

Participatory Approach in 2021 Tokyo Olympic – A Mission to Combat COVID-19 Pandemic

LI Hei Long Jackie

University of Hong Kong

Background:

- COVID-19 pandemic → Strict Social-distancing & Enhancement of Cross-nation boundaries
- Original Plan for 2020 Tokyo Olympic: Summer in 2020 (Suspended and postponed);
New Plan: Summer in 2021

Project Objectives:

- Big Dilemma:

Stress faced by athletes (losing a chance of competition)

VS

Public health concern (Outbreak of COVID-19 during the event)

- Have to strike a balance

Methods:

- Literature Review on “Athletes’ Mental Health” & “Participatory approach in the control of infection”

Results:

- Over 50% of the elite athletes experienced disrupted mental health (Facer-Childs, et al., 2021).
- Success of Participatory Approach has been observed in various infectious diseases, including tuberculosis (Turusbekova, et al., 2016), HIV/AIDS (Rhodes, et al. 2006), Hepatitis B (Ma, et al., 2017), intestinal parasite infection (Songserm, et al., 2012)

Conclusions:

- Participatory Approach (i.e. through the participation of athletes in

observing rigorous hygiene rules) addresses the dilemma perfectly.

- Literatures support the effectiveness of such approach.
- Suggestion: Education on Infectious disease transmission prevention + Athletes’ active participation
- Prediction: Success in organizing a safe Olympic with no outbreak, thus being the role model and bringing hope to COVID-19 pandemic eradication among the public.

References:

Facer-Childs, E.R., et al. (2021). Sleep and Mental Health in Athletes during COVID-19 Lockdown. *Sleep Research Society*. 1-9. doi: 10.1093/sleep/zsaa261

Ma, G.X., et al. (2012). A Community-Based Participatory Approach to a Hepatitis B Intervention for Korean Americans. *Prog*

Community Health Partnersh. 2012. 6(1).7-15. doi: 10.1353/cpr.2012.0002.

Rhodes, S.D., et al. (2006). Preventing HIV Infection among Young Immigrant Latino Men: Results from Focus Groups Using Community-Based Participatory Research. *Journal of the National Medical Association.* 98(4). 564-573.

Songserm, N., et al. (2012). *Asian Pacific Journal of Cancer Prevention.* 13. 6175-6179. doi: 10.7314/APJCP.2012.13.12.6175

Turusbekova, N., et al. (2016). Strengthening TB Infection Control in Specialized Health Facilities in Romania – Using a Participatory Approach. *Public Health.* 131. 75-81. doi: 10.1016/j.puhe.2015.10.031.

Download a Copy:

