



社區藥物教育輔導會

Community Drug Advisory Council



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# Healthy Living

Education Officer  
Ms Rai Jenny

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## Introduction to Organization:

1. Prevent drug misuse
2. Promote healthy lifestyle choices



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[www.cdac.org.hk](http://www.cdac.org.hk)

## Content:

- Get to know more about healthy living elements, prioritise **mental and physical** well-being
- Learn how to conduct healthy learning at home
- Understand the **harms of drug** abuse



## Questionnaire:



[https://docs.google.com/forms/d/e/1FAIpOLSfa8AzozoHLN3sOOV96MHwMf-hyY\\_luHozxmedrqUxjIVtnag/viewform](https://docs.google.com/forms/d/e/1FAIpOLSfa8AzozoHLN3sOOV96MHwMf-hyY_luHozxmedrqUxjIVtnag/viewform)



## What is “healthy”?

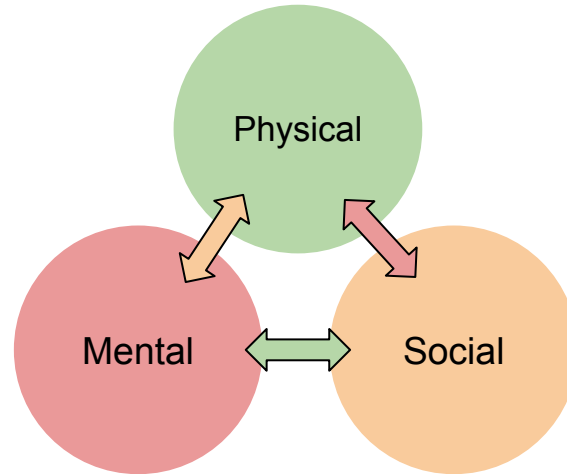
On a scale of 0 (very unhealthy) - 10 (very healthy), what do you think your "health" score is?

What really is “healthy”?



## The definition of healthy:

Health is a state of complete **physical**, **mental** and **social well-being** and not merely the absence of disease or infirmity (WHO, 2021).



## Biological health indicators:



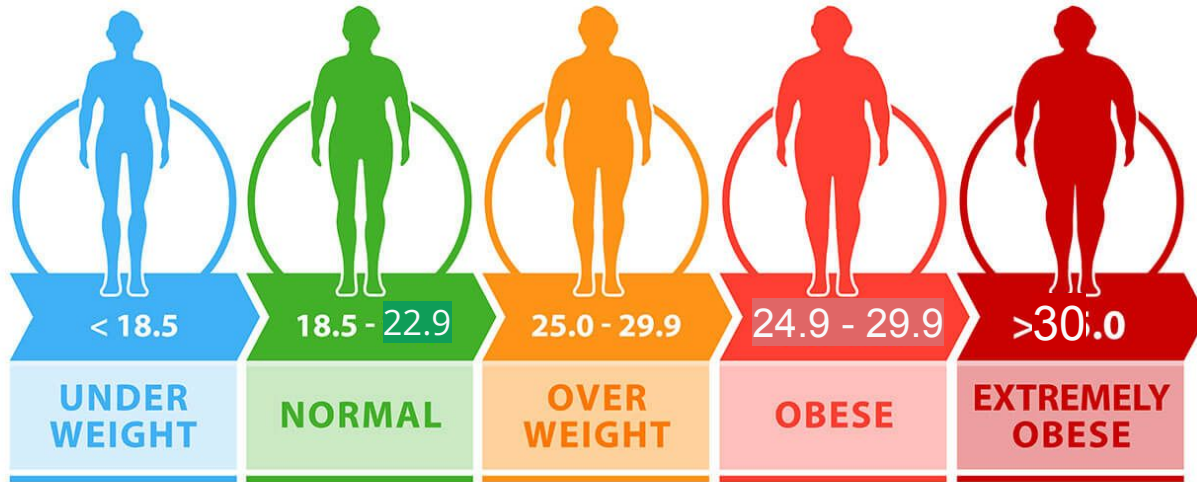
Basic indicator - 3B

1. BMI - Body Mass Index (Measuring Body Fat)
2. BP - Blood pressure (Measuring Heart)
3. BG - Blood glucose (Measuring sugar in blood)



## Body Mass Index (BMI):

$$\text{BMI} = \text{Weight}(\text{kg}) / \text{Height}(\text{m}) / \text{Height}(\text{m})$$



