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
2. Organized Sport Participation
3. Active Play
4. Active Transportation
5. Sedentary Behaviors
6. Physical Fitness
7. Sleep
8. Family
9. School - Physical Education, Physical Activity-related Policy, and Programs
10. Community and Environment
11. Government
12. Obesity

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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