Health is social issue & need social solution

醫護行者 Health In Action

Sir Michael Marmot
Chair, WHO Commission on Social Determinants of Health

"The worst thing for a physician is to help someone get well and then send them straight back into the situation that made them sick in the first place"

Dr Ning, Fan

MBBS, FRCS(Edin), FRCSEd(Gen), FCSHK, FHKAM(Sur)
MBA (Health Care)
MsSc (Criminology)
AdvDip (Conservation & Tree Mgt)
General Mediator & Victim Offender Mediator

About Health In Action

Health

- Everyone has the right to health
- Health must take consideration of social determinants of health of the family as a unit

In Action

- We are committed to developing primary healthcare by adopting social-medical integration, promoting health as the decision-making elements across different sectors, and NOT limited to traditional social services sector.
- We avoid to create sick role in community and we aim to leverage social capital in creating healthy community

醫護行者
Health In Action

A Snapshot

Transdisciplinary Team

- Nurse
- Physiotherapist
- Social Worker
- Dietitian
- Health Coach
- Pharmacist
- Public Health
- Private Practitioners

Total encounters 接觸人次 88,991

4,875 Total Members 會員總數	4,907 Number of working poor household served (accumulated) 服務在職低收入家庭
50,360 Number of community consultation provided 社區健康諮詢次數	8,078 Attendance of health-related workshops 健康相關工作坊出席人次
93,739 Social media reach 社交媒體接觸次數	

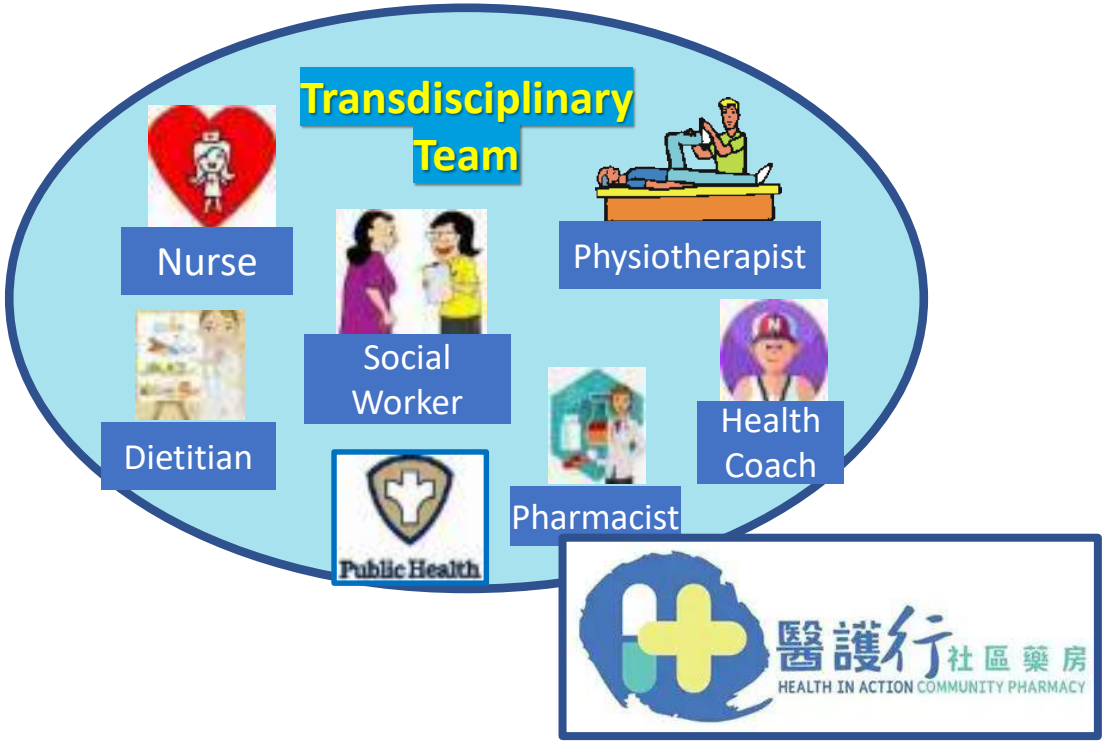
醫護行社區藥房
HEALTH IN ACTION COMMUNITY PHARMACY

卓越 實踐在社福獎勵計劃 Best Practice Awards 2023 in Social Welfare

賽馬會「三房兩廳開檯食飯」社醫共生計劃

Well · Being 共築幸福

Why HIA started Social Prescribing?



