

A Social Barometer for HK

From Family Harmony to Social Cohesion

香港社會探熱針 — 從和睦家庭到互助社區

Four Pillars of Our Society



HKJC Charities Trust was prescient in recognizing the importance of **social capital** and partnered with HKU SPH



Public health approach



Definition of health :

A state of complete physical [Health (康)], mental [Happiness (樂)] and social well-being [Harmony (和)], not merely the absence of disease or infirmity

Hong Kong Chinese community leaders' perspectives on family health, happiness and harmony: a qualitative study

Sophia S. C. Chan^{1*}, K. Viswanath², Dorcen W.H. Au³, C.M.S. Ma³,
W.W.T. Lam¹, R. Fielding⁴, G.M. Leung⁵ and Tai-Hing Lam¹

¹School of Nursing, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Hong Kong, China; ²Dana-Farber Cancer Institute and Harvard School of Public Health, Harvard University, Boston, MA, USA and ³School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Hong Kong, China

*Correspondence to: S. S. C. Chan, E-mail: sscchan@hku.hk

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Chan SCC, Viswanath K, Au DWH, Ma CMS, Lam WWT, Fielding R, Leung GM, Lam TH. (2011). Hong Kong Chinese community leaders' perspectives on family health, happiness and harmony: a qualitative study. *Health Education Research*. 26: 664-674

Perspectives on family health, happiness and harmony (3H) among Hong Kong Chinese people: a qualitative study

W. W. T. Lam¹, R. Fielding^{2*}, I. McDowell³, J. Johnston⁴, Sophia Chan⁵,
G. M. Leung¹ and T. H. Lam¹

¹School of Public Health, The University of Hong Kong, Hong Kong, China; ²Department of Epidemiology and Community Medicine, University of Ottawa, Ottawa, Canada and ³School of Nursing, The University of Hong Kong, Hong Kong, China

*Correspondence to: R. Fielding, Department of Community Medicine and Unit for Behavioural Sciences, School of Public Health, The University of Hong Kong, 557, WHW Ming Block, Faculty of Medicine Building, 21 Sassoon Road, Pokfulam, Hong Kong, China. E-mail: rfielding@hku.hk

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Lam WWT, Fielding R, McDowell I, Johnston J, Chan SCC, Leung GM, Lam TH. (2012). Perspectives on family health, happiness and harmony (3H) among Hong Kong Chinese people: a qualitative study. *Health Education Research*. 2: 767-779.

