

Chapter 4

Physical Health

The PHS collected information on a range of acute and chronic health conditions. This Chapter presents the incidence and prevalence, of a number of selected and important physical health conditions. Also included are the extent of limitations due to physical health problems and pain experienced by the population.

Snapshot of Population's Physical Health

Indicator	Overall %	% in female	% in male
Top five acute health conditions in the past one month			
○ Common cold/ Influenza	35.3%	35.4%	35.2%
○ Low back pain	27.3%	32.1%	21.4%
○ Joint pain	21.3%	25.4%	16.4%
○ Dizziness	17.9%	23.2%	11.5%
○ Neck pain	16.1%	19.5%	12.0%
Prevalence of major chronic health conditions			
○ Overweight and obesity (BMI \geq 23)	38.8%	35.9%	42.5%
○ Hypertension	27.2%	24.9%	30.1%
○ High blood cholesterol	8.4%	8.4%	8.4%
○ Diabetes mellitis	3.8%	3.8%	3.7%
○ Asthma	1.9%	1.9%	1.8%
○ Coronary heart disease	1.6%	1.2%	2.0%
○ Chronic obstructive pulmonary disease	1.4%	0.9%	1.9%
○ Cancer	1.3%	1.5%	1.0%
○ Stroke	1.1%	0.8%	1.5%
Sustained a serious injury in the past 12 months	14.3%	11.7%	17.4%
No limitation due to physical health in the kind of work or other activities in the past 4 weeks	82.9%	79.5%	86.9%
No or a little disturbance by physical pain in the past 4 weeks	77.1%	73.8%	81.2%

4.1 Acute Conditions

The information on acute conditions is based on replies to the interview question, “Do you have the following illness or health problem in the past one month?”. Among 26 selected acute health conditions, common cold (35.3%), lower back pain (27.3%) and joint pain (21.3%) were the three most frequently reported problems encountered in the one month prior to the study. Females were more likely to have acute conditions than males, except for trouble with teeth or mouth, and persistent cough (Table 4.1a).

Some acute conditions showed an obvious increasing trend with age. For example, the proportions of people reported of having joint pain in the past one month increased from 5.7% for aged 15 – 24 to 45.7% for aged 75 and above, constipation from 8.8% for aged 15 – 24 to 22.8% for aged 75 and above, trouble with eyes from 6.5% for aged 15 – 24 to 27.0% for aged 75 and above (Table 4.1b).

In contrast, certain acute conditions were more reported in younger age groups. Examples included common cold/influenza from 41.2% for aged 15 – 24 to 21.4% for aged 75 and above, menstrual pain from 40.0% for females aged 15 – 24 to 1.5% for females aged 55-64, and stomach ache from 17.6% for aged 15 – 24 to 8.4% for aged 75 and above (Table 4.1b).

Table 4.1a: Presence of an acute health condition in the one month preceding the survey by Gender

	Female		Male		Total	
	No of persons ('000)	%	No of persons ('000)	%	No of persons ('000)	%
Common cold / influenza	1 101.4	35.4%	905.9	35.2%	2 007.3	35.3%
Low back pain	998.9	32.1%	550.8	21.4%	1 549.7	27.3%
Joint pain	789.3	25.4%	423.1	16.4%	1 212.4	21.3%
Menstrual pain*	609.0	19.6%	-	-	609.0	19.6%
Dizziness	721.0	23.2%	295.3	11.5%	1 016.3	17.9%
Neck pain	607.7	19.5%	307.7	12.0%	915.4	16.1%
Stomach ache	508.1	16.3%	306.0	11.9%	814.1	14.3%
Trouble with teeth or mouth	391.7	12.6%	341.0	13.2%	732.7	12.9%
Abdominal pain	431.5	13.9%	267.0	10.4%	698.5	12.3%
Frequent headache	476.6	15.3%	174.6	6.8%	651.2	11.5%
Constipation	420.0	13.5%	195.8	7.6%	615.8	10.8%
Trouble with eyes	352.0	11.3%	229.0	8.9%	581.0	10.2%
Persistent cough	225.0	7.2%	272.8	10.6%	497.8	8.8%
Diarrhea	266.8	8.6%	205.6	8.0%	472.4	8.3%
Trouble with allergies	294.9	9.5%	177.0	6.9%	471.9	8.3%
Cramps	277.7	8.9%	178.4	6.9%	456.2	8.0%
Rapid/irregular heartbeat	284.4	9.1%	148.7	5.8%	433.2	7.6%
Chest pain	257.1	8.3%	167.4	6.5%	424.5	7.5%
Numbness or weakness in limbs	288.3	9.3%	134.8	5.2%	423.1	7.4%
Swollen joints	257.0	8.3%	138.3	5.4%	395.3	7.0%
Shortness of breath	206.4	6.6%	130.2	5.1%	336.6	5.9%
Trouble with ears	155.5	5.0%	127.2	4.9%	282.7	5.0%
Vomiting	121.4	3.9%	71.6	2.8%	193.0	3.4%
Nausea	130.5	4.2%	45.7	1.8%	176.3	3.1%
Asthmatic attack	45.7	1.5%	33.5	1.3%	79.2	1.4%
Fainting or loss of consciousness	23.1	0.7%	14.1	0.5%	37.2	0.7%

Base: All respondents.

Notes: * Denominator was the female population aged 15 and above. Those reporting menstrual pain with age over 64 were discarded due to physiological incongruity.

Multiple answers were allowed.

Figures may not add up to the total due to rounding.

Table 4.1b: Presence of an acute health condition in the one month preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Common cold / influenza	370.0	41.2%	366.4	39.8%	470.0	36.1%	399.1	35.0%	174.6	27.5%	167.9	32.8%	59.3	21.4%	2 007.3	35.3%
Low back pain	137.5	15.3%	242.5	26.3%	353.9	27.2%	393.0	34.5%	177.4	27.9%	150.7	29.5%	94.7	34.1%	1 549.7	27.3%
Joint pain	50.8	5.7%	94.2	10.2%	209.6	16.1%	313.4	27.5%	224.5	35.3%	193.1	37.8%	126.7	45.7%	1 212.4	21.3%
Menstrual pain*	182.2	40.0%	173.7	33.4%	171.8	22.6%	76.6	11.8%	4.7	1.5%	-	-	-	-	609.0	19.6%
Dizziness	186.7	20.8%	160.1	17.4%	201.9	15.5%	223.2	19.6%	98.1	15.4%	84.7	16.6%	61.6	22.2%	1 016.3	17.9%
Neck pain	105.2	11.7%	150.8	16.4%	235.5	18.1%	227.7	20.0%	96.1	15.1%	58.8	11.5%	41.3	14.9%	915.4	16.1%
Stomach ache	157.7	17.6%	155.1	16.8%	174.0	13.4%	179.2	15.7%	68.8	10.8%	55.9	10.9%	23.4	8.4%	814.1	14.3%
Trouble with teeth or mouth	85.2	9.5%	96.8	10.5%	158.0	12.1%	176.5	15.5%	107.0	16.8%	63.0	12.3%	46.0	16.6%	732.7	12.9%
Abdominal pain	207.5	23.1%	154.2	16.7%	152.7	11.7%	95.0	8.3%	41.6	6.5%	31.2	6.1%	16.2	5.8%	698.5	12.3%
Frequent headache	98.8	11.0%	117.2	12.7%	162.1	12.5%	159.7	14.0%	56.6	8.9%	39.5	7.7%	17.4	6.3%	651.2	11.5%
Constipation	79.4	8.8%	89.6	9.7%	128.5	9.9%	110.1	9.7%	72.8	11.5%	72.2	14.1%	63.2	22.8%	615.8	10.8%
Trouble with eyes	58.0	6.5%	61.6	6.7%	77.0	5.9%	120.0	10.5%	93.0	14.6%	96.5	18.9%	74.8	27.0%	581.0	10.2%
Persistent cough	77.4	8.6%	66.5	7.2%	79.3	6.1%	98.9	8.7%	64.1	10.1%	74.4	14.5%	37.3	13.4%	497.8	8.8%
Diarrhea	86.4	9.6%	102.5	11.1%	132.0	10.1%	83.8	7.4%	32.0	5.0%	22.2	4.3%	13.5	4.9%	472.4	8.3%
Trouble with allergies	74.0	8.2%	84.3	9.2%	102.2	7.9%	96.0	8.4%	62.5	9.8%	27.7	5.4%	25.3	9.1%	471.9	8.3%
Cramps	82.5	9.2%	56.7	6.2%	65.6	5.0%	90.0	7.9%	61.0	9.6%	64.2	12.5%	36.2	13.1%	456.2	8.0%
Rapid/irregular heartbeat	45.9	5.1%	47.3	5.1%	75.5	5.8%	122.2	10.7%	50.3	7.9%	55.1	10.8%	36.9	13.3%	433.2	7.6%
Chest pain	60.2	6.7%	63.7	6.9%	61.5	4.7%	103.1	9.0%	53.1	8.3%	51.2	10.0%	31.8	11.5%	424.5	7.5%
Numbness or weakness in limbs	34.7	3.9%	31.7	3.4%	66.9	5.1%	98.6	8.7%	58.9	9.3%	71.5	14.0%	60.9	21.9%	423.1	7.4%
Swollen joints	11.8	1.3%	35.9	3.9%	59.1	4.5%	103.2	9.1%	80.7	12.7%	66.3	13.0%	38.4	13.8%	395.3	7.0%
Shortness of breath	41.3	4.6%	36.9	4.0%	44.7	3.4%	61.8	5.4%	44.5	7.0%	55.6	10.9%	51.8	18.7%	336.6	5.9%
Trouble with ears	18.3	2.0%	22.4	2.4%	42.9	3.3%	68.9	6.1%	40.9	6.4%	50.4	9.8%	39.0	14.0	282.7	5.0%
Vomiting	47.1	5.2%	42.5	4.6%	33.9	2.6%	32.1	2.8%	15.3	2.4%	14.8	2.9%	7.3	2.6%	193.0	3.4%
Nausea	41.7	4.6%	37.7	4.1%	23.9	1.8%	45.0	3.9%	10.5	1.7%	10.7	2.1%	6.8	2.4%	176.3	3.1%
Asthmatic attack	13.0	1.4%	5.4	0.6%	19.6	1.5%	8.4	0.7%	8.2	1.3%	11.6	2.3%	13.0	4.7%	79.2	1.4%
Fainting or loss of consciousness	1.0	0.1%	4.0	0.4%	5.6	0.4%	4.7	0.4%	6.4	1.0%	11.7	2.3%	3.9	1.4%	37.2	0.7%

Base: All respondents.

Notes: * Denominator was the female population aged 15 and above. Those reporting menstrual pain with age over 64 were discarded due to physiological incongruity.

Multiple answers were allowed.

Figures may not add up to the total due to rounding.

