






**邁向2025** 香港非傳染病防控策略及行動計劃  
Strategy and Action Plan to Prevent and Control NCD in Hong Kong

**30**  
衛生署  
Department of Health

## 香港學生的健康狀況

### Health Status of Students in Hong Kong

13/6/2019

**邁向2025** Strategy and Action Plan to Prevent and Control NCD in Hong Kong

**30**  
衛生署  
Department of Health

### 根據出席學生健康服務的學生問卷調查

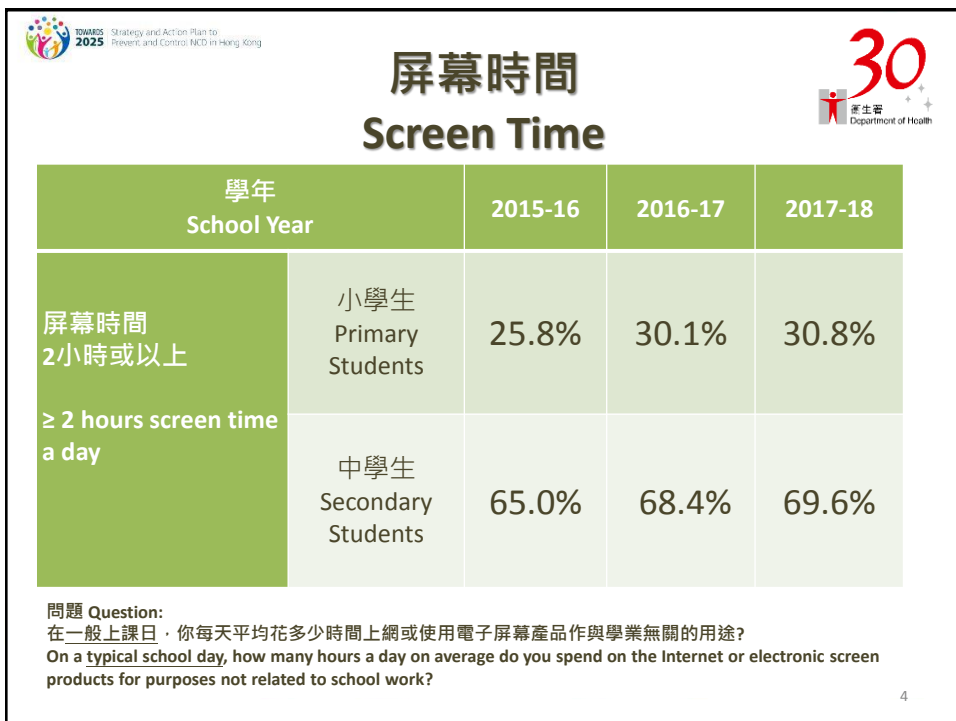
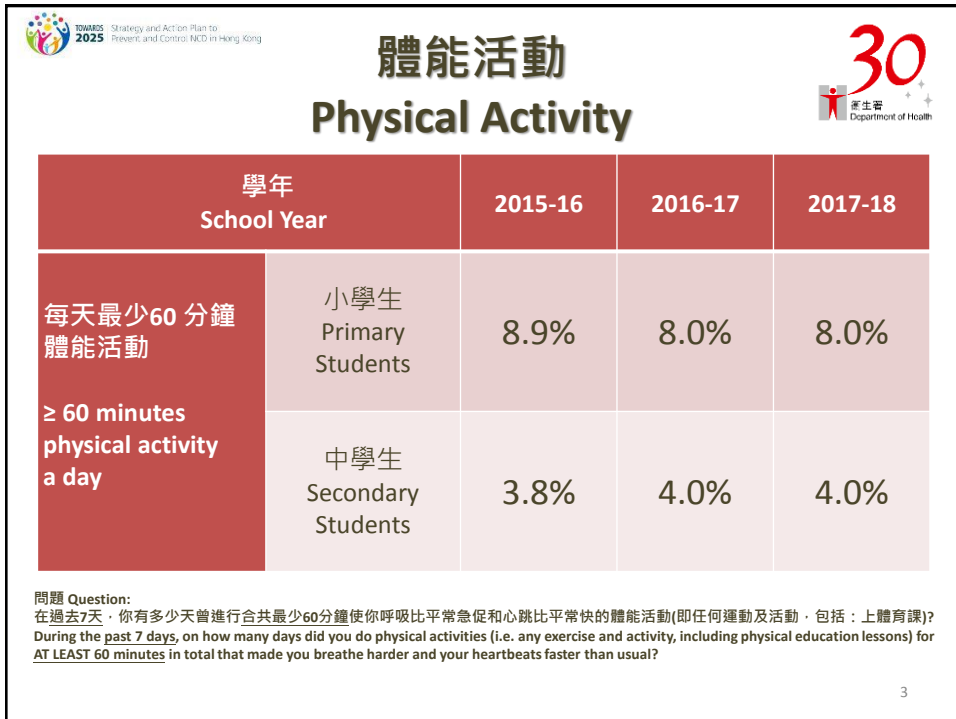
### Based on Questionnaires Completed by Students

