



Annual Report 2021-2022



糖尿病不再是孩子的障礙 No child held back because of diabetes



主席的話 Chairperson's Message



齊賀20周年 共創新章 A year of celebration and collaboration



2021年·兒童糖尿協會仍要面對新冠疫情的挑戰。但這一年亦是本會成立20週年的大日子·我們當然希望舉辦一連串慶祝活動,亦盼能籌集捐款,提高大眾對糖尿病童的關注。疫情所限·猶幸創意無限·本會友好以「春日派對」揭開20周年慶祝的序幕,後活動亦樂見可在現場舉行·包括夏季嘉與人人,活動合共籌逾350萬元善款。籌款得以創下佳績·誠蒙施羅孚夫人成為20周年所有慶祝活動之冠名贊助人,本會特此鳴謝。

本會的工作核心·乃致力於讓糖尿病童得以自主·有能力控制病情。隨着醫學昌明·我們現在有更完善的儀器可以幫助控制血糖。可惜·因為成本高昂而機會欠奉·不少糖尿病童家庭往往難以獲得適切的醫療設備。因此·本會未來數年的主要工作之一·是為會員優先提供更先進的糖尿病醫療器材·包括連續血糖監測儀(CGM)和胰島素泵。

本會透過與糖尿病醫療器材公司以及撥款機構合作,啟動CGM計劃,為會員提供CGM,並為胰島素泵設立類似計劃。本會深信,這些器材將可大幅改善糖尿病童的生活。

最後,本會衷心感謝董事會成員、醫療顧問、捐款者、贊助商、義工及職員。沒有各位20年來的協助,本會難有今日成就, 謹此致謝。

> 鄭馮亮琪女士 兒童糖尿協會主席

2021 still saw challenges raised by COVID-19; however it was a year where YDA celebrated its 20th Anniversary. We marked the occasion – YDA20 – with a year of special activities and events to raise awareness, support, and funds for children with diabetes. With covid-restrictions still in place, we had to get creative with our first event by asking supporters to host their own smaller gala events – and our Spring Fling Anywhere was created. We were pleased that the rest of our events were held in-person which included the Summer Carnival, Diabetes Conference, and True Blue Street Party at Lee Tung Avenue, to name a few. We raised more than HK\$3.5 million in total. Special thanks to Mrs Purviz R Shroff MH, for being our generous Title Sponsor for all YDA20 activities.

Empowering children to take control of their diabetes has always been at the heart of everything we do. With advancements in diabetes technology, new tech devices can provide improved glucose control but are often inaccessible to families due to their high cost or lack of opportunity. Thus, one of our key priorities for the coming years will be to provide better access to diabetes technology, such as continuous glucose monitors (CGMs) and insulin pumps.

Through collaboration with diabetes device companies and funding organisations, we launched the CGM Programme to provide CGMs to YDA members, and also set up a similar programme for insulin pumps. These diabetes devices can be life-changing for children with diabetes and their families.

Thank you to our dedicated Council members, medical advisors, donors, sponsors, volunteers, and staff members, without whom we wouldn't have been able to achieve what we have so far in the past 20 years.

Fina Cheng Chairperson Youth Diabetes Action

關於 Introduction

兒童糖尿協會是一個獨立慈善團體,成立於2001年,一直透過教育培訓、會員活動、醫療資助,全力援助香港糖尿病兒童、青少年及其家庭。



Youth Diabetes Action (YDA) is a charitable organisation established in 2001 dedicated to the advocacy and aid of children with diabetes and their families, through raising diabetes awareness, organising peer support groups, as well as providing financial and medical support.

宗旨 Mission

為香港糖尿病患者兒童、青少年及其家庭提供支援。
To support children and adolescents with diabetes and their families in Hong Kong.

抱負 Vision

糖尿病不再是孩子的障礙 No child held back because of diabetes

本會的目標 Objectives

- 提高社會對糖尿病對兒童及青少年影響的關注與認識
 Promote community awareness and knowledge of diabetes' effect on children and adolescents
- 改善對糖尿病患兒童、青少年及其家庭的支援及溝通
 Improve communication with, and support to, children and adolescents with diabetes and their family members
- 為糖尿病患兒童、青少年及其家庭以及公眾舉辦各項教育及聯誼活動、及提供經濟援助
 Organise, promote, and execute educational, social, financial support and other programmes for children and adolescents with diabetes, their family members, and the public
- 為糖尿病患兒童及青少年爭取權益
 Advocate for children and adolescents with diabetes

