

## Chapter 6

### Health Risk and Health-related Lifestyle Practices

Monitoring the health risk and behaviours of a population helps detect emerging patterns of diseases and illness. This Chapter deals with risk factors or health-related lifestyle practices that are closely related to non-communicable diseases. These include smoking, alcohol consumption, physical activity and exercise, dietary habits, medication use, weight control and breast-feeding.

#### Snapshot of Population's Health Risk and Lifestyle Practices

Health Risk and Lifestyle Practices	Overall %	% in female	% in male
Daily smoking	14.7%	4.7%	26.8%
Daily alcohol drinking	2.8%	0.9%	5.1%
Physically inactive (IPAQ classification)	31.8%	32.3%	31.3%
Inadequate daily fruit and vegetable intake (less than 5 servings per day)	82.9%	79.4%	87.1%
Top 3 types of medications used in the month preceding the survey			
○ Pain reliever	35.1%	38.6%	30.9%
○ Health supplement	18.5%	22.4%	13.7%
○ Traditional Chinese medicine	16.7%	19.6%	13.3%
Did something to control weight in the 12 months preceding the survey	21.5%	25.6%	16.4%
Ever breast-fed a child (among women who had ever been pregnant)	N.A.	53.8%	N.A.

Note: 'N.A.' denotes 'not applicable'.

## 6.1 Smoking

The association of smoking, either active or passive, with many diseases is well known. For decades, there has been firm evidence that exposure to smoking is a major risk factor for various cancers, cardiovascular and respiratory diseases. The PHS included questions to assess the population's pattern of smoking, intention to quit and level of nicotine addiction among the smokers, and exposure of smoking at home and workplace.

### 6.1.1 Pattern of Smoking

Of community-dwelling persons aged 15 and above, about one in four (24.6%) reported that they had ever smoked cigarette. More males (43.4%) than females (9.1%) had ever smoked (Table 6.1.1a). The proportion of ever-smokers increased from 15.6% in the age group 15-24 to 34.0% in the age group 75 and above (Table 6.1.1b).

**Table 6.1.1a: Ever smoked cigarette by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	282.7	9.1%	1 116.6	43.4%	1 399.3	24.6%
No	2 822.2	90.8%	1 453.6	56.5%	4 275.8	75.2%
Unknown/Missing	4.9	0.2%	3.8	0.1%	8.8	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 6.1.1b: Ever smoked cigarette 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	140.5	15.6%	252.6	27.4%	311.5	23.9%	269.9	23.7%	176.4	27.7%	154.3	30.2%	94.2	34.0%	1 399.3	24.6%
No	754.0	84.0%	666.0	72.3%	988.9	76.0%	868.5	76.2%	459.3	72.3%	356.0	69.6%	183.1	66.0%	4 275.8	75.2%
Unknown/Missing	3.4	0.4%	2.6	0.3%	0.9	0.1%	0.7	0.1%	-	-	1.2	0.2%	-	-	8.8	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 had ever smoked, 59.6% smoked at least one cigarette per day (daily smokers). The corresponding daily smoking prevalence was 14.7% (4.7% for females versus 26.8% for males). While 6.8% of persons smoked occasionally (smoking less than one cigarette a day), 33.5% had quit smoking (Table 6.1.1c). Across all age groups, people aged 25-34 had the highest daily smoking prevalence of 19.2%. In contrast, the 75 and above age group had the highest proportion of quitters (71.2%) among those who had ever smoked (Table 6.1.1d).

**Table 6.1.1c: Smoking status by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Currently smoke at least one cigarette a day	145.5	51.5%	688.9	61.7%	834.3	59.6%
<i>(Corresponding Daily Smoking Prevalence)*</i>	<i>N.A.</i>	<i>(4.7%)</i>	<i>N.A.</i>	<i>(26.8%)</i>	<i>N.A.</i>	<i>(14.7%)</i>
Currently smoke occasionally	28.4	10.0%	66.1	5.9%	94.5	6.8%
Quit Smoking	108.1	38.3%	361.0	32.3%	469.2	33.5%
<i>Now have quit already (former smoker)</i>	<i>68.0</i>	<i>24.1%</i>	<i>300.4</i>	<i>26.9%</i>	<i>368.4</i>	<i>26.3%</i>
<i>Smoked occasionally, but have already quit</i>	<i>40.1</i>	<i>14.2%</i>	<i>60.6</i>	<i>5.4%</i>	<i>100.7</i>	<i>7.2%</i>
Unknown/Missing	0.7	0.2%	0.6	0.1%	1.3	0.1%
Total	282.7	100.0%	1 116.6	100.0%	1 399.3	100.0%

Base: The respondents who had ever smoked.

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

\* Corresponding Daily Smoking Prevalence was calculated by dividing the number of smokers who currently smoked at least one cigarette a day by the population aged 15 and above of respective sex.

'N.A.' denotes 'not applicable'.

**Table 6.1.1d: Smoking 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)	%
Currently smoke at least one cigarette a day	74.5	53.0%	177.0	70.1%	199.8	64.1%	177.8	65.9%	109.3	61.9%	70.8	45.9%	25.2	26.8%	834.3	59.6%
<i>(Corresponding Daily Smoking Prevalence)*</i>	<i>N.A.</i>	<i>(8.3%)</i>	<i>N.A.</i>	<i>(19.2%)</i>	<i>N.A.</i>	<i>(15.4%)</i>	<i>N.A.</i>	<i>(15.6%)</i>	<i>N.A.</i>	<i>(17.2%)</i>	<i>N.A.</i>	<i>(13.8%)</i>	<i>N.A.</i>	<i>(9.1%)</i>	<i>N.A.</i>	<i>(14.7%)</i>
Currently smoke occasionally	18.2	13.0%	25.8	10.2%	24.8	8.0%	15.2	5.6%	5.6	3.2%	3.1	2.0%	1.9	2.0%	94.5	6.8%
Quitted smoking	46.5	33.1%	49.8	19.7%	86.9	27.9%	76.9	28.5%	61.5	34.9%	80.4	52.1%	67.1	71.2%	469.2	33.5%
<i>Now have quitted already (former smoker)</i>	<i>19.9</i>	<i>14.2%</i>	<i>28.1</i>	<i>11.1%</i>	<i>59.2</i>	<i>19.0%</i>	<i>64.3</i>	<i>23.8%</i>	<i>56.8</i>	<i>32.2%</i>	<i>76.5</i>	<i>49.6%</i>	<i>63.7</i>	<i>67.6%</i>	<i>368.4</i>	<i>26.3%</i>
<i>Smoked occasionally, but have already quitted</i>	<i>26.6</i>	<i>18.9%</i>	<i>21.7</i>	<i>8.6%</i>	<i>27.7</i>	<i>8.9%</i>	<i>12.5</i>	<i>4.6%</i>	<i>4.7</i>	<i>2.7%</i>	<i>4.0</i>	<i>2.6%</i>	<i>3.5</i>	<i>3.7%</i>	<i>100.7</i>	<i>7.2%</i>
Unknown/Missing	1.3	0.9%	-	-	-	-	-	-	-	-	-	-	-	-	1.3	0.1%
<b>Total</b>	<b>140.5</b>	<b>100.0%</b>	<b>252.6</b>	<b>100.0%</b>	<b>311.5</b>	<b>100.0%</b>	<b>269.9</b>	<b>100.0%</b>	<b>176.4</b>	<b>100.0%</b>	<b>154.3</b>	<b>100.0%</b>	<b>94.2</b>	<b>100.0%</b>	<b>1 399.3</b>	<b>100.0%</b>

Base: The respondents who had ever smoked.

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

\* Corresponding Daily Smoking Prevalence was calculated by dividing the number of smokers who currently smoked at least one cigarette a day by the population aged 15 and above of respective age group.

'N.A.' denotes 'not applicable'.

## 6.1.2 Current Smokers

Current smokers included those smoked at least one cigarette per day (daily smokers) and those smoked less than one cigarette a day (occasional smokers) at the time of survey. Regarding the age when they started smoking, about one in eight (12.0%) started smoking at age less than 14 years. Both males and females started smoking at the same median age (18 years) (Table 6.1.2a). As shown in Table 6.1.2b, a notable downward trend of mean age started smoking with decreasing age is observed.

**Table 6.1.2a: Age (in years) when started smoking by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Below 14	23.7	13.6%	87.7	11.6%	111.4	12.0%
14-15	26.9	15.5%	125.4	16.6%	152.3	16.4%
16-17	26.6	15.3%	135.8	18.0%	162.4	17.5%
18-19	31.3	18.0%	137.3	18.2%	168.6	18.2%
20-24	30.0	17.3%	174.1	23.1%	204.1	22.0%
25 and above	33.7	19.4%	88.1	11.7%	121.8	13.1%
Unknown/Missing	1.6	0.9%	6.6	0.9%	8.2	0.9%
<b>Total</b>	<b>173.9</b>	<b>100.0%</b>	<b>755.0</b>	<b>100.0%</b>	<b>928.9</b>	<b>100.0%</b>
Mean	20.0		18.3		18.6	
Median	18.0		18.0		18.0	
Standard Deviation	8.2		5.4		6.1	

Base: Current smokers.

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

**Table 6.1.2b: Age (in years) when started smoking 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 14	21.2	22.9%	25.4	12.5%	15.7	7.0%	20.4	10.6%	12.7	11.1%	11.6	15.7%	4.4	16.2%	111.4	12.0%
14-15	30.7	33.1%	32.6	16.1%	33.8	15.0%	26.3	13.6%	14.7	12.8%	12.3	16.7%	1.9	7.0%	152.3	16.4%
16-17	19.5	21.1%	37.6	18.5%	44.0	19.6%	37.2	19.3%	13.9	12.1%	4.9	6.6%	5.3	19.4%	162.4	17.5%
18-19	16.0	17.2%	42.7	21.0%	49.4	22.0%	30.5	15.8%	17.2	15.0%	10.4	14.1%	2.4	9.0%	168.6	18.2%
20-24	4.6	5.0%	51.3	25.3%	53.9	24.0%	49.5	25.6%	30.4	26.4%	11.0	14.9%	3.5	12.9%	204.1	22.0%
25 and above	-	-	12.4	6.1%	25.5	11.4%	27.8	14.4%	23.5	20.4%	23.7	32.0%	9.0	33.2%	121.8	13.1%
Unknown/Missing	0.6	0.7%	0.9	0.4%	2.3	1.0%	1.3	0.7%	2.5	2.1%	-	-	0.6	2.3%	8.2	0.9%
<b>Total</b>	<b>92.7</b>	<b>100.0%</b>	<b>202.8</b>	<b>100.0%</b>	<b>224.6</b>	<b>100.0%</b>	<b>193.0</b>	<b>100.0%</b>	<b>114.9</b>	<b>100.0%</b>	<b>73.9</b>	<b>100.0%</b>	<b>27.1</b>	<b>100.0%</b>	<b>928.9</b>	<b>100.0%</b>
Mean	15.3		17.7		18.5		18.9		20.7		20.6		21.7		18.6	
Median	15.0		18.0		18.0		18.0		19.0		19.0		18.0		18.0	
Standard Deviation	2.8		3.9		4.6		5.8		9.0		8.1		10.1		6.1	

Base: Current smokers.

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

During interview, current smokers were further asked about their intention to quit smoking. Sixteen percent of current smokers reported that they had seriously planned to quit smoking in the month after the survey (Table 6.1.2c). For those who had not planned to quit smoking in the month after the survey, 6.3% stated that they had seriously planned to quit in the 6 months after the survey (Table 6.1.2d). Proportions of females with intention to quit in the month after the survey (18.2%) and in the six month after the survey (9.0%) were higher than the corresponding proportions of the males (15.5% and 5.7% respectively) (Tables 6.1.2c and 6.1.2d).

**Table 6.1.2c: Intention to quit smoking in the month after the survey by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Yes	31.7	18.2%	117.1	15.5%	148.8	16.0%
No	142.2	81.8%	629.1	83.3%	771.2	83.0%
Unknown/Missing	-	-	8.8	1.2%	8.8	0.9%
Total	173.9	100.0%	755.0	100.0%	928.9	100.0%

Base: Current smokers.

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

**Table 6.1.2d: Intention to quit smoking in the 6 months after the survey by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Yes	12.7	9.0%	36.0	5.7%	48.8	6.3%
No	127.2	89.5%	576.7	91.7%	703.9	91.3%
Unknown/Missing	2.2	1.5%	16.4	2.6%	18.5	2.4%
Total	142.2	100.0%	629.1	100.0%	771.2	100.0%

Base: The current smokers who had not seriously planned to quit smoking in the month after the survey.

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

Additionally, current smokers were asked to rate on a scale of 0 to 10, where a score of 0 indicating least confident and 10 representing most confident, as to specify how confident they felt when it came to giving up smoking successfully in the future. As shown in Table 6.1.2e, 13.6% felt fairly confident (score 7 and above) that they would quit smoking successfully in the future, while about one in four (24.5%) were not confident at all. In general, female smokers gave a higher median confidence score than male smokers in quitting smoking successfully in the future (5.0 versus 3.0). Analyzed by age, people in the 44 and below age group were the most confident on quit smoking successfully in the future, with a median score of 5.0 (Table 6.1.2f).

**Table 6.1.2e: Level of confidence on quitting smoking successfully in the future by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
0	34.2	19.7%	193.4	25.6%	227.5	24.5%
1-2	8.8	5.0%	31.4	4.2%	40.1	4.3%
3-4	7.8	4.5%	31.4	4.2%	39.1	4.2%
5-6	28.2	16.2%	122.0	16.2%	150.3	16.2%
7-8	12.0	6.9%	55.5	7.3%	67.5	7.3%
9-10	13.1	7.5%	46.1	6.1%	59.3	6.4%
Did not know	69.8	40.2%	274.4	36.3%	344.2	37.1%
Missing	-	-	0.9	0.1%	0.9	0.1%
Total	173.9	100.0%	755.0	100.0%	928.9	100.0%
Mean	3.9		3.5		3.6	
Median	5.0		3.0		4.0	
Standard Deviation	3.5		3.4		3.4	

Base: Current smokers

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

**Table 6.1.2f: Level of confidence on quitting smoking successfully in the future 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)	%
0	9.4	10.2%	31.7	15.6%	49.0	21.8%	57.4	29.7%	35.5	30.9%	36.3	49.2%	8.2	30.2%	227.5	24.5%
1-2	6.2	6.7%	6.6	3.3%	7.0	3.1%	11.2	5.8%	5.3	4.6%	2.4	3.3%	1.3	5.0%	40.1	4.3%
3-4	9.2	9.9%	5.8	2.9%	10.0	4.4%	6.2	3.2%	7.3	6.4%	0.6	0.8%	-	-	39.1	4.2%
5-6	13.5	14.5%	33.3	16.4%	48.6	21.6%	30.1	15.6%	15.1	13.1%	6.5	8.8%	3.2	11.8%	150.3	16.2%
7-8	11.5	12.4%	26.2	12.9%	9.2	4.1%	10.7	5.6%	9.2	8.0%	0.6	0.8%	-	-	67.5	7.3%
9-10	13.3	14.3%	8.4	4.2%	14.2	6.3%	11.4	5.9%	4.8	4.2%	6.5	8.8%	0.6	2.3%	59.3	6.4%
Did not know	29.6	31.9%	89.8	44.3%	86.5	38.5%	65.9	34.1%	37.7	32.8%	21.0	28.4%	13.7	50.7%	344.2	37.1%
Missing	-	-	0.9	0.4%	-	-	-	-	-	-	-	-	-	-	0.9	0.1%
Total	92.7	100.0%	202.8	100.0%	224.6	100.0%	193.0	100.0%	114.9	100.0%	73.9	100.0%	27.1	100.0%	928.9	100.0%
Mean	5.2		4.4		3.6		3.1		3.0		2.1		1.9		3.6	
Median	5.0		5.0		5.0		2.0		2.0		0.0		0.0		4.0	
Standard Deviation	3.4		3.3		3.3		3.4		3.3		3.5		2.7		3.4	

Base: Current smokers

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

### 6.1.3 Daily Smokers

Daily smokers in this report referred to those who reported smoking at least one cigarette a day at the time of survey. Among the daily smokers, the median number of cigarettes smoked per day was about 10. Males tended to smoke more cigarettes per day than females (13.0 versus 8.0) (Table 6.1.3a). Analyzed by age, the highest median number of cigarettes smoked per day was among people in the 45-54 and 55-64 age groups of smoking 15.0 cigarettes a day (Table 6.1.3b).

**Table 6.1.3a: Number of cigarettes smoked per day by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Below 5	32.2	22.1%	69.3	10.1%	101.5	12.2%
5-9	41.0	28.2%	84.9	12.3%	125.9	15.1%
10-14	44.7	30.7%	201.9	29.3%	246.6	29.6%
15-19	6.8	4.7%	85.0	12.3%	91.8	11.0%
20-24	14.4	9.9%	187.2	27.2%	201.5	24.2%
25 and above	5.7	3.9%	54.7	7.9%	60.4	7.2%
Unknown/Missing	0.7	0.5%	5.8	0.8%	6.5	0.8%
Total	145.5	100.0%	688.9	100.0%	834.3	100.0%
Mean	9.9		14.3		13.5	
Median	8.0		13.0		10.0	
Standard Deviation	8.4		8.5		8.6	

Base: Current smokers who smoked at least one cigarette a day.

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

**Table 6.1.3b: Number of cigarettes smoked per day 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 5	14.5	19.5%	23.0	13.0%	27.4	13.7%	19.0	10.7%	5.3	4.9%	8.8	12.4%	3.4	13.6%	101.5	12.2%
5-9	23.9	32.1%	38.8	21.9%	19.9	10.0%	17.4	9.8%	10.4	9.5%	9.5	13.5%	5.9	23.5%	125.9	15.1%
10-14	16.7	22.4%	61.8	34.9%	64.3	32.2%	39.9	22.4%	36.9	33.7%	20.1	28.4%	6.9	27.4%	246.6	29.6%
15-19	3.5	4.7%	20.7	11.7%	30.9	15.5%	16.2	9.1%	11.7	10.7%	7.0	9.9%	1.8	7.3%	91.8	11.0%
20-24	8.2	11.0%	27.5	15.5%	44.2	22.1%	69.3	39.0%	29.4	26.9%	17.3	24.4%	5.8	22.8%	201.5	24.2%
25 and above	6.4	8.6%	5.2	2.9%	9.8	4.9%	14.6	8.2%	14.9	13.7%	8.1	11.4%	1.4	5.4%	60.4	7.2%
Unknown/Missing	1.2	1.7%	-	-	3.3	1.7%	1.3	0.8%	0.6	0.6%	-	-	-	-	6.5	0.8%
<b>Total</b>	<b>74.5</b>	<b>100.0%</b>	<b>177.0</b>	<b>100.0%</b>	<b>199.8</b>	<b>100.0%</b>	<b>177.8</b>	<b>100.0%</b>	<b>109.3</b>	<b>100.0%</b>	<b>70.8</b>	<b>100.0%</b>	<b>25.2</b>	<b>100.0%</b>	<b>834.3</b>	<b>100.0%</b>
Mean	10.7		11.4		12.9		15.4		16.0		15.1		13.3		13.5	
Median	8.0		10.0		10.0		15.0		15.0		14.0		10.0		10.0	
Standard Deviation	8.1		7.5		7.5		8.6		8.9		10.5		12.3		8.6	

Base: Current smokers who smoked at least one cigarette a day.

