

Report card Hong Kong



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Obesity prevalence

Adults, 2020-2022



Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National

References: Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf (Accessed 28.04.23)

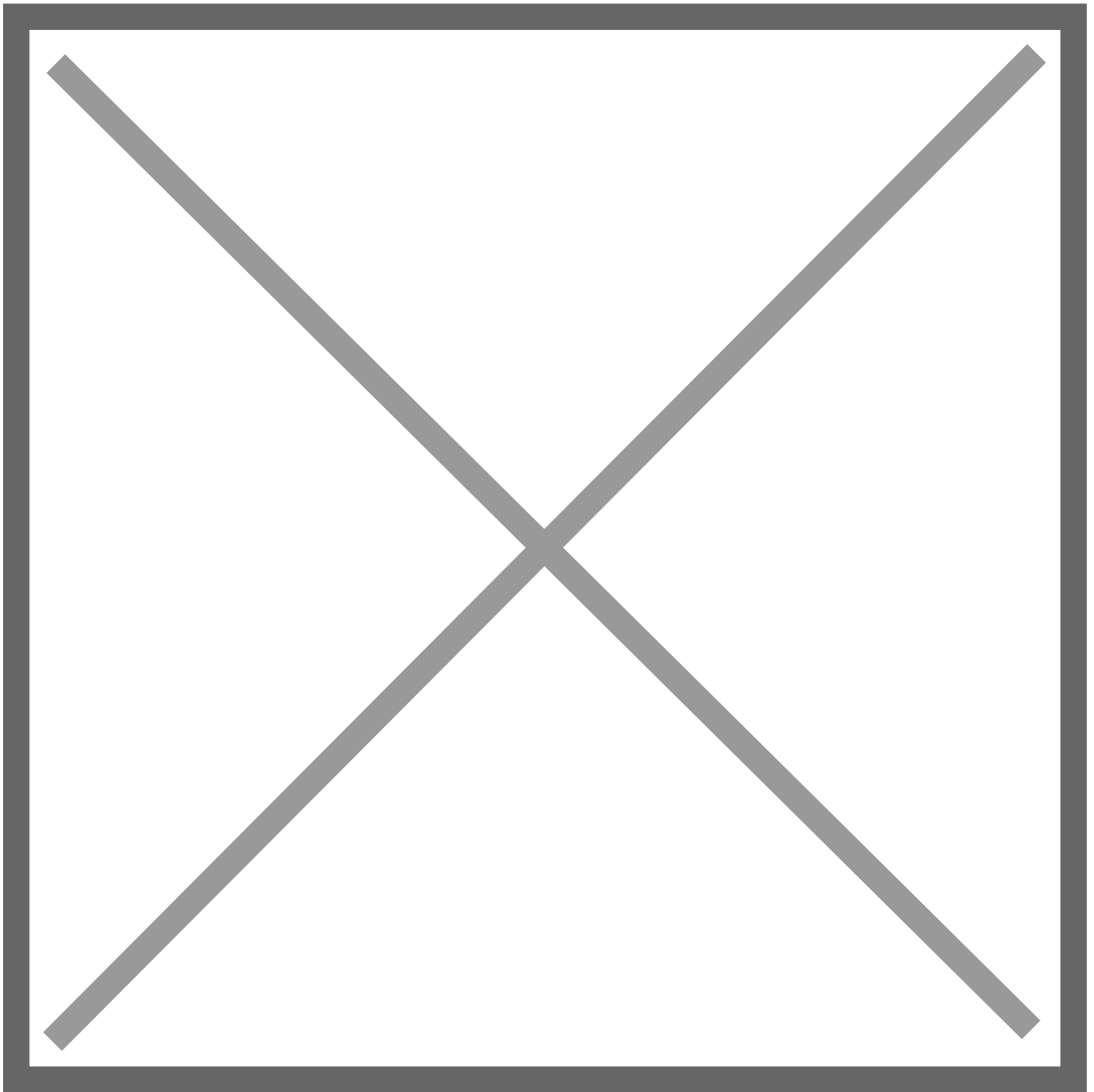
Notes: The fieldwork of health examination was conducted between March 2021 and February 2022.

