

Health Promotion Symposium cum Central Health Education Unit 40th Anniversary Celebration



Development of Physical Activity across Lifespan - Challenges and Opportunities

Pak-Kwong Chung

Head and Professor

Department of Physical Education

Hong Kong Baptist University



香港浸會大學

HONG KONG BAPTIST UNIVERSITY

Welcome to Hong Kong !



From Google.com.hk

With over 7.4 million people in a territory of 1,104 square kilometres (426 sq mi), Hong Kong is the fourth-most densely populated region in the world.

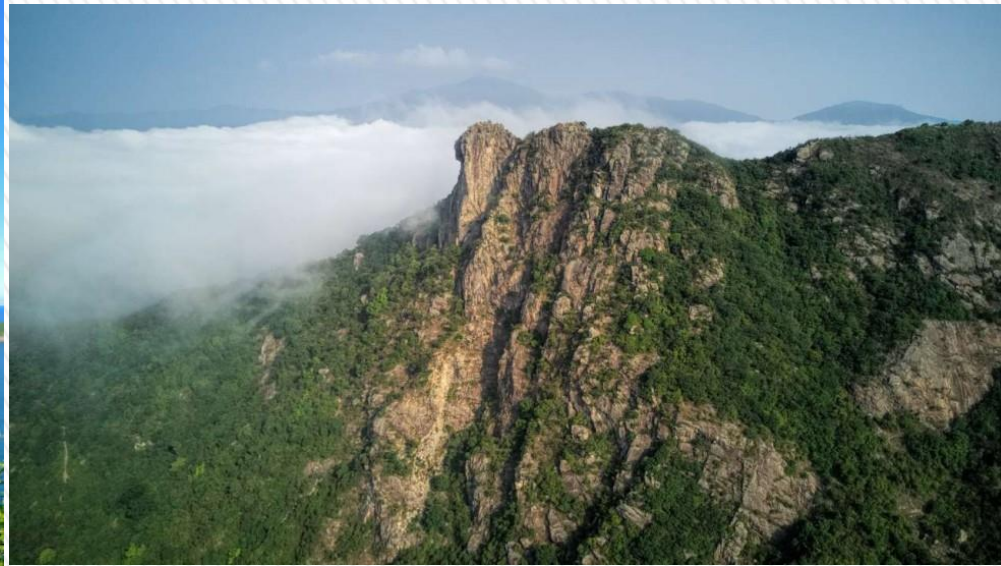
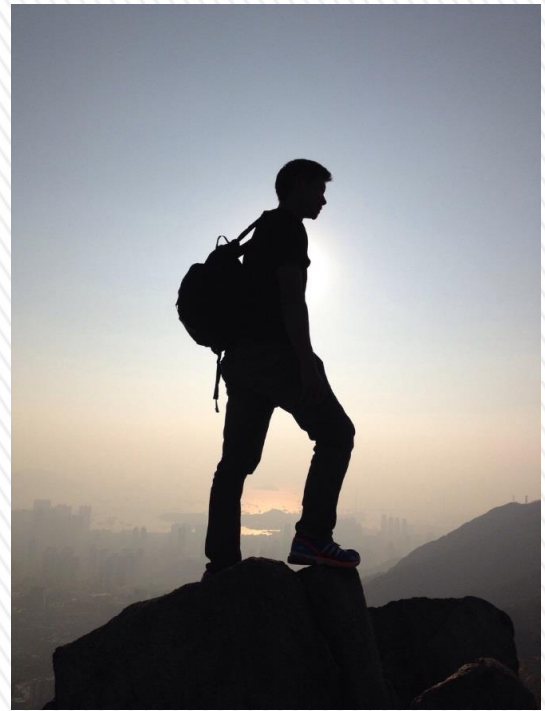




From Google.com.hk



© Can Stock Photo - csp15973374



From Google.com.hk

What is health?

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO).



Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.

