



以家為本 Family Matters

Social Well-being & Governance Leadership in Hong Kong

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Hong Kong Family Welfare Society

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Who we are?

Hong Kong Family Welfare Society was formally established as an independent charitable organisation in 1949.

Across 77 years, with a **"family-centric" perspective**
「以家為本」, HKFWS is committed to delivering quality and professional social services to enhance the wellbeing of families and individuals in Hong Kong and foster a caring community.

We serve the community with.....

Integrated Family Services



Mediation Services and Divorce Services



Children Services



Youth Services



Community Care and Support Services for the Elderly



Special Services



HONG KONG FAMILY WELLBEING INDEX

香港家庭幸福指數

Research Background

- HKFWS commissioned a research team from The Chinese University of Hong Kong to conduct the first study of 'Hong Kong Family Wellbeing Index (HKFWI)' in 2019. It is the first socially relevant and culturally appropriate measurement tool of sound reliability and validity to regularly assess the wellbeing of Hong Kong families.
- The first survey was conducted in July–August 2019 during a period of social unrest; the second was conducted in January 2022, just before the peak of the fifth wave of COVID-19; and the third was conducted in January 2024, after the pandemic. 2026 marks the fourth HKFWI survey.

Research Objectives

- The study aims to achieve its objectives through a territory-wide survey by:
 1. Assessing the wellbeing of Hong Kong families regularly;
 2. Identifying trends in family wellbeing through comparison with past data;
 3. Providing a significant reference for Hong Kong families, the government and stakeholders in promoting family wellbeing

Research Design

- **‘Family’** refers to ‘a socially recognised group (at least two people in a relationship, usually joined by blood, marriage or adoption) that forms an emotional connection involving care, responsibility and commitment without time limit’.
- **‘Family wellbeing’** was defined as ‘a state in which a family can perform various functions to satisfy the diverse needs of individual members of the family through interactions with the environment’.
- To enable fair comparisons across 4 waves of studies, the construction of HKFWI, the survey questionnaire, the methods for handling missing data and the data weighting approach followed the designs used in previous years, in order to enhance the overall representativeness of the survey results.

Structure of HKFWI

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

Domain		Sub-domain	
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	
Family with the outer system	 家庭健康 Family health (20%)		
	 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

