

## COMMUNITY SPORTS COMMITTEE

### Minutes of the 28th Meeting of the Community Sports Committee

**Date:** 16 July 2012 (Monday)  
**Time:** 10:30 am  
**Venue:** Conference Room, 30/F, Southorn Centre,  
130 Hennessy Road, Wanchai, Hong Kong

**Present:** Mr TONG Wai-lun (Chairman)  
Mr David YIP Wing-shing (Vice-chairman)  
Mr Daniel CHAM Ka-hung  
Mr Henry CHAN Chi-chiu  
Mr CHENG Shu-ming  
Mr CHU King-yuen  
Ms Peggy LEE Pik-yee  
Mr Philip LI Wing-kuen  
Mr LIU Ah-chuen  
Mr Raphael TONG Tai-wai  
Prof Stephen WONG Heung-sang  
Mrs Cecillia WONG LAM Siu-ling  
Dr Simon YEUNG Sai-mo  
Dr YUNG Shu-hang  
Prof LEUNG Mee-lee

#### Department Representatives in Regular Attendance

Ms Olivia CHAN Yeuk-oi	(Representative from Leisure and Cultural Services Department)
Ms Annie KONG Yun-shan	(Representative from Home Affairs Bureau)
Dr Regina CHING Chuek-tuen	(Representative from Department of Health)
Mr HO Chun-ip	(Representative from Education Bureau)
Ms Olivia YIP Wai-ling	(Representative from Social Welfare Department)
Mr Dennis NGAN Yu-pang	(Representative from Home Affairs Department)

#### Absent with Apologies

Mrs Stella LAU KUN Lai-kuen  
Mr Lawrence LO Wing-man  
Mr George YIP Chi-wai

### **In Attendance**

Mrs Betty FUNG CHING Suk-ye	(Leisure and Cultural Services Department)
Mr Bobby CHENG Kam-wing	(Leisure and Cultural Services Department)
Ms Rebecca LOU Wai-yi	(Leisure and Cultural Services Department)
Mrs MAK CHAN Yin-hing	(Leisure and Cultural Services Department)
Dr LO Wing-lok	(Convenor of the Advisory Committee on the Healthy Exercise for All Campaign – Physical Fitness Test for the Community)
Prof Stanley HUI Sai-chuen	Department of Sports Science and Physical Education, Chinese University of Hong Kong

### **Secretary**

Mr Simon LIU Wai-shing	(Leisure and Cultural Services Department)
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### **Opening Remarks**

1.1 The Chairman reported that Mr LAM Hong-wah, a Member of the Community Sports Committee (CSC), had passed away because of illness in March 2012. He expressed deep sorrow over the passing of Mr LAM and paid tribute to the contribution of Mr LAM in promoting community sports over the years.

1.2 The Director of Leisure and Cultural Services (DLCS) commended the late Mr LAM Hong-wah for his active participation in and support for work at district level and the work of the CSC over the years. She was deeply saddened by his passing and had extended her heartfelt sympathy to his family. On a separate note, DLCS congratulated three Members of the CSC on having received honours from the Chief Executive on 1 July 2012. They were Mr TONG Wai-lun, the Chairman, who had been appointed a Justice of the Peace, and Mr Daniel CHAM and Mr CHU King-yuen, who had both been awarded the Bronze Bauhinia Star.

1.3 The Chairman formally welcomed all Members and representatives from various government departments to the meeting. He also welcomed Ms

Petty LAI, who had taken up the post of Principal Assistant Secretary for Home Affairs (Recreation and Sport). Ms LAI was unable to attend the meeting and was represented by Ms Annie KONG. The Chairman thanked Mr Benjamin MOK, former Principal Assistant Secretary for Home Affairs, for his contribution to the CSC. In addition to welcoming Mr Dennis NGAN of the Home Affairs Department (HAD), who attended the meeting for the first time, the Chairman welcomed Prof Stanley HUI of the Department of Sports Science and Physical Education of the Chinese University of Hong Kong and Dr LO Wing-lok, to the meeting to discuss Item 3 on the agenda regarding the Report of the Advisory Committee on the Healthy Exercise for All Campaign - Physical Fitness Test for the Community.

1.4 With Members' consent, the Chairman opened the discussion of Item 3 on the agenda regarding the Report of the Advisory Committee on the Healthy Exercise for All Campaign - Physical Fitness Test for the Community.

### **Item 3: Report of the Advisory Committee on the Healthy Exercise for All Campaign - Physical Fitness Test for the Community (CSC Paper 4/12)**

2.1 The Chairman invited Dr LO Wing-lok, Convenor of the Advisory Committee on the Healthy Exercise for All Campaign - Physical Fitness Test for the Community, to introduce CSC Paper 4/12. He also invited Prof Stanley HUI to introduce the study report on the Physical Fitness Test for the Community by PowerPoint.

