

# 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



**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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