



邁 **TOWARDS**
向 **2025**

香港非傳染病防控策略及行動計劃
Strategy and Action Plan to
Prevent and Control NCD in Hong Kong

Health Concerns of Alcohol Use in Adolescents

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Health Protection**

18 August 2018

Update Series on Child Health



Outline

- Alcohol-related harms
- Local situation of alcohol use
- Factors promoting alcohol use
- WHO Best buy interventions
- Public communication
- Engaging healthcare professionals

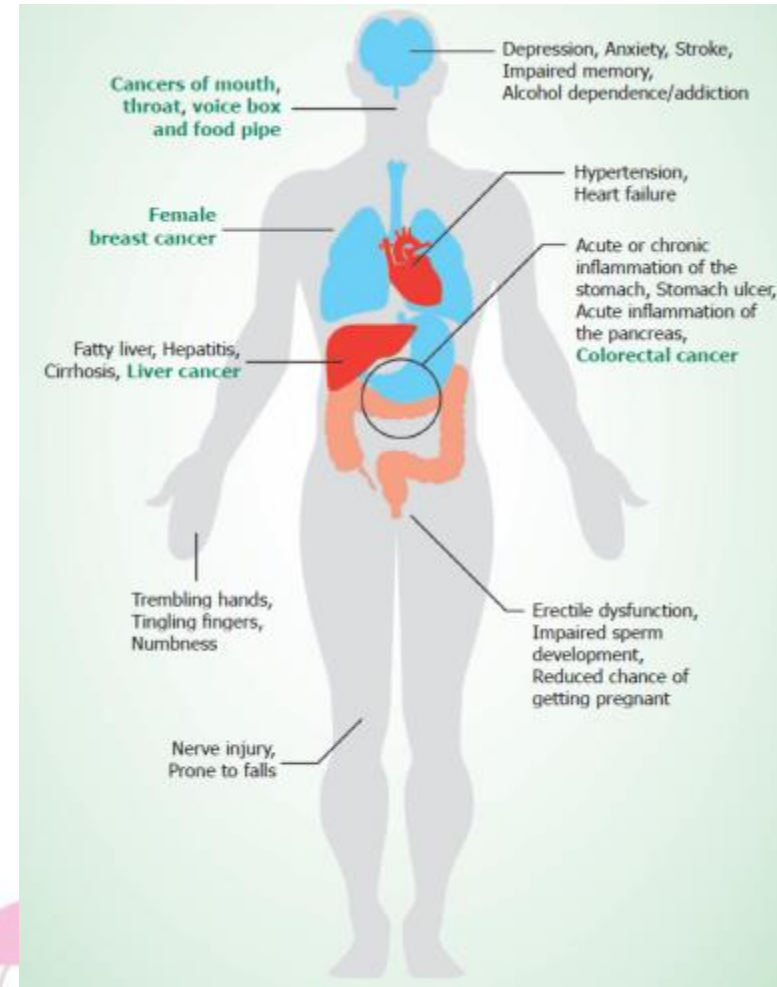


ALCOHOL-RELATED HARMS



Understanding Alcohol Harm

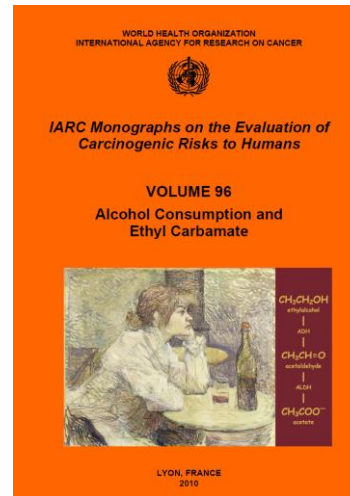
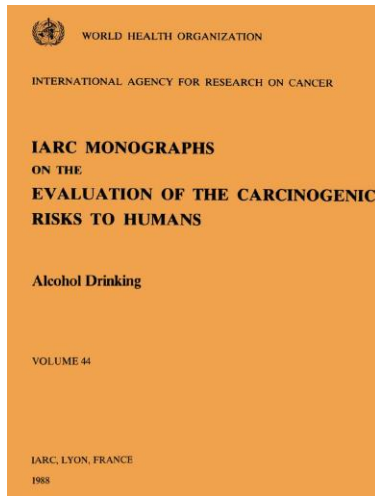
- Lead to over 200 diseases and injury conditions, e.g. alcohol dependence, mental illnesses, cirrhosis, stroke, heart disease, cancers, etc.;
- Globally, alcohol is estimated to be the seventh-leading risk factor in 2016 in both DALYs (4.2% [3.7–4.6]) and deaths (5.2% [4.4–6.0]);
- **Road traffic and other injuries, associated with alcohol use, are a major cause of significant mortality and morbidity among children and young people, as are violence and suicide.**



Source: Global Status Report on Alcohol and Health 2014, WHO
Global, regional, and national comparative risk assessment of 84 behavioural, environmental and occupational, and metabolic risks or clusters of risks, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. Lancet 2017; 390: 1345–422
Young People and Alcohol: A Resource Book, WPRO, 2015

Alcohol: Group 1 Carcinogen

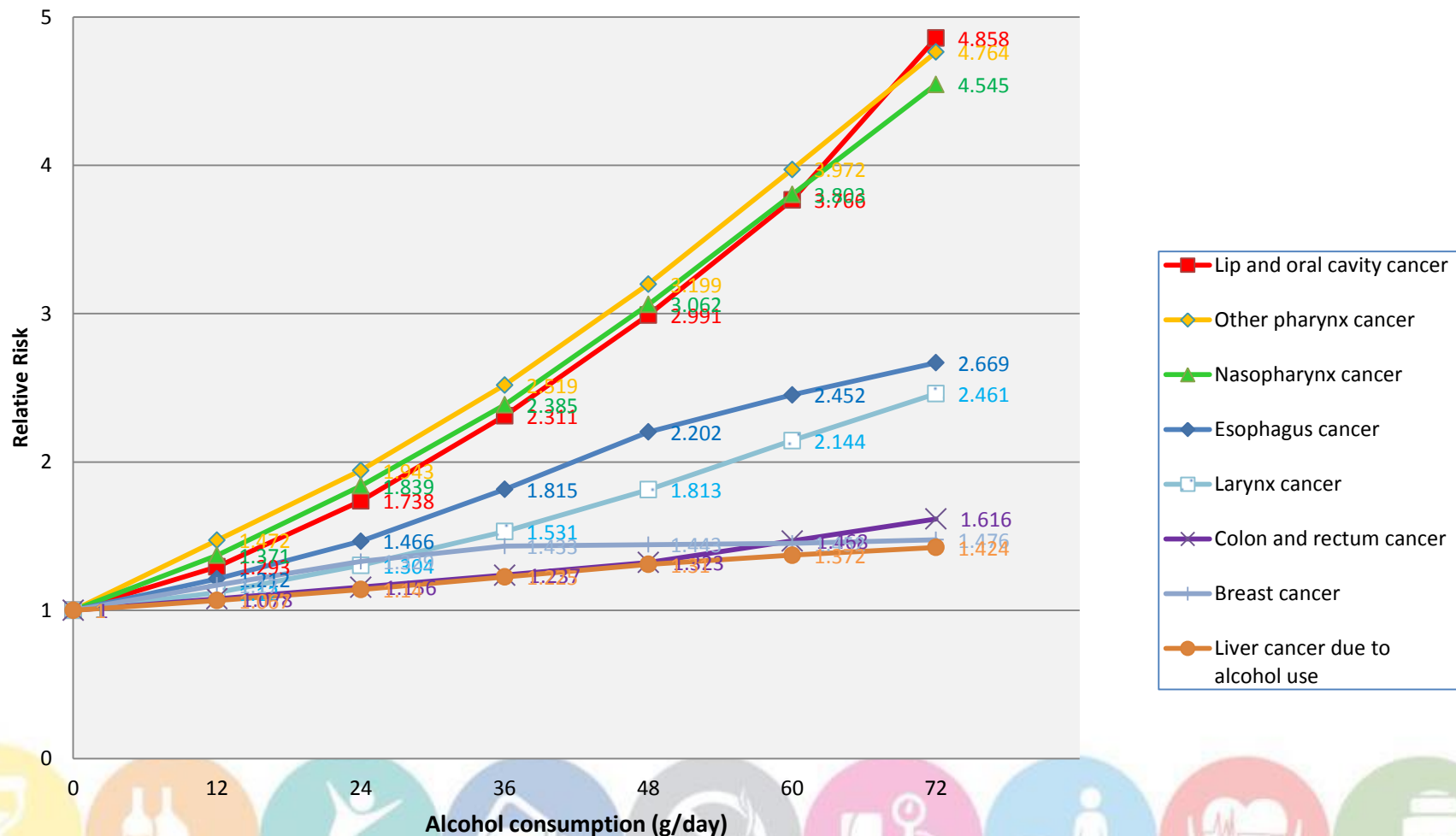
WHO International Agency for Research on Cancer (IARC) –



- Epidemiological evidence shows little indication that the carcinogenic effects depend on the type of alcoholic beverages, i.e. the same for beer, wine or spirits
- “Ethanol in alcoholic beverages” and “acetaldehyde associated with consumption of alcoholic beverages” are carcinogenic to humans



Relative Risks of Cancers by Amount of Alcohol Consumed



Source: Global, regional, and national comparative risk assessment of 84 behavioural, environmental and occupational, and metabolic risks or clusters of risks, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. Lancet 2017; 390: 1345–422

Dispel the Myth of 'Cardiac Protection by Alcohol'

History of 'cardiac protection by alcohol'...

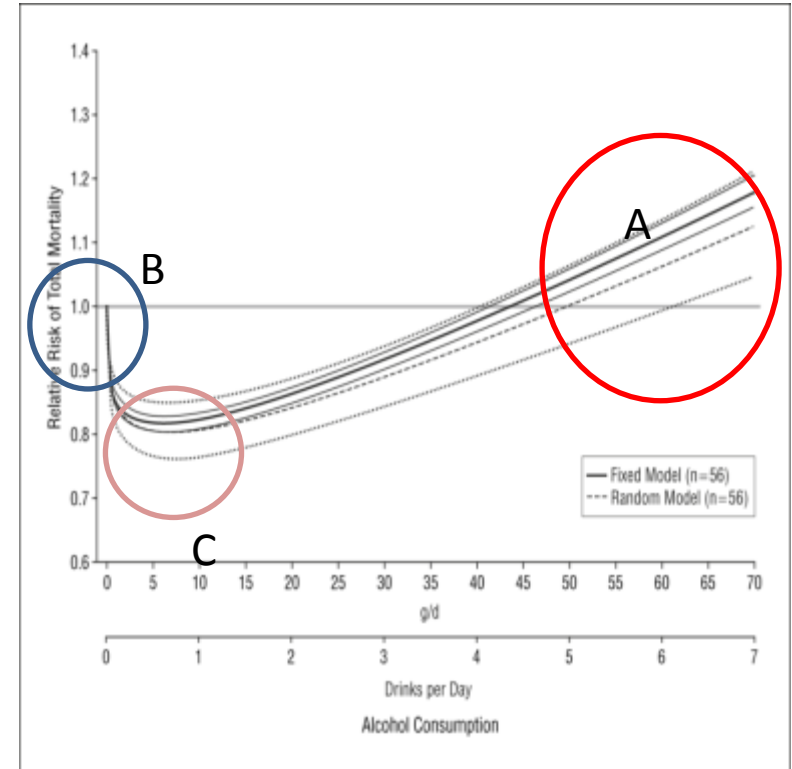
- High intake of "saturated fat" is positively related to high mortality from coronary heart disease (CHD)
- However, the situation in France is paradoxical in that there is high intake of "saturated fat" but relatively lower mortality from CHD. It is postulated to be attributable in part to high wine consumption.

