Chapter 3
Physical Health Status

The PHS collected information on a range of acute and chronic health conditions, including common cold, joint pain, high blood cholesterol, hypertension, diabetes mellitus, fitness of vision and hearing of the population of Hong Kong. This Chapter presents the estimated prevalences of a number of selected and important physical health conditions reported by respondents as having been diagnosed by doctors or health professionals, while findings of certain chronic conditions that were identified by the physical and biochemical measurements in this survey are reported in Chapter 9.

Snapshot of Population's Physical Health Status

Indicator	Female	Male	Overall
Prevalence of five most frequently reported acute health conditions in the 30 days preceding the survey			
• Common cold / Influenza	25.1%	22.6%	23.9%
• Joint pain / Swollen joints	25.1%	18.8%	22.1%
• Low back pain	25.4%	17.1%	21.5%
• Persistent cough	11.0%	11.2%	11.1%
• Neck pain	11.8%	7.5%	9.8%
Prevalence of self-reported doctor-diagnosed major chronic health conditions			
• Hypertension	17.9%	17.6%	17.8%
• High blood cholesterol	14.0%	14.8%	14.4%
• Diabetes mellitus	5.6%	5.4%	5.5%
• Coronary heart disease	1.6%	2.6%	2.1%
• Asthma	1.6%	2.0%	1.8%
• Cancer	1.7%	1.3%	1.5%
• Stroke	1.1%	1.7%	1.4%
• Chronic obstructive pulmonary disease	0.4%	0.6%	0.5%
Prevalence of self-reported doctor-diagnosed eye diseases (excluding refractive errors)	10.4%	6.8%	8.7%
Prevalence of self-reported doctor- or audiologist-diagnosed hearing impairment / hearing loss	2.1%	2.2%	2.2%

3.1 Acute Conditions

In the PHS, respondents were asked whether they had 24 selected acute health conditions such as common cold / influenza, persistent cough and asthmatic attack in the 30 days preceding the survey. Overall, 57.0% of people aged 15 or above reported that they had acute health problems during the 30 days preceding the survey. Females (61.4%) were more likely to have such problems than males (52.1%). Common cold / influenza (23.9%), joint pain / swollen joints (22.1%), low back pain (21.5%), persistent cough (11.1%) and neck pain (9.8%) were the five most frequently reported acute health problems encountered by the Hong Kong population during the 30 days preceding the survey. Females were more likely than their male counterparts to have acute health problems, except persistent cough, trouble with teeth or mouth, chest pain and asthmatic attack (Table 3.1a).

Some acute conditions were more common in older age groups or exhibited an increasing trend with age. For example, the proportion of people reported having joint pain / swollen joints increased from 3.5% for those aged 15-24 to 57.7% for those aged 85 or above, low back pain from 5.1% for those aged 15-24 to 52.4% for those aged 85 or above, and numbness or weakness in limbs from 0.5% for those aged 15-24 to 24.9% for those aged 85 or above (Table 3.1b).

Of the people aged 15 or above who had acute health problem during the 30 days preceding the survey, 42.4% visited medical practitioners because of the acute health problem and 46.3% received treatment. Among people working full-time / part-time or being students during the seven days preceding the survey and had acute health problem during the 30 days preceding the survey, 18.0% took sick leave because of the acute health problem (Table 3.1c and Table 3.1d).

Table 3.1a: Presence of an acute health condition in the 30 days preceding the survey by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Common cold / influenza	798.5	25.1%	653.1	22.6%	1 451.6	23.9%
Joint pain / swollen joints	798.5	25.1%	544.0	18.8%	1 342.5	22.1%
Low back pain	808.6	25.4%	496.1	17.1%	1 304.6	21.5%
Persistent cough	350.8	11.0%	324.9	11.2%	675.7	11.1%
Neck pain	376.6	11.8%	216.4	7.5%	593.0	9.8%
Menstrual pain *	241.4	9.2%	-	-	241.4	9.2%
Abdominal pain	234.1	7.4%	169.9	5.9%	404.1	6.6%
Trouble with allergies	197.0	6.2%	127.5	4.4%	324.6	5.3%
Frequent headache	225.6	7.1%	93.5	3.2%	319.1	5.2%
Stomach ache	194.0	6.1%	106.3	3.7%	300.3	4.9%
Diarrhea	158.1	5.0%	135.2	4.7%	293.3	4.8%
Dizziness	192.0	6.0%	82.2	2.8%	274.2	4.5%
Numbness or weakness in limbs	134.9	4.2%	77.6	2.7%	212.5	3.5%
Trouble with teeth or mouth	106.1	3.3%	97.2	3.4%	203.3	3.3%
Trouble with eyes	126.9	4.0%	57.3	2.0%	184.3	3.0%
Constipation	123.3	3.9%	60.2	2.1%	183.4	3.0%
Cramps	103.9	3.3%	71.2	2.5%	175.1	2.9%
Shortness of breath	48.2	1.5%	41.5	1.4%	89.7	1.5%
Trouble with ears	53.0	1.7%	33.5	1.2%	86.5	1.4%
Chest pain	42.7	1.3%	39.9	1.4%	82.5	1.4%
Rapid / irregular heartbeat	45.2	1.4%	31.6	1.1%	76.8	1.3%
Nausea / vomiting	48.6	1.5%	21.8	0.8%	70.4	1.2%
Asthmatic attack	4.8	0.2%	10.2	0.4%	15.0	0.2%
Fainting or loss of consciousness	5.4	0.2%	3.1	0.1%	8.4	0.1%

Bases: For all items except menstrual pain - All respondents.
* For menstrual pain - Female respondents aged 15-64. Female aged 65 or above who reported menstrual pain in the survey were excluded due to physiological incongruity.

Notes: Ranked in descending order of prevalence of acute health conditions.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.1b: Presence of an acute health condition in the 30 days preceding the survey by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Common cold / influenza	205.9	25.7%	250.3	26.0%	238.1	23.3%	282.9	23.9%	239.1	22.4%	127.3	22.6%	84.5	24.0%	23.6	18.0%	1 451.6	23.9%
Joint pain / swollen joints	28.2	3.5%	73.6	7.7%	138.4	13.6%	286.0	24.2%	344.1	32.3%	224.0	39.7%	172.8	49.0%	75.5	57.7%	1 342.5	22.1%
Low back pain	40.6	5.1%	126.0	13.1%	189.7	18.6%	291.8	24.7%	275.0	25.8%	171.7	30.4%	141.2	40.0%	68.6	52.4%	1 304.6	21.5%
Persistent cough	69.3	8.6%	94.3	9.8%	110.5	10.8%	129.5	10.9%	125.3	11.8%	79.8	14.2%	48.5	13.8%	18.5	14.1%	675.7	11.1%
Neck pain	23.0	2.9%	63.5	6.6%	94.4	9.2%	138.9	11.7%	121.4	11.4%	71.3	12.6%	53.4	15.2%	27.0	20.6%	593.0	9.8%
Menstrual pain*	61.7	15.7%	86.4	17.1%	53.1	9.5%	37.1	5.8%	3.1	0.6%	-	-	-	-	-	-	241.4	9.2%
Abdominal pain	76.2	9.5%	74.8	7.8%	80.4	7.9%	68.8	5.8%	49.3	4.6%	26.6	4.7%	20.2	5.7%	7.8	6.0%	404.1	6.6%
Trouble with allergies	53.7	6.7%	58.8	6.1%	47.3	4.6%	67.6	5.7%	41.2	3.9%	34.8	6.2%	15.6	4.4%	5.5	4.2%	324.6	5.3%
Frequent headache	35.9	4.5%	43.1	4.5%	59.9	5.9%	75.2	6.4%	47.2	4.4%	32.3	5.7%	20.5	5.8%	5.0	3.8%	319.1	5.2%
Stomach ache	37.3	4.7%	51.0	5.3%	50.4	4.9%	63.4	5.4%	43.3	4.1%	31.3	5.5%	18.2	5.2%	5.4	4.1%	300.3	4.9%
Diarrhea	50.3	6.3%	65.7	6.8%	53.2	5.2%	49.8	4.2%	40.7	3.8%	13.8	2.4%	13.6	3.8%	6.1	4.7%	293.3	4.8%
Dizziness	31.9	4.0%	35.5	3.7%	37.8	3.7%	53.8	4.5%	44.0	4.1%	33.2	5.9%	29.1	8.3%	8.9	6.8%	274.2	4.5%
Numbness or weakness in limbs	3.7	0.5%	8.4	0.9%	17.2	1.7%	25.2	2.1%	38.6	3.6%	42.6	7.6%	44.2	12.5%	32.6	24.9%	212.5	3.5%
Trouble with teeth or mouth	13.5	1.7%	16.5	1.7%	27.8	2.7%	42.2	3.6%	39.4	3.7%	36.9	6.5%	19.4	5.5%	7.5	5.8%	203.3	3.3%
Trouble with eyes	8.5	1.1%	12.1	1.3%	17.4	1.7%	29.1	2.5%	35.9	3.4%	37.3	6.6%	26.1	7.4%	17.8	13.6%	184.3	3.0%
Constipation	16.8	2.1%	15.7	1.6%	25.6	2.5%	24.7	2.1%	33.0	3.1%	23.9	4.2%	28.0	7.9%	15.6	12.0%	183.4	3.0%
Cramps	9.1	1.1%	14.3	1.5%	18.2	1.8%	25.9	2.2%	37.9	3.6%	28.9	5.1%	27.5	7.8%	13.4	10.2%	175.1	2.9%
Shortness of breath	2.9	0.4%	7.4	0.8%	10.2	1.0%	13.0	1.1%	19.3	1.8%	19.3	3.4%	13.6	3.8%	4.1	3.1%	89.7	1.5%
Trouble with ears	2.2	0.3%	3.1	0.3%	5.9	0.6%	13.1	1.1%	14.9	1.4%	17.0	3.0%	16.6	4.7%	13.6	10.4%	86.5	1.4%
Chest pain	8.4	1.0%	4.4	0.5%	9.9	1.0%	17.2	1.5%	17.2	1.6%	14.5	2.6%	9.0	2.5%	1.9	1.5%	82.5	1.4%
Rapid / irregular heartbeat	3.9	0.5%	2.1	0.2%	10.5	1.0%	13.1	1.1%	18.7	1.8%	13.0	2.3%	11.5	3.2%	4.0	3.0%	76.8	1.3%
Nausea / vomiting	13.7	1.7%	18.1	1.9%	13.0	1.3%	8.7	0.7%	7.0	0.7%	5.4	1.0%	3.4	1.0%	1.2	0.9%	70.4	1.2%
Asthmatic attack	0.6	0.1%	2.7	0.3%	3.0	0.3%	1.0	0.1%	2.0	0.2%	2.2	0.4%	2.0	0.6%	1.5	1.1%	15.0	0.2%
Fainting or loss of consciousness	0.8	0.1%	-	-	2.6	0.3%	0.4	<0.05%	1.1	0.1%	1.6	0.3%	1.4	0.4%	0.5	0.4%	8.4	0.1%

