



以家為本 Family Matters

Framework of Hong Kong Family Wellbeing Index and Insights from Hong Kong's 3 Waves of Study

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ABOUT HONG KONG FAMILY WELFARE SOCIETY

Established in 1949 in Hong Kong



About Hong Kong Family Welfare Society

- One of the major charitable non-governmental social welfare organisation in Hong Kong
- Commits to delivering quality and professional social services to enhance the wellbeing of families and individuals in Hong Kong
- Family-centric perspective



No. of staff
1,280



No. of service units
55



- Children Services



- Integrated Family Services



- Youth Services



- Community Care and Support Services for the Elderly

Special Projects

- Mediation Centre
- Services for Divorce Families
- Parent-child Connect Specialised Co-parenting Support Centre
- Family Resource Centre
- Financial Education Centre
- Women & Family Enhancement Service
- Wellness Programme

RATIONALE FOR THE HKFWI PROJECT



Rationale

Why do we develop Hong Kong Family Wellbeing Index (HKFWI)?

- A need to understand the wellbeing of Hong Kong families as a whole, instead of biased observation on isolated family cases
- Lack of a socially relevant and culturally appropriate measurement tool
- Objective understanding of family wellbeing enables practitioners to develop appropriate services
- Tracing the trend of wellbeing of HK families helps to provide insight on policy formulation
- Promote public awareness and understanding of the importance of family wellbeing



DEVELOPMENT & LOCALIZE OF HKFWI

Development of HKFWI

- Conducted the first study on “Hong Kong Family Wellbeing Index” (HKFWI) in 2019
- Commissioned Prof. Joyce MA and her research team from the Chinese University of Hong Kong
- Development comprised of qualitative and quantitative methods, including:



Focus Group of Local Informants



- To confirm the general structure of the index and highlight the importance of family wellbeing for each individual
- Convenience sampling
- Nine informants with a diverse range of characteristics in terms of family roles, responsibilities, and experiences

Table 1 Profile of the service user informants ($N = 9$)

Informant	Gender	Age	Family structure	Family condition	N
A	F	Elderly	Intergenerational family	In-law relationship problem	1
B	F	Elderly	Elderly couple	Spouse with chronic illness	1
C	M	Middle-aged	Intact family	New arrival from mainland China, with a child with special education needs	1
D	F	Middle-aged	Single-parent family	Living in poverty	1
E	M	Adolescent	Blended family	Student with special education needs	1
F	F	Middle-aged	Intact family	Child with special education needs	1
G	F	Elderly	Intergenerational family	Caregiver of spouse with chronic illness	1
H	F	Middle-aged	Intact family	One parent with mental health issues	1
I	F	Elderly	Intergenerational family	No special issues	1

Expert Review

- To seek the views of family and family-related professionals on:
 - The meaning of family wellbeing, the domains and indicators of the index
 - The wording and sequence of the questions for the index
- Eight individual interviews and one focus group interview

Table 2 Profile of the professional informants ($N = 13$)

Informant	Gender	Professional	<i>N</i>
J to O	5 F & 1 M	Social workers (NGO, ranged from frontline to managerial level)	6
P	F	Social worker (government)	1
Q	F	Government official	1
R	M	Family lawyer	1
S	M	Psychiatrist	1
T	M	Clinical psychologist	1
U	F	Academic	1
V	M	Academic	1

Pilot Study and Main Survey



- Aims to collect samples for validation through randomized telephone survey
- Following adjustments after carried out the Pilot Study and Main Survey :
 - Adjustment on wordings of questionnaire
 - Restructure of the composition of the domains and overall HKFWI
 - Excluding certain indicators which are not statistically relevant to the index
 - Six questions were excluded

Structure of HKFWI

HKFWI is measured through 26 questions with 0-10 Likert scale, which further condense into 6 domains with different weightings

		Domain	Subdomain
Within family	}	家庭團結 (Family solidarity) (20%)	家庭時間 (Family time)
			家庭氣氛 (Family atmosphere)
			家庭責任 (Family responsibilities)
			關心與支持 (Care and support)
	}	家庭資源 (Family resources) (20%)	家庭收入 (Family income)
			心理資本 (Psychological capital)
		家庭健康 (Family health) (20%)	
Family with the outer system	}	社會連繫 (Social connection) (10%)	
		社會資源 (Social resources) (20%)	
		生活平衡 (Work-life balance) (10%)	

Thematic Questions in Each Survey

In addition to the 26 HKFWI questions, thematic questions corresponding to prevalent social issues at the time were incorporated into each biannual survey.

Year	Survey Period	Prevalent Social Issues to be echoed	Thematic Questions
2019	7 Jul- 16 Aug 2019	N/A	N/A
2022	5 – 27 Jan 2022	COVID-19	Effect of COVID-19 on families
2024	2 – 23 Jan 2024	Suicidal cases of caregivers	Care giving burden

Cut-off Points

- Scores are categorized into :

Categories	Range
Poor (較差)	<5
Below Average (偏低)	5-<6
Average (一般)	6-<7.5
Good (良好)	≥7.5