2022年概覽 2022 at a Glance

透過捐款及活動籌得**350**萬港元 HK\$3.5 million raised through donations and event fundraising



超過**2,700**名會員 More than 2,700 YDA members



66

超過 60 個家庭受惠於YDA贊助兒童計劃

Over 60 families supported via the YDA Sponsor a Child Programme

99

超過**1,900**人出席網上及實體活動·參與控制糖尿病教育活動[、] 青年活動、家庭支援·並與其他病人聯繫交流

66

Over 1,900 individuals attended online and in-person events offering education in diabetes management, youth activities, family support, and opportunities to connect with others affected by diabetes



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全力支持糖尿病兒童 Dedicated to children with diabetes

20年來·YDA致力為糖尿病兒童建立強大的支援網絡。糖尿病是漫長的終生疾病·需要無休止的全天候二十四小時護理·孩子和家人都不應孤獨地面對這種生活。

本會旨在為糖尿病童及其家人提供支援和資訊,並讓社區大眾了解糖尿病對患者生活上的影響。

For 20 years, YDA has been working on bringing together a strong support network for children with diabetes. Diabetes is a relentless life-long condition that requires 24 hours a day, 7 days a week management – there is no break. No child should be alone in living with this condition, and families need support too.

Our core support services are developed to provide support and information to children with diabetes and their families, as well as engage with communities about the impact of living with diabetes.

核心服務 YDA Core Services



提供必要的援助 Providing essential support

我們積極地了解糖尿病兒童所面對的挑戰,以便提供最佳支援。在疫情下,環境變得不穩定和令人焦慮,我們首要關心的是孩子的血糖水平是否穩定。我們相信,最新的糖尿病管理技術有助控制血糖,這成為YDA探索和發展的關鍵領域。

We are committed to understand the ongoing challenges facing children with diabetes to help us provide the best support. The pandemic was still causing a lot of uncertainty and anxiety, and our prime concern was whether children were still able to maintain their blood glucose control. We believe better access to the latest diabetes technology will support improved glucose control, thus this has become a key area of YDA's development and exploration.

朋輩大使計劃繼續為新症或正在病情中掙扎的糖尿病患者提供同伴支持。我們的社工一直努力,在每名新患者在出院前或半年內接觸其家庭,同時亦支援現有會員。

The Mentorship Programme continues to provide peer support to those who are new or struggling to deal with diabetes at different stages of childhood. Our social workers have been working hard to reach out to every newly diagnosed family before they leave the hospital or at least within the first six months, as well as to provide ongoing support to existing members.

朋輩大使計劃 Mentorship Programme



累積配對: 177 對 Accumulated matching: 177 pairs

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支援熱線:逾2,000通查詢電話 Hotline services: >2,000 enquiries



送出120個關懷物資包 120 care packs distributed

活動回顧 Activity highlight



連續血糖監測儀支援計劃 Continuous Glucose Monitor (CGM) Support programme

YDA最近一項調查顯示,會員對使用連續血糖監測儀很感興趣,卻因成本高昂, 難以負擔而放棄,我們成功解決此難題。連續血糖監測儀支援計劃於2022年3月啟動,為250名兒童提供為期2個月雅培 FreeStyle Libre,並根據患者意見,展開一項長期的CGM計劃,旨在為香港所有糖尿病兒童提供連續血糖監測儀。另一邊廂,YDA亦以相若的模式籌備胰島素泵計劃。

A recent YDA survey suggested that there is a lot of interest from members to use CGMs to support optimum blood glucose levels, but they are out of reach due to high costs and lack of accessibility. We saw an opportunity to bridge this gap. The Support programme started in March 2022, offering 250 children a 2-month of CGMs. From the feedback and interest gathered, work began on delivering a wide scale long-term programme with the ambitious aim to provide CGMs to all children with diabetes in HK. And a similar programme for providing insulin pumps is also in development.







YDA20 提高關注度及籌款 YDA20 Raising awareness and funds

20年來·YDA一直致力於倡導、教育及提高社區對糖尿病的關注,旨在消除歧視,也讓公眾了解糖尿病的嚴重影響。 For 20 years, YDA has been committed to advocating, educating, and raise awareness of diabetes to the community in order to eliminate discrimination and offer a better understanding of the serious impact of diabetes.