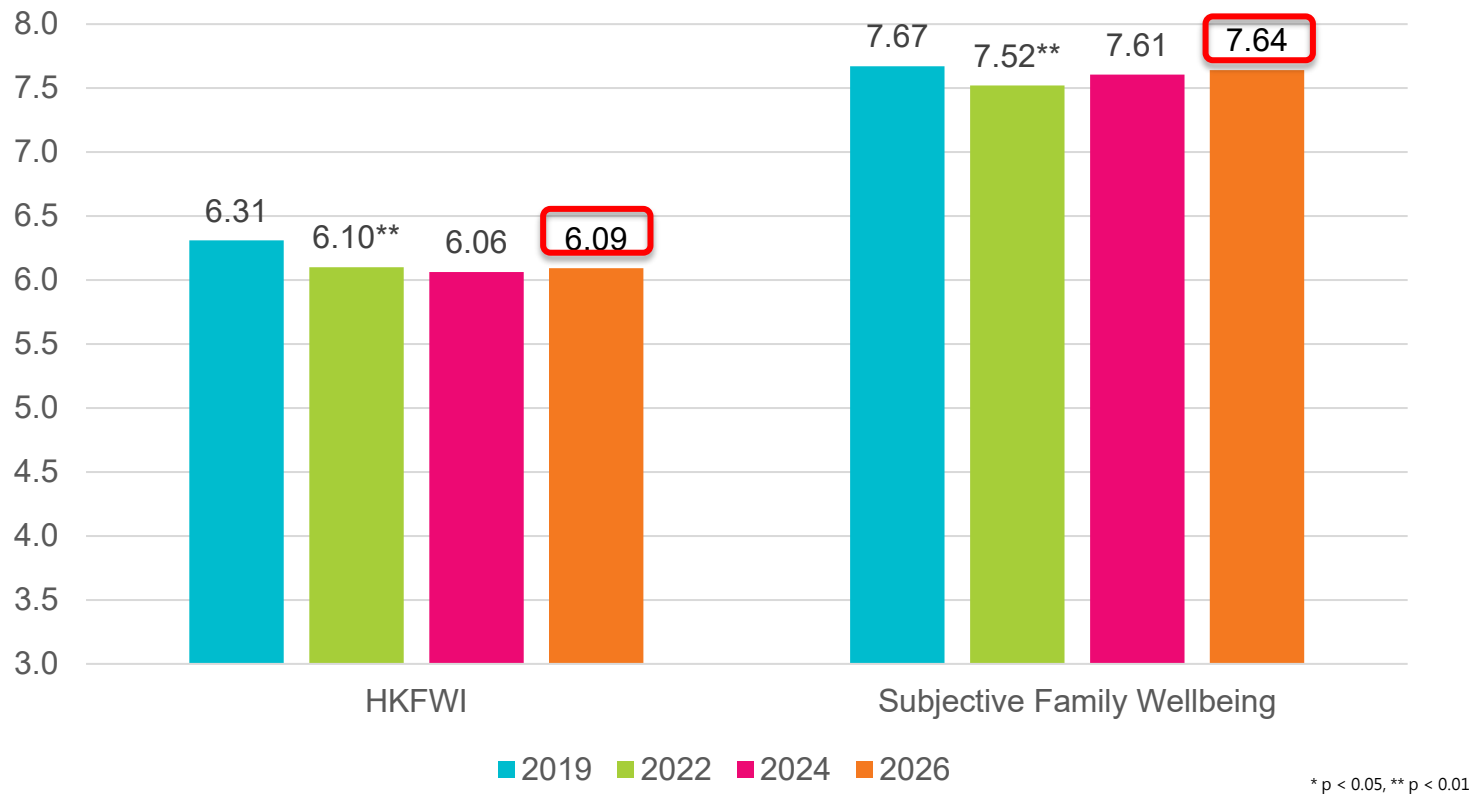
In addition to the 26 HKFWI questions, thematic questions corresponding to prevalent social issues at the time were incorporated into each biannual survey.

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
