



Youth Diabetes
Action
兒童糖尿協會

20 years

YDA today



2021



news
letter



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20th Anniversary 二十周年

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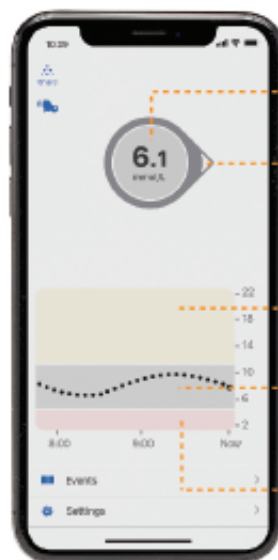


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- 葡萄糖趨勢指示
Trend arrow
- 高葡萄糖警報水平範圍
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糖原共行
Live with Diabetes

編輯的話 From the Editor

一型糖尿病是多數於兒童及青少年階段發病的終生疾病，目前沒有預防及根治辦法。患有一型糖尿病的兒童每天需多次檢驗血糖及注射胰島素以控制血糖，維持生命。早年港人對此疾病缺乏認識，故較難理解患病的兒童及青少年的需要。

2001年一群熱心家長創立兒童糖尿協會（當時稱「香港兒童糖尿協會」），以「糖尿病不再是孩子的障礙」為宗旨，為患有糖尿病的兒童、青少年及其家庭提供支援，並提高社會大眾對糖尿病的認識及關注，讓孩子可以健康、自信地成長。

過去20年，YDA除了推行醫療用品資助計劃、提供關懷支援及輔導服務、為糖尿病童舉辦健康夏令營等直接服務外，更曾經向香港政府提交促請全面資助糖尿病童血糖檢測消耗品的白皮書；於十一月的世界糖尿病日舉辦「藍月·十一」、「童行有您」登山活動等社會關注活動，讓更多人認識糖尿病，藉以擴大糖尿病社區的圈子。

適逢20周年紀念，YDA將舉辦一連串活動，如已舉辦的「春日派對」、將舉辦的「夏日嘉年華」、「利東街藍色街頭派對」等，進一步提高社會對糖尿病童的關注。我們深信愈多人認識這個疾病，對糖尿病童愈有幫助。在這些活動中，你的參與和支持更具意義！

Type 1 diabetes is lifelong disease, which can affect anyone at any age but it is commonly diagnosed in children and adolescents. There is nothing anyone can do to prevent it and there is currently no cure. Children living with Type 1 diabetes need to have multiple blood glucose tests and insulin injections every day, just to stay alive. There is often a lack of understanding of diabetes and how it affects children and adolescents living with it.

In 2001, a group of enthusiastic parents established Youth Diabetes Action (formerly the "Hong Kong Juvenile Diabetes Association"), upholding the vision of "No child held back because of diabetes". YDA strives to empower and provide support for children living with diabetes and their families. It also raises public awareness and is an advocate for children, so they can go on to live a full and healthy life.

Over the past 20 years, YDA has provided direct services for YDA diabetes members, such as the Financial Assistance programme, care support and counselling services, summer youth camp, just to name a few. In 2016, YDA submitted a white paper to lobby the Hong Kong Government to provide subsidies for the cost of medical consumables of children with diabetes. YDA has also organised a number of other public awareness campaigns, such as Blue November and Hike for Youth Diabetes, to engage the community and improve their understanding of diabetes.

It is YDA 20th anniversary, join in and be part of our celebrations. We have already had a huge success with Spring Fling Anywhere – thank you to all the hosts. The upcoming Summer Sports Carnival is not to be missed this summer, and there will be something special to look out for at the Lee Tung Avenue True Blue Street Party in November. Let's get talking about diabetes – the more we talked about it, the more public awareness we can raise, the better the support network we can create for children with diabetes. We cannot do this without your support!



了解更多YDA20周年活動詳情：

Visit our website for more information:
www.yda.org.hk/20years

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專題 Feature



我們邀請了幾位歷年的YDA大使，分享他們在糖尿病道路上的經歷。

We invited several YDA Ambassadors from over the years to share their experiences on living with diabetes.



