

A Summary of Characteristics for Different Age Group and Follow Up Actions

| Age Group | Characteristic | | Follow Up Actions Recommended |
|--------------------------------|--|--|---|
| 7 to 12 | Participated in sports in past 3 months | 95.6% | <p>Service:</p> <ul style="list-style-type: none"> - To provide more parent-child activities. - To provide more opportunities to take part in swimming, jogging and badminton. - To design interactive web-based platform for promoting physical activity, such as on-line physical activity on-line games which required actual physical movements. - To organise large-scale citywide “Virtual Sports Challenge” using on-line interactive sports games as incentive. - To offer incentives for using the facilities in the afternoon period. <p>Education:</p> <ul style="list-style-type: none"> - To publicise the recommended level of PA through various means. - To further promote and strengthen School Sports Programmes. |
| | Sports most often participated in | Swimming (19.8%) | |
| | Venues mainly used | Leisure/Public Facilities of the LCSD/Other Government Departments (54.2%) | |
| | Organisers | Self-organised/organised by friends (65.9%) | |
| | Companions | Parents (47.8%) | |
| | Time of playing sports | Afternoon (50.6%) | |
| | Preference for learning a sport | Swimming (16.8%) | |
| | Reason for learning a sport | Interest (65.0%) | |
| | Meeting Baseline Indicator | 76.6% | |
| | Meeting US Indicator | 34.1% | |
| | Perceived sufficient or very sufficient Physical Activities (PA) | 72.0% | |
| Primary reason to engage in PA | Interest (30.0%) | | |

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|--------------------------------|--|--|---|
| | Barrier to engage in PA | No spare time due to work/study | |
| 13 to 19 | Participated in sports in past 3 months | 84.5% | <p>Service:</p> <ul style="list-style-type: none"> - To organise more basketball, swimming and jogging activities. Such activities can be organised especially during afternoon time. - To encourage adolescents to bring along their friends when joining PA/sports activities. Recognition or incentives could be considered. - To consider designing “Virtual Sports Challenge” - however, the interactive PA/sports activities should be designed in a way that suit their age and interests. <p>Education:</p> <ul style="list-style-type: none"> - To publicise the recommended level of PA through various means. - To further promote and strengthen School Sports Programmes. |
| | Sports most often participated in | Basketball (23.2%) | |
| | Venues mainly used | Leisure/Public Facilities of the LCSD/Other Government Departments (62.8%) | |
| | Organisers | Self-organised/organised by friends (79.8%) | |
| | Companions | Friends/Neighbours (64.4%) | |
| | Time of playing sports | Afternoon (44.6%) | |
| | Preference for learning a sport | Swimming (13.3%) | |
| | Reason for learning a sport | Interest (58.6%) | |
| | Meeting Baseline Indicator | 68.1% | |
| | Meeting US Indicator | 71.3% | |
| | Perceived sufficient or very sufficient PA | 54.7% | |
| Primary reason to engage in PA | Interest (26.9%) | | |

| Age Group | Characteristic | | Follow Up Actions Recommended |
|-----------|--|--|---|
| | Barrier to engage in PA | No spare time due to work/study | |
| | Sports facilities most desired to increase | Badminton court (22.0%) | |
| | Suggestions for the promotion of Sport for All | Strengthen media publicity (55.8%) | |
| 20 to 39 | Participated in sports in past 3 months | 67.2% | Service: <ul style="list-style-type: none"> - To provide more opportunities of participating in swimming, jogging and badminton. - To provide incentives for young adults to engage in PA/sports activities with their friends in the evening. - To emphasise Personal health and fitness activities such as jogging, weight-training and aerobic activities. These activities can be packaged in a “Multi-sports Participation Scheme” so as to encourage young adults to engage in more diversified activities. - To extend the current sports badges award scheme and to consider introduce an SportAct Award Scheme to adults similar to School Sports Programmes. |
| | Sports most often participated in | Swimming/Jogging (15.6%) | |
| | Venues mainly used | Leisure/Public Facilities of the LCSD/Other Government Departments (60.4%) | |
| | Organisers | Self-organised/organised by friends (88.4%) | |
| | Companions | Friends/Neighbours (58.3%) | |
| | Time of playing sports | Evening (50.2%) | |
| | Preference for learning a sport | Swimming (16.7%) | |
| | Reason for learning a sport | Interest (48.5%) | |
| | Meeting Baseline Indicator | 44.2% | |
| | Meeting US Indicator | 26.2% | |

