



邁向 **TOWARDS**
2025

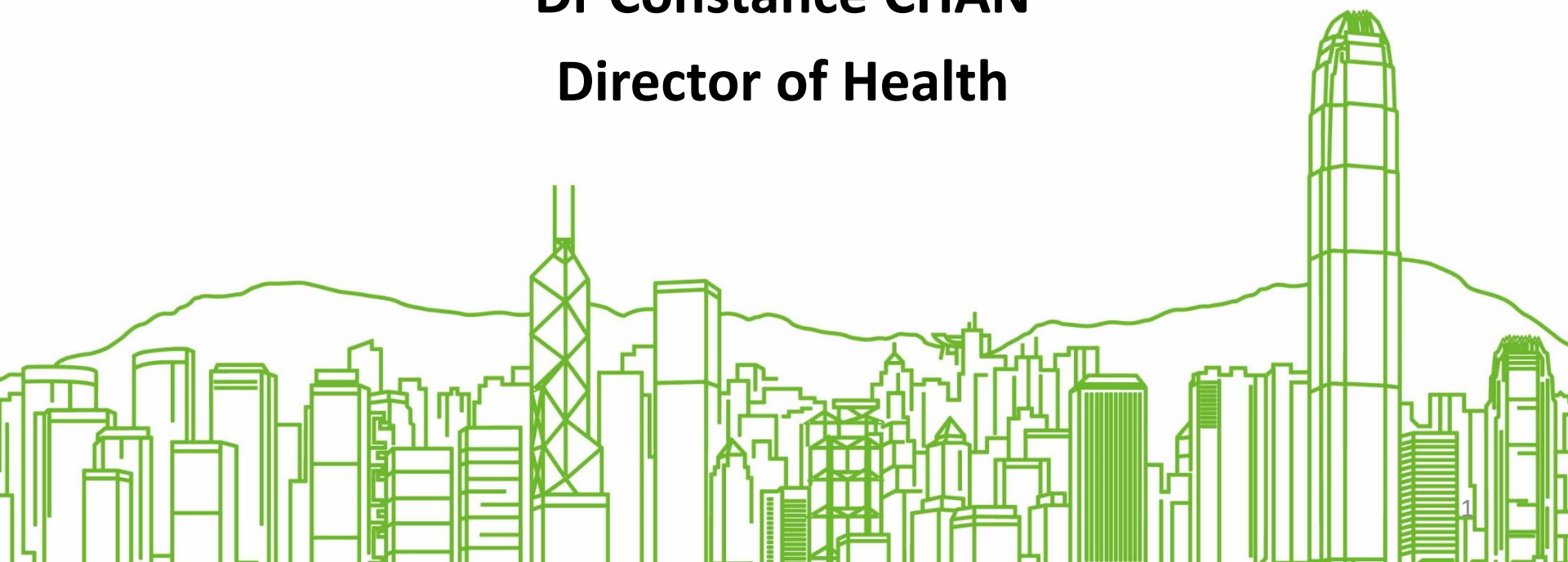
香港非傳染病防控策略及行動
Strategy and Action Plan to
Prevent and Control NCD in Hong Kong



衛生署
Department of Health

Strategy for Non-communicable Disease Prevention and Control

Dr Constance CHAN
Director of Health



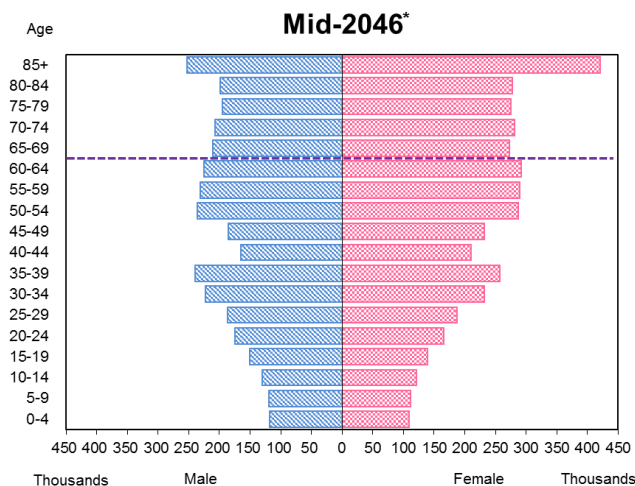
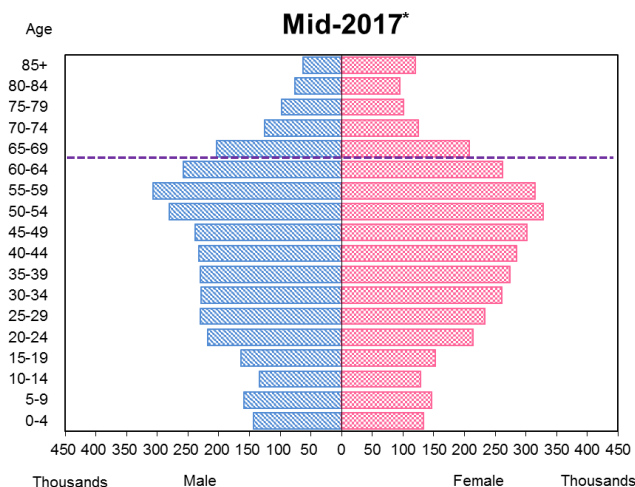
Hong Kong Population Figures