<http://www.who.int/dietphysicalactivity/pa/en/>

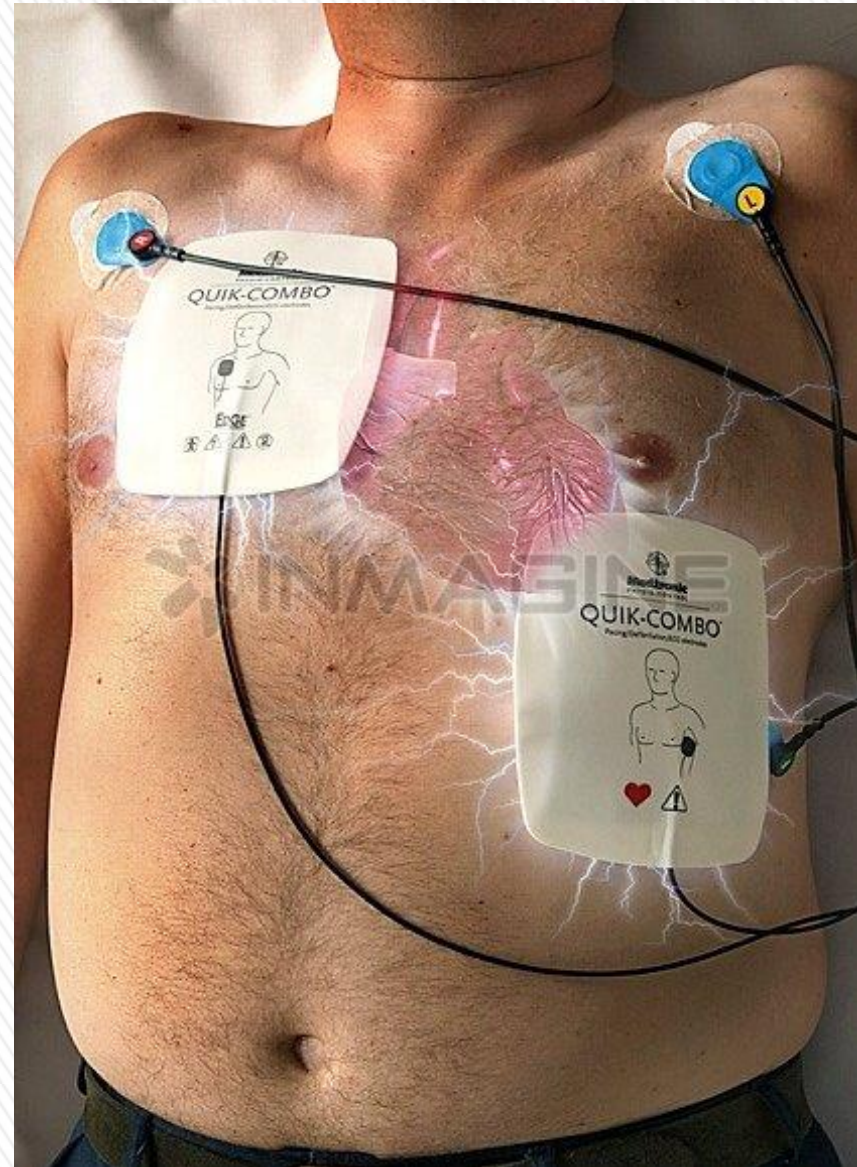


From Google.com.hk

Physical inactivity (lack of physical activity) has been identified as the **fourth leading risk factor for global mortality (6% of deaths globally).**

Moreover, physical inactivity is estimated to be the main cause for approximately **21–25% of breast and colon cancers, 27% of diabetes and approximately 30% of ischemic heart disease burden.**

<http://www.who.int/dietphysicalactivity/pa/en/>





From Google.com.hk

Regular physical activity can reduce the risk of noncommunicable diseases (NCDs), such as cardiovascular diseases, diabetes, cancer, and depression.

Adequate levels of physical activity will decrease the risk of hip or vertebral fracture and help control body weight.



<http://www.who.int/dietphysicalactivity/pa/en/>

WHO's Global Action Plan for the Prevention and Control of NCDs 2013-2020. The plan calls for a 10% reduction in physical **in**activity by 2025, which contributes to achieving the Sustainable Development Goals (SDGs).

10 facts on physical activity

http://www.who.int/features/factfiles/physical_activity/en/



Fact

1

Physical activity reduces the risk of disease

Fact

2

Regular physical activity helps to maintain a healthy body

Fact

3

Physical activity is not the same as sport

Fact

4

Moderate and vigorous physical activity bring benefits

Fact

5

60 minutes a day for people 5–17 years old

Put your text here and
write down your idea



Fact

6

150 minutes a week for people 18–64 years old

Fact
7

Adults aged 65 and above

Fact
8

All healthy adults need to be physically active

Fact
9

Some physical activity is better than none

Fact
10

Supportive environments and communities help people to be physically active



How much of physical activity is recommended?

WHO recommends:

Children and adolescents aged 5-17years

- » Should do at least 60 minutes of moderate to vigorous-intensity physical activity daily.
- » Physical activity of amounts greater than 60 minutes daily will provide additional health benefits.
- » Should include activities that strengthen muscle and bone, at least 3 times per week.



From Google.com.hk

Adults aged 18–64 years

- » Should do at least 150 minutes of moderate-intensity physical activity throughout the week, or do at least 75 minutes of vigorous-intensity physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity.
- » For additional health benefits, adults should increase their moderate-intensity physical activity to 300 minutes per week, or equivalent.
- » Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.

From [Google.com.hk](https://www.google.com.hk)



Adults aged 65 years and above

- » Should do at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity.
- » For additional health benefits, they should increase moderate-intensity physical activity to 300 minutes per week, or equivalent.
- » Those with poor mobility should perform physical activity to enhance balance and prevent falls, 3 or more days per week.
- » Muscle-strengthening activities should be done involving major muscle groups, 2 or more days a week.