Bases: For all items except menstrual pain - All respondents.

* For menstrual pain - Female respondents aged 15-64. Female aged 65 or above who reported menstrual pain in the survey were excluded due to physiological incongruity.

Notes: Ranked in descending order of prevalence of acute health conditions.

Multiple answers were allowed.

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

Table 3.1c: Consequences of acute health conditions (visited medical practitioners, received treatment and took sick leave) in the 30 days preceding the survey by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Visited medical practitioners						
Yes	857.7	43.9%	612.9	40.6%	1 470.6	42.4%
No	1 097.7	56.1%	896.0	59.4%	1 993.8	57.6%
Total	1 955.4	100.0%	1 508.9	100.0%	3 464.3	100.0%
Received treatment						
Yes	931.2	47.6%	671.7	44.5%	1 603.0	46.3%
No	1 024.2	52.4%	837.2	55.5%	1 861.4	53.7%
Total	1 955.4	100.0%	1 508.9	100.0%	3 464.3	100.0%
Took sick leave *						
Yes	215.1	20.3%	172.4	15.8%	387.5	18.0%
No	844.8	79.7%	921.4	84.2%	1 766.2	82.0%
Total	1 059.9	100.0%	1 093.8	100.0%	2 153.7	100.0%

Bases: All respondents who had acute health problems in the 30 days preceding the survey.

* All respondents working full-time / part-time or being students in the seven days preceding the survey who had acute health problems in the 30 days preceding the survey.

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

Table 3.1d: Consequences of acute health conditions (visited medical practitioners, received treatment and took sick leave) in the 30 days preceding the survey by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Visited medical practitioners																		
Yes	135.4	36.6%	213.1	43.9%	237.6	45.3%	285.3	40.5%	261.7	40.8%	172.1	45.1%	126.7	49.0%	38.7	39.2%	1 470.6	42.4%
No	234.8	63.4%	272.8	56.1%	287.4	54.7%	418.4	59.5%	379.4	59.2%	209.1	54.9%	131.7	51.0%	60.1	60.8%	1 993.8	57.6%
Total	370.2	100.0%	485.9	100.0%	525.0	100.0%	703.7	100.0%	641.2	100.0%	381.2	100.0%	258.4	100.0%	98.9	100.0%	3 464.3	100.0%
Received treatment																		
Yes	155.0	41.9%	232.2	47.8%	254.1	48.4%	321.1	45.6%	285.7	44.6%	186.1	48.8%	130.0	50.3%	38.8	39.3%	1 603.0	46.3%
No	215.2	58.1%	253.7	52.2%	271.0	51.6%	382.6	54.4%	355.5	55.4%	195.0	51.2%	128.4	49.7%	60.1	60.7%	1 861.4	53.7%
Total	370.2	100.0%	485.9	100.0%	525.0	100.0%	703.7	100.0%	641.2	100.0%	381.2	100.0%	258.4	100.0%	98.9	100.0%	3 464.3	100.0%
Took sick leave *																		
Yes	72.4	20.4%	114.5	27.0%	81.3	19.2%	76.2	14.0%	39.7	11.2%	3.4	7.4%	-	-	-	-	387.5	18.0%
No	282.9	79.6%	309.0	73.0%	343.1	80.8%	467.0	86.0%	314.2	88.8%	43.1	92.6%	7.0	100.0%	-	-	1 766.2	82.0%
Total	355.4	100.0%	423.4	100.0%	424.3	100.0%	543.2	100.0%	353.9	100.0%	46.5	100.0%	7.0	100.0%	-	-	2 153.7	100.0%

Bases: All respondents who had acute health problems in the 30 days preceding the survey.

* All respondents working full-time / part-time or being students in the seven days preceding the survey who had acute health problems in the 30 days preceding the survey.

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

3.2 Doctor-diagnosed Chronic Conditions

The PHS also collected information on self-reported prevalences of a number of chronic health conditions that were diagnosed by a western medical practitioner and whether the chronic health conditions were diagnosed in the 12 months preceding survey. This section presents the prevalences (i.e. percentages of cases ever-diagnosed) of these chronic conditions, the proportions of cases diagnosed in the 12 months preceding the survey among those who were diagnosed to have such chronic conditions and the associated rates expressed as percentages of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups as appropriate. Overall, 39.6% of persons aged 15 or above reported one or more doctor-diagnosed chronic conditions. Among these persons, 20.1% had one or more chronic conditions first diagnosed within the 12 months before the survey.

3.2.1 Cancer

Cancer is a generic term for a large group of diseases characterised by the growth of abnormal cells beyond their usual boundaries that can then invade adjoining parts of the body and / or spread to other organs. Cancer can affect almost any part of the body [1]. Overall, 1.5% of people aged 15 or above reported that they had been told by a doctor that they had cancer (Table 3.2.1a). Among them, 13.9% were diagnosed in the 12 months preceding the survey, giving a rate of 0.21% among Hong Kong population aged 15 or above (Table 3.2.1b). It is noted that the prevalence of cancer increased with age, from 0.1% for people aged 15-24 to 4.9% for people aged 85 or above (Table 3.2.1c).

Table 3.2.1a: Prevalence of cancer by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	53.4	1.7%	37.0	1.3%	90.4	1.5%
No	3 130.5	98.3%	2 855.2	98.6%	5 985.7	98.4%
Don't know	1.1	<0.05%	3.0	0.1%	4.1	0.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.2.1b: Proportion of cancer diagnosed in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
6.7	12.5%	0.21%	5.8	15.8%	0.20%	12.5	13.9%	0.21%

Base: All respondents who ever had doctor-diagnosed cancer.
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 3.2.1c: Prevalence of cancer by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes	0.4	0.1%	1.0	0.1%	4.5	0.4%	14.4	1.2%	29.0	2.7%	18.2	3.2%	16.4	4.7%	6.4	4.9%	90.4	1.5%
No	800.7	99.9%	959.8	99.8%	1 016.7	99.6%	1 167.6	98.7%	1 036.0	97.2%	545.3	96.7%	335.2	95.0%	124.4	95.1%	5 985.7	98.4%
Don't know	0.5	0.1%	0.6	0.1%	-	-	1.0	0.1%	0.5	<0.05%	0.5	0.1%	1.1	0.3%	-	-	4.1	0.1%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

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

3.2.2 Stroke

A stroke is caused by the interruption of the blood supply to the brain, usually because a blood vessel bursts or is blocked by a clot. This cuts off the supply of oxygen and nutrients, causing damage to the brain tissue [2]. Overall, the proportion of people aged 15 or above reporting doctor-diagnosed stroke was 1.4% (Table 3.2.2a), of which 17.3% were diagnosed in the 12 months preceding the survey (Table 3.2.2b). The prevalence of stroke increased from 0.2% for people aged 35-44 to 7.8% for people aged 75-84 and 5.7% for people aged 85 or above (Table 3.2.2c).