4.2 Chronic Conditions

The PHS included questions on prevalence of a number of chronic health conditions that were diagnosed by a western medical practitioner. This section presents the prevalence (i.e. percentage of cases ever-diagnosed in their life time) and incidence (i.e. number of cases diagnosed in the 12 months preceding the survey divided by the population), as appropriate, of these chronic health conditions.

4.2.1 Cancer

Cancer is a diverse group of disease characterized by the proliferation and spread of abnormal cells. Overall, 1.3% of people aged 15 and above reported that they had even been told by a doctor that they had cancer (Table 4.2.1a). Among them, 3.2% were diagnosed in the 12 months preceding the survey, giving an incidence rate of 0.04% (Table 4.2.1b). Subgroup analysis showed that the proportion of people who had ever been diagnosed with cancer was greater in females than males (1.5% versus 1.0%) (Table 4.2.1a). It is noted that prevalence increased with age, from 0.3% for people aged 15-24 to 2.9% for people aged 75 and above (Table 4.2.1c).

Table 4.2.1a: Prevalence of cancer by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	46.3	1.5%	26.1	1.0%	72.3	1.3%
No	3 018.3	97.1%	2 511.5	97.6%	5 529.8	97.3%
Don't know	39.0	1.3%	31.4	1.2%	70.3	1.2%
Unknown/Missing	6.3	0.2%	5.2	0.2%	11.4	0.2%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.1b: Incidence of cancer diagnosed in the 12 months preceding the survey by Gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence
1.7	3.6%	0.05%	0.6	2.4%	0.02%	2.3	3.2%	0.04%

Base: All respondents who had doctor-diagnosed cancer and were diagnosed in the 12 months preceding the survey.

Table 4.2.1c: Prevalence of cancer by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	2.3	0.3%	6.7	0.7%	7.1	0.5%	16.9	1.5%	16.9	2.7%	14.4	2.8%	8.1	2.9%	72.3	1.3%
No	882.9	98.3%	901.0	97.8%	1 281.7	98.5%	1 109.2	97.4%	604.4	95.1%	487.7	95.3%	262.9	94.8%	5 529.8	97.3%
Don't know	9.2	1.0%	10.2	1.1%	11.7	0.9%	11.6	1.0%	13.6	2.1%	8.3	1.6%	5.8	2.1%	70.3	1.2%
Unknown/Missing	3.4	0.4%	3.3	0.4%	0.7	0.1%	1.4	0.1%	0.8	0.1%	1.2	0.2%	0.6	0.2%	11.4	0.2%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

4.2.2 Stroke

Stroke, or cerebrovascular disease, is caused by blockage or rupture of brain blood vessels, leading to insufficient oxygen supply to the brain and hence damage of the brain cells. As a whole, the proportion of people aged 15 and above reporting doctor-diagnosed stroke was 1.1% (Table 4.2.2a), in which 17.1% were diagnosed in the 12 months preceding the survey, giving an incidence rate of 0.19% (Table 4.2.2b).

More males (1.5%) than females (0.8%) reported to have ever been diagnosed with stroke (Table 4.2.2a). The prevalence of stroke increased substantially from 0.2% for people aged 35-44 to 6.4% for people aged 75 and above (Table 4.2.2c).

Table 4.2.2a: Prevalence of stroke by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	24.4	0.8%	39.4	1.5%	63.8	1.1%
No	3 056.7	98.3%	2 512.4	97.6%	5 569.1	98.0%
Don't know	20.6	0.7%	17.2	0.7%	37.8	0.7%
Unknown/Missing	8.1	0.3%	5.2	0.2%	13.2	0.2%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.2b: Incidence of stroke diagnosed in the 12 months preceding the survey by Gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence
2.9	11.7%	0.09%	8.0	20.4%	0.31%	10.9	17.1%	0.19%

Base: All respondents who had doctor-diagnosed stroke and were diagnosed in the 12 months preceding the survey.

Table 4.2.2c Prevalence of stroke by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	-	-	-	-	2.1	0.2%	4.1	0.4%	14.0	2.2%	25.9	5.1%	17.7	6.4%	63.8	1.1%
No	886.5	98.7%	911.3	98.9%	1 293.2	99.4%	1 128.3	99.1%	615.5	96.8%	479.4	93.7%	254.9	91.9%	5 569.1	98.0%
Don't know	7.9	0.9%	4.9	0.5%	5.2	0.4%	5.2	0.5%	5.4	0.9%	5.0	1.0%	4.1	1.5%	37.8	0.7%
Unknown/Missing	3.4	0.4%	5.1	0.6%	0.7	0.1%	1.4	0.1%	0.8	0.1%	1.2	0.2%	0.6	0.2%	13.2	0.2%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

4.2.3 Coronary Heart Disease

Coronary heart disease (CHD) is caused by a reduced blood supply via the coronary arteries to the heart muscle. In general, 1.6% of people aged 15 and above had doctor-diagnosed CHD (Table 4.2.3a), in which substantial proportion (20.3%) reported being newly diagnosed in the 12 months preceding the survey. The corresponding incidence rate was 0.32% (Table 4.2.3b). Analysis by sex and age showed that a higher percentage of males had diagnosed CHD than females (2.0% versus 1.2%) (Table 4.2.3a). It is noted that the prevalence increased with age, from 0.1% for people aged 15-24 to 7.8% for people aged 75 and above (Table 4.2.3c).

Table 4.2.3a: Prevalence of coronary heart disease by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	38.8	1.2%	50.5	2.0%	89.3	1.6%
No	3 031.6	97.5%	2 481.0	96.4%	5 512.6	97.0%
Don't know	31.4	1.0%	37.4	1.5%	68.8	1.2%
Unknown/Missing	8.1	0.3%	5.2	0.2%	13.2	0.2%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.3b: Incidence of coronary heart disease diagnosed in the 12 months preceding the survey by Gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence
6.5	16.8%	0.21%	11.6	23.0%	0.45%	18.1	20.3%	0.32%

Base: All respondents who had doctor-diagnosed coronary heart disease and were diagnosed in the 12 months preceding the survey.

Table 4.2.3c: Prevalence of coronary heart disease by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1.1	0.1%	2.5	0.3%	6.1	0.5%	11.9	1.0%	15.4	2.4%	30.8	6.0%	21.6	7.8%	89.3	1.6%
No	883.1	98.4%	906.1	98.4%	1 283.6	98.6%	1 115.1	97.9%	607.7	95.6%	466.9	91.3%	250.2	90.2%	5 512.6	97.0%
Don't know	10.3	1.1%	7.6	0.8%	10.8	0.8%	10.7	0.9%	11.8	1.9%	12.7	2.5%	5.0	1.8%	68.8	1.2%
Unknown/Missing	3.4	0.4%	5.1	0.6%	0.7	0.1%	1.4	0.1%	0.8	0.1%	1.2	0.2%	0.6	0.2%	13.2	0.2%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

4.2.4 Asthma

Asthma is a chronic inflammatory disorder of small airways in response to specific triggers, which results in obstruction of airflow. Overall, 1.9% of people aged 15 and above reported that they had doctor-diagnosed asthma (Table 4.2.4a). Among them, nearly one-fifth (19.6%) claimed that the asthma was diagnosed in the 12 months preceding the survey, yielding an incidence rate of 0.37% (Table 4.2.4b). The proportion of people being diagnosed with asthma was comparable between females and males (1.9% versus 1.8%) (Table 4.2.4a). The prevalence was relatively higher in the older age groups (4.4% and 2.4% for people aged 75 and above and people aged 65-74 respectively) and the younger age group (people aged 15-24, 2.3%) (Table 4.2.4c).

Table 4.2.4a: Prevalence of asthma by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	59.4	1.9%	46.9	1.8%	106.3	1.9%
No	3 021.5	97.2%	2 505.8	97.3%	5 527.2	97.2%
Don't know	20.0	0.6%	16.3	0.6%	36.2	0.6%
Unknown/Missing	9.0	0.3%	5.2	0.2%	14.1	0.2%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.4b: Incidence of asthma diagnosed in the 12 months preceding the survey by Gender

	Female			Male			Total		
	No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence
	10.1	17.1%	0.33%	10.7	22.8%	0.41%	20.8	19.6%	0.37%

Base: All respondents who had doctor-diagnosed asthma and were diagnosed in the 12 months preceding the survey.

Table 4.2.4c: Prevalence of asthma by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	20.8	2.3%	18.1	2.0%	23.8	1.8%	10.9	1.0%	8.1	1.3%	12.2	2.4%	12.3	4.4%	106.3	1.9%
No	866.8	96.5%	892.5	96.9%	1 269.7	97.6%	1 122.9	98.6%	621.6	97.8%	493.1	96.4%	260.6	94.0%	5 527.2	97.2%
Don't know	6.8	0.8%	5.5	0.6%	6.1	0.5%	3.9	0.3%	5.1	0.8%	5.0	1.0%	3.8	1.4%	36.2	0.6%
Unknown/Missing	3.4	0.4%	5.1	0.6%	1.6	0.1%	1.4	0.1%	0.8	0.1%	1.2	0.2%	0.6	0.2%	14.1	0.2%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

4.2.5 Chronic Obstructive Pulmonary Disease

Chronic obstructive pulmonary disease (COPD) is a chronic respiratory disorder that progressively worsens lung function and limits airflow in patient's airways. It encompasses two groups of lung disease, namely chronic bronchitis and emphysema. Overall, 1.4% of people aged 15 and above reported that they had doctor-diagnosed COPD (Table 4.2.5a). Among them, 29.8% were newly diagnosed in the 12 months preceding the survey. The corresponding incidence rate was 0.41% (Table 4.2.5b). More males (1.9%) than females (0.9%) had doctor-diagnosed COPD (Table 4.2.5a). The prevalence increased substantially with age, from 0.3% for people aged 25-34 to 4.8% for people aged 75 and above (Table 4.2.5c).

Table 4.2.5a: Prevalence of chronic obstructive pulmonary disease by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	29.3	0.9%	49.8	1.9%	79.2	1.4%
No	3 046.1	98.0%	2497.5	97.0%	5 543.6	97.5%
Don't know	23.8	0.8%	22.4	0.9%	46.1	0.8%
Unknown/Missing	10.6	0.3%	4.4	0.2%	15.0	0.3%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.5b: Incidence of chronic obstructive pulmonary disease diagnosed in the 12 months preceding the survey by Gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence
10.6	36.2%	0.34%	13.0	26.0%	0.50%	23.6	29.8%	0.41%

Base: All respondents who had doctor-diagnosed chronic obstructive pulmonary disease and were diagnosed in the 12 months preceding the survey.

