



衛生防護中心
Centre for Health Protection

Healthy Tips

To obtain optimal health benefits, the World Health Organization recommends a daily intake of at least five servings or 400 grams of various kinds of fruits and vegetables.

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Non-Communicable Diseases

Aware

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Are You Aware That

♥ Coronary heart disease (CHD), which has been called 'the plague of the twentieth century', mainly consists of angina pectoris (which is an attack of severe chest pain or discomfort caused by a reduced blood supply via the coronary arteries to the heart muscle) and acute myocardial infarction (or heart attack, which is the most common cause of sudden death).

♥ In Hong Kong, CHD accounted for 3 719 deaths (10.2% of all deaths) in 2003; 466 (12.5%) of which occurred among people aged under 65. Overall, males were about 1.3 times as likely to die from CHD as females (61.5 per 100 000 males vs. 48.2 per 100 000 females), with males in the 15-44 and 45-64 age groups having death rates 13.0 and 5.2 times those of females in the same age categories respectively (death rates 2.6 vs. 0.2 and 42.8 vs. 8.2 respectively). When approaching old age (65 and above), the gap reduced. The CHD death rates per 100 000 persons for senior males and females aged 65 and above were 441.9 and 379.5 respectively.¹

♥ People with CHD were and will continue to be the major users of public hospital services. In 2003, there were 21 694 in-patient discharges and deaths in Hospital Authority (HA) hospitals attributed to CHD, in which 5 191 (23.9%) were due to angina pectoris, 5 502 (25.4%) due to acute myocardial infarction and 6 (0.03%) due to complications following acute myocardial infarction. In addition, other acute CHD and chronic CHD accounted for 509 (2.3%) and 10 486 (48.3%) in-patient discharges and deaths for CHD respectively.²

♥ According to the Population Health Survey 2003/04, the prevalence of CHD per 100 000 local males and females aged 15 and above was estimated to be 1 961.1 and 1 247.0 respectively. The prevalence increased with age in both genders. The prevalence per 100 000 males increased from 164.9 for those aged 15-44 to 2 056.4 for those aged 45-64, and peaked at 8 273.5 for those aged 65 and above. The corresponding prevalence for females rose from 423.6 per 100 000 women for those aged 15-44 to 1 107.8 for those aged 45-64 and 5 091.0 for those aged 65 and above.³

Indicator	Male	Female	Total
Number of deaths ¹	2 027	1 692	3 719
Crude death rate* ¹	61.5	48.2	54.7
Proportion of all deaths ¹	9.9%	10.6%	10.2%#
Number of in-patient discharges and deaths (Hospital Authority hospitals) ²	13 645	8 049	21 694
Rate of in-patient discharges and deaths* (Hospital Authority hospitals) ²	414.2	229.4	318.9
Prevalence* (ever diagnosed in their lifetime, aged 15 and above) ³	1 961.1	1 247.0	1 570.4

Notes: * Rate per 100 000 population. # Includes unknown sex.

References:

1. Mortality statistics, 2003 (provisional data). Department of Health, Census and Statistics Department.
2. In-patient statistics, 2003 (provisional data). Hospital Authority.
3. Population Health Survey, 2003/04 (provisional data). Department of Health.