We already started Green Prescription back in 2019

. . .

2025

Why Social Prescribing? Health Sector perspective....?

- Doctors had 'educated' the patients in ward / clinic....
- Nurse clinic has expanded scope of services ..
- Medical social workers has been intervening
- Electronic Health Record Sharing System...
- District Health Center/Express had been established...
- There had been medical-social collaborative efforts here and there...

醫健通 eHealth Electronic Health System

→Had we observed 'reversal' of the deteriorating health status & well-being of patients who are on downturn?

→Had we observed the age of onset of chronic illness been delayed?

Why Social Prescribing?
Social Sector perspective ….?

- Clients need health related support in community
- Is primary care accessibility, availability, acceptability and affordability be handled by the existing infrastructure in HK context?
- Is social-medical collaboration working?

- Had we observed ‘reversal’ of the deteriorating health status & well-being of patients who are on downturn? Especially the vulnerable groups

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Prescribe Happiness

Public Resources

Prescribe Health Literacy

Prescribe Space

Pr... Ow...

Healthy Asset Based Map

Public hospitals/ Outpatient clinics

Public clinics

Community space

District Health Centre

Community leisure space

Street markets

Sports playground

NGO services

Healthy Living Lab

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Healthy Asset Based Map

Prescribe Happiness

Public Resources

Prescribe Health Literacy

Prescribe Space

Prescribe Ownership

Community Stakeholders

Individual

Public hospitals/ Outpatient clinics

Public clinics

Community space

District Health Centre

Healthy restaurants

Healthy workplace

Healthy schools

Social Capital

Family

Enabling

Informal Groups

Healthy neighbourhood

Healthy Religious Space

Healthy shops

醫護行 社區藥房
HIA COMMUNITY PHARMACY

Healthy Living Lab

Community leisure space

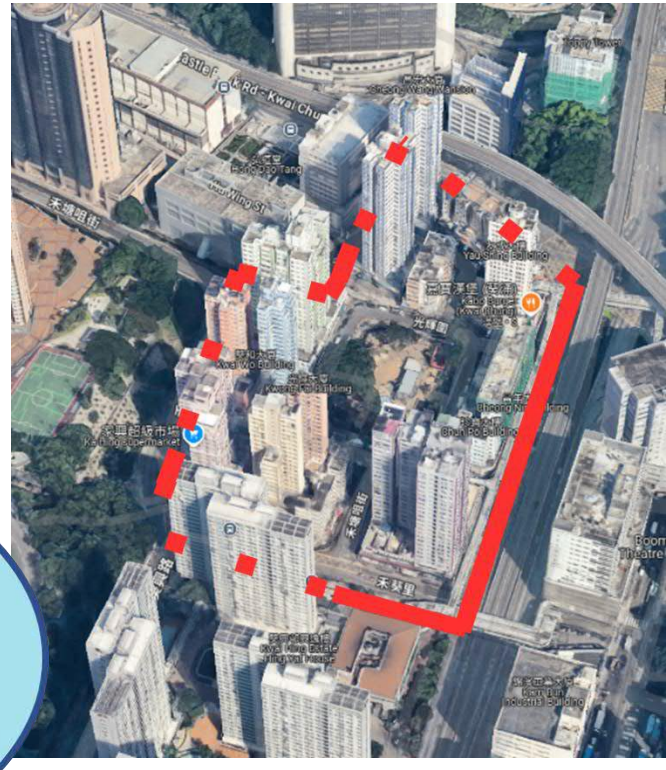
Street markets

Sports playground

NGO services

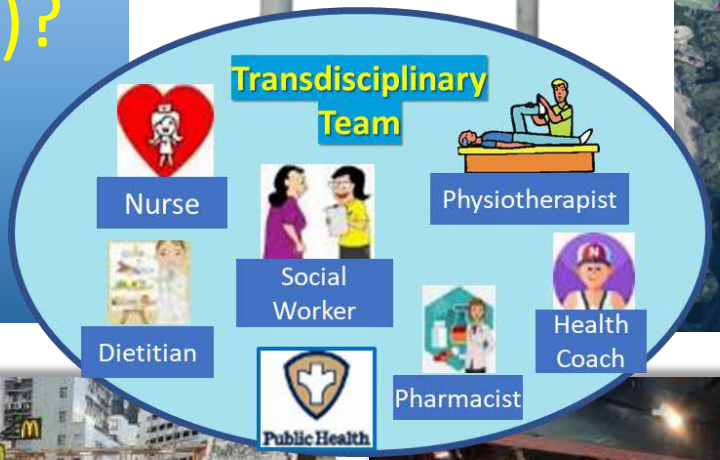
醫護行者 Health In Action

Guardian of Kwong Fai Circuit (KFC)



What Matters to YOU (Family)?