The importance of family in a Confucian society

大學說：

「古之欲在明明德於天下者，先治其國。

欲治其國者，先齊其家。

欲齊其家者，先修其身。

欲修其身者，先正其心。

欲正其心者，先誠其意。

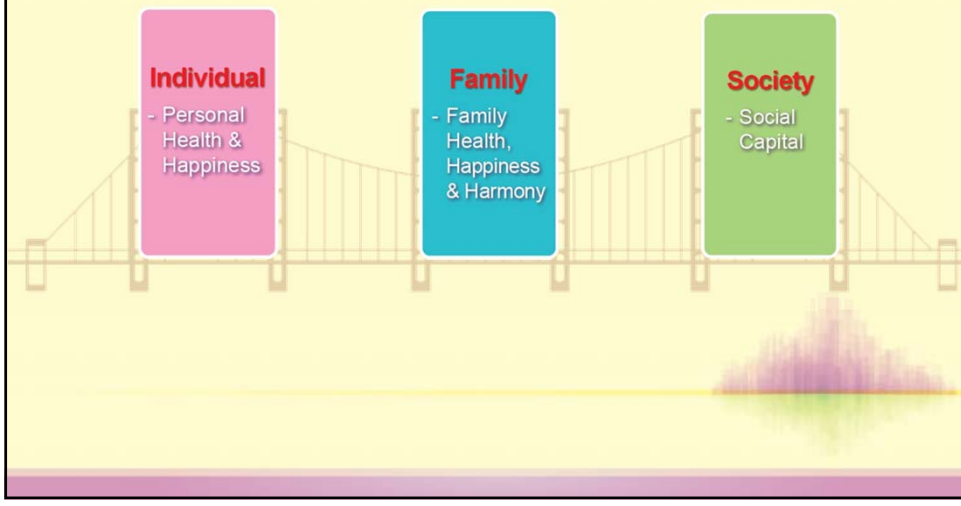
欲誠其意者，先致其知。

致知在格物。」

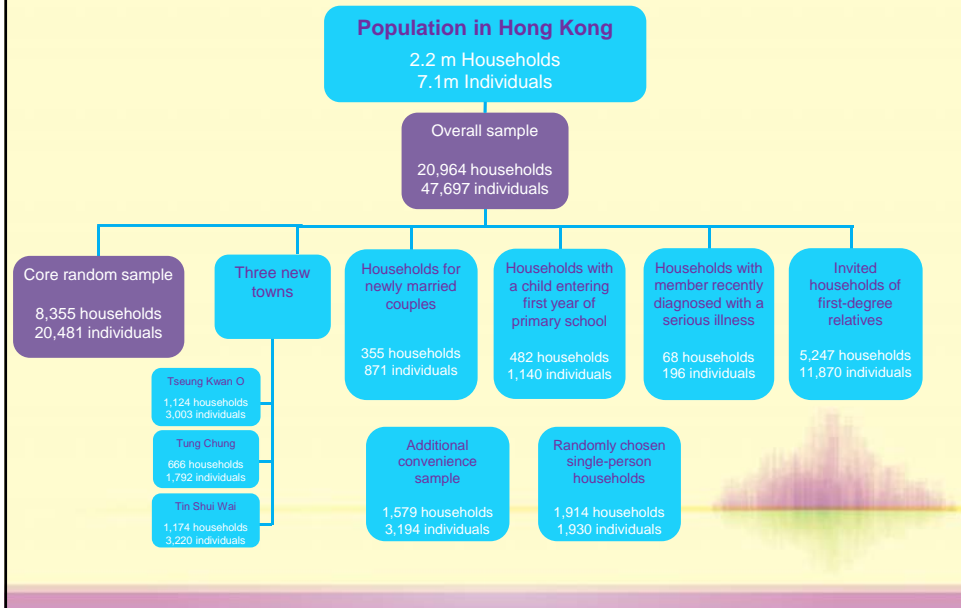


出自《禮記·大學》

Family as a Bridge between Individual and Society



FAMILY Cohort Study



What is Social Capital?

- Social capital refers to the institutions, relationships, and norms that shape the quality and quantity of a society's social interactions.
- Increasing evidence shows that social cohesion is critical for societies to prosper economically and for development to be sustainable.
- Social capital is not just the sum of the institutions which underpin a society – it is the glue that holds them together.

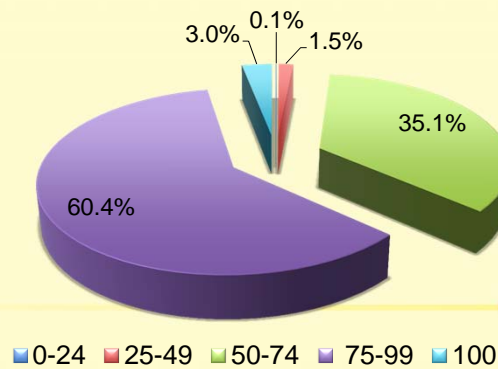
-Social Capital Initiative Working Paper No.1, The World Bank, April 1998

Social Capital – Family Harmony & Contentment

- 24 items (or Harmony-24) assesses the extent of harmony in participants' families
 - “My family gets along well”; “My family can resolve conflicts constructively”
 - Whether they agree or disagree with the statements
 - Score: 0-100; higher score reflects more harmonious and contented families
 - No evidence in the literature showing the level of a passing mark

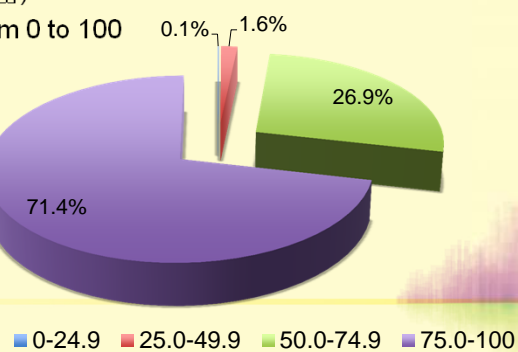
Distribution of Harmony-24 score (0-100)

- Over 60% of participants scored 75 or above
- 3% scored a perfect score of 100
- Only 1.6% scored below 50