THREE WAVES OF SURVEYS



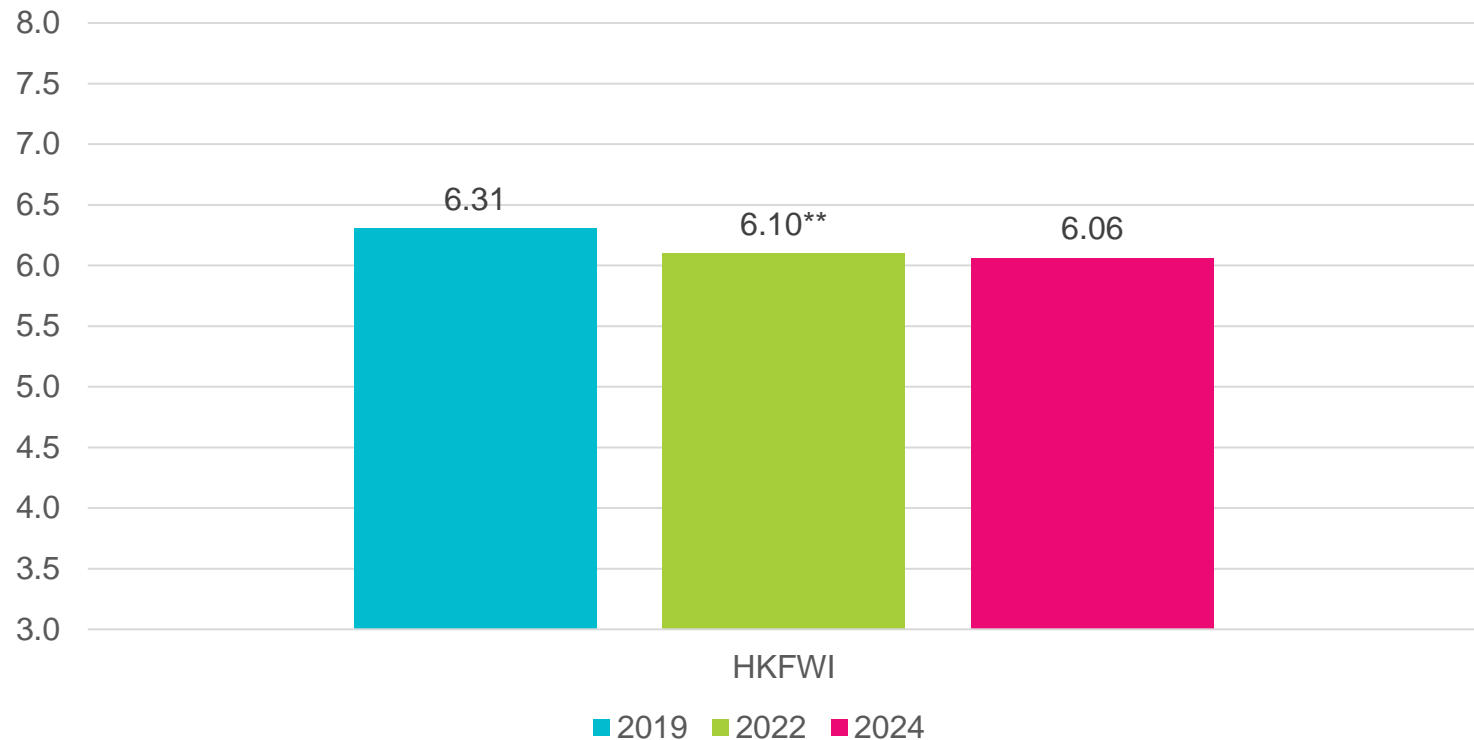
Research Report on Hong Kong Family Wellbeing Index



Background of the HKFWI Surveys

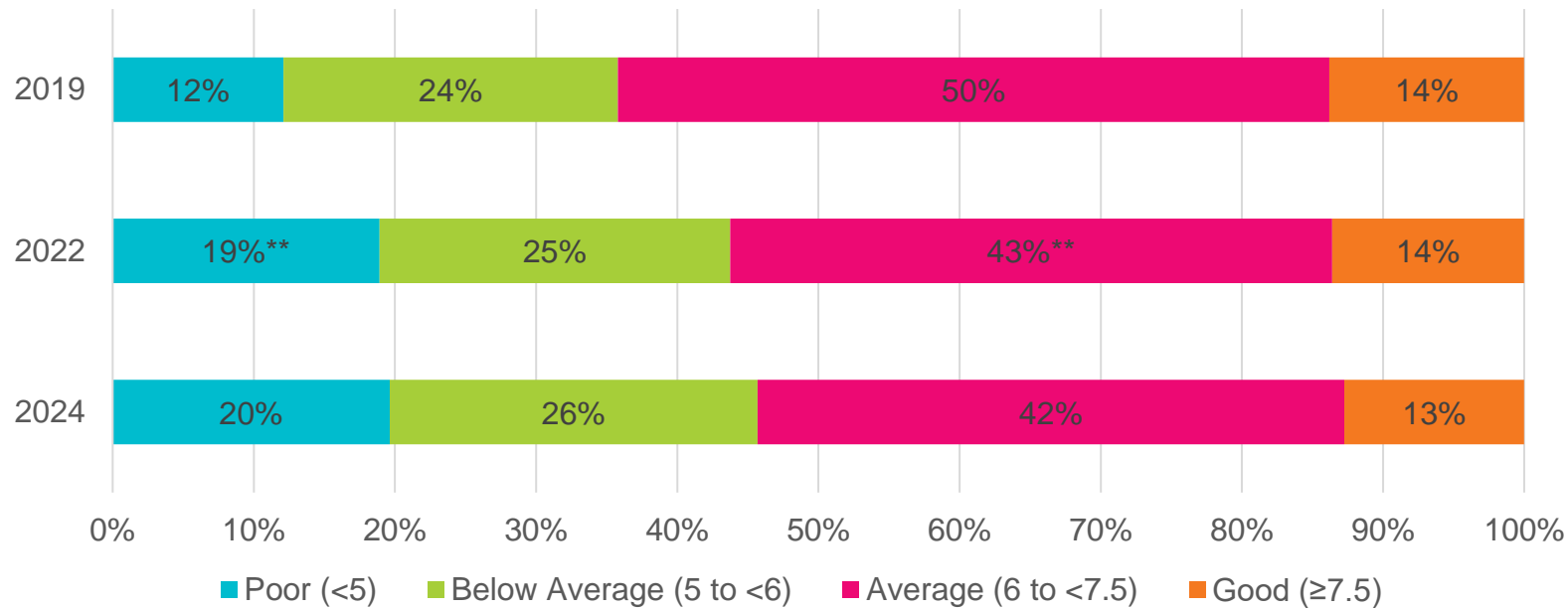
HKFWI	Survey Period	Survey Method	Sample Size
2019	7 Jul- 16 Aug 2019	Landline + mobile	2,008 (M = 952; F = 1,056)
2022	5 – 27 Jan 2022	Landline + mobile	2,002 (M = 864; F = 1,138)
2024	2 – 23 Jan 2024	Landline + mobile	2,014 (M = 922; F = 1,092)

HKFWI Score Over Years



* $p < 0.05$, ** $p < 0.01$
(comparison with the most recent previous survey)

The proportion of “poor FWI” increased while that of “average FWI” decreased significantly during the pandemic.