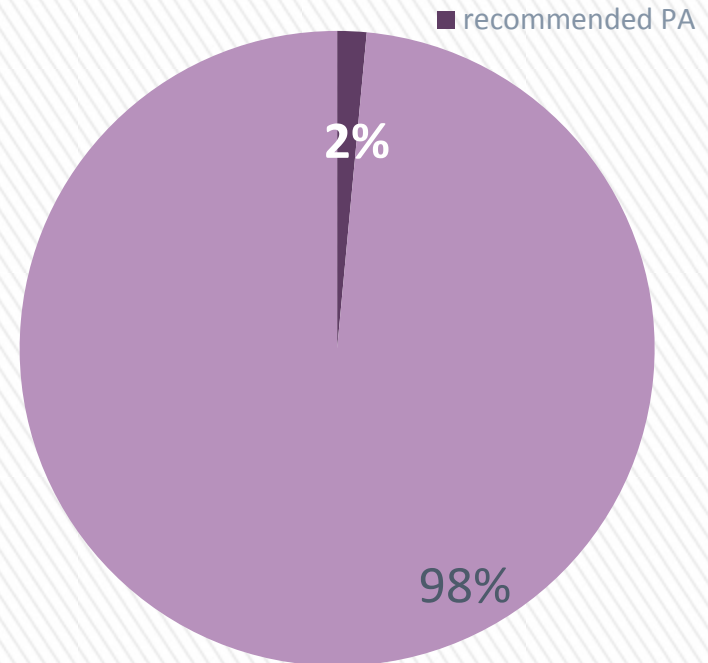
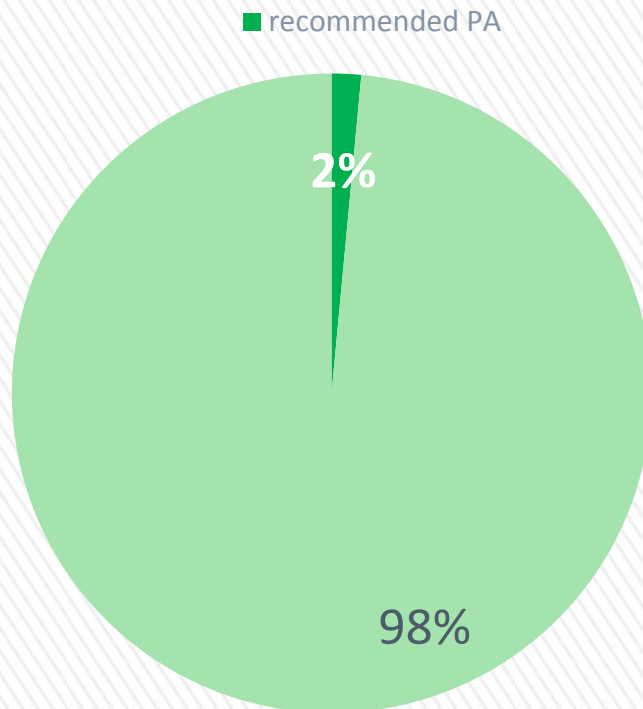
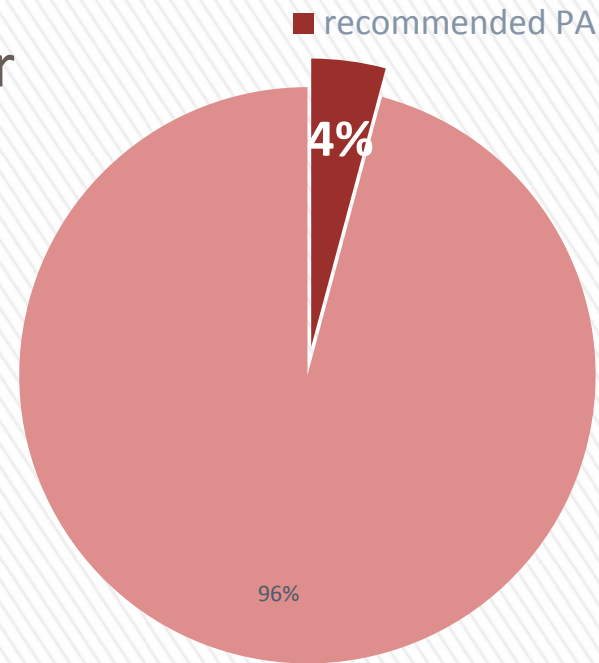
From Google.com.hk

Recommended PA per week for

» Children

» Adults

» Elderly



WHO reported that more than 80% of the world's adolescent population is physically inactive.

Hong Kong's youngsters received a **D grade** for their overall physical activity levels, with less than half of those between age 2 and 17 meeting WHO's recommendation of having 60 minutes of PA per day (CUHK, 2017).



Less than 1% of the local kindergartens have provided sufficient time (60min per day for half-day or 120min per day for full-day schooling) for the students to play and exercise in the schools (HKPFA, 2017).





Centre for Health Protection
Department of Health
The Government of the Hong Kong Special Administrative Region

Most people in Hong Kong adopt a sedentary life style. The Behavioural Risk Factor Survey conducted in April 2016 revealed that more than a quarter (28.0%) of adult aged 18 - 64 **had not done** any moderate or vigorous physical activity for **at least 10 minutes** at a time and only less than half (44.6%) had done some vigorous physical activity during the week before enumeration.

<https://www.chp.gov.hk/en/healthtopics/content/25/8804.html>



From Google.com.hk

Older Adults' Functional Fitness

When comparing with the USA sample in same age-groups, Hong Kong participants (M&F) performed poorer in upper body flexibility, upper extremity strength, and agility and balance. In addition, Hong Kong males performed poorer in lower body flexibility and aerobic endurance (Chung, Zhao, Liu, & Binh, 2016).



Department of Health, HKSAR

The framework document entitled "Promoting Health in Hong Kong: A Strategic Framework for Prevention and Control of Non-communicable Diseases" was launched in October 2008.

