“95210 for Health” - an Easy-to-remember Formula to Combat Childhood Obesity
Childhood obesity is a major health problem both worldwide and in Hong Kong.

Up to 20% of secondary school students are overweight or obese. 

Numerous researches have been conducted, yet there is no effective solution to the problem.

"95210 for Health" (95210) was created by Community Health Solutions in United States and was made available for public use at no charge.

95210 is an easy-to-remember formula for promoting healthy living for children, teens and their family.

Reference:
• https://www.95210.org/Collier
• http://95210forhealth.com/

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9 = 9小時的睡眠。
5 = 5份水果和蔬菜。
2 = 少於2小時的屏幕時間（電視，網絡，手機遊戲）。
1 = 至少1小時的體力活動。
0 = 不喝含糖飲料（汽水，果汁，能量飲料等）和香煙。

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• http://95210forhealth.com/
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105 respondents
89% of the respondents did not have prior knowledge
95% of them rated the usefulness of 95210 to 7 or above
Thank You

Scan me for 95210 leaflet

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