作為20周年慶典的一部分,本會希望讓社會進一步認識糖尿病,並為病童籌款。以下是部分重點活動: As part of our 20th Anniversary celebrations, we wanted to raise as much awareness as possible about diabetes as well as much needed funds. Here are some of the highlights:



於4至6月舉行·支持者邀請親朋到家中、辦公室或其他地方 參加派對。活動期間一共舉辦了16場派對·籌得超過30萬元 善款。

A series of privately hosted parties were held throughout April to June. Party hosts invited their family and friends to join them at their home, office, or other unique venue. A total of 16 parties were held raising over HK\$300,000.













YDA20 大使計劃 YDA20 Ambassador programme

計劃為11至25歲的年輕人提供工作經驗和培訓, 同時籌募捐款和提高社會關注。每位YDA20大使需 要為YDA工作15小時,並為YDA的助養兒童計劃籌 款。我們共有20位年青人成為了YDA20大使。

This provided an opportunity for young people aged 11-25 to gain invaluable work experience and skills training, whilst also raising money and awareness for YDA. Each YDA20 Ambassador was asked to commit 15 hours of their time to YDA and to raise funds for YDA's Sponsor a Child programme. In total we had 20 YDA20 Youth Ambassadors.









「夏日運動嘉年華」是一場家庭同樂活動,為各年齡層的孩子準備了各種體育活動和遊戲,鼓勵他們參與運動。同 場還有跳繩表演和體育明星到場分享,吸引了約100人參加。

We held a family fun event to encourage children to participate in sports and exercise. There were many different sporting activities and games for children of all ages, and also a spectacular jump rope performance and talks by several sporting stars. Around 100 children and family members joined the event.













為慶祝YDA成立20週年和胰島素面世100週年,「藍月·十一」的規模 比以往更盛大。YDA20藍色街頭派對於利東街舉行啟動禮,活動為期 兩日,讓公眾欣賞大型藍色LED藝術裝置,藉此進一步認識糖尿病。

To coincide with celebrating 20 years of YDA and 100 years since the discovery of insulin, our annual Blue November was more ambitious than ever, starting with a kick-off event, the YDA20 *True Blue* Street Party, held in Lee Tung Avenue. The public appreciated a large-scale blue LED art installation and learnt about diabetes over the two-day event.





YDA舉行一場**新聞發布會**·討論糖尿病的上升趨勢《香港兒童糖尿病紀錄冊》的統計結果,以及一項針對糖尿病兒童和青年的脂肪肝研究。

A **Press Conference** was held to discuss the rising trend of diabetes and results from the Hong Kong Childhood Diabetes Registry and a fatty liver study among children and youth with diabetes.

11月14日·YDA與香港青山獅子會合辦「**百年胰島素之糖尿人生單車行」**·得到會員和家人踴躍支持,一同以踩單車的方式籌集善款。

On 14 November – World Diabetes Day – YDA partnered with the Hong Kong Castle Peak Lions Club to organise Insulin100 – Cycle for Diabetes. The event was supported by many members and their families, who had fun cycle ride to raise funds.



最後·YDA20糖尿病研討會聚集了受糖尿病影響的家庭、醫護人員·以及對糖尿病資訊感興趣的人仕·一起聽取與患者的生活經歷·並通過專業觀點了解如何控制病情。

Finally, the YDA20 Diabetes Conference brought together families affected by diabetes, healthcare professionals, and anyone with an interest in diabetes to hear about people's experience living with diabetes, as well as professional views on best ways to manage the condition.



More than HK\$1 million raised from YDA20 activities Over 1,000 people attended YDA20 events YDA20活動籌得100萬元以上的善款 超過1,000人參加了YDA20的活動



教育及社區推廣 Education and Community Activities

除了YDA20活動,本會也繼續參與教育和提升公眾關注的活動,包括翻譯《兒童糖尿手冊》英文版、舉辦關於最新療法的在線和實體工作坊。

由YDA資助的《香港兒童糖尿病紀錄冊》(HKCDR)在過去五年發表了首兩份醫學報告‧顯示出過去 20年‧1型和2型糖尿病的發病率持續上升。HKCDR會繼續收集臨床資料‧協助發展以實證為基礎的本 地化糖尿病護理。



In additional to the YDA20 activities, we continued with our education and community awareness programmes, with work progressing on the translation of the Childhood Diabetes Handbook from Chinese to English, as well as providing online and in-person workshops on latest diabetes treatments.

The Hong Kong Childhood Diabetes Registry (HKCDR), funded by YDA, has over the past five years published its first two medical reports showing that the incidences of both Type 1 and Type 2 diabetes have continued to rise over the past two decades. The HKCDR will actively continue to collect clinical information to aid the development of local evidence-based diabetes care. We are proud to be sponsor of this important research project in HK.