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

There are many reasons why people continue to smoke. But most smokers continue to smoke cigarettes because they are addicted to nicotine which is one of the chemicals found in tobacco products. Level of nicotine addiction among the daily smokers can be assessed using the Fagerstorm Test for Nicotine Dependency.<sup>1</sup> The Test consists of six questions asking the respondents how many cigarettes a day they smoked and their current smoking habits, including “How soon after you wake up do you smoke your first cigarette?”, “Do you find it difficult to refrain from smoking in places where it is forbidden, e.g. in shopping mall, MTR or lifts?”, “Which cigarette would you hate most to give up?”, “Do you smoke more frequently during the first hour after waking than during the rest of the day?”, and “Do you smoke if you are so ill that you are in bed most of the day?”. These questions are aggregated into a summary score, ranging from 1 to 10, with greater scores indicating higher level of nicotine dependency. In this report, score 3 or less was defined as “addiction to nicotine is not all that severe”, score 4-5 as “addiction to nicotine is well established”, and score 6 and above as “addiction to nicotine is high”.

As shown in Tables 6.1.3c, 7.0% of female smokers and 12.2% of male smokers had a Fagerstorm Test score of 6 or over, indicating addiction to nicotine was high. Analyzed by age, smokers in the 75 and above age group had the highest proportion of people having a Fagerstorm Test score of 6 or over (Table 6.1.3d).

**Table 6.1.3c: Level of nicotine dependency by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Below 4	94.4	64.9%	378.1	54.9%	472.6	56.6%
4-5	35.0	24.0%	179.0	26.0%	213.9	25.6%
6 and above	10.2	7.0%	84.2	12.2%	94.4	11.3%
Unknown/Missing	5.9	4.0%	47.6	6.9%	53.4	6.4%
Total	145.5	100.0%	688.9	100.0%	834.3	100.0%
Mean	2.4		3.1		2.9	
Median	2.0		3.0		3.0	
Standard Deviation	2.1		2.2		2.2	

Base: Current smokers who smoked at least one cigarette a day.

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

**Table 6.1.3d: Level of nicotine dependency 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 4	44.2	59.4%	121.6	68.7%	122.9	61.5%	81.9	46.1%	50.6	46.3%	38.2	54.0%	13.1	52.1%	472.6	56.6%
4-5	17.6	23.6%	36.5	20.6%	42.7	21.4%	55.3	31.1%	34.8	31.9%	20.8	29.4%	6.1	24.2%	213.9	25.6%
6 and above	7.0	9.4%	13.2	7.5%	18.7	9.4%	24.8	14.0%	16.7	15.3%	8.7	12.2%	5.3	21.0%	94.4	11.3%
Unknown/Missing	5.6	7.6%	5.6	3.2%	15.5	7.7%	15.8	8.9%	7.1	6.5%	3.1	4.4%	0.7	2.7%	53.4	6.4%
Total	74.5	100.0%	177.0	100.0%	199.8	100.0%	177.8	100.0%	109.3	100.0%	70.8	100.0%	25.2	100.0%	834.3	100.0%
Mean	2.7		2.4		2.8		3.3		3.4		3.1		3.4		2.9	
Median	2.0		2.0		3.0		3.0		4.0		3.0		3.0		3.0	
Standard Deviation	2.4		1.9		2.1		2.1		2.1		2.3		2.4		2.2	

Base: Current smokers who smoked at least one cigarette a day.

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

## 6.1.4 Former Smokers

Quitting smoking has immediate as well as long-term benefits, reducing risks for diseases caused by smoking and improving health in general. Among those persons who had ever smoked, 26.3% were classified as “former smokers” (now have quitte already) (Table 6.1.1c), in which most of them (92.5%) had quitte for at least six months (Table 6.1.4a). A relatively higher proportion of males than females had quitte smoking for at least six months. The proportion of quitters increased modestly with age, from 82.4% for people aged 15-24 to 98.0% for people aged 75 and above (Table 6.1.4b).

**Table 6.1.4a: Quitte smoking for at least 6 months by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	58.8	86.4%	282.0	93.9%	340.8	92.5%
No	8.3	12.2%	16.5	5.5%	24.8	6.7%
Unknown/Missing	0.9	1.3%	1.9	0.6%	2.7	0.7%
Total	68.0	100.0%	300.4	100.0%	368.4	100.0%

Base: Former smokers.

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

**Table 6.1.4b: Quitte smoking for at least 6 months 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	16.4	82.4%	23.9	85.2%	52.4	88.7%	59.2	92.1%	55.0	96.7%	71.5	93.5%	62.4	98.0%	340.8	92.5%
No	3.5	17.6%	4.2	14.8%	5.8	9.8%	5.1	7.9%	1.2	2.2%	3.7	4.9%	1.3	2.0%	24.8	6.7%
Unknown/Missing	-	-	-	-	0.9	1.5%	-	-	0.6	1.1%	1.2	1.6%	-	-	2.7	0.7%
Total	19.9	100.0%	28.1	100.0%	59.2	100.0%	64.3	100.0%	56.8	100.0%	76.5	100.0%	63.7	100.0%	368.4	100.0%

Base: Former smokers.

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

## 6.1.5 Smoking At Home

In the PHS, respondents were asked “Excluding yourself, do any members of your household smoke?” If yes, respondents were asked to specify whether they smoked at home.

Based on the criteria that the respondent himself/herself was not a smoker and his/her household members did not smoke at home no matter whether they were smokers or not, it was estimated that 58.5% of people lived in a “smoke-free” home – 60.9% for females and 55.5% for males (Table 6.1.5a). Analyzed by age, a higher proportion of people in the 15-24 age group (43.8%) were exposed to second-hand smoke at home and not living in a “smoke-free” home (Table 6.1.5b).

**Table 6.1.5a: Proportion of people living/not living in a smoke-free home by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Living in a smoke-free home	1 894.7	60.9%	1 429.7	55.5%	3 324.4	58.5%
Not living in a smoke-free home	1 171.7	37.7%	1 094.6	42.5%	2 266.3	39.9%
Unknown/Missing	43.3	1.4%	49.8	1.9%	93.2	1.6%
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 6.1.5b: Proportion of people living/not living in a smoke-free home 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)	%
Living in a smoke-free home	483.0	53.8%	508.1	55.2%	778.6	59.8%	648.2	56.9%	380.1	59.8%	334.7	65.4%	191.8	69.1%	3 324.4	58.5%
Not living in a smoke-free home	393.1	43.8%	393.9	42.8%	509.6	39.2%	470.7	41.3%	242.2	38.1%	173.1	33.8%	83.6	30.2%	2 266.3	39.9%
Unknown / Missing	21.7	2.4%	19.2	2.1%	13.1	1.0%	20.0	1.8%	13.4	2.1%	3.7	0.7%	2.0	0.7%	93.2	1.6%
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%

Base: All respondents.

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

### 6.1.6 *Smoking At The Workplace*

Exposure to second-hand smoke at the workplace was assessed by asking the respondents whether there was anyone in their workplace smoked within 10 feet (or 3 metres) from them, and to quantify how many of smokers smoked within that distance from them, and how long the respondents had been working in a place where people smoked near them, if indicated. Furthermore, the respondents were asked about whether workers were allowed to smoke in the indoor area and whether there were any designated smoking and non-smoking areas at their workplace.

Among those who were currently employed, one-third (33.2%) reported that they were exposed to second-hand smoking within 10 feet at work - 20.6% for females and 43.5% for males (Table 6.1.6a). Regarding the number of months that these persons had been exposed to second-hand smoke at work, over three-quarters (75.8%) stated 24 months and above, with 68.2% for females and 78.8% for males (Table 6.1.6b).

**Table 6.1.6a: Having a smoker within 10 feet in the workplaces by Gender**

	Female		Male		Total	
	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%
Yes	278.0	20.6%	714.6	43.5%	992.6	33.2%
No	1 020.6	75.6%	844.5	51.4%	1 865.1	62.3%
Unknown/Missing	51.4	3.8%	84.4	5.1%	135.8	4.5%
Total	1 350.0	100.0%	1 643.5	100.0%	2 993.5	100.0%

Base: The respondents who were currently employed.

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

**Table 6.1.6b: Number of months of workplace second-hand smoke exposure by Gender**

	Female		Male		Total	
	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%
Below 6	13.2	4.7%	36.5	5.1%	49.6	5.0%
6-11	17.7	6.3%	21.3	3.0%	38.9	3.9%
12-23	40.6	14.6%	63.5	8.9%	104.1	10.5%
24 and above	189.6	68.2%	562.8	78.8%	752.4	75.8%
24-59	78.6	28.3%	128.9	18.0%	207.5	20.9%
60-95	45.4	16.3%	105.1	14.7%	150.5	15.2%
96 and above	65.7	23.6%	328.9	46.0%	394.5	39.7%
Unknown/Missing	16.9	6.1%	30.6	4.3%	47.5	4.8%
Total	278.0	100.0%	714.6	100.0%	992.6	100.0%
Mean	65.4		114.0		100.6	
Median	48.0		84.0		60.0	
Standard Deviation	65.9		107.2		100.0	

Base: The respondents who were currently employed and experienced someone smoking in the workplace within 10 feet from them.

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

As shown in Table 6.1.6c, 22.8% of currently employed persons reported that smoking was allowed in the indoor area of their companies. There were more males than females whose workplace allowed indoor smoking – 26.9% as opposed to 17.9%. (Table 6.1.6c) Among those who worked in companies allowing smoking in indoor areas, 71.3% reported that there was neither a designated smoking area nor a designated non-smoking area – 63.5% for females and 75.6% for males (Table 6.1.6d).

**Table 6.1.6c: Allow smoking in the indoor area by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Yes	241.6	17.9%	441.3	26.9%	682.9	22.8%
No	944.2	69.9%	906.3	55.1%	1 850.5	61.8%
Don't know	77.7	5.8%	118.1	7.2%	195.7	6.5%
No indoor area	33.0	2.4%	87.2	5.3%	120.2	4.0%
Unknown/Missing	53.6	4.0%	90.6	5.5%	144.2	4.8%
Total	1 350.0	100.0%	1 643.5	100.0%	2 993.5	100.0%

Base: The respondents who were currently employed.

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

**Table 6.1.6d: Having designated non-smoking area in the indoor area of the companies by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Having both designated smoking and non-smoking areas	65.3	27.0%	75.8	17.2%	141.1	20.7%
Having a designated smoking area but no designated non-smoking area	12.6	5.2%	9.3	2.1%	21.9	3.2%
Having a designated non-smoking area but no designated smoking area	4.7	2.0%	8.6	2.0%	13.4	2.0%
Having neither a designated smoking area nor a designated non-smoking areas	153.3	63.5%	333.7	75.6%	487.0	71.3%
Don't know/Missing	5.6	2.3%	13.9	3.1%	19.5	2.9%
Total	241.6	100.0%	441.3	100.0%	682.9	100.0%

Base: The respondents who were currently employed and worked in companies where smoking was allowed in indoor areas.

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

## 6.1.7 Exposure to Second-hand Smoking at Other Locations

Apart from home and workplace, respondents were asked “Have you been to any other places in the past month where people have smoked near you?” and “What are these places?” Overall, 81.4% of all the persons had been exposed to second-hand smoking in places other than home and workplace in the month preceding the survey (Table 6.1.7a) – these places included Chinese restaurant (62.7%), outdoor location (e.g. bus stops) (53.1%), other restaurants (41.0%) and cha charn ting (40.5%) (Table 6.1.7b).

**Table 6.1.7a: Been to other places where people smoked near by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	2 479.1	79.7%	2 147.5	83.4%	4 626.7	81.4%
No	596.2	19.2%	386.3	15.0%	982.4	17.3%
Unknown/Missing	34.5	1.1%	40.3	1.6%	74.8	1.3%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents

**Table 6.1.7b: Places where people have smoked near by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Chinese restaurant	1 574.3	63.5%	1 326.8	61.8%	2 901.1	62.7%
Outdoor location, such as bus stop	1 399.0	56.4%	1 060.1	49.4%	2 459.1	53.1%
Restaurant (other than Chinese restaurant and Cha charn ting )	1 006.0	40.6%	890.5	41.5%	1 896.6	41.0%
Cha charn ting	921.5	37.2%	952.4	44.3%	1 873.9	40.5%
Shopping mall	615.0	24.8%	443.1	20.6%	1 058.1	22.9%
Karaoke	278.0	11.2%	311.4	14.5%	589.4	12.7%
Bar	141.8	5.7%	248.6	11.6%	390.5	8.4%
Café	106.8	4.3%	119.9	5.6%	226.7	4.9%
Game centre	85.2	3.4%	217.3	10.1%	302.4	6.5%
Lift	23.9	1.0%	8.3	0.4%	32.3	0.7%
Others	55.3	2.2%	31.2	1.5%	86.5	1.9%

Base: The respondents who had been to places other than home and workplaces where people smoked near them.

Notes: Multiple answers were allowed.

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

## References

1. Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom test for nicotine dependence: a revision of the Fagerstrom Tolerance Questionnaire. *British Journal of Addiction* 1991; 86: 1119-27.

## 6.2 Alcohol Consumption

Individuals who consume too much alcohol, either on a single episode or on a regular basis over a period of time, may put their health at risk. Binge drinking, which is defined as the consumption of five or more drinks in a row, is particularly hazardous. To assess the pattern of alcohol use in the community, the PHS included questions related to respondent's pattern of alcohol consumption.

### 6.2.1 Pattern of Alcohol Consumption

Overall, 61.6% of persons aged 15 and above were non-drinkers and 4.7% were ex-drinkers. While 23.7% drank alcohol occasionally (drink less than once a month or drink 1-3 days a month), 9.5% were regular alcohol users drinking at least once a week. Subgroup analyses showed that there were more females than males who did not drink – 73.8% as opposed to 46.8% (Table 6.2.1a). Non-drinkers were most common in age group 15-24 (70.2%). The proportion of regular drinkers increased with age, from 4.1% in age group 15-24 to 13.7% in age group 55-64, and decreased to 7.6% in age group 75 and above (Table 6.2.1b).

**Table 6.2.1a: Pattern of alcohol consumption by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
No	2 295.5	73.8%	1 203.9	46.8%	3 499.4	61.6%
Quit now	78.8	2.5%	188.4	7.3%	267.2	4.7%
Drink alcohol occasionally	607.9	19.5%	741.5	28.8%	1 349.4	23.7%
<i>Drink less than once a month</i>	<i>489.4</i>	<i>15.7%</i>	<i>465.0</i>	<i>18.1%</i>	<i>954.4</i>	<i>16.8%</i>
<i>Drink 1-3 days a month</i>	<i>118.4</i>	<i>3.8%</i>	<i>276.5</i>	<i>10.7%</i>	<i>395.0</i>	<i>6.9%</i>
Drink alcohol regularly	115.9	3.7%	425.2	16.5%	541.1	9.5%
<i>Drink 1-3 days a week</i>	<i>65.4</i>	<i>2.1%</i>	<i>230.7</i>	<i>9.0%</i>	<i>296.1</i>	<i>5.2%</i>
<i>Drink 4-6 days a week</i>	<i>23.7</i>	<i>0.8%</i>	<i>62.6</i>	<i>2.4%</i>	<i>86.3</i>	<i>1.5%</i>
<i>Drink everyday</i>	<i>26.8</i>	<i>0.9%</i>	<i>131.9</i>	<i>5.1%</i>	<i>158.6</i>	<i>2.8%</i>
Unknown/Missing	11.8	0.4%	15.1	0.6%	26.9	0.5%
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 6.2.1b: Pattern of alcohol consumption 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)	%
No	629.8	70.2%	535.7	58.2%	751.8	57.8%	701.0	61.5%	376.7	59.2%	326.5	63.8%	177.8	64.1%	3 499.4	61.6%
Quit now	11.3	1.3%	15.6	1.7%	41.0	3.2%	41.9	3.7%	44.2	7.0%	61.1	11.9%	52.1	18.8%	267.2	4.7%
Drink alcohol occasionally	216.0	24.1%	275.5	29.9%	370.2	28.4%	265.8	23.3%	125.1	19.7%	71.1	13.9%	25.7	9.3%	1 349.4	23.7%
<i>Drink less than once a month</i>	158.4	17.6%	184.2	20.0%	259.7	20.0%	182.6	16.0%	91.6	14.4%	54.2	10.6%	23.8	8.6%	954.4	16.8%
<i>Drink 1-3 days a month</i>	57.6	6.4%	91.3	9.9%	110.5	8.5%	83.2	7.3%	33.5	5.3%	16.8	3.3%	2.0	0.7%	395.0	6.9%
Drink alcohol regularly	36.8	4.1%	90.8	9.9%	134.6	10.3%	123.3	10.8%	87.2	13.7%	47.2	9.2%	21.2	7.6%	541.1	9.5%
<i>Drink 1-3 days a week</i>	25.8	2.9%	69.8	7.6%	87.0	6.7%	55.7	4.9%	34.8	5.5%	18.2	3.6%	4.9	1.8%	296.1	5.2%
<i>Drink 4-6 days a week</i>	9.5	1.1%	15.0	1.6%	18.6	1.4%	20.9	1.8%	16.0	2.5%	5.1	1.0%	1.2	0.4%	86.3	1.5%
<i>Drink everyday</i>	1.5	0.2%	6.1	0.7%	29.0	2.2%	46.7	4.1%	36.4	5.7%	23.9	4.7%	15.1	5.4%	158.6	2.8%
Unknown/Missing	3.9	0.4%	3.5	0.4%	3.6	0.3%	7.0	0.6%	2.5	0.4%	5.7	1.1%	0.6	0.2%	26.9	0.5%
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 had ever drunk alcohol, the mean age that they first started drinking was 20.2. Males started drinking at an earlier age with an average age of 19.5 compared to that of females with an average age of 21.4 (Table 6.2.1c). Analyzed by age, the average starting age decreased with age, from 25.2 for people aged 75 and above to 15.4 for people aged 15-24 (Table 6.2.1d).

**Table 6.2.1c: Age when started drinking by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Below 16	121.6	15.2%	243.7	18.0%	365.3	16.9%
16-17	61.6	7.7%	172.1	12.7%	233.7	10.8%
18-21	266.7	33.2%	464.7	34.3%	731.4	33.9%
22-25	97.6	12.2%	140.9	10.4%	238.6	11.1%
26 and above	116.1	14.5%	113.9	8.4%	230.0	10.7%
Unknown/Missing	138.8	17.3%	219.8	16.2%	358.6	16.6%
Total	802.5	100.0%	1 355.1	100.0%	2 157.6	100.0%
Mean	21.4		19.5		20.2	
Median	20.0		18.0		19.0	
Standard Deviation	8.9		6.8		7.7	

Base: The respondents who had ever drunk alcohol.

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

**Table 6.2.1d: Age when started drinking 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 16	102.8	38.9%	67.3	17.6%	71.8	13.2%	47.8	11.1%	37.2	14.5%	24.5	13.6%	13.9	14.1%	365.3	16.9%
16-17	43.3	16.4%	53.3	13.9%	63.0	11.5%	40.3	9.3%	11.9	4.7%	15.6	8.7%	6.3	6.4%	233.7	10.8%
18-21	78.8	29.8%	159.5	41.8%	200.9	36.8%	151.4	35.1%	70.9	27.6%	45.0	25.1%	24.9	25.2%	731.4	33.9%
22-25	-	-	40.4	10.6%	63.4	11.6%	59.8	13.9%	38.4	15.0%	24.7	13.8%	11.8	11.9%	238.6	11.1%
26 and above	N.A.	N.A.	9.0	2.4%	56.4	10.3%	49.6	11.5%	46.7	18.2%	39.1	21.8%	29.2	29.5%	230.0	10.7%
Unknown/Missing	39.3	14.9%	52.5	13.7%	90.2	16.5%	82.0	19.0%	51.4	20.0%	30.5	17.0%	12.8	12.9%	358.6	16.6%
Total	264.1	100.0%	382.0	100.0%	545.8	100.0%	431.0	100.0%	256.5	100.0%	179.3	100.0%	98.9	100.0%	2 157.6	100.0%
Mean	15.4		18.1		20.1		21.3		22.7		23.6		25.2		20.2	
Median	16.0		18.0		20.0		20.0		20.0		20.0		21.0		19.0	
Standard Deviation	3.5		4.3		6.0		7.5		10.5		10.5		10.9		7.7	

Base: The respondents who had ever drunk alcohol.

