

## **COMMUNITY SPORTS COMMITTEE**

### **Physical Fitness Survey for the Community**

#### **Purpose**

This paper aims to brief Members of the Community Sports Committee (CSC) on the soon-to-be-launched Physical Fitness Survey for the Community (the Physical Fitness Survey) and invite them to consider the establishment of the Advisory Committee for the Physical Fitness Survey (AC) under CSC to co-ordinate the implementation, as well as nominate 2 Members as convenor and vice-convenor of AC.

#### **Background**

2. A healthy lifestyle (including taking appropriate and regular exercise and eating a balanced diet) is effective in enhancing physical fitness. Maintaining physical fitness contributes to how well one can do at work and school. A healthy lifestyle has far-reaching implications on manpower quality and healthcare burden. To enhance the public's understanding of the importance of exercise for health and foster a strong sporting culture in the community, the Home Affairs Bureau (HAB) proposed in 2018 that the Physical Fitness Survey should be launched again to collect the latest data on the physical fitness of the public for formulation of long-term goals and policies for promotion of sports for all. The proposal was subsequently included as one of the new initiatives in the Chief Executive's 2018 Policy Address. Through discussion with HAB, the Leisure and Cultural Services Department (LCSD) is actively assisting in the preparation for the preliminary work of the Physical Fitness Survey.

#### **Physical Fitness Test for the Community launched in the territory**

3. The Territory-wide Physical Fitness Test for the Community (the Project) was successfully launched by LCSD in 2005-06 and 2011-12 respectively under the guidance of AC under CSC to collect data on the physical fitness of the public. The Project for 2011-12 was launched between March 2010 and November 2012. 13 000 persons were selected as sample and took part in the questionnaire survey and physical fitness test and 8 178 valid samples were collected by drawing reference from the sampling approach adopted for population census. The report of the test and recommendations were published in November 2012. It indicates that the majority of the public did not carry out sufficient physical activities to maintain good health. Nevertheless, men performed better than women in physical fitness test. The report also makes recommendations on the activities that are appropriate to different age groups.

## **Physical Fitness Survey for the Community**

4. To develop benchmarking data, continuously monitor the physical condition of the public and identify high-risk groups for non-communicable diseases, it is necessary for the Government to continue to collect the latest data on the physical condition of the public and regularly launch the standardised territory-wide physical fitness survey, so as to facilitate the formulation of measures for promoting sports in the community as well as the prevention and early intervention of diseases or implementation of other measures. To serve the above purposes, it is suggested that a territory-wide physical fitness survey should be launched in 2019 again with a view to achieving the following objectives:

- (a) To enable the individuals participating in the Physical Fitness Survey to have a general understanding of their own physical fitness condition;
- (b) To continue building up a database of the physical fitness of Hong Kong people and compare the data with those collected in 2011-12 in order to understand how the physical fitness of the public has changed over time;
- (c) To identify the relationship between the physical exercise pattern and the physical fitness of Hong Kong people; and
- (d) To identify priority areas for improvement so as to enhance the overall physical fitness of the public.

5. The Physical Fitness Survey is tentatively scheduled to be launched in stages between October 2019 and February 2023. The tentative work schedule is as follows:

<b>Date</b>	<b>Details of Work</b>
October 2019	To set up the Advisory Committee (AC)
November 2019 to February 2020	To set specific targets for the Physical Fitness Survey upon discussion by AC and implement the work details, including the indicators, items, target groups, sampling methodology and operation of the Physical Fitness Survey.
March to December 2020	To invite open tenders for commissioning professional agent to take forward various aspects of the work of the project having regard to the contents and details of the Physical Fitness Survey drawn up by AC (including provision of supervising consultancy and data analysis services in respect of the Physical Fitness Survey, design of questionnaire, implementation of the Physical Fitness Survey and submission of Survey report and recommendations, etc.)

<b>Date</b>	<b>Details of Work</b>
January to April 2021	The successful contractor will, having regard to the contents and details of the Physical Fitness Survey drawn up by AC, draw up the contents of the Physical Fitness Survey for scrutiny and confirmation by AC, and the professionals concerned will be trained for implementing the Physical Fitness Survey upon approval of the contents.
May 2021 to February 2022	To carry out territory-wide data collection for the Physical Fitness Survey
March to June 2022	To collate and analyse the data collected from the Physical Fitness Survey
July to December 2022	To prepare the report on the Physical Fitness Survey
January 2023	To submit the findings of the Physical Fitness Survey to AC for assessment
February 2023	To announce the findings of the Physical Fitness Survey

6. By making reference to the mode of operation of the previous Physical Fitness Survey, it is proposed to establish an AC under CSC 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 proposed membership of AC includes 2 representatives from CSC (as the convenor and vice-convenor of AC), 3 to 4 representatives from professional organisations in the field (such as the Hong Kong Centre of Sports Medicine and Sports

Science, the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, the Physical Fitness Association of Hong Kong, China (PFAHK), etc.) and 1 representative from the Department of Health (D of H), the Education Bureau (EDB), the HAB and the LCSD respectively. The proposed organisation of AC for the Physical Fitness Survey 2019 is at **Annex**. LCSD, under the guidance of AC, shall be responsible for implementing the specific work of the Physical Fitness Survey.

### **Advice Sought**

7. Members are invited to consider endorsing the establishment of an advisory committee under CSC and nominate 2 representatives from CSC as the convenor and vice-convenor of AC.

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Leisure and Cultural Services Department  
October 2019

**Advisory Committee for “the Territory-wide Physical Fitness Survey”**

- (1) Representative from CSC (Convenor)
- (2) Representative from CSC (Vice-convenor)
- (3) Representative from the Hong Kong Centre of Sports Medicine and Sports Science/the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre
- (4) Representative from PFAHK
- (5) Representative from HAB
- (6) Representative from D of H
- (7) Representative from EDB
- (8) Representative from LCSD