

3 GOOD HEALTH AND WELL-BEING



SDG 03

Ensure healthy lives and promote well-being for all at all ages

The Education University of Hong Kong is dedicated to promoting good health and well-being through its comprehensive approach to education, research, campus life, and community engagement. Our initiatives are designed to address the physical, mental, and social dimensions of health, nurturing a resilient and thriving community both within and beyond the University.



197

110



Researchers



Research Outputs

215

FWCI:1.79

11,481
participants



Outreach

60
events

Advancing Mental Health, Positive Psychology, and Scientific Innovation

Recent efforts have concentrated on understanding and managing stress arising from traumatic or crisis events. Educational programmes now emphasise recognising post-crisis stress and equipping individuals with coping strategies to address mental health challenges effectively. These initiatives seek to enhance resilience and support psychological recovery in affected populations.

In addition, there has been increasing focus on positive psychology, which investigates the scientific study of human strengths and well-being. This approach promotes fostering positive emotions, engagement, and meaningful relationships, thereby contributing to improved mental health and life satisfaction across communities.



Regarding educational advancements, the University recently hosted its inaugural series of workshops centred on functional near-infrared spectroscopy (fNIRS). This cutting-edge technology enables researchers and practitioners to gain deeper insights into brain activity associated with cognitive and emotional processes, supporting progress in neuroscience and mental health research.

Furthermore, Professor So Kwok-fai, a distinguished figure in ophthalmology, was appointed as a prestigious Honorary Professor at EdUHK. His appointment marks a strengthening of scientific and research collaborations, with a focus on youth education and health. As part of the university's scientific and research initiatives aimed at young learners, this partnership aspires to advance health sciences and inspire future generations.

Pioneering Research in Health and Well-being

Recent studies emphasise the multifaceted nature of health and well-being in the context of global challenges. Dr. Kwok Kuen Tsang's studies explore the emotional labour undertaken by teachers during the COVID-19 pandemic, highlighting how the emotional demands placed on educators can lead to stress and burnout, thereby impacting mental health. Supporting teachers' psychological well-being is vital for fostering healthy educational environments and, by extension, community health.

Concurrently, environmental research by Prof Ming Hung Wong underscores the serious health risks posed by heavy metal contamination in soils surrounding coal power plants. Such pollution not only damages ecosystems but also poses significant health threats to local populations, including neurological and respiratory diseases. Addressing these environmental hazards is essential for safeguarding public health.

Furthermore, Dr. Huinan Liu's research provides evidence that disruptions to daily routines during the pandemic are strongly linked to increased psychiatric symptoms across diverse populations worldwide. Maintaining routines and social connections can help mitigate these mental health challenges, highlighting the importance of accessible mental health support during crises. Complementing these findings, the EdUHK research team has initiated programmes in Sri Lanka to promote awareness about indoor air quality. Improving indoor environments through education can prevent respiratory illnesses and enhance overall health, especially in regions reliant on polluting fuels.

Source:

1 Tsang, K. K., & Wu, H. (2022). Emotional labour as alienated labour versus self-actualized labour in teaching: Implications of the outbreak of the COVID-19 pandemic for the debate. *Educational Philosophy and Theory*, 57(4), 297–301.

2 Kravchenko, E., Minkina, T., Mandzhieva, S., Bauer, T., Lacynnik, E., Wong, M. H., & Nazarenko, O. (2025). Ecological and health risk assessments of heavy metal contamination in soils surrounding a coal power plant. *Journal of Hazardous Materials*, 484, Article 136751.

3 Liu, H., Tao, T.J., Chan, S.K.Y. et al. Daily routine disruptions and psychiatric symptoms amid COVID-19: a systematic review and meta-analysis of data from 0.9 million individuals in 32 countries. *BMC Med* 22, 49 (2024).

The Integrated Centre for Wellbeing (I-WELL)

The **Integrated Centre for Wellbeing (I-WELL)** at EdUHK functions as a comprehensive resource hub dedicated to promoting holistic health among students, staff, and the wider community. It offers a wide range of programmes, workshops, and support services aimed at enhancing physical health, mental resilience, and emotional well-being. I-WELL collaborates with various departments and external partners to develop innovative initiatives that address diverse health needs, including stress management, healthy lifestyles, and mental health awareness. By fostering an environment that prioritizes well-being, I-WELL plays a pivotal role in embedding health promotion into the university's culture, ensuring healthy lives and promoting well-being for all.



Fostering Wellbeing, Inclusivity, and Gratitude

The inaugural **'Caring for Life' Day**, held as part of EdUHK's 30th Anniversary, brought together management, faculty, staff, and community partners for a day of celebration, collaboration, and appreciation on 2 February 2024. The event highlighted the importance of values education, a supportive working environment, and the University's commitment to a pet-friendly campus. Activities ranged from traditional Chinese New Year workshops and calligraphy demonstrations to sporting activities and a pet fun fair, engaging all staff in festivities that underscored the University's people-oriented ethos and focus on holistic health.



