Childhood overweight and obesity is not only a local problem in Hong Kong but also a global concern. The age-standardized prevalence of overweight and obesity in school students aged 2 to 19 years increased from 8.3% to 13.2% between 1980 and 2013 globally. In Hong Kong, the prevalence of overweight and obesity among primary school students increased from 16.1% in 1995 to 20% in 2013. Overweight and obese children have a high risk of developing chronic diseases and psychological impacts. The determinants to children obesity in the Chinese context include Chinese traditional culture, parenting knowledge and practice, sedentary lifestyle and high academic attainment. Conceptual framework is formulated to guide the idea of Family-School Partnership intervention in Hong Kong context.

Students are exhausted by the intense amounts of work and study, both in class and after class, resulting in a sedentary lifestyle with ignoring the importance of physical activity and school life balance. Childhood obesity prevention programs should be implemented at an early stage of child development. Even though Department of Health organizes various programs, such as EatSmart@school.hk Campaign, to cultivate a healthy lifestyle among school children and preschool children. Those programs mainly implement school-based activities without emphasizing the collaboration between families and schools.

Conceptual framework is formulated to serve as a guide for the family-school partnership intervention (Figure 1). Family school Partnership is an evidence-based approach to reinforce active collaboration between schools and families, and share the responsibility for preventing children obesity. The obesity stakeholders including schools, homes, communities and clinical settings should be involved in the program. As Chinese traditional...
cultural beliefs highly contributes to child obesity, the intervention should be culturally sensitive to meet the different expectation of Asian families. Through family-school partnership interventions focused on collaboration among different stakeholders, the entire community concrete a favorable environment and culture which are supportive of healthy eating and physical activity to prevent subsequent childhood obesity.

References