

Chapter 5

Health-related Behaviours and Lifestyle Practices

Many diseases, especially chronic non-communicable diseases (NCDs), are attributable to various health-related behaviours and lifestyle practices. Many of these diseases share common behavioural risk factors, including smoking and harmful use of alcohol, physical inactivity and low fruit and vegetables intake. Apart from these behavioural risk factors, eating-out, which is common among Hong Kong people, may impose risks on individuals for developing nutritional-related chronic diseases. The burden of premature death, disease and disability due to NCD can be significantly reduced through positive changes in lifestyle practices. On the other hand, healthy lifestyle practices promote individual well-being, and substantially reduce healthcare burden of the community through risk reduction of cardiovascular diseases¹ and cancers². This Chapter presents the findings on health-related behaviours and lifestyle practices including smoking habits, harmful use of alcohol, physical activities, diet and nutrition, the frequency of eating-out and use of certain drugs and health supplements in Hong Kong.

Snapshot of Population's Health-related Behaviours and Lifestyle Practices

Indicator	Female	Male	Overall
Proportion of population who had ever smoked cigarette	10.8%	45.0%	27.1%
Proportion of daily alcohol drinkers	1.0%	5.2%	3.0%
Proportion of population who had binge drinking in the 12 months preceding the survey	3.9%	14.2%	9.6%
Proportion of population who were drinking at increased risk, harmful drinking or probable alcohol dependent (i.e. AUDIT total score ≥ 8) in the 12 months preceding the survey	1.0%	6.2%	3.5%
Proportion of adults aged 18 or above who had insufficient physical activity according to WHO's definition	14.2%	11.6%	13.0%

Indicator	Female	Male	Overall
Proportion of population with inadequate daily intake of fruit and vegetables (less than 5 servings on average per day)	93.5%	95.4%	94.4%
Proportion of population consuming processed meat and associated products at least once per week	42.2%	51.3%	46.5%
Proportion of population using seasonings containing salt every time eating at table	2.3%	2.7%	2.5%
Proportion of domestic households using iodised salt	N.A.	N.A.	22.3%
Proportion of population eating-out for breakfast, lunch or dinner at least once a week	79.9%	88.9%	84.2%
Proportion of population taking health supplements in the month preceding the survey	19.4%	12.4%	16.1%

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

5.1 Smoking Habits

Cigarette smoking causes a wide range of diseases, including various cancers, such as lung cancer, colorectal cancer and liver cancer. Smoking is a cause of cardiovascular diseases, including coronary heart disease, peripheral arterial disease and stroke. In addition to lung cancer, use of tobacco damages the breathing system and lung tissues, causing respiratory diseases such as chronic bronchitis, emphysema and chronic obstructive pulmonary disease³. Together with exposure to second-hand smoke, smoking causes six million deaths worldwide each year⁴. The following sections present survey findings on the pattern of smoking, intention and level of confidence to quit smoking.

5.1.1 Pattern of Smoking

Over a quarter (27.1%) of persons aged 15 or above reported that they had ever smoked cigarette (10.8% for females and 45.0% for males) (Table 5.1.1a). Analysed by age group, the proportion of persons who had ever smoked cigarette was the highest at 32.9% among persons aged 75-84 (Table 5.1.1b).

Table 5.1.1a: Distribution of population aged 15 or above by whether had ever smoked cigarette and gender

Whether had ever smoked cigarette	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
Yes	344.6	10.8%	1 303.8	45.0%	1 648.4	27.1%
No	2 840.4	89.2%	1 591.4	55.0%	4 431.8	72.9%
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 5.1.1b: Distribution of population aged 15 or above by whether had ever smoked cigarette and age group

Whether had ever smoked cigarette	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Yes	84.2	10.5%	256.1	26.6%	314.9	30.8%	351.5	29.7%	315.6	29.6%	176.0	31.2%	115.9	32.9%	34.2	26.1%	1 648.4	27.1%
No	717.4	89.5%	705.3	73.4%	706.3	69.2%	831.5	70.3%	749.9	70.4%	388.0	68.8%	236.8	67.1%	96.6	73.9%	4 431.8	72.9%
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.

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

Analysed by age started smoking, 28.9% of persons who had ever smoked cigarette started smoking at age 20-24 and another 24.3% started smoking at age 18-19. Over one-third (35.5%) of persons who had ever smoked cigarette started smoking at age below 18 years old, including 6.8% started smoking at age younger than 14 years old (Table 5.1.1c).

Table 5.1.1c: Age (years) of persons who had ever smoked cigarette when started smoking by gender

Age (years)	Female		Male		Total	
	No. of		No. of		No. of	
	persons	%	persons	%	persons	%
	('000)		('000)		('000)	
Below 14	19.2	5.6%	92.7	7.1%	111.8	6.8%
14 - 15	39.1	11.3%	164.8	12.6%	204.0	12.4%
16 - 17	57.1	16.6%	211.6	16.2%	268.7	16.3%
18 - 19	83.1	24.1%	316.9	24.3%	400.0	24.3%
20 - 24	97.1	28.2%	379.6	29.1%	476.7	28.9%
25 or above	49.1	14.2%	137.6	10.6%	186.6	11.3%
Refusal	-	-	0.6	<0.05%	0.6	<0.05%
Total	344.6	100.0%	1 303.8	100.0%	1 648.4	100.0%
Mean	19.5		19.2		19.3	

Base: The respondents who had ever smoked cigarette.

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

5.1.2 Persons who currently had habit of cigarette smoking

Among persons aged 15 or above who had ever smoked cigarette, 54.6% reported that they currently had habit of cigarette smoking at the time of survey (49.3% for females and 56.0% for males) (Table 5.1.2a). Analysed by age group, the proportion of persons who currently had habit of cigarette smoking among those who had ever smoked cigarette was the highest at 66.9% for those aged 35-44 and was the lowest at 13.8% for those aged 85 or above (Table 5.1.2b).

Table 5.1.2a: Distribution of population aged 15 or above who had ever smoked cigarette by whether currently had habit of cigarette smoking and gender

Whether currently had habit of cigarette smoking	Female		Male		Total	
	No. of		No. of		No. of	
	persons		persons		persons	
	('000)		('000)		('000)	
Yes	169.9	49.3%	730.4	56.0%	900.3	54.6%
No	174.7	50.7%	573.4	44.0%	748.1	45.4%
Total	344.6	100.0%	1 303.8	100.0%	1 648.4	100.0%

Base: All respondents who had ever smoked cigarette.

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

Table 5.1.2b: Distribution of population aged 15 or above who had ever smoked cigarette by whether currently had smoking habit and age group

Whether currently had habit of cigarette smoking	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons		persons		persons		persons		persons		persons		persons		persons		persons	
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Yes	54.8	65.0%	163.2	63.7%	210.6	66.9%	211.5	60.2%	163.2	51.7%	67.2	38.2%	25.2	21.8%	4.7	13.8%	900.3	54.6%
No	29.5	35.0%	92.9	36.3%	104.4	33.1%	140.0	39.8%	152.5	48.3%	108.8	61.8%	90.6	78.2%	29.5	86.2%	748.1	45.4%
Total	84.2	100.0%	256.1	100.0%	314.9	100.0%	351.5	100.0%	315.6	100.0%	176.0	100.0%	115.9	100.0%	34.2	100.0%	1 648.4	100.0%

Base: All respondents who had ever smoked cigarette.

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

In the survey, persons aged 15 or above who currently had a habit of cigarette smoking were asked about their intention to quit smoking and their level of confidence in quitting smoking. Among persons who currently had habit of cigarette smoking, 21.1% had stopped smoking for one day or longer during the 12 months preceding the survey because of their intention to quit smoking (23.4% for females and 20.6% for males) (Table 5.1.2c).

Table 5.1.2c: Proportion of persons who currently had habit of cigarette smoking by whether had stopped smoking for one day or longer during the 12 months preceding the survey and gender

Whether had stopped smoking for one day or longer during the 12 months preceding the survey	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
Yes	39.7	23.4%	150.4	20.6%	190.1	21.1%
No	130.2	76.6%	580.0	79.4%	710.2	78.9%
Total	169.9	100.0%	730.4	100.0%	900.3	100.0%

Base: All respondents who currently had habit of cigarette smoking at the time of survey.

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

As regards their plan for quitting smoking, 11.6% of persons who currently had habit of cigarette smoking had seriously planned to quit smoking in the one month following this survey, another 8.3% had seriously planned to quit smoking in the two to six months after the survey, while 80.1% had no plan to quit smoking at all. Analysed by gender, females who currently had habit of cigarette smoking were more likely than their male counterparts to have seriously planned to quit smoking. While 26.5% of females who currently had habit of cigarette smoking had planned to quit smoking in the six months after the survey, only 18.3% of their male counterparts had planned to do so (Table 5.1.2d).

Table 5.1.2d: Proportion of persons who currently had habit of cigarette smoking by whether had seriously planned to quit smoking in six months after the survey and gender

Whether had seriously planned to quit smoking in six months after the survey	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
Yes	45.1	26.5%	133.9	18.3%	178.9	19.9%
<i>In one month after the survey</i>	26.6	15.6%	77.6	10.6%	104.2	11.6%
<i>In two to six months after the survey</i>	18.5	10.9%	56.2	7.7%	74.7	8.3%
No	124.8	73.5%	596.5	81.7%	721.4	80.1%
Total	169.9	100.0%	730.4	100.0%	900.3	100.0%

Base: All respondents who currently had habit of cigarette smoking at the time of survey.

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

Persons who currently had habit of cigarette smoking and had seriously considered quitting smoking were asked to indicate their confidence in quitting smoking successfully in the future using a scale from 0 to 10, where 0 indicated the least confident and 10 represented the most confident. Among these smokers, over one-third (37.2%) reported that they were fairly confident (score 7 or above) in quitting smoking successfully in the future, while 3.4% were not confident at all in doing so. While more females among these smokers (39.0%) considered themselves fairly confident in quitting smoking successfully in the future than their male counterparts (36.5%), at the same time these female smokers (5.5%) were more likely to report that they had no confidence at all in quitting smoking than male smokers (2.6%). Analysed by age group, among these smokers, those aged 25-34 (45.7%) had the highest proportion of being fairly confident in quitting smoking successfully in the future, while the proportion among those aged 35-44 (31.0%) was the lowest (Table 5.1.2e and Table 5.1.2f).

Table 5.1.2e: Level of confidence in quitting smoking successfully in the future by gender

	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
0	2.5	5.5%	3.5	2.6%	6.0	3.4%
1 - 2	1.5	3.4%	2.2	1.7%	3.8	2.1%
3 - 4	4.4	9.7%	14.3	10.7%	18.6	10.4%
5 - 6	18.6	41.2%	60.4	45.1%	79.0	44.2%
7 - 8	11.4	25.2%	33.0	24.7%	44.4	24.8%
9 - 10	6.2	13.8%	15.9	11.9%	22.1	12.4%
Don't know	0.5	1.1%	4.5	3.4%	5.0	2.8%
Total	45.1	100.0%	133.9	100.0%	178.9	100.0%
Mean*	5.8		6.0		5.9	

Bases: Respondents who currently had habit of cigarette smoking and had seriously planned to quit smoking in the six months after the survey.

* Respondents who currently had habit of cigarette smoking and had seriously planned to quit smoking in the six months after the survey with valid answer on the level of confidence on quitting smoking successfully in the future.

Notes: The level of confidence on quitting smoking increases from 0 (the least confident) to 10 (the most confident).

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

Table 5.1.2f: Level of confidence in quitting smoking successfully in the future by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
0	-	-	2.1	5.2%	1.5	3.2%	0.5	1.3%	1.9	7.8%	-	-	-	-	-	-	6.0	3.4%
1 - 2	0.4	3.5%	-	-	1.2	2.5%	1.6	3.9%	0.6	2.5%	-	-	-	-	-	-	3.8	2.1%
3 - 4	1.1	8.4%	3.3	8.2%	4.7	9.8%	3.7	9.1%	4.0	16.5%	1.6	14.2%	-	-	0.3	100.0%	18.6	10.4%
5 - 6	6.6	52.2%	14.8	37.1%	25.4	53.5%	18.3	45.0%	7.2	29.5%	5.7	52.0%	0.9	38.8%	-	-	79.0	44.2%
7 - 8	3.0	23.9%	11.6	29.1%	9.3	19.7%	8.9	21.9%	7.8	32.2%	3.1	28.5%	0.5	20.2%	-	-	44.4	24.8%
9 - 10	1.5	11.9%	6.6	16.6%	5.4	11.4%	6.2	15.2%	1.4	5.7%	0.6	5.4%	0.4	18.1%	-	-	22.1	12.4%
Don't know	-	-	1.5	3.8%	-	-	1.5	3.7%	1.5	6.0%	-	-	0.6	22.9%	-	-	5.0	2.8%
Total	12.6	100.0%	39.8	100.0%	47.6	100.0%	40.7	100.0%	24.4	100.0%	11.0	100.0%	2.4	100.0%	0.3	100.0%	178.9	100.0%
Mean*	6.0		6.2		5.7		6.1		5.6		5.8		6.7		#		5.9	

Bases: Respondents who currently had habit of cigarette smoking and had seriously planned to quit smoking in the six months after the survey.

