

**For discussion on
29 May 2014**

Paper FC 15/2014

Family Council

**Presentation of the Family Project
by the Hong Kong Jockey Club Charities Trust**

PURPOSE

The powerpoint presentation prepared by the Hong Kong Jockey Club Charities Trust on the “Family Project” is attached at **Annex**.

ADVICE SOUGHT

2. Members are invited to provide comments and views.

**Family Council Secretariat
May 2014**



Presentation at the Family Council

May 2014

Content

- Introduction
- Jockey Club's Support of Hong Kong Families
- Background of the FAMILY: A Jockey Club Initiative for a Harmonious Family
- Characteristics of the FAMILY Project
- Overview of the FAMILY Project
- Discussion



Introduction

- The Hong Kong Jockey Club Charities Trust is one of the largest funders in Hong Kong with aim to improve the quality of life of Hong Kong people
- Total donation for the past decade: >\$13 billion, of which about \$462 million were used for supporting family service projects
- Supporting families is always high on our funding agenda, with focus on helping vulnerable families, e.g. low income families, single parent families, new arrivals, families suffered from domestic violence, parents of disabled children and special learning difficulties, etc.



Highlights of Projects Related to Family (1994 – 2014)

- Harmony House Ltd. - [Harmony Link to prevent family violence](#)
- The Hong Kong Catholic Marriage Advisory Council - [Marriage Mediation Counselling Service Project to help divorced families](#)
- The Boys' and Girls' Clubs Association of Hong Kong - [Children Trauma Treatment Centre to help kids who have traumatic experience](#)
- Against Child Abuse Ltd - [Healthy Start Home Visit Programme to prevent child abuse](#)
- Hong Kong Young Women's Christian Association - [Tin Shui Wai Family Wellness Centre to promote family health and wellness](#)
- The Comfort Care Concern Group - [Comfort Care and Support Project to support bereaved families](#)
- Tung Wah Group Hospitals - [Parent-child Interaction Therapy Service to help parents of children with disabilities](#)



Background – FAMILY Project

- In recent years, our society is undergoing rapid changes together with macro social and economic trends.
- Demographic shifts, economic upheavals, changing societal norms and values together with immigration across borders are creating new and altered structures, processes and relations within families.
- The family structure has become more complex and diverse, creating tensions and a range of discords to family life.
- To address these social issues, The Hong Kong Jockey Club Charities Trust earmarked \$250 million in 2007 to launch a citywide project – “FAMILY: A Jockey Club Initiative for a Harmonious Society”.



Background – FAMILY Project

- Adopting a public health approach, the FAMILY Project aims to bring together various sector and disciplines to identify the complex underlying factors of family problems in Hong Kong, thus serving as a basis upon which long-term prevention strategies could be formulated.
- FAMILY is a six-year project comprising three main components:
 1. Family Cohort Study;
 2. Intervention Projects; and
 3. Health Communication and Public Education.



Characteristics of the FAMILY Project

- Trend setting
 - Preventive
 - Evidenced-based
- Family Cohort Study
 - 20,000 household survey
 - Data available for sharing
- Community-based projects
 - Multi-sector collaboration
 - District-based
- Capacity building and knowledge transfer
 - Workshops and symposia
 - Practice wisdom forums



Project Overview

By

Professor T H Lam
Principal Investigator, FAMILY Project





FAMILY: A Jockey Club Initiative for a Harmonious Society

Professor TH Lam

Principal Investigator, FAMILY Project
Chair Professor in Community Medicine
School of Public Health, The University of Hong Kong

May 29, 2014

1

Presentation Outline

1. Project Overview
 - Objectives
 - Components
 - Intervention and community-based projects
2. FAMILY Cohort Study
3. Future direction of FAMILY Project
4. Discussion

2

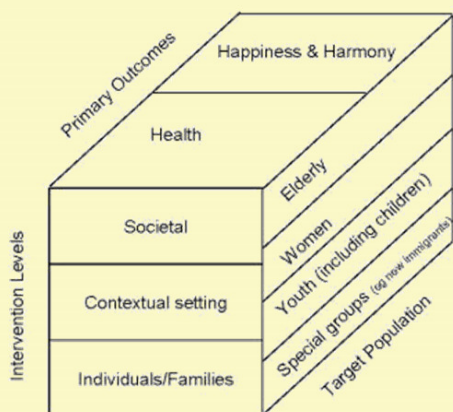
1. Project Overview

3

Objective

- Cherishing family relationships can help promote the **3Hs – Health, Happiness and Harmony** – across generations.
- **Preventive in nature**, rather than trying to rectify family problems.

Hong Kong Family Project Conceptual Matrix



FAMILY 3Hs

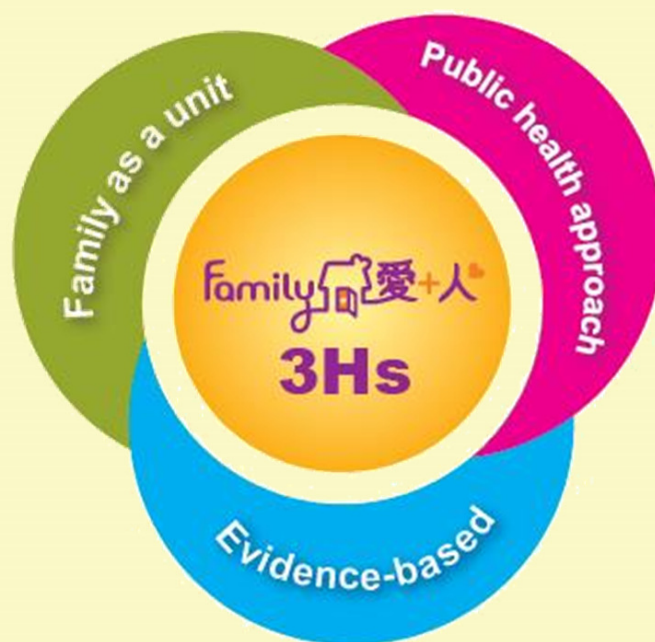
Health (健康)

Happiness (快樂)

Harmony (和諧)

4

Framework of Family Projects



5

Characteristics of Intervention and community-based projects

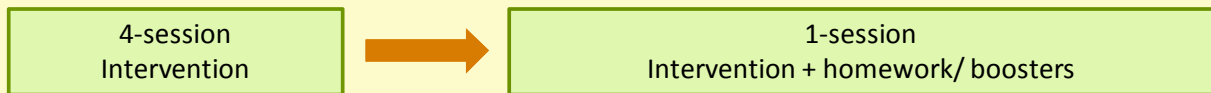


6

Public Health Approach

Minimal Approach

Develop and test **simple and focused** family-based service models with rigorous and longitudinal evaluation



7

Multiple partners

- One partner, one project (e.g. Caritas-HK, HKFWS, SKH, HKCS, DH-MCHC, ISS-HK)
- One partner, multi-programmes with many NGOs in a district (HKCSS, Yuen Long)
- One partner, many housing blocks and community leaders (CFSC, Kwun Tong)

Multi-targets

- Parents
- Pregnant women
- New immigrants
- Students and children
- Community leaders
- Disabled persons
- Youth
- Elderly



8

Best Science and Best Practice

Best Science

- Evidence-based design with rigorous evaluation
- Evidence-based and evidence generating (EBEG)

Best Practice

- New initiatives in social service setting
- Community-based participatory approach
- Trained paraprofessionals as interventionists
- 4P for 3Hs (Positive Psychology, Policies and Practices for Health, Happiness and Harmony)

9

Intervention Projects

Best design randomized controlled trials (RCT)



Caritas-
Hong Kong



FAMILY:

Effective Parenting Programme
愛+人：「有教·無慮」家庭和諧計劃



Hong Kong
Family Welfare Society



FAMILY:

Harmony@Home
愛+人：「家多·和諧」計劃



International Social Service
Hong Kong Branch



FAMILY:

Boosting Positive Energy
「愛+人·家添正能量」計劃

10

Intervention Projects

Best design randomized controlled trials (RCT)



Hong Kong Sheng Kung Hui
Welfare Council



FAMILY: Happy Transition to Primary One
愛+人：「愉快學習上小一」計劃



Hong Kong Christian Service



FAMILY: H.O.P.E.
(Hope Oriented Parents Education for Families in Hong Kong)
愛+人：「愛家·Teen希望」
希望故事計劃



Department of Health



FAMILY: Share the Care, Share the Joy
愛+人：「共育共樂」計劃



School-based projects

FAMILY Goes Green 「愛+人·愛綠色」

- 18,139 students from 85 schools participated
- Over 830 sets of GREEN craftworks were collected



