

YDA today

newsletter summer 2025 | issue 74



齊心發聲

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Uniting Voices

Advocating for Better Access to CGMs



Youth Diabetes
Action
兒童糖尿協會

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編輯的話 Editor's Note

近日舉辦的糖尿病科技論壇，令我們更堅定推動連續血糖監測儀 (CGM) 在香港的普及化，讓一型糖尿病患者受惠。隨着糖尿病病例持續上升，影響數以千計的家庭和年輕人，我們亟需一個創新方案去改革日常健康管理和長期成效。

CGM技術已證實可大幅改善血糖控制，降低嚴重併發症的風險，提高患者生活質素。儘管CGM益處明顯，但社會上仍有許多人受經濟條件所限，未能使用這項不可或缺的工具。

The recent Diabetes Technology Discussion Forum has truly reinvigorated our dedication to advocating for improved access to continuous glucose monitors (CGMs) for people living with Type 1 diabetes in Hong Kong. With diabetes cases steadily increasing — affecting thousands of families and young individuals — there is an urgent need for innovative solutions that can transform daily management and long-term health outcomes.

CGM technology has been proven to significantly enhance blood glucose control, reduce the risk of severe complications, and improve quality of life. Yet, despite its clear benefits, many in our community still face financial barriers that limit their access to this essential tool.



如果你尚未簽署請願書，請務必簽署並分享，以幫助我們收集更多支持。

If you haven't signed the petition yet, please do so and share it to help us gather more signatures.

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糖尿病科技論壇 各界同心發聲

自從有了連續血糖監測儀 (CGM)，完全革新了管理糖尿病的方法，大大改善糖尿病患者的生活質素。不過，對許多香港病人而言，價格高昂仍是一大問題。YDA與香港中文大學合作舉辦了糖尿病科技論壇，主題為「攜手前行：推動香港糖尿病科技普及化」。論壇匯集了YDA會員、專業醫護人士、學者及CGM製造商，就糖尿病科技普及的迫切需要展開深入對話。

我們榮幸邀請到多位傑出的國際專家分享，包括來自英國的Partha Kar教授、新加坡的Daphne Gardner醫生、澳洲的Alicia Jenkins教授，以及香港中文大學的周怡君醫生和呂雅文博士，論壇亦邀得立法會議員林哲玄醫生出席，令活動更有意義。



論壇內容重點如下：

- 研究顯示，CGM可使HbA1c降低0.5% - 1%，大幅減少併發症和低血糖的出現，亦可改善生活質素和減輕長期醫療負擔。
- 香港僅有10%的一型糖尿病兒童和青少年使用CGM，遠遜發達國家25%的水平。
- 如果CGM不能普及，就無法在人口層面上降低HbA1c水平或預防併發症。
- 糖尿病患者必須站在倡議的最前線，分享他們的故事，提高大眾的意識。
- 所有持份者（患者、醫療服務提供者、政策制定者和產業）之間的協作十分重要，以確保患者的聲音能影響資助和政策決定。
- 成本效益分析顯示，CGM在經濟上可行，減少併發症可以長期節省大量醫療開支，這正是爭取政府補貼的理據。

是次論壇不止於討論，更是行動的號召，讓一型糖尿病友的聲音傳得更廣更遠，亦鼓勵大家，決心為香港病人可持續、公平地獲得CGM而奮鬥。

您的參與

你的故事力量非凡，足以成為改變的契機。我們誠邀你加入，呼籲香港政府為一型糖尿病患者提供CGM補貼，希望你能分享親身經歷，以更人性化的方式看待這個迫切問題，並激發施政者行動。

踏出第一步，分享你的故事，寫一封支持信，畫一幅圖畫，給世界聽到你的聲音。讓我們攜手並進，將希望化為行動，不容許任何一型糖尿病患者被遺忘。



分享您的故事

Diabetes Technology Discussion Forum: Empowering Voices

Continuous glucose monitors (CGMs) have revolutionised diabetes management, transforming the daily lives of countless individuals. Yet, for many in Hong Kong, the high cost remains a significant barrier, preventing access to this life-changing technology.

YDA, in collaboration with The Chinese University of Hong Kong (CUHK), organised a Diabetes Technology Discussion Forum, titled “Empowering Progress: Achieving Equitable Access to Diabetes Technology in Hong Kong”, uniting YDA members, healthcare professionals, academics, and CGM manufacturers in a powerful conversation about the urgent need for accessible diabetes technology. We were privileged to hear from distinguished international experts, including Professor Partha Kar (UK), Dr Daphne Gardner (Singapore), and Professor Alicia Jenkins (Australia), alongside local leaders Dr Elaine Chow and Dr Julianna Lui from CUHK. The forum was further honoured by the presence of the Hon Dr David Lam, Legislative Council member.



Key insights from the forum revealed:

- Research shows CGM can reduce HbA1c by 0.5–1%, dramatically lowering the risk of complications and hypoglycaemic episodes, while improving quality of life and easing long-term healthcare burdens.
- Only 10% of children and young people with Type 1 diabetes in Hong Kong currently use CGMs — far behind the nearly 25% in other developed countries.
- Without widespread CGM access, it is impossible to reduce HbA1c levels or prevent complications at a population level.
- People living with diabetes must be at the forefront of advocacy, empowered to share their stories and drive awareness.
- Collaboration among all stakeholders — people with diabetes, healthcare providers, policymakers, and industry — is essential to ensure that the voices of people with diabetes shape funding and policy decisions.
- Cost-effectiveness analyses show that CGMs are economically viable, with significant long-term savings from reduced complications, supporting the case for government subsidies.