2.2 Dr LO Wing-lok and Prof Stanley HUI introduced CSC Paper 4/12 and the study report respectively. Members' views on the paper and the study report were summarised as follows:

- (a) Mrs Cecilia WONG was grateful that the study report had provided a good deal of important data. Concerned about the growing severity of childhood obesity, she recommended, by citing the Mainland's requirement for one hour of sports activities a day for students in school, that the Education Bureau (EDB) consider increasing Physical Education (PE) lessons in primary schools from two to three every week. Since primary students had to be escorted by parents to and from extra-curricular activities, she proposed that the EDB allow greater flexibility when drawing up guidelines on school hours so that primary schools could make adjustments and

arrangements to increase the physical activity level of students. Regarding adult obesity, she supported the idea that business organisations should encourage their employees to do more exercise. She cited the special school served by herself as an example, saying that the staff and drivers of her school did 20 minutes of stretching every day under the guidance of nurses to reduce the chance of injury. She suggested that government departments take the lead to motivate staff to do exercise.

- (b) Mr Philip LI considered the Body Mass Index (BMI) of adolescents to be unsatisfactory. He noted that according to the United Nations, the average life expectancy of Hong Kong people ranked second in the world, above countries that were keen on promoting sports. He wished to know more about the relationship between physical activity and life expectancy, and wondered whether the currently used measure of BMI was suitable for Hong Kong. He was worried that the public might be misled into thinking that longevity could also be achieved without physical exercise. He hoped that correct health care messages would be put across to the public.
- (c) Mr David YIP, the Vice-chairman thanked Dr LO and the organisations concerned for completing the study report. He suggested that the report, after being refined, be released to the public as early as possible to give them a better understanding of the overall physical condition of the population. As the report showed that the physical fitness of adolescents was deteriorating, he proposed that such a message be disseminated through parent-teacher associations or school heads' associations at district level. He also recommended that schools provide more extra-curricular activities and motivate students to take an active part in them.
- (d) Mr CHU King-yuen concurred with the findings of the study report that obesity was a serious problem in the age group of children. He suggested breaking down the findings by age groups and extracting information relating to school children aged between 7 and 12 to produce a leaflet for schools' reference. Apart from increasing the number of extra-curricular activities, he said that the EDB should urge

schools to lead students to do brief physical exercises every day.

- (e) Prof LEUNG Mee-lee pointed out that life expectancy was subject to various factors and physical activity was only one of them. She related the longer life expectancy enjoyed by Hong Kong people to the city's superior health care system. With regard to the idea of having more PE lessons, she opined that, despite having been discussed for years, the idea would still be difficult to put into practice given the lack of significant change to the social culture and people's mindset in Hong Kong. As for the study report, she hailed the present one as an improvement on the first one, remarking that the stratified sampling method could also reflect the actual situation. Furthermore, as the report showed that "playing in playgrounds" was the most popular physical activity among infants, she suggested that a clear definition be given to the phrase in anticipation of related enquiries.
- (f) Mr Daniel CHAM regarded continuous promotion of sports as crucial. He suggested that the Home Affairs Bureau (HAB) and the Leisure and Cultural Services Department (LCSD) set aside resources annually to carry out regular promotional activities more frequently, and that the HAD provide resources for District Councils (DCs) to organise specific recreation and sports activities. He also proposed that the Government take the initiative to create a sports area at the new Central Government Complex so as to motivate business organisations to encourage their employees to engage in physical activity regularly. Furthermore, he said that the EDB should consider devising "quasi-mandatory" extra-curricular activities for students. He also recommended disseminating the message of participation in sports at LCSD venues by, for instance, setting up "BMI Calculation Corners", where scales and information on the BMI would be provided to help the public understand their physical condition. With a view to making the study report more comprehensible to the public, he suggested producing specific leaflets for different groups of targets.
- (g) Prof Stephen WONG took the view that the rich and detailed

data provided in the study report would serve as reference for future policy-making. He proposed that, when releasing the report, explanatory notes and definitions be added to each PowerPoint slide involving BMI data, for ease of reference by readers or the media. As the “Baseline Indicator” was currently used in the report for classification, he suggested that consideration be given to using indicators commonly used internationally, in the Asia-Pacific region or in Hong Kong to interpret the data in the report, instead of considering only the “American Indicator”. He also suggested making it clear that the relationship between the findings of the Physical Fitness Test and the physical condition of the population was “correlative”, not “causative”. He mentioned that both the tertiary education and the health care sectors recommended 60 minutes of physical activity daily for adolescents. Although the target had yet to be met, he recommended that the EDB and other government departments bring home to the public the importance of physical activity. Besides, as the report indicated that the education level of parents had a bearing on their children’s physical activity level, he said that the Government should pay more attention to the needs of the grass roots when pursuing community and environmental projects.