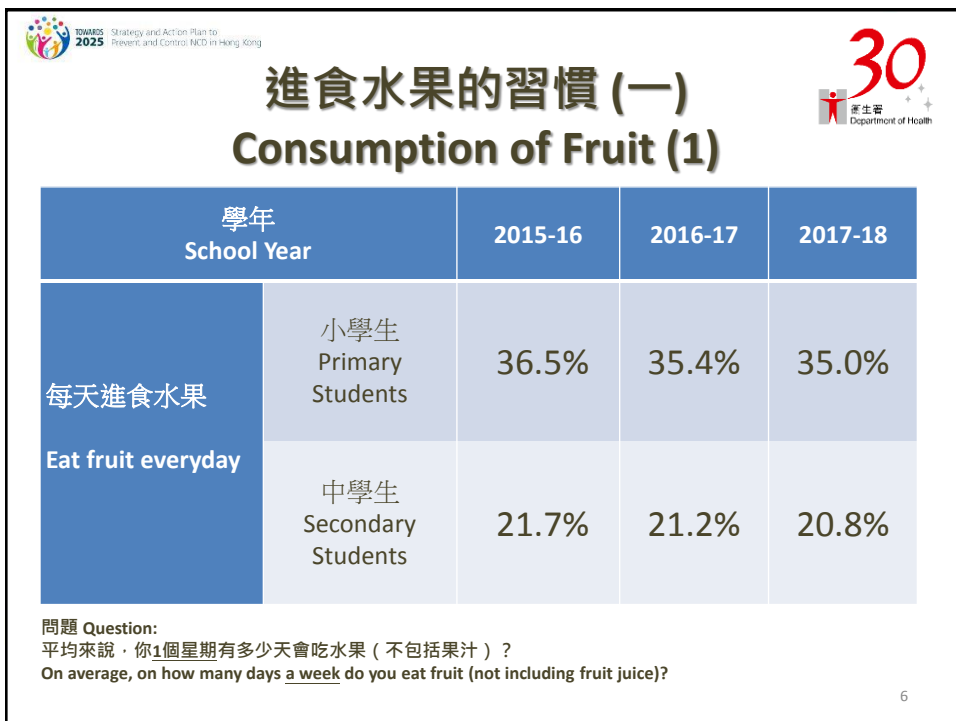
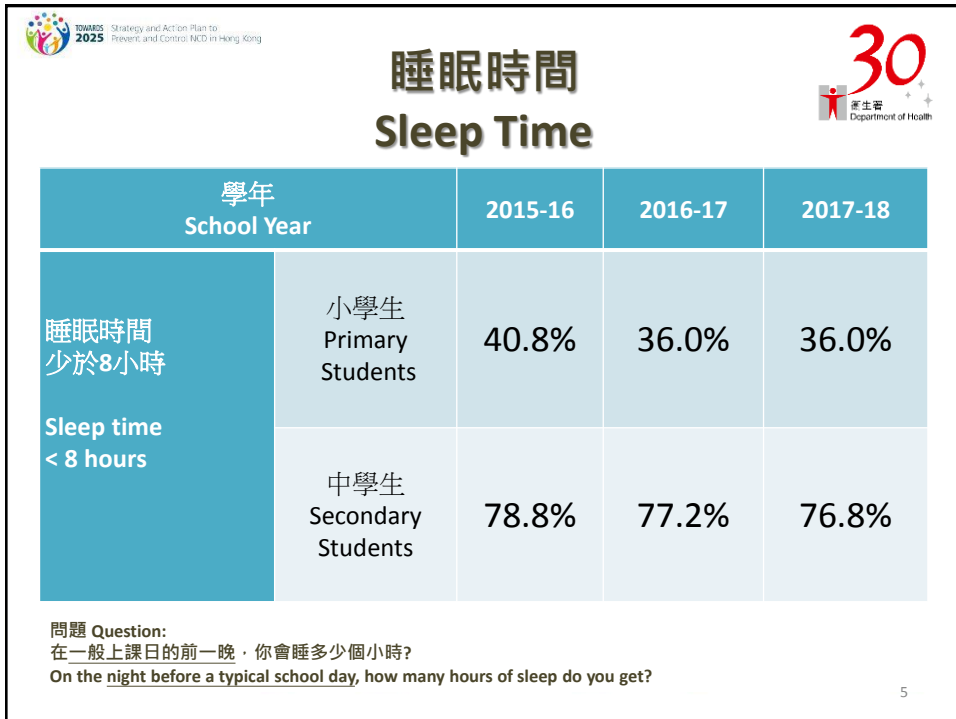
### Attending Student Health Service Centres