### Quick Check:

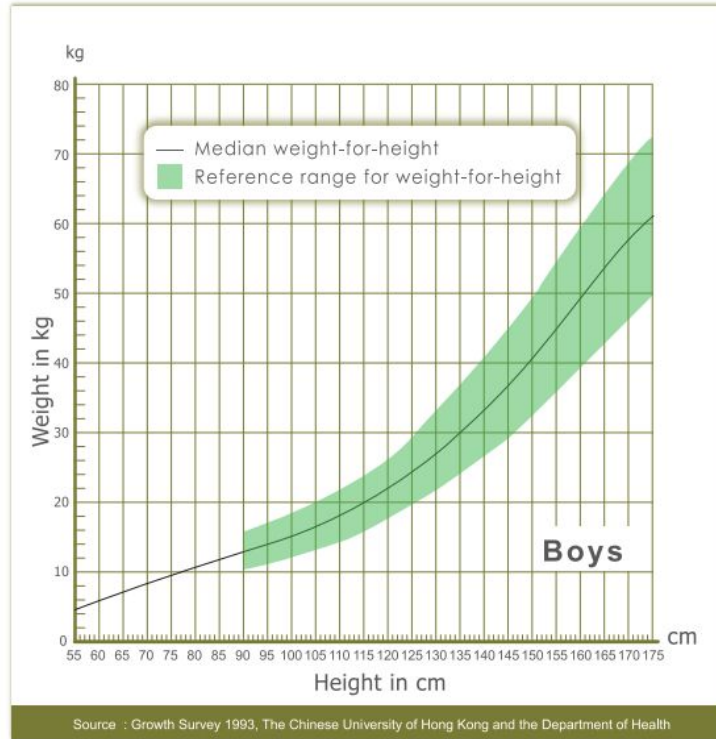
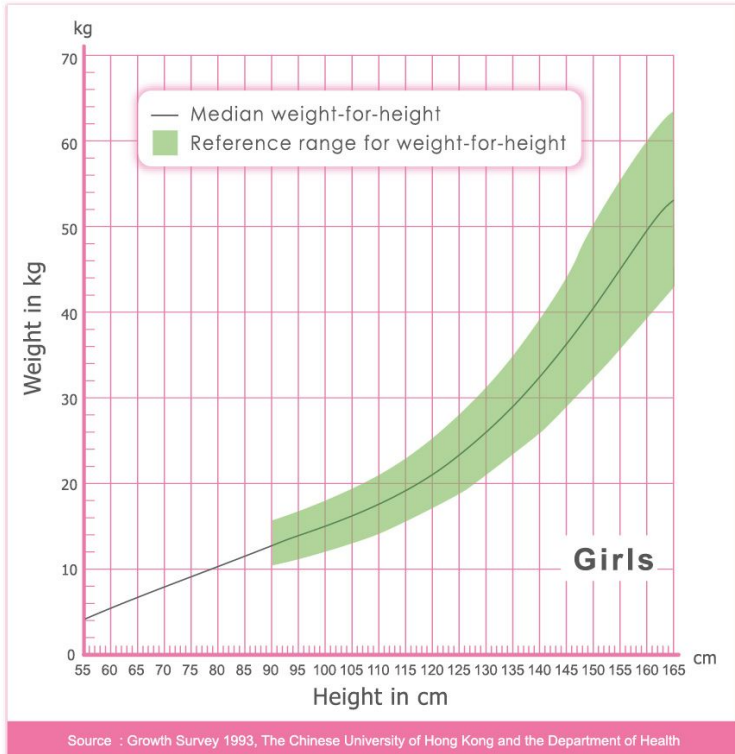
What range is your BMI?

1. For Asians
2. 18 y/o and above





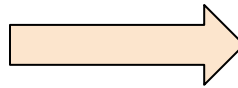
# Body Mass Index (BMI):



## Limitations of Body Mass Index:

- Body composition (e.g **body fat and muscle build**) are ignored
- Not suitable for some people: such as pregnant women and athletes

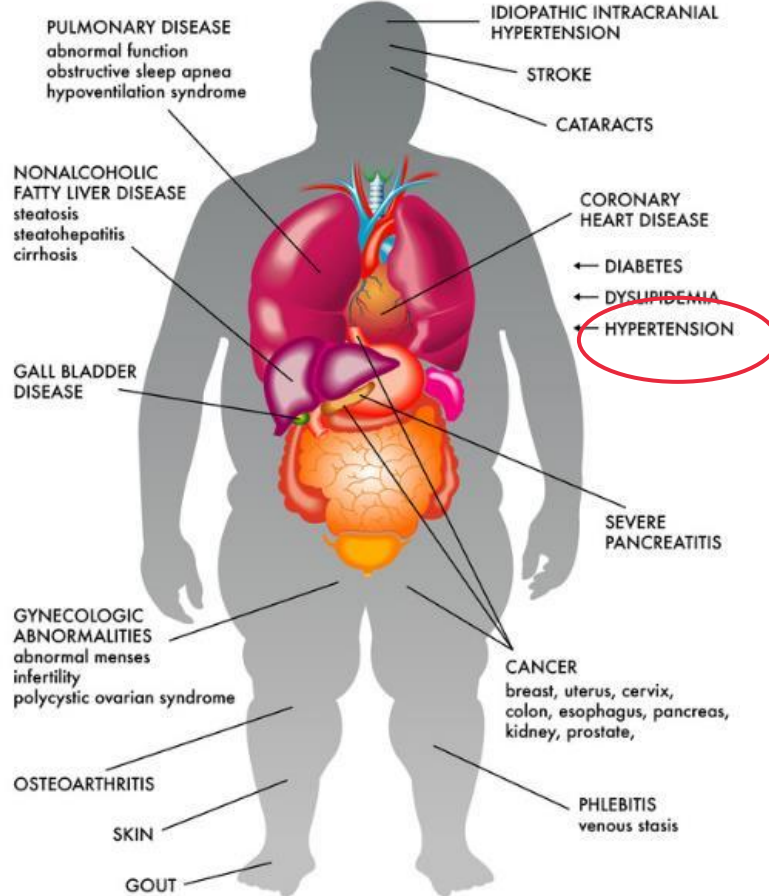
More accurate apparatus:  
Such as InBody