會員小檔案 Member's Profile



陳健文
Burlingame Chan 年齡 Age: 39



YDA大使
Youth Ambassador

確診年齡 Age of diagnosis

7

現時職業是甚麼？ What do you do now?

銀行及保險業 Banking and insurance

興趣 Hobbies

踢足球、打籃球及乒乓球 Football, basketball and table tennis

與糖尿病有關的難忘時刻 An unforgettable moment of diabetes

當我初確診一型糖尿病時感到十分震驚，在學習管理糖尿病的同時，開展了一生與糖尿病同行的旅程。
When I was first diagnosed with Type 1 diabetes — it was such a shock and there was so much to learn about diabetes management.

給YDA會員的話 A message to other young YDA members

我們一起同行吧！
Let's walk together!



丁逸勤
April Ho-Tsing 年齡 Age: 28



YDA大使
Youth Ambassador

興趣 Hobbies

閱讀、編織、有時亦喜歡桌上遊戲及遊戲設計
Reading, knitting/crocheting, and the occasional foray into tabletop gaming and game design

確診年齡 Age of diagnosis

3.5

現時職業是甚麼？ What do you do now?

正於大學就讀研究院課程
At university studying for my post-graduate degree

與糖尿病有關的難忘時刻 An unforgettable moment of diabetes

小學時同學對於我每天都需要打胰島素針留下了深刻的印象，他們會感到好奇並有很多疑問。這是一個解答他們對糖尿病疑問的好機會，對此十分感恩！

My primary schoolmates were pretty impressed by me taking my daily shots. They would be curious and ask me things — they weren't weird or invasive about it, and it was a good opportunity for me to answer their questions about diabetes, so I'm pretty thankful for that!

給YDA會員的話 A message to other young YDA members

糖尿病是你一輩子的同伴，我們試圖與它相處，但有時亦會為它而感到沮喪。這些感覺也是生活中的一部分，畢竟即使是好朋友亦會有爭吵的時候，而最終這些沮喪也會過去。若你發現自己情緒低落，一定要和你信任的人分享。

Diabetes is a companion for life: we all try to get along with it, but there are times when you feel frustrated by it. Just know that these feelings are a normal part of life — after all, even best friends fight sometimes — and it will pass. Don't take it out on yourself, if you find yourself feeling down; talk to someone you trust about your worries.



虞淑怡
Shirley Yu 年齡 Age: 22



YDA大使
Youth Ambassador

興趣 Hobbies

閱讀、欣賞電影，偶爾亦會行山
Reading and enjoying movies, occasional hiking

確診年齡 Age of diagnosis

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現時職業是甚麼？ What do you do now?

準備投入職場的大學四年級學生
Final year of study and preparing myself to join the workforce

與糖尿病有關的難忘時刻 An unforgettable moment of diabetes

就在數星期前，我在行山的中途經歷了低血糖，由於沒有地方可以休息，令我當時十分難忘亦感到有點絕望。當日出發行山前我沒有完成整個午餐，而是與朋友一同分享；加上在上菜前已注射胰島素，與胰島素份量不配合的碳水化合物攝取使我午飯後不久便出現低血糖。

雖然以前亦有行山，但這是我第一次經歷這麼嚴重的低血糖事故。下次在做劇烈運動前，我會更頻繁、更仔細地檢查我的血糖。但我亦很感謝當時了解我健康狀況並給予我支持的朋友。

Just weeks before, I encountered low blood glucose when I was in the middle of hiking, it was really unforgettable and in fact quite a shock because I had nowhere to rest. Before going on the hike, I had shared food with other counterparts instead of ordering a meal for myself. Also, I injected insulin before the food was served, leading to a miscalculation of the intake of carbohydrates, so I suffered a hypo when I went hiking shortly after finishing the meal.

I have gone hiking before, but this was the first time for me to experience such a serious incident. I should have been more cautious and checked my glucose level more frequently and carefully before doing strenuous exercise. But I am grateful to my friends who know about my health condition and provided me with support at the time.

