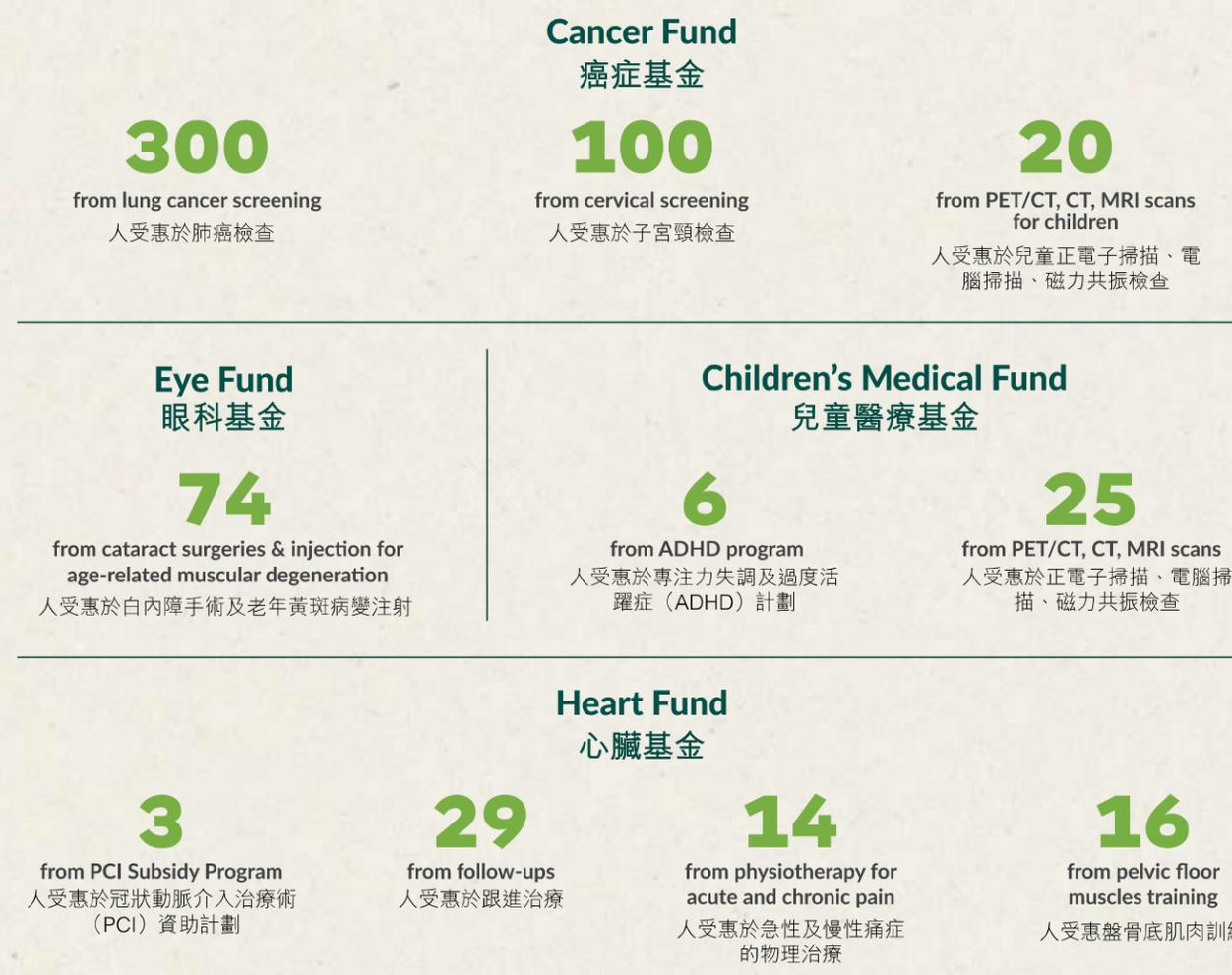


Ka Chun's family receives a cheque from the Foundation  
家俊家人接收基金會捐贈的支票

## NO. OF PEOPLE BENEFITED FROM STUBBS ROAD FOUNDATION ACTIVITIES IN 2023

2023 年港安醫院慈善基金（司徒拔道）受惠人數

### Figures at a Glance 數據一覽



## Preserving the eyesight of the elderly 保護長者的視力健康

The Charity Cataract Program, launched in 2020 by the Hong Kong Adventist Hospital Foundation Board of Governors (Tsuen Wan), BOG - TW, has performed successful surgeries on over 200 elderly patients facing economic challenges. The procedures markedly enhanced their vision – which would be lost if condition was left untreated – and overall quality of life.