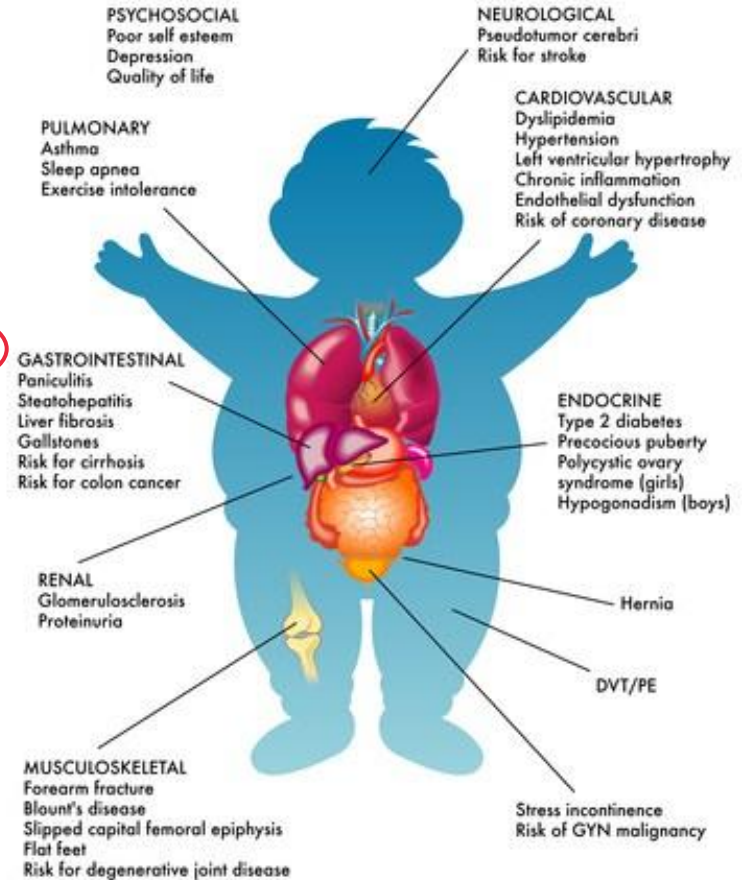
- body fat ratio
- muscle weight
- Fat weight
- Bone weight
- water ratio in the body
- basal metabolic rate



## Obesity medical complications



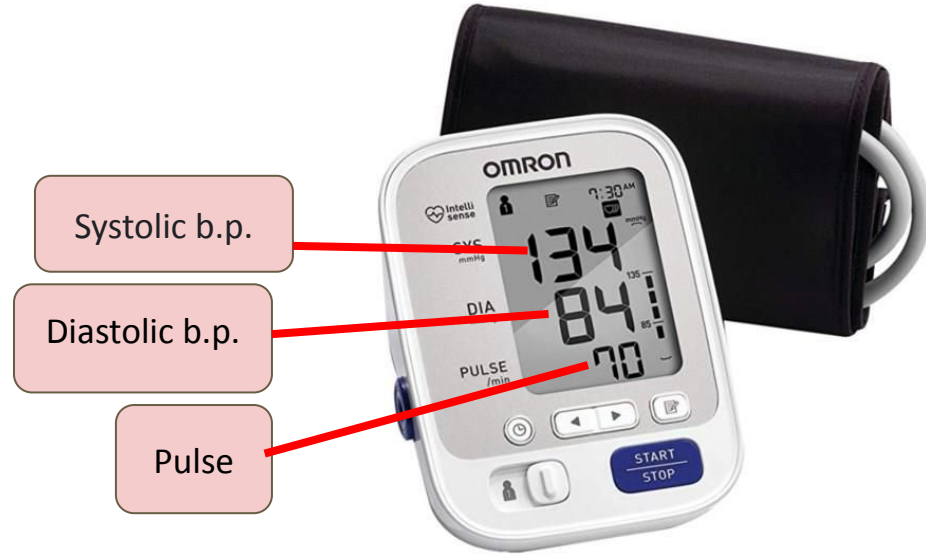
## Childhood Obesity medical complications



## Blood Pressure:

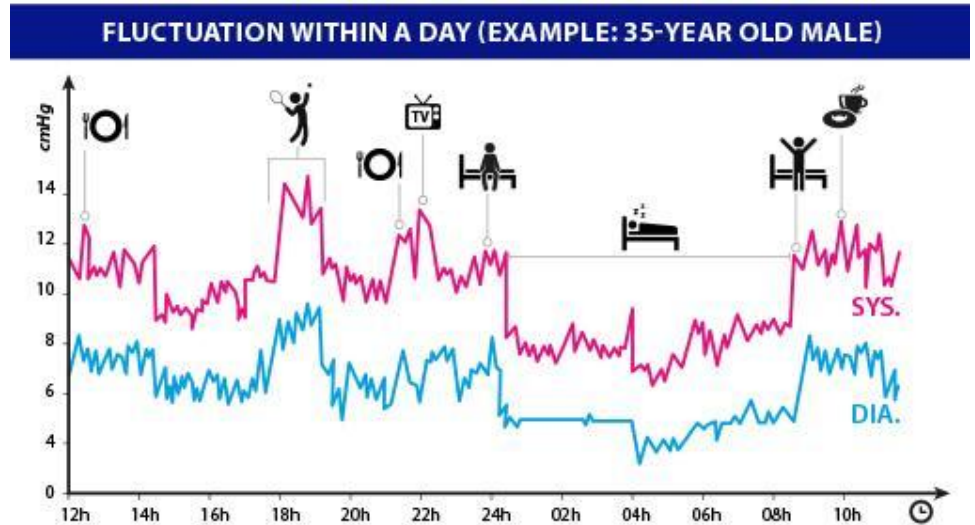
	Systolic b.p.	Diastolic b.p.
normal blood pressure	<120	<80
risky blood pressure rate	120-139	80-89
High blood pressure	>140	>90