黎蕙濠(6B)：燈罩



蔡善彤(4A)：鉚皮玩具 - 猴子上樹

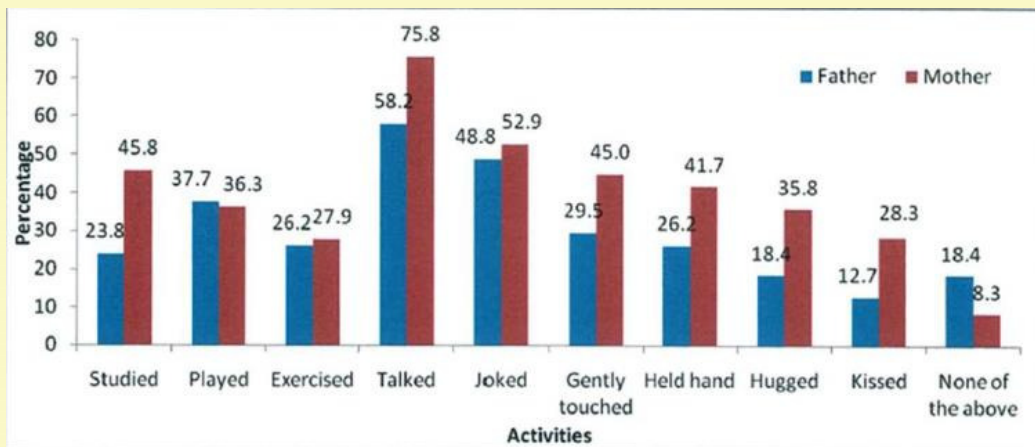


陳穎欣(6A)：實用雜物籃



FAMILY Goes Green

Parent's Relationship with Students



Parental interactions with child in the past 7 days

School-based projects More Appreciation and Less Criticism

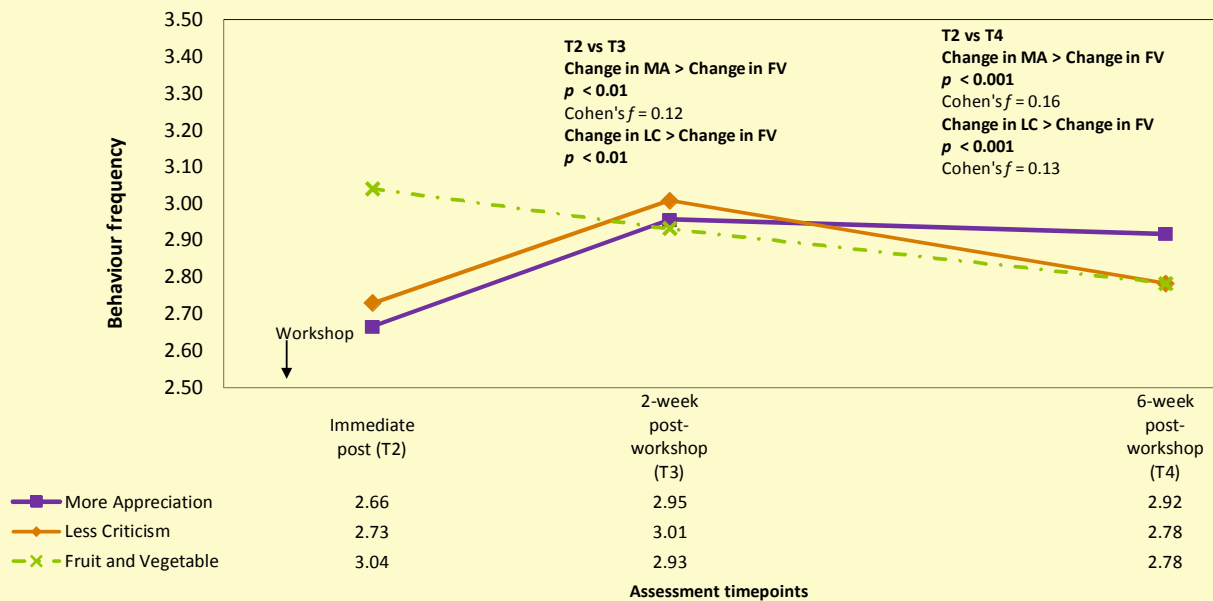


- 72 workshops
- 62 primary schools, NGOs and 1,011 parents attended
- Cluster RCT design



Behaviour Change: more appreciation vs controls

Within the past 1 week, how often that you show **appreciation** to your children?
(0: None 3: 5-6 times weekly 6: 4 times or above daily)



Note:

Only changes with reference to baseline and group differences between MA and FV at $p < .05$ are shown on figure.
Effect Size: Cohen's f : small = 0.10, medium = 0.25, and large = 0.40.

15



School-based projects

3Hs Family Drama Project 《家添戲FUN》計劃

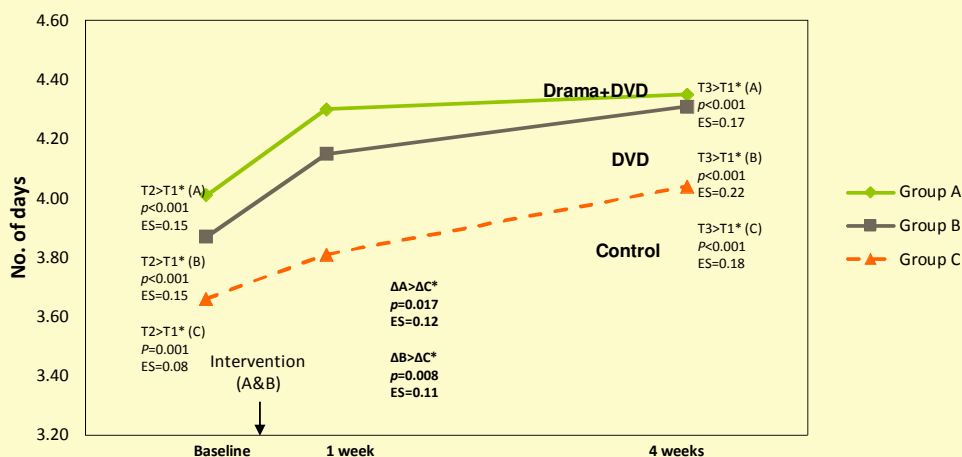
香港小童群益會

- 100 primary schools participated and evaluation on 30 schools
- 24,785 students and 277 family members watched the show in school performed by a professional group
- 5,092 students and 7,843 family members watched the DVD
- Cluster-RCT design
- 7,145 people participated in "Expressing Love to Family" (向家人表達愛) Online Award Campaign
- Primary school students performed in the drama show held in the Taipo event (4 schools) and Central & Western district event (3 schools)



16

Increase in fruit intake vs controls

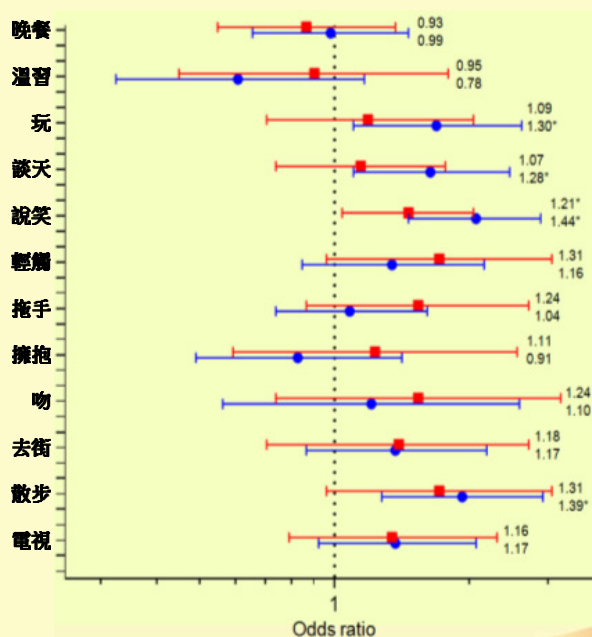


	Baseline	1 week	4 weeks
Group A (n=1660)	(T1) 4.01	(T2) 4.30	(T3) 4.35
Group B (n=2261)	3.87	4.15	4.31
Group C (n=1763)	3.66	3.81	4.04

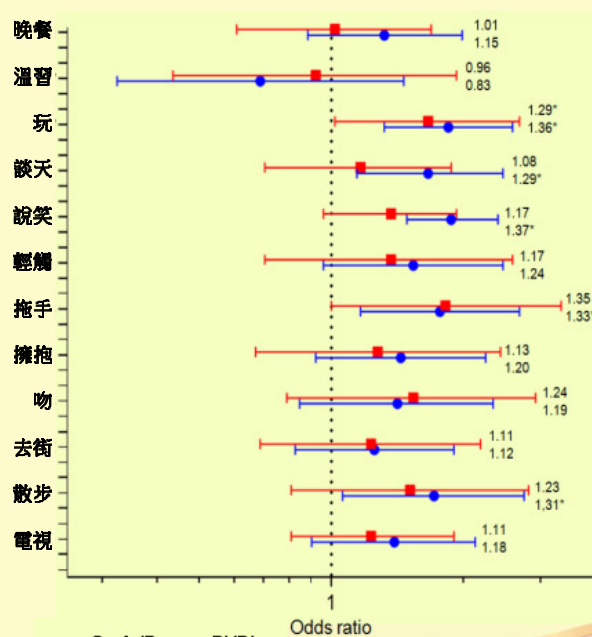
* Statistically significant at $p < 0.05$
 ES = Effect Size (Cohen's d), small = 0.20, medium = 0.50, and large = 0.80
 Adjusting for sex, grade, place of birth, family structure, SES and baseline value. Clustering effect of school was taken into account.