Table 4.2.5c: Prevalence of chronic obstructive pulmonary disease by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	-	-	2.9	0.3%	11.4	0.9%	16.4	1.4%	12.1	1.9%	23.0	4.5%	13.3	4.8%	79.2	1.4%
No	882.7	98.3%	906.5	98.4%	1 283.7	98.7%	1 114.8	97.9%	614.6	96.7%	481.6	94.2%	259.6	93.6%	5 543.6	97.5%
Don't know	11.0	1.2%	6.7	0.7%	5.2	0.4%	7.1	0.6%	7.3	1.1%	4.9	1.0%	3.8	1.4%	46.1	0.8%
Unknown/Missing	4.1	0.5%	5.1	0.6%	0.9	0.1%	0.7	0.1%	1.8	0.3%	1.9	0.4%	0.6	0.2%	15.0	0.3%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

4.2.6 Diabetes

Diabetes is a disease in which the body does not produce enough insulin or when insulin does not function properly, resulting in having above normal blood glucose levels. Overall, 3.8% of people aged 15 and above reported that they had doctor-diagnosed diabetes (Table 4.2.6a), in which 42.3% reported being diagnosed in the 12 months preceding the survey. The corresponding incidence rate was 1.59% (Table 4.2.6b). The proportion of females and males who reported that they had doctor-diagnosed diabetes was comparable at 3.8% and 3.7% respectively (Table 4.2.6a). The prevalence tended to increase with age, from 0.6% for people aged 25 – 34 and peaked at 14.3% for those aged 65-74 but dropped to 12.0% for those aged 75 and above (Table 4.2.6c).

Table 4.2.6a: Prevalence of diabetes by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	117.7	3.8%	96.1	3.7%	213.8	3.8%
No	2 983.8	95.9%	2 472.8	96.1%	5 456.6	96.0%
Unknown/Missing	8.3	0.3%	5.2	0.2%	13.4	0.2%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.6b: Incidence of diabetes diagnosed in the 12 months preceding the survey by Gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence
49.8	42.3%	1.60%	40.6	42.2%	1.58%	90.4	42.3%	1.59%

Base: All respondents who had doctor-diagnosed diabetes and were diagnosed in the 12 months preceding the survey.

Table 4.2.6c: Prevalence of diabetes by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	-	-	5.1	0.6%	16.7	1.3%	33.9	3.0%	51.6	8.1%	73.0	14.3%	33.4	12.0%	213.8	3.8%
No	895.0	99.7%	911.9	99.0%	1 283.6	98.6%	1 103.7	96.9%	582.2	91.6%	436.3	85.3%	244.0	88.0%	5 456.6	96.0%
Unknown/Missing	2.9	0.3%	4.2	0.5%	0.9	0.1%	1.4	0.1%	1.8	0.3%	2.2	0.4%	0.0	0.0%	13.4	0.2%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Keeping one's diabetes in good control is essential since it is effective in preventing complications such as heart disease, stroke, kidney disease, nerve problems or leg ulcerations which may lead to amputation. Among the persons who had been told by a doctor that they had diabetes, 12.9% were taking insulin, 77.8% taking diabetic pills and 18.2% taking over-the-counter medicine to control their blood sugar level. In terms of adjustment of lifestyle, 55.5% was controlling their weight, 59.0% increasing their physical activity, and 84.9% consuming fewer high fat content food (Table 4.2.6d).

Table 4.2.6d: Diabetes control by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Consuming fewer high sugar content, high fat content or high cholesterol foods	97.2	82.6%	84.3	87.8%	181.6	84.9%
Taking diabetes pills	87.3	74.2%	78.9	82.2%	166.3	77.8%
Increasing physical activity or exercise	70.0	59.5%	56.0	58.3%	126.0	59.0%
Controlling or losing weight	66.3	56.3%	52.3	54.5%	118.6	55.5%
Taking over-the-counter medication	19.2	16.3%	19.7	20.5%	38.8	18.2%
Taking insulin	16.9	14.3%	10.8	11.2%	27.6	12.9%

Base: All respondents who had doctor-diagnosed diabetes.

Notes: Multiple answers were allowed.

Figures may not add up to the total due to rounding.

Table 4.2.6e presents the number of years that the persons who were taking insulin against diabetes and diabetic pills to control their blood sugar level by gender. There is no difference between males and females in the median number of years for taking insulin (i.e. 6 years). The corresponding overall median figures were the same. Females had greater median number of years for taking diabetes pills (5.5 years) than males (5.0 years).

Table 4.2.6e: Number of years for taking insulin and diabetic pills by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Insulin *						
0-1.9	1.6	9.4%	1.9	17.6%	3.5	12.6%
2-3.9	5.0	29.6%	2.4	22.7%	7.4	26.9%
4-5.9	1.3	8.0%	-	-	1.3	4.9%
6-7.9	4.0	23.6%	2.7	25.5%	6.7	24.4%
8-9.9	2.2	13.3%	0.6	5.7%	2.9	10.4%
10 and above	2.7	16.0%	3.1	28.5%	5.8	20.9%
Total	16.9	100.0%	10.8	100.0%	27.6	100.0%
Mean	5.4		8.7		6.7	
Median	6.0		6.0		6.0	
Standard Deviation	3.2		11.1		7.5	
Diabetes pills †						
0-1.9	11.2	12.8%	12.7	16.0%	23.9	14.3%
2-3.9	8.9	10.2%	14.0	17.7%	22.9	13.8%
4-5.9	18.6	21.3%	15.1	19.1%	33.7	20.3%
6-7.9	8.1	9.2%	10.5	13.2%	18.5	11.1%
8-9.9	4.5	5.2%	2.4	3.1%	6.9	4.2%
10 and above	25.1	28.7%	18.7	23.7%	43.8	26.3%
Unknown/Missing	11.0	12.6%	5.6	7.1%	16.6	10.0%
Total	87.3	100.0%	78.9	100.0%	166.3	100.0%
Mean	7.2		6.3		6.8	
Median	5.5		5.0		5.0	
Standard Deviation	5.9		5.6		5.8	

Base: * All respondents who had doctor-diagnosed diabetes and were taking insulin.

† All respondents who had doctor-diagnosed diabetes and were taking diabetic pills.

4.2.7 Blood Pressure and Hypertension

Hypertension is a risk factor for chronic diseases such as coronary heart disease and stroke. The World Health Organization defines hypertension as having a systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg.¹ In the PHS, respondents were asked whether they had ever been told by a doctor that they had hypertension and with blood pressure checked. In addition, their blood pressure readings were measured twice using the calibrated OMRON™ Autonomic Blood Pressure Monitor (model T9P). Measurements were taken at the middle of the interview after the respondents had sat for at least 10 minutes. The average of the two blood pressures was used for analysis. If two systolic or diastolic blood pressures recorded were four or more mmHg apart, a third measurement was made.

Blood Pressure

The mean systolic blood pressure (SBP) for females and males were 122.9 mmHg and 129.6 mmHg, respectively. In terms of diastolic blood pressure (DBP), the corresponding mean values for females and males were 74.8 mmHg and 77.9 mmHg (Table 4.2.7a). Both the SBP and DBP increased with age. The mean SBP increased from 113.2 mmHg for the 15-24 age group to 149.3 mmHg for the 75 and above age group. For the mean DBP, it increased from 69.9 mmHg for those aged 15-24 to 81.0 mmHg for those in the 65-74 age group (Table 4.2.7b). Of note, these figures included readings for people taking medications for high blood pressure.

Table 4.2.7a: Blood pressure (mmHg) by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Systolic blood pressure (mmHg)						
Below 80.0	1.4	<0.05%	-	-	1.4	<0.05%
80.0 – 99.9	301.2	9.7%	56.1	2.2%	357.2	6.3%
100.0 – 119.9	1 260.5	40.5%	706.2	27.4%	1 966.7	34.6%
120.0 – 139.9	889.0	28.6%	1 156.0	44.9%	2 045.0	36.0%
140.0 – 159.9	358.1	11.5%	403.0	15.7%	761.0	13.4%
160.0 – 179.9	157.2	5.1%	132.4	5.1%	289.6	5.1%
180.0 and above	59.5	1.9%	43.7	1.7%	103.2	1.8%
Unknown/Missing	83.0	2.7%	76.7	3.0%	159.7	2.8%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Mean	122.9		129.6		125.9	
Median	119.0		127.5		123.0	
Standard Deviation	21.6		18.8		20.7	
Diastolic blood pressure (mmHg)						
Below 60.0	265.3	8.5%	152.1	5.9%	417.4	7.3%
60.0 – 69.9	800.4	25.7%	441.5	17.2%	1 242.0	21.9%
70.0 – 79.9	973.7	31.3%	834.0	32.4%	1 807.6	31.8%
80.0 – 89.9	644.6	20.7%	663.1	25.8%	1 307.7	23.0%
90.0 – 99.9	255.7	8.2%	300.5	11.7%	556.2	9.8%
100.0 – 109.9	72.8	2.3%	77.3	3.0%	150.1	2.6%
110.0 and above	14.3	0.5%	28.8	1.1%	43.1	0.8%
Unknown/Missing	83.0	2.7%	76.7	3.0%	159.7	2.8%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Mean	74.8		77.9		76.2	
Median	74.0		77.5		75.5	
Standard Deviation	12.2		12.5		12.4	

