Knowledge about Primary Healthcare Services amongst Hong Kong Students

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Background

1. Investigates whether secondary school students and students in tertiary education understand the aims and types of primary healthcare (PHC) services
2. Investigate whether students' knowledge would inspire them to make use of those PHC services

Reasons behind the study:
1. to lower the morbidity and mortality caused by Obesity
2. to enhance the level of understanding of the students
3. to increase students' utilization of healthcare services
4. to solve local obesity issues

Research objectives

• To test students' knowledge of PHC and its services

• To understand their utilization of services and the effectiveness of the health programs

• The project aims to understand PHC and solve local obesity issues

Methodology

Staff of the student health center were contacted, and background research was conducted

At the same time, a literature review was also conducted. An online questionnaire was disseminated on social media to the public for four months

Data was collected from schools and the public and analyzed using IBM SPSS Statistics and Microsoft Excel software

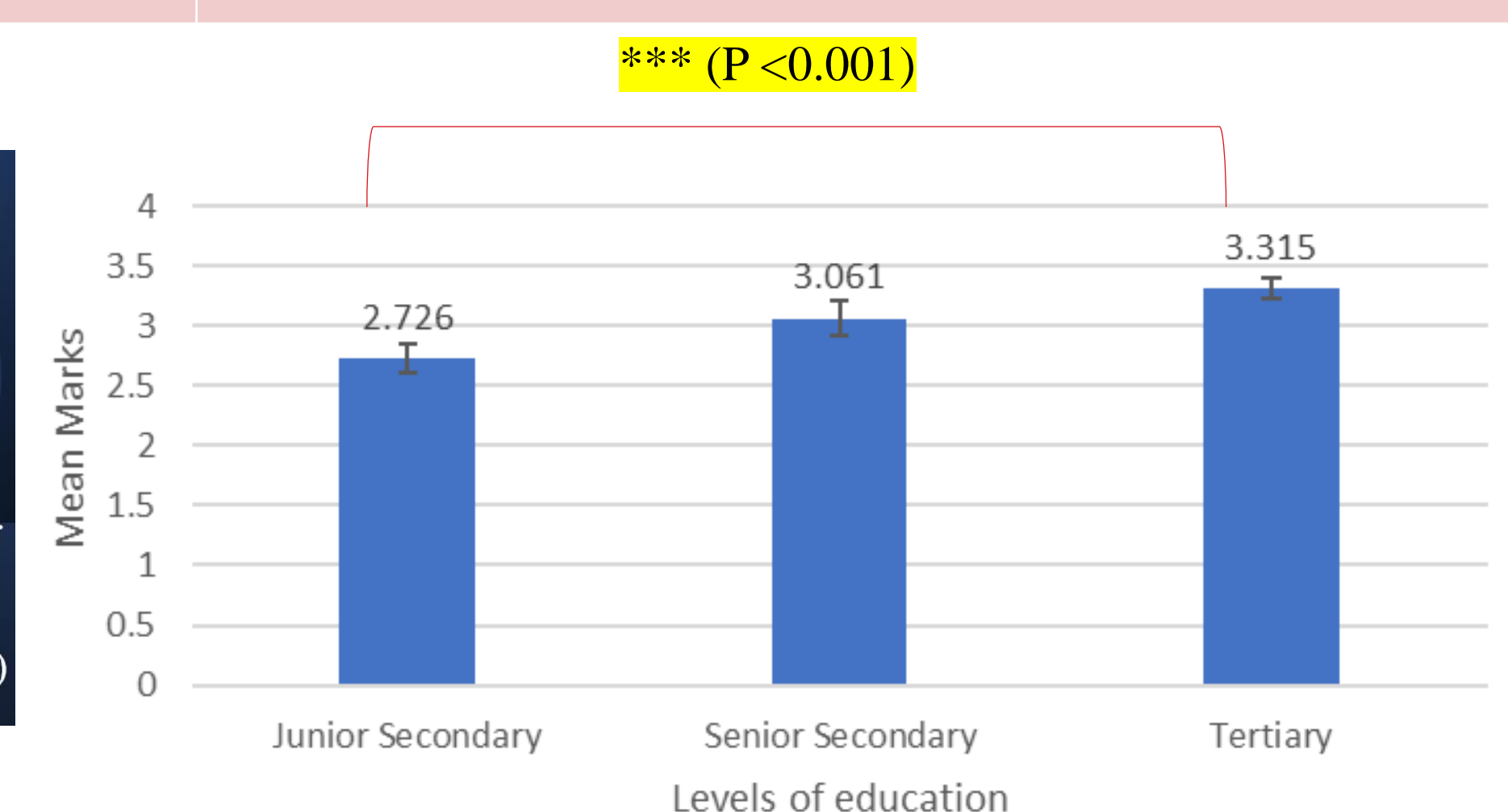| Methodology	
Sample size	300
Inclusion criteria	Hong Kong citizens who are secondary school students, students under tertiary education
Exclusion criteria	Primary school students in Hong Kong, non-local students, people who already completed their study, people who cannot read Chinese
Design of the questionnaire	1. 4 parts with 14 questions in total 2. Mainly MCs and scale questions 3. For 2nd part: 5 questions related to the health programs inside the student health service Aim: to test students' understanding towards PHC
Total received forms and successful rate	Total received forms: 315 Successful rate: 95.6 % (301 valid respondents)