Source: Renaud S, de Lorgeril M. Wine, alcohol, platelets, and the French paradox for coronary heart disease. *Lancet*. 1992;339:1523-1526.



J-shaped Relationship (Overseas data)

- A Higher doses of alcohol were associated with increased mortality from coronary heart disease
- B People never drink or do not drink might be due to one's ill health
- C 'Healthy drinker effect'
 - More self constrained
 - More health conscious
 - Much healthy lifestyle



Source: Di Castelnuovo A1, Costanzo S, Bagnardi V, Donati MB, Iacoviello L, de Gaetano G. Alcohol dosing and total mortality in men and women: an updated meta-analysis of 34 prospective studies. Arch Intern Med. 2006 Dec 11-25;166(22):2437-45.

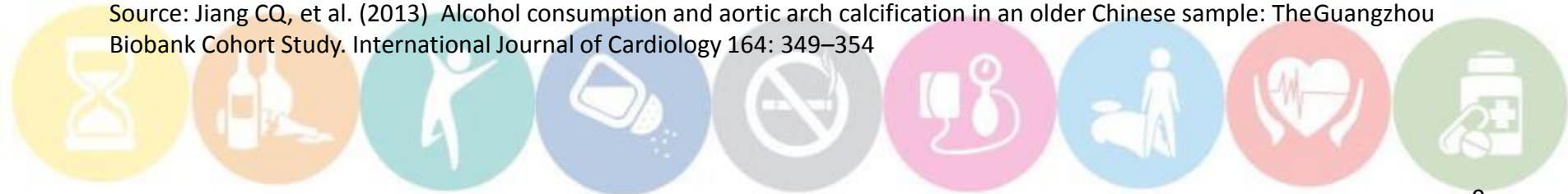
‘Cardiac Protection by Alcohol’ in Chinese?

- Studies in HK and Guangzhou showed NO heart protection effect by alcohol
- Moderate alcohol use had NO effect on ischaemic heart disease mortality in older Chinese men

Source: Schooling CM, et al. (2008) Moderate Alcohol Use and Mortality from Ischaemic Heart Disease: A Prospective Study in Older Chinese People. PLoS ONE 3(6): e2370.

- The presence and severity of aortic arch calcification were associated with quantity or frequency of alcohol consumption in a dose–response pattern, suggesting that alcohol drinking, **even when used in moderation, has no benefit for health.**

Source: Jiang CQ, et al. (2013) Alcohol consumption and aortic arch calcification in an older Chinese sample: The Guangzhou Biobank Cohort Study. International Journal of Cardiology 164: 349–354



WHO's Recommendation

- WHO has never promoted moderate drinking for heart protection

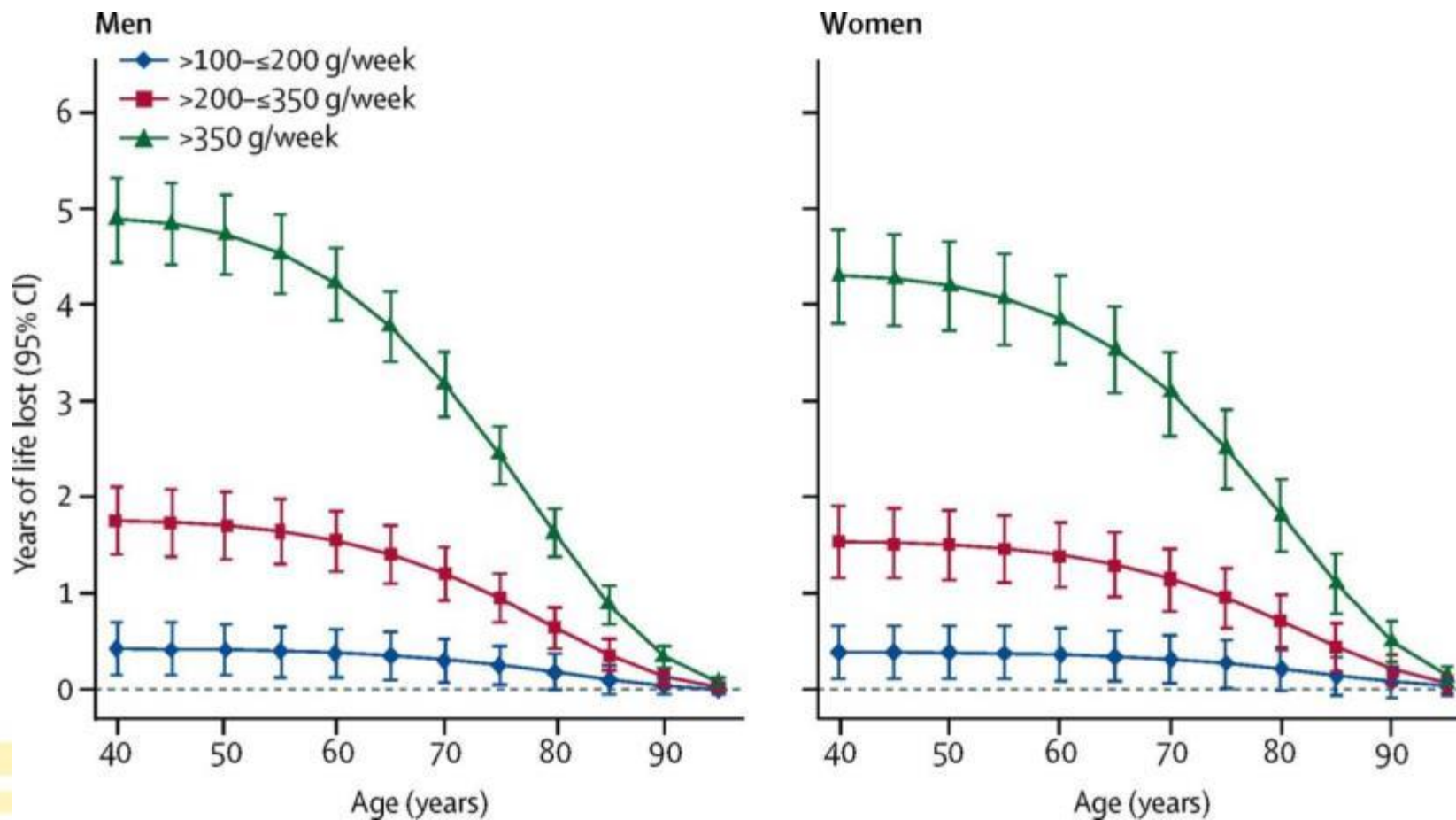
and particular patterns, of alcohol consumption in some populations may lower the risk of ischaemic heart disease and ischaemic stroke and associated mortality. However, controversy remains on the potential beneficial effect of low alcohol intake on cardiovascular diseases. Furthermore, beneficial effects of lower levels of alcohol consumption, if any, tend to disappear if the patterns of drinking are characterized by heavy episodic drinking (5), which is highly prevalent in many countries and population groups (1,6).

Extracted from WHO status report on NCDs 2014

- Most cardiovascular diseases can be prevented by
 - Tobacco and Alcohol abstinence
 - Blood pressure control
 - Blood lipid control
 - Exercise and Healthy diet
 - Diabetic control
 - Weight control



Estimated future years of life lost by extent of reported alcohol consumption



Alcohol drinking is harmful to youth's brain development

- Youth with long-term alcohol consumption have **poorer memory**
- Alcohol is a toxin against youth's brain development
 - **Affects nervous system development and self-control ability**
- Youths who start drinking before age 12 are more likely to have **violent behaviours or injuries** later on due to drinking or to skip lessons
- Youths who start drinking before age 18 are more likely to develop **alcohol abuse or dependence in adulthood**

Source:

Young People and Alcohol: A Resource Book. Geneva: World Health Organization Western Pacific Region, 2015