Definitions: WHO Asian cutoffs shown for BMI greater than or equal to 25kg/m² to allow comparison with non-Asian cutoffs.

Cutoffs: WHO Asia

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2015



Survey type:	Self-reported
Age:	9-12
Sample size:	894

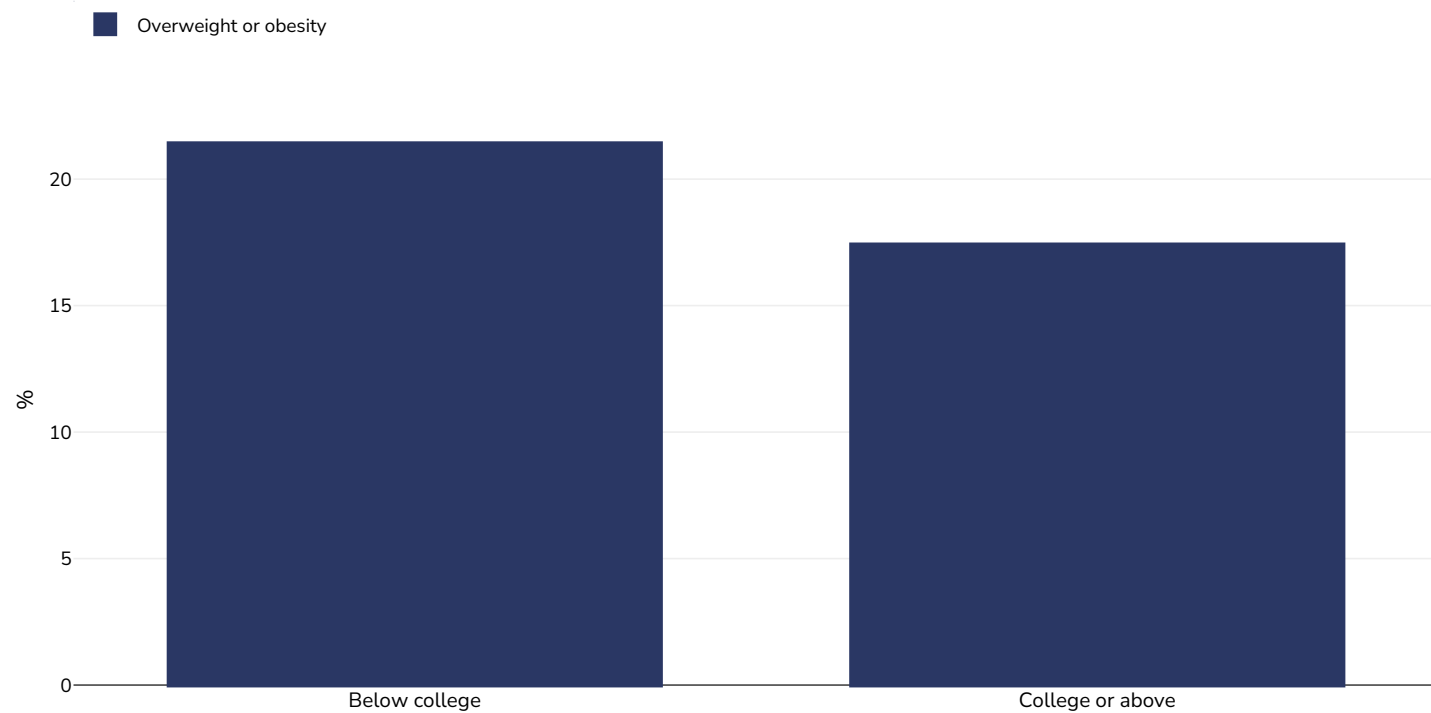
Area covered: Regional - 2 regions and 5 schools

References: Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." *Journal of Exercise Science & Fitness*, vol. 15, no. 2, Dec. 2017, pp. 89–95, www.sciencedirect.com/science/article/pii/S1728869X17301478, 10.1016/j.jesf.2017.10.001. Accessed 01.11.21.