• 2017 Population*

- **Male : 3.39 M (48%)**
- **Female : 3.68 M (52%)**
- **Total : 7.07 M (100%)**

• Population aged ≥65*

Age Group	Population Percentage*					
	2017	2021	2026	2031	2036	2046
0-14	12%	13%	12%	11%	10%	9%
15-64	71%	67%	64%	60%	59%	57%
≥ 65	17%	20%	25%	29%	31%	34%

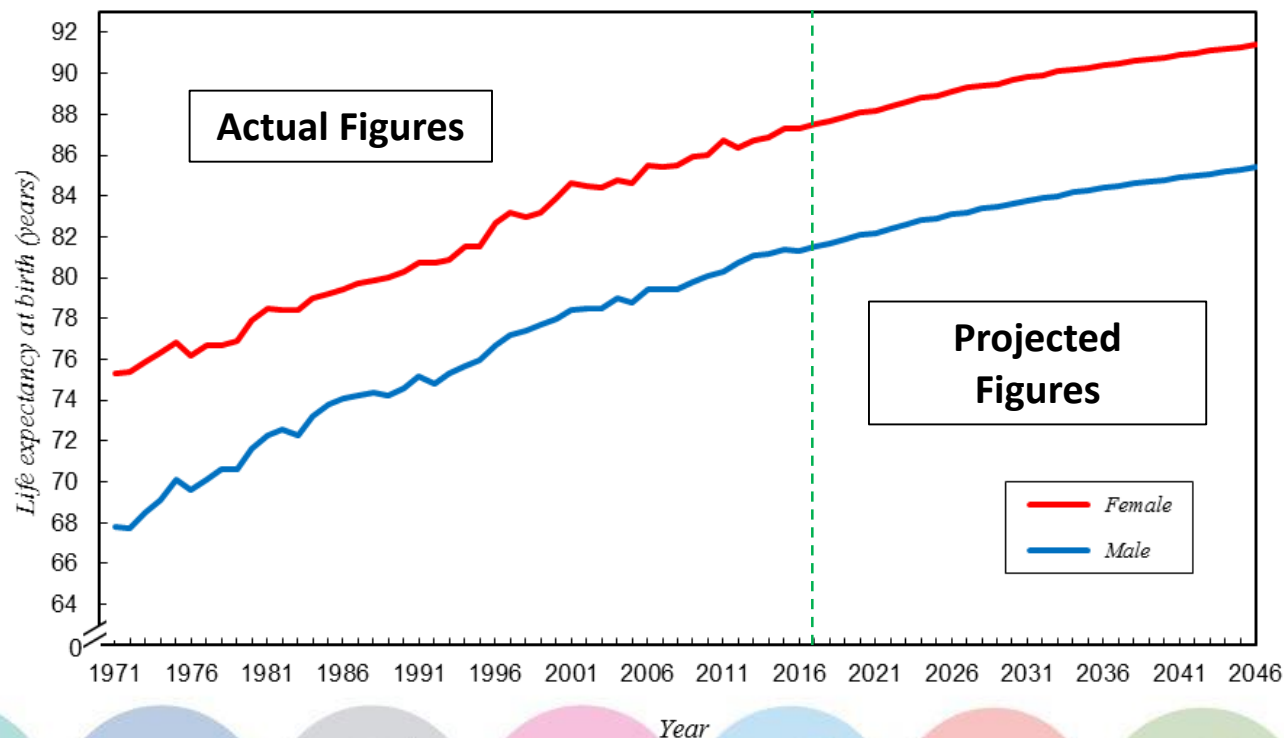


Notes : * Mid-year population excluding foreign domestic helpers. Percentages may not add up to total due to rounding.
Source : Census and Statistics Department

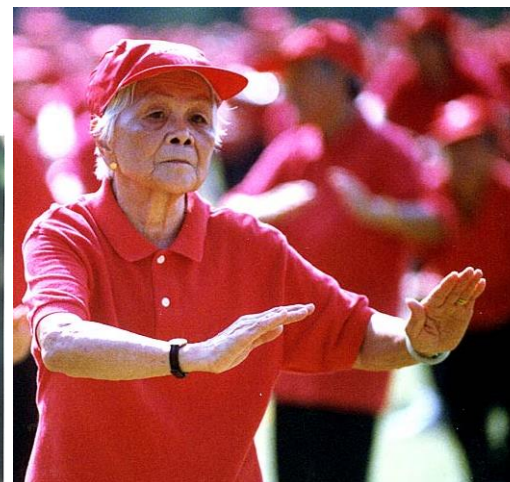
Ageing Population

- The life expectancies at birth for male and female have been steadily increasing.