* Respondents who currently had habit of cigarette smoking and had seriously planned to quit smoking in the six months after the survey with valid answer on the level of confidence on quitting smoking successfully in the future.

Notes: The level of confidence on quitting smoking increases from 0 (the least confident) to 10 (the most confident).

The summary statistics are not shown due to statistical consideration.

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

5.1.3 Ex-smokers

Ex-smokers are respondents who had habit of cigarette smoking previously but already quit at the time of survey. Among ex-smokers aged 15 or above, the main reasons for quitting smoking were “for own personal health” (88.1%), “for family members’ health” (32.3%), “advised by family members or friends” (6.8%), “advised by health care professionals” (4.6%), and “cigarettes or other tobacco products are expensive” (4.1%) (Table 5.1.3).

Table 5.1.3: Reasons for quitting smoking by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
For own personal health	151.5	86.7%	507.8	88.6%	659.3	88.1%
For family members' health	50.9	29.1%	190.7	33.3%	241.6	32.3%
Advised by family members or friends	10.4	5.9%	40.7	7.1%	51.1	6.8%
Advised by health care professionals	3.5	2.0%	30.6	5.3%	34.1	4.6%
Cigarettes or other tobacco products are expensive	7.4	4.2%	23.5	4.1%	30.9	4.1%
Providing a good example to children	6.7	3.8%	5.4	0.9%	12.1	1.6%
Smoking is a socially undesirable habit	-	-	6.9	1.2%	6.9	0.9%
Do not want to smoke, no particular reason	1.1	0.6%	4.7	0.8%	5.8	0.8%
Smoking is banned in many public places	1.8	1.0%	3.2	0.6%	5.0	0.7%
Only social smoking, already quit	-	-	1.2	0.2%	1.2	0.2%
Smoking in office or workplace is prohibited	-	-	1.0	0.2%	1.0	0.1%
Mood has improved or no need to smoke to reduce stress	0.6	0.3%	-	-	0.6	0.1%
For religious reason	0.5	0.3%	-	-	0.5	0.1%

Base: Respondents who had habit of cigarette smoking previously but already quit at the time of survey.

Notes: Ranked in descending order of the percentages of the reasons for quitting smoking reported by the respondents.

Multiple answers were allowed.

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

5.2 Alcohol Consumption

The harmful use of alcohol is a causal factor in more than 200 diseases and injury conditions. Consuming too much alcohol, either on a single episode or on a regular basis over a period of time, is associated with increased risk of cardiovascular diseases, liver cirrhosis, some cancers, injuries and mental disorders in a dose dependent manner ⁵. Binge drinking, defined as the consumption of five or more portions of alcohol drinks (i.e. drinking at least 5 cans of beer, 5 glasses of table wines or 5 pegs of spirits) on one occasion, is particularly hazardous. Apart from physical health problems that could be caused by drinking alcohol, harmful use of alcohol is associated with a risk of developing behavioural health problems including alcohol dependence. The PHS assessed the pattern of alcohol consumption, the frequency of binge drinking or heavy episodic drinking and the risk of drinking problems among persons aged 15 or above in Hong Kong.

5.2.1 Pattern of Alcohol Consumption

Overall, around half (50.4%) of the population aged 15 or above drank alcoholic beverages occasionally (i.e. drank in three days or less a month) and 11.1% drank regularly (i.e. drank at least once a week) in the 12 months preceding the survey. On the other hand, 21.8% of persons aged 15 or above had never consumed alcohol and 16.7% had not consumed alcohol in the 12 months preceding the survey. Analysed by gender, more females (28.7%) than males (14.3%) aged 15 or above reported to have never been a drinker. In contrast, significantly more males (17.3%) than females (5.4%) reported to be regular drinkers (Table 5.2.1a).

Table 5.2.1a: Pattern of alcohol consumption in the 12 months preceding the survey by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Never	913.1	28.7%	414.6	14.3%	1 327.7	21.8%
Not in the past year	598.8	18.8%	418.0	14.4%	1 016.8	16.7%
Drink alcohol occasionally	1 501.5	47.1%	1 562.2	54.0%	3 063.8	50.4%
<i>Drink less than once a month</i>	1 212.6	38.1%	1 065.5	36.8%	2 278.1	37.5%
<i>Drink 1 day a month</i>	182.6	5.7%	284.3	9.8%	466.9	7.7%
<i>Drink 2 - 3 days a month</i>	106.3	3.3%	212.4	7.3%	318.7	5.2%
Drink alcohol regularly	171.6	5.4%	500.3	17.3%	671.9	11.1%
<i>Drink 1 day a week</i>	81.6	2.6%	179.9	6.2%	261.6	4.3%
<i>Drink 2 - 3 days a week</i>	50.8	1.6%	131.7	4.5%	182.5	3.0%
<i>Drink 4 - 6 days a week</i>	8.3	0.3%	38.6	1.3%	46.9	0.8%
<i>Drink everyday</i>	30.8	1.0%	150.1	5.2%	180.9	3.0%
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.

The proportion of persons who had never drunk alcoholic beverages were the lowest at 12.8% among those in the 25-34 age group and increased steadily with age to the highest at 47.2% among elder persons aged 85 or above. The proportions of regular drinkers were relatively lower at 4.4% among the young (i.e. aged 15-24) and at 3.9% among the old (i.e. aged 85 or above), and was the highest at 13.6% among the middle age group 45-54 (Table 5.2.1b).

Table 5.2.1b: Pattern of alcohol consumption in the 12 months 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)	%
Never	252.1	31.5%	122.9	12.8%	151.9	14.9%	210.3	17.8%	240.4	22.6%	153.6	27.2%	134.6	38.2%	61.8	47.2%	1 327.7	21.8%
Not in the past year	81.8	10.2%	125.1	13.0%	165.5	16.2%	202.5	17.1%	186.0	17.5%	128.9	22.9%	87.5	24.8%	39.6	30.2%	1 016.8	16.7%
Drink alcohol occasionally	432.1	53.9%	598.4	62.2%	573.0	56.1%	609.2	51.5%	504.5	47.3%	221.8	39.3%	100.4	28.5%	24.3	18.6%	3 063.8	50.4%
<i>Drink less than once a month</i>	318.2	39.7%	410.3	42.7%	407.1	39.9%	452.5	38.2%	395.8	37.1%	183.6	32.6%	88.5	25.1%	22.1	16.9%	2 278.1	37.5%
<i>Drink 1 day a month</i>	70.6	8.8%	109.9	11.4%	100.7	9.9%	96.4	8.1%	59.1	5.5%	22.1	3.9%	7.3	2.1%	0.9	0.7%	466.9	7.7%
<i>Drink 2 - 3 days a month</i>	43.3	5.4%	78.2	8.1%	65.2	6.4%	60.4	5.1%	49.7	4.7%	16.1	2.9%	4.5	1.3%	1.3	1.0%	318.7	5.2%
Drink alcohol regularly	35.5	4.4%	115.0	12.0%	130.8	12.8%	161.0	13.6%	134.6	12.6%	59.7	10.6%	30.2	8.6%	5.1	3.9%	671.9	11.1%
<i>Drink 1 day a week</i>	19.1	2.4%	64.6	6.7%	56.6	5.5%	57.9	4.9%	41.6	3.9%	15.7	2.8%	3.7	1.0%	2.4	1.9%	261.6	4.3%
<i>Drink 2 - 3 days a week</i>	10.6	1.3%	33.4	3.5%	43.1	4.2%	45.2	3.8%	29.6	2.8%	12.8	2.3%	7.0	2.0%	0.7	0.5%	182.5	3.0%
<i>Drink 4 - 6 days a week</i>	2.1	0.3%	7.9	0.8%	7.6	0.7%	13.8	1.2%	10.3	1.0%	3.7	0.7%	1.6	0.4%	-	-	46.9	0.8%
<i>Drink everyday</i>	3.7	0.5%	9.1	0.9%	23.5	2.3%	44.1	3.7%	53.1	5.0%	27.5	4.9%	17.9	5.1%	2.0	1.5%	180.9	3.0%
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 persons aged 15 or above who had ever drunk alcoholic beverages and provided information on their age when started drinking, the mean age when they started drinking was 20.3 years and 21.4% started drinking at age before 18 years old. Males tended to start drinking at an earlier age (mean 19.3 years) than females (mean 21.4 years). Analysed by age group, the mean starting age generally increased with age from 16.8 for drinkers aged 15-24 to 23.8 for those aged 75-84 and then decreased slightly to 22.0 for drinkers aged 85 or above (Table 5.2.1c and Table 5.2.1d).

Table 5.2.1c: Age (years) when started drinking by gender

Age started drinking (years)	Female		Male		Total	
	No. of		No. of		No. of	
	persons	%	persons	%	persons	%
	('000)		('000)		('000)	
Below 16	187.8	8.3%	293.5	11.8%	481.3	10.1%
16 - 17	193.0	8.5%	342.1	13.8%	535.1	11.3%
18 - 19	631.8	27.8%	842.3	34.0%	1 474.1	31.0%
20 - 21	634.4	28.0%	608.6	24.5%	1 243.0	26.2%
22 - 24	143.4	6.3%	119.9	4.8%	263.3	5.5%
25 or above	478.9	21.1%	273.6	11.0%	752.5	15.8%
Total	2 269.2	100.0%	2 480.0	100.0%	4 749.3	100.0%
Mean	21.4		19.3		20.3	

Base: The respondents who had ever drunk alcohol and had provided information on their age when started drinking.

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

Table 5.2.1d: Age (years) when started drinking by age group

Age started drinking (years)	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Below 16	138.5	25.2%	77.8	9.3%	59.0	6.8%	76.1	7.8%	73.5	8.9%	29.7	7.2%	18.9	8.7%	7.8	11.3%	481.3	10.1%
16 - 17	145.8	26.5%	115.1	13.7%	89.4	10.3%	75.6	7.8%	53.8	6.5%	34.1	8.3%	15.4	7.1%	5.9	8.6%	535.1	11.3%
18 - 19	207.0	37.7%	333.5	39.8%	293.1	33.7%	274.1	28.2%	221.0	26.8%	86.3	21.1%	49.1	22.5%	10.0	14.6%	1 474.1	31.0%
20 - 21	53.8	9.8%	205.0	24.5%	260.6	30.0%	278.7	28.7%	229.4	27.8%	132.3	32.3%	59.7	27.4%	23.5	34.0%	1 243.0	26.2%
22 - 24	4.3	0.8%	60.0	7.2%	47.2	5.4%	71.0	7.3%	43.6	5.3%	24.7	6.0%	7.8	3.6%	4.6	6.6%	263.3	5.5%
25 or above	-	-	46.6	5.6%	119.4	13.7%	196.2	20.2%	203.7	24.7%	102.2	25.0%	67.3	30.8%	17.1	24.8%	752.5	15.8%
Total	549.5	100.0%	837.9	100.0%	868.7	100.0%	971.7	100.0%	825.1	100.0%	409.3	100.0%	218.1	100.0%	69.0	100.0%	4 749.3	100.0%
Mean	16.8		18.7		19.8		21.0		22.0		22.4		23.8		22.0		20.3	

Base: The respondents who had ever drunk alcohol and had provided information on their age when started drinking.

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

Regarding the type of alcohol consumed, among persons who had drunk alcoholic beverages in the 12 months preceding the survey, most persons drank beer (71.1%), followed by table wines (55.2%). Analysed by gender, significantly more male drinkers (81.6%) had drunk beer in the 12 months preceding the survey than their female counterparts (58.3%). In contrast, more female drinkers (60.3%) had drunk table wines than male drinkers (51.0%) (Table 5.2.1e). While beer was the most popular choice among drinkers in all age groups, the proportion of drinkers who had drunk beer in the 12 months preceding the survey decreased with age from 79.5% for those aged 15-24 to 48.8% for those aged 75-84, and then bounced back to 60.7% for persons aged 85 or above. Table wines was the second most popular choice of alcoholic beverages and was relatively more popular among drinkers in the middle age groups 25-64 when compared to drinkers in other age groups (Table 5.2.1f).