Cutoffs: IOTF

Overweight/obesity by education

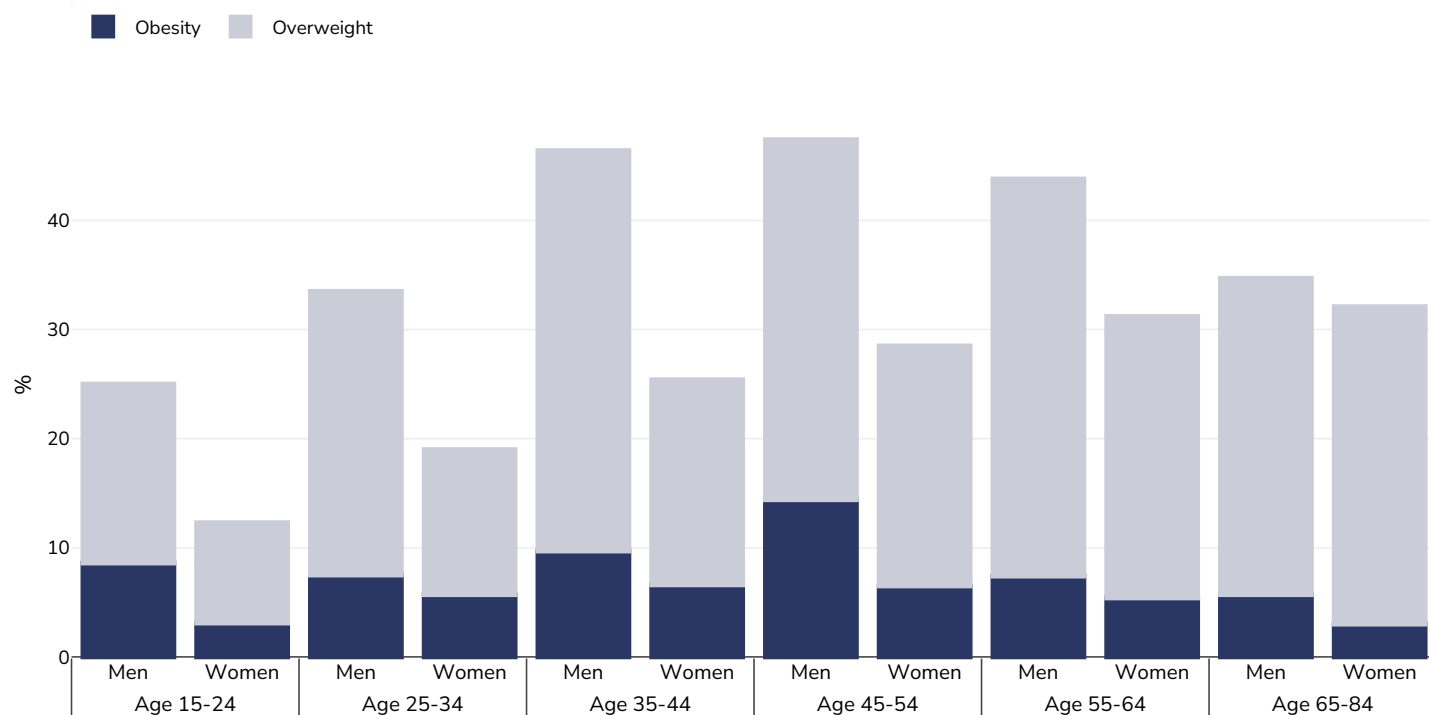
Children, 2015



Survey type:	Self-reported
Age:	9-12
Sample size:	894
Area covered:	Regional - 2 regions and 5 schools
References:	Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." <i>Journal of Exercise Science & Fitness</i> , vol. 15, no. 2, Dec. 2017, pp. 89-95, www.sciencedirect.com/science/article/pii/S1728869X17301478 , 10.1016/j.jesf.2017.10.001. Accessed 01.11.21.
Definitions:	Paternal highest education attained
Cutoffs:	IOTF

Overweight/obesity by age

Adults, 2020-2022



Survey type: Measured

Sample size: 2072

Area covered: National

References: Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf (Accessed 28.04.23)