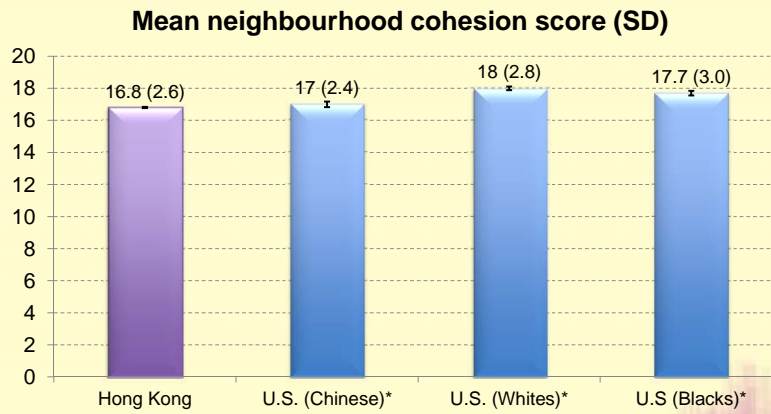


Social Capital: Family Concordance

- Assessed within-family dyadic relationship with round-robin Concord Index
- Whether they agree or disagree with 10 statements
- “Having blessings to share and having calamity to face together (有福同享有難同當)”
- Score ranged from 0 to 100

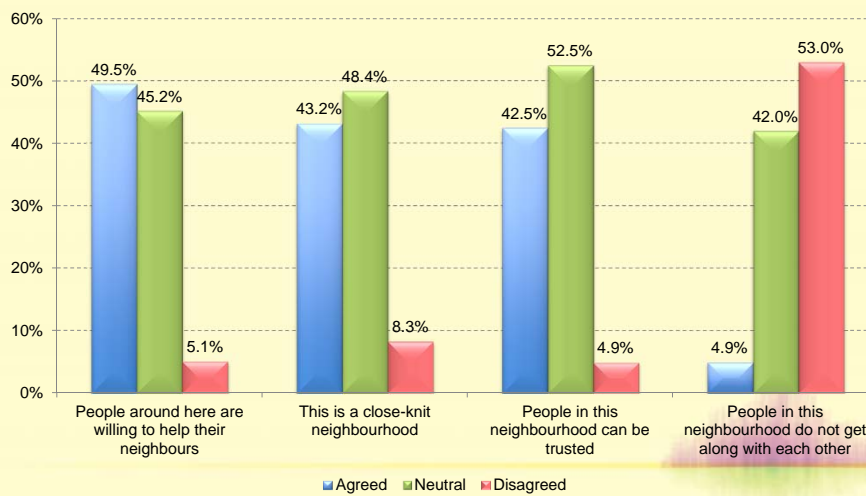


Social Capital – Neighbourhood Cohesion: comparison

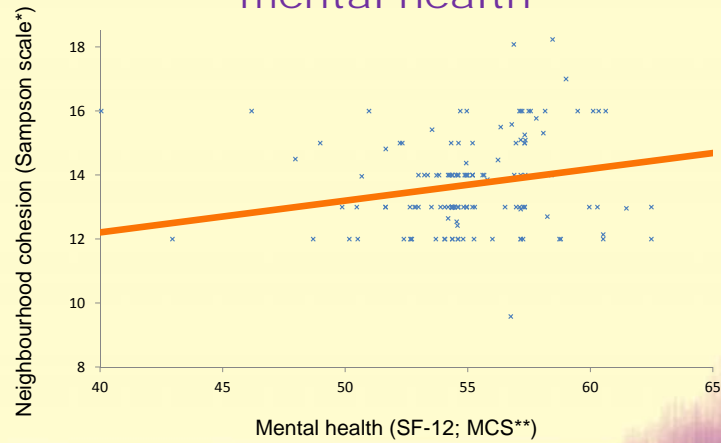


*Echeverria S, Diez-Roux AV, Shea S, Borrell LN, Jackson S (2008). Associations of neighborhood problems and neighborhood social cohesion with mental health and health behaviors: The multi-ethnic study of atherosclerosis. Health & Place. 14: 853-865.

Social Capital – Neighbourhood Cohesion

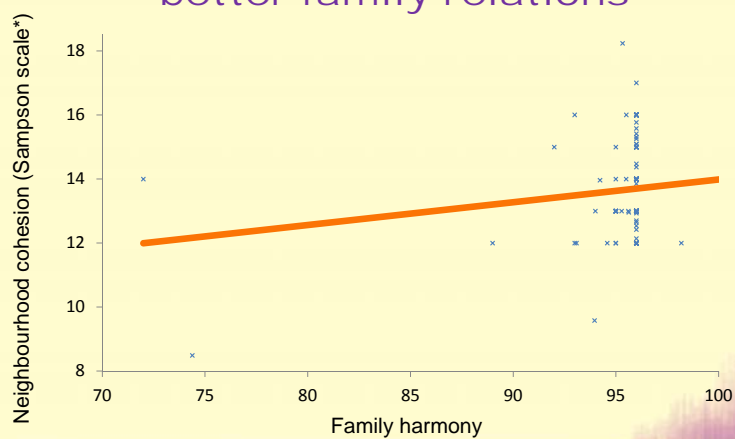


Participants living in TPUs with higher neighbourhood cohesion report mental health



