



Department of Sports Science and Physical Education
Faculty of Education
The Chinese University of Hong Kong



2019 ACTIVE HEALTHY KIDS

Hong Kong Report Card on Physical Activity for Children and Youth with Special Educational Needs



Funded by



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<http://activehealthykidshongkong.com.hk>

The Active Healthy Kids 2019 Hong Kong Report Card on Physical Activity for Children and Youth with Special Educational Needs (the 2019 Hong Kong Report Card+) is an evidence-based synthesis of physical activity behaviors for children and youth with special educational needs (SEN) in Hong Kong. It evaluates the best available evidence and assigns grades for nine indicators related to the physical activity of children and youth with SEN, including Overall Physical Activity and its subcomponents (Organized Sport Participation, Active Play, Active Transportation, Sedentary Behaviors), as well as settings and sources of influence that have a known impact on physical activity participation (Family & Peers, School, Community & Environment, and Government Strategies & Investments).

The target population for the 2019 Hong Kong Report Card+ is children and youth ages 6-17 years who have SEN (i.e., hearing impairment, visual impairment, physical disability, intellectual disability, attention deficit /hyperactivity disorder, autism spectrum disorders, speech and language impairment, specific learning difficulties, mental illness, and social development problems) in Hong Kong.

The 2019 Hong Kong Report Card+ aims to consolidate existing evidence, encourage evidence-informed physical activity and health policy, improve surveillance of physical activity, facilitate cross-country comparisons, and most importantly, promote physical activity opportunities among children and youth with SEN in Hong Kong.

The 2019 Hong Kong Report Card+ is the first report card for Hong Kong children and youth with SEN. It was developed using a systematic process provided by the Active Healthy Kids Global Alliance (www.activehealthykids.org). In 2016 and 2018, two Hong Kong report cards for children and youth with typical development were published, in which the results of 2019 Hong Kong Report Card+ can be compared (www.activehealthykidshongkong.com.hk).



THE TEAM

Leader

SIT Hui Ping Cindy Ph.D.

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

Research Work Group

WONG Heung Sang Stephen Ph.D.

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

HUANG Yajun Wendy Ph.D.

Associate Professor
Department of Sport, Physical Education and Health
Hong Kong Baptist University

WONG Chi Sang Martin M.D.

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

SUM Kim Wai Raymond Ed.D.

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

YU Jie Jane Ph.D.

Research Associate (until July 30, 2020)
Department of Sports Science and Physical Education
The Chinese University of Hong Kong

Project Assistant

MA Ho Yee Nocturne M.Sc.

Research Assistant
Department of Sports Science and Physical Education
The Chinese University of Hong Kong

GRADING SCHEME

The letter grades are assigned based on the examination of the most recently published/unpublished data for each indicator and the proportion of children and youth with SEN meeting the predefined benchmarks (more details are provided in the long-form *2019 Hong Kong Report Card+*):

A

A+	94% to 100%
A	87% to 93%
A-	80% to 86%

We are succeeding with a large majority of children and youth with SEN



B

B+	74% to 79%
B	67% to 73%
B-	60% to 66%

We are succeeding with well over half of children and youth with SEN



C

C+	54% to 59%
C	47% to 53%
C-	40% to 46%

We are succeeding with about half of children and youth with SEN



D

D+	34% to 39%
D	27% to 33%
D-	20% to 26%

We are succeeding with less than half, but some, children and youth with SEN



F

F	< 20%
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We are succeeding with very few children and youth with SEN



INC

INC

Incomplete data



Abbreviation: SEN Special educational needs

GRADES

1.



Overall Physical Activity

F

- 0.4% (1 of 259) of 6- to 23-year-olds with five SEN types (HI, VI, PD, ID, SDP) met the physical activity recommendation (i.e., engaging in moderate-to-vigorous physical activity for at least 60 minutes daily).
- 2.7% (2 of 73) of 6- to 10-year-olds with developmental coordination disorder (i.e., one type of SpLD) met the physical activity recommendation.
- 6.1% (32 of 524) of children with ID with a mean age of 12.1 years met the physical activity recommendation.