Table 3.2.2a: Prevalence of stroke by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	35.0	1.1%	49.8	1.7%	84.8	1.4%
No	3 149.1	98.9%	2 843.3	98.2%	5 992.4	98.6%
Don't know	1.0	<0.05%	2.1	0.1%	3.0	<0.05%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.2.2b: Proportion of stroke diagnosed in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
5.2	14.9%	0.16%	9.5	19.0%	0.33%	14.7	17.3%	0.24%

Base: All respondents who ever had doctor-diagnosed stroke.
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 3.2.2c: Prevalence of stroke by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes	-	-	-	-	1.9	0.2%	5.8	0.5%	15.9	1.5%	26.0	4.6%	27.7	7.8%	7.4	5.7%	84.8	1.4%
No	801.1	99.9%	960.8	99.9%	1 019.3	99.8%	1 176.6	99.5%	1 049.2	98.5%	537.1	95.2%	325.0	92.2%	123.4	94.3%	5 992.4	98.6%
Don't know	0.5	0.1%	0.6	0.1%	-	-	0.5	<0.05%	0.5	<0.05%	0.9	0.2%	-	-	-	-	3.0	<0.05%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

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

3.2.3 Coronary Heart Disease

Coronary heart disease (CHD) is caused by narrowing or blockage of coronary arteries leading to a reduced blood supply to the heart muscle. Overall, 2.1% of people aged 15 or above had doctor-diagnosed CHD (Table 3.2.3a), of which 7.8% were newly diagnosed in the 12 months preceding the survey (Table 3.2.3b). Its prevalence increased with age, from 0.2% for people aged 35-44 to 12.0% for people aged 85 or above (Table 3.2.3c).

Table 3.2.3a: Prevalence of coronary heart disease by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	52.2	1.6%	74.4	2.6%	126.6	2.1%
No	3 129.0	98.2%	2 818.7	97.4%	5 947.7	97.8%
Don't know	3.8	0.1%	2.1	0.1%	5.9	0.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.2.3b: Proportion of coronary heart disease diagnosed in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
4.6	8.9%	0.15%	5.3	7.1%	0.18%	9.9	7.8%	0.16%

Base: All respondents who ever had doctor-diagnosed coronary heart disease.
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 3.2.3c: Prevalence of coronary heart disease by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes	-	-	-	-	2.1	0.2%	11.2	0.9%	31.3	2.9%	31.4	5.6%	35.0	9.9%	15.7	12.0%	126.6	2.1%
No	801.1	99.9%	960.8	99.9%	1 019.1	99.8%	1 171.3	99.0%	1 032.8	96.9%	530.8	94.1%	316.8	89.8%	115.1	88.0%	5 947.7	97.8%
Don't know	0.5	0.1%	0.6	0.1%	-	-	0.5	<0.05%	1.4	0.1%	1.8	0.3%	1.0	0.3%	-	-	5.9	0.1%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

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

3.2.4 Asthma

Asthma is a chronic disease characterised by recurrent attacks of breathlessness and wheezing, which vary in severity and frequency from person to person [3]. The proportion of persons aged 15 or above with doctor-diagnosed asthma was 1.8%. The corresponding proportion was higher in males than in females (2.0% versus 1.6% respectively) (Table 3.2.4a). Among them, 3.3% reported that the asthma was diagnosed in the 12 months preceding the survey (Table 3.2.4b). Analysed by age, the highest prevalence of asthma was recorded for people aged 15-24 (2.6%) and the lowest for people aged 55-64 (0.9%) (Table 3.2.4c).

Table 3.2.4a: Prevalence of asthma by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	50.5	1.6%	58.7	2.0%	109.2	1.8%
No	3 134.0	98.4%	2 835.3	97.9%	5 969.3	98.2%
Don't know	0.5	<0.05%	1.1	<0.05%	1.7	<0.05%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.2.4b: Proportion of asthma diagnosed in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
1.8	3.6%	0.06%	1.8	3.0%	0.06%	3.6	3.3%	0.06%

Base: All respondents who had doctor-diagnosed asthma.
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 3.2.4c: Prevalence of asthma by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes	20.8	2.6%	19.7	2.1%	20.6	2.0%	14.7	1.2%	9.9	0.9%	13.4	2.4%	7.7	2.2%	2.4	1.8%	109.2	1.8%
No	780.2	97.3%	941.1	97.9%	1 000.6	98.0%	1 167.8	98.7%	1 055.6	99.1%	550.6	97.6%	345.0	97.8%	128.4	98.2%	5 969.3	98.2%
Don't know	0.5	0.1%	0.6	0.1%	-	-	0.5	<0.05%	-	-	-	-	-	-	-	-	1.7	<0.05%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

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

3.2.5 Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD) is not one single disease but an umbrella term used to describe chronic lung diseases that cause limitations in lung airflow. The most common symptoms of COPD are breathlessness, or a 'need for air', excessive sputum production, and a chronic cough.[4] Overall, 0.5% of people aged 15 or above reported that they had doctor-diagnosed COPD. More males (0.6%) than females (0.4%) had the disease (Table 3.2.5a). Among them, 18.0% were newly diagnosed in the 12 months preceding the survey (Table 3.2.5b). Across all age groups, the prevalence of COPD was the highest at 1.4% for those aged 75-84 and was the lowest at 0.1% for those aged 25-34 (Table 3.2.5c).

Table 3.2.5a: Prevalence of chronic obstructive pulmonary disease by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	12.4	0.4%	17.5	0.6%	29.9	0.5%
No	3 171.1	99.6%	2 876.0	99.3%	6 047.1	99.5%
Don't know	1.5	<0.05%	1.7	0.1%	3.2	0.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.2.5b: Proportion of chronic obstructive pulmonary disease diagnosed in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
1.6	12.6%	0.05%	3.8	21.7%	0.13%	5.4	18.0%	0.09%

Base: All respondents who had doctor-diagnosed chronic obstructive pulmonary disease.
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 3.2.5c: Prevalence of chronic obstructive pulmonary disease by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes	1.9	0.2%	1.1	0.1%	3.8	0.4%	4.4	0.4%	5.7	0.5%	7.5	1.3%	5.0	1.4%	0.5	0.4%	29.9	0.5%
No	799.2	99.7%	959.7	99.8%	1 017.4	99.6%	1 176.9	99.5%	1 059.8	99.5%	556.5	98.7%	347.3	98.5%	130.3	99.6%	6 047.1	99.5%
Don't know	0.5	0.1%	0.6	0.1%	-	-	1.6	0.1%	-	-	-	-	0.5	0.1%	-	-	3.2	0.1%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

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

3.2.6 High Blood Cholesterol

High blood cholesterol is a major risk factor for cardiovascular disease. Respondents were asked if they had ever been told by a doctor that their blood cholesterol level was high. Overall, 14.4% of people aged 15 or above were diagnosed by a doctor with high blood cholesterol (Table 3.2.6a). 19.8% of those with doctor-diagnosed high blood cholesterol claimed that the condition was diagnosed in the 12 months preceding the survey (Table 3.2.6b). Analysed by age, the prevalence of high blood cholesterol increased from 0.5% for those aged 15-24 and peaked at 39.0% for those aged 75-84, then dropped to 26.5% for those aged 85 or above (Table 3.2.6c). Among all persons who were diagnosed with high blood cholesterol, 61.7% were taking prescribed medicine and 9.3% were taking over-the-counter medicine to control or lower their blood cholesterol levels (Table 3.2.6d and Table 3.2.6e). For those who took prescribed medicine to control their blood cholesterol, nearly all (99.1%) were taking western medicine only, compared with 0.7% who took traditional Chinese medicine only. In addition, 0.2% were taking both western and traditional Chinese medicine (Table 3.2.6f and Table 3.2.6g).