The forum was more than a discussion; it was a call to action. It amplified the voices of those living with Type 1 diabetes and strengthened our collective resolve to fight for sustainable, equitable access to CGMs in Hong Kong.

What can you do?

Your story matters — it is a powerful tool for change. We urge you to join us in calling on the Hong Kong Government to subsidise CGMs for people with Type 1 diabetes. By sharing your personal experiences, you help put a human face on this urgent issue and inspire policymakers to act.

Take the first step today: share your story, write a letter of support, draw a picture, and make your voice heard. Together, we can turn hope into action and ensure that no one with Type 1 diabetes is left behind.



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* Minimum accuracy requirements of ISO 15197:2013 require ≥ 95% of the measured glucose values need to fall within ±0.83 mmol/L of the average measured values of the reference measurement procedure at glucose concentrations <100 mg/dL (<5.55 mmol/L) or within ±15% ≥100 mg/dL (> 5.55 mmol/L). 99% of individual glucose measured values need to fall within zones A and B of the Consensus Error Grid (CEG) for type 1 diabetes.
*Always consult your healthcare professional before setting or changing any target ranges.

1. Klaff L et al. Accuracy and User Performance of a New Blood Glucose Monitoring System [published online ahead of print, 2020 Nov 26]. J Diabetes Sci Technol. 2020; https://doi.org/10.1177/1932296820974348. 2. International Organization for Standardization. In vitro diagnostic test systems – requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus (ISO 15197:2013). International Organization for Standardization, Geneva, Switzerland, 2013. 3. Richardson JM et al. Clinical Relevance of Reapplication of Blood Samples During Blood Glucose Testing. Poster presented at the 20th Annual Diabetes Technology Meeting (DTM), November 12-14, 2020.

YDA有關CGM的調查結果

- 在最近一項調查，我們成功訪問了526人。
- 一型糖尿病佔85%，二型糖尿病10%，其他5%。

YDA CGM Survey Results

- In a recent survey, we had 526 respondents.
- 85% Type 1 diabetes, 10% Type 2 diabetes, 5% others.

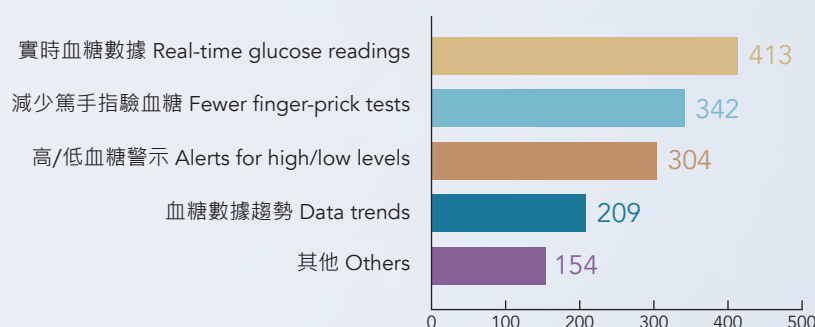
CGM對糖尿病管理和生活質素的影響 Impact of CGM on diabetes management and quality of life

- 使用CGM對你管理血糖有甚麼影響？
How has using a CGM impacted your ability to manage your blood glucose levels?



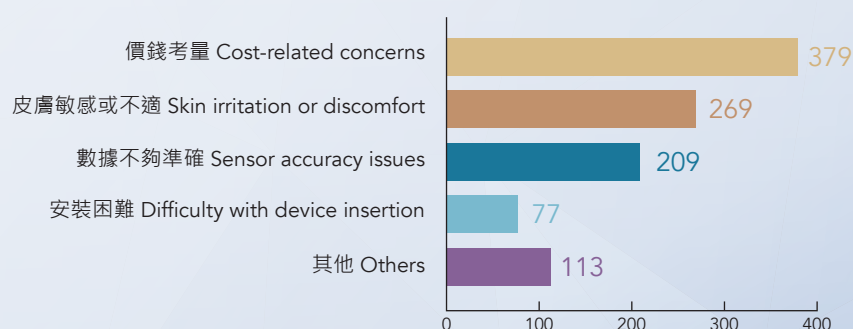
使用CGM的好處 Benefits of CGM

- 對你而言，使用CGM的最大好處是？（最多選擇3項）
What do you find most beneficial from using a CGM? (Select a max of 3)

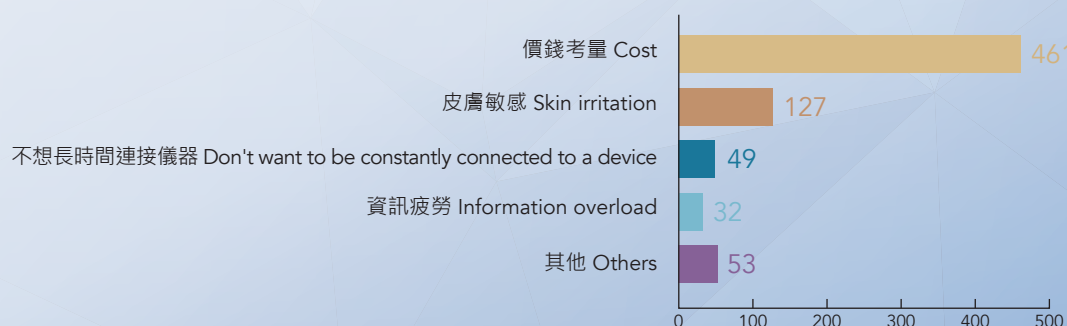


使用CGM時所遇到的難題 Challenges with CGM

- 使用CGM時，你遇到過哪些挑戰？（最多選擇3項）
What challenges, if any, have you faced while using the CGM? (Select a max of 3)



