

Final research report for Narcotics Division, Security Bureau

CROSS Fitness 2.0 – A Community-Based Reintegrated Project for young  
adult with drug abuse

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## Executive Summary

The objectives of this study were to assess the effectiveness of sport or exercise as treatment for the reduction of drug use frequency of drug abusers in the community, and to assess the impact of physical activities on their physical fitness, skills of stress management, self-efficacy and resilience against drug abuse, quality of life and wellness.

Sport training courses (including yoga, Pilates, dancing, boxing, running, weight training and floor curling) were implemented in the Tung Wah Group of Hospitals CROSS Centres in Sheung Wan and Tung Chung, as well as other drug rehabilitation centres or hostels. The CROSS training courses were held once a week for 10 weeks over a period of 3 years. A total of 169 drug abusers aged under 40 from these centres joined the training programmes on a voluntary basis, among whom 78 participants had completed the programmes. Physical fitness tests were conducted and questionnaires were completed before and after sport training programmes. Results of the study showed that:

- Participants improved in physical activity level, flexibility, muscular endurance, muscular strength and balance. It shows that the sport training created positive impacts on the physical fitness of the participants.
- Participants attained higher motivation for physical activity after the training.
- Participants had higher scores in psychological wellness, emotional wellness, physical wellness and intellectual wellness after sport training programmes as compared with before sport training programmes.
- Participants attained higher scores in life satisfaction, self-anchoring, drug avoidance self-efficacy, active coping for stress and challenges against drug uses after the completion of the sports training.

The results of the study showed that sport training programmes as intervention treatment had positive impacts on the drug abusers on their physical fitness and general

wellness. It also helped the participants attain a more active lifestyle. The following recommendations were made for the enhancement of the community intervention and rehabilitation programmes for drug abusers in future:

- As physical activity is beneficial to the health of general public, a wider population with diverse backgrounds and wider range in age groups (e.g. over 40 years of age to be included) should be explored.
- More advanced and sophisticated testing equipment to be utilized in order to widen the scope of studies and generate more comprehensive details of physical fitness among the participants before and after the sport training.
- Utilization of mixed modes and new methods in teaching and learning in order to improve the flexibility of project implementation especially during crisis such as the COVID-19.
- Explore the motives and constraints of the participants to prevent high dropout rate and the risk of relapse. In particular, more sport variety for training, tactical use of sport psychology and gadgets for the design of training programme in order to increase participants' incentives for physical activity are recommended.
- More training on physical fitness and health knowledge should be provided to social workers in charge of project management in order to improve communication among all parties involved. A trained personnel with professional physical education background is recommended to station in all rehabilitation centres in order to enhance efficiency in project management.
- Cross-institutional collaborations among the government, social service organizations, education sector and sport industries are recommended in order to increase opportunities for drug abusers to participate in sport training programmes in the community. In particular, the government should provide

sustainable funding support for similar drug prevention and health promotion projects and studies in future in order to enhance public's awareness on the prevention of drug abuse through community-wide health promotion projects and campaigns.