More child-parent interaction vs controls

Odds ratio for **paternal** interactions (T3 vs T1)



Odds ratio for **maternal** interactions (T3 vs T1)



Adjusting for sex, grade, place of birth, family structure, SES and baseline value.
 Clustering effect of school was taken into account.
 95% confidence interval of odds ratio was shown.
 * $P < 0.05$

Community-based Participatory Projects



19

Community-based Participatory Projects

Phase 1

Training / Capacity building for NGOs and community organisations

Phase 2 & 3

Multiple family-based activities engaging local leaders & grassroots, to initiate learning practices with their family and their neighbourhood

Phase 4

Dissemination (practice wisdom forum, sharing session, award ceremony etc.)

Vigorous Evaluation

- Surveys (T1, T2, T3, T4 at 3-month)
- Process evaluation
- Focus group interviews
- Individual in-depth interviews
- Final assessment report with recommendations

20

Community-based Participatory Projects

Happy Family Kitchen I & II



Happy Family Kitchen 1
(Yuen Long, Tin Shui Wai Districts)
Sep 2010- Aug 2011

Happy Family Kitchen 2
(Tsuen Wan, Kwai Chung & Tsing Yi Districts)
Apr 2012- Jun 2013

Professional Workshops and Project publicity
(Territory wide)
Mar 2013- July 2013

Yuen Long & Tai Siu Wai

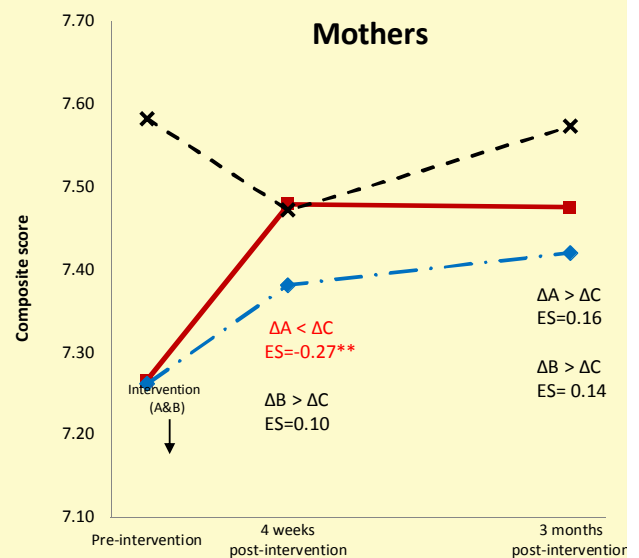
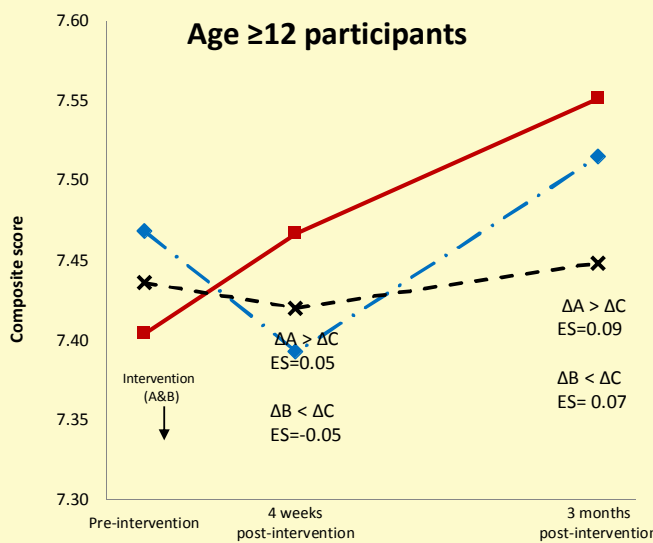
- 21 projects from 23 units of 19 organizations



Tseun Wan and Kwai Tsing

- 31 projects from 21 units of 16 organizations and 8 schools
- Cluster RCT design

Self-perceived family harmony score (1 item: 0-10) Increase at 4 weeks and 3 months vs. controls



* statistically significant at $p < 0.05$; ** statistically significant at $p < 0.01$; *** statistically significant at $p < 0.001$;
 Note: ES = Effect Size (Cohen's d); small = 0.20, medium = 0.50, and large = 0.80

Community-based Participatory Projects

Learning Family Project



基督教家庭服務中心
Christian Family Service Centre

 Hong Kong Housing Authority

Kwun Tong

- 1 project in 2 designated housing estates (Intervention: Tsui Ping South, Control: Shun Tin)
- Completed in Aug 2012
- Quasi-experimental evaluation design – intervention estate vs control estate

Collaborators

- **MAC** - Mutual Aid Committees (互助委員會)
- **EMAC** - Estate Management Advisory Committee (屋邨管理諮詢委員會)
- **District Councillors** (區議員)
(Dr Bunny Chan and Ms Fung Mei Wan
陳振彬主席及馮美雲議員)
- **Property Management Company**
(屋邨物業管理公司)



23

Community-based Participatory Projects

Learning Family Project

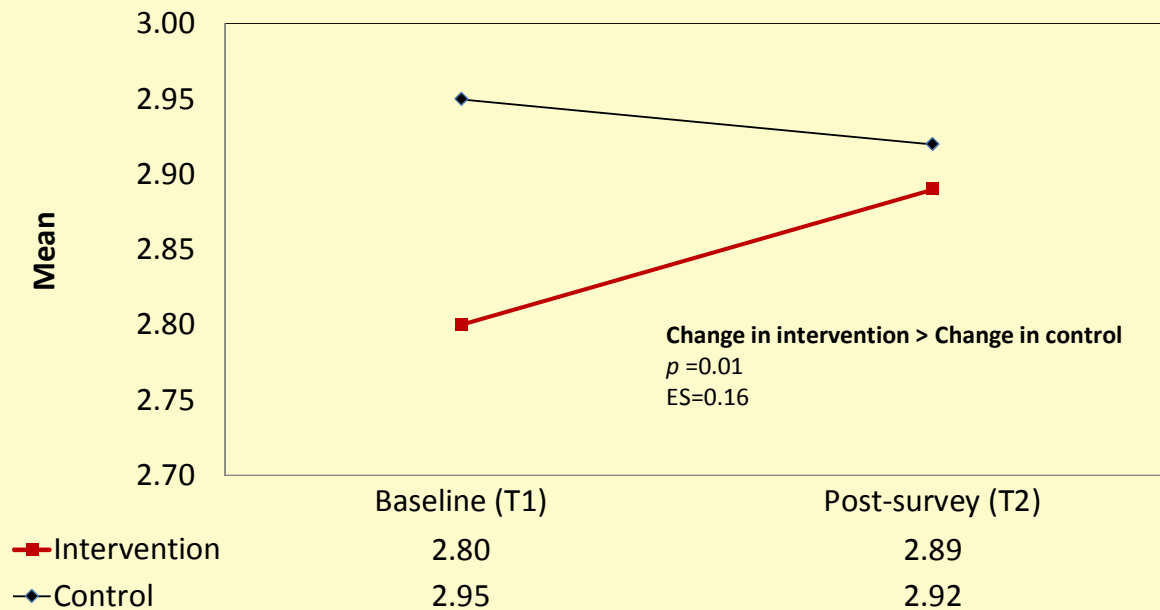
Expanding reach to the **hard-to-reach grassroots group** through home visits (洗樓) involving estate management and estate committee members



24

Social support (frequency): Significantly improved vs controls

Social support (frequency) (Score: 1-5)



Intervention n=502; control n=476

25

Qualitative Findings



"The programme activities help me to realize the importance of family relationships. I want to take one step forward to improve it (the family relationship)." (Daughter, Group 4, 123B)

"I will now praise my daughter more often and she is very happy to receive the compliments. When I praise for her good behaviours, she becomes very enthusiastic." (Mother, group 3, 241A)

"It gives me a chance to communicate and get to know the neighbours. I can now play with my family members and neighbours." (Mother, Group 5, 383C)