Year	Male	Female
2017	81.7 [#]	87.7 [#]
2021	82.2	88.2
2026	83.1	89.1
2031	83.8	89.8
2036	84.4	90.4
2046	85.4	91.4

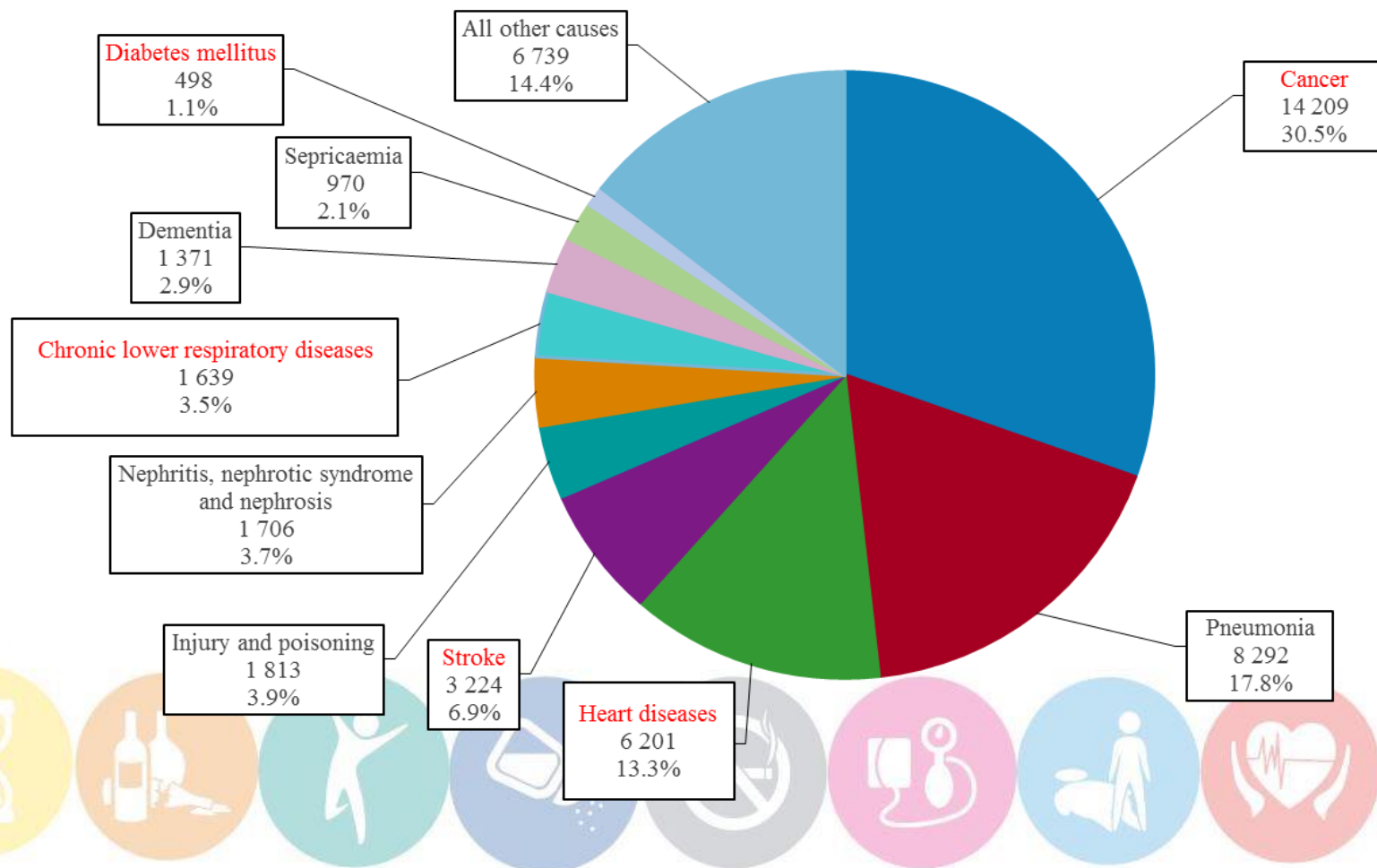


Ageing Poor Health



Number of Registered Deaths and Proportionate Mortality by Leading Causes of Death 2016

There were 46 662 registered deaths in 2016. Cancer, heart diseases, stroke, chronic lower respiratory diseases and diabetes accounted for about 55% of these deaths.