Literature Review	Review findings
Meaning of healthcare	A concept of avoiding illness 1st aim: to prevent citizens suffered from chronic disease 2nd aim: raise their health awareness
Characteristics of primary healthcare services	1. accessible, cheap or free of charge 2. Able to indicate students' health risks, educate healthy topics and monitor their overall wellness regularly
Importance of primary healthcare and its services	1. Over 3 billion was spent in hospitalization because of obesity 20 years ago. And this amount keeps increasing (Ko, 2008) 2. 50% of people involved in the survey were found to be obese or overweight (Fong et al., 2018) →The situation is severe and urgent
Importance of preventing obesity during teenage years	1. When children are fat, it leads to Insulin resistance and adipose tissue dysfunction, hormones alteration. It resulted in fatty liver (Shaunak et al., 2020) 2. When children are fat, it is highly associated with an 8.5-fold increase in having hypertension from 27 to 31 years old (Wang et al., 2017) 3.Twelve cancer sites are developed from obesity (Weihrauch-Blüher et al., 2019) and people might die from chronic diseases
Government intervention - Student Health Services (Recently given to primary 1- secondary 3 students)	3 Main services: -Students' referrals -Physical assessment or screening -Individual consultation and the health education activities Aim: promote health and prevent obesity (Department of Health, 2020)

Discussion

• Level of understanding towards primary health care services is medium, students had a rough understanding
• Between the junior Secondary and Tertiary groups, the data was significant, with p-values less than 0.001
• Most students got higher marks than they guessed/have higher levels of understanding than predicted
• P value=0.003, so it is significant (improvement of knowledge is highly associated with motivation to participate)
• 43.5% of students join the Student Health services every year
• 246 out of 301 students think their understanding of primary healthcare most likely pushed them to join the existed health programs
• 84.4% of students believe these primary healthcare services could improve their health
• 268 out 301 students think that their understanding of primary healthcare services is extremely important toward solving local obesity or overweight problem