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.7b: Blood pressure by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Systolic blood pressure (mmHg)																
Below 80.0	-	-	0.7	0.1%	-	-	-	-	-	-	0.7	0.1%	-	-	1.4	<0.05%
80.0 - 99.9	124.1	13.8%	81.1	8.8%	80.1	6.2%	41.8	3.7%	18.8	3.0%	7.2	1.4%	4.2	1.5%	357.2	6.3%
100.0 – 119.9	484.6	54.0%	453.0	49.2%	516.2	39.7%	321.0	28.2%	124.6	19.6%	46.7	9.1%	20.6	7.4%	1 966.7	34.6%
120.0 – 139.9	231.3	25.8%	326.6	35.4%	531.1	40.8%	488.9	42.9%	236.7	37.2%	158.6	31.0%	71.8	25.9%	2 045.0	36.0%
140.0 – 159.9	22.5	2.5%	29.3	3.2%	106.6	8.2%	198.2	17.4%	155.9	24.5%	161.7	31.6%	86.8	31.3%	761.0	13.4%
160.0 – 179.9	1.4	0.2%	3.0	0.3%	19.6	1.5%	46.8	4.1%	69.8	11.0%	88.9	17.4%	60.1	21.7%	289.6	5.1%
180.0 and above	-	-	-	-	2.0	0.2%	16.1	1.4%	22.6	3.6%	35.9	7.0%	26.5	9.6%	103.2	1.8%
Unknown/Missing	33.9	3.8%	27.6	3.0%	45.6	3.5%	26.1	2.3%	7.3	1.1%	11.9	2.3%	7.4	2.7%	159.7	2.8%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Mean	113.2		116.3		121.3		128.5		136.3		145.3		149.3		125.9	
Median	112.5		116.0		120.5		127.0		133.5		143.0		148.0		123.0	
Standard Deviation	12.9		13.1		15.4		18.7		22.0		22.8		23.3		20.7	
Diastolic blood pressure (mmHg)																
Below 60.0	134.5	15.0%	79.5	8.6%	78.6	6.0%	54.9	4.8%	31.1	4.9%	24.0	4.7%	14.7	5.3%	417.4	7.3%
60.0 – 69.9	301.1	33.5%	282.5	30.7%	294.1	22.6%	167.5	14.7%	81.8	12.9%	64.9	12.7%	50.1	18.1%	1 242.0	21.9%
70.0 – 79.9	269.1	30.0%	336.2	36.5%	431.0	33.1%	380.3	33.4%	194.1	30.5%	131.0	25.6%	66.0	23.8%	1 807.6	31.8%
80.0 – 89.9	134.3	15.0%	150.4	16.3%	295.2	22.7%	309.6	27.2%	179.7	28.3%	162.6	31.8%	75.9	27.3%	1 307.7	23.0%
90.0 – 99.9	22.3	2.5%	37.1	4.0%	123.1	9.5%	142.6	12.5%	100.2	15.8%	87.5	17.1%	43.5	15.7%	556.2	9.8%
100.0 – 109.9	2.1	0.2%	6.7	0.7%	29.1	2.2%	45.2	4.0%	28.9	4.5%	20.8	4.1%	17.3	6.2%	150.1	2.6%
110.0 and above	0.6	0.1%	1.2	0.1%	4.5	0.3%	12.8	1.1%	12.6	2.0%	8.9	1.7%	2.6	0.9%	43.1	0.8%
Unknown/Missing	33.9	3.8%	27.6	3.0%	45.6	3.5%	26.1	2.3%	7.3	1.1%	11.9	2.3%	7.4	2.7%	159.7	2.8%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Mean	69.9		72.4		76.0		79.1		80.4		81.0		79.7		76.2	
Median	69.5		72.0		75.5		78.5		80.0		81.5		80.0		75.5	
Standard Deviation	10.5		10.2		11.7		12.2		13.3		12.7		13.5		12.4	

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

In this report, those persons who answered affirmatively to the question “Have you ever been told by a doctor that you had hypertension?”, and/or had a measured systolic blood pressure ≥ 140 mmHg, and/or had a measured diastolic blood pressure ≥ 90 mmHg, would be classified as hypertensive.

Overall, doctor-diagnosed hypertension was reported by 12.1% of persons, in which 50.5% were reportedly first diagnosed during the 12 months preceding the survey (Table 4.2.7c). The corresponding incidence rate was 6.1% (Table 4.2.7d). However, field measurement of blood pressure using an electronic sphygmomanometer revealed that another 15.1% were measured to have high blood pressure by the WHO/ISH criteria, giving an overall prevalence of hypertension of 27.2% (24.9% for females and 30.1% for males). Both the prevalence of doctor-diagnosed and “undiagnosed but measured” hypertension increased steadily with age, from 0.7% and 4.5% for people aged 15-24 to 41.5% and 31.8% for people aged 75 and above respectively (Table 4.2.7e).

Table 4.2.7c: Prevalence of hypertension by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	773.0	24.9%	774.1	30.1%	1 547.2	27.2%
<i>Self-reported doctor diagnosed hypertension</i>	374.6	12.0%	311.6	12.1%	686.2	12.1%
<i>Undiagnosed but measured</i>	398.4	12.8%	462.5	18.0%	860.9	15.1%
No	2 257.2	72.6%	1 728.4	67.1%	3 985.6	70.1%
Unknown/Missing	79.5	2.6%	71.5	2.8%	151.1	2.7%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.7d: Incidence of doctor diagnosed hypertension in the 12 months preceding the survey by Gender

	Female			Male			Total		
	No. of persons ('000)	% among the cases*	Incidence	No. of persons ('000)	% among the cases*	Incidence	No. of persons ('000)	% among the cases*	Incidence
	189.9	50.7%	6.1%	156.5	50.2%	6.1%	346.4	50.5%	6.1%

Base: All respondents who had doctor-diagnosed hypertension and were diagnosed in the 12 months preceding the survey.

Note: *As a percentage to self-reported doctor diagnosed cases.

Table 4.2.7e: Prevalence of hypertension by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	47.1	5.2%	70.3	7.6%	225.0	17.3%	354.7	31.1%	307.7	48.4%	339.2	66.3%	203.3	73.3%	1 547.2	27.2%
<i>Self-reported doctor diagnosed hypertension</i>	6.6	0.7%	14.6	1.6%	65.5	5.0%	144.6	12.7%	153.4	24.1%	186.3	36.4%	115.2	41.5%	686.2	12.1%
<i>Undiagnosed but measured</i>	40.4	4.5%	55.7	6.0%	159.5	12.3%	210.0	18.4%	154.3	24.3%	152.8	29.9%	88.1	31.8%	860.9	15.1%
No	816.9	91.0%	824.2	89.5%	1 033.4	79.4%	760.1	66.7%	323.2	50.8%	160.5	31.4%	67.3	24.3%	3 985.6	70.1%
Unknown/Missing	33.9	3.8%	26.7	2.9%	42.9	3.3%	24.3	2.1%	4.7	0.7%	11.9	2.3%	6.7	2.4%	151.1	2.7%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Control of hypertension is important because it can reduce the heart and kidney diseases and deaths caused by hypertension. Apart from drug treatment, lifestyle modifications also have an important role in controlling high blood pressure. For those who had been diagnosed with hypertension, about three-quarters (73.4%) had taken doctor-prescribed medicine to control their blood pressure; 15.6% reported to have taken over-the-counter medicine. In terms of changes in lifestyle, 39.3% reported to have tried to control or lose weight, 61.0% cut down the salt content in their diet and 45.9% do more exercise (Table 4.2.7f). For those who were taking prescribed medicine to control or lower their high blood pressure, most cases sought western medicine (93.4%), as opposed to 2.5% for Chinese medicine. A further 0.9% reported that they were taking both western and Chinese medicine (Table 4.2.7g).

Table 4.2.7f: Blood pressure control by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Taking doctor-prescribed medicine	271.0	72.3%	232.7	74.7%	503.7	73.4%
Taking over-the-counter medicine	60.3	16.1%	46.7	15.0%	107.0	15.6%
Cutting down on salt in diet	229.0	61.1%	189.9	61.0%	418.9	61.0%
Increasing physical activity or exercise	168.6	45.0%	146.5	47.0%	315.0	45.9%
Controlling or losing weight	135.9	36.3%	133.6	42.9%	269.5	39.3%
Cutting down on your alcohol consumption	63.7	17.0%	83.4	26.8%	147.1	21.4%

Base: All respondents who had doctor-diagnosed hypertension.

Notes: Multiple answers were allowed.

Figures may not add up to the total due to rounding.

Table 4.2.7g: Type of prescribed medication taking to control or lower blood pressure by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Western medicine	250.8	92.6%	219.8	94.4%	470.6	93.4%
Chinese medicine	8.1	3.0%	4.4	1.9%	12.5	2.5%
Both of them	3.2	1.2%	1.3	0.6%	4.6	0.9%
Unknown/Missing	8.9	3.3%	7.2	3.1%	16.1	3.2%
Total	271.0	100.0%	232.7	100.0%	503.7	100.0%

Base: All respondents who had doctor-diagnosed hypertension and were taking doctor-prescribed medicine to control or lower their blood pressure.

Note: Figures may not add up to the total due to rounding.

4.2.8 High Blood Cholesterol

High blood cholesterol is another well-known major risk factor for cardiovascular diseases. In the PHS, respondents were asked if they had ever been told by a doctor that their blood cholesterol level was high. Overall, 8.4% of people aged 15 and above were told that they had high blood cholesterol in which 48.3% claimed that it was diagnosed in the 12 months preceding the survey, giving an incidence rate of 4.1% (Tables 4.2.8a and 4.2.8b).

Similar proportion (8.4%) of females and males reported diagnosed high blood cholesterol (Table 4.2.8a). Analyzed by age, the prevalence increased from 0.1% for those aged 15-24 and peaked at 19.8% for those aged 65-74, then slightly dropped to 18.1% for those aged 75 and above (Table 4.2.8c).

Table 4.2.8a: Prevalence of high blood cholesterol by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	260.7	8.4%	217.4	8.4%	478.1	8.4%
No	2 825.9	90.9%	2 333.8	90.7%	5 159.6	90.8%
Unknown/Missing	23.2	0.7%	22.9	0.9%	46.1	0.8%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.8b: Incidence of high blood cholesterol diagnosed in the 12 months preceding the survey by Gender

	Female			Male			Total		
	No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence	No. of persons ('000)	% among the cases	Incidence
	128.5	49.3%	4.1%	102.6	47.2%	4.0%	231.1	48.3%	4.1%

Base: All respondents who had doctor-diagnosed high blood cholesterol.

Table 4.2.8c: Prevalence of high blood cholesterol by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1.1	0.1%	21.6	2.3%	72.3	5.6%	116.3	10.2%	115.6	18.2%	101.1	19.8%	50.2	18.1%	478.1	8.4%
No	890.8	99.2%	890.4	96.6%	1 213.5	93.3%	1 014.3	89.1%	518.8	81.6%	406.6	79.5%	225.3	81.2%	5 159.6	90.8%
Unknown/Missing	5.9	0.7%	9.3	1.0%	15.5	1.2%	8.4	0.7%	1.3	0.2%	3.9	0.8%	1.9	0.7%	46.1	0.8%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Among all who were diagnosed with high blood cholesterol, 35.1% were taking prescribed medicine and 8.8% were taking over-the-counter medicine to control or lower their blood cholesterol levels. Forty-four point one percent of these individuals attempted to control or lose their weight, 52.8% took more exercise and 78.4% consumed fewer high fat or high cholesterol food (Table 4.2.8d). For those who did take prescribed medicine, the overwhelming majority (93.8%) were taking western medicine, compared with 2.8% who took traditional Chinese medicine. In addition, 1.9% were taking both western and traditional Chinese medicine (Table 4.2.8e).

Table 4.2.8d: Blood cholesterol control by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Eating fewer high fat or high cholesterol food	209.2	80.2%	165.6	76.2%	374.8	78.4%
Increasing physical activity or exercise	133.7	51.3%	118.8	54.7%	252.6	52.8%
Controlling or losing weight	109.7	42.1%	101.3	46.6%	211.0	44.1%
Taking prescribed medicine	89.1	34.2%	78.7	36.2%	167.8	35.1%
Taking over-the-counter medicine	20.8	8.0%	21.2	9.8%	42.0	8.8%

Base: All respondents who had doctor-diagnosed high blood cholesterol.