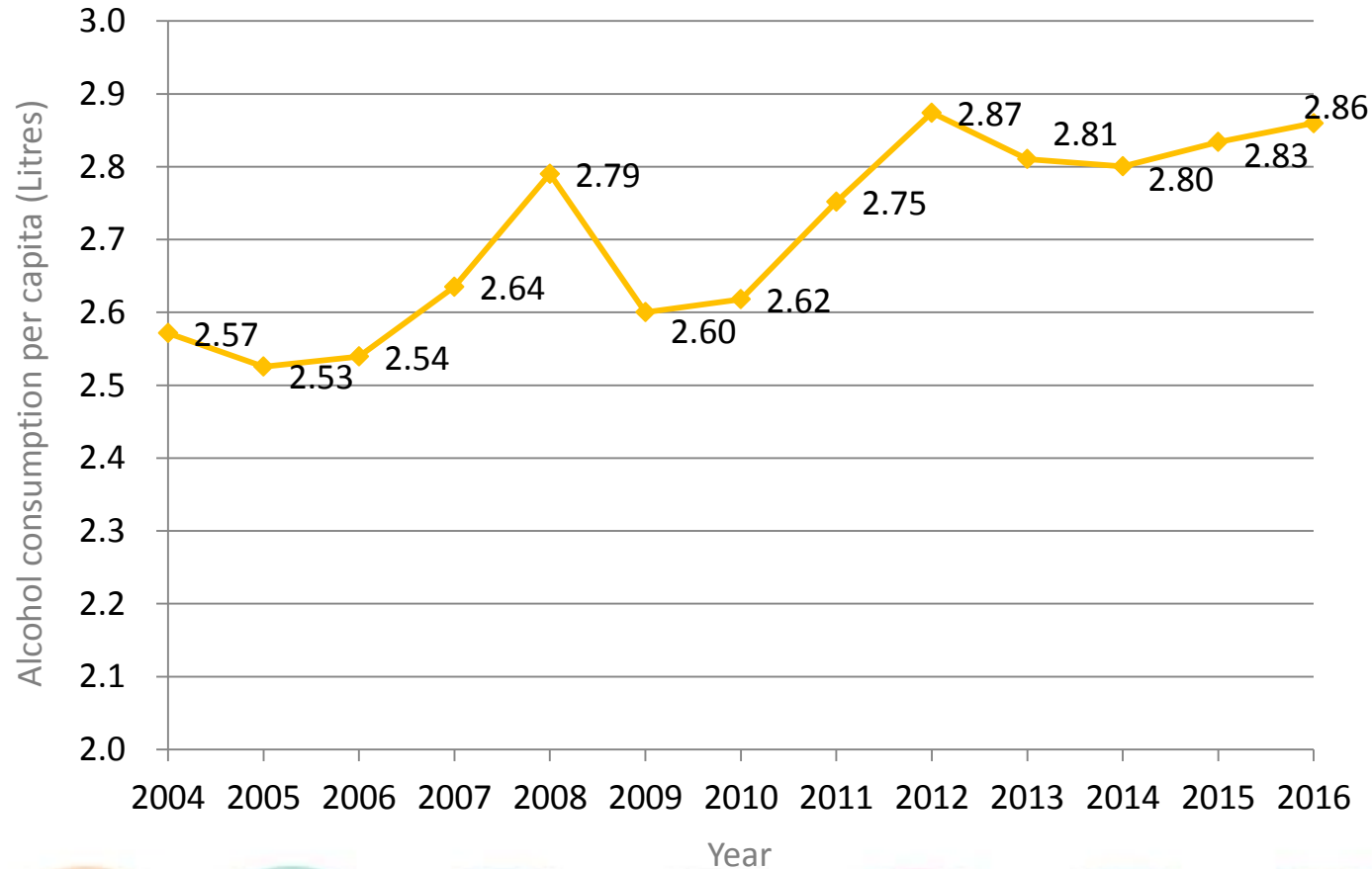
Gruber, E., et al., Early drinking onset and its association with alcohol use and problem behavior in late adolescence. Preventive Medicine, 1996. 25(3): p. 293-300.

Dawson, D.A., et al., Age at First Drink and the First Incidence of Adult-Onset DSM-IV Alcohol Use Disorders. Alcoholism-Clinical and Experimental Research, 2008. 32(12): p. 2149-2160.

LOCAL SITUATION OF ALCOHOL USE



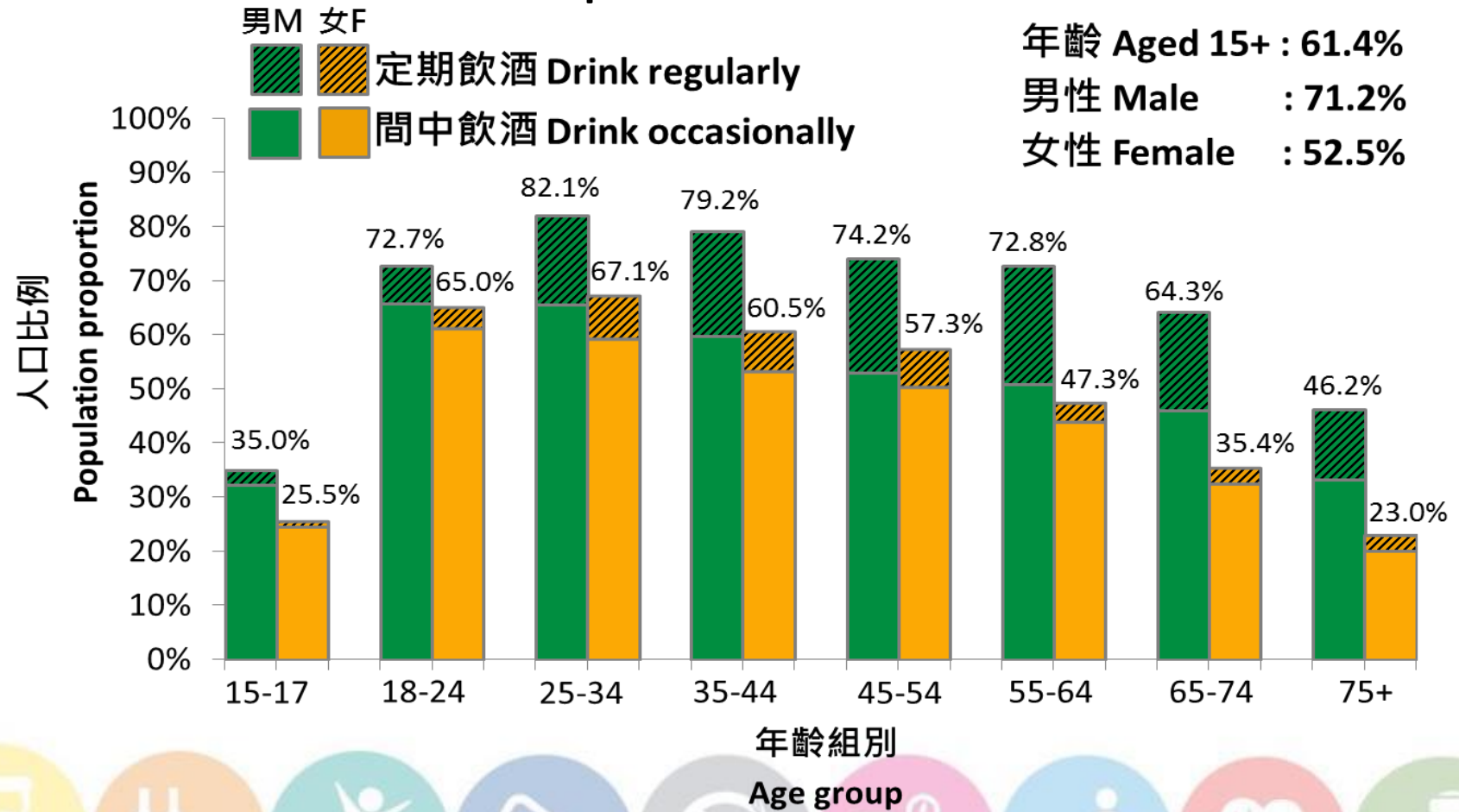
Alcohol Consumption Per Capita in HK



Remarks: Alcohol consumption per capita (litres of pure alcohol) = Local total pure alcohol consumption (from beer, wine and spirits) / Local mid-year population aged 15 years or above

Source: Census and Statistics Department, Customs and Excise Department, and company reports of local beer manufacturers.

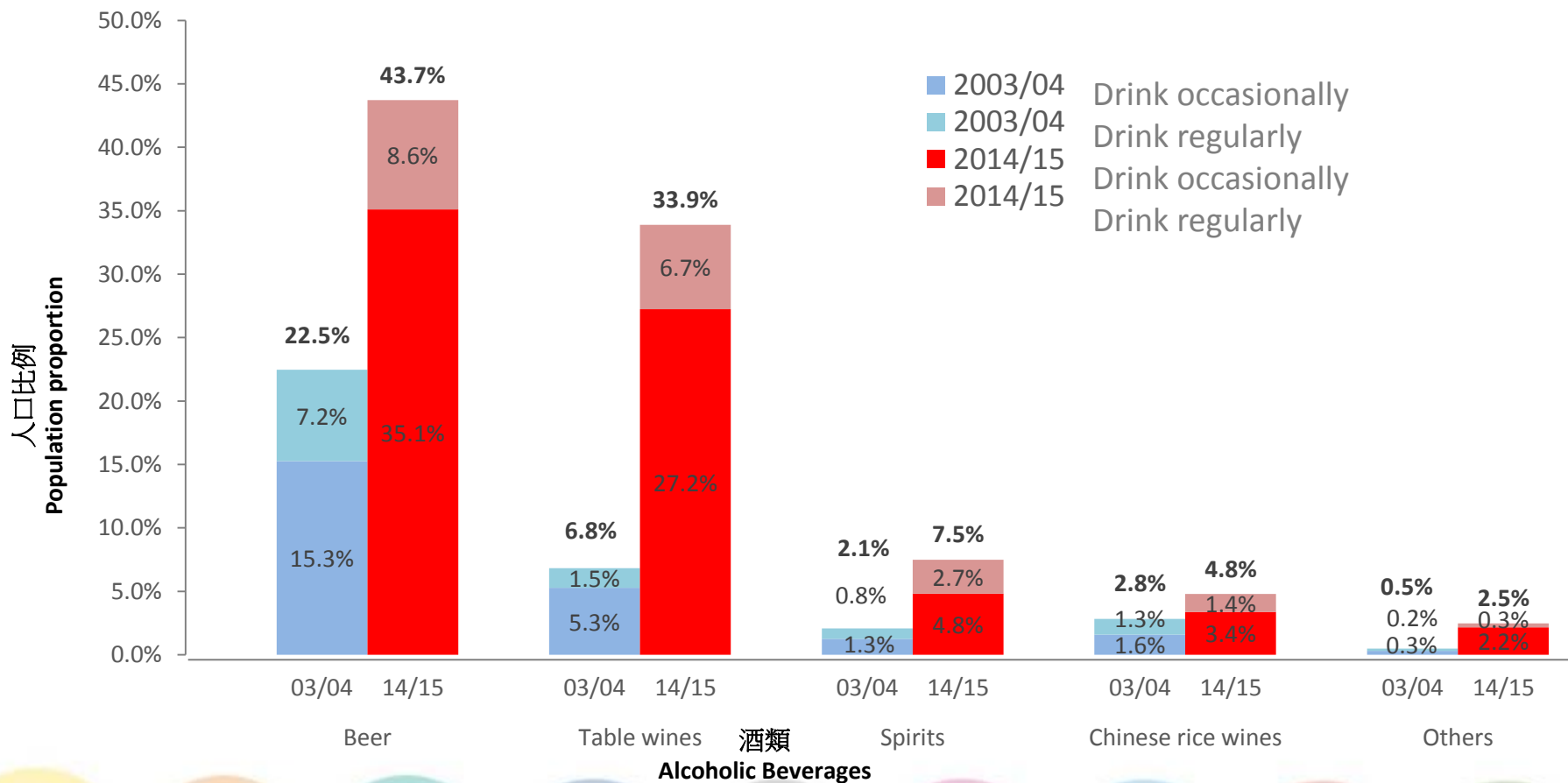
Persons aged 15+ who had drunk alcohol in the past 12 months



Note : Drink regularly means drink alcohol in at least one day a week
 Drink occasionally means drink alcohol in no more than three days a month.