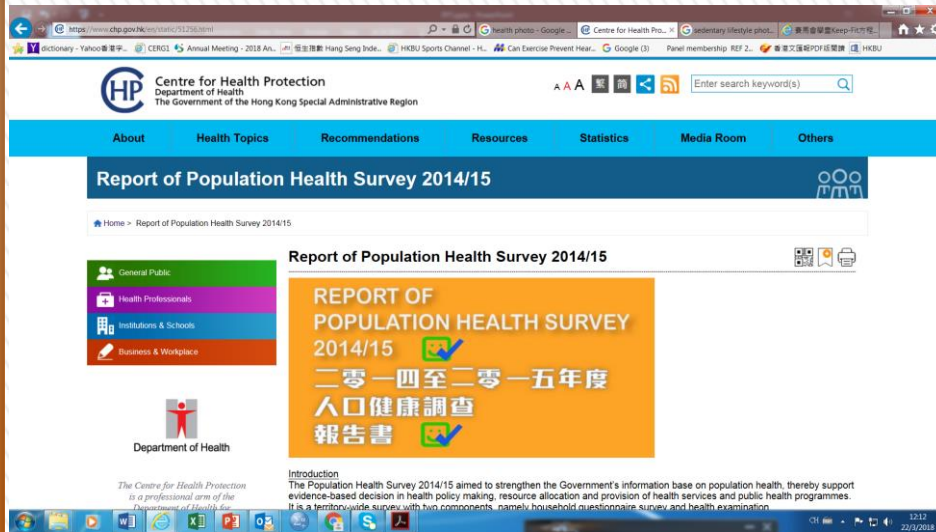
http://www.change4health.gov.hk/en/strategic_framework/index.html



Strategic Direction

Six strategic directions have been identified for focusing the attention, resources and actions at areas in where investments in NCD prevention and control can bring the greatest return in terms of health outcomes.





日日運動身體好 男女老幼做得到
Daily exercise keeps us fit 男女老幼做得到
People of all ages can do it





Overcoming Barriers to Physical Activity

Many technological advances and conveniences that have made our lives easier and less active. Many personal variables, including physiological, behavioral, and psychological factors, may affect our plans to become more physically active.



From Google.com.hk





alamy stock photo

HWNYGG
www.alamy.com



From Google.com.hk

Screen Dependency Disorders: a new challenge for child neurology

Aric Sigman

Correspondence to Dr A Sigman, Office 444, 91 Western Road, Brighton BN1 2NW, UK; aric@aricsigman.com

ABSTRACT

Children's neurological development is influenced by their experiences. Early experiences and the environments in which they occur can alter gene expression and affect long-term neural development. Today, discretionary screen time, often involving multiple devices, is the single main experience and environment of children. Various screen activities are reported to induce structural and functional brain plasticity in adults. However, childhood is a time of significantly greater changes in brain anatomical structure and connectivity. There is empirical evidence that extensive exposure to videogame playing during childhood may lead to neuroadaptation and structural changes in neural regions associated with addiction. Digital natives exhibit a higher prevalence of screen-related 'addictive' behaviour that reflect impaired neurological reward-processing and impulse-control mechanisms. Associations are emerging between screen dependency disorders such as Internet Addiction Disorder and specific neurogenetic polymorphisms, abnormal neural tissue and neural function. Although abnormal neural structural and functional characteristics may be a precondition rather than a consequence of addiction, there may also be a bidirectional relationship. As is the case with substance addictions, it is possible that intensive routine exposure to certain screen activities during critical stages of neural development may alter gene expression resulting in structural, synaptic and functional changes in the developing brain leading to screen dependency disorders, particularly in