- (h) Mr LIU Ah-chuen considered it important for parents and adolescents to make good use of outside schools hours, saying that adolescents would still fail to reach the daily target of 60 minutes of physical activity even if schools managed to arrange an additional PE lesson every week. He opined that children and adolescents were highly susceptible to parental influence. As the study report showed that the education and physical activity levels of parents had a direct bearing on the activeness of their children, he suggested that such a message be made clear at the press conference so that public opinion would not focus on seeking to increase the number of PE lessons in schools, and studies and sports would not be placed in confrontational positions. Meanwhile, he applauded the report, saying that it had looked beyond the level of physical activity to include studies on attitudes and feelings towards physical activity as well as further analysis. Believing that various factors led to adolescent obesity, he proposed setting up an

inter-departmental task force to examine the health, diet, physical fitness and learning habits of adolescents. He went on to suggest that, in conjunction with the EatSmart programme of the Department of Health, the LCSD work with schools to roll out diversified activities to help improve the overall health of school children. With a view to achieving more satisfying results, he recommended holding a briefing for primary and secondary schools to introduce those research findings regarding school children.

- (i) Mr Henry CHAN suggested sharing the study report with the Commission on Youth (COY) and the Women's Commission. Since the DCs currently worked with the COY to organise summer activities for adolescents, he proposed that the DCs arrange more sports activities popular with adolescents to enhance their participation. He also recommended displaying promotional slogans at LCSD venues and other places such as offices to call on people to take the stairs more often and incorporate physical activity into their daily lives.
- (j) Mr Raphael TONG remarked that the study report was very detailed, providing data not only on the physical fitness of Hong Kong people (which could serve as reference indicators for a similar study to be conducted in five years' time), but also for evaluating the effectiveness of the strategies for promoting community sports formulated and pursued by the CSC. Besides, the report had made available a wealth of reference data that would enable the CSC to have a clear understanding of the needs of the public. Apart from supporting the increase in the number of parent-child activities, activities for women and sports activities popular with adolescents, he suggested that the Government drive public participation in physical activity by setting out a direction and implementing vigorously relevant measures, such as the provision of facilities and the organisation of large-scale activities.

2.3 With regard to Members' views and suggestions, responses from relevant parties in attendance and representatives of government departments were summarised as follows:

- (a) Mr David YIP, the Vice-Chairman said that in his capacity as Convenor of the Youth Programme Co-ordinating Committee, he was responsible for co-ordinating summer activities held in the 18 districts. He mentioned that the Hong Kong Jockey Club provided funding support for summer activities across the territory annually and some of those activities were related to sports. Furthermore, given that each DC currently had its own Healthy City Steering Committee in charge of promoting healthy lifestyles, he suggested that the study report, after being refined, be distributed to each DC and other relevant organisations, which he believed would offer help and support.
- (b) Dr Regina CHING hoped that the public would understand that the life expectancy of Hong Kong people was a figure arrived at by averaging the death ages of the city's elderly population and that the figure could not fully reflect the actual life expectancy of the younger age groups in the present study. She thought that the study report had not only determined the correlation between the physical activity pattern and the physical fitness of Hong Kong people, but also revealed the overall physical condition of the population. She hoped that the public would be aware that physical activity was part of their daily lives, adding that efforts should be made to promote the concept of "lifestyle physical activities". Taking the view that physical activity should be intertwined with people's life and social development, she proposed that more consideration be given, at the policy bureau level, to other aspects including transport design, the environment, employment, building design and town planning so as to achieve win-win results by, for example, encouraging public participation in physical activity and conservation of social resources.
- (c) Prof Stanley HUI thanked Members for their views and gave a brief response. He pointed out that the primary objective of the present study had been to determine the correlation between the physical activity pattern and the physical fitness of Hong Kong people aged between 3 and 69, rather than the correlation between life expectancy and physical activity. He went on to explain that the classification used in the report had been based on the currently widely accepted BMI criteria recommended by

the World Health Organization for Asians. As regards the definition of “playing in playgrounds”, he responded that “playgrounds” referred generally to playground facilities. He also said that the relationship between physical fitness and the level of physical activity was “correlative”, not “causative”. He recommended the establishment of a dedicated authority to continue studying and surveying the level of physical activity and the physical fitness of the population.