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

'N.A.' denotes 'not applicable'.

Regarding the type of alcohol beverages among those who had ever drunk alcohol, in general, most persons drank beer (66.5%), followed by table wine (19.6%) (Table 6.2.1e). While beer was the predominant choice among people aged in the younger and middle-aged age groups, higher proportion of persons in the older age groups (65-74 and 75 and above) than those of other age groups consumed Chinese rice wine and spirit (Table 6.2.1f).

**Table 6.2.1e: Type of alcohol consumed by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Beer	407.8	50.8%	1 027.6	75.8%	1 435.5	66.5%
Table wine	240.6	30.0%	181.6	13.4%	422.3	19.6%
Chinese rice wine	105.7	13.2%	123.2	9.1%	228.9	10.6%
Spirit	40.8	5.1%	108.2	8.0%	149.1	6.9%
Others	20.3	2.5%	12.3	0.9%	32.6	1.5%

Base: The respondents who had ever drunk alcohol.

Notes: Multiple answers were allowed.

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

**Table 6.2.1f: Type of alcohol consumed 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)	%
Beer	195.7	74.1%	283.8	74.3%	389.6	71.4%	301.8	70.0%	151.4	59.0%	77.4	43.1%	35.7	36.1%	1 435.5	66.5%
Table wine	51.0	19.3%	86.5	22.7%	118.9	21.8%	88.8	20.6%	46.0	17.9%	23.0	12.8%	8.0	8.1%	422.3	19.6%
Chinese rice wine	4.1	1.6%	8.4	2.2%	31.4	5.8%	47.8	11.1%	39.8	15.5%	56.1	31.3%	41.4	41.8%	228.9	10.6%
Spirit	7.2	2.7%	13.8	3.6%	19.6	3.6%	32.5	7.5%	32.8	12.8%	24.8	13.8%	18.5	18.7%	149.1	6.9%
Others	1.4	0.5%	4.0	1.0%	5.8	1.1%	6.2	1.4%	7.4	2.9%	4.6	2.6%	3.3	3.3%	32.6	1.5%

Base: The respondents who had ever drunk alcohol.

Notes: Multiple answers were allowed.

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

## 6.2.2 Binge drinking

Among the current drinkers 14.4% had binge drinking in the month preceding the survey. Higher percentage of males (18.5%) than females (7.9%) had binge drinking (Table 6.2.2a). When analyzed by age, the percentages of people in the 15-24 (17.7%) and 25-34 (22.5%) age groups that had engaged in binge drinking were higher than those of people in older age groups (Table 6.2.2b).

**Table 6.2.2a: Binge drinking in the month preceding the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	56.8	7.9 %	215.4	18.5 %	272.2	14.4 %
<i>Yes, once</i>	25.6	3.5 %	102.2	8.8 %	127.8	6.8 %
<i>Yes, twice</i>	13.4	1.8 %	53.2	4.6 %	66.6	3.5 %
<i>Yes, at least 3 times</i>	17.8	2.5 %	59.9	5.1 %	77.7	4.1 %
No	645.2	89.2 %	914.5	78.4 %	1 559.8	82.5 %
Unknown/Missing	21.7	3.0 %	36.8	3.2 %	58.5	3.1 %
Total	723.7	100.0%	1 166.7	100.0%	1 890.4	100.0%

Base: Current drinkers.

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

**Table 6.2.2b: Binge drinking in the 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)	%
Yes	44.9	17.7 %	82.4	22.5 %	71.1	14.1 %	53.6	13.8 %	12.6	6.0 %	6.4	5.4 %	1.2	2.6 %	272.2	14.4 %
<i>Yes, once</i>	21.9	8.7 %	35.0	9.6 %	37.8	7.5 %	22.6	5.8 %	5.6	2.6 %	4.3	3.6 %	0.6	1.3%	127.8	6.8 %
<i>Yes, twice</i>	5.9	2.3 %	24.6	6.7 %	18.1	3.6 %	12.7	3.3 %	3.8	1.8 %	1.5	1.3%	-	-	66.6	3.5 %
<i>Yes, at least 3 times</i>	17.1	6.8 %	22.7	6.2 %	15.2	3.0 %	18.2	4.7 %	3.3	1.5 %	0.6	0.5 %	0.6	1.3 %	77.7	4.1 %
No	202.9	80.3 %	274.9	75.1 %	418.2	82.8 %	320.4	82.4 %	192.1	90.5 %	108.2	91.5 %	43.0	91.8 %	1 559.8	82.5 %
Unknown/Missing	5.0	2.0%	9.0	2.5 %	15.5	3.1 %	15.1	3.9 %	7.5	3.5 %	3.7	3.1 %	2.6	5.6 %	58.5	3.1 %
Total	252.8	100.0%	366.4	100.0%	504.8	100.0%	389.1	100.0%	212.3	100.0%	118.3	100.0%	46.9	100.0%	1 890.4	100.0%

Base: Current drinkers.

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

### 6.3 Physical Activity and Exercise

Sufficient amount of physical activity not only promotes physical fitness and mental well-being, it can reduce the risk of developing a number of chronic diseases. To maintain health, the World Health Organization (WHO) recommends engaging in not less than 30 minutes of moderate intensity of physical activity every day or on most days of the week.<sup>1</sup> In the PHS, the extent of the population's physical activities/exercise level was assessed by using the IPAQ which is an instrument designed primarily for assessing people's physical activities undertaken across a comprehensive set of domains including leisure time, domestic activities, work- and transport-related activities. The question items were structured to provide separate scores on walking, moderate-intensity and vigorous-intensity activities as well as a combined total score to describe the overall level of activity.<sup>2</sup>

#### 6.3.1 Vigorous Physical Activities

In PHS, vigorous physical activities refer to those activities which take hard physical effort or make people breathe much harder than normal. Respondents were asked how many days they performed vigorous physical activities in the 7 days preceding the survey and how many minutes per day when they engaged in vigorous physical activities if indicated.

Overall, 9.0% reported they had engaged in vigorous physical activities in the 7 days preceding the survey. More males than females who had undertaken vigorous physical activities – 12.9% as opposed to 5.8% (Table 6.3.1a). Also, the highest proportion of people given a positive response was found in the youngest age group – 15-24 years of age (24.1%) (Table 6.3.1b).

**Table 6.3.1a: Performed vigorous physical activities in the 7 days preceding the survey by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Yes	180.1	5.8%	331.1	12.9%	511.2	9.0%
No	2 872.0	92.4%	2 199.7	85.5%	5 071.8	89.2%
Unknown/Missing	57.7	1.9%	43.3	1.7%	101.0	1.8%
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 6.3.1b: Performed vigorous physical activities in the 7 days 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	216.4	24.1%	92.5	10.0%	116.1	8.9%	49.3	4.3%	24.7	3.9%	10.9	2.1%	1.3	0.5%	511.2	9.0%
No	666.7	74.3%	815.8	88.6%	1 165.1	89.5%	1 068.9	93.8%	595.3	93.6%	489.1	95.6%	270.9	97.7%	5 071.8	89.2%
Unknown/Missing	14.7	1.6%	12.9	1.4%	20.1	1.5%	20.8	1.8%	15.8	2.5%	11.5	2.2%	5.1	1.9%	101.0	1.8%
Total	897.8	100.0%	921.2	100.0%	1301.2	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 had engaged in vigorous physical activities in the 7 days preceding the survey, 20.1% reported that they had done 4 days or more within a week. The median number of days in a week in which such activities were conducted was 2 days for both males and females. In terms of the number of minutes per day when the persons undertook vigorous physical activities, 68.0% reported that they would perform at least for 60 minutes – 54.3% for females and 75.4% for males (Table 6.3.1c). Across all age groups, people aged 65-74 (57.6%) had the highest proportion of people reported that they undertook vigorous physical activities 4 days or more within a week while people aged 15-24 (76.6%) had the highest proportion of people reported that they had engaged in vigorous physical activities at least for 60 minutes per day (Table 6.3.1d).

**Table 6.3.1c: Number of days and duration of vigorous physical activity performed by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
<b>Number of days per week</b>						
Below 4	139.3	77.4%	258.4	78.0%	397.7	77.8%
1	75.4	41.8%	134.7	40.7%	210.0	41.1%
2	38.0	21.1%	72.3	21.8%	110.3	21.6%
3	26.0	14.4%	51.4	15.5%	77.4	15.1%
4 and above	32.5	18.0%	70.2	21.2%	102.7	20.1%
4	7.6	4.2%	16.2	4.9%	23.8	4.7%
5	6.7	3.7%	10.1	3.1%	16.8	3.3%
6	5.1	2.9%	7.2	2.2%	12.3	2.4%
7	13.0	7.2%	36.7	11.1%	49.7	9.7%
Unknown/Missing	8.2	4.6%	2.5	0.8%	10.8	2.1%
Total	180.1	100.0%	331.1	100.0%	511.2	100.0%
Mean	2.4		2.6		2.5	
Median	2.0		2.0		2.0	
Standard Deviation	1.8		2.0		1.9	
<b>Number of minutes per day</b>						
Below 60	71.4	39.6%	76.2	23.0%	147.6	28.9%
60 and above	97.8	54.3%	249.8	75.4%	347.6	68.0%
60-119.9	57.9	32.2%	118.1	35.7%	176.0	34.4%
120-179.9	26.9	14.9%	76.3	23.0%	103.2	20.2%
180-239.9	6.0	3.3%	23.1	7.0%	29.1	5.7%
240-299.9	1.7	0.9%	15.0	4.5%	16.6	3.3%
300 and above	5.4	3.0%	17.3	5.2%	22.6	4.4%
Unknown/Missing	10.9	6.0%	5.1	1.5%	16.0	3.1%
Total	180.1	100.0%	331.1	100.0%	511.2	100.0%
Mean	75.2		104.3		94.4	
Median	60.0		60.0		60.0	
Standard Deviation	84.3		90.3		89.4	

Base: The respondents who had performed vigorous physical activities in the 7 days preceding the survey.

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

**Table 6.3.1d: Number of days and duration of vigorous physical activity performed 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)	%
<b>Number of days per week</b>																
Below 4	180.2	83.2%	78.8	85.2%	92.0	79.2%	31.5	63.8%	10.0	40.5%	4.6	42.4%	0.7	52.5%	397.7	77.8%
1	86.8	40.1%	46.2	49.9%	49.1	42.3%	20.3	41.1%	5.6	22.6%	1.5	13.9%	0.7	52.5%	210.0	41.1%
2	56.0	25.9%	22.2	24.0%	20.9	18.0%	6.1	12.4%	3.2	13.0%	1.9	17.3%	-	-	110.3	21.6%
3	37.4	17.3%	10.5	11.3%	21.9	18.9%	5.1	10.3%	1.2	5.0%	1.2	11.2%	-	-	77.4	15.1%
4 and above	32.3	14.9%	12.8	13.8%	21.9	18.9%	15.5	31.4%	13.4	54.2%	6.3	57.6%	0.6	47.5%	102.7	20.1%
4	8.3	3.8%	5.4	5.8%	4.4	3.8%	2.1	4.3%	3.0	12.1%	0.7	6.2%	-	-	23.8	4.7%
5	7.0	3.2%	1.0	1.1%	5.0	4.3%	3.3	6.6%	0.6	2.5%	-	-	-	-	16.8	3.3%
6	3.6	1.7%	0.9	0.9%	1.8	1.5%	-	-	5.5	22.3%	0.6	5.6%	-	-	12.3	2.4%
7	13.4	6.2%	5.5	6.0%	10.8	9.3%	10.1	20.4%	4.3	17.4%	5.0	45.8%	0.6	47.5%	49.7	9.7%
Unknown/Missing	4.0	1.9%	0.9	1.0%	2.2	1.9%	2.4	4.8%	1.3	5.2%	-	-	-	-	10.8	2.1%
Total	216.4	100.0%	92.5	100.0%	116.1	100.0%	49.3	100.0%	24.7	100.0%	10.9	100.0%	1.3	100.0%	511.2	100.0%
Mean	2.3		2.1		2.5		3.0		4.0		4.6		3.8		2.5	
Median	2.0		1.0		2.0		2.0		4.0		6.0		1.0		2.0	
Standard Deviation	1.7		1.6		1.9		2.4		2.3		2.5		3.0		1.9	
<b>Number of minutes per day</b>																
Below 60	43.4	20.0%	27.8	30.1%	40.6	35.0%	20.7	41.9%	10.2	41.3%	4.3	39.6%	0.6	47.5%	147.6	28.9%
60 and above	165.8	76.6%	63.1	68.3%	69.9	60.2%	27.6	56.0%	13.9	56.3%	6.6	60.4%	0.7	52.5%	347.6	68.0%
60-119.9	80.7	37.3%	26.7	28.9%	40.1	34.6%	16.4	33.2%	8.0	32.2%	3.5	31.9%	0.7	52.5%	176.0	34.4%
120-179.9	46.3	21.4%	28.1	30.4%	18.2	15.7%	6.9	13.9%	2.5	10.1%	1.2	11.2%	-	-	103.2	20.2%
180-239.9	22.7	10.5%	3.6	3.9%	0.9	0.8%	0.7	1.4%	0.6	2.5%	0.6	5.6%	-	-	29.1	5.7%
240-299.9	7.8	3.6%	1.2	1.3%	4.6	4.0%	2.4	4.8%	0.6	2.5%	-	-	-	-	16.6	3.3%
300 and above	8.4	3.9%	3.5	3.8%	6.0	5.2%	1.3	2.7%	2.2	8.9%	1.3	11.7%	-	-	22.6	4.4%
Unknown/Missing	7.2	3.3%	1.5	1.6%	5.6	4.8%	1.0	2.1%	0.6	2.5%	-	-	-	-	16.0	3.1%
Total	216.4	100.0%	92.5	100.0%	116.1	100.0%	49.3	100.0%	24.7	100.0%	10.9	100.0%	1.3	100.0%	511.2	100.0%
Mean	104.1		90.7		86.8		78.2		95.4		89.1		53.4		94.4	
Median	90.0		60.0		60.0		60.0		60.0		60.0		61.0		60.0	
Standard Deviation	85.7		80.1		96.5		84.3		118.3		87.9		8.0		89.4	

Base: The respondents who had performed vigorous physical activities in the 7 days preceding the survey.

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

### 6.3.2 Moderate Physical Activities

In the PHS, moderate physical activities refer to those activities which take moderate physical effort or make people breathe somewhat harder than normal, not including shortness of breath due to physical weakness and diseases. Respondents were asked how many days they performed moderate physical activities in the 7 days preceding the survey and how many minutes per day when they engaged in moderate physical activities if indicated.

Overall, 21.9% reported that they had undertaken some moderate physical activities in the 7 days prior to the survey - 20.3% for females and 23.8% for males (Table 6.3.2a). Compared with other age groups, the proportion of persons aged 15-24 (37.6%) was the highest in undertaking moderate physical activities (Table 6.3.2b).

**Table 6.3.2a: Performed moderate physical activities in the 7 days preceding the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	631.6	20.3%	611.5	23.8%	1 243.0	21.9%
No	2 438.8	78.4%	1 928.6	74.9%	4 367.4	76.8%
Unknown/Missing	39.5	1.3%	34.0	1.3%	73.4	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 6.3.2b: Performed moderate physical activities in the 7 days 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	337.4	37.6%	204.3	22.2%	262.7	20.2%	210.0	18.4%	119.4	18.8%	84.5	16.5%	24.8	8.9%	1 243.0	21.9%
No	548.2	61.1%	709.0	77.0%	1 021.8	78.5%	911.1	80.0%	506.9	79.7%	421.6	82.4%	248.7	89.7%	4 367.4	76.8%
Unknown/Missing	12.3	1.4%	7.9	0.9%	16.7	1.3%	17.9	1.6%	9.4	1.5%	5.3	1.0%	3.9	1.4%	73.4	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.

Among those who had engaged in moderate physical activities in the 7 days preceding the survey, over one-third (34.3%) reported that they had done so 4 days or more within a week. The median number of days in a week in which such activities were conducted was 2 days for both females and males. Regarding the number of minutes per day when the persons undertook moderate physical activities, over half (54.4%) would perform at least for 60 minutes – 51.7% for females and 57.1% for males (Table 6.3.2c). Analyzed by age, people aged 65-74 (82.1%) had the highest proportion of people reported that they had engaged in moderate physical activities 4 days or more within a week; people aged 15-24 (61.1%) had the highest proportion of people reported that they undertook moderate physical activities at least for 60 minutes per day (Table 6.3.2d).

**Table 6.3.2c: Number of days and duration of moderate physical activity performed by Gender**

	Female		Male		Total	
	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%
<b>Number of days per week</b>						
Below 4	396.6	62.8%	395.0	64.6%	791.6	63.7%
1	198.6	31.4%	198.7	32.5%	397.3	32.0%
2	121.8	19.3%	123.8	20.2%	245.5	19.8%
3	76.2	12.1%	72.6	11.9%	148.8	12.0%
4 and above	217.9	34.5%	209.1	34.2%	426.9	34.3%
4	38.1	6.0%	28.8	4.7%	66.9	5.4%
5	38.0	6.0%	37.4	6.1%	75.3	6.1%
6	25.4	4.0%	29.4	4.8%	54.9	4.4%
7	116.4	18.4%	113.5	18.6%	229.9	18.5%
Unknown/Missing	17.1	2.7%	7.4	1.2%	24.5	2.0%
Total	631.6	100.0%	611.5	100.0%	1 243.0	100.0%
Mean	3.2		3.2		3.2	
Median	2.0		2.0		2.0	
Standard Deviation	2.3		2.3		2.3	

**Table 6.3.2c: Number of days and duration of moderate physical activity performed by Gender (continued)**

	Female		Male		Total	
	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%
<b>Number of minutes per day</b>						
Below 60	276.5	43.8%	245.7	40.2%	522.2	42.0%
60 and above	326.7	51.7%	349.4	57.1%	676.1	54.4%
<i>60-119.9</i>	207.6	32.9%	182.5	29.9%	390.1	31.4%
<i>120-179.9</i>	59.8	9.5%	107.6	17.6%	167.4	13.5%
<i>180-239.9</i>	23.2	3.7%	24.3	4.0%	47.5	3.8%
<i>240-299.9</i>	11.8	1.9%	13.4	2.2%	25.1	2.0%
<i>300 and above</i>	24.4	3.9%	21.6	3.5%	46.0	3.7%
Unknown/Missing	28.3	4.5%	16.3	2.7%	44.7	3.6%
Total	631.6	100.0%	611.5	100.0%	1 243.0	100.0%
Mean	75.2		80.4		77.8	
Median	60.0		60.0		60.0	
Standard Deviation	91.4		90.1		90.8	

Base: The respondents who had performed moderate physical activities in the 7 days preceding the survey.