**If the measured blood pressure is 145/95, is it high blood pressure?**



# Blood Pressure:

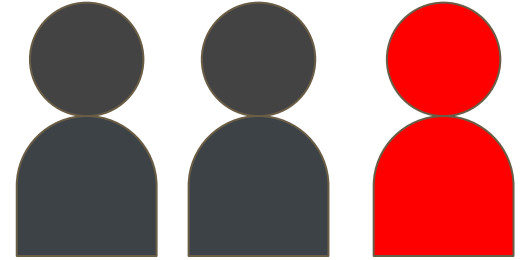
- Blood pressure **fluctuates** throughout the day
- **Eating/Drinking, Stress, Sleep** are some factors that affect the blood pressure



## High Blood Pressure:

High blood pressure has been named as "Silent Killer"

According to a research by The University of Hong Kong (2012): **In every three adults, one has high blood pressure.** But less than half (46%) are diagnosed.



Source: School of Public Health,  
University of Hong Kong



# Blood sugar:

Also known as blood glucose



Blood Glucose Level		What it means...			
		Excellent	Good	Acceptable	Poor
Before meal	mmol/L	4.0 - 6.0	6.1 - 8.0	8.1 - 10.0	>10
	mg/dl	72 - 109	110 - 144	145 - 180	>180
2 hrs after meal	mmol/L	5.0 - 7.0	7.1 - 10.0	10.1 - 13.0	>13
	mg/dl	90 - 126	127 - 180	181 - 234	>235



## Symptoms of diabetes:

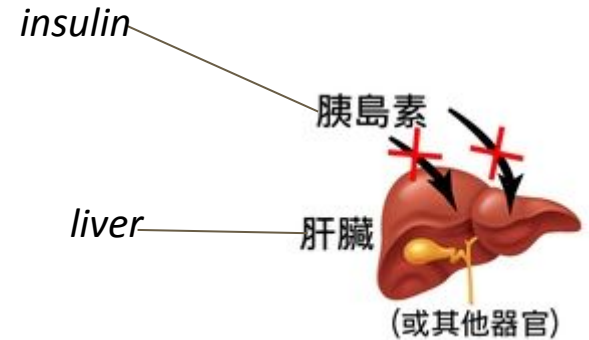
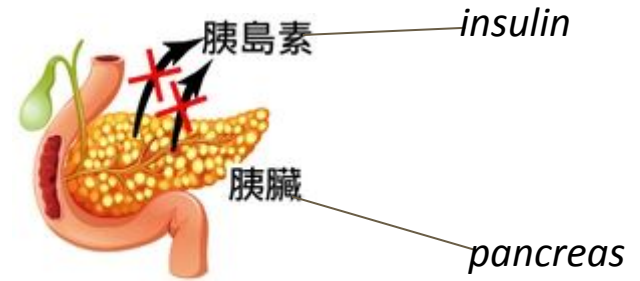
- Feel thirsty often
- Frequent use of the washroom
- A big appetite
- Weight loss
- Easily tired
- Catch infections easily





## Diabetes:

- Type 2:
- often develops in people over age 45
- but more and more children, teens, and young adults are also developing it
- linked to obesity/being overweight
- more common



Source: Diabetes Hong Kong

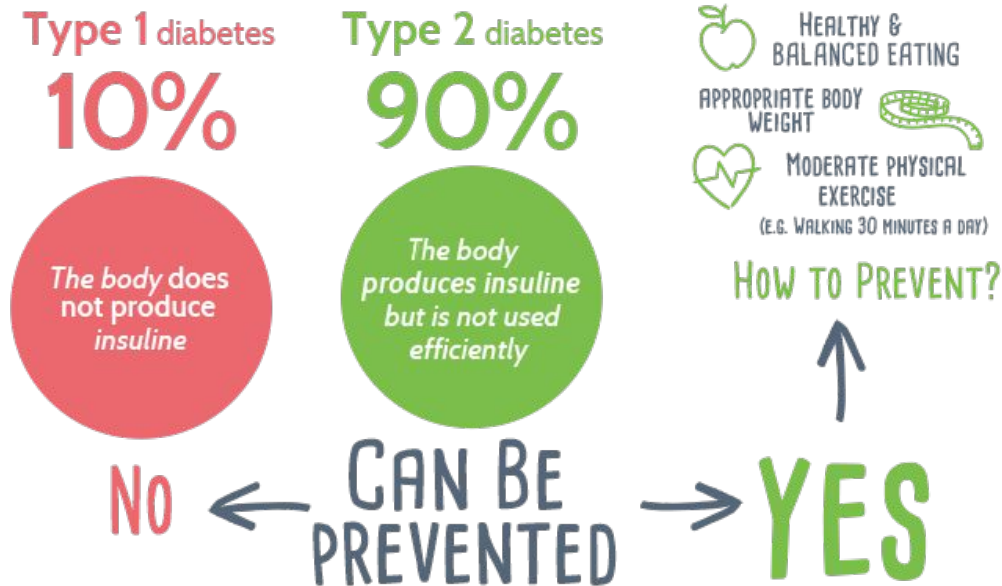
# Diabetes:

## Type 1:

- usually diagnosed in children, teens, and young adults
- **unrelated to obesity**
- **less common**