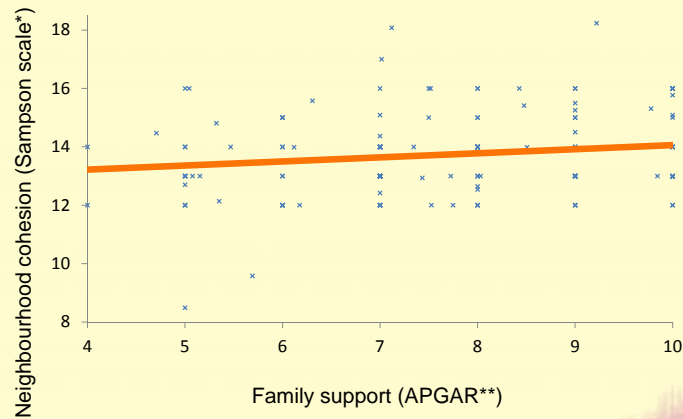
*Sampson, R. J., S. W. Raudenbush, et al. (1997). "Neighbourhoods and violent crime: a multilevel study of collective efficacy." *Science* 277(5328): 918-924.
**Ware JE, et al. (1996). "A 12-item Short-form Health Survey. Medical Care 34: 220-233.

Participants living in TPUs with higher neighbourhood cohesion report better family relations



*Sampson, R. J., S. W. Raudenbush, et al. (1997). "Neighbourhoods and violent crime: a multilevel study of collective efficacy." *Science* 277(5328): 918-924.

Participants living in TPUs with higher neighbourhood cohesion have greater family support

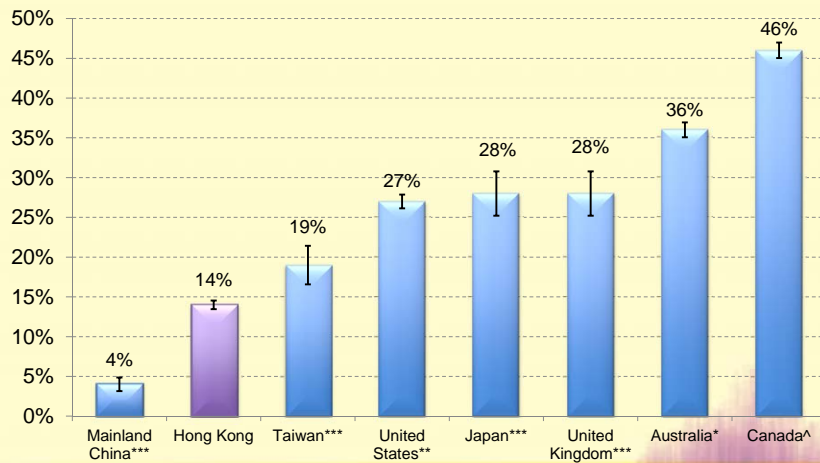


*Sampson, R. J., S. W. Raudenbush, et al. (1997). "Neighbourhoods and violent crime: a multilevel study of collective efficacy." *Science* **277**(5328): 918-924.
**Smilkstein G. (1978). "The Family APGAR: a proposal for family function test and its use by physicians. *Journal of Family Practice* 6:1231-1239.

Social Capital - Volunteering

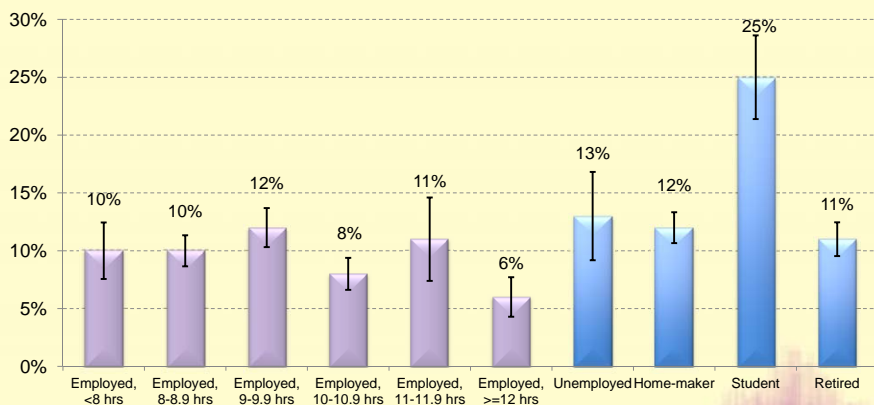
- Volunteering is an indicator of social participation which reflects how people are involved in their communities
- Reflects the well-being of individual and community