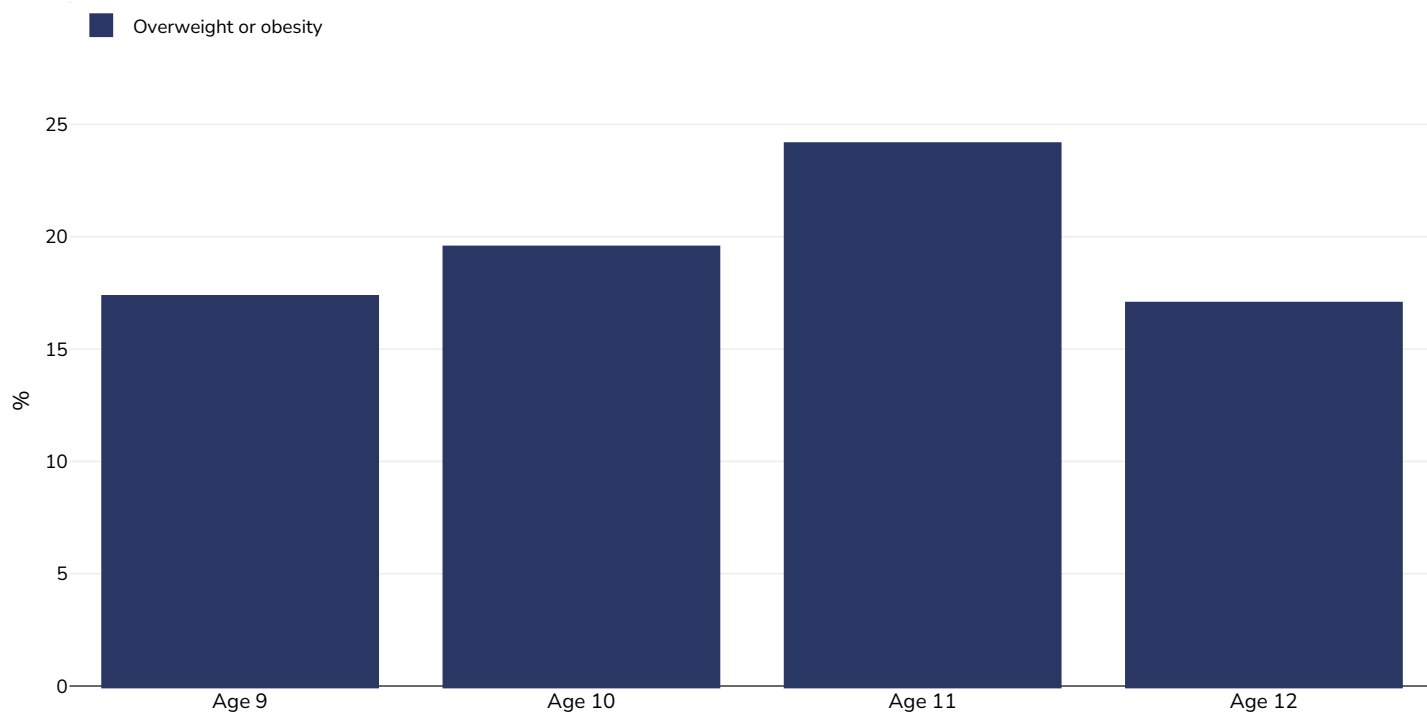
Notes: The fieldwork of health examination was conducted between March 2021 and February 2022.

Definitions: Based on WHO classification of BMI for Asian adults.