Source: Population Health Survey 2014/15, Department of Health

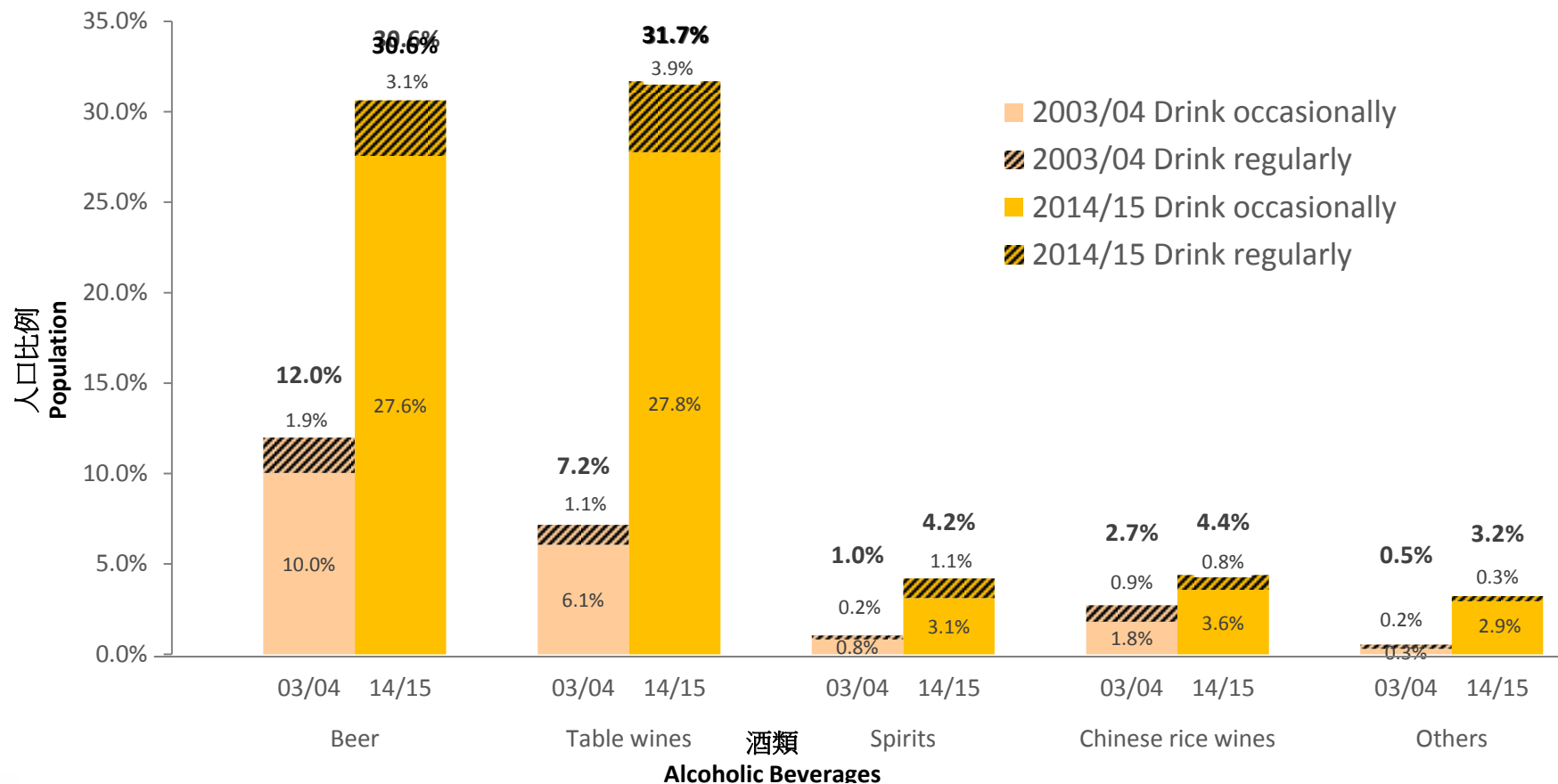
Drinking prevalence among persons aged 15+ by type of beverages drunk, 2003/04 and 2014/15



Notes : Drink regularly means drink alcohol in at least one day a week
 Drink occasionally means drink alcohol in no more than three days a month.

Sources: Population Health Survey 2003/04, Population Health Survey 2014/15, Department of Health

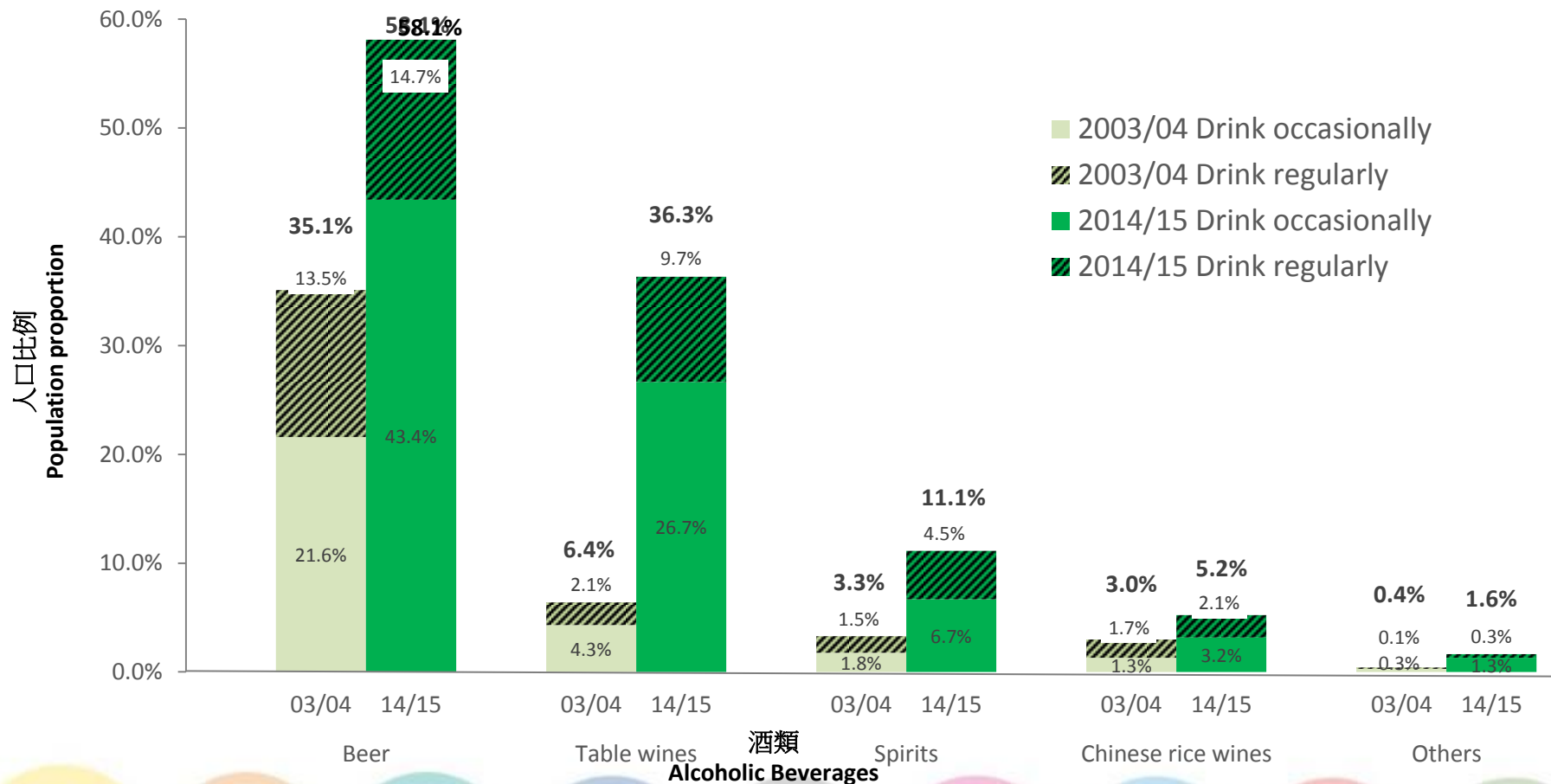
Drinking prevalence among females aged 15+ by type of beverages drunk, 2003/04 and 2014/15



Notes : Drink regularly means drink alcohol in at least one day a week
Drink occasionally means drink alcohol in no more than three days a month.

Sources: Population Health Survey 2003/04, Population Health Survey 2014/15, Department of Health

Drinking prevalence among males aged 15+ by type of beverages drunk, 2003/04 and 2014/15

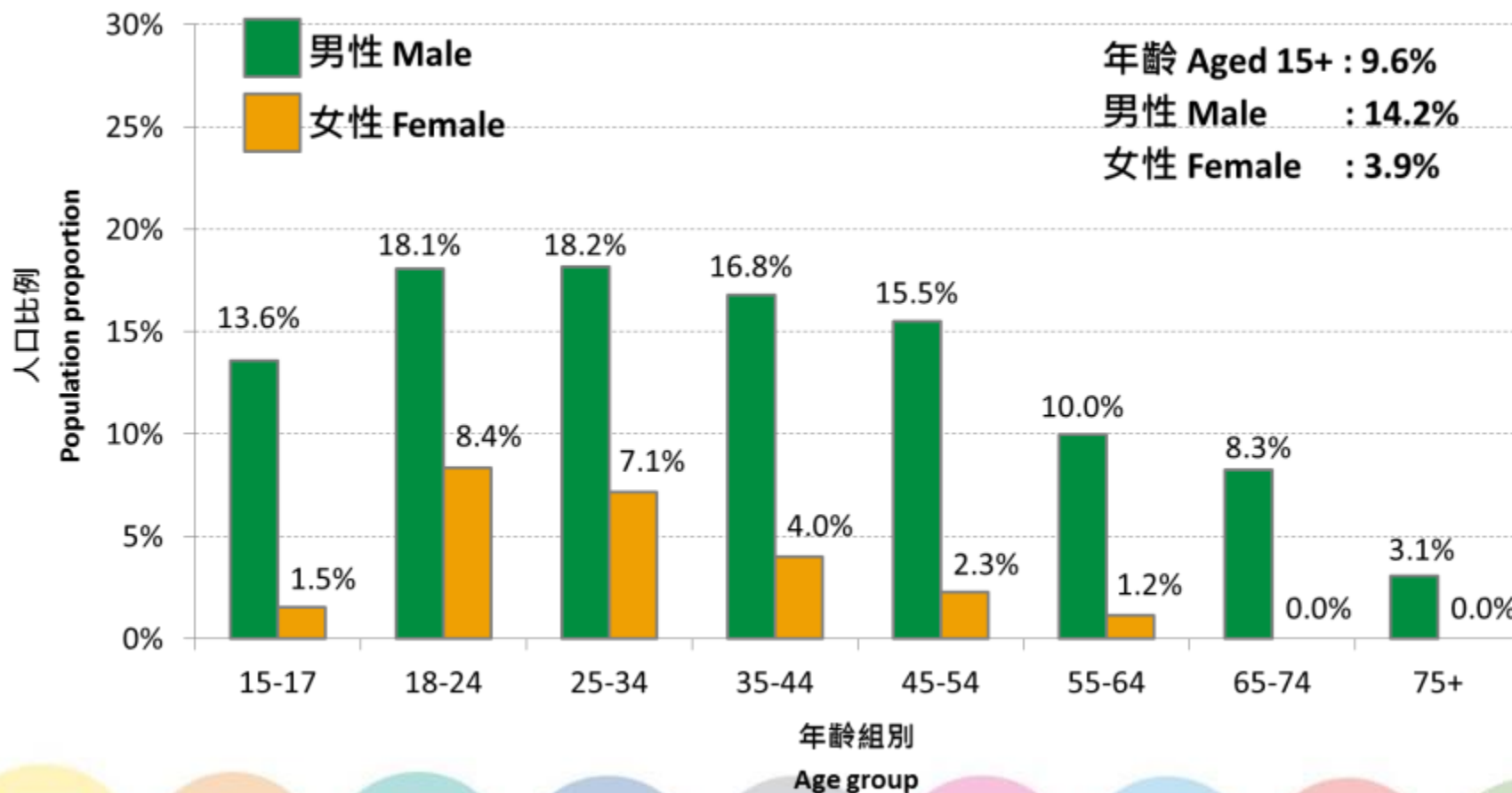


Notes : Drink regularly means drink alcohol in at least one day a week
 Drink occasionally means drink alcohol in no more than three days a month.

