

Lingnan University 2024/2025 SDG Report

SDG 3 – GOOD HEALTH AND WELL-BEING



118
Undergraduate Courses



42
Researchers



1,421
Research Outputs



280
Research Projects and Grants

Lingnan University is a research-intensive liberal arts university in Hong Kong in the digital era. As part of its mission to promote population health and well-being, especially in the era of rising ageing, disabilities, and environmental and technological impact on health and well-being, various university units have embarked on public events, research and innovative activities to promote health and well-being. Some of these initiatives/activities are exemplified below.

Innovative approaches to disease prevention and promote health

Researchers at LU have pursued different avenues to promote the health and well-being of populations. For instance, one of the public health concerns and nuisances in tropical areas is mosquitoes. People in places such as Hong Kong often suffer constant mosquito disturbances, causing bodily harm and inconvenience to those who spend time outdoors. Some global public health measures have involved mosquito repellent ointments and other mass spraying chemicals to kill or repel the bugs. In support of such efforts to protect the public against mosquito bites and their associated diseases, such as dengue fever, Prof Paulina Wong of Lingnan University has developed a [real-time GeoAI Platform for mosquito-borne disease control](#), which provides the public with a Mosquito Risk Index and Mosquito Risk Map so they can avoid going to areas with serious mosquito problems. The platform is accessible to all members of the (geoaimq.ln.edu.hk) to obtain real-time and predicted mosquito situations in various districts in Hong Kong.

To protect the mental health of people required to quarantine as part of COVID-19 preventive measures, Lingnan University's Wofoo Joseph Lee Consulting and Counselling Psychology Research Centre (WJLCCPRC) designed an [self-assessment questionnaire and intervention](#) exercise to help people in quarantine cope better

psychologically. The intervention aimed at aiding users to “understand the implications of quarantine for individuals and society and improve their abilities to tackle loneliness”. Research shows that isolation can trigger undesirable mental health outcomes. This was LU’s contribution to promoting positive mental health outcomes. Even in the implementation phase, the study benefited 125 people who used the intervention and attested to its practicality.

Creating platforms to consolidate and disseminate knowledge on health and well-being

Aside from innovating resources to protect the public against diseases, the LU community has also been engaging in cross-national/regional collaborations to explore and expand knowledge on ways to sustain human health. A major international conference, organised by the Department of Psychology, explored the mental and [cognitive dimensions of health and well-being](#). The conference brought together world-leading scholars and practitioners from three continents and nearly 200 participants on 9 November 2025 to explore the theme. Being the second time organising this event, Lingnan has created a platform for cultivating new knowledge on promoting population health and well-being from a psychological science perspective.

In a related event, another team from Lingnan University pursued the issue of human health and well-being by emphasising human health sustainability. The organisation of [the 11th South-South Forum was held at Lingnan University](#) from 30 June to 5 July 2024, with the theme “Health and the Road to Sustainability”. The conference brought together scholars from all over the world, including Mainland China, Hong Kong SAR, Malaysia, India, Zimbabwe, Bhutan, Mexico, Venezuela, and Brazil, to discuss whether community building and human health can be achieved and sustained based on good community governance, ensuring the quality of people’s livelihoods, valuing inclusiveness in community life, and building an ecological civilisation.



Promoting Healthy Ageing through Technology

With the intensifying ageing in East Asia and many parts of the world, health systems face significant challenges in addressing deficits in services for older populations and people approaching older age, as ageing brings complex health challenges such as co-morbidities.