Table 5.2.1e: Type of alcohol consumed in the 12 months preceding the survey by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Beer, table wines, spirits or Chinese rice wines	1 570.4	93.9%	2 015.2	97.7%	3 585.7	96.0%
<i>Beer</i>	975.5	58.3%	1 682.3	81.6%	2 657.8	71.1%
<i>Table wines</i>	1 009.3	60.3%	1 051.6	51.0%	2 060.9	55.2%
<i>Spirits</i>	133.6	8.0%	322.3	15.6%	455.9	12.2%
<i>Chinese rice wines</i>	139.7	8.4%	151.6	7.4%	291.3	7.8%
Others*	102.7	6.1%	47.3	2.3%	150.0	4.0%

Base: The respondents who had drunk alcohol in the 12 months preceding the survey.

Notes: * The respondents who had drunk alcohol in the 12 months preceding the survey but had not drunk the four types of alcoholic beverages mentioned above. Multiple answers were allowed. Figures may not add up to the total due to rounding.

Table 5.2.1f: Type of alcohol consumed in the 12 months 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)	%
Beer, table wines, spirits or Chinese rice wines	428.9	91.7%	693.5	97.2%	687.4	97.7%	744.4	96.7%	621.0	97.2%	264.6	94.0%	121.1	92.7%	24.7	84.0%	3 585.7	96.0%
<i>Beer</i>	371.7	79.5%	550.8	77.2%	509.0	72.3%	538.4	69.9%	434.8	68.0%	171.6	61.0%	63.7	48.8%	17.9	60.7%	2 657.8	71.1%
<i>Table wines</i>	160.7	34.4%	426.4	59.8%	424.7	60.3%	462.1	60.0%	371.1	58.1%	149.2	53.0%	60.2	46.1%	6.4	21.9%	2 060.9	55.2%
<i>Spirits</i>	81.9	17.5%	114.3	16.0%	76.6	10.9%	73.2	9.5%	59.2	9.3%	30.8	10.9%	16.0	12.3%	3.8	13.0%	455.9	12.2%
<i>Chinese rice wines</i>	26.4	5.6%	65.8	9.2%	59.4	8.4%	56.8	7.4%	40.6	6.4%	26.5	9.4%	14.7	11.3%	1.0	3.5%	291.3	7.8%
Others*	38.8	8.3%	19.9	2.8%	16.4	2.3%	25.7	3.3%	18.1	2.8%	16.9	6.0%	9.5	7.3%	4.7	16.0%	150.0	4.0%

Base: The respondents who had drunk alcohol in the 12 months preceding the survey.

Notes: * The respondents who had drunk alcohol in the 12 months preceding the survey but had not drunk the four types of alcoholic beverages mentioned above. Multiple answers were allowed. Figures may not add up to the total due to rounding.

The average amount of alcohol consumed by the drinkers in a typical drinking day in the 12 months preceding the survey was 1.9 alcohol units (each unit is equivalent to 10 grams) for beer, 1.6 alcohol units for table wines, 2.1 alcohol units for spirits, 2.4 alcohol units for Chinese rice wines and 2.7 alcohol units for all four types of alcoholic beverages combined. Among persons who had drunk these four types of alcoholic beverages in the 12 months preceding the survey, male drinkers had drunk significantly larger amount in terms of units of alcohol in a typical drinking day than female drinkers. The average amount drunk in one day by male drinkers was 3.1 alcohol units, higher than the average of 2.2 alcohol units recorded for female drinkers (Table 5.2.1g). Analysed by age group, the average amount of alcohol units for the four types of alcoholic beverages as a whole drunk in one day decreased with age from 3.2 alcohol units for drinkers aged 25-34 to 1.8 alcohol units for drinkers aged 75 or above (Table 5.2.1h).

Table 5.2.1g: Average amount of alcohol (number of units of alcohol) usually consumed in one day on typical drinking days in the 12 months preceding the survey by gender

	Female	Male	Total
Beer *	1.5	2.1	1.9
Table wines #	1.4	1.7	1.6
Spirits ^	2.0	2.1	2.1
Chinese rice wines †	2.3	2.6	2.4
Total ‡	2.2	3.1	2.7

Bases: * The respondents who had drunk beer in the 12 months preceding the survey.

The respondents who had drunk table wines in the 12 months preceding the survey.

^ The respondents who had drunk spirits in the 12 months preceding the survey.

† The respondents who had drunk Chinese rice wines in the 12 months preceding the survey.

‡ The respondents who had drunk beer, table wines, spirits or Chinese rice wines in the 12 months preceding the survey.

Table 5.2.1h: Average amount of alcohol (number of units of alcohol) usually consumed in one day on typical drinking days in the 12 months preceding the survey by age group

	15-24	25-34	35-44	45-54	55-64	65-74	75-84	85 or above	Total
Beer *	2.1	2.0	1.9	1.9	1.7	1.6	1.5	1.6	1.9
Table wines #	1.7	1.6	1.6	1.5	1.4	1.4	1.3	1.2	1.6
Spirits ^	2.8	2.2	2.2	1.9	1.5	1.2	1.2	1.1	2.1
Chinese rice wines †	2.0	2.4	2.9	2.8	2.0	1.7	2.0	2.7	2.4
Total ‡	3.1	3.2	2.9	2.7	2.3	2.1	1.8	1.8	2.7

Bases: * The respondents who had drunk beer in the 12 months preceding the survey.

The respondents who had drunk table wines in the 12 months preceding the survey.

^ The respondents who had drunk spirits in the 12 months preceding the survey.

† The respondents who had drunk Chinese rice wines in the 12 months preceding the survey.

‡ The respondents who had drunk beer, table wines, spirits or Chinese rice wines in the 12 months preceding the survey.

5.2.2 Binge Drinking / Heavy Episodic Drinking

Binge drinking, which is also called heavy episodic drinking, is one of the most important indicators for acute consequences of alcohol use, such as injuries. In this survey, binge drinking was defined as drinking at least 5 cans of beer, 5 glasses of table wines or 5 pegs of spirits on a single occasion. Respondents were asked how often they had such experience in the 12 months preceding the survey.

Among persons aged 15 or above who had a drink containing alcohol in the 12 months preceding the survey, 9.6% had binge drinking during this period. The corresponding proportion was significantly higher among males (14.2%) than among females (3.9%). The prevalence of binge drinking at least monthly among persons aged 15 or above was 2.2% (0.5% for females and 4.1% for males). Analysed by age group, the proportions of binge drinkers in the 12 months preceding the survey decreased with increasing age from 12.9% among drinkers aged 15-34 to 1.7% for those aged 75-84, and then increased slightly to 2.7% for those aged 85 or above (Table 5.2.2a and Table 5.2.2b).

Table 5.2.2a: Frequency of binge drinking[#] in the 12 months preceding the survey by gender

	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
Ever in 12 months preceding the survey	65.0	3.9%	292.5	14.2%	357.5	9.6%
<i>Less than monthly</i>	48.0	2.9%	174.8	8.5%	222.9	6.0%
<i>Monthly</i>	8.6	0.5%	66.4	3.2%	75.0	2.0%
<i>Weekly</i>	4.9	0.3%	38.8	1.9%	43.7	1.2%
<i>Daily or almost daily</i>	3.5	0.2%	12.5	0.6%	16.0	0.4%
Prevalence of binge drinking at least monthly*	N.A.	0.5%	N.A.	4.1%	N.A.	2.2%
Never in the 12 months preceding the survey	1 608.1	96.1%	1 770.0	85.8%	3 378.1	90.4%
Total	1 673.1	100.0%	2 062.6	100.0%	3 735.7	100.0%

Base: All respondents who had a drink containing alcohol in the past 12 months preceding the survey.

Notes: # Binge drinking: Drinking at least 5 cans of beer, 5 glasses of table wines or 5 pegs of spirits on one occasion.

* Prevalence of binge drinking at least monthly was calculated by dividing the number of persons who had binge drinking at least once a month by the estimate of population aged 15 or above of respective age / gender subgroup and expressed as a percentage.

'N.A.' denotes 'Not applicable'.

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

Table 5.2.2b: Frequency of binge drinking[#] in the 12 months 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})	%
Ever in past 12 months	60.1	12.9%	92.1	12.9%	74.7	10.6%	71.2	9.3%	41.2	6.5%	15.1	5.4%	2.2	1.7%	0.8	2.7%	357.5	9.6%
<i>Less than monthly</i>	46.1	9.9%	64.5	9.0%	44.8	6.4%	34.7	4.5%	21.2	3.3%	9.4	3.3%	1.8	1.4%	0.3	1.2%	222.9	6.0%
<i>Monthly</i>	10.1	2.2%	18.5	2.6%	20.1	2.9%	16.0	2.1%	8.5	1.3%	1.4	0.5%	-	-	0.4	1.5%	75.0	2.0%
<i>Weekly</i>	2.9	0.6%	8.5	1.2%	7.9	1.1%	13.3	1.7%	7.2	1.1%	3.9	1.4%	-	-	-	-	43.7	1.2%
<i>Daily or almost daily</i>	1.0	0.2%	0.7	0.1%	1.9	0.3%	7.2	0.9%	4.3	0.7%	0.4	0.1%	0.4	0.3%	-	-	16.0	0.4%
Prevalence of binge drinking at least monthly*	N.A.	1.7%	N.A.	2.9%	N.A.	2.9%	N.A.	3.1%	N.A.	1.9%	N.A.	1.0%	N.A.	0.1%	N.A.	0.3%	N.A.	2.2%
Never in past 12 months	407.5	87.1%	621.3	87.1%	629.1	89.4%	698.9	90.7%	597.8	93.5%	266.4	94.6%	128.4	98.3%	28.7	97.3%	3 378.1	90.4%
Total	467.7	100.0%	713.4	100.0%	703.8	100.0%	770.2	100.0%	639.1	100.0%	281.5	100.0%	130.6	100.0%	29.4	100.0%	3 735.7	100.0%

Base: All respondents who had a drink containing alcohol in the past 12 months preceding the survey.

Notes: [#] Binge drinking: Drinking at least 5 cans of beer, 5 glasses of table wines or 5 pegs of spirits on one occasion.

* Prevalence of binge drinking at least monthly was calculated by dividing the number of persons who had binge drinking at least once a month by the estimate of population aged 15 or above of respective age / gender subgroup and expressed as a percentage.

'N.A.' denotes 'Not applicable'.

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

5.2.3 Risk for Drinking Problems

The Alcohol Use Disorders Identification Test (AUDIT) was developed as a simple tool of screening for excessive drinking and to assist in brief intervention in primary care setting ⁶. The instrument consists of ten questions in which the first three are related to drinking behaviour and the remaining questions identify alcohol dependence and some specific consequences of harmful drinking. In some studies, the first three questions on drinking behaviour were proposed as a pre-screening test for harmful use of alcohol that calls AUDIT-C. The item score of each question ranges from 0 to 4. The AUDIT score that is the sum of all ten item scores ranges from 0 to 40, with a higher score indicating a higher risk of harmful drinking. An AUDIT score of 0-7 indicates no or low-risk drinking, 8-15 indicates increasing risk, 16-19 indicates harmful drinking and 20 or higher indicates probable alcohol dependence.

In the survey, the AUDIT was used to collect respondents' drinking behaviour and related problems during the 12 months preceding the survey to screen for those at risk of harmful drinking. Apart from the AUDIT score, the pre-screening AUDIT-C score that is the sum of the first three item scores was also reported in this survey. The AUDIT-C score ranges from 0 to 12. In primary care setting, drinkers with an AUDIT-C score of 3 or higher are recommended to continue to complete the remaining questions of the AUDIT in order to identify their risk levels and provide appropriate interventions with follow-up.

Overall, 16.8% of persons aged 15 or above had a pre-screening AUDIT-C score of 3 or above (8.2% for females and 26.2% for males). Analysed by age group, the proportion of persons with AUDIT-C score of 3 or above generally decreased with increasing age from 23.7% for those aged 25-34 to 2.4% for those aged 85 or above (Table 5.2.3a and Table 5.2.3b).

Table 5.2.3a: Distribution of AUDIT-C score by gender

Score	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
0 - 2*	2 924.6	91.8%	2 135.8	73.8%	5 060.4	83.2%
3 or above	260.4	8.2%	759.4	26.2%	1 019.8	16.8%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

Notes: * Respondents who had not consumed any alcoholic beverages in the 12 months preceding the survey were assigned a score of 0 in AUDIT-C score.
Figures may not add up to the total due to rounding.

Table 5.2.3b: Distribution of AUDIT-C score by age group

Score	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
0 - 2*	685.2	85.5%	733.1	76.3%	822.3	80.5%	974.1	82.3%	895.4	84.0%	498.8	88.4%	323.8	91.8%	127.7	97.6%	5 060.4	83.2%
3 or above	116.4	14.5%	228.3	23.7%	198.9	19.5%	208.9	17.7%	170.1	16.0%	65.2	11.6%	28.9	8.2%	3.1	2.4%	1 019.8	16.8%
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%

Base: All respondents.

