

## Chapter 8

### Health Promotion

In order to explore the population's readiness for health behavioural change, the PHS incorporated the Stages of Change Model (also called the transtheoretical model of behaviour) into the survey questions. This section aims to describe magnitude of common health promotion actions as well as the factors that influence people's engagement in health promotion.

The Stages of Change Model was developed to describe and explain different stages of change which appear to be common to most behavioural change processes. Very briefly, the model is based on the premise that behavioural change is a process that individuals have varying levels of motivation, or readiness to change. It suggests that health behavioural change involves progress through five main stages of change: (i) precontemplation: this describes individuals who are not even considering changing behaviour, or are consciously intending not to change; (ii) contemplation: the stage at which a person considers making a change to a specific behaviour; (iii) determination or preparation: the stage at which a person makes a serious commitment to change; (iv) action: the stage at which behavioural change is initiated; (v) maintenance: sustaining the change and achievement of predictable health gains. As relapsing is a common problem in any change process, a sixth stage of termination (known as the "relapse stage") has also been identified as appropriate to some behaviours, especially addictive behaviours.<sup>1,2</sup>

#### Snapshot of Population's Readiness to take Health Promotion Actions

Stage of change for general health promotion action	Overall %	% in female	% in male
Precontemplation stage	26.7%	24.3%	29.7%
Contemplation stage	2.0%	2.2%	1.7%
Preparation stage	8.2%	8.7%	7.6%
Action stage	5.3%	6.2%	4.3%
Maintenance stage	38.5%	39.4%	37.3%
Relapse stage	19.0%	18.8%	19.2%

## 8.1 Past Effort Put To Promote Health

In the PHS, respondents were asked whether they had done anything to promote health or to prevent disease in the past 12 months.

As a whole, 67.0% of persons reported that they had done something (including done a lot, done some or done few) to promote health or prevent disease in the 12 months preceding the survey – 69.3% for females and 64.2% for males (Table 8.1a). Analyzed by age, a higher proportion of people aged 15-24 (74.5%) had reported so (Table 8.1b).

**Table 8.1a: Effort put to promote health or to prevent disease 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, done something	2 156.0	69.3%	1 653.3	64.2%	3 809.3	67.0%
No, done nothing	952.2	30.6%	918.3	35.7%	1 870.6	32.9%
Unknown/Missing	1.6	0.1%	2.4	0.1%	4.0	0.1%
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 8.1b: Effort put to promote health or to prevent disease 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, done something	668.9	74.5%	606.6	65.8%	838.5	64.4%	711.7	62.5%	446.4	70.2%	347.1	67.9%	190.2	68.6%	3 809.3	67.0%
No, done nothing	228.9	25.5%	314.7	34.2%	461.9	35.5%	427.3	37.5%	188.7	29.7%	161.9	31.7%	87.2	31.4%	1 870.6	32.9%
Unknown/Missing	-	-	-	-	0.9	0.1%	-	-	0.7	0.1%	2.4	0.5%	-	-	4.0	0.1%
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.

### 8.1.1 Those Who Had Done Something to Promote Health or to Prevent Disease in the 12 Months Preceding the Survey

For those who reported that they had done something to promote health or to prevent disease in the 12 months preceding the survey, they were asked: (a) whether they had done that continuously for 6 months or longer in the 12 months preceding the survey; (b) what they had done to promote health or to prevent disease; (c) whether they experienced any barriers when they were doing those activities in the 12 months preceding the survey; and (d) what were the major type of barriers.

Regarding those who had done something to promote health or to prevent disease in the 12 months preceding the survey, over four-fifths reported that they had done that continuously for 6 months or longer - 80.2% for females and 82.2% for males (Table 8.1.1a) Across all age groups, people aged 75 and above (94.4%) had the highest proportion of people who had done something to promote health or to prevent disease for 6 months or longer in the 12 months preceding the survey (Table 8.1.1b).

**Table 8.1.1a: Whether had done something to promote health or to prevent disease for 6 months or longer 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	1 729.7	80.2%	1 358.7	82.2%	3 088.4	81.1%
No	422.1	19.6%	293.4	17.7%	715.5	18.8%
Unknown/Missing	4.2	0.2%	1.2	0.1%	5.4	0.1%
Total	2 156.0	100.0%	1 653.3	100.0%	3 809.3	100.0%

Base: The respondents who had done something to promote health or to prevent disease in the 12 months preceding the survey.

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

**Table 8.1.1b: Whether had done something to promote health or to prevent disease for 6 months or longer 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	533.4	79.7%	478.4	78.9%	657.3	78.4%	541.9	76.1%	380.1	85.2%	317.8	91.6%	179.5	94.4%	3 088.4	81.1%
No	133.9	20.0%	128.1	21.1%	181.2	21.6%	166.6	23.4%	66.2	14.8%	28.6	8.3%	10.7	5.6%	715.5	18.8%
Unknown/Missing	1.6	0.2%	-	-	-	-	3.2	0.4%	-	-	0.7	0.2%	-	-	5.4	0.1%
Total	668.9	100.0%	606.6	100.0%	838.5	100.0%	711.7	100.0%	446.4	100.0%	347.1	100.0%	190.2	100.0%	3 809.3	100.0%

Base: The respondents who had done something to promote health or to prevent disease in the 12 months preceding the survey.

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

Among those who had done something to promote health or to prevent disease for 6 months or longer in the 12 months preceding the survey, exercise (75.7%) was the most common activity chosen in both sexes (71.8% for females and 80.7% for males) and in all age groups (from 67.4% for people aged 35-44 to 87.1% for people aged 65-74) (Tables 8.1.1c and 8.1.1d). Of note, losing weight as a means to promote health or to prevent disease was comparatively more popular among females (8.3%) than males (4.9%) (Table 8.1.1c). Such activity was also common among people in the younger age groups but its popularity as a health promoting method decreased with age, from 11.5% for those aged 15-24 to 1.2% for those aged 75 and above (Table 8.1.1d).

**Table 8.1.1c: Activity/activities done to promote health or to prevent disease in the 12 months preceding the survey by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Exercise (any kind)	1 242.2	71.8%	1 096.2	80.7%	2 338.4	75.7%
Eat more healthy food	631.3	36.5%	320.3	23.6%	951.7	30.8%
More rest or sleep	511.3	29.6%	391.9	28.8%	903.3	29.2%
Take care of personal hygiene	558.8	32.3%	339.7	25.0%	898.5	29.1%
Orderly life	439.2	25.4%	360.6	26.5%	799.8	25.9%
Cut the intake of certain kinds of food (e.g. deep-fried and high-fat food)	445.4	25.8%	273.9	20.2%	719.3	23.3%
Body check	306.4	17.7%	178.9	13.2%	485.3	15.7%
Take dietary supplement	308.5	17.8%	140.7	10.4%	449.2	14.5%
Do something to reduce stress	211.3	12.2%	158.2	11.6%	369.6	12.0%
Lose weight	143.8	8.3%	66.0	4.9%	209.8	6.8%
Take care of disease	115.1	6.7%	66.3	4.9%	181.5	5.9%
Reduce or quit drinking	34.1	2.0%	89.4	6.6%	123.5	4.0%
Reduce or quit smoking	18.6	1.1%	68.1	5.0%	86.8	2.8%
Others	11.5	0.7%	4.3	0.3%	15.8	0.5%

Base: The respondents who had done something to promote health or to prevent disease in the 12 months preceding the survey and had done that continuously for 6 months or longer.

Notes: Multiple answers were allowed.

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

**Table 8.1.1d: Activity/activities done to promote health or to prevent disease 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)	%
Exercise (any kind)	441.6	82.8%	345.8	72.3%	443.2	67.4%	381.4	70.4%	297.2	78.2%	276.9	87.1%	152.2	84.8%	2 338.4	75.7%
Eat more healthy food	148.7	27.9%	162.8	34.0%	225.0	34.2%	185.2	34.2%	113.3	29.8%	79.4	25.0%	37.4	20.8%	951.7	30.8%
More rest or sleep	184.7	34.6%	152.3	31.8%	222.1	33.8%	146.6	27.1%	96.4	25.4%	70.8	22.3%	30.4	16.9%	903.3	29.2%
Take care of personal hygiene	183.3	34.4%	166.1	34.7%	211.5	32.2%	159.3	29.4%	90.0	23.7%	62.5	19.7%	25.8	14.4%	898.5	29.1%
Orderly life	127.8	24.0%	130.2	27.2%	179.9	27.4%	155.3	28.7%	98.9	26.0%	73.3	23.1%	34.4	19.2%	799.8	25.9%
Cut the intake of certain kinds of food (e.g. deep-fried and high-fat food)	139.1	26.1%	119.6	25.0%	157.8	24.0%	148.0	27.3%	90.4	23.8%	42.6	13.4%	21.8	12.2%	719.3	23.3%
Body check	30.4	5.7%	68.7	14.4%	118.5	18.0%	91.1	16.8%	72.1	19.0%	59.2	18.6%	45.4	25.3%	485.3	15.7%
Take dietary supplement	65.9	12.3%	91.9	19.2%	108.6	16.5%	94.7	17.5%	47.8	12.6%	27.9	8.8%	12.5	7.0%	449.2	14.5%
Do something to reduce stress	104.3	19.5%	95.1	19.9%	79.5	12.1%	51.1	9.4%	21.5	5.7%	10.8	3.4%	7.3	4.1%	369.6	12.0%
Lose weight	61.4	11.5%	47.4	9.9%	49.7	7.6%	29.9	5.5%	13.8	3.6%	5.4	1.7%	2.2	1.2%	209.8	6.8%
Take care of disease	18.9	3.5%	22.6	4.7%	28.9	4.4%	34.8	6.4%	34.7	9.1%	23.1	7.3%	18.6	10.3%	181.5	5.9%
Reduce or quit drinking	19.3	3.6%	26.3	5.5%	27.7	4.2%	23.3	4.3%	13.5	3.5%	7.0	2.2%	6.5	3.6%	123.5	4.0%
Reduce or quit smoking	12.3	2.3%	13.2	2.7%	19.1	2.9%	13.1	2.4%	13.1	3.4%	8.0	2.5%	8.1	4.5%	86.8	2.8%
Others	0.7	0.1%	3.2	0.7%	3.0	0.5%	5.2	1.0%	1.6	0.4%	-	-	2.0	1.1%	15.8	0.5%

Base: The respondents who had done something to promote health and to prevent disease in the 12 months preceding the survey and had done that continuously for 6 months or longer.

Notes: Multiple answers were allowed.

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

Of those who had done something to promote health or to prevent disease in the 12 months preceding the survey but done so for less than 6 months, 37.7% (40.1% for females and 34.2% for males) reported that they experienced some or a lot of barriers (Table 8.1.1e). Analyzed by age group, people in the 55-64 age group (45.6%) had the highest proportion of people reported experiencing barriers (Table 8.1.1f).

**Table 8.1.1e: Extent of barriers experienced by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
No barrier	204.7	48.5%	165.7	56.5%	370.4	51.8%
Had barriers	169.5	40.1%	100.3	34.2%	269.7	37.7%
<i>Some barriers</i>	153.2	36.3%	87.2	29.7%	240.3	33.6%
<i>A lot of barriers</i>	16.3	3.9%	13.1	4.5%	29.4	4.1%
Don't know	43.4	10.3%	26.0	8.8%	69.3	9.7%
Missing	4.5	1.1%	1.5	0.5%	6.0	0.8%
Total	422.1	100.0%	293.4	100.0%	715.5	100.0%

Base: The respondents who had done something to promote health or to prevent disease in the 12 months preceding the survey and had not done that continuously for 6 months or longer.

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

**Table 8.1.1f: Extent of barriers experienced 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 barrier	66.1	49.4%	61.6	48.1%	98.8	54.5%	92.0	55.2%	31.9	48.1%	15.5	54.0%	4.5	42.3%	370.4	51.8%
Had barriers	52.7	39.4%	50.4	39.3%	67.4	37.2%	59.1	35.4%	30.2	45.6%	6.7	23.3%	3.2	30.3%	269.7	37.7%
<i>Some barriers</i>	46.8	34.9%	42.2	32.9%	66.1	36.5%	52.1	31.3%	26.4	39.8%	4.7	16.5%	2.0	18.9%	240.3	33.6%
<i>A lot of barriers</i>	5.9	4.4%	8.2	6.4%	1.4	0.7%	6.9	4.2%	3.8	5.7%	2.0	6.8%	1.2	11.4%	29.4	4.1%
Don't know	15.1	11.3%	13.9	10.9%	13.2	7.3%	13.5	8.1%	4.2	6.3%	6.5	22.7%	2.9	27.3%	69.3	9.7%
Missing	-	-	2.2	1.7%	1.8	1.0%	2.0	1.2%	-	-	-	-	-	-	6.0	0.8%
Total	133.9	100.0%	128.1	100.0%	181.2	100.0%	166.6	100.0%	66.2	100.0%	28.6	100.0%	10.7	100.0%	715.5	100.0%

Base: The respondents who had done something to promote health or to prevent disease in the 12 months preceding the survey and had not done that continuously for 6 months or longer.

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

Among those people who had done something to promote health or to prevent disease for less than 6 months in the 12 months preceding the survey and experienced barriers, no spare time/too busy (37.6%) was the most frequently cited major barrier, followed by inconvenient in terms of physical conditions/falling sick/feeling tired (23.4%) (Table 8.1.1g). People in the 25-34 age group (55.1%) had a higher proportion of people cited no spare time/too busy than other age groups, whereas all people aged 75 and above cited inconvenient in terms of physical conditions/falling sick/feeling tired as the only major barrier experienced (Table 8.1.1h).

**Table 8.1.1g: Major type of barrier experienced by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
No spare time/too busy	64.1	37.8%	37.3	37.2%	101.4	37.6%
Inconvenient in terms of physical conditions/falling sick/feeling tired	40.8	24.1%	22.2	22.2%	63.0	23.4%
No persistence	27.4	16.2%	15.6	15.5%	43.0	15.9%
Laziness	17.5	10.3%	12.4	12.3%	29.8	11.1%
Do not want to spend money	6.1	3.6%	6.0	6.0%	12.1	4.5%
No companion	5.1	3.0%	1.2	1.2%	6.3	2.3%
Others	7.8	4.6%	4.4	4.4%	12.2	4.5%
Unknown/Missing	0.5	0.3%	1.2	1.2%	1.8	0.7%
Total	169.5	100.0%	100.3	100.0%	269.7	100.0%

Base: The respondents who had done something to promote health or to prevent disease in the 12 months preceding the survey, had not done that continuously for 6 months or longer and experienced barriers.

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

**Table 8.1.1h: Major type of barrier experienced 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 spare time/too busy	17.4	32.9%	27.8	55.1%	30.1	44.6%	22.3	37.8%	3.2	10.7%	0.7	10.1%	-	-	101.4	37.6%
Inconvenient in terms of physical conditions/falling sick/feeling tired	4.2	8.0%	5.4	10.7%	19.0	28.2%	12.5	21.1%	16.1	53.2%	2.6	39.4%	3.2	100.0%	63.0	23.4%
No persistence	13.5	25.6%	5.9	11.8%	8.5	12.5%	11.6	19.6%	2.8	9.3%	0.7	10.1%	-	-	43.0	15.9%
Laziness	7.2	13.6%	5.1	10.1%	6.1	9.1%	7.9	13.3%	3.6	11.8%	-	-	-	-	29.8	11.1%
Do not want to spend money	2.4	4.5%	2.9	5.8%	2.0	3.0%	2.1	3.6%	-	-	2.7	40.4%	-	-	12.1	4.5%
No companion	2.1	3.9%	1.7	3.3%	-	-	2.0	3.4%	0.6	2.0%	-	-	-	-	6.3	2.3%
Others	5.5	10.5%	1.6	3.1%	1.8	2.6%	0.7	1.1%	2.7	8.8%	-	-	-	-	12.2	4.5%
Unknown/Missing	0.5	1.0%	-	-	-	-	-	-	1.2	4.1%	-	-	-	-	1.8	0.7%
Total	52.7	100.0%	50.4	100.0%	67.4	100.0%	59.1	100.0%	30.2	100.0%	6.7	100.0%	3.2	100.0%	269.7	100.0%

Base: The respondents who had done something to promote health or to prevent disease in the 12 months preceding the survey, had not done that continuously for 6 months or longer and experienced barriers.

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

### 8.1.2 Those Who Did Nothing to Promote Health or to Prevent Disease in the 12 Months Preceding the Survey

For those who reported that they had done nothing to promote health or to prevent disease in the 12 months preceding the survey, they were asked: (a) whether they had planned to do anything to promote health or to prevent disease in the 12 months preceding the survey; (b) what they had planned to do; (c) whether they experienced any barriers that eventually made them unable to do anything to promote health; and (d) what was the major type of barrier.

Regarding those who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey, 83.3% reported that they had not planned to do anything to improve their health in the past year- 86.5% for males and 80.2% for females (Table 8.1.2a). Analyzed by age, people aged 75 and above (93.3%) were the least likely to have planned to promote their health (Table 8.1.2b).

**Table 8.1.2a: Planned to do anything to promote health or to prevent disease preceding the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Have planned	187.1	19.6%	121.3	13.2%	308.4	16.5%
<i>Seriously planned</i>	24.0	2.5%	11.8	1.3%	35.8	1.9%
<i>Somewhat planned</i>	163.1	17.1%	109.5	11.9%	272.6	14.6%
Have not planned	764.0	80.2%	794.0	86.5%	1 558.0	83.3%
Unknown/Missing	1.2	0.1%	3.0	0.3%	4.2	0.2%
Total	952.2	100.0%	918.3	100.0%	1 870.6	100.0%

Base: The respondents who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey.

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

**Table 8.1.2b: Planned to do anything to promote health or to prevent disease 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)	%
Have planned	49.0	21.4%	57.8	18.4%	73.9	16.0%	61.8	14.5%	33.1	17.6%	27.0	16.7%	5.8	6.7%	308.4	16.5%
<i>Seriously planned</i>	7.3	3.2%	5.4	1.7%	9.0	1.9%	10.7	2.5%	0.6	0.3%	1.3	0.8%	1.6	1.8%	35.8	1.9%
<i>Somewhat planned</i>	41.6	18.2%	52.4	16.7%	64.9	14.1%	51.1	12.0%	32.5	17.2%	25.7	15.9%	4.3	4.9%	272.6	14.6%
Have not planned	179.4	78.4%	256.8	81.6%	387.1	83.8%	363.4	85.1%	155.5	82.4%	134.3	82.9%	81.3	93.3%	1 558.0	83.3%
Unknown/Missing	0.5	0.2%	-	-	0.9	0.2%	2.1	0.5%	-	-	0.7	0.4%	-	-	4.2	0.2%
Total	228.9	100.0%	314.7	100.0%	461.9	100.0%	427.3	100.0%	188.7	100.0%	161.9	100.0%	87.2	100.0%	1 870.6	100.0%

Base: The respondents who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey.

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

Among those who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey but had planned to do something, exercise was the most frequently cited activity planned by both sexes (65.4% for females and 72.4% for males) and people in all age groups (from 59.1% among people aged 15-24 to 88.5% for people aged 75 and above) (Tables 8.1.2c and 8.1.2d).

**Table 8.1.2c: Activity/activities planned to do to promote health or to prevent disease by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Exercise (any kind)	122.3	65.4%	87.8	72.4%	210.1	68.1%
More rest or sleep	50.1	26.8%	40.5	33.4%	90.7	29.4%
Eat more healthy food	53.1	28.4%	33.4	27.5%	86.5	28.0%
Cut the intake of certain kinds of food (e.g. deep-fried and high-fat food)	52.3	28.0%	27.2	22.4%	79.5	25.8%
Take care of personal hygiene	31.9	17.1%	26.3	21.7%	58.2	18.9%
Orderly life	33.4	17.9%	18.9	15.5%	52.3	16.9%
Take dietary supplement	21.3	11.4%	9.7	8.0%	31.0	10.0%
Body check	18.1	9.7%	10.5	8.7%	28.6	9.3%
Do something to reduce stress	13.0	7.0%	10.8	8.9%	23.8	7.7%
Lose weight	13.5	7.2%	7.0	5.8%	20.5	6.7%
Take care of disease	9.7	5.2%	7.6	6.3%	17.3	5.6%
Reduce or quit smoking	3.3	1.8%	10.6	8.8%	13.9	4.5%
Reduce or quit drinking	2.1	1.1%	5.9	4.8%	8.0	2.6%

Base: The respondents who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey but had planned to do something.

Notes: Multiple answers were allowed.

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

**Table 8.1.2d: Activity/activities planned to do to promote health or to prevent disease by Age group**

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Exercise (any kind)	28.9	59.1%	40.0	69.2%	52.2	70.7%	42.3	68.5%	21.7	65.3%	19.8	73.2%	5.2	88.5%	210.1	68.1%
More rest or sleep	23.3	47.5%	14.0	24.2%	20.6	27.9%	19.0	30.7%	7.7	23.1%	6.2	22.8%	-	-	90.7	29.4%
Eat more healthy food	14.3	29.2%	13.3	22.9%	22.3	30.2%	18.7	30.3%	8.5	25.5%	7.2	26.6%	2.3	38.7%	86.5	28.0%
Cut the intake of certain kinds of food (e.g. deep-fried and high-fat food)	15.8	32.2%	10.7	18.6%	19.1	25.9%	16.8	27.2%	11.7	35.2%	5.5	20.3%	-	-	79.5	25.8%
Take care of personal hygiene	12.2	24.9%	13.0	22.4%	8.6	11.7%	14.2	23.0%	5.8	17.5%	4.5	16.5%	-	-	58.2	18.9%
Orderly life	5.2	10.7%	10.3	17.8%	9.7	13.1%	14.2	22.9%	5.1	15.5%	7.1	26.3%	0.7	11.5%	52.3	16.9%
Take dietary supplement	3.2	6.5%	7.0	12.1%	5.1	6.9%	8.9	14.4%	2.8	8.5%	3.1	11.5%	0.9	15.7%	31.0	10.0%
Body check	0.5	1.0%	5.0	8.6%	5.8	7.8%	7.7	12.5%	3.7	11.2%	2.7	10.0%	3.2	54.9%	28.6	9.3%
Do something to reduce stress	7.9	16.0%	2.5	4.3%	6.3	8.5%	4.6	7.5%	0.7	2.0%	1.9	7.0%	-	-	23.8	7.7%
Lose weight	3.8	7.8%	7.0	12.0%	5.7	7.8%	4.0	6.5%	-	-	-	-	-	-	20.5	6.7%
Take care of disease	5.5	11.2%	1.5	2.6%	0.7	0.9%	3.3	5.4%	0.7	2.0%	5.6	20.8%	-	-	17.3	5.6%
Reduce or quit smoking	0.5	1.0%	2.2	3.8%	2.5	3.4%	3.4	5.5%	3.5	10.7%	1.8	6.8%	-	-	13.9	4.5%
Reduce or quit drinking	-	-	1.4	2.5%	0.7	1.0%	3.4	5.4%	2.5	7.5%	-	-	-	-	8.0	2.6%

Base: The respondents who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey but had planned to do something.

Notes: Multiple answers were allowed.

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

Overall, 51.7% of those people who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey but had planned to do something reported that they experienced some or a lot of barriers. Females (55.1%) appeared to be more likely than males (46.4%) to have experienced barriers (Table 8.1.2e). Across all age groups, people aged 25-34 (61.7%) had the highest proportion of people reported having experienced barriers (Table 8.1.2f).

**Table 8.1.2e: Extent of barriers experienced by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
No barrier	67.5	36.1%	57.9	47.7%	125.4	40.7%
Had barriers	103.1	55.1%	56.3	46.4%	159.5	51.7%
<i>Some barriers</i>	90.6	48.4%	45.1	37.2%	135.7	44.0%
<i>A lot of barriers</i>	12.6	6.7%	11.2	9.3%	23.8	7.7%
Don't know	16.4	8.8%	7.1	5.8%	23.5	7.6%
Total	187.1	100.0%	121.3	100.0%	308.4	100.0%

Base: The respondents who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey but had planned to do something.

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

**Table 8.1.2f: Extent of barriers experienced 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 barrier	17.4	35.5%	18.2	31.6%	30.4	41.1%	25.7	41.6%	18.2	55.0%	12.3	45.4%	3.2	54.9%	125.4	40.7%
Had barriers	27.1	55.3%	35.7	61.7%	36.2	49.0%	30.8	50.0%	13.6	41.1%	13.4	49.8%	2.6	45.1%	159.5	51.7%
<i>Some barriers</i>	23.6	48.2%	30.6	52.8%	32.3	43.8%	27.0	43.7%	9.7	29.3%	9.9	36.5%	2.6	45.1%	135.7	44.0%
<i>A lot of barriers</i>	3.5	7.1%	5.1	8.9%	3.8	5.2%	3.9	6.3%	3.9	11.8%	3.6	13.3%	-	-	23.8	7.7%
Don't know	4.5	9.3%	3.9	6.7%	7.3	9.9%	5.2	8.4%	1.3	3.9%	1.3	4.8%	-	-	23.5	7.6%
Total	49.0	100.0%	57.8	100.0%	73.9	100.0%	61.8	100.0%	33.1	100.0%	27.0	100.0%	5.8	100.0%	308.4	100.0%

Base: The respondents who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey but had planned to do something.

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

Having no spare time/being too busy (48.4%) turned out to be the main barrier for both females (49.6%) and males (46.3%) (Table 8.1.2g). Analyzed by age, such reason was particularly common among those aged 25-34 as well as those aged 35-44 (both groups 60.5%) (Table 8.1.2h).

**Table 8.1.2g: Major type of barriers experienced by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
No spare time/too busy	51.1	49.6%	26.1	46.3%	77.2	48.4%
Inconvenient in terms of physical conditions/falling sick/feeling tired	17.4	16.8%	5.6	10.0%	23.0	14.4%
No persistence	12.5	12.1%	7.5	13.2%	19.9	12.5%
Laziness	7.1	6.9%	5.8	10.3%	12.9	8.1%
Do not want to spend money	7.1	6.8%	5.1	9.1%	12.2	7.7%
No companion	3.5	3.3%	3.3	5.9%	6.8	4.2%
Do not know how to do	2.8	2.7%	-	-	2.8	1.8%
Others	1.2	1.2%	2.9	5.2%	4.1	2.6%
Unknown/Missing	0.5	0.5%	-	-	0.5	0.3%
Total	103.1	100.0%	56.3	100.0%	159.5	100.0%

Base: The respondents who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey but had planned to do something and had experienced barriers.

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

**Table 8.1.2h: Major type of barriers experienced 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 spare time/too busy	14.2	52.4%	21.6	60.5%	21.9	60.5%	12.8	41.4%	4.7	34.8%	2.0	15.1%	-	-	77.2	48.4%
Inconvenient in terms of physical conditions/falling sick/feeling tired	1.3	4.9%	4.1	11.5%	1.5	4.1%	3.3	10.8%	1.2	9.1%	8.9	65.8%	2.6	100.0%	23.0	14.4%
No persistence	3.0	11.1%	3.8	10.7%	5.2	14.3%	5.5	17.7%	2.5	18.2%	-	-	-	-	19.9	12.5%
Laziness	1.9	7.0%	4.1	11.6%	2.2	6.2%	2.2	7.0%	1.8	13.6%	0.7	5.0%	-	-	12.9	8.1%
Do not want to spend money	2.4	8.8%	0.8	2.3%	3.8	10.6%	3.9	12.6%	0.6	4.5%	0.7	5.0%	-	-	12.2	7.7%
No companion	1.5	5.4%	0.6	1.7%	0.9	2.5%	1.9	6.1%	0.7	5.0%	1.2	9.1%	-	-	6.8	4.2%
Do not know how to do	0.8	2.9%	-	-	-	-	-	-	2.0	14.9%	-	-	-	-	2.8	1.8%
Others	1.5	5.6%	0.6	1.7%	0.7	1.9%	1.3	4.3%	-	-	-	-	-	-	4.1	2.6%
Unknown/Missing	0.5	1.9%	-	-	-	-	-	-	-	-	-	-	-	-	0.5	0.3%
Total	27.1	100.0%	35.7	100.0%	36.2	100.0%	30.8	100.0%	13.6	100.0%	13.4	100.0%	2.6	100.0%	159.5	100.0%

Base: The respondents who had not put in any effort to promote health or to prevent disease in the 12 months preceding the survey but had planned to do something and had experienced barriers.

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

## 8.2 Future Plans to Promote Health

All respondents were asked if they had planned to do anything to improve their health or to prevent diseases in the six months after the survey.

In general, 54.0% of the people reported that they had planned something to promote health or to prevent disease in the six months after the survey. There were modestly more females (56.6%) than males (50.8%) reported so (Table 8.2a). The distribution of such response was fairly stable across different age groups (Table 8.2b).

**Table 8.2a: Whether had planned to do something to promote health in the six months after the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Had planning	1 761.3	56.6%	1 308.0	50.8%	3 069.3	54.0%
Not planning	1 339.3	43.1%	1 258.4	48.9%	2 597.7	45.7%
Unknown/Missing	9.2	0.3%	7.7	0.3%	16.9	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 8.2b: Whether had planned to do something to promote health in the six months after 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)	%
Had planning	510.3	56.8%	487.9	53.0%	701.5	53.9%	592.3	52.0%	360.0	56.6%	268.0	52.4%	149.2	53.8%	3 069.3	54.0%
Not planning	382.8	42.6%	433.3	47.0%	593.4	45.6%	546.0	47.9%	275.7	43.4%	241.1	47.1%	125.4	45.2%	2 597.7	45.7%
Unknown/Missing	4.7	0.5%	-	-	6.3	0.5%	0.7	0.1%	-	-	2.4	0.5%	2.7	1.0%	16.9	0.3%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

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

## 8.2.1 *Those Who Had Planned to Promote Health or to Prevent Disease in the Near Future*

For those persons who reported that they had planned to do anything to promote health or prevent disease in the next six months, they were asked “What are you planning to do to promote health or to prevent disease?”, “On a scale of 0 to 10 (0 being not confident at all and 10 being the most confident), how confident are you that you can successfully do something to improve your health or to prevent disease?”, “Do you expect any barriers when you are taking the health promotion action in the future?”, “What is the major type of perceived barrier?”, and “What extent of benefit, short or long term, do you expect to gain from the health promotion action you have done or plan to take?”.

Among those people who had planned to take health promotion action in the future, taking exercise was the most frequently planned activity to promote health or to prevent disease in the future in both sexes (79.3% for females and 84.2% for males) and in all age groups (from the lowest 77.5% among people in the 35-44 age group to the highest 89.7% among people in the 75 and above age group) (Tables 8.2.1a and 8.2.1b).

**Table 8.2.1a: Plan(s) set to promote health or to prevent disease by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Exercise (any kind)	1 396.9	79.3%	1 101.9	84.2%	2 498.9	81.4%
More rest or sleep	556.2	31.6%	399.3	30.5%	955.6	31.1%
Eat more healthy food	612.3	34.8%	326.8	25.0%	939.1	30.6%
Orderly life	439.5	25.0%	372.4	28.5%	811.8	26.5%
Take care of personal hygiene	479.0	27.2%	309.8	23.7%	788.8	25.7%
Cut the intake of certain kinds of food (e.g. deep-fried and high-fat food)	444.7	25.3%	266.5	20.4%	711.3	23.2%
Body check	336.5	19.1%	170.4	13.0%	506.9	16.5%
Take dietary supplement	272.9	15.5%	122.4	9.4%	395.3	12.9%
Do something to reduce stress	237.4	13.5%	153.8	11.8%	391.2	12.7%
Lose weight	219.9	12.5%	92.2	7.1%	312.2	10.2%
Take care of disease	120.0	6.8%	65.7	5.0%	185.7	6.1%
Reduce or quit drinking	27.9	1.6%	80.7	6.2%	108.6	3.5%
Reduce or quit smoking	24.3	1.4%	82.9	6.3%	107.2	3.5%
Others	14.1	0.8%	8.3	0.6%	22.4	0.7%

Base: The respondents who had planned to take health promotion action in the six months after the survey.

Notes: Multiple answers were allowed.

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

**Table 8.2.1b: Plan(s) set to promote health or to prevent disease by Age group**

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Exercise (any kind)	442.9	86.8%	391.4	80.2%	543.6	77.5%	461.7	77.9%	291.0	80.8%	234.4	87.5%	133.9	89.7%	2 498.9	81.4%
More rest or sleep	213.5	41.8%	192.4	39.4%	222.8	31.8%	160.1	27.0%	86.3	24.0%	56.7	21.2%	23.9	16.0%	955.6	31.1%
Eat more healthy food	156.9	30.7%	156.2	32.0%	218.1	31.1%	181.1	30.6%	103.1	28.6%	78.9	29.4%	44.8	30.0%	939.1	30.6%
Orderly life	156.3	30.6%	148.1	30.4%	177.3	25.3%	149.9	25.3%	100.6	27.9%	59.0	22.0%	20.6	13.8%	811.8	26.5%
Take care of personal hygiene	147.3	28.9%	128.9	26.4%	189.0	26.9%	155.2	26.2%	83.7	23.3%	63.5	23.7%	21.1	14.1%	788.8	25.7%
Cut the intake of certain kinds of food (e.g. deep-fried and high-fat food)	130.2	25.5%	116.5	23.9%	173.2	24.7%	145.4	24.5%	84.4	23.4%	47.3	17.6%	14.4	9.6%	711.3	23.2%
Body check	36.5	7.2%	89.6	18.4%	118.9	17.0%	121.2	20.5%	56.1	15.6%	55.7	20.8%	28.8	19.3%	506.9	16.5%
Take dietary supplement	49.7	9.7%	72.4	14.8%	91.8	13.1%	93.6	15.8%	44.5	12.4%	32.1	12.0%	11.2	7.5%	395.3	12.9%
Do something to reduce stress	105.4	20.7%	91.3	18.7%	93.2	13.3%	61.9	10.5%	24.5	6.8%	10.1	3.8%	4.8	3.2%	391.2	12.7%
Lose weight	88.5	17.3%	61.6	12.6%	81.6	11.6%	56.6	9.5%	15.8	4.4%	5.7	2.1%	2.5	1.7%	312.2	10.2%
Take care of disease	18.9	3.7%	18.8	3.9%	29.6	4.2%	34.6	5.8%	36.8	10.2%	28.2	10.5%	18.7	12.6%	185.7	6.1%
Reduce or quit drinking	15.6	3.1%	18.7	3.8%	27.6	3.9%	22.7	3.8%	14.0	3.9%	6.4	2.4%	3.7	2.5%	108.6	3.5%
Reduce or quit smoking	12.9	2.5%	22.8	4.7%	25.0	3.6%	14.8	2.5%	15.2	4.2%	7.8	2.9%	8.8	5.9%	107.2	3.5%
Others	1.1	0.2%	4.7	1.0%	5.6	0.8%	5.7	1.0%	3.5	1.0%	1.3	0.5%	0.6	0.4%	22.4	0.7%

Base: The respondents who had planned to take health promotion action in the six months after the survey.

Notes: Multiple answers were allowed.

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

Among the people who had planned to take health promotion action in the future, over one-third felt confident (34.7%, score 8 and above on a scale of 0-10) that they could successfully do something to improve health or to prevent disease. Analyzed by sex, more males (38.5%) than females (31.9%) felt confident in doing so (Table 8.2.1c). Across all age groups, people aged 75 and above (41.3%) had the highest proportion of feeling confident that they could successfully do something to improve their health or to prevent diseases (Table 8.2.1d).

**Table 8.2.1c: Level of confidence in successfully doing something to promote health in the six months after the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
0-4	91.5	5.2%	50.7	3.9%	142.2	4.6%
5-7	800.4	45.4%	566.6	43.3%	1 367.0	44.5%
8-10	562.4	31.9%	504.0	38.5%	1 066.4	34.7%
Don't know	249.7	14.2%	146.8	11.2%	396.5	12.9%
Missing	57.4	3.3%	40.0	3.1%	97.3	3.2%
Total	1 761.3	100.0%	1 308.0	100.0%	3 069.3	100.0%
Mean	6.8		7.2		7.0	
Median	7.0		7.0		7.0	
Standard Deviation	1.9		1.9		1.9	

Base: The respondents who had planned to take health promotion action in the six months after the survey.

Notes: Level of confidence = 0 (not confident at all) to 10 (most confident)

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

**Table 8.2.1d: Level of confidence in successfully doing something to promote health in the six months after 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)	%
0-4	22.5	4.4%	22.5	4.6%	33.4	4.8%	33.4	5.6%	12.6	3.5%	8.1	3.0%	9.7	6.5%	142.2	4.6%
5-7	255.7	50.1%	221.2	45.3%	350.2	49.9%	264.8	44.7%	145.2	40.3%	97.0	36.2%	33.0	22.1%	1 367.0	44.5%
8-10	156.9	30.7%	172.6	35.4%	219.7	31.3%	204.1	34.5%	144.7	40.2%	106.6	39.8%	61.6	41.3%	1 066.4	34.7%
Don't know	65.5	12.8%	56.6	11.6%	74.3	10.6%	73.1	12.3%	41.6	11.5%	44.9	16.8%	40.5	27.1%	396.5	12.9%
Missing	9.8	1.9%	15.0	3.1%	24.0	3.4%	16.9	2.8%	16.0	4.5%	11.3	4.2%	4.4	2.9%	97.3	3.2%
Total	510.3	100.0%	487.9	100.0%	701.5	100.0%	592.3	100.0%	360.0	100.0%	268.0	100.0%	149.2	100.0%	3 069.3	100.0%
Mean	6.9		6.9		6.8		6.9		7.2		7.4		7.5		7.0	
Median	7.0		7.0		7.0		7.0		7.0		8.0		8.0		7.0	
Standard Deviation	1.6		1.8		1.9		2.1		2.0		2.0		2.4		1.9	

Base: The respondents who had planned to take health promotion action in the six months after the survey.

Notes: Level of confidence = 0 (not confident at all) to 10 (most confident)

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

Regarding the extent of anticipated barrier that they would come across when taking health promotion action in the future, about half (48.4%) reported some or a lot of barriers- 50.5% for females and 45.7% for males (Table 8.2.1e). Across all age groups, people aged 25-34 (62.7%) were more likely to anticipate that they would encounter some or a lot of barriers while people aged 65-74 (29.7%) were the less likely to report so (Table 8.2.1f).

**Table 8.2.1e: Extent of barriers anticipated when taking health promotion action in the six months after the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
No barrier	804.7	45.7%	669.7	51.2%	1 474.4	48.0%
Had barriers	889.8	50.5%	597.2	45.7%	1 487.0	48.4%
<i>Some barriers</i>	818.1	46.4%	551.6	42.2%	1 369.6	44.6%
<i>A lot of barriers</i>	71.8	4.1%	45.6	3.5%	117.4	3.8%
Don't know	57.4	3.3%	34.5	2.6%	91.9	3.0%
Missing	9.4	0.5%	6.7	0.5%	16.1	0.5%
Total	1 761.3	100.0%	1 308.0	100.0%	3 069.3	100.0%

Base: The respondents who had planned to take health promotion action in the six months after the survey.

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

**Table 8.2.1f: Extent of barriers anticipated when taking health promotion action in the six months after 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)	%
No barrier	194.1	38.0%	169.9	34.8%	322.4	46.0%	307.4	51.9%	204.6	56.8%	183.3	68.4%	92.7	62.2%	1 474.4	48.0%
Had barriers	292.0	57.2%	306.2	62.7%	353.9	50.4%	259.8	43.9%	144.4	40.1%	79.6	29.7%	51.2	34.3%	1 487.0	48.4%
<i>Some barriers</i>	273.7	53.6%	281.0	57.6%	331.6	47.3%	246.4	41.6%	125.5	34.9%	67.3	25.1%	44.0	29.5%	1 369.6	44.6%
<i>A lot of barriers</i>	18.3	3.6%	25.2	5.2%	22.2	3.2%	13.4	2.3%	18.9	5.3%	12.2	4.6%	7.2	4.8%	117.4	3.8%
Don't know	21.1	4.1%	11.3	2.3%	20.1	2.9%	20.4	3.5%	9.2	2.6%	4.5	1.7%	5.3	3.5%	91.9	3.0%
Missing	3.2	0.6%	0.6	0.1%	5.1	0.7%	4.7	0.8%	1.8	0.5%	0.6	0.2%	-	-	16.1	0.5%
Total	510.3	100.0%	487.9	100.0%	701.5	100.0%	592.3	100.0%	360.0	100.0%	268.0	100.0%	149.2	100.0%	3 069.3	100.0%

Base: The respondents who had planned to take health promotion action in the six months after the survey.

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

Among those who expected certain extent of barrier when taking the health promotion action in the future, the majority (44.8%) of them indicated no spare time/too busy as the main barrier (42.1% for females and 49.0% for males) and 21.4% cited no persistence (21.2% for females and 21.6% for males) (Table 8.2.1g). Table 8.2.1h showed that among people aged 65-74 and 75 and above, inconvenient in terms of physical conditions/falling sick/feeling tired was the most common barrier cited and accounted for 62.2% and 76.7% respectively, whereas no spare time/too busy was the predominated barrier cited in other age groups.

**Table 8.2.1g: Major type of barriers anticipated when taking health promotion action in the six months after the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
No spare time/too busy	374.3	42.1%	292.6	49.0%	666.8	44.8%
No persistence	188.5	21.2%	129.0	21.6%	317.5	21.4%
Inconvenient in terms of physical conditions/falling sick/feeling tired	152.4	17.1%	69.8	11.7%	222.2	14.9%
Laziness	83.5	9.4%	56.5	9.5%	140.0	9.4%
Do not want to spend money	32.0	3.6%	15.0	2.5%	47.0	3.2%
Others	53.9	6.1%	28.5	4.8%	82.5	5.5%
Unknown/Missing	5.3	0.6%	5.8	1.0%	11.1	0.7%
Total	889.8	100.0%	597.2	100.0%	1 487.0	100.0%

Base: The respondents who had planned to take health promotion action in the six months after the survey and expected to have barriers in doing so.

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

**Table 8.2.1h: Major type of barriers anticipated when taking health promotion action in the six months after 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)	%
No spare time/too busy	128.1	43.9%	174.3	56.9%	203.0	57.4%	102.6	39.5%	51.2	35.4%	6.9	8.7%	0.7	1.3%	666.8	44.8%
No persistence	82.4	28.2%	71.2	23.3%	70.0	19.8%	52.8	20.3%	27.7	19.2%	10.8	13.6%	2.6	5.0%	317.5	21.4%
Inconvenient in terms of physical conditions/falling sick/feeling tired	10.8	3.7%	14.2	4.6%	28.2	8.0%	41.0	15.8%	39.1	27.1%	49.5	62.2%	39.2	76.7%	222.2	14.9%
Laziness	37.9	13.0%	22.7	7.4%	29.3	8.3%	26.1	10.0%	14.3	9.9%	4.4	5.5%	5.4	10.5%	140.0	9.4%
Do not want to spend money	4.5	1.5%	5.9	1.9%	14.5	4.1%	13.7	5.3%	5.6	3.9%	2.0	2.5%	0.7	1.3%	47.0	3.2%
Others	26.6	9.1%	17.1	5.6%	7.4	2.1%	20.7	8.0%	5.9	4.1%	4.6	5.8%	-	-	82.5	5.5%
Unknown/Missing	1.6	0.6%	0.7	0.2%	1.4	0.4%	2.8	1.1%	0.6	0.4%	1.3	1.7%	2.6	5.1%	11.1	0.7%
Total	292.0	100.0%	306.2	100.0%	353.9	100.0%	259.8	100.0%	144.4	100.0%	79.6	100.0%	51.2	100.0%	1 487.0	100.0%

Base: The respondents who had planned to take health promotion action in the six months after the survey and expected to have barriers in doing so.

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

In terms of the extent of benefits expected to gain, among those who had planned to take health promotion action in the next six months, 38.1% expected they would receive both long- and short-term benefit from those health promotion actions that they had done or planned to do. While 53.3% said they would receive long-term benefit only, 4.1% said they would receive short-term benefit only. The difference between males and females towards the extent of benefits expected was small (Table 8.2.1i). The proportion of people who expected to gain both long- and short-term benefit decreased with age, while the proportion who expected to gain long-term benefit only increased with age (Table 8.2.1j).

**Table 8.2.1i: Extent of benefit expected to gain from the health promotion action in the six months after the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1 676.9	95.2%	1 255.0	95.9%	2 931.9	95.5%
<i>Yes, short-term only</i>	76.6	4.3%	49.8	3.8%	126.3	4.1%
<i>Yes, long-term only</i>	942.2	53.5%	693.5	53.0%	1 635.7	53.3%
<i>Yes, both long-term and short term</i>	658.1	37.4%	511.7	39.1%	1 169.8	38.1%
No benefit	3.8	0.2%	2.0	0.2%	5.8	0.2%
Don't know	67.0	3.8%	41.4	3.2%	108.4	3.5%
Missing	13.7	0.8%	9.6	0.7%	23.3	0.8%
Total	1 761.3	100.0%	1 308.0	100.0%	3 069.3	100.0%

Base: The respondents who had planned to take health promotion action in the six months after the survey.

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

**Table 8.2.1j: Extent of benefit expected to gain from the health promotion action in the six months after 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	482.8	94.6%	478.9	98.2%	671.4	95.7%	564.3	95.3%	344.7	95.7%	256.0	95.5%	133.7	89.6%	2 931.9	95.5%
<i>Yes, short-term only</i>	25.7	5.0%	22.7	4.6%	25.3	3.6%	25.4	4.3%	17.4	4.8%	7.9	2.9%	1.9	1.3%	126.3	4.1%
<i>Yes, long-term only</i>	215.6	42.2%	252.4	51.7%	380.7	54.3%	334.6	56.5%	201.2	55.9%	158.7	59.2%	92.5	62.0%	1 635.7	53.3%
<i>Yes, both long-term and short term</i>	241.5	47.3%	203.9	41.8%	265.4	37.8%	204.3	34.5%	126.1	35.0%	89.3	33.3%	39.3	26.4%	1 169.8	38.1%
No benefit	0.7	0.1%	-	-	2.1	0.3%	0.7	0.1%	0.7	0.2%	1.0	0.4%	0.6	0.4%	5.8	0.2%
Don't know	24.7	4.8%	7.1	1.4%	19.2	2.7%	21.3	3.6%	10.9	3.0%	10.4	3.9%	14.9	10.0%	108.4	3.5%
Missing	2.1	0.4%	1.9	0.4%	8.8	1.3%	6.1	1.0%	3.8	1.0%	0.6	0.2%	-	-	23.3	0.8%
Total	510.3	100.0%	487.9	100.0%	701.5	100.0%	592.3	100.0%	360.0	100.0%	268.0	100.0%	149.2	100.0%	3 069.3	100.0%

Base: The respondents who had planned to take health promotion action in the six months after the survey.

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

## 8.2.2 Those Who Had No Planning to Promote Health in the Near Future

For those persons who reported that they had not planned to do anything to promote health or prevent disease in the next six months, they were asked to imagine the extent of difficulties that they would expect to encounter, the major type of perceived barriers and the extent of benefits that they would expect to be gained, had they had planned to take health promotion action in the future.

Among those people who reported that they had no plan to do something to promote health or to prevent disease in the next six months, 47.6% expected no barriers if they were to take health promotion action in the future. Males were more likely than females to expected no barriers (49.4% versus 45.8%) (Table 8.2.2a). The proportion of people expected no barriers decreased with age from over 50% among people 15-24 and 25-34 age groups to 39.3% among people aged 75 and above (Table 8.2.2.b).

**Table 8.2.2a: Extent of barriers anticipated when taking health promotion action in the six months after the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
No barrier	613.3	45.8%	622.1	49.4%	1 235.5	47.6%
Had barriers	559.7	41.8%	461.6	36.7%	1 021.2	39.3%
<i>Some barriers</i>	449.4	33.6%	374.0	29.7%	823.4	31.7%
<i>A lot of barriers</i>	110.2	8.2%	87.6	7.0%	197.8	7.6%
Don't know	158.4	11.8%	168.0	13.3%	326.3	12.6%
Missing	8.0	0.6%	6.7	0.5%	14.6	0.6%
Total	1 339.3	100.0%	1 258.4	100.0%	2 597.7	100.0%

Base: The respondents who had no plan to take health promotion action in the six months after the survey.

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

**Table 8.2.2b: Extent of barriers anticipated when taking health promotion action in the six months after 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)	%
No barrier	194.9	50.9%	225.7	52.1%	277.5	46.8%	251.3	46.0%	127.7	46.3%	109.1	45.2%	49.3	39.3%	1 235.5	47.6%
Had barriers	133.7	34.9%	161.9	37.4%	248.6	41.9%	228.1	41.8%	103.8	37.6%	94.2	39.1%	50.8	40.5%	1 021.2	39.3%
<i>Some barriers</i>	118.9	31.1%	134.8	31.1%	205.5	34.6%	184.0	33.7%	81.9	29.7%	71.3	29.6%	26.9	21.4%	823.4	31.7%
<i>A lot of barriers</i>	14.8	3.9%	27.1	6.3%	43.1	7.3%	44.1	8.1%	21.9	7.9%	22.9	9.5%	23.9	19.1%	197.8	7.6%
Don't know	50.3	13.1%	43.9	10.1%	61.0	10.3%	63.9	11.7%	44.2	16.0%	37.7	15.7%	25.3	20.2%	326.3	12.6%
Missing	3.8	1.0%	1.8	0.4%	6.3	1.1%	2.7	0.5%	-	-	-	-	-	-	14.6	0.6%
Total	382.8	100.0%	433.3	100.0%	593.4	100.0%	546.0	100.0%	275.7	100.0%	241.1	100.0%	125.4	100.0%	2 597.7	100.0%

Base: The respondents who had no plan to take health promotion action in the six months after the survey.

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

Among those who expected certain extent of barrier had they had planned to take the health promotion action in the future, no spare time/too busy (51.8%) was the main barrier identified, followed by inconvenient in terms of physical conditions/falling sick/feeling tired (15.0%) (Table 8.2.2c). While people aged 64 and below were more likely to name no spare time/too busy as the main anticipated barrier, people aged 65 and above were more likely to cite inconvenient in terms of physical conditions/falling sick/feeling tired (36.6%-73.5%) (Table 8.2.2d).

**Table 8.2.2c: Major type of barriers anticipated when taking health promotion action in the six months after the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
No spare time/too busy	278.4	49.7%	250.2	54.2%	528.6	51.8%
Inconvenient in terms of physical conditions/falling sick/feeling tired	87.2	15.6%	66.4	14.4%	153.6	15.0%
No persistence	71.8	12.8%	55.5	12.0%	127.2	12.5%
Laziness	60.7	10.8%	44.1	9.5%	104.8	10.3%
Do not want to spend money	22.3	4.0%	14.7	3.2%	37.0	3.6%
No companion	18.6	3.3%	10.5	2.3%	29.2	2.9%
Others	15.7	2.8%	19.0	4.1%	34.7	3.4%
Unknown/Missing	4.9	0.9%	1.2	0.3%	6.1	0.6%
Total	559.7	100.0%	461.6	100.0%	1 021.2	100.0%

Base: The respondents who had no plan to take health promotion action in the six months after the survey and expected to have barriers in doing so.

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

**Table 8.2.2d: Major type of barriers anticipated when taking health promotion action in the six months after 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)	%
No spare time/too busy	75.0	56.1%	109.0	67.3%	147.0	59.1%	133.1	58.4%	43.0	41.4%	18.9	20.0%	2.6	5.2%	528.6	51.8%
Inconvenient in terms of physical conditions/falling sick/feeling tired	2.9	2.1%	7.3	4.5%	22.7	9.1%	25.9	11.3%	23.0	22.2%	34.5	36.6%	37.4	73.5%	153.6	15.0%
No persistence	23.5	17.6%	30.4	18.8%	31.7	12.7%	25.1	11.0%	8.4	8.1%	8.2	8.7%	-	-	127.2	12.5%
Laziness	18.3	13.7%	8.7	5.4%	25.2	10.2%	20.7	9.1%	12.7	12.2%	16.8	17.8%	2.4	4.7%	104.8	10.3%
Do not want to spend money	3.5	2.6%	0.9	0.5%	7.2	2.9%	4.7	2.0%	8.2	7.9%	11.3	12.0%	1.3	2.5%	37.0	3.6%
No companion	7.6	5.7%	0.6	0.4%	6.1	2.5%	6.2	2.7%	3.2	3.1%	0.7	0.7%	4.8	9.5%	29.2	2.9%
Others	2.3	1.7%	3.3	2.0%	7.5	3.0%	10.8	4.7%	4.6	4.4%	3.9	4.2%	2.3	4.5%	34.7	3.4%
Unknown/Missing	0.7	0.5%	1.8	1.1%	1.2	0.5%	1.7	0.7%	0.8	0.7%	-	-	-	-	6.1	0.6%
Total	133.7	100.0%	161.9	100.0%	248.6	100.0%	228.1	100.0%	103.8	100.0%	94.2	100.0%	50.8	100.0%	1 021.2	100.0%

Base: The respondents who had no plan to take health promote action in the six months after the survey and expected to have barriers in doing so.

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

In terms of the extent of benefits expected to gain, among those who had not planned to do anything to promote health or to prevent disease in the next six months, 26.3% expected they would receive both long- and short-term benefit had they planned to take health promotion action. While 54.0% believed they would receive long-term benefit only, 6.0% said they would receive short-term benefit only. The difference between males and females towards the extent of benefits expected was small (Table 8.2.2e). No obvious trend on extent of benefits expected could be observed for age (Table 8.2.2f).

**Table 8.2.2e: Extent of benefit expected to gain from the health promotion action in the six months after the survey by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1 151.4	86.0%	1 089.1	86.5%	2 240.5	86.2%
<i>Yes, short-term only</i>	85.9	6.4%	70.1	5.6%	156.0	6.0%
<i>Yes, long-term only</i>	716.6	53.5%	685.2	54.5%	1 401.9	54.0%
<i>Yes, both long-term and short term</i>	348.9	26.0%	333.8	26.5%	682.6	26.3%
No benefit	21.4	1.6%	28.1	2.2%	49.5	1.9%
Don't know	140.0	10.5%	123.4	9.8%	263.4	10.1%
Missing	26.6	2.0%	17.7	1.4%	44.3	1.7%
Total	1 339.3	100.0%	1 258.4	100.0%	2 597.7	100.0%

Base: The respondents who had no plan to take health promotion action in the six months after the survey.

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

**Table 8.2.2f: Extent of benefit expected to gain from the health promotion action in the six months after 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	334.9	87.5%	390.7	90.2%	530.6	89.4%	476.2	87.2%	226.8	82.3%	193.7	80.4%	87.6	69.8%	2 240.5	86.2%
<i>Yes, short-term only</i>	34.3	9.0%	27.9	6.4%	25.6	4.3%	29.7	5.4%	14.8	5.4%	18.5	7.7%	5.2	4.1%	156.0	6.0%
<i>Yes, long-term only</i>	178.8	46.7%	223.8	51.6%	342.6	57.7%	308.8	56.6%	152.4	55.3%	144.5	59.9%	51.0	40.6%	1 401.9	54.0%
<i>Yes, both long-term and short term</i>	121.9	31.8%	139.1	32.1%	162.4	27.4%	137.6	25.2%	59.6	21.6%	30.6	12.7%	31.5	25.1%	682.6	26.3%
No benefit	6.3	1.6%	3.9	0.9%	2.3	0.4%	12.1	2.2%	11.8	4.3%	6.3	2.6%	6.8	5.4%	49.5	1.9%
Don't know	34.7	9.1%	29.4	6.8%	47.2	8.0%	52.6	9.6%	33.0	12.0%	38.3	15.9%	28.2	22.5%	263.4	10.1%
Missing	6.9	1.8%	9.3	2.1%	13.4	2.3%	5.1	0.9%	4.1	1.5%	2.7	1.1%	2.8	2.2%	44.3	1.7%
Total	382.8	100.0%	433.3	100.0%	593.4	100.0%	546.0	100.0%	275.7	100.0%	241.1	100.0%	125.4	100.0%	2 597.7	100.0%

Base: The respondents who had no plan to take health promotion action in the six months after the survey.

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

### 8.3 Distribution of Stages Of Change on Health Promoting Behaviours

In the PHS, respondents' stages of change were derived from their responses to the questions on whether they had done anything to improve their health or to prevent diseases in the 12 months preceding the survey and their intentions to do anything to improve their health or to prevent diseases in the next one month or six months after the survey. Table 8.3 illustrates the definitions for each stage used in this report, which is suggested by the Department of Community Medicine, the University of Hong Kong.

<b>Table 8.3: Definitions of stages of change for general health promotion action</b>	
<b>Stage of change</b>	<b>Definition(s)</b>
<i>Precontemplation:</i>	No action in past 12 months; not planning to do anything in coming six months.
<i>Contemplation:</i>	No action in past 12 months; planning to do something in coming six months but not in coming one month; <sup>a</sup> Distant action in past 12 months; planning to do something in coming six months but not in coming one month; <sup>b</sup> Recent action in past 12 months; planning to do something in coming six months but not in coming one month; Both distant and recent actions in past 12 months; planning to do something in coming six months but not in coming one month.
<i>Preparation:</i>	No action in past 12 months; planning to do something in coming one month; Distant action in past 12 months; planning to do something in coming one month.
<i>Action:</i>	Recent action in past 12 months; planning to do something in coming one month; Both distant and recent actions in past 12 months; have done so for less than six months; planning to do something in coming one month.
<i>Maintenance:</i>	Both distant and recent actions in past 12 months; have done so for at least six months; planning to do something in coming one month
<i>Relapse:</i>	Distant action in past 12 months; not planning to do anything in coming six months; Recent action in past 12 months; not planning to do anything in coming six months; Both distant and recent actions in past 12 months; not planning to do anything in coming six months.
Notes:	<sup>a</sup> Distant action refer to any health promotion actions in the past 12 months, not including the past one month. <sup>b</sup> Recent action refer to any health promotion actions in the past one month.

Overall, 26.7% were in the precontemplation stage, 2.0% were contemplators and 8.2% were in the preparation stage. Of 62.7% of people who had been taking action, 5.3% had done so for less than six months (action stage) and 38.5% had done so for six months or more (maintenance) while 19.0% were in the relapse stage. A slightly higher proportion of females (64.4%) than males (60.8%) had been taking action to promote their health or to prevent diseases (Table 8.3a). Across all age groups, the proportion of people who were more likely to be in action or maintenance was highest among those aged 75 and above (48.9%) (Table 8.3b).

**Table 8.3a: Stages of Change on health promotion behaviours by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Precontemplation	754.3	24.3%	764.6	29.7%	1 519.0	26.7%
Contemplation	69.5	2.2%	43.0	1.7%	112.5	2.0%
Preparation	272.0	8.7%	195.0	7.6%	467.0	8.2%
Action	191.7	6.2%	109.8	4.3%	301.5	5.3%
Maintenance	1 225.1	39.4%	960.4	37.3%	2 185.6	38.5%
Relapse	585.0	18.8%	493.7	19.2%	1 078.7	19.0%
Unknown/Missing	12.2	0.4%	7.4	0.3%	19.6	0.3%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

**Table 8.3b: Stages of Change on health promotion behaviours 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)	%
Precontemplation	176.4	19.7%	268.4	29.1%	358.3	27.5%	348.3	30.6%	153.0	24.1%	138.4	27.1%	76.0	27.4%	1 519.0	26.7%
Contemplation	21.0	2.3%	18.1	2.0%	29.9	2.3%	22.0	1.9%	11.0	1.7%	7.3	1.4%	3.2	1.1%	112.5	2.0%
Preparation	70.2	7.8%	65.9	7.2%	134.0	10.3%	113.1	9.9%	45.5	7.2%	27.7	5.4%	10.5	3.8%	467.0	8.2%
Action	59.5	6.6%	58.1	6.3%	73.4	5.6%	67.2	5.9%	33.6	5.3%	6.4	1.3%	3.3	1.2%	301.5	5.3%
Maintenance	358.7	40.0%	345.9	37.5%	465.0	35.7%	388.0	34.1%	269.3	42.4%	226.6	44.3%	132.2	47.7%	2 185.6	38.5%
Relapse	206.3	23.0%	164.9	17.9%	235.1	18.1%	197.7	17.4%	122.7	19.3%	102.6	20.1%	49.4	17.8%	1 078.7	19.0%
Unknown/Missing	5.7	0.6%	-	-	5.4	0.4%	2.7	0.2%	0.7	0.1%	2.4	0.5%	2.7	1.0%	19.6	0.3%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

## Reference

1. Prochaska JO. Transtheoretical Model. Available from URL:<http://www.uri.edu/research/cprc/transtheoretical.htm>
2. Nutbeam D and Harris E. Theory in a nut shell: A practitioner's guide to commonly used theories and models in health promotion. NSW: National Centre for Health Promotion, University of Sydney, 1998.