Sources: Population Health Survey 2003/04, Population Health Survey 2014/15, Department of Health



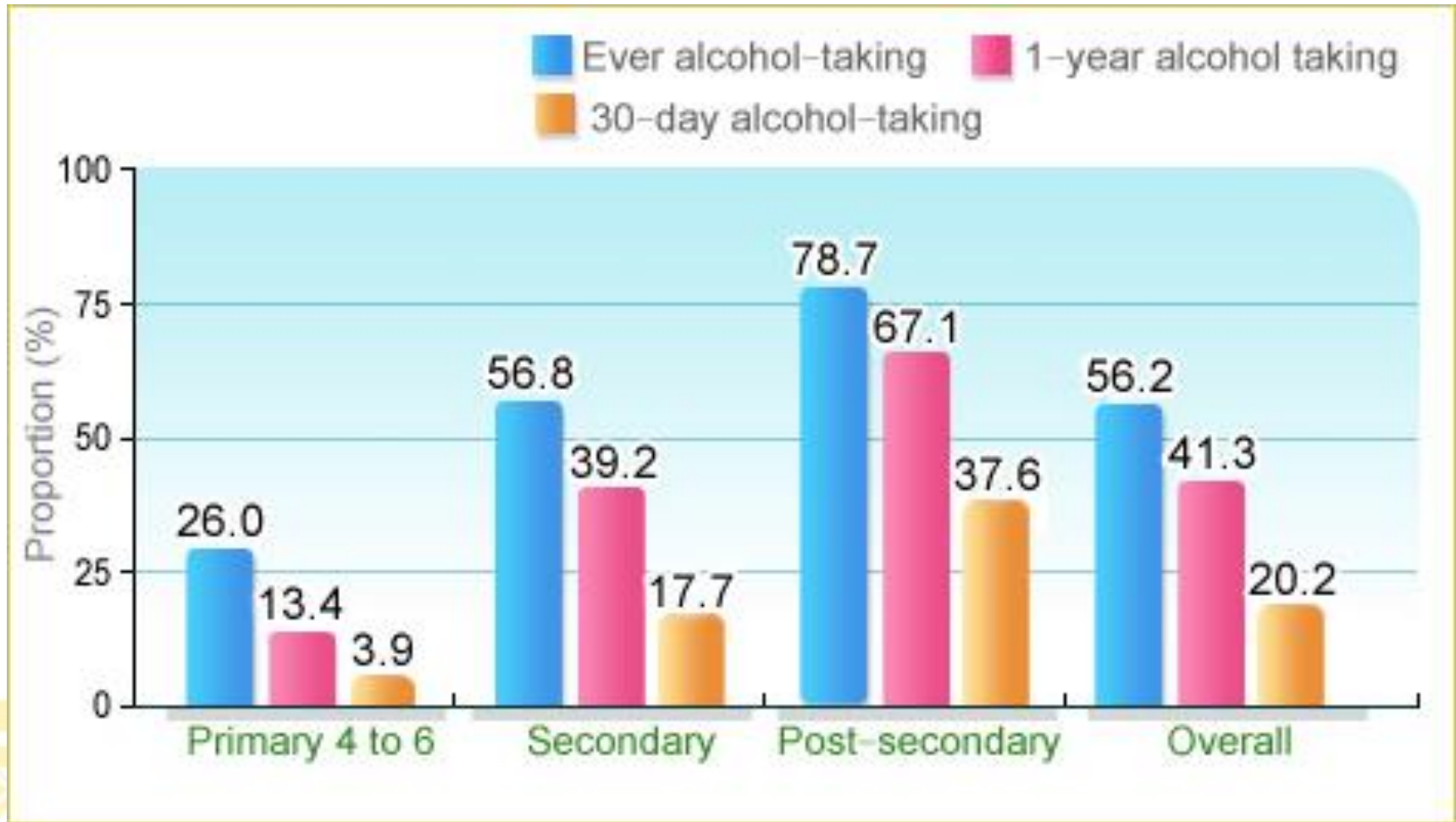
Proportion of binge drinking among persons aged 15+ who had drunk alcohol in the past 12 months



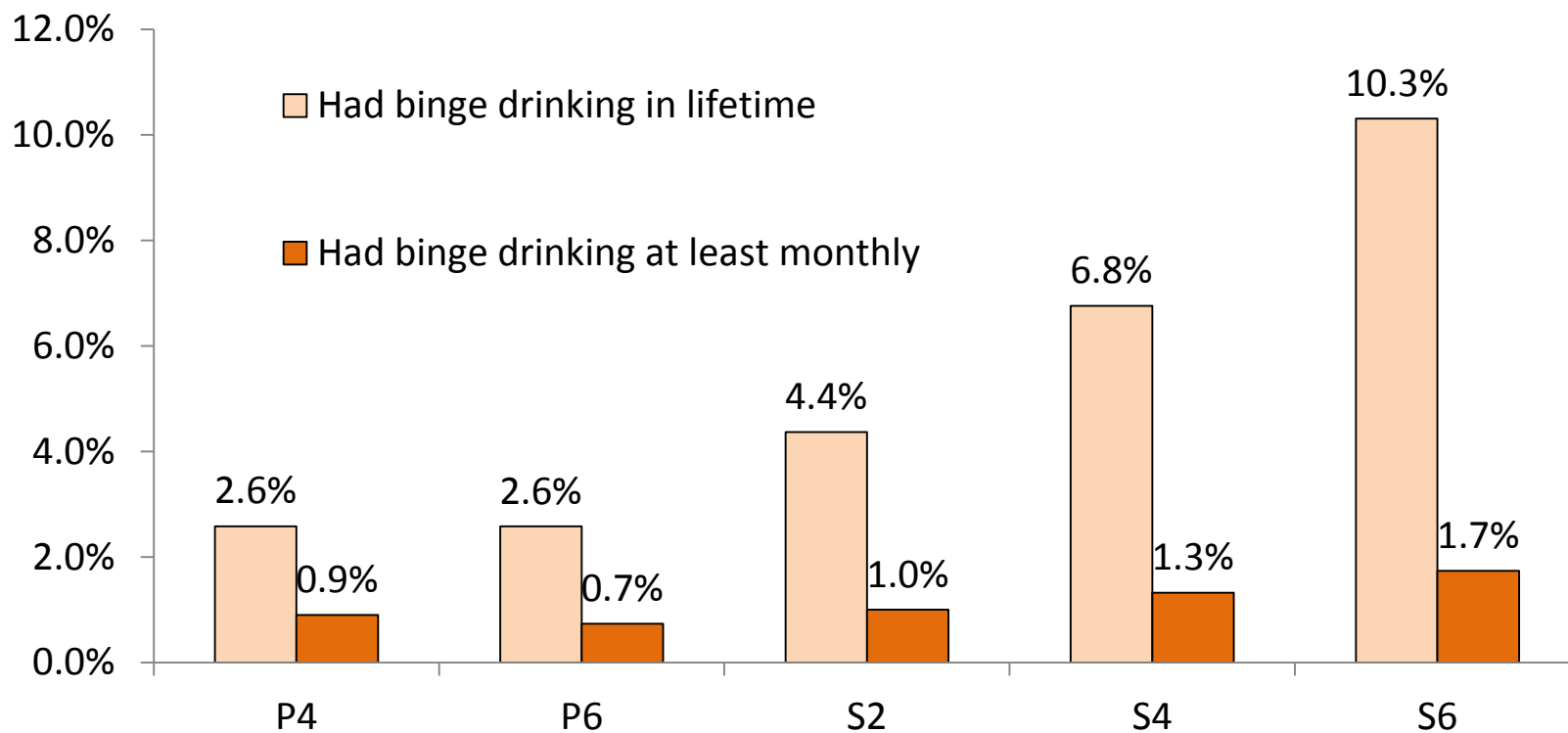
Note : Binge drinking means drinking at least 5 cans of beer, 5 glasses of table wines or 5 pegs of spirits on one occasion.

