

# **Multi-sector collaboration to promote family well-being and evidence-based and evidence-generating practices: Hong Kong Jockey Club FAMILY Project**

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## **The Abstract:**

The Hong Kong Jockey Club Charities Trust donated HK\$250 million in 2007 for a citywide project titled “FAMILY: A Jockey Club Initiative for a Harmonious Society” (“JC FAMILY Project”), conducted by the School of Public Health of The University of Hong Kong in deep collaboration with many organisations. The project aimed to promote FAMILY Health, Happiness, and Harmony (FAMILY 3Hs) and FAMILY Holistic Health through preventive, rather than remedial, measures.

The FAMILY Project adopted a positive preventive and public health approach, integrating "Best Science, Best Practice" concepts and successfully completed many multi-sector collaborative intervention projects in all 18 districts, involving different organisations and communities and thousands of families.

All the community-based projects were designed, implemented, and vigorously evaluated. These projects extended evidence-based activities to evidence-generating scientific studies. The most feasible and robust experimental designs and mixed methods were used, from simple pre- and post-tests with follow-up to randomised controlled trials (RCTs) and cluster RCTs, train-the-trainers and train-the-ambassadors programs and qualitative methods, to generate the best evidence possible. The ultimate goal was to publish the evaluation results and experiences in international peer-reviewed journals for international impacts and publicising the Hong Kong stories of achievements. The project's evidence-based and evidence-generating (EBEG) principles and practices with international impacts could serve as a model for the design, implementation, and evaluation of novel family 3H and other related projects and improvements of existing activities and practice models.

The project engaged over 700 government bodies, non-governmental organisations (NGOs), and schools, with over 350,000 participants and numerous other beneficiaries. The positive impacts of the FAMILY Project gained much appreciation and recognition from government and NGOs, with implications for future practices and policies at various levels. Internationally, the project had more than 200 scientific

publications and conference presentations and some local and international awards. The methods and achievements were also shared with the Harvard School of Public Health and the Singapore TOTE Board.

Conventionally, clinical services in medical and social sectors provide individual face-to-face remedial services while public health targets whole populations for prevention and health promotion often with unclear or unseen beneficiaries. Multi-sector deep collaboration among medical and health organisations and social service and welfare organisations should be strongly promoted. The FAMILY project showed that such collaboration could be a win-win for all to benefit service users and providers, and communities. The support from The Hong Kong Jockey Club is the key and is most gratefully acknowledged.