給YDA會員的話 A message to other young YDA members

保持積極和健康！ Stay positive and stay healthy!



Divija Virmani 年齡 Age: 16



YDA大使
Youth Ambassador

興趣 Hobbies

烹飪、烘焙、打羽毛球及繪畫

Cooking, baking, playing badminton, drawing and painting

確診年齡 Age of diagnosis

9

現時職業是甚麼？

What do you do now?

於國際學校就讀11年級

Year 11 in international school

與糖尿病有關的難忘時刻 An unforgettable moment of diabetes

當我初確診時。前一天晚上我胃痛得很厲害，因此媽媽把我送到醫院。當醫生為我檢查血糖時，我的血糖已高達33.7度，並確診為一型糖尿病。由於我們對一型糖尿病並沒有任何認識，我們感到既驚訝又害怕，但幸好當我離開深切治療病房後得知有YDA這個組織。

醫生和護士教導並向我解釋我的身體發生了什麼事，以及我必須習慣的新變化，例如：定時拮手指、注射胰島素、計算碳水化合物等。3-4週後，我回家了，雖然仍要一段時間才能適應一切，但最終我們能夠更好地理解、處理和應對它！

When I was first diagnosed. The night before I had a really bad stomach ache so I was taken to the hospital with my mom. The doctor checked my blood sugar and it was around 33.7. We were all extremely shocked and scared when I was diagnosed with Type 1 diabetes, as we had no idea what it was. But luckily, we got to know about YDA after discharging from ICU.

The doctors and nurses began teaching and explaining to me about what was going on in my body, and the changes that I had to get accustomed to, such as finger pricking, taking injections, carbs counting, etc. After we went home 3-4 weeks later, we still had a bit of a hard time getting used to everything, but eventually we began to understand, and was able to deal and cope with it better!

給YDA會員的話 A message to other young YDA members

用運動、健康飲食來擊退糖尿病吧！但同時也不要忘記享受！

Fight diabetes with exercise, eating healthily and don't forget to have fun!



文智樂
Louie Man 年齡 Age: 23



YDA大使
Youth Ambassador

興趣 Hobbies

攝影、拍攝

Photography, videography

確診年齡 Age of diagnosis

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現時職業是甚麼？ What do you do now?

大學測量系四年級學生

Final year student of Bachelor of Science in Surveying

與糖尿病有關的難忘時刻 An unforgettable moment of diabetes

透過政府的「殘疾學生參與實習計劃」獲得在差餉物業估價署實習的機會。第一天實習時，我的上司十分擔憂我的工作表現並擔心我需要更多的照顧。然而，我在實習期間證明了糖尿病沒有成為我的障礙，我的效率與其他實習生無異；結果我的上司對我的表現給予肯定，更得到了到其他部門實習的機會！

Receiving an internship at the Rating and Valuation Department (RVD) from the government through its "Internship Scheme for Students with Disabilities". In my first day of duty, my supervisors in RVD knew that I joined the internship through the scheme. As such, they were concerned about my work performance and worried that I needed extra care. However, I proved that I could be as productive as other interns and having diabetes was not a barrier. I gained positive feedback on my performance from my supervisors' and was given the opportunity in other departments.

給YDA會員的話 A message to other young YDA members

把你的弱點變成你的強項。 Convert your weakness to be your strength.

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* ISO15197:2013 對測量毛細血管血糖濃度的體外血糖監測系統的準確度要求 (第6.3節和第8節) 是對於血糖濃度 <100mg/dL 和 ≥100mg/dL 的樣本，至少 95% 的結果應分別在均值 YSI 標準的參考結果的 ±15mg/dL 或 ±15% 範圍內。對於測試者指尖檢測，CONTOUR[®]PLUS ONE 血糖儀系統在結果符合率為 95% 或以上的情況下，實現的最小偏差範圍是 ±8.4mg/dL 或 ±8.4% (對比 YSI 標準)。