Join & Co-Create



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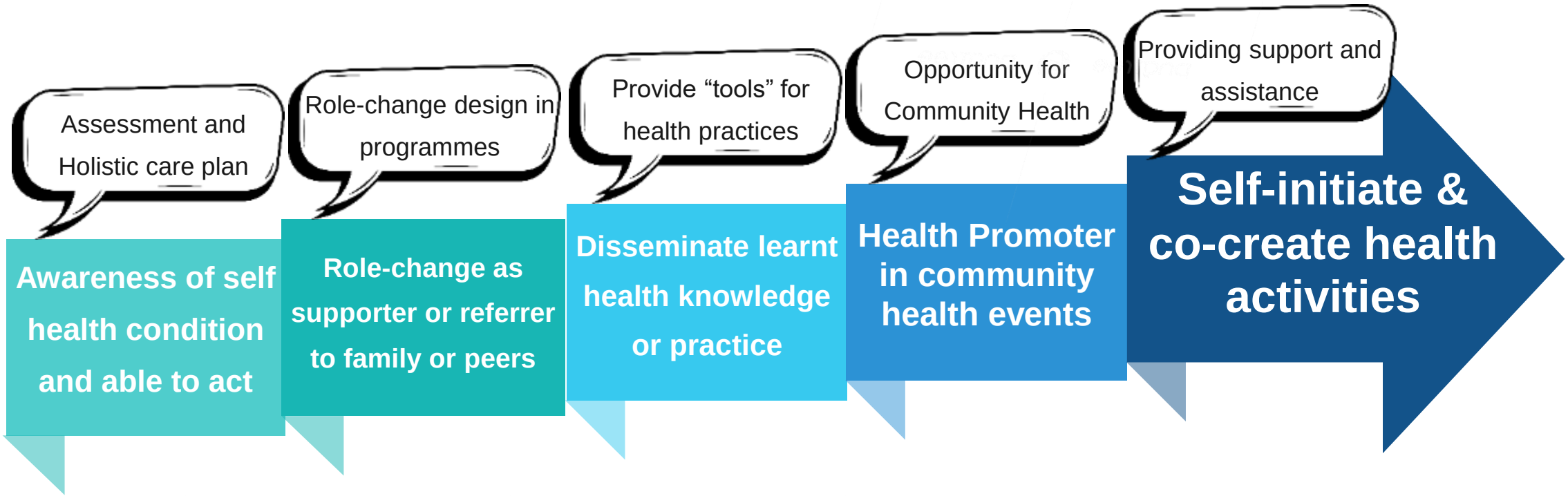
'Kai Fong' – Community Members
– Local shop staff / owners
– Workplace
– Church, Mosque, School...

Enablers



Enabling the community members to bring health into different stakeholders within the community