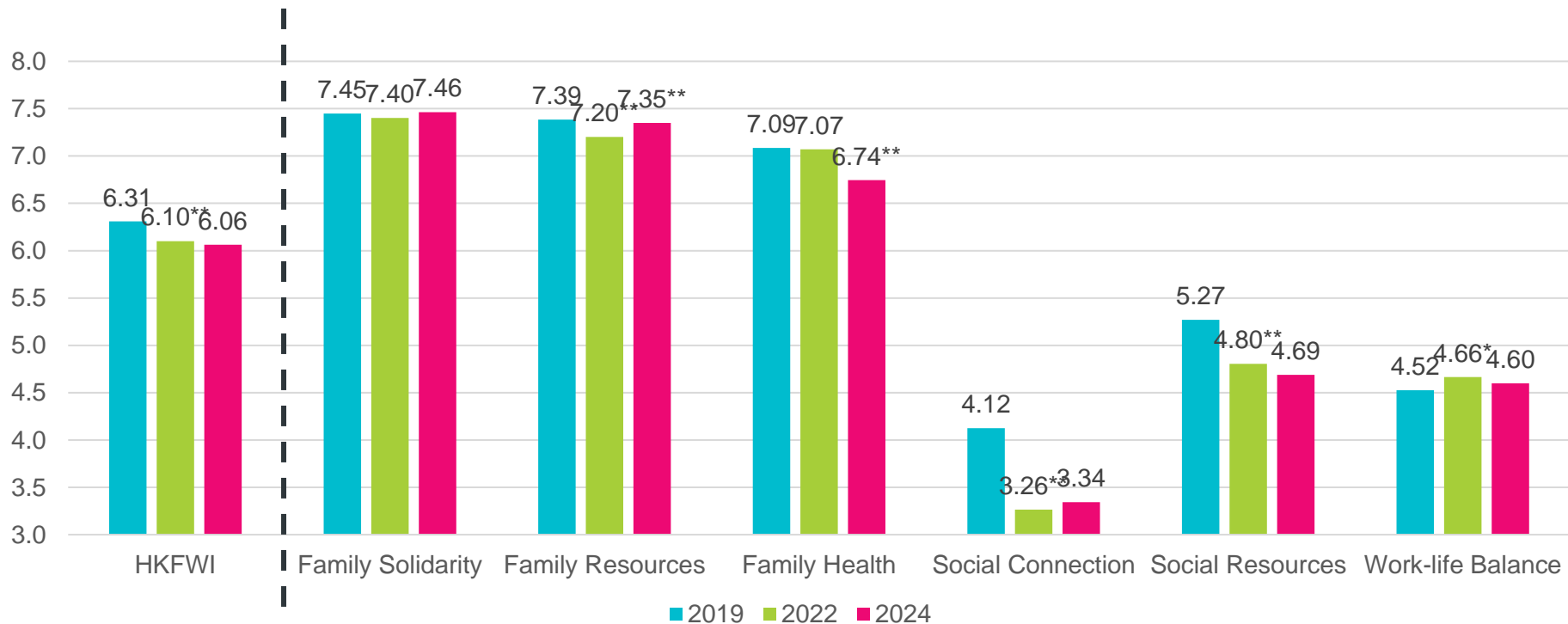


* p < 0.05, ** p < 0.01
(comparison with the most recent previous survey)

FAMILY HEALTH

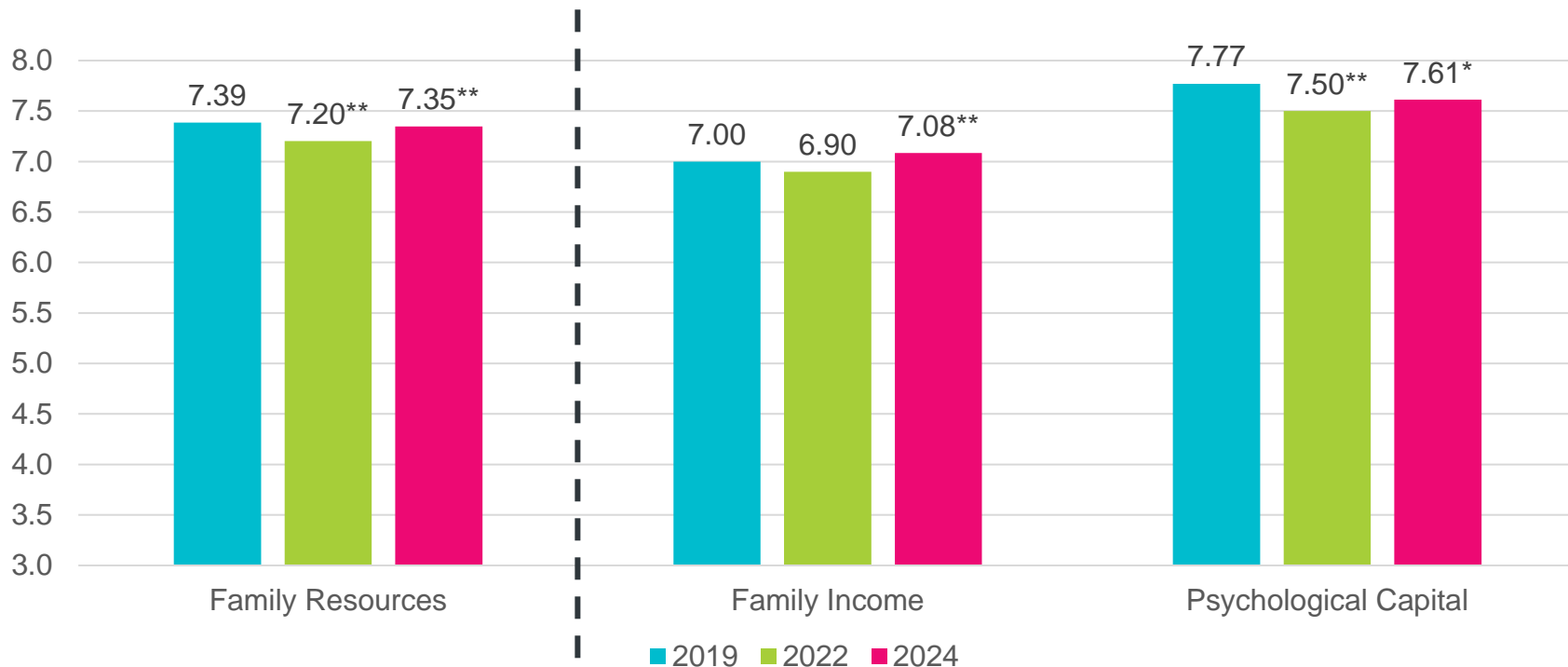


Possible reason of insignificant change of HKFWI in 2024 – **Family Resources** increased while **Family Health** decreased significantly