[†] 可登錄 <http://compatibility.contourone.com> 查看相容性

參考文獻：

1. Bailey TS. J Diabetes Sci Technol 2017 Jul; (11):746-743
2. CONTOUR[®]PLUS ONE BGMS User Guide (November 2017)

血糖機使用示範影片



初始設定示範影片





專家點睇 Professional View

人類在2,500年前就知道糖尿病，但在胰島素未發明前，得了糖尿病就等於被判了死刑，因為當時這個致命的疾病不但無藥可醫，病人缺乏胰島素，診斷後可能只剩下三個月至兩年的壽命。直至20世紀初期，當時的專家為糖尿病患者開出低熱量飲食處方，這雖然延長了患者的生命，但卻讓患者變得非常虛弱，而且要忍受飢餓的折磨，最終死於糖尿病酮酸中毒或營養不良。

People knew about diabetes 2,500 years ago. However, before the discovery of insulin, getting diabetes was like receiving a death sentence. Not only was there no cure for the disease, patients only lived for three months to two years after diagnosis as they lacked insulin. Up until the early 20th century, experts would prescribe a low-calorie diet to patients with diabetes. Although this prolonged the patient's life, it made them very weak and the excessive hunger led many to eventually die of diabetic ketoacidosis or malnutrition.

胰島素的發展

Development of Insulin

胰島素自20世紀初開始用於治療糖尿病。當初獲得胰島素的方法是從動物的胰臟中提取胰島素。其後科學家不斷努力，利用基因重組生產出與人類胰島素的序列完全相同的第二代短和中效胰島素，但是患者在注射後需要等待30分鐘才可以進餐，並且有較高機會出現夜間低血糖症。90年代末，科學研究這與臨床醫護人員發展到可以很好模擬生理性胰島素分泌模式的胰島素類似物，也稱為速效胰島素和長效基礎胰島素。患者既無需在餐前等待30分鐘，更減低了夜間低血糖症風險。

Insulin was discovered 100 years ago and has been used to treat diabetes ever since. The original method of obtaining insulin was to extract insulin from the pancreas of animals. After the continuous efforts made by scientists, they were able to eventually use genetic recombination to produce second-generation short and intermediate-acting insulins that have the same sequence as human insulin. However, patients still needed to wait 30 minutes after an injection before having their meal, and there was a higher chance of having night time hypoglycaemia. There was a breakthrough at the end of the 1990s, scientific researchers and clinical staff were able to develop insulin analogues that could mimic the physiological insulin secretion pattern, these are known as rapid-acting insulin and modern basal insulin. Patients no longer need to wait 30 minutes before meals, and there is a lower chance of night time hypoglycaemia.

傳統來說注射胰島素仍然是治療糖尿病最為普遍和有效的方法，但是每天注射一次、甚至多次胰島素注射顯然地為病人帶來很多不便，一些新型的胰島素治療方法因然出現，例如肺部吸入製劑、口服製劑和皮下植入製劑等。

Traditionally insulin injection is still the most common and effective way to treat diabetes, the inconvenience caused by insulin injection to patients is still very obvious. With this in mind, new insulin treatment methods will continue to appear, and there are advances being researched such as inhaled insulin therapy, oral delivery of insulin, subcutaneous implantation preparation etc.

很久很久以前，使用針筒是注射胰島素唯一的方法，病人需要自行抽藥注射。三、四十年前，有藥廠發明了胰島素注射筆，將自來水筆的筆尖改成針頭，筆芯的墨水改成胰島素。小朋友用的針頭一般來說既短又細（30-32G），因此注射時患者的疼痛感覺相對少。

A long time ago, using a syringe was the only method to inject insulin. Patients needed to draw their own insulin to do the injections. Thirty to forty years ago, a pharmaceutical company invented an insulin injection pen by changing the tip of the fountain pen to a needle and the ink to insulin. The needles used by children are generally short and thin (30-32G), so patients would feel less pain during injection.