Conclusion

• Health programs are aimed to promote health, avoid illness, slow down the progression of the disease
• Individual consultation and education are still not sufficient to enhance the understanding of the students
• Higher level of education is positively associated with their level of understanding towards primary health care services
• Having a higher level of understanding and knowledge could motivate students to make use of the services and believe it is largely helpful in solving the local obesity problem
• It is important to avoid misunderstanding or underestimating the effect of primary health care services, otherwise it would lead to high morbidity and mortality rate
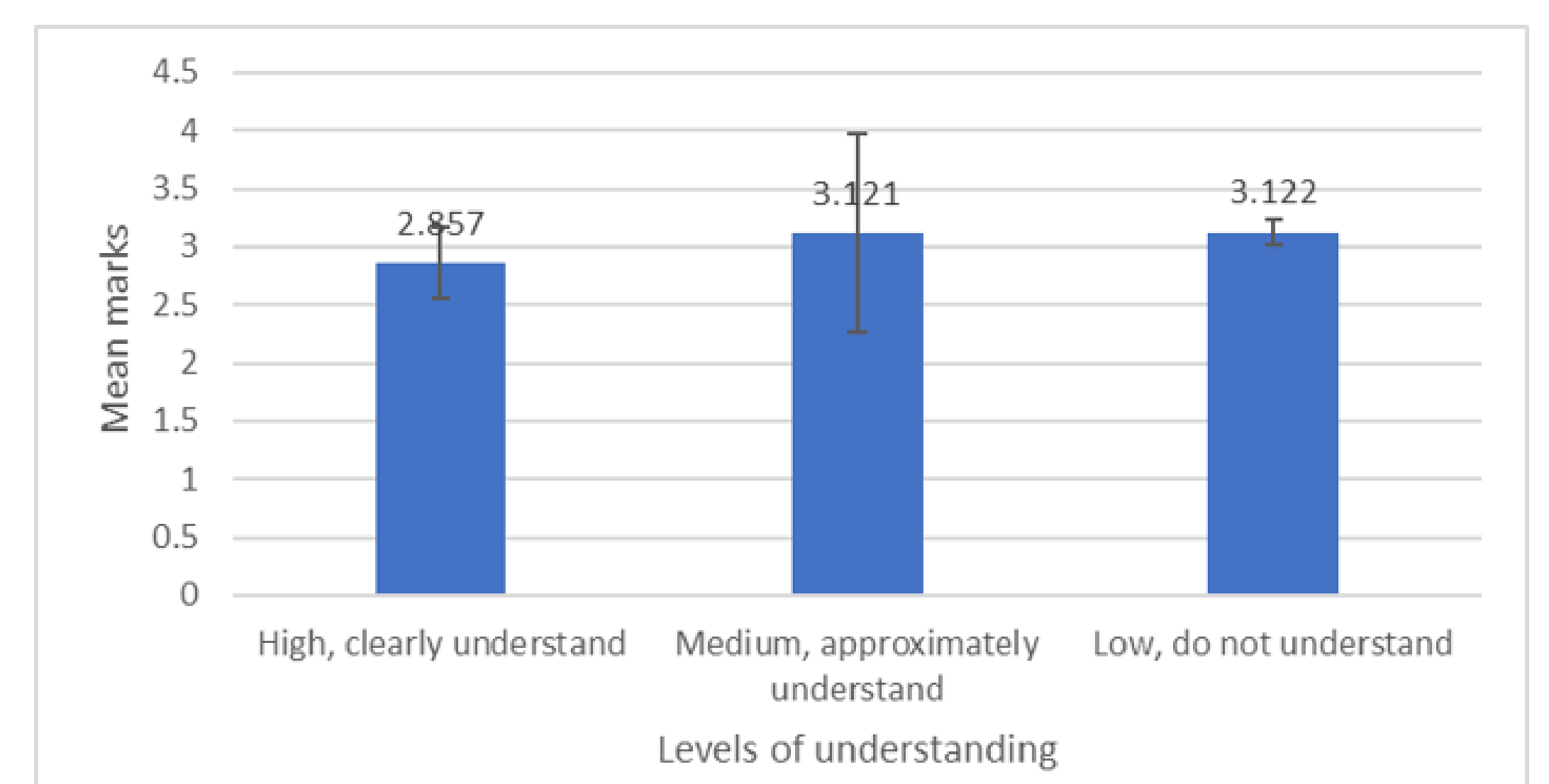
*** (P <0.001)