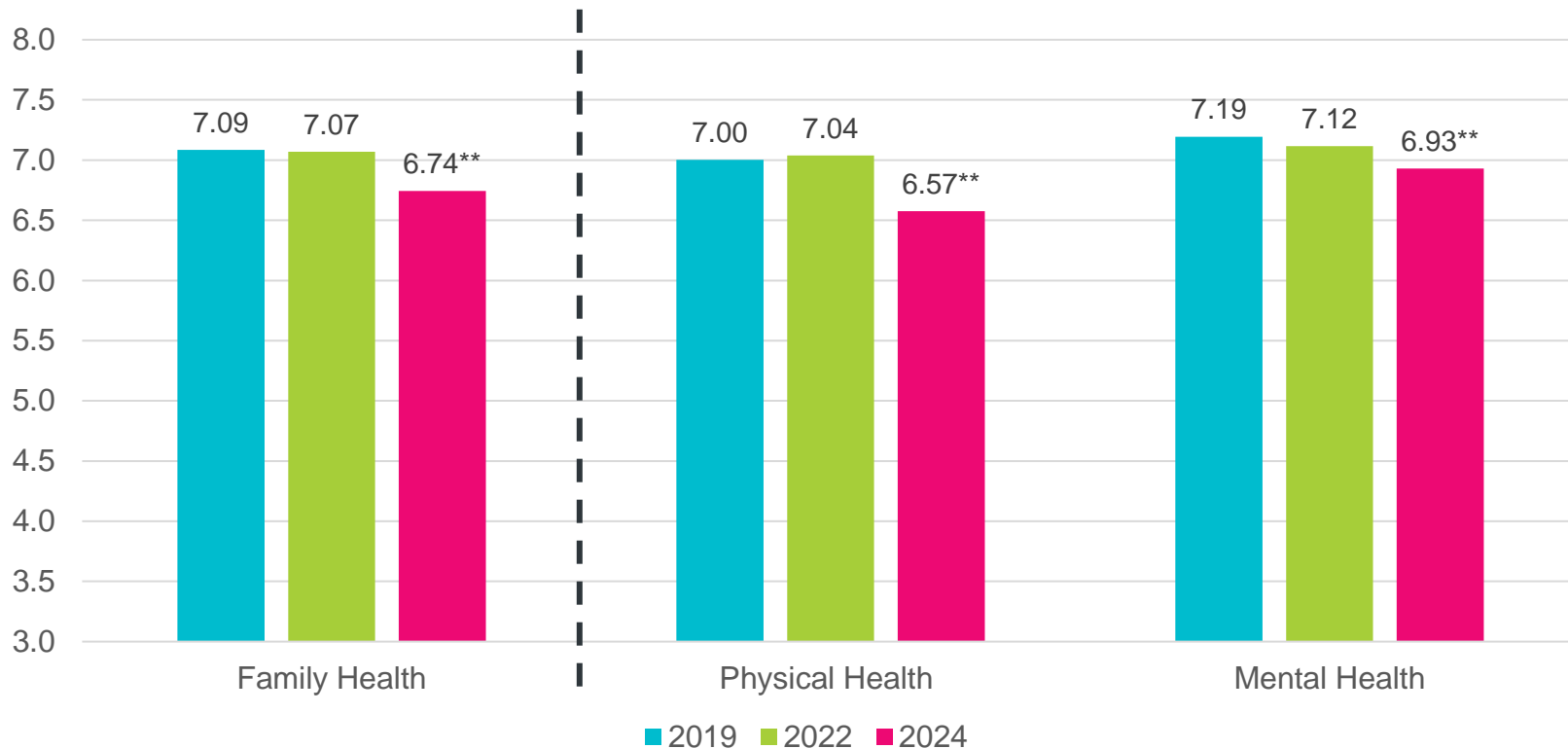
* p < 0.05, ** p < 0.01
(comparison with the most recent previous survey)

Subdomains of Family Resources: Family Income and Psychological Capital



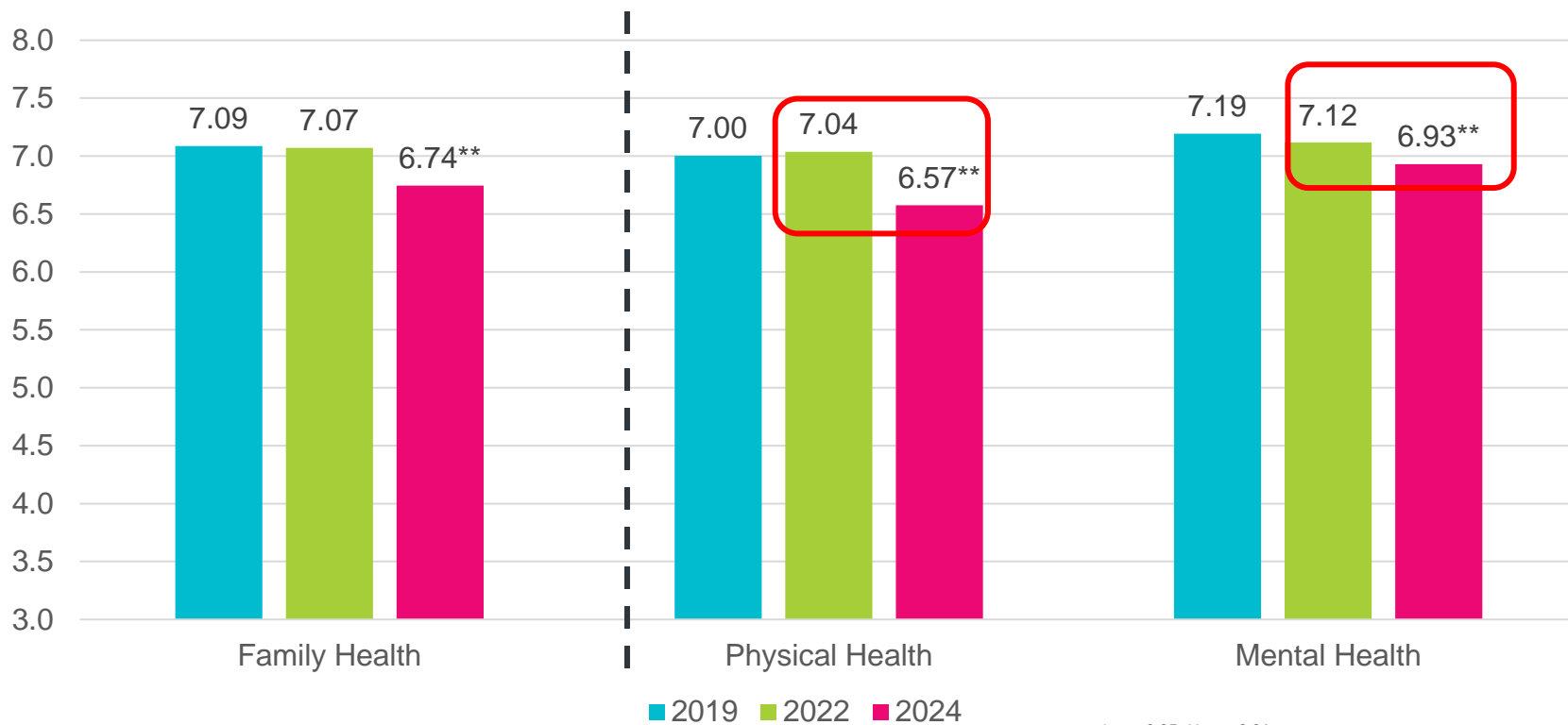
* $p < 0.05$, ** $p < 0.01$
(comparison with the most recent previous survey)