當然還不少得胰島素泵，也被稱為持續皮下胰島素輸注治療裝置。從某種意義上可以稱之為「人工胰腺」。胰島素泵內裝有胰島素，並透過一條纖薄柔軟的小管將胰島素每天二十四小時持續並精準地輸入體內。它模擬人體正常胰腺的工作模式，平時不斷地輸注微小劑量的胰島素（稱之為基礎率），模擬了我們非進食狀態下的胰島素分泌，保持不進餐時的血糖穩定。進餐前輸入較大劑量的胰島素，以確保進食的食物不會引致血糖大幅波動。

Insulin pumps, also known as continuous subcutaneous insulin infusion, can be regarded as an "artificial pancreas" in some sense. It is about the size of a mobile phone and can be hung around the waist, or in shirt or trousers' pocket. The insulin pump contains insulin that is injected into the body continuously and accurately through a thin and flexible tube 24 hours a day. It mimics the normal working mode of the human pancreas, that keep infusing tiny doses of insulin (the basal rate), to simulate our non-eating state of insulin secretion. Thereby keeping blood glucose level stable when we are not eating. Larger dose of insulin injections before meals are still needed to ensure that the food eaten would not cause large fluctuations in blood glucose.

胰島素的發展至今已有一個世紀的歷史，經過一代又一代人的努力，無論在控糖效果、安全和方便使用的層面上都有重大的飛躍。糖尿病是一種很「甜蜜」的疾病，帶來的卻是一輩子的痛。在不斷創新的醫療科技下，寄望不久的將來，科學家能找到根治糖尿病的方法，胰島素能漸漸淡出醫生的處方，患者不用終生接受注射治療。

It has been a century since the discovery of insulin. After generations of effort, there have been major leaps in terms of blood glucose control, safety and accessibility. Diabetes is very bitter "sweet" disease, that brings a lifetime of strict control and management. Under the continuous innovation of medical technology, my hope is that scientists can find a cure for diabetes in the future. So, patients can live a life free from injections.

糖尿病小知識 Diabetes Facts

胰島素於1921年由加拿大科學家班廷醫生發現，1991年，國際糖尿病聯盟（IDF）及世界衛生組織（WHO）將每年的11月14日定為「世界糖尿病日」，以紀念班廷醫生。

Insulin was discovered in 1921 by Canadian Scientist Dr. Frederick Banting. In 1991, the International Diabetes Federation (IDF) and World Health Organization (WHO) chose 14th November as "World Diabetes Day" — to commemorate Dr. Frederick Banting.



傅振祥醫生 Dr. Antony Fu

瑪嘉烈醫院, 仁濟醫院
兒童及青少年科
兒童內分泌科專科醫生

Paediatric Endocrinologist

Department of Paediatrics & Adolescent Medicine
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袋鼠牌 低升糖指數白米 關注血糖人士之選！

屬低升糖指數(Glycemic Index/GI)食品，
相對高升糖指數食品，此米是緩慢被消化及吸收，
食用後體內血糖及胰島素上升比較緩慢。



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* 每人份量可換算作1/2中碗飯。
Each serving can be exchanged for 1/2 medium bowl cooked rice.

肉桂蘋果撻 Cinnamon Apple Tart

8人份量 Serves 8

營養分析 Nutrition facts (每人份量提供 per serving)

熱量 Energy	248.4卡路里 (Kcal)
碳水化合物 Carbohydrates	27.0克 (g)
蛋白質 Protein	2.7克 (g)
膽固醇 Cholesterol	30.9毫克 (mg)
脂肪 Fat	14.4克 (g)
纖維素 Dietary Fibre	1.3克 (g)

材料 Ingredients

麵粉 Plain flour	185 克 185 g
無鹽牛油 Unsalted butter	100 克 100 g
甜味劑 (Splenda) Artificial sweetener (Splenda)	2 湯匙 2 tbsp
意大利手指餅 Italian biscuit fingers	6 條 6 pcs
凍水 Cold water	2-3 湯匙 2-3 tbsp