Table 3.2.6a: Prevalence of high blood cholesterol diagnosed by doctors by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	445.0	14.0%	428.2	14.8%	873.2	14.4%
No	2 740.0	86.0%	2 467.0	85.2%	5 207.0	85.6%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.2.6b: Proportion of high blood cholesterol diagnosed by doctors in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
89.3	20.1%	2.80%	83.6	19.5%	2.89%	172.9	19.8%	2.84%

Base: All respondents who had doctor-diagnosed high blood cholesterol.
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 3.2.6c: Prevalence of high blood cholesterol diagnosed by doctors by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes	4.0	0.5%	20.0	2.1%	69.8	6.8%	150.7	12.7%	266.8	25.0%	189.7	33.6%	137.6	39.0%	34.6	26.5%	873.2	14.4%
No	797.6	99.5%	941.4	97.9%	951.4	93.2%	1 032.3	87.3%	798.7	75.0%	374.3	66.4%	215.1	61.0%	96.2	73.5%	5 207.0	85.6%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

Table 3.2.6d: Blood cholesterol control by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Eating less high fat or high cholesterol food	370.7	83.3%	340.3	79.5%	711.0	81.4%
Taking prescribed medicine	273.6	61.5%	264.7	61.8%	538.4	61.7%
Increasing physical activity or exercise	194.9	43.8%	200.7	46.9%	395.6	45.3%
Controlling or losing weight	116.1	26.1%	119.5	27.9%	235.6	27.0%
Taking over-the-counter medicine	42.0	9.4%	39.3	9.2%	81.2	9.3%

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

Notes: Ranked in descending order of proportions of method to control blood cholesterol.

Multiple answers were allowed.

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

Table 3.2.6e: Blood cholesterol control by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Eating less high fat or high cholesterol food	1.9	48.4%	12.7	63.8%	54.7	78.4%	124.5	82.6%	218.8	82.0%	162.3	85.5%	109.1	79.2%	27.0	77.9%	711.0	81.4%
Taking prescribed medicine	1.0	26.3%	1.0	5.1%	16.0	22.9%	62.8	41.7%	153.2	57.4%	150.8	79.5%	122.9	89.3%	30.6	88.6%	538.4	61.7%
Increasing physical activity or exercise	1.2	30.0%	9.6	48.2%	32.8	47.1%	70.9	47.0%	129.3	48.5%	88.0	46.4%	55.8	40.5%	7.9	22.8%	395.6	45.3%
Controlling or losing weight	1.5	37.2%	6.0	30.1%	20.6	29.5%	44.7	29.7%	75.0	28.1%	49.3	26.0%	31.7	23.0%	6.8	19.6%	235.6	27.0%
Taking over-the-counter medicine	0.6	14.2%	0.4	2.2%	2.7	3.9%	10.9	7.2%	22.3	8.3%	25.4	13.4%	16.7	12.2%	2.2	6.3%	81.2	9.3%

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

Notes: Ranked in descending order of proportions of method to control blood cholesterol.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.2.6f: Type of prescribed medication taken to control or lower blood cholesterol level by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Western medicine	270.8	99.0%	262.8	99.3%	533.6	99.1%
Traditional Chinese medicine	2.3	0.9%	1.6	0.6%	3.9	0.7%
Both	0.5	0.2%	0.4	0.2%	0.9	0.2%
Total	273.6	100.0%	264.7	100.0%	538.4	100.0%

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

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

Table 3.2.6g: Type of prescribed medication taken to control or lower blood cholesterol level by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Western medicine	1.0	100.0%	1.0	100.0%	15.4	96.3%	62.3	99.3%	151.2	98.7%	149.6	99.2%	122.4	99.6%	30.6	100.0%	533.6	99.1%
Traditional Chinese medicine	-	-	-	-	0.6	3.7%	0.5	0.7%	1.5	1.0%	0.8	0.6%	0.5	0.4%	-	-	3.9	0.7%
Both	-	-	-	-	-	-	-	-	0.5	0.3%	0.4	0.3%	-	-	-	-	0.9	0.2%
Total	1.0	100.0%	1.0	100.0%	16.0	100.0%	62.8	100.0%	153.2	100.0%	150.8	100.0%	122.9	100.0%	30.6	100.0%	538.4	100.0%

Base: All respondents who had doctor-diagnosed high blood cholesterol and were taking prescribed medicine to control or lower their blood cholesterol level.
Note: Figures may not add up to the total due to rounding.

3.2.7 Blood Pressure and Hypertension

Hypertension is a condition in which the blood vessels have persistently raised pressure and a risk factor for chronic diseases such as CHD and stroke[5]. In the PHS, respondents were asked whether they had ever been told by a doctor that they had hypertension. 17.8% of people aged 15 or above were diagnosed by a western medicine practitioner to have hypertension (Table 3.2.7a). 11.1% of those with doctor-diagnosed hypertension were first diagnosed during the 12 months preceding the survey (Table 3.2.7b). There was a positive relationship observed between age and prevalence of hypertension diagnosed by doctors - the prevalence increased with age from 0.5% in the 15-24 age group to 64.6% in the 75-84 age group, and it dropped slightly to 61.2% in the 85 or above age group (Table 3.2.7c).

Table 3.2.7a: Prevalence of hypertension diagnosed by doctors by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	571.3	17.9%	508.1	17.6%	1 079.5	17.8%
No	2 613.7	82.1%	2 387.1	82.4%	5 000.7	82.2%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.2.7b: Proportion of hypertension diagnosed by doctors in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
53.6	9.4%	1.68%	66.5	13.1%	2.30%	120.1	11.1%	1.97%

Base: All respondents who had doctor-diagnosed hypertension.
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 3.2.7c: Prevalence of hypertension diagnosed by doctors by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes	4.0	0.5%	9.4	1.0%	47.9	4.7%	154.6	13.1%	297.4	27.9%	258.1	45.8%	227.9	64.6%	80.1	61.2%	1 079.5	17.8%
No	797.6	99.5%	952.0	99.0%	973.3	95.3%	1 028.4	86.9%	768.1	72.1%	305.9	54.2%	124.8	35.4%	50.7	38.8%	5 000.7	82.2%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

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

For those who had been diagnosed to have hypertension, 88.3% had taken prescribed medicine to control or lower their blood pressure; 11.8% reported to have taken over-the-counter medicine (Table 3.2.7d and Table 3.2.7e).

Table 3.2.7d: Methods to control or lower blood pressure by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Taking prescribed medicine	507.8	88.9%	445.8	87.7%	953.6	88.3%
Cutting down on salt in diet	437.2	76.5%	373.8	73.6%	811.0	75.1%
Increasing physical activity or exercise	236.8	41.4%	232.7	45.8%	469.5	43.5%
Controlling or losing weight	139.2	24.4%	133.4	26.3%	272.6	25.3%
Cutting down on your alcohol consumption *	69.9	20.8%	94.8	21.6%	164.6	21.2%
Taking over-the-counter medicine	64.4	11.3%	63.3	12.4%	127.6	11.8%

Bases: All respondents who had doctor-diagnosed hypertension.
* Only covered respondents who had doctor-diagnosed hypertension and had ever drunk alcohol.

Notes: Ranked in descending order of proportions of method to control or lower blood pressure.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.2.7e: Methods to control or lower blood pressure control by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Taking prescribed medicine	1.0	25.0%	4.1	43.5%	27.2	56.8%	124.1	80.3%	263.9	88.7%	241.0	93.4%	216.6	95.0%	75.7	94.6%	953.6	88.3%
Cutting down on salt in diet	2.0	50.2%	5.9	62.7%	31.7	66.2%	115.6	74.8%	226.4	76.1%	201.3	78.0%	173.6	76.2%	54.5	68.1%	811.0	75.1%
Increasing physical activity or exercise	1.6	39.9%	3.6	38.1%	21.8	45.5%	69.8	45.1%	135.3	45.5%	121.8	47.2%	97.2	42.6%	18.5	23.1%	469.5	43.5%
Controlling or losing weight	0.8	20.6%	1.0	10.9%	13.7	28.7%	40.9	26.5%	85.6	28.8%	64.1	24.8%	50.6	22.2%	15.9	19.8%	272.6	25.3%
Cutting down on your alcohol consumption *	-	-	2.9	34.9%	9.8	23.2%	30.2	24.0%	53.0	23.1%	34.9	19.0%	26.9	19.4%	6.9	15.9%	164.6	21.2%
Taking over-the-counter medicine	-	-	-	-	6.6	13.8%	19.6	12.7%	37.4	12.6%	30.0	11.6%	25.3	11.1%	8.7	10.9%	127.6	11.8%

Bases: All respondents who had doctor-diagnosed hypertension.
* Only covered respondents who had doctor-diagnosed hypertension and had ever drunk alcohol.

Notes: Ranked in descending order of proportions of method to control or lower blood pressure.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

For those who were taking prescribed medicine to control or lower their high blood pressure, almost all cases sought western medicine (99.4%) only, as opposed to 0.5% for Chinese medicine only. A further 0.2% reported that they were taking both western and Chinese medicine (Table 3.2.7f and Table 3.2.7g).