Unhealthy Lifestyles



Excessive salt intake:
86%



Alcohol intake (in the past 12 months): **61%**



Inadequate levels of physical activity

- Adults: **13%**
- School students (primary and secondary) : **93%**



Inadequate intake of fruit and vegetables:
94%



Daily cigarette smoking:
10%



Chronic Diseases



Overweight and obesity

- Adults: **50%**
- Primary and secondary school students: **17.6%** and **19.9%** respectively



Diabetes: **8%**



Hypertension: **27%**



High blood cholesterol: **49%**



Cost of inaction

Under a 'business as usual' scenario, cumulative economic losses to LMICs from the four main NCDs are estimated to surpass US\$ 7 trillion between 2011-2025, equivalent to approximately 4 percent of their annual output in 2010.



Cost of scaling-up NCD prevention

The most cost-effective NCD interventions for population and individuals cost US\$ 11.4 billion per year for all LMICs (annual investment ranging from under US\$ 1 per person in low-income countries to US\$ 3 per person in upper middle income countries).

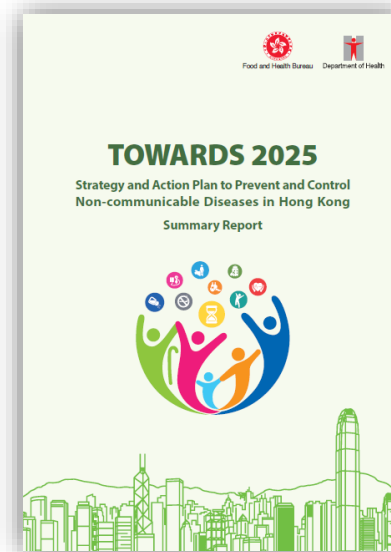
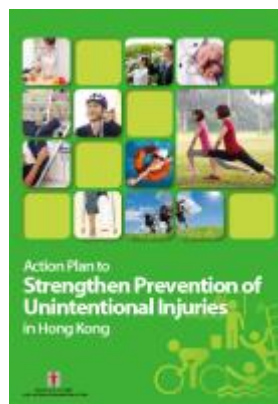
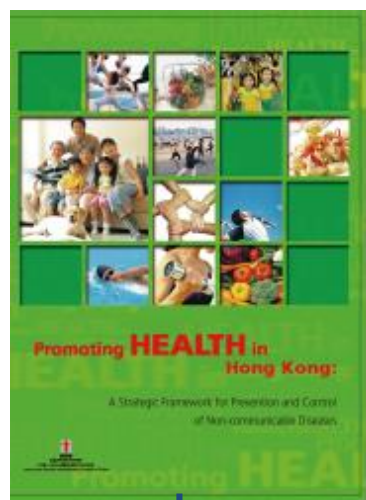


Returns on scaling up prevention and treatment are massive

- In economic terms, the returns will be many billions of dollars of additional output. For example, reducing death rates from ischaemic heart disease and stroke by 10% would reduce economic losses in LMICs by an estimated US\$ 25 billion per year, which is three times greater than the investment needed for the measures to achieve these benefits
- In health terms, the returns on investment would be many millions of avoided premature deaths



NCD Prevention Timescale in Hong Kong



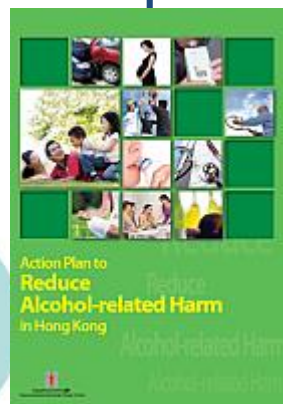
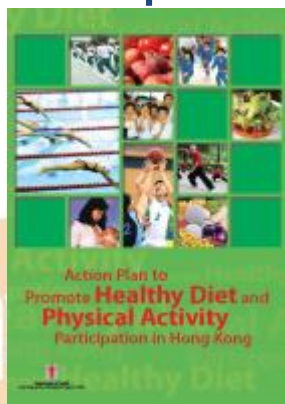
2008