Family Health significantly dropped, including **physical health and mental health**



* $p < 0.05$, ** $p < 0.01$
(comparison with the most recent previous survey)

Decline in Family Health



* $p < 0.05$, ** $p < 0.01$
(comparison with the most recent previous survey)

Groups with poorer Family Health and groups that declines significantly

According to regression analysis, the below groups have poorer Family Health:

- Unmarried
- Families which encountered significant event in the past one year
- Families with more caregivers
- Low-income families

From the figures, the below groups have a larger drop in Family Health:

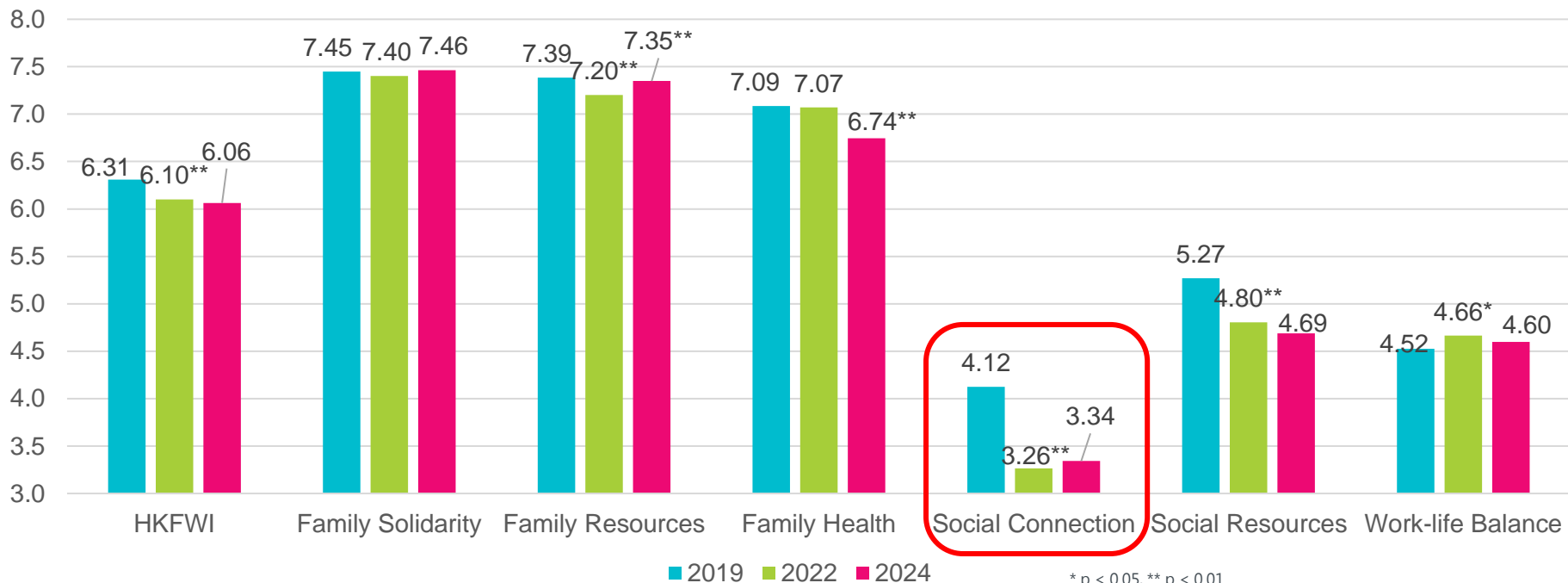
- Home-makers / Housewives
- Unemployed
- People aged 40-59
- Unmarried

The background is a solid red color. In the upper center, there is a faint, semi-transparent white outline of a house. In the lower right, there is a faint, semi-transparent white outline of a speech bubble. The text "SOCIAL CONNECTION" is centered horizontally and partially overlaps the house icon.