Table 3.2.7f: Type of prescribed medication taken to control or lower blood pressure level by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Western medicine	504.6	99.4%	443.0	99.4%	947.5	99.4%
Traditional Chinese medicine	2.7	0.5%	1.9	0.4%	4.6	0.5%
Both	0.5	0.1%	0.9	0.2%	1.4	0.2%
Total	507.8	100.0%	445.8	100.0%	953.6	100.0%

Base: All respondents who had doctor-diagnosed hypertension and were taking prescribed medicine to control or lower their blood pressure.
Note: Figures may not add up to the total due to rounding.

Table 3.2.7g: Type of prescribed medication taken to control or lower blood pressure by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Western medicine	1.0	100.0%	4.1	100.0%	27.2	100.0%	124.1	100.0%	263.0	99.7%	237.8	98.7%	215.2	99.3%	75.2	99.3%	947.5	99.4%
Traditional Chinese medicine	-	-	-	-	-	-	-	-	0.5	0.2%	3.2	1.3%	1.0	0.4%	-	-	4.6	0.5%
Both	-	-	-	-	-	-	-	-	0.5	0.2%	-	-	0.4	0.2%	0.5	0.7%	1.4	0.2%
Total	1.0	100.0%	4.1	100.0%	27.2	100.0%	124.1	100.0%	263.9	100.0%	241.0	100.0%	216.6	100.0%	75.7	100.0%	953.6	100.0%

Base: All respondents who had doctor-diagnosed hypertension and were taking prescribed medicine to control or lower their blood pressure.
Note: Figures may not add up to the total due to rounding.

3.2.8 Diabetes Mellitus

Diabetes mellitus (DM) is a chronic disease, which occurs when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces. This leads to an increased concentration of glucose in the blood (hyperglycaemia) [6]. Respondents were asked whether they had ever been told by a doctor that they had diabetes. If not, they were further asked whether they had been told to have high blood sugar, but not diabetes. Persons with high blood sugar are at higher than normal risk of having diabetes and cardiovascular disease and need to be followed up by doctor. A total of 5.5% of people aged 15 or above reported that they had doctor-diagnosed DM and another 2.0% had high blood sugar, but no DM (Table 3.2.8a). Among those who had DM, 6.8% reported being diagnosed in the 12 months preceding the survey (Table 3.2.8b). The prevalence tended to increase with age, from 0.3% in the 15-24 age group to 22.7% for those aged 75-84 but dropped to 17.3% for those aged 85 or above (Table 3.2.8c).

Table 3.2.8a: Prevalence of diabetes diagnosed by doctors by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Have diabetes	177.3	5.6%	155.4	5.4%	332.7	5.5%
Have high blood sugar but no diabetes	64.7	2.0%	54.1	1.9%	118.8	2.0%
Have no diabetes or high blood sugar	2 942.9	92.4%	2 685.7	92.8%	5 628.7	92.6%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.2.8b: Proportion of diabetes diagnosed by doctors in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
Doctor-diagnosed high blood sugar or diabetes#								
28.9	11.9%	0.91%	18.7	8.9%	0.64%	47.6	10.5%	0.78%
Doctor-diagnosed diabetes§								
15.2	8.6%	0.48%	7.5	4.8%	0.26%	22.7	6.8%	0.37%

Bases: # All respondents who had doctor-diagnosed high blood sugar or diabetes.
§ All respondents who had doctor-diagnosed diabetes.
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 3.2.8c: Prevalence of diabetes diagnosed by doctors by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Have diabetes	2.5	0.3%	1.1	0.1%	8.8	0.9%	42.3	3.6%	81.6	7.7%	93.7	16.6%	80.1	22.7%	22.6	17.3%	332.7	5.5%
Have high blood sugar but no diabetes	0.4	0.1%	5.8	0.6%	11.5	1.1%	20.6	1.7%	36.6	3.4%	24.9	4.4%	12.3	3.5%	6.7	5.2%	118.8	2.0%
Have no diabetes or high blood sugar	798.7	99.6%	954.5	99.3%	1 000.9	98.0%	1 120.2	94.7%	947.3	88.9%	445.4	79.0%	260.3	73.8%	101.5	77.6%	5 628.7	92.6%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

Regarding the treatment among the persons who had been told by a doctor that they had diabetes or high blood sugar level, 8.9 % were taking insulin, 76.8% taking oral anti-diabetic drugs and 11.1 % taking over-the-counter medicine (Table 3.2.8d and Table 3.2.8e).

Table 3.2.8d: Diabetes control by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Eating less food with high sugar content, high fat content or high cholesterol	203.7	84.2%	180.3	86.1%	384.0	85.1%
Taking oral anti-diabetic drugs	182.6	75.4%	164.3	78.4%	346.8	76.8%
Increasing physical activity or exercise	96.0	39.7%	98.6	47.1%	194.6	43.1%
Controlling or losing weight	59.8	24.7%	65.1	31.1%	124.9	27.7%
Taking over-the-counter medicine	22.6	9.3%	27.3	13.1%	49.9	11.1%
Taking insulin	25.1	10.4%	14.9	7.1%	40.0	8.9%

Base: All respondents who had doctor-diagnosed diabetes or high blood sugar.

Notes: Ranked in descending order of percentages of method of diabetes control.

Multiple answers were allowed.

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

Table 3.2.8e: Diabetes control by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Eating less food with high sugar content, high fat content or high cholesterol	2.4	83.9%	4.3	62.3%	13.6	67.0%	56.0	89.1%	99.6	84.2%	103.9	87.6%	78.3	84.8%	25.9	88.4%	384.0	85.1%
Taking oral anti-diabetic drugs	1.0	35.5%	1.1	15.3%	8.3	40.7%	41.1	65.3%	89.6	75.8%	93.7	79.0%	86.7	93.9%	25.3	86.4%	346.8	76.8%
Increasing physical activity or exercise	1.9	64.5%	2.4	35.4%	6.9	33.9%	33.0	52.5%	48.8	41.2%	54.0	45.5%	39.5	42.8%	8.1	27.7%	194.6	43.1%
Controlling or losing weight	1.0	34.5%	1.5	22.2%	6.1	30.0%	21.6	34.4%	30.4	25.7%	31.6	26.7%	26.1	28.2%	6.6	22.4%	124.9	27.7%
Taking over-the-counter medicine	-	-	-	-	2.6	12.7%	8.0	12.8%	13.7	11.6%	12.4	10.5%	10.5	11.4%	2.7	9.3%	49.9	11.1%
Taking insulin	2.0	69.5%	-	-	1.2	5.9%	4.6	7.4%	8.8	7.4%	15.2	12.8%	7.0	7.6%	1.1	3.8%	40.0	8.9%

Base: All respondents who had doctor-diagnosed diabetes or high blood sugar.

Notes: Ranked in descending order of percentages of method of diabetes control.

Multiple answers were allowed.

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

Over thirty percent (31.1%) of those receiving insulin and nearly forty percent (39.7%) of those taking oral anti-diabetic drugs had taken the corresponding drugs for at least 10 years. The mean numbers of years of treatment with insulin and oral anti-diabetic drugs were 7.1 years and 8.2 years respectively (Table 3.2.8f and Table 3.2.8g).

Table 3.2.8f: Number of years taking insulin and oral anti-diabetic drugs by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Insulin *						
0.0 - 1.9	4.9	19.4%	2.5	16.7%	7.4	18.4%
2.0 - 3.9	4.1	16.3%	3.4	22.9%	7.5	18.8%
4.0 - 5.9	3.9	15.6%	2.8	18.7%	6.7	16.8%
6.0 - 7.9	1.9	7.4%	1.1	7.1%	2.9	7.3%
8.0 - 9.9	2.5	9.8%	0.6	3.9%	3.0	7.6%
10.0 or above	7.9	31.4%	4.6	30.7%	12.5	31.1%
Total	25.1	100.0%	14.9	100.0%	40.0	100.0%
Mean [1]	7.0		7.2		7.1	
Oral anti-diabetic drugs #						
0.0 - 1.9	26.7	14.6%	19.7	12.0%	46.4	13.4%
2.0 - 3.9	33.6	18.4%	41.0	25.0%	74.6	21.5%
4.0 - 5.9	17.6	9.7%	26.5	16.1%	44.1	12.7%
6.0 - 7.9	17.8	9.7%	12.6	7.7%	30.4	8.8%
8.0 - 9.9	10.2	5.6%	3.6	2.2%	13.8	4.0%
10.0 or above	76.7	42.0%	60.9	37.1%	137.6	39.7%
Total	182.6	100.0%	164.3	100.0%	346.8	100.0%
Mean [2]	8.6		7.8		8.2	

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

\# All respondents who had doctor-diagnosed diabetes and were taking oral anti-diabetic drugs.

