

**For discussion on  
24 September 2020**

**Paper FC 4/2020**

## **Family Council**

### **Physical Fitness and Health Surveys Conducted by Government Bureaux/Departments**

#### **Purpose**

This paper provides background information to facilitate Members' discussion of the presentations to be made by the Physical Fitness Survey for the Community Advisory Committee (AC), the Department of Health (DH) and the Education Bureau (EDB) on the physical fitness and health surveys being conducted by them. Copies of the relevant Powerpoint presentations are at **Annexes A to C**.

#### **BACKGROUND**

##### *AC – Physical Fitness Survey for the Community*

2. A healthy lifestyle, including taking appropriate and regular exercise and eating a balanced diet is effective in enhancing physical fitness and has far-reaching implications on manpower quality and healthcare burden. Maintaining physical fitness also contributes to how well one can do at work and school. To enhance the public's understanding of the importance of exercise for health and foster a strong sporting culture in the community, the Home Affairs Bureau proposed in 2018 that the Physical Fitness Survey should be launched again to collect the latest data on the physical fitness of the public for formulation of long-term goals and policies for promotion of sports for all. While preparation for a new round of Physical Fitness Survey is in progress, the previous two rounds of the Territory-wide Physical Fitness Test for the Community were successfully launched by the Leisure and Cultural Services Department in 2005-06 and 2011-12 respectively under the guidance of the AC under the Community Sports Committee.

### DH – Health Behaviour Survey and Population Health Survey

3. For the Health Behaviour Survey which was last conducted by DH in 2018-19, it aims to collect information on major health-related behaviours and lifestyle practices associated with prevention and control of non-communicable diseases among the land-based non-institutional population aged 15 or above. The key areas covered by the Health Behaviour Survey include physical activity, diet and nutrition, alcohol consumption, smoking habit, colorectal cancer screening and cervical cancer screening. To strengthen the Government's information base on population health, thereby support evidence-based decision in health policy making, resource allocation and provision of health services and public health programmes, DH also conducts the Population Health Survey which is a territory-wide survey with two components, namely household questionnaire survey and health examination. The Population Health Survey has been conducted on a regular basis with the last round done in 2014-15.

### EDB – Survey Study on Students' Physical Fitness

4. With the objective of promoting physical activities and health-related fitness among primary and secondary students, EDB has been jointly organising the School Physical Fitness Award Scheme (the Scheme) with the Hong Kong Childhealth Foundation and the Physical Fitness Association of Hong Kong, China. Under the Scheme, EDB is responsible for conducting the Survey Study on Students' Physical Fitness (the Survey Study) and updating the physical fitness norm tables of students who participated in the physical fitness tests conducted for the Scheme. The Survey Study is conducted every five years with the last round done in 2014-15 for secondary school students and in 2015-16 for primary school students.

### **ADVICE SOUGHT**

5. Members are invited to note the content of the presentations and provide views.

**Family Council Secretariat  
September 2020**

# 全港社區體質調查

日期:2020年9月24日

## 背景

- ▶ 健康生活 (包括適量及定期運動和均衡飲食) 可有效提高體質，而體質能影響在業、在學人士的潛能發揮。健康生活更對社會人力素質和醫療負擔有著深遠的影響。為讓更多市民明白運動對健康的重要性以及在社區培養熱愛體育的文化，政府於2018年建議應再次進行全港性體質測試，收集市民體能狀況的最新數據，以便協助制訂體育普及的長遠目標和政策。

## 背景

- ▶ 於2005-06年及2011-12年，在社區體育事務委員會社區體質測試計劃諮詢委員會的督導下，康文署成功進行了兩次的全港性「社區體質測試計劃」，收集市民體能狀況的數據。
- ▶ 有關測試的報告及建議於2012年11月公布，報告顯示大部分市民沒有足夠的體能活動以維持身體健康，但男性的體質測試表現仍普遍比女性為佳；報告亦就不同年齡適合參與的運動項目作出了建議。

## 成立諮委會

- ▶ 2019年10月在社區體育事務委員會支持下成立社區體質測試計劃諮詢委員會
- ▶ 成員包括2名社區體育事務委員會的代表（分別出任諮委會的召集人及副召集人）、3至4名相關範疇（如香港運動醫學及科學研究中心、香港賽馬會運動醫學及健康科學中心、中國香港體適能總會）的專業機構代表、衛生署、教育局、民政事務局和康文署代表各1名。

## 透過測試希望能夠達到下列的目標：

- ▶ 讓參與計劃的個別人士大致了解自己的體質狀況；
- ▶ 繼續建立香港市民體質數據資料庫，將數據與2011-12年收集所得的數據作比較，從而掌握香港市民在過去的時間在體質上的變化狀況；
- ▶ 找出香港市民的運動模式與體質的關係；及
- ▶ 確定須優先改善的範疇，以提升市民的整體體質。

## 調查計劃

1. 年齡範圍
2. 抽樣方法
3. 抽樣數目
4. 體質測試內容及項目
5. 預計完成時間
6. 聘請專業機構
7. 宣傳策略
8. 活動總結及公布調查結果

## 1) 年齡範圍

- ▶ 幼兒群組(3至6歲)建議從調查對象中剔除。
  1. 運動能力未達體測水平
  2. 政府的體育發展政策目標不包括幼兒
- ▶ 因為人口老化趨勢，調查年齡上限提升至 79 歲。
- ▶ 參考教育局為中小學生分組，調查劃分為6個組別，7至11歲、12至16歲、17至19歲、20至39歲、40至59歲及60至79歲。