Cutoffs: WHO

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2015



Survey type: Self-reported

Sample size: 894

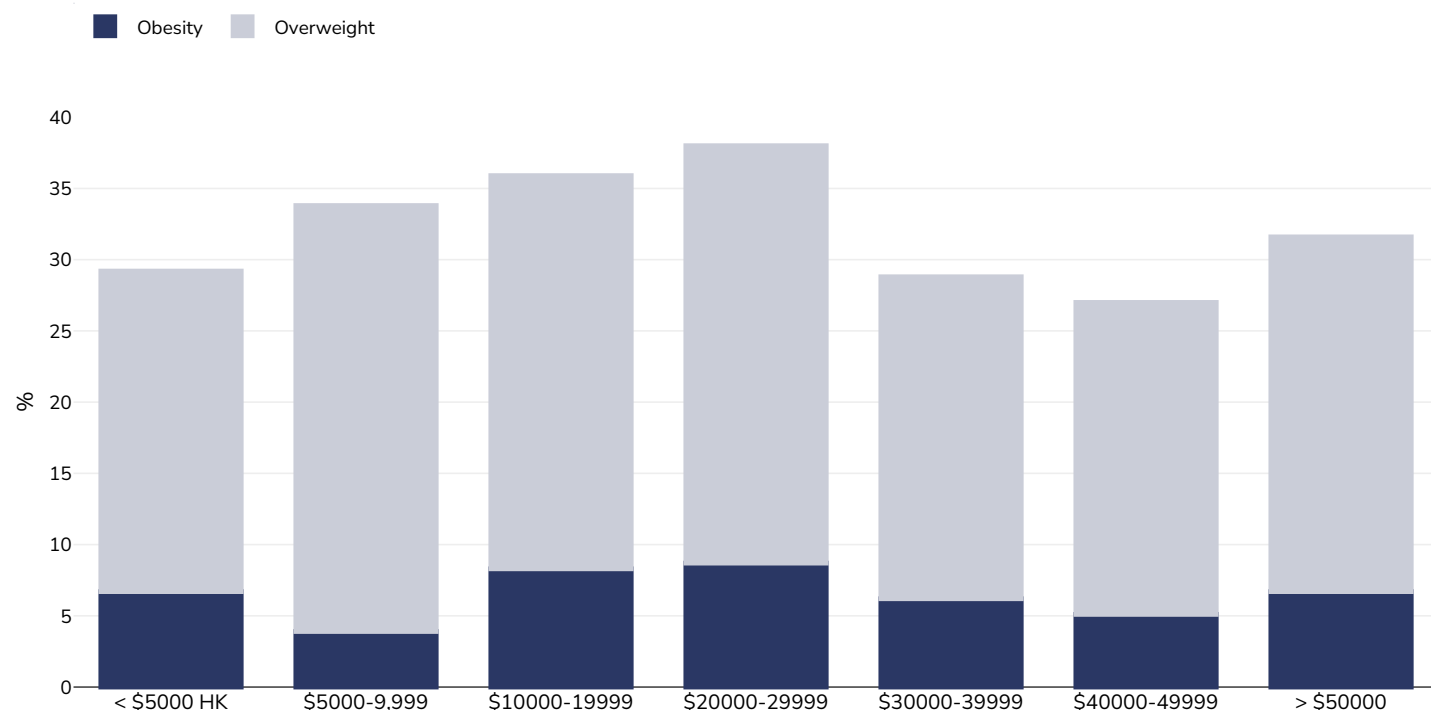
Area covered: Regional - 2 regions and 5 schools

References: Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." *Journal of Exercise Science & Fitness*, vol. 15, no. 2, Dec. 2017, pp. 89-95, www.sciencedirect.com/science/article/pii/S1728869X17301478, 10.1016/j.jesf.2017.10.001. Accessed 01.11.21.