[1] All respondents who had doctor-diagnosed diabetes and had taken insulin. Those who had taken insulin for less than one year are assumed to have taken insulin for half a year for compiling summary statistics.

[2] All respondents who had doctor-diagnosed diabetes and had taken oral anti-diabetic drugs. Those who had taken oral anti-diabetic drugs for less than one year are assumed to have taken oral anti-diabetic drugs for half a year for compiling summary statistics.

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

Table 3.2.8g: Number of years taking insulin and oral anti-diabetic drugs by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Insulin *																		
0.0 - 1.9	-	-	-	-	0.6	50.0%	1.0	21.7%	2.0	22.2%	2.4	16.0%	1.4	19.8%	-	-	7.4	18.4%
2.0 - 3.9	-	-	-	-	-	-	0.5	10.6%	1.9	21.6%	4.2	27.8%	0.9	12.7%	-	-	7.5	18.8%
4.0 - 5.9	-	-	-	-	-	-	1.6	33.9%	0.5	5.1%	2.0	13.3%	2.0	28.3%	0.7	60.7%	6.7	16.8%
6.0 - 7.9	0.5	22.5%	-	-	-	-	0.6	13.4%	0.5	5.9%	0.4	2.9%	0.4	6.3%	0.4	39.3%	2.9	7.3%
8.0 - 9.9	0.6	27.8%	-	-	-	-	-	-	0.6	6.5%	1.9	12.5%	-	-	-	-	3.0	7.6%
10.0 or above	1.0	49.6%	-	-	0.6	50.0%	0.9	20.4%	3.4	38.7%	4.2	27.5%	2.3	32.9%	-	-	12.5	31.1%
Total	2.0	100.0%	-	-	1.2	100.0%	4.6	100.0%	8.8	100.0%	15.2	100.0%	7.0	100.0%	1.1	100.0%	40.0	100.0%
Mean [1]	10.0		-		14.0		6.4		6.4		6.5		7.9		5.4		7.1	
Oral anti-diabetic drugs #																		
0.0 - 1.9	-	-	1.1	100.0%	2.4	28.8%	10.0	24.4%	17.5	19.5%	7.6	8.1%	6.9	7.9%	1.1	4.2%	46.4	13.4%
2.0 - 3.9	-	-	-	-	2.1	25.6%	13.3	32.4%	21.8	24.4%	18.1	19.3%	15.0	17.3%	4.2	16.6%	74.6	21.5%
4.0 - 5.9	0.5	45.5%	-	-	2.6	31.2%	6.5	15.8%	13.0	14.5%	11.8	12.6%	7.7	8.9%	2.0	7.8%	44.1	12.7%
6.0 - 7.9	-	-	-	-	0.6	7.2%	1.8	4.4%	9.7	10.9%	10.2	10.9%	6.1	7.1%	1.8	7.3%	30.4	8.8%
8.0 - 9.9	0.6	54.5%	-	-	-	-	1.4	3.3%	3.2	3.6%	4.1	4.3%	4.0	4.7%	0.5	2.1%	13.8	4.0%
10.0 or above	-	-	-	-	0.6	7.2%	8.1	19.6%	24.3	27.1%	42.0	44.8%	46.9	54.1%	15.7	62.0%	137.6	39.7%
Total	1.0	100.0%	1.1	100.0%	8.3	100.0%	41.1	100.0%	89.6	100.0%	93.7	100.0%	86.7	100.0%	25.3	100.0%	346.8	100.0%
Mean [2]	6.6		0.8		3.3		4.9		6.3		8.9		10.4		11.9		8.2	

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

All respondents who had doctor-diagnosed diabetes and were taking oral anti-diabetic drugs.

[1] All respondents who had doctor-diagnosed diabetes and had taken insulin. Those who had taken insulin for less than one year are assumed to have taken insulin for half a year for compiling summary statistics.

[2] All respondents who had doctor-diagnosed diabetes and had taken oral anti-diabetic drugs. Those who had taken oral anti-diabetic drugs for less than one year are assumed to have taken oral anti-diabetic drugs for half a year for compiling summary statistics.

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

3.2.9 Other Chronic Conditions

In addition to the chronic conditions presented in previous subsections, respondents were also asked whether they ever had other chronic health conditions diagnosed by a doctor. If yes, they were further asked whether the conditions were diagnosed in the 12 months preceding the survey. The survey revealed that among the other chronic health conditions, musculoskeletal diseases (3.4%), skin diseases (3.1%), diseases of the ears / nose / throat (2.2%), thyroid disease (2.0%) and liver diseases (1.6%) were the five most frequently reported health problems encountered by the Hong Kong population (Table 3.2.9).

Regarding the proportions of cases diagnosed in the 12 months preceding the survey among the population aged 15 or above, skin diseases (0.5%) was the top among the other chronic conditions, followed by musculoskeletal diseases (0.3%), anaemia (0.2%), thyroid disease (0.2%) and stomach and intestinal diseases (0.2%) (Table 3.2.9).

Table 3.2.9: Prevalence of other chronic conditions and proportion of cases diagnosed in the 12 months preceding the survey

	Prevalence		Proportion of other chronic conditions diagnosed in the 12 months preceding the survey	
	No. of persons ('000)	% [1]	No. of persons ('000)	% [2]
Musculoskeletal diseases	206.7	3.4%	18.5	0.3%
Skin diseases	186.5	3.1%	27.5	0.5%
Diseases of the ears / nose / throat	133.2	2.2%	5.2	0.1%
Thyroid disease	124.5	2.0%	14.1	0.2%
Liver diseases	98.2	1.6%	5.6	0.1%
Anaemia	77.0	1.3%	14.9	0.2%
Stomach and intestinal diseases	68.7	1.1%	9.4	0.2%
Kidney diseases	39.3	0.6%	2.5	<0.05%
Congenital blood diseases	31.5	0.5%	1.8	<0.05%
Immune diseases	30.1	0.5%	1.0	<0.05%
Respiratory diseases (other than asthma and COPD mentioned in Sections 3.2.4 and 3.2.5 above)	17.1	0.3%	2.5	<0.05%
Parkinson's disease	7.6	0.1%	-	-
Epilepsy	4.6	0.1%	0.5	<0.05%
Others	95.1	1.6%	8.1	0.1%

Base: All respondents.

Notes: Ranked in descending order of prevalence.

[1] Number of cases ever-diagnosed with the disease divided by the Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers).

[2] Number of cases diagnosed with the disease in the 12 months preceding the survey divided by the Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers).

Multiple answers were allowed.

3.3 Vision

Most people have encountered visual problems at some point in their lives. Some may have problems reading small print; others may not be able to see objects far away. Some visual problems can be corrected, for example by wearing glasses or surgical operation; others cannot. The PHS included a few questions on self-rated fitness of eyesight, refractive errors, eye diseases and the extent of difficulties in doing daily activities because of poor eyesight. Overall, 56.0% of persons aged 15 or above reported that they had good or excellent eyesight, with glasses or contact lenses if they wore them (Table 3.3a). The proportion of people reported having good or excellent eyesight decreased with age, from 72.4% for people aged 15-24 to 24.7% for people aged 85 or above (Table 3.3b).

Table 3.3a: Fitness of eyesight by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Excellent	169.9	5.3%	180.8	6.2%	350.8	5.8%
Good	1 554.1	48.8%	1 498.3	51.7%	3 052.4	50.2%
Fair	1 245.8	39.1%	1 076.5	37.2%	2 322.3	38.2%
Poor	205.8	6.5%	131.2	4.5%	337.0	5.5%
Very poor	9.3	0.3%	8.4	0.3%	17.6	0.3%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.3b: Fitness of eyesight by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Excellent	87.5	10.9%	95.9	10.0%	96.8	9.5%	40.2	3.4%	12.3	1.2%	11.6	2.1%	4.8	1.3%	1.7	1.3%	350.8	5.8%
Good	492.7	61.5%	596.3	62.0%	598.6	58.6%	558.4	47.2%	486.3	45.6%	196.2	34.8%	93.4	26.5%	30.6	23.4%	3 052.4	50.2%
Fair	207.0	25.8%	255.7	26.6%	303.8	29.7%	523.2	44.2%	497.5	46.7%	293.3	52.0%	180.5	51.2%	61.3	46.9%	2 322.3	38.2%
Poor	14.0	1.7%	12.4	1.3%	22.0	2.2%	59.3	5.0%	65.4	6.1%	59.7	10.6%	70.4	19.9%	33.9	25.9%	337.0	5.5%
Very poor	0.4	0.1%	1.1	0.1%	-	-	1.8	0.2%	4.0	0.4%	3.2	0.6%	3.7	1.1%	3.3	2.5%	17.6	0.3%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

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

A total of 45.8% of the people aged 15 or above reported that they had myopia (short-sightedness), 6.0% reported to have hyperopia or hypermetropia (long-sightedness), 40.9% reported to have astigmatism and 45.5% reported to have presbyopia (Table 3.3c). Analysed by age, the prevalence of myopia decreased from 68.2% in persons aged 15-24 to 9.3% in persons aged 85 or above, while the prevalence of hyperopia or hypermetropia was the highest (9.2%) in persons aged 65-74 and the lowest (2.1%) in persons aged 85 or above. Besides, the prevalence of astigmatism generally decreased with age from 51.3% in persons aged 15-24 to 9.0% in those aged 85 or above. As regards presbyopia, the prevalence by age group increased from 0.1% in the 15-24 age group to 85.9% in the 65-74 age group, then dropped to 79.8% in the 75-84 age group and 80.6% in the 85 or above age group (Table 3.3d).