Notes: Multiple answers were allowed.

Figures may not add up to the total due to rounding.

Table 4.2.8e: Type of prescribed medication taking to control or lower blood cholesterol level by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Western medicine	83.2	93.3%	74.2	94.3%	157.4	93.8%
Traditional Chinese medicine	1.4	1.5%	3.3	4.1%	4.6	2.8%
Both of them	2.6	2.9%	0.6	0.8%	3.2	1.9%
Unknown/Missing	2.0	2.3%	0.6	0.8%	2.6	1.6%
Total	89.1	100.0%	78.7	100.0%	167.8	100.0%

Base: All respondents who had doctor-diagnosed high blood cholesterol and were taking prescribed medicine to control or lower their blood cholesterol level.

Note: Figures may not add up to the total due to rounding.

4.2.9 *Overweight and Obesity*

Being overweight or obese increases the risk of a wide range of health problems, including cardiovascular disease, diabetes, some cancers, degenerative joint diseases, and breathing problems. Body mass index (BMI) is an anthropometric surrogate of weight status and commonly used method for classifying overweight and obesity in an adult population. During interview, respondents' height and weight were measured by using valid and calibrated weighing scale and tape measures. Based on the measured weight and height of the persons, the BMI was then computed by dividing the person's weight (in kilograms) by their height (in metres) squared. In this report, body weight status was defined by the Asian standard and classified into five categories: "underweight" when the BMI was less than 18.5; "normal" when the BMI was equal to or greater than 18.5 and less than 23.0; "overweight" when the BMI was equal to or greater than 23.0 and less than 25.0; "obese I" when the BMI was equal to or greater than 25.0 and less than 30.0; and "obese II" when the BMI was equal to or greater than 30.0.²

Height and Weight

Overall, the mean height was 157.0 cm for females and 168.4 cm for males (Table 4.2.9a). Compared with the mean height for people aged 15-24, the mean height was 10.0 cm less for people aged 75 and above. This may reflect either a cohort effect with younger people reaching greater heights at maturity than older people or a true loss of height due to aging (Table 4.2.9b).

In terms of body weight, the mean weight was 54.9 kg for females and 64.7 kg for males (Table 4.2.9a). Analyzed by age group, the mean weight was highest among people aged 45-54 of 61.4 kg (Table 4.2.9b).

Table 4.2.9a: Body height and weight by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Height (cm)						
Below 140	19.5	0.6%	-	-	19.5	0.3%
140.0 – 149.9	298.0	9.6%	10.0	0.4%	308.0	5.4%
150.0 – 159.9	1 595.0	51.3%	197.0	7.7%	1 791.9	31.5%
160.0 – 169.9	1 033.1	33.2%	1 163.9	45.2%	2 197.1	38.7%
170.0 – 179.9	82.7	2.7%	1 015.8	39.5%	1 098.5	19.3%
180.0 and above	1.4	0.0%	118.8	4.6%	120.2	2.1%
Unknown/Missing	80.1	2.6%	68.6	2.7%	148.7	2.6%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Mean	157.0		168.4		162.2	
Median	157.0		168.5		162.0	
Standard Deviation	6.4		6.7		8.7	
Weight (kg)						
Below 40	56.8	1.8%	4.0	0.2%	60.8	1.1%
40.0 – 49.9	784.8	25.2%	124.0	4.8%	908.8	16.0%
50.0 – 59.9	1 402.0	45.1%	620.8	24.1%	2 022.8	35.6%
60.0 – 69.9	585.7	18.8%	1 069.5	41.6%	1 655.3	29.1%
70.0 – 79.9	157.6	5.1%	511.5	19.9%	669.2	11.8%
80.0 – 89.9	34.6	1.1%	127.6	5.0%	162.2	2.9%
90.0 – 99.9	7.4	0.2%	44.3	1.7%	51.7	0.9%
100.0 – 109.9	3.8	0.1%	6.2	0.2%	10.0	0.2%
110.0 and above	-	-	4.5	0.2%	4.5	0.1%
Unknown/Missing	77.1	2.5%	61.7	2.4%	138.8	2.4%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Mean	54.9		64.7		59.3	
Median	54.0		64.0		58.0	
Standard Deviation	9.1		10.2		10.8	

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.9b: Body height and weight by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Height (cm)																
Below 140	0.5	0.1%	-	-	3.6	0.3%	4.7	0.4%	2.6	0.4%	3.4	0.7%	4.7	1.7%	19.5	0.3%
140.0 – 149.9	16.4	1.8%	17.1	1.9%	37.2	2.9%	44.3	3.9%	64.3	10.1%	68.3	13.4%	60.4	21.8%	308.0	5.4%
150.0 – 159.9	190.5	21.2%	248.2	26.9%	437.6	33.6%	409.4	35.9%	208.5	32.8%	182.3	35.6%	115.4	41.6%	1 791.9	31.5%
160.0 – 169.9	369.7	41.2%	355.1	38.6%	517.9	39.8%	458.3	40.2%	252.2	39.7%	175.7	34.3%	68.2	24.6%	2 197.1	38.7%
170.0 – 179.9	257.5	28.7%	242.9	26.4%	234.2	18.0%	188.0	16.5%	91.8	14.4%	63.7	12.5%	20.3	7.3%	1 098.5	19.3%
180.0 and above	38.0	4.2%	31.5	3.4%	31.3	2.4%	11.7	1.0%	3.8	0.6%	4.0	0.8%	-	-	120.2	2.1%
Unknown/Missing	25.3	2.8%	26.3	2.9%	39.4	3.0%	22.8	2.0%	12.6	2.0%	14.1	2.8%	8.3	3.0%	148.7	2.6%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Mean	165.5		164.5		162.5		161.5		160.5		159.0		155.5		162.2	
Median	165.0		164.0		162.0		161.0		160.5		159.0		154.0		162.0	
Standard Deviation	8.4		8.1		8.2		8.0		8.6		9.1		8.6		8.7	
Weight (kg)																
Below 40	14.0	1.6%	3.9	0.4%	8.2	0.6%	5.1	0.4%	5.5	0.9%	9.1	1.8%	15.0	5.4%	60.8	1.1%
40.0 – 49.9	212.4	23.7%	181.4	19.7%	174.3	13.4%	120.0	10.5%	81.4	12.8%	77.9	15.2%	61.3	22.1%	908.8	16.0%
50.0 – 59.9	360.2	40.1%	337.4	36.6%	456.0	35.0%	386.4	33.9%	202.7	31.9%	173.4	33.9%	106.8	38.5%	2 022.8	35.6%
60.0 – 69.9	217.4	24.2%	244.9	26.6%	360.6	27.7%	382.5	33.6%	219.5	34.5%	159.2	31.1%	71.1	25.6%	1 655.3	29.1%
70.0 – 79.9	50.5	5.6%	91.3	9.9%	179.0	13.8%	171.3	15.0%	100.1	15.7%	64.0	12.5%	13.1	4.7%	669.2	11.8%
80.0 – 89.9	13.6	1.5%	22.6	2.5%	57.9	4.4%	40.3	3.5%	12.7	2.0%	13.3	2.6%	1.8	0.7%	162.2	2.9%
90.0 – 99.9	4.3	0.5%	12.6	1.4%	19.1	1.5%	11.9	1.0%	0.6	0.1%	3.1	0.6%	-	-	51.7	0.9%
100.0 – 109.9	-	-	3.4	0.4%	3.0	0.2%	1.3	0.1%	1.2	0.2%	1.0	0.2%	-	-	10.0	0.2%
110.0 and above	-	-	2.7	0.3%	1.7	0.1%	-	-	-	-	-	-	-	-	4.5	0.1%
Unknown/Missing	25.3	2.8%	21.1	2.3%	41.4	3.2%	20.1	1.8%	12.0	1.9%	10.5	2.1%	8.3	3.0%	138.8	2.4%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Mean	55.8		58.7		60.9		61.4		60.4		59.3		54.9		59.3	
Median	55.0		57.0		59.0		60.0		60.0		59.0		55.0		58.0	
Standard Deviation	9.7		11.3		11.4		10.3		9.8		10.6		9.6		10.8	

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Weight Status

Overall, 10.3% of the population were categorised as “underweight” and 47.9% as “normal”. Close to two-fifths (38.8%) of the population were categorised as overweight or obese, in which 21.0% were obese. A significant higher proportion of males (42.5%) than females (35.9%) were classified as overweight or obese (Table 4.2.9c). Analyzed by age, the proportion of overweight or obese cases increased with age, from 14.6% for people aged 15-24 and to 54.6% for people aged 55-64 and then dropped below 50% for those aged 65 and above. On the other hand, one-fourth (25.1%) of youngsters aged from 15 to 24 were categorised as ‘underweight’ (Table 4.2.9d).

Table 4.2.9c: BMI status by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Underweight	384.6	12.4%	200.0	7.8%	584.6	10.3%
Normal	1 518.4	48.8%	1 205.4	46.8%	2 723.8	47.9%
Overweight	494.3	15.9%	516.7	20.1%	1 011.0	17.8%
Obese I	526.5	16.9%	503.4	19.6%	1 029.8	18.1%
Obese II	95.2	3.1%	71.7	2.8%	166.8	2.9%
Unknown/Missing	90.9	2.9%	76.9	3.0%	167.8	3.0%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.9d: BMI status by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Underweight	225.1	25.1%	127.3	13.8%	74.7	5.7%	50.3	4.4%	37.9	6.0%	41.9	8.2%	27.4	9.9%	584.6	10.3%
Normal	511.5	57.0%	536.6	58.2%	637.0	49.0%	476.6	41.8%	237.3	37.3%	200.0	39.1%	124.8	45.0%	2 723.8	47.9%
Overweight	77.9	8.7%	106.8	11.6%	239.0	18.4%	256.8	22.5%	171.2	26.9%	103.4	20.2%	56.0	20.2%	1 011.0	17.8%
Obese I	45.9	5.1%	101.8	11.1%	260.7	20.0%	279.6	24.6%	161.5	25.4%	127.0	24.8%	53.3	19.2%	1 029.8	18.1%
Obese II	7.4	0.8%	20.8	2.3%	45.1	3.5%	49.0	4.3%	14.6	2.3%	22.9	4.5%	7.0	2.5%	166.8	2.9%
Unknown/Missing	29.9	3.3%	27.9	3.0%	44.7	3.4%	26.7	2.3%	13.2	2.1%	16.4	3.2%	8.9	3.2%	167.8	3.0%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.9e presents people's weight perception by BMI status (Asian standard). Among those who were overweight or obese, 33.6% (742.1 out of 2 207.7) wrongly considered themselves underweight or about the right weight. In contrast, 44.1% of underweight cases (257.9 out of 584.6) regarded themselves as about the right weight or overweight.