2010

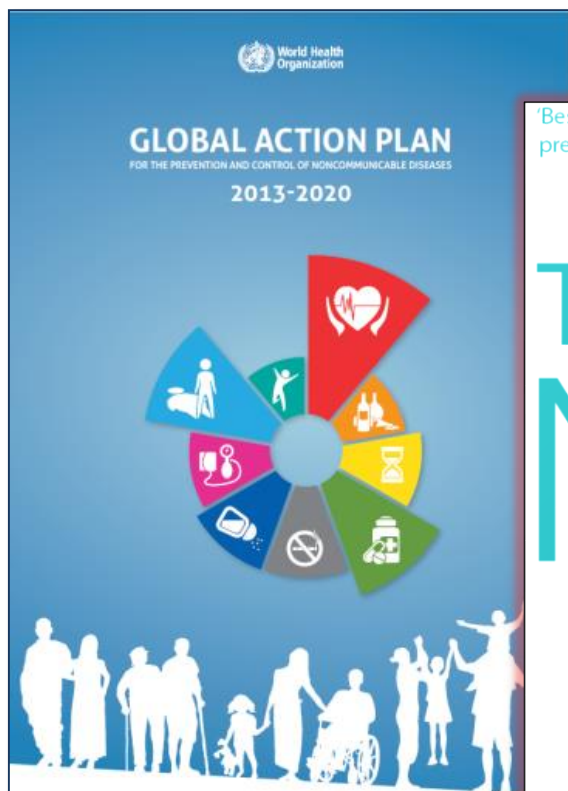
2011

2015

2018

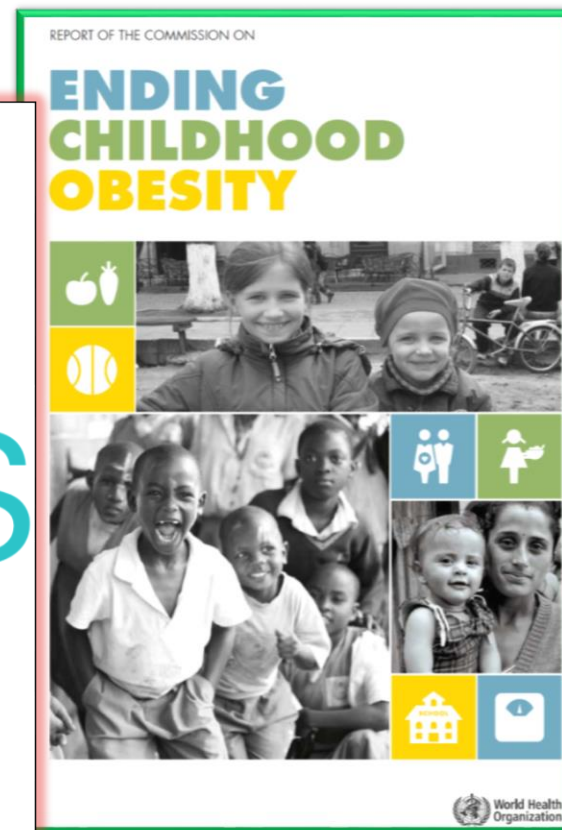


References



'Best buys' and other recommended interventions for the prevention and control of noncommunicable diseases

TACKLING NCDs





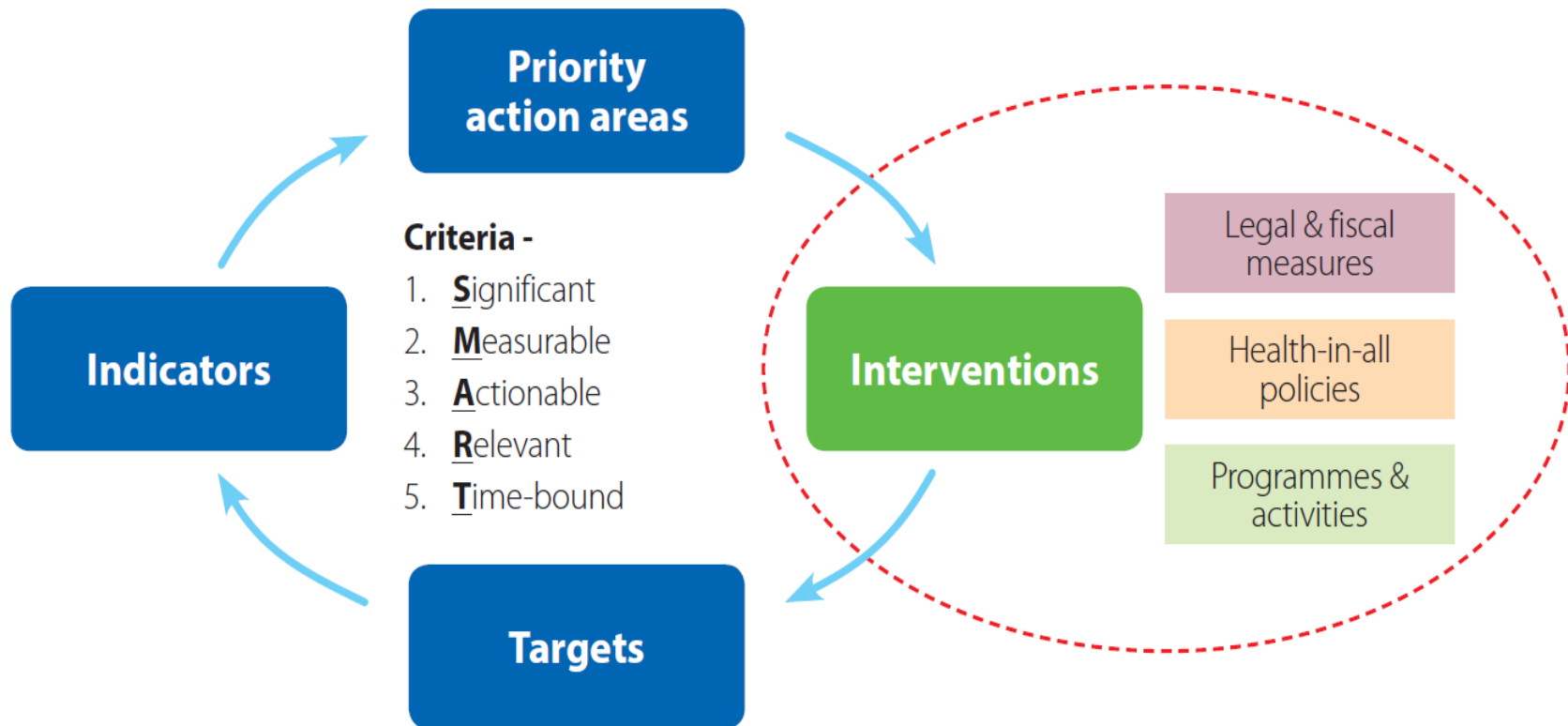
TOWARDS
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Department of Health