- 如你選擇不再繼續使用CGM，你主要的原因是甚麼？（最多選擇3項）
If CGM funding ends and you choose not to continue using the CGM, what are your main reasons? (Select a max of 3)



我在曼谷的YLD訓練： 與其他青年倡議者一起擴闊眼界

我是Enoch，一年多前確診一型糖尿病。我獲YDA提名參加國際糖尿病聯盟（International Diabetes Federation簡稱IDF）舉辦的一個訓練項目，成為青年糖尿病領袖（Young Leader in Diabetes, 簡稱YLD）。項目旨在匯集年輕的一型糖尿病倡議者，支持他們開展倡議計劃。以下是我在曼谷訓練期間的一些感想和體驗。

來自全球各地約60位青年領袖聚首一堂，齊心為倡議活動做好準備，並與其他青年倡議者建立聯繫。

關於倡議的首個、也是最重要的課題，就是推動政策變革，從而消除根本上的不公平。道理十分簡單：倡議過程中，每一步都同樣重要，但要確保每個目標受眾都能受惠的唯一方法，就是影響政策變革。以連續血糖監測儀（CGM）的普及為例，有來自紐西蘭的YLD導師分享，她的計劃重點是提高人們對CGM的認識，她解釋說：「雖然CGM對糖尿病患者的重要性顯而易見，但直至政策改變前，無人能真正受益於這項技術。」她又補充：「這9年來，我們與紐西蘭政府不斷溝通，以及舉辦多個提高大眾意識的活動，終於在2024年10月1日起，CGM、胰島素泵和其他消耗品將由全民醫療系統資助。」唯有做到這一步，倡議計劃才真正幫助所有一型糖尿病患者。這經驗的重點是：哪怕需時多久，也必須為推動政策變革而奮鬥。



我們還學到了糖尿病的最新知識，以及如何運用SMART方法規劃項目。由後勤工作到推廣技巧，我都非常感恩可以學到如此豐富的知識。此外，培訓期間我們也認識各種全球倡議運動，還與Breakthrough T1D¹和#dedoc²的代表見面，他們為世界各地的糖尿病倡導者提供資助和獎學金。另外，關注歐洲年輕一代的YOURAH³最近也參加了IDF大會，他們致力為大家與所在國家的政治人物牽線，以進一步推動糖尿病政策。這提醒我們在糖尿病倡議路上，永不會孤軍作戰，朋友家人總是陪伴在旁。



訓練中最難忘的，是討論各自國家對糖尿病人的照顧。來自新加坡和泰國的參加者分享在爭取CGM財政援助的挑戰；另有葡萄牙的參加者提及：「技術普及是主要問題，我們要等兩年才能拿到胰島素泵。」當得知葡萄牙的國家醫療體系為一型糖尿病人提供全額補貼時，我意識到他們的醫療保健體系比我們的更好。然而，這種欣羨很快就變成了感恩了一因為岡比亞參加者表示，他們國家只能為部分一型糖尿病人提供混合胰島素。此外，一位北馬其頓的參加者透露，因為當地腐敗，導致瓶裝胰島素被盜，再換成水。所幸在香港，所有胰島素均由政府資助，亦無短缺問題。

¹ Breakthrough T1D（原為JDRF）是一間非牟利組織，致力於支援一型糖尿病患者，並資助相關研究以尋求治癒的方法。

² #dedoc² 是一個專注於同儕支持、全球倡導與疾病認知提升的國際線上社群。

³ YOURAH network 是由國際糖尿病聯盟（IDF）青年領袖訓練營校友組成的、由青年主導的糖尿病社群。

My YLD Training in Bangkok: An Eye-Opening Experience with Other Young Advocates

I am Enoch, and I was diagnosed with Type 1 diabetes just over a year ago. I was nominated by YDA to join a programme run by the International Diabetes Federation (IDF) to become a Young Leader in Diabetes (YLD). This programme aims to bring together young Type 1 diabetes advocates and support them with their advocacy projects. Here are some of my thoughts and experiences from our training session held in Bangkok.

Around 60 young leaders from across the globe gathered to prepare for their advocacy initiatives and connect with other young advocates.

The first and most important lesson about advocacy is about generating policy change to improve situations that are fundamentally unfair. The logic is simple: every step of your advocacy journey is equally important, but the only way to ensure that every target audience benefits is to influence policy changes. Take continuous glucose monitor (CGM) availability, for example. Our YLD mentor from New Zealand shared that her project focused on raising awareness of CGMs. "Although it's easy to demonstrate the importance of CGMs for people with diabetes," she explained, "until policy changes occur, no one truly benefits from this technology." She added, "With nine years of continuous communication with the New Zealand government and countless activities to raise awareness, as of 1st October 2024, CGMs, along with insulin pumps and other consumables, are fully funded by our universal healthcare provider." Only then did our advocacy project truly help all people with Type 1. The moral of the story? We fight for policy change, regardless of how long it takes.