SOCIAL CONNECTION

Social Connection

Social Connection has been the lowest among all 3 years



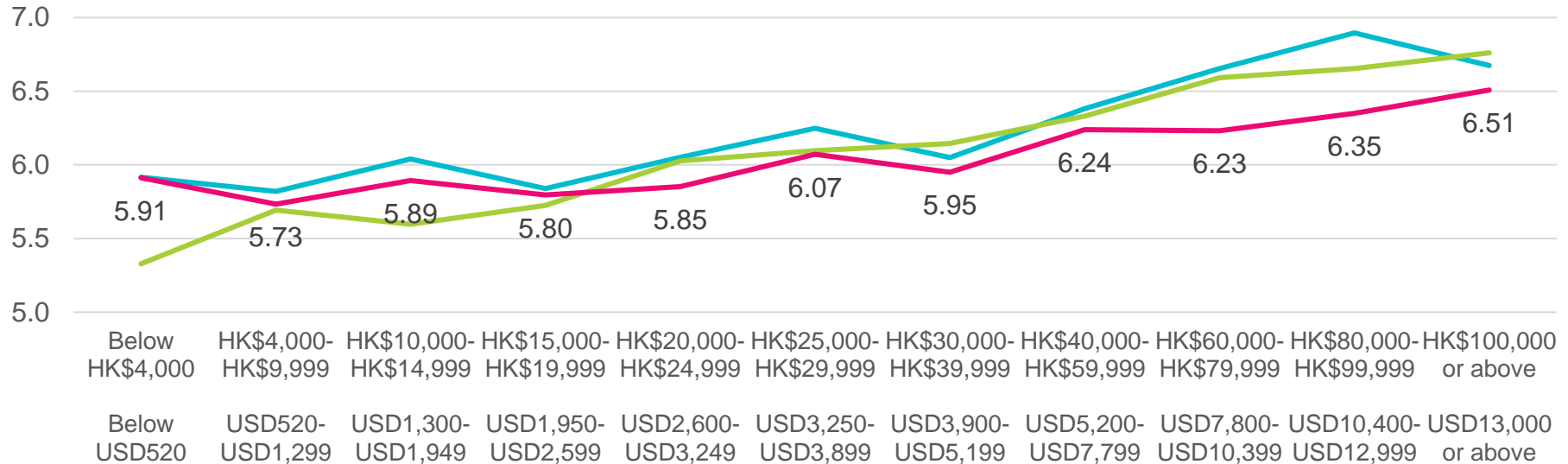
* $p < 0.05$, ** $p < 0.01$
(comparison with the most recent previous survey)

INCOME VS FAMILY WELLBEING



Monthly Household Income

- Continues to be a significantly associated factor
- Low-income families seem more vulnerable during 2022
- HKFWI of High-income families dropped in 2024

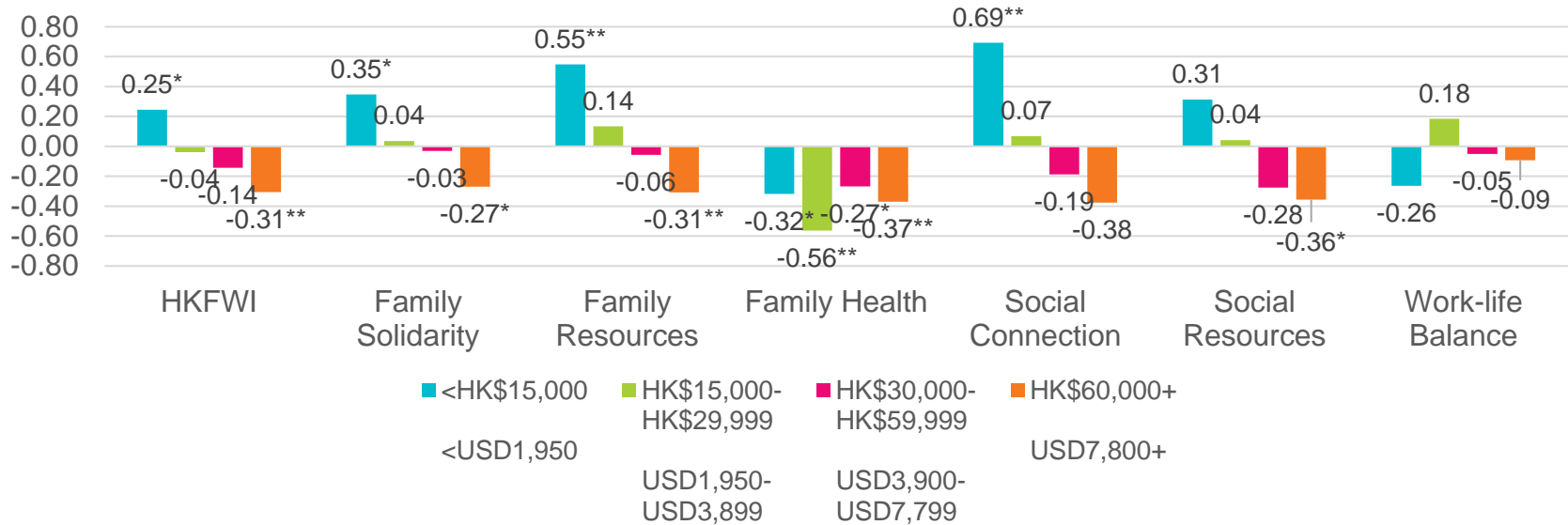


— 2019 — 2022 — 2024

* p < 0.05, ** p < 0.01
(comparison with the most recent previous survey)

Household Income

- Families with income higher than HK\$60,000 (USD7,800) has significant decrease in Family Solidarity, Family Resources, Family Health, Social Resources and HKFWI
- Families with income lower than HK\$15,000 (USD1,950) has significant increase in Family Solidarity, Family Resources, Social Resources and HKFWI

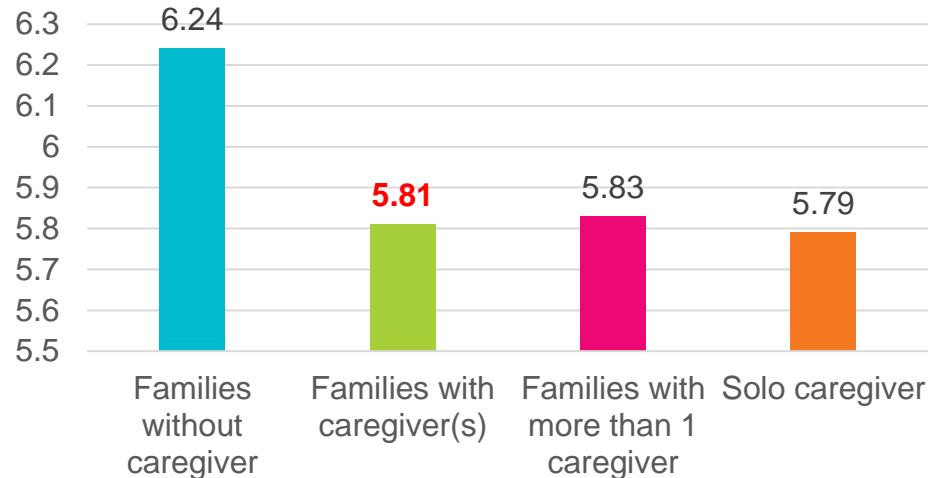


The background is a solid red color. In the upper center, there is a white silhouette of a house with a pointed roof. To the right of the house, there is a large, white, semi-transparent circular shape that overlaps the house's silhouette.