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1 Individual level

2 Co-create with HIA health disciplines

3 Connected to other NGOs

Community groups, Local shops

Good Impact Assessment Institute
Prof Wong Hung Department of Social Work, CUHK

After 3 years

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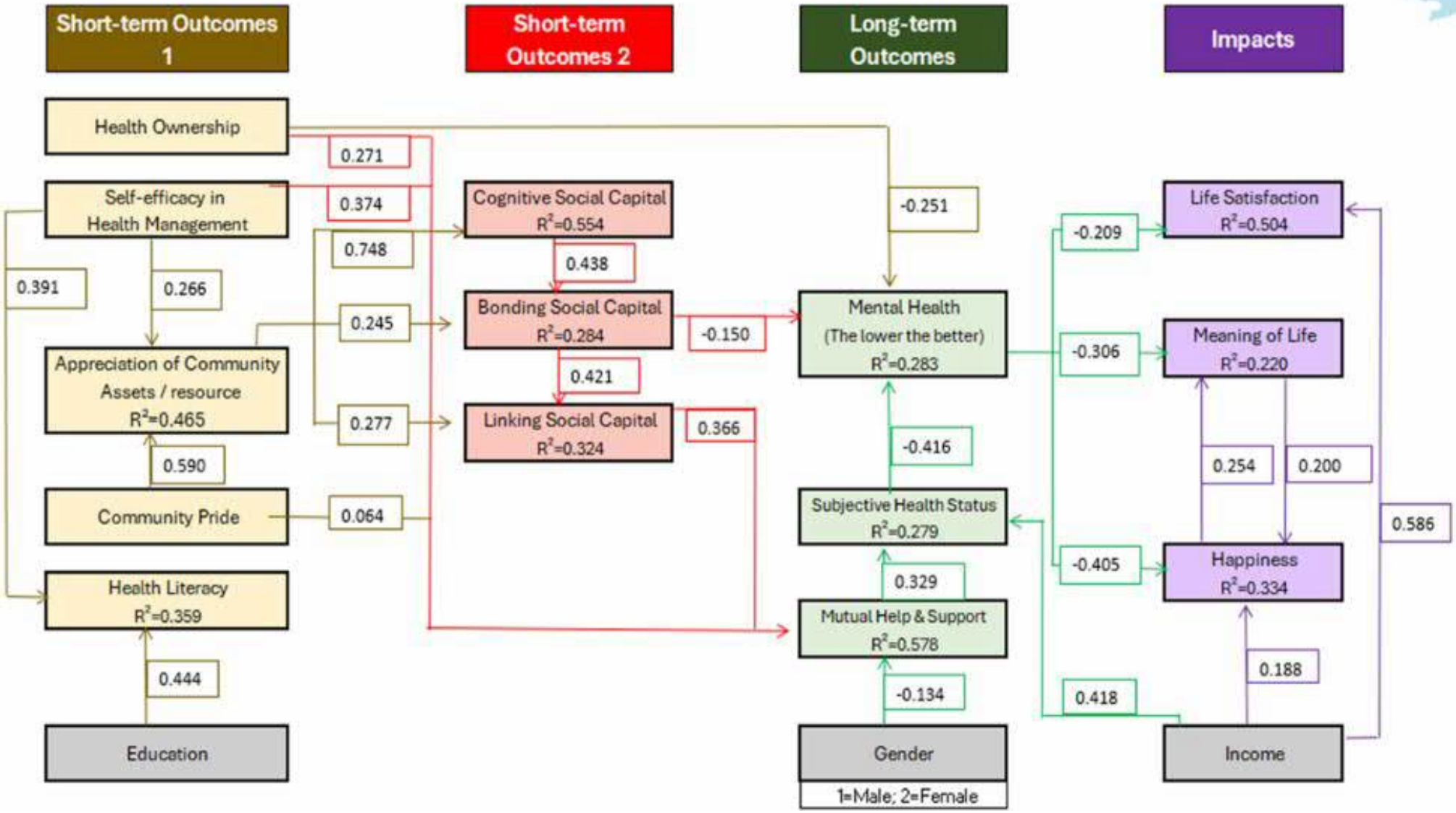

2025
Annual health assessment

health indicators (CVD)

20% improved

60% static

20% deteriorated

Since end of 2025,
we start Social Prescribing
(Community-driven model)

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ABOUT PRESCRIBER

Background

- Registered Nurse

Annual Health Assessment → Social Prescribing Invitation → Prescribing Session

60’ yrs old lady

Past Medical History:

- **Multiple Chronic Diseases (with polypharmacy)**
  - Hypertension
  - Dyslipidaemia
  - Chronic chest discomfort
    - 70% heart vessels blockage

BMI 27.1
Body fat 41%

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WHAT MATTERS TO HER?

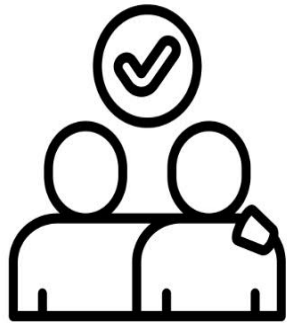
(CO-PRODUCED BY CLIENT AND LINK WORKER AFTER 1ST MEETING)

Chief Concern (Mainly related to Cardiac Condition):

- Fear of engaging in physical exercise
  - Desires to re-establish exercise habit but uncertain how to begin safely
- Identified chronic stress as contributing factor
  - Significant workplace stress in previous employment
  - Anxious about living alone with no support network in case of illness

WHAT ARE THE OBSTACLES?

