

# YDA today

newsletter spring 2026 | issue 76



從課堂開始：一起了解糖尿病  
Classroom Conversations:  
Let's Talk Diabetes



Youth Diabetes  
Action  
兒童糖尿協會

兒童糖尿協會衷心感謝下列機構、團體及人士於2025年12月至2026年2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 December 2025 to February 2026, 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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## 編輯的話 Editor's Note

我們最近舉辦的「糖尿病科技論壇」突顯了一個簡單卻非常重要的課題：在政策、資助及日常服務中，社會大眾必須清楚區分一型與二型糖尿病。兩者常被混為一談，但實際生活的差異（尤其對一型糖尿病兒童而言）需要截然不同的資源、時間表及支援。透過這種區分，我們希望反映一型糖尿病患者日常面對的獨特負擔，包括每天多次胰島素注射及持續血糖監測。

這亦是我們校園講座計劃的主要目標之一，希望透過生動有趣的講座提升小學及中學對糖尿病的關注。課堂為學生及教職員提供實用資訊，解釋一型與二型糖尿病的分別，消除常見誤解，同時推廣均衡飲食，及定期運動等健康生活方式。

我們希望透過教育年輕人及教育工作者，為糖尿病學生建立更具包容及理解的校園文化。

Our recent Diabetes Technology Discussion Forum brought into sharp focus a simple but vital importance: the need to differentiate between Type 1 and Type 2 diabetes in policy, funding, and everyday practice. Too often, the two conditions share a surface label while the lived realities — especially for children with Type 1 — demand distinct resources, timelines, and supports. By making this distinction, we aim to reflect the unique daily burdens of individuals with Type 1 needing multiple daily insulin injections and continuous glucose monitoring.

This is one of the core aims of our school talk programme, which delivers engaging talks that raise diabetes awareness across primary and secondary schools. The sessions provide practical information for students and staff — explaining the differences between Type 1 and Type 2 and dispelling common myths — while promoting healthy lifestyles through balanced eating and regular physical activity.

By educating young people and educators, the programme hopes to create a more inclusive and understanding school environment for students living with diabetes.

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# 把糖尿病帶進課室

作為YDA校園計劃的一部分，「糖尿病講座」將糖尿病的話題帶入課室，讓教師與學生正確認識糖尿病，並推廣健康飲食、定期運動等生活習慣。這次專訪，我們邀請了學生楊諾晞及其母親楊太，分享她們對確診一型糖尿病的感受，以及在校園中控制病情的經驗。

## 諾晞何時確診一型糖尿病？當時你的感受如何？

楊太：諾晞在2025年10月確診，當時她10歲。我們全家都很難過，包括我六歲的兒子。我們從未想過這件事會發生在女兒身上。幸好醫生發現得早，病情及時得到控制。在朋友的鼓勵下，我們保持正面心態，一起渡過艱難時刻。

## 確診後，日常生活有何改變？

楊諾晞：每日餐前我都要注射胰島素。如果血糖過低，我要「篤手指」檢測血糖，然後喝一點果汁。如果血糖過高，我也要「篤手指」，然後攝取大量水份，和去散步。

## 在學校控制病情，最困難的是什麼？

楊諾晞：讓我感到最困難的可能是身邊的人。他們問長問短，有時會讓我感到很不自在，因為我不想解釋太多。



## YDA的支援如何幫助諾晞在校園管理糖尿病？

楊太：YDA提供了很多實用資料，甚至安排我們與學校進行線上會議，讓老師、校長及校護更了解糖尿病，令他們更容易在校園照顧女兒。

# Bringing Diabetes into the Classroom

As part of YDA's schools programme, Diabetes Talk, we bring the conversation about diabetes into classrooms — empowering teachers and students with practical knowledge and promoting healthy eating and lifestyle habits, including regular exercise. In this feature, we speak with Roxanne, a student, and her mother Mrs Yeung, sharing their perspective on Roxanne's Type 1 diabetes diagnosis and how it's managed at school.

