

I 健康環境 Healthy Environment

Ms. Esther MOK

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Ms. Mok attained M.Sc. in Health Policy and Management from the University of Wollongong, Australia in 1993; Diploma in Epidemiology and Biostatistics from the Chinese University of Hong Kong in 1999 and awarded Master of Social Work with distinction by the Hong Kong Polytechnic University in 2008. She is a registered social worker.

Ms. Mok has been the project coordinator responsible for the planning and development of the first "Healthy City" in Hong Kong since inception in 1997. Also overseeing nine Western and Chinese medicine clinics, three community health development centres and a family life education unit under the Haven of Hope Christian Service, she is committed to integrate health and social services for the realisation of a healthy and caring community in the holistic sense. She was awarded the Chief Executive's Commendation for Community Service in 2007 in recognition of her dedicated efforts in the development of "Sai Kung Healthy and Safe City" in the last decade.

健康工作間 Healthy Workplace

「健康工作場所、勞資攜手共創」在職人士健康推廣計劃

基督教靈實協會（靈實）自1997年在將軍澳區開展香港首個「健康城市」以來，一直致力與區內不同處所，包括學校、屋苑、工作場所等，建立跨界別的伙伴協作關係，旨在將健康推廣與市民的日常生活結合，透過處所為本的策略(setting based approach)，共同建立促進健康的生活環境。建基於過去十年「健康城市」的工作，靈實與協作伙伴逐漸建立緊密的合作關係，由單純協助活動宣傳、招募參加者，發展至參與活動流程安排以至策劃。

香港人生活緊張、工作繁忙，不少在職人士缺乏運動、外出用膳頻繁，加上工作壓力，容易影響身心健康。一般媒體宣傳或社區健康教育活動未能有效接觸在職人士，更遑論推廣健康訊息。要持續有效推動在職人士建立健康生活習慣，必須進到他們的工作間，與其僱主建立持續的協作關係，共同策劃推行促進健康的政策及活動。因此，靈實與區內幾間企業合作（卡樂B四洲有限公司、偉邦物業管理有限公司、啟勝管理服務有限公司及恆益物業管理有限公司），從2011年4月起開展為期18個月的「健康工作場所、勞資攜手共創」在職人士健康推廣計劃，內容包括成立由企業管理層及員工代表組成的「健康督導委員會」，以制定策略，建立促進健康的工作環境，及舉辦多元化的健康教育及推廣活動等，預計受惠員工1,000人。