

The Impact of a Health Empowerment Program on Children's Behaviors and Quality of Life in Low-income Families: Evidence from a 5-Year Cohort Study in Hong Kong

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- This prospective cohort study evaluated the 5-year impact of a Health Empowerment Program (HEP) on improving the health-related quality of life and problematic behaviors among children from low-income families.
- A prospective cohort study (N=239, n=124 for intervention group, n=115 for comparison group) was established with participants recruited between July 2013 and March 2016 and followed until November 2021.
- During the 5-year study period, children and their parents from the intervention group were invited to join the HEP.



	B (95% CI)	p-value for β	R ²	F
Strengths and Difficulties Questionnaire				
Emotional symptoms	-0.11(-0.54, 0.32)	0.607	0.51	15.46
Conduct problems	-0.66(-1.01, -0.31)	<.001*	0.55	18.33
Hyperactivity inattention	-0.67(-1.14, -0.20)	0.005*	0.32	7.04
Peer problem	-0.34(-0.78, 0.10)	0.126	0.49	14.45
Prosocial behavior	0.53(0.02, 1.03)	0.040*	0.38	9.17
Total difficulties	-1.89(-3.10, -0.68)	0.002*	0.39	9.76
Child Health Questionnaire Parent Form 28				
Physical	0.74(-1.43, 2.91)	0.503	0.38	8.78
Psychosocial	2.75(0.49, 5.02)	0.017*	0.46	12.05

The HEP may be an effective intervention to reduce behavioral problems and improve mental health of children from low-income families, as evident by our study over a 5-year period.