

Part B Project Summary

Project Title: Promoting Healthy Life Style and Biopsychosocial Wellness of Teachers in Hong Kong 身心健康並駕齊驅·教師共創美好生活

Project Number: 2010/0140
(revised)

Name of Organization: Department of Rehabilitation Sciences, The Hong Kong Polytechnic University
Project Leader: Prof. Hector W.H. Tsang, Professor

(1) Goals:*Long-term Goals*

- (i) To improve health and wellness of teachers in Hong Kong and thus enhance their quality of life in physical, psychological and social aspects, and form a supporting community among teachers
- (ii) To improve teaching quality and student learning efficacy in Hong Kong

Short-term Goals

To develop and evaluate the effectiveness of an intervention program to help teachers develop a healthy lifestyle, and improve their physical, psychological and social wellness.

Objectives:

- (i) to promote awareness on the importance of health and wellness in the workplace in relation to their teaching career and quality of life
- (ii) to develop an innovative and novel intervention program to help teachers develop healthy lifestyle, and improve their physical, psychological and social wellness
- (iii) to recruit and train trainers who will serve as health ambassadors to promote and implement the intervention program with the assistance of the Project Leader at their own schools
- (iv) to evaluate the outcomes of the intervention program on improving physical, psychological health and social wellness and teaching efficacy
- (v) to develop a system that schools will continue to implement this program after the proposed project is completed and form a supporting community among teachers

- (2) **Targets: ALL primary and secondary teachers in the long run.** However, schools which have already participated in the QEF project 2008/0102 will not be included so as to allow more chances for other schools that have never taken part in this line of studies.

Expected number of beneficiaries: Direct beneficiaries: 400 teachers will attend the educational talks and **1200** primary (No. of schools=10) and secondary (No. of schools= 20; including special schools) school teachers will receive intervention.

Other beneficiaries: ALL primary and secondary teachers (51,900) will receive promotion materials on health enhancement.

(3) Implementation Plan:

- (i) **Duration:** February 2012 to July 2014

(ii) Process / Schedule:

Phase of study	Action	Period
Phase I	Development of intervention program	February 2012 – May 2012
Phase II	Promotion and recruitment	June 2012 – August 2012
Phase IIIa	Train the trainers (health ambassadors)	September 2012 – January 2013
Phase IIIb	School implementation	February 2013 – April 2014
Phase IV	Report writing and dissemination	May 2014 – July 2014

(iii) Collaboration with other parties / partners:

- a. Prof. Alice JONES, Professor, Director of Center for East meets West, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University
- b. Dr. Wai-ming CHEUNG, Assistant Professor, Faculty of Education, The University of Hong Kong

(4) Products:

- (i) **Deliverables/outcomes:** (1) A group of 60 teachers will be trained to serve as health ambassadors who will be initiate training at their own schools. (2) An evidence-based intervention program will be in place to help 51,900 teachers develop healthy lifestyle and improve their general health and wellness. (3) Promotion materials in form of DVDs and booklets about the health program will be distributed to ALL schools in Hong Kong. (4) Supporting communities among teachers in participating schools.

(ii) Dissemination of deliverables / outcomes:

1. Reports on the Randomized Clinical Trial (RCT) will be disseminated in local press, at local and overseas conferences and in academic journals. 2. Promotion materials in form of DVDs and booklets and will be distributed to ALL schools in Hong Kong. 3. A manuscript based on the project will be submitted to an international peer-reviewed journal.

(iii) Commercialization potential of deliverables / outcomes: The health intervention program

- (5) Budget:** Total: HKD 2,500,000 (a) Staff cost: HKD 1,957,650; (b) Equipment: HKD 91,000; (c) Services: HKD24,400;

(d) General expenses: HKD 426,950

(6) Evaluation:

- (i) **Performance indicators:** General health, personal wellbeing, teaching efficacy, physical and physiological status
- (ii) **Outcome measurements:** *a.* The General Health Questionnaire; *b.* The Personal Well Being Index; *c.* The Teacher' Sense of Efficacy Scale; *d.* Heart rate and blood pressure; *e.* Sit-and-reach flexibility test; *f.* Handgrip test; *g.* Step test; *h.* Salivary immunoglobulin A and cortisol level