Source: Population Health Survey 2014/15, Department of Health

Proportion of students who were ever alcohol users, drank alcohol in the past year and drank alcohol in the past 30 days



Proportion of students who had binge drinking



Note: Binge drinking = having ≥ 5 cans/ glasses of alcoholic drinks in total within a few hours

Source: Base includes Primary 4 & 6 and Secondary 2, 4 & 6 students attending Student Health Service Centres of the Department of Health in the School Year 2015/16

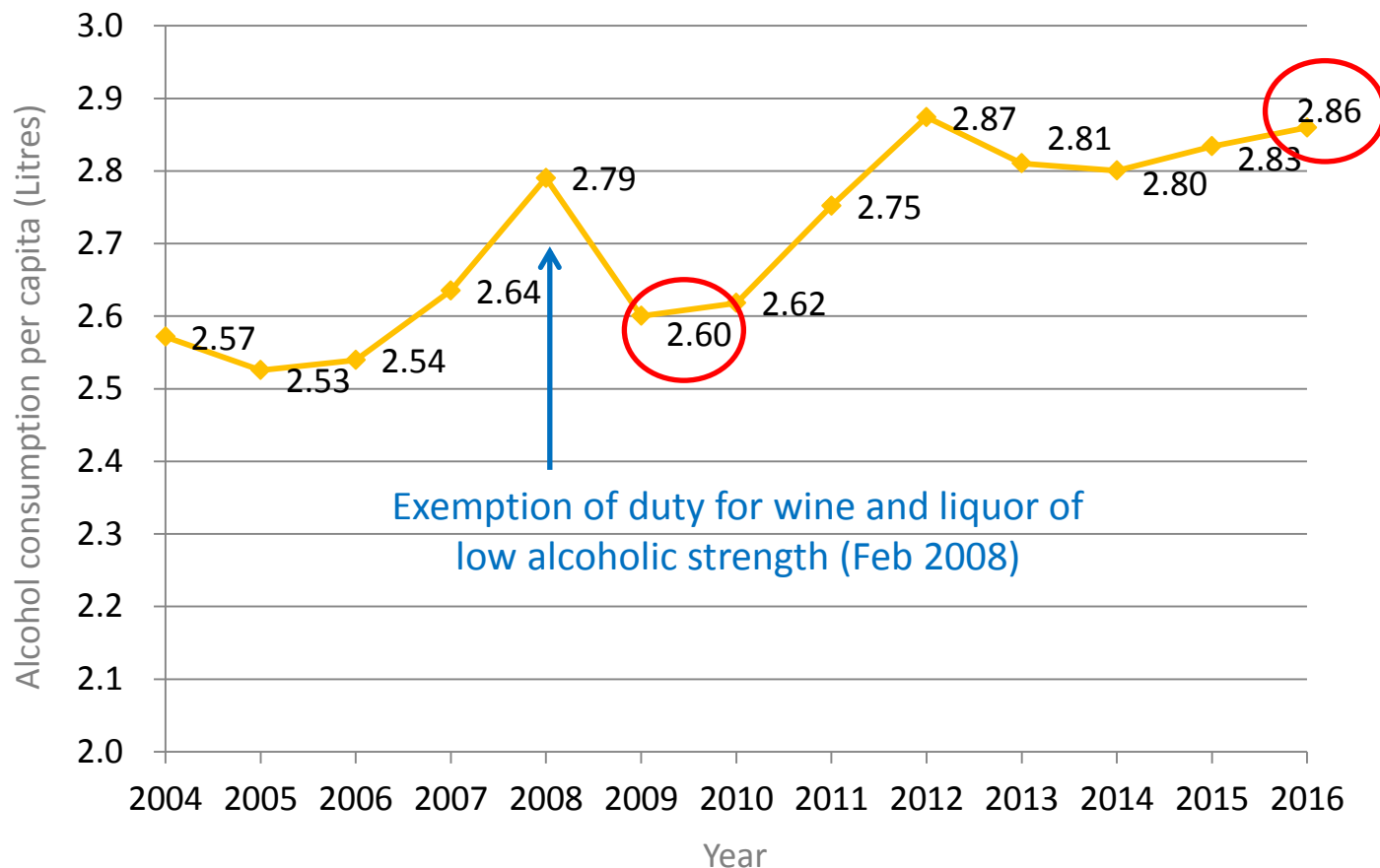
FACTORS PROMOTING ALCOHOL USE



- Factors contributing to alcohol use among young people
 - **A**vailability of alcohol
 - Physical, economic, social
 - **A**ffordability: Pricing
 - **A**ceptability: Marketing & social norm



Exemption of duty for wine and liquor of alcoholic strength $\leq 30\%$ since Feb 2008



Remarks: Alcohol consumption per capita (litres of pure alcohol) = Local total pure alcohol consumption (from beer, wine and spirits) / Local mid-year population aged 15 years or above

Source: Census and Statistics Department, Customs and Excise Department, and company reports of local beer manufacturers.

Marketing trap of alcohol

- Alcohol marketing utilises 4 Ps of the “marketing mix”
 - **Product** design, e.g. “alcopops”
 - **Price** promotions
 - **Place** of sale (availability)
 - **Promotion** tactics, e.g. across social media platforms, through sponsorship of sporting and cultural events, “responsible drinking”...



Marketing trap of alcohol

“Alcopops”

- sweet-tasting, pre-mixed alcohol-based drinks
 - contain juice, other flavours or even caffeine
- sold in single colourful serving bottles or cans
 - resemble soft drinks
- contain similar amounts of alcohol as beer (about 4-7%) but can contain **up to 8-12% of alcohol content**
- Fruity flavour masks the bitter taste of alcohol + outlook less threatening → greater consumption



Marketing trap of alcohol

“Responsible drinking” is misleading

Alcohol industry says:

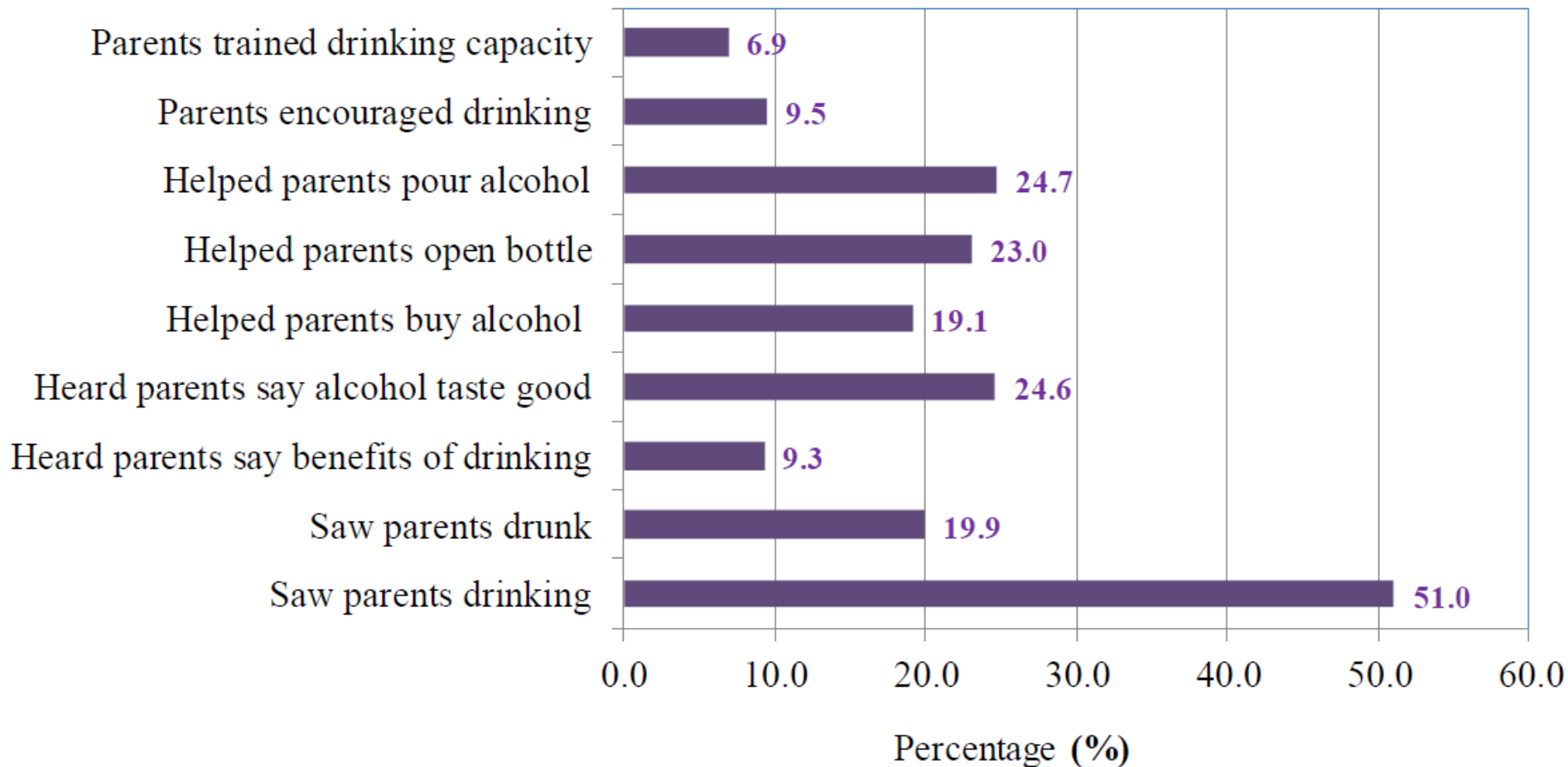
- “Responsible drinking means making an informed and sensible decision about alcohol consumption. This means consumers should not drink when they are **pregnant or underage**, and they **should not drive after drinking**. They also should not engage in excessive drinking and other kinds of alcohol-related activities which can harm them individually or others in society.”

Actually...

- This is their **promotional tactic**. They blame drinkers for alcohol-related problems, without mentioning harms of alcohol to the body, e.g. cancers and alcohol addiction. They are **shedding responsibilities and misleading the public**.