In their contribution to active and healthy ageing, researchers at Lingnan University have embarked on activities, projects, and collaborations to connect social, medical, and technological approaches to support and promote good health for older adults. Lingnan University co-organised the China [Rehabilitation Medicine Association Guangdong-Hong Kong-Macao Greater Bay Area Rehabilitation Conference](#) held from 14 to 16 June 2024 at the Guangzhou Yuexiu International Congress Centre. The event featured 35 specialised academic sessions that attracted experts and guests from health services, medical insurance policy research, cutting-edge technology innovation, and the life sciences and healthcare industry to discuss comprehensive rehabilitation. The event served as a medium for Lingnan University to share and sensitise professionals and students about Home Rehabilitation and Gerontechnology as part of solutions to addressing the burden of ill health among older persons. Based on prior experience and research, researchers from Lingnan suggested that a medical-social collaboration in home-based rehabilitation, supported by assistive technologies as are usually promoted and showcased in LU, is essential for providing improved professional medical advice and successful case sharing for people needing rehabilitative care.

Some Lingnan scholars have also developed [gerontechnology](#) to aid caregivers of people living with dementia in location detection and accident prevention. With dementia prevalence on the rise in many societies, the salience of technology-assisted caregiving cannot be overstated. The advancement of technology in these areas is crucial to ensuring independent ageing and promoting caregivers' well-being. The new technology being developed at Lingnan University will make a significant contribution to this important social issue.



Moreover, the promotion of medical-social collaboration has become a significant part of LU's approach to promoting health and well-being in the context of ageing populations. This approach is meant to collaborate with medical practices and social services providers to support effective healthcare and disease prevention. Starting March 2024, LU, as part of the [Jockey Club Gerontechnology and Smart Ageing in Place \(GTSA\)](#), has been collaborating with the largest hospital in its district, Tuen Mun Hospital, specifically the Tuen Mun Hospital Patient Resource Centre (TMH PRC), for a health promotion activity. Such activities include strategies to train ambassadors (usually postgraduate students) who serve at the TMH PRC to provide health literacy and gerontechnology information to the hospitals, caregivers, and the community. This collaboration has benefited many health professionals and trained ambassadors, who are now equipped with the skills to support technology integration in ageing care and broader medical-social collaboration. The collaboration provides students with valuable experience in close contact with medical and health professionals and related services, and offers theoretical and practical opportunities. In fact, to enhance the skills and awareness of young people and older adults on gerontechnology, the LU Jockey Club Gerontechnology and Smart Ageing Project has also introduced a [Gerontechnology Practitioner Training Course](#) to promote gerontechnology to the public. The course is designed for older adults, carers and young people. The content covers medicine, food, living and transportation, comprehensively explaining older adults' needs and the challenges they face every day. Graduates of the course can become specialists and ambassadors for the programme. To extend the momentum of promoting technology in ageing, a team from Lingnan University has [organised a symposium in April 2025](#), where over 100 public and private experts gathered to showcase and discuss the state and future of promoting gerontechnology in ageing societies globally.

Consistent with promoting gerontechnology and supporting healthy ageing, LU has initiated the [Lingnan Entrepreneurship Initiative \(LEI\)](#), established in 2018 to drive innovation & entrepreneurship (I&E) initiatives within the Lingnan community, in line with the university's strategy to optimise liberal arts education to cultivate impactful entrepreneurial leadership. It aims to empower the students, alumni, and faculty to think innovatively and act strategically to create solutions to address global challenges of today and tomorrow, particularly in the digital age. At the core of all projects and programmes run through LEI is the Sustainable Development Goals (SDGs). The LEI has partnered and worked with many community-based organisations to develop and disseminate many multi-award-winning [humanitarian technologies](#), such as the affordable air purifier to improve air quality in subdivided units; 12° Mask: an innovative transparent mask for barrier-free communication; CREW Wheelchair: a career-driven electric wheelchair; and Project Ultra Violite: rapid disinfection service for subdivided units. All these products are meant to relieve carers and people at risk of infectious diseases. The products have received multiple awards globally.



