

**2018 Active Healthy Kids Hong Kong Report Card on Physical Activity for Children and Youth
Benchmarks Used to Guide the Grade Assignment for Indicators**

Indicator	Benchmark
Overall Physical Activity	% of children and youth who meet physical activity guidelines of 60 minutes of MVPA per day on average.
Organized Sport Participation	% of children and youth who participate in organized sport for at least once per week.
Active Play	% of children and youth who participate in non-organized sport (active play) for at least once per week.
Active Transportation	% of children and youth who use active transportation to school for at least once per week.
Sedentary Behaviors	% of children and youth who meet screen time guideline, i.e., <2 hours of recreational screen time per day.
Physical Fitness	% of children and youth who meet the international criterion-referenced standards for cardiorespiratory fitness.*
Sleep	% of children and youth who meet the sleep recommendations (9-11 hours per night for 6- to 13-year-old children; 8-10 hours per night for 14- to 17-year-old adolescents).
Family	% of parents who are physically active with their kids. % of family members who facilitate physical activity and sport opportunities for their children. % of parents who meet the physical activity guidelines for adults.
School	% of schools where the majority of students are offered at least 70 minutes of PE per week. % of schools that have active school policies. % of schools that offer physical activity opportunities to the majority of their students in addition to PE. % of schools with students who have regular access to facilities and equipment that support physical activity.
Community and Environment	% of children or parents who report living in a safe neighborhood where they can be physically active. % of children and youth who have used sport facilities in their community. % of children or parents who are satisfied with parks, playgrounds and sport facilities in their community. % of children or parents who report having sport facilities, parks and playgrounds available to them in their community.
Government	Evidence of leadership and commitment in providing physical activity opportunities for all children and youth. Allocated funds and resources for the implementation of physical activity promotion strategies and initiatives for all children and youth.
Obesity	This indicator is a health outcome instead of a health behavior. It is impossible to follow the same grading scheme as the other indicators. Grading is based on the similar situations of obesity reported from the other countries and the consensus from RWG members and stakeholders.

MVPA: moderate-to-vigorous physical activity; PE: physical education; RWG: research work group.

*Tomkinson GR, Lang JJ, Tremblay MS, et al. International normative 20 m shuttle run values from 1,142,026 children and youth representing 50 countries. *British Journal of Sports Medicine*, 51:1545-1554, 2017.