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| | Perceived sufficient or very sufficient PA | 46.3% | Education: <ul style="list-style-type: none"> - To publicise the recommended level of PA through various means. - To organise large scale educational and promotional programme in the community. - To further promote 5-day work to private sector. |
| Primary reason to engage in PA | Health/keep fit (32.5%) | | |
| Barrier to engage in PA | No spare time due to work/study | | |
| Sports facilities most desired to increase | Badminton court (27.3%) | | |
| Suggestions for the promotion of Sport for All | Strengthen media publicity (43.3%) | | |
| 40 to 59 | Participated in sports in past 3 months | 58.8% | Service: <ul style="list-style-type: none"> - To provide more opportunities for participation in jogging, excursion and swimming. - To promote activities that are health oriented such as Tai-chi and Qualiwalk programmes. Simple health check such as blood pressure and body mass index measurements can be incorporated into the exercise classes. - To encourage the middle-age adults to bring along their spouse and children in doing PA. An annual award or recognition presentation ceremony may be organised to honor family achievement. - To establish health-related fitness testing centers in various districts that are convenient for easy |
| Sports most often participated in | Jogging (15.3%) | | |
| Venues mainly used | Leisure/Public Facilities of the LCSD/Other Government Departments (59.2%) | | |
| Organisers | Self-organised/organised by friends (88.2%) | | |
| Companions | Alone (51.8%) | | |
| Time of playing sports | Morning (41.5%) | | |
| Preference for learning a sport | Swimming (15.9%) | | |

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| | | | <p>access, so that middle-age adults may monitor their progress in health and fitness improvement from participating in the exercise programmes.</p> <p>Education:</p> <ul style="list-style-type: none"> - To publicise the recommended level of PA through various means. - To organise large-scale educational and promotional programme. - To further promote 5-day work to private sector. |
| | Reason for learning a sport | Interest (34.1%) | |
| | Meeting Baseline Indicator | 48.1% | |
| | Meeting US Indicator | 32.5% | |
| | Perceived sufficient or very sufficient PA | 55.7% | |
| | Primary reason to engage in PA | Health/keep fit (42.8%) | |
| | Barrier to engage in PA | No spare time due to work/study | |
| | Sports facilities most desired to increase | Badminton court (22.8%) | |
| | Suggestions for the promotion of Sport for All | Strengthen media publicity (42.6%) | |
| 60 or above | Participated in sports in past 3 months | 53.3% | <p>Service:</p> <ul style="list-style-type: none"> - To promote health oriented activities such as Tai-chi and Qualiwalk programmes. Simple health check such as blood pressure and body mass index measurements can be incorporated into the exercise classes. - To encourage the elderly to bring along their spouse and family members to take part in PA. An annual award or recognition presentation ceremony may be organised as an incentive to |
| | Sports participated in most often | Fitness exercise/ Stretching (24.6%) | |
| | Venues mainly used | Leisure/Public Facilities of the LCSD/Other Government Departments (66.7%) | |
| | Organisers | Self-organised/organised by friends (92.4%) | |

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| | Companions | Alone (62.9%) | <p>ceremony may be organised as an incentive to honor family achievement.</p> <ul style="list-style-type: none"> - To establish health-related fitness testing centers in various districts that are convenient for easy access, so that the elderly may monitor their health and fitness improvement from participating in exercises. <p>Education:</p> <ul style="list-style-type: none"> - To publicise the recommended level of PA through various means. - To organise large-scale educational and promotional programme in the community. - To promote the importance and benefits of PA in elderly centres. |
| | Time of playing sports | Morning (75.6%) | |
| | Preference for learning a sport | Tai Chi (20.6%) | |
| | Reason for learning a sport | Keep fit/health (43.1%) | |
| | Meeting Baseline Indicator | 35.9% | |
| | Meeting US Indicator | 27.7% | |
| | Perceived sufficient or very sufficient PA | 77.7% | |
| | Primary reason to engage in PA | Health/keep fit (47.5%) | |
| | Barrier to engage in PA | Health reason | |
| | Sports facilities most desired to increase | Park/open area with appropriate sports facilities (20.3%) | |
| | Suggestions for the promotion of Sport for All | Strengthen media publicity (30.8%) | |