港安醫院慈善基金－荃灣理事會 2020 年推出金睛火眼慈善白內障手術計劃，至今已為逾 200 多位有經濟困難的長者成功完成白內障手術。手術顯著改善他們的視力，若當初未能及時進行手術，這些長者或會視力減退甚至失明，生活質素亦會大受影響。

### A grandmother sees again 一位婆婆得以重見光明

For over two decades, Granny Lin, aged 81, has grappled with the gradual decline of her eyesight. Unable to afford cataract surgery at a private medical facility, she patiently awaited her turn at a public hospital, which, unfortunately was longer than expected. Meanwhile, her vision deteriorated significantly, rendering simple tasks like boarding the correct bus or deciphering a bill a considerable challenge. "I was limited to seeing no more than a foot ahead with my left eye," she recounts.

However, hope emerged in the form of the "Charity Cataract Surgery Program" supported by Hong Kong Adventist Hospital Foundation (Board of Governors - Tsuen Wan, BOG-TW)'s, enabling Granny Lin to finally undergo surgery on her left eye. Three days post-operation, the world appeared anew. "I am so happy to see flowers and plants, and so grateful to Dr. Pong and the medical staff. I wish them good health and progress in their work," she says.

過去二十多年，81 歲的蓮婆婆一直面臨視力逐漸減退的困境。由於無力負擔私營醫療機構的白內障手術費用，只能在公立醫院排期進行手術，不幸地卻一直未能輪候到手術機會。她的視力已嚴重下降，甚至無法看到巴士號碼或帳單。她憶述：「我左眼的視力曾僅能看見約一呎距離的事物。」

然而，伴隨着希望出現的「金睛火眼慈善白內障手術計劃」，讓蓮婆婆獲得港安醫院慈善基金荃灣理事會的資助，為其左眼進行白內障手術。蓮婆婆在術後第三天已能除下眼罩，重見光明，迎來煥然一新的世界。她直言：「好開心，望到花花草草真的好開心，非常感謝龐醫生及醫護人員的照顧，祝願他們身體健康、工作順利。」

## NO. OF PEOPLE BENEFITED FROM BOG-TW'S ACTIVITIES:

港安醫院慈善基金－荃灣理事會受惠人數

### Figures at a Glance 數據一覽

54

from cataract surgeries  
人受惠於白內障手術

209

from diagnostic imaging  
人受惠於診斷影像檢查



Granny Lin writes a thank-you note to the Foundation  
蓮婆婆寫給基金會的感謝信



## **CARING FOR OUR PLANET**

### 關愛地球

As a multi-modality medical institution, AHHK's impact on the environment is significant, especially given the specialised nature of our operations, which are both material and information intensive. To alleviate our carbon footprint and contribute to the fight against climate change, AHHK has adopted a number of measures to holistically address our environmental challenges in our journey towards becoming a net-zero institution.

作為一家多元化的醫療機構，港安的可持續發展對環境有著深遠影響，尤其機構的業務性質，涉及不少物料及資料。為了減少碳足跡並為氣候變化作出貢獻，朝向成為零碳機構的目標，港安採取多項措施，以全面應對在過程中面臨的環境挑戰。

## Small steps towards a greener health institution

### 實現綠色醫療踏出的重要一小步

While achieving net zero may seem challenging, it can be made easier by implementing various seemingly small and incremental measures that can yield surprisingly significant results. By implementing measures like recycling food waste, recycling papers, transitioning to LED lighting, adopting outdoor light sensors, and progressively eliminating single-use plastics across our operations, we have successfully reduced our carbon footprint without sacrificing service quality.

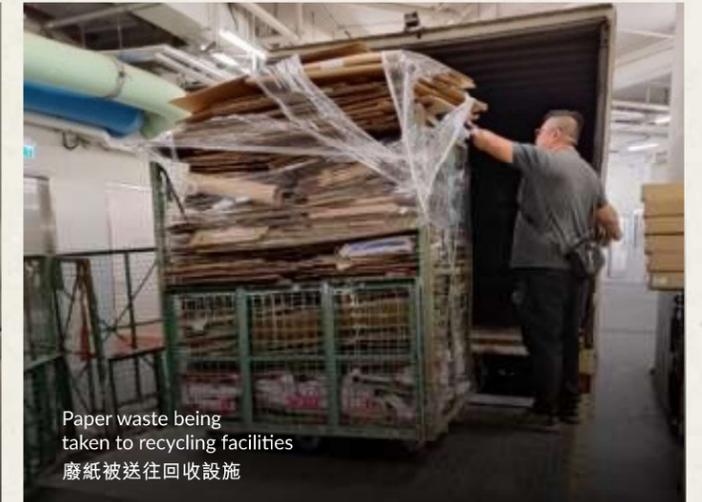
Take our LED lighting initiative in HKAH-TW as a case in point: while replacing old lights with a longer-lasting and more cost-effective LED model has cost HKD 38,000, the amount spent is projected to pay back within 2.5 years. By setting similar targets throughout our environmental initiatives, we are not only able to decrease our carbon footprint, we can increase our cost efficiency. Meanwhile we are regularly analysing data and monitoring metrics to identify areas for improvement, so we have means to move closer to net zero.

