

COMMUNITY BASED HEALTH SCREENING -A PUBLIC HEALTH PRIORITY

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INTRODUCTION

South Asians (SA) are at higher risk for premature atherosclerotic cardiovascular disease with concomitant central obesity. A higher risk and earlier onset of chronic diseases (hypertension, hyperlipidemia, and diabetes) are seen compared to other ethnicities.

OBJECTIVES

- Identify **prevalence of cardiovascular conditions among SAs in HK**
- Identify **proportion of undiagnosed SAs with cardiovascular conditions in HK**
- Raise **awareness about the importance of community-based health screenings in early detection of illnesses**

METHODOLOGY

Design: Cross-sectional study

Subjects: 478 South Asian Adults

Recruitment: Territory-wide health outreach services between June and December 2022 facilitated by 4 NGOs

Outcomes: Anthropometric and biomedical measurements (serum cholesterol, blood glucose, and blood pressure), and self-reported doctor diagnosis for hypertension, diabetes, and hyperlipidemia.

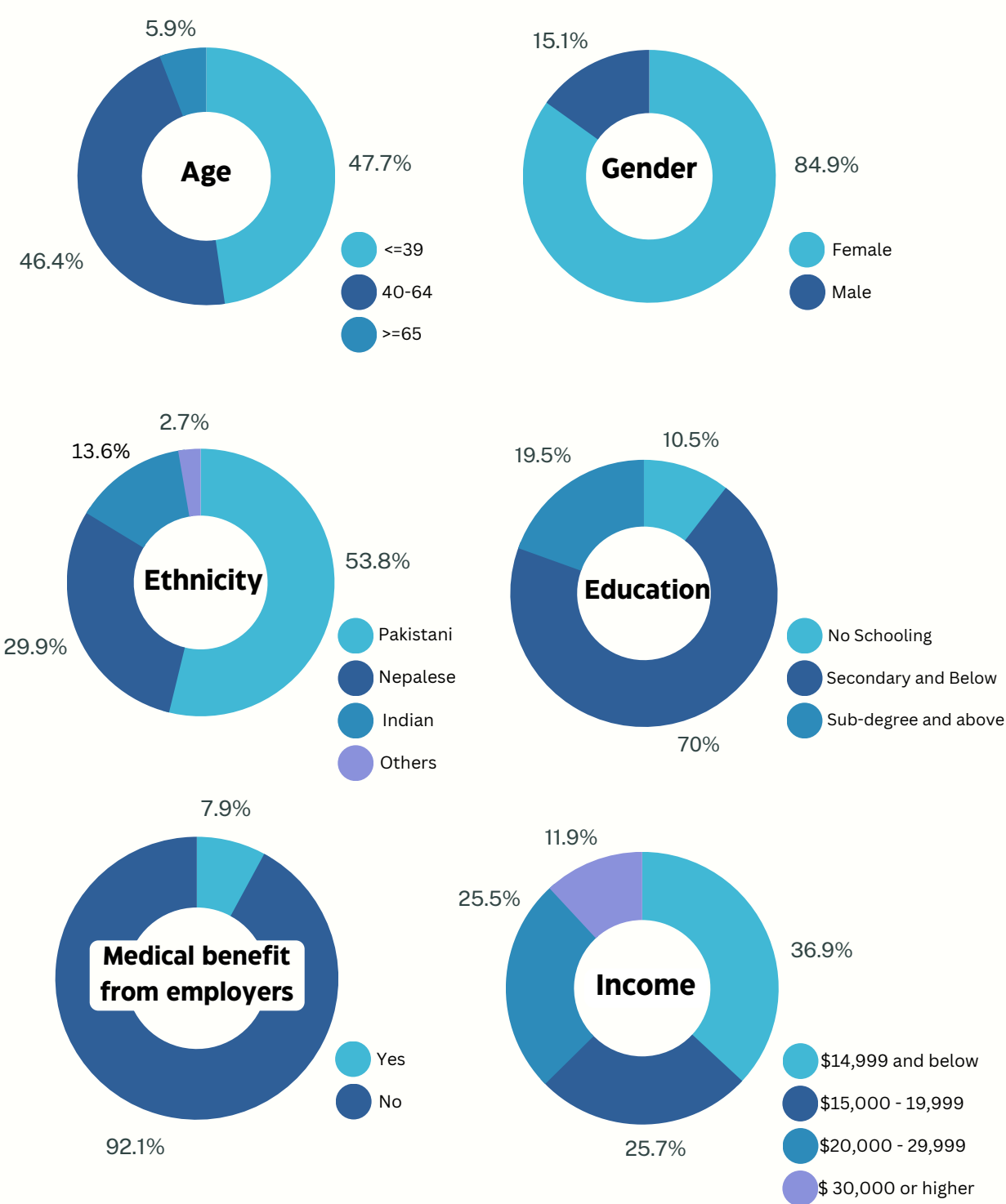
Diagnosis Criteria:

- **Hypertension:** 140/90 mmHg [1]
- **Diabetes:** Fasting blood glucose 7 or higher, Blood glucose 11.1 or higher [2]
- **Hyperlipidemia:** 6.2 mmol of serum cholesterol or higher [3]

