

# International Council of Nurses Leadership for Change™ Programme 2012 – 2014

Healthy Driver Happy Life  
健康駕駛 安全有計

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# 1st Phase

(2 March 2013)

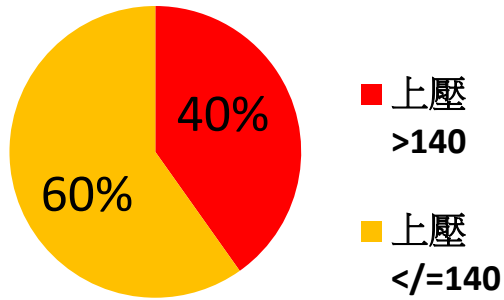
Participants: 23 (in Shau Kei Wan)

- 24% newly found hypertension
- 27% increased in total cholesterol
- 60% obesity

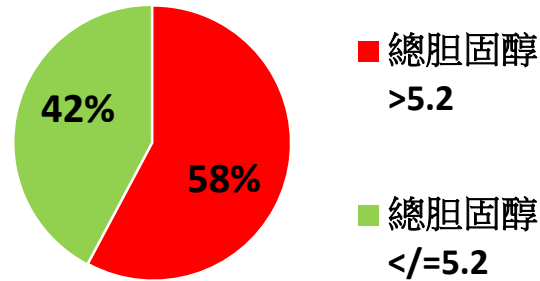


# 2nd Phase Findings

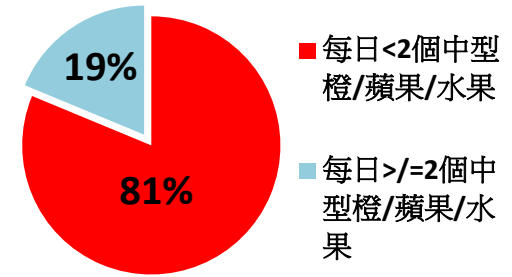
(11 Jan 2014 HK International Airport)



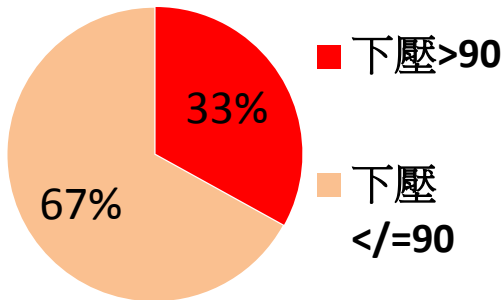
■ 上壓 >140  
■ 上壓 <=140



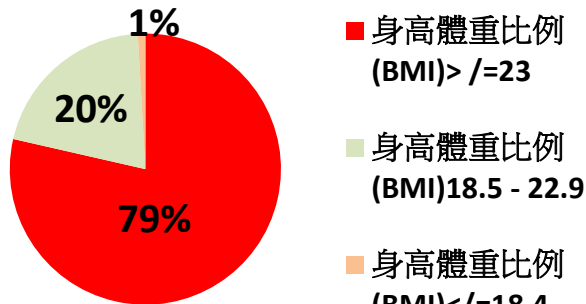
■ 總膽固醇 >5.2  
■ 總膽固醇 <=5.2



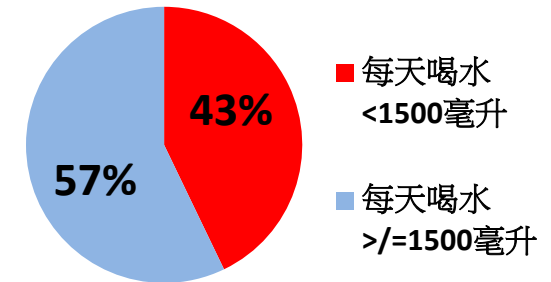
■ 每日 <2個中型橙/蘋果/水果  
■ 每日 >=2個中型橙/蘋果/水果



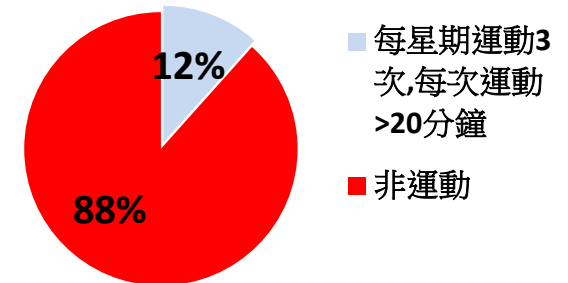
■ 下壓 >90  
■ 下壓 <=90



■ 身高體重比例 (BMI) >=23  
■ 身高體重比例 (BMI) 18.5 - 22.9  
■ 身高體重比例 (BMI) <=18.4



■ 每天喝水 <1500毫升  
■ 每天喝水 >=1500毫升



■ 每星期運動3次, 每次運動 >20分鐘  
■ 非運動

**Total Participants: 111**







# Acknowledgment



# References

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