2026	12 Jan -12 Feb 2026	N/A	Loneliness and application of Artificial Intelligence

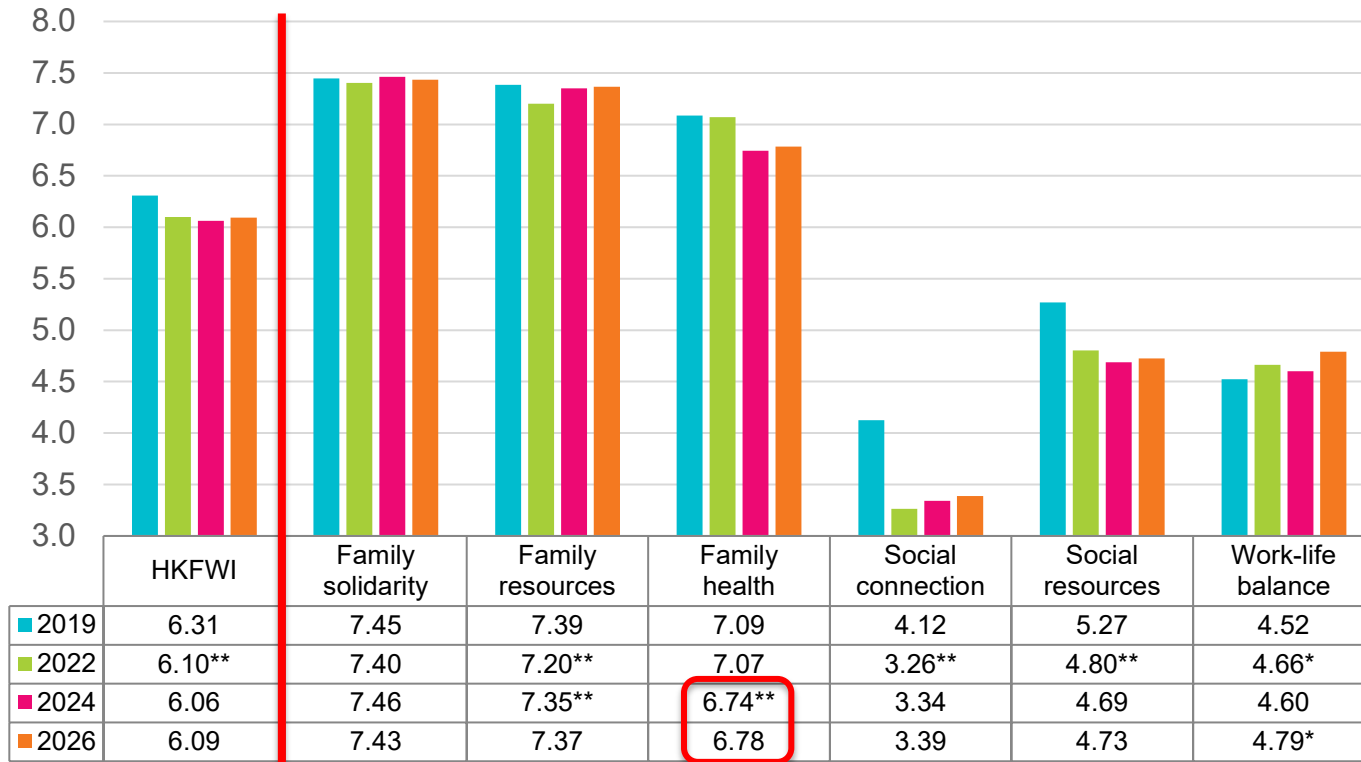
Wong, M. M. C., Ma, J. L. C., Wan, P. S., Xia, L. L., & Fok, H. T. (2020). Research report on a study on family wellbeing index in Hong Kong. Hong Kong Family Welfare Society.

