

Hong Kong

Policies, Interventions and Actions



Go, èt Go! Running Programme

Running club with aim to lose at least 5% body weight

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Adults
Organisation:	Hong Kong Obesity Society
Find out more:	www.hkobesity.org

Nutrition Guidelines For Children Aged 2 to 6

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Centre for Health Promotion
Linked document:	Download linked document
References:	Nutrition Guidelines For Children Aged 2 to 6 For Kindergartens and Child Care Centres Revised 2018. Centre for Health Promotion & Department of Health Hong Kong

Strategy & Action Plan to Prevent & Control NCD in Hong Kong, Toward 2025.

Aligning with the WHO's Global NCD Action Plan, the SAP focuses on four NCD (namely cardiovascular diseases, cancers, chronic respiratory diseases and diabetes) and four shared behavioural risk factors (namely unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol) that are potentially preventable or modifiable and have significant impact on population health.

Categories:	Evidence of NCD strategy
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health Hong Kong
Find out more:	www.change4health.gov.hk
Linked document:	Download linked document

Physical Fitness Challenge Day 2015

Part of the Healthy Exercise for All Campaign, The Physical Fitness Challenge Day 2015 features physical fitness tests in three areas, namely physical measurements, cardio-respiratory function and fitness performance.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Leisure and Cultural Services Department (LCSD) and the Department of Health (DH)
Find out more:	www.lcsd.gov.hk

Fitness programmes for children

It aims at raising the public's interest in exercising and encouraging them to exercise regularly so that they can understand the benefits of exercising to health. Thus the prevalence of childhood obesity will be controlled or reduced.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2014 (ongoing)
Target age group:	Children
Organisation:	Leisure and Cultural Service Department
Find out more:	www.lcsd.gov.hk

Hiking Scheme

According to the findings of the "Healthy Exercise for All Campaign" Physical Fitness Test for the Community announced in 2012, hiking is one of the most popular physical activities among the general This campaign aims to promote this activity and a culture of regular exercise in families through the appreciation of the fun of hiking.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health - Leisure and Cultural Services Department
Find out more:	www.lcsd.gov.hk

Nutritional Guidelines on Snacks for Students

In 2006, the government's Centre for Health Protection in Hong Kong issued guidelines for tuck shop operators in primary schools, as well as parents and school personnel, to guide the types of food and drink items to be allowed and promoted in the school environment for the benefit of children's health. They were revised to include secondary schools in 2010.

Categories:	Evidence of School Food Regulations
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	Centre for Health Protection
Linked document:	Download linked document

Building Healthy Cities

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2007 (ongoing)
Target age group:	Adults and children
Organisation:	Centre for Health Promotion
Linked document:	Download linked document

Dance for Health

Dance for Health is one of the highlighted programmes of the "Healthy Exercise for All Campaign". Through organising a wide variety of dance play-in and dance nights, the public is encouraged to participate in dancing and foster a habit of doing exercise regularly for the benefit of physical and mental health.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2000 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health - Leisure and Cultural Services Department
Find out more:	www.lcsd.gov.hk
References:	Dance for Health

Healthy Exercise Ambassadors

Famous local athletes are invited to promote the Healthy Exercise for All Campaign as Healthy Exercise Ambassadors.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2000 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health - Leisure and Cultural Services Department
Find out more:	www.lcsd.gov.hk

Healthy Exercise for All Campaign

The Campaign aims to raise the public's interest in exercising and encourages them to exercise regularly so that they can understand the benefits of exercising to health.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2000 (ongoing)
Target age group:	Adults and children
Organisation:	Leisure and Cultural Services Department (LCSD) and the Department of Health (DH)
Find out more:	www.lcsd.gov.hk

Rope Skipping for Fun

An intervention to help improve physical fitness and health by rope skipping. It is suggested that an accumulation of at least 30 minutes of aerobic exercise (at least 10 minutes per session) of moderate or above intensity will bring great benefits to health.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2000 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Health - Leisure and Cultural Services Department
Find out more:	www.lcsd.gov.hk

Nutrient content lists

In Hong Kong, producers and retailers are required by law to provide a list of the nutrient content of pre-packaged food products (with limited exceptions), even in the absence of a nutrition or health claim. The rules define which nutrients must be listed and on what basis (eg per 100g/per serving).

Categories:	Labelling Regulation/Guidelines
Target age group:	Adults and children
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=0#step3=327

The Food Pyramid – A Guide to a Balanced Diet

Evidence based dietary guidelines. (Available in English and Traditional Chinese language)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Adults and children
Organisation:	Centre for Health Protection
Find out more:	www.chp.gov.hk

TRANSFORM

Commercial program (12 months) designed to prevent prediabetes and encourage weight loss using digital technology and health coaches

Categories (partial):	Non-national obesity strategies
Target age group:	Adults
Organisation:	Blue Messa
Linked document:	Download linked document

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