

### **Comparisons with other 56 countries and regions**

Compared with other 56 countries and regions, Hong Kong performs better in “Organised Sport and Physical Activity” (B- vs global average of C-), “Active Transportation” (B+ vs global average of C-), “School” (B vs global average of C+), “Community and Environment” (B vs global average of C+), and “Government” (C+ vs global average of C); while it lags behind in “Overall Physical Activity” (D-\*\* vs global average of D), “Active Play” (D vs global average of C-), “Sedentary Behaviour” (D vs global average of D+), and “Physical Fitness” (D vs global average of C-). (Table 1)

Compared with 42 very high human development index (HDI) countries or regions (Table 2), the grades for “Organised Sport and Physical Activity” (B-), “Active Transportation” (B+) and “Community and Environment” (B) in Hong Kong Report Card are better than most, while the grades for “Overall Physical Activity” (D-\*\*), “Active Play” (D), and “Physical Fitness” (D) are lower than most of the other countries and regions who provide a grade.

Hong Kong has an alarmingly low grade for “Overall Physical Activity” (D-\*\*), which is worse than many other Asian countries and regions, including Japan (B-), China (C), and Singapore (C-). It is worth noting that Hong Kong is the only Asian jurisdiction to use device-based measures exclusively in grading Overall Physical Activity. (Table 3)

The situation of high sedentary behaviour is a common problem in very high HDI countries as well as in Asia. Hong Kong has obtained the same grade of D as South Korea and the United States, which is better than Australia (D-), France (D-), Canada (F), and Scotland (F). (Tables 2 and 3)

### **About the 2022 Hong Kong Report Card**

The “Active Healthy Kids Hong Kong Report Card on Physical Activity for Children and Adolescents” is part of a global effort to promote physical activity in children and adolescents by the Active Healthy Kids Global Alliance. The Report Card assigns letter grades to different indicators based on a synthesis and examination of the best available evidence against the pre-defined benchmarks. Together the indicators provide a robust and comprehensive assessment of physical activity for children and adolescents. For details, please visit: <http://activehealthykidshongkong.com.hk/>

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