

學校體適能獎勵計劃
School Physical Fitness Award Schemes



How fat are our secondary school children?
中學生肥胖狀況

Based on a study conducted on 4000 secondary school children in 1999 using the skinfold test (sum of triceps skinfold and calf skinfold) 根據在1999年4000名中學生所用之量度皮摺厚方法 (三頭肌與小腿內側皮摺厚度總和)

Hong Kong boys between 12 to 18 years 香港十二至十八歲男孩:

12.2% boys have high body fat of 男孩脂肪 >25%

Hong Kong girls between 12 to 18 years 香港十二至十八歲女孩:

7.8% girls have high body fat of 女孩脂肪 >32%

Hong Kong boys between 12 to 18 years 香港十二至十八歲男孩:

62.4% within the optimal range 達到理想水平

Hong Kong girls between 12 to 18 years 香港十二至十八歲女孩:

73.3% within the optimal range 達到理想水平