Table 4.2.9e: Perception of body weight by BMI status (Asia standard)

Perception	Underweight		Normal		Overweight		Obese I		Obese II		Unknown / Missing		Total	
	BMI status		BMI status		BMI status		BMI status		BMI status		BMI status		BMI status	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Very thin/underweight	56.5	9.7%	33.7	1.2%	0.6	0.1%	0.6	0.1%	1.7	1.0%	2.7	1.6%	95.8	1.7%
A little bit thin/underweight	266.4	45.6%	411.1	15.1%	30.9	3.1%	9.3	0.9%	-	-	30.2	18.0%	747.9	13.2%
About the right weight	216.5	37.0%	1 622.9	59.6%	437.9	43.3%	248.7	24.2%	12.4	7.4%	71.5	42.6%	2 609.9	45.9%
A little bit fat/overweight	38.7	6.6%	628.1	23.1%	524.0	51.8%	669.3	65.0%	88.0	52.8%	50.5	30.1%	1 998.6	35.2%
Very fat/overweight	2.7	0.5%	18.0	0.7%	14.4	1.4%	96.9	9.4%	64.1	38.4%	5.6	3.3%	201.6	3.5%
Unknown/missing	3.8	0.6%	10.0	0.4%	3.2	0.3%	5.0	0.5%	0.7	0.4%	7.4	4.4%	30.1	0.5%
Total	584.6	100.0%	2 723.8	100.0%	1 011.0	100.0%	1 029.8	100.0%	166.8	100.0%	167.8	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Waist circumference and Abdominal Obesity

Abdominal obesity is hazardous to health. Waist circumference is another anthropometric surrogate of abdominal obesity. The International Diabetes Institute suggested 90.0 cm for men and 80.0 cm for women be used as interim lower values for Asian albeit these values may require further revision.² In the PHS, respondents' waist circumferences were measured by positioning horizontally a tailoring ruler halfway between the lower rib margin and the iliac crest. The circumference was measured to nearest 0.1 cm.

Overall, the mean waist circumference was 75.0 cm for females and 82.1 cm for males. While 19.7% of men were classified as having abdominal obesity (≥ 90.0 cm), 27.5% of women had a waist circumference of 80.0 cm and over (Table 4.29f). Table 4.2.9g shows that the average waistline increased with age, from 71.6 cm for people aged 15-24 to 83.3 cm for people aged 65-74 and then dropped slightly to 82.9 cm for people aged 75 and above.

Table 4.2.9f: Waist circumferences by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Below 60	46.7	1.5%	3.3	0.1%	50.1	0.9%
60.0 - 69.9 cm	943.3	30.3%	174.5	6.8%	1 117.8	19.7%
70.0 - 79.9cm	1 169.6	37.6%	823.3	32.0%	1 992.9	35.1%
80.0 - 89.9cm	624.6	20.1%	990.5	38.5%	1 615.2	28.4%
90.0 - 99.9 cm	184.5	5.9%	412.4	16.0%	596.9	10.5%
100.0 – 109.9cm	36.4	1.2%	80.7	3.1%	117.1	2.1%
110.0 cm and above	11.0	0.4%	13.0	0.5%	24.0	0.4%
Unknown/Missing	93.6	3.0%	76.4	3.0%	170.0	3.0%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Mean	75.0		82.1		78.2	
Median	74.0		81.8		77.5	
Standard Deviation	9.6		9.1		10.1	

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.9g: Waist circumferences by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Below 60	20.9	2.3%	13.7	1.5%	4.5	0.3%	4.7	0.4%	0.6	0.1%	2.0	0.4%	3.7	1.3%	50.1	0.9%
60.0 - 69.9 cm	374.0	41.7%	280.6	30.5%	239.1	18.4%	118.3	10.4%	44.7	7.0%	35.6	7.0%	25.5	9.2%	1 117.8	19.7%
70.0 - 79.9cm	340.5	37.9%	347.8	37.7%	478.6	36.8%	402.7	35.4%	203.6	32.0%	144.4	28.2%	75.3	27.1%	1 992.9	35.1%
80.0 - 89.9cm	106.5	11.9%	182.6	19.8%	387.2	29.8%	413.8	36.3%	258.4	40.7%	182.1	35.6%	84.6	30.5%	1 615.2	28.4%
90.0 - 99.9 cm	22.8	2.5%	55.0	6.0%	117.2	9.0%	146.4	12.9%	93.9	14.8%	107.8	21.1%	54.0	19.5%	596.9	10.5%
100.0 -109.9cm	3.1	0.3%	7.5	0.8%	26.0	2.0%	26.5	2.3%	18.4	2.9%	21.8	4.3%	13.8	5.0%	117.1	2.1%
110 and above	1.0	0.1%	3.3	0.4%	6.3	0.5%	2.6	0.2%	0.7	0.1%	3.6	0.7%	6.7	2.4%	24.0	0.4%
Unknown/Missing	29.1	3.2%	30.9	3.4%	42.4	3.3%	24.1	2.1%	15.4	2.4%	14.3	2.8%	13.8	5.0%	170.0	3.0%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Mean	71.6		74.7		78.3		80.5		81.9		83.3		82.9		78.2	
Median	70.0		74.0		77.0		80.0		82.0		84.0		82.5		77.5	
Standard Deviation	8.1		9.3		9.6		9.1		8.9		9.9		11.9		10.1	

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

4.2.10 Vision

Most people have encountered visual problems at some point in their lives. Some may have problems reading small print; others may no longer see objects far away. Some visual problems can be corrected, for example by wearing glasses or surgical operation; others may not. The PHS included a few questions on people's vision and the extent of difficulties in doing certain activities because of poor eyesight.

Overall, 55.6% of the persons aged 15 and above (53.3% for females and 58.4% for males) reported they had good or excellent eyesight, with glasses or contact lens if they wore them. (Table 4.2.10a) The proportion of people reported having good or excellent eyesight decreased with age, from 66.7% for people aged 15-24 to 23.0% for people aged 75 and above (Table 4.2.10b).

Table 4.2.10a: Fitness of eyesight by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Excellent	319.0	10.3%	359.7	14.0%	678.7	11.9%
Good	1 339.3	43.1%	1 144.2	44.5%	2 483.5	43.7%
Fair	1 125.7	36.2%	867.6	33.7%	1 993.3	35.1%
Poor	283.1	9.1%	168.1	6.5%	451.2	7.9%
Very poor	18.2	0.6%	12.2	0.5%	30.4	0.5%
Unknown/Missing	24.6	0.8%	22.3	0.9%	46.8	0.8%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.10b: Fitness of eyesight by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Excellent	169.8	18.9%	131.3	14.3%	176.7	13.6%	87.6	7.7%	52.6	8.3%	46.0	9.0%	14.6	5.3%	678.7	11.9%
Good	429.0	47.8%	459.0	49.8%	679.9	52.3%	464.4	40.8%	244.3	38.4%	157.5	30.8%	49.3	17.8%	2 483.5	43.7%
Fair	250.0	27.8%	292.4	31.7%	384.7	29.6%	468.5	41.1%	260.5	41.0%	213.2	41.7%	123.9	44.7%	1 993.3	35.1%
Poor	40.2	4.5%	26.8	2.9%	49.2	3.8%	105.0	9.2%	64.1	10.1%	85.5	16.7%	80.3	29.0%	451.2	7.9%
Very poor	-	-	2.5	0.3%	0.9	0.1%	6.6	0.6%	7.2	1.1%	4.6	0.9%	8.6	3.1%	30.4	0.5%
Unknown/Missing	8.8	1.0%	9.2	1.0%	9.7	0.7%	6.9	0.6%	7.0	1.1%	4.6	0.9%	0.6	0.2%	46.8	0.8%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

When people were asked whether they suffered from short-sightedness, about two-fifths (39.8%) of the persons reported that they were short-sighted (Table 4.2.10c). Age group had a negative relationship with short-sightedness. The percentage of persons who gave a negative response to the question increased from 34.8% in the 15-24 age group to 75.7% in the 75 and above age group (Table 4.2.10d).

Table 4.2.10c: Prevalence of short-sightedness by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1 293.1	41.6%	967.4	37.6%	2 260.5	39.8%
-0.01 to -0.99 diopters	83.6	2.7%	42.8	1.7%	126.5	2.2%
-1.00 to -1.99 diopters	276.5	8.9%	148.0	5.7%	424.4	7.5%
-2.00 to -2.99 diopters	290.7	9.3%	214.8	8.3%	505.6	8.9%
-3.00 to -3.99 diopters	194.1	6.2%	184.8	7.2%	378.9	6.7%
-4.00 to -4.99 diopters	148.8	4.8%	124.8	4.8%	273.6	4.8%
-5.00 to -5.99 diopters	102.0	3.3%	103.0	4.0%	205.0	3.6%
-6.00 to -9.99 diopters	147.9	4.8%	96.1	3.7%	243.9	4.3%
-10.00 diopters and above	17.7	0.6%	17.1	0.7%	34.9	0.6%
Yes, but don't know how much	31.7	1.0%	36.1	1.4%	67.7	1.2%
No	1 645.2	52.9%	1 492.3	58.0%	3 137.4	55.2%
Don't know	98.7	3.2%	67.9	2.6%	166.5	2.9%
Unknown/Missing	72.9	2.3%	46.5	1.8%	119.4	2.1%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.2.10d: Prevalence of short-sightedness by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	557.0	62.0%	536.0	58.2%	568.7	43.7%	371.6	32.6%	142.8	22.5%	59.2	11.6%	25.2	9.1%	2 260.5	39.8%
-0.01 to -0.99 diopters	35.7	4.0%	31.4	3.4%	31.0	2.4%	12.0	1.1%	8.1	1.3%	4.3	0.8%	4.0	1.5%	126.5	2.2%
-1.00 to -1.99 diopters	115.2	12.8%	102.0	11.1%	111.9	8.6%	58.3	5.1%	24.5	3.8%	8.1	1.6%	4.5	1.6%	424.4	7.5%
-2.00 to -2.99 diopters	141.2	15.7%	113.1	12.3%	121.7	9.4%	85.8	7.5%	34.6	5.4%	4.6	0.9%	4.6	1.6%	505.6	8.9%
-3.00 to -3.99 diopters	96.8	10.8%	97.0	10.5%	87.3	6.7%	66.4	5.8%	21.8	3.4%	7.1	1.4%	2.4	0.9%	378.9	6.7%
-4.00 to -4.99 diopters	52.9	5.9%	71.8	7.8%	69.4	5.3%	55.8	4.9%	16.0	2.5%	6.6	1.3%	1.2	0.4%	273.6	4.8%
-5.00 to -5.99 diopters	52.2	5.8%	45.8	5.0%	50.9	3.9%	39.1	3.4%	10.2	1.6%	5.4	1.0%	1.5	0.6%	205.0	3.6%
-6.00 to -9.99 diopters	52.0	5.8%	64.8	7.0%	72.2	5.5%	35.6	3.1%	14.8	2.3%	3.2	0.6%	1.3	0.5%	243.9	4.3%
-10.00 diopters and above	2.7	0.3%	2.7	0.3%	14.1	1.1%	6.0	0.5%	5.6	0.9%	2.5	0.5%	1.2	0.4%	34.9	0.6%
Yes, but don't know how much	8.3	0.9%	7.6	0.8%	10.3	0.8%	12.7	1.1%	7.1	1.1%	17.4	3.4%	4.3	1.6%	67.7	1.2%
No	312.8	34.8%	363.7	39.5%	684.8	52.6%	717.6	63.0%	449.9	70.8%	398.5	77.9%	210.1	75.7%	3 137.4	55.2%
Don't know	17.7	2.0%	13.6	1.5%	30.4	2.3%	32.3	2.8%	20.2	3.2%	28.6	5.6%	23.6	8.5%	166.5	2.9%
Unknown/Missing	10.3	1.1%	7.8	0.9%	17.3	1.3%	17.5	1.5%	22.9	3.6%	25.2	4.9%	18.5	6.7%	119.4	2.1%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Among those who suffered from short-sightedness, the median age of persons when they were first diagnosed with short-sightedness was 14 years of age. In addition, the median age of males in this respect (15 years) was slightly older than females (14 years) (Table 4.2.10e).