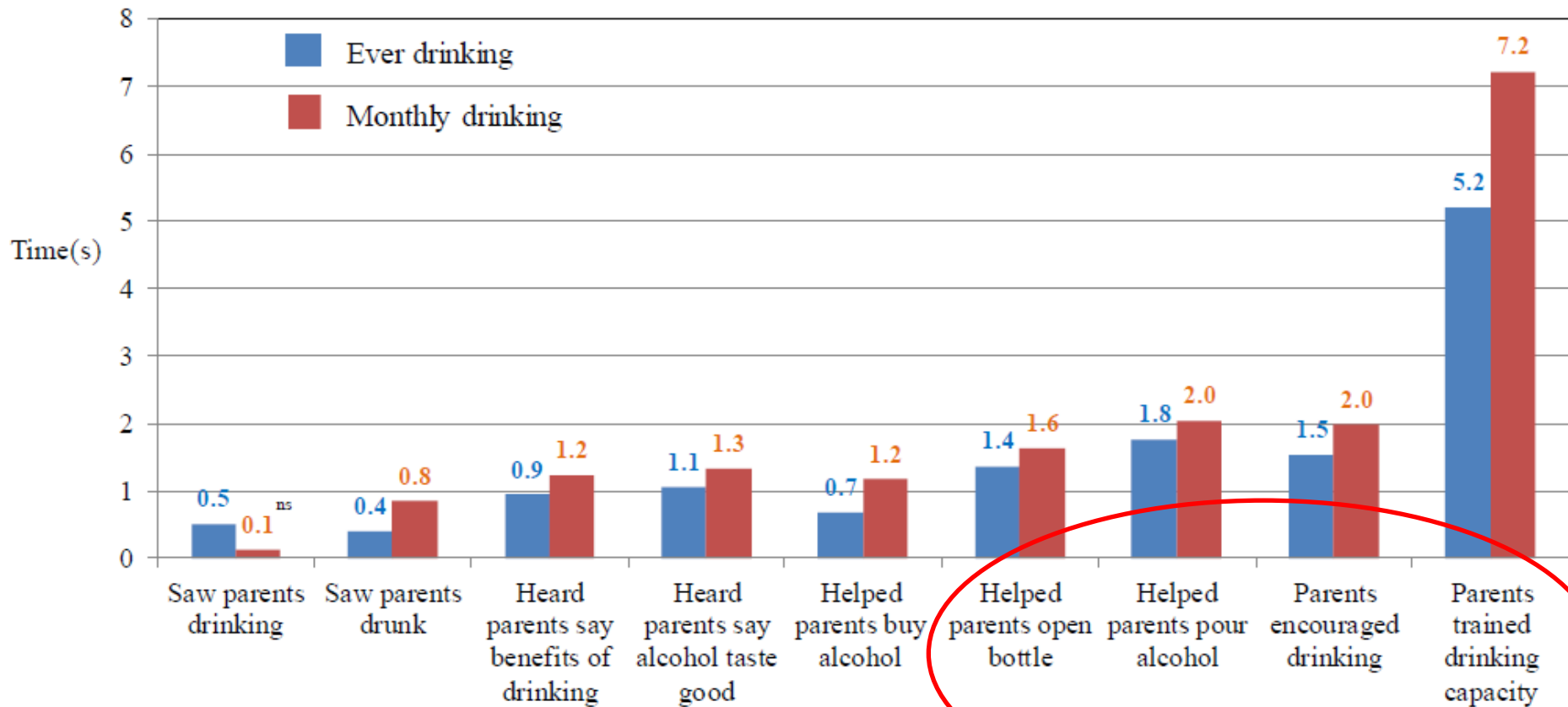


Prevalence of parental pro-drinking practices





Increased risks of adolescent drinking by parental pro-drinking practices



Note: NS: The association of parental pro-drinking practices with adolescent drinking is statistically insignificant.

Source: Au et al 2016. Cross-sectional study on parental pro-drinking practices and adolescent alcohol drinking in Hong Kong . 29
BMJ Open 2016;6:e009804.

WHO BEST BUY INTERVENTIONS



WHO Best Buy Interventions

'Best buys': effective interventions with cost effectiveness analysis (CEA) \leq I\$100 per DALY averted in LMICs



Increase excise taxes on alcoholic beverages⁷

Enact and enforce bans or comprehensive restrictions on exposure to alcohol advertising (across multiple types of media)⁸

Enact and enforce restrictions on the physical availability of retailed alcohol (via reduced hours of sale)⁹

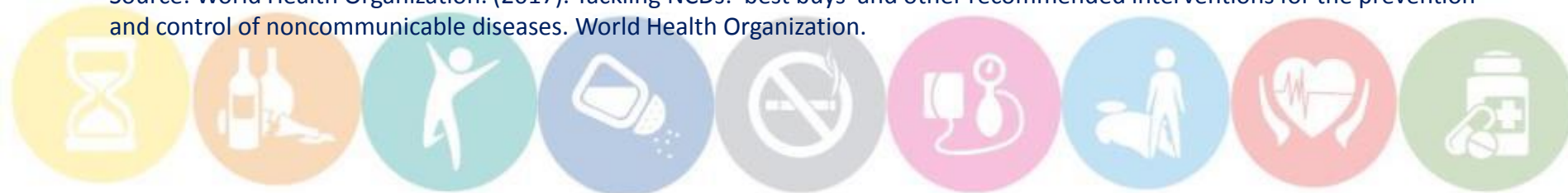
Note:

7 Requires an effective system for tax administration and should be combined with efforts to prevent tax avoidance and tax evasion

8 Requires capacity for implementing and enforcing regulations and legislation

9 Formal controls on sale need to be complemented by actions addressing illicit or informally produced alcohol

Source: World Health Organization. (2017). Tackling NCDs: 'best buys' and other recommended interventions for the prevention and control of noncommunicable diseases. World Health Organization.





TOWARDS
2025

Strategy and Action Plan to
promote a healthy lifestyle



衛生署

Department of Health

Restrictions on physical availability of retailed alcohol in HK (Dutiable Commodities Ord. Cap 109)

- A license is required for selling alcoholic drinks for consumption on those premises (e.g. restaurants, bars, etc.)
- No licensees shall permit any person under the age of 18 to drink any intoxicating liquor on any licensed premises (since 2000)



Dutiable Commodities (Amendment) Ordinance 2018

The Dutiable Commodities (Amendment) Ordinance 2018 prohibiting the sale or supply of intoxicating liquor to minors in the course of business **comes into operation on 30 Nov 2018**



酒精傷害要認清
未成年咪掂酒精
PROTECT YOUNG PEOPLE from Harm
Say NO To ALCOHOL



Dutiable Commodities (Amendment) Ordinance 2018

- Will come into operation on 30 November 2018
 - Prohibit sale of intoxicating liquor from **vending machines**
 - Prohibit sale or supply of intoxicating liquor to **minors** in the course of business
 - Impose requirements for prescribed notice and **age declaration** for sale or supply of intoxicating liquor



PUBLIC COMMUNICATION



- Publicity materials



- Mass Media



• Social Media



- Schools



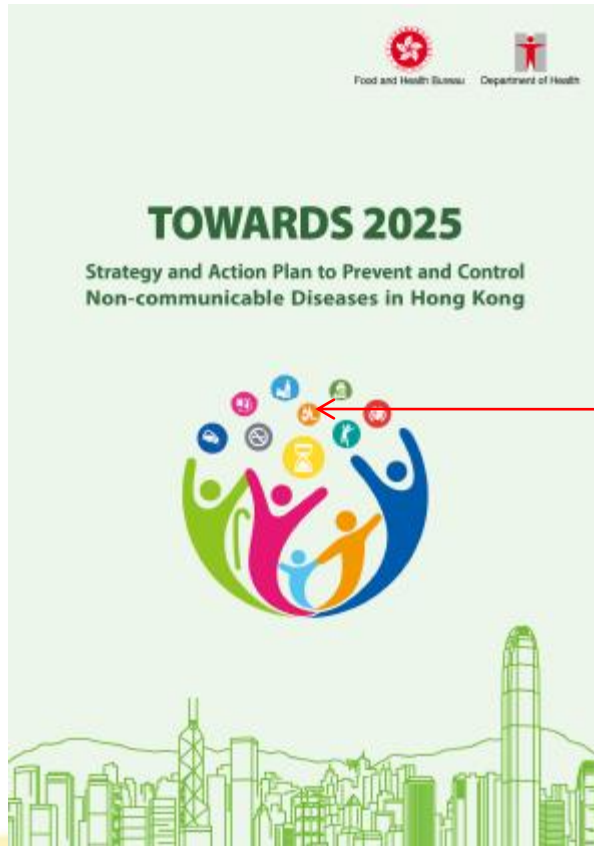
- Community



ENGAGING HEALTHCARE PROFESSIONALS



SAP launched in May 2018



Target 2

At least 10% relative reduction in the prevalence of binge drinking and harmful use of alcohol (harmful drinking/ alcohol dependence) among adults and in the prevalence of drinking among youth



- ASBI Briefings for healthcare professionals





ALCOHOL SCREENING AND BRIEF INTERVENTION

A GUIDE FOR
USE IN PRIMARY CARE



#酒為下著
#AlcoholFails

飲酒與健康篩查問卷 (AUDIT[®] 檢測)

前言
新酒類稅則對市民健康造成威脅，政府應考慮對多量飲酒者進行干預，以改善市民的健康。酒精與健康息息相關，所以篩查可及早發現問題，並有時間干預，可減輕個人健康問題。

甲部 (AUDIT-C) 請按以下方法作答：

問題一：你每週... 1. 平均每週飲酒量？	0	1	2	3	4	5	6	合計分數
0 瓶	0 瓶	每月一次 或以下	每月 二至三次	每週一至 三次	每週二至 三次	每週四至 五次	每週六至 六次	
2. 你平均每週的公升量，或等同一公升量啤酒或罐裝酒？	0-1	2-3	3-4	5-6	7-8	9-10	11+	
3. 你每週飲酒量一次酒量至少 1 罐啤酒 / 1 杯葡萄酒 / 2 公升烈酒 (1 罐啤酒 = 1 罐)？	0 次	每月 一次或以下	每月 一次	每週一至 三次	每週二至 三次	每週四至 五次	每週六至 六次	

分數 (A)：

乙部 (AUDIT) 請按以下方法作答：

問題二：你喝酒時... 4. 過去一年中，你曾喝過多少酒，以致你的腦力不能集中？ <th>0</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>合計分數</th>	0	1	2	3	4	合計分數
0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	每週四至五次	
5. 過去一年中，你曾喝過多少酒，以致你的記憶力不能集中？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
6. 過去一年中，你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
7. 過去一年中，你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
8. 過去一年中，你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
9. 你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
10. 你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
11. 你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
12. 你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	

分數 (B)：

總分 (A+B)：

根據分數，你應採取以下行動：

分數 0-7： 建議減少飲酒量，並考慮戒酒。如果分數為 0-7，建議減少飲酒量，並考慮戒酒。如果分數為 0-7，建議減少飲酒量，並考慮戒酒。

分數 8-15： 建議戒酒。如果分數為 8-15，建議戒酒。如果分數為 8-15，建議戒酒。如果分數為 8-15，建議戒酒。

分數 16-19： 建議戒酒。如果分數為 16-19，建議戒酒。如果分數為 16-19，建議戒酒。如果分數為 16-19，建議戒酒。

分數 20-40： 建議戒酒。如果分數為 20-40，建議戒酒。如果分數為 20-40，建議戒酒。如果分數為 20-40，建議戒酒。

乙部 (AUDIT) 請按以下方法作答：

問題二：你喝酒時... 4. 過去一年中，你曾喝過多少酒，以致你的腦力不能集中？	0	1	2	3	4	合計分數
0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	每週四至五次	
5. 過去一年中，你曾喝過多少酒，以致你的記憶力不能集中？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
6. 過去一年中，你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
7. 過去一年中，你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
8. 過去一年中，你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
9. 你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
10. 你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	
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12. 你曾喝過多少酒，以致你的行動不能自如？	0 次	每月一次或以下	每月一次	每週一至三次	每週二至三次	

分數 (B)：

總分 (A+B)：

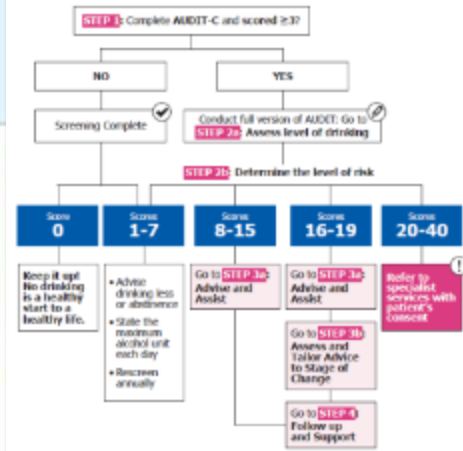
根據分數，你應採取以下行動：

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Alcohol and Health Questionnaire

Part A (AUDIT-C) Please circle the answer wherever appropriate.