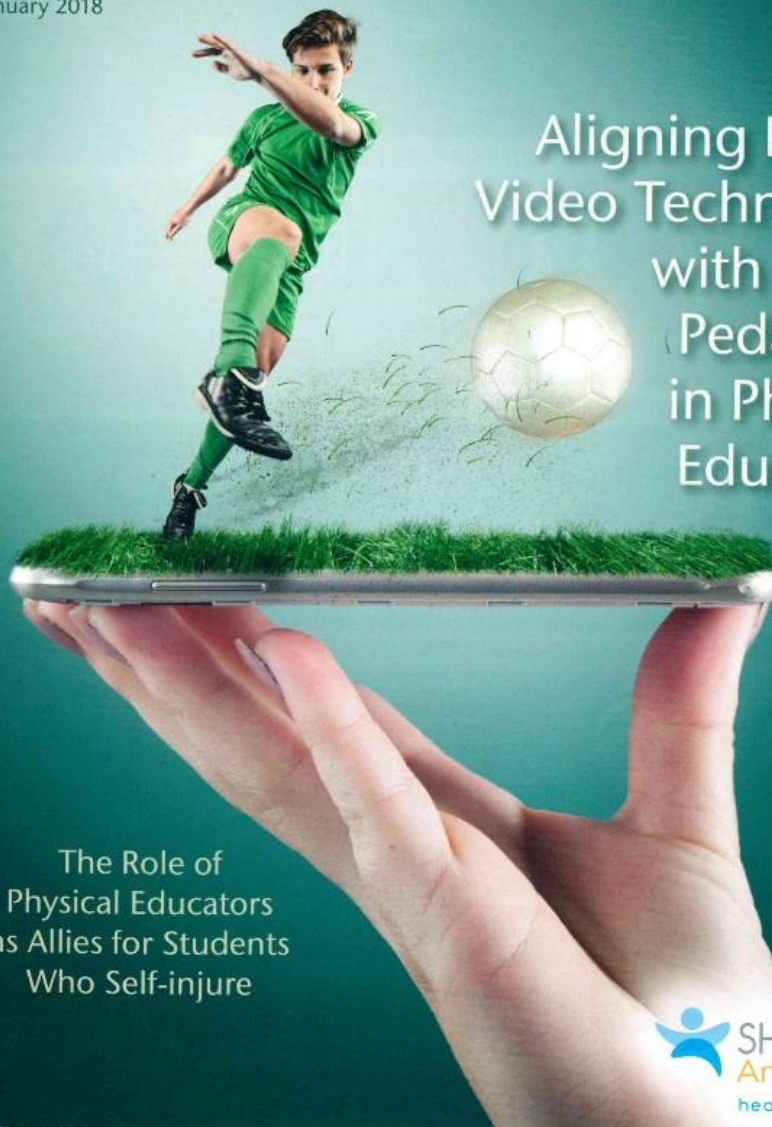
E-Sport - In 2022 Asian Games



JOPERD

THE JOURNAL OF PHYSICAL EDUCATION, RECREATION & DANCE
— WHERE EVIDENCE MEETS PRACTICE —

January 2018



Aligning Digital
Video Technology
with Game
Pedagogy
in Physical
Education

The Role of
Physical Educators
as Allies for Students
Who Self-injure

 **SHAPE** SOCIETY
OF HEALTH
AND PHYSICAL
EDUCATORS®
health. moves. minds.



Sharp growth in Hong Kong's elderly population worries census chief

Proportion aged 65 or above hits record 16%, while under-14s account for just 11%

PUBLISHED : 27 February, 2017by SCMP



Population Aging and Fiscal Pressure

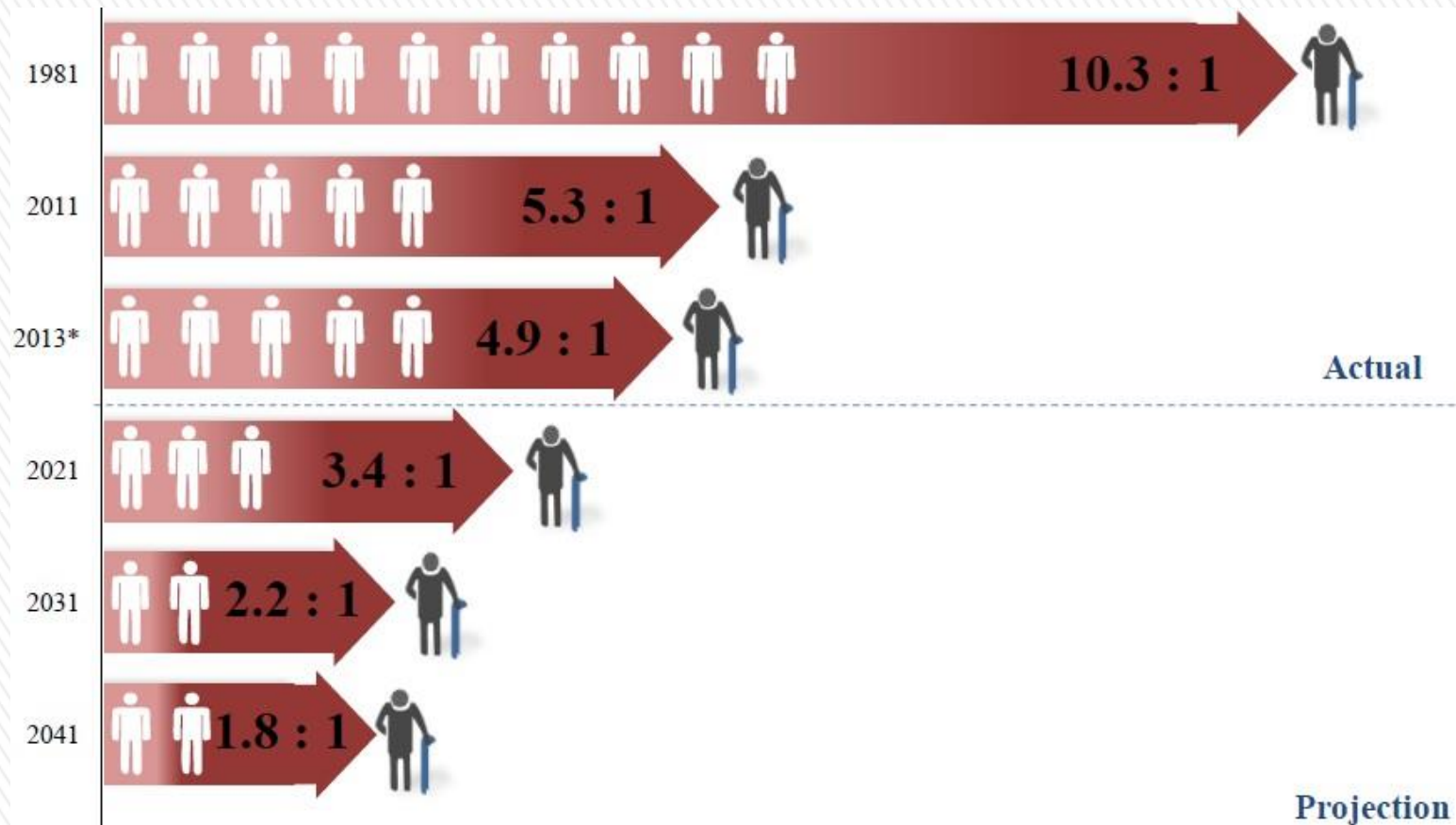


Chart 1. The ratio of working age population to one elder in Hong Kong

(Third Quarter Economic Report, 2013; www.hkeconomy.gov.hk)