We received updated knowledge about diabetes and how to plan a project using the SMART method. From logistics to promotional skills, I am incredibly grateful for all this information. Moreover, we were introduced to various global initiatives during the training. We met representatives from Breakthrough T1D¹ and #dedoc² who provide funding and scholarships to diabetes advocates worldwide. "YOURAH"³, which focuses on the younger generation in Europe, recently participated in the IDF congress. Parliamentarians aim to connect you with political figures in your country to further diabetes advocacy. This reminds us that the advocacy journey for diabetes is never undertaken alone; there are always friends and family along the way.

One unforgettable memory from the training was a discussion about diabetes care in our countries. Participants from Singapore and Thailand shared challenges in securing financial help for CGMs, while a participant from Portugal mentioned, "Availability of technology is a major issue; we have to wait two years for pumps." When I learned that the Portuguese National Health System provides full subsidies for people with Type 1, I realised how much better their healthcare system is compared to ours. However, this envy quickly turned to appreciation when participants from Gambia explained that their country can only provide mixed insulin to some people with Type 1. Additionally, a participant from North Macedonia revealed that corruption leads to stolen insulin vials being replaced with water. In Hong Kong, all insulins are government-funded; therefore shortages are not a concern.

¹ Breakthrough T1D (formerly known as JDRF) is a non-profit organisation supporting people with Type 1 and funding research to find the cure.

² #dedoc² is an international online community focused on peer support, advocacy, and raising awareness globally.

³ YOURAH network is a youth-led diabetes community composed of alumni from IDF Youth Leadership Camp.

資助兒童計劃

處理一型糖尿病這樣的終身疾病，不僅帶來情緒壓力，經濟負擔也非常沉重。當孩子確診時，焦慮、無助和內疚會不停困擾父母。車曦今年11歲，她9歲時就確診患有糖尿病。以下是車曦及她母親分享的經歷，有助我們明白她們所面對的挑戰，以及資助兒童計劃如何改善她們的生活。



姓名：車曦

年齡：11

確診年齡：9.5

嗜好：畫漫畫



1. 可以分享你確診一型糖尿病的經過嗎？以及它對你家庭的影響。

車曦：我今年11歲。大約在我九歲的時候，有一次我突然在學校操場上暈倒，校方很快地把我送進威爾斯親王醫院，並且即時通知我的媽媽。經過醫生詳細檢查後，証實我患上一型糖尿病。

患病初期，我感覺人生沒有什麼希望了！每天都在哭，生活不開心，甚至不想上學，心裡有很多擔憂。而且，我經常要打針，實在很麻煩，所以我在家中常發脾氣，更害怕同學們因我患有此病而歧視我、疏遠我。幸好老師、同學、媽媽和姐姐體諒我，學校更安排社工陪同打針，使我慢慢走出陰霾，回復以前活潑開朗。

車曦媽媽：我同樣很難接受這個（女兒患病）事實，每天看見女兒打胰島素針就很心痛，有時，她晚上會有低血糖的情況，我會起身給女兒一些補糖飲品。女兒生病後，不論在經濟上和情緒上，我們一家的生活亦與以前不同了。後來經醫院介紹，我認識了兒童糖尿協會，在機構的計劃中得到經濟上的支持。除此之外，我亦認識了其他病童家長，大家身同感受，明白作為家長的苦況及掙扎，有了這些同路人，令我慢慢適應下來，心裡不再這麼徬徨。

2. 參加「資助兒童計劃」之前，你們遇過哪些挑戰？

車曦媽媽：女兒突如其來的病，作為媽媽的我十分擔心，因為我除了要獨力照顧兩名女兒外，亦要兼職工作幫補家計，在沒有參加「資助兒童計劃」之前，生活的擔子很重，承受很大的經濟壓力。而且，我初時不懂如何幫助女兒管理糖尿問題，經常讓我不知所措，幸好兒童糖尿協會有一個家長群組，透過他們的分享，讓我了解更多糖尿病的知識，加強照顧女兒的信心。

3. 這計劃為你們帶來什麼改變？

車曦媽媽：我參加YDA「資助兒童計劃」差不多一年了，每季有\$1800的津貼（實報實銷），幫助我們買針頭、糖尿試紙等等醫療用品，從而減輕家庭經濟的壓力，令我們一家生活過得舒服一點。

立即捐款 改善病童生活

你的無私支持，可以幫助像車曦這樣的家庭獲得必要的糖尿病用品，並照顧一型糖尿病兒童。捐款支持資助兒童計劃，即可協助有需要的人改善生活、減輕經濟負擔。

掃描二維碼捐款，幫助我們繼續這項有意義的工作。讓我們攜手為像車曦一樣的病童帶來希望和支持。多謝你慷慨解囊！



Sponsor a Child

Managing a lifelong condition like Type 1 diabetes can be both emotionally taxing and financially overwhelming. Parents often experience feelings of anxiety, helplessness, and guilt when their child receives this diagnosis. Che Hei, an 11-year-old, was diagnosed at just nine years old. Read about Che Hei's journey alongside her mother, highlighting the challenges they face and the impact of the Sponsor a Child programme on their lives.



