



Press Releases

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CUHK releases Hong Kong's first Report Card on Physical Activity for Children and Youth making comparison with 37 countries and regions

An interdisciplinary research team, formed by professors in The Chinese University of Hong Kong (CUHK), has conducted Hong Kong's first comprehensive and systematic analysis of physical activity in children and youth, making comparison with data from 37 countries and regions and suggestions on increasing physical activity among children and youth. The analysis was made in accordance with 9 international indicators established by the Report Card on Physical Activity for Children and Youth, including 'Overall Physical Activity Levels', 'Organized Sport Participation', 'Active Play', 'Active Transportation', 'Sedentary Behaviors', 'Family Support', 'School – Physical Education (PE), Physical-Activity-Related Policy, and Programs (School)', 'Community and the Built Environment' and 'Government Strategies and Investments'.

Worst performance in 'Overall Physical Activity Levels' and 'Family Support'

The research shows that children and youth in Hong Kong have the worst performance in 'Overall Physical Activity Levels' and 'Family' with a grade D. In 'Overall Physical Activity Levels', less than half of the children and youth met the international recommendation of doing one hour of physical activity per day. In 'Family Support', only around 30% of children and youth had physical activity with the family at least once per week. Hong Kong achieves its best performance in 'Active Transportation' and 'Community and the Built Environment' with a grade B. Around 80% of children and youth travelled to school on foot or by bicycle. Almost 80% of the parents felt that the community is safe with low traffic and crime rate, and a majority of youth expressed satisfaction with the sport facilities provided by the government.

The performances in 'Organized Sport Participation', 'Sedentary Behaviors' and 'School' are average. The 'Organized Sport Participation' receives a C-, and both 'Sedentary Behaviors' and 'School' are graded C. In 'Organized Sport Participation', around 40-50% youth achieved the benchmark standard participation rate with more boys engaged in it than girls. In 'Sedentary Behaviors', around half of the children and youth spent less than two hours per day in electronic devices in accordance with the international recommendation level. In 'School', almost 80% of schools had two sessions of PE classes per week, with the actual time of the lessons 20% shorter than scheduled. Only 30% of schools had a documented physical activity policy. A majority of schools have held a sports day event or inter-school sports competition, but the number of actual participants in these events is unknown. In 'Active Play' and 'Government Strategies and Investments', due to insufficient data and lack of a preset benchmark, the team is unable to grade the performance in Hong Kong.

The research project is supported by a Knowledge Transfer Project Fund from CUHK. The core members of the research team include: **Prof. Stephen Heung-Sang Wong**, Chairman & Professor, Department of Sports Science & Physical Education, CUHK, **Prof. Martin Chi-sang Wong**, Professor, Jockey Club School of Public Health and Primary Care, CUHK, **Prof. Cindy Hui-Ping Sit**, Associate Professor, Department of Sports Science & Physical Education, CUHK, and **Prof. Raymond Kim-Wai Sum**, Assistant Professor, Department of Sports Science & Physical Education, CUHK.

Suggestions to increase physical activity in children and youth

Prof. Stephen Heung-Sang Wong, the chief investigator of the Report Card said 'Society generally believes that the lack of physical activity in children and youth affects their growth. In response, the government has been



(From left) Prof. Raymond Kim-Wai Sum, Assistant Professor, Department of Sports Science & Physical Education, CUHK, Prof. Martin Chi-sang Wong, Professor, Jockey Club School of Public Health and Primary Care, CUHK, Prof. Leung Seung-ming, Alvin, Dean, Faculty of Education, CUHK, Prof. Stephen Heung-Sang Wong, Chairman & Professor, Department of Sports Science & Physical Education, CUHK and Prof. Cindy Hui-Ping Sit, Associate Professor, Department of Sports Science & Physical Education, CUHK



Prof. Stephen Heung-Sang Wong, the chief lead investigator of the report card introduces suggestions to increase physical activity in children and youth.

