

LIVE A HEALTHY LIFE AT KWUN LUNG

Background

Kwun Lung Lau is a public housing estate in the Central and Western district of Hong Kong. 24% of its residents aged above 60, this high portion of elderly residents implies an increasing healthcare need. Moreover, most elders contacted are suffering from deteriorating body functions, chronic diseases and have weak social network.

In recent years, about 500 new families moved into Kwun Lung Lau, in which 500 children are aged below 12. Due to financial consideration and lack of knowledge on nutrition, these underprivileged families mainly eat fast food.

Possible Experiential Learning Projects and Activities

1. "Health Ambassadors"

- Equip residents with medical, nutritional and physical fitness knowledge to train them as "Health Ambassadors" to provide information on health, medical, food nutrition, healthy cooking; and physical fitness training in the community.

2. "Health Analyst"

- Students can regularly visit people with chronic diseases together with "Health Ambassadors" to understand their health needs, provide professional medical advice, match appropriate service, strengthen their community support and care for the development of health on body, mind and environment of people with chronic diseases.

3. "Community Kitchen"

- Organize healthy cooking groups and activities for residents regularly through sharing of healthy diet, food nutrition, food labeling and nutritional menus by doctors/nutritionists.
- Provide tailor-made healthy cooking support for people with chronic diseases (like diabetes, high blood pressure, etc.) and children from underprivileged families.
- Instruct "Health Ambassadors" to learn healthy cooking, make delicious and healthy food/soup and distribute them to singleton elders, two-elder households and people with chronic diseases and link up groups of different backgrounds to build a community support network.

4. "Community Fitness"

- Provide professional physical fitness instructions to residents, use sport and health to link up people in the community, enhance physical and mental health, and sense of identity and belonging.

Summary

Through a diversified range of health related activities, students can help transfer knowledge to address emerging or identified issues such as elderly's deteriorating physical and mental health, children malnutrition, dispersed social and interpersonal network in Kwun Lung Lau. In collaboration with the Health Ambassadors and community partners, a healthy and happy community will be fostered.



PROJECT LOCATION



Kwun Lung Lau
(West District),
Hong Kong

COMMUNITY PARTNER



Hong Kong
Housing Society, Hong
Kong Kwun Lung Lau
Residents' Association and
Aberdeen Kai-fong Welfare
Association Limited

KEY AREAS



Social capital, health
prevention, social needs,
deprived family, chronic
patients, single elderly, Health
for All Ages, community care

Interested faculty members are
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