Aging and Health Care Expenditure

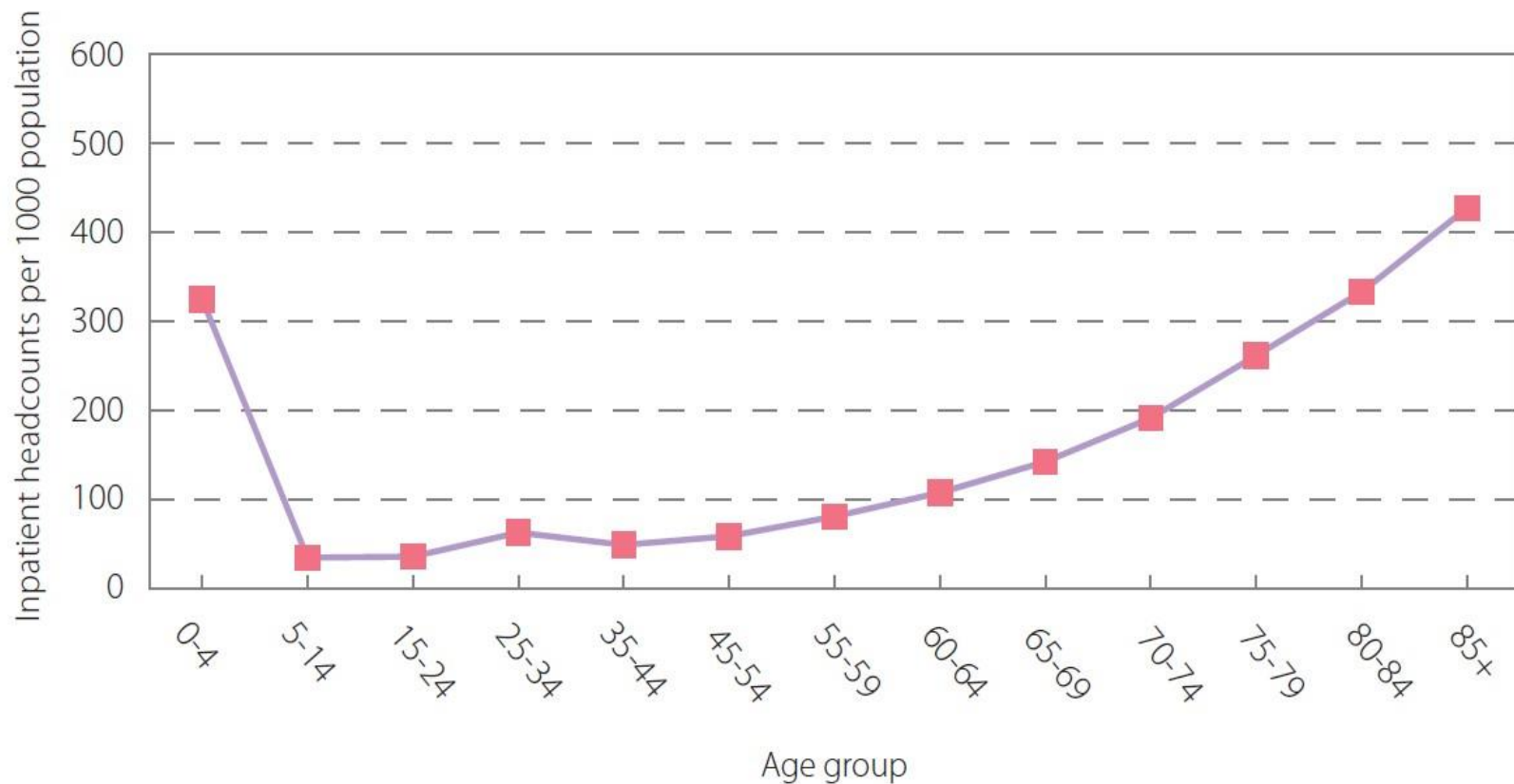


Figure 1. Average number of in-patients in hospitals by age (2007)

(Hong Kong Hospital Authority, Helping People Stay Healthy- strategic service plan 2009-2012)

