

Public Health Ambassador



Complete the following:

1. Basic Understanding

- (a) Understand the definition of “Public Health” and “Health” by the World Health Organisation (WHO).
- (b) Complete one of the following project studies, and share with Scout members:
 - (i) Research on two government organizations related to public health in Hong Kong, compare their duties and daily work.
 - (ii) Discuss a public health policy executed in Hong Kong, explain the policy content and effectiveness.
 - (iii) Share a major public health event that happened in Hong Kong in the past, explain the damages caused to the society by the event and the impact on making future public health policies.
- (c) Participate in a training course, service or workshop organized by organizations related to public health. The theme of the activity should be relevant to public health. Share with scout members about the activity details and the positive impact on Hong Kong’s public health.

2. Physical Health

Complete one of the following:

- (a) Instruct other Scout members to obtain proficiency badges related to sports or the relevant Instructor group proficiency badges, with the instruction duration not less than three months.

Proficiency badges related to sports include: Archery, Athlete, Canoeist, Cyclist*, Dragon Boatman, Footdrill, Horseman, Park Orienteer, Rowing Boatman, Sailor*, Swimmer*, Windsurfer, Canoe Polo, International Canoe Sprint, Marksman, Master-at-arms, Orienteer*, Race Helmsman, Sportsman, Lifesaver*.

(*also available in Instructor Group)

- (b) Instruct and lead a physical fitness exercise or home workout for at least three months; at least twice a month and not less than an hour each time.
- (c) Film an instructional video to introduce a sport or home workout and share with Scout members.

3. Balanced Diet

Complete one of the following:

- (a) Design a promotional material to share the concept of balanced diet and upload on social media.
- (b) Design a meal with balanced nutritions. Promote and demonstrate the cooking methods to other Scout members during patrol camps or outdoor activities.
- (c) Plan and execute an activity to promote balanced diet. Share with the assessor about the activity details and results.

4. Mental Health

Complete one of the following:

- (a) Obtain the Mental Health (Service) Proficiency Badge.
- (b) Obtain the Basic Psychological Life Support (BPLS) Course certificate issued by Hong Kong St. John Ambulance or relevant certificate.
- (c) Share three stress relieving methods with Scout members and lead them to try different stress relieving methods.
- (d) Introduce three common mental disorders to Scout leaders, share the difficulties faced by the patients and the implications of showing care and eliminating discriminations for them.