## Type 2:

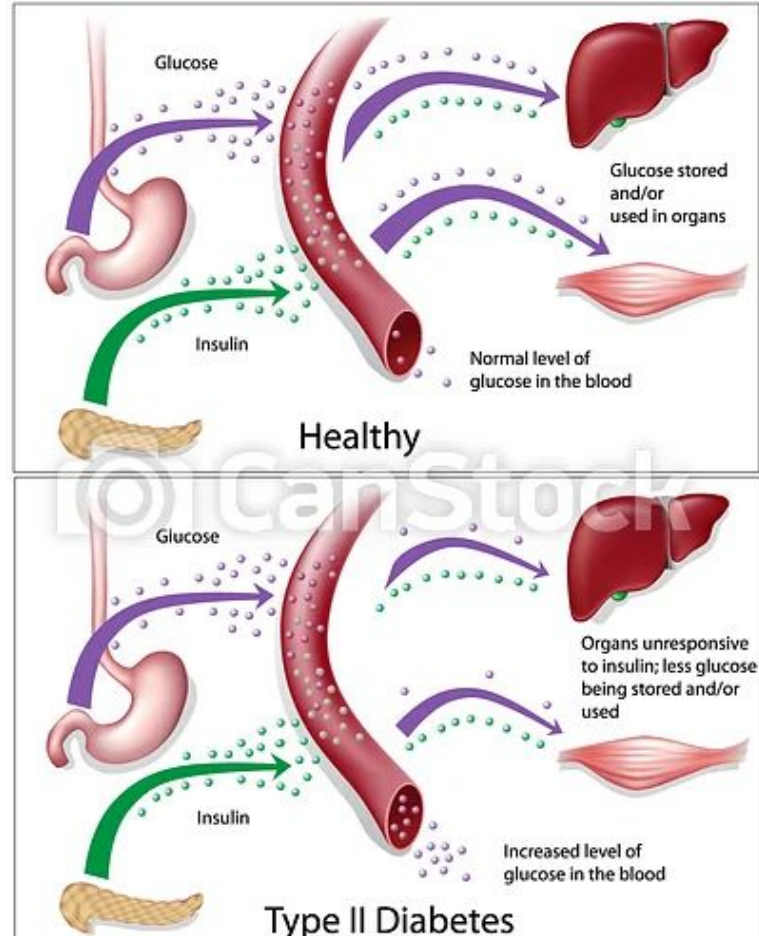
- often develops in people over age 45
- but more and more children, teens, and young adults are also developing it
- **linked to obesity/being overweight**
- **more common**



SOUR



Type 2 diabetes is a disease in which your body **loses its ability to produce and use insulin**. Without the right amount of insulin, **excess sugar builds up in the body** and causes a number of health problems.



- Common in people with diabetes. They can happen **over time when high blood sugar damages the nerves and blood vessels in the feet.**
- **There's no cure** for diabetic neuropathy. But you can take steps to slow the progression of this disease.

# diabetic foot



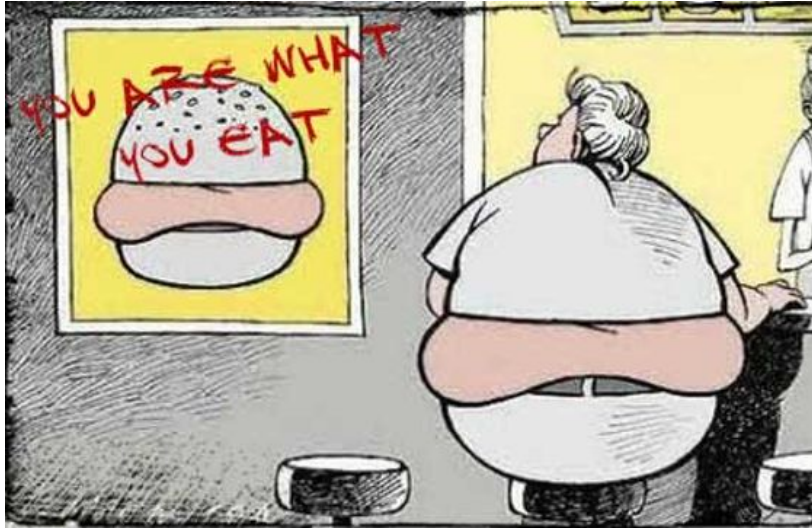
- **Signs of Diabetic Foot Problems**

- Changes in skin color.
- Changes in skin temperature.
- Swelling in the foot or ankle.
- Pain in the legs.
- Open sores on the feet that are slow to heal or are draining.





