

Project Summary

Project Title: <i>(Please fill in the blank)</i> Building on the concept of Health Promoting Schools to develop an Effective and Sustainable Model of 'Healthy Campus'	Project Number (To be assigned by the EPMS) 2007/0449 (revised)
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Name of Organization: Centre for Health Education and Health Promotion, Faculty of Medicine, The Chinese University of Hong Kong

(1) **Goal:** The goal of this project is based on the previous projects in developing the foundation of Health Promoting Schools and map out strategies to cascade the effect of HPS leading to territory wide 'Healthy Campus' movement that support students adopt an active and healthy lifestyle.

Objectives:

1. to generate and disseminate effective and sustainable practices of health promoting school,
2. to enhance school principals' and teachers' capacity and professional development for continuous school improvement,
3. to support motivated and capable schools to become resource schools and help more schools in Hong Kong to become health promoting schools,
4. to establish an exemplar of effective parent education programme for Kindergartens and Primary Schools,
5. to establish exemplars of comprehensive and effective health education programme for Kindergarten,
6. to forge partnership among schools for betterment of school effectiveness and inculcate in schools a sharing culture, and
7. to build up a model of 'Healthy Campus'

(2) **Targets:** 130 kindergartens, primary and secondary schools will participate in the Project.

Expected number of beneficiaries: 30 primary and secondary schools, 100 kindergartens, 2,500 staff, 35,000 students and 35,000 families will directly benefit from the Project.

(3) **Implementation Plan:**

- (i) **Duration:** Two years from 1 October 2008 to 30 September 2010
- (ii) **Process/Schedule:** The project will proceed in 4 phases, namely the Preparatory, Implementation and On-going Assessment, Evaluation and Experience Integration, Dissemination and Reporting Phase.

(4) **Products:**

(i) **Deliverables/outcomes**

- Concepts of HPS consolidated and put into practice in 100 kindergartens
- 30 kindergarten, primary and secondary schools empowered to become resource schools
- A web-based resource bank of HPS for wider dissemination of good practice and resource sharing
- Field-tested exemplars of effective parent education programme for wider application and implementation
- Field-tested exemplars of comprehensive health education programme for wider application

(ii) **Dissemination of deliverables/outcomes**

- Sharing seminars, open-house visits, district-based action learning groups and school networks
- A web-based resource bank for HPS would be developed for wider dissemination
- School exchange visits

(iii) **Commercialization potential of deliverables/outcomes**

- The deliverables of the project will become valuable resources and experiences for the benefits of potentially all schools in Hong Kong, China and nearby Regions.

(5) **Budget (grouped items):** The total amount sought is HK\$4,200,000

- (a) staff cost: \$2,359,200
- (b) equipment: \$307,200
- (c) services: \$1,119,840
- (d) general expenses: \$396,900
- (e) contingency: \$16,860

(6) **Evaluation:**

(i) **Performance indicators**

A combination of quantitative and qualitative research methodologies would be employed to determine the various health promotion outcomes and also to understand the process of change, measure the effectiveness, efficiency and sustainability of the interventions

(ii) **Outcome measurements**

The framework of evaluation will be based on health promotion model on four domains: health and social outcomes, intermediate outcomes, health promotion outcomes, and health promotion action