Name:

Che Hei

Age:

11

Age of Diagnosis:

9.5

Hobbies:

Drawing cartoons

1. Could you share the details of your diagnosis with Type 1 diabetes, including how and when it occurred, your feelings about the diagnosis, and its impact on your family?

Che Hei:

I am 11 years old this year. Around the age of nine, I suddenly fainted on the school playground. The school quickly sent me to Prince of Wales Hospital and immediately informed my mum. After a thorough examination by the doctors, it was confirmed that I have Type 1 diabetes. At the beginning of my illness, I felt there was no hope in life. I cried every day, was unhappy, and didn't even want to go to school. I had many worries. The frequent injections made things worse. I often lost my temper at home, and I was afraid that my classmates would discriminate against me or distance themselves because of my illness. Fortunately, my teachers, classmates, my mum, and my sister were understanding. The school even arranged for a social worker to accompany me during injections, which helped me slowly emerge from the emotional gloom and regain my cheerful, lively self.

Che Hei's mum:

I also found it very difficult to accept this reality. Seeing Che Hei inject insulin every day was heartbreaking for me. Sometimes, when she experienced low blood sugar at night, I would wake up to give her a sugary drink to help her recover. Because of diabetes, our family's situation has changed compared to before—both financially and emotionally. Later, through the hospital's recommendation, I was introduced to YDA. Through the programme, I not only received financial support but also found companionship from others who understood our struggles. This helped us gradually adapt and feel less lost.

2. Before joining the Sponsor a Child programme, what challenges did you face?

Che Hei's mum:

My daughter's sudden illness made me extremely worried as a single mother. In addition to taking care of my two daughters on my own, I also had to work part-time to support our household. Before joining the medical supplies subsidy programme, the burden of daily life was overwhelming, and I faced significant financial pressure. Moreover, at first, I didn't know how to help my daughter manage her diabetes, which often left me feeling lost. Fortunately, YDA has a parent group, and through their shared experiences, I was able to learn more about diabetes, which strengthened my confidence in caring for my daughter.

3. How has the Sponsor a Child programme made a difference?

Che Hei's mum:

We have been part of the Sponsor a Child financial assistance programme for almost a year now, receiving a quarterly allowance of HK\$1,800 (reimbursement is based on actual expenses). This has helped us purchase essential medical supplies like needles and diabetes test strips, reducing the financial burden on our family and allowing us to live more comfortably.



Make a difference today!

Your support can help families like Che Hei's access essential diabetes supplies and care for children with diabetes. By donating to the Sponsor a Child programme, you can play a vital role in improving lives and easing the financial burden on those in need.

Scan the QR code to make your donation and help us continue this important work. Together, we can provide hope and support to young advocates like Che Hei. Thank you for your generosity!



解讀營養標籤 第一章：精明選擇食物

在我們生活中，其實難以避免外出購買預先包裝食物，而這個也是我們均衡飲食的一部分。因此，懂得閱讀營養標籤是十分重要的一環。但這個佔包裝小小面積的標籤，讀得明白要一些學問才可以呢。

你需要那些工具幫忙？

過去我們須要計數機，有時還需要放大鏡的協助！但現時有智能手機協助就可以了，因為可以利用內置的計數機應用程式幫助計算；如營養標籤字體太小，可利用相機Zoom功能放大作輔助。

營養標籤有那些資訊？

根據現時法例，必須列出以下1+7項資訊：包括能量（1）、蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖和鈉（7）的含量。而這個資訊可以是以每100克/毫升的含量或每一食用份量的含量作出標示。

每100克/毫升的含量或每一食用份量的含量有何分別？

一般而言，每100克/毫升含量多用於比較不同產品營養成分之不同，而每一食用份量則用於計算每次進食後會得到多少營養成分。例如一盒236毫升的豆漿，如果你一次把整盒飲掉，食用份量就是236ml。因此，須特別留意食品營養標籤之說明。

以下是一個例子（以下標籤及成份表為參考市面上一個紙包豆漿樣本改寫）

	每100毫升
能量	46千卡
蛋白質	2.1克
總脂肪	2克
飽和脂肪	0.6克
反式脂肪	0克
碳水化合物	4.8克
糖	4.7克
鈉	20毫克
鈣	77毫克

（原食用份量236毫升）



成份表：水、大豆、糖、碳酸鈣、乳化劑、穩定劑、麥芽糊精、完全氫化植物油、抗結劑

在以上例子中，它是以每100毫升的含量作標示，而每一食用份量為一盒即是236毫升；即是我們在計算時須利用以下方法：

$$\text{攝入營養素份量} = \frac{\text{每100毫升所含份量} \times \text{食用份量}}{100}$$

在這個例子，假如我們要計算攝入碳水化合物份量，方法就是

$$\text{碳水化合物} = \frac{4.8 \times 236}{100} = 11.3 \text{克}$$

即是飲用一盒豆漿大約等於一份碳水化合物（10克）。

假如需要計算攝取的蛋白質份量，只須把蛋白質的份量代入即可；其他營養素計算方法也是同一方法，只須代入相關數字即可。

Understanding Nutrition Labels Part I: Are You Making Informed Food Choices?

In our daily lives, it is often unavoidable to purchase pre-packaged food when eating out, and this is also part of maintaining a balanced diet. Therefore, understanding how to read nutrition labels is an essential skill. However, these labels, which take up only a small space on the packaging, require some knowledge to interpret correctly.

What tools do you need for assistance?

In the past, we needed a calculator, and sometimes even a magnifying glass! But nowadays, a smartphone is enough. The built-in calculator app can help with calculations, and if the font on the nutrition label is too small, the camera's zoom function can be used to enlarge the text for better readability.

What information does a nutrition label contain?

According to current regulations, nutrition labels are part of food labels. The "1+7" on the nutrition label refers to the energy value and the content of seven specified nutrients, namely protein, carbohydrates, total fat, saturated fat, trans fat, sodium, and sugar. This information can be presented per 100 grams/ml or per serving size on the packaging.

What is the difference between per 100 grams/ml and per serving size?

Generally, the per 100 grams/ml value is used for comparing the nutritional content of different products, while the per serving size helps determine the actual nutrients consumed in one serving. For example, if a carton of soy milk contains 236 ml and you drink the entire carton at once, then the serving size is 236 ml. Therefore, it is important to carefully check the details on nutrition labels.

Here is an example: The following label and ingredient list is a modified version based on a commercially available carton of soy milk.

Per 100 ml	
Energy	46 kcal
Protein	2.1 g
Total fat	2 g
Saturated fat	0.6 g
Trans fat	0 g
Carbohydrate	4.8 g
Sugar	4.7 g
Sodium	20 mg
Calcium	77 mg

Original serving size: 236 ml

Ingredients: Water, soya bean, sugar, calcium carbonate, emulsifier, stabiliser, maltodextrin, fully hydrogenated vegetable oil, anti-caking agent

In the above example, the nutritional content is listed per 100 ml, while the serving size is one full carton, which equals 236 ml.

To calculate the intake of nutrients, use the following formula:

$$\text{Consumed nutrient} = \frac{\text{content per 100 ml} \times \text{portion size}}{100}$$

For instance, if you want to calculate carbohydrate intake, the formula would be:

$$\text{Carbohydrate} = \frac{4.8 \times 236}{100} = 11.3\text{g}$$

This means that drinking one carton of soy milk provides approximately one serving of carbohydrates (10 grams).

If you need to calculate protein intake, simply substitute the protein value into the formula. The same calculation method applies to all other nutrients—just replace the relevant numbers accordingly.

標籤小偵探：計出碳水

Label Detective: Count the Carbs



題目一：你吃了圖中的什菜薯條21克（半包），請問你攝取了多少碳水？

Question 1: You ate 21g of Vegetable Fries (half a pack). How many carbs did you consume?

- A. 13.5克 (g) B. 14.6克 (g) C. 15.3克 (g) D. 16.2克 (g)

題目二：你今天喝了一包白桃豆奶，共250ml，請問你攝取了多少碳水化合物？

Question 2: Today, you drank one full pack of Peach Soy Milk, totalling 250ml. How many carbohydrates did you consume?

- A. 12.8克 (g) B. 14.8克 (g) C. 17.5克 (g) D. 19.3克 (g)

題目三：你喝了白桃豆奶250mL，並且吃了什菜薯條1/3包。總碳水攝取量是多少？

Question 3: You drank 250ml of Peach Soy Milk and ate 1/3 pack of Vegetable Fries. What's your total carbohydrate intake?

- A. 24.5克 (g) B. 39.8克 (g) C. 41.7克 (g) D. 44.2克 (g)

百里香焗大蝦

Baked King Prawns with Thyme



營養分析 Nutrition facts

每人份量提供
Each serving provides

熱量 Energy	142.3 卡路里 (Kcal)
碳水化合物 Carbohydrates	0.6 克 (g)
蛋白質 Protein	12.2 克 (g)
膽固醇 Cholesterol	91.3 毫克 (mg)
脂肪 Fat	10.1 克 (g)
纖維素 Dietary fibre	0 克 (g)

材料 (4人份量)

大蝦4-6隻 約240克
新鮮百里香 2-3棵 (或乾百里香1湯匙)

調味料A:

橄欖油 1.5湯匙
檸檬 1/2個 (榨汁)
蒜茸 半小湯匙
鹽、黑胡椒粉 適量

調味料B:

特醇橄欖油 1湯匙
白酒醋 1/2湯匙
鹽、胡椒粉 適量
沙律雜菜 適量

做法

1. 混合調味料A後，加入百里香。
2. 大蝦洗淨，放入(1)內拌勻，醃1小時。
3. 以攝氏210度預熱焗爐，放入醃好鮮蝦，焗15-20分鐘至熟。
4. 混合調味料B成沙律汁。雜菜墊底，放上焗香大蝦，灑上沙律汁即可。

Ingredients (serves 4)

King prawns 4-6 pieces (about 240 g)
Fresh thyme 2-3 sprigs (or 1 tbsp dried thyme)

Seasoning A:

Olive oil 1.5 tbsp
Lemon 1/2 (juiced)
Garlic 1/2 tbsp (minced)
Salt and white pepper a pinch

Seasoning B:

Extra virgin olive oil 1 tbsp
White wine vinegar 1/2 tbsp
Salt and white pepper a pinch
Salad greens small amount

Steps

1. Mix seasoning A well. Add thyme.
2. Wash and pat dry king prawns. Add the prawns into mixture of (1). Marinate for 1 hour.
3. Preheat the oven at 210°C. Bake the marinated prawns for 15-20 minutes until cooked.
4. Mix seasoning B well to form salad dressing. Lay salad greens on a dish. Top the salad with the baked prawns. Pour the salad dressing over and serve.

營養師提醒你 Tips from dietitian

橄欖油越純，單元不飽和脂肪的含量較高，有益心臟健康。但因特醇橄欖油的煙點 (smoking point) 較低，不適合猛火烹調，較適宜用作沙律油及調味。一般烹調時，使用普通橄欖油便可，而且價錢較平。

Extra virgin olive oil contains the most monounsaturated fats which is beneficial for heart health. However, as the smoking point of extra virgin olive oil is relatively low, it is best to use in salads and seasoning. Ordinary olive oil is good for general cooking and cheaper.



你可以在《糖尿病營養師甜美食譜》
找到更多不同款式的低糖食譜！

You can find more diabetes-friendly recipes in
《糖尿病營養師甜美食譜》！

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奇妙之旅 - 香港迪士尼樂園

Magical Journey - Hong Kong Disneyland

2月14日，YDA會員展開一場迪士尼樂園的奇妙旅程！除了暢玩樂園內的玩樂設施，我們更精心設計了各種互動任務給會員們合作完成，展現團隊精神。本次活動不僅創造了難忘回憶，更深化了會員間的友誼。

On 14 February, YDA embarked on an enchanting adventure with our members at Hong Kong Disneyland. In addition to experiencing the iconic attractions, we curated interactive missions for members to complete tasks and demonstrate team spirit. The event not only sparked joy but also strengthened the bonds within our community.



美敦力胰島素泵用家同樂日

Medtronic Insulin Pump Users Fun Day

在美敦力 (Medtronic) 的全力支持下，YDA為會員舉辦了「胰島素泵用家同樂日」！我們邀請了兒童醫院資深護士潘綺雯姑娘擔任導師，透過情境角色扮演、設備操作等互動遊戲，讓參與者在輕鬆氣氛下深入學習胰島素泵的使用技巧。

Thanks to Medtronic's generous support, YDA hosted a unique Insulin Pump Users Day. With Nurse Iris Poon from The Children's Hospital as our guide, members engaged in scenario-based role play and device operation challenges—transforming complex pump knowledge into hands-on learning. Participants practised real-time glucose monitoring and dosage adjustments in simulated daily situations while exploring insulin pump technologies.



探索愛協工作坊

Explore SPCA Workshop

YDA獲香港愛護動物協會 (SPCA) 的邀請，讓會員有機會踏進青衣賽馬會百周年中心，展開一場愛心之旅！會員們親手彩繪獨一無二的動物面具，在創意手作坊中綻放童心；更跟隨SPCA職員深入領養中心，與待家小動物溫柔互動。透過SPCA職員的專業講解，讓我們深刻體悟：寵物不是玩伴，而是需要用一生守護的家人。

Invited by the Society for the Prevention of Cruelty to Animals (SPCA), YDA members visited the Jockey Club Centennial Centre in Tsing Yi for an inspiring afternoon. Through creative mask-making workshops, we crafted playful animal faces while touring the Adoption Centre. SPCA staff illuminated the essence of responsible pet ownership, reminding us: Animals are not transient companions, but lifelong commitments.



青少年管弦樂入門慈善音樂會

The Young Person's Guide to the Orchestra Charity Concert

6月22日，由香港愛樂團傾力呈獻，為YDA籌款的精彩慈善音樂會在香港文化中心音樂廳完美謝幕。音樂會不但為大家帶來《青少年管弦樂入門》、《魔法師的學徒》等經典樂章，更特邀國際知名小號演奏家Nitiphum Bamrungbanthum帶來精彩獨奏！音樂會有超過一千人入場，共籌得款項港幣580,000元。最後要再次感謝香港愛樂團，以及冠名贊助是次音樂會的施羅孚夫人，感謝他們對糖尿病兒童的支持及鼓勵！



On 22 June, a spectacular family concert presented by the SAR Philharmonic Orchestra for YDA successfully took place at the Concert Hall of the Hong Kong Cultural Centre. The performance featured classical masterpieces, including *The Young Person's Guide to the Orchestra* and *The Sorcerer's Apprentice*, along with an exceptional solo by internationally acclaimed trumpeter Nitiphum Bamrungbanthum. The event attracted over 1,000 attendees and raised HK\$580,000. We extend our deepest gratitude to the SAR Philharmonic Orchestra and our Title Sponsor, Mrs Purviz Shroff, for their steadfast support and encouragement of children with diabetes.



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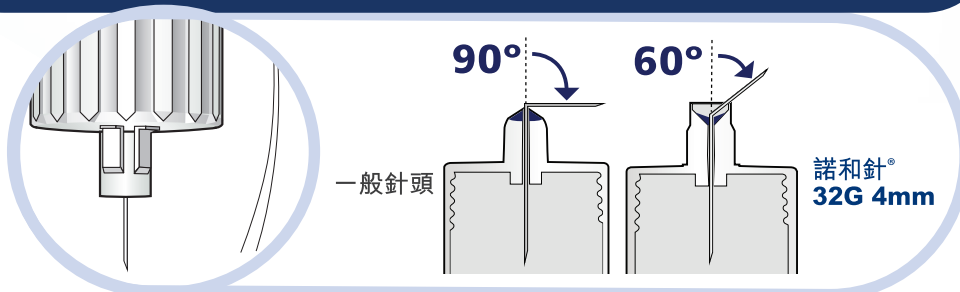
感受仿如無痛的胰島素注射¹！

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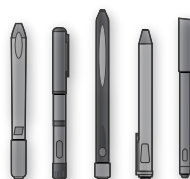
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全新影片：連續血糖監測儀如何改變糖尿病童的生活

一型糖尿病童與家人每日都要面對管理血糖的壓力，當中的艱辛他人往往難以理解。CGM連續血糖監測儀的出現為他們帶來新希望，成為有效管理糖尿病的必備品。

這段最新推出的短片記錄了糖童家庭面對一型糖尿病的日常，CGM不僅有助他們改善血糖管理，更便利了年輕患者的生活，為他們重拾自信。

兒童糖尿協會（YDA）獲香港賽馬會慈善信託基金資助，推出「年輕糖尿支援計劃」，為合資格的年輕患者免費提供 CGM，至今已惠及數以百計的家庭。計劃亦致力推廣糖尿病科技的應用，並為患者及其照顧者提供糖尿管理教育，讓他們更有信心迎接每一天的挑戰。



觀看完整影片並了解更多計劃詳情，
請瀏覽官方網站：<https://jcsupportdm.hk>

New Video Highlights Life-Changing Impact of Continuous Glucose Monitors for Children with Diabetes

Every day, children with Type 1 diabetes and their families encounter significant challenges in managing blood glucose levels — struggles that are often difficult for others to comprehend. The introduction of continuous glucose monitors (CGMs) has brought new hope, serving as an essential tool for effective diabetes management.

A newly released video captures heartfelt stories from families who are navigating life with Type 1 diabetes. It offers a powerful glimpse into how CGMs are not only improving diabetes management, but also restoring confidence and freedom to young lives.

With funding from The Hong Kong Jockey Club Charities Trust, YDA launched the Jockey Club Support for Young People with Diabetes Programme, providing free CGM devices to eligible patients and helping countless families better manage the condition.

Since its launch, the programme has supported hundreds of children and teens, enabling them to take greater control of their health. YDA continues to advocate for broader access to diabetes technology and provides education on diabetes management and community-building opportunities.



To learn more about this impactful initiative and watch the full video,
please visit the official website: <https://jcsupportdm.hk>



Youth Diabetes
Action
兒童糖尿協會

支持我們 支援糖尿病童 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12,000 (資助兒童計劃)，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\$12,000 (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:

- ☐ 每月捐款 Monthly donation 港幣HK\$ _____
- ☐ 一次性捐款 One-off donation 港幣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.: _____

請把支票郵寄至：九龍土瓜灣道94號美華工業中心B座9樓B17室

Please send the cheque to: B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, Kowloon

- ☐ 信用卡 By credit card ☐ VISA ☐ MasterCard

信用卡號碼 Credit card no.: _____

發卡銀行 Issuing bank: _____ 有效日期 Expiry date: _____ 月MM _____ 年YY

持卡人姓名 Cardholder's name: _____ 持卡人簽署 Cardholder's signature: _____

本人授權兒童糖尿協會於本人之信用卡賬戶內一次過 / 每月 / 每年定期扣除上述之金額。若以信用卡每月 / 每年捐款，有關授權在信用卡有效期內繼續生效，直至另行通知為止。我可以在任何時候以書面形式通知兒童糖尿協會取消有關捐款。

I hereby authorise YDA to charge the above specified amount once/ monthly/ yearly from my credit card account. The authorisation of monthly/ yearly donation will continue in effect from the above valid date until further notice. I may cancel my regular donation at any time in writing to the YDA office.

- ☐ 銀行轉帳 Bank transfer

銀行 Bank: 香港上海滙豐銀行有限公司 HSBC 帳戶名稱 Account name: Youth Diabetes Action 帳戶號碼 Account number: 808-371959-838

- ☐ PayMe



請將成功付款截圖並連同「捐款者資料」WhatsApp (+852 64245419) 或電郵 (support@yda.org.hk) 給兒童糖尿協會。

Please screenshot the payment success page and WhatsApp (+852 64245419) or email (support@yda.org.hk) to Youth Diabetes Action with the "Donor's information".

捐款者資料 Donor's information

捐款港幣100或以上可憑捐款收據申請扣稅。

Donations of HK\$100 or above are tax deductible with a donation receipt.

姓名 Name: _____

收據抬頭 (如與捐款者不同) Recipient name (if different from the above) _____

地址 Address: _____

電郵 E-mail: _____ 聯絡電話 Contact no.: _____

更新個人資料 Update personal information

會員如欲更新個人資料，請填妥以下表格，並以電郵 (support@yda.org.hk)、傳真 (25443313) 或郵寄 (九龍土瓜灣土瓜灣道94號美華工業中心B座9樓B17室) 交回本會。
If you wish to update your personal information, please complete the following form and send it to us by email (support@yda.org.hk), fax (25443313) or post (B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, To Kwa Wan, Kowloon).

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*請圈出適用的選項 Please select the option that apply

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