

Improving the health of children and young people

A survey was conducted in November by the KK Women's and Children's Hospital, among 100 parents of kids aged five to 14, to better understand their children's lifestyle habits. Here are the findings:

EXERCISE



43%

do not undertake any vigorous physical activity, while **32 per cent** do not engage in any moderate physical activity.

SEDENTARY BEHAVIOUR



25%

spend more than 10 waking hours per day in sedentary behaviour, such as sitting.

SLEEP



20%

are not meeting the recommended sleep requirement on weekdays.

SCREEN VIEWING



20%

spend more than four hours on screen viewing each day, double the recommended two hours per day.