

Results from the Hong Kong's 2022 Report Card on Physical Activity for Children and Adolescents

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Purpose

To summarize the findings of the third (2022) Active Healthy Kids Hong Kong Report Card on Physical Activity for Children and Adolescents and evaluate the secular trends of physical activity related indicators.

Methods

12 indicators were assigned a letter grade (ranging from A+ to F or incomplete [INC]) based on the best available evidence following a harmonized approach developed by the Active Healthy Kids Global Alliance (AHKGA). Data sources included published journal articles, government reports, manual searches and personal contacts.

	Overall Physical Activity	D ^{**}
	Organized Sport Participation	B-
	Active Play	D
	Active Transportation	B+
	Sedentary Behaviors	D
	Physical Fitness	D
	Sleep	C-

	Family	INC
	School	B
	Community and Environment	B
	Government	C+
	Obesity	D-

** device-based data exclusively

Conclusions

Despite slight improvements in influence indicators, physical activity and sedentary behavior have changed unfavorably for children and adolescents in Hong Kong. Strategic investments are needed to improve adoption and implementation of effective interventions.

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