Key findings of HKFWI 2026

1. The overall score of HKFWI 2026 is **6.09**, similar to 2024.

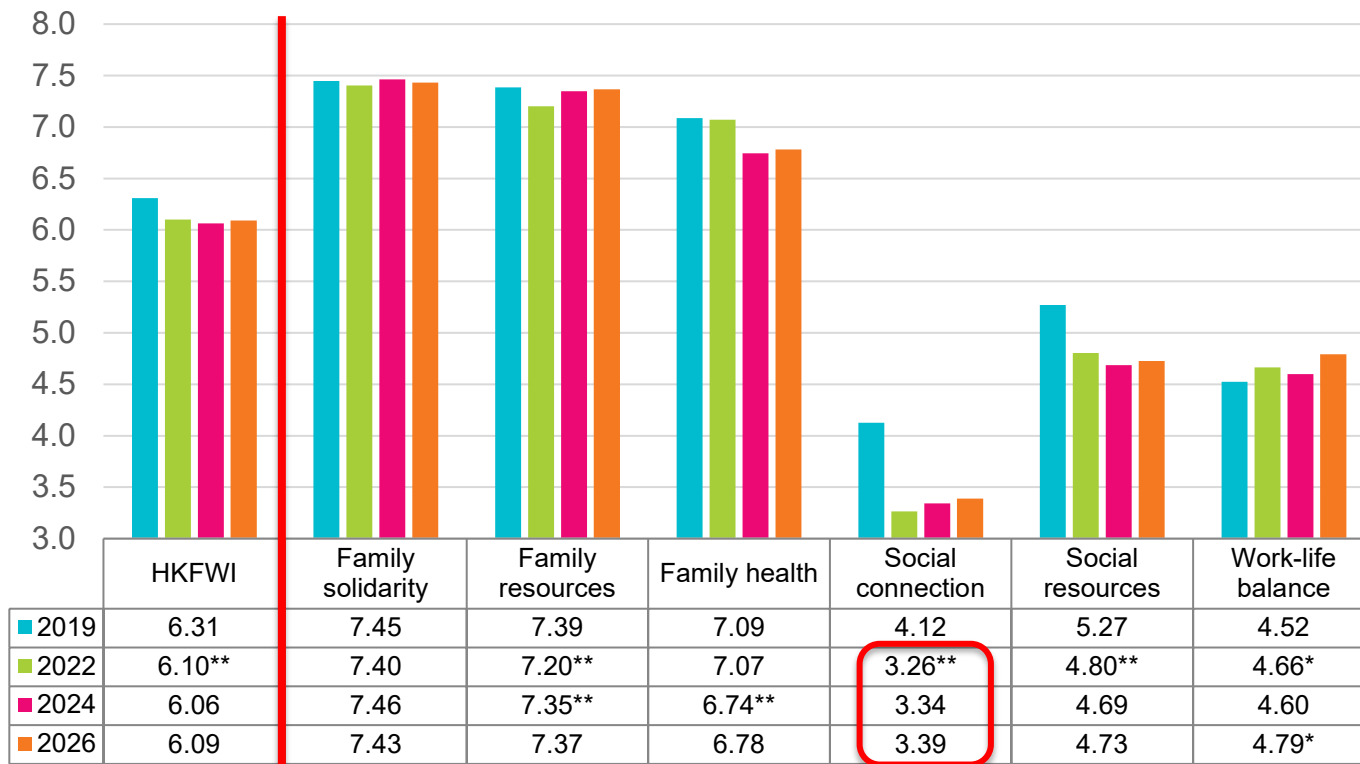


2. 'Family Health' dropped significantly after COVID-19 and has yet to recover.



* p < 0.05, ** p < 0.01

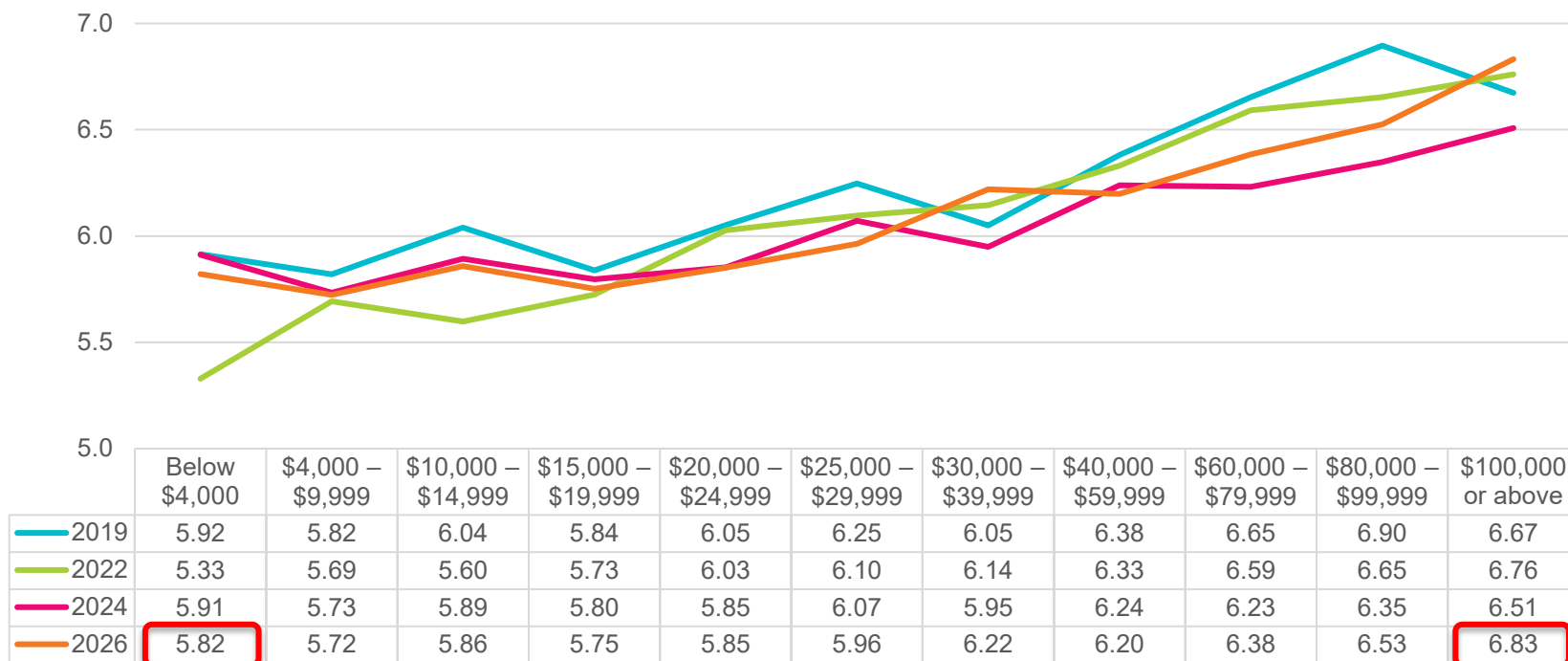
3. 'Social Connection' has risen steadily since 2022, yet it is not a notable increase statistically in 2026.



