

# Kwun Tong DHC Express officially opens

The Kwun Tong District Health Centre Express (DHC Express) officially opened today (December 6) with the Secretary for Food and Health, Professor Sophia Chan, as the officiating guest of the opening ceremony.

Operated by United Christian Medical Service, the Kwun Tong DHC Express comprises a core centre and nine service points. It provides one-stop primary healthcare services such as health promotion, nurse counselling, health risk factors assessment, health management teams and chronic disease management in accordance with local needs under the principle of "Assisting in Establishment of Healthy Lifestyle".

Speaking at the opening ceremony, Professor Chan said, "I am pleased to learn that in addition to core services, the Kwun Tong DHC Express also offers fall prevention screening and assessment and training programmes on mild cognitive impairment to meet the particular needs of the older population. It also extends its support to carers and runs patient empowerment programmes.

"Moreover, the Kwun Tong DHC Express collaborates closely with the Kowloon East Cluster of the Hospital Authority, especially United Christian Hospital, to organise activities and provide relevant primary healthcare services for discharged patients. In addition to preventing unnecessary readmission of patients, it also helps to achieve the goal of relieving the pressure on Hong Kong's public healthcare system."

The Kwun Tong DHC Express is equipped with a nutrition kitchen. Regular group programmes are conducted to teach members of the public how to make delicious and healthy food, with a view to assisting them to develop a healthier lifestyle.

Professor Chan said that the DHC Expresses assess the overall health situation of the local population and provide personalised primary healthcare services to members of the public based on the district-based principle. Through active involvement of the non-governmental organisations operators, the DHC Expresses make the best use of the local network and resources to flexibly promote primary healthcare services that meet local needs, and to complement and implement the Government's healthcare policies.

The core centre of the Kwun Tong DHC Express is located at 4/F, Block J, United Christian Hospital, 130 Hip Wo Street, while the nine service points are set up at Jockey Club Wo Lok Community Health Centre, Bradbury Kwong Tin Community Health Centre and Sau Mau Ping Community Health Centre under United Christian Nethersole Community Health Service as well as Torunn Ropstad Memorial Centre of Mission Covenant Church, Kwun Tong Swatow Baptist Church, Kwun Tong Methodist Church, Faith & Grace Christian Church, Hong Kong Yan Kwong Bethel Church, and Methodist City Space of Kwun Tong Methodist Social Service.

For more information on the Kwun Tong DHC Express, please visit [www.dhc.gov.hk](http://www.dhc.gov.hk) or call the Kwun Tong DHC Express hotline at 3188 0301.