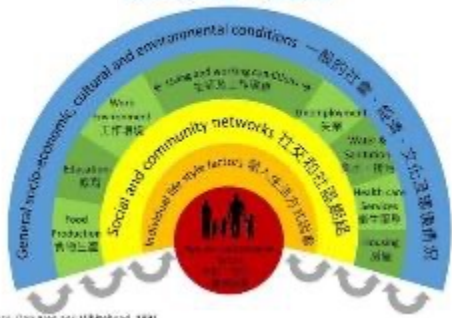


The Social Determinants of Health  
健康的社會決定因素



put Health Equity into Action

... build HEALTHY CITY

## Dr Fan Ning, Founder Health In Action

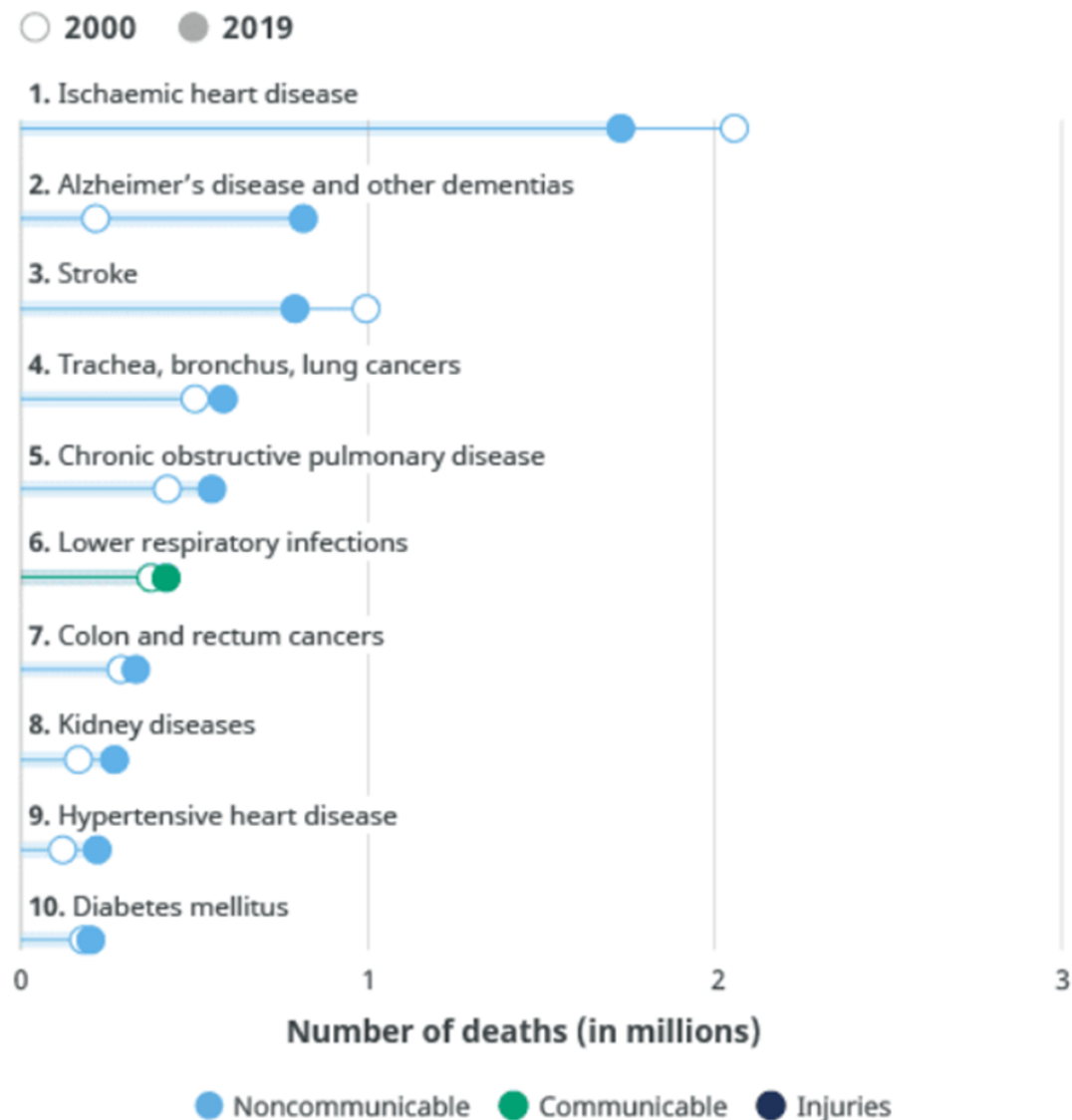
MBBS, FRCS(Edin), FRCSEd(Gen), FCSHK, FHKAM(Sur)  
MBA (Health Care)  
MSc (Criminology)