財政及醫療支援 Financial and Medical Support

糖尿病於病發前難以察覺,坊間也有大量誤解。很多人都不知政府只補貼胰島素的成本,對低收入家庭而言,血糖試紙和胰島素注射針頭等開支極為鉅大。過去一年,我們繼續透過醫療用品資助計劃,為60多個家庭提供經濟支援,協助他們節省60%的醫療費和基本醫療用品支出。

Diabetes is often a hidden condition, with many misconceptions. What many people don't realise is that the government only subsidises the cost of insulin. The additional cost of diabetes equipment, such as blood testing strips and insulin pen needles, is huge, especially to low-income families. We have continued to provide financial assistance to over 60 families through the Sponsor a Child programme in the past year. These families saved up to 60% on their medical expenses and purchases of essential medical supplies.



一型糖尿病兒童 A child with Type 1 diabetes

平均每年需要 In one year

1,460 次 times

注射胰島素 Insulin Injections 「篤手指」檢驗血糖 finger prick tests **2,920** 次 times

Cici媽媽:我一定要堅強架,我唔堅強點照顧到佢呢?

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會員資料

姓名: Cici

確診年份:2010(四歲)

2010年10月,當時Cici四歲半左右,突然在家昏迷,被送到浸會醫院,並確診一型糖尿病及出現酮酸中毒症,於是立即轉送到瑪嘉烈醫院搶救,若遲一點就沒救了,我當時真的很害怕。後來Cici留院了一個月,在我才剛學會如何照顧她時,卻輪到我被診斷出癌症。化療期間很辛苦,加上要照顧Cici,當時真的很不容易。

瑪嘉烈醫院的李醫生很早就介紹了YDA給我認識,直到2017年,Cici已確診七年多,我身體亦好轉了些,我們才正式加入YDA。當時幾位社工姑娘我都認識的!她們都好好人、好熱心,常常打電話來跟我聊天,關心我和Cici,我有什麼不明白她們都會耐心向我講解。

YDA的醫療用品資助計劃 (FAP) 真的幫助了我們很多很多,因為我們是單親家庭,最大幫助就是減輕經濟壓力。當時Cici用血糖機,篤手指測血糖,花費不少,但FAP可以覆蓋到大部份的醫療用品開支。真的很多謝YDA。

我一定要堅強架,我唔堅強點照顧到佢呢?

熬下來十年了,真的很辛苦。我是過來人,明白一型糖尿小朋友的照顧者是很辛苦的。爸爸媽媽一定要堅強,初初打擊很大,但自己堅強才可以照顧好小朋友, 所以我們一定要加油。

家長千祈不要覺得小朋友得了糖尿病很可憐,只要控制好飲食,保持穩定的血糖水平,Cici和一般小朋友是一樣的。她小學時體育很好,年年拿冠軍,中學讀書名次亦在前三名。Cici的志願是做一名醫生,希望長大了可以幫到有需要嘅人。



我覺得,宜家好好!

Cici能夠自己照顧自己,比其他小朋友堅強,就是我最大安慰。加上有各位很有愛心的姑娘關心和YDA的幫助, 我已很感恩。



請幫助像Cici這樣的糖尿病童·給予必要的醫療設備和支持·有助控制病情、讓他們健康生活。 為孩子的生活帶來改善:www.yda.org.hk/zh-hant/donate-now 或填寫背頁的捐贈表格。

May Yeung "I must be strong - how can I take care of my child if I am not?"



Member Profile

Name: Cici Zhai

Year of diagnosis: 2010 (aged 4)

"In October 2010, when Cici was four years old, she fell into a coma at home and was sent to Baptist Hospital where she was diagnosed with Type 1 diabetes and ketoacidosis. She was then transferred to Princess Margaret Hospital. We nearly lost her. I was really scared. Cici stayed in the hospital for a month. I was still learning to take care of her, when I was diagnosed with cancer. It was a difficult time, and particularly hard during chemotherapy.

Dr Lee from Princess Margaret Hospital introduced YDA to me very early on. However, it wasn't until 2017 – more than seven years after Cici's diagnosis and when I felt better – that we officially joined YDA. The YDA social workers were very kind and enthusiastic. They often called to chat and cared about me, and would always take the time to explain things that I didn't understand.

YDA's Sponsor a Child Programme has really helped me a lot. Being a single parent, it hugely reduced the financial pressures I faced. At that time, Cici used the finger prick method to measure her blood sugar, and the Programme covered most of the medical supplies expenses. Many thanks to YDA.

