

Research Grants Council of Hong Kong  
Hong Kong – Scotland Partners in Post Doctoral Research  
Completion Report

Part A (To be completed by the Awardee)

1. General Information

Name: HUANG Yajun Wendy

Home Institution: The Chinese University of Hong Kong

Project Period: 30 June 2013 to 21 December 2013

Project Title: Physical activity and childhood obesity – comparisons of social-environmental determinants in Hong Kong and the U.K.

Host Institution: University of Strathclyde

2. Summary of Fellowship

2.1 Objectives as per original application

- 1. Conduct a comparison study on physical activity and sedentary behaviours for children in Hong Kong and the U.K. (using secondary data analysis);*
- 2. Foster research collaboration between home and host research team;*
- 3. Make a short-term visit to other relevant institutions in the U.K.*

**3. Research Outcome**

3.1 Major findings and research outcome

*(maximum one page; please make reference to Part 2.1 where necessary)*

- A validation study has been conducted with half of the data collection finished. Data analyses is on-going and a manuscript will be written-up based on the results of this study;
- Co-authored a systematic review article which aims to examine longitudinal changes of objective measures of sedentary behaviours and their associations with changes in adiposity. The manuscript is expected to be submitted for publication at the end of February;
- Agreement has been reached by the two research teams to develop the Healthy Active Kids for Hong Kong Youth Report Card;
- A visit was paid to MRC Epidemiology Unit Cambridge, in particular the research programme of Behavioural Epidemiology.

3.2 Potential for further development of the research and the proposed course of action

*(maximum half a page)*

Further research collaboration for the two research teams includes:

1. Grant application on Healthy Active Kids for Hong Kong Youth Report Card: it is expected to apply for Knowledge Transfer fund by the Chinese University of Hong Kong in 2014.
2. Seeking grant opportunity for supporting comparison study on social and environmental correlates of sedentary behaviours for youth in Hong Kong and Scotland.

**4. The Layman's Summary**

*(describe in layman's language the nature, significance and value of the research project, in no more than 200 words)*

Low levels of physical activity and high amounts of sedentary time are major causes of obesity. Both the home and the host research teams have studied physical activity behaviours for their young population during the past few years. The major research project supported by this fellowship examined how accurately we can assess the sedentary behaviours among children and adolescents; thus provided significant evidence that will be used for the cohort study to be carried out by Prof Reilly in 2014.

Research collaboration has been made in terms of joint grant application and manuscript publication.

**5. Peer-reviewed journal publication(s) arising directly from this research project**  
*(Please attach a copy of each publication and/or the letter of acceptance. All listed publications must acknowledge RGC's funding support by quoting the specific grant reference.)*

The Latest Status of Publications				Author(s) <i>(bold the authors belonging to the project teams and denote the corresponding author with an asterisk*)</i>	Title and Journal/Book <i>(with the volume, pages and other necessary publishing details specified)</i>	Attached to this report (Yes or No)	Acknowledged the support of this Joint Research Scheme (Yes or No)
Year of publication	Year of Acceptance <i>(For paper accepted but not yet published)</i>	Under Review	Under Preparation <i>(optional)</i>				
			√	Wendy Y. Huang and John Reilly*	'Comparison of ActiGraph and activPAL monitors in assessing sedentary behaviours and breaks of sedentary time' Journal TBC	No (data analyses on-going)	Yes (The support of this Joint Research Scheme will be acknowledged in full paper if accepted for publication.)
			√	Chiaki Tanaka*, John J Reilly, Wendy Y. Huang	'Longitudinal changes in objectively measured sedentary behavior and their relationship with adiposity in children and adolescents: systematic review and evidence appraisal' Obesity Reviews	Yes	Yes (The support of this Joint Research Scheme will be acknowledged in full paper if accepted for publication.)

**6. Recognized international conference(s) in which paper(s) related to this research project was/were delivered** *(Please attach a copy of each conference abstract/paper)*

Month/Year/Place	Title	Conference Name	Attached to this report (Yes or No)	Acknowledged the support of this Joint Research Scheme (Yes or No)

**7. Other impact** *(e.g. award of patents or prizes, collaboration with other research institutions, technology transfer, etc.)*

NIL
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