

## Grades of the 2022 Hong Kong Report Card

1. Overall Physical Activity (D-**)	<b>Lack of physical activity</b> On average, 25% of children and adolescents met the physical activity guidelines.
2. Organized Sport and Physical Activity (B-)	<b>The grading of organized sport participation is ok</b> 60% of secondary school students participated in organized sport for at least one day per week.
3. Active Play (D)	<b>Active Play is limited</b> 29% of secondary school students participated in active play for at least 2 hours.
4. Active Transportation (B+)	<b>The grading of active transportation is good</b> Approximately $\frac{3}{4}$ children and adolescents used active transportation to get to and from places.
5. Sedentary Behavior (D)	<b>The grading of sedentary behavior is getting worse</b> On average, 28% of children and adolescents had no more than 2 hours of recreational screen time per day.
6. Physical Fitness (D)	<b>Physical fitness is poor</b> Average percentile achieved based on $VO_{2peak}$ was 31%.
7. Sleep (C-)	<b>Insufficient sleep</b> On average, only 45% of children and adolescents has sufficient sleep.
8. Family and Peers (INC)	Insufficient data for grading this indicator No new data sources were found; the data sources used for grading in the 2018 Hong Kong Report Card were outdated.
9. School (B)	<b>The school physical activity opportunity is reasonably good</b> Over half of schools offered physical activity opportunities.
10. Community and Environment (B)	<b>The community and environment is reasonably good</b> Over half of parents reported living in a safe neighborhood and having sport facilities.
11. Government (C+)	<b>The government shows commitment to getting children moving</b> Emerging evidence on the recent improvement in the Government's commitment to providing physical activity opportunities and resources.
12. Obesity (D-)	<b>Overweight or obesity is a serious problem</b> Approximately $\frac{1}{4}$ children and adolescents were overweight or obese.

“\*\*” added to the grade if it is based on device-measured data exclusively.