Lingnan University has maintained a successful project on age-friendly cities in Hong Kong, which has run for over 7 years across all 18 districts. The [Asia Pacific Institute of Ageing Studies](#), which is one of the partners of the broader project sponsored by the Hong Kong Jockey Club Charities Trust, has organised a public event under the theme: “[Show Capacity, Build an Age-friendly Community](#)” to demonstrate the critical role that older adults themselves play in promoting healthy ageing. The event, which attracted over 540 participants and 120 older active ageing ambassadors, created a platform to educate the public and seek their views on ways to promote active ageing under thematic discussions such as “How to build an age-friendly community through promoting social participation.” The older adults’ ambassadors received training on ensuring the age-friendliness of their societies, and their role is to disseminate the knowledge they gain. The broader project has trained over 2500 ambassadors. Recently, colleagues at the School of Graduate Studies, led by Prof Padmore Adusei Amoah and Prof Maggie Lau have been following up on this project through an [age-friendly cities impact case through international collaboration](#) to share Hong Kong’s experiences on age-friendly cities in other countries in the region, such as [Indonesia and places in the Hong Kong-Guangdong-Macao Greater Bay Area](#). This project has benefited several institutions, including NGOs, universities, and local government agencies, as well as many young (e.g., university students) and older persons, in understanding and applying age-friendly principles in their practice and everyday lives. Some older adults have been trained as age-friendly ambassadors as part of the project. Such an ambassadorial role helps to promote active and productive ageing. The project has researched over 2000 individuals/institutions.

Promoting Mental Health through the Wellness Ambassador Programme (WAP)

Launched in AY 2020–2021 and continuously refined over the past five years, the Wellness Ambassador Programme (WAP) is an evidence-based initiative that promotes physical and psychological well-being among adolescents and young adults while strengthening peer and community support. The programme's core components include counselling skills, resilience, gratitude, growth mindset, and stress management. Its effectiveness has been rigorously validated through pretest–posttest assessments with control groups, and findings have been published in peer-reviewed academic journals.

Over five years, WAP has delivered 111 sessions in face-to-face, online, and hybrid formats, engaging participants from 10 universities and secondary schools. A total of 461 wellness ambassadors have been trained, showing significant improvements across multiple indicators:

- General health ↑ 21.15%
- Resilience ↑ 18.08%
- Growth mindset ↑ 12.03%
- Positive emotions ↑ 8.52%
- Civic engagement ↑ 8.58%
- Prosocial behavior ↑ 7.32%
- Insomnia severity ↓ 33.53%

WAP's impact extends well beyond direct participants. Follow-up studies show that 93% of trained ambassadors actively promote well-being within their communities, creating a ripple effect reaching over 3,000 indirect beneficiaries. At one participating secondary school, ambassadors launched a peer wellness initiative supporting over 100 students facing examination stress, resulting in substantial mental health improvements:

- Depression ↓ 10.8%
- Anxiety ↓ 37.9%
- Stress ↓ 36.2%

Participating institutions have praised WAP for fostering a positive culture of mental health awareness and peer support.

WAP's evidence-based design and measurable impact have attracted extensive attention, with media coverage across 33 outlets and social media engagement reaching over 9,000 individuals, driving growing institutional demand for adoption. On 16 June 2025, the Guangdong–Hong Kong–Macao University Psychological Counselling Alliance formally adopted the WAP modules as the Peer Counsellor Programme across 16+ member institutions, embedding evidence-based mental health support from Fall 2025. The HKSAR Education Bureau has recognized WAP's alignment with local mental health policy, as reflected in the government's "Mental

Health Promotion Ambassador Training Pilot Scheme” announced in the September 2025 Policy Address, which aims to train 2,000 students annually.

Through its proven effectiveness, scalable model, and policy-level impact, the Wellness Ambassador Programme exemplifies Lingnan University’s contribution to SDG 3 – Good Health and Well-Being, advancing mental health promotion and building resilient, caring communities.



Guangdong-Hong Kong-Macao University Psychological Counselling Alliance meeting adopting WAP as regional Peer Counsellor Programme

The above instances showcase Lingnan University’s current and prospective goals to contribute to population health and well-being. While the university does not have a medical school, it has strongly leveraged its key research strengths to support the attainment of SDG3 and will continue to do so in the coming years!