Table 4.2.10e: Age (in years) when first developed short-sightedness by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Below 10	108.7	8.4%	78.1	8.1%	186.8	8.3%
10-11.9	149.8	11.6%	145.2	15.0%	294.9	13.0%
12-14.9	370.5	28.7%	233.9	24.2%	604.4	26.7%
15-19.9	338.9	26.2%	281.5	29.1%	620.4	27.4%
20-24.9	123.6	9.6%	85.7	8.9%	209.3	9.3%
25 and above	150.2	11.6%	102.8	10.6%	253.0	11.2%
Unknown/Missing	51.4	4.0%	40.3	4.2%	91.7	4.1%
Total	1 293.1	100.0%	967.4	100.0%	2 260.5	100.0%
Mean	16.6		16.3		16.5	
Median	14.0		15.0		14.0	
Standard Deviation	8.8		8.8		8.8	

Base: All respondents who suffered from short-sightedness.

Note: Figures may not add up to the total due to rounding.

Regarding difficulties in daily activities due to visual problems (with corrective lenses), the majority (83.3%) found no difficulty in reading the ordinary prints in the newspaper; 82.1% doing work or hobbies which involved seeing things close-up; 82.8% going downstairs in dim light or at dark; 91.2% noticing things off to the side while walking; and 90.1% in locating something on a crowded shelf. Overall, 1.2% of people reported that they most or all of the time had difficulties in doing work or other daily activities such as housework because of their vision (Table 4.2.10f).

Table 4.2.10f: Extent of difficulties in daily activities by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Read ordinary print in newspaper						
No difficulty	2 541.7	81.7%	2 195.0	85.3%	4 736.7	83.3%
A little difficulty	381.7	12.3%	274.4	10.7%	656.1	11.5%
Moderate difficulty	105.2	3.4%	61.7	2.4%	166.9	2.9%
Extreme difficulty	44.8	1.4%	26.9	1.0%	71.7	1.3%
Unable to do because of eyesight	16.9	0.5%	6.5	0.3%	23.5	0.4%
Unknown/Missing	19.5	0.6%	9.5	0.4%	29.0	0.5%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Do work or hobbies that require you to see well up close						
No difficulty	2 497.1	80.3%	2 172.0	84.4%	4 669.2	82.1%
A little difficulty	425.2	13.7%	281.2	10.9%	706.3	12.4%
Moderate difficulty	123.4	4.0%	64.3	2.5%	187.7	3.3%
Extreme difficulty	40.7	1.3%	33.6	1.3%	74.3	1.3%
Unable to do because of eyesight	6.9	0.2%	9.1	0.4%	16.0	0.3%
Unknown/Missing	16.5	0.5%	13.9	0.5%	30.4	0.5%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Go down steps, stairs in dim light or at night						
No difficulty	2 486.1	79.9%	2 221.8	86.3%	4 707.9	82.8%
A little difficulty	450.9	14.5%	264.1	10.3%	714.9	12.6%
Moderate difficulty	94.0	3.0%	50.9	2.0%	144.9	2.5%
Extreme difficulty	50.2	1.6%	19.0	0.7%	69.3	1.2%
Unable to do because of eyesight	8.3	0.3%	6.2	0.2%	14.5	0.3%
Unknown/Missing	20.3	0.7%	12.1	0.5%	32.3	0.6%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Table 4.2.10f: Extent of difficulties in daily activities by Gender (cont'd)

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Notice objects off to the side while walking						
No difficulty	2 801.6	90.1%	2 383.2	92.6%	5 184.8	91.2%
A little difficulty	227.4	7.3%	134.9	5.2%	362.3	6.4%
Moderate difficulty	46.5	1.5%	35.4	1.4%	81.9	1.4%
Extreme difficulty	14.9	0.5%	4.3	0.2%	19.2	0.3%
Unable to do because of eyesight	3.2	0.1%	3.2	0.1%	6.5	0.1%
Unknown/Missing	16.2	0.5%	13.0	0.5%	29.2	0.5%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Find something on a crowded shelf						
No difficulty	2 762.4	88.8%	2 356.9	91.6%	5 119.3	90.1%
A little difficulty	256.7	8.3%	154.3	6.0%	411.0	7.2%
Moderate difficulty	50.6	1.6%	38.6	1.5%	89.3	1.6%
Extreme difficulty	17.0	0.5%	9.2	0.4%	26.2	0.5%
Unable to do because of eyesight	4.4	0.1%	2.0	0.1%	6.4	0.1%
Unknown/Missing	18.7	0.6%	13.1	0.5%	31.8	0.6%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Level of limitation in working or doing other daily activities						
None of the time	2 310.6	74.3%	1 945.1	75.6%	4 255.8	74.9%
A little of the time	480.4	15.4%	359.9	14.0%	840.4	14.8%
Some of the time	243.5	7.8%	201.0	7.8%	444.4	7.8%
Most of the time	28.9	0.9%	19.6	0.8%	48.5	0.9%
All of the time	10.3	0.3%	11.9	0.5%	22.2	0.4%
Unknown/Missing	36.0	1.2%	36.5	1.4%	72.5	1.3%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Cataract operation involves taking out the defective or cloudy natural lens and replacing it with a clear, artificial implant. The PHS included one question asking the respondents “Have you ever had a cataract operation?”. Overall, 2.4% of the persons had such operation. The proportion of people reporting that they had cataract operation was greater in females (2.6%) than males (2.1%) (Table 4.2.10g).

Table 4.2.10g: Proportion of people ever had cataract operation by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	82.3	2.6%	54.8	2.1%	137.1	2.4%
No	2 987.5	96.1%	2 482.7	96.5%	5 470.1	96.2%
Unknown/Missing	40.1	1.3%	36.6	1.4%	76.6	1.3%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

4.2.11 Other Chronic Conditions

The information on other chronic conditions is based on answers to the interview question, “Do you ever have other chronic health conditions as told by a doctor?”. Respondents were then asked on a number of listed chronic health conditions. If respondents gave an affirmative answer to the named chronic condition, they would be further asked “Was the disease diagnosed in the past 12 months?”. Of note, this section will provide an overview on the prevalence and incidence of the listed chronic “physical” conditions. Besides, the prevalence and incidence of mental health conditions, including depression, anxiety disorder, schizophrenia and dementia, will be presented in Chapter 5 on Mental Health.

Table 4.2.11 shows the prevalence (ever-diagnosed in their life time) and incidence (diagnosed in the past 12 months) of the listed other chronic conditions. Regarding prevalence, the commonest other chronic conditions were musculoskeletal diseases (10.5%), diseases of the ears / nose / throat (7.7%), stomach and intestinal diseases (7.2%), skin diseases (7.1%) and diseases of the eyes (6.9%). Regarding incidence in the 12 months before the survey, musculoskeletal diseases was also the top among the chronic conditions (3.3%), followed by skin diseases (2.3%), diseases of eyes (2.2%), diseases of the ears / nose / throat (1.9%), stomach and intestinal diseases (1.1%).

Table 4.2.11: Prevalence and incidence of the other chronic conditions

	Prevalence among the population in their lifetime		Incidence among the population in the 12 months preceding the survey	
	Number of persons (‘000)	% ¹	Number of persons (‘000)	% ²
Musculoskeletal diseases	594.7	10.5%	187.2	3.3%
Diseases of the ears / nose / throat	435.7	7.7%	109.3	1.9%
Stomach and intestinal diseases	407.2	7.2%	64.9	1.1%
Skin diseases	403.8	7.1%	132.4	2.3%
Diseases of the eyes	390.8	6.9%	122.6	2.2%
Anaemia	265.7	4.7%	59.5	1.0%
Liver diseases	169.3	3.0%	18.3	0.3%
Thyroid disease	164.9	2.9%	34.8	0.6%
Respiratory diseases (other than asthma, COPD mentioned above)	112.9	2.0%	31.0	0.5%
Kidney diseases	90.3	1.6%	21.5	0.4%
Immune diseases	77.5	1.4%	10.3	0.2%
Congenital blood diseases	74.9	1.3%	10.9	0.2%
Any kind of impairments or disabilities	36.7	0.6%	5.3	0.1%
Parkinson's disease	31.6	0.6%	8.4	0.1%
Epilepsy	22.1	0.4%	11.7	0.2%

Base: All respondents.

Notes: * Ranked by prevalence among the population in their lifetime.

¹ Number of cases ever-diagnosed with the disease divided by the population aged 15 and above.

² Number of cases diagnosed with the disease in the past 12 months preceding the survey divided by the population aged 15 and above.

Figures may not add up to the total due to rounding.

4.3 Injury

Injury is an important public health problem which carries an immediate and substantial cost burden. The PHS included questions asking the respondents whether they sustained injuries that were serious enough to limit their normal activity in the 12 months preceding the survey. For those respondents who had sustained injuries in the 12 months preceding the survey, they were further asked how many times they were injured, where the most serious injury happened and whether it was a work-related injury.

Overall, 14.3% of people aged 15 and above reported that they had sustained an injury that were serious enough to limit their normal activities in the 12 months preceding the survey. A significant greater proportion of males (17.4%) than females (11.7%) reported so (Table 4.3a). People in the 15-24 age group were more likely to report of having an injury that was serious enough to limit their normal activities than people in other age groups (Table 4.3b).