餡材料 Tart filling ingredients

蘋果 Apples	3個 3 pcs
甜味劑 (Splenda) Artificial sweetener (Splenda)	3 茶匙 3 tbsp
肉桂粉 Grounded cinnamon powder	1 茶匙 1 tbsp
已溶無鹽牛油 Melted unsalted butter	1 湯匙 1 tbsp
無加糖黃杏果醬 Sugar-free apricot jam	2 湯匙 2 tbsp
熱水 Hot water	1/2 湯匙 1/2 tbsp

做法 Steps

- 焗爐預熱至攝氏180度。
Preheat oven to 180°C.
- 麵粉及甜味劑於大碗篩好，牛油切小塊，加入麵粉中。用餐刀或手指將麵粉及牛油捏碎，做成麵包糠似的碎狀，拌入水，搓成粉糰，用保鮮紙包好，放入雪櫃冷凍15分鐘。
Sieve plain flour and artificial sweetener together into a mixing bowl. Cut butter into small pieces and add to the sieved flour. Use knife or fingers to rub in the butter and flour to form crumbs. Add water and knead to form dough, wrap in plastic wrap and refrigerate for 15 minutes.
- 枱上灑上少許麵粉，用木棒把麵糰壓成撻皮，把撻皮鋪在9寸圓撻模上，再把多餘的撻皮切走。
Sprinkle some wheat flour on the counter top and roll out the dough into a thin sheet with a rolling pin. Lay the rolled-out dough on a 9-inch round tart tin, use fingers to press the edge and trim the excess edge.
- 蘋果去皮、去芯、切薄片，鋪在撻模上，掃上已溶的無鹽牛油。
Peel and remove the core of the apple, slice thinly and lay on top of the tart crust. Brush with melted unsalted butter.
- 將甜味劑及肉桂粉拌勻，撒在蘋果撻表面。黃杏果醬及熱水拌勻備用。
Combine the artificial sweetener with grounded cinnamon and sprinkle on top of the apple tart. Mix apricot jam with hot water and set aside.
- 蘋果撻放入焗爐內焗25分鐘，掃上果醬，再焗8-10分鐘至金黃色便成。
Bake the tart in oven for 25 minutes. Then brush the top with the jam mixture and bake for another 8-10 minutes until golden brown.



營養師提醒你 Tips from dietician

三氯半乳糖Sucralose (例如Splenda) 屬甜味劑，可以耐熱，適合作為焗糕點，但含阿斯巴甜Aspartame的甜味劑 (例如怡口) 因耐熱程度低，經高溫烹調後甜味會消失，只可離火後用作調味或加入飲品。

A new generation of artificial sweeteners, sucralose (e.g. Splenda), is heat stable and suitable for baking. However, the sweetness of aspartame (e.g. Equal) can be diminished over high heat and should be added as seasoning after the heat is turned off or in beverages.



你可以在《金牌營養師的糖尿病甜美食譜》
找到更多不同款式的低糖食譜！
You can find more diabetes-friendly recipes in
《金牌營養師的糖尿病甜美食譜》！

林思為 Sylvia Lam
澳洲註冊營養師
香港營養師協會會長
Registered Dietician (Australia)
Chairperson of HKDA

張翠芬 Lorena Cheung
美國註冊營養師
Registered Dietician (USA)



二十周年活動 20th Anniversary Events

適逢兒童糖尿協會成立20周年，我們將舉辦一連串慶祝活動。今年，我們更有幸邀請到施羅孚夫人 (Mrs. Purviz R. Shroff, MH) 成為冠名贊助人，贊助本會籌辦20周年誌慶活動，以增加大眾對糖尿病的了解及表達對糖尿病兒童的支持。

There are a number of upcoming events to celebrate YDA's 20th anniversary, and we are honoured to have Mrs. Purviz R. Shroff, MH to be the Title Sponsor. As well as being celebratory events, the events will aim to raise public awareness and support for children with diabetes.

