

**Health Care and Promotion Scheme  
Approved Projects since 2016-17  
(as at 8 May 2020)**

Project No.	Project Title	Principal Applicant	Administering Institution	Approved Amount (HK\$)	Call Year	Approved Year
02180118	Promoting to tackle sarcopenia by combined elastic-band resistance exercise or vibration treatment with hydroxymethylbutyrate (HMB) supplement for older people	Prof Simon CHOW Kwoon-ho	The Chinese University of Hong Kong	1,197,440.00	2018	2019-20
02180308	New wine in old bottle: the effects of Sudoku Mind Activation and Revitalizing Training (SMART) program on cognitive function among people with mild cognitive impairment	Prof Doris YU Sau-fung	The Chinese University of Hong Kong	945,533.00	2018	2019-20
02180648	Implementation of an evidence-based smoking cessation intervention comprising brief advice plus active referrals for smokers attending emergency departments in Hong Kong	Dr William LI Ho-cheung	The University of Hong Kong	989,832.00	2018	2019-20
02180208	An online psychological intervention in promoting mental well-being among Chinese adolescents	Prof Phoenix MO Kit-han	The Chinese University of Hong Kong	1,025,134.00	2018	2018-19
02180248	Encouraging online registration of passive positive donors through innovative, interactive and motivational social media interventions: the 'gift of life' project	Prof Jeremy TEOH Yuen-chun	The Chinese University of Hong Kong	1,194,188.00	2018	2018-19
02180278	Adoption of a drug adherence-enhancing application to achieve optimal medication adherence and blood pressure control among hypertensive patients: a community-based intervention programme	Prof Martin WONG Chi-sang	The Chinese University of Hong Kong	1,143,810.00	2018	2018-19
02180348	Sm@rt choice: health conscious program for using smart devices (Sm@rt世代之醒目護頸 - 用腦篇)	Dr TSANG Man-ha	The Hong Kong Polytechnic University	1,027,090.00	2018	2018-19
02180358	A parent-coaching intervention to promote community participation of young children with developmental disability	Dr CHIEN Chi-wen	The Hong Kong Polytechnic University	862,900.00	2018	2018-19
02180538	Sexuality 360 @ school: an ecosystem (4-tiered) approach to comprehensive sexuality education in Hong Kong	Ms Monique YEUNG	Mother's Choice	994,984.00	2018	2018-19
02180598	"Be aware, be a protector" – intervention to youth drinking problem in Hong Kong	Ms Brenda CHUNG Yin-ting	Tung Wah Group of Hospitals	1,199,452.00	2018	2018-19
02180768	Safe city: a game-based educational approach to promote child safety knowledge and behaviours	Dr Patrick IP	The University of Hong Kong	1,195,212.00	2018	2018-19

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02180828	We-smile @ kindergarten: promoting oral health in preschool children with effective evidence-based approaches	Dr Duangporn DUANGTHIP	The University of Hong Kong	814,472.00	2018	2018-19
02181028	Workplace mental wellbeing through enhancing mental health literacy and improving workplace friendliness in Hong Kong: the WPMHL project	Prof Lawrence T LAM	Tung Wah College	1,181,866.00	2018	2018-19
01170038	Application of dietary monitoring apps in enhancing eating behaviour of balanced diet among younger adults	Dr CHUNG Ming-yan	The Education University of Hong Kong	442,870.00	2017	2017-18
01170068	School-based physical activity intervention for obesity among adolescents with intellectual disability in Hong Kong	Dr GAO Yang	Hong Kong Baptist University	334,520.00	2017	2017-18
01170248	Determining the prevalence of dance injury in recreational dancers and developing novel injury prevention strategies for recreational dance students in Hong Kong	Dr Arnold WONG Yu-lok	The Hong Kong Polytechnic University	914,803.00	2017	2017-18
01170418	Use of nicotine replacement therapy (NRT) sample and brief smoking cessation advice for recruiting smokers to smoking cessation services and motivating quit attempts	Dr Derek CHEUNG Yee-tak	The University of Hong Kong	1,200,000.00	2017	2017-18
01170488	MyShot: A HPV vaccination decision-aid smartphone app for adolescents to make informed choices	Dr Janet WONG Yuen-ha	The University of Hong Kong	1,075,801.00	2017	2017-18
01170498	A community-based lifestyle intervention program for diabetes prevention in Chinese people with pre-diabetes	Dr Mandy HO Man	The University of Hong Kong	1,199,740.00	2017	2017-18
01170568	Disease awareness and oral health promotion for nasopharyngeal carcinoma (NPC) and head and neck radiotherapy survivors – a partnership model	Dr Edmond POW Ho-nang	The University of Hong Kong	845,825.00	2017	2017-18
01170588	A comprehensive health promotion programme for communicable diseases prevention in primary school setting	Dr IP Kai-ming	The University of Hong Kong	1,065,056.00	2017	2017-18
01170608	Development and evaluation of a culturally-relevant alcohol harms reduction programme for tertiary education students in Hong Kong	Prof KIM Jean-hee	The Chinese University of Hong Kong	723,116.00	2017	2017-18