- (d) Dr LO Wing-lok thanked Members for their views. He suggested forming a standing committee to make good use of the data in the study report, to implement and follow up on the report’s recommendations, and to monitor continuously the overall physical condition of the population.
  
- (e) DLCS said that the wealth of data and recommendations contained in the study report could serve as reference for government departments to enhance the quality of their services. According to the views expressed in the present meeting, the decline in physical activity of Hong Kong people, as revealed in the report, was related to the culture, attitudes, personal perception and choice of the population. She suggested that, when releasing the report to the public, emphasis be placed on self-responsibility for maintaining physical fitness: in addition to a balanced diet, people should adopt a healthy lifestyle by incorporating physical activity into their daily routines. As for the problem of childhood overweight and obesity, she said that it was a global social issue involving a multitude of factors and could not be addressed by one single government department. To rectify the situation, apart from promoting a healthy diet among children and encouraging them to do more exercise, changing their habits as well as their own or their families’ mindset was the most important. All stakeholders, including government departments, schools, parents and students, had an important role to play. It was incumbent upon them to make a concerted effort to arrest the social trend of childhood overweight and obesity.
  
- (f) Mr HO Chun-ip said that among the majority of schools that followed the recommendation of the Curriculum Development

Council and allocated 5% to 8% of the total lesson time to PE, only a few managed to offer three PE lessons per week. He suggested that schools encourage students to stay healthy by adopting the Baseline Indicator as a starting point for physical activity. He said that, for example, encouraging children to help parents with household chores would not only enhance the parent-child relationship, but also increase the physical activity level of children. He mentioned that in 2011 the Ministry of Education had required all primary and secondary schools on the Mainland to ensure one hour of sports activities a day for students in school. He added that the EDB was currently reviewing its guidelines on basic education with a view to encouraging schools to help students lead an active and healthy lifestyle.

- (g) Prof LEUNG Mee-lee suggested that professionals such as Dr Regina CHING and Dr Patrick YUNG be invited to attend the press conference for the release of the study report and offer their professional advice.

2.4 The Chairman thanked Members for their valuable views. He also thanked Dr LO Wing-lok and Prof Stanley HUI for their reports.

[Dr LO Wing-lok and Prof Stanley HUI left the meeting after presenting their reports.]

### **Item 1: Confirmation of the Minutes of Last Meeting of the CSC**

3.1 The draft minutes of the 27th meeting had been emailed to Members for comment on 15 May by the Secretariat and hitherto proposed amendments from the HAB had been received. The amended minutes had been emailed to Members on 9 July. The Chairman asked Members to refer to the proposed amendments tabled at the meeting. As no further amendment was proposed at the meeting, the Chairman announced that the minutes of the 27th meeting were endorsed.

## **Item 2: Matters Arising**

### **(i) Report on Sport For All Day 2012**

4.1 The Chairman invited Mr Simon LIU of the LCSD to report the programme arrangements of the Sport For All Day 2012.

4.2 Mr Simon LIU reported that the Sport For All Day 2012 would be held on 5 August. To tie in with the London Olympics and encourage the participating Hong Kong athletes to strive for excellence in the Games, this year's event would be themed upon the Olympics. The LCSD would organise a series of recreation and sports programmes and provide free admission to and free use of various relevant facilities for the public on the event day. He urged Members to attend the launch ceremony at the Siu Sai Wan Sports Centre at 3 pm that day. To promote regular participation in sports, the LCSD had produced new APIs for broadcasting on TV channels, radio, the MTR and Roadshow from July onwards. The APIs consisted of two different versions. Apart from encouraging members of the public to exercise regularly, the one broadcast before 5 August aimed at calling upon the public to participate actively in the Sport For All Day and support local athletes who would take part in the London Olympics, while the one broadcast afterwards aimed at encouraging public participation in physical activities.

4.3 The Chairman hoped that Members would reserve time to attend the launch ceremony of the Sport For All Day on 5 August.

### **(ii) Report on School Sports Programme Coordinator Pilot Scheme**

5.1 The Chairman invited Mrs Joan MAK of the LCSD to report the latest progress of the School Sports Programme Coordinator Pilot Scheme.

