



# 2022 | ACTIVE HEALTHY KIDS

**Hong Kong Report Card on  
Physical Activity for  
Children and  
Adolescents**



# Active Healthy Kids Hong Kong

Established in 2015, Active Healthy Kids Hong Kong (<http://activehealthykidshongkong.com.hk>) consists of researchers and practitioners in the area of physical activity and health who have collaborated with stakeholders to produce Hong Kong's Report Card on physical activity for children and adolescents.

**The 2022 Active Healthy Kids Hong Kong Report Card** is the third Hong Kong report card. It provides a synthesis of the best available evidence across 12 indicators related to individual behaviors, settings and sources of influence, and health outcomes, resulting in the assignment of a "grade".

The report card aims to consolidate existing evidence, facilitate international comparisons, encourage more evidence-informed physical activity and health policy, improve surveillance of physical activity and most importantly promote and facilitate opportunities for physical activity among children and adolescents in Hong Kong.

## THE TEAM





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# Grading Scheme

Grades are assigned based on the examination of current data for each indicator and are determined by the proportion of children and adolescents meeting the pre-defined benchmarks (details of which are provided in the Long-form Report Card):

<b>A+</b>	94% to 100%	We are succeeding with a large majority of children and adolescents
<b>A</b>	87% to 93%	
<b>A-</b>	80% to 86%	
<b>B+</b>	74% to 79%	We are succeeding with well over half of children and adolescents
<b>B</b>	67% to 73%	
<b>B-</b>	60% to 66%	
<b>C+</b>	54% to 59%	We are succeeding with about half of children and adolescents
<b>C</b>	47% to 53%	
<b>C-</b>	40% to 46%	
<b>D+</b>	34% to 39%	We are succeeding with less than half, but some, children and adolescents
<b>D</b>	27% to 33%	
<b>D-</b>	20% to 26%	
<b>F</b>	< 20%	We are succeeding with very few children and adolescents
<b>INC</b>		Incomplete data

Add a “\*” to the grade if it is based on mixed data: device-measured and self-reported and add a “\*\*” to the grade if it is based on device-measured data exclusively.

Indicator	Grades	Rationale
<p><b>1</b></p>  <p><b>Overall Physical Activity</b></p>	<p><b>D<sup>**</sup></b></p> <p>2018 Grade: C- 2016 Grade: D</p>	<ul style="list-style-type: none"> <li>• 89% of adolescents aged 11-18 years accumulated at least 60 minutes of moderate-to-vigorous physical activity (MVPA) per day (n=552).</li> <li>• 22.1% of children in grades 1-3 had at least 60 minutes of daily MVPA over a week (n=263).</li> <li>• 10% of children in primary 1-6 with mean age of 9.3 years had at least 60 minutes of MVPA per day (n=191).</li> <li>• 36.3% of children aged 6-13 years with mean age of 8.7 years had at least 60 minutes of MVPA per day (n=242).</li> <li>• 15% of children in secondary 2 with mean age of 14.4 years had at least 60 minutes of MVPA per day (n=461); baseline data of a clustered RCT.</li> <li>• 9.1 % of adolescents in secondary form 1-5 met the PA guidelines (n=692).</li> <li>• 9.5% of children in grades 4-6 aged 8-13 years had at least 60 minutes of MVPA per day (n=365).</li> <li>• 9.5 % of children aged 8-12 years had at least 60 minutes of MVPA per day (n=179); baseline data of a non-randomized intervention.</li> </ul> <p><i>**based on device-measured data exclusively.</i></p>
<p><b>2</b></p>  <p><b>Organized Sport and Physical Activity</b></p>	<p><b>B-</b></p> <p>2018 Grade: C 2016 Grade: C-</p>	<ul style="list-style-type: none"> <li>• 60% of secondary school students participated in organized sport for at least one day per week.</li> </ul>
<p><b>3</b></p>  <p><b>Active Play</b></p>	<p><b>D</b></p> <p>2018 Grade: INC 2016 Grade: INC</p>	<ul style="list-style-type: none"> <li>• 29% of secondary school students participated in active play for at least 2 hours.</li> </ul>
<p><b>4</b></p>  <p><b>Active Transportation</b></p>	<p><b>B+</b></p> <p>2018 Grade: B+ 2016 Grade: B</p>	<ul style="list-style-type: none"> <li>• 78.5% of adolescents aged 11-18 years had used active transport to/from school at least once per week; and 87.7% of them had used active travel to other destinations at least once per week (n=1,299).</li> <li>• 49.5% of children with mean age of 8.7 years had used regular (≥ once per day or 5 times a week) active travel to/from school (n=677); 55% of them used active travel to school at least once per week.</li> </ul>

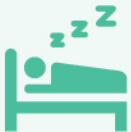
**Indicator****Grades****Rationale****5****Sedentary Behavior**2018 Grade: C-  
2016 Grade: C

- 53.5% of children in grades 1-3 with mean age of 7.6 years had no more than 2 hours of screen time per day (n=706).
- 5.3% of adolescents aged 12-15 years met the guidelines of no more than 2 hours of screen time (n=815).
- 31.2% of adolescents in secondary form 1-5 aged 11-18 years had no more than 2 hours of screen time per day (n=692).
- 25% of children and adolescents aged 6-17 years met the guidelines of no more than 2 hours of screen time per day over a week (n=7,555).
- 23.1% of parents of primary school children (93% mothers) reported that their children had  $\leq 2$  hours per day of using electronic devices for all purposes (n=6,072).
- 30% of parents of school-aged children (6-12 years) reported that their children spent less than 2 hours per day in using electronic devices for all purposes (n=17,029).