Findings- Figure 2.
Comparison of mean marks between levels of education
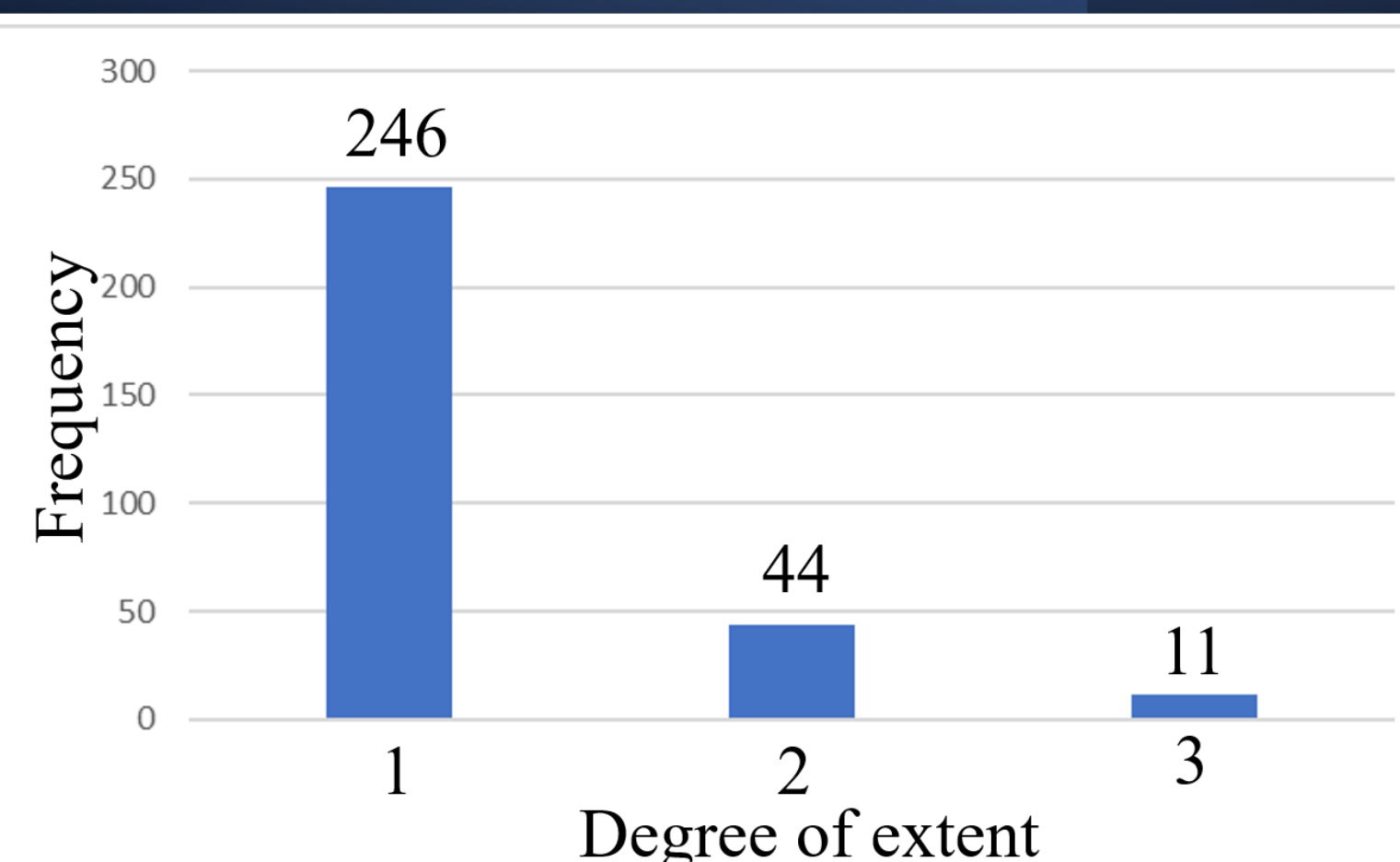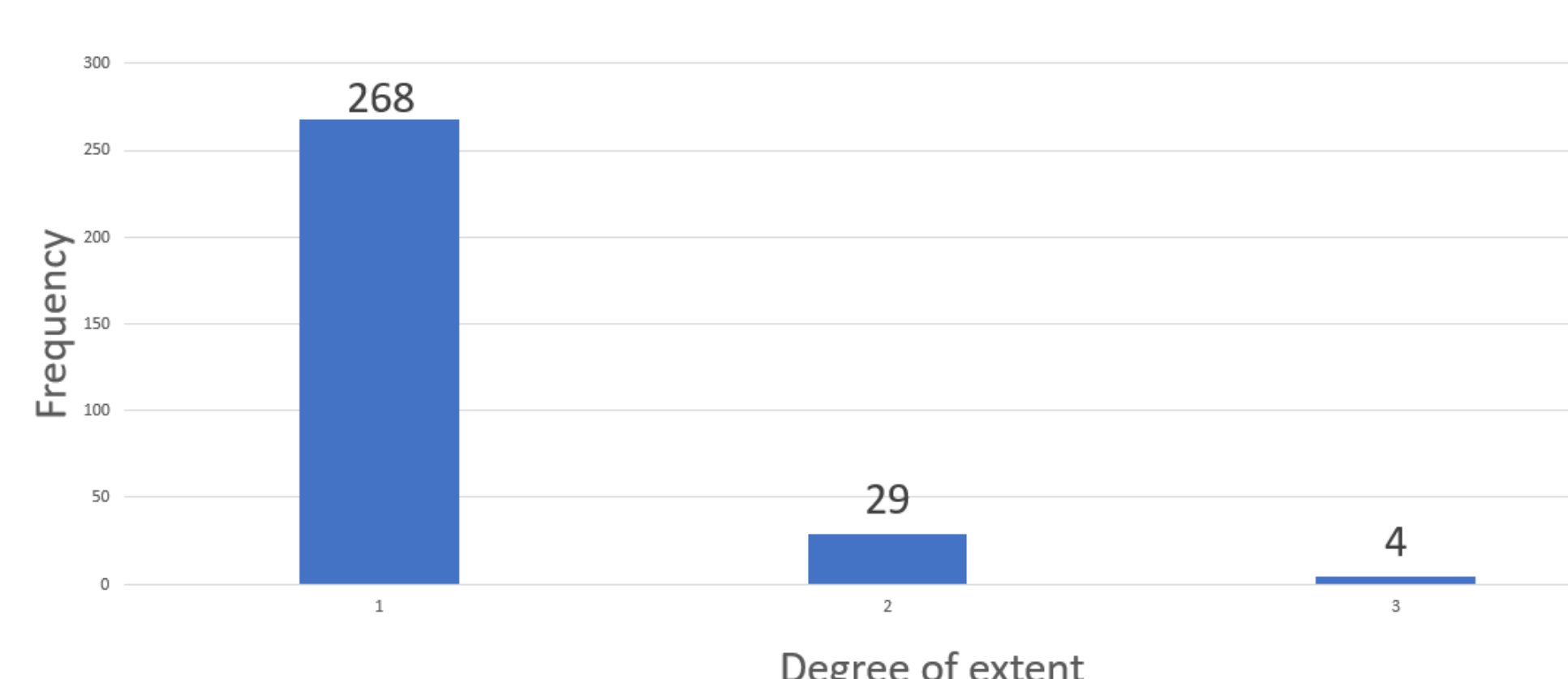(Between the Junior Secondary and Tertiary group, the data are significant.)