## 2) 抽樣方法

- ▶ 鑑於上一次調查回應率偏低，故是次調查不應再沿用家訪模式
- ▶ 建議以不同類型機構作為調查單位
  1. 利用統計處經濟群組框架資料，接觸在職人士，民政事務局協助聯繫工商機構、總會及香港特區政府的局/部門
  2. 建議透過各大專院校、非政府機構等接觸非在職人士 (包括大學生、家庭主婦或退休人士)
- ▶ 兒童及青少年組別採用教育局的數據

### 3) 抽樣數目

- ▶ 2010年調查的成功樣本數目:8178，是次調查樣本數目建議為 8 500個
- ▶ 根據統計處「2020年按年齡劃分的推算年中人口」，按本港人口比例計算，調查需要為 7 740 個樣本。置信水平 (confidence level) 為95%及誤差程度 (margin of error) 為1.06%
- ▶ 教育局提供學生760 個樣本

### 4) 體質測試內容及項目

- ▶ 基於不同年齡組別的體質及特性，不同年齡群組的參與者將會進行不同的體質測試項目，有關建議詳情請參考附表。

## 5) 預計完成時間

- ▶ 因應以上的抽樣模式、需要採集數據的數量和體質測試內容的細節，初步估算是次調查可於2022年下旬完成

## 6) 聘請專業機構

- ▶ 公開招標方式委聘不同專業機構
- ▶ 招標項目包括
  1. 制訂調查執行方案、設計問卷、分析數據和撰寫調查報告
  2. 進行問卷調查、體質測試和整合數據



## 7) 宣傳策略

讓調查對象深入了解調查細節，鼓勵機構或團體積極參與，宣傳項目如下：

1. 開展及約章簽署儀式
2. 設計調查專題網頁
3. 輯錄花絮於其他宣傳活動或媒介中使用
4. 製作宣傳短片，於康文署場地、專題網頁及社交媒體播放
5. 報章刊登特約專輯及廣告
6. 印製海報、單張及橫額
7. 於商場、體育館或公園定期舉辦健體同樂日

## 8) 活動總結及公布調查結果

- ▶ 舉行記者招待會及發放新聞稿
- ▶ 編印調查報告及摘要單張
- ▶ 上載調查報告至專題網頁
- ▶ 報章刊登特約專輯

多謝

「全港社區體質調查」  
測試項目建議

測試項目			7-11 歲	12-16 歲	17-19 歲	20-39 歲	40-59 歲	60-69 歲	70-79 歲
身體組合成份	年齡組別	項目							
	身高		●	●	●	●	●	●	●
	體重		●	●	●	●	●	●	●
	皮摺厚度-上臂		●	●					
	皮摺厚度-小腿		●	●					
	生物電子抗阻分析		● 脂肪%	● 脂肪%	● 脂肪% 肌肉量	● 脂肪% 肌肉量	● 脂肪% 肌肉量	● 脂肪% 肌肉量	● 脂肪% 肌肉量
心肺耐力	3 分鐘台階			●	●	●	● 2 分鐘	● 2 分鐘	
	15 米漸進式心肺耐力		●	●					
	六/九分鐘跑/步行 (9 歲以下-六分鐘; 9 歲或以上-九分鐘)		●	●					
柔軟度	軀幹/ 下肢	坐前伸	●	●	●	●	● 坐椅	● 坐椅	
	上肢	抓背					●	●	
肌力/ 肌耐力	上肢	手握力	●		●	●	●	●	
		肱二頭肌屈舉						●	●
	軀幹	一分鐘仰臥起坐	●	●	●	●	●		
		俯臥撐		●					
		平板支撐			●	●	●		
	下肢	立定跳遠	●	●					
坐椅站立				●	●	●	●	●	
神經肌肉功能	敏捷度	八英尺繞物					●	●	
	平衡力	閉眼單腳站立			●	●	●	● +開眼	● +開眼
合計測試項目			11	11	10	10	10	11	11

# Family Council Meeting – Physical Activity

Non-communicable Disease Branch  
Department of Health  
Hong Kong SAR Government



## WHO's recommendations

**FOR ADULTS AND OLDER ADULTS**

**MINUTES PER WEEK**

*More is better and provides additional health benefits*

**75** **OR** **150**

Vigorous Intensity      Moderate Intensity

*Something is better than nothing*

**OR**  
a combination of both

<b>FOR CHILDREN</b>	<b>FOR OLDER ADULTS with poor mobility</b>
<b>AIM FOR AT LEAST</b>	<b>PERFORM PHYSICAL ACTIVITY</b>
<b>60</b> Minutes everyday	<b>3 or more</b> days per week to enhance balance and prevent falls on