1. Lack of exercise/diet knowledge or guidance
2. Lack of accompany / social participation
3. Did not know much about community resources



LINK WORKER

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Annual Health Assessment → Social Prescribing Preparation → Prescribing Session

Potential areas to work on:

WHAT WE WANT TO ACHIEVE TOGETHER

- To be accompanied and supported
- To explore community resources
- To build healthy lifestyle (exercise & diet)
- To build knowledge base on self health condition

OUTDOOR ACTIVITIES

FEB 2026:

First outing in
Kwai Chung Park

hiking session at
Shing Mun Reservoir

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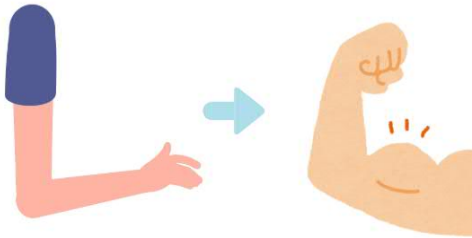
FURTHER EXPLORED ON WHAT MATTERS TO HER DURING CASUAL CONVERSATION



Social-prescribing activity with hub members,
at Shing Mun Reservoir

concern about **sarcopenia** and wish to preserve muscle mass as she grows older

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SELF EMPOWERED!

BRAVO!

APR 2026:

hike at LAMMA Island with friends!

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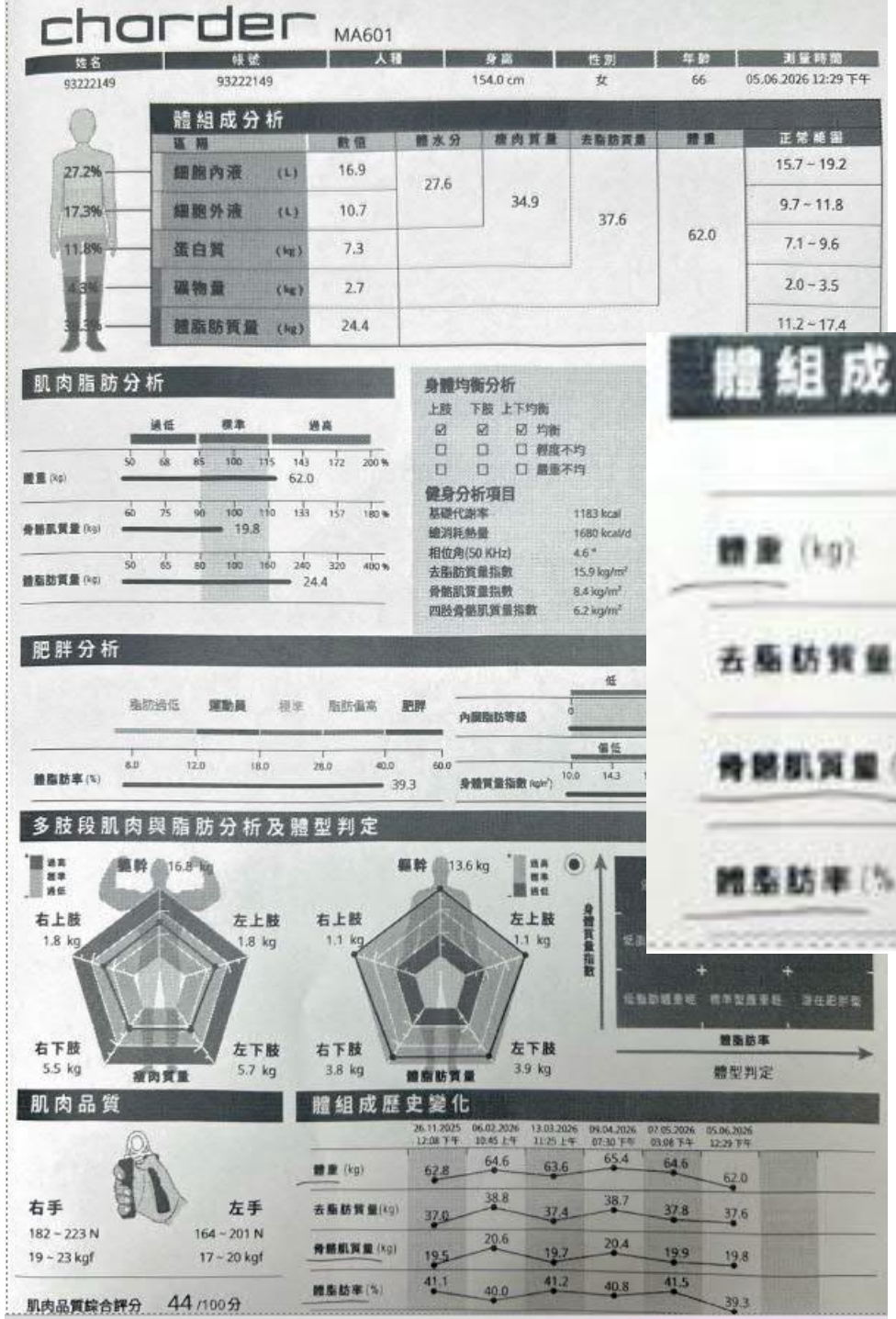
SELF MOTIVATED TO EXERCISE