**When was Roxanne diagnosed with Type 1, and what were your initial feelings about the diagnosis?**

Mrs Yeung: Roxanne was diagnosed in October 2025 when she was 10 years old. Our whole family was very upset, including my six-year-old son. We never imagined that this illness would happen to my daughter. Fortunately, it was discovered early, so her condition was brought under control more quickly. With the encouragement of our friends, we were able to stay positive and get through the difficult time together.

**How has living with Type 1 diabetes changed your daily routine since your diagnosis?**

Roxanne: Before every meal, I have to take insulin. If I have low blood sugar, I must prick my finger to check my levels and drink some juice. If I have high blood sugar levels, I have to prick my finger, drink tonnes of water, and go for a walk.

**What is the most challenging thing about managing diabetes at school?**

Roxanne: The most challenging thing is probably the people surrounding me. Asking me, 'What is this?' or 'What is that?' I sometimes feel uncomfortable because I don't really want to explain it in further detail.

**How has YDA helped to support Roxanne manage her diabetes at school?**

Mrs Yeung: YDA has provided us with a lot of useful materials and even arranged Zoom meetings with the school. These sessions helped the teachers, principal, and school nurse gain a better understanding of diabetes, which has made it easier for them to observe and take care of my daughter at school.



YDA醫療顧問施穎珊醫生曾在諾晞的學校主持「糖尿病講座」，她向我們詳述講座目的。

教師與學生在照顧糖尿病學生時，最重要的要點是什麼？

我們必須謹記，糖尿病兒童不應因為病情而被限制或受到差別對待。學校應該理解他們的需要並提供適切支援，例如在用餐、血糖監測或體育活動上給予彈性，讓他們能全面參與校園生活。



校園糖尿病講座如何協助教師與職員幫助糖尿病兒童？

講座能讓教師與職員更了解病患情況及其日常管理，包括辨識低血糖症狀、及時允許進食或上洗手間，以及在需要時協助他們注射胰島素。有了這些知識，校園能成為更安全、更包容、更能體諒病患的環境。

你希望向教師、照顧者及糖尿病兒童傳達什麼訊息？

糖尿病是一種終身疾病，需要持續照護，但它絕不應成為阻止孩子積極生活的絆腳石。只要有清晰理解、能接受及時支援及微調生活方式，糖尿病兒童同樣能茁壯成長，與同齡兒童一樣成就非凡。

## 把「糖尿病講座」帶到你的校園

我們的「糖尿病講座」涵蓋糖尿病的實用資訊，包括一型與二型糖尿病的分別、其日常控制，以及如何透過均衡飲食與定期運動等習慣支持健康生活。

如你的學校希望由YDA代表為教師、學校護士、學生或家長舉辦講座，請電郵至 [support@yda.org.hk](mailto:support@yda.org.hk) 或致電 2544 3263。

Dr Queenie See, YDA's Medical Advisor, who led the Diabetes Talk session at Roxanne's school, explains the purpose of the talks.

What key points do you think are most important for teachers and students to understand when caring for students with diabetes?

It's essential to remember that children with diabetes should not be limited or treated differently because of their condition. Instead, schools should focus on understanding their needs and providing appropriate support, such as allowing flexibility for meals, glucose monitoring, or physical activities, so these students can fully participate and thrive in all aspects of school life.



How does a Diabetes Talk at school for the teaching staff members benefit children with diabetes?

A diabetes school talk helps teachers and staff better understand the condition and its day-to-day management. This includes recognising signs of hypoglycaemia, allowing timely access to snacks or the toilet, and supporting insulin administration when needed. With this knowledge, staff can create a safer, more understanding, and inclusive school environment for students with diabetes.

What message do you hope to convey to the teachers, caretakers and children with diabetes?

Diabetes is a lifelong condition that requires continuous care and attention, but it should never stop a child from leading a full and active life. With good understanding, timely support, and small lifestyle adjustments, children with diabetes can flourish and achieve just as much as their peers.