Surveillance

Strategy

Action



## Health Behaviour Survey 2018/19

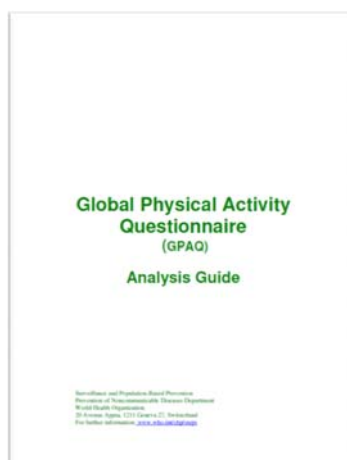
- Collect information on major health-related behaviours and lifestyle practices associated with prevention and control of non-communicable diseases among persons aged **15 or above** in Hong Kong
- Covered **the land-based non-institutional population**, excluding foreign domestic helpers and two-way permit holders from the mainland China or other visitors
- Conducted through computer-assisted personal interview with a **structured (interviewer- and self-administered) questionnaire**

# Health Behaviour Survey 2018/19

- The fieldwork of the HBS 2018/19 was conducted **between April 2018 and February 2019**
- A total of **5903 persons** aged 15 or above in Hong Kong from **2717 domestic households** were successfully enumerated with an overall household response rate of **70.8%**



## Physical Activity

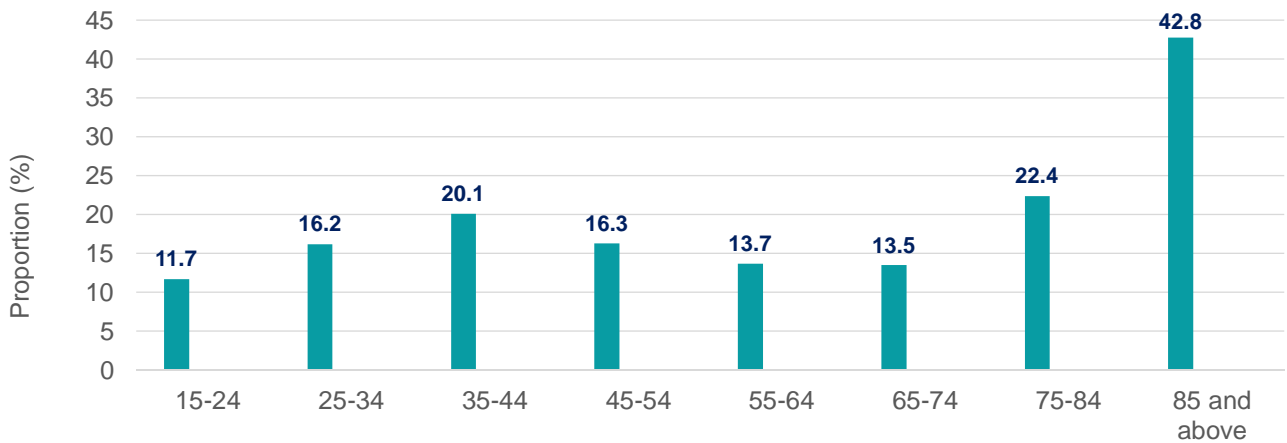


- **Global Physical Activity Questionnaire (GPAQ)** developed by the World Health Organization
- Information on the population's physical activity participation in **three settings** including activities **at work, travel to and from places** and recreational activities, as well as their **total physical activity**, in a typical week when these activities were performed

# Level of Physical Activity

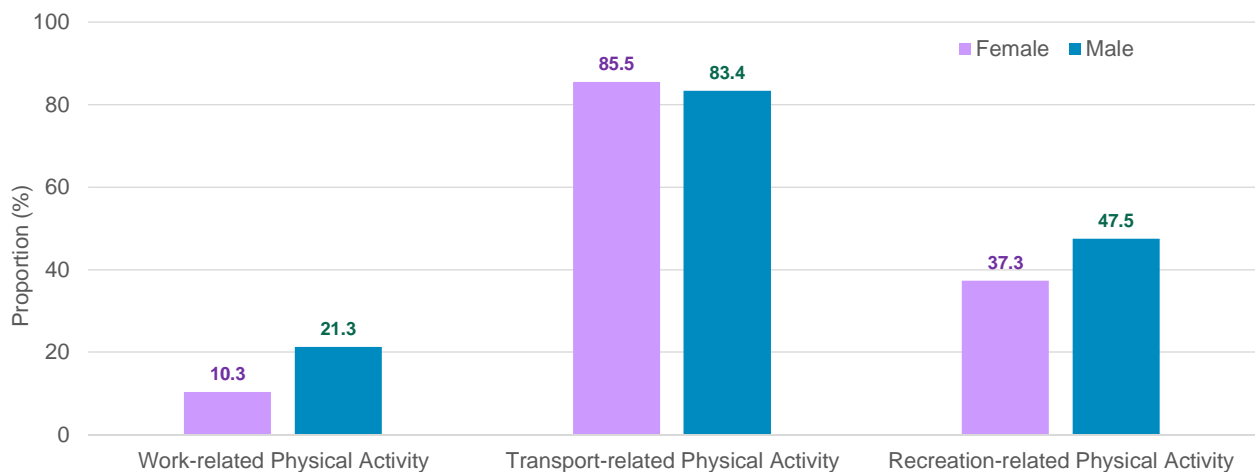
	Female	Male	Overall
Proportion of population aged 18 or above who had <u>insufficient</u> physical activity according to WHO's recommendation	18.3%	15.2%	16.8%

