



# 2016 Active Healthy Kids

## Hong Kong Report Card on Physical Activity for Children and Youth



香港中文大學  
The Chinese University of Hong Kong



研究及知識轉移服務處  
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<http://activehealthykidshongkong.com.hk/>

# Active Healthy Kids Hong Kong



Established in 2015, Active Healthy Kids Hong Kong consists of researchers in the area of physical activity and health who have collaborated with stakeholders to produce Hong Kong's Report Card on physical activity in children and youth.

The first Active Healthy Kids Report Card Hong Kong was launched in 2016. It is a synthesis of the best available evidence across a series of indicators related to individual behaviors, settings and sources of influence, and strategies and investments, resulting in the assignment of a "grade".

The report card aims to consolidate existing evidence, facilitate international comparisons, encourage more evidence-informed physical activity and health policy, improve surveillance of physical activity and most importantly promote and facilitate physical activity opportunities among children and youth in Hong Kong.

### WONG Heung Sang Stephen

Chief Lead Investigator

Chairman and Professor  
Department of Sports Science & Physical Education  
The Chinese University of Hong Kong

### HUANG Yajun Wendy

Research Assistant Professor  
Department of Physical Education  
Hong Kong Baptist University

### WONG Chi Sang Martin

Professor  
Jockey Club School of Public Health and Primary Care  
The Chinese University of Hong Kong

### SIT Hui Ping Cindy

Associate Professor  
Department of Sports Science & Physical Education  
The Chinese University of Hong Kong

### SUM Kim Wai Raymond

Assistant Professor  
Department of Sports Science & Physical Education  
The Chinese University of Hong Kong

The detailed methodology and findings can be found in the “Long-form of Active Healthy Kids Hong Kong Report Card”. Both the short- and long-form report cards are accessible from our website :  
<http://activehealthykidshongkong.com.hk>.

The Active Healthy Kids Hong Kong Report Card is a member of the Active Healthy Kids Global Alliance ([www.activehealthykids.org](http://www.activehealthykids.org)). The Global Matrix 2.0 consisting of Report Cards from over 30 countries and regions will be released at the 6th International Congress on Physical Activity and Public Health in November 2016.

## The Nine Indicators

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Overall Physical Activity Levels

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Organized Sport Participation

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Active Play

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Active Transportation

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Sedentary Behaviors

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Family

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School – PE, PA-Related Policy, and Programs