## Bring Diabetes Talk to your school

Our Diabetes Talk sessions cover practical information about diabetes, including the differences between Type 1 and Type 2, the day-to-day management involved, and ways to support healthy lifestyles through balanced eating and regular activity.

If your school could benefit from a Diabetes Talk by a YDA representative — for teachers, school nurses, students, or parents — please contact us for more information, [support@yda.org.hk](mailto:support@yda.org.hk) or call 2544 3263.

# 糖尿病科技論壇：為推動CGM普及發聲

YDA與香港中文大學醫學院於2026年1月24日成功舉辦另一場「糖尿病科技論壇」。論壇聚焦於如何提升大眾對患者的關注，並提出具體行動，倡議讓一型糖尿病患者更易獲取連續血糖監測儀（CGM）。

我們很榮幸邀請到本地及海外講者：

- 周怡君醫生分享了「賽馬會年輕糖尿支援計劃」的中期成果，突顯CGM對糖尿病管理的正面影響，包括減少因糖尿病酮酸中毒而入院的情況。
- 賴家衛先生（香港罕見疾病聯盟代理會長）分享了「賦權倡議」的經驗，展示病人主導的倡議模式如何成功爭取罕見病藥物的使用，為糖尿病政策提供了寶貴借鑑。
- 內分泌專科醫生小谷紀子（Dr Noriko Kodani）（日本國立健康危機管理研究機構）分享了她的倡議經驗，並強調公平獲取糖尿病科技的重要性。



隨後的互動討論環節促進講者們的深入交流，持續探討如何讓患者聲音被聽見，以及下一步可行的行動。

主要成果包括：

- **提高關注**  
參與者普遍認為需加強教育，讓公眾更了解一型與二型糖尿病的分別。
- **情感敘事**  
所有人都強調分享真實生活故事的重要性，展示CGM如何改變日常生活與健康結果，並建議善用社交媒體及公眾人物提升關注度。
- **持份者合作**  
多次呼籲醫護同工、科研人員及政策制定者合作，共同支持糖尿病治護理技普及化和可及化的倡議框架。



論壇重點在於各持份者承諾，共同推動糖尿病護理的創新科技，同時強調公平性普及和病人為本的迫切需要。

# Diabetes Technology Discussion Forum: Amplifying Voices for Better CGM Access

YDA and The Chinese University of Hong Kong's Faculty of Medicine successfully hosted another Diabetes Technology Discussion Forum on 24 January 2026. The gathering focused on practical ways to amplify voices and on actionable steps to advocate for better access to continuous glucose monitors (CGMs) for people living with Type 1 diabetes.

We were privileged to welcome local and overseas guest speakers:

- Dr Elaine Chow provided valuable updates on interim results from Jockey Club Support for Young People with Diabetes, highlighting CGM's positive impact and potential to improve diabetes management. The interim results showed reductions in adverse events including hospitalisation due to diabetic ketoacidosis.
- Mr Terry Lai, Acting Chairman of Rare Disease Hong Kong (RDHK), shared insights into "Empowering to Advocate" based on their successes in securing access to medication for rare diseases. RDHK's experience illustrated a powerful model for patient-led advocacy that could inform diabetes-specific policy efforts.
- Dr Noriko Kodani, an endocrinologist from the National Center for Global Health and Medicine, Japan, shared her personal experiences in advocacy and emphasised the need for equitable access to diabetes technologies.



An interactive discussion followed, fostering rich dialogue on how we can make our voices heard and what actionable next steps we can take.

Key outcomes included:

- **Need for increased awareness**  
Many participants expressed a need for improved education about the differences between Type 1 and Type 2 diabetes.
- **Emotional storytelling**  
All participants emphasised the importance of sharing real-life experiences about how CGMs transform daily life and health outcomes, using social media as a platform and involving public figures to help raise the profile and gain more attention.
- **Collaboration among stakeholders**  
There was a recurring call for collaboration between healthcare providers, technology developers, and policymakers to create a cohesive framework that supports the adoption and accessibility of diabetes technologies.