5.2 Mrs Joan MAK reported that the working group had held a briefing on 22 March to introduce the Pilot Scheme to the attending representatives from 93 secondary schools. It was stressed at the meeting that participating schools would be required to appoint a staff member as the mentor of School Sports Programme Coordinators (SSPCs). A total of 41 applications for the Pilot Scheme had been received. Under the supervision of Mrs Stella LAU, the Vice-convenor of the Student Sports Activities Co-ordinating Sub-Committee (SSACS) and Mr CHU King-yuen, a Member of the CSC, the assessment panel had selected suitable schools for implementing the Pilot Scheme and announced

the result in June. To date, a total of nine retired athletes had taken part in the Scheme. The working group had made appropriate matching according to the sports development plans of successful applicant schools and the preferences of the athletes. The Hong Kong Sports Institute would continue to recruit suitable retired athletes with a view to fully utilising the quota for the Pilot Scheme within the implementation period. The working group had also explained the implementation details of the Scheme in detail and distributed working guidelines to the representatives from the nine participating schools on 11 July, on which media coverage was arranged. The Pilot Scheme would be officially launched in the 2012-13 academic year. Co-organisers would closely monitor the implementation of the Scheme and participating schools would be required to submit programme reports and annual returns regularly for reviewing the implementation progress. The working group would continue to report to Members the latest progress of the Pilot Scheme.

5.3 Mrs Cecilia WONG hoped that the Scheme could be extended to special schools in the future and that both mainstream athletes and athletes with disabilities could be appointed as SSPCs. According to her, more than 20 athletes would be competing in the London Paralympics as of now and some of them were believed to retire after the Games. She hoped that the Scheme could provide job opportunities for these athletes and contribute to the sports development of the participating schools.

5.4 Mr Raphael TONG suggested providing additional resources for SSPCs to study other subjects with a view to preparing them for career development upon their completion of the three-year Pilot Scheme, so that they could take up other teaching duties in their serving schools after completing the Scheme and integrate into the school community.

5.5 Ms Olivia CHAN of the LCSD emphasised that the Scheme was on a trial basis, aiming to provide a training platform for retired athletes, enrich their work experiences and help them plan their future careers. She said that an interim review would be conducted for the Pilot Scheme after its first year of implementation for the purpose of devising the way forward.

#### **Item 4: Report of the 4th Hong Kong Games Organising Committee (CSC Paper 5/12)**

6.1 The Chairman invited Ms Rebecca LOU of the LCSD to introduce the CSC Paper 5/12.

6.2 Ms Rebecca LOU reported to Members the progress of the organising work of the 4th Hong Kong Games (HKG).

6.3 Mrs Cecilia WONG asked whether athletes with disabilities would be provided a chance to participate in the HKG. Ms Rebecca LOU responded that Elite Athletes' Demonstration and Exchange sessions would continue to be held during this year's HKG and athletes with disabilities would be invited to participate in the sessions of four sports, namely athletics, swimming, table tennis and badminton, and to engage in exchanges with participants from the 18 districts through the demonstrations and experience sharing.

### **Item 5: Any Other Business**

#### **(i) Hong Kong and Shanghai Summer Sports Camp for Youth 2012**

7.1 The Chairman invited Mrs Joan MAK of the LCSO to report on the Hong Kong and Shanghai Summer Sports Camp for Youth 2012.

7.2 Mrs Joan MAK reported that this year's Camp would be held between 23 and 27 July at the Oriental Land in Shanghai, China and the sports under the exchange programme would be tennis, handball and basketball. The Hong Kong delegation consisted of 53 members in total, including 42 participants, the Head and Deputy Head of Delegation and coaches. In-camp activities included sports training, friendly matches and visits to tourist attractions and sports facilities. The LCSO had organised a pre-camp briefing at Kowloon Park Sports Centre on 10 July to introduce in detail the itinerary and points to note to members of the Hong Kong delegation, participants and their parents and distribute uniforms.

7.3 The Chairman remarked that he and Mr LIU Ah-chuen, the Convenor of the SSACS, had served as the Head of Delegation and Deputy Head of Delegation of the Camp in the previous two years. As this year's Camp would be held on 23 July, the Chairman had invited Mr David YIP, the Vice-chairman and Mrs Stella LAU, the Vice-convenor of the SSACS to be the Head and the Deputy Head of Delegation of the Camp to lead the delegation to the Camp. He thanked them for accepting the invitation.

## **(ii) Progress on the Provision of Automated External Defibrillators**

8.1 Mr Raphael TONG hoped that the LCSD would report at the next meeting the progress on installing automated external defibrillators (AEDs) at its land-based leisure venues.

8.2 Ms Olivia CHAN of the LCSD reported that the procurement of AEDs was in progress and expected to complete by the end of this year. If time permitted, she hoped to show Members how to operate an AED and report the latest progress on its provision at the next meeting.

### **Adjournment of Meeting**

9.1 The Chairman thanked Members for attending the meeting. The Secretariat would inform Members of the date of the next meeting.

9.2 The meeting was adjourned at 1:05 pm.

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Community Sports Committee Secretariat  
September 2012