* p < 0.05, ** p < 0.01

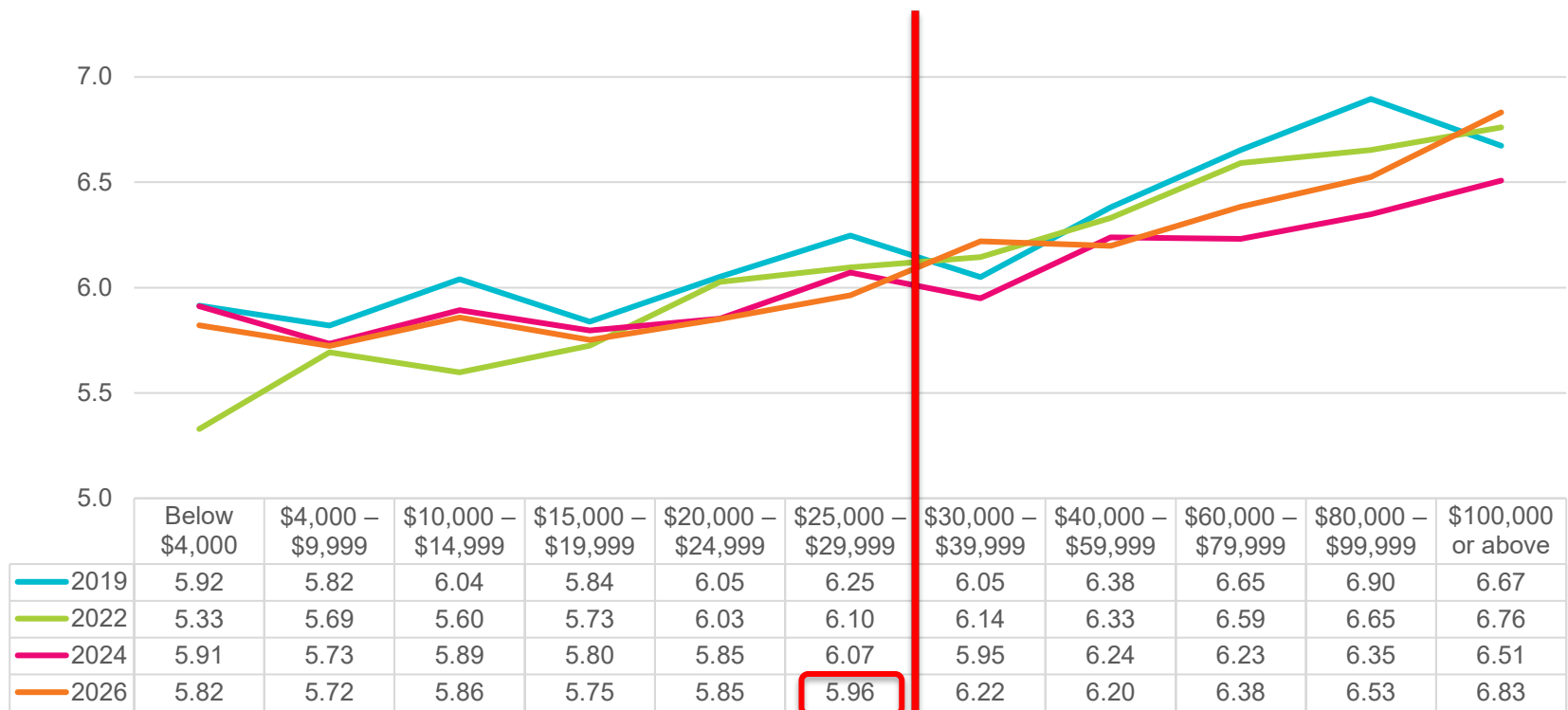
4. Persistent gap in family wellbeing index between poor and wealthy families exists.

