



# Hong Kong Student Health Survey (2012-2016)

## Fact Sheet No.1: Dietary Behaviours and Oral Health

- The Hong Kong Student Health Survey (2012-2016) measured students' health behaviours such as oral health, dietary behaviours and overweight, physical activity, sedentary behaviours, tobacco use, life satisfaction, mental distress, intentional and unintentional injuries, and inappropriate social behaviours.
- Local primary schools and secondary schools in Hong Kong were invited to take part in a healthy school project on an annual basis. Among participating schools, students who were studying in Primary 4 (P4) and Secondary 3 (S3) were eligible to participate in the survey.
- This fact sheet presents selected survey results of consecutive five years from 2012/13 to 2016/17. It aims at reflecting students' dietary behaviours, oral health practices and exploring what factors would influence students in deciding which kind of meals and snacks to select. The percentages are weighted based on the figures provided by the Education Bureau regarding student enrolment by district, grade, gender and age in corresponding school year. It also shows when there is a marked gender difference in prevalence.

Results	Respondents	2012/13	2013/14	2014/15	2015/16	2016/17	Average
1. Number of respondents	P4 students	3,231	3,814	3,794	4,176	2,222	3,447
	S3 students	2,963	3,896	4,036	3,852	2,642	3,478
2. Mean age of respondents (years)	P4 students	9.8	9.7	9.8	9.8	10.0	9.8
	S3 students	15.0	15.0	15.0	15.1	15.3	15.1
3. Weighted percentage of students by gender	P4 boys	51.8%	51.6%	51.9%	51.7%	51.9%	51.8%
	P4 girls	48.2%	48.4%	48.1%	48.3%	48.1%	48.2%
	S3 male adolescents	52.0%	52.2%	51.9%	52.6%	51.9%	52.0%
	S3 female adolescents	48.0%	47.8%	48.1%	47.4%	48.1%	48.0%
4. Weighted percentage of students who had 2 or more servings of vegetables per day <sup>#</sup>	P4	40.0%	40.7%	43.6%	44.9%	43.5%	42.5%
	S3	38.6%	36.8%	34.1%	31.5%	36.6%	35.5%
5. Weighted percentage of S3 students who had 3 or more servings of vegetables per day <sup>#</sup>	S3	12.4%	14.0%	11.1%	10.8%	12.1%	12.1%
6. Weighted percentage of students who had 1 or more serving of fruit per day <sup>#</sup>	P4	66.6%	64.2%	68.9%	69.0%	70.0%	67.7%
	S3	42.4%	42.4%	44.7%	43.0%	45.9%	43.7%
7. Weighted percentage of students who had 2 or more servings of fruit per day <sup>#</sup>	P4	28.7%	27.5%	30.4%	31.4%	34.2%	30.4%
	S3	12.0%	12.4%	13.1%	13.1%	13.9%	12.9%
8. Weighted percentage of students who had 1 or more serving of dairy products per day <sup>#</sup>	P4 (both sexes)	44.2%	44.6%	44.9%	45.5%	53.7%	46.6%
	S3 (both sexes)	34.2%	36.5%	37.2%	37.6%	38.1%	36.7%
	S3 male adolescents	38.7%	39.0%	39.5%	40.9%	41.2%	39.9%
	S3 female adolescents	29.4%	33.7%	34.8%	33.8%	34.8%	33.3%
9. Weighted percentage of students who had 2 or more servings of dairy products per day <sup>#</sup>	P4 (both sexes)	12.6%	13.7%	14.4%	14.5%	18.0%	14.6%
	S3 (both sexes)	9.9%	9.8%	9.7%	10.7%	11.1%	10.2%
	S3 male adolescents	13.3%	12.2%	11.8%	13.4%	14.1%	13.0%
	S3 female adolescents	6.3%	7.3%	7.4%	7.6%	8.0%	7.3%
10. Weighted percentage of students who had breakfast every day <sup>#</sup>	P4 (both sexes)	79.9%	81.4%	80.9%	82.0%	82.6%	81.4%
	S3 (both sexes)	45.9%	47.9%	49.5%	46.6%	45.9%	47.2%
	S3 male adolescents	50.4%	50.9%	52.1%	49.5%	48.3%	50.2%
	S3 female adolescents	41.1%	44.6%	46.8%	43.5%	43.2%	43.8%

<sup>#</sup> The time frame of the question was set for during the 7 days before the survey.