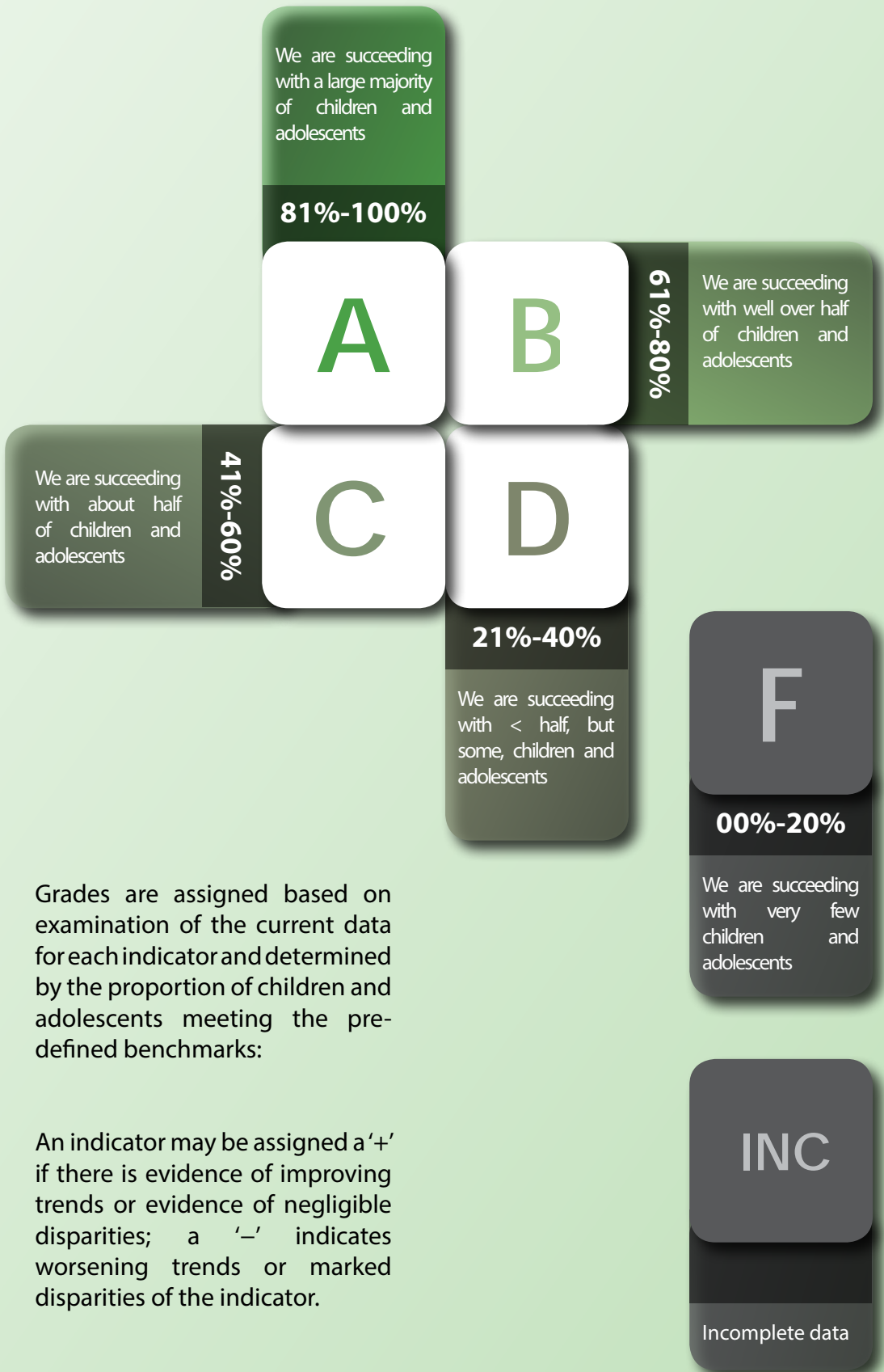
08

Community and the Built Environment

09

Government Strategies and Investments

# Grade Assignment



Grades are assigned based on examination of the current data for each indicator and determined by the proportion of children and adolescents meeting the pre-defined benchmarks:

An indicator may be assigned a '+' if there is evidence of improving trends or evidence of negligible disparities; a '-' indicates worsening trends or marked disparities of the indicator.

Indicator	Grades	Findings
Overall Physical Activity Levels	D	<ul style="list-style-type: none"> <li>• 18% of preschool children spent at least 1 hour per day in MVPA; no information on % of meeting the PA recommendation of 180 min/day of PA</li> <li>• For children, half of them met the PA recommendation, however, the % dropped to 30% and 22% at 1-yr and 2-yr follow-ups (accelerometer data); self-reported data showed that less than 10% of children met the PA recommendation</li> <li>• Self-reported data showed that &lt; 10% of adolescents met the PA recommendation; however, one study using objective measure of PA showed very high % (90%)</li> </ul>
Organized Sport Participation	C-	<ul style="list-style-type: none"> <li>• 41% of boys and 30% of girls (11-18 yrs) participated in regular exercise class other than school PE</li> <li>• Half of youth took part in leisure time sports at least once per week. The % was lower in girls than that in boys</li> </ul>
Active Play	INC	<ul style="list-style-type: none"> <li>• This indicator could not be graded because no specific measure of active play available for children and youth in Hong Kong</li> </ul>
Active Transportation	B	<ul style="list-style-type: none"> <li>• 80% of boys and 77% of girls actively travelled to school at least once per week</li> </ul>

MVPA, moderate-to-vigorous physical activity  
 PE, physical education; PA, physical activity

## 2016 Grades II

Indicator	Grades	Findings
Sedentary Behaviors	C	<ul style="list-style-type: none"> <li>● 42% of the children (4-14 yrs) spent &lt; 2 hours per day in screen time</li> <li>● 51% of the youth (12-23 yrs) spent &lt; 2 hours per day using the Internet</li> <li>● 58% of the boys and 61% of the girls (9-13 yrs) spent &lt;2 hours per day in screen time</li> </ul>
Family	D	<ul style="list-style-type: none"> <li>● 37% of the children and 23% of the adolescents had family PA together for at least once per week</li> </ul>
School – PE, PA-related Policy, and Programs	C	<ul style="list-style-type: none"> <li>● PE: 77% of the primary schools had PE class of 70-120 min/week; actual lengths of PE lessons were 22% shorter than the scheduled one</li> <li>● PA related policy: 28% with documented policy, 42% with undocumented policy</li> <li>● Programs: 85% of the schools have held a sport day event; 98% have participated in inter-school sport competition; 14% have organized a swimming gala event. But the exact numbers of participants of these events were unknown.</li> </ul>
Community and the Built Environment	B	<ul style="list-style-type: none"> <li>● 60–79% of parents of youth aged 11-18 yrs felt that their neighbourhood were safe (low traffic and crime rate)</li> <li>● The majority of people aged ≥ 12 yrs were satisfactory with the sport facilities provided by the Government</li> </ul>
Government Strategies and Investments	INC	<ul style="list-style-type: none"> <li>● The indicator of Government is difficult to grade due to the lack of a definitive benchmark</li> </ul>



# Acknowledgement

This work was supported by a Knowledge Transfer Project Fund from the Chinese University of Hong Kong (#KPF15ICF12).

We thank Dr He Gang, Dr Sinead Sheridan, and Ms Yancy Shi for their contribution in this project. We are grateful for the comments from Prof John Reilly and the contributions of the large number of stakeholders. Dr Wendy Huang was supported by the Start-up Grant for New Academics from Hong Kong Baptist University.

