



## Other Abstracts

# How Healthy Hong Kong Young People are? A Study on Wellness Index of Hong Kong Young People

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### **Introduction:**

In line with the technology advancement, on the whole, people are healthier, wealthier and live longer today than 30 years ago (WHO, 2008). Nevertheless, the latest data released by WHO indicated that only 5 % of the global population is 'real healthy'. Indeed, previous local surveys have revealed that the well-being of adolescents is far from satisfactory. To enhance the well-being of our youth leaders, the wellness development of young people in Hong Kong is of our utmost concerns.

### **Purpose of the Project:**

To better understand the development of the local youths with a wholistic perspective, the Chinese YMCA of Hong Kong conducted an empirical research, the Hong Kong Youth Wellness Index 2008, upon the young people. Moreover, it would form the comprehensive database in which tracing the well-being of local youths and providing insights in relevant services.

### **Material & Methods:**

A cross-sectional study was conducted between April and June 2008 and administrated to students (from primary 5 to secondary 4) through a self-administrated questionnaire. 1583 valid questionnaires were returned from nineteen schools and analyzed.

### **Results:**

Six wellness domains (physique, relationship, aspiration, intelligence, spirit and emotion) showed different levels of interdependency. The overall average wellness index is 59.7 (with 100 as the highest) in which students scored the highest in physical (69.7) and lowest in aspirational wellness (47.6). Primary school students outperformed the secondary school students, and students who actively participated in extra-curricular activities performed better in wellness index.

### **Conclusions:**

This study supported the wholistic paradigm of health as changes in any single aspect affect the others. To prevent the sharp decline in health during the transition from primary to secondary schools, early education and promotion of wellness is highly recommended. Young people are suggested to participate in a great diversity of extra-curricular so as to achieve wellness development.