雖然實現零碳目標看似極具挑戰性，但通過實施各種簡單而持續的環保措施，就能取得意想不到的顯著效果。透過實行廚餘回收、紙張回收、改用 LED 照明、採用室外光線感應器，以及逐步摒棄使用一次性塑膠產品，港安已成功降低碳足跡，同時亦能保持卓越的服務質素。

以香港港安醫院一荃灣使用 LED 燈為例，取代舊燈泡，改以耐用並較具成本效益的 LED 燈。透過制定類似的環保目標，我們不僅能達到減少碳足跡，更能提高成本效益。同時，我們定期分析數據及監測指標，以確定需要改進的領域，逐步接近零碳目標。



Confidential documents collected by specialist recycling providers  
機密文件由專業回收商回收



Paper waste being taken to recycling facilities  
廢紙被送往回收設施



Hospital food waste collected in special bins  
醫院廚餘被收集在專用廚餘垃圾桶內



Mooncake boxes recycling drive  
月餅盒回收活動



Replacing plastics with biodegradable utensils and containers  
以可生物降解的餐具及容器取代塑膠製品

## OUR NET-ZERO ACHIEVEMENTS SO FAR 我們的零碳成就

### Figures at a Glance 數據一覽



**41.6**

tonnes of food waste recycled since Sept 2021

自 2021 年 9 月以來，回收了 41.6 噸食物廚餘



**90%**

less plastic used by using recyclable utensils, containers, cups & straws

通過使用可回收餐具、容器、杯子及飲管，大大減少了 90% 塑膠使用量



**90%**

waste paper reduction

減少了 90% 的廢紙量



**HK\$31,000**

rebates after joining CLP's Peak Demand Management

加入中電的高峰用電管理計劃  
獲得港幣 \$31,000 的回贈



**21w**

reduced electricity usage by using LED lighting in staircases in 2023

2023 年透過在樓梯間使用 LED 燈  
減少 21 瓦的用電量



Replacing G/F lighting with LED lighting  
將地下大堂照明更換為 LED 照明



Using Lux sensor control to turn outdoor lights on after sunset  
入夜後使用光度感應器控制室外燈光



## **CORPORATE GOVERNANCE: THE IMPORTANCE OF SOUND PROCESSES**

### 企業管治：規範流程的重要性

Central to our mission is the pursuit and maintenance of business excellence through principled decision-making, defined by integrity, corporate responsibility, and ethics. This commitment aims to safeguard the interests of our stakeholders, employees, patients, business partners and members of the communities we serve.

我們的核心使命是透過有原則的決策，以誠信、企業責任及專業道德操守，維持卓越的業務發展。這一承諾旨在維護及加強持份者的利益，包括員工、病人、商業夥伴，以及我們在社區服務的每一位。

## Enhancing our corporate governance framework

### 發展穩健的企業管治架構

Our Board of Directors is dedicated to advancing the long-term interests of all our stakeholders, emphasising the value and importance of developing a robust corporate governance framework. We adhere to rigorous Corporate Governance Guidelines to guide responsible decision-making.

Our Board has been actively engaged in a comprehensive review of its corporate governance practices and is taking steps to strengthen and improve those practices as we seek to further enhance accountability, transparency and ethics across all our activities.

董事會的首要任務是維護所有持份者的長遠利益，因此非常重視企業管治架構的價值和穩健長遠發展。我們致力遵守嚴格的企業管治守則，制定出負責任的決策，董事會亦會全面監督企業管治方案，採取相應措施以提升質素，進一步增強問責制、透明度和道德操守。



Hospital building in Tsuen Wan  
位於荃灣的醫院大樓

## Profit for purpose 以「服務社會為目標」的豐碩成果

From assisting cancer patients and collaborating with NGOs to aiding underprivileged individuals, to meeting ambitious care goals and spreading AHHK's message, we are committed to continual improvement, and to invest further to better serve the community as we seek to grow our resources.