Results	Respondents	2012/13	2013/14	2014/15	2015/16	2016/17	Average
11. Weighted percentage of students who had breakfast on less than 3 days <sup>#</sup>	P4 (both sexes)	6.8%	7.2%	7.5%	6.2%	6.0%	6.7%
	S3 (both sexes)	21.0%	20.7%	18.8%	21.0%	20.6%	20.4%
	S3 male adolescents	17.7%	18.9%	16.5%	18.8%	18.4%	18.1%
	S3 female adolescents	24.5%	22.7%	21.2%	23.5%	23.1%	23.0%
12. Weighted percentage of students who had crispy snacks for 4 or more times <sup>#</sup>	P4	11.3%	11.4%	12.5%	11.9%	12.6%	11.9%
	S3	10.3%	11.3%	12.3%	12.4%	11.2%	11.5%
13. Weighted percentage of students who had candies for 4 or more times <sup>#</sup>	P4 (both sexes)	18.8%	19.4%	19.8%	20.4%	17.6%	19.2%
	S3 (both sexes)	30.0%	30.5%	32.4%	30.7%	22.5%	29.2%
	S3 male adolescents	25.5%	25.1%	29.6%	26.2%	19.0%	25.1%
	S3 female adolescents	35.1%	36.4%	35.4%	35.6%	26.2%	33.7%
14. Weighted percentage of students who had soft drinks for 4 or more times <sup>#</sup>	P4 (both sexes)	10.2%	9.6%	8.4%	9.0%	9.2%	9.3%
	S3 (both sexes)	20.1%	19.2%	17.3%	17.3%	19.4%	18.7%
	P4 boys	12.4%	12.1%	11.0%	11.5%	12.5%	11.9%
	P4 girls	7.9%	6.9%	5.7%	6.3%	5.5%	6.5%
	S3 male adolescents	28.4%	26.2%	24.4%	24.5%	27.7%	26.2%
	S3 female adolescents	11.2%	11.6%	9.7%	9.6%	10.6%	10.5%
15. Weighted percentage of students who had beverages with added sugar for 4 or more times <sup>#</sup>	P4 (both sexes)	22.1%	21.2%	19.7%	19.2%	20.4%	20.5%
	S3 (both sexes)	36.1%	37.3%	38.3%	38.0%	37.3%	37.4%
	P4 boys	25.2%	24.2%	23.5%	22.8%	24.0%	23.9%
	P4 girls	18.6%	18.0%	15.6%	15.4%	16.4%	16.8%
	S3 male adolescents	41.1%	43.0%	44.0%	42.6%	39.9%	42.1%
	S3 female adolescents	30.7%	31.1%	32.2%	33.0%	34.3%	32.3%
16. Weighted percentage of students who had deep-fried foods for 4 or more times <sup>#</sup>	P4 (both sexes)	8.0%	8.8%	9.1%	9.3%	9.8%	9.0%
	S3 (both sexes)	12.1%	11.9%	11.9%	13.2%	11.7%	12.2%
	P4 boys	10.6%	9.1%	11.2%	11.6%	12.0%	10.9%
	P4 girls	5.3%	8.4%	6.9%	6.9%	7.5%	7.0%
	S3 male adolescents	13.5%	13.8%	13.5%	15.2%	14.1%	14.0%
	S3 female adolescents	10.6%	9.9%	10.1%	11.0%	9.0%	10.1%
17. Weighted percentage of students who had processed meat products (such as ham and sausage) for 4 or more times <sup>#</sup>	P4 (both sexes)	21.1%	16.8%	17.1%	16.6%	14.2%	17.2%
	S3 (both sexes)	21.3%	20.9%	22.2%	21.8%	19.8%	21.2%
	P4 boys	24.5%	18.4%	20.8%	18.9%	17.9%	20.1%
	P4 girls	17.4%	15.0%	13.1%	14.0%	10.1%	13.9%
	S3 male adolescents	24.8%	24.1%	24.5%	24.0%	21.7%	23.8%
	S3 female adolescents	17.5%	17.4%	19.8%	19.4%	17.7%	18.4%
18. Weighted percentage of students who had the habit of brushing their teeth in the morning and at night	P4 (both sexes)	78.0%	77.5%	77.1%	75.8%	79.9%	77.7%
	S3 (both sexes)	71.3%	69.5%	71.9%	69.0%	70.1%	70.4%
	P4 boys	72.6%	73.5%	72.5%	71.6%	75.2%	73.1%
	P4 girls	83.8%	81.6%	82.1%	80.3%	85.0%	82.6%
	S3 male adolescents	66.8%	62.7%	64.2%	63.0%	63.6%	64.1%
	S3 female adolescents	76.2%	76.6%	80.3%	75.6%	77.2%	77.2%
19. Weighted percentage of students who had received a dental checkup within the 12 months before the survey	P4	82.3%	84.4%	85.3%	84.0%	90.8%	85.4%
	S3	28.2%	31.5%	34.1%	31.5%	36.9%	32.4%
20. Weighted percentage of students who had used dental floss every day <sup>#</sup>	P4 (both sexes)	13.1%	13.2%	14.9%	15.2%	18.5%	15.0%
	S3 (both sexes)	7.7%	6.1%	7.4%	7.2%	7.2%	7.1%
	P4 boys	11.6%	12.0%	13.1%	14.0%	16.9%	13.5%
	P4 girls	14.8%	14.4%	16.9%	16.4%	20.2%	16.5%
	S3 male adolescents	6.2%	4.9%	5.9%	7.1%	5.6%	5.9%
	S3 female adolescents	9.3%	7.4%	8.9%	7.2%	8.8%	8.3%

<sup>#</sup> The time frame of the question was set for during the 7 days before the survey.