The Diabetes Technology Discussion Forum highlighted a unified commitment to advancing diabetes care through innovative technologies while emphasising the urgent need for equitable access and patient-centred practices.

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# 兒童糖尿協會對2026-27年度財政預算案的回應

## YDA Response to the 2026-27 Budget Announcement



就2026-27年度財政預算案，兒童糖尿協會（YDA）理解政府加強基層醫療的方針，但對於支援一型糖尿病持續缺乏專項撥款表示關注。缺乏針對性的連續血糖監測儀支援，為希望有效管理一型糖尿病的家庭帶來重大障礙。香港作為國際醫療創新樞紐，應讓一型糖尿病患者能夠廣泛使用像連續血糖監測儀。

與二型糖尿病不同，管理一型糖尿病需要每日注射胰島素及持續監測血糖，對其家庭及照顧者構成相當大的壓力。遺憾的是，在現有的支援系統下，許多家庭未能獲取必要資源或培訓的情況，往往獨自應對這些挑戰。

我們的建議如下：

- 在政策上區分一型及二型糖尿病，為兩種疾病制定針對性策略。
- 為一型糖尿病兒童提供連續血糖監測儀，設立專項撥款確保適切的支援及管理。
- 為照顧者提供更多資源，包括培訓、心理支援及暫託服務。

透過確立這些獨特的需求，不僅能改善患有糖尿病的兒童及青年的健康狀況，亦能減輕照顧者的壓力。連續血糖監測儀並非奢侈品，而是讓年青患者活得更健康、更獨立的必需品。讓我們共同爭取公平的醫療資源。



[詳閱全文](#)

In response to the recent Budget 2026-27, we acknowledge the government's focus on strengthening primary healthcare and chronic disease management. Yet we remain deeply concerned about the ongoing lack of dedicated funding for Type 1 diabetes care — especially access to essential technologies like continuous glucose monitors (CGMs). The lack of CGM funding hinders families' ability to manage diabetes effectively, and Hong Kong's status as an innovation hub should translate into universal access to CGMs.

Unlike Type 2, Type 1 diabetes in children requires daily insulin injections and continuous glucose monitoring, which places real strain on families and caregivers. Current support remains insufficient, leaving many to navigate these challenges without the resources or training they need.

YDA proposes the following recommendations:

- Differentiate between Type 1 and Type 2 diabetes in policy, with tailored strategies for each condition.
- Provide CGMs for children with Type 1 diabetes and establish targeted funding to ensure appropriate support and management.
- Provide more resources for caregivers, including access to training, psychosocial support, and respite services.

By recognising these distinct needs, we can improve outcomes for young people with diabetes and ease the burden on families. CGMs aren't a luxury — they're essential tools for healthier, more independent lives for young people. Let's make access equitable.



[Read our full response here](#)

# 科技需惠及大眾

來自日本的內分泌科醫生小谷典子，分享了她在推動糖尿病控管科技普及化中的重要角色，並指出近期的成功案例。



我們該如何讓糖尿病患者過上與常人無異的充實生活？公平治療的議題仍然是全球重大挑戰，經濟負擔亦是問題之一。患者為本、護理融入日常生活對治療糖尿病而言非常重要。倡議不僅需要聆聽糖尿病患者的聲音，更要理解並在政策與實踐中反映他們的生活經驗。

「語言的重要性」是一個核心概念。語言反映態度、塑造現實，並可能延續污名化。批判性語言會造成責備與自我污名，令患者對自我病情控管卻步。相反，予以尊重、以人為本的語言，能提升尊嚴與自尊，甚至有助改善臨床結果。這是一個跨越國界的普世原則，可以在此時此地立即實踐。