Volunteering in past 12 months by countries/regions

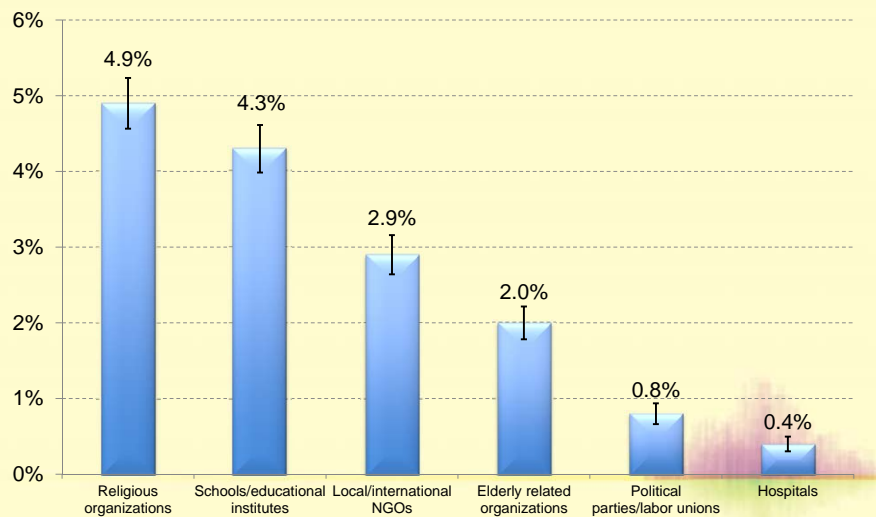


References: *Volunteering Australia (2012); **Bureau of Labor Statistics (2012); ***Charities Aid Foundation (2012); ^Canada Survey of Giving, Volunteering and Participating (2007)

Volunteering in past 12 months by economic activity status

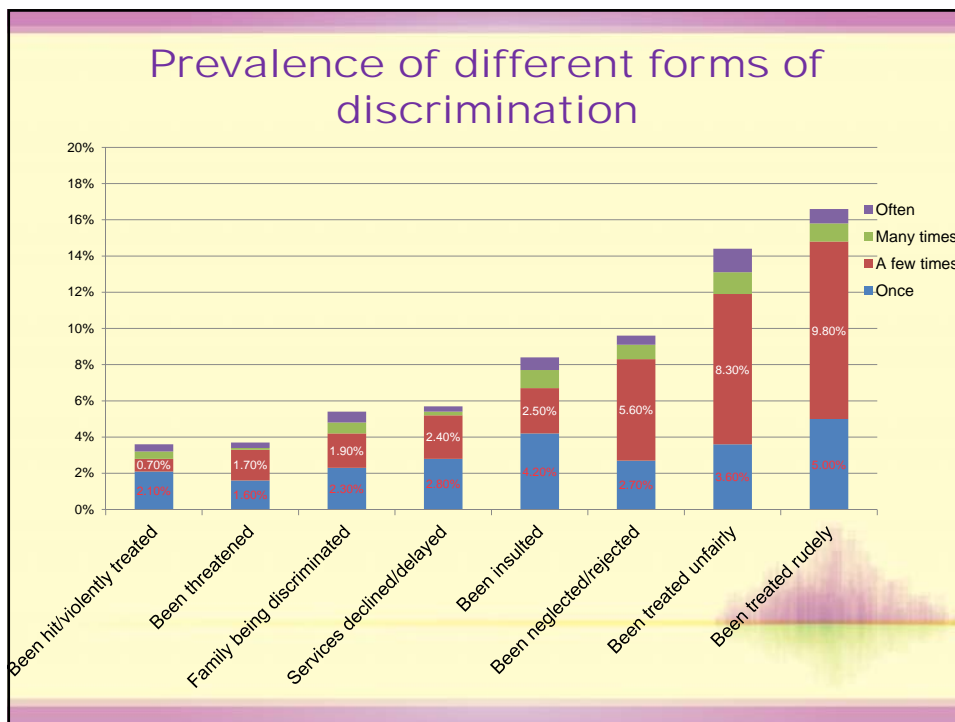


Volunteering in past 12 months by organization types



Negative Indicator of Social Capital – Discrimination against new immigrants

- New immigrants were defined as people who had lived in Hong Kong for 10 years or less
- Over 1,000 new immigrants identified and asked whether they have experienced discrimination in Hong Kong due to their new immigrant status



- ### Factors associated with being discriminated
- 25% reported experience of discrimination since living in Hong Kong
 - Less happy and worse self-rated mental health
 - Experienced more disharmony and discontentment in their families
 - Age, sex, educational attainment, and income are not associated with discrimination