Insufficient physical activity by age group



# Setting based PA Participation

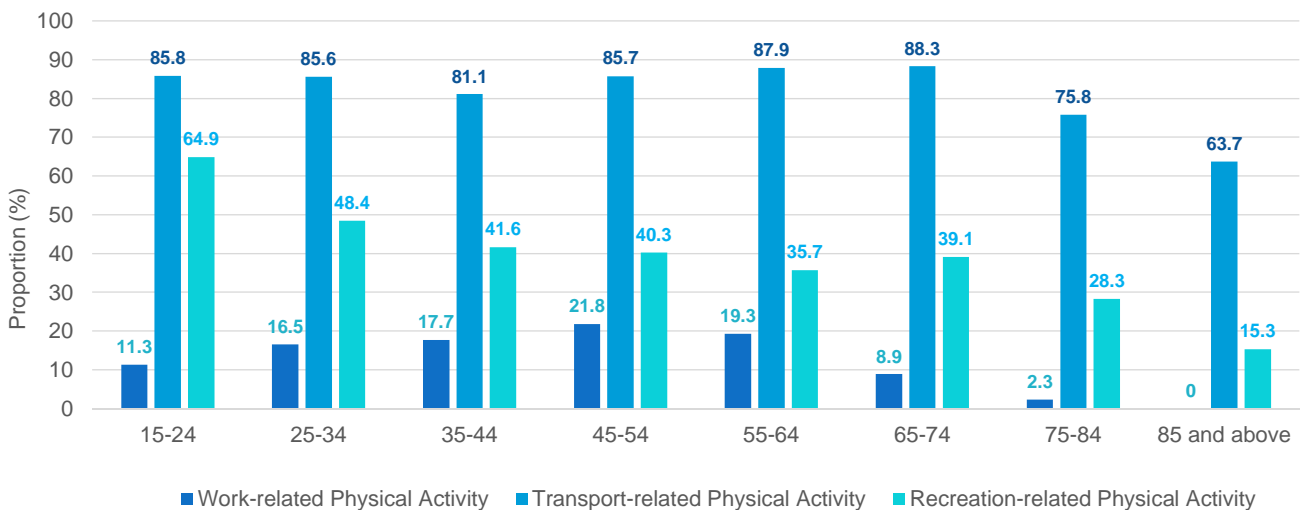
Setting-specific physical activity participation for at least 10 minutes continuously in a typical week by gender



# Setting based PA Participation

- More likely report:-
  - Aged 15-24 (64.9%) recreation-related PA
  - Aged 45-54(21.8%) work-related PA
  - Aged 65-74 (88.3%) transport-related PA

Setting-specific physical activity participation by age group

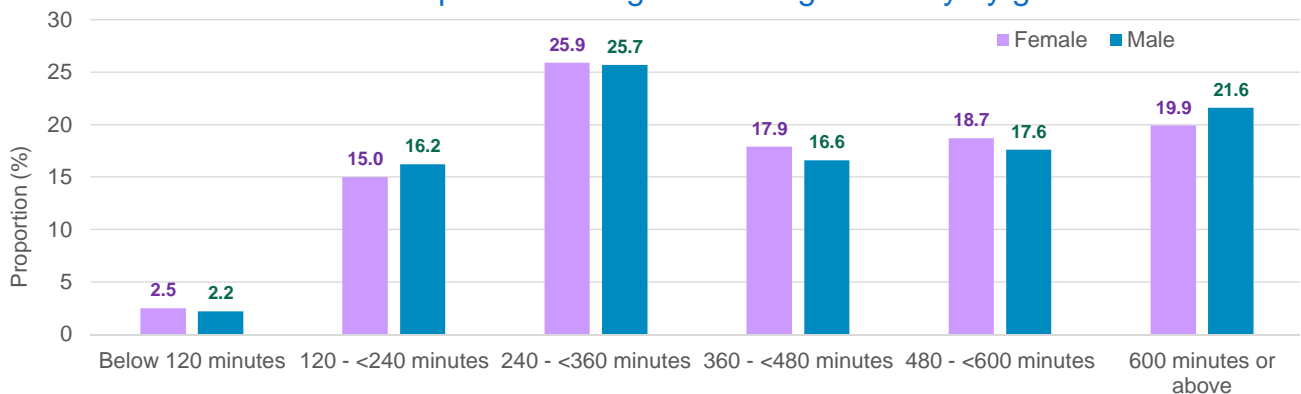


# Sedentary Behaviour

- Refers to sitting or reclining at work, at home, with friends, or getting to and from places in a car, bus or train, but does not include sleeping

	Female	Male	Overall
Proportion of population aged 15 or above reported <u>spending 10 hours or longer</u> on average on sitting or reclining each day	19.9%	21.6%	20.7%