Accountability Framework



Overarching Principles

- **Upstream approach**
- **Life-course approach**
- **Focus on equity**
- **Multi-sectoral actions**
- **Health system strengthening**
- **Universal health coverage**
- **Evidence-based strategies**
- **Empowerment of people and communities**



Objectives



Targets



Target 1

Reduce premature mortality from NCD



Target 2

Reduce harmful use of alcohol



Target 3

Reduce physical inactivity



Target 4

Reduce salt intake



Target 5

Reduce tobacco use



Target 6

Contain the prevalence of raised blood pressure



Target 7

Halt the rise in diabetes and obesity



Target 8

Prevent heart attacks and strokes through drug therapy and counselling



Target 9

Improve availability of affordable basic technologies and essential medicines to treat NCD

Target 2 – 10% reduction in binge drinking and harmful use of alcohol

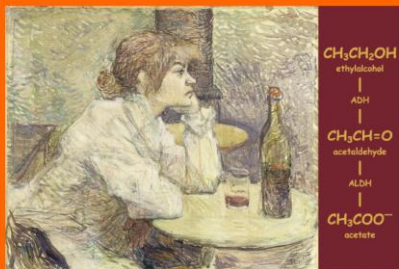
WORLD HEALTH ORGANIZATION
INTERNATIONAL AGENCY FOR RESEARCH ON CANCER



*IARC Monographs on the Evaluation of
Carcinogenic Risks to Humans*

VOLUME 96

Alcohol Consumption and
Ethyl Carbamate



LYON, FRANCE
2010



Target 3 – 10% reduction in physical inactivity

WHO's recommendations

- Adults should engage in at least 150 minutes of moderate intensity physical activity per week
- Children (aged 5+) and adolescents (up to 18) are recommended to have at least 60 minutes of moderate-to-vigorous-intensity physical activity every day



Target 3 – 10% reduction in physical inactivity

LOW CARBON TRANSPORTATION



Rail as low carbon public transport backbone



Control private car growth



Promote walking and cycling

Revitalization of Tsui Ping River

Under the concept of "Walkable Kowloon East", Tsui Ping River will be transformed into a Green River Corridor in the community.



Kwun Tong Promenade



Kwun Tong Recreation Ground & Swimming Pool



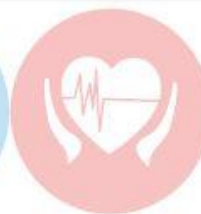
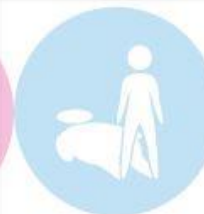
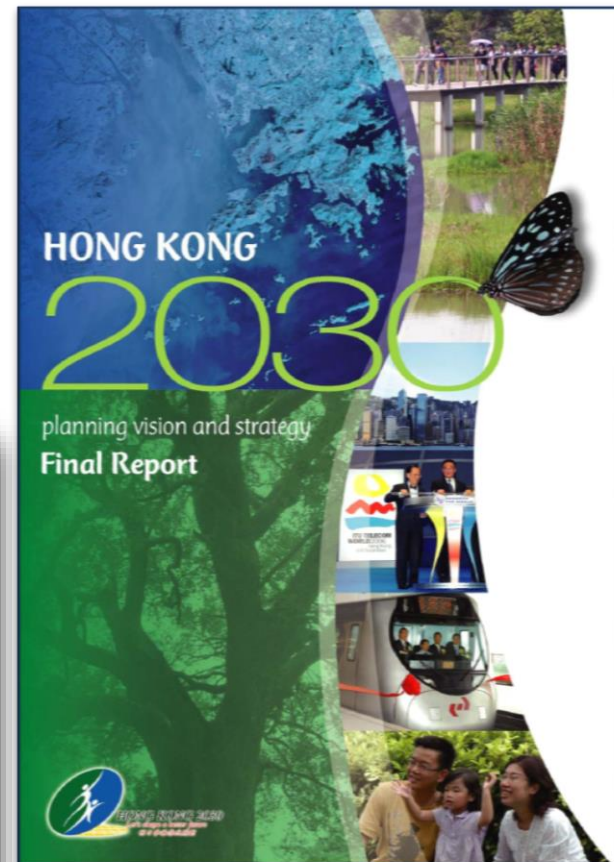
Tsui Ping River Garden