Mean Marks: Junior Secondary 2.726, Senior Secondary 3.061, Tertiary 3.315

Findings-Figure 3. Mean marks of different levels of understanding groups

Mean marks: High, clearly understand 2.857; Medium, approximately understand 3.121; Low, do not understand 3.122

Findings-Figure 4. To what extent do students think the understanding of primary healthcare motivate them to participate in student health programs (N= 301, 1 is most likely will, 3 is least likely will)

Frequency: 1 → 246, 2 → 44, 3 → 11

Findings-Figure 6. To what extent do students think the importance of understanding on primary healthcare services toward solving local obesity or overweight problem? (N= 301, 1 is extremely important, 3 is extremely not important)

Frequency: 268, 29, 4

Findings-Table 7. Chi-square graph for testing the relationship between the improvement of knowledge of students who have never participated in/enrolled the Student Health Service and the choice to visit every year after completed part 2 of the questionnaire (Total sample= 58)

			Would they visit every year		
			Yes	No	Total
Improvement of knowledge	Yes	Count	28	12	40
		Expected Count	22.8	17.2	40.0
	No	Count	5	13	18
		Expected Count	10.2	7.8	18.0
Total		Count	33	25	58
		Expected Count	33.0	25.0	58.0

• P value= 0.003, so it is significant (improvement of knowledge is highly associated with the motivation to participate)