26

Community-based Participatory Projects

Enhancing Family Well-being Project



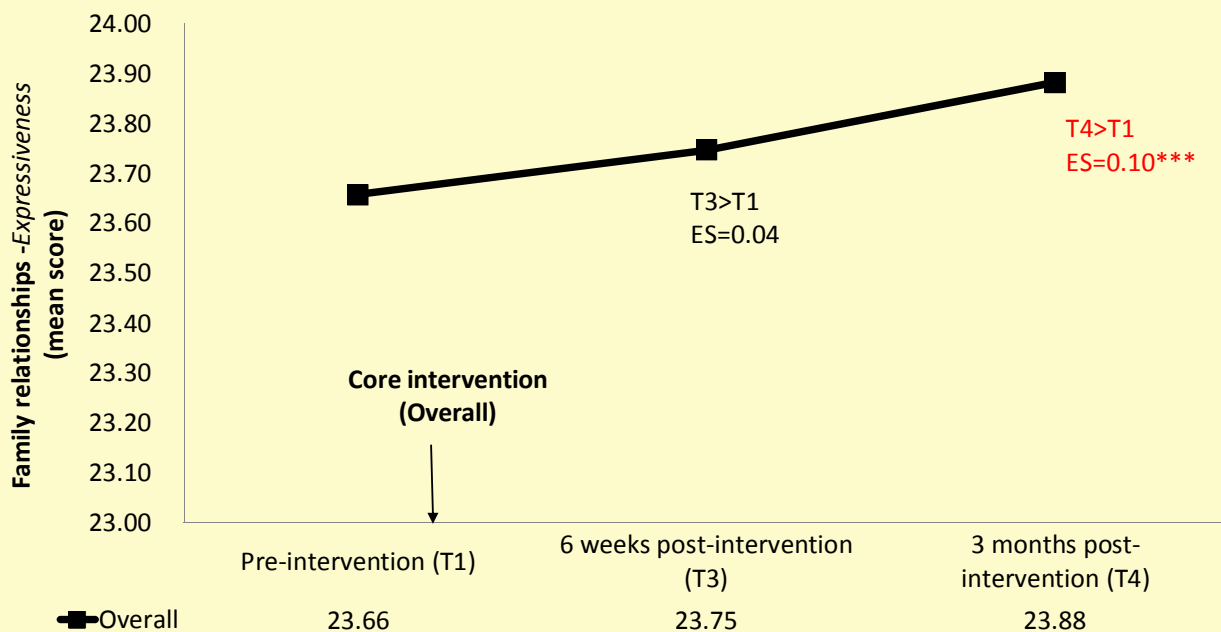
Sham Shui Po

- 29 projects from 46 units of 37 NGOs
- Completed in Apr 2013
- Cluster (by NGOs) RCT design



Family relationship - Expressiveness score (9 items: 9-36)

Significant increase at T4 (no controls)



3 assessment time points

* statistically significant at $p < 0.05$; ** statistically significant at $p < 0.01$; *** statistically significant at $p < 0.001$;
 Note: ES = Effect Size (Cohen's d); small = 0.20, medium = 0.50, and large = 0.80

Qualitative Findings



- “Now I will *be more positive minded*...I have not thought of *other people's shortcomings for a long time*...” (Mother, U12, 18A)
- “... We would not fight with others...we will now *support each other*...” (Mother, U10, 33A)
- “...*Less conflict*...to understand my mother more...” (Daughter, U11, 34B)
- “My family members *became healthier* ...they will also encourage me to do more exercise...” (Mother, U16, 33B)

29

Health Promotion Events



- Actively participated in different district health promotion events
- As at Dec 2013, FAMILY Project has connected **over 8,500 individuals** in Health Promotion Events
- 1 page evaluation questionnaire on family 3Hs within and outside the event venue
- Evaluations on visitors to the booth (point count and period count) and their participation



30

Health Promotion Events

Healthy City Events



- Actively participated in several district Healthy City Events
- As at Dec 29 2013, FAMILY Project connected with **over 1,050 individuals** in Healthy City Events
- 1 page evaluation questionnaire on family 3Hs within and outside the event venue
- Evaluations on visitors to the booth (point count and period count) and their participation



Kowloon City District Council



Health Promotion Events

Central and Western District

中西區健康節
健康生活·全家參與

中西區健康城市
「一家齊減壓」嘉年華

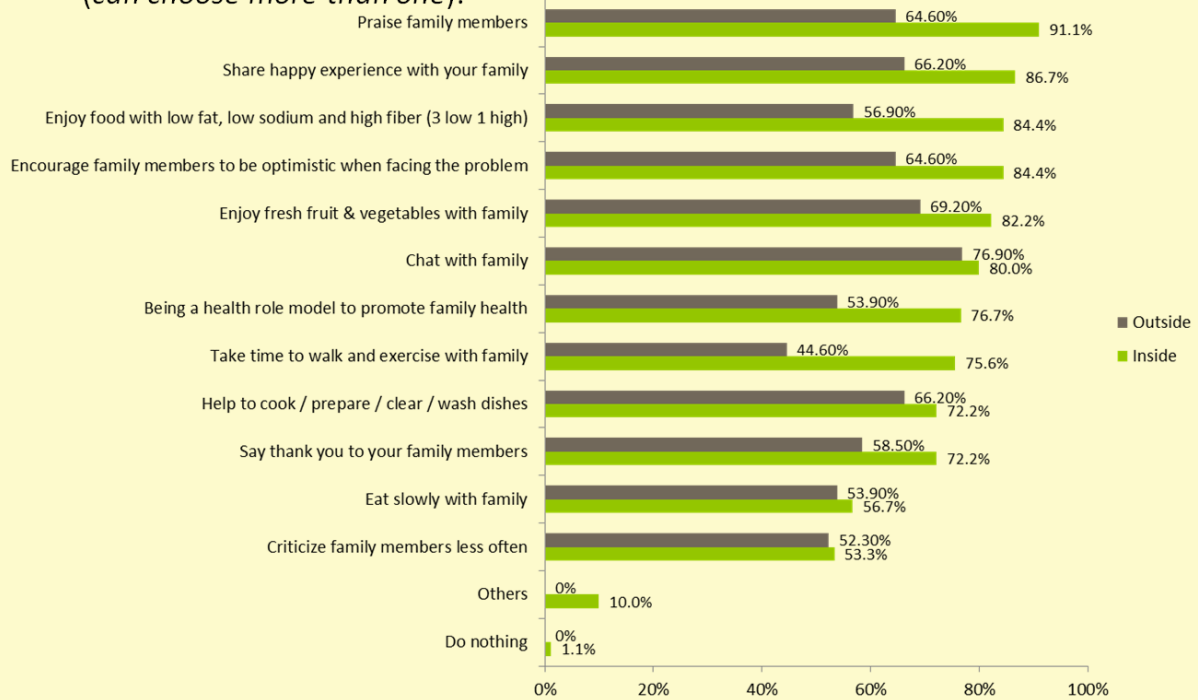


Participants better than outsiders

2013/14 Central & Western District Healthy City Carnival - Questionnaire Survey

(Inside venue, n=90; Outside venue, n=65)

- Respondents reported the most common things they did with their families (*can choose more than one*):



Knowledge Transfer & Dissemination

Wide publicity coverage

Press Conferences

(Reported in electronic media, news wire, newspapers and news portals)



TV feature

(HK Connection (經緯集) both Chinese version & English Version)