It's been a really difficult 10 years. However, I have come to understand that parents of children with Type 1 diabetes must be strong. The initial diagnosis was such a shock and so overwhelming. In order to take care of my child, I needed to toughen up.



I feel that now all is well!

My advice to other parents is don't feel pity towards your child because they have diabetes. Cici is the same as any other child; but she needs to control what she eats and monitor her blood sugar. Cici was very good at sports when she was in primary school. She won championships every year, and she was in the top three in secondary school. Cici's ambition is to be a doctor, and she hopes to help those in need when she grows up.

My greatest comfort is that Cici can take care of herself now. I don't have to worry – she is strong. Additionally, having attentive social workers who care about us has really helped. Thank you YDA for your support."



Please help support children with diabetes like Cici, so they can receive the necessary medical equipment and emotional support to manage their diabetes and live a healthy life.

Make a difference: www.yda.org.hk/donate-now or complete the donation form on the inside back page.

展望未來 Looking ahead

20年來·YDA一直支援糖尿病童及其家人·幫助兒童和年輕人控制病情· 克服糖尿病帶來的障礙。

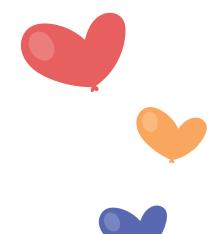
我們致力讓患者接觸到更好的糖尿病技術,並擬定計劃,為會員提供 CGM和胰島素泵,希望改善糖尿病童的生活。控制血糖可減低長期併發 症的風險,讓患者有更多控制病情的撰擇。

這20年以來,兒童患1型和2型糖尿病的發病率持續上升。隨着疫情的限制逐步放寬,我們期望舉辦更多交流活動,繼續主動了解會員需求,為糖尿病童及家人提供最好的支援。

For 20 years, YDA has been dedicated to providing support to children with diabetes and their families. We are committed to empowering children and young people to take control of their condition, learn to live with, and overcome obstacles attributed to diabetes.

We will build on opportunities to provide better access to diabetes technology and further develop programmes to offer CGMs and insulin pumps to our members. We believe this can be life-changing for children with diabetes. Improved glucose control will reduce the risk of long-term complications and allow for better informed decisions on how to manage diabetes.

The incidences of both Type 1 and Type 2 diabetes in children have continued to rise over the past two decades. As the COVID-19 restrictions begin to ease, we look forward to having more in-person activities and will continue to actively understand the needs of our members, in order to provide the best support for children with diabetes and their families.



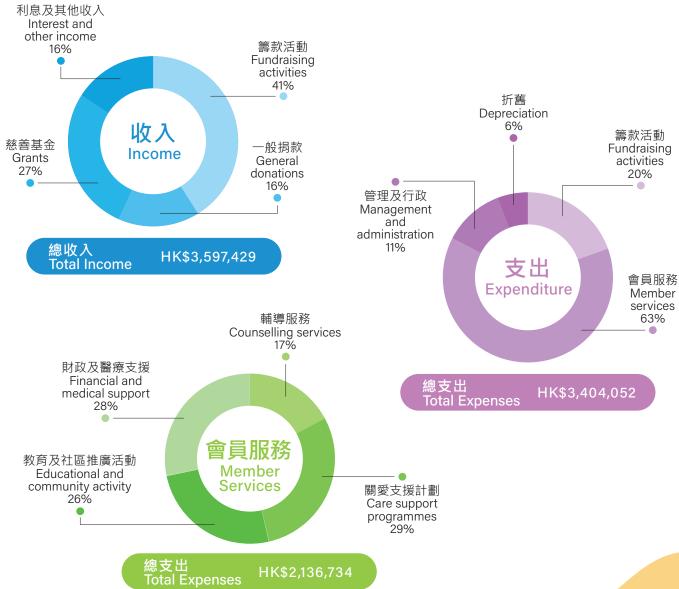


如欲了解本會最新動態,請瀏覽:www.yda.org.hk To keep up-to-date with what we are doing, visit: www.yda.org.hk

財務摘要 Financial Highlights







兒童糖尿協會董事會、顧問及委員會成員 Council and Committee Members

董事會 Youth Diabetes Action Council

榮譽主席 Chairperson Emeritus 何苗春暉女士 Ms Joanna Hotung

主席 Chairperson

鄭馮亮琪女士 Ms Fina Cheng

義務司庫 Hon Treasurer 李佩君女十 Ms Tina Lee

義務公司秘書 Hon Company Secretary 郭燕麗女士 Ms Queenie Kwok

法律顧問 Hon Legal Advisors

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