Families earning below HK\$4,000 per month scored much lower than those earning HK\$100,000+, with the gap widening from 0.6 points in 2024 to 1.01 points in 2026.



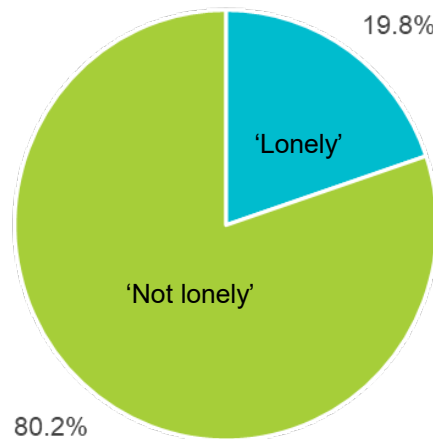
Families with earning slightly lower than median monthly household income have seen continuous declines in family wellbeing index since 2019.

For families with monthly household income of HK\$25,000–29,999, their 2026 score (5.96) falls below the overall average (6.09).



5. Loneliness and Family Wellbeing

- World Health Organisation's report in 2025 revealed that **one in six people was experiencing 'loneliness' worldwide**, with significant impacts on health and wellbeing.
- 19.8% of respondents — about one in five — are classified as feeling 'lonely' in our HKFWI study.



Reference: World Health Organization, Commission on Social Connection. (2025). From loneliness to social connection: Charting a path to healthier societies. World Health Organization. <https://www.who.int/publications/i/item/978240112360>

Self-isolation within the household 「家内孤島」

- Data reflected that people who are unwilling to confide in family, friends, or AI, amounting to **an estimation of about 520,000 people in Hong Kong, experiencing this self-isolation within the household**; 86,000 of them do not know AI.
- Since the survey did not include individuals living alone, the situation may be even more concerning.

Category	Raw Sample		Weighted Sample		Population
	Frequency	Percentage	Frequency	Percentage	Estimate [#]
Unwilling to confide in family, friends, or do not know AI	47	2%	34	2%	86,000
Unwilling to confide in family, friends, or AI	155	7%	171	8%	434,000

[#] Include only those Hong Kong residents aged 18 or above who live with their family.

6. Family time and communication effectively enhance family wellbeing.

- When daily family time increases from less than one hour to two hours, the Family Wellbeing Index rises by 0.26, while loneliness score drops by 0.62.
- Compared with respondents who do not talk with family at all, those who spend at least 15 minutes daily in casual conversation or to confide in family members yield an increase of 1.19 in family wellbeing and a decrease of 0.84 in loneliness.

Linear regressions on index, and loneliness score with demographic variables plus time spent together and chatting#

		HKFWI	UCLA-3 Loneliness Score
	<1 hour	(Reference group)	(Reference group)
Daily time spent with family (excluding sleep)	1 – <2 hours	0.01	-0.38
	2 – <4 hours	0.26*	-0.62*
	4 – <6 hours	0.43*	-0.78*
	6 – <8 hours	0.54*	-0.75*
	8 hours or more	0.62*	-1.03*
Daily time spent casually chatting or sharing personal thoughts/feelings with family	Never	(Reference group)	(Reference group)
	<15 minutes	0.74*	-0.79*
	15 – <30 minutes	1.19*	-0.84*
	30 minutes – <1 hour	1.26*	-0.82*
	1 – <2 hours	1.39*	-1.28*
	2 – <4 hours	1.71*	-1.45*
	4 hours or more	1.70*	-1.76*

* p < 0.05, ** p < 0.01
β coefficients of demographic variables and adjusted R² are omitted in this table for better presentation.