Community Events



Kowloon City : World Health Day



Central & Western and Kwun Tong:
community concern events



Shatin FAMILY 3Hs Fun Fest

Community Events

Yuen Long



Shum Shui Po



Kwun Tong



Appendix 1

Fact sheet of the press conference on FAMILY Cohort Study's findings on Harmony and Social Capital

Key Facts of FAMILY Cohort Study

- To understand the dynamics and the determinants of health, happiness and harmony (3H) in Hong Kong people and families through an evidence-based, public health approach
- Adopts a household panel design, in which a representative sample of the whole Hong Kong general population is randomly selected using family as a unit
- The overall sample includes 20,964 households with 47,697 individuals, from which 8,355 households with 20,481 individuals are randomly selected as the basis of the current analyses.
- Baseline study began in March 2009 and ended March 2011. The 24-month follow-up study has already begun in July 2011.

Social Capital: Family Harmony & Contentment

- Harmony & Contentment questions consist of 24 items asking participants to rate the extent of harmony and contentment in their families.
- Over 60% of participants reported a score of 75 or above and only 1.6% had a score lower than 50, which indicates a majority of participants rated their family as harmonious and contented.

Social Capital: Family Concordance

- Each member of the selected families was asked to rate their concordance or harmony with each of the other families members.
- For instance, in a family consisting of a father, mother and son, the father will be asked to rate his relationships with his wife and son; the mother to rate her relationships with his husband and son; and the son to rate his relationships with his father and mother.

- Over 70% of participants scored 75 or more, indicating the majority of the participants' self-rated relationships with their family members were concordant.

Social Capital: Neighbourhood Cohesion

- Hong Kong's neighbourhood cohesion score is not significantly different from the ones reported among the Whites, Blacks and Chinese living in the United States.
- At tertiary planning unit (TPU; a unit of living quarters) level, participants living in TPUs with higher neighbourhood cohesion were more likely to report better mental health, higher family harmony, more support from family.

Social Capital: Volunteering

- Hong Kong's prevalence of volunteering in the past twelve months (14%) is not satisfactory when compared to developed countries such as Canada, Australia and United States.
- Volunteering was not likely to be affected by working hours.
- Characteristics associated with being a volunteer in the past 12 months: being female, those with higher educational attainment, and those with religious belief.
- Those who were happier were more likely to report volunteering; or vice versa, those who reported volunteering were happier.

Negative Indicator of Social Capital: Discrimination against new immigrants

- The percentages of reporting subtle forms of discrimination (i.e. treated unfairly or rudely) were higher than those of explicit forms (i.e. being hit or threatened).
- Gender, age, educational attainment, and income were not associated with the likelihood of reporting discrimination among new immigrants.
- New immigrant participants who reported discrimination were more likely to be unhappier, have worse mental health, and experience more disharmony and discontentment in their families.

Harmony and contentment

Participants were asked to rate each item on a five-point Likert scale, with 'Strongly agree' and 'Agree' treated as positive responses. The ten most commonly agreed

items are listed in Table 1.

Table 1. Harmony and contentment items (% responding 'strongly agree' / 'agree')

	%
Family members take care of each other.	94.0
Generally, I am content with my family.	93.7
The family functions well for all members.	93.7
The family's day-to-day interactions are peaceful.	93.3
Family members love each other.	93.2
The family is harmonious.	93.2
The family is a happy place to be.	93.0
Family members respect each other.	92.8
Family members care about each other.	92.7
Family members accommodate each other.	92.5
The family gets along well.	91.9
Family members are happy to live together.	91.9
Family members are patient with each other.	91.4
Even when family members have different opinions, we can get along together.	91.4
Compared with other families, we are very close to each other.	90.8
Family members listen to each other's opinions.	90.3
Family members talk to each other.	90.2
Family members express their care and concern to each other directly.	90.1
Family members understand each other.	89.8
The family can resolve conflicts constructively.	88.7
Family members try to work things out calmly.	88.7
I share my family's aspirations.	79.3
I am proud of my family.	77.9
I am proud of my family name.	72.8

Acknowledgement: Part of the Harmony-24 was designed and adopted with permission from Professor Daniel Shek's original scale (2001). Other items were originated from the qualitative studies conducted by Dr. Wendy Lam and Professor Sophia Chan. Reference: Chan SCC, Viswanath K, Au DWH, Ma CMS, Lam WWT, Fielding R, Leung GM, Lam TH. (2011). Hong Kong Chinese community leaders' perspectives on family health, happiness and harmony: a qualitative study. *Health Education Research*. 26: 664-674. Lam WWT, Fielding R, McDowell I, Johnston J, Chan SCC, Leung GM, Lam TH. (2012). Perspectives on family health, happiness and harmony (3H) among Hong Kong Chinese people: a qualitative study. *Health Education Research*. 2: 767-779. Shek, D.T.L.