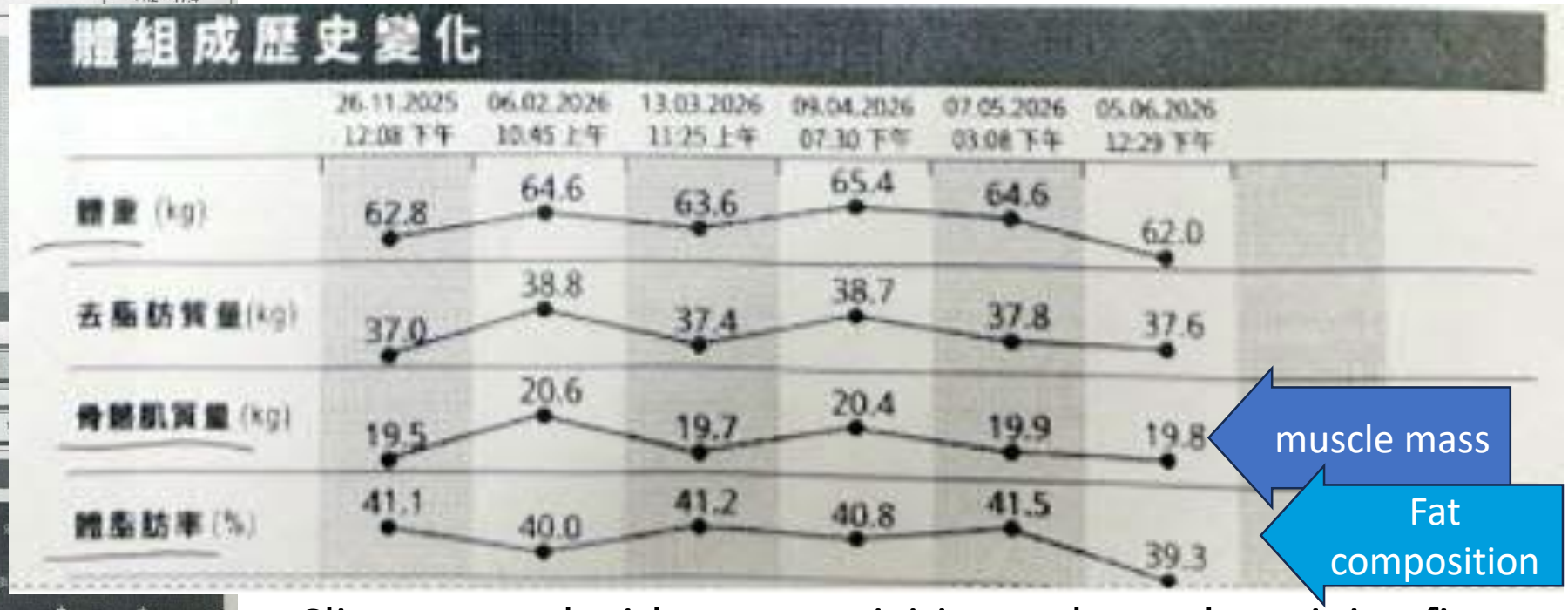
REGULAR MEETINGS

KEEP MOVING FORWARD

HEALTHY EATING

BMI changed from 27.2 → 26.1





Client started with sport activities and muscle training first, then tried different diet planning from Apr to May.

She explored an effective and sustainable way of cooking, as well as food sourcing recently. Therefore, limited change at the beginning and showing significant weight loss recently

Social prescribing may be the answer...

