

(For discussion on 9 August 2006)

COMMUNITY SPORTS COMMITTEE
Report and Summary of
The Physical Fitness Test for the Community
under the Healthy Exercise for All Campaign

Purpose

This paper aims to give Members of the Community Sports Committee (CSC) a summary of the “Physical Fitness Test for the Community” (the Project) under the Healthy Exercise for All Campaign. Members are also invited to endorse the report prepared by the Department of Sports Science and Physical Education of the Chinese University of Hong Kong (CUHK) for the Project and the proposed follow-up work as set out in paragraphs 9 to 12 below.

Background

2. The CSC endorsed the proposal in the discussion paper CSC 03/2005 on 9 March 2005 that an Advisory Committee (AC) for the Physical Fitness Test for the Community be set up to advise on the Project’s implementation, publicity and promotional strategies, community involvement, as well as data collection and preparation of report by the professional agent to be commissioned. The AC comprises representatives from the CSC, the Leisure and Cultural Services Department (LCSD), the Department of Health (D of H), the Education and Manpower Bureau (EMB), the CUHK and the Physical Fitness Association of Hong Kong, China (PFAHKC). Since the launch of the Project, the AC has held five meetings to give advice and make recommendations on matters relating to the Project.

Project Objectives

3. To enable more members of the public to understand the importance of physical exercise to health, and to develop a sporting culture in the community, the CSC, in launching the Project, sought to achieve the following objectives:

- (a) enable the individuals participating in the test to have a general understanding of their own physical fitness;
- (b) build up a database of physical fitness of Hong Kong people;
- (c) identify the relationship between physical exercise pattern and physical fitness of Hong Kong people; and
- (d) identify priority areas for improvement so as to enhance the overall

physical fitness of the public.

Project Implementation

4. Data collection for the Project was carried out between 26 November 2005 and 29 March 2006. To facilitate the public's participation in the Project and collect samples from the people of different districts, the LCSD held a total of 18 District Fitness Test Days in its leisure venues in the 18 districts. Moreover, 12 Outreaching Fitness Test Days were held in LCSD facilities and venues of participating organisations. The targets were achieved with a total of more than 8 000 people participated and over 6 000 sets of questionnaires with physical fitness data successfully collected. Details of the Fitness Test Days are at *Annex 1*.

5. To encourage members of the public to actively participate in the Fitness Test, the LCSD widely publicised the Project through different channels and means. Members of the public were recruited and encouraged to participate in the Project by LCSD staff as well as "Promotion Ambassadors of the Physical Fitness Test for the Community" from the 18 District Councils. Banners, posters, the Internet, newspaper advertisements, radio and television channels were also used for the publicity and promotion of the Project. Details of the publicity and promotional work are at *Annex 2*.

Data Collection and Report Writing

6. Data collection for the Project was carried out by the professional examiners from the PFAHKC while data analysis and report writing were undertaken by the Department of Sports Science and Physical Education of the CUHK. The AC made comments on the draft report submitted by the CUHK. The executive summary, conclusions and recommendations of the revised report (see *Annex 3*) are now tabled for the CSC's consideration and endorsement.

Findings/Recommendations of the Study

7. To give Members an overview of the findings and recommendations of the study, relevant points are summarised below:

7.1 Findings

- Concerning Body Mass Index (BMI), data show that overweight is common. Starting from the age group of 30, over 50 % of males and over 25% of females have a BMI of 23 (overweight) or above;
- For blood pressure, the resting systolic pressure starts to rise from the age group of 30. The older the age, the higher the resting

systolic pressure. The percentage of samples with resting systolic pressure of 140mmHg or above significantly rises with age starting from the age group of 30;

- Regarding muscle strength, the grip strength generally diminishes with age starting from the age group of 30;
- As for muscle strength and muscle endurance, the data from 1-minute sit up tests show that results achieved by the group aged 30 to 39 are significantly inferior than those achieved by the group aged 20 to 29;
- In terms of flexibility, starting from the age group of 20, the results achieved in the sit-and-reach test by males deteriorates with age. For females, there is no significant change of results with age starting from the age group of 30;
- Consolidated data show that the physical fitness of members of the public gradually deteriorates with age starting from the age group of 30 in general;
- In the samples from groups aged 7 to 19 and 20 to 69, 34% and 36% respectively have engaged themselves in regular physical activities that are adequate to generate physical benefits. In other words, 66% and 64% respondents in the groups aged 7-19 and 20-69 respectively have not engaged themselves in adequate physical activities for health maintenance;
- The frequency and intensity of physical activity are significantly associated with the participants' level of physical fitness. The higher the level of physical activity, the higher the level of physical fitness;
- The amount of physical activity and the state of health are significantly associated. The higher the amount of activity, the better the state of health;
- The participants' amount of physical activity is also associated in different degrees with their household income, smoking habits and time spent on watching television and using the computer;
- The most popular sports among toddlers are cycling, ball games, swimming and dancing; among children and youths are ball games, swimming, running, ice-skating/roller skating and skipping; among adults are walking, running, ball games, hiking and swimming;
- 14% and 21 % of samples in the age group of 7 to 19 and 20 to 69 respectively are unwilling to take part in physical activities;
- The main reasons given for unwillingness to take part in physical

activities are “feeling tired” and “being lazy”;

- Significant association exists between parents’ frequency of taking part in physical activities and their children’s. The higher the frequency of the former, the higher the frequency of the later.

7.2 Recommendations

- A territory-wide physical fitness test should be conducted every five years to get an understanding of the changes in the physical fitness of members of the public. If longitudinal survey can be conducted, data can play a more important role for reflecting the impact of activity and lifestyle on the physical fitness of the people.
- The message that regular exercise is beneficial to health should be extensively publicised and promoted through the media and by organising activities;
- On the basis of the findings of the survey, more opportunities and facilities should be provided for members of the public to participate in their favourite sports activities so as to encourage them to adopt a healthy lifestyle;
- Members of the public should be encouraged to do physical exercise of moderate intensity or above three to five times a week for not less than 20 minutes (for children and youths) or 30 minutes (for adults) each time;
- The feasibility, including resources considerations, of setting up “Physical Fitness Test Centres” in Hong Kong for collection and analysis of physical fitness data of the public on a long-term basis should be explored.

8. A representative from the Department of Sports Science and Physical Education of the CUHK which prepared the report will attend the meeting to brief Members on the report.

Proposed Follow-up Work

9. The AC proposes that the CSC accept the report prepared by the CUHK for the Project, and that the report be submitted to relevant departments for reference so that relevant measures can be drawn up to improve the overall physical fitness of Hong Kong people.

10. In addition, it is proposed that the physical fitness test project be conducted every five years with reference to “國民體質監測工作方案”of the

State Sports Administration of China (SSGA) to survey the physical fitness of Hong Kong people on an on-going basis and to draw comparisons.

11. The AC also proposes that the study report of the Project be submitted to 科學研究所 of the SSGA for their reference, study and analysis. The LCSD will maintain liaison with the SSGA and collect their views on the study report.

Release of the Report

12. It is proposed that the report be released in mid-September this year at a press conference to be attended by representatives from the CSC, AC, LCSD, D of H, CUHK and PFAHKC.

Advice Sought

13. Members are invited to discuss and endorse the proposals set out in paragraphs 9 to 12 above. The LCSD will take follow-up actions on the basis of the CSC's decision.

Advisory Committee for the Physical Fitness Test for the Community
August 2006