Kwun Tong Action Area



Laguna Park



Target 4 – 30% reduction in salt intake

降低食物中鈉含量的 業界指引

Trade Guidelines for
Reducing Sodium in Foods



WHO's recommendations

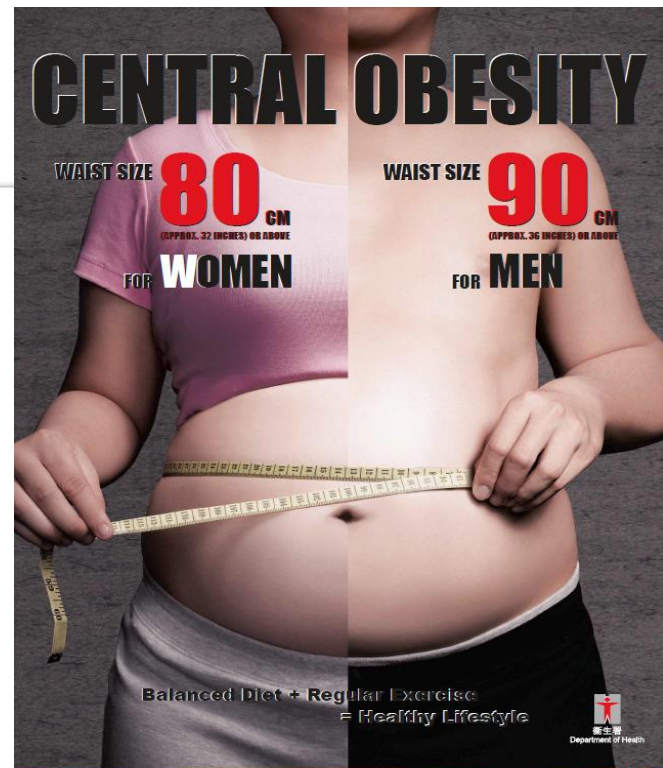
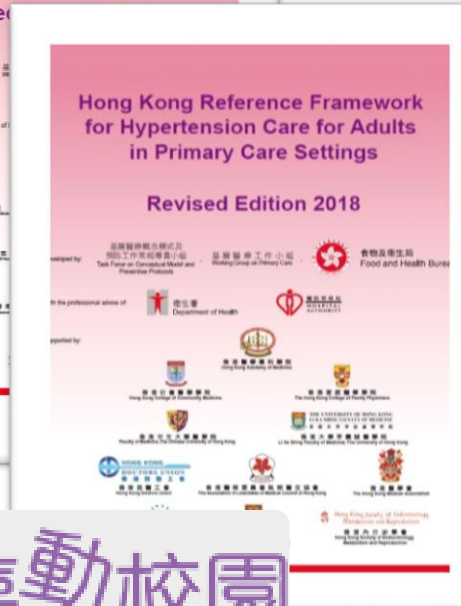
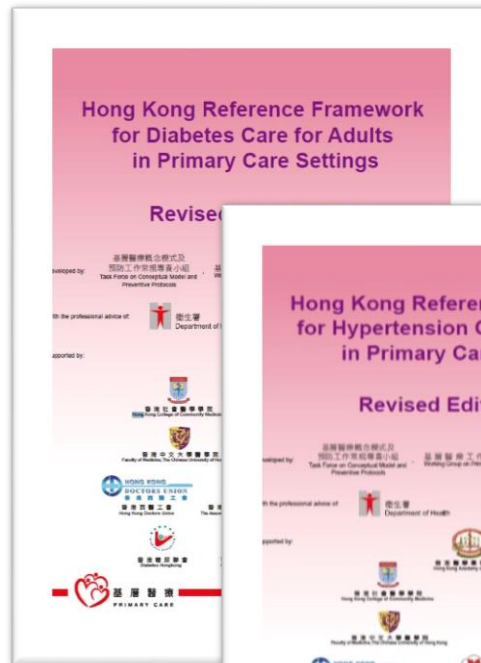
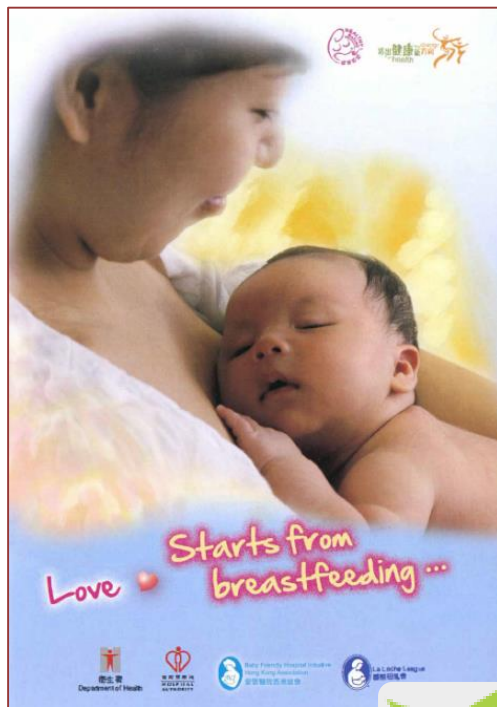
- Adults should consume less than 5 grams of salt (or 2,000 mg of sodium) per day.



