

A study of Hong Kong residents' knowledge of Millet

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Background

Millet is called Foxtail millet, and it has high nutritional values. No matter in Chinese or Western diets, it has many benefits to our body. They are the main grains in northern China. However, the use of millet is uncommon in Hong Kong, related to people's lack of knowledge about it.



Research Objectives

This project focusses on knowledge and explores existing studies. The objective is to understand Hong Kong people's level of knowledge of millet, including basic knowledge, nutrition, and its benefits with respect to age group, gender, and education level.

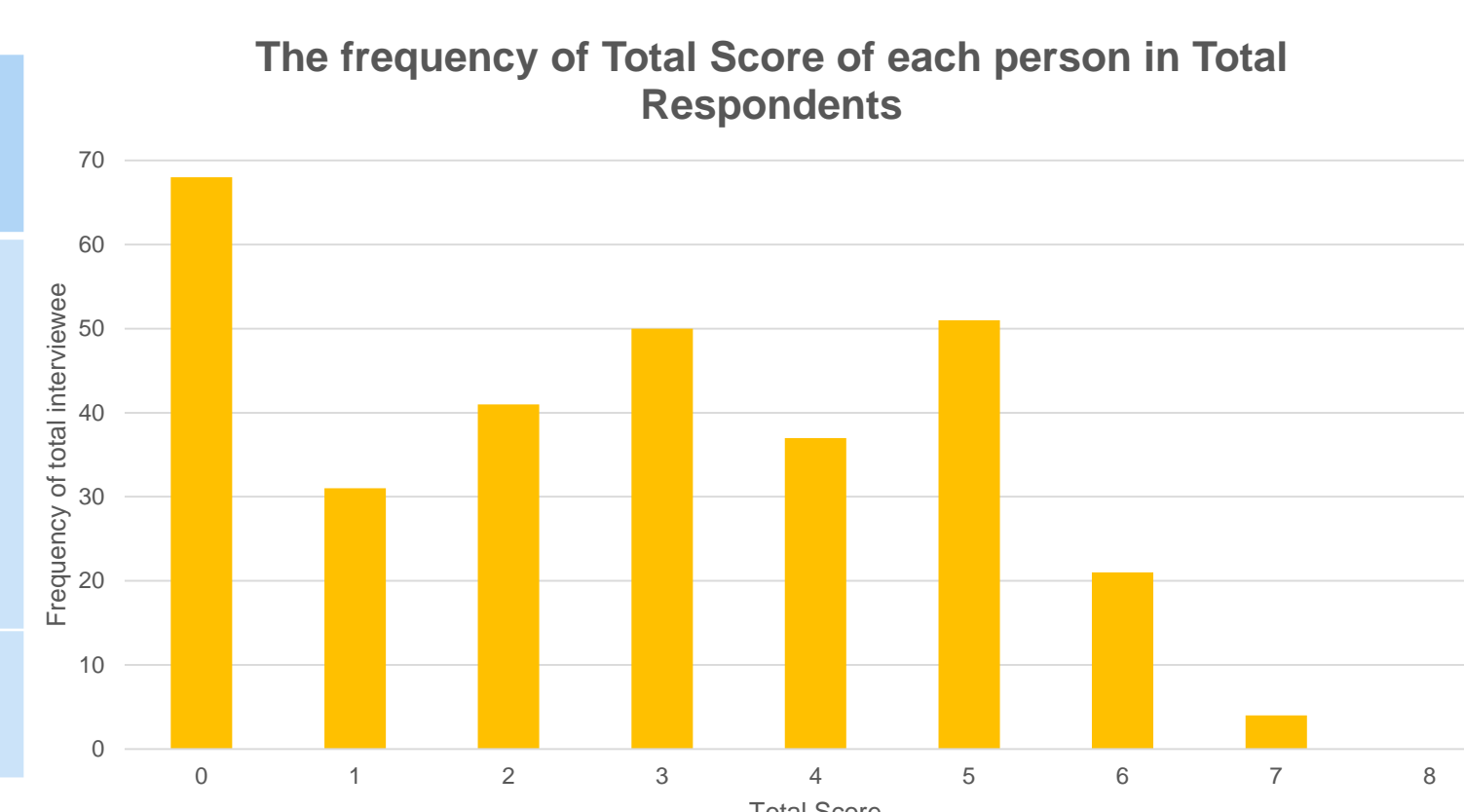
Methodology

A cross-sectional study was conducted to investigate Hong Kong residents' knowledge level of millet. Using a snowball sampling technique, self-designed electronic questionnaires (Google form) with 8 questions including basic knowledge, nutrition, and the advantages of millet, were administered randomly. Each question has a correct answer, where the correct answer can get 1 point and wrong or unknown answers do not get a point. Getting a higher mark means they have a high understanding of millets. The questionnaire was validated by 7 experts (CVI=0.87). The target sample size was 384 and the collection period was from 8 February 2020 to 5 March 2020.

Findings

A total of 304 effective questionnaires were collected. The mean, median, and range of the questionnaire scores were 2.71(±2.03), 3, and 0-7, respectively.

	Total Respondents
Mean (Standard deviation)	2.71 (±2.03)
Median	3



The mean scores of males and females are 2.39(±2.08) and 3.03(±1.94) respectively; age groups between 18-40, 41-64 and >65 were 2.57(±2.03), 3.07(±1.96), and 2.5(±3.54) respectively; and the mean scores of education level at primary level or below, secondary, and university or above were 2.5(±3.54), 3.02(±2.04), and 2.64(±2.03), respectively.



The Total Score of Mean, Standard deviation and Median of each different compare group

	Gender		Age Group			Education Level		
	Male	Female	18-40	41-64	>65	<Primary	Secondary	>University
Mean	2.39	3.03	2.57	3.07	2.5	2.5	3.02	2.64
(Standard deviation)	(±2.08)	(±1.94)	(±2.03)	(±1.96)	(±3.54)	(±2.07)	(±2.04)	(±2.03)

The knowledge score of females was significantly higher than males (p=0.007), and there were no significant differences between age groups (p=0.174) and education level (p=0.396). Overall, Hong Kong residents' knowledge level of millet is low.

Limitation and Recommendations

- Collection time of sample is short → extend the collecting period.
- A random snowball sampling technique caused the age group and education level of respondents to be similar → conduct electronic questionnaires by street visit.
- Using an electronic questionnaire, we do not know if respondents have answered the questions casually and completed it several times → conduct face-to-face electronic questionnaires on the street with individuals.

Conclusion

The knowledge level of millet in Hong Kong residents is low, no matter which gender, age group or education level.

Females have a significantly higher difference in knowledge than males, while different age groups and education levels are not significantly different. This is because females have a higher chance to be in contact with millet when cooking and during pregnancy. Although Hong Kong residents have a low knowledge level of millet, in 3 areas of the questionnaires, it shows the order of knowledge level is high to low. The first is nutrition, then basic knowledge, and the last is the benefits. This proves that Hong Kong residents are more focused on the nutrition value of food. Therefore, improving the popularity of millet, education, and promoting millet can increase the knowledge level of millet in Hong Kong residents.

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