- Health for All vision
- Integrated care
  - **Shared care plan (health and social determinants of health)**
- Community ownership (shared responsibility, targeted connectedness)
- Decrease burden of hospital system burden & social care system
- Task shifting of health & social workforce

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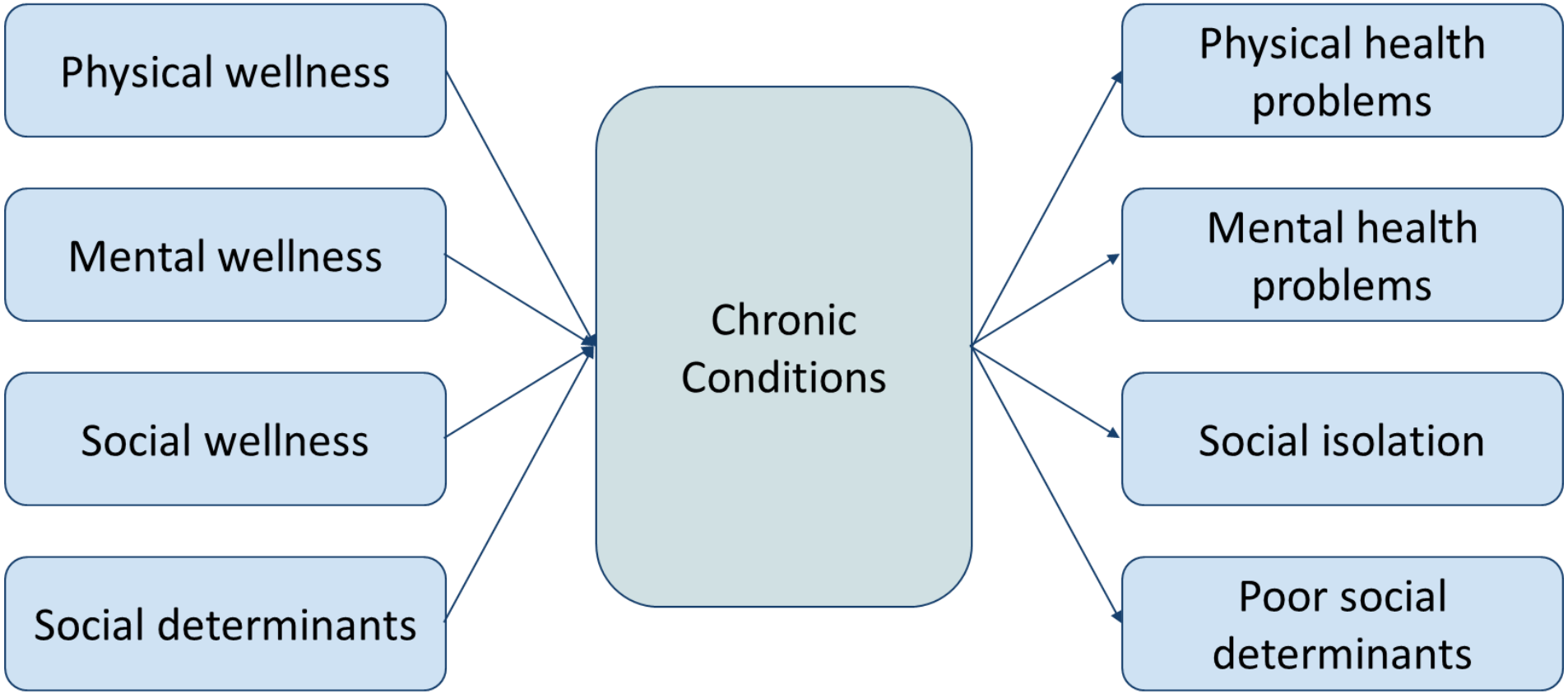
* Since Dec 10, 2025

We had STARTED the CHANGE together

- 7 funders and 20 NGOs/Academies/Think Tanks have come together with a **Shared Purpose**:
- To explore how Social Prescribing can become a scalable, community-driven model
- for inspiring the HK healthcare system on improving population health.