Results	Respondents	2012/13	2013/14	2014/15	2015/16	2016/17	Average
21. Weighted percentage of students who didn't use dental floss <sup>#</sup> or didn't know what it is	P4 (both sexes)	65.3%	64.9%	60.8%	63.0%	54.9%	61.0%
	S3 (both sexes)	75.8%	76.6%	75.1%	77.1%	76.1%	76.1%
	P4 boys	68.9%	69.3%	65.3%	65.6%	59.1%	65.6%
	P4 girls	61.4%	60.1%	56.0%	60.2%	50.2%	57.6%
	S3 male adolescents	79.7%	80.5%	79.4%	79.5%	79.7%	79.8%
	S3 female adolescents	71.5%	72.4%	70.5%	74.3%	72.1%	72.2%

<sup>#</sup> The time frame of the question was set for during the 7 days before the survey.

From 2012/13 to 2015/16, two multiple choice questions were used to explore what factors would influence children and adolescents in deciding which kind of meals and snacks to select. The weighted percentages presented in the following table are about factors such as taste and price of food/snacks, as well as whether the food is healthy.

Results	Respondents	2012/13	2013/14	2014/15	2015/16	Average
22. Weighted percentage that <b>taste of food</b> <sup>@</sup> was usually considered by students when deciding which kind of meals to have.	P4 (both sexes)	59.6%	55.6%	57.9%	58.5%	57.9%
	S3 (both sexes)	81.4%	81.3%	85.0%	83.4%	82.8%
	S3 male adolescents	77.7%	77.2%	81.6%	80.1%	79.2%
	S3 female adolescents	85.4%	85.8%	88.2%	87.1%	86.6%
23. Weighted percentage that <b>price of food</b> <sup>@</sup> was usually considered by students when deciding which kind of meals to have.	P4	70.9%	71.4%	71.0%	71.7%	71.3%
	S3	76.4%	74.8%	77.7%	74.8%	75.9%
24. Weighted percentage of students who usually considered <b>whether the food is healthy</b> <sup>@</sup> when deciding which kind of meals to have.	P4 (both sexes)	58.3%	57.7%	61.6%	60.5%	59.5%
	S3 (both sexes)	24.6%	24.7%	26.5%	26.1%	25.5%
	P4 boys	51.3%	51.2%	56.0%	54.7%	53.3%
	P4 girls	65.7%	64.7%	67.6%	66.7%	66.2%
25. Weighted percentage that <b>taste of snack</b> <sup>@</sup> was usually considered by students when deciding which kind of snacks to select.	P4 (both sexes)	60.3%	57.9%	59.5%	59.4%	59.3%
	S3 (both sexes)	81.8%	81.1%	84.6%	83.3%	82.7%
	S3 male adolescents	79.9%	77.1%	81.6%	79.9%	79.6%
	S3 female adolescents	83.9%	85.4%	87.9%	87.1%	86.1%
26. Weighted percentage that <b>price of snack</b> <sup>@</sup> was usually considered by students when deciding which kind of snacks to select	P4 (both sexes)	71.1%	68.5%	69.0%	70.0%	69.7%
	S3 (both sexes)	69.9%	67.9%	70.9%	68.7%	69.4%
	P4 boys	67.0%	66.0%	66.6%	69.1%	67.2%
	P4 girls	75.5%	71.2%	71.6%	71.1%	72.4%
	S3 male adolescents	68.1%	64.7%	68.3%	65.4%	66.6%
	S3 female adolescents	71.8%	71.3%	73.7%	72.3%	72.3%
27. Weighted percentage of students who usually considered <b>whether the snack is healthy</b> <sup>@</sup> when deciding which kind of snacks to select	P4 (both sexes)	47.2%	47.3%	50.2%	49.5%	48.6%
	S3 (both sexes)	15.7%	17.1%	18.0%	17.1%	17.0%
	P4 boys	42.4%	41.4%	46.5%	45.0%	43.8%
	P4 girls	52.5%	53.6%	54.2%	54.4%	53.7%

<sup>@</sup> Respondents might choose more than one option out of 7 or 8 considering factors provided in each question.

We hope that public health practitioners and school teachers will find useful information from the results of this survey. We also aim to inspire you and assist you in your important work in delivering quality health education and health promotion for young people. Other fact sheets of the Hong Kong Student Health Survey (2012-2016) include:

- Background of the Hong Kong Student Health Survey (2012-2016)
- Fact Sheet No.2: Physical Activity, Sedentary Behaviours, Sleeping Habits, and Weight Control
- Fact Sheet No.3: Mental Health, Safety, Intentional Injuries, and Sexual Behaviours
- Fact Sheet No.4: Inappropriate Social Behaviours and Substance Abuse

This fact sheet is prepared by Centre for Health Education and Health Promotion, Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong in August, 2018. For additional information, please visit the Centre's website ([www.chep.cuhk.edu.hk](http://www.chep.cuhk.edu.hk)) or send an email to [chep@cuhk.edu.hk](mailto:chep@cuhk.edu.hk). Centre's address: 4/F, Lek Yuen Health Centre, 9 Lek Yuen Street, Sha Tin, New Territories, Hong Kong.