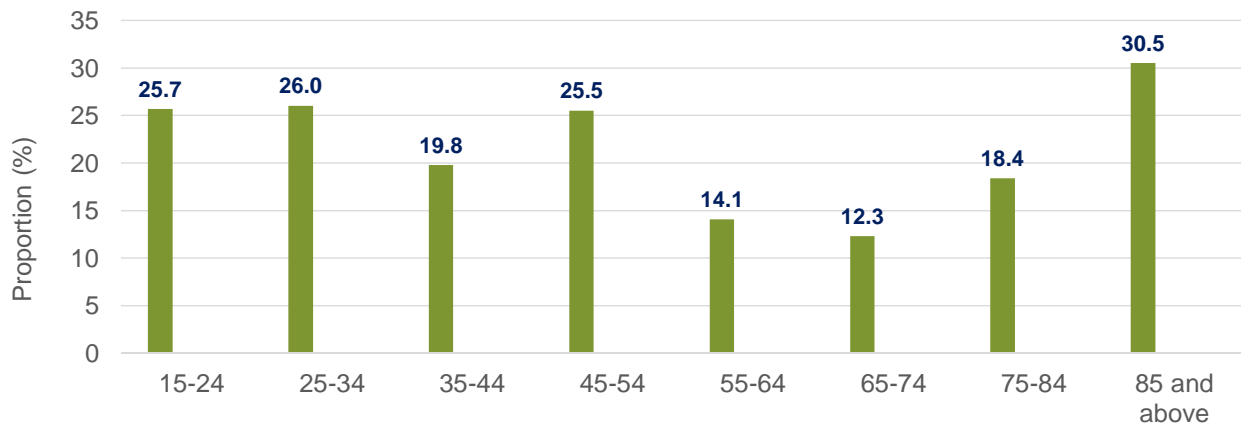
Time spent on sitting or reclining each day by gender





# Sedentary Behaviour

Spent 10 hours or longer on sitting or reclining per day by age group



## Population Health Survey 2020

- To collect pertinent information on the patterns of health status and health-related issues, including physical activity participation of the general population aged 15 and above in Hong Kong
- Household interview and Health Examination
- Target sample size: 16,500

A postcard for the 2020 Population Health Survey. The top section features the HP logo (Health Promotion Centre) and the slogan '記得支持 Let's support' (Remember to support). Below this, the title '2020年度人口健康調查' (2020 Population Health Survey) is written in large characters, with 'Population Health Survey 2020' in English underneath. A small envelope icon and the text '收到邀請信' (Received invitation letter) are also present. The middle section shows two photographs: one of a woman and a man sitting at a table with a laptop, and another of a man and a woman standing at a table with a doctor. The bottom section contains the text '訪問員上門進行問卷調查' (Visited by interviewers for questionnaire surveys) and '部分受訪者會獲邀免費接受身體檢查' (Some respondents will be invited to take part in free health examinations). At the bottom, there is a QR code, the website 'www.chp.gov.hk', and logos for 'Partnership for Bloomberg Healthy Cities' and 'Vital Strategies'.

Surveillance

Strategy

Action

## WHO's recommendations



- Global Action Plan on Physical Activity 2018-2030

- Underscores the importance of a **whole-of-society** response

- **Four strategic objectives ( 4 "A" )** to be achieved:

1. Create **active societies**
  - build positive social norms
2. Create **active environments**
  - create supportive and accessible spaces for physical activity
3. Create **active people**
  - create programmes for people to engage in physical activity
4. Create **active systems**
  - strengthen leadership and partnerships for coordinated action










### FOUR POLICY ACTION AREAS



# NCD Prevention Timescale in Hong Kong



# 9 Local Targets by 2025

 <p><b>Target 1</b> Reduce premature mortality from NCD ↓ 25%</p>	 <p><b>Target 2</b> Reduce harmful use of alcohol ↓ 10%</p>	 <p><b>Target 3</b> Reduce physical inactivity ↓ 10%</p>
 <p><b>Target 4</b> Reduce salt intake ↓ 30%</p>	 <p><b>Target 5</b> Reduce tobacco use ↓ 30%</p>	 <p><b>Target 6</b> Contain the prevalence of raised blood pressure</p>
 <p><b>Target 7</b> Halt the rise in diabetes and obesity</p>	 <p><b>Target 8</b> Prevent heart attacks and strokes through drug therapy and counselling</p>	 <p><b>Target 9</b> Improve availability of affordable basic technologies and essential medicines to treat NCD</p>



Surveillance

Strategy

Action




## WHO's recommendations

- List of “best buys” in PA promotion recommended by WHO

### Risk factor: Physical inactivity

#### Recommended interventions based on WHO-CHOICE analysis



Best buys	Implement community wide public education and awareness campaigns for physical activity
Effective interventions	Provide physical activity counselling and referral as part of routine primary healthcare services
Other recommended interventions	Ensure that macro-level urban design supports active transport strategies
	Implement whole-of-school programme that includes quality physical education, availability of adequate facilities and programmes
	Provide convenient and safe access to quality public open space and adequate infrastructure to support walking and cycling
	Implement multi-component workplace physical activity programmes
	Promotion of physical activity through organised sport groups and clubs, programmes and events

# “HEALTHY HONG KONG 2025 | Move for Health” publicity campaign

- Officially launched on 8 Dec 2018
- Various activities held across the territory to encourage the public to "move for health" build an active lifestyle
- Lazy Lion was used as the campaign mascot



19

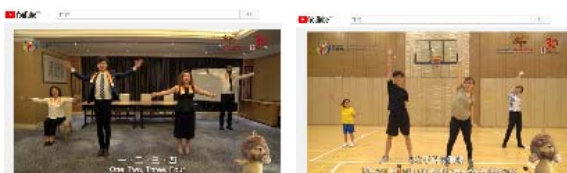
# “HEALTHY HONG KONG 2025 | Move for Health” publicity campaign