Cutoffs: IOTF

Overweight/obesity by socio-economic group

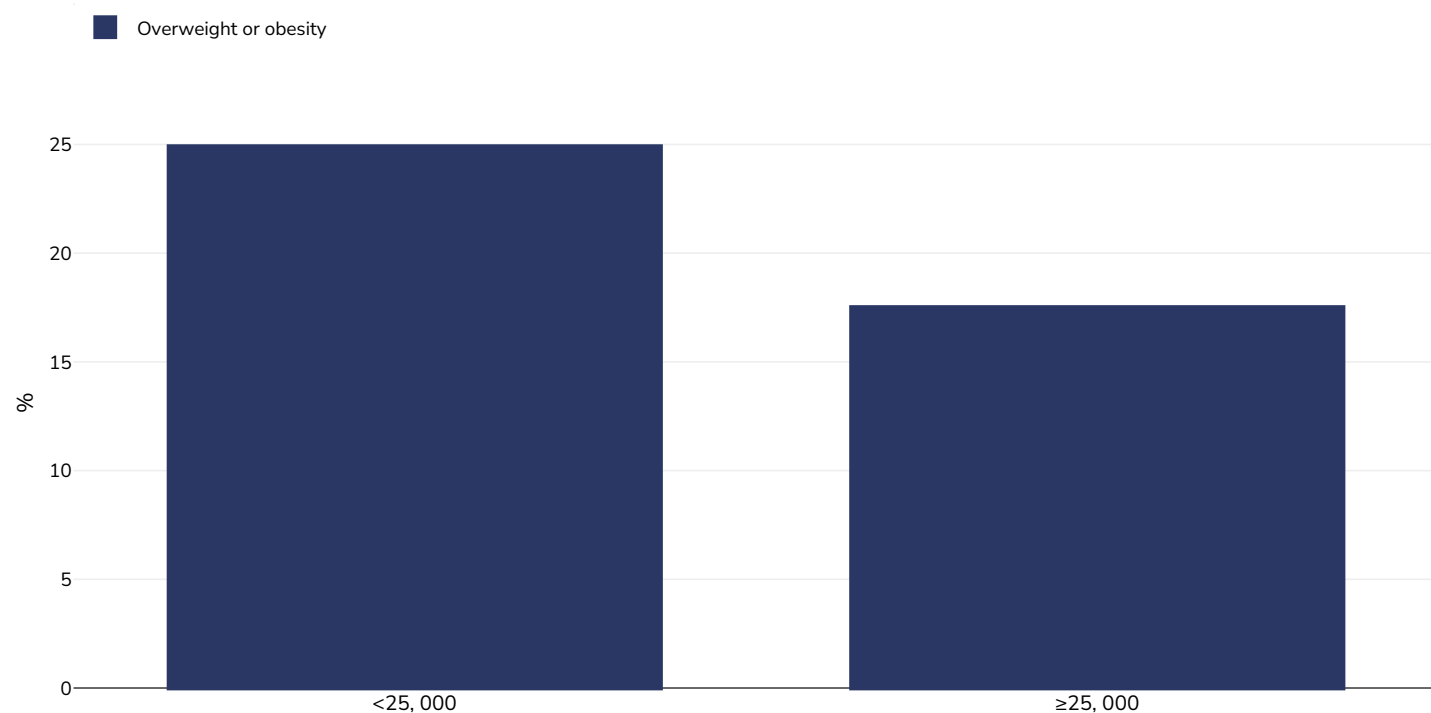
Adults, 2020-2022



Survey type:	Measured
Age:	15-84
Sample size:	2072
Area covered:	National
References:	Report of Population Health Survey 2020-22 (Part II) https://www.chp.gov.hk/files/pdf/dh_phs_2020-22_part_2_report_eng.pdf (Accessed 28.04.23)
Notes:	The fieldwork of health examination was conducted between March 2021 and February 2022.
Definitions:	Based on WHO classification of BMI for Asian adults.
Cutoffs:	WHO

