



Knowledge and Participation of Health Promoting Practices in College Students in Hong Kong: A Pilot Survey

Group Healthy

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- **Objective:** To understand health promoting practices of Hong Kong college students by collecting some preliminary data.
- **Design:** Cross-sectional study.
- **Setting:** Hung Hom Bay and West Kowloon campuses of the College of Professional and Continuing Education (CPCE).
- **Participants:** Information about health promoting behavior of the college students were obtained by a self-administered questionnaire. The participants were chosen by random selection. The data were collected from March to April 2015 in the two campuses. The data were analyzed generally and by gender through the application of the SPSS.
- **Results:** A total of 616 questionnaires were distributed and 610 were returned. The response rate was 99%. 40.4% seldom did physical activity as a routine and only 35.4% lived on a balanced diet. About two-thirds of the college students were mentally well because of enough sleep and seldom having insomnia. The majority of the students was positive in their spiritual well-being, and found life interesting and challenging. It is nice to know that over three quarters of the subjects were confident with their outlook and thus self-esteem.

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