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

**Table 6.3.2d: Number of days and duration of moderate physical activity performed 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)	%
<b>Number of days per week</b>																
Below 4	266.3	78.9%	160.6	78.6%	178.0	67.7%	119.7	57.0%	49.8	41.7%	13.3	15.8%	3.9	15.6%	791.6	63.7%
1	130.1	38.6%	97.9	47.9%	90.4	34.4%	50.7	24.1%	22.4	18.7%	5.2	6.2%	0.7	2.7%	397.3	32.0%
2	89.1	26.4%	41.5	20.3%	53.5	20.4%	38.6	18.4%	14.7	12.3%	6.3	7.4%	1.9	7.6%	245.5	19.8%
3	47.1	14.0%	21.3	10.4%	34.1	13.0%	30.5	14.5%	12.8	10.7%	1.8	2.2%	1.3	5.2%	148.8	12.0%
4 and above	69.2	20.5%	39.3	19.2%	80.4	30.6%	86.4	41.1%	64.5	54.1%	69.4	82.1%	17.7	71.4%	426.9	34.3%
4	18.8	5.6%	10.9	5.4%	13.7	5.2%	11.5	5.5%	7.5	6.3%	3.8	4.5%	0.7	2.7%	66.9	5.4%
5	15.8	4.7%	7.7	3.8%	26.3	10.0%	15.0	7.1%	6.4	5.3%	3.6	4.2%	0.6	2.5%	75.3	6.1%
6	6.8	2.0%	4.3	2.1%	8.6	3.3%	9.5	4.5%	11.8	9.9%	11.8	14.0%	2.0	8.2%	54.9	4.4%
7	27.9	8.3%	16.4	8.0%	31.8	12.1%	50.4	24.0%	38.9	32.5%	50.2	59.4%	14.4	58.0%	229.9	18.5%
Unknown/Missing	1.8	0.5%	4.4	2.1%	4.3	1.6%	3.9	1.8%	5.1	4.2%	1.8	2.1%	3.2	13.1%	24.5	2.0%
Total	337.4	100.0%	204.3	100.0%	262.7	100.0%	210.0	100.0%	119.4	100.0%	84.5	100.0%	24.8	100.0%	1 243.0	100.0%
Mean	2.5		2.3		2.9		3.6		4.3		5.8		5.9		3.2	
Median	2.0		2.0		2.0		3.0		4.0		7.0		7.0		2.0	
Standard Deviation	1.8		1.9		2.1		2.3		2.4		1.9		1.9		2.3	
<b>Number of minutes per day</b>																
Below 60	117.3	34.8%	80.2	39.2%	118.9	45.2%	105.8	50.4%	48.4	40.5%	40.1	47.4%	11.6	46.7%	522.2	42.0%
60 and above	206.2	61.1%	112.8	55.2%	134.1	51.1%	98.8	47.1%	67.2	56.3%	43.8	51.8%	13.2	53.3%	676.1	54.4%
60-119.9	116.5	34.5%	55.6	27.2%	74.9	28.5%	58.1	27.7%	43.9	36.8%	28.6	33.8%	12.5	50.6%	390.1	31.4%
120-179.9	67.6	20.0%	30.8	15.1%	30.3	11.5%	21.3	10.2%	9.8	8.2%	6.8	8.1%	0.7	2.7%	167.4	13.5%
180-239.9	12.4	3.7%	8.3	4.1%	7.7	2.9%	7.9	3.8%	4.7	3.9%	6.5	7.7%	-	-	47.5	3.8%
240-299.9	4.3	1.3%	5.8	2.8%	8.0	3.0%	3.9	1.8%	3.1	2.6%	-	-	-	-	25.1	2.0%
300 and above	5.4	1.6%	12.3	6.0%	13.3	5.1%	7.6	3.6%	5.6	4.7%	1.8	2.2%	-	-	46.0	3.7%
Unknown/Missing	13.8	4.1%	11.3	5.5%	9.7	3.7%	5.3	2.5%	3.9	3.2%	0.7	0.8%	-	-	44.7	3.6%
Total	337.4	100.0%	204.3	100.0%	262.7	100.0%	210.0	100.0%	119.4	100.0%	84.5	100.0%	24.8	100.0%	1 243.0	100.0%
Mean	74.8		87.9		79.9		71.6		83.5		75.0		49.3		77.8	
Median	60.0		60.0		60.0		45.0		60.0		60.0		60.0		60.0	
Standard Deviation	66.2		98.0		99.6		86.5		112.9		110.2		26.6		90.8	

Base: The respondents who had performed moderate physical activities in the 7 days preceding the survey.

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

### 6.3.3 Walk For At Least 10 Minutes At A Time

In the PHS, walking for at least 10 minutes at a time includes walking at work and at home, walking to travel from place to place, and any other walking that the persons did solely for recreation, sport, exercise or leisure. Respondents were asked how many days they walked for at least 10 minutes at a time in the 7 days preceding the survey and how many minutes per day when they did so if indicated.

Overall, 88.0% reported they had walked at least 10 minutes at a time in the 7 days preceding the survey. Slightly higher proportion of females (89.4%) than males (86.3%) reported that they had done so (Table 6.3.3a). The proportions of people who had walked at least 10 minutes at a time were fairly consistent across all age groups (Table 6.3.3b).

**Table 6.3.3a: Walked for at least 10 minutes at a time in the 7 days preceding the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	2 779.5	89.4%	2 221.4	86.3%	5 000.9	88.0%
No	320.0	10.3%	334.8	13.0%	654.8	11.5%
Unknown/Missing	10.3	0.3%	17.9	0.7%	28.2	0.5%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents

**Table 6.3.3b: Walked for at least 10 minutes at a time in the 7 days 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	781.4	87.0%	795.6	86.4%	1 134.6	87.2%	1 018.0	89.4%	573.4	90.2%	467.7	91.4%	230.1	83.0%	5 000.9	88.0%
No	108.4	12.1%	119.7	13.0%	163.6	12.6%	115.9	10.2%	58.6	9.2%	42.6	8.3%	46.0	16.6%	654.8	11.5%
Unknown/Missing	8.0	0.9%	5.9	0.6%	3.0	0.2%	5.1	0.4%	3.7	0.6%	1.2	0.2%	1.3	0.5%	28.2	0.5%
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.

Those persons who had walked for at least 10 minutes at a time in the 7 days preceding the survey were further asked to quantify how many days in a week they would walk at least 10 minutes at a time, 66.0% reported that they would do so everyday. The median number of days in a week in which they had walked at least 10 minutes at a time was 7 days for both females and males. Regarding the number of minutes that the persons walked per day, 44.7% reported they would walk at least for 60 minutes – 44.3% for females and 45.3% for males (Table 6.3.3c). As shown in Table 6.3.3d, the proportions of people reported that they had walked for at least 10 minutes at a time for at least 4 days in a week were comparable between age groups. The proportion of people reported that they walked at least for 60 minutes a day increased with age, from 34.6% for those aged 15-24 to 55.5% for those aged 65-74 and then the proportion dropped slightly to 50.9% for those aged 75 and above.

**Table 6.3.3c: Number of days and duration of walking by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
<b>Number of days per week</b>						
Below 4	303.6	10.9%	193.1	8.7%	496.7	9.9%
1	95.9	3.4%	61.6	2.8%	157.5	3.1%
2	92.2	3.3%	66.4	3.0%	158.6	3.2%
3	115.6	4.2%	65.1	2.9%	180.7	3.6%
4 and above	2 396.8	86.2%	1 986.8	89.4%	4 383.6	87.7%
4	64.1	2.3%	48.8	2.2%	112.9	2.3%
5	229.9	8.3%	178.1	8.0%	408.0	8.2%
6	283.8	10.2%	277.6	12.5%	561.4	11.2%
7	1 818.9	65.4%	1 482.4	66.7%	3 301.3	66.0%
Unknown/Missing	79.1	2.8%	41.4	1.9%	120.5	2.4%
Total	2 779.5	100.0%	2 221.4	100.0%	5 000.9	100.0%
Mean	6.1		6.2		6.1	
Median	7.0		7.0		7.0	
Standard Deviation	1.6		1.5		1.6	

**Table 6.3.3c: Number of days and duration of walking by Gender (continued)**

	Female		Male		Total	
	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%	No. of persons ( ' 000)	%
<b>Number of minutes per day</b>						
Below 60	1 500.8	54.0%	1 179.1	53.1%	2 679.9	53.6%
60 and above	1 231.7	44.3%	1 006.0	45.3%	2 237.7	44.7%
<i>60-119.9</i>	<i>690.4</i>	<i>24.8%</i>	<i>504.7</i>	<i>22.7%</i>	<i>1 195.1</i>	<i>23.9%</i>
<i>120-179.9</i>	<i>271.3</i>	<i>9.8%</i>	<i>218.5</i>	<i>9.8%</i>	<i>489.8</i>	<i>9.8%</i>
<i>180-239.9</i>	<i>107.6</i>	<i>3.9%</i>	<i>85.2</i>	<i>3.8%</i>	<i>192.8</i>	<i>3.9%</i>
<i>240-299.9</i>	<i>47.1</i>	<i>1.7%</i>	<i>55.9</i>	<i>2.5%</i>	<i>103.0</i>	<i>2.1%</i>
<i>300 and above</i>	<i>115.3</i>	<i>4.1%</i>	<i>141.7</i>	<i>6.4%</i>	<i>257.0</i>	<i>5.1%</i>
Unknown/Missing	47.0	1.7%	36.2	1.6%	83.3	1.7%
Total	2 779.5	100.0%	2 221.4	100.0%	5 000.9	100.0%
Mean	74.6		83.6		78.6	
Median	40.0		40.0		40.0	
Standard Deviation	102.0		116.0		108.5	

Base: The respondents who had walked for at least 10 minutes at a time in the 7 days preceding the survey.

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

**Table 6.3.3d: Number of days and duration of walking 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)	%
<b>Number of days per week</b>																
Below 4	88.7	11.4%	102.0	12.8%	124.9	11.0%	103.6	10.2%	33.2	5.8%	28.9	6.2%	15.4	6.7%	496.7	9.9%
1	18.5	2.4%	42.7	5.4%	38.7	3.4%	34.0	3.3%	9.9	1.7%	9.6	2.1%	4.2	1.8%	157.5	3.1%
2	37.8	4.8%	30.6	3.8%	38.8	3.4%	31.0	3.0%	7.9	1.4%	9.0	1.9%	3.5	1.5%	158.6	3.2%
3	32.4	4.2%	28.7	3.6%	47.5	4.2%	38.6	3.8%	15.5	2.7%	10.3	2.2%	7.7	3.3%	180.7	3.6%
4 and above	686.7	87.9%	680.2	85.5%	986.2	86.9%	886.0	87.0%	521.9	91.0%	419.1	89.6%	203.5	88.5%	4 383.6	87.7%
4	23.7	3.0%	15.9	2.0%	31.2	2.7%	24.4	2.4%	12.2	2.1%	2.7	0.6%	2.9	1.2%	112.9	2.3%
5	97.8	12.5%	81.0	10.2%	102.2	9.0%	64.9	6.4%	29.0	5.1%	21.1	4.5%	12.0	5.2%	408.0	8.2%
6	100.7	12.9%	103.7	13.0%	141.7	12.5%	127.1	12.5%	50.9	8.9%	25.8	5.5%	11.5	5.0%	561.4	11.2%
7	464.4	59.4%	479.8	60.3%	711.1	62.7%	669.6	65.8%	429.7	74.9%	369.5	79.0%	177.2	77.0%	3 301.3	66.0%
Unknown/Missing	6.0	0.8%	13.4	1.7%	23.5	2.1%	28.5	2.8%	18.3	3.2%	19.7	4.2%	11.2	4.8%	120.5	2.4%
Total	781.4	100.0%	795.6	100.0%	1 134.6	100.0%	1 018.0	100.0%	573.4	100.0%	467.7	100.0%	230.1	100.0%	5 000.9	100.0%
Mean	6.0		5.9		6.1		6.1		6.4		6.5		6.5		6.1	
Median	7.0		7.0		7.0		7.0		7.0		7.0		7.0		7.0	
Standard Deviation	1.6		1.8		1.6		1.6		1.3		1.3		1.3		1.6	
<b>Number of minutes per day</b>																
Below 60	490.8	62.8%	452.8	56.9%	639.1	56.3%	519.5	51.0%	261.4	45.6%	204.6	43.7%	111.7	48.6%	2 679.9	53.6%
60 and above	270.4	34.6%	325.6	40.9%	474.9	41.9%	484.3	47.6%	305.8	53.3%	259.7	55.5%	117.0	50.9%	2 237.7	44.7%
60-119.9	167.9	21.5%	167.9	21.1%	223.5	19.7%	231.8	22.8%	177.6	31.0%	151.1	32.3%	75.3	32.7%	1 195.1	23.9%
120-179.9	54.0	6.9%	66.2	8.3%	102.7	9.1%	114.1	11.2%	65.8	11.5%	63.3	13.5%	23.7	10.3%	489.8	9.8%
180-239.9	20.5	2.6%	29.9	3.8%	40.5	3.6%	44.8	4.4%	19.1	3.3%	27.2	5.8%	10.7	4.7%	192.8	3.9%
240-299.9	11.8	1.5%	12.3	1.5%	23.8	2.1%	24.1	2.4%	15.9	2.8%	11.0	2.4%	4.1	1.8%	103.0	2.1%
300 and above	16.2	2.1%	49.4	6.2%	84.4	7.4%	69.5	6.8%	27.4	4.8%	7.0	1.5%	3.2	1.4%	257.0	5.1%
Unknown/Missing	20.2	2.6%	17.2	2.2%	20.6	1.8%	14.2	1.4%	6.2	1.1%	3.4	0.7%	1.3	0.6%	83.3	1.7%
Total	781.4	100.0%	795.6	100.0%	1 134.6	100.0%	1 018.0	100.0%	573.4	100.0%	467.7	100.0%	230.1	100.0%	5 000.9	100.0%
Mean	58.4		79.1		87.3		86.9		80.8		75.7		64.8		78.6	
Median	30.0		30.0		30.0		45.0		60.0		60.0		60.0		40.0	
Standard Deviation	82.7		121.3		128.3		115.6		97.3		79.4		56.1		108.5	

Base: The respondents who had walked for at least 10 minutes at a time in the 7 days preceding the survey.

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

### 6.3.4 *Sitting*

Respondents were asked “During the last 7 days, how much time in an average day (including only Monday to Friday) did you usually spend sitting on, including time spent at work, at home or doing homework, sitting at a desk, visiting friends, reading, travelling on transportation, sitting or lying down to watch television?”. They were also asked to specify how many hours and minutes if indicated.

As shown in Table 6.3.4a, 20.9% reported that they had sat 10 hours or more in an average day in the last 7 days and the proportion was comparable between females and males (21.6% versus 20.2%). In terms of age, people in the 15-24 and 25-34 age groups spent more time sitting, with a median of 480.0 minutes (Table 6.3.4b).

**Table 6.3.4a: Minutes in an average day spent on sitting in the 7 days preceding the survey by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Below 120	98.2	3.2%	50.5	2.0%	148.7	2.6%
120 and above	2 909.2	93.6%	2 435.3	94.6%	5 344.5	94.0%
120-239.9	492.5	15.8%	403.7	15.7%	896.1	15.8%
240-359.9	668.6	21.5%	535.6	20.8%	1 204.2	21.2%
360-479.9	465.7	15.0%	447.5	17.4%	913.2	16.1%
480-599.9	612.1	19.7%	529.5	20.6%	1 141.6	20.1%
600 and above	670.4	21.6%	519.0	20.2%	1 189.4	20.9%
Unknown/Missing	102.3	3.3%	88.3	3.4%	190.6	3.4%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
Mean	402.4		403.8		403.0	
Median	360.0		360.0		360.0	
Standard Deviation	204.9		197.1		201.4	

Base: All respondents.

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

**Table 6.3.4b: Minutes in an average day spent on sitting in the 7 days 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)	%
Below 120	15.1	1.7%	16.6	1.8%	40.8	3.1%	37.2	3.3%	17.9	2.8%	11.1	2.2%	10.2	3.7%	148.7	2.6%
120 and above	849.1	94.6%	882.9	95.8%	1 225.7	94.2%	1 069.9	93.9%	584.6	92.0%	477.9	93.4%	254.3	91.7%	5 344.5	94.0%
120-239.9	57.1	6.4%	116.0	12.6%	244.0	18.8%	264.4	23.2%	112.4	17.7%	71.2	13.9%	31.0	11.2%	896.1	15.8%
240-359.9	104.5	11.6%	168.0	18.2%	287.6	22.1%	286.5	25.2%	155.9	24.5%	140.1	27.4%	61.6	22.2%	1 204.2	21.2%
360-479.9	146.8	16.3%	133.5	14.5%	204.7	15.7%	166.3	14.6%	117.9	18.5%	98.9	19.3%	45.2	16.3%	913.2	16.1%
480-599.9	242.3	27.0%	209.0	22.7%	228.2	17.5%	181.3	15.9%	117.4	18.5%	96.0	18.8%	67.4	24.3%	1 141.6	20.1%
600 and above	298.4	33.2%	256.3	27.8%	261.2	20.1%	171.3	15.0%	81.0	12.7%	71.9	14.0%	49.3	17.8%	1 189.4	20.9%
Unknown/Missing	33.6	3.7%	21.8	2.4%	34.8	2.7%	31.9	2.8%	33.2	5.2%	22.5	4.4%	12.9	4.6%	190.6	3.4%
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	494.9		440.9		384.3		356.4		362.6		376.6		400.3		403.0	
Median	480.0		480.0		360.0		300.0		360.0		360.0		360.0		360.0	
Standard Deviation	200.3		204.9		200.5		195.2		173.4		185.6		188.9		201.4	

Base: All respondents.

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

### 6.3.5 Level of Physical Activity

Based on the individual's reported level of physical activities and in accordance with the IPAQ categorical scoring classification of physical activities, respondents were classified into "inactive", "minimally active" and "HEPA active" (Health Enhancing Physically Active or highly active) categories .

Overall, 31.8% of persons were classified as "inactive", 49.5% as "minimally active" and 12.4% as "HEPA active" (Table 6.3.5a). Slightly more males (14.4%) than females (10.6%) were in the highly active category. In terms of age, people aged 15-24 (13.6%) and people aged 75 and above (8.4%) had the highest and lowest proportions of people being classified as "HEPA active" respectively (Table 6.3.5b).

**Table 6.3.5a: Level of physical activity (measured by IPAQ) by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Inactive	1 005.2	32.3%	804.8	31.3%	1 810.0	31.8%
Minimally active	1 566.8	50.4%	1 248.9	48.5%	2 815.8	49.5%
HEPA active	330.9	10.6%	371.5	14.4%	702.4	12.4%
Outlier/missing	206.9	6.7%	148.9	5.8%	355.7	6.3%
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 6.3.5b: Level of physical activity (measured by IPAQ) 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)	%
Inactive	294.3	32.8%	349.2	37.9%	461.9	35.5%	360.6	31.7%	162.5	25.6%	95.8	18.7%	85.7	30.9%	1 810.0	31.8%
Minimally active	427.6	47.6%	420.1	45.6%	593.0	45.6%	561.7	49.3%	349.3	54.9%	314.1	61.4%	150.0	54.1%	2 815.8	49.5%
HEPA active	122.2	13.6%	98.3	10.7%	162.4	12.5%	148.6	13.1%	81.8	12.9%	65.7	12.8%	23.3	8.4%	702.4	12.4%
Outlier/missing	53.7	6.0%	53.7	5.8%	84.0	6.5%	68.1	6.0%	42.1	6.6%	35.9	7.0%	18.3	6.6%	355.7	6.3%
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.

### 6.3.6 Physical Activity/Exercise Patterns

Other than using the IPAQ to assess the level of physical activity in the population, the PHS also included some questions to depict the population's pattern of physical activity/exercise in the one month prior to the survey.

Regarding the question on whether undertaking any physical activity in the month preceding the survey, 56.5% gave a positive response - 54.6% of females and 58.8% of males (Table 6.3.6a). Such percentage was the highest in the age group 15-24 (73.8%) (Table 6.3.6b).