Table 3.3c: Prevalence of refractive error (short-sightedness, long-sightedness, astigmatism and presbyopia) by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Myopia (short-sightedness)						
Yes	1 440.1	45.2%	1 347.4	46.5%	2 787.5	45.8%
No	1 674.3	52.6%	1 511.4	52.2%	3 185.6	52.4%
Don't know	70.6	2.2%	36.4	1.3%	107.0	1.8%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Hyperopia or hypermetropia (long-sightedness)						
Yes	202.6	6.4%	162.4	5.6%	364.9	6.0%
No	2 863.3	89.9%	2 658.0	91.8%	5 521.3	90.8%
Don't know	119.1	3.7%	74.8	2.6%	193.9	3.2%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Astigmatism						
Yes	1 302.3	40.9%	1 185.6	41.0%	2 487.9	40.9%
No	1 780.3	55.9%	1 652.3	57.1%	3 432.6	56.5%
Don't know	102.4	3.2%	57.3	2.0%	159.7	2.6%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Presbyopia						
Yes	1 462.6	45.9%	1 303.5	45.0%	2 766.1	45.5%
No	1 660.1	52.1%	1 558.8	53.8%	3 218.9	52.9%
Don't know	62.3	2.0%	32.9	1.1%	95.2	1.6%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.3d: Prevalence of refractive error (short-sightedness, long-sightedness, astigmatism and presbyopia) by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Myopia (short-sightedness)																		
Yes	546.7	68.2%	612.2	63.7%	525.5	51.5%	522.0	44.1%	375.3	35.2%	136.9	24.3%	56.8	16.1%	12.2	9.3%	2 787.5	45.8%
No	252.3	31.5%	345.1	35.9%	491.0	48.1%	643.5	54.4%	672.2	63.1%	408.2	72.4%	267.3	75.8%	106.1	81.1%	3 185.6	52.4%
Don't know	2.6	0.3%	4.1	0.4%	4.7	0.5%	17.6	1.5%	18.0	1.7%	18.9	3.4%	28.6	8.1%	12.5	9.6%	107.0	1.8%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%
Hyperopia or hypermetropia (long-sightedness)																		
Yes	27.6	3.4%	23.2	2.4%	39.0	3.8%	106.1	9.0%	91.7	8.6%	51.7	9.2%	22.8	6.5%	2.8	2.1%	364.9	6.0%
No	770.6	96.1%	929.1	96.6%	968.3	94.8%	1 040.5	88.0%	932.2	87.5%	475.4	84.3%	290.0	82.2%	115.2	88.1%	5 521.3	90.8%
Don't know	3.4	0.4%	9.1	0.9%	13.8	1.4%	36.4	3.1%	41.6	3.9%	36.9	6.5%	39.8	11.3%	12.8	9.8%	193.9	3.2%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%
Astigmatism																		
Yes	411.2	51.3%	480.6	50.0%	416.8	40.8%	498.5	42.1%	417.3	39.2%	175.8	31.2%	75.9	21.5%	11.8	9.0%	2 487.9	40.9%
No	385.8	48.1%	474.1	49.3%	594.6	58.2%	655.3	55.4%	622.2	58.4%	357.1	63.3%	239.8	68.0%	103.7	79.3%	3 432.6	56.5%
Don't know	4.6	0.6%	6.7	0.7%	9.8	1.0%	29.2	2.5%	26.0	2.4%	31.1	5.5%	37.0	10.5%	15.3	11.7%	159.7	2.6%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%
Presbyopia																		
Yes	0.8	0.1%	2.6	0.3%	137.1	13.4%	842.2	71.2%	911.9	85.6%	484.4	85.9%	281.5	79.8%	105.5	80.6%	2 766.1	45.5%
No	799.1	99.7%	955.2	99.4%	865.1	84.7%	319.8	27.0%	137.6	12.9%	71.7	12.7%	53.4	15.1%	16.9	12.9%	3 218.9	52.9%
Don't know	1.6	0.2%	3.5	0.4%	19.0	1.9%	20.9	1.8%	16.0	1.5%	7.9	1.4%	17.8	5.0%	8.4	6.4%	95.2	1.6%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

The prevalence of doctor-diagnosed eye diseases (excluding refractive errors) among persons aged 15 or above was 8.7%. The prevalence was higher in females than in males (10.4% versus 6.8%, respectively). In particular, the prevalence of glaucoma, cataract, amblyopia and blindness was 0.8%, 6.5%, 0.2% and 0.2% respectively (Table 3.3e and Table 3.3f). Among people who had doctor-diagnosed cataract, 58.0% had cataract operation - 56.7% for females and 60.2% for males (Table 3.3g).

Table 3.3e: Prevalence of doctor-diagnosed eye diseases (excluding refractive errors) by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	332.6	10.4%	197.1	6.8%	529.7	8.7%
*Glaucoma **	*29.1*	*0.9%*	*20.7*	*0.7%*	*49.8*	*0.8%*
*Cataract **	*249.4*	*7.8%*	*145.4*	*5.0%*	*394.8*	*6.5%*
*Amblyopia **	*10.5*	*0.3%*	*4.2*	*0.1%*	*14.7*	*0.2%*
*Blindness **	*5.5*	*0.2%*	*5.0*	*0.2%*	*10.5*	*0.2%*
*Others **	*72.5*	*2.3%*	*45.8*	*1.6%*	*118.2*	*1.9%*
No	2 821.6	88.6%	2 674.6	92.4%	5 496.2	90.4%
Don't know	30.8	1.0%	23.5	0.8%	54.3	0.9%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.
Notes: * Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.3f: Prevalence of doctor-diagnosed eye diseases (excluding refractive errors) by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes	6.0	0.7%	8.6	0.9%	14.8	1.4%	39.0	3.3%	98.0	9.2%	144.1	25.6%	148.9	42.2%	70.3	53.7%	529.7	8.7%
*Glaucoma **	*0.5*	*0.1%*	-	-	*1.0*	*0.1%*	*5.3*	*0.5%*	*6.2*	*0.6%*	*14.4*	*2.6%*	*13.3*	*3.8%*	*9.1*	*7.0%*	*49.8*	*0.8%*
*Cataract **	*0.5*	*0.1%*	*0.5*	*<0.05%*	*1.5*	*0.1%*	*12.6*	*1.1%*	*59.4*	*5.6%*	*116.2*	*20.6%*	*138.5*	*39.3%*	*65.7*	*50.2%*	*394.8*	*6.5%*
*Amblyopia **	*0.9*	*0.1%*	*2.9*	*0.3%*	*1.6*	*0.2%*	*1.5*	*0.1%*	*1.3*	*0.1%*	*3.4*	*0.6%*	*2.8*	*0.8%*	*0.3*	*0.3%*	*14.7*	*0.2%*
*Blindness **	*0.4*	*0.1%*	-	-	*0.5*	*<0.05%*	*1.4*	*0.1%*	*0.9*	*0.1%*	*3.0*	*0.5%*	*3.2*	*0.9%*	*1.0*	*0.8%*	*10.5*	*0.2%*
*Others **	*4.2*	*0.5%*	*5.2*	*0.5%*	*11.2*	*1.1%*	*21.1*	*1.8%*	*37.6*	*3.5%*	*23.7*	*4.2%*	*10.6*	*3.0%*	*4.6*	*3.5%*	*118.2*	*1.9%*
No	792.4	98.8%	948.2	98.6%	1 001.0	98.0%	1 133.1	95.8%	950.9	89.2%	411.8	73.0%	199.7	56.6%	59.1	45.2%	5 496.2	90.4%
Don't know	3.3	0.4%	4.5	0.5%	5.4	0.5%	10.9	0.9%	16.6	1.6%	8.1	1.4%	4.1	1.2%	1.4	1.1%	54.3	0.9%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.
Notes: * Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.3g: Proportion of people who ever had cataract operation among those aged 15 or above who had doctor-diagnosed cataract by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	141.4	56.7%	87.5	60.2%	228.8	58.0%
No	108.0	43.3%	57.3	39.4%	165.3	41.9%
Don't know	-	-	0.6	0.4%	0.6	0.2%
Total	249.4	100.0%	145.4	100.0%	394.8	100.0%

Base: All respondents who had doctor-diagnosed cataract.
Note: Figures may not add up to the total due to rounding.