## Social Media and Mass Media

Oriental Daily 27 Dec 2019



Dance demonstration videos



Facebook fanpage



TV API



Radio interview



20

# “HEALTHY HONG KONG 2025 | Move for Health” publicity campaign

## Poster Campaign & road show

Public transport  
advertising



flash mob dancing  
performance



roving exhibition



● ENDS

# 教育局 香港學生體適能 及體能活動態度研究簡報

2020年9月24日

## 教育局每五年進行一次全港學生體適能研究

中學 小學

- ▶ 1998/1999; 1999/2000
- ▶ 2002/2003; 2003/2004
- ▶ 2004/2005; 2005/2006
- ▶ 2009/2010; 2010/2011
- ▶ 2014/2015; 2015/2016
- ▶ 於2019年10月已開展新一輪的中學研究; 小學研究將緊隨中學研究結束後開展
- ▶ 每一次研究會以分區隨機抽樣模式邀請共約50所中學及小學, 合共約12,000名學生參與體適能測試及問卷調查

## 研究目的

### 體適能測試

根據年齡和性別，為香港學生建立一個有關體適能狀況的常模表，旨在向學生推廣體育活動及健康體適能。測試項目：

- 身體肥瘦組合
- 肌力及肌耐力
- 柔軟度
- 心肺耐力

### 問卷調查

了解香港學生的飲食習慣、運動習慣、以及對體育課的態度，找出影響香港學生參與體育活動的原因

## 比較最近兩次體適能狀況變化

(中學 2009/10 及 2014/15；小學 2010/11 及 2015/16)

### 身體肥瘦組合

	過輕 (%)			標準 (%)			超重和肥胖 (%)		
	男生	女生	整體	男生	女生	整體	男生	女生	整體
中學									
2014/15	12.06	12.50	12.28	66.44	71.96	69.17	21.51	15.55	18.55
2009/10	11.88	13.41	12.62	67.57	72.42	69.92	20.55	14.16	17.47
小學									
2015/16	0.78	1.57	1.15	77.40	81.70	79.30	21.90	16.70	19.50
2010/11	1.11	0.81	0.95	80.70	70.60	75.40	18.20	28.60	23.60

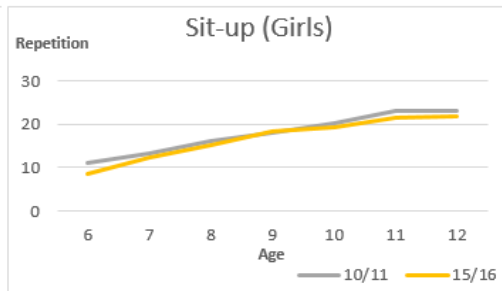
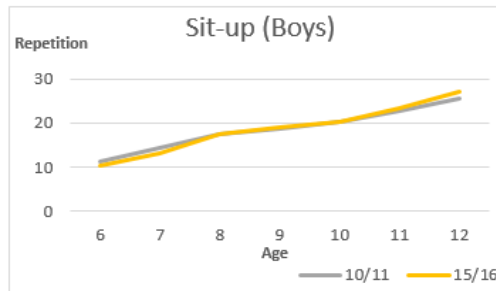


# 比較最近兩次體適能狀況變化

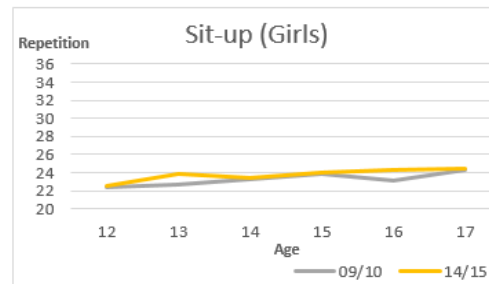
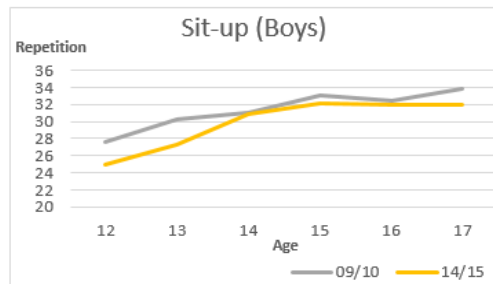
(中學 2009/10 及 2014/15 ; 小學 2010/11 及 2015/16)

## 肌耐力 (一分鐘仰臥起坐)

小學  
2010/11  
2015/16



中學  
2009/10  
2014/15

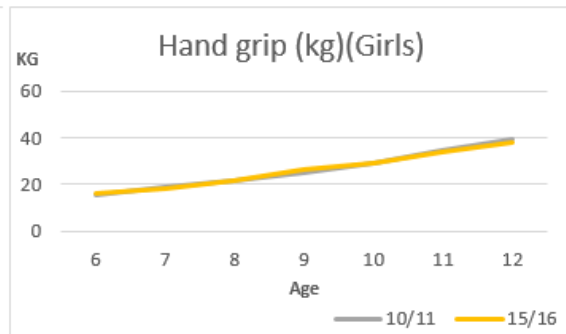
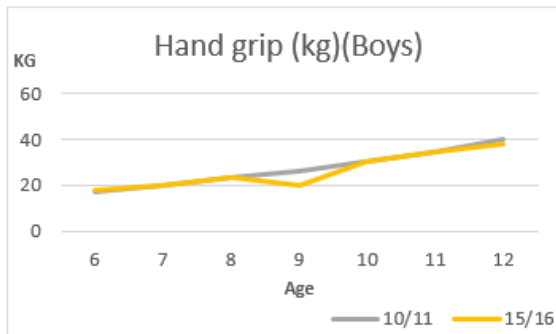


