



Department of Sports Science and Physical Education
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2018 ACTIVE HEALTHY KIDS

Hong Kong Report Card on Physical Activity for Children and Youth



Active Healthy Kids Hong Kong

Established in 2015, Active Healthy Kids Hong Kong (<http://activehealthykidshongkong.com.hk>) consists of researchers and practitioners in the area of physical activity and health who have collaborated with stakeholders to produce Hong Kong's Report Card on physical activity for children and youth.

The 2018 Active Healthy Kids Hong Kong Report Card is the second Hong Kong report card. It provides a synthesis of the best available evidence across 12 indicators (including 3 new 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 opportunities for physical activity among children and youth in Hong Kong.

The Team

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Grading Scheme

Grades are assigned based on the examination of current data for each indicator and are determined by the proportion of children and adolescents meeting the pre-defined benchmarks (details of which are provided in the Long-form Report Card):

A+	94% to 100%	We are succeeding with a large majority of children and youth
A	87% to 93%	
A-	80% to 86%	
B+	74% to 79%	We are succeeding with well over half of children and youth
B	67% to 73%	
B-	60% to 66%	
C+	54% to 59%	We are succeeding with about half of children and youth
C	47% to 53%	
C-	40% to 46%	
D+	34% to 39%	We are succeeding with less than half, but some, children and youth
D	27% to 33%	
D-	20% to 26%	
F	< 20%	We are succeeding with very few children and youth
INC		Incomplete data



1.   **2016 Grade: D**

Overall Physical Activity

- **Half** of 6- to 8-year-olds met the physical activity recommendation. However, the percentage dropped to **30%** and **22%** at the 1-year and 2-year follow-ups.
- **Nearly 90%** of 11- to 18-year-olds met the recommendation.
- **< 10%** of 7- to 19-year-olds reported participation in at least 60 minutes of moderate to vigorous physical activity a day.

2.   **2016 Grade: C-**

Organized Sport Participation

- **Half** of secondary school students reported participation in leisure time sports at least once per week.

3.   **2016 Grade: INC**

Active Play

- This indicator could not be graded because no specific measure of active play is available for children and youth in Hong Kong.

4.   **2016 Grade: B**

Active Transportation

- **80%** of adolescent boys and **77%** of adolescent girls aged 11-18 years reported that they actively traveled to/from school at least once per week.
- **52%** of primary school children with a mean age of 8.7 years used active travel to/from school at least 5 times per week.

5.   **2016 Grade: C**

Sedentary Behaviors

- **51%** of 12- to 23-year-olds spent < 2 hours per day using the Internet.
- **52%** of primary school children with a mean age of 7.6 years spent < 2 hours on screen time.
- **35.5%** of 10- to 19-year-olds spent < 2 hours per day on a smart device activity.

6.   **New Indicator**

Physical Fitness

- Average percentile achieved based on VO_{2peak} for sex and age for 9- to 17-year-olds was **25.4%** for boys and **36.2%** for girls, respectively. Overall, it was **30.8%**.

7.   **New Indicator**

Sleep

- **32%** of 7- to 12-year-olds met the recommended amount of sleep duration per night, i.e., ≥ 9 hours.
- **93.2%** of children aged 9 years slept of ≥ 7 hours.
- **45%** of children with a mean age of 7.6 years met the sleep recommendation.
- **27.4%** (school day) and **86.4%** (holiday) of adolescents had > 8 hours of sleep per night.

Indicator

Grades

Rationale



8.

Family



2016 Grade: D

- **37%** of 7- to 12-year-olds and **23%** of 13- to 19-year-olds reported family physical activity participation together at least once per week.
- **17.3%** of fathers and **15.1%** of mothers of adolescents aged 13-19 years reported exercise habits of ≥ 3 times per week.



9.

School



2016 Grade: C

- **77%** of primary schools had physical education (PE) class for 70-120 minutes per week.
- **28%** of schools had a documented physical activity-related policy.



10.

Community and Environment



2016 Grade: B

- **60%-79%** of parents of youth aged 11-18 years felt that their neighborhood was safe (low traffic and crime rate).
- **The majority of people** aged ≥ 12 years were satisfied with the sport facilities provided by the Government (Location: 95%, price: 70%, cleanliness: 91%, booking arrangement: 66%, staff services: 79%, and level of facilities: 86%).



11.

Government



2016 Grade: INC

- According to PE Key Learning Area Curriculum Guide of the Education Bureau of the Hong Kong Government:
 - At the primary level and junior secondary level, schools should allocate **5%-8%** of the total lesson time to General PE;
 - At the senior secondary level, schools should allocate at least **5%** of the total lesson time in General PE through Other Learning Experiences.
- Strategies for Sports Development were stressed in the Hong Kong Chief Executive's 2017 and 2018 Policy Address:
 - The opening up of School Facilities for Promotion of Sports Development Scheme was mentioned to encourage public sector schools to open up school facilities to sports associations by providing additional subsidies to the schools (https://www.policyaddress.gov.hk/2017/eng/policy_ch06.html);
 - The Government "continues to take forward the Five-Year Plan for Sports and Recreational Facilities" in order to promoting sports for all (https://www.policyaddress.gov.hk/2018/eng/policy_ch07.html).
- Leisure and Cultural Services Department (LCSD) is committed to providing high quality leisure facilities and services to meet the needs of the Hong Kong community. Among the whole 2018-19 budget of the LCSD, the budget for "Recreation and Sports" has increased by 2.5%. According to the plan, the number of participants in school sports programs and NSAs/sports organizations subvented programs are 634,480 and 749,250, respectively.



12.

Obesity



New Indicator

- **22.4%** of boys and **14%** of girls aged 6-18 years were overweight and obese in 2014.
- **26.9%** of children (7-12 years) and **14%** of adolescents (13-19 years) were overweight and obese in 2011/2012.
- Overweight and obesity prevalence were **25.8%**, **24.6%**, and **26.2%** for a cohort of children in 2009/2010, 2010/2011, and 2011/2012, respectively.
- % overweight (including obesity) at 11 years was **30.4%** for boys and **17.2%** for girls in 2009.
- Obesity rate of children and adolescents aged 6-18 years was **5%** in 2013/2014.

This data was based on the IOTF criteria for overweight and obesity.

The detailed methodology and findings can be found in the “Long-form of 2018 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 (<https://www.activehealthykids.org>). The Global Matrix 3.0 consisting of Report Cards from 49 countries and regions was launched at *the Movement to Move Conference* in Adelaide in November 2018 (<http://www.movementtomove.com.au>).

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