**Table 6.3.6a: Had exercised or done any physical activities in the month preceding the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1 698.2	54.6%	1 513.7	58.8%	3 211.9	56.5%
No	1 401.8	45.1%	1 055.1	41.0%	2 456.9	43.2%
Unknown/Missing	9.9	0.3%	5.2	0.2%	15.1	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 6.3.6b: Had exercised or done any physical activities in the 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)	%
Yes	662.6	73.8%	504.5	54.8%	638.9	49.1%	536.7	47.1%	370.7	58.3%	332.8	65.1%	165.7	59.7%	3 211.9	56.5%
No	232.4	25.9%	414.1	44.9%	659.8	50.7%	599.6	52.6%	262.6	41.3%	177.5	34.7%	111.0	40.0%	2 456.9	43.2%
Unknown/Missing	2.9	0.3%	2.6	0.3%	2.6	0.2%	2.7	0.2%	2.4	0.4%	1.2	0.2%	0.7	0.2%	15.1	0.3%
Total	897.8	100.0%	921.2	100.0%	1301.2	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 persons who had exercised or done some physical activities in the month preceding the survey, the most popular activities (which last for at least 30 minutes) were walking (49.1%), followed by ball games (24.7%) (Table 6.3.6c). Analyzed by age, different patterns were observed. For example, the most popular type of physical activity or exercise for people aged 15-24 was ball games, while walking was more frequently cited by other age groups. Morning-walk / Qi-gong / Tai-chi was practised by most people aged 65-74 (41.7%) and those aged 75 and above (39.2%) (Table 6.3.6d).

**Table 6.3.6c: Type of exercise or physical activity done in the month preceding the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Walking	872.6	51.4%	703.6	46.5%	1 576.3	49.1%
Ball games	261.5	15.4%	532.8	35.2%	794.4	24.7%
Running	255.8	15.1%	301.2	19.9%	557.0	17.3%
Gymnastics / Body building / Aerobics	360.8	21.2%	149.3	9.9%	510.0	15.9%
Morning-walk / Qi-gong / Tai-chi	293.8	17.3%	178.3	11.8%	472.1	14.7%
Hiking	194.9	11.5%	213.5	14.1%	408.4	12.7%
Swimming / Water sports	112.6	6.6%	111.2	7.3%	223.8	7.0%
Cycling	90.0	5.3%	123.9	8.2%	213.9	6.7%
Others	51.2	3.0%	42.0	2.8%	93.1	2.9%

Base: The respondents who had exercised or done any physical activities in the month preceding the survey.

Notes: Multiple answers were allowed.

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

**Table 6.3.6d: Type of exercise or physical activity done in the 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)	%
Walking	260.8	39.4%	228.8	45.3%	316.9	49.6%	287.2	53.5%	209.0	56.4%	180.5	54.2%	93.1	56.2%	1 576.3	49.1%
Ball games	395.4	59.7%	165.2	32.7%	134.5	21.1%	58.5	10.9%	28.8	7.8%	7.3	2.2%	4.6	2.8%	794.4	24.7%
Running	214.4	32.6%	90.0	17.8%	112.2	17.6%	80.1	14.9%	37.9	10.2%	19.6	5.9%	2.7	1.7%	557.0	17.3%
Gymnastics / Body building / Aerobics	94.9	14.3%	81.2	16.1%	97.0	15.2%	112.8	21.0%	66.0	17.8%	39.1	11.7%	19.0	11.5%	510.0	15.9%
Morning-walk / Qi-gong / Tai-chi	8.3	1.3%	16.8	3.3%	34.7	5.4%	80.5	15.0%	128.1	34.6%	138.8	41.7%	64.9	39.2%	472.1	14.7%
Hiking	66.5	10.0%	64.3	12.8%	99.6	15.6%	87.0	16.2%	50.8	13.7%	32.3	9.7%	7.9	4.8%	408.4	12.7%
Swimming / Water sports	68.6	10.4%	48.0	9.5%	54.5	8.5%	22.2	4.1%	19.4	5.2%	11.1	3.3%	-	-	223.8	7.0%
Cycling	65.2	9.8%	31.8	6.3%	65.7	10.3%	27.1	5.1%	9.7	2.6%	9.5	2.9%	4.9	3.0%	213.9	6.7%
Others	26.2	4.0%	18.7	3.7%	24.7	3.9%	9.5	1.8%	8.3	2.2%	2.6	0.8%	3.2	1.9%	93.1	2.9%

Base: The respondents who had exercised or done any physical activities in the month preceding the survey.

Notes: Multiple answers were allowed.

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

Respondents were asked “Have you ever increased your physical activity level through daily routine and activities in the past one month?”, and “In the past one month, have you ever: (a) taken more stairs and used elevators less frequently; (b) done housework; (c) walked more instead of taking transportation and (d) done callisthenics during spare time?”.

Overall, close to one-third (31.7%) of persons stated that they had “often” or “sometimes” increased their physical activity level through daily routine and activities in the month preceding the survey and the difference in proportion of people reporting so between females (31.9%) and males (31.6%) was small (Table 6.3.6e). Analyzed by age, proportion of persons aged 15-24 (41.4%) was higher than those of their counterparts to report that they had often or sometimes done so (Table 6.3.6f).

**Table 6.3.6e: Had increased their physical activity level through daily routine and activities in the month preceding the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Often	301.4	9.7%	287.6	11.2%	589.1	10.4%
Sometimes	689.9	22.2%	525.3	20.4%	1 215.1	21.4%
Seldom	530.5	17.1%	456.6	17.7%	987.1	17.4%
Never	1 538.4	49.5%	1 255.3	48.8%	2 793.8	49.2%
Unknown/Missing	49.5	1.6%	49.3	1.9%	98.8	1.7%
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 6.3.6f: Had increased their physical activity level through daily routine and activities in the 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)	%
Often	101.5	11.3%	75.1	8.2%	142.1	10.9%	132.1	11.6%	67.7	10.6%	50.2	9.8%	20.4	7.4%	589.1	10.4%
Sometimes	270.2	30.1%	197.6	21.4%	282.6	21.7%	209.5	18.4%	127.0	20.0%	93.3	18.2%	35.0	12.6%	1 215.1	21.4%
Seldom	182.6	20.3%	189.2	20.5%	220.8	17.0%	163.9	14.4%	111.9	17.6%	77.8	15.2%	41.0	14.8%	987.1	17.4%
Never	333.9	37.2%	440.1	47.8%	633.3	48.7%	621.3	54.5%	312.8	49.2%	278.9	54.5%	173.6	62.6%	2 793.8	49.2%
Unknown/Missing	9.7	1.1%	19.2	2.1%	22.5	1.7%	12.2	1.1%	16.5	2.6%	11.4	2.2%	7.2	2.6%	98.8	1.7%
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.

Regarding general physical activities that the people had performed in one month prior to survey, about a quarter reported that they had used the elevators less frequently, walked instead of using transportation and did callisthenics in the month preceding the survey. Besides, 61.5% reported that they did housework. More females reported that they had done these general activities than their male counterparts (Table 6.3.6g). Analyzed by age, comparatively higher proportions of people aged 15-24 (27.7%) and aged 35-44 (27.2%) reported that they had taken more stairs, while more people aged 45-54 (25.2%) stated that they walked more instead of taking transportation. With regard to doing callisthenics during spare time and housework, a higher proportion of people aged 65-74 (33.3% and 71.5% respectively) reported that they had done so (Table 6.3.6h).

**Table 6.3.6g: Performed general physical activities in the month preceding the survey by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
<b>Taken more stairs and used elevators less frequently</b>						
Yes	758.1	24.4%	625.4	24.3%	1 383.4	24.3%
No	2 320.9	74.6%	1 927.7	74.9%	4 248.6	74.7%
Unknown/Missing	30.8	1.0%	21.0	0.8%	51.8	0.9%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
<b>Walked more instead of taking transportation</b>						
Yes	751.2	24.2%	556.2	21.6%	1 307.4	23.0%
No	2 325.5	74.8%	1 992.4	77.4%	4 317.9	76.0%
Unknown/Missing	33.1	1.1%	25.5	1.0%	58.6	1.0%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
<b>Done callisthenics during spare time</b>						
Yes	868.2	27.9%	502.8	19.5%	1 371.0	24.1%
No	2 209.3	71.0%	2 045.3	79.5%	4 254.6	74.9%
Unknown/Missing	32.3	1.0%	26.0	1.0%	58.3	1.0%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%
<b>Done housework</b>						
Yes	2 332.2	75.0%	1 165.9	45.3%	3 498.1	61.5%
No	748.0	24.1%	1 385.1	53.8%	2 133.2	37.5%
Unknown/Missing	29.5	0.9%	23.1	0.9%	52.6	0.9%
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 6.3.6h: Performed general physical activities in the 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)	%
<b>Taken more stairs and used elevators less frequently</b>																
Yes	248.8	27.7%	205.8	22.3%	354.5	27.2%	267.2	23.5%	152.9	24.1%	111.9	21.9%	42.3	15.2%	1 383.4	24.3%
No	643.1	71.6%	705.2	76.5%	932.4	71.7%	862.6	75.7%	477.0	75.0%	396.5	77.5%	231.8	83.6%	4 248.6	74.7%
Unknown/Missing	6.0	0.7%	10.2	1.1%	14.3	1.1%	9.2	0.8%	5.7	0.9%	3.1	0.6%	3.2	1.2%	51.8	0.9%
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%
<b>Walked more instead of taking transportation</b>																
Yes	215.1	24.0%	201.9	21.9%	294.3	22.6%	287.3	25.2%	152.8	24.0%	116.5	22.8%	39.6	14.3%	1 307.4	23.0%
No	676.0	75.3%	710.5	77.1%	988.7	76.0%	841.0	73.8%	475.2	74.8%	392.6	76.8%	233.9	84.3%	4 317.9	76.0%
Unknown/Missing	6.7	0.7%	8.8	1.0%	18.2	1.4%	10.8	0.9%	7.7	1.2%	2.4	0.5%	3.9	1.4%	58.6	1.0%
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%
<b>Done callisthenics during spare time</b>																
Yes	219.0	24.4%	171.5	18.6%	252.8	19.4%	286.8	25.2%	191.3	30.1%	170.1	33.3%	79.4	28.6%	1 371.0	24.1%
No	672.1	74.9%	741.0	80.4%	1 027.8	79.0%	842.1	73.9%	438.0	68.9%	339.0	66.3%	194.7	70.2%	4 254.6	74.9%
Unknown/Missing	6.7	0.7%	8.8	1.0%	20.6	1.6%	10.1	0.9%	6.4	1.0%	2.4	0.5%	3.2	1.2%	58.3	1.0%
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%
<b>Done housework</b>																
Yes	378.3	42.1%	527.4	57.2%	841.7	64.7%	792.8	69.6%	444.9	70.0%	365.8	71.5%	147.1	53.0%	3 498.1	61.5%
No	513.5	57.2%	385.9	41.9%	441.6	33.9%	339.4	29.8%	183.1	28.8%	143.2	28.0%	126.4	45.6%	2 133.2	37.5%
Unknown/Missing	6.0	0.7%	7.9	0.9%	17.9	1.4%	6.7	0.6%	7.7	1.2%	2.5	0.5%	3.9	1.4%	52.6	0.9%
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.

**References**

1. Physical activity. Geneva: World Health Organization; 2003. Available from URL:<http://www.who.int/dietphysicalactivity/publications/facts/pa/en>.
2. Guidelines for data processing and analysis of the International physical activity questionnaire (IPAQ). 2003. Available from URL:<http://www.ipaq.ki.se>.

## 6.4 Diet and Nutrition

Many dietary factors, either as protective influences or as risk factors, are linked to health and diseases.<sup>1</sup> Dietary guidelines recommend that a well-balanced diet should be rich in plant foods (such as rice, fruit and vegetables) with moderate amounts of animal foods (e.g. meat, fish, milk and eggs), and include enough fluids (such as water and Chinese tea). The PHS incorporated questions on people's eating behaviour, including their usual consumption of fruit, vegetables, meat, fish and some selected food items.

### 6.4.1 Consumption of Fruits

Overall, daily fruit consumption was reported by 55.0% of all persons - 61.8% of females and 46.7% of males (Table 6.4.1a). The proportion of persons reported that they ate fruits at least once a day increased with age, from 41.6% for people aged 15-24 to 67.7% for people aged 55-64 but dropped back to 61.0% for people aged 75 and above (Table 6.4.1b).

**Table 6.4.1a: Frequency of eating fruits by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
None/Less than once a week	158.4	5.1%	256.5	10.0%	414.9	7.3%
Less than once a day	995.6	32.0%	1 069.1	41.5%	2 064.8	36.3%
<i>Once a week</i>	<i>109.0</i>	<i>3.5%</i>	<i>146.3</i>	<i>5.7%</i>	<i>255.2</i>	<i>4.5%</i>
<i>2-4 times a week</i>	<i>638.6</i>	<i>20.5%</i>	<i>699.7</i>	<i>27.2%</i>	<i>1 338.3</i>	<i>23.5%</i>
<i>5-6 times a week</i>	<i>248.0</i>	<i>8.0%</i>	<i>223.1</i>	<i>8.7%</i>	<i>471.2</i>	<i>8.3%</i>
At least once a day	1 922.9	61.8%	1 201.9	46.7%	3 124.8	55.0%
<i>Once a day</i>	<i>1 370.1</i>	<i>44.1%</i>	<i>956.9</i>	<i>37.2%</i>	<i>2 327.0</i>	<i>40.9%</i>
<i>Twice a day</i>	<i>440.2</i>	<i>14.2%</i>	<i>196.1</i>	<i>7.6%</i>	<i>636.3</i>	<i>11.2%</i>
<i>3 and more times a day</i>	<i>112.6</i>	<i>3.6%</i>	<i>48.9</i>	<i>1.9%</i>	<i>161.5</i>	<i>2.8%</i>
Don't know	20.8	0.7%	29.6	1.2%	50.4	0.9%
Missing	12.1	0.4%	17.0	0.7%	29.1	0.5%
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 6.4.1b: Frequency of eating fruits 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)	%
None/Less than once a week	99.8	11.1%	68.4	7.4%	96.5	7.4%	55.5	4.9%	37.4	5.9%	31.8	6.2%	25.6	9.2%	414.9	7.3%
Less than once a day	400.3	44.6%	417.4	45.3%	500.9	38.5%	358.5	31.5%	164.6	25.9%	143.6	28.1%	79.5	28.7%	2 064.8	36.3%
<i>Once a week</i>	62.2	6.9%	65.4	7.1%	55.6	4.3%	33.3	2.9%	15.3	2.4%	10.6	2.1%	12.9	4.6%	255.2	4.5%
<i>2-4 times a week</i>	258.4	28.8%	265.6	28.8%	333.4	25.6%	243.5	21.4%	103.8	16.3%	89.1	17.4%	44.5	16.1%	1 338.3	23.5%
<i>5-6 times a week</i>	79.7	8.9%	86.4	9.4%	111.9	8.6%	81.7	7.2%	45.5	7.2%	43.9	8.6%	22.1	8.0%	471.2	8.3%
At least once a day	373.3	41.6%	416.7	45.2%	692.8	53.2%	713.8	62.7%	430.6	67.7%	328.4	64.2%	169.1	61.0%	3 124.8	55.0%
Once a day	289.2	32.2%	327.6	35.6%	550.0	42.3%	519.1	45.6%	295.0	46.4%	232.1	45.4%	113.9	41.1%	2 327.0	40.9%
Twice a day	62.9	7.0%	73.5	8.0%	115.8	8.9%	154.0	13.5%	107.9	17.0%	80.7	15.8%	41.4	14.9%	636.3	11.2%
3 and more times a day	21.2	2.4%	15.5	1.7%	27.0	2.1%	40.7	3.6%	27.7	4.4%	15.5	3.0%	13.8	5.0%	161.5	2.8%
Don't know	16.1	1.8%	13.0	1.4%	8.6	0.7%	5.0	0.4%	1.9	0.3%	4.5	0.9%	1.3	0.5%	50.4	0.9%
Missing	8.4	0.9%	5.8	0.6%	2.4	0.2%	6.3	0.6%	1.2	0.2%	3.2	0.6%	1.8	0.7%	29.1	0.5%
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.

Respondents were further asked how many fruits they ate a day. In the PHS, one fruit referred to one apple, orange or pear. Among those who reported that they ate fruit at least once a day, 29.1% reported that they ate two and more fruit a day. The mean number of fruits eaten a day was similar for females (1.4) and males (1.3) (Table 6.4.1c). Analyzed by age, the highest proportion of persons reported eating two and more fruits a day fell within the 55-64 age group (33.0%), followed by the 45-54 age group (32.1%) (Table 6.4.1d)

**Table 6.4.1c: Number of fruits eaten per day by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Less than 1	49.7	2.6%	26.6	2.2%	76.2	2.4%
1 to less than 2	1 246.0	64.8%	867.9	72.2%	2 113.8	67.6%
2 and more	610.2	31.7%	299.6	24.9%	909.8	29.1%
Unknown/Missing	17.1	0.9%	7.8	0.7%	24.9	0.8%
Total	1 922.9	100.0%	1 201.9	100.0%	3 124.8	100.0%
Mean	1.4		1.3		1.4	
Median	1.0		1.0		1.0	
Standard Deviation	0.8		0.8		0.8	

Base: The respondents who ate fruit at least once a day.

**Table 6.4.1d: Number of fruits eaten per day 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)	%
Less than 1	10.5	2.8%	4.1	1.0%	20.7	3.0%	11.0	1.5%	12.1	2.8%	9.9	3.0%	7.8	4.6%	76.2	2.4%
1 to less than 2	260.8	69.9%	295.5	70.9%	489.4	70.6%	466.5	65.4%	275.5	64.0%	216.7	66.0%	109.4	64.7%	2 113.8	67.6%
2 and more	100.3	26.9%	115.0	27.6%	175.0	25.3%	228.8	32.1%	142.3	33.0%	99.1	30.2%	49.3	29.2%	909.8	29.1%
Unknown/Missing	1.7	0.5%	2.1	0.5%	7.7	1.1%	7.4	1.0%	0.8	0.2%	2.6	0.8%	2.6	1.5%	24.9	0.8%
Total	373.3	100.0%	416.7	100.0%	692.8	100.0%	713.8	100.0%	430.6	100.0%	328.4	100.0%	169.1	100.0%	3 124.8	100.0%
Mean	1.4		1.4		1.3		1.4		1.4		1.4		1.3		1.4	
Median	1.0		1.0		1.0		1.0		1.0		1.0		1.0		1.0	
Standard Deviation	1.0		0.9		0.7		0.7		0.8		0.7		0.6		0.8	

Base: The respondents who ate fruit at least once a day.

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

## 6.4.2 Consumption of Vegetables

Daily vegetable consumption (at least once per day) was reported by 87.3% of females and 79.2% of males, giving an overall proportion of 83.6% (Table 6.4.2a). The proportion of persons reported that they ate vegetables at least once a day increased with age, from 73.3% for people aged 15-24 to 90.0% for people aged 65-74, but fell slightly to 88.4% for people aged 75 and above (Table 6.4.2b).

