

Results from the Hong Kong's 2018 Report Card on Physical Activity for Children and Youth



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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.

Methods: The systematic development process provided by the Active Healthy Kids Global Alliance was used. Best available data over the past ten years were consolidated and reviewed by a panel of experts. According to the pre-defined benchmarks, letter grades were assigned to 12 indicators.

Grades in the 2018 Hong Kong Report Card

1.  Overall Physical Activity	 2016 Grade: D	7.  Sleep	 New Indicator
2.  Organized Sport Participation	 2016 Grade: C-	8.  Family	 2016 Grade: D
3.  Active Play	 2016 Grade: INC	9.  School - Physical Education, Physical Activity-Related Policy, and Programs	 2016 Grade: C
4.  Active Transportation	 2016 Grade: B	10.  Community and Environment	 2016 Grade: B
5.  Sedentary Behaviors	 2016 Grade: C	11.  Government	 2016 Grade: INC
6.  Physical Fitness	 New Indicator	12.  Obesity	 New Indicator

Conclusions: Children and youth in Hong Kong have low physical activity and physical fitness levels and high sedentary behaviors despite a generally favorable community environment. A high prevalence of obesity and low levels of family support warrant more public health action. Researchers should address the surveillance gap in active play and peer support.

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