

**Table 1:**

| <b>Children's health status</b> | <b>Before the pandemic</b> | <b>During the pandemic</b> | <b>Change</b>          |
|---------------------------------|----------------------------|----------------------------|------------------------|
| <b>Overweight and obese</b>     | 4.8%                       | 13.5%                      | Increased by 1.8 times |

| <b>Prevalence of overweight and obese children in different age groups</b> |                                     |                                      |                                       |
|--|-------------------------------------|--------------------------------------|---------------------------------------|
|  | <b>Kindergarten (3-6 years old)</b> | <b>Lower primary (6-8 years old)</b> | <b>Upper primary (9-13 years old)</b> |
| <b>Before the pandemic</b>   | 3%                                  | 5%                                   | 7%                                    |
| <b>During the pandemic</b>   | 5%                                  | 13%                                  | 24%                                   |

**Table 2:**

|   |  |
|---|--|
| <b>Change in food/drink consumption</b> | Compared to time before the pandemic,<br>55% ate more snacks<br>36% ate more instant noodles<br>43% consumed more sugar-sweetened beverages  |
| <b>Change in dietary habits</b>         | During the pandemic,<br>70% spent more time on TV or electronic devices while eating<br>62% ate more when feeling bored<br>59% ate more snacks that interfered with their appetite for regular meals |

**Table 3:**

|                                     | <b>Before the pandemic</b> | <b>During the pandemic</b> |
|-------------------------------------|----------------------------|----------------------------|
| <b>Child health index (mean)</b>    | 8.51                       | 7.62                       |
| <b>Child happiness index (mean)</b> | 8.51                       | 6.75                       |

| <b>Child happiness index (mean)</b>                        | <b>Before the pandemic</b> | <b>During the pandemic</b> | <b>Change</b> |
|--|----------------------------|----------------------------|---------------|
| <b>Parents with low stress levels (1-5 stress level)</b>   | 8.55                       | 7.60                       | Fell by 11%   |
| <b>Parents with high stress levels (9-10 stress level)</b> | 8.52                       | 5.58                       | Fell by 35%   |

**Table 4:**

| <b>Practical Child Health Management Tips for Parents</b>   |
|---|
| <ul style="list-style-type: none"><li>• Provide appropriate portions of food and a balanced diet. Follow the “3 low, 1 high” approach, meaning low saturated fat, low salt, low sugar and high fibre, and avoid processed and fried foods</li><li>• Reduce consumption of snacks, which should not be processed. Fruit and yoghurt are nutritious snacks</li><li>• Only when parents eat healthily will their children eat healthily. Parents are advised to be role models and establish a healthy lifestyle for their children</li><li>• Make sure children get at least 60 minutes of moderate to vigorous exercise per day</li><li>• Excluding learning, limit the use of electronic devices to 1 hour per day</li><li>• Develop a regular sleep schedule with sufficient sleep, and avoid excessive stimulation or blue light from screens before bed</li><li>• Be flexible about academic expectations of children when going back to school. Help children to get used to normal school life, learning and playing patterns, and to re-establish social and peer relationships</li><li>• Increase parent-child time and support children’s psychological needs, enabling them to grow up happily</li><li>• Reduce children’s addiction to electronic devices and enhance the harmony of the family</li></ul> |

| <b>Practical Physical and Mental Health Tips for Parents</b>  |
|---|
| <ul style="list-style-type: none"><li>• Parents should also take care of their own physical and psychological needs: sufficient rest, a balanced diet and regular exercise</li><li>• Engage in stress-relieving activities and exercise, get support from family and friends, and seek help from professionals if needed</li><li>• If you have experience financial stresses because of COVID, seek out COVID-related funding and food banks run by the government and NGOs</li></ul> |