

PRESS RELEASE

A healthy eating report card for pre-school children in Hong Kong grades children's eating behaviours and family home food environment

(Hong Kong, 21 May 2024) – **Unhealthy dietary patterns, such as unhealthy snacking and sugary beverage habits, are prevalent among pre-school children in Hong Kong. Investigating this concern, a research team from The Education University of Hong Kong has developed the Healthy Eating Report Card for Pre-school Children in Hong Kong utilising a conventional letter grading system. It aims to reveal how well pre-school children meet the recommendations and standards for healthy eating established by the government and published literature. The findings of the Report Card have been recently published in the *Hong Kong Medical Journal*.**

The team conducted a cross-cultural study and recruited 589 parent-child dyads from eight local kindergartens in Hong Kong in late 2021. The parents were asked to complete the parent-reported questionnaire to assess their children's eating behaviours and family home food environments (FHFEs). The Report Card was graded based on two indicators of Children's Eating Behaviours and three indicators of FHFEs. Each indicator and its specific items received a letter grade ranging from A+ to F representing the percentage of participants achieving the predefined benchmarks.

The findings of the study revealed that the average grade of Children's Eating Behaviours indicators was classified as Fair ('C'), indicating that approximately half of the pre-school children in Hong Kong adhered to healthy dietary patterns and mealtime behaviours, which have substantial room for improvement. On the other hand, the average grade of FHFEs indicators was classified as Good ('B'), indicating more than half of their parents could make a choice to avoid unhealthy foods and offer favourable family mealtime environments for their children. The findings are comparable to those of a recent cross-cultural study on healthy eating conducted by the same research team, in which they compared the prevalence of healthy eating among pre-school children across four countries or regions, namely, Hong Kong, Singapore, Australia, and the United States.¹ The research team believes that the Report Card can offer novel insights into monitoring and promoting healthy eating among children in Hong Kong.

The article "Healthy Eating Report Card for Pre-school Children in Hong Kong" was published in the *Hong Kong Medical Journal*. <https://doi.org/10.12809/hkmj2210649>

新聞稿

香港學前兒童健康飲食報告卡就兒童飲食行為及家庭家居飲食環境評級

(香港，2024年5月21日) — 不健康飲食習慣在香港學前兒童中十分普遍，例如吃不健康零食和飲用含糖飲品。為了深入了解這種飲食狀況，香港教育大學的研究團隊制訂了一份香港學前兒童健康飲食報告卡，利用傳統的字母評分方式評估這些兒童能否跟從政府和文獻的健康飲食建議和標準。報告卡結果已在《香港醫學雜誌》發表。

該團隊於2021年底在香港八間本地幼稚園進行了一項橫斷面研究，招募了589名家長及其子女。家長需填寫一份家長報告形式的問卷，以評估子女的飲食行為和家庭家居飲食環境。報告卡透過兩項兒童飲食行為指標和三項家庭家居飲食環境指標進行評級，每個指標及其具體項目均獲得一個字母等級（從A+到F），代表達到預先定義基準的參加者的百分比。

該研究結果顯示，兒童的飲食行為指標的平均等級被分類為「尚可」（C），代表只有約一半的香港學前兒童能遵從健康的飲食模式和用餐行為，尚有改善空間。家庭家居飲食環境指標的平均等級則被分類為「良好」（B），代表超過一半父母可限制孩童進食不健康的食物和提供合宜的用餐環境。該研究結果與同一研究團隊最近進行的有關健康飲食的跨文化研究相似，他們比較了香港、新加坡、澳洲和美國四個國家或地區的學前兒童健康飲食狀況。¹ 該研究團隊相信，學前兒童健康飲食報告卡能為監測和促進香港兒童健康飲食提供新的見解。

詳細內容可參閱原文《香港學前兒童健康飲食報告卡》。

Reference

1. Wan AW, Chung KK, Li JB, Xu SS, Chan DK. An assessment tool for the international healthy eating report card for preschool-aged children: a cross-cultural validation across Australia, Hong Kong, Singapore, and the United States. *Front Nutr* 2024;11:1340007.

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Source: Alison WL Wan, Kevin KH Chung, JB Li, et al. Healthy Eating Report Card for Pre-school Children in Hong Kong. *Hong Kong Med J* 2024;30:Epub 21 May 2024. <https://doi.org/10.12809/hkmj2210649>.

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