

Bay Area Experience: Evidence-based Policy Webinar Series

Physical Activity and Health of Children and Parents:

Big Data Generated from the Greater Bay Area

26 Aug 2022 (Fri), 11:00AM – 12:15PM (UTC+8), Zoom, English

PROGRAMME



Prof. Fanny M. CHEUNG

Senior Advisor,
Faculty of Social Science &
Hong Kong Institute of Asia-Pacific Studies,
CUHK

Welcoming Remark
11:00 – 11:05AM



Prof. Amy Sau-ching HA

Associate Dean (Research),
Faculty of Education,
CUHK

Presentation
11:05 – 11:35AM



Prof. Yi-jian YANG

Assistant Professor,
Department of Sports Science and Physical Education,
CUHK

Discussion
11:35 – 11:45AM



Ms. Sze-wing MAN

Principal,
Po Leung Kuk Lam Man Chan English Primary School

Discussion
11:45 – 11:55AM

Physical activity is important to children's health and development. However, few Hong Kong children met activity guidelines proposed by the World Health Organization. The Fun to Move@JC, which began in 2017, is a school-based project designed to increase physical activity of children. By enhancing home school cooperation and applying state-of-the-art technology, the project aims to improve the quality and quantity of support children receive from their schools and families. In this webinar, the speaker and discussant will discuss how COVID-19 influenced children's and parents' physical activity and health, and also how project initiatives were adapted to counter the effects of the pandemic. Their findings have important implications in terms of physical activity promotional strategies in the Greater Bay Area. First, supportive policies at school or governmental levels will benefit children's activity behaviours. Engagement of parents through home school cooperation is also effective in increasing physical activity in individuals and co-activity between children and parents; the latter is associated with beneficial outcomes such as better parent-child relationships. Finally, appropriate use of technology allows activity levels to be monitored by users and policymakers efficiently, and hence timely and efficiently interventions could be designed.

Q&A Session

11:55AM – 12:15PM