**Table 6.4.2a: Frequency of eating vegetables by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
None/Less than once a week	27.5	0.9%	52.9	2.1%	80.5	1.4%
Less than once a day	306.7	9.9%	419.8	16.3%	726.5	12.8%
<i>Once a week</i>	19.6	0.6%	25.6	1.0%	45.2	0.8%
<i>2-4 times a week</i>	137.1	4.4%	185.7	7.2%	322.8	5.7%
<i>5-6 times a week</i>	150.1	4.8%	208.5	8.1%	358.5	6.3%
At least once a day	2 714.9	87.3%	2 038.9	79.2%	4 753.8	83.6%
<i>Once a day</i>	1 345.7	43.3%	1 196.7	46.5%	2 542.4	44.7%
<i>Twice a day</i>	1 232.1	39.6%	756.4	29.4%	1 988.5	35.0%
<i>3 and more times a day</i>	137.1	4.4%	85.7	3.3%	222.9	3.9%
Don't know	12.6	0.4%	25.5	1.0%	38.1	0.7%
Missing	48.1	1.5%	37.0	1.4%	85.1	1.5%
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 6.4.2b: Frequency of eating vegetables 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)	%
None/Less than once a week	22.5	2.5%	13.8	1.5%	12.1	0.9%	18.4	1.6%	7.9	1.2%	4.4	0.9%	1.3	0.5%	80.5	1.4%
Less than once a day	186.7	20.8%	175.5	19.1%	145.5	11.2%	108.3	9.5%	50.0	7.9%	37.5	7.3%	22.9	8.3%	726.5	12.8%
<i>Once a week</i>	6.8	0.8%	18.2	2.0%	10.6	0.8%	4.6	0.4%	2.5	0.4%	1.8	0.4%	0.6	0.2%	45.2	0.8%
<i>2-4 times a week</i>	85.4	9.5%	79.0	8.6%	62.2	4.8%	50.4	4.4%	24.3	3.8%	13.1	2.6%	8.4	3.0%	322.8	5.7%
<i>5-6 times a week</i>	94.5	10.5%	78.4	8.5%	72.7	5.6%	53.3	4.7%	23.3	3.7%	22.5	4.4%	13.9	5.0%	358.5	6.3%
At least once a day	658.3	73.3%	708.6	76.9%	1 123.7	86.4%	988.8	86.8%	569.0	89.5%	460.3	90.0%	245.1	88.4%	4 753.8	83.6%
<i>Once a day</i>	425.4	47.4%	445.4	48.3%	618.1	47.5%	520.0	45.7%	259.8	40.9%	181.4	35.5%	92.4	33.3%	2 542.4	44.7%
<i>Twice a day</i>	196.7	21.9%	241.1	26.2%	452.1	34.7%	427.8	37.6%	279.1	43.9%	251.1	49.1%	140.5	50.7%	1 988.5	35.0%
<i>3 and more times a day</i>	36.2	4.0%	22.1	2.4%	53.5	4.1%	41.0	3.6%	30.1	4.7%	27.8	5.4%	12.2	4.4%	222.9	3.9%
Don't know	14.7	1.6%	6.7	0.7%	6.8	0.5%	5.1	0.4%	1.9	0.3%	0.9	0.2%	2.0	0.7%	38.1	0.7%
Missing	15.5	1.7%	16.6	1.8%	13.2	1.0%	18.3	1.6%	6.9	1.1%	8.5	1.7%	6.1	2.2%	85.1	1.5%
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.

Respondents were asked how many bowls of vegetables they ate a day. In the PHS, one bowl referred to the size of a rice bowl. Among those who indicated that they ate vegetables at least once a day, 22.2% reported that they ate two and more bowls a day. The mean number of bowls of vegetables eaten a day was comparable between females (1.3) and males (1.1) (Table 6.4.2c). Analyzed by age, the highest proportion of persons reported eating two and more bowls of vegetables a day was found in the 55-64 age group (26.2%), followed by the 45-54 age group (26.0%) (Table 6.4.2d)

**Table 6.4.2c: Number of bowls of vegetables eaten per day by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Less than 1	464.2	17.1%	402.7	19.8%	866.9	18.2%
1 to less than 2	1 524.8	56.2%	1 244.5	61.0%	2 769.3	58.3%
2 and more	689.4	25.4%	367.2	18.0%	1 056.6	22.2%
Unknown/Missing	36.6	1.3%	24.5	1.2%	61.1	1.3%
Total	2 714.9	100.0%	2 038.9	100.0%	4 753.8	100.0%
Mean	1.3		1.1		1.2	
Median	1.0		1.0		1.0	
Standard Deviation	0.8		0.7		0.7	

Base: The respondents who ate vegetables at least once a day.

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

**Table 6.4.2d: Number of bowls of vegetables eaten 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)	%
Less than 1	131.5	20.0%	132.6	18.7%	193.1	17.2%	169.7	17.2%	92.7	16.3%	84.3	18.3%	62.9	25.7%	866.9	18.2%
1 to less than 2	388.1	59.0%	417.5	58.9%	680.7	60.6%	549.5	55.6%	320.8	56.4%	265.8	57.8%	146.8	59.9%	2 769.3	58.3%
2 and more	131.4	20.0%	149.6	21.1%	230.3	20.5%	257.5	26.0%	149.3	26.2%	107.6	23.4%	30.8	12.6%	1 056.6	22.2%
Unknown/Missing	7.3	1.1%	8.8	1.2%	19.6	1.7%	12.1	1.2%	6.3	1.1%	2.5	0.5%	4.5	1.9%	61.1	1.3%
Total	658.3	100.0%	708.6	100.0%	1 123.7	100.0%	988.8	100.0%	569.0	100.0%	460.3	100.0%	245.1	100.0%	4 753.8	100.0%
Mean	1.2		1.2		1.2		1.3		1.3		1.2		1.1		1.2	
Median	1.0		1.0		1.0		1.0		1.0		1.0		1.0		1.0	
Standard Deviation	0.7		0.7		0.6		0.8		0.9		0.6		0.7		0.7	

Base: The respondents who ate vegetables at least once a day.

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

### 6.4.3 Fruit and Vegetable Consumption

Diets rich in fruit and vegetables have been associated with a reduction in major non-communicable diseases, including coronary heart disease, type II diabetes and some cancers.<sup>2</sup> The WHO recommends a minimum of five servings of fruit and vegetables a day, or a daily intake of at least 400 grams of fruit and vegetables, to obtain an optimal health benefits.<sup>2</sup> In the PHS, the number of servings of fruit and vegetables eaten per day was calculated by daily number of fruit eaten plus the number of bowls of vegetables eaten a day whereby one rice-bowl size of cooked vegetables approximately equal to two servings of vegetables.

Overall, 16.3% reported consuming fruit and/or vegetables daily and having five or more servings of fruit and/or vegetables per day – 19.9% for females and 11.9% for males (Table 6.4.3a). Analyzed by age, the proportion of people reported daily consumption of fruit and/or vegetables and having at least five servings of fruit and/or vegetables was lowest among those in the 15-24 age group (11.4%), followed by the people aged 75 and above (12.4%) (Table 6.4.3b).

**Table 6.4.3a: Number of daily servings of fruit and vegetables by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Less than 5 servings a day*	2 467.5	79.4%	2 242.0	87.1%	4 709.4	82.9%
5 and more servings a day	618.6	19.9%	306.1	11.9%	924.8	16.3%
Unknown/Missing	23.7	0.8%	26.0	1.0%	49.6	0.9%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents

Notes: \* Included those respondents who did not consume fruit and/or vegetables daily.

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

**Table 6.4.3b: Number of daily servings of fruit and vegetables 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)	%
Less than 5 servings a day*	783.6	87.3%	790.6	85.8%	1 099.1	84.5%	900.0	79.0%	489.4	77.0%	406.6	79.5%	240.0	76.5%	4 709.4	82.9%
5 and more servings a day	102.2	11.4%	119.3	13.0%	192.1	14.8%	233.4	20.5%	144.4	22.7%	99.0	19.4%	34.3	12.4%	924.8	16.3%
Unknown/Missing	12.1	1.3%	11.2	1.2%	10.0	0.8%	5.6	0.5%	1.8	0.3%	5.8	1.1%	3.1	1.1%	49.6	0.9%
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

Notes: \* Included those respondents who did not consume fruit and/or vegetables daily.

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

#### 6.4.4 Consumption of Soybean Curd (Tofu)

Soybean is one of the most nutritious foods and esteemed for its high nutritional value, containing good quality protein, vitamins (from B-group) and minerals (iron and calcium). In the PHS, respondents were asked how often they ate soybean curd.

Overall, about half (50.1%) of all persons ate soybean curd at least once weekly – 51.7% for females and 48.2% for males (Table 6.4.4a). Compared with other age groups, a higher proportion of people aged 55-64 (53.8%) reported that they ate soybean curd at least once a week (6.4.4b).

**Table 6.4.4a: Frequency of eating soybean curd by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
None/Less than once a week	1 429.3	46.0%	1 241.1	48.2%	2 670.4	47.0%
At least once a week	1 608.3	51.7%	1 241.1	48.2%	2 849.4	50.1%
<i>Once a week</i>	777.7	25.0%	591.0	23.0%	1 368.6	24.1%
<i>2-4 times a week</i>	661.3	21.3%	525.9	20.4%	1 187.2	20.9%
<i>5-6 times a week</i>	73.3	2.4%	63.9	2.5%	137.2	2.4%
<i>Once a day</i>	83.4	2.7%	57.8	2.2%	141.2	2.5%
<i>Twice and more times a day</i>	12.6	0.4%	2.4	0.1%	15.1	0.3%
Don't know	47.0	1.5%	56.6	2.2%	103.6	1.8%
Missing	25.2	0.8%	35.3	1.4%	60.5	1.1%
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 6.4.4b: Frequency of eating soybean curd 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)	%
None/Less than once a week	412.3	45.9%	445.2	48.3%	608.2	46.7%	553.5	48.6%	278.5	43.8%	240.7	47.0%	132.0	47.6%	2 670.4	47.0%
At least once a week	446.6	49.7%	449.2	48.8%	665.3	51.1%	552.9	48.5%	342.1	53.8%	253.4	49.5%	140.0	50.5%	2 849.4	50.1%
<i>Once a week</i>	228.6	25.5%	244.1	26.5%	367.5	28.2%	259.0	22.7%	133.2	20.9%	87.6	17.1%	48.6	17.5%	1 368.6	24.1%
<i>2-4 times a week</i>	156.0	17.4%	173.5	18.8%	253.7	19.5%	239.8	21.1%	169.7	26.7%	128.9	25.2%	65.7	23.7%	1 187.2	20.9%
<i>5-6 times a week</i>	25.7	2.9%	19.0	2.1%	16.9	1.3%	18.9	1.7%	15.4	2.4%	23.0	4.5%	18.2	6.6%	137.2	2.4%
<i>Once a day</i>	32.9	3.7%	10.4	1.1%	25.2	1.9%	29.5	2.6%	23.2	3.7%	13.2	2.6%	6.8	2.5%	141.2	2.5%
<i>Twice and more times a day</i>	3.4	0.4%	2.0	0.2%	2.0	0.2%	5.6	0.5%	0.6	0.1%	0.7	0.1%	0.7	0.2%	15.1	0.3%
Don't know	29.4	3.3%	15.5	1.7%	18.2	1.4%	21.6	1.9%	8.4	1.3%	8.8	1.7%	1.9	0.7%	103.6	1.8%
Missing	9.6	1.1%	11.4	1.2%	9.5	0.7%	11.0	1.0%	6.8	1.1%	8.7	1.7%	3.4	1.2%	60.5	1.1%
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.

### 6.4.5 Consumption of Milk

Milk contains different types of nutrients but is particularly rich in calcium that is a mineral important for strengthening bone and teeth. During interview, respondents were asked how frequent they drank milk.

In general, 23.1% drank milk at least once a day – 25.9% for females and 19.7% for males (Table 6.4.5a). The proportion of people reported that they drank milk at least once a day increased with age, from less than one-fifth (19.4%) for persons aged 15-24 to 27.0% for persons aged 75 and above (Table 6.4.5b)

**Table 6.4.5a: Frequency of drinking milk by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
None/Less than once a week	1 277.4	41.1%	1 235.1	48.0%	2 512.5	44.2%
Less than once a day	981.6	31.6%	765.6	29.7%	1 747.1	30.7%
<i>Once a week</i>	260.1	8.4%	228.1	8.9%	488.2	8.6%
<i>2-4 times a week</i>	569.5	18.3%	437.0	17.0%	1 006.5	17.7%
<i>5-6 times a week</i>	151.9	4.9%	100.5	3.9%	252.4	4.4%
At least once a day	805.8	25.9%	508.1	19.7%	1 313.9	23.1%
<i>Once a day</i>	726.5	23.4%	461.8	17.9%	1 188.4	20.9%
<i>Twice a day</i>	62.8	2.0%	29.0	1.1%	91.8	1.6%
<i>3 and more times a day</i>	16.5	0.5%	17.3	0.7%	33.7	0.6%
Don't know	27.2	0.9%	43.9	1.7%	71.1	1.3%
Missing	17.8	0.6%	21.4	0.8%	39.2	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 6.4.5b: Frequency of drinking milk 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)	%
None/Less than once a week	308.9	34.4%	367.7	39.9%	600.8	46.2%	517.3	45.4%	324.9	51.1%	253.4	49.5%	139.4	50.3%	2 512.5	44.2%
Less than once a day	380.9	42.4%	341.2	37.0%	403.5	31.0%	306.0	26.9%	140.7	22.1%	117.5	23.0%	57.3	20.7%	1 747.1	30.7%
<i>Once a week</i>	108.7	12.1%	102.8	11.2%	126.2	9.7%	81.2	7.1%	24.3	3.8%	28.5	5.6%	16.5	6.0%	488.2	8.6%
<i>2-4 times a week</i>	211.6	23.6%	182.6	19.8%	222.5	17.1%	187.1	16.4%	95.7	15.1%	74.4	14.5%	32.7	11.8%	1 006.5	17.7%
<i>5-6 times a week</i>	60.6	6.7%	55.8	6.1%	54.8	4.2%	37.8	3.3%	20.7	3.3%	14.6	2.8%	8.1	2.9%	252.4	4.4%
At least once a day	174.1	19.4%	197.5	21.4%	277.3	21.3%	294.0	25.8%	159.4	25.1%	136.8	26.7%	74.8	27.0%	1 313.9	23.1%
<i>Once a day</i>	155.6	17.3%	176.1	19.1%	247.9	19.1%	272.6	23.9%	139.8	22.0%	129.6	25.3%	66.8	24.1%	1 188.4	20.9%
<i>Twice a day</i>	15.6	1.7%	17.3	1.9%	18.3	1.4%	14.9	1.3%	13.5	2.1%	4.9	1.0%	7.3	2.6%	91.8	1.6%
<i>3 and more times a day</i>	2.9	0.3%	4.1	0.4%	11.1	0.8%	6.5	0.6%	6.2	1.0%	2.2	0.4%	0.7	0.2%	33.7	0.6%
Don't know	25.1	2.8%	5.0	0.5%	16.1	1.2%	15.5	1.4%	6.2	1.0%	0.7	0.1%	2.6	1.0%	71.1	1.3%
Missing	8.9	1.0%	9.9	1.1%	3.5	0.3%	6.2	0.5%	4.5	0.7%	3.1	0.6%	3.1	1.1%	39.2	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.

### 6.4.6 Consumption of Chinese Tea

Chinese tea is a low caloric beverage. From chemical analysis, tea leaves consist of almost all members of the group of vitamin B, though the portion is low, they are beneficial to health. They also contain various kinds of minerals which are important to the human body. In the PHS, respondents were asked how frequent they drank Chinese tea.

Overall, 36.6% reported that they drank Chinese tea everyday. A higher proportion of males drank Chinese tea at least once a day than females (39.6% versus 34.2%) (Table 6.4.6a). Analyzed by age, the proportion of people reported that they drank Chinese tea at least once a day increased with age, from 15.1% for persons aged 15-24 to over half for persons in the 55-64 (54.5%), 65-74 (55.5%) and 75 and above (53.8%) age groups (Table 6.4.6b).

**Table 6.4.6a: Frequency of drinking Chinese tea by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
None/Less than once a week	944.8	30.4%	636.1	24.7%	1 580.9	27.8%
Less than once a day	1 058.5	34.0%	864.7	33.6%	1 923.1	33.8%
<i>Once a week</i>	378.0	12.2%	288.7	11.2%	666.7	11.7%
<i>2-4 times a week</i>	554.1	17.8%	445.5	17.3%	999.5	17.6%
<i>5-6 times a week</i>	126.4	4.1%	130.5	5.1%	256.9	4.5%
At least once a day	1 064.1	34.2%	1 018.6	39.6%	2 082.7	36.6%
<i>Once a day</i>	681.4	21.9%	657.9	25.6%	1 339.3	23.6%
<i>Twice a day</i>	95.3	3.1%	106.5	4.1%	201.8	3.6%
<i>3 and more times a day</i>	287.3	9.2%	254.2	9.9%	541.5	9.5%
Don't know	26.4	0.8%	32.3	1.3%	58.7	1.0%
Missing	16.0	0.5%	22.5	0.9%	38.5	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 6.4.6b: Frequency of drinking Chinese tea 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)	%
None/Less than once a week	380.7	42.4%	274.6	29.8%	336.5	25.9%	280.6	24.6%	128.1	20.1%	112.0	21.9%	68.5	24.7%	1 580.9	27.8%
Less than once a day	347.2	38.7%	391.1	42.5%	520.7	40.0%	340.6	29.9%	156.5	24.6%	111.1	21.7%	55.9	20.2%	1 923.1	33.8%
<i>Once a week</i>	153.0	17.0%	128.9	14.0%	173.1	13.3%	118.5	10.4%	48.4	7.6%	25.4	5.0%	19.4	7.0%	666.7	11.7%
<i>2-4 times a week</i>	159.6	17.8%	217.7	23.6%	275.4	21.2%	171.4	15.0%	80.3	12.6%	68.6	13.4%	26.7	9.6%	999.5	17.6%
<i>5-6 times a week</i>	34.7	3.9%	44.5	4.8%	72.3	5.6%	50.8	4.5%	27.8	4.4%	17.0	3.3%	9.8	3.5%	256.9	4.5%
At least once a day	135.2	15.1%	235.3	25.5%	430.5	33.1%	501.6	44.0%	346.8	54.5%	284.1	55.5%	149.1	53.8%	2 082.7	36.6%
<i>Once a day</i>	92.4	10.3%	162.8	17.7%	282.8	21.7%	317.5	27.9%	222.1	34.9%	171.5	33.5%	90.2	32.5%	1 339.3	23.6%
<i>Twice a day</i>	13.1	1.5%	24.3	2.6%	51.6	4.0%	47.3	4.2%	30.2	4.8%	18.3	3.6%	16.9	6.1%	201.8	3.6%
<i>3 and more times a day</i>	29.8	3.3%	48.2	5.2%	96.0	7.4%	136.8	12.0%	94.5	14.9%	94.3	18.4%	42.0	15.1%	541.5	9.5%
Don't know	24.3	2.7%	9.9	1.1%	10.0	0.8%	9.3	0.8%	2.5	0.4%	0.6	0.1%	2.0	0.7%	58.7	1.0%
Missing	10.4	1.2%	10.3	1.1%	3.5	0.3%	6.9	0.6%	1.8	0.3%	3.7	0.7%	1.8	0.7%	38.5	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.

## 6.4.7 Consumption of Fish

Fish is a good source of nutrients. It yields high amount of proteins, vitamins, minerals and polyunsaturated fats that are necessary for the body's functions. In the PHS, respondents were asked how frequent they ate fish.

In general, 37.6% ate fish daily – 38.2% for females and 36.8% for males (Table 6.4.7a). Across all age groups, persons aged 65-74 (49.6%) had the highest proportion of persons eating fish at least once a day, while the proportion was the lowest among persons in the 25-34 age groups (26.4%) (Table 6.4.7b).