OUR APPROACHES

Our approaches

1. To build family capacity and resilience

- **Family Matters**
- We build family capacity, both families' internal capacity, as well as the social connection between families and community.
- 'Reducing Loneliness Starts at Home' 「減低孤獨感由家庭做起」
- **Advocate spending at least two hours daily with family and engaging in at least 15 minutes of conversation** to provide companionship and care

2. To promote 'Family health' initiatives

- **'Health is a Family Matter'** 「健康是一家人的事」

3. To engage partners for co-creation and amplified impact

- Customised questionnaires on "Hong Kong Family Wellbeing Index" for different enterprises to better understand their staff's families wellbeing. Partners include Chow Tai Fook Jewellery, MTRC, etc.

4. To adopt community engagement approach

OUR ACTIONS

The background features a solid red color. Overlaid on this are two large, semi-transparent geometric shapes. The first is a pentagon-like shape with a pointed top, positioned in the upper-middle section. The second is a large, rounded shape with a wavy, undulating top edge, located in the lower-right quadrant. These shapes overlap each other and the text.

Family Sports Day

HKFWS has launched a three-year 'Healthy Family' initiative. Through a relaxed, fun, and family activity that incorporates ICT elements, the event helps raise public awareness of family health - both physical and mental wellbeing in turn, enhances family wellbeing.



HKFWS
Sports Day
2025
家福家庭
運動日



'Super Dad'
Sports Day
2026
超能爸爸親
子運動日



The Jockey Club SMART Family-Link Project

Since 2018, the SMART Family-Link Project x HKFWS “Child Protection in Action” enhance **family communication** via ICT means, and advocate positive messages about loving parenting and harmonious families.

The ice-cream truck event reached **12,000** audiences



Educational promotional short videos

「賽馬會智家樂計劃」混合服務模式實證研究及實務手冊：智NET家長靜觀課程小組

主編 / 資深執事 / 吳曉 / 「賽馬會智家樂計劃」混合服務模式實證研究及實務手冊：智NET家長靜觀課程小組

賽馬會智家樂計劃
混合服務模式
實證研究及實務手冊



概述：

由賽馬會智家樂計劃推出的一系列實證研究及實務手冊，旨在分享不同機構進行混合服務模式的歷程，由理論研究到實務安排，均有詳細記錄及分析，期望計劃成果可與更多專業同工分享，一起尋找混合服務模式的最佳方案，回應當前的社會需求。

基於已有的研究可見，將正念加入兒童技巧中可以有助父母的情緒調節及整體的親子關係，並有促進升長遠的兒童技能、兒童及父母個人的福祉。香港家庭福利會的創始社工在 2023 年招募了 18 歲或以下的子女之家長，參加「智NET家長靜觀課程」活動小組。本研究採用觀察及參與觀察研究介入模式，特別針對一般家庭（非臨床診斷兒童之家庭）進行混合模式（線上結合線下）介入。



數碼服務新親子，幸福家庭共建

混合服務模式
實證研究及實務手冊
智NET家長靜觀課程小組



The e-Booklet

‘The Jockey Club Promoting Family Resilience’ Project

- Since 2021, the Project aims to strengthen positive family communications, enhance family resilience and family solidarity.



In 2025-2026,
the project
served **1,655**
parents and
families



‘Jockey Club Embrace Life Series 2.0 - Power T.A.G. Project’

Since 2024, the Project brings together community partners to promote youth and family mental health. In 2025, we organised the “Beyond the Lens” exhibition with Power-On Community Ambassadors.

Another community engagement event namely 「意．舞之間 E.MOtion Space」 will be held in July 2026.



The exhibition held in 2025 attracted **2,500** visitors



HKFWS Movie Gala for Elderly 家福耆趣影畫宴

Elderly together with their caregivers, were invited to watch a film followed by a shared lunch so as to encourage social interaction and helped strengthen their **social connection**.



‘Volunteer Fun Day’

The ‘Volunteer Fun Day’ was held annually to recognise the effort done and show HKFWS’ heartfelt appreciation for the dedication and contributions of our volunteers. Volunteers build social connection and sense of shared identity.



Over the past years, together with **more than 2,700 volunteers and over 40 corporate organisations**, have served more than 6,500 service users. The accumulated volunteer service hours close to 9,000 hours, reflecting encouraging and meaningful outcomes.