FAMILY WELLBEING OF CAREGIVERS

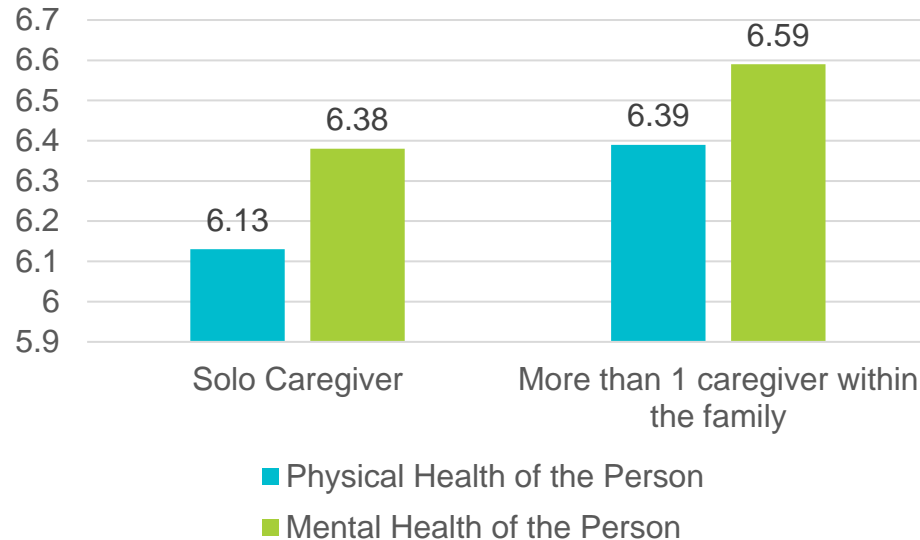
Family Wellbeing for Families with Caregivers

- Nearly 40% of the respondents have at least 1 caregiver at home (39.1%); 51.8% of them or their family members are solo caregivers
- The HKFWI of families with caregivers at home is 5.81, which is far lower than those without caregivers at home. The HKFWI of solo caregiver is 5.79, which is lower than that of a family with more than one caregiver.



Situation of Solo Caregivers

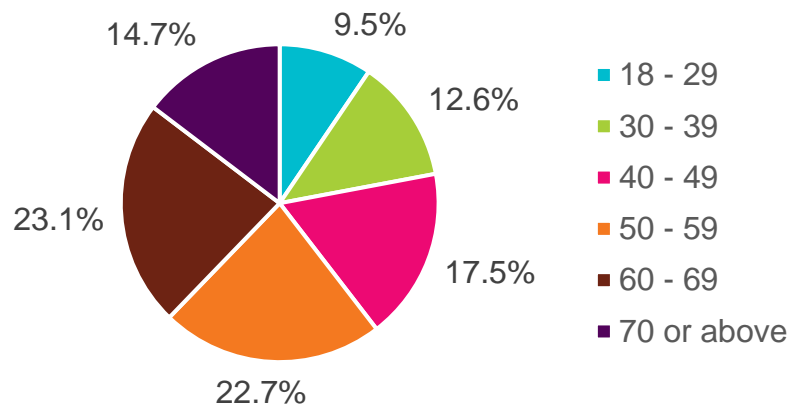
- The physical health and mental health of solo caregivers is lower than those who have multiple caregivers within their families.



Estimation of Elderly Solo Caregivers in HK

Estimated 262,600 elderly solo caregivers in Hong Kong
(95% CI: 218,000 – 314,600)

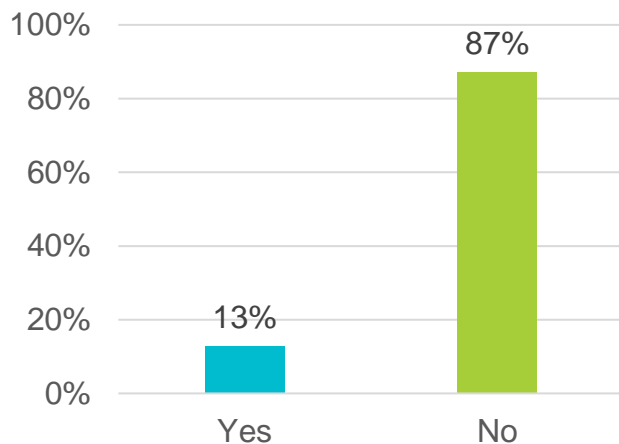
Age of Solo Caregivers being Interviewed



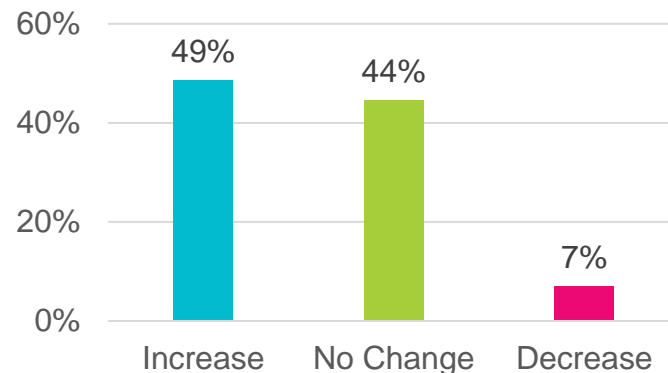
Impact of Family Caregivers Emigrating from Hong Kong

About 13% of families encountered emigration of family caregivers within the past 3 years, in these families, nearly half of the other family caregivers are more stressful