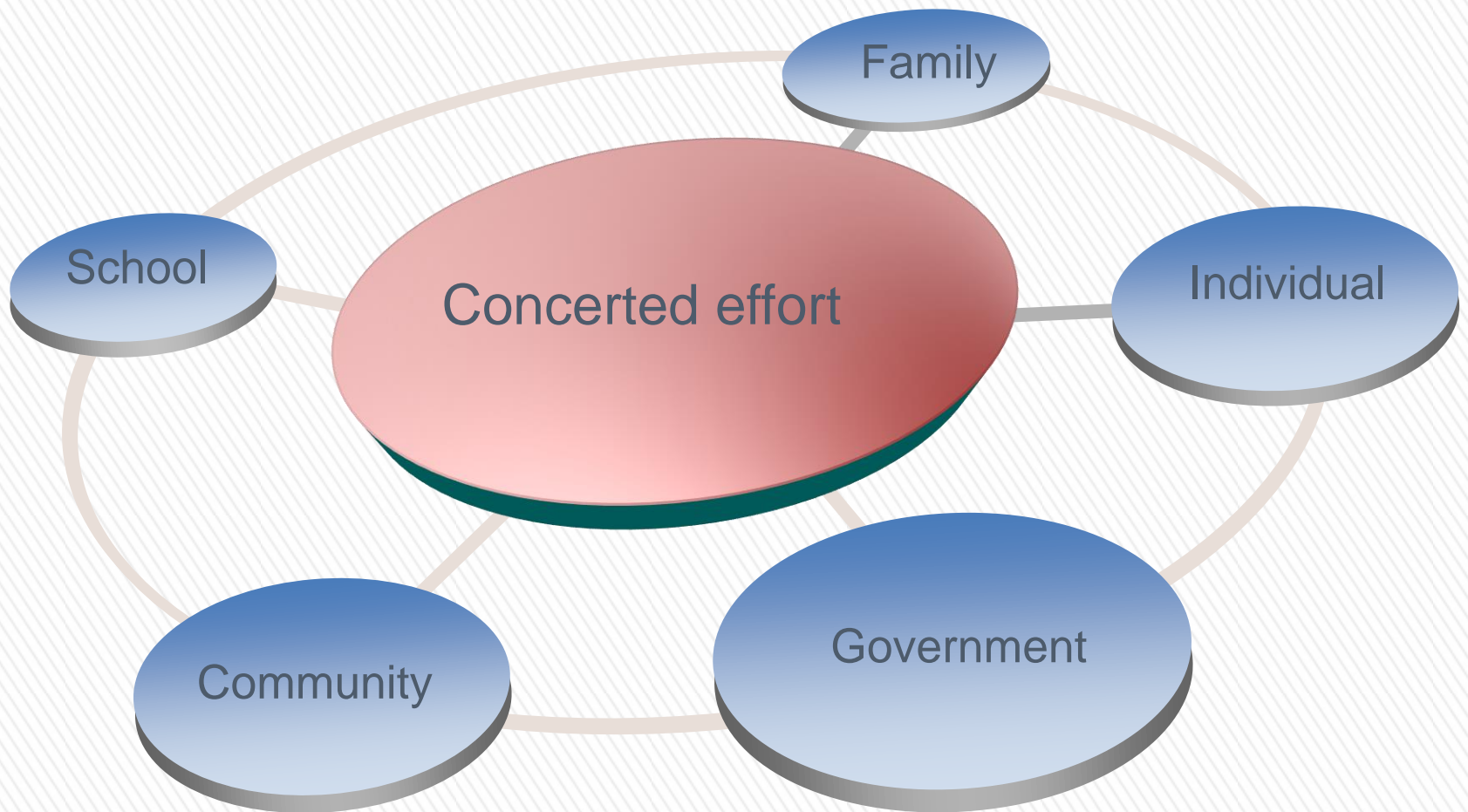
Levels of Function

Category	Description
Physically dependent	People who cannot execute some or all of the basic activities of daily living, including dressing, bathing, transferring, toileting, feeding, and walking. These people are dependent on others for food and other basic functions of living.
Physically frail	People who can perform the basic activities of daily living but cannot perform some or all of the activities that are necessary to live independently, generally because of a debilitating disease or condition that physically challenges them daily.
Physically independent	People who live independently, usually without debilitating symptoms of major chronic diseases. However, many have low health and fitness reserves, placing them at risk for becoming physically frail after illness or injury.
Physically fit	People who exercise at least two times a week for their health, enjoyment, and well-being or engage regularly in a physically demanding job or hobby. Their health and fitness reserves put them at low risk for falling into the physically frail category.
Physically elite	People who train almost daily to either compete in sport tournaments or engage in a physically demanding job or recreational activity.

Based on W. Spirduso, 1995, *Physical Dimensions of Aging* (Champaign, IL: Human Kinetics).

Van Norman (2010)