2.



Organized Sport Participation

INC

- This indicator could not be graded because the evidence did not align with the benchmark or was limited to only one type of SEN.

3.



Active Play

INC

- This indicator could not be graded because the evidence did not align with the benchmark.

4.



Active Transportation

INC

- This indicator was not graded because the evidence was limited to only one type of SEN.

5.



Sedentary Behaviors

D+

- 25.3% (50 of 198) of 6- to 23-year-olds with five SEN types (HI, VI, PD, ID, SDP) did not have any prolonged sitting periods (i.e., one hour at a time).
- 43.8% (32 of 73) of 6- to 10-year-olds with developmental coordination disorder did not have any prolonged sitting periods.

GRADES

6.



Family & Peers

INC

- This indicator was not graded because the evidence was limited to only one type of SEN.

7.



School

B

- 80% (8 of 10) of ten special schools for children with five SEN types (HI, VI, PD, ID, SDP) offered physical education class for ≥ 70 minutes per week.
- In ten special schools, 57.3% of the observed areas were supportive of physical activity. Of these areas, 92.3% were usable, 32.5% were equipped, and 17.1% were accessible to their students.

8.



Community & Environment

INC

- This indicator could not be graded because no specific measure was used for children and youth with SEN.

9.



Government Strategies & Investments

C-

- Three departments of the HKSAR Government (Department of Health, Education Bureau, Leisure and Cultural Services Department) collaborated and provided School Sports Programme to enable students from special schools to participate in a range of sports activities during their school leisure time.

- The Leisure and Cultural Services Department provided services and allocated funds for promoting physical activity in persons with disabilities:
 - Provided half-rate concession to Holders of Registration Cards for people with disabilities of all ages and their carers to enable them to take part in sports programmes.
 - Allocated a significant proportion of its departmental expenditure to sports development and activities for persons with disabilities. According to the department's estimates of expenditure in 2018-2019, overall expenditure on sports development and activities between 2013 and 2018 ranged from HK\$19.0 million to HK\$22.9 million, of which the proportion allocated specifically to persons with disabilities was 4.59% in 2013-14, 4.76% in 2014-15, 4.87% in 2015-16, 4.93% in 2016-17, and 4.18% in 2017-18. Funding in 2017-18 was slightly lower than in the previous four years.
 - Pledged to continue offering concessionary rates for the elderly, full-time students, people under the age of 14, and persons with disabilities together with their carers in 2016-2017.
 - Organised free recreational and sports programmes for people with disabilities each year; arranged coaches to provide outreach services at centres for people with PD; included sports activities in which persons with disabilities could take part in the recent Hong Kong Games and Sport for All Days; organised community recreation and sports programmes with disability organizations; and collaborated with the Hong Kong Joint Council for People with Disabilities to allow persons with disabilities and their carers to use swimming facilities free of charge on "Free Ride Day".

Methodology and Detailed Findings

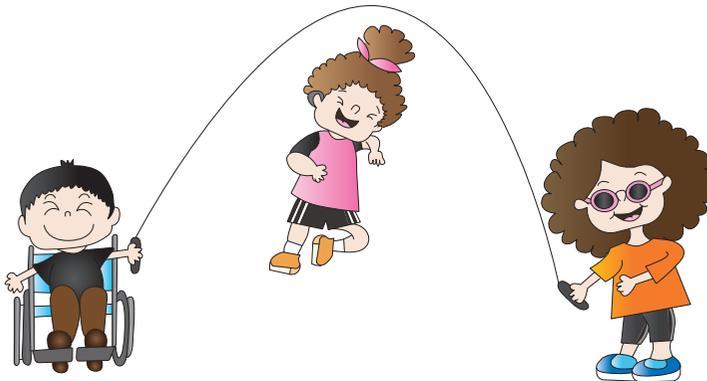
The detailed methodology and findings can be found in the long-form of the **2019 Hong Kong Report Card+**. Both the short- and long-form report cards are accessible from our website: <http://activehealthykidshongkong.com.hk>



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香港中文大學
The Chinese University of Hong Kong



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