**6****Physical Fitness**

2018 Grade: D

- Average percentile achieved based on  $VO_{2peak}$  for sex and age for 9- to 17-year-olds was 25.4% for boys and 36.2% for girls, respectively. Overall, it was 31%.

**7****Sleep**

2018 Grade: C-

- 36.9% of children with mean age of 7.6 years had  $\geq 9$  hours per night of sleep (n=421).
- 31.3% of adolescents aged 12-15 years met the sleep guidelines (n=815).
- 38.6% of adolescents in secondary form 1-5 aged 11-18 years met the sleep guidelines (n=692).
- 46.7% of adolescents in grades 7-11 with mean age of 14.8 years met the sleep guidelines (n=1,667).
- 58.6% of adolescents in grades 7-9 with mean age of 13.8 years met the sleep guidelines (n=414); baseline data of an intervention study.
- 61.8% of children aged 5-12 years met the sleep guidelines (n=391).
- 42.0% of children & adolescents with mean age of 12.3 years met the sleep guidelines (n=10,086).

**8****Family and Peers**2018 Grade: D-  
2016 Grade: D

No new data sources were found; the data sources used for grading in the 2018 Hong Kong Report Card were outdated.

## Indicator

## Grades

## Rationale

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School

B

2018 Grade: C  
2016 Grade: C

- According to the revised Physical Education (PE) Key Learning Area Curriculum Guide 2017 of the Education Bureau (EDB) of the Hong Kong Government: primary and junior secondary schools should allocate 5% to 8% of total lesson time to PE. Based on a study among 10 secondary schools, the PE lesson time ranges from 80 to 100 minutes per week/per cycle, which is approximately 53% - 83% of the amount recommended in other countries.
- Among 13 primary schools participating in the "Interschool 10 Million Steps Challenge", from Nov 2020 to Mar 2021, nearly half of the students achieved an average of 8000 steps per day.
- Since 2001, the Leisure and Cultural Services Department (LCSD) has implemented the School Sports Programme for students of primary and secondary schools. In the 2018/19 school year, about 90% of schools took part in the Scheme and over 8,500 programmes were organized.

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Community  
and Environment

B

2018 Grade: B  
2016 Grade: B

- 60%-79% of parents of adolescents aged 11-18 years (n=1,299) felt that their neighborhood was safe (low traffic and crime rate).
- Parents gave mean scores of 3.66 (boys) and 3.55 (girls) on the availability of sports facilities (range from 0 to 5) (n=1,016).

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Government

C+

2018 Grade: C  
2016 Grade: INC

- To align with WHO's global action plan for the prevention of NCDs, Hong Kong launched the "Towards 2025: Strategy and Action Plan to Prevent and Control NCD in Hong Kong" in 2018. Nine local targets have been set, one of which is a 10% decrease in the prevalence of physical inactivity among youth and adults by 2025. To start with, the Government has raised public awareness about physical inactivity through the launch of media campaigns and "Lazy Lion" as the new mascot. To encourage physical activity especially among schoolchildren, the Government has funded various sports programmes at schools, apart from making PE lessons compulsory in primary and secondary schools.
- Opening up school facilities for promotion of sports development scheme:
  - EDB and Home Affairs Bureau jointly implemented the Scheme from 2017/18.
  - In the 2018/19 school year, extended the Scheme from public sector schools to schools under the Direct Subsidy Scheme; increased the upper limit of subsidy for each participating school from \$80,000 to \$130,000 a year; and expanded the list of eligible sports organizations.

## Indicator

## Grades

## Rationale

- Since its launch in the 2017/18 school year, the Scheme has recorded a gradual increase in the number of participating schools (from 12 in 2017/18 to 60 in AY2019/20) and sports organizations, sports programmes and participants.
- Hong Kong Chief Executive's 2019 Policy address:
  - More efforts will be put in enhancement of public open spaces.
  - "In view of the cramped living environment in Hong Kong, public open spaces in districts should provide interesting play areas for children. Upon completion of modification last year, the children's playground in Tuen Mun Park is very popular with parents and children. We plan to modify more than 170 public play spaces managed by LCSD over the next five years. To make the facilities more innovative and fun, while meeting the needs of residents, LCSD will encourage and promote community participation and public engagement in the process of modifying these facilities."
- Annual report of LCSD:
  - Annual cost for recreational and sports programmes was \$186 million in 2018-2019 and \$194 million in 2019-2020, respectively.
  - The number of participants in school sports programs were 635,200 in 2018-2019 and 537,540 in 2019-2020, respectively.

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**Obesity**



2018 Grade: D-

- 5% of children and adolescents aged 6-18 years were obese (n=208,280).
- 18.2% of children and adolescents aged 6-18 years were obese and overweight (n=119,878).
- 23.3% of children in grades 1-3 were obese and overweight during academic year of 2016-2017 (n=19,504).
- 34.3% of adolescents in secondary forms 1-5 aged 11-18 years were obese and overweight (n=692).
- 21.8% of children in primary 5-6 were obese and overweight in 2018 (n=18,863).
- 24.2% of children and adolescents aged 8-14 years were obese and overweight in 2017 (n=2,466).

*All based on the IOTF<sup>a</sup> criteria for overweight and obesity.*

<sup>a</sup> The International IOTF cut-off points: <https://www.worldobesity.org/about/about-obesity/obesity-classification>

## Methodology and Detailed Findings

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The detailed methodology and findings can be found in our website:



<http://activehealthykidshongkong.com.hk>

The Active Healthy Kids Hong Kong Report Card is a member of the Active Healthy Kids Global Alliance (<https://www.activehealthykids.org>). The Global Matrix 4.0 consisting of Report Cards from 57 countries and regions will be launched at the 9th International Society for Physical Activity and Health (ISPAH) Congress, 23-26 October 2022 (<https://congress2022.ispah.org/>).



## Acknowledgement

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