糖尿病患者的聚會中多有意義非凡的討論與同儕互助。然而，這些聲音未必能傳達至醫護人員、政策制定者或更廣泛的公眾。為了填補這個缺口，我們在日本糖尿病學會的年會上設立了一個專題論壇，讓糖尿病患者親身分享生活經驗，並與醫護人員及其他參與者展開公開討論。我們將持續舉辦這個論壇，讓更多患者有機會被聽見，促進合作及推動倡議成效。

日本已有兩項相關議題的倡議運動：「兒童慢性特定疾病計劃」為18歲以下患者提供經濟支援，使他們能使用如自動胰島素輸送系統 ( Automated Insulin Delivery, AID ) 等先進科技控管病情。然而，支援在18歲後中止，導致部分患者因經濟壓力而放棄使用AID，血糖管控的問題隨之惡化。經過多年討論及與非牟利組織的協作，給予患者的經濟支援在兩個縣延長至25歲。同樣經過歷時兩年的討論，東京都社會福利局宣布為糖尿病女性在懷孕期間提供AID使用的經濟支援。

這些成就雖然微小卻穩步前進。科學與科技的進步針對糖尿病帶來了顯著的創新護理方法，但我們仍需持續惠及大眾，讓糖尿病護理真正做到人人可及、可負擔且公平——不論地區、年齡或社會經濟狀況。

小谷典子醫生  
日本國立健康危機管理研究機構  
糖尿病、內分泌及代謝科  
日本東京

# Science and Technology Need to Reach the Last Mile

Dr Kodani, an endocrinologist from Japan, discusses the role of personal stories in driving equitable access to diabetes technologies and highlights recent successes.

What is needed for people with diabetes to live a fulfilled life, no different from people without diabetes? Equity in access to care remains a major global challenge, and financial burden remains an issue. People with diabetes-centred care that is adaptable to daily life is essential. Advocacy requires not only listening to people with diabetes but also understanding and reflecting their lived experiences in policy and practice.

“Language Matters” is a key concept. Language reflects attitudes, creates reality, and can perpetuate stigma. Judgmental language can create blame and self-stigma, discouraging engagement in self-care. Respectful, person-first language fosters dignity and self-esteem, and may contribute to improving clinical outcomes. This is a universal principle beyond borders, and can be implemented right here and right now.

In gatherings for people with diabetes, meaningful discussions and peer support take place. However, the voices shared in these settings do not always reach healthcare professionals (HCPs), policymakers, or the broader public. To bridge this gap, we established a symposium at the annual meeting of the Japan Diabetes Society. Here, people with diabetes take the stage to share their lived experiences, followed by open discussions with the HCPs and other participants. We will continue this forum so that more people with diabetes will have the opportunity to be heard, and this will enable us to collaborate for advocacy.



There have been two advocacy movements in Japan. The Children’s Chronic Specified Disease Programme provides financial support until the age of 18, enabling access to advanced technologies such as the automated insulin delivery (AID) system. However, discontinuation of support at the age of 18 has led some individuals to give up these technologies due to financial constraints, with subsequent deterioration in glycaemic outcomes. This has long been discussed, and through collaboration with a non-profit organisation, the support has been extended to the age of 25 in two prefectures. In Tokyo, after two years of discussion, the Tokyo Metropolitan Government Bureau of Social Welfare announced financial support for AID use during pregnancy for women with diabetes.

These achievements represent small but steady steps forward. Advances in science and technology have brought remarkable innovations in diabetes care. We still need to reach the “last mile”, so that diabetes care will become accessible, affordable, and equitable — for all people with diabetes, regardless of geography, age, or socioeconomic status.