活動精選 Event Highlights

春日派對 Spring Fling Anywhere

春日派對為兒童糖尿協會20周年的首個慶祝活動。春日派對於2021年4月至6月進行，派對舉辦人邀請家人及朋友到家中或辦公室開辦派對，YDA則協助舉辦人訂購食物、飲品，甚至派對佈置品及花束。在派對上，舉辦人會向親友介紹YDA的工作，加深身邊人對糖尿病的認識，並為患有一型糖尿病的兒童籌募善款。

活動期間共舉行了16場派對，籌得超過港幣25萬元善款，在此感謝各位參與者對糖尿病童的支持。

The first event to kick off YDA's 20th anniversary celebration was Spring Fling Anywhere – a series of third-party parties hosted throughout April to June. Party Hosts invited their family and friends to join them at their home or office, and YDA offered a ranged of party items like food, drinks, party decorations and flowers. At the parties, the Hosts introduced YDA to their guests and raised even more funds through auctions and prize giveaways.

A total of 16 parties were held and more than \$250K was raised from all the parties. A huge thank you to all the party Hosts and guests for supporting children with diabetes!



YDA20大使 YDA20 Ambassador

YDA一直設有青年大使計劃，今年適逢20周年，特別舉辦YDA20大使計劃。

有別於以往的大使計劃，YDA20大使計劃特別開放予11至25歲的YDA會員及非會員參加，並邀請了多位來自銀行、會計、教育、出版、公關及市場策劃等多個範疇的專業人士，為YDA20大使提供訓練和工作實習機會。

每位YDA20大使均需參與技能培訓、工作實習、義務工作等不少於15小時，並為YDA的「助養兒童計劃」籌募港幣一萬元。我們期望一眾YDA20大使均可獲得寶貴經驗之餘，亦可增加對糖尿病兒童的關注。計劃截止日期為8月15日，歡迎踴躍參加。如有興趣，請參閱計劃詳情：www.yda.org.hk/ambassador



YDA have had a number of Ambassadors in the past, but this year we wanted to do something different and special for our 20th anniversary.

The YDA20 Ambassador programme was launched. It is a great opportunity for young people aged between 11 and 25 to gain invaluable work experience and skills training, whilst also raising money and awareness. The YDA20 Ambassador programme is open to both YDA youth members and non-members. A number of senior professionals at leading companies in banking, accounting, education, publishing, PR and marketing, and much more, have been invited to offer job skill training and work-shadowing.

Each YDA20 Ambassador has been asked to commit to 15 hours of their time to YDA and to raise \$10,000 for YDA's Sponsor a Child programme. We hope that all Ambassadors can gain valuable experience whilst also helping to raise funds and awareness for children with diabetes.

There is still time to join if you are interested in becoming a YDA20 Ambassador, please visit: www.yda.org.hk/ambassador. Deadline 15 Aug.

活動預告 Upcoming Events

夏日運動嘉年華 Summer Sports Carnival



運動對糖尿病患者維持健康的生活尤其重要，因此YDA將舉辦夏日運動嘉年華，鼓勵小朋友積極運動。嘉年華現場將有多個刺激又好玩的運動項目及遊戲，適合任何年齡的小朋友參加，當然少不了精彩的表演項目及豐富的獎品。想在歡樂的夏日一家人一同玩樂便千萬不要錯過了。

Exercise and sports are important to maintaining a healthy life, especially for people with diabetes. Therefore, YDA is holding a Summer Sports Carnival to encourage children to participant in sports and exercise. There will be fun and exciting sports activities and games for children of all ages. There will also be amazing performances from sporting athletes and prizes. This promises be a fun day out for the whole family. We hope to see you there!