Meanwhile, we want to thank our dedicated team for committing themselves to serve the community, while volunteering their time to care for others, and perhaps most importantly, to instill hope in those in need. Last year, this collective effort in service to the community amounted to nearly 10,000 hours of volunteering work.

從協助癌症患者和與非牟利組織合作，協助有需要人士，以至實現遠大的關愛目標及傳遞港安「延續基督的醫治大能」的重要使命，港安一直不斷改進，並投入更多資源，進一步為社區提供更適切的服務。

在此，我們衷心感謝一眾專業而熱心的團隊，他們不僅親身服務社會，更主動投放更多時間，無私地照顧他人。而最重要的是，他們為有需要人士帶來新的希望。去年，他們共為社區貢獻了近 10,000 小時的義工服務。

## PROFIT FOR PURPOSE 以服務社會為目標的成果 Figures at a Glance 數據一覽

**\$28,743,662**

cumulative allocation  
累計金額

**\$11,553,063**

budgeted amount in 2023  
2023 年預算金額

**\$7,493,723**

utilised amount in 2023  
2023 年開支

**26.07%**

utilised % from cumulative allocation  
累計開支百分比





## OUR ESG JOURNEY AHEAD

### 我們的 ESG 進程

AHKK eagerly anticipates building upon its foundations to fulfil our mission of aiding those in need, from providing health education and restoring hope to delivering life-saving medical care to less privileged individuals. We are also excited to continue innovating holistic health solutions that go beyond conventional methods while actively pursuing net-zero initiatives and fostering deeper engagement with the communities we have the privilege of serving.

港安期待藉着現有的基礎繼續履行使命，從提供健康教育到燃點希望，以至為社會提供最急切的醫療護理，繼續幫助更多有需要人士。我們期盼能夠超越傳統，創造出更全面的健康方案，同時積極推進零碳工作，加強我們與社區之間的連繫及互動。

## Committed to doing more for our community 一心一意為社區付出更多

While we celebrate our recent achievements, we acknowledge the daunting challenges ahead as the aging of society amplifies issues related to lifestyle diseases ranging from diabetes and cataracts to obesity and mental health.

Yet, we remained steadfast in our devotion to serve. Our conviction to the mission is not only zealous, but increasingly essential as our city continues to evolve. Constantly exploring new ways of caring that go beyond conventional methods to encompass new insights about “whole-person health”, we are striving to positively impact the lives of individuals from childhood to old age by crafting holistic solutions that simultaneously cure the body, tend to the mind and inspire the spirit of those under our care.

Grateful for the unwavering support of our employees, patients, clients, and partners, we remain committed to our mission of improving lives, one day at a time.

儘管過往的成就令人鼓舞，但我們亦意識到未來將面臨更艱鉅的挑戰，尤其是社會高齡化的情況，將加劇由生活習慣衍生出的各種潛在疾病問題，包括糖尿病、白內障、肥胖和心理健康等。

儘管如此，我們將緊守崗位，繼續為大家服務。隨著城市不斷發展，我們更需堅守使命。港安承諾將繼續探索超越傳統的先進醫護方向，實踐「全人健康」的理念，並透過制定更全面的健康方案，在醫治患者的疾病同時，亦能關顧他們的心靈健康，令幼童至長者的生活都能得到正面的影響。

我們衷心感謝各員工、患者、客戶及一眾合作夥伴的堅定支持，承諾會繼續積極履行使命，努力不懈地改善大家的生活，迎接更美好的明天。

## Building stronger families 建立更強大的家庭網絡

To support vulnerable demographics, we are committed to prioritising family well-being as the basic unit for multi-generation impact. As part of this effort, AHHK is set to launch Community and Family Health & Lifestyle Centers that will promote disease prevention and health education while enhancing family wellbeing and reducing the burden of healthcare. Building upon the success of CHAMP's pilot project, we will extend the program to cover three new districts, with the overall objective to make CHAMP accessible in all districts within five years.

為支援弱勢社群，我們將優先考慮以家庭福祉作為跨代影響的基本單位。因此，港安將成立「社區及家庭健康生活促進中心」，推廣疾病預防和健康教育，同時提升家庭福祉，以減輕公共醫療負擔。秉承 CHAMP 計劃試點項目的成功，我們將擴展計劃至三個新地區，並訂下目標，於五年內將 CHAMP 計劃伸延至所有地區。

## Empowering our children for a better future 賦予孩子更美好的未來

Soft-launched in January 2024, the Child and Adolescent Development Center – sponsored by the Zhilan Foundation and managed by Adventist Medical Center at Lee Garden 2 – will intensify its support of children with learning disabilities such as autism and attention-deficit / hyperactivity disorder (ADHD). Equipped with a multidisciplinary team, including a child psychiatrist, nurse consultant, clinical psychologist, occupational therapist, and speech therapist, it aims to empower approximately 200 children from low-income families in their path to wellness over the next two years.