Target 5 – 30% reduction in tobacco use

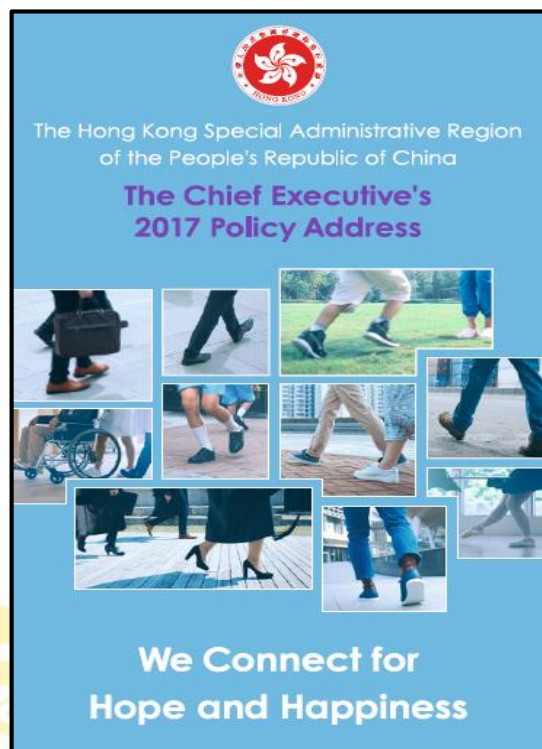


Targets 6 & 7 – To contain the prevalence of raised BP and halt the rise in DM and Obesity



www.cheu.gov.hk

Targets 8 & 9 – to prevent heart attacks and stroke and improve availability of affordable basic technologies and essential medicines



 **news.gov.hk**
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Health & Community

Primary healthcare committee set up

November 29, 2017

The Government announced the establishment of the Steering Committee on Primary Healthcare Development today.

It will work on a blueprint for the sustainable development of primary healthcare services.

Secretary for Food & Health Prof Sophia Chan said the committee will formulate models to provide services via district-based medical-social collaboration.

"We aim to encourage the public to take precautionary measures against diseases, enhance their capability in self care and home care, and reduce the demand for hospitalisation," she said.

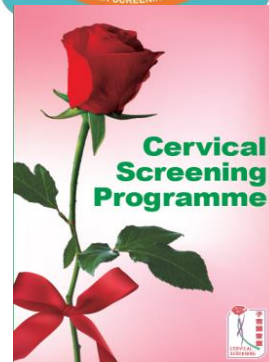
The committee will be supported by the Working Group on District Health Centre Pilot Project in Kwai Tsing District to move forward with establishing a pilot district health centre in Kwai Tsing.

Overall Target – 25% reduction in risk of premature mortality



Reduce biomedical risk factors

Reduce Premature Mortality



- Overweight and obesity
- Raised blood pressure
- Hyperglycaemia
- Hyperlipidaemia

- Cardiovascular diseases
- Cancers
- Diabetes
- Chronic respiratory diseases

關愛基金
子宮頸癌疫苗注射先導計劃
Community Care Fund
Cervical Cancer Vaccination Pilot Scheme
為合資格低收入家庭青少年女性提供子宮頸癌疫苗注射
Cervical cancer vaccination for teenage girls from eligible low-income families



Local NCD Targets and Indicators for NCD Monitoring

- To monitor progress, the SAP adopted a set of 34 indicators comprising
 - 25 key indicators and
 - 9 supplementary indicators with local relevance



Making it Happen

- Collaborative efforts of all stakeholders
- Large scale, systematic and outcome-based health communication campaigns
- Raise public awareness of lifestyle factors, their relevance to biomedical states and NCD risk
- Help people make changes for better health.



Thank you

