



根據出席學生健康服務的學生問卷調查 Time 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



體能活動 **Physical Activity**



_	年 Il Year	2015-16	2016-17	2017-18
每天最少60 分鐘體能活動	小學生 Primary Students	8.9%	8.0%	8.0%
≥ 60 minutes physical activity a day	中學生 Secondary Students	3.8%	4.0%	4.0%

問題 Question: 在<u>過去7天</u>,你有多少天曾進行<u>合共最少60分鐘</u>使你呼吸比平常急促和心跳比平常快的體能活動(即任何運動及活動,包括:上體育課)? During the past 7 days, on how many days did you do physical activities (i.e. any exercise and activity, including physical education lessons) for AT LEAST 60 minutes in total that made you breathe harder and your heartbeats faster than usual?



屏幕時間 **Screen Time**



學年 School Year		2015-16	2016-17	2017-18
屏幕時間 2小時或以上	小學生 Primary Students	25.8%	30.1%	30.8%
≥ 2 hours screen time a day	中學生 Secondary Students	65.0%	68.4%	69.6%

問題 Question:

在一般上課日,你每天平均花多少時間上網或使用電子屏幕產品作與學業無關的用途?

On a typical school day, how many hours a day on average do you spend on the Internet or electronic screen products for purposes not related to school work?



睡眠時間 Sleep Time



學年 School \		2015-16	2016-17	2017-18
睡眠時間 少於8小時	小學生 Primary Students	40.8%	36.0%	36.0%
Sleep time < 8 hours	中學生 Secondary Students	78.8%	77.2%	76.8%

問題 Question:

在一般上課日的前一晚,你會睡多少個小時?

On the night before a typical school day, how many hours of sleep do you get?

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進食水果的習慣 (一) Consumption of Fruit (1)



學年 School		2015-16	2016-17	2017-18
每天進食水果	小學生 Primary Students	36.5%	35.4%	35.0%
Eat fruit everyday	中學生 Secondary Students	21.7%	21.2%	20.8%

問題 Question

平均來說,你1個星期有多少天會吃水果(不包括果汁)?

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



進食水果的習慣 (二) Consumption of Fruit (2)



	年 ol Year	2015-16	2016-17	2017-18
進食2份或以上 水果	小學生 Primary Students	47.8%	45.1%	45.1%
Eat ≥ 2 servings of fruit	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(如蘋果或布冧)、半碗水果塊(如西瓜、皺皮瓜或蜜瓜),或半碗顆粒狀水果(如提子或土多啤梨)。 On the <u>days you eat fruit</u>, 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)



學章 School		2015-16	2016-17	2017-18
每天進食瓜菜	小學生 Primary Students	60.7%	59.4%	60.3%
Eat vegetables everyday	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)?



進食瓜菜的習慣 (二) Consumption of Vegetables (2)



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學年 School Year		2015-16	2016-17	2017-18
進食3份或 以上瓜菜	小學生 Primary Students	16.9%	14.7%	14.4%
Eat ≥ 3 servings of vegetables	中學生 Secondary Students	9.6%	8.6%	8.4%

問題 Question:

On the days you eat vegetables, about how many servings of vegetables a day do you eat on average? A serving refers to half bowl of cooked vegetables, sprouts,

gourds or mushrooms, or 1 bowl of raw leafy vegetables, or half bowl of cooked beans, e.g. snow peas

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愉快家庭生活 Enjoy Family Life



學年 School Year		2015-16	2016-17	2017-18
非常愉快 / 愉快家庭生活	小學生 Primary Students	95.5%	94.5%	94.7%
Very enjoyable/ Enjoyable family life	中學生 Secondary Students	94.9%	94.0%	94.2%

問題 Question:

你覺得你的家庭生活怎樣?

What do you think of your family life?



愉快學校生活 **Enjoy School Life**



學年 School Yea	ar	2015-16	2016-17	2017-18
非常愉快 / 愉快學校生活	小學生 Primary Students	93.7%	92.5%	92.9%
Very enjoyable/ Enjoyable school life	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?