由芝蘭基金會贊助，並由位於利園二期的港安醫療中心管理的兒童及青少年發展中心已於 2024 年 1 月初試運，目標是加強患有學習障礙，包括自閉症及過動活躍症等兒童的醫療支援。中心擁有全面而專業的醫療團隊，包括兒童精神科醫生、護士顧問、臨床心理學家、職業治療師及言語治療師，旨在於未來兩年內，協助約 200 名低收入家庭兒童重新踏上健康之路。

## Supporting our seniors - our pride

### 關顧長輩 — 我們的驕傲

As Hong Kong grows older, AHHK is dedicated to reaching out to the often marginalised elderly demographic. To promote healthier living, we will be working with NGOs, churches and community centers to deliver health talks and conduct medical screenings while partnering with the Hospital Authority to administer prompt treatment and seamless continuity of care.

隨著香港人口高齡化，港安正積極接觸被邊緣化的長者群組。我們將與非牟利組織、教會以及社區中心通力合作，舉辦健康講座與推廣醫療檢查，同時與醫院管理局合作，為年長一族提供及時治療以及無縫護理，協助他們提升生活質素。

## Expanding wellness to corporate clients

### 提升企業客戶的健康質素

In order to enhance the wellness of our corporate clientele, AHHK is strategically expanding Ahealth@Work in 2024. This growth initiative includes diversifying our range of corporate wellness offerings to include CEO Total Wellness solutions, financial fitness, comprehensive health analytics, and seasonal vaccination services. Additionally, we are exploring partnerships with the Hong Kong Tourism Board to position Hong Kong as a leading advocate for preventive wellness in the Asian market.

為協助企業客戶增強其員工的身心健康，港安計劃於 2024 年擴展 Ahealth@Work 計劃，將服務範圍擴展至 CEO 全人健康方案、財務健康、全面健康分析以及季節性疫苗服務等。此外，我們正商討與香港旅遊發展局合作，帶領香港成為亞洲預防性健康的主要倡導者。

## Harnessing the power of food

### 充分發揮飲食力量

With life expectancy rising and chronic conditions like diabetes and obesity becoming more prevalent, the importance of nutrition is growing. AHHK's team of dietitians is dedicated to engage with the community as advocates of healthy living, disease prevention, and nutrition education. Our dietitians aspire to enhance collaboration with NGOs, elderly homes, and community service centers to disseminate their expertise and resources, empowering individuals in need to make informed decisions regarding their health and nutrition.

隨著人類壽命不斷延長，以及糖尿病、肥胖等慢性疾病日益普遍，營養的重要性亦愈來愈受大眾所關注。港安營養師團隊將成為健康生活、疾病預防及營養教育的倡導者，並希望透過加強與非牟利組織、院舍和社區中心的合作，全方位傳播相關的專業知識與資訊，以助有需要人士在健康及營養方面作出明智決策。

## Making the liver a priority

### 優先關注肝臟健康

As liver diseases take an increasing toll on our community, AHHK is gearing up to launch new initiatives promoting healthy livers. We are also increasing our capacity to organize community-wide liver screenings for early detection, so that vulnerable communities get timely access to comprehensive liver care, from advanced diagnostics to personalized treatments.

隨著肝臟疾病對社區及生活的影響越來越嚴重，港安正積極推出促進肝臟健康的新措施。透過增加組織社區範圍的肝臟健康檢查，弱勢社群能夠盡早發現肝臟疾病，並能及時獲得全面的肝臟護理，包括先進的診斷及個人化的治療。

## Enhancing our environmental and governance practices

### 加強環境及管治實踐

In the upcoming year, AHHK is committed to enhancing our Environmental, Social, and Governance (ESG) efforts. In addition to deepening our sustainability initiatives and fostering stronger community engagement, we will also strengthen our governance practices. Through proactive measures, we're turbo-charging our ESG accountability to community in the years ahead.

在新一年，港安將致力加強我們的 ESG 工作。除了深化可持續發展的措施，以及與社區建立更緊密的連繫，我們還會進一步實踐企業管治，並透過一系列的積極措施，在未來幾年肩負起服務社會的 ESG 責任。