# Eating/Drinking habits:



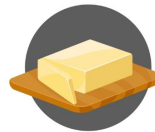
## YOU ARE WHAT YOU EAT



CARBOHYDRATE



FAT



SUGAR



CREAM



PROTEIN



FIBER



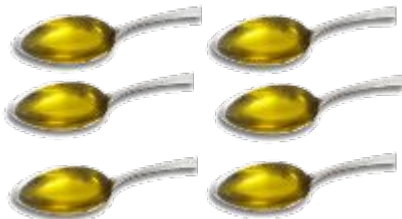
MINERAL



VITAMINS



# 1 high, 3 low diet:



low oil



low salt



low sugar



high fibre



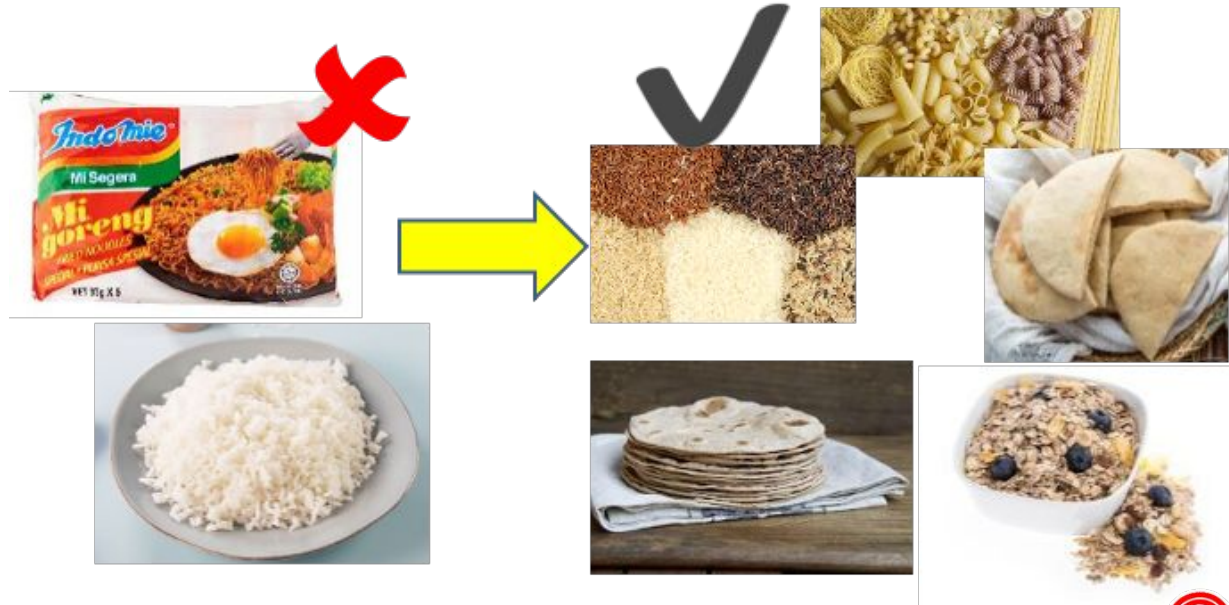
can replace salt with seasoning:





# 1 high, 3 low diet:

- choose **whole grain** food



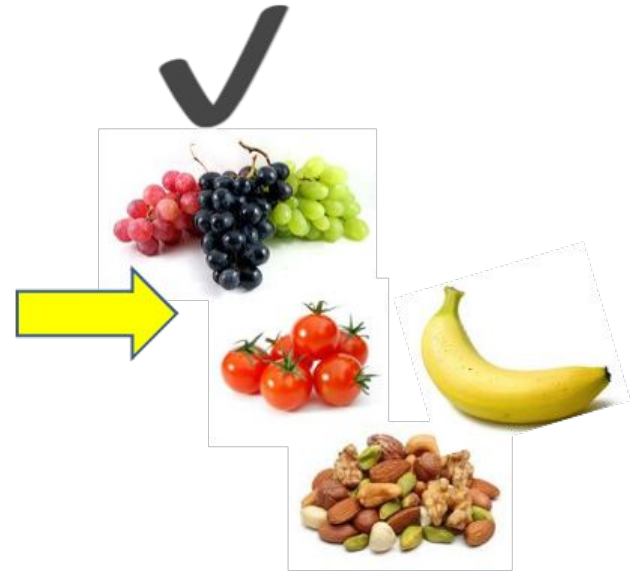
# 1 high, 3 low diet:

- choose food with **lower fat and oil content**



# 1 high, 3 low diet:

- choose healthier snacks



## Nutrition Labels:

Parents, do you have a habit of reading nutrition labels?



# Nutrition Labels:

Nutrition Information / 營養資料	
Servings Per Package / 每包裝所含食用分量數目	2
Serving Size / 食用分量	45g / 克
Per serving / 每食用分量	
Energy / 能量	220 千卡 kcal 920 千焦耳 kJ
Protein / 蛋白質	4g / 克
Total Fat / 總脂肪	10g / 克
Saturated Fat / 飽和脂肪	4g / 克
Trans Fat / 反式脂肪	0g / 克
Carbohydrates / 碳水化合物	29g / 克
Sugar / 糖	2g / 克
Sodium / 鈉	1410mg / 毫克

recommended to eat in 2 servings

calories; recommended daily intake is unique to each person. And is mainly related to weight and exercising habits

daily intake is typically =  $(\text{BMI}(\text{kg}) * 0.8)\text{g}$

includes saturated fat and trans fat; polyunsaturated fatty acid and monounsaturated fatty acid

daily intake better be less than 50g, about 10 teaspoons

daily intake better be less than 2000mg (2gram)



## Exercise:

For 5-17 year olds:

There should be **at least 60 minutes of medium to intense level of exercise everyday**, and at least 3 days of aerobic exercises and muscular-strengthening activity.

Rest time and screen time should be limited.

**Is the amount of exercise done at school enough for your kids?**

For ages 18-65:

There should be **at least 150-300 minutes (2.5-5hrs) of medium level of aerobic exercise weekly.**

OR

75-100 minutes of intense level of aerobic exercise.

OR

At least 75-150 minutes of both medium and intense levels of aerobic exercise combined, to reach an equal level of physical activity.

Can also do medium-intense levels of muscular-strengthening activities 2+ days per week. Because it brings extra health benefits.



## Types of Exercises:



Aerobic  
Exercise



Strength/muscle  
endurance training



Flexibility  
training



**My kids don't exercise, what can I do?**







## Mental Health situation in Hong Kong:

There is one in every seven Hong Kong-ers who has suffered from a mental health disorder.



### The Mental Well-being of Hong Kong:

A population representative survey using the World Health Organisation **WELL-BEING INDEX (WHO-5)**

The 2019 average well-being score in Hong Kong is **44.6**



\*A score of 52 or below indicates poor mental well-being and testing for depression is recommended (WHO).