Overall, 8.4% of persons aged 15 or above reported that their eyesight problems had caused limitations some of the time or more often in their working or doing other daily activities (Table 3.3h). The corresponding proportions increased with age from 1.6% in persons aged 15-24 to 37.0% in persons aged 85 or above (Table 3.3i).

Table 3.3h: Extent of difficulties in working or doing other daily activities because of eyesight problems by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
None of the time	2 046.8	64.3%	1 913.9	66.1%	3 960.7	65.1%
A little of the time	845.5	26.5%	762.5	26.3%	1 608.0	26.4%
Some of the time	269.4	8.5%	198.2	6.8%	467.6	7.7%
Most of the time	20.3	0.6%	17.7	0.6%	37.9	0.6%
All of the time	3.1	0.1%	2.9	0.1%	6.0	0.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.3i: Extent of difficulties in working or doing other daily activities because of eyesight problems by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
None of the time	607.1	75.7%	732.7	76.2%	771.6	75.6%	750.7	63.5%	613.7	57.6%	305.0	54.1%	141.8	40.2%	38.1	29.2%	3 960.7	65.1%
A little of the time	181.6	22.7%	208.7	21.7%	226.8	22.2%	327.0	27.6%	337.8	31.7%	167.6	29.7%	114.3	32.4%	44.3	33.9%	1 608.0	26.4%
Some of the time	12.4	1.5%	19.5	2.0%	19.7	1.9%	101.1	8.5%	106.6	10.0%	83.6	14.8%	84.9	24.1%	39.8	30.5%	467.6	7.7%
Most of the time	0.6	0.1%	0.5	0.1%	2.0	0.2%	3.8	0.3%	6.5	0.6%	7.2	1.3%	9.4	2.7%	8.0	6.1%	37.9	0.6%
All of the time	-	-	-	-	1.1	0.1%	0.4	<0.05%	0.9	0.1%	0.6	0.1%	2.4	0.7%	0.5	0.4%	6.0	0.1%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

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

3.4 Hearing

A person who is not able to hear as good as someone with normal hearing (Normal hearing: hearing thresholds of 25 dB or better in both ears) is said to have hearing loss. Hearing loss may be inherited or caused by infectious diseases, certain drugs, exposure to excessive noise or ageing. Around half of all deafness and hearing impairment can be prevented if common causes were dealt with at primary health care level [7]. A total of 2.2% of the persons aged 15 or above (2.1% for females and 2.2% for males) reported having hearing impairment / hearing loss as diagnosed by a doctor or audiologist (Table 3.4a). Among them, 11.0% were diagnosed in the 12 months preceding the survey (Table 3.4b). Analysed by age, the prevalence of hearing impairment / hearing loss generally increased with age from 0.5% among those aged 15-24 to 18.8% among those aged 85 or above (Table 3.4c).

Table 3.4a: Prevalence of hearing impairment / hearing loss diagnosed by doctors or audiologists by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	66.2	2.1%	64.9	2.2%	131.1	2.2%
No	3 101.6	97.4%	2 819.1	97.4%	5 920.7	97.4%
Don't know	17.2	0.5%	11.3	0.4%	28.4	0.5%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

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

Table 3.4b: Proportion of hearing impairment / hearing loss diagnosed by doctors or audiologists in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
6.8	10.3%	0.21%	7.7	11.8%	0.26%	14.5	11.0%	0.24%

Base: All respondents who had hearing impairment / hearing loss diagnosed by doctors or audiologists.
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 3.4c: Prevalence of hearing impairment / hearing loss diagnosed by doctors or audiologists by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes	3.7	0.5%	3.9	0.4%	5.7	0.6%	12.8	1.1%	21.7	2.0%	26.1	4.6%	32.7	9.3%	24.6	18.8%	131.1	2.2%
No	796.5	99.4%	955.9	99.4%	1 012.7	99.2%	1 164.6	98.4%	1 038.6	97.5%	531.3	94.2%	316.4	89.7%	104.6	80.0%	5 920.7	97.4%
Don't know	1.4	0.2%	1.6	0.2%	2.8	0.3%	5.6	0.5%	5.2	0.5%	6.6	1.2%	3.6	1.0%	1.6	1.2%	28.4	0.5%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

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

Among the people who had hearing impairment / hearing loss diagnosed by doctor or audiologist, only 13.9% often used hearing aid - 11.8% in females and 16.0% in males (Table 3.4d and Table 3.4e).

Overall, 3.3% of persons aged 15 or above reported that their hearing problems had caused limitations some of the time or more often in their working or doing other daily activities (Table 3.4f). The corresponding proportions increased from 0.4% in persons aged 15-24 to 36.4% in persons aged 85 or above (Table 3.4g).

Table 3.4d: Frequency of using hearing aid by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes, use it often	7.8	11.8%	10.4	16.0%	18.2	13.9%
Yes, seldom use it	5.2	7.9%	11.7	18.1%	16.9	12.9%
No, never use it	53.2	80.3%	42.2	65.1%	95.5	72.8%
Don't know	-	-	0.5	0.8%	0.5	0.4%
Total	66.2	100.0%	64.9	100.0%	131.1	100.0%

Base: All respondents who had hearing impairment / hearing loss diagnosed by doctors or audiologists.
Note: Figures may not add up to the total due to rounding.

Table 3.4e: Frequency of using hearing aid by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
Yes, use it often	-	-	0.6	15.0%	1.0	18.4%	1.5	12.0%	4.1	19.0%	4.5	17.2%	3.4	10.3%	3.1	12.5%	18.2	13.9%
Yes, seldom use it	1.0	28.1%	-	-	0.4	7.9%	1.1	8.6%	2.4	10.9%	2.7	10.5%	6.5	19.8%	2.8	11.3%	16.9	12.9%
No, never use it	2.6	71.9%	3.3	85.0%	4.2	73.7%	10.2	79.4%	15.2	70.1%	18.9	72.3%	22.4	68.4%	18.8	76.2%	95.5	72.8%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	0.5	1.5%	-	-	0.5	0.4%
Total	3.7	100.0%	3.9	100.0%	5.7	100.0%	12.8	100.0%	21.7	100.0%	26.1	100.0%	32.7	100.0%	24.6	100.0%	131.1	100.0%

Base: All respondents who had hearing impairment / hearing loss diagnosed by doctors or audiologists.

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

Table 3.4f: Extent of difficulties in working or doing other daily activities because of hearing problems by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
None of the time	2 857.7	89.7%	2 615.7	90.3%	5 473.4	90.0%
A little of the time	226.1	7.1%	182.7	6.3%	408.8	6.7%
Some of the time	77.8	2.4%	74.7	2.6%	152.5	2.5%
Most of the time	17.3	0.5%	17.7	0.6%	35.1	0.6%
All of the time	6.0	0.2%	4.4	0.2%	10.4	0.2%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

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

Table 3.4g: Extent of difficulties in working or doing other daily activities because of hearing problems by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or 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. of persons ('000)	%
None of the time	776.8	96.9%	922.9	96.0%	967.2	94.7%	1 104.1	93.3%	947.4	88.9%	459.7	81.5%	241.0	68.3%	54.5	41.7%	5 473.4	90.0%
A little of the time	21.9	2.7%	34.5	3.6%	45.7	4.5%	62.4	5.3%	93.8	8.8%	63.9	11.3%	57.9	16.4%	28.8	22.0%	408.8	6.7%
Some of the time	2.8	0.4%	3.4	0.4%	5.6	0.5%	13.5	1.1%	16.1	1.5%	29.7	5.3%	42.9	12.1%	38.4	29.4%	152.5	2.5%
Most of the time	-	-	0.5	0.1%	1.6	0.2%	2.6	0.2%	5.6	0.5%	8.7	1.5%	9.5	2.7%	6.4	4.9%	35.1	0.6%
All of the time	-	-	-	-	1.2	0.1%	0.4	<0.05%	2.7	0.3%	2.0	0.3%	1.5	0.4%	2.7	2.0%	10.4	0.2%
Total	801.6	100.0%	961.4	100.0%	1 021.2	100.0%	1 183.0	100.0%	1 065.5	100.0%	564.0	100.0%	352.7	100.0%	130.8	100.0%	6 080.2	100.0%

Base: All respondents.

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

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