In the past year...	Scoring system					Your Score
	0	1	2	3	4	
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4+ times per week	
2. How many units of alcohol do you drink on a typical day when you are drinking? (With reference to the measurements in the picture below; please add up all types of alcoholic drinks)	0 - 2	3 - 4	5 - 6	7 - 9	10+	
3. How often do you have at least 5 cans of beer/5 glasses of table wine/5 peg of spirits on one occasion? (With reference to the picture below)	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	



Alcohol and Health Questionnaire

Part B (AUDIT) *Please continue to circle the answer wherever appropriate.*

(After completing first 3 questions) In the past year...	Scoring system					Your Score
	0	1	2	3	4	
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Collaboration with other Health Professionals - some examples

- “Young & Alcohol Free”
Kick-off Ceremony

#年少無酒
#YoungAndAlcoholFree



- Meeting on “Capacity Building on Use of the ASBI tool”

#酒為下著
#AlcoholFails



Health Professionals' support in stopping BeerRun event

- HKMA press release
- DH, together with 3 other medical association / universities wrote to the organiser

Sport and Alcohol Don't Go Together

I write to express my appreciation of your leadership in promoting physical activity and active living in urban environments. Sports participation creates a positive and healthy impact on life and society, but alcohol use does not. It has come to our attention that a 'Beer Run' event organised by your Foundation will again be held this year and I feel strongly that I should write and share the latest scientific evidence about alcohol and its harm.





TOWARDS
2025

Strategy and Action Plan to
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半歲

父母給我的第一隻



成為我的童年玩伴



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Centre for Health Protection



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2歲

父母給我的第一盒



讓我發揮小宇宙



衛生防護中心
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6歲

父母給我的第一個



讓我學習儲蓄



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15歲

父母給我試第一杯



令我更容易患上癌症

世界衛生組織和國際癌症研究機構已證實酒精可以致癌



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Conclusion

- Alcohol drinking is common among local youth
- Alcohol is particularly harmful to young people
- Healthcare professionals have a role
 - In acquiring the facts about alcohol and its harm
 - Communicating facts with patients/clients/public
 - Reducing/stopping one's drinking
 - Helping clients reduce/avoid alcohol
 - Advocating for supportive policies & environments





邁向 **TOWARDS**
2025

香港非傳染病防控策略及行動計劃
Strategy and Action Plan to
Prevent and Control NCD in Hong Kong



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Health Promotion on Preventing/Reducing Alcohol Use in Adolescents by Student Health Service

Dr Thomas Chung

**Consultant Community Medicine
(Student Health Service)**

18 August 2018



Student Health Service

- Centre-based services
 - Student Health Service Centres (SHSCs)
 - Special Assessment Centres (SACs)
- School-based services
 - Adolescent Health Programme (AHP)



Centre-based Service

- **12 SHSCs & 3 SACs**
- All primary and secondary school students in Hong Kong
- **Annual Health Assessment** to cater for health needs at various stages of development
- Services include:
 - Physical examination
 - Health screening (growth, nutrition, blood pressure, vision, hearing, scoliosis, psycho-social & behavioural)
 - Individual health counselling and health education
- Students found to have problems will be referred to **SACs, specialist clinics** of Hospital Authority (HA), or other **appropriate organisations** for further management



Health Promotion at SHSCs

- **Opportunistic health advice** on alcohol and other health issues are provided during doctor consultations and nurse interviews
- Screening questions on use of alcohol in **Health Assessment Questionnaires**
- **Junior Health Pioneer Workshop**
 - 健康小先鋒工作坊
 - Interactive programme for P3 students, e.g. Drunk Busters Impairment Goggles (醉酒眼鏡)



Health Promotion at SHSCs (2)

- **Topics of Health Talks**
 - 青少年的心理健康
 - 健康生活方程式
 - 年少無酒
 - 青少年常面對的精神壓力
- **Booklets** related to alcohol are distributed within SHSCs, which are also available via **SHS website** in electronic format



Junior Health Pioneer Workshop



Junior Health Pioneer Workshop



Drunk Busters
Impairment Goggles



Online Health Information

www.studenthealth.gov.hk



The screenshot shows the Student Health Service website. The header includes the logo, 'Student Health Service', 'Department of Health', and 'The Government of the Hong Kong Special Administrative Region'. A navigation bar contains 'GovHK 香港政府一站通', language options, a search bar, and links to 'SITE MAP' and an email icon. A left sidebar lists various services like 'Home', 'About Us', 'Centre Information', 'Enrolment Forms and Related Information', 'Government Vaccination Programme', 'Health Information', 'Emotional Health Tips (NEW)', 'Healthy Use of Internet and Electronic Screen Products', 'Student Login', 'Related Web Sites', and 'Newsletters'. The main content area is titled 'Health Information' and features a section for 'Addictive Behaviour' with links to 'Sm@rt e-Team - Healthy Use of', 'Understanding Drug Abuse', 'Smoking and Youth', and 'Uncovering Hidden Harms of Alcohol - For Young People'. The last link is highlighted with a red box. A 'BACK' button is visible at the bottom left of the main content area.



School-based Service

- Adolescent Health Programme
- Launched in 2001, objectives:
 - For students: promoting **psychosocial health**
 - For parents and teachers: enhancing their **knowledge** on adolescents' psychosocial health and equipping them with the **appropriate skills to assist adolescents** throughout their development
- **Outreaching to secondary schools** to provide interactive programmes to students, teachers and parents
- Multi-disciplinary team approach: doctors, nurses, dietitians, social workers and clinical psychologists



Adolescent Health Programme

- Basic Life Skills Training
 - Designed for secondary 1 to 3 students
 - Three-year training programme with wide coverage of skills
- Topical Programmes
 - Designed for secondary school students, teachers and parents
 - Wide range of topics are covered for secondary 1 to 6, including alcohol-related topics



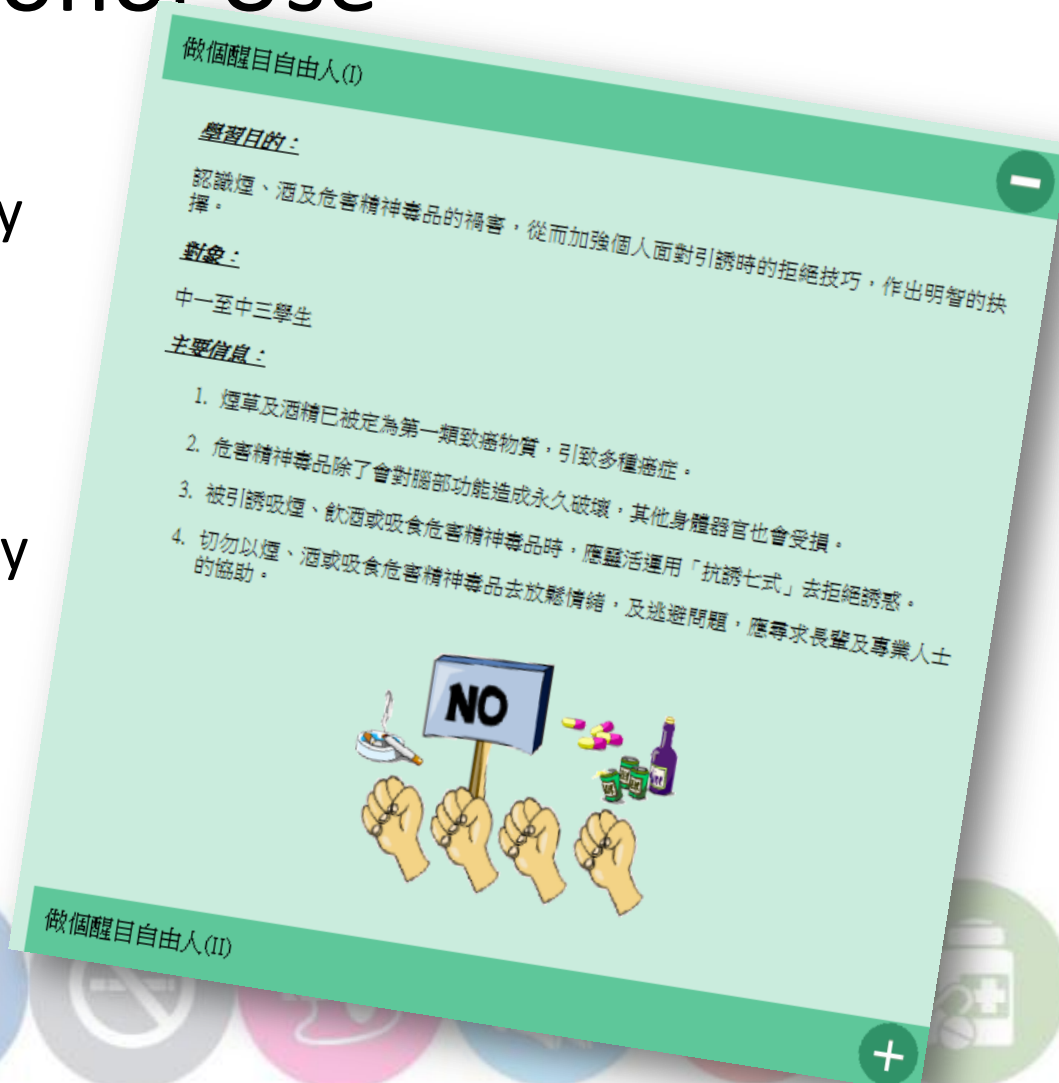
Programmes related to Prevention on Alcohol Use

◆ Basic Life Skills Training

- 抗誘篇 For Secondary 1 students

◆ Topical Programmes

- 做個醒目自由人(I) and (II) For Secondary 1-6 students





- Computer games with Q&A on harmful effects of alcohol consumption



- Scenario discussions on refusal skills such as invitation to taste first sip of alcohol by parents in banquet

- Drunk Busters Impairment Goggles for students to try in role play



青協調查：24%每周飲酒
18%受訪青少年
曾酒後破壞公物



兩成大專生暴飲
一次最少5杯 不自覺有問題

- Use of newspaper cutting to discuss the adverse effects of alcohol



Re-cap

- Student Health Service organises health promotion activities to prevent/reduce alcohol use for students through a variety of channels including direct counselling, health talks, printed materials and online resources
- SHSCs: targeting enrolled primary and secondary school students
- AHP: outreaching service for secondary schools; targeting students, parents and teachers



THANK YOU