Radio Interviews



Media Interviews



Knowledge Transfer & Dissemination Publications

Project Brief

Project Booklet

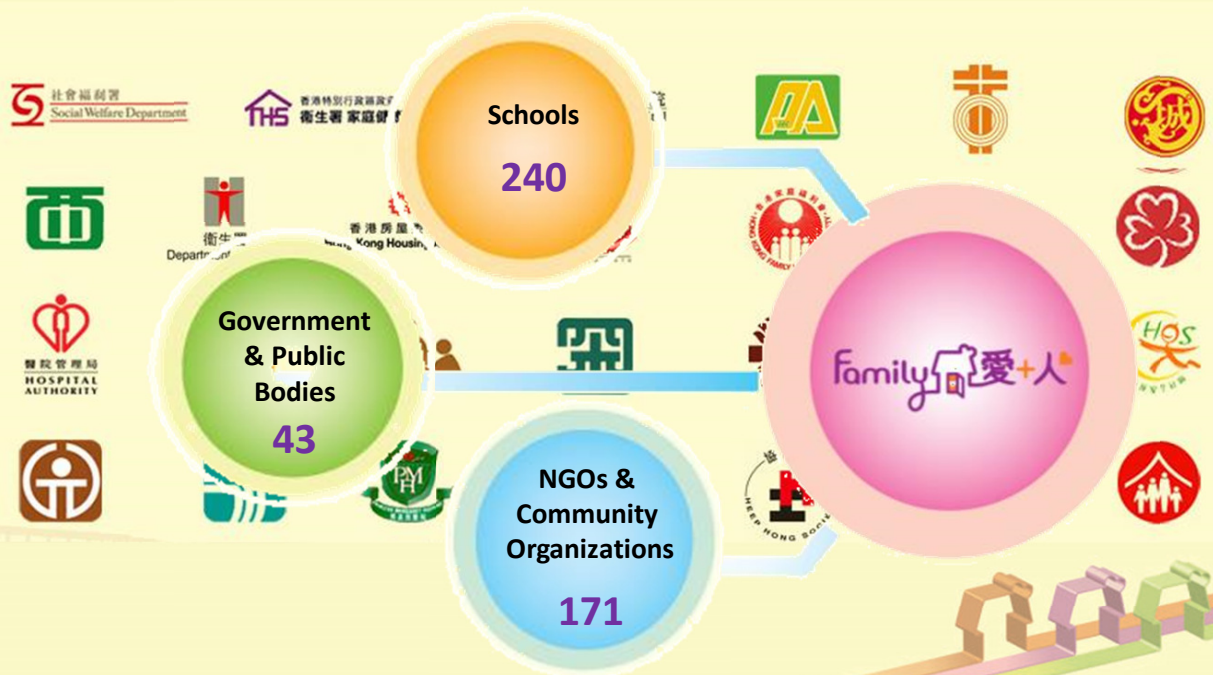


Practice Manual



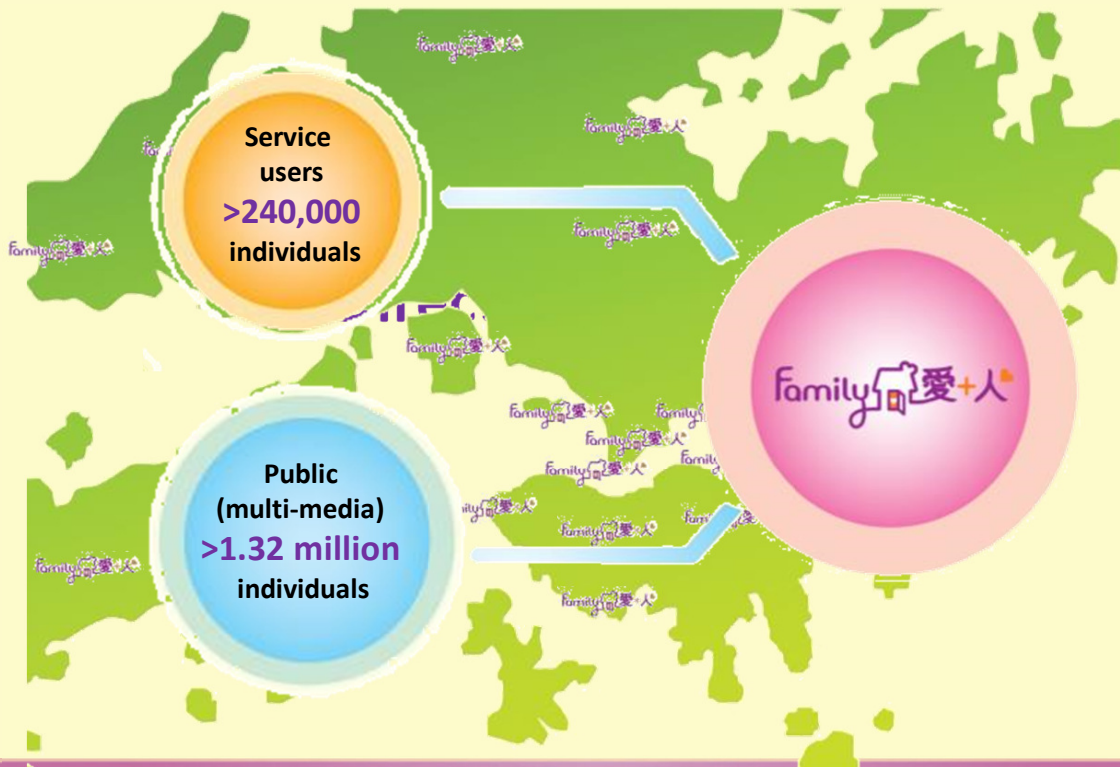
Community Engagement

Stakeholders, NGOs, Government and Public Bodies



Community Engagement

Direct Beneficiaries



Community Engagement

Engaging Decision Makers: from Districts to Tamar (Government headquarters)



Community Engagement

Government / Statutory Bodies

Government Departments, Family Council & District Councils

<h3>Community-based Projects</h3>  	<h3>家庭議會 Family Council</h3> 
<h3>World Health Day Carnival</h3>  	<h3>Shatin FAMILY 3Hs Fun Fest</h3>  

Community Engagement

NGOs / Local Organisations

- Involved **171** NGO and community organizations with over **240,797** participants

			
<p>合辦機構： 協辦團體：</p> 			 <p>40</p>

Community Engagement

Schools

- Involved **240** Primary Schools with over **50,000** students and their parents



41

Video

- Feedback from Government, NGOs and community stakeholders on FAMILY Project
- Community needs and ways to promote family health

42

Impacts

- **CBPR: active partnership** among researchers, community service providers, community stakeholders, and families
- **EBEG: evidence based** and **generated evidence** with partners for an effective practice model and policy.
- **Capacity Building:** enhance **service quality** through trainings & practices, co-learning, family participation service model, EBEG, theoretical framework and evaluation methodologies.
- **Family Participation (闔府統請):** always involve the family for effectiveness in improving communication and promoting 3Hs.
- **Dissemination:** many ways to disseminate locally (manuals, booklets, reports) and internationally (**30 SCI journal papers** published/accepted)

2. FAMILY Cohort Study

Territory-wide Household Visit FAMILY Cohort

Background

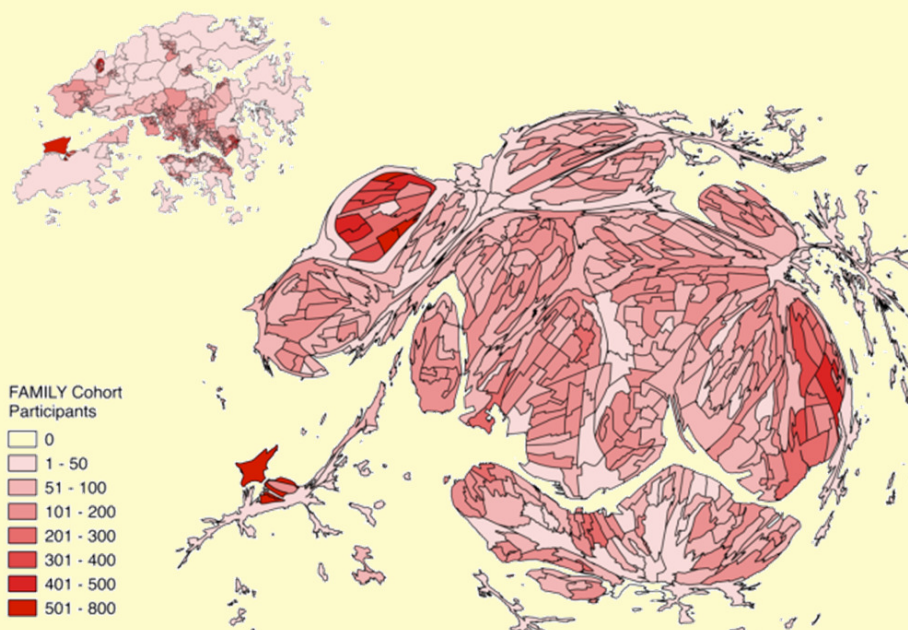
- Territory-wide survey focuses on individuals and the family as a unit
- Cross-sectional and prospective
- Aims to describe current FAMILY 3Hs status and identify sources of domestic problems for Hong Kong and each of the 18 districts
- Results will provide better evidence and stronger motivation for policy and practice
- Social barometer and platform for family research



45

FAMILY Cohort

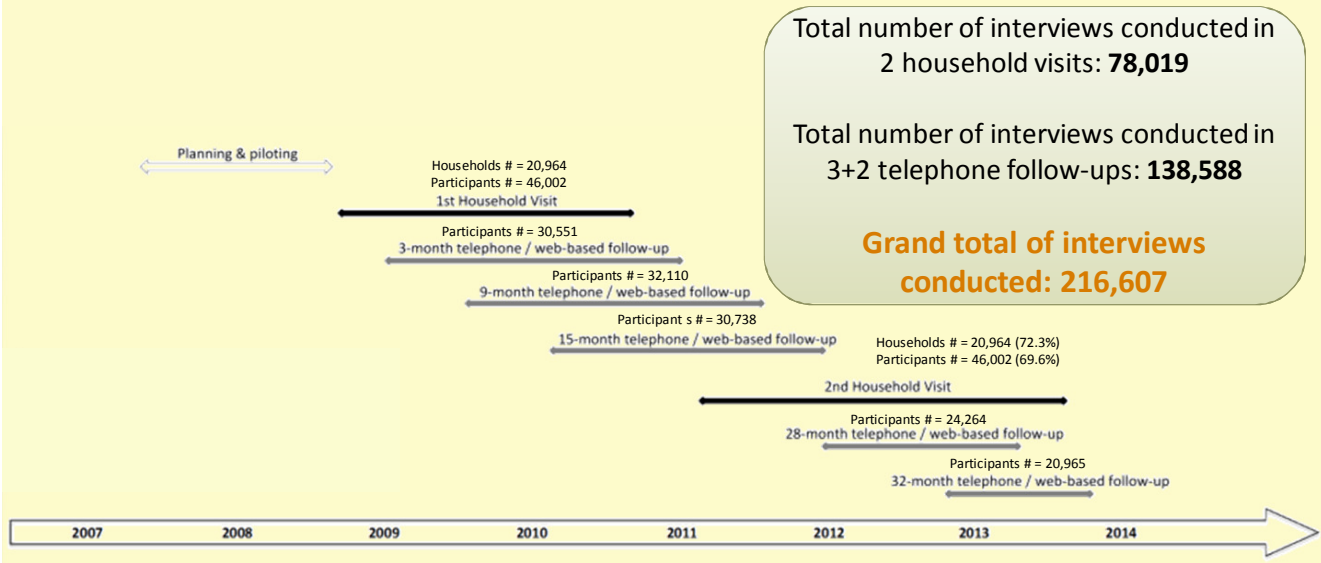
A territory-wide survey which covers all 18 districts and 99.8% of all neighbourhoods (defined as DCCA*) in Hong Kong