CHRONIC CONDITION -
IS A CAUSE, ALSO A CONSEQUENCE



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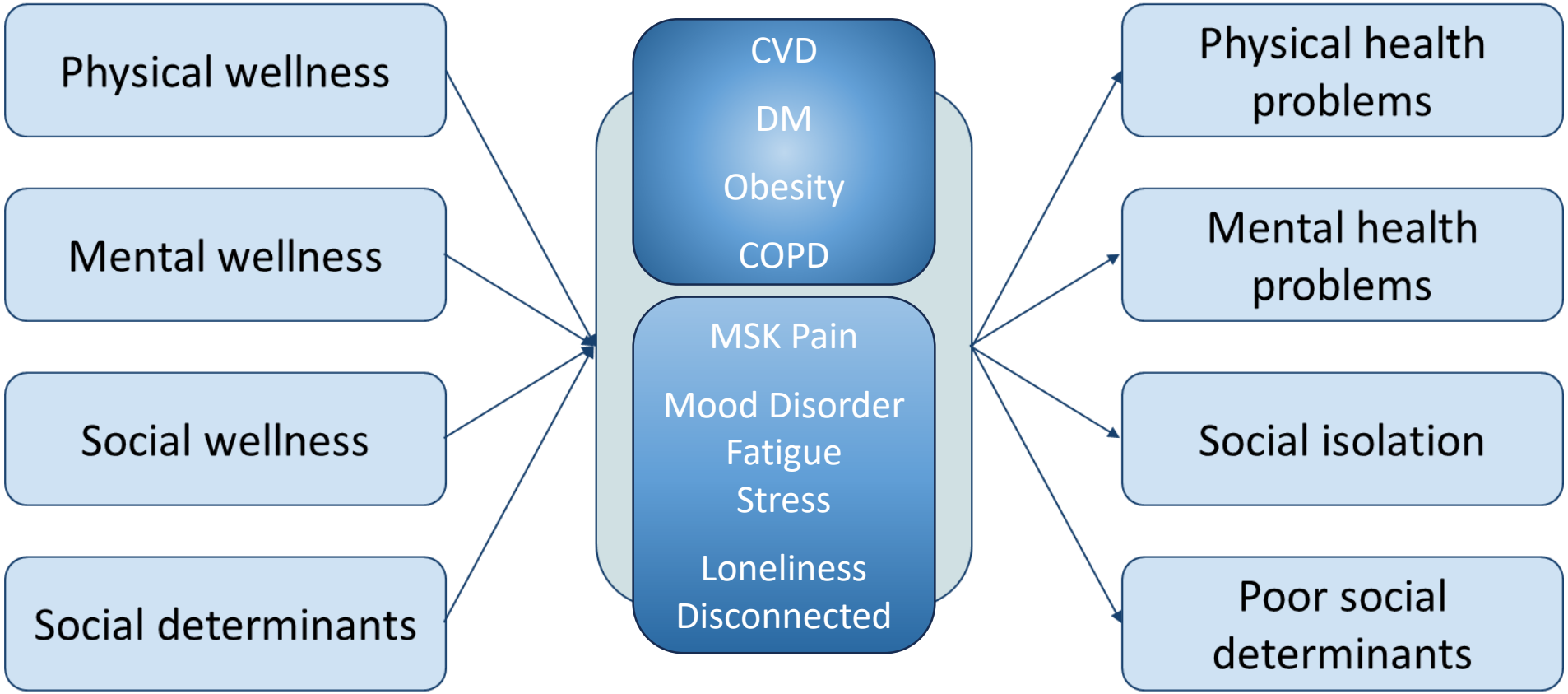

ENTRY POINT.....

- Doctor in primary care setting
- Self-referral
- Referrals through trained Identifiers
  - in community setting (NGO workers – Health, SW / volunteers)
  - In clinical setting (doctors/nurses/allied health/SW)
    - AED
    - Clinic
    - Ward
    - Volunteers, Pastors

The proposed Community-driven Social Prescribing Model

Constructed

Health / Social capital network

SP Organizer
- Assessment of context
- Identify target groups
- SP Modeling

Social Prescriber / Link workers
- Make Diagnosis of clients
- Co-create personalized care plan
- Manage 'what matters to clients'

In-house Prescriptions

Community Prescriptions

Reporting

Progress Monitor

Connection maintained with users

Enhancing SDH

Enhancing Autonomy & 幸福感

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Report Back

Identify & Refer

The proposed Social-Medical Integrated Social Prescribing Model

SP Organizer
- Assessment of context
- Identify target groups
- SP Modeling

Social Prescriber / Link workers
- Make Diagnosis of clients
- Co-create personalized care plan
- Manage 'what matters to clients'

In-house Prescriptions

Community Prescriptions

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Constructed

Health / Social capital network

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SOCIAL PRESCRIBING IN ONE SENTENCE

Social Prescribing is a mechanism that
integrate social determinants, leverage community resources
and empower community,
in order to overcome the handicap of both
traditional medical care system & social care system that
could help community members to improve health status and
reduce susceptibility to poor health risks,
which finally result in restoring the community's capacity to
respond to wellbeing needs in ageing era