Whether there are family caregivers emigrated in the past 3 years



Change of caregiving stress for those who stay in HK after the emigration

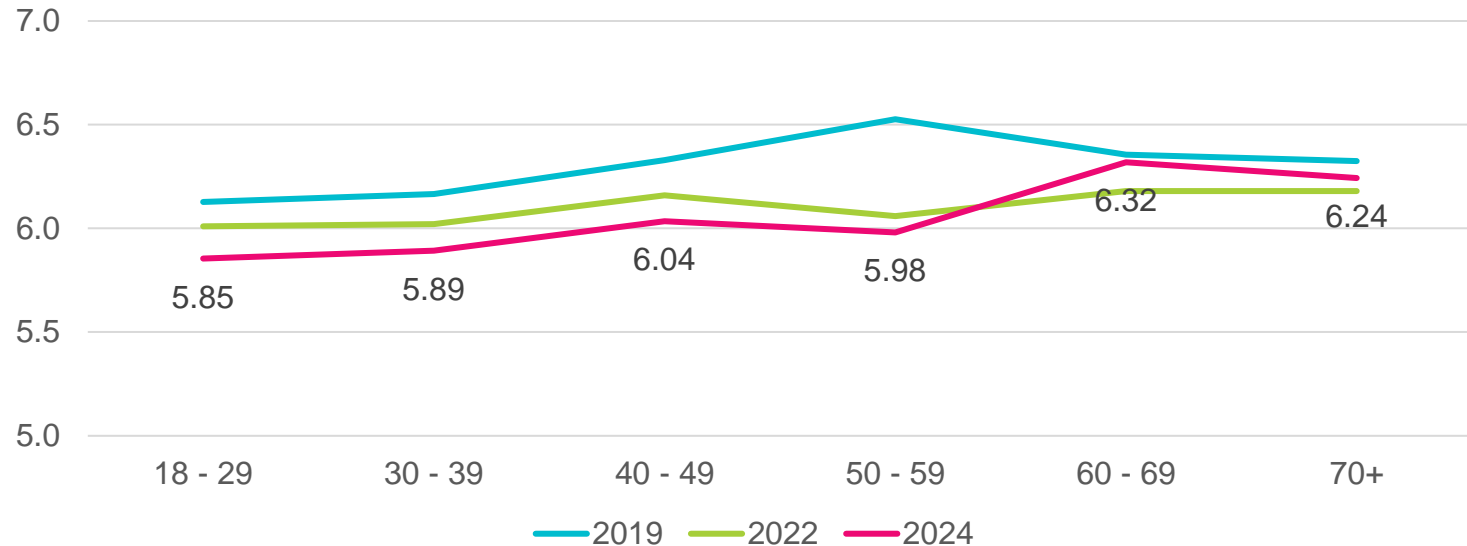


PORTRAY OF WELLBEING STATUS IN HONG KONG



Age difference

- Young people has relatively lower FWI which has declined over years
- People aged 18-29 remain the lowest
- Large drop in people aged 50-59 since 2019



Factors Affecting HKFWI

Lower HKFWI	HKFWI Score		Higher HKFWI
Younger (18 - 39)	5.87	6.29	Senior (60+)
Lower Education Level (Lower Secondary or below)	5.94	6.25	Higher Education Level (Degree)
Unemployed	5.50	6.38	Retired
Separated / Divorced	5.58	6.19	Cohabited / Married / Widowed
Living in Split House	5.21	6.33	Living in self-owned flat
Single-parent Family	5.75	6.28	Couple Only
Lower Household Income (<\$25,000)	5.83	6.51	Higher Household Income (\$100,000+)
Family Crisis Occurred in the Previous Year	5.63	6.31	No Family Crisis in the Previous Year
Caregiver in the Family	5.81	6.24	No Caregiver in the Family

Speculations on Social Aspects of Families

- It **takes time** for family wellbeing to recover from the pandemic, especially **the “Social” aspects**
 - Social connection
 - Young people’s deteriorated social connection
 - changing way of social connection (e.g. online)
 - The FWI of older age dropped across the year in 2022-2024 was mainly contributed by **Family Health**, indicating they are facing physical and stressful challenges in these years.

Portray of Wellbeing reflected in 3 Waves of Survey



Family wellbeing in HK has experienced some fluctuations over the past few years. Here are some key trends:

Overall Wellbeing Declines: The Hong Kong Family Wellbeing Index (HKFWI) has shown a slight decline in recent years. The overall score dropped from 6.31 in 2019 to 6.10 in 2022 and further to 6.06 in 2024. This indicates a gradual decrease in family wellbeing, although the decline has slowed down.

Family Resources: On a positive note, family resources have shown improvement. This domain included financial stability and access to necessary resources, which has seen a notable increase.

Income Disparities: The gap in family wellbeing between wealthy and poor families has narrowed slightly, but families with higher incomes have shown a declining trend in their wellbeing.

Family Health: One of the most significant declines has been in the domain of family health. This area has seen a notable drop, reflecting concerns about physical and mental health within families.

Social Connections: Social connections have consistently scored the lowest among the 6 domains measured by the HKFWI. This suggests that families in Hong Kong may be feeling increasingly isolated or disconnected from their communities.

Carer's Wellbeing : Noting that 26% the populations are old and sole carers, which requires attention and support.

LESSON TO LEARN FOR HKFWS



Family Wellbeing is a system Issue

Stakeholder perspective – No single sector can make happen – we need collaborations !

	Domain	Subdomain
Within family	家庭團結 (Family solidarity)	家庭時間 (Family time)
		家庭氣氛 (Family atmosphere)
		家庭責任 (Family responsibilities)
		關心與支持 (Care and support)
	家庭資源 (Family resources)	家庭收入 (Family income)
		心理資本 (Psychological capital)
家庭健康 (Family health)		
Family with the outer system	社會連繫 (Social connection)	
	社會資源 (Social resources)	
	生活平衡 (Work-life balance)	

Create Community Impact

1. Influencing Policy Makers (Social Welfare Department does not involve in this HKFWI survey)

- Public Awareness
- Advocate for Policy change and Resources Allocation
- Increasing Influence

2. Influencing Corporate Partners

Using FWI to measure family wellbeing of the employee can help organizations identify areas for improvement. Higher levels of employee wellbeing often leads to increased productivity, improve Job satisfaction and reduce stress and better organizational health

It provides insights for a corporate to analyze the factors contributing to overall wellbeing and organizational success.

Experience of using FWI to measuring employees' family wellbeing - Chow Tai Fook Jewellery:



Co-create for Bigger Impact



Collaborate to spread the measurement of family wellbeing index internationally.

Advantages:

1. Standardized Measurement: It provides a standardized way to measure family wellbeing across different countries, allowing for more accurate comparisons and benchmarking.

2. Awareness and Advocacy: Raising awareness about family wellbeing issues globally can lead to increasing influences on policy change and more support for family-friendly policies and programs

3. Global Collaboration: It encourages collaboration between countries and organizations to share best practices, or even benchmarking and innovative solutions for improving family wellbeing.

Hong Kong Family Wellbeing Index Report

2020



2022



2024



For information or partnership, please contact hkfwi@hkfws.org.hk