**Table 6.4.7a: Frequency of eating fish by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
None/Less than once a week	235.3	7.6%	199.4	7.7%	434.7	7.6%
Less than once a day	1 654.2	53.2%	1 370.8	53.3%	3 025.0	53.2%
<i>Once a week</i>	292.7	9.4%	251.8	9.8%	544.5	9.6%
<i>2-4 times a week</i>	1 016.5	32.7%	841.4	32.7%	1 857.9	32.7%
<i>5-6 times a week</i>	345.0	11.1%	277.6	10.8%	622.6	11.0%
At least once a day	1 188.3	38.2%	947.5	36.8%	2 135.8	37.6%
<i>Once a day</i>	969.1	31.2%	780.4	30.3%	1 749.5	30.8%
<i>Twice a day</i>	185.6	6.0%	142.3	5.5%	327.9	5.8%
<i>3 and more times a day</i>	33.6	1.1%	24.8	1.0%	58.4	1.0%
Don't know	13.1	0.4%	31.7	1.2%	44.8	0.8%
Missing	18.9	0.6%	24.7	1.0%	43.6	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 6.4.7b: Frequency of eating fist 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)	%
None/Less than once a week	114.3	12.7%	89.7	9.7%	103.3	7.9%	55.3	4.9%	28.7	4.5%	29.0	5.7%	14.4	5.2%	434.7	7.6%
Less than once a day	490.7	54.7%	571.1	62.0%	737.9	56.7%	574.3	50.4%	295.9	46.5%	225.4	44.1%	129.7	46.8%	3 025.0	53.2%
<i>Once a week</i>	96.4	10.7%	139.8	15.2%	132.0	10.1%	98.5	8.6%	27.9	4.4%	27.2	5.3%	22.8	8.2%	544.5	9.6%
<i>2-4 times a week</i>	290.4	32.3%	342.5	37.2%	459.1	35.3%	359.1	31.5%	198.6	31.2%	143.8	28.1%	64.4	23.2%	1 857.9	32.7%
<i>5-6 times a week</i>	104.0	11.6%	88.8	9.6%	146.7	11.3%	116.8	10.3%	69.4	10.9%	54.4	10.6%	42.5	15.3%	622.6	11.0%
At least once a day	262.5	29.2%	243.6	26.4%	450.4	34.6%	493.0	43.3%	304.3	47.9%	253.9	49.6%	128.1	46.2%	2 135.8	37.6%
<i>Once a day</i>	232.9	25.9%	207.1	22.5%	397.7	30.6%	400.7	35.2%	236.6	37.2%	189.1	37.0%	85.5	30.8%	1 749.5	30.8%
<i>Twice a day</i>	25.9	2.9%	33.4	3.6%	45.3	3.5%	73.9	6.5%	59.5	9.4%	49.9	9.7%	40.0	14.4%	327.9	5.8%
<i>3 and more times a day</i>	3.6	0.4%	3.1	0.3%	7.4	0.6%	18.4	1.6%	8.3	1.3%	15.0	2.9%	2.6	0.9%	58.4	1.0%
Don't know	17.2	1.9%	6.1	0.7%	9.6	0.7%	8.7	0.8%	1.2	0.2%	0.6	0.1%	1.3	0.5%	44.8	0.8%
Missing	13.1	1.5%	10.8	1.2%	-	-	7.7	0.7%	5.6	0.9%	2.6	0.5%	3.9	1.4%	43.6	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.

## 6.4.8 Consumption of Meat

Meat is high in both protein quality and quantity and therefore many people consider it as a major component of their diet. For the meat-eaters, the Food Pyramid recommends eating 2-3 servings (110-280 grams) of lean meat per day.<sup>3</sup> In the PHS, respondents were asked how frequent they ate meat.

Overall, 60.7% reported that they ate meat everyday. Slightly more males (61.9%) than females (59.7%) ate meat at least once a day (Table 6.4.8a). Across all age groups, people aged 35-44 (65.8%) had the highest proportion of persons reported eating meat at least once a day, followed by the persons aged 25-34 (63.4%) (Table 6.4.8b).

**Table 6.4.8a: Frequency of eating meat by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
None/Less than once a week	139.0	4.5%	75.6	2.9%	214.5	3.8%
Less than once a day	1 079.5	34.7%	860.9	33.4%	1 940.4	34.1%
<i>Once a week</i>	121.9	3.9%	95.5	3.7%	217.4	3.8%
<i>2-4 times a week</i>	623.6	20.1%	445.5	17.3%	1 069.2	18.8%
<i>5-6 times a week</i>	333.9	10.7%	319.9	12.4%	653.8	11.5%
At least once a day	1 857.0	59.7%	1 593.1	61.9%	3 450.1	60.7%
<i>Once a day</i>	1 270.0	40.8%	991.3	38.5%	2 261.3	39.8%
<i>Twice a day</i>	539.9	17.4%	523.6	20.3%	1 063.5	18.7%
<i>3 and more times a day</i>	47.1	1.5%	78.1	3.0%	125.3	2.2%
Don't know	17.5	0.6%	20.6	0.8%	38.1	0.7%
Missing	17.0	0.5%	23.8	0.9%	40.8	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 6.4.8b: Frequency of eating meat 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)	%
None/Less than once a week	25.7	2.9%	31.6	3.4%	30.0	2.3%	30.5	2.7%	39.5	6.2%	40.1	7.8%	17.2	6.2%	214.5	3.8%
Less than once a day	317.2	35.3%	292.9	31.8%	400.1	30.7%	394.9	34.7%	235.9	37.1%	182.4	35.7%	117.0	42.2%	1 940.4	34.1%
<i>Once a week</i>	40.2	4.5%	38.5	4.2%	36.1	2.8%	32.7	2.9%	23.2	3.6%	27.4	5.4%	19.3	7.0%	217.4	3.8%
<i>2-4 times a week</i>	153.9	17.1%	134.0	14.5%	224.9	17.3%	242.2	21.3%	141.7	22.3%	105.2	20.6%	67.1	24.2%	1 069.2	18.8%
<i>5-6 times a week</i>	123.1	13.7%	120.4	13.1%	139.1	10.7%	119.9	10.5%	71.0	11.2%	49.7	9.7%	30.6	11.0%	653.8	11.5%
At least once a day	530.6	59.1%	584.0	63.4%	856.7	65.8%	703.4	61.8%	353.8	55.7%	282.8	55.3%	138.6	50.0%	3 450.1	60.7%
<i>Once a day</i>	327.5	36.5%	375.6	40.8%	545.2	41.9%	469.4	41.2%	246.8	38.8%	200.5	39.2%	96.2	34.7%	2 261.3	39.8%
<i>Twice a day</i>	175.3	19.5%	188.4	20.4%	275.6	21.2%	214.0	18.8%	97.6	15.4%	74.7	14.6%	37.9	13.7%	1 063.5	18.7%
<i>3 and more times a day</i>	27.8	3.1%	20.0	2.2%	35.9	2.8%	20.0	1.8%	9.4	1.5%	7.6	1.5%	4.5	1.6%	125.3	2.2%
Don't know	13.4	1.5%	4.4	0.5%	8.0	0.6%	5.3	0.5%	2.5	0.4%	1.9	0.4%	2.6	0.9%	38.1	0.7%
Missing	10.9	1.2%	8.3	0.9%	6.3	0.5%	4.9	0.4%	4.0	0.6%	4.4	0.9%	2.0	0.7%	40.8	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.

## 6.4.9 Consumption of High Fat Food

Eating too much high fat food can have an adverse impact on health. High fat intakes have been associated with several major diseases, including atherosclerosis that leads to heart attacks and strokes, cancer of the colon and breast, and obesity. In the PHS, respondents were asked how frequent they ate high fat food, such as fried food.

In general, 7.8% reported that they ate food with high fat content at least once a day – 6.2% for females and 9.9% for males (Table 6.4.9a). Analyzed by age, daily consumption of high fat food decreased steadily with age, from 13.2% for people aged 15-24 to 1.2% for people aged 75 and above (Table 6.4.9b).

**Table 6.4.9a: Frequency of eating high fat food by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
None/Less than once a week	1 378.1	44.3%	993.9	38.6%	2 372.0	41.7%
Less than once a day	1 481.2	47.6%	1 263.9	49.1%	2 745.1	48.3%
<i>Once a week</i>	566.2	18.2%	452.7	17.6%	1 018.9	17.9%
<i>2-4 times a week</i>	823.0	26.5%	714.9	27.8%	1 538.0	27.1%
<i>5-6 times a week</i>	92.0	3.0%	96.3	3.7%	188.3	3.3%
At least once a day	191.7	6.2%	253.8	9.9%	445.5	7.8%
<i>Once a day</i>	150.8	4.8%	206.7	8.0%	357.5	6.3%
<i>Twice a day</i>	24.7	0.8%	35.7	1.4%	60.4	1.1%
<i>3 and more times a day</i>	16.2	0.5%	11.4	0.4%	27.6	0.5%
Don't know	34.4	1.1%	40.5	1.6%	74.8	1.3%
Missing	24.4	0.8%	22.0	0.9%	46.4	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 6.4.9b: Frequency of eating high fat food 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)	%
None/Less than once a week	208.8	23.3%	275.8	29.9%	486.3	37.4%	496.0	43.5%	360.8	56.8%	328.5	64.2%	215.8	77.8%	2 372.0	41.7%
Less than once a day	532.0	59.2%	541.5	58.8%	681.9	52.4%	549.1	48.2%	226.9	35.7%	162.6	31.8%	51.2	18.4%	2 745.1	48.3%
<i>Once a week</i>	162.7	18.1%	178.2	19.3%	257.9	19.8%	229.7	20.2%	101.0	15.9%	70.8	13.8%	18.5	6.7%	1 018.9	17.9%
<i>2-4 times a week</i>	316.8	35.3%	307.8	33.4%	389.5	29.9%	294.8	25.9%	114.3	18.0%	85.4	16.7%	29.4	10.6%	1 538.0	27.1%
<i>5-6 times a week</i>	52.5	5.8%	55.5	6.0%	34.5	2.7%	24.6	2.2%	11.5	1.8%	6.4	1.2%	3.3	1.2%	188.3	3.3%
At least once a day	118.6	13.2%	86.2	9.4%	112.7	8.7%	73.8	6.5%	38.2	6.0%	12.7	2.5%	3.3	1.2%	445.5	7.8%
<i>Once a day</i>	90.1	10.0%	75.0	8.1%	92.6	7.1%	56.8	5.0%	28.3	4.4%	12.0	2.4%	2.7	1.0%	357.5	6.3%
<i>Twice a day</i>	11.6	1.3%	10.3	1.1%	17.6	1.4%	13.4	1.2%	6.8	1.1%	-	-	0.6	0.2%	60.4	1.1%
<i>3 and more times a day</i>	16.9	1.9%	0.9	0.1%	2.4	0.2%	3.7	0.3%	3.0	0.5%	0.7	0.1%	-	-	27.6	0.5%
Don't know	27.7	3.1%	8.0	0.9%	14.6	1.1%	12.6	1.1%	5.0	0.8%	4.5	0.9%	2.5	0.9%	74.8	1.3%
Missing	10.7	1.2%	9.7	1.1%	5.8	0.4%	7.5	0.7%	4.9	0.8%	3.2	0.6%	4.6	1.7%	46.4	0.8%
Total	897.8	100.0%	921.2	100.0%	1301.2	100.0%	1139.0	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.

In the PHS, respondents were further asked “When you see fat in your food, such as greasy meat or chicken skin, what will you do?”. Overall, 36.9% sought to remove all the fat from their food when eating– 44.6% for females and 27.5% for males (Table 6.4.9c). Analyzed by age, the proportion of people removing all the fat when eating increased with age, from 28.2% for people aged 15-24 to 51.2% for people aged 75 and above (Table 6.4.9d).

**Table 6.4.9c: Removing fat when eating by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Remove all	1386.7	44.6%	708.0	27.5%	2 094.7	36.9%
Remove some	1 298.4	41.8%	1 110.0	43.1%	2 408.4	42.4%
Remove none	326.4	10.5%	674.2	26.2%	1 000.6	17.6%
Do not eat meat	60.3	1.9%	35.4	1.4%	95.7	1.7%
Unknown/Missing	38.0	1.2%	46.5	1.8%	84.5	1.5%
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 6.4.9d: Removing fat when eating 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)	%
Remove all	253.6	28.2%	269.9	29.3%	450.5	34.6%	473.4	41.6%	271.8	42.8%	233.6	45.7%	142.0	51.2%	2 094.7	36.9%
Remove some	419.4	46.7%	462.2	50.2%	578.4	44.5%	441.7	38.8%	246.8	38.8%	180.2	35.2%	79.6	28.7%	2 408.4	42.4%
Remove none	197.4	22.0%	159.8	17.3%	243.6	18.7%	188.4	16.5%	98.9	15.6%	72.3	14.1%	40.3	14.5%	1 000.6	17.6%
Do not eat meat	11.8	1.3%	14.8	1.6%	8.1	0.6%	18.8	1.6%	11.5	1.8%	22.2	4.3%	8.5	3.1%	95.7	1.7%
Unknown/Missing	15.7	1.8%	14.6	1.6%	20.5	1.6%	16.7	1.5%	6.8	1.1%	3.2	0.6%	7.0	2.5%	84.5	1.5%
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.

### 6.4.10 Choosing or Avoiding Certain Food

People choose or avoid certain food for a variety of reasons; some are for the sake of pursuing good health, others may be more concerned with particular diseases. In the PHS, respondents were asked whether they would choose or avoid certain food due to their concerns relating to some health conditions and dietary contents.

The results show that a substantial proportion of persons chose or avoided certain food due to their concern about their body weight (54.2%) and for maintaining or improving weight (53.2%). About two-fifths would choose or avoid certain foods due to their concerns over diabetes (43.5%), heart disease (42.4%), hypertension (42.1%), osteoporosis (38.8%) and cancer (38.6%). In general, more females chose or avoided certain food because their concerns over all the listed health conditions. Regarding the dietary contents, 60.6% and 50.1% of persons reported that they would choose or avoid foods due to the fat and cholesterol contents respectively. Proportions of females were higher than those of males in choosing or avoiding certain foods because of its fat, cholesterol, sugar, fibre, calcium, calorie and iron content (Tables 6.4.10a).

**Table 6.4.10a: Choosing or avoiding certain foods due to concerns over certain health conditions and dietary contents by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
<b>Health conditions or diseases</b>						
Body weight	1 951.1	62.7%	1 127.0	43.8%	3 078.1	54.2%
Maintaining or improving weight	1 908.6	61.4%	1 116.3	43.4%	3 024.9	53.2%
Diabetes	1 481.8	47.7%	993.1	38.6%	2 475.0	43.5%
Heart disease	1 436.2	46.2%	975.4	37.9%	2 411.6	42.4%
Hypertension	1 399.9	45.0%	993.5	38.6%	2 393.5	42.1%
Osteoporosis	1 459.0	46.9%	743.6	28.9%	2 202.6	38.8%
Cancer	1 341.5	43.1%	851.5	33.1%	2 193.0	38.6%
<b>Dietary content</b>						
Fat	2 157.1	69.4%	1 285.5	49.9%	3 442.5	60.6%
Cholesterol	1 735.5	55.8%	1 112.0	43.2%	2 847.5	50.1%
Sugar	1 706.5	54.9%	1 005.3	39.1%	2 711.8	47.7%
Fibre	1 591.8	51.2%	919.5	35.7%	2 511.3	44.2%
Calcium	1 494.3	48.1%	753.2	29.3%	2 247.6	39.5%
Calorie	1 455.8	46.8%	759.0	29.5%	2 214.9	39.0%
Iron	1 182.0	38.0%	653.9	25.4%	1 835.9	32.3%

Base: All respondents.

Notes: Multiple answers were allowed.

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

Across all age groups, people in the middle-age groups (45-54 and 55-64) had higher proportions than their counterparts in other age groups in choosing or avoiding certain foods due to concerns over health conditions or diseases and the dietary contents (Table 6.4.10b).

**Table 6.4.10b: Choosing or avoiding certain foods due to concerns over certain health conditions and dietary contents 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)	%
<b>Health conditions or diseases</b>																
Body weight	486.0	54.1%	515.6	56.0%	746.5	57.4%	628.1	55.1%	337.8	53.1%	249.7	48.8%	114.4	41.3%	3 078.1	54.2%
Maintaining or improving weight	492.0	54.8%	512.9	55.7%	740.8	56.9%	619.2	54.4%	316.1	49.7%	237.9	46.5%	106.0	38.2%	3 024.9	53.2%
Diabetes	256.4	28.6%	331.9	36.0%	599.9	46.1%	577.0	50.7%	319.7	50.3%	254.1	49.7%	135.9	49.0%	2 475.0	43.5%
Heart disease	272.9	30.4%	326.6	35.5%	592.2	45.5%	571.7	50.2%	299.7	47.1%	238.7	46.7%	109.7	39.6%	2 411.6	42.4%
Hypertension	244.7	27.3%	279.1	30.3%	548.0	42.1%	571.2	50.1%	339.3	53.4%	265.3	51.9%	145.8	52.6%	2 393.5	42.1%
Osteoporosis	252.9	28.2%	306.9	33.3%	518.9	39.9%	538.4	47.3%	277.1	43.6%	210.2	41.1%	98.2	35.4%	2 202.6	38.8%
Cancer	269.4	30.0%	311.8	33.9%	546.6	42.0%	512.2	45.0%	271.6	42.7%	189.2	37.0%	92.1	33.2%	2 193.0	38.6%
<b>Dietary content</b>																
Fat	481.6	53.6%	545.9	59.3%	796.5	61.2%	722.9	63.5%	414.0	65.1%	314.8	61.5%	166.9	60.2%	3 442.5	60.6%
Cholesterol	334.7	37.3%	399.4	43.4%	675.6	51.9%	636.2	55.9%	374.5	58.9%	282.0	55.1%	145.1	52.3%	2 847.5	50.1%
Sugar	350.7	39.1%	410.8	44.6%	652.3	50.1%	569.5	50.0%	345.5	54.4%	249.7	48.8%	133.1	48.0%	2 711.8	47.7%
Fibre	319.6	35.6%	407.9	44.3%	609.9	46.9%	552.0	48.5%	298.9	47.0%	214.3	41.9%	108.7	39.2%	2 511.3	44.2%
Calcium	280.8	31.3%	342.9	37.2%	532.7	40.9%	513.5	45.1%	279.1	43.9%	199.7	39.0%	98.7	35.6%	2 247.6	39.5%
Calorie	347.3	38.7%	352.6	38.3%	532.6	40.9%	470.3	41.3%	251.2	39.5%	174.8	34.2%	86.1	31.1%	2 214.9	39.0%
Iron	215.8	24.0%	255.3	27.7%	446.4	34.3%	445.9	39.1%	223.8	35.2%	167.6	32.8%	81.2	29.3%	1 835.9	32.3%

Base: All respondents.

Notes: Multiple answers were allowed.

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

## 6.5 Medication Use

People use medications for different reasons: for staying healthy, getting better, or controlling a health condition. The PHS included questions to examine extent of certain medications used by the respondents in the month preceding the survey.

In the month prior to the interview, 35.1% of all persons reported that they had used pain reliever; 18.5% took health supplement; 16.7% took traditional Chinese medicine; 14.6% used stomach remedies; and a small proportion of people (less than 3.0%) reported that they had taken asthma or Chronic Obstructive Pulmonary Disease (COPD) medicines, sleeping pills, diet pills, tranquilizers or anti-depressants respectively. Except for asthma or COPD medications, there were more females than males who had, in the month preceding the survey, taken these medications (Table 6.5a).

**Table 6.5a: Type of medications used in the month preceding the survey by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Pain relievers such as aspirin or Panadol	1 199.1	38.6%	795.8	30.9%	1 994.9	35.1%
Health supplement such as vitamin and mineral supplement	697.5	22.4%	353.2	13.7%	1 050.7	18.5%
Traditional Chinese medicine	608.6	19.6%	343.0	13.3%	951.6	16.7%
Stomach remedies	499.7	16.1%	331.3	12.9%	831.1	14.6%
Asthma or COPD medications	69.5	2.2%	75.8	2.9%	145.3	2.6%
Sleeping pills	96.0	3.1%	46.6	1.8%	142.6	2.5%
Diet pills	116.8	3.8%	19.8	0.8%	136.5	2.4%
Tranquilizers	73.4	2.4%	37.0	1.4%	110.4	1.9%
Anti-depressants	40.8	1.3%	25.0	1.0%	65.9	1.2%

Base: All respondents.

Notes: Multiple answers were allowed.

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

Analyzed by age, pattern of medications used in the month prior to the survey varied across the age groups (Table 6.5b). While people aged 75 and above had the highest proportion of persons taken stomach remedies (18.5%), asthma or COPD medications (7.7%) and anti-depressants (3.3%); people aged 65-74 had the highest proportion among different age groups in using sleeping pills (3.9%). The highest proportion of people who had used tranquilizers were found among people aged 55-64 (3.0%). People in 45-54 age group were more likely to have taken health supplement (21.0%) and traditional Chinese medicine (20.0%), whereas most people in the 25-34 age group had taken pain reliever (38.2%) and diet pills (5.2%).

**Table 6.5b: Type of medication used in the 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)	%
Pain relievers such as aspirin or Panadol	295.7	32.9%	351.6	38.2%	466.4	35.8%	423.7	37.2%	216.0	34.0%	162.3	31.7%	79.2	28.6%	1 994.9	35.1%
Health supplement such as vitamin and mineral supplement	131.7	14.7%	172.3	18.7%	246.1	18.9%	239.1	21.0%	123.2	19.4%	85.7	16.8%	52.5	18.9%	1 050.7	18.5%
Traditional Chinese medicine	83.1	9.3%	159.8	17.3%	223.3	17.2%	228.0	20.0%	125.1	19.7%	83.1	16.2%	49.2	17.7%	951.6	16.7%
Stomach remedies	91.8	10.2%	137.5	14.9%	183.0	14.1%	194.3	17.1%	96.1	15.1%	77.0	15.1%	51.4	18.5%	831.1	14.6%
Asthma or COPD medications	16.0	1.8%	17.0	1.9%	26.6	2.0%	25.6	2.2%	15.6	2.5%	23.2	4.5%	21.3	7.7%	145.3	2.6%
Sleeping pills	11.1	1.2%	16.8	1.8%	24.9	1.9%	37.5	3.3%	21.8	3.4%	19.9	3.9%	10.5	3.8%	142.6	2.5%
Diet pills	29.2	3.3%	48.3	5.2%	29.3	2.2%	22.8	2.0%	4.0	0.6%	3.0	0.6%	-	-	136.5	2.4%
Tranquilizers	10.4	1.2%	18.6	2.0%	16.5	1.3%	24.5	2.2%	18.9	3.0%	13.4	2.6%	8.0	2.9%	110.4	1.9%
Anti-depressants	4.8	0.5%	16.2	1.8%	14.1	1.1%	9.6	0.8%	7.2	1.1%	4.9	0.9%	9.0	3.3%	65.9	1.2%

Base: All respondents.

Notes: Multiple answers were allowed.

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

For women aged 49 and younger and those aged 30 and above, they were further asked “In the past one month, did you take any birth control pill?” and “In the past one month, did you take hormones for menopause or aging symptoms?” respectively.

Overall, 8.7% of women aged 49 and younger had taken birth control pills and 1.5% of women aged 30 and above had taken hormones in the month preceding the survey. While a higher proportion of females in the 25-34 (13.3%) and 35-44 (11.1%) age groups had taken birth control pills, women aged 55-64 (3.3%) was more likely than women in other age groups to have taken hormones for menopause or aging problems in the month preceding the survey (Tables 6.5c and 6.5d).

**Table 6.5c: Whether had taken birth control pill in the month preceding the survey by Age group**

	15-24		25-34		35-44		45-49		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Yes	9.2	2.0%	69.0	13.3%	84.3	11.1%	21.3	5.8%	183.8	8.7%
No	403.4	88.6%	415.9	80.0%	631.6	83.2%	312.3	85.3%	1 763.1	83.9%
Unknown/Missing	42.7	9.4%	34.8	6.7%	43.3	5.7%	32.7	8.9%	153.5	7.3%
Total	455.3	100.0%	519.7	100.0%	759.2	100.0%	366.3	100.0%	2 100.4	100.0%

Base: Female respondents aged 49 and younger.

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

**Table 6.5d: Whether had taken hormones for menopause or aging symptoms in the month preceding the survey by Age group**

	30-34		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)	%
Yes	0.9	0.3%	9.8	1.3%	13.1	2.0%	10.6	3.3%	2.0	0.8%	-	-	36.4	1.5%
No	294.5	92.0%	702.6	92.5%	566.6	87.4%	283.2	88.3%	210.0	87.0%	142.2	86.2%	2 199.1	89.6%
Unknown/Missing	24.8	7.8%	46.8	6.2%	68.8	10.6%	26.9	8.4%	29.5	12.2%	22.8	13.8%	219.6	8.9%
Total	320.2	100.0%	759.2	100.0%	648.4	100.0%	320.7	100.0%	241.5	100.0%	165.0	100.0%	2 455	100.0%

Base: Female respondents aged 30 and older.

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

## 6.6 Weight Control

The promotion of an optimal weight and the prevention of inappropriate weight gain or loss are important to combat the morbidity and mortality associated with poor weight control. The PHS included questions asking the respondents “During the past 12 months, have you done anything to lose weight or keep from gaining weight? If yes, what did you do?”

Overall, 21.5% of the persons reported that they had done something to lose weight or keep from gaining weight in the 12 months preceding the survey. Compared with males (16.4%), a higher proportion of females (25.6%) reported that they had done so (Table 6.6a). Analyzed by age, the proportion of persons who had done something to lose weight or keep from gaining weight in the 12 months preceding the survey decreased with age, from 28.9% for persons aged 15-24 to 8.6% for persons aged 75 and above (Table 6.6b).

**Table 6.6a: Weight control 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	796.5	25.6%	422.8	16.4%	1 219.3	21.5%
No	2 169.6	69.8%	2 040.6	79.3%	4 210.2	74.1%
Unknown/Missing	143.7	34.6%	110.6	4.3%	254.3	4.5%
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 6.6b: Weight control 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	259.4	28.9%	245.7	26.7%	308.6	23.7%	215.1	18.9%	102.0	16.1%	64.6	12.6%	23.8	8.6%	1 219.3	21.5%
No	610.0	67.9%	617.8	67.1%	943.0	72.5%	872.2	76.6%	504.1	79.3%	425.0	83.1%	238.1	85.9%	4 210.2	74.1%
Unknown/Missing	28.4	3.2%	57.7	6.3%	49.6	3.8%	51.7	4.5%	29.5	4.6%	21.9	4.3%	15.4	5.5%	254.3	4.5%
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.

For those who had done something to control weight in the past 12 months before enumeration, majority of males and females chose to do exercise (60.7%), eat less food (57.4%) or switch to food with lower calories (27.8%). The proportions of persons had eaten diet food (10.5%), skipped meals (9.2%) or taken diet pills or supplements not requiring a prescription (5.6%) were relatively lower. Females had higher proportions than males having used these weight control methods except doing exercises. While more females than males had joined a weight loss programme (1.1% versus 0.2%), 1.5% of males resorted to smoking as a method to lose weight or keep from gaining weight (Table 6.6c).

Across all age groups, people aged 15-24 had a comparable higher proportion of people reported that they exercised (67.2%), ate less food (60.5%), ate diet food (13.8%) or skipped meals (14.0%) as to control weight; more people in the 25-34 age group took other pills or supplements not requiring a prescription (9.0%), took diet pills prescribed by a doctor (4.6%) or joined a weight loss programme (1.8%); people aged 55-64 were more than counterparts in other age groups to adopt smoking (1.2%); and most people in the age groups 75 and above chose switch to food with lower calories (42.5%) (Table 6.6d).

**Table 6.6c: Weight control methods by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Exercised	439.1	55.1%	301.1	71.2%	740.2	60.7%
Ate less food	492.9	61.9%	207.2	49.0%	700.1	57.4%
Switched to food with lower calories	242.8	30.5%	95.7	22.6%	338.5	27.8%
Ate diet food	118.3	14.8%	9.5	2.2%	127.7	10.5%
Skipped meals	82.5	10.4%	29.4	7.0%	111.9	9.2%
Took other pills or supplements not requiring a prescription	65.9	8.3%	2.2	0.5%	68.2	5.6%
Took diet pills prescribed by a doctor	24.8	3.1%	1.4	0.3%	26.2	2.1%
Joined a weight loss programme	9.0	1.1%	0.7	0.2%	9.7	0.8%
Smoking	-	-	6.4	1.5%	6.4	0.5%
Others	7.3	0.9%	3.1	0.7%	10.3	0.8%

Base: The respondents who did something to lose weight or keep from gaining weight.

Notes: Multiple answers were allowed.

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

**Table 6.6d: Weight control methods 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)	%
Exercised	174.3	67.2%	150.5	61.2%	178.3	57.8%	119.3	55.5%	65.1	63.8%	42.8	66.4%	9.9	41.7%	740.2	60.7%
Ate less food	157.0	60.5%	134.3	54.7%	179.9	58.3%	126.1	58.6%	54.8	53.7%	33.5	52.0%	14.4	60.3%	700.1	57.4%
Switched to food with lower calories	67.5	26.0%	67.3	27.4%	80.7	26.1%	59.7	27.8%	27.3	26.7%	25.9	40.1%	10.1	42.5%	338.5	27.8%
Ate diet food	35.8	13.8%	29.6	12.0%	36.4	11.8%	19.4	9.0%	5.9	5.8%	0.6	0.9%	-	-	127.7	10.5%
Skipped meals	36.3	14.0%	19.6	8.0%	26.7	8.7%	14.9	6.9%	7.4	7.2%	5.7	8.8%	1.3	5.7%	111.9	9.2%
Took other pills or supplements not requiring a prescription	13.6	5.2%	22.2	9.0%	21.2	6.9%	9.3	4.3%	2.0	1.9%	-	-	-	-	68.2	5.6%
Took diet pills prescribed by a doctor	2.8	1.1%	11.2	4.6%	3.7	1.2%	8.5	3.9%	-	-	-	-	-	-	26.2	2.1%
Joined a weight loss programme	0.5	0.2%	4.5	1.8%	0.7	0.2%	3.3	1.6%	-	-	0.7	1.0%	-	-	9.7	0.8%
Smoking	1.1	0.4%	2.6	1.1%	0.7	0.2%	0.7	0.3%	1.3	1.2%	-	-	-	-	6.4	0.5%
Others	0.7	0.3%	2.3	0.9%	2.1	0.7%	1.9	0.9%	1.6	1.6%	1.7	2.6%	-	-	10.3	0.8%

Base: The respondents who did something to lose weight or keep from gaining weight.

Notes: Multiple answers were allowed.

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

## 6.7 Breast-feeding (Females only)

Breast-feeding has health advantages for both infants and mothers. For the mothers, benefits include quicker recovery from childbirth and probably reduced risk of ovarian cancer and pre-menopausal breast cancer. Health benefits for infants include protection against various infections, reduced risk of childhood obesity and improved psychomotor development. The WHO recommends exclusive breast-feeding, which is defined as feeding infants only with breast milk, for the first 4-6 months of life. But the benefits of extending the duration have been demonstrated.<sup>4</sup> In the PHS, female respondents were asked whether they had been pregnant and about their breast-feeding practice if indicated.

Among those women who had ever been pregnant, 53.8% reported that they had breast-fed their child/children. Age had a positive association with the practice of breast-feeding; the proportion increased from 34.3% in the age group 15-24 to 86.5% in the age group 75 and above (Table 6.7a).

**Table 6.7a: Ever breast-fed child/children 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	4.5	34.3%	103.8	49.1%	257.8	45.1%	244.7	43.7%	174.3	59.5%	173.8	80.0%	116.3	86.5%	1 075.2	53.8%
No	7.9	60.3%	104.4	49.3%	309.7	54.2%	305.8	54.6%	116.0	39.6%	42.2	19.4%	17.4	13.0%	903.4	45.2%
Unknown/Missing	0.7	5.4%	3.4	1.6%	3.8	0.7%	9.1	1.6%	2.7	0.9%	1.3	0.6%	0.7	0.5%	21.8	1.1%
Total	13.2	100.0%	211.6	100.0%	571.3	100.0%	559.6	100.0%	293.0	100.0%	217.4	100.0%	134.4	100.0%	2 000.3	100.0%

Base: The female respondents who had ever been pregnant.

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

Over three-fifths of women who ever had breast-fed their child/children reported that they breast-fed more than 1 child (61.2%). In regard to the number of months that they had breast-fed each child, 59.9% had done so for 4 or more months. As shown in Table 6.7b, the older the person was, the more likely she would have breast-fed more than 1 child. For women in the 65-74 and 75 and above age groups, the average number of children they had breast-fed was 3.2 and 3.9 respectively. Similarly, older women had breast-fed their children longer than the women in the younger age groups. The median number of months of breast-feeding was 3.0 months for women aged 25-34 and 35-44; and 12.0 months for women aged 75 and above (Table 6.7b).

**Table 6.7b: Number of children who had been breast-fed 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)	%
<b>Number of children that had been breast-fed</b>																
1	4.5	100.0%	70.8	68.2%	134.0	52.0%	111.4	45.5%	35.5	20.4%	27.7	15.9%	14.0	12.0%	397.9	37.0%
2 and above	-	-	32.1	31.0%	116.6	45.3%	127.2	52.0%	136.8	78.5%	144.8	83.3%	101.0	86.8%	658.5	61.2%
2	-	-	29.5	28.4%	103.6	40.2%	87.5	35.8%	67.9	38.9%	39.7	22.8%	18.6	16.0%	346.7	32.2%
3	-	-	1.8	1.7%	10.7	4.2%	31.0	12.7%	40.0	23.0%	38.6	22.2%	16.6	14.3%	138.7	12.9%
4	-	-	-	-	1.4	0.5%	6.8	2.8%	22.1	12.7%	34.4	19.8%	22.8	19.6%	87.5	8.1%
5	-	-	0.9	0.9%	-	-	0.7	0.3%	4.6	2.6%	16.0	9.2%	23.4	20.1%	45.5	4.2%
6 and above	-	-	-	-	1.0	0.4%	1.2	0.5%	2.2	1.2%	16.1	9.3%	19.6	16.8%	40.0	3.7%
Unknown/Missing	-	-	0.9	0.9%	7.1	2.8%	6.1	2.5%	2.0	1.1%	1.3	0.8%	1.3	1.2%	18.8	1.7%
Total	4.5	100.0%	103.8	100.0%	257.8	100.0%	244.7	100.0%	174.3	100.0%	173.8	100.0%	116.3	100.0%	1 075.2	100.0%
Mean	1.0		1.4		1.5		1.7		2.4		3.2		3.9		2.2	
Median	1.0		1.0		1.0		2.0		2.0		3.0		4.0		2.0	
Standard Deviation	0.0		0.6		0.7		0.9		1.1		1.6		1.9		1.4	

**Table 6.7b: Number of children who had been breast-fed by Age group (continued)**

	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)	%
<b>Number of months on average that had been breast-fed each child</b>																
Below 2 months	2.6	57.8%	29.8	28.7%	78.2	30.3%	57.3	23.4%	25.0	14.4%	19.9	11.5%	11.1	9.6%	224.1	20.8%
2-3	-	-	27.8	26.8%	49.7	19.3%	43.4	17.7%	20.4	11.7%	20.9	12.0%	8.8	7.5%	171.0	15.9%
4 and above	1.9	42.2%	45.3	43.6%	118.2	45.8%	135.3	55.3%	126.0	72.3%	128.7	74.0%	88.8	76.3%	644.1	59.9%
4-7	1.9	42.2%	25.6	24.6%	44.0	17.1%	42.4	17.3%	41.3	23.7%	28.1	16.2%	14.2	12.2%	197.4	18.4%
8-1	-	-	11.2	10.8%	40.2	15.6%	44.6	18.2%	30.1	17.3%	37.8	21.7%	18.6	16.0%	182.5	17.0%
12-17	-	-	7.6	7.4%	22.9	8.9%	38.6	15.8%	41.8	24.0%	38.1	21.9%	36.4	31.3%	185.4	17.2%
18-23	-	-	0.9	0.9%	2.5	1.0%	5.3	2.2%	5.8	3.3%	14.5	8.3%	8.2	7.1%	37.2	3.5%
24 and above	-	-	-	-	8.7	3.4%	4.5	1.8%	7.0	4.0%	10.1	5.8%	11.4	9.8%	41.6	3.9%
Unknown/Missing	-	-	0.9	0.9%	11.7	4.6%	8.6	3.5%	2.9	1.6%	4.3	2.5%	7.6	6.6%	36.0	3.3%
Total	4.5	100.0%	103.8	100.0%	257.8	100.0%	244.7	100.0%	174.3	100.0%	173.8	100.0%	116.3	100.0%	1 075.2	100.0%
Mean	2.9		4.5		5.4		6.5		8.3		9.6		10.9		7.3	
Median	1.5		3.0		3.0		6.0		7.5		10.0		12.0		6.0	
Standard Deviation	2.7		3.9		5.6		5.6		6.4		7.1		7.0		6.3	

Base: The female respondents who had breast-fed their child/children.

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

Among those women who did not breast-feed their child/children, they were asked why they did not do so. The survey revealed that most persons did not breast-feed their child/children mainly due to mothers' physical or medical difficulties (42.2%), followed by problems with their jobs or scheduling difficulties (41.1%) (Table 6.7c).

**Table 6.7c: Reasons for not breast-feed their child/children 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)	%
Mother's physical or medical difficulties	2.2	28.0%	42.4	40.6%	140.5	45.4%	122.7	40.1%	49.3	42.5%	18.4	43.7%	5.4	31.0%	380.9	42.2%
Job or scheduling difficulties	1.4	18.0%	42.7	40.9%	139.8	45.1%	129.5	42.3%	42.5	36.7%	12.5	29.6%	3.0	17.4%	371.4	41.1%
Child's physical or medical difficulties	2.1	27.0%	18.2	17.5%	37.6	12.1%	40.3	13.2%	18.3	15.7%	6.2	14.7%	3.4	19.4%	126.1	14.0%
Preferred bottle feeding	-	-	16.7	16.0%	41.7	13.5%	37.2	12.2%	12.2	10.5%	5.1	12.0%	3.6	20.6%	116.5	12.9%
Didn't know how to breast-feed	-	-	2.3	2.2%	11.4	3.7%	9.2	3.0%	4.4	3.8%	-	-	-	-	27.3	3.0%
Others	0.7	9.0%	0.7	0.7%	7.1	2.3%	5.5	1.8%	1.6	1.4%	0.7	1.6%	0.7	3.9%	17.1	1.9%

Base: The female respondents who did not breast-feed their child/children.

Note: Multiple answers were allowed.

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

## References

1. Diet, nutrition and the prevention of chronic diseases. WHO Technical Report Series 916. Geneva: World Health Organization, 2003.
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3. The Food Pyramid. US Department of Agriculture, 1996.
4. Nutrition and Infant Feeding. World Health Organization. Available from URL:<http://who.int/child-adolescent-health/nutrition/infant.htm>.