Building on this momentum, EdUHK hosted the second **'Caring for Life and Wellness' Carnival** on 18 February 2025, further reinforcing the importance of mental and physical wellbeing, balanced lifestyles, and positive energy. The Carnival featured performances, workshops, sporting sessions with elite alumni, and dedicated zones for pet companionship, strengthening a culture of care, inclusivity, and joy on campus.



Further, the Wellness Expo held at the Tai Po campus introduced staff and faculty to occupational wellness, preventive health, and digital fitness tools. The **'Go Further Go Together' Pilot Programme**, launched at the Expo, underlines EdUHK's deep investment in continuous improvement of workplace wellbeing through regular events and wellness initiatives for staff and faculty alike.



Promoting a Supportive and Healthy Campus Environment

The University provides extensive support for student well-being through the Student Affairs Office, which offers free and confidential psychological counselling services to help students navigate personal, academic, and emotional challenges. A wide array of mental wellness programmes, including the Psychological Wellness Festival, Mental Health First Aid training, and peer caring workshops, are organised throughout the year to equip students with practical strategies for maintaining their mental health and supporting their peers.



The **Tutoring and Counselling Programme** is a dedicated initiative aimed at supporting students experiencing mental health challenges. The programme offers personalised academic tutoring alongside professional counselling services, ensuring students receive comprehensive support tailored to their individual needs. By fostering a caring and understanding environment, the initiative seeks to enhance students' emotional well-being, resilience, and overall academic performance. It also aims to raise awareness about mental health issues within the university community, reduce stigma, and promote early intervention. Through these efforts, EdUHK demonstrates a strong commitment to safeguarding students' mental health and creating a supportive campus atmosphere conducive to both personal and academic growth.

The **Positive Education Festival 2025**, themed '**Embrace Gratitude, Embrace Life**', was another major initiative supporting sustainability through positive psychology and values education. Over 470 primary students and 400 university participants engaged in immersive workshops, seminars, and activities focused on gratitude, positive emotions, values, and character strengths. These initiatives, co-organised by students and educators, have helped embed gratitude and wellbeing into the daily lives of EdUHK's community and the broader public.



SDG Living Laboratory @ Tai-po – Community Well-being

The **EdUHK SDG Living Laboratory @ Tai-po – Community Well-being** project integrates interdisciplinary academic research, knowledge transfer, and community collaboration to provide comprehensive health support for older adults. This initiative highlights EdUHK's commitment to sustainable development, focusing on promoting health and well-being among the elderly population in the Tai Po community where the university is located. Over the past year, it has delivered various physical activity workshops attended by nearly 300 elders, conducted free cognitive screenings using the Hong Kong, China version of the Montreal Cognitive Assessment (HK-MoCA) for nearly 1,000 seniors, and organised the One-Day Student Experiential Programme to reconnect elders with campus life.



The project's success relies on extensive partnerships with 12 district councillors, nine care teams, and five community organisations, reflecting a collaborative effort to foster a friendly and healthy community environment. Through sustained engagement, EdUHK aims to promote well-being, support active ageing, and contribute to the sustainable development goals within the Tai Po community and beyond.



Promoting Healthy Ageing and Well-being

The University continues to advance its commitment to physical and psychological well-being among older adults through its strong focus on light volleyball (LVB). Supported by the Research Impact Fund, a recent research project has demonstrated that LVB significantly enhances lower-body strength, agility, and dynamic balance. This evidence underpins the growing popularity of LVB as an effective exercise modality for healthy ageing.

To date, the project has successfully trained over 300 LVB instructors, organised numerous classes, and hosted competitions across Chinese Mainland and Hong Kong. A highlight of these efforts was the first International Light Volleyball Competition for Older Adults, held on 18 and 19 July 2025 at EdUHK's Tai Po Campus. The event welcomed 12 teams and more than 120 participants, aged between 55 and 72, representing Australia, Japan, Malaysia, Chinese Mainland, Hong Kong, and other regions, showcasing the sport's wide-reaching appeal and international impact.



Advancing Physical Education and Sporting Culture

The University continues to champion sustainable education by integrating physical wellbeing, sporting culture, and community engagement into its core programmes and outreach initiatives. In July 2025, EdUHK inaugurated the **'EdUHK Ping Pong @ School Education Programme'**, led by Olympic medallist Miss Lee Ho-ching. This initiative aims to benefit 1,000 local primary students by offering accessible, interactive table tennis education. Through partnerships with professional athletes, the Hong Kong Table Tennis Association, and the Education Bureau, the programme promotes not only physical activity but also fosters unity, perseverance, and self-confidence among young learners.

Alongside this, EdUHK recently conferred an Honorary Professorship upon Dr Shen Jinkang, the former head coach of the Hong Kong Cycling Team, acknowledging his significant contributions to the development of sports, particularly cycling. This recognition coincided with a new Memorandum of Understanding with the Cycling Association of Hong Kong (CAHK), under which EdUHK will enhance cycling education, introduce a 'Train the Trainer' programme, and expand internship opportunities for sports science students. These collaborative efforts aim to cultivate safe cycling habits, popularise the sport, and provide students with practical and research-focused learning experiences.