(2001). Chinese adolescents and their parents' views on a happy family: Implications for family therapy. *Family Therapy, 28*, 73-103.

Concord scale

The dyadic relationships within households were measured using the 10-item Concord Scale. The scale was employed in a round-robin manner, that is, all members in a household were asked to rate their relationship with each other member.

Table 2. Mean and standard deviation of scores for the 10 items of the Concord Index

Chinese	English equivalent	Mean ^a (Standard Deviation)
Positive items		
密切	Close	5.80 (0.70)
有福同享有難同當	We stick together through thick and thin	5.76 (0.75)
不分彼此	What's mine is yours	5.74 (0.77)
促膝談心	Have heart-to-heart talks	5.29 (0.93)
心有靈犀一點通	Unspoken connectedness	4.86 (1.04)
Negative items		
經不起考驗	Can't weather the storm	2.07 (0.69)
各人自掃門前雪	Each one minds his own business	2.14 (0.82)
格格不入	We talk past each other	2.31 (0.84)
井水不犯河水	Mind your own business	2.38 (1.03)
表面	Superficial	2.57 (1.18)

^a 7-point Likert scale (1=strongly disagree, 7=strongly agree) was used for items of the Concord Index.

Appendix 2

FAMILY: A Jockey Club Initiative for a Harmonious Society Fact Sheet

Background & Objectives

- Family is the base of every society. No harmonious society can be built without loving family relationships. However, traditional family values inevitably start to change when a society becomes more economically, socially and educationally advanced, as is the case in today's Hong Kong, many family discord cases emerge.
- To help build a more harmonious society, The Hong Kong Jockey Club Charities Trust has invited the School of Public Health of The University of Hong Kong to collaboratively launch a project entitled "FAMILY: A Jockey Club Initiative for a Harmonious Society" with a HK\$250 million funding.
- The project is based on the premise that traditional Chinese values of cherishing family relationships can still be adapted to modern-day life, and can help promote the 3Hs – Health, Happiness and Harmony – across generations.

The Programme

- The project comprises three components:

1. Territory-wide Household Survey

- 1.1 To understand the dynamics and the determinants of health, happiness and harmony (3H) of Hong Kong people and families through an evidence-based, public health approach.
- 1.2 Adopts a household panel design, in which a representative sample of the whole Hong Kong general population is randomly selected using family as a unit.
- 1.3 The overall sample includes 20,964 households with 47,697 individuals, from which 8,355 households with 20,481 individuals are randomly selected as the basis of the current analyses.
- 1.4 Baseline study began in March 2009 and ended March 2011. The 24-month follow-up study has already begun in July 2011.

2. Intervention Projects

- 2.1 Five pilot intervention projects were developed, in partnership with four non-governmental organizations (NGOs) and the Department of Health to achieve the goal of promoting FAMILY 3Hs.
- 2.2 The intervention projects were designed in accordance with public

health principles to be cost-effective and sustainable. Each intervention was theory-based with clearly defined, measurable and achievable objectives, was short in duration (four to five sessions), and was brief (two to three hours a session). Participants were encouraged to practice key parenting skills at home. In order to enhance the programme's sustainability and cost effectiveness, the programmes were delivered by experienced community social workers.