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

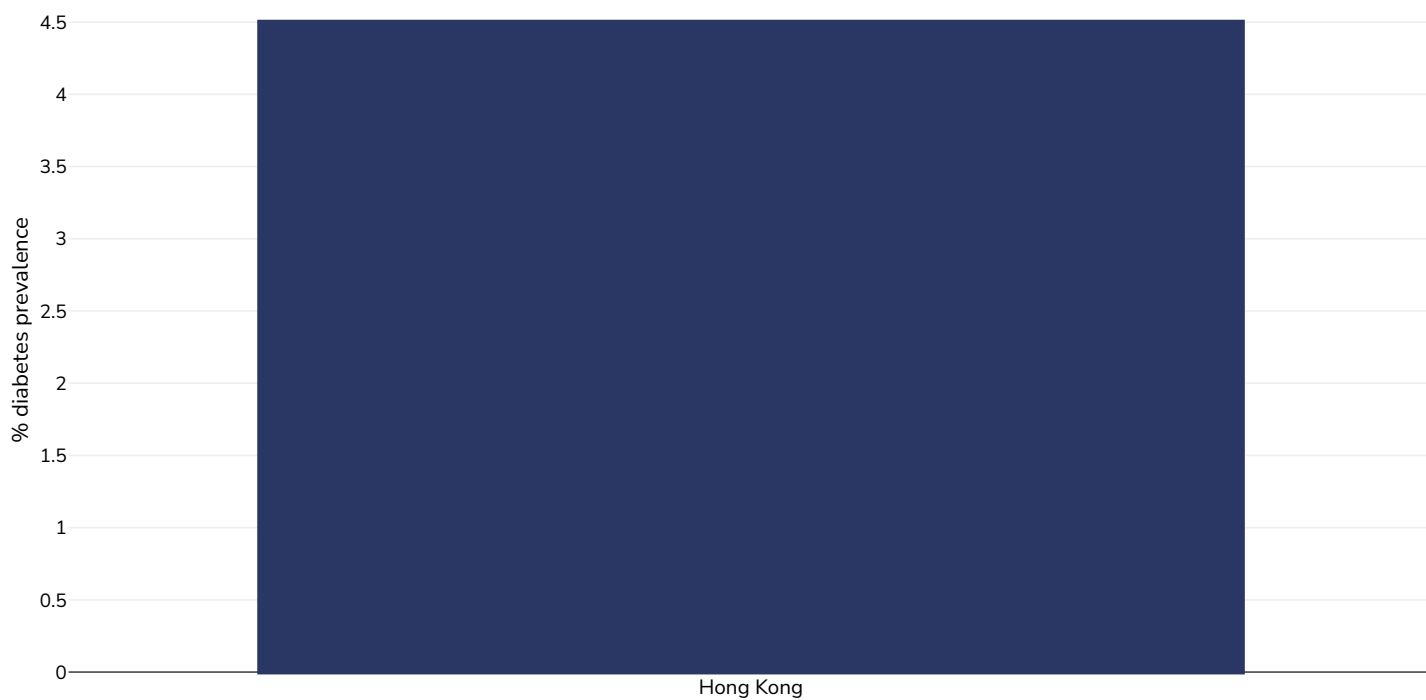
Children, 2015



Survey type:	Self-reported
Age:	9-12
Sample size:	894
Area covered:	Regional - 2 regions and 5 schools
References:	Wang, Jing Jing, et al. "Prevalence of Overweight in Hong Kong Chinese Children: Its Associations with Family, Early-Life Development and Behaviors-Related Factors." <i>Journal of Exercise Science & Fitness</i> , vol. 15, no. 2, Dec. 2017, pp. 89-95, www.sciencedirect.com/science/article/pii/S1728869X17301478 , 10.1016/j.jesf.2017.10.001. Accessed 01.11.21.
Definitions:	Monthly household income (HKD)
Cutoffs:	IOTF

Diabetes prevalence

Adults, 2019



Age: 20-79

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 9th edn. Brussels, Belgium: 2019.
Available at: <https://www.diabetesatlas.org>

Definitions: Diabetes age-adjusted comparative prevalence (%).

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

Is there mandatory nutrition labelling?	✓
Front-of-package labelling?	?
Back-of-pack nutrition declaration?	?
Color coding?	✗
Warning label?	✗



Regulation and marketing

Are there fiscal policies on unhealthy products?	✗
Tax on unhealthy foods?	✗
Tax on unhealthy drinks?	✗
Are there fiscal policies on healthy products?	✗
Subsidy on fruits?	✗
Subsidy on vegetables?	✗
Subsidy on other healthy products?	✗
Mandatory limit or ban of trans fat (all settings)?	✗
Mandatory limit of trans fats in place (all settings)?	✗
Ban on trans-fats or phos in place (all settings)?	✗
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Mandatory restriction on broadcast media?	✗
Mandatory restriction on non-broadcast media?	✗
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✗
Are there mandatory standards for food in schools?	✓_v
Are there any mandatory nutrient limits in any manufactured food products?	✗
Nutrition standards for public sector procurement?	✗



Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✗
National obesity strategy?	✗
National childhood obesity strategy?	✗
Comprehensive nutrition strategy?	✗
Comprehensive physical activity strategy?	✓
Evidence-based dietary guidelines and/or RDAs?	✓
National target(s) on reducing obesity?	✗
Guidelines/policy on obesity treatment?	✗
Promotion of breastfeeding?	✗



Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✓
Within 5 years?	✗



Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✗
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Key

✓ Present	✓ _v Present (voluntary)	✓ Incoming	✗ Absent	? Unknown
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Last updated November 27, 2022

PDF created on July 27, 2024