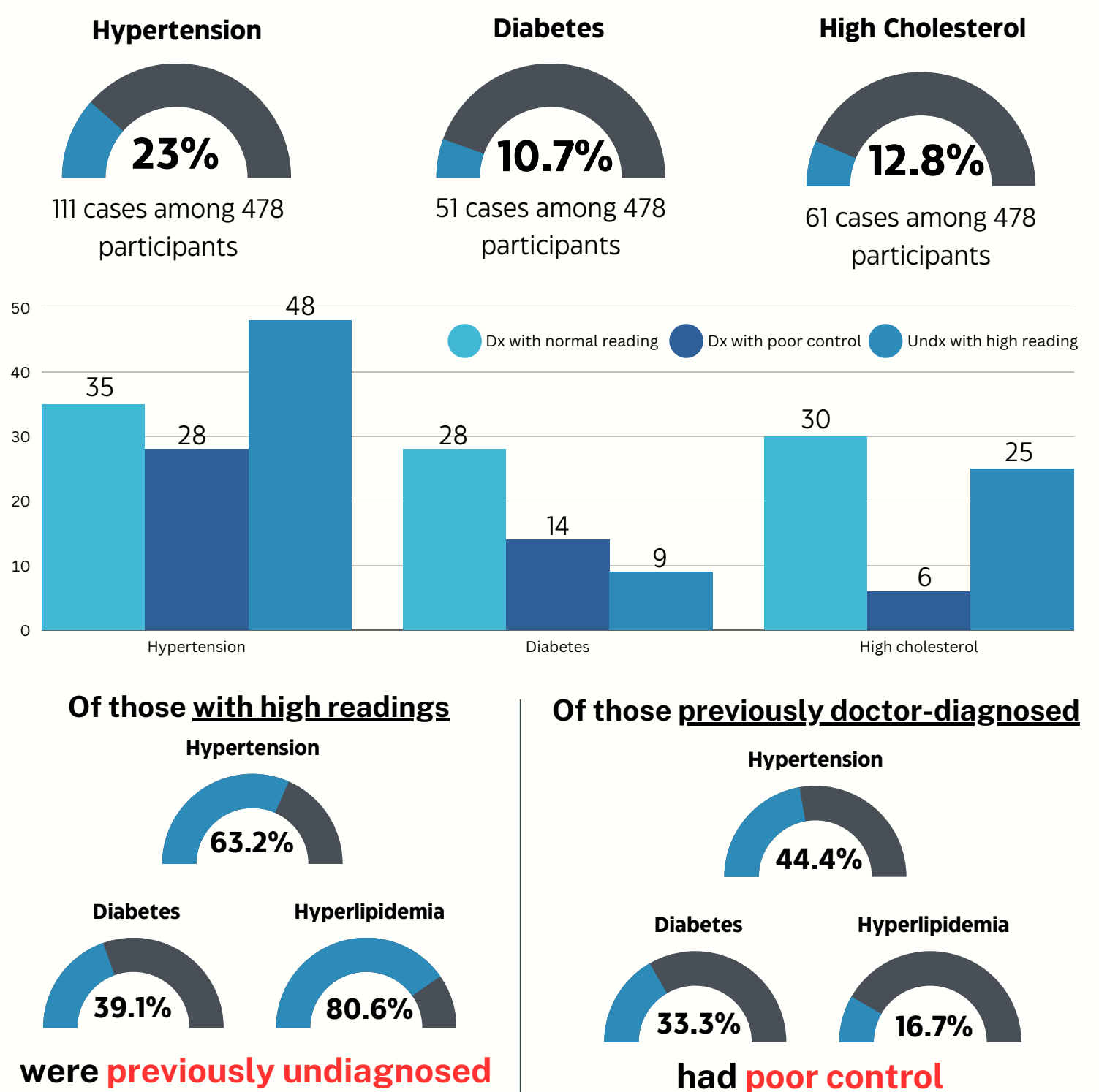
Analysis: Descriptive analysis

RESULTS

DEMOGRAPHIC CHARACTERISTICS OF THE SAMPLED SOUTH ASIAN ETHNIC MINORITIES



SELF-REPORTED DOCTOR-DIAGNOSED AND/OR MEASURED observed prevalence among SAs with mean age of 41.3 years



CONCLUSION

- Community-based health screening is a primary preventive service to access individuals' health risks, inhibiting disease progression, facilitating pre-symptomatic treatment, and reducing related morbidity and mortality.
- Even though some participants were diagnosed by a doctor, community screening revealed that patients were not controlling their blood pressure, blood sugar, and total cholesterol, indicating more research is needed in understanding why they fall short in disease control.=.
- A long-term patient support program is needed, to reduce to risk of chronic diseases in SAs, and resulting healthcare expenditures, by providing early health screenings and personalized recommendations based on an individual's lifestyle habits.

FOLLOW-UP SUPPORT

Telehealth Intervention (Choose Health Scheme)



Diabetes Patient Support Group



Health Education



Referrals for long term care



Digital Health Literacy



CITATIONS

- [1] Unger, T., Borghi, C., Charchar, F., Khan, N. A., Poulter, N. R., Prabhakaran, D., ... & Schutte, A. E. (2020). 2020 International Society of Hypertension global hypertension practice guidelines. *Hypertension*, 75(6), 1334-1357.
- [2] American Diabetes Association. (2021). 2. Classification and diagnosis of diabetes: standards of medical care in diabetes – 2021. *Diabetes care*, 44(Supplement_1), S15-S33.
- [3] National Cholesterol Education Program (US). Expert Panel on Detection, Evaluation, & Treatment of High Blood Cholesterol in Adults. (2002). Third report of the National Cholesterol Education Program (NCEP) Expert Panel on detection, evaluation, and treatment of high blood cholesterol in adults (Adult Treatment Panel III) (No. 2). International Medical Pub.

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