日期：2021年8月1日（星期日）

Date：Sunday 1 August 2021

地點：香港思貝禮國際學校

Venue：Shrewsbury International School Hong Kong



立即報名
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掃描二維碼或到 www.yda.org.hk/20years
了解更多有關YDA 20週年的詳情

For more about YDA's 20th anniversary and all associated events,
scan the QR code or visit www.yda.org.hk/20years

活動焦點 Activity Highlights

國際獅子總會中國港澳303區「家多一點愛」嘉年華 Lions Clubs International District 303 Carnival

YDA很高興獲得國際獅子總會中國港澳303區的邀請，參與於5月23日舉辦的「家多一點愛」嘉年華。

活動當天，YDA透過小遊戲讓大眾認識更多有關碳水化合物化合物的知識，藉以提高大眾對兒童糖尿病的認知及關注。另外，特別鳴謝香港大塚製藥慷慨送贈Soyjoy大豆果滋棒予YDA作遊戲獎品，讓YDA的攤位活動生色不少。

YDA was honored to be invited to join the Lions Clubs International District 303 Carnival held on 23rd May.

At the Carnival, YDA introduced counting carbohydrates and how it can affect someone with diabetes through a booth game. This helped to raise public knowledge and awareness of diabetes and what it is like to live with the condition. Special thanks to Otsuka Pharmaceutical (H.K.) Ltd. for giving out Soyjoy energy bars as game prizes, making the YDA booth more fun.



Soyjoy大豆果滋棒是低升糖指數的營養棒，轉化為葡萄糖速度較慢，血糖升幅亦因而較慢及平穩。

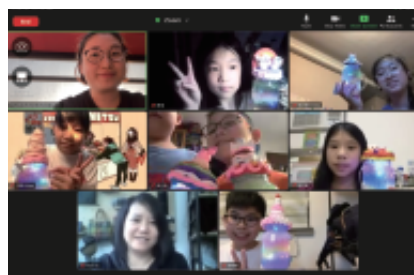
Soyjoy energy bar is a low Glycaemic Index food, which is slow in converting into glucose and thus the increase of blood sugar level is slow and stable.



YDA網上工作坊 YDA Online Workshops

YDA舉辦了一系列網上工作坊，如家長禪繞畫工作坊、體適能小組、親子盆景工作坊等，讓會員和家長都可以一起安在家中享受手工藝和運動的樂趣。

YDA held a series of online workshops including Parents Zentangle, online Fitness Group, Family Moss Terrarium etc. Parents and children enjoyed the activities at home safely.



鳴謝 Acknowledgements

兒童糖尿協會衷心感謝下列機構、團體及人士於2021年3月至6月的捐款及鼎力支持，使我們能夠為各會員提供更多服務。

Thanks to the generous support of the following companies, organisations, and individuals during March 2021 to June 2021, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

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Youth Diabetes
Action
兒童糖尿協會

20 years

請捐款支持我們！ Help us to support children with diabetes

捐款種類 Donation Type

本人願意支持兒童糖尿協會

I would like to make a donation in support of Youth Diabetes Action (YDA):

- ☐ 每月港幣200，可資助1名糖尿病兒童購買1個月的採血針費用
Monthly HK\$200 - help a child with diabetes for a month's worth of blood test lancets
- ☐ 每月港幣300，可資助1名糖尿病兒童購買1個月的採血針及針頭費用
Monthly HK\$300 - help a child with diabetes for a month's worth of lancets and insulin pen needles
- ☐ 每月港幣600，可資助1名糖尿病兒童購買1個月的血糖試紙費用
Monthly HK\$600 - help a child for one month of blood glucose test strips
- ☐ 港幣10,000 (助養兒童計劃)，可資助1名糖尿病兒童購買1年的醫療消耗品費用，以改善其家庭生活
HK\$10,000 (Sponsor a Child) - sponsor the life of a child with diabetes and purchase diabetes medical supplies for one year
- ☐ 其他金額 Other amount HK\$ _____

捐款方法 Donation Method

☐ 劃線支票 By Cheque

劃線支票，抬頭請寫「兒童糖尿協會」By crossed cheque made payable to "Youth Diabetes Action"

支票號碼 Cheque no.: _____

☐ 信用卡 By Credit Card ☐ VISA ☐ MasterCard ☐ AE

信用卡號碼 Credit Card No.:

發卡銀行 Issuing Bank: _____ 有效日期 Expiry Date: 月MM 年YY

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