Notes: * Respondents who had not consumed any alcoholic beverages in the 12 months preceding the survey were assigned a score of score 0 in AUDIT-C score.

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

As regards the AUDIT score, 3.5% of persons aged 15 or above had an AUDIT score of 8 or above, indicating drinking at increased risk, harmful drinking or probable alcohol dependence, while 96.5% had an AUDIT score below 8, indicating that they were either not drinking or were drinking at lower-risk, in the 12 months preceding the survey. More male drinkers (6.2%) were at increased risk of harmful drinking or had more severe drinking problems than their female counterparts (1.0%) (Table 5.2.3c). Analysed by age group, more persons aged 45-54 (4.4%) were drinking at increased risk with an AUDIT score of 8 or above than those in other age groups (Table 5.2.3d).

Table 5.2.3c: Distribution of AUDIT score by gender

Score	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
0 - 7*	3 151.9	99.0%	2 715.8	93.8%	5 867.7	96.5%
8 - 15	29.5	0.9%	157.3	5.4%	186.8	3.1%
16 - 19	1.4	<0.05%	12.8	0.4%	14.2	0.2%
20 - 40	2.2	0.1%	9.3	0.3%	11.5	0.2%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

Notes: Interpretation of AUDIT score:

0 - 7 : No or low-risk drinking; 8 - 15 : Drinking at increased risk; 16 - 19 : Harmful drinking; and 20 - 40 : Probable alcohol dependence

* Respondents who had not consumed any alcoholic beverages in the 12 months preceding the survey were assigned a score of 0 in AUDIT total score.

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

Table 5.2.3d: Distribution of AUDIT score by age group

Score	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
0 - 7*	773.2	96.5%	926.3	96.3%	979.5	95.9%	1 130.7	95.6%	1 027.2	96.4%	551.5	97.8%	349.3	99.0%	130.1	99.5%	5 867.7	96.5%
8 - 15	25.0	3.1%	31.0	3.2%	38.2	3.7%	45.3	3.8%	31.5	3.0%	11.7	2.1%	3.4	1.0%	0.7	0.5%	186.8	3.1%
16 - 19	0.9	0.1%	2.0	0.2%	2.0	0.2%	4.4	0.4%	4.1	0.4%	0.8	0.1%	-	-	-	-	14.2	0.2%
20 - 40	2.5	0.3%	2.2	0.2%	1.5	0.1%	2.6	0.2%	2.7	0.3%	-	-	-	-	-	-	11.5	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.

Notes: Interpretation of AUDIT score:

0 - 7 : No or low-risk drinking; 8 - 15 : Drinking at increased risk; 16 - 19 : Harmful drinking; and 20 - 40 : Probable alcohol dependence

* Respondents who had not consumed any alcoholic beverages in the 12 months preceding the survey were assigned a score of 0 in AUDIT total score.

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

5.3 Physical Activity

Sufficient amounts of physical activity can promote physical fitness and mental well-being, as well as lower one's risk of developing chronic diseases such as cardiovascular diseases, diabetes, osteoporosis and cancers. The World Health Organization (WHO) recommended that adults aged 18 or above should perform at least 150 minutes of moderate-intensity aerobic physical activity, 75 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity physical activity achieving at least 600 metabolic equivalent (MET)-minutes per week for health maintenance. The WHO defined vigorous-intensity physical activities as activities that take hard physical effort and cause large increases in breathing or heart rates and moderate-intensity physical activities as activities that take moderate physical effort and cause small increases in breathing or heart rates. MET refers to metabolic equivalent and one MET is the rate of energy consumption while sitting at rest. It is taken by convention as an oxygen uptake of 3.5 millilitres per kilogram of body weight per minute. Physical activities frequently are classified by their intensity, using the MET as a reference unit. It is estimated that, compared to sitting quietly, a person's energy consumption is four times as high when being moderately active, and eight times as high when being vigorously active^{7, 8}.

In the PHS, the extent of the population's physical activity level was assessed using the Global Physical Activity Questionnaire (GPAQ) developed by the WHO for physical activity surveillance. The instrument collects information on the population's physical activity participation in three settings including activities at work, travel to and from places and recreational activities, as well as their total physical activity, in a typical week when these activities were performed⁸.

5.3.1 Setting-specific and Total Physical Activities

In this survey, setting-specific physical activity was defined as physical activity that lasted for at least 10 minutes continuously, while total physical activity refers to all physical activities that lasted for at least 10 minutes continuously in the three settings as a whole. Physical activities in the three settings at different levels of intensity were self-reported by respondents. For activities at work and recreational activities, respondents were asked to report the frequencies and length of time spent on vigorous-intensity and moderate-intensity activities that lasted for at least 10 minutes continuously in a typical week when such activities were performed. For travelling to and from places, respondents were asked to report the frequency and length of time spent on walking or using a bicycle for at least 10 minutes continuously, which are classified as moderate-intensity physical activities.

Among persons aged 15 or above, almost all (98.1%) performed physical activities for at least 10 minutes continuously in one of the three settings mentioned above in a typical week, including 18.5% performed work-related physical activity, 96.9% had transport-related physical activity (including walking or cycling) and 44.6% participated in recreation-related physical activity. On the contrary, 1.9% of persons aged 15 or above reported that they did not engage in any of these physical activities at all. Among persons aged 15 or above who had performed setting-specific physical activities in a typical week, the average time spent on total physical activity, including physical activities in all the three settings, was 106.3 minutes per day when such activities were performed. Analysed by sex, the proportion of males (98.3%) participating in total physical activity was similar to that of females (98.0%), but males (118.8 minutes per day) tended to spend more time on average on total physical activity than females (94.8 minutes per day) (Table 5.3.1a).

Among various age groups, persons in the age group 15-24 (99.6%) had the highest proportion of total physical activity participation compared to persons in other age groups, while those in age group 45-54 (117.1 minutes on average per day) spent more time on total physical activity on average than persons in other age groups (Table 5.3.1b).

Table 5.3.1a: Time spent on work-related, transport-related, recreation-related and total physical activity, on average per day in a typical week when the respective physical activity was performed by gender

	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
Setting-specific physical activities[§] performed in a typical week						
Work-related physical activity	461.9	14.5%	661.7	22.9%	1 123.7	18.5%
Transport-related physical activity	3 087.4	96.9%	2 804.9	96.9%	5 892.3	96.9%
Recreation-related physical activity	1 340.2	42.1%	1 371.2	47.4%	2 711.4	44.6%
Total physical activity	3 120.1	98.0%	2 846.1	98.3%	5 966.2	98.1%
Average time spent on work-related physical activity per day (minutes) #	108.9		150.5		133.4	
Average time spent on transport-related physical activity per day (minutes) ^	68.1		70.5		69.2	
Average time spent on recreation-related physical activity per day (minutes) †	26.2		29.9		28.1	
Average time spent on total physical activity per day (minutes)*	94.8		118.8		106.3	

Bases: All respondents.

The respondents who had performed work-related physical activity in a typical week.

^ The respondents who had performed transport-related physical activity, including walking or cycling, in a typical week.

† The respondents who had performed recreational-related physical activity in a typical week.

* The respondents who had performed physical activity, covering those in any one of the three settings, in a typical week.

Notes: § In this survey, setting-specific physical activities include activity at work, travel to and from place and recreational activity that last for at least 10 minutes continuously and total physical activity refers to all physical activities that lasted for at least 10 minutes continuously in the three settings as a whole.

Multiple answers were allowed.

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

Table 5.3.1b: Time spent on work-related, transport-related, recreation-related and total physical activity, on average per day in a typical week when the respective physical activity was performed by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Setting-specific physical activities[§] performed in a typical week																		
Work-related	125.7	15.7%	175.0	18.2%	237.2	23.2%	300.6	25.4%	225.8	21.2%	45.2	8.0%	12.3	3.5%	1.9	1.4%	1 123.7	18.5%
Transport-related	787.3	98.2%	938.4	97.6%	994.0	97.3%	1 152.3	97.4%	1 030.7	96.7%	548.6	97.3%	332.4	94.3%	108.6	83.0%	5 892.3	96.9%
Recreation-related	466.1	58.1%	443.1	46.1%	420.3	41.2%	475.2	40.2%	443.4	41.6%	271.4	48.1%	150.8	42.8%	41.3	31.6%	2 711.4	44.6%
Total physical activity	798.4	99.6%	948.2	98.6%	1 005.4	98.5%	1 166.8	98.6%	1 046.0	98.2%	550.8	97.7%	337.0	95.5%	113.7	86.9%	5 966.2	98.1%
Average time spent on work-related physical activity per day (minutes) #	95.4		131.3		136.4		149.3		145.2		93.6		44.4		32.8		133.4	
Average time spent on transport-related physical activity per day (minutes) ^	70.7		72.8		73.4		69.6		71.2		62.6		55.7		42.6		69.2	
Average time spent on recreation-related physical activity per day (minutes) †	32.5		23.3		21.6		24.3		29.0		36.7		39.4		31.4		28.1	
Average time spent on total physical activity per day (minutes) *	103.7		107.2		113.8		117.1		113.8		88.1		74.2		52.7		106.3	

Bases: All respondents.

The respondents who had performed work-related physical activity in a typical week.

^ The respondents who had performed transport-related physical activity, including walking or cycling, in a typical week.

† The respondents who had performed recreational-related physical activity in a typical week.

* The respondents who had performed physical activity, covering those in any one of the three settings, in a typical week.

Notes: § In this survey, setting-specific physical activities include activity at work, travel to and from place and recreational activity that last for at least 10 minutes continuously and total physical activity refers to all physical activities that lasted for at least 10 minutes continuously in the three settings as a whole.

Multiple answers were allowed.

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

5.3.2 Vigorous Physical Activities

In this survey, vigorous-intensity physical activities refer to physical activities, either work-related or recreational, that cause large increases in breathing rate or heart rate for at least 10 minutes continuously. In a typical week, 20.8% of persons aged 15 or above had performed vigorous physical activities. More males (29.0%) engaged in vigorous physical activities than females (13.4%). In terms of age, the proportion of vigorous physical activity participation was the highest among younger persons aged 15-24, and decreased steadily with increasing age (Tables 5.3.2a and Table 5.3.2b).

Table 5.3.2a: Proportion of population aged 15 or above who had performed vigorous physical activity* in a typical week by gender

	Female		Male		Total	
	No. of persons		No. of persons		No. of persons	
	(‘000)	%	(‘000)	%	(‘000)	%
Yes	426.1	13.4%	839.3	29.0%	1 265.5	20.8%
No	2 758.9	86.6%	2 055.9	71.0%	4 814.7	79.2%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

Notes: * In this survey, vigorous physical activity includes activity at work and recreational activity that causes large increases in breathing or heart rate for at least 10 minutes continuously.

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

Table 5.3.2b: Proportion of population aged 15 or above who had performed vigorous physical activity* in a typical week by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons	
	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%
Yes	318.3	39.7%	275.0	28.6%	229.9	22.5%	228.9	19.4%	163.2	15.3%	44.4	7.9%	5.4	1.5%	0.3	0.3%	1 265.5	20.8%
No	483.3	60.3%	686.4	71.4%	791.3	77.5%	954.1	80.6%	902.3	84.7%	519.6	92.1%	347.3	98.5%	130.5	99.7%	4 814.7	79.2%
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.

Notes: * In this survey, vigorous physical activity includes activity at work and recreational activity that causes large increases in breathing or heart rate for at least 10 minutes continuously.

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

Among those who had performed vigorous work-related physical activity, the mean number of days of performing such activity in a typical week was 4.7 days (4.6 days for females and 4.7 days for males); the mean duration of vigorous activity on a typical day was 226.0 minutes (182.8 minutes in females and 237.4 minutes in males). Among those who had performed vigorous recreational physical activity, the mean number of days of performing such activity were 2.4 days in a typical week for both females and males; the mean duration of vigorous recreational activity on a typical day was 79.7 minutes (67.2 minutes in females and 87.0 minutes in males) (Table 5.3.2c).

Table 5.3.2c: Number of days in a typical week and duration of vigorous physical activity[§] on a typical day when performing the activity by gender

	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
<u>Vigorous work-related activity</u> *						
Number of days in a typical week performing the activity						
Below 4	19.4	28.2%	61.3	23.4%	80.7	24.4%
4 or above	49.5	71.8%	200.8	76.6%	250.2	75.6%
Total	68.9	100.0%	262.1	100.0%	331.0	100.0%
Mean	4.6		4.7		4.7	
Number of minutes on a typical day performing the activity						
Below 60	9.6	13.9%	28.0	10.7%	37.6	11.4%
60 - <120	16.3	23.7%	35.8	13.7%	52.1	15.7%
120 - <180	10.7	15.6%	30.2	11.5%	40.9	12.4%
180 or above	32.2	46.8%	168.1	64.2%	200.4	60.5%
Total	68.9	100.0%	262.1	100.0%	331.0	100.0%
Mean	182.8		237.4		226.0	
<u>Vigorous recreational activity</u> #						
Number of days in a typical week performing the activity						
Below 4	298.3	81.6%	511.3	82.5%	809.5	82.1%
4 or above	67.5	18.4%	108.4	17.5%	175.9	17.9%
Total	365.7	100.0%	619.7	100.0%	985.5	100.0%
Mean	2.4		2.4		2.4	
Number of minutes on a typical day performing the activity						
Below 60	118.6	32.4%	145.6	23.5%	264.1	26.8%
60 - <120	182.0	49.8%	253.0	40.8%	435.0	44.1%
120 - <180	47.0	12.8%	157.1	25.4%	204.1	20.7%
180 or above	18.1	5.0%	64.1	10.3%	82.2	8.3%
Total	365.7	100.0%	619.7	100.0%	985.5	100.0%
Mean	67.2		87.0		79.7	

Bases: * The respondents who had performed work-related vigorous physical activities in a typical week.

The respondents who had performed recreational-related vigorous physical activities in a typical week.

Notes: § In this survey, vigorous physical activity includes activity at work and recreational activity that causes large increases in breathing or heart rate for at least 10 minutes continuously.

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

Among those who had performed vigorous work-related physical activity, the mean number of days of performing such activity in a typical week was the highest among those aged 65-74 (5.1 days on average per week); the mean duration of vigorous activity on a typical day was the highest among those aged 45-54 (243.4 minutes on average per day). Among those who had performed vigorous recreational physical activity, the mean number of days of performing such activity in a typical week generally increased with age from 2.0 days for those aged 25-34 to 6.0 days for those aged 75-84, while the mean duration of this kind of vigorous activity on a typical day generally decreased with age from 95.6 minutes for those aged 15-24 to 60.2 minutes for those aged 75-84 (Table 5.3.2d).

Table 5.3.2d: Number of days in a typical week and duration of vigorous physical activity[§] on a typical day when performing the activity by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Vigorous work-related activity *																		
Number of days in a typical week performing the activity																		
Below 4	20.7	50.2%	10.5	21.3%	16.2	24.1%	15.9	17.3%	15.9	22.2%	1.5	19.2%	-	-	-	-	80.7	24.4%
4 or above	20.6	49.8%	38.8	78.7%	51.0	75.9%	75.8	82.7%	55.9	77.8%	6.5	80.8%	1.7	100.0%	-	-	250.2	75.6%
Total	41.3	100.0%	49.3	100.0%	67.2	100.0%	91.7	100.0%	71.9	100.0%	8.0	100.0%	1.7	100.0%	-	-	331.0	100.0%
Mean	3.5		4.8		4.7		5.0		4.8		5.1		4.7		-		4.7	
Number of minutes on a typical day performing the activity																		
Below 60	4.9	11.8%	6.3	12.7%	8.3	12.4%	11.2	12.2%	6.4	8.9%	0.5	6.0%	-	-	-	-	37.6	11.4%
60 - <120	12.3	29.8%	7.6	15.4%	8.5	12.6%	10.4	11.3%	9.9	13.8%	2.3	28.9%	1.1	66.6%	-	-	52.1	15.7%
120 - <180	7.9	19.2%	6.8	13.7%	8.1	12.1%	10.3	11.2%	6.2	8.7%	1.5	19.3%	-	-	-	-	40.9	12.4%
180 or above	16.2	39.2%	28.6	58.1%	42.2	62.9%	59.8	65.2%	49.3	68.6%	3.7	45.7%	0.6	33.4%	-	-	200.4	60.5%
Total	41.3	100.0%	49.3	100.0%	67.2	100.0%	91.7	100.0%	71.9	100.0%	8.0	100.0%	1.7	100.0%	-	-	331.0	100.0%
Mean	180.2		212.2		234.0		243.4		237.5		205.9		100.1		-		226.0	
Vigorous recreational activity #																		
Number of days in a typical week performing the activity																		
Below 4	252.4	86.1%	208.2	88.8%	147.3	84.2%	114.2	77.7%	69.6	73.4%	17.6	47.0%	0.5	12.1%	-	-	809.5	82.1%
4 or above	40.6	13.9%	26.4	11.2%	27.6	15.8%	32.7	22.3%	25.2	26.6%	19.8	53.0%	3.3	87.9%	0.3	100.0%	175.9	17.9%
Total	293.0	100.0%	234.5	100.0%	174.9	100.0%	146.9	100.0%	94.8	100.0%	37.3	100.0%	3.8	100.0%	0.3	100.0%	985.5	100.0%
Mean	2.2		2.0		2.2		2.6		2.8		4.3		6.0		^		2.4	
Number of minutes on a typical day performing the activity																		
Below 60	53.8	18.4%	55.1	23.5%	52.7	30.2%	48.5	33.0%	37.3	39.3%	14.1	37.8%	2.2	59.5%	0.3	100.0%	264.1	26.8%
60 - <120	112.9	38.6%	108.4	46.2%	86.0	49.2%	67.9	46.2%	40.9	43.2%	17.8	47.6%	1.1	29.9%	-	-	435.0	44.1%
120 - <180	85.4	29.2%	51.0	21.7%	28.6	16.4%	23.2	15.8%	12.1	12.7%	3.8	10.1%	-	-	-	-	204.1	20.7%
180 or above	40.7	13.9%	20.1	8.6%	7.6	4.3%	7.3	4.9%	4.5	4.7%	1.7	4.5%	0.4	10.6%	-	-	82.2	8.3%
Total	293.0	100.0%	234.5	100.0%	174.9	100.0%	146.9	100.0%	94.8	100.0%	37.3	100.0%	3.8	100.0%	0.3	100.0%	985.5	100.0%
Mean	95.6		80.4		70.7		70.5		66.2		65.1		60.2		^		79.7	

Bases: * The respondents who had performed work-related vigorous physical activities in a typical week.

The respondents who had performed recreational-related vigorous physical activities in a typical week.

Notes: § In this survey, vigorous physical activity includes activity at work and recreational activity that causes large increases in breathing or heart rate for at least 10 minutes continuously.

^ The summary statistics are not shown due to statistical consideration.

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

5.3.3 Moderate Physical Activities

In this survey, moderate physical activity refers to work-related physical activities, recreational activities and walking or using bicycle to get to or from places that cause small increase in breathing or heart rate for at least 10 minutes continuously. In a typical week, 97.7% of persons aged 15 or above had undertaken some moderate physical activities. The corresponding proportions recorded for females and males were almost the same. In terms of age, the proportion of persons engaged in moderate physical activity was the highest at 98.8% among persons aged 15-24 and was the lowest at 86.9% among persons aged 85 or above (Table 5.3.3a and Table 5.3.3b).

Table 5.3.3a: Proportion of population aged 15 or above who had performed moderate physical activity* in a typical week by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	3 109.9	97.6%	2 828.5	97.7%	5 938.4	97.7%
No	75.1	2.4%	66.7	2.3%	141.8	2.3%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%

Base: All respondents.

Notes: * In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places and recreational activity that causes small increases in breathing or heart rate for at least 10 minutes continuously.

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

Table 5.3.3b: Proportion of population aged 15 or above who had performed moderate physical activity* in a typical week 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	792.0	98.8%	943.5	98.1%	999.7	97.9%	1 161.2	98.2%	1 041.4	97.7%	549.9	97.5%	337.0	95.5%	113.7	86.9%	5 938.4	97.7%
No	9.6	1.2%	17.9	1.9%	21.5	2.1%	21.8	1.8%	24.1	2.3%	14.1	2.5%	15.7	4.5%	17.1	13.1%	141.8	2.3%
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.

Notes: * In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places and recreational activity that causes small increases in breathing or heart rate for at least 10 minutes continuously.

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

Among those persons who engaged in moderate work-related physical activity, the mean number of days in performing such activity in a typical week was 4.6 days (4.7 days for females and 4.5 days for males). The mean duration of such activities was 144.4 minutes on a typical day when performing the activities (137.6 minutes in females and 150.0 minutes in males). Comparing with other age groups, persons aged 85 or above had the highest mean number of days (5.2 days) of moderate work-related physical activity in a typical week and those aged 55-64 had the highest mean duration (154.3 minutes) of such activities on a typical day when performing the activities (Table 5.3.3c and Table 5.3.3d).

Among those who had undertaken moderate transport-related physical activity (i.e. walking or cycling to and from places), the mean numbers of days of performing such activity in a typical week were 6.7 days for both females and males. The mean duration was 71.7 minutes on a typical day (70.7 minutes in females and 72.8 minutes in males). Comparing with other age groups, persons aged 55-64 had relatively higher mean number of days (6.8 days) of moderate transport-related physical activity in a typical week. The mean duration of such activity on a typical day when performing the activity generally decreased with age from the highest of 76.1 minutes for those aged 35-44 to the lowest of 44.8 minutes for those aged 85 or above (Table 5.3.3c and Table 5.3.3d).

Among the persons who had participated in moderate recreational physical activity, the mean number of days in a typical week and the mean duration on a typical day of performing such activity were 3.3 days (3.5 days for females and 3.1 days for males) and 58.7 minutes (54.5 minutes for females and 63.7 minutes for males) respectively. Analysed by age group, the mean number of days of performing such activity in a typical week increased steadily from 2.2 days for those aged 25-34 to 5.6 days for those aged 85 or above and the mean duration of the activity on a typical day when performing such activity was the highest among those aged 15-24 (74.0 minutes) and the lowest among those aged 85 or above (43.1 minutes) (Table 5.3.3c and Table 5.3.3d).

Table 5.3.3c: Number of days in a typical week and duration of moderate physical activity[§] on a typical day when performing the activity by gender

	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
<u>Moderate work-related activity</u> *						
Number of days in a typical week performing the activity						
Below 4	115.9	27.9%	144.8	28.0%	260.6	28.0%
4 or above	299.3	72.1%	371.4	72.0%	670.6	72.0%
Total	415.2	100.0%	516.1	100.0%	931.3	100.0%
Mean	4.7		4.5		4.6	
Number of minutes on a typical day performing the activity						
Below 60	105.9	25.5%	104.4	20.2%	210.2	22.6%
60 - <120	103.2	24.9%	110.4	21.4%	213.6	22.9%
120 - <180	73.2	17.6%	106.8	20.7%	180.0	19.3%
180 or above	132.9	32.0%	194.5	37.7%	327.4	35.2%
Total	415.2	100.0%	516.1	100.0%	931.3	100.0%
Mean	137.6		150.0		144.4	
<u>Moderate transport-related activity</u> #						
Number of days in a typical week performing the activity						
Below 4	91.1	3.0%	63.9	2.3%	155.0	2.6%
4 or above	2 996.3	97.0%	2 741.0	97.7%	5 737.3	97.4%
Total	3 087.4	100.0%	2 804.9	100.0%	5 892.3	100.0%
Mean	6.7		6.7		6.7	
Number of minutes on a typical day performing the activity						
Below 60	1 381.6	44.8%	1 271.1	45.3%	2 652.8	45.0%
60 - <120	1 056.3	34.2%	880.3	31.4%	1 936.6	32.9%
120 - <180	356.0	11.5%	349.6	12.5%	705.7	12.0%
180 or above	293.4	9.5%	303.8	10.8%	597.2	10.1%
Total	3 087.4	100.0%	2 804.9	100.0%	5 892.3	100.0%
Mean	70.7		72.8		71.7	

(To be continued)

Table 5.3.3c: Number of days in a typical week and duration of moderate physical activity[§] on a typical day when performing the activity by gender (continued)

	Female		Male		Total	
	No. of		No. of		No. of	
	persons	%	persons	%	persons	%
	('000)		('000)		('000)	
<u>Moderate recreational activity</u> ^						
Number of days in a typical week performing the activity						
Below 4	654.1	60.9%	625.8	68.0%	1 280.0	64.2%
4 or above	419.3	39.1%	294.6	32.0%	713.9	35.8%
Total	1 073.4	100.0%	920.5	100.0%	1 993.9	100.0%
Mean	3.5		3.1		3.3	
Number of minutes on a typical day performing the activity						
Below 60	532.1	49.6%	401.6	43.6%	933.7	46.8%
60 - <120	417.7	38.9%	357.7	38.9%	775.4	38.9%
120 - <180	95.9	8.9%	107.2	11.6%	203.1	10.2%
180 or above	27.7	2.6%	54.0	5.9%	81.7	4.1%
Total	1 073.4	100.0%	920.5	100.0%	1 993.9	100.0%
Mean	54.5		63.7		58.7	

Bases: * The respondents who had performed work-related moderate physical activities in a typical week.

The respondents who had performed transport-related moderate physical activities in a typical week.

^ The respondents who had performed recreational-related moderate physical activities in a typical week.

Notes: § In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places and recreational activity that causes small increases in breathing or heart rate for at least 10 minutes continuously.

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

Table 5.3.3d: Number of days in a typical week and duration of moderate physical activity[§] on a typical day when performing the activity 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)	%
Moderate work-related activity *																		
Number of days in a typical week performing the activity																		
Below 4	49.5	50.0%	45.7	30.1%	52.3	25.9%	54.4	22.2%	42.4	23.5%	11.2	28.3%	4.7	42.1%	0.3	18.2%	260.6	28.0%
4 or above	49.6	50.0%	106.3	69.9%	149.6	74.1%	190.8	77.8%	138.0	76.5%	28.4	71.7%	6.5	57.9%	1.5	81.8%	670.6	72.0%
Total	99.2	100.0%	152.0	100.0%	201.9	100.0%	245.1	100.0%	180.4	100.0%	39.6	100.0%	11.2	100.0%	1.9	100.0%	931.3	100.0%
Mean	3.5		4.5		4.6		4.9		4.8		4.8		4.4		5.2		4.6	
Number of minutes on a typical day performing the activity																		
Below 60	24.8	25.0%	36.9	24.3%	43.1	21.4%	46.6	19.0%	39.6	21.9%	13.1	33.1%	4.9	44.0%	1.2	64.4%	210.2	22.6%
60 - <120	25.3	25.5%	34.4	22.6%	50.2	24.8%	54.1	22.1%	32.3	17.9%	12.0	30.3%	4.8	43.0%	0.7	35.6%	213.6	22.9%
120 - <180	18.7	18.9%	25.0	16.4%	39.3	19.5%	54.0	22.0%	35.8	19.9%	6.1	15.5%	1.0	9.0%	-	-	180.0	19.3%
180 or above	30.4	30.7%	55.7	36.6%	69.3	34.3%	90.5	36.9%	72.7	40.3%	8.4	21.1%	0.4	4.0%	-	-	327.4	35.2%
Total	99.2	100.0%	152.0	100.0%	201.9	100.0%	245.1	100.0%	180.4	100.0%	39.6	100.0%	11.2	100.0%	1.9	100.0%	931.3	100.0%
Mean	129.8		141.9		146.1		154.1		154.3		105.2		65.0		38.9		144.4	
Moderate transport-related activity #																		
Number of days in a typical week performing the activity																		
Below 4	20.6	2.6%	23.0	2.5%	25.5	2.6%	26.1	2.3%	22.0	2.1%	21.0	3.8%	11.9	3.6%	5.0	4.6%	155.0	2.6%
4 or above	766.7	97.4%	915.4	97.5%	968.5	97.4%	1 126.2	97.7%	1 008.7	97.9%	527.6	96.2%	320.5	96.4%	103.6	95.4%	5 737.3	97.4%
Total	787.3	100.0%	938.4	100.0%	994.0	100.0%	1 152.3	100.0%	1 030.7	100.0%	548.6	100.0%	332.4	100.0%	108.6	100.0%	5 892.3	100.0%
Mean	6.7		6.7		6.7		6.7		6.8		6.7		6.7		6.6		6.7	
Number of minutes on a typical day performing the activity																		
Below 60	349.2	44.4%	411.5	43.8%	439.8	44.3%	520.8	45.2%	447.8	43.5%	249.2	45.4%	171.6	51.6%	62.7	57.8%	2 652.8	45.0%
60 - <120	258.8	32.9%	300.2	32.0%	323.1	32.5%	374.4	32.5%	336.0	32.6%	200.5	36.6%	106.2	31.9%	37.3	34.3%	1 936.6	32.9%
120 - <180	85.7	10.9%	110.6	11.8%	116.5	11.7%	146.0	12.7%	139.6	13.5%	59.6	10.9%	40.1	12.1%	7.4	6.9%	705.7	12.0%
180 or above	93.6	11.9%	116.2	12.4%	114.5	11.5%	111.0	9.6%	107.1	10.4%	39.2	7.2%	14.5	4.4%	1.1	1.0%	597.2	10.1%
Total	787.3	100.0%	938.4	100.0%	994.0	100.0%	1 152.3	100.0%	1 030.7	100.0%	548.6	100.0%	332.4	100.0%	108.6	100.0%	5 892.3	100.0%
Mean	73.4		75.8		76.1		71.8		73.0		65.1		58.1		44.8		71.7	

(To be continued)

Table 5.3.3d: Number of days in a typical week and duration of moderate physical activity[§] on a typical day when performing the activity by age group (continued)

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Moderate recreational activity [^]																		
Number of days in a typical week performing the activity																		
Below 4	218.4	85.0%	229.7	84.8%	225.6	77.3%	255.8	70.7%	208.3	55.6%	95.0	38.1%	37.6	25.4%	9.6	23.4%	1 280.0	64.2%
4 or above	38.5	15.0%	41.0	15.2%	66.2	22.7%	106.0	29.3%	166.0	44.4%	154.5	61.9%	110.4	74.6%	31.4	76.6%	713.9	35.8%
Total	256.9	100.0%	270.7	100.0%	291.8	100.0%	361.8	100.0%	374.4	100.0%	249.4	100.0%	148.0	100.0%	40.9	100.0%	1 993.9	100.0%
Mean	2.3		2.2		2.6		3.0		3.8		4.8		5.5		5.6		3.3	
Number of minutes on a typical day performing the activity																		
Below 60	82.0	31.9%	106.5	39.3%	148.3	50.8%	178.4	49.3%	182.9	48.8%	125.5	50.3%	85.2	57.5%	24.9	60.9%	933.7	46.8%
60 - <120	110.8	43.1%	118.8	43.9%	109.0	37.3%	135.5	37.5%	139.3	37.2%	99.7	40.0%	48.8	33.0%	13.6	33.1%	775.4	38.9%
120 - <180	45.0	17.5%	32.2	11.9%	25.7	8.8%	31.7	8.8%	37.1	9.9%	18.5	7.4%	11.3	7.6%	1.7	4.0%	203.1	10.2%
180 or above	19.1	7.4%	13.2	4.9%	8.7	3.0%	16.1	4.5%	15.2	4.0%	5.7	2.3%	2.8	1.9%	0.8	1.9%	81.7	4.1%
Total	256.9	100.0%	270.7	100.0%	291.8	100.0%	361.8	100.0%	374.4	100.0%	249.4	100.0%	148.0	100.0%	40.9	100.0%	1 993.9	100.0%
Mean	74.0		62.6		54.8		58.1		57.8		53.7		49.9		43.1		58.7	

Bases: * The respondents who had performed work-related moderate physical activities in a typical week.

The respondents who had performed transport-related moderate physical activities in a typical week.

[^] The respondents who had performed recreational-related moderate physical activities in a typical week.

Notes: § In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places and recreational activity that causes small increases in breathing or heart rate for at least 10 minutes continuously.

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

5.3.4 Sedentary behaviour

Sedentary behaviour refers to sitting or reclining at work, at home, with friends, or getting to and from places in a car, bus or train, but does not include sleeping. Overall, the mean duration of sedentary behaviour on a typical day were 419.2 minutes or about 7.0 hours (417.5 minutes for females and 421.0 minutes for males) among persons aged 15 or above. Analysed by age, the longest mean duration spent on sitting or reclining was 522.5 minutes for persons aged 85 or above, while the shortest was 393.9 minutes for persons aged 65-74. 19.1% of persons aged 15 or above recorded that they spent 10 hours or longer on average per day on sitting or reclining, while only 1.0% of them spent less than two hours on average per day on sitting or reclining (Table 5.3.4a and Table 5.3.4b).

Table 5.3.4a: Time (in minutes) spent on sitting or reclining* on a typical day by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
Below 120	37.2	1.2%	24.7	0.9%	61.9	1.0%
120 or above	3 147.8	98.8%	2 870.5	99.1%	6 018.3	99.0%
120 - <240	290.0	9.1%	241.7	8.3%	531.8	8.7%
240 - <360	568.1	17.8%	529.3	18.3%	1 097.4	18.0%
360 - <480	902.2	28.3%	865.8	29.9%	1 768.1	29.1%
480 - <600	783.5	24.6%	676.5	23.4%	1 460.0	24.0%
600 or above	603.9	19.0%	557.2	19.2%	1 161.1	19.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean	417.5		421.0		419.2	

Base: All respondents.

Notes: * Time spent on sitting or reclining does not include time spent on sleeping.

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

Table 5.3.4b: Time (in minutes) spent on sitting or reclining* on a typical day 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)	%
Below 120	2.6	0.3%	7.2	0.8%	8.2	0.8%	19.1	1.6%	12.3	1.2%	7.5	1.3%	4.7	1.3%	0.3	0.3%	61.9	1.0%
120 or above	799.0	99.7%	954.2	99.2%	1 013.0	99.2%	1 163.9	98.4%	1 053.2	98.8%	556.5	98.7%	348.0	98.7%	130.5	99.7%	6 018.3	99.0%
120 - <240	35.3	4.4%	64.8	6.7%	100.5	9.8%	126.0	10.6%	114.5	10.7%	56.0	9.9%	28.1	8.0%	6.7	5.1%	531.8	8.7%
240 - <360	109.9	13.7%	141.2	14.7%	190.5	18.7%	238.2	20.1%	223.8	21.0%	119.0	21.1%	62.3	17.7%	12.5	9.6%	1 097.4	18.0%
360 - <480	220.3	27.5%	275.0	28.6%	305.9	30.0%	332.6	28.1%	320.2	30.0%	184.7	32.7%	102.7	29.1%	26.8	20.5%	1 768.1	29.1%
480 - <600	245.5	30.6%	267.0	27.8%	226.4	22.2%	258.1	21.8%	240.7	22.6%	124.5	22.1%	69.8	19.8%	28.0	21.4%	1 460.0	24.0%
600 or above	188.0	23.4%	206.2	21.4%	189.8	18.6%	209.1	17.7%	154.1	14.5%	72.3	12.8%	85.1	24.1%	56.5	43.2%	1 161.1	19.1%
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%
Mean	452.1		440.0		412.2		403.9		395.7		393.9		431.6		522.5		419.2	

Base: All respondents.

Notes: * Time spent on sitting or reclining does not include time spent on sleeping.

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

5.3.5 Level of Physical Activity

The WHO recommended that adults aged 18 or above should perform at least 150 minutes of moderate-intensity aerobic physical activity, 75 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity physical activity achieving at least 600 MET-minutes in a week through activity at work, during transport or leisure time for health maintenance ⁷. For persons aged 65 or above who cannot do the recommended amounts of physical activity due to health conditions, the WHO further recommended that they should be as physical active as their abilities and health conditions allow.

Among persons aged 18 or above, 87.0% (85.8% for females and 88.4% for males) had performed sufficient physical activities (i.e. meeting the WHO recommendation) (Table 5.3.5a). Analysed by age, the highest proportion of having met the WHO recommendation was 89.8% in persons aged 18-24, while the lowest proportion was 63.9% among persons aged 85 or above (Table 5.3.5b).

Table 5.3.5a: Proportion of population aged 18 or above meeting WHO recommendations of physical activity level by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	2 641.4	85.8%	2 457.7	88.4%	5 099.0	87.0%
No	438.9	14.2%	322.2	11.6%	761.1	13.0%
Total	3 080.3	100.0%	2 779.9	100.0%	5 860.2	100.0%

Base: Respondents aged 18 or above.

Notes: WHO recommendation of physical activity level

150 minutes of moderate-intensity physical activity per week, or

75 minutes of vigorous-intensity physical activity per week, or

An equivalent combination of moderate- and vigorous-intensity physical activity accumulating at least 600 MET-minutes per week

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

Caution must be taken when interpreting the figures relating to population aged 18 or above meeting WHO recommendations of sufficient physical activity reported in the report. The figures were estimated purely based on the level of physical activity reported by the respondents.

Table 5.3.5b: Proportion of population aged 18 or above meeting WHO recommendations of physical activity level by age group

	18-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Yes	522.0	89.8%	846.4	88.0%	887.5	86.9%	1 044.5	88.3%	928.3	87.1%	499.9	88.6%	286.9	81.3%	83.5	63.9%	5 099.0	87.0%
No	59.5	10.2%	115.0	12.0%	133.7	13.1%	138.5	11.7%	137.2	12.9%	64.1	11.4%	65.8	18.7%	47.3	36.1%	761.1	13.0%
Total	581.6	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%	5 860.2	100.0%

Base: Respondents aged 18 or above.

Notes: WHO recommendation of physical activity level

150 minutes of moderate-intensity physical activity per week, or

75 minutes of vigorous-intensity physical activity per week, or

An equivalent combination of moderate- and vigorous-intensity physical activity accumulating at least 600 MET-minutes per week

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

Caution must be taken when interpreting the figures relating to population aged 18 or above meeting WHO recommendations of sufficient physical activity reported in the report. The figures were estimated purely based on the level of physical activity reported by the respondents.

5.4 Diet and Nutrition

Consuming a healthy diet throughout the life course helps prevent a range of non-communicable diseases and conditions linked to obesity⁹. Specific recommendations for a healthy diet include: eating more fruit, vegetables, legumes, nuts and grains, and cutting down on consumption of salt, sugar and fats^{10, 11}. The PHS incorporated questions on people's eating habits, including their usual consumption of fruit and vegetables, preserved vegetables, processed meat and associated products, snacks with high salt content, seaweeds and ready-to-eat seaweeds. In addition, the survey also collected information on the population's usage of salt.

5.4.1 Consumption of Fruit

Overall, daily fruit consumption was reported by 62.6% of persons aged 15 or above. The corresponding proportion for females and males were 68.0% and 56.6% respectively (Table 5.4.1a). The proportion of persons reported that they ate fruit at least once a day increased with age in general, from 49.1% for persons aged 15-24 to 73.1% for persons aged 65-74 but dropped slightly to 71.2% and 69.4% for those aged 75-84 and those aged 85 or above respectively (Table 5.4.1b).

Table 5.4.1a: Frequency of eating fruit by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
None / Less than once a week	70.9	2.2%	122.8	4.2%	193.7	3.2%
Less than once a day	946.3	29.7%	1 132.0	39.1%	2 078.3	34.2%
<i>Once a week</i>	<i>127.7</i>	<i>4.0%</i>	<i>175.0</i>	<i>6.0%</i>	<i>302.7</i>	<i>5.0%</i>
<i>2 - 4 times a week</i>	<i>500.6</i>	<i>15.7%</i>	<i>622.0</i>	<i>21.5%</i>	<i>1 122.6</i>	<i>18.5%</i>
<i>5 - 6 times a week</i>	<i>318.0</i>	<i>10.0%</i>	<i>335.1</i>	<i>11.6%</i>	<i>653.1</i>	<i>10.7%</i>
At least once a day	2 166.9	68.0%	1 638.5	56.6%	3 805.4	62.6%
<i>Once a day</i>	<i>1 845.8</i>	<i>58.0%</i>	<i>1 462.1</i>	<i>50.5%</i>	<i>3 307.9</i>	<i>54.4%</i>
<i>Twice a day</i>	<i>293.5</i>	<i>9.2%</i>	<i>161.5</i>	<i>5.6%</i>	<i>455.0</i>	<i>7.5%</i>
<i>3 or more times a day</i>	<i>27.6</i>	<i>0.9%</i>	<i>14.9</i>	<i>0.5%</i>	<i>42.5</i>	<i>0.7%</i>
Don't know	0.9	<0.05%	1.9	0.1%	2.8	<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 5.4.1b: Frequency of eating fruit 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 / Less than once a week	33.7	4.2%	35.1	3.7%	35.2	3.4%	30.3	2.6%	30.9	2.9%	11.7	2.1%	10.9	3.1%	5.9	4.5%	193.7	3.2%
Less than once a day	373.6	46.6%	403.0	41.9%	351.3	34.4%	390.4	33.0%	295.7	27.8%	140.0	24.8%	90.2	25.6%	34.2	26.1%	2 078.3	34.2%
<i>Once a week</i>	61.6	7.7%	57.9	6.0%	52.6	5.1%	58.3	4.9%	34.3	3.2%	16.3	2.9%	15.8	4.5%	5.9	4.5%	302.7	5.0%
<i>2 - 4 times a week</i>	210.9	26.3%	227.5	23.7%	187.0	18.3%	210.9	17.8%	154.5	14.5%	72.1	12.8%	42.4	12.0%	17.3	13.2%	1 122.6	18.5%
<i>5 - 6 times a week</i>	101.1	12.6%	117.6	12.2%	111.7	10.9%	121.1	10.2%	107.0	10.0%	51.6	9.2%	32.0	9.1%	11.0	8.4%	653.1	10.7%
At least once a day	393.8	49.1%	522.3	54.3%	634.3	62.1%	762.3	64.4%	738.5	69.3%	412.3	73.1%	251.1	71.2%	90.7	69.4%	3 805.4	62.6%
<i>Once a day</i>	355.4	44.3%	467.1	48.6%	559.1	54.8%	675.5	57.1%	626.3	58.8%	339.1	60.1%	208.2	59.0%	77.1	59.0%	3 307.9	54.4%
<i>Twice a day</i>	33.8	4.2%	48.0	5.0%	69.9	6.8%	79.5	6.7%	104.9	9.8%	65.7	11.6%	41.4	11.7%	12.0	9.1%	455.0	7.5%
<i>3 or more times a day</i>	4.6	0.6%	7.3	0.8%	5.3	0.5%	7.3	0.6%	7.3	0.7%	7.6	1.3%	1.4	0.4%	1.6	1.3%	42.5	0.7%
Don't know	0.5	0.1%	1.0	0.1%	0.5	<0.05%	-	-	0.5	<0.05%	-	-	0.4	0.1%	-	-	2.8	<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.

Respondents were further asked how many servings of fruit they ate a day on the days when they ate fruit. In the PHS, one serving of fruit was defined as equivalent to half piece of large sized fruit (e.g. banana) or one piece of medium-sized fruit (e.g. apple, orange and pear). Overall, 11.9% of persons aged 15 or above reported that they ate two or more servings of fruit per day on the days when they ate fruit. While the estimated mean numbers of servings of fruit eaten per day were 1.1 for both females and males, more females (13.3%) ate two or more servings of fruit per day than males (10.4%) (Table 5.4.1c). Analysed by age group, the highest proportion of persons who reported eating two or more servings of fruit per day on the days they ate fruit was among the 65-74 age group (15.8%) and the lowest was among the 15-24 age group (8.9%) (Table 5.4.1d).

Table 5.4.1c: Number of servings of fruit eaten per day on the days when persons ate fruit by gender

Number of serving of fruit per day*	Female		Male		Total	
	No. of persons		No. of persons		No. of persons	
	(‘000)	%	(‘000)	%	(‘000)	%
Less than 1	265.0	8.3%	252.4	8.7%	517.4	8.5%
1 to less than 2	2 494.1	78.3%	2 340.3	80.8%	4 834.5	79.5%
2 or more	423.8	13.3%	301.5	10.4%	725.4	11.9%
Unknown / Missing	2.0	0.1%	1.0	<0.05%	3.0	<0.05%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean †	1.1		1.1		1.1	

Bases: * All respondents.

† All respondents with valid response on the number of servings of fruit eaten per day.

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

Table 5.4.1d: Number of servings of fruit eaten per day on the days when persons ate fruit by age group

Number of servings of fruit per day*	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	(‘000)		(‘000)		(‘000)		(‘000)		(‘000)		(‘000)		(‘000)		(‘000)		(‘000)	
Less than 1	88.1	11.0%	72.5	7.5%	74.0	7.2%	92.2	7.8%	80.5	7.6%	46.6	8.3%	39.4	11.2%	24.1	18.5%	517.4	8.5%
1 to less than 2	642.1	80.1%	785.5	81.7%	833.3	81.6%	940.8	79.5%	844.4	79.3%	427.5	75.8%	270.5	76.7%	90.4	69.1%	4 834.5	79.5%
2 or more	71.5	8.9%	102.9	10.7%	113.9	11.2%	150.0	12.7%	140.1	13.1%	88.9	15.8%	42.4	12.0%	15.7	12.0%	725.4	11.9%
Unknown / Missing	-	-	0.5	0.1%	-	-	-	-	0.5	<0.05%	1.0	0.2%	0.4	0.1%	0.5	0.4%	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%
Mean †	1.1		1.1		1.1		1.1		1.1		1.2		1.1		1.1		1.1	

Bases: * All respondents.

† All respondents with valid response on the number of servings of fruit eaten per day.

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

5.4.2 Consumption of Vegetables

Daily vegetables consumption (at least once per day) was reported by 89.2% of females and 83.8% of males aged 15 or above, giving an overall proportion of 86.6% (Table 5.4.2a). The proportion of persons aged 15 or above reported that they ate vegetables at least once a day was the highest at 91.8% for persons aged 75-84, followed by persons aged 65-74 (91.7%) and the lowest at 81.0% for those aged 25-34 (Table 5.4.2b).

Table 5.4.2a: Frequency of eating vegetables by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
None / Less than once a week	20.0	0.6%	18.0	0.6%	38.0	0.6%
Less than once a day	323.5	10.2%	451.3	15.6%	774.8	12.7%
Once a week	14.8	0.5%	28.9	1.0%	43.6	0.7%
2 - 4 times a week	122.5	3.8%	181.5	6.3%	304.0	5.0%
5 - 6 times a week	186.2	5.8%	240.9	8.3%	427.2	7.0%
At least once a day	2 841.5	89.2%	2 425.5	83.8%	5 267.0	86.6%
Once a day	1 701.6	53.4%	1 594.8	55.1%	3 296.5	54.2%
Twice a day	1 066.3	33.5%	792.2	27.4%	1 858.4	30.6%
3 or more times a day	73.6	2.3%	38.5	1.3%	112.1	1.8%
Don't know	-	-	0.4	<0.05%	0.4	<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 5.4.2b: Frequency of eating vegetables by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
None / Less than once a week	8.8	1.1%	7.8	0.8%	3.7	0.4%	6.4	0.5%	3.9	0.4%	3.1	0.6%	1.3	0.4%	2.9	2.2%	38.0	0.6%
Less than once a day	139.5	17.4%	174.1	18.1%	131.0	12.8%	134.9	11.4%	108.9	10.2%	43.7	7.8%	27.7	7.9%	15.0	11.5%	774.8	12.7%
<i>Once a week</i>	7.6	0.9%	10.9	1.1%	5.0	0.5%	7.6	0.6%	5.3	0.5%	3.3	0.6%	2.4	0.7%	1.6	1.2%	43.6	0.7%
<i>2 - 4 times a week</i>	55.1	6.9%	68.4	7.1%	58.5	5.7%	53.8	4.6%	37.7	3.5%	16.2	2.9%	9.0	2.6%	5.1	3.9%	304.0	5.0%
<i>5 - 6 times a week</i>	76.8	9.6%	94.8	9.9%	67.4	6.6%	73.5	6.2%	65.8	6.2%	24.2	4.3%	16.2	4.6%	8.4	6.4%	427.2	7.0%
At least once a day	653.3	81.5%	779.0	81.0%	886.5	86.8%	1 041.7	88.1%	952.7	89.4%	517.1	91.7%	323.7	91.8%	112.9	86.3%	5 267.0	86.6%
<i>Once a day</i>	442.3	55.2%	509.5	53.0%	563.5	55.2%	655.9	55.4%	582.3	54.7%	300.9	53.3%	183.4	52.0%	58.7	44.9%	3 296.5	54.2%
<i>Twice a day</i>	198.4	24.7%	250.9	26.1%	306.4	30.0%	365.3	30.9%	345.8	32.5%	204.6	36.3%	135.9	38.5%	51.3	39.2%	1 858.4	30.6%
<i>3 or more times a day</i>	12.6	1.6%	18.7	1.9%	16.7	1.6%	20.5	1.7%	24.6	2.3%	11.7	2.1%	4.4	1.2%	3.0	2.3%	112.1	1.8%
Don't know	-	-	0.4	<0.05%	-	-	-	-	-	-	-	-	-	-	-	-	0.4	<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.

Respondents were asked how many servings of vegetables they ate a day on the days when they ate vegetables. In the PHS, one serving of vegetables was defined as equivalent to a bowl of raw leafy vegetables or half a bowl of cooked vegetables. Nearly one-third (31.5%) of persons aged 15 or above reported that they ate two or more servings of vegetables per day on the days they ate vegetables (33.5% for females and 29.4% for males). The estimated mean number of servings of vegetables eaten per day was similar between females (1.5) and males (1.4) (Table 5.4.2c). Analysed by age group, the highest proportion of persons who had reported eating two or more servings of vegetables per day on the days they ate vegetables was found in the 65-74 age group (34.6%), and followed by those in the 45-54 age group (34.3%) (Table 5.4.2d).

Table 5.4.2c: Number of servings of vegetables eaten per day on the days when persons ate vegetables by gender

Number of servings of vegetables per day*	Female		Male		Total	
	No. of persons		No. of persons		No. of persons	
	(‘000)	%	(‘000)	%	(‘000)	%
Less than 1	148.6	4.7%	143.5	5.0%	292.1	4.8%
1 to less than 2	1 967.8	61.8%	1 900.3	65.6%	3 868.1	63.6%
2 or more	1 067.5	33.5%	850.4	29.4%	1 917.9	31.5%
Unknown / Missing	1.1	<0.05%	1.0	<0.05%	2.1	<0.05%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean †	1.5		1.4		1.4	

Bases: * All respondents.

† All respondents with valid response on the number of servings of vegetables eaten per day.

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

Table 5.4.2d: Number of servings of vegetables eaten per day on the days when persons ate vegetables by age group

Number of servings of vegetables per day*	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	(‘000)		(‘000)		(‘000)		(‘000)		(‘000)		(‘000)		(‘000)		(‘000)		(‘000)	
Less than 1	53.9	6.7%	39.2	4.1%	46.6	4.6%	52.9	4.5%	46.7	4.4%	19.8	3.5%	20.6	5.8%	12.5	9.5%	292.1	4.8%
1 to less than 2	536.9	67.0%	636.6	66.2%	661.2	64.8%	724.5	61.2%	661.7	62.1%	348.4	61.8%	213.5	60.5%	85.3	65.2%	3 868.1	63.6%
2 or more	210.3	26.2%	285.1	29.7%	313.4	30.7%	405.5	34.3%	357.1	33.5%	195.3	34.6%	118.6	33.6%	32.5	24.8%	1 917.9	31.5%
Unknown / Missing	0.5	0.1%	0.5	0.1%	-	-	-	-	-	-	0.5	0.1%	-	-	0.5	0.4%	2.1	<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%
Mean †	1.4		1.4		1.5		1.5		1.5		1.5		1.5		1.3		1.4	

Bases: * All respondents.

† All respondents with valid response on the number of servings of vegetables eaten per day.

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

5.4.3 Consumption of Fruit and Vegetables

Diets rich in fruit and vegetables are associated with reduction in major non-communicable diseases, including coronary heart disease, type 2 diabetes and some cancers¹². The WHO recommends consuming a minimum of five servings (about 80 grams (g) each) of fruit and vegetables a day, or a daily intake of at least 400g of fruit and vegetables, to achieve optimal health benefits¹⁰. In the PHS, the number of servings of fruit and vegetables eaten as a whole on average per day was calculated by summing the average daily servings of fruit eaten and that of vegetables. Overall, 5.6% of persons aged 15 or above reported consuming an average of five or more servings of fruit and vegetables per day - 6.5% for females and 4.6% for males (Table 5.4.3a). Analysed by age group, the corresponding proportion was the lowest among those in the 85 or above age group (3.1%) and the highest proportion was observed among persons aged 65-74 (7.0%) (Table 5.4.3b).

Table 5.4.3a: Number of servings of fruit and vegetables eaten on average per day by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
Less than 5 servings a day	2 976.9	93.5%	2 762.6	95.4%	5 739.5	94.4%
5 or more servings a day	207.0	6.5%	132.2	4.6%	339.2	5.6%
Unknown / Missing	1.1	<0.05%	0.4	<0.05%	1.5	<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 5.4.3b: Number of servings of fruit and vegetables eaten on average per day 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)	%
Less than 5 servings a day	758.9	94.7%	924.1	96.1%	969.0	94.9%	1 110.0	93.8%	996.3	93.5%	523.8	92.9%	331.2	93.9%	126.2	96.5%	5 739.5	94.4%
5 or more servings a day	42.7	5.3%	36.9	3.8%	52.2	5.1%	73.0	6.2%	69.2	6.5%	39.6	7.0%	21.5	6.1%	4.1	3.1%	339.2	5.6%
Unknown / Missing	-	-	0.4	<0.05%	-	-	-	-	-	-	0.5	0.1%	-	-	0.5	0.4%	1.5	<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.

5.4.4 Consumption of Preserved Vegetables

Overall, 20.7% of persons aged 15 or above ate preserved vegetables such as Chinese preserved vegetables, pickled cucumber and olive on average at least once a week. The corresponding proportion was slightly higher in females (21.2%) than in males (20.1%) (Table 5.4.4a). Analysed by age group, the highest proportion of persons who had consumed preserved vegetables at least once a week was among those aged 25-34 (22.4%) (Table 5.4.4b).

Table 5.4.4a: Frequency of consumption of preserved vegetables by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
None / Less than once a week	2 507.1	78.7%	2 308.8	79.7%	4 815.9	79.2%
Less than once a day	659.8	20.7%	564.0	19.5%	1 223.8	20.1%
<i>Once a week</i>	495.2	15.5%	408.4	14.1%	903.6	14.9%
<i>2 - 4 times a week</i>	139.3	4.4%	131.8	4.6%	271.1	4.5%
<i>5 - 6 times a week</i>	25.3	0.8%	23.8	0.8%	49.1	0.8%
At least once a day	14.8	0.5%	19.1	0.7%	33.9	0.6%
<i>Once a day</i>	11.9	0.4%	14.0	0.5%	26.0	0.4%
<i>Twice a day</i>	2.9	0.1%	3.0	0.1%	5.9	0.1%
<i>3 or more times a day</i>	-	-	2.1	0.1%	2.1	<0.05%
Don't know	3.4	0.1%	3.3	0.1%	6.6	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 5.4.4b: Frequency of consumption of preserved vegetables by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
None / Less than once a week	647.6	80.8%	744.1	77.4%	801.9	78.5%	922.8	78.0%	845.1	79.3%	465.2	82.5%	280.9	79.6%	108.4	82.9%	4 815.9	79.2%
Less than once a day	148.5	18.5%	209.5	21.8%	211.3	20.7%	254.8	21.5%	214.8	20.2%	94.1	16.7%	68.6	19.5%	22.1	16.9%	1 223.8	20.1%
Once a week	102.9	12.8%	154.7	16.1%	146.9	14.4%	194.0	16.4%	170.5	16.0%	73.1	13.0%	46.0	13.0%	15.6	11.9%	903.6	14.9%
2 - 4 times a week	37.0	4.6%	47.8	5.0%	55.0	5.4%	54.4	4.6%	38.1	3.6%	16.0	2.8%	19.3	5.5%	3.6	2.7%	271.1	4.5%
5 - 6 times a week	8.6	1.1%	7.0	0.7%	9.5	0.9%	6.4	0.5%	6.3	0.6%	5.0	0.9%	3.4	1.0%	2.9	2.2%	49.1	0.8%
At least once a day	2.5	0.3%	5.6	0.6%	7.5	0.7%	4.4	0.4%	5.5	0.5%	4.7	0.8%	3.2	0.9%	0.3	0.3%	33.9	0.6%
Once a day	1.5	0.2%	4.2	0.4%	5.4	0.5%	2.7	0.2%	4.6	0.4%	4.7	0.8%	2.4	0.7%	0.3	0.3%	26.0	0.4%
Twice a day	0.4	0.1%	0.5	0.1%	1.5	0.1%	1.7	0.1%	0.9	0.1%	-	-	0.9	0.2%	-	-	5.9	0.1%
3 or more times a day	0.5	0.1%	0.9	0.1%	0.6	0.1%	-	-	-	-	-	-	-	-	-	-	2.1	<0.05%
Don't know	3.0	0.4%	2.1	0.2%	0.5	<0.05%	1.0	0.1%	-	-	-	-	-	-	-	-	6.6	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.

5.4.5 Consumption of Processed Meat and Associated Products

Overall, 46.5% of persons aged 15 or above ate processed meat and associated products such as canned meat, ham and sausages on average at least once a week. Relatively more males (51.3%) reported such consumption frequency than females (42.2%) (Table 5.4.5a).

Table 5.4.5a: Frequency of consumption of processed meat and associated products by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
None / Less than once a week	1 839.0	57.7%	1 407.4	48.6%	3 246.4	53.4%
Less than once a day	1 203.5	37.8%	1 290.1	44.6%	2 493.6	41.0%
Once a week	626.4	19.7%	632.0	21.8%	1 258.3	20.7%
2 - 4 times a week	426.0	13.4%	477.0	16.5%	903.0	14.9%
5 - 6 times a week	151.2	4.7%	181.1	6.3%	332.2	5.5%
At least once a day	140.1	4.4%	195.8	6.8%	335.8	5.5%
Once a day	92.1	2.9%	118.0	4.1%	210.1	3.5%
Twice a day	37.6	1.2%	59.7	2.1%	97.4	1.6%
3 or more times a day	10.4	0.3%	18.0	0.6%	28.4	0.5%
Don't know	2.4	0.1%	1.9	0.1%	4.3	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.

Analysed by age group, the proportions consuming processed meat and associated products on average at least once a week decreased with age from 60.1% among persons aged 15-24 to 19.4% among persons aged 85 or above (Table 5.4.5b).

Table 5.4.5b: Frequency of consumption of processed meat and associated products by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
None / Less than once a week	318.5	39.7%	396.9	41.3%	489.3	47.9%	621.1	52.5%	631.1	59.2%	406.3	72.0%	277.8	78.8%	105.4	80.6%	3 246.4	53.4%
Less than once a day	423.5	52.8%	491.9	51.2%	465.0	45.5%	486.1	41.1%	387.4	36.4%	144.1	25.5%	70.4	20.0%	25.0	19.1%	2 493.6	41.0%
Once a week	204.1	25.5%	231.0	24.0%	246.4	24.1%	237.0	20.0%	204.5	19.2%	84.8	15.0%	36.8	10.4%	13.8	10.6%	1 258.3	20.7%
2 - 4 times a week	166.1	20.7%	182.7	19.0%	155.9	15.3%	184.5	15.6%	139.4	13.1%	42.5	7.5%	23.5	6.7%	8.4	6.4%	903.0	14.9%
5 - 6 times a week	53.4	6.7%	78.2	8.1%	62.7	6.1%	64.6	5.5%	43.5	4.1%	16.7	3.0%	10.1	2.9%	2.9	2.2%	332.2	5.5%
At least once a day	58.3	7.3%	70.9	7.4%	66.4	6.5%	75.2	6.4%	46.5	4.4%	13.5	2.4%	4.5	1.3%	0.3	0.3%	335.8	5.5%
Once a day	33.2	4.1%	38.3	4.0%	43.1	4.2%	51.2	4.3%	30.1	2.8%	10.3	1.8%	3.5	1.0%	0.3	0.3%	210.1	3.5%
Twice a day	18.9	2.4%	21.4	2.2%	18.9	1.9%	21.1	1.8%	14.3	1.3%	1.9	0.3%	1.0	0.3%	-	-	97.4	1.6%
3 or more times a day	6.2	0.8%	11.2	1.2%	4.4	0.4%	3.0	0.3%	2.1	0.2%	1.4	0.3%	-	-	-	-	28.4	0.5%
Don't know	1.2	0.2%	1.6	0.2%	0.5	<0.05%	0.6	<0.05%	0.5	<0.05%	-	-	-	-	-	-	4.3	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.

5.4.6 Consumption of Snacks with High Salt Content

Overall, 21.5% of persons aged 15 or above ate snacks with high salt content such as potato crisps, prawn crackers, squid floss and dried pork on average at least once a week. The corresponding proportion (21.5%) was the same for both females and males (Table 5.4.6a).

Table 5.4.6a: Frequency of consumption of snacks with high salt content by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
None / Less than once a week	2 498.6	78.5%	2 270.0	78.4%	4 768.6	78.4%
Less than once a day	652.7	20.5%	606.7	21.0%	1 259.4	20.7%
Once a week	375.8	11.8%	360.3	12.4%	736.2	12.1%
2 - 4 times a week	221.0	6.9%	193.5	6.7%	414.5	6.8%
5 - 6 times a week	55.9	1.8%	52.8	1.8%	108.7	1.8%
At least once a day	33.2	1.0%	17.0	0.6%	50.3	0.8%
Once a day	30.4	1.0%	13.0	0.5%	43.5	0.7%
Twice a day	2.2	0.1%	1.7	0.1%	3.8	0.1%
3 or more times a day	0.7	<0.05%	2.3	0.1%	3.0	<0.05%
Don't know	0.4	<0.05%	1.5	0.1%	2.0	<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.

Analysis by age group showed that younger persons aged 15-24 reported a much higher proportion (41.4%) of consuming snacks with high salt content at least once a week and the corresponding proportion decreased sharply with age to 2.4% among persons aged 85 or above (Table 5.4.6b).

Table 5.4.6b: Frequency of consumption of snacks with high salt content by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
None / Less than once a week	469.4	58.6%	615.8	64.0%	762.8	74.