Surgeon  
Honorary Clinical Assistant Professor, CUHKMed & HKUMed, Family  
Med  
Mentor JCSPHPC CUHK  
Fellow Institute of Health Equity CUHK

# 71% of all deaths are due to noncommunicable

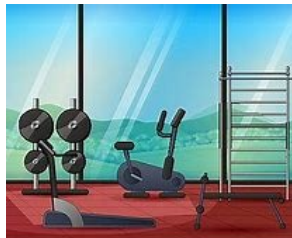


## Leading causes of death in high-income countries



Source: WHO Global Health Estimates. Note: World Bank 2020 income classification.

We spend 90% of our time in both private & public indoor environments



We spend 90% of our time in both private & public indoor environments

Children  
the Elderly  
Chronic respiratory  
Cardiovascular diseases  
Immunisuppressive



香港01 社區 / 18區新聞

撰文：江麗盈  
出版：2023-08-21 14:46 更新：2023-08-21 14:46

空氣污染可令人提早死亡，有關團體今日（20日）在屯門舉行「空氣導賞團」，走訪區內六個街坊常去的地點，以空氣監察儀器，觀察空氣污染水平變化。團體指出，據香港大學公共衛生學院達理指數推算，空氣污染每年令3,500名港人提早死亡。屯門區佔地87.54平方公里，卻只有一個空氣監測站，難以準確反映社區不同角落的空氣質素，令市民容易遭受空氣污染的危害。團體亦發現，屯門站巴士總站的二氧化氮濃度高於150ppb，空氣污染嚴重。

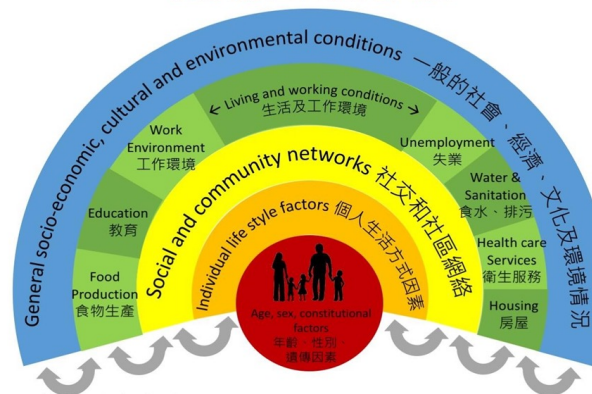
看不見微型殺手 超晒標  
殺入市區中小學幼稚園  
醫院、安老院都中招

For many people, the health risks from exposure to indoor air pollution may be greater than those related to outdoor pollution.

Children breathe more air, eat more food and drink more liquid in proportion to their body weight than adults.

# Why does World Health Organization publish Air quality guidelines?

The Social Determinants of Health  
健康的社會決定因素



Source: Dahlgren and Whitehead, 1991

- Clean air is a basic human right.
- Air Pollution is the greatest environmental threat to health and a leading cause of non-communicable diseases (NCDs) such as heart attacks / stroke.
- According to the WHO, there are 7M premature deaths every year due to the combined effects of outdoor and household air pollution.

# What is air pollution?

- Air pollution is a complex mixture of solid particles, liquid droplets, gases.

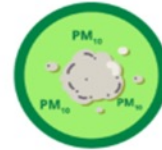
## Common Indoor Air Pollutants



Carbon dioxide



Carbon monoxide



Respirable suspended  
particulates



Nitrogen dioxide



Ozone



Formaldehyde



Volatile Organic  
Compounds (VOCs)



Radon



Biological contaminants



Mould



Environmental  
tobacco smoke

# What other effects could air pollution impose on children and youth health?

- PM2.5 can penetrate through the lungs and further enter the body through the blood stream, affecting all major organs.
- New research has also shown an association between prenatal exposure to high levels of air pollution and developmental delay at age 3
- Low birth weight
- Asthma
- psychological and behavioural problems - symptoms of attention deficit hyperactivity disorder (ADHD), anxiety and depression.

Indoor air problems can be subtle and do not always produce easily recognized impacts

- Headaches
- Fatigue
- shortness of breath
- sinus congestion
- coughing, sneezing
- Dizziness
- Nausea
- irritation of the eye, nose, throat, and skin.





What would be the effect of poor IAQ in school?

## 低收入劏房住戶的身心健康狀況及基層醫療服務需要調查

📅 發布日期: 2023-03-14



### 低收入劏房住戶的身心健康狀況及基層醫療服務需要調查

低收入劏房住戶生活質素和服務需要調查 (第三階段)

2023年3月

香港社會服務聯會

政策研究及倡議總主任 黃和平先生  
政策研究及倡議主任 陳瑩冰小姐

本計劃由香港公益金資助  
This project is supported by  
The Community Chest

HKCSS 5

香港社會服務聯會（社聯）透過全港54間社會服務單位向低收入劏房住戶（月入低於相同人數住戶收入中位數75%）進行問卷調查，以探討他們的身心健康狀況及基層醫療服務需要。研究發現受訪者的自評身心健康狀況較香港市民差，九成半以上自評得分低於相關量表人口平均值50分，其中居住環境越差，受訪者的自評生理健康狀況越差。同時，受訪劏房住戶較少有建立健康的生活習慣，包括蔬菜攝入量低和睡眠不足，較香港市民，他們也比較容易生病，24%的人過去一個月有不適，而香港市民則為9%。在所有受訪劏房住戶中，單親家庭及獨居

## Lai Chi Kok Subdivided units

### 有否吸煙習慣

	SDU 婦女	SDU 男士
沒有	136 (90.6%)	29 (58%)
有	11 (7.3%)	20 (40%)
沒有回答	3 (0.01%)	1 (2%)
總數	150	50

### 你家裡有沒有窗

	N=220	經常打開的數量 (N=205)	
沒有	3		
有	216	0 隻	17
		1 隻	74
		2 隻	83
		3 隻	24
		4	4
		5	2
		6	1
沒有回答		11	
沒有回答	2		
總數	220		



Childhood experiences



Housing



Education / Learning



Social support



Family income



Employment



Our communities



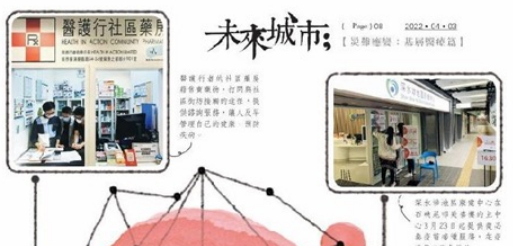
Access to health services

Source: NHS Health Scotland

*Health is more than avoiding diseases...  
it is about feeling Well in Mind & Body  
feeling Safe*

*and be part of the Community, caring about You and*

「以社區為本」是「Transsector Approach」(「跨界域方法」)的核心理念。醫護行者社區藥房與多個社區團體合作，共同推動社區健康。...



【 編輯】王麗儀  
【 攝影】梁錦堯  
【 美術】張國強

「疫下在民間發揮作用 基層醫療織網 為醫院減壓」

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# put Health Equity into Action

## .... Build HEALTHY CITY



Transector Efforts to build a Healthy City for Hong Kong  
Author: Fan Ning, Karen Lau

Dr Fan is a surgeon and arboricultural technician. Through Health In Action (NGO), he pushes for healthy city through innovative community model. He is Assistant Professor at Medical School CUHK & HKU, Mentor of the JCSPHC CUHK; member of Policy Research & Advocacy and Social Working Movement in HKCSS; Advisor on Public Space, City Space Architecture. Karen is a public health practitioner trained in global health and epidemiology. She has rich experience in the NGO, HKSAR government, and UN sectors.

Healthy City for the Ageing Hong Kong?

The Healthy City Strategy is guided by the vision of a 'Healthy City for All': a city where together we are creating and continually improving the conditions that enable all of us to enjoy the highest level of health and well-being possible. Vancouver is one of the cities which puts a healthy city framework as the backbone of city development (City of Vancouver, 2015). This vision echoes with World Health Organization's (WHO) appeal for 'Health for All' where there are a set of strategies and action plans

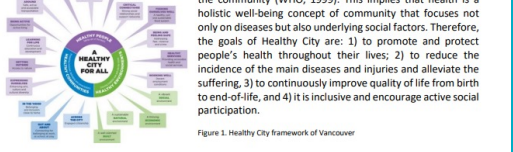


Figure 1. Healthy City Framework of Vancouver

aiming to achieve full health potential for all people living in the community (WHO, 1999). This implies that health is a holistic well-being concept of community that focuses not only on diseases but also underlying social factors. Therefore, the goals of Healthy City are: 1) to promote and protect people's health throughout their lives; 2) to reduce the incidence of the main diseases and injuries and alleviate the suffering; 3) to continuously improve quality of life from birth to end-of-life; and 4) it is inclusive and encourage active social participation.

### 如果大家有能力、有自信，為自己的健康做更多 每個人都可以幫到醫療系統分擔

醫護行者亦是北約克健康中心的策略伙伴。透過與多個社區團體合作，共同推動社區健康。...