- 2.3 Pilot studies of the five intervention projects were conducted in 2009 and early 2010, covering 13 districts. The targeted participants included families with pregnant women and children in primary school. Between 100 and 150 families were involved in each project. Changes in participants' behaviour and attitudes for the study-specific outcomes, as well as the interventions' effectiveness in enhancing FAMILY 3Hs, were evaluated. The intervention projects are namely:
 - Effective Parenting Programme 《愛+人：「有教·無慮」家庭和諧計劃》 in collaboration with Caritas Hong Kong,
 - Happy Transition to Primary One 《愛+人：「愉快學習上小一」》 in collaboration with Hong Kong Sheng Kung Hui Welfare Council,
 - Harmony@Home 《愛+人：「家多·和諧」計劃》 in collaboration with Hong Kong Family Welfare Society,
 - H.O.P.E. (Hope Oriented Parents Education for Families in Hong Kong) 《愛+人：「愛家·Teen 希望」》 in collaboration with Hong Kong Christian Service, and
 - Share the Care, Share the Joy 《愛+人：「共育共樂」》 in collaboration with the Maternal and Child Health Centres of the Department of Health.
- 2.4 With the positive results of the pilot intervention projects, two larger main studies were started in July 2010, in collaboration with the Caritas Hong Kong and Hong Kong Family Welfare Society. The studies employed improved content, larger sample sizes and more districts.
- 2.5 A new intervention project was launched in June 2011 in collaboration with the International Social Service Hong Kong Branch, namely "FAMILY: Boosting Positive Energy Programme" 《「愛+人·家添正能量」計劃》, to help strengthen resilience in new immigrant families.
- 2.6 A school programme was launched in April 2012 in collaboration with the Tung Wah Group of Hospitals, namely "More Appreciation and Less Criticism" 《「多讚少彈康和樂」計劃》. This project aims to increase appreciation and decrease criticism in 1,000 parents and their school-aged children.
- 2.7 The Intervention Team is actively working with different non-governmental agencies (NGOs) or social service agencies to explore the feasibility of launching different interventions programmes to meet the diverse needs of people in the community.

3. Public Education – Health Communication

- 3.1 FAMILY 3Hs messages were disseminated to the general public through various channels to raise their awareness of family values and enhance their communication and participation. Community-wide events were

held to promote FAMILY 3Hs and provide an opportunity for fostering relationships among family members.

- 3.2 Different media tools, such as newspapers, magazines, the Internet, television and advertisements were used to promote positive attitudes towards FAMILY 3Hs and enhance the public's awareness of family values.
- 3.3 The School of Public Health of The University of Hong Kong conducts a cross-sectional telephone survey every year to assess changes in behaviour among the general public and the effectiveness of the programmes in promoting FAMILY 3Hs. The first and second population-based surveys, entitled "Hong Kong Family and Health Information Trends Survey" (HK - FHInTS), were completed in 2009 and 2010. Results were released in a press conference held on September 26, 2010. The results were widely reported by the mass media and have successfully aroused public's awareness on the family 3Hs message. The third survey will be conducted in 2012.
- 3.4 Training workshops, seminars and symposiums, using appropriate communication strategies, will be organised to share experiences and to develop a critical mass of social and community workers capable of promoting FAMILY 3Hs.
- 3.5 A public education programme, nine-episode "Love Family" TV series, was produced by the Radio Television Hong Kong (RTHK). The thirty-minute programme was broadcasted on TVB Jade at 8:00 pm Saturdays from January 23 to March 27, 2010. A ceremony was held on 17 January, 2010 at Times Square, Causeway Bay to announce the launch of the series.
- 3.6 In collaboration with government department and two NGOs, four community-based participatory projects have been initiated with the aim of promoting FAMILY 3Hs through local organisations and agencies:
 - Happy Family Kitchen – Version I 《「快樂家庭廚房」計劃(第一階段)》 in collaboration with the Hong Kong Council of Social Service with the participation of over 19 NGOs, schools, and community groups in Yuen Long;
 - Learning Families《「齊來學·愛家」計劃》in collaboration with Christian Family Service Centre in Kwun Tong;
 - "Enhancing Family Well-Being Project 《「家」「深」幸福計劃》 in collaboration with Social Welfare Department – Sham Shui Po District Welfare Office and over 40 NGOs, schools, community groups and government department was launched in Shum Shui Po; and
 - Happy Family Kitchen – Version II 《「快樂家庭廚房」計劃(第二階段)》 in collaboration with The Hong Kong Council of Social Service with the participation of over 23 NGOs, schools, and community groups in Tsuen Wan and Kwai Tsing.

Rigorous and longitudinal evaluation were being conducted to assess the effectiveness of these innovative community-based interventions in promoting FAMILY 3Hs in the community.

- 3.7 In collaboration with the Sha Tin District Council, “Sha Tin Family Fun Fest” was organised in December 2010.
- 3.8 In collaboration with The Hong Kong Jockey Club, “Sha Tin Family Arts and Fun Day” was organised in December 2011.
- 3.9 In 2010-2011, a programme with the theme of “FAMILY Goes Green” was completed in 85 primary schools from six designated districts. Over 18,000 P.4 to P.6 students and their families actively participated in the educational activities with the aim of obtaining a deeper understanding of family 3Hs.
- 3.10 In March 2012, a new drama project involving 100 schools was launched in collaboration with the Boys’ and Girls’ Clubs Association of Hong Kong, namely “3Hs Drama Project” 《「家添戲 FUN」計劃》. This project aims to enhance family 3Hs and promote positive communication among senior primary school students and their families through drama performances.

3 December 2012