# 比較最近兩次體適能狀況變化

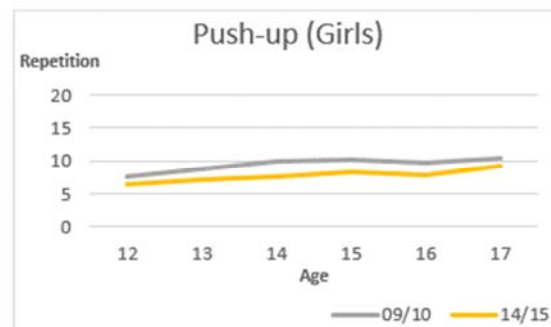
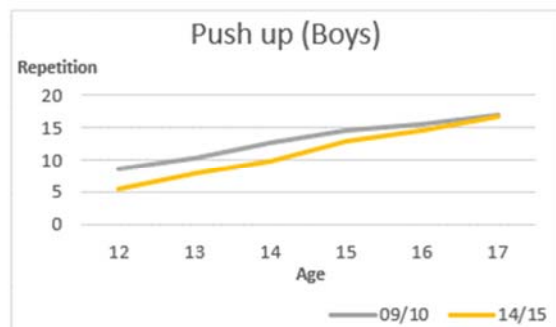
(中學 2009/10 及 2014/15 ; 小學 2010/11 及 2015/16)

## 肌力 (手握力 (小學) / 直體掌上壓 (中學男生) / 屈膝掌上壓 (中學女生))

小學  
2010/11  
2015/16



中學  
2009/10  
2014/15

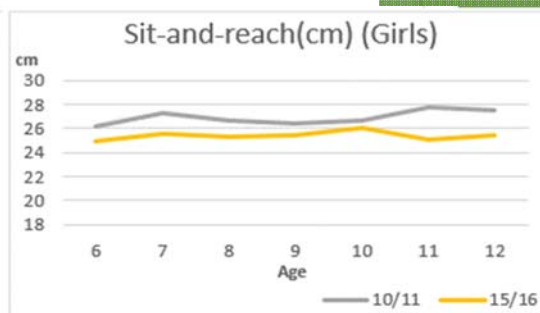
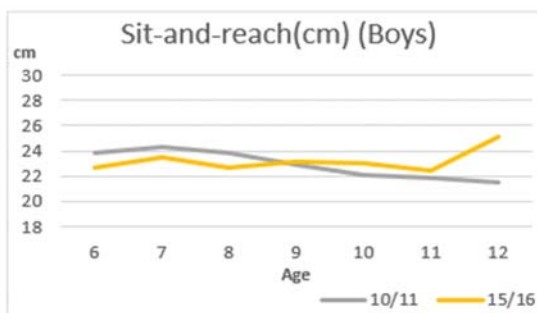


# 比較最近兩次體適能狀況變化

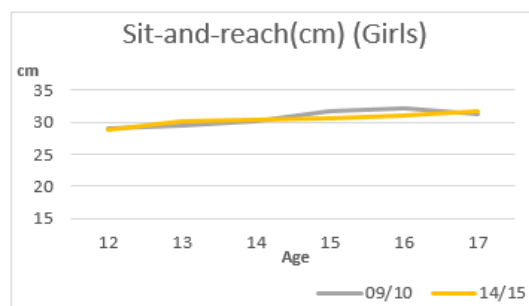
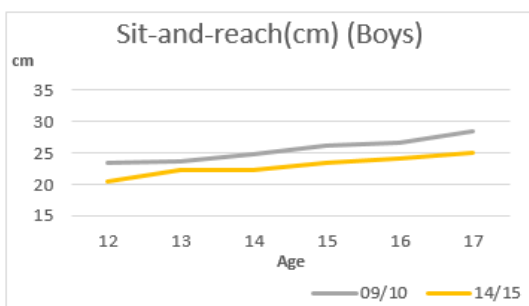
(中學 2009/10 及 2014/15 ; 小學 2010/11 及 2015/16)

## 柔韌度 (坐前伸)

小學  
2010/11  
2015/16



中學  
2009/10  
2014/15

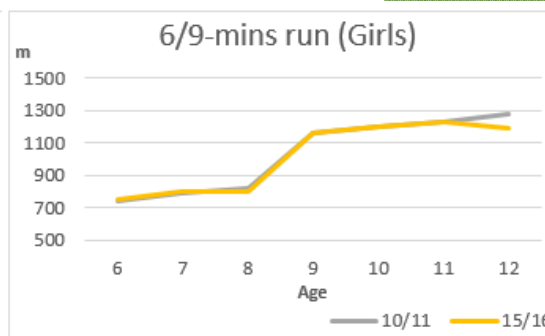
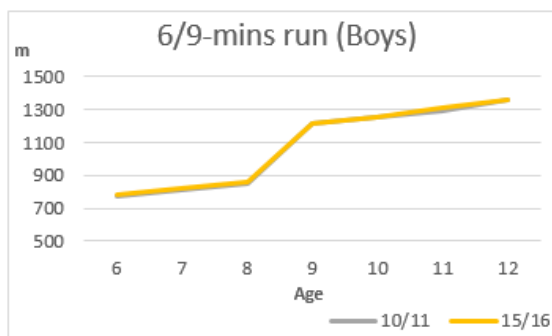


