

The Action Plan on Weight Management will follow 5 Key Directions, driving 15 Objectives to systematically promote weight management across Hong Kong:

Key Direction I - Strengthen health education and promotion to enhance public awareness of personal weight indicators and weight management

Objective 1

Increase awareness of weight management for all by health education

Objective 2

Promote healthy diet from market to table

Objective 3

Promote sports culture

Objective 4

Provide weight management advice in various healthcare services

Objective 5

Incorporate weight management element into global health campaigns

Key Direction II - Proactively foster a social environment that supports weight management

Objective 6

Develop weight monitoring habits through installing measuring equipment and explanatory guidance in various venues

Objective 7

Promote the use of sports facilities by the public and facilitate incorporation of exercise into daily life

Objective 8

Strengthen supportive environment for healthy food choices conducive to weight management

Objective 9

Targeted health promotion campaign to encourage community engagement on healthy lifestyles

Key Direction III - Strengthen health service delivery

Objective 10

Primary Healthcare: provide personalised weight management care plan and improve referral mechanisms

Objective 11

Secondary and Tertiary Healthcare: provide appropriate specialist intervention and improve referral mechanisms

Objective 12

Chinese Medicine: advocate Traditional Chinese Medicine (TCM) principles through multidisciplinary management teams

Key Direction IV - Adopt a life-course approach health promotion strategy

Objective 13

Promote weight management early and prioritise critical transition interventions across life stages

Key Direction V - Continuously monitor weight trends among Hong Kong citizens

Objective 14

Conduct and disseminate findings of high-quality population health surveys to monitor weight trends and related health information

Objective 15

Collect weight-related service data from key service providers