- 完成問卷的學生人數  
Number of students completed the questionnaires

學年 School Year	2015-16	2016-17	2017-18
小學生 Primary Students	73,600	83,400	87,900
中學生 Secondary Students	64,600	61,800	61,700

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## 進食水果的習慣 (二)

### Consumption of Fruit (2)

學年 School Year		2015-16	2016-17	2017-18
進食2份或以上水果 Eat ≥ 2 servings of fruit	小學生 Primary Students	47.8%	45.1%	45.1%
	中學生 Secondary Students	33.6%	31.9%	31.6%

**問題 Question:**

在吃水果的日子，你1天平均吃大約多少份水果？1份水果相當於1個中型水果（如蘋果、橙或梨）、半個大型水果（如香蕉）、2個小型水果（如奇異果或布林）、半碗水果塊（如西瓜、鑊皮瓜或蜜瓜）、或半碗顆粒狀水果（如提子或士多啤梨）。

On the days you eat fruit, about how many servings of fruit a day do you eat on average? One serving of fruit is equivalent to 1 piece of medium-sized fruit like apple, orange or pear, half piece of large-sized fruit like banana, 2 pieces of small-sized fruit like kiwi fruit or plum, half bowl of fruit cuts like watermelon, cantaloupe or honeydew melon, or half bowl of mini-sized fruit like grape or strawberry.

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## 進食瓜菜的習慣 (一)