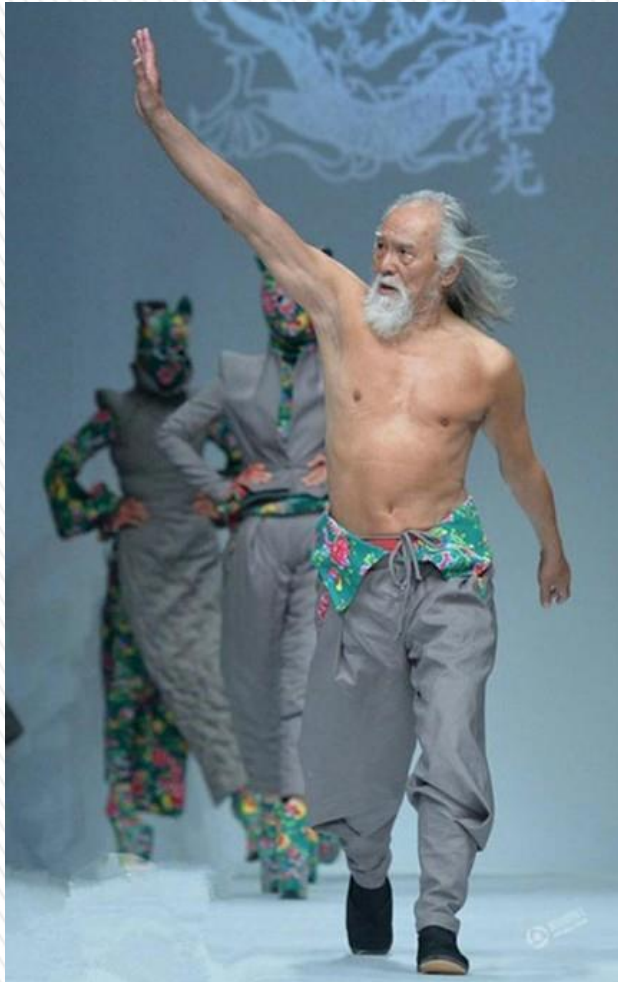


Parental support





Active Ageing



Vs

Inactive Ageing



(www.sina.com)

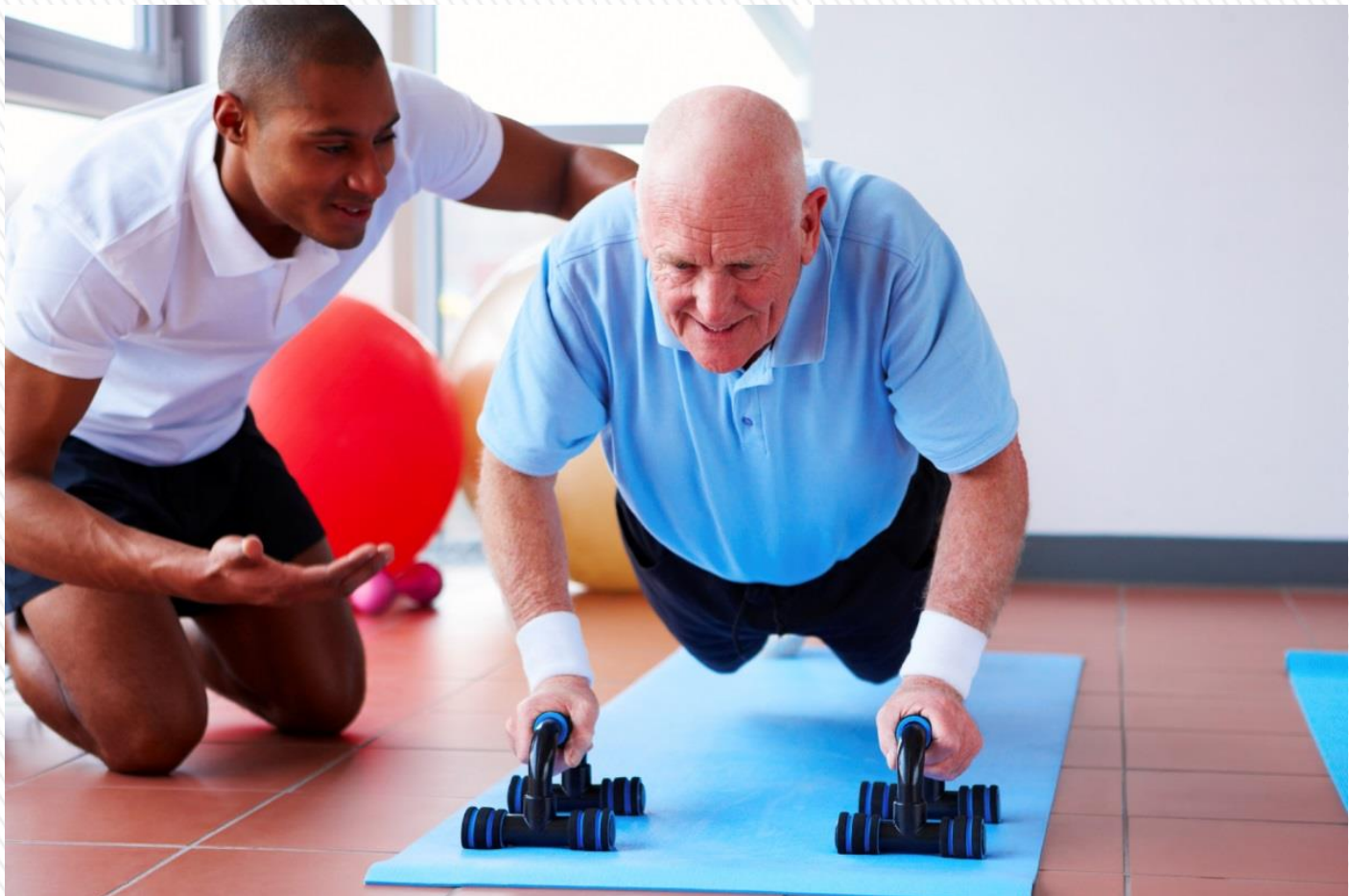
You must be able to maintain a functional body to extend your quality of life and life-span !



Regular physical activity is the best premium for your health insurance!



A healthy and fit body depends on how much effort and commitment you have given to maintain a physically active life !



I wish you all a great quality of life!



Thank you !