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01170708	Mindful flourishing-promoting college students' mental well-being through cultivation of mindfulness with online and offline approaches	Prof Winnie MAK Wing-sze	The Chinese University of Hong Kong	1,198,665.00	2017	2017-18
01170718	"COMBO-KEY" (Coaching Ongoing Momentum Building On stroke REcovery journeY) - a home visiting and phone coaching programme to promote stroke survivors' recovery: a territory-wide project	Dr Suzanne LO Hoi-shan	The Chinese University of Hong Kong	295,820.00	2017	2017-18
01170728	Promoting brain health among people with suboptimal cognitive functioning in Hong Kong: a brain vitality enhancement (BRAVE) program	Prof Polly LI Wai-chi	The Chinese University of Hong Kong	1,171,697.00	2017	2017-18
01170788	Implementation of a parent-led, healthcare professional mediated early developmental training programme for preterm children	Dr Hugh Simon LAM Hung-san	The Chinese University of Hong Kong	1,199,953.00	2017	2017-18
01170848	Effect of a family-based multimedia intervention on the uptake of colorectal cancer screening among South Asian older adults in Hong Kong: a randomised control trial	Prof Winnie SO Kwok-wei	The Chinese University of Hong Kong	926,904.00	2017	2017-18
01170948	Building capacity to promote winter health in elderly: co-production of a volunteer-based home care programme for post-discharged elderlies by medical-social-academic sector	Prof Eliza WONG Lai-yi	The Chinese University of Hong Kong	968,800.00	2017	2017-18
01170958	A community health worker-led multimedia intervention to increase cervical cancer screening uptake among South Asians women: a randomized controlled trial	Prof WONG Cho-lee	The Chinese University of Hong Kong	895,056.00	2017	2017-18
01171138	Promoting cognitive & psychosocial well-being of demented elders by cognitive stimulation therapy Hong Kong version (CST-HK)	Mr CHUNG Yui-ching	Hong Kong Young Women's Christian Association	459,074.00	2017	2017-18
01171158	Promotion of dietary and cognitive health in dementia prevention to elderly community – a pilot project	Dr CHAN Shun-wan	Technological and Higher Education Institute of Hong Kong	99,570.00	2017	2017-18
09160055	Menopause education and support: Building capacity and training to improve vasomotor, psychological and somatic symptoms in the menopause transition	Prof Carmen WONG	The Chinese University of Hong Kong	443,400.00	2016	2016-17
09160175	Promoting mental health literacy in aging: identifying depressive symptoms through photos	Dr Angela LEUNG Yee-man	The Hong Kong Polytechnic University	493,863.00	2016	2016-17

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09160275	StickyRiceLove: development, evaluation and dissemination of an innovative peer-led sexual health social media promotion	Dr William WONG Chi-wai	The University of Hong Kong	499,175.00	2016	2016-17
30160254	Improving chronic musculoskeletal pain in community-dwelling elderly: a muscle strengthening exercise based pain management program for elders	Prof Regina SIT Wing-shan	The Chinese University of Hong Kong	298,876.00	2016	2016-17
30160274	"A Healthy Me Is Alcohol Free"- Helping students to avoid alcohol and develop a healthy life (健康不要「酒」)	Ms Vicky CHUNG Wai-yin	Life Education Activity Programme	300,000.00	2016	2016-17
30160464	Healthy families healthy minds	Dr Vico CHIANG Chung-lim	The Hong Kong Polytechnic University	267,000.00	2016	2016-17
30160474	「乳妳同盟」母乳餵哺社區支援計劃	Ms YIP Wing-foon	HKSKH Lady MacLehose Centre	299,968.00	2016	2016-17
30160484	《穩步前行》社區長者防跌計劃	Ms TSANG Faan-ling	HKSKH Lady MacLehose Centre	267,200.00	2016	2016-17
30160604	A brief parent-based intervention to improve sleep for children with attention deficit hyperactivity disorder	Dr Shirley LI Xin	The University of Hong Kong	291,548.00	2016	2016-17
30160734	"No alcohol for Cheers" (減酒無憂) – Reduce alcohol consumption health promotion programme	Mr NG Chak-hang	The Lok Sin Tong Benevolent Society	291,000.00	2016	2016-17
30160794	"Sweet Home, Safe Home" child safety project for ethnic minority families	Mr WONG Chiu-man	St. James' Settlement	300,000.00	2016	2016-17
30160864	Flourishing health cascade in the community: Healthy buddies partnership scheme	Dr Lorna NG	Hong Kong Primary Care for Chronic Disease Association Limited	270,606.00	2016	2016-17