### Consumption of Vegetables (1)

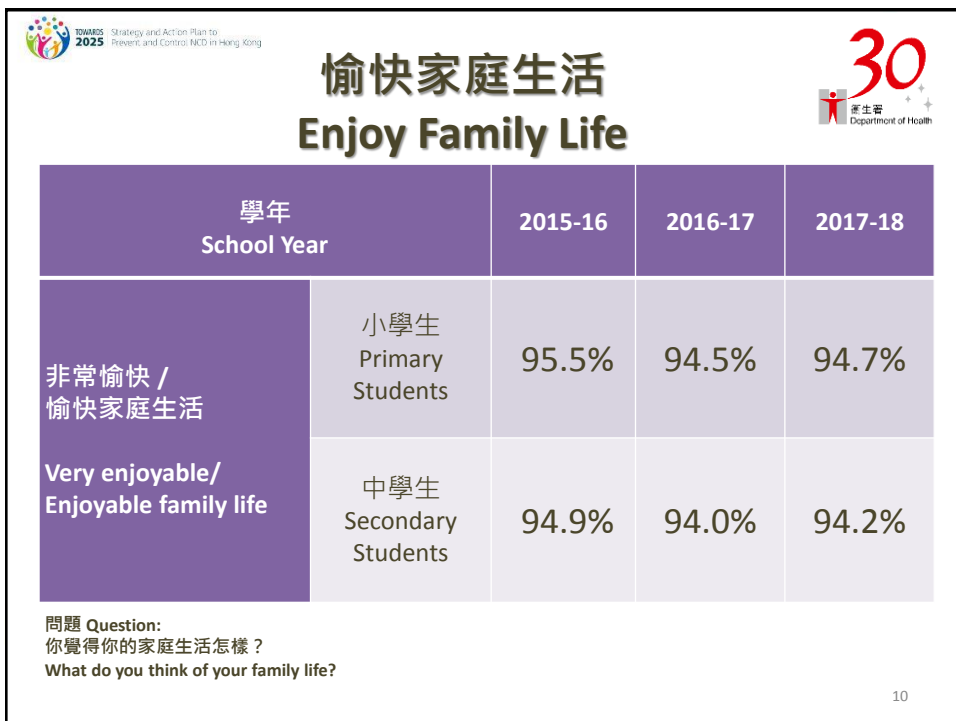
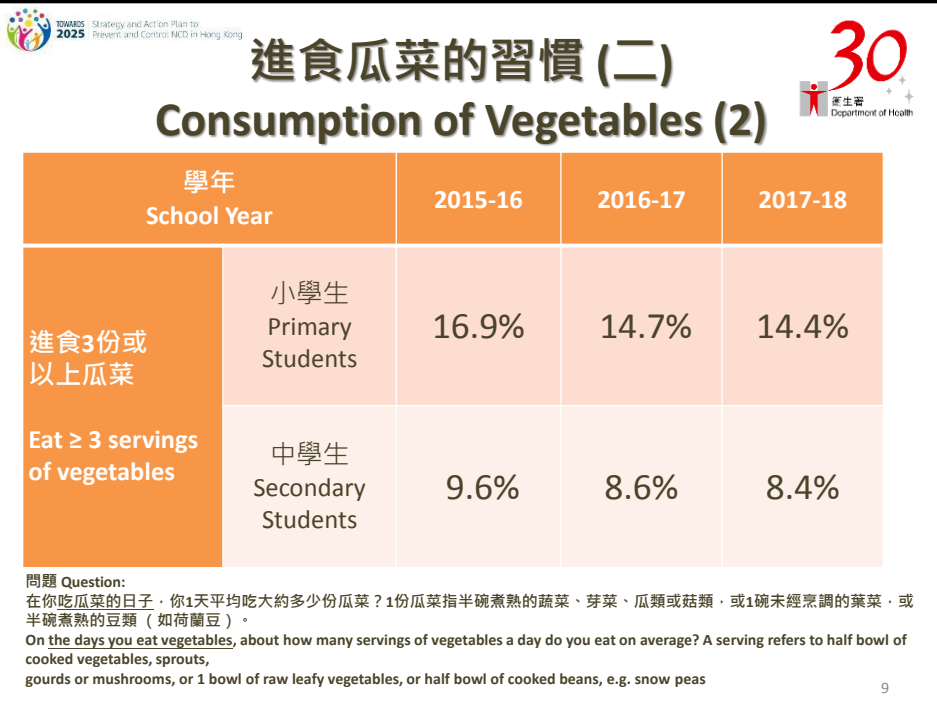
學年 School Year		2015-16	2016-17	2017-18
每天進食瓜菜 Eat vegetables everyday	小學生 Primary Students	60.7%	59.4%	60.3%
	中學生 Secondary Students	54.1%	54.0%	53.4%

**問題 Question:**

平均來說，你1個星期有多少天會吃瓜菜（不包括蔬菜汁）？

On average, on how many days a week do you eat vegetables (not including vegetable juice)?

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## 愉快學校生活 Enjoy School Life

學年 School Year		2015-16	2016-17	2017-18
非常愉快 / 愉快學校生活  Very enjoyable/ Enjoyable school life	小學生 Primary Students	93.7%	92.5%	92.9%
	中學生 Secondary Students	95.6%	94.8%	94.9%

問題 Question:  
你覺得你的學校生活怎樣?  
What do you think of your school life?