*DCCA stands for "District Council Constituency Area"; there are a total of 412 DCCAs in whole Hong Kong

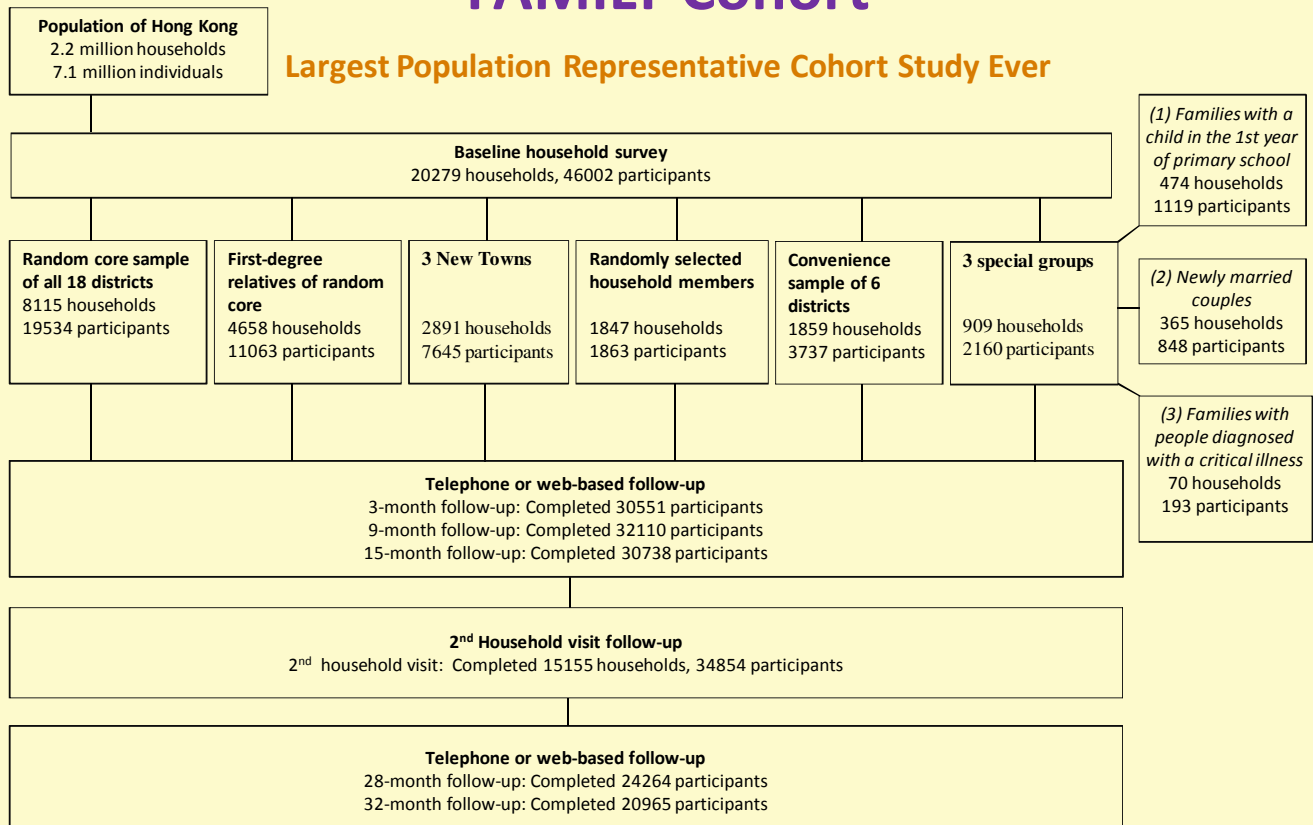
46

FAMILY Cohort (2008-2014)



FAMILY Cohort

Largest Population Representative Cohort Study Ever



FAMILY Cohort

Largest Population Representative Cohort Study Ever

- Sample selection: 20,279 households in total, with 8,115 randomly selected from the general population (random core), and 12,164 recruited from the following categories:
 - Newly married couples
 - Families with members recently diagnosed with critical illness (i.e. heart diseases, cancers)
 - Families with children in Primary One
 - 3T: Households in Tung Chung, Ting Shui Wai & Tseung Kwan O
 - First degree relatives of participants in random core sample
 - Single-member households

Baseline household survey

Factors

• Age, Gender, Education, Household & individual income, Marital status, Employment, Chronic disease status, SES of the oldest generation, Neighborhood/district SES

Demographic/
Socioeconomic

• Smoking, Drinking, Diet (FFQ & food diary), Physical activity (IPAQ & actigraph), Family activities, Gambling, Illicit drug use, Healthcare usage, Usage of social service

Lifestyle behaviors

• Social cohesion, Current & past participation in religious activities, Religiosity, Volunteering, Stressful life events (LSI), Discrimination, Self-efficacy, Life orientation

Psychological/
social

Outcomes

Community-level

Family-level

Adults

Children

Grand-
parents

Individual-level

Health

Happiness

Harmony

SF-12, PHQ-9, CHQ-12, Blood pressure, BMI, Body fat, Visceral fat, Oral health

Subjective happiness

Family APGAR, Harmony, Concordance, conflict in family, Work & family

Second household visit follow-up

Factors

- Age, Gender, Education, Household & individual income, Marital status, Employment, Move of residence, Chronic disease status, Family history of chronic disease, Neighborhood/district SES

Demographic/
Socioeconomic

- Smoking, Drinking, Diet (FFQ), Physical activity (IPAQ & GPAQ), Family activities, Gambling, Healthcare usage, Body check

Lifestyle
behaviors

- Social cohesion, Current & past participation in religious activities, Religiosity, Volunteering, Stressful life events (LSI), Childhood adversity

Psychological /
Social

Outcomes

Community-level

Family-level

Adults

Children

Grand-
parents

Individual-level

Health

Happiness

Harmony

SF-12, PHQ-9, Blood pressure, BMI, Body fat, Visceral fat, Waist & hip circumference, Oral health

Subjective happiness, Resilience

Family APGAR, Harmony, Conflict in family, Work & family

Telephone Follow-ups (after baseline)

3 months

9 months

15 months

Factors/
Outcomes

SF-12

Happiness

Harmony

Stressful Life Events

Factors/
Outcomes

SF-12

Happiness

Harmony

Factors/
Outcomes

SF-12

PHQ-2

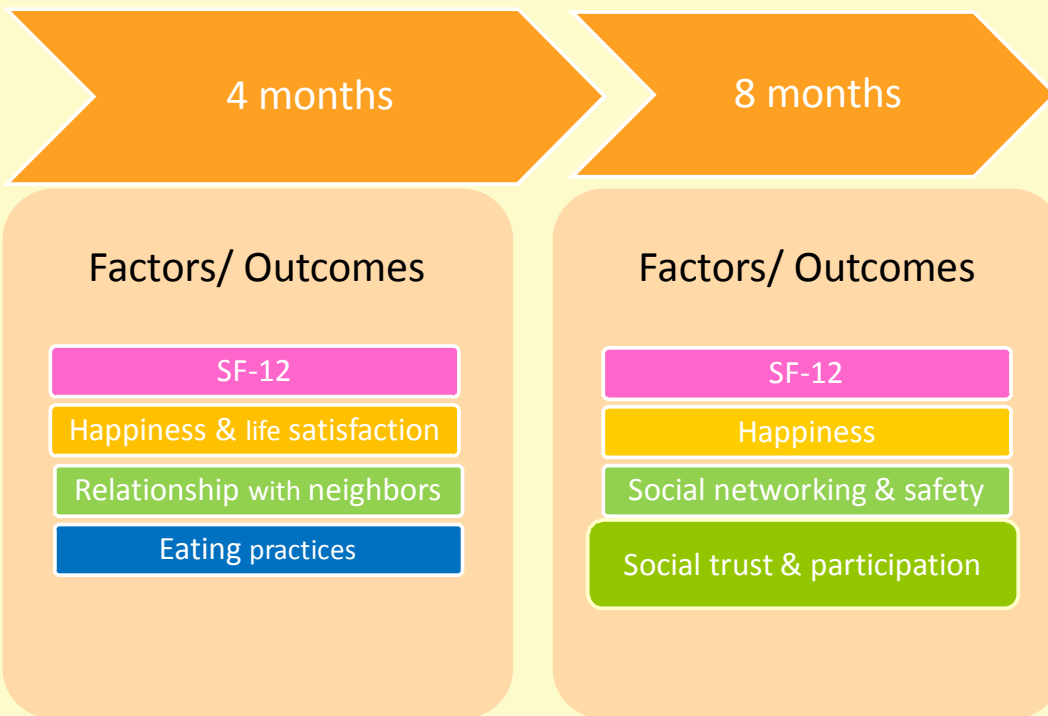
Happiness

Harmony

Social Media

Parent Literacy

Telephone Follow-ups (after 2nd household visit)