Dr Noriko Kodani  
Department of Diabetes, Endocrinology and Metabolism  
National Center for Global Health and Medicine, Japan Institute for Health Security  
Tokyo, Japan

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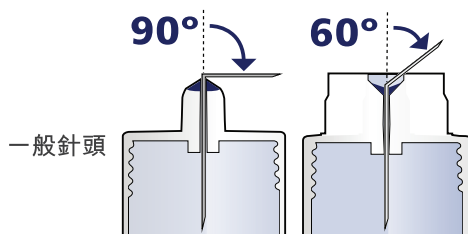
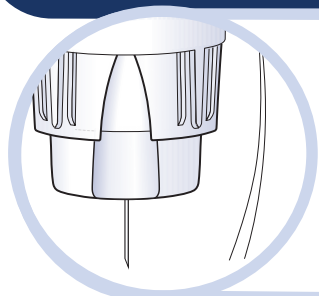
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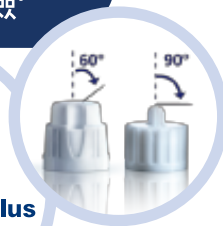
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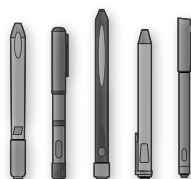
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# 百花琵琶豆腐

## Pan-fried Tofu with Minced Shrimps



### 營養分析 Nutrition facts

熱量 Energy	130.7 卡路里 (Kcal)
碳水化合物 Carbohydrates	8.8 克 (g)
蛋白質 Protein	6.3 克 (g)
膽固醇 Cholesterol	23.5 毫克 (mg)
脂肪 Fat	7.9 克 (g)
纖維素 Dietary fibre	1.6 克 (g)

### 材料 (4人份量·共8件)

中蝦	200克	粟米油	1/2湯匙
豆腐	1/2件 (100克)	菜心	4條
蛋	1/4隻		

### 調味料

薑茸	1/2茶匙	豆粉	1湯匙
蒜茸	1/2茶匙	胡椒粉	少許
鹽	1/4茶匙		

### 芡汁

耗油	1茶匙	米酒	1/2茶匙
生抽	1/2茶匙	水或上湯	1/4杯
老抽	1/4茶匙	粟粉	1/2茶匙
麻油	少許		

### 做法

1. 鮮蝦去殼去腸後，用刀拍爛，順一方向打至起膠。
2. 加豆腐、蛋及調味料拌勻。
3. 用湯匙把豆腐蝦膠塑成琵琶狀，倒出8件待用。
4. 燒熱易潔鑊，豆腐置於鑊裏以中火煎兩面至金黃熟透。
5. 煮透芡汁後，淋上琵琶豆腐。用油菜伴碟即成。

### Ingredients (for 4 servings, 8 pieces)

Medium-sized shrimps	200g	Corn oil	1/2 tbsp
Square of tofu	1/2	Blanched choy sum	4 stalks (as garnish)
Egg	1/4		

### Seasoning

Minced ginger	1/2 tsp	Cornstarch	1 tbsp
Minced garlic	1/2 tsp	White pepper	a pinch
Salt	1/4 tsp		

### Sauce

Oyster sauce	1 tsp	Wine	1/2 tsp
Light soy sauce	1/2 tsp	Water or stock	1/4 cup
Dark soy sauce	1/4 tsp	Cornstarch	1/2 tsp
Sesame oil	a dash		

### Steps

1. Peel and de-vein the shrimp, then mince. Place in a bowl and stir in one direction to form a paste.
2. Add the tofu, egg and seasoning to the shrimp paste. Mix well.
3. Using a Chinese soup spoon as a mould, form the tofu mixture into the shape of a large teardrop. Remove the tofu mixture from the spoon to a plate and make 8 pieces.
4. Heat a nonstick pan over medium heat. Add oil and swirl to coat pan. Add the tofu mixture and pan-fry both sides until golden brown. Dish up.
5. Cook the sauce over high heat until it boils and thickens slightly. Pour the sauce over tofu and garnish with choy sum.

### 營養師提醒你 Tips from dietician

琵琶豆腐是傳統廣東菜，做法簡單。把營養豐富的豆腐和鮮蝦拌勻，易入口之餘亦帶質感。異黃酮是黃豆製品如豆腐中最活躍的抗氧化物，多吃亦有助預防冠心病及癌症。

This traditional Cantonese dish is full of nutrition. The combination of tofu and shrimp makes the dish easy to eat and is full of texture. Soy products such as tofu are rich in isoflavones which help reduce coronary heart disease and cancer risk.

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

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

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

## 【活動回顧】跑出希望 Running for Hope

今年，YDA首次獲選為「渣打香港馬拉松慈善計劃」受惠機構之一。我們成功招募了30位來自不同背景的慈善跑手——糖童家長、與一型糖尿病奮戰多年的青年、醫護人員，以及首次接觸YDA的新朋友，並籌得接近HK\$150,000，全數用於支援本地糖尿病兒童及其家庭。

YDA於賽前的馬拉松博覽會設置攤位，透過遊戲、小禮物及互動向公眾介紹兒童糖尿病。比賽當天，有人挑戰人生第一個10公里，有人完成半馬或全馬。無論速度快慢，他們都以堅定的意志向終點邁進。

衷心感謝所有跑手、捐款者、義工及支持者。你們的參與讓YDA能為糖童及其家人持續提供各項支援，陪伴他們走過人生不同階段。期待2027年再見，一起為孩子跑出更明亮的未來。



This year was YDA's first time being selected as one of the beneficiary organisations of the Standard Chartered Hong Kong Marathon Charity Programme. We recruited 30 charity runners from diverse backgrounds — parents of children with diabetes, young adults living with Type 1, healthcare professionals, and new supporters who learned about YDA for the first time. Together, they raised nearly HK\$150,000 to support children with diabetes and their families.

In the lead-up to the race day, YDA hosted a booth at the Marathon Expo, engaging the public through games, souvenirs, and interactive activities that introduced childhood diabetes. On race day, some runners completed their first-ever 10 km, while others took on the half or full marathon. Regardless of speed or distance, every runner pressed forward with determination.

A heartfelt thank you to all runners, donors, volunteers, and supporters. Your participation enables YDA to continue providing essential services for children with diabetes and their families. We look forward to seeing you again in 2027 — running together toward a brighter future for every child.

## YDA聖誕派對2025圓滿結束！ YDA Christmas Party 2025 - A Festive Celebration

十二月，YDA聖誕派對2025順利完成。當日除了豐富美食，更邀請了YDA的小朋友及青年會員為大家帶來充滿活力的表演，氣氛熱鬧又溫馨。最令人興奮莫過於大抽獎環節。頭獎是由善長蔡先生慷慨捐助的一部價值超過港幣一萬元的摺疊式單車，恭喜幸運的得獎者！

衷心感謝裕利醫藥、尚健維佳及兩位善長對是次活動的支持，為聖誕送暖。



The YDA Christmas Party 2025 on 20 December 2025 featured lively performances by YDA's children and youth members, creating a warm and festive atmosphere. The most exciting part was undoubtedly the lucky draw. The grand prize, a foldable bicycle worth over HK\$10,000, was generously donated by our kind supporter, Mr Choi. Congratulations to the lucky winner!

We would like to extend our heartfelt thanks to Zuellig Pharma Commercialization, Celki VitalAire, and two generous donors whose support helped to make Christmas warm for our community.

## YDA x Child 先 Talks : 與兒童糖尿病同行 Living with Childhood Diabetes

我們榮幸獲得香港兒科醫學會、「Child 先 Talks」主持陳衍標醫生及YDA榮譽醫療顧問傅振祥醫生的邀請，參與YouTube直播線上座談會，一起探討如何與兒童糖尿病同行。這次座談會中，我們分享了兒童糖尿協會的成立過程、兒童及家長在管理糖尿病時所面對的挑戰，以及使用連續血糖監測儀的重要性。

We were honoured to be invited to Child 先 Talks YouTube Live Webinar hosted by Dr Bill Chan from The Hong Kong Paediatric Society, with YDA Hon Medical Advisor Dr Antony Fu, to discuss "Living with Childhood Diabetes." It was a wonderful opportunity to share how YDA began, the challenges faced by children and parents managing diabetes, and the importance of access to continuous glucose monitors (CGMs).



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\*Minimum accuracy requirements of ISO15197:2013 require > 95% of the measured glucose values need to fall within  $\pm 0.83$  mmol/L of the average measured values of the reference measurement procedure at glucose concentrations < 100 mg/dL (< 5.55 mmol/L) or within  $\pm 15\%$   $\geq 100$  mg/dL ( $\geq 5.55$  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.

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## 冬日農場之旅

### Winter Farm Experience

一月底，YDA舉辦了一場別開生面的「冬日農場之旅」活動，帶領會員們走出城市，來到新界的士多啤梨園，沉浸於大自然的懷抱之中。大家認識了十多種香甜可口的士多啤梨，也採摘了滿滿收穫，度過了一段充滿歡聲笑語的難忘時光。

In late January, YDA successfully hosted a delightful Winter Farm Experience, leading our members away from the urban rush to a strawberry farm in the New Territories for an immersive day in nature. Everyone learned about a dozen types of strawberries, and enjoyed a memorable time filled with laughter while picking sweet, fragrant fruits.



## 無糖果醬物語

### Let's Fruit Jam!

在剛過去的「無糖果醬物語」工作坊，YDA帶領會員走進天然果醬的世界，學習如何以新鮮水果與甜菊糖製作更健康、適合糖友享用的果醬。

導師推薦的創意水果配搭：

- 草莓 × 柑橘：酸甜平衡、顏色亮麗
- 芒果 × 百香果：香氣濃郁、熱帶風味
- 柚子 × 雪梨：甜而不膩、口感清新
- 加入少量茶葉（如伯爵茶、茉莉花茶）能讓果醬層次更豐富。

糖友食用果醬貼士：

- 每次約1-2茶匙為宜
- 可搭配無糖乳酪、全麥麵包或燕麥
- 避免與其他高糖水果同時大量攝取
- 製作時選擇酸度較高的水果（如莓類），甜度更易控制

這些小貼士讓果醬不只是美味，更能成為糖友飲食中的安心選擇。

At our recent Let's Fruit Jam! workshop, YDA members stepped into the world of natural, diabetes-friendly jam making, learning how to create delicious spreads using fresh fruit and stevia.

Some creative fruit pairings included:

- Strawberry × citrus – Bright in colour with a balanced sweet-tart flavour
- Mango × passion fruit – Rich aroma with a tropical twist
- Pomelo × pear – Light, refreshing and not overly sweet
- Adding a touch of tea leaves (Earl Grey, jasmine, etc) enhances depth and fragrance

Some creative fruit pairings included:

- Limit to 1-2 teaspoons per serving
- Pair with unsweetened yogurt, whole-grain bread, or oats
- Avoid consuming large amounts alongside other high-sugar fruits
- Choose higher-acidity fruits (like berries) for easier sweetness control

These simple guidelines help transform homemade jam into a delicious and reassuringly safe option for those managing their blood glucose.





## 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).

會員姓名 Name of member: \_\_\_\_\_ 會員編號 Membership number: \_\_\_\_\_

請選擇欲更新之資料 Please select the item you wish to update

會員 / 父親 / 母親 / 監護人\* 聯絡電話 Contact number of the member / father / mother / guardian: \_\_\_\_\_

會員 / 父親 / 母親 / 監護人\* 電郵 Email of the member / father / mother / guardian: \_\_\_\_\_

通訊地址 Address: \_\_\_\_\_

其他 Others: \_\_\_\_\_

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

會員簽署 Member's signature: \_\_\_\_\_ 家長或監護人簽署 Parent / guardian's signature: \_\_\_\_\_ 日期 Date: \_\_\_\_\_