



# Results from the Hong Kong's 2016 Report Card on Physical Activity for Children and Youth

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**Background:** The Hong Kong's 2016 Report Card on Physical Activity (PA) in Children and Youth is the first evidence-based synthesis of various indicators related to individual behaviors that contribute to overall PA levels, settings and sources of influence, and strategies and investments in Hong Kong.

**Methods:** Following a standardized protocol, currently best available data for Hong Kong youth were collated and evaluated by an expert consensus panel on 9 indicators (5 activity behaviors and 4 influences on these behaviors).

Indicator	Benchmark	Grades
<b>Overall PA level</b>	% of children & youth who meet PA guidelines ( $\geq 60$ min/d of MVPA) % of preschool children who meet PA guidelines ( $\geq 180$ min/d of PA)	<b>D</b>
<b>Organized Sport</b>	% of children & youth participating in organized sports $\geq$ once/wk	<b>e-</b>
<b>Active Play</b>	% of children & youth participating in non-organized sports $\geq$ once/wk	<b>JNE</b>
<b>Active Transportation</b>	% of children & youth who walk/bike to school $\geq$ once/wk	<b>B</b>
<b>Sedentary Behaviour</b>	% of children & youth who meet the screen time guidelines $< 2$ hr/d	<b>e</b>
<b>Family</b>	% of parents being physically active in most days % of parents who support their child to be physically active	<b>D</b>
<b>School-PE, PA-related Policy, &amp; Programs</b>	% of schools where students are offered $\geq 70$ min of PE per week % of schools with active school policies	<b>e</b>
<b>Community &amp; Built Environment</b>	% of children & youth who use sport facilities in the community % of children & youth who perceive their neighbourhood as safe % of children & youth who are satisfied with sport facilities in their community	<b>B</b>
<b>Government Strategies &amp; Investments</b>	Evidence of leadership and commitment in provide PA opportunities Allocated funds and resources for the implementation of PA promotion	<b>JNE</b>

PA, physical activity; PE, physical education

**Conclusion:** PA levels are low and sedentary behaviors are high for children and youth in Hong Kong. Promising policies exist in schools and features of community and the built environment are favorable. Increasing family support should be emphasized for future PA promotion.

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The Hong Kong Report Card was supported by a Knowledge Transfer Fund from the Chinese University of Hong Kong (#KPF15ICF12). Dr. Wendy Huang was supported by the Start-up Grant for New Academics from Hong Kong Baptist University.