# 比較最近兩次體適能狀況變化

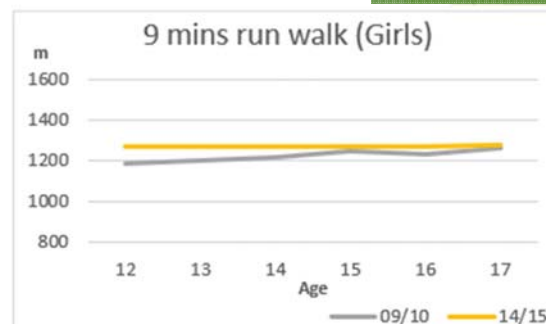
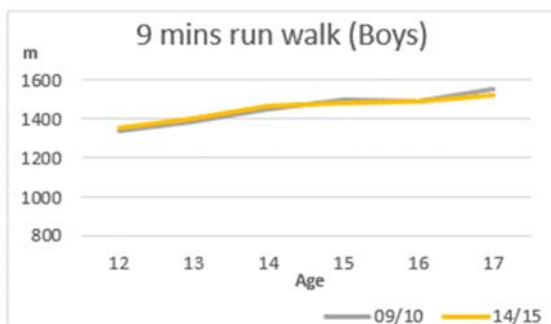
(中學 2009/10 及 2014/15 ; 小學 2010/11 及 2015/16)

## 心肺耐力 (六分鐘 (八歲或以下) / 九分鐘 (九歲或以上) 耐力跑 / 步行)

小學  
2010/11  
2015/16



中學  
2009/10  
2014/15



# 2014/15 (中學) 及2015/16(小學)研究結果總結

## 體適能測試結果

- ▶ 整體而言，中小學生普遍在肌耐力、心肺耐力的表現與上一次研究結果相若(2009/10 (中學); 2010/11(小學))，柔韌度方面則輕微下降
- ▶ 在上肢肌力方面，小學生的表現與上一次研究結果相若，而中學生則輕微下降

## 問卷調查

- ▶ 使用屏幕時間過多 (超過5成學生於上學日每日平均使用超過兩小時；假日的使用時間更會上升)
- ▶ 較少與家庭成員一起進行體育運動

# 教育局為學校提供體適能方面的支援

- ▶ 提供體適能常模表供教師及學生參考
- ▶ 協助學校制訂及落實校本活躍及健康校園的政策，提升中小學生每天累積最少60分鐘中等至劇烈強度的體能活動 (MVPA60) 的意識
- ▶ 加強教師培訓
- ▶ 建構和發展體適能學與教資源

強中小學生體適能常模表 (男生續前頁以下)

項目	學校	2009/10	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/24	2024/25	
肺活量 (公升)	小學	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	
	中學	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	
	1000米	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	
	800米	3:45	3:45	3:45	3:45	3:45	3:45	3:45	3:45	3:45	3:45	3:45	3:45	3:45	3:45	3:45	3:45	
	600米	2:55	2:55	2:55	2:55	2:55	2:55	2:55	2:55	2:55	2:55	2:55	2:55	2:55	2:55	2:55	2:55	
	400米	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05
	200米	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	
	100米	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	
	50米	0:35	0:35	0:35	0:35	0:35	0:35	0:35	0:35	0:35	0:35	0:35	0:35	0:35	0:35	0:35	0:35	
	200米	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	1:15	

常模表



# 網上資源舉隅

**在家進行體能活動(小學篇)**  
**初小基礎活動遊戲**  
 教育局 課程發展處 體育組

熱身  
[https://www.edb.gov.hk/curriculum-development/kla/pe/Doing\\_Physical\\_Activities\\_at\\_Home/index.html](https://www.edb.gov.hk/curriculum-development/kla/pe/Doing_Physical_Activities_at_Home/index.html)

準備方法:  
 1. 為剛開始的遊戲, 以容易的體能活動為先, 例如伸展運動、平衡功課等。  
 2. 當已適應活動後, 增加一些更具挑戰性的活動。

在家進行體能活動(小學篇) **體適能**  
 在家進行體能活動(小學篇) **健體舞**

在家進行體能活動(中學篇)  
**體適能(初階)**  
**體適能活動**  
 (四) 主題上層

**足毬(二)**  
 - 基本技術簡介  
 - 腳內側踢

**欖球(四)**  
 - 欖球的比賽規則  
 - 欖球的計分制度



## 體育

### 網上學與教資源

- 課程文件
- 最新消息
- 教師培訓
- 協作研究及發展(「種籽」)計畫
- 告示板
- 教學資源
- 相關網頁
- 體育教師資格
- 聯絡我們
- 問與答
- 健康生活方式－體能活動
- 昔日課程文件

### 家居運動



### 在家進行體能活動 網上教學資源



在家進行體能活動網上教學資源：[https://www.edb.gov.hk/curriculum-development/kla/pe/Doing\\_Physical\\_Activities\\_at\\_Home/index.html](https://www.edb.gov.hk/curriculum-development/kla/pe/Doing_Physical_Activities_at_Home/index.html)  
 網上學與教資源：[https://www.edb.gov.hk/curriculum-development/kla/pe/web\\_based\\_teaching/index.html](https://www.edb.gov.hk/curriculum-development/kla/pe/web_based_teaching/index.html)



# 謝謝!