Source: MindHK



## Mental Health situation in Hong Kong:

The mental health of Hong Kong people has been declining this year.

Work Pressure

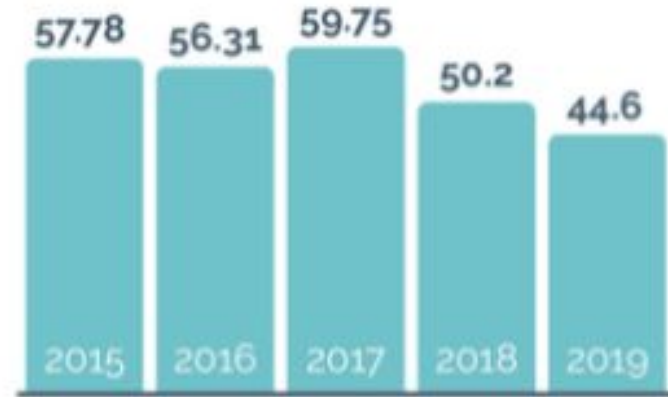
Economic Pressure

Social Events

Pandemic



Declining trend of mental well-being in Hong Kong (WHO-5 scores in Hong Kong)



\*2019 data was collected by PORI in September 2019

Source: MindHK



# Parent's pressure

Earlier studies have shown that **children's education or employment is the primary source of stress for parents**. Based on a stress score of 1 to 10, 36% choose 8 to 10 points.

Followed by **children's health and academic performance**, 32% choose 8 to 10 points.

In addition, **women's stress scores higher than men's**. 70% of the mothers interviewed said that they were often angered when taking care of their children, and nearly 62% said they often felt tired and fatigued; Only 42% and 56% of the fathers have the same situation, respectively.



# Parents' pressure under pandemic



In early 2021, the God's Love Care Center of the Kwun Tong Methodist Social Service Office conducted the "Survey on the Psychological Pressure of Primary Child Caregivers on Children's Learning During the Epidemic"

The survey found that **75% of the respondents stated their daily rest time is only 7 hours or less, and nearly 35% said they need to take care of their children 24 hours a day.** More than 90% of caregivers believe that children's level of concentration during online learning is low; nearly 90% of parents said that **children's total expenditure on home learning has increased more than before the epidemic,** and more than 70% of the interviewed families have to reduce food expenses in order to cope with the increase in study expenses.

News source: HK01



## Pressure that students may face:



Academic  
Pressure



Cyberbullying



School  
bullying



## Understanding the warning signs of high stress levels in your children:

Sudden and clear physical and emotional/behavioural symptoms:



*Clear physical symptoms:*  
loss of appetite, headaches,  
stomach aches without clear  
triggers, affected sleep etc.



*Emotional/behavioural symptoms:*  
loss of control on emotions, increased  
anxiety, social withdrawal etc.

# Understanding the warning signs of high stress levels in your children:

**Sudden** and clear physical and emotional/behavioural symptoms:





# HOW **STRESS** AFFECTS THE BODY

## **BRAIN**

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

## **CARDIOVASCULAR**

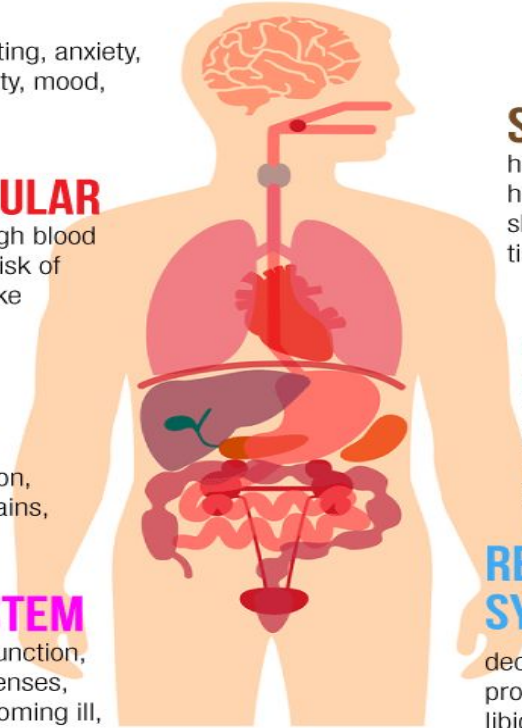
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

## **JOINTS AND MUSCLES**

increased inflammation, tension, aches and pains, muscle tightness

## **IMMUNE SYSTEM**

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



## **SKIN**

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

## **GUT**

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

## **REPRODUCTIVE SYSTEM**

decreased hormone production, decrease in libido, increase in PMS symptoms





**How to manage stress for both parents and children?**



**Sleep Well**



**Tackling The Problem**



**Avoid Stress**



**Vacation**

**Tips for Stress Management**



**Exercise**

**Meditation and Relaxation**



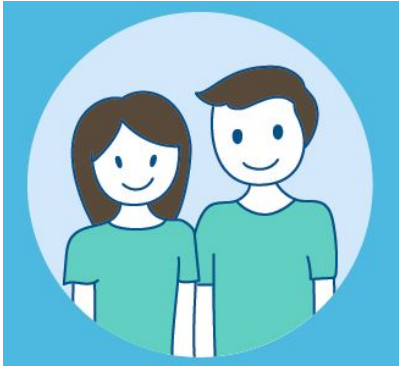
**Hobby**



**Eat Well**



## How to help children with high stress levels:



Parents need to take good care of their **own emotions first**



Imagine/think about **positive** things



**Guide** children to **express** their feelings by listening to and accompanying them



Provide the **right support at the right time**



## Have a better sleep Schedule:

Not getting enough sleep would lead to:

- poor immunity
- decreased concentration
- decreased memory
- decreased learning abilities
- poor skin
- a higher risk of chronic diseases

	Age Range	Recommended Hours of Sleep
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours
Teen	14-17 years old	8-10 hours
Young Adult	18-25 years old	7-9 hours
Adult	26-64 years old	7-9 hours
Older Adult	65 or more years old	7-8 hours

Source: National Sleep Foundation



## Sleep Schedule:

Developing a good sleeping schedule:



## Healthy Social Interactions:

- Learn to maintain good relationships with others
- Care for and respect others
- Have **a sense of belonging to towards your community**



# How to help children improve their social health:



Develop a positive self image



Help children create socializing opportunities



Volunteer





## Say No to Drugs:



Cough Syrup



Ecstasy



# Common reason for students to take drugs



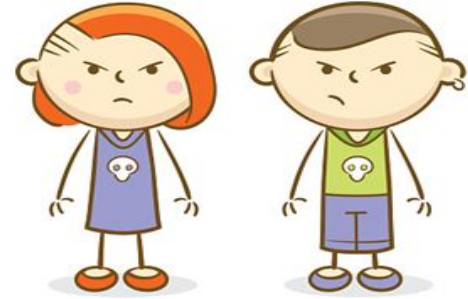
Curiosity

(44.8%)



Pressure

(19.0%)




Peer Influence

(16.9%)

Source: 2017/18 Survey of Drug Use among Students



## Cough Syrup:

Medically, the main use of cough syrup is to help stop/reduce coughing but because it contains opioid medicines like codeine, it's cheap and can easily found at drugstores, it's at a risk of being abused.  Misuse can turn into addiction

Contains:

- Codeine:

Opioid medicine, helps stop/reduce coughing

- Ephedrine:

Stimulant, used for expanding air tubes unclogging nose





# Kids Overdosing on Cold Medicine to Get High

By ABC News

17 December 2005, 01:49 • 3 min read



Dec. 16, 2002 — -- Parents concerned about whether their children are abusing drugs might also want to keep their medicine cabinets under lock and key.

Across the country, children and teens are intentionally overdosing on cold medicine or "robotripping" in order to get a hallucinogenic high.



# Ecstasy:

Street name: E, Molly, Mandy, Pingers, MDMA

Scientific Name: 3,4-Methylenedioxymethamphetamine

**No medical uses, Was used for psychological treatments**

Leads to:

- Insomnia
- Panicking
- Death from respiratory failure
- Kidney and liver damage
- Depression and mental instability
- Damaged nerve cells



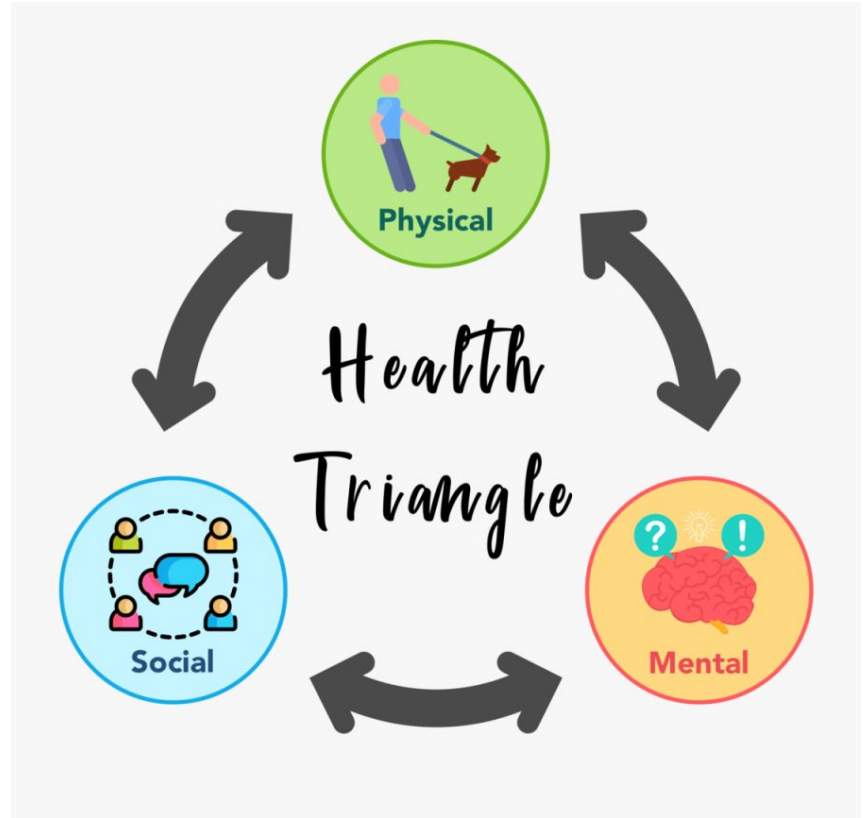
## How to use medications correctly?

1. Follow the doctor's instructions
2. Use for medical treatment only
3. Do not stop or take medications without the doctor's permission



## Conclusion:

- Healthy diet
- Regular exercise
- Sufficient sleep
- Emotion management
- Positive socialisation
- Stay away from drugs



# Q&A



<https://docs.google.com/forms/d/e/1FAIpQLSdXmdXOBsZEJZFRHdHo482PTvR6b1afoUOKx-2iObxsUiEvJw/viewform>





**Thank you**

