

Project summary

Project title: Healthy Start Home Visit Program

Project Number: 2008/0653

Name of organization: Tung Wah Group of Hospitals, The Hong Kong Polytechnic University, The University of Hong Kong

(1) Goals: This project addresses the QEF special initiative on healthy life styles, by developing and evaluating an indigenous home visit program to empower parents from socially disadvantaged backgrounds to promote holistic healthy life styles of their pre-primary children, including physical, cognitive and psychosocial aspects. It aims to enhance holistic child health and healthy life styles through a home visit programme to train parents to collaborate with preschools to facilitate healthy life styles for their pre-primary children.

Objectives: (i) Children's holistic health and life styles will be enhanced and children will be more **healthy and capable**; (ii) parents will be more **competent and confident** in promoting healthy life styles of their children, including physical, cognitive and psychosocial aspects; (iii) Parents will **collaborate and communicate** more with pre-primary institutions in promoting children's healthy life styles

(2) Targets: Parents of pre-primary children from socially disadvantaged backgrounds (new arrivals, single parents, low income families) in Tuen Mun. The preschool teachers, children and parents in the 10 selected pre-primary institutions will also be the beneficiaries.

Expected number of beneficiaries: Initially, during the development and evaluation period, the program will be made available to 220 parent-child dyads. In addition to the direct beneficiaries, 1000 parents and children in these pre-primary institutions will benefit from the public talk on development of healthy life styles in preschool children. Project summary will be posted on Tung Wah Group of Hospitals' website, with an estimated 3000 visitors per year.

(3) Implementation plan

(i) Duration: 36 months

(ii) Schedule: Phase one (9 months) is the program development phase. This program is based on the HOPE program, a group program designed for new immigrant parents with 4-year-old children, with input from teachers from pre-primary institutions. The program materials will be revised for the participants of the present project. Training will be conducted for the parent assistants. Phase two (12 months) is the pilot phase of the program with a group of 20 parents. The program will be revised based on the experience of the group. Phase three (12 months) is the efficacy trial stage. The program will be tested for its efficacy using randomized controlled trial design. Participants will be randomized into 100 intervention parents (home visit program) and 100 control group parents (routine parent education program). Phase four (3 months) is for finalizing program manual and writing up report.

(4) Products:

Deliverables/outcomes: (i) an evidence-based program to promote holistic healthy lifestyles in Chinese pre-primary children, (ii) a program manual and related materials, (iii) a report on the implementation and evaluation of the project, (iv) enhanced parent **competence, confidence**, (v) enhanced home-school **collaboration and communication**; (vi) enhancement in children's healthy life styles and **capability**.

Dissemination strategies: (i) international publication; (ii) press conferences and seminars.

(5) Budget: \$1,862,400

(6) Evaluation: (i) Outcome indicators in outcome evaluation are baseline and post-intervention measures on parents and children. The parent indicators include, parenting stress, self-efficacy and social support, and child indicators are their amount of physical activities, BMI, learning skills and behaviour problems. For formative and process evaluation, focus groups with parents and service providers will be conducted to obtain their views. (ii) Performance indicators include logs of parent participation in program activities and number of parent assistants trained.