Table 4.3a: Proportion of people sustained a serious injury in the 12 months preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	364.0	11.7%	448.2	17.4%	812.2	14.3%
No	2 742.1	88.2%	2 119.8	82.4%	4 861.8	85.5%
Unknown/Missing	3.7	0.1%	6.0	0.2%	9.8	0.2%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.3b: Proportion of people sustained a serious injury in the 12 months preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	169.4	18.9%	128.5	14.0%	192.3	14.8%	162.0	14.2%	85.8	13.5%	50.4	9.9%	23.8	8.6%	812.2	14.3%
No	725.6	80.8%	788.3	85.6%	1 108.9	85.2%	975.7	85.7%	549.9	86.5%	459.9	89.9%	253.5	91.4%	4 861.8	85.5%
Unknown/Missing	2.9	0.3%	4.4	0.5%	-	-	1.3	0.1%	-	-	1.2	0.2%	-	-	9.8	0.2%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Among those who got injured that were serious enough to limit their normal activities, over half (52.2%) reported injured once (Table 4.3c). Subgroup analyses showed that males (mean 2.8 times) and people in the 15-24 age group (3.0 times) had a higher average number of injuries than females (mean 2.4 times) and people in the other age groups (1.7-2.8 times) respectively (Table 4.3d).

Table 4.3c: Number of times the person sustained a serious injury in the 12 months preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
1	199.2	54.7%	224.6	50.1%	423.8	52.2%
2	47.7	13.1%	53.4	11.9%	101.1	12.4%
3	39.2	10.8%	46.4	10.3%	85.6	10.5%
4	19.0	5.2%	26.1	5.8%	45.1	5.6%
5	19.7	5.4%	20.8	4.6%	40.5	5.0%
6 and above	35.9	9.9%	73.8	16.5%	109.7	13.5%
Unknown/Missing	3.2	0.9%	3.2	0.7%	6.4	0.8%
Total	364.0	100.0%	448.2	100.0%	812.2	100.0%
Mean	2.4		2.8		2.6	
Median	1.0		1.0		1.0	
Standard Deviation	2.1		2.5		2.3	

Base: All respondents who got injured in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

Table 4.3d: Number of times the person sustained a serious injury in the 12 months preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
1	69.3	40.9%	68.9	53.6%	102.8	53.5%	95.8	59.1%	42.5	49.6%	27.8	55.1%	16.6	69.7%	423.8	52.2%
2	22.1	13.1%	17.0	13.2%	24.8	12.9%	21.4	13.2%	7.7	9.0%	4.8	9.6%	3.4	14.2%	101.1	12.4%
3	25.3	14.9%	14.2	11.0%	26.8	14.0%	9.2	5.7%	6.9	8.1%	2.6	5.2%	0.6	2.6%	85.6	10.5%
4	16.5	9.8%	5.0	3.9%	6.3	3.3%	6.7	4.1%	6.8	8.0%	2.5	5.0%	1.3	5.4%	45.1	5.6%
5	8.8	5.2%	5.0	3.9%	8.5	4.4%	5.8	3.6%	8.6	10.0%	1.9	3.8%	2.0	8.2%	40.5	5.0%
6 and above	26.2	15.5%	18.5	14.4%	23.1	12.0%	21.2	13.1%	12.5	14.6%	8.2	16.2%	-	-	109.7	13.5%
Unknown/Missing	1.2	0.7%	-	-	-	-	1.9	1.2%	0.7	0.8%	2.6	5.1%	-	-	6.4	0.8%
Total	169.4	100.0%	128.5	100.0%	192.3	100.0%	162.0	100.0%	85.8	100.0%	50.4	100.0%	23.8	100.0%	812.2	100.0%
Mean	3.0		2.6		2.4		2.4		2.8		2.7		1.7		2.6	
Median	2.0		1.0		1.0		1.0		2.0		1.0		1.0		1.0	
Standard Deviation	2.5		2.4		2.1		2.3		2.2		2.6		1.3		2.3	

Base: All respondents who got injured in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

When asked whether the most serious injury was work-related, 17.8% of those who got injured in the 12 months preceding the survey gave a positive answer. The proportion was particularly high for males (23.9%) than females (10.3%) (Table 4.3e). Analyzed by age, people aged 45-54 had the highest proportion of people (32.5%) reported that the most serious injury was work-related (Table 4.3f).

Table 4.3e: Most serious injury by work-related injury by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	37.6	10.3%	107.2	23.9%	144.8	17.8%
No	325.8	89.5%	339.8	75.8%	665.7	82.0%
Unknown/Missing	0.6	0.2%	1.2	0.3%	1.8	0.2%
Total	364.0	100.0%	448.2	100.0%	812.2	100.0%

Base: All respondents who got injured in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

Table 4.3f: Most serious injury by work related injury by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	14.8	8.8%	17.0	13.2%	40.4	21.0%	52.6	32.5%	17.9	20.9%	2.0	3.9%	-	-	144.8	17.8%
No	154.6	91.2%	111.5	86.8%	151.9	79.0%	108.7	67.1%	67.9	79.1%	47.2	93.6%	23.8	100.0%	665.7	82.0%
Unknown/Missing	-	-	-	-	-	-	0.6	0.4%	-	-	1.2	2.4%	-	-	1.8	0.2%
Total	169.4	100.0%	128.5	100.0%	192.3	100.0%	162.0	100.0%	85.8	100.0%	50.4	100.0%	23.8	100.0%	812.2	100.0%

Base: All respondents who got injured in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

4.4 Limitations due to Physical Health Problem

In addition, respondents were asked the following questions, “During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health: (a) accomplishment less than you would like and (b) were limited in the kind of work or other activities?”

Overall, 16.3% and 16.5% of persons reported that they accomplished less than they would like and were limited in the kind of work or other activities because of physical health problems in the 4 weeks preceding the survey, respectively. Females (19.6%) were more likely than males (12.4%) to report accomplishing less than they would like because of the problems in physical health. In terms of limitations in the kind of work or other activities due to physical health problems, the proportion was 19.7% in females and 12.6% in males (Table 4.4a).

Analyzed by age, the proportion of people reporting that they accomplished less than they would like because of the problems in physical health increased with age, from 10.4% for those aged 15 - 24 to 48.7% for those aged 75 and above. Regarding the limitation in the kind of work or other activities due to physical health problems, the proportion increased with age as well. While 7.8% of people in the 15-24 age group reported that they were limited in the kind of work or other activities, the proportion increased to 49.7% of people in the 75 and above age category (Table 4.4b)

Table 4.4a: Accomplished less than would like and were limited in the kind of work or other activities because of the problems in physical health during the 4 weeks preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Accomplished less than they would like						
Yes	608.8	19.6%	318.5	12.4%	927.2	16.3%
No	2 483.9	79.9%	2 247.2	87.3%	4 731.1	83.2%
Unknown/Missing	17.1	0.6%	8.4	0.3%	25.5	0.4%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Were limited in the kind of work or other activities						
Yes	611.8	19.7%	323.4	12.6%	935.3	16.5%
No	2 473.0	79.5%	2 236.4	86.9%	4 709.4	82.9%
Unknown/Missing	25.0	0.8%	14.3	0.6%	39.3	0.7%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.4b: Accomplished less than would like and were limited in the kind of work or other activities because of the problems in physical health during the 4 weeks preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Accomplished less than they would like																
Yes	93.7	10.4%	122.9	13.3%	137.7	10.6%	167.5	14.7%	125.3	19.7%	145.1	28.4%	135.0	48.7%	927.2	16.3%
No	801.4	89.3%	797.6	86.6%	1 156.3	88.9%	965.8	84.8%	507.9	79.9%	363.6	71.1%	138.5	49.9%	4 731.1	83.2%
Unknown/Missing	2.8	0.3%	0.7	0.1%	7.3	0.6%	5.6	0.5%	2.5	0.4%	2.7	0.5%	3.9	1.4%	25.5	0.4%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%
Were limited in the kind of work or other activities																
Yes	69.8	7.8%	98.8	10.7%	143.7	11.0%	181.5	15.9%	144.9	22.8%	158.7	31.0%	137.9	49.7%	935.3	16.5%
No	823.3	91.7%	822.4	89.3%	1 146.5	88.1%	947.8	83.2%	485.5	76.4%	348.9	68.2%	134.9	48.6%	4 709.4	82.9%
Unknown/Missing	4.7	0.5%	-	-	11.1	0.9%	9.7	0.8%	5.3	0.8%	4.0	0.8%	4.5	1.6%	39.3	0.7%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

4.5 Extent of Disturbance Caused By Physical Pain

In order to assess the extent of disturbance caused by physical pain, respondents were asked “During the past 4 weeks, how much did pain interfere with your normal work, including both work outside home and housework?”.

Overall, the percentage of persons who did not feel disturbed by physical pain during the 4 weeks preceding the survey was 53.4%. Males (57.7%) were more likely than females (49.9%) reported not disturbed by physical pain (Table 4.5a). The proportion decreased with age, from 57.4% - 58.0% for those aged 15 - 44 to 33.0% for those aged 75 and above (Table 4.5b).

Table 4.5a: Extent of disturbance to persons caused by physical pain during the 4 weeks preceding the survey by Gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Not at all	1 550.8	49.9%	1 484.4	57.7%	3 035.2	53.4%
A little bit	744.2	23.9%	605.1	23.5%	1 349.2	23.7%
Moderately	597.2	19.2%	338.9	13.2%	936.1	16.5%
Quite a bit	143.0	4.6%	77.8	3.0%	220.8	3.9%
Extremely	34.3	1.1%	35.9	1.4%	70.3	1.2%
Unknown/Missing	40.3	1.3%	32.0	1.2%	72.3	1.3%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

Table 4.5b: Extent of disturbance to persons caused by physical pain during the 4 weeks preceding the survey by Age group

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Not at all	515.7	57.4%	534.5	58.0%	749.8	57.6%	605.7	53.2%	308.3	48.5%	229.5	44.9%	91.6	33.0%	3 035.2	53.4%
A little bit	238.3	26.5%	212.7	23.1%	313.4	24.1%	282.3	24.8%	154.8	24.3%	107.8	21.1%	39.9	14.4%	1 349.2	23.7%
Moderately	99.9	11.1%	135.6	14.7%	180.7	13.9%	196.2	17.2%	118.5	18.6%	119.0	23.3%	86.3	31.1%	936.1	16.5%
Quite a bit	23.6	2.6%	22.7	2.5%	34.1	2.6%	33.0	2.9%	26.9	4.2%	36.9	7.2%	43.5	15.7%	220.8	3.9%
Extremely	8.0	0.9%	6.8	0.7%	7.2	0.6%	9.2	0.8%	15.6	2.5%	13.4	2.6%	10.1	3.6%	70.3	1.2%
Unknown/Missing	12.4	1.4%	8.9	1.0%	16.0	1.2%	12.6	1.1%	11.7	1.8%	4.8	0.9%	5.9	2.1%	72.3	1.3%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

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