FAMILY Cohort

- Visit 20,964 households with 46,002 individuals
- 2nd household follow-up revisited and interviewed 15,155 households (72.3%) and 32,017 participants (69.6%)

Releasing FAMILY Cohort Results (1)

FAMILY Cohort Overall Hong Kong report and 18-district reports



55

Releasing FAMILY Cohort Results (2)

Mass Media

TVB "Tuesday Report"



Media Interviews & press conferences



56

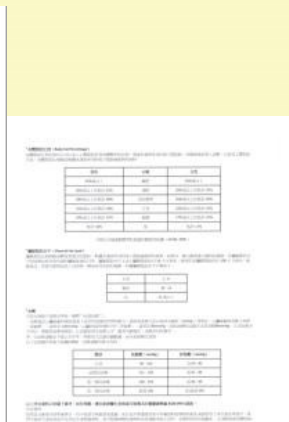
Media coverage on Cohort's findings



Releasing FAMILY Cohort Results (3)

Individual and Family level

E-Health portal



Health reports to >45,000 participants

Releasing FAMILY Cohort Results (4)

Community level

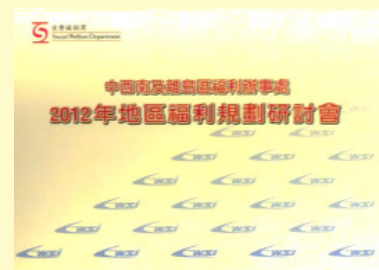
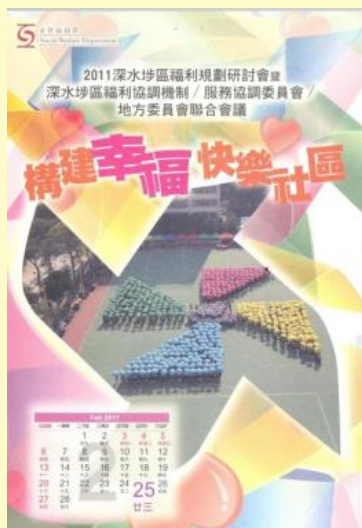


Releasing FAMILY Cohort Results (5)

For District Planning

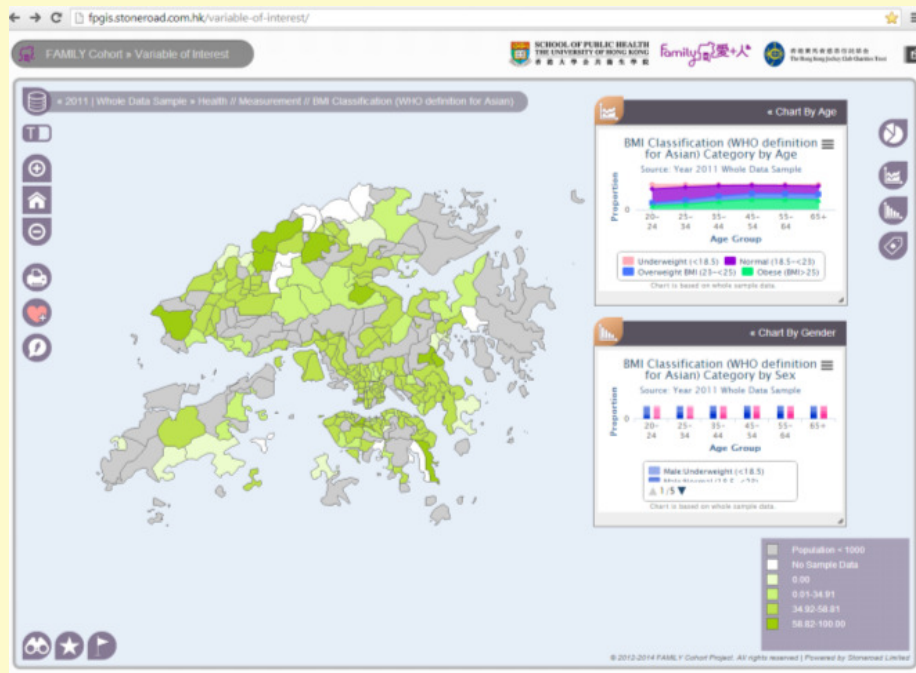


Invited presentations in District Planning Meetings of the Social Welfare Department for 5 districts



FAMILY Cohort

An Interactive Tool for District Councils and Community Partners



61

Family Impact Assessment

- With effect from April 1, 2013, **the assessment of family implications** is a mandatory and integral part of the decision-making process and policy formulation within Government.

Family Council discussion paper: Paper FC 1/2013

- ➔ **FAMILY Cohort is the best readily available platform to conduct and examine the family impact of policies, programmes and services before and after policy implementation.**
- ➔ **Need to maintain, analyze, follow-up and expand**

62

FAMILY Cohort as a platform to examine family impact of policy and services - addressing areas identified by the Family Council (1)

1. Respect and Responsibilities: enforcing family members' obligations to provide support

- FAMILY Cohort has measured family support using **APGAR scale**.
 - The average score was 6.9 (out of 10), with women reporting slightly more support than men.
- Those aged 55 and above reported the highest level of support from their families.
- Family support diminished with decreasing household income.

FAMILY Cohort as a platform to examine family impact of policy and services – addressing areas identified by Family Council (2)

2. Communication and Harmony: facilitating communication among family members & enabling better work-family balance

- FAMILY Cohort has developed a **Family harmony scale** specific for the local population: includes domains in *effective communication*, and *spending time with family*.
- Participants aged 35-64 reported higher family harmony; those 20-34 and ≥ 65 had lower family harmony.
- Longer working hours associated with more depressive symptoms and lower level of happiness.
- Level of work-conflict : young participants aged 20-24 reported the highest level of conflict.

FAMILY Cohort as a platform to examine family impact of policy and services - addressing areas identified by Family Council (3)

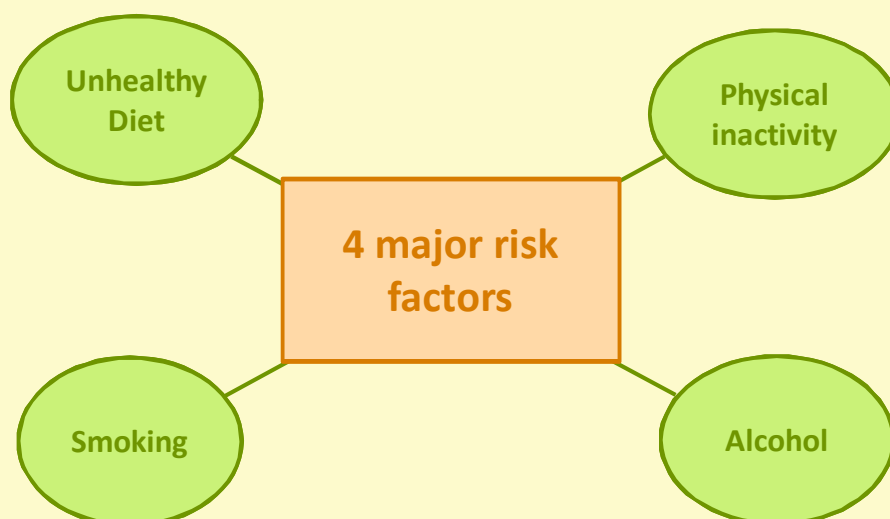
3. Love and Care: reinforcing relationships & fostering mutual care among family members

- The quality of specific “paired” family relationships (i.e. father-son, mother-daughter) measured by **Concord scale**: those aged 20-24 reported lower concord with their family members.
- Number of sources of conflict between family members : younger participants reported more sources of conflict.

3. Future Direction of FAMILY Project: FAMILY Holistic Health

Health challenges

United Nations 2011 Political Declaration against 4 non-communicable diseases (NCDs)



67

Hong Kong situation – BMI

Body Mass Index BMI classification (WHO definition for Asians)

BMI (kg/m ²)	Total
Underweight (BMI < 18.5)	991 (6.2%)
Normal (BMI 18.5- < 23)	6,472 (40.4%)
Overweight (BMI 23- < 25)	3,294 (20.5%)
Obese (BMI ≥ 25)	5,157 (32.2%)
Missing	125 (0.7%)
Total	16,039 (100%)

about half

68

Hong Kong situation – Fruit and vegetables consumption

Number of daily servings of fruit and vegetables consumed in the past one month

Portions	Total
Fewer than 5	14,208 (88.6%)
5 or more	1,780 (11.1%)
Missing	52 (0.3%)
Total	16,039 (100%)

Source: FAMILY Project Cohort Study: Baseline Findings (2009 – 2011)

69

Prevalence of inadequate fruit & vegetable over the world¹

Hong Kong: low fruit / vegetable intake

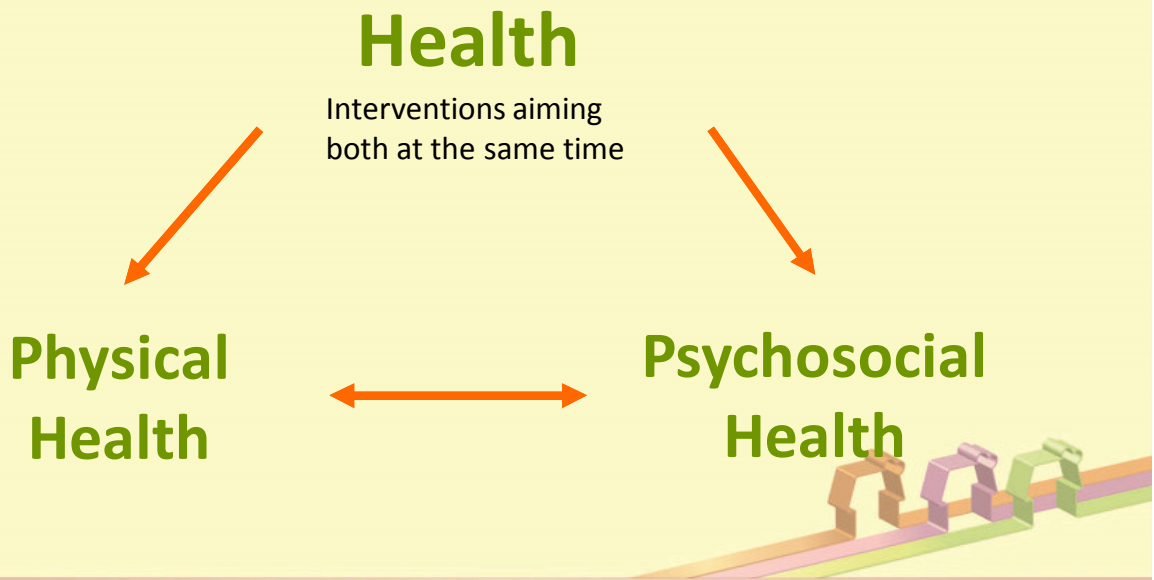
Country	Not enough fruit + vegetable (%)
China	95.7%
Hong Kong	89.8%
Russia	79.0%
Spain	76.3%
India	74.2%
South Africa	69.3%
Canada	62.4%
Brazil	58.6%

¹WHO world health survey 2003

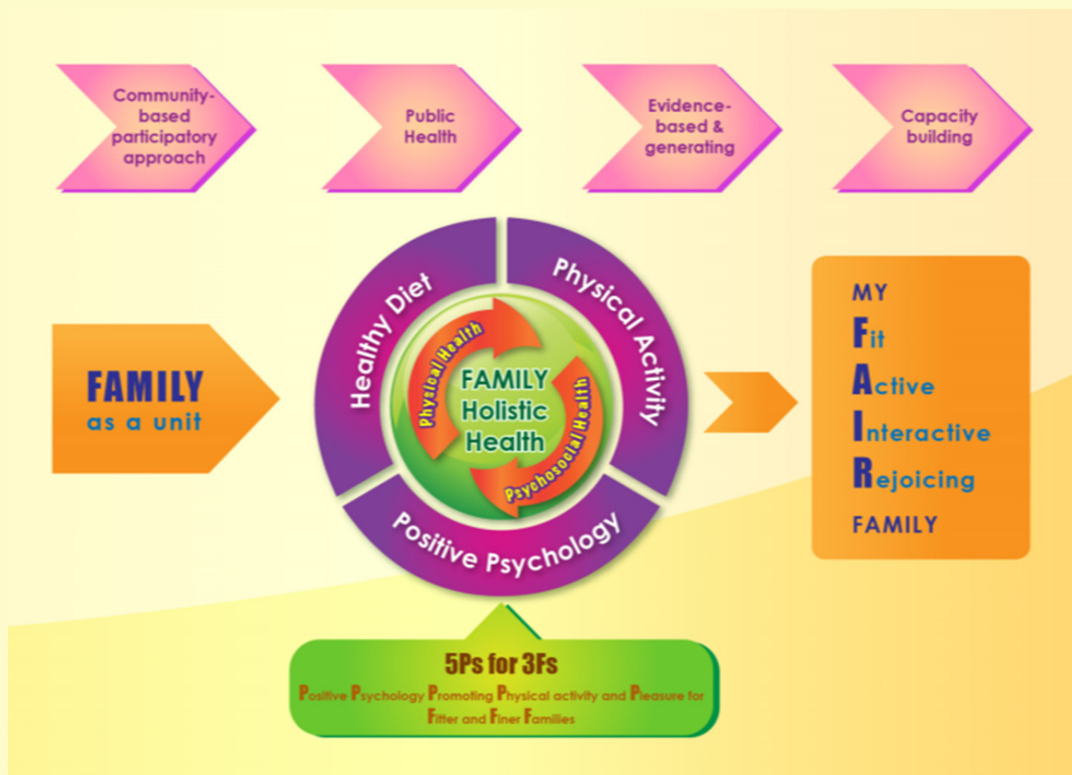
70

Family Holistic Health

Holistic Health = An interaction/ integration of physical and psychosocial health



Family Holistic Health



5Ps for 3Fs

- Physical activity can promote both **physical** and **psychosocial health** at the same time, and family participation can promote **family holistic health**
- **P**ositive **P**sychology **P**romoting **P**hysical activity and **P**leasure For **F**itter and **F**iner **F**amilies (5Ps for 3Fs)
正向心理學促進體能活動和樂趣：更健美家庭 (更健康更美好家庭)

73

Holistic Health programme

- (a) **Zero** time, **zero** dollar and **zero** equipment physical activity (3 Zero's PA)
- (b) **One**-Minute (or Five-Minute) physical activity, with or without simple and cheap equipment or aid (such as a dumb bell)
- (c) **Short** and **repeated** episodes of intensive PA (versus low intensive but one prolonged PA session)

74

Holistic Health programme

- (d) **Fidgeting** (which uses much more energy than sitting and standing) as a PA
- (e) **Negative** time physical activity (such as walking faster)
- (f) **Family PA** (versus individual PA) with or without others joining in.

75

Holistic Health programme

Stages (our proposed model)

- **Stage 1:** the easiest and a starter (< 10 mins per day)
 - 1A: 0 - 5 mins per day
 - 1B: > 5 - 10 mins per day
- **Stage 2:** Intermediate (10 – 30 mins per day)
 - 2A: > 10 - 20 mins per day
 - 2B: > 20 - 30 mins per day
- **Stage 3:** WHO recommendations (\geq 30 minutes per day or 2.5 hours per week)
- **Next Step:** to help their family members, friends and colleagues using the “3F” approaches

76

Holistic Health programme

- Simple and easy
- Burn more energy and strengthen muscles
- Rapid improvements with fun and positive feedback
- Motivation to “start the engine” (“撻火”)
- To change the “mindset” and “sedentary traps”
- 行多兩步有着數，全家起動身心好！

77

family 愛+人
The Hong Kong Jockey Club
FAMILY Project 賽馬會「愛+人」計劃

家有康和樂
家+多康樂
齊強燒體在
起肌肉能量強心
動



SCHOOL OF PUBLIC HEALTH
THE UNIVERSITY OF HONG KONG
香港大學公共衛生學院



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

78

Proposed areas of collaboration

Items	Suggestions
FAMILY Cohort Study	As a platform for Family Impact Assessment
Community-based Participatory Project(s) - Parental education - Family health	Invite Family Council to be co-organizer in launching Community-based Participatory projects with themes of parental education and family health.
FAMILY Symposium	As co-organizer
District promotional events	As co-organizer
Family Council website	Provide various FAMILY Project materials (booklets, DVDs, Youtube videos etc) for uploading to the Family Council website. Materials related to physical activity, healthy diet, positive psychology and communication for families in Hong Kong

79

4. Discussion

80

Thank you



SCHOOL OF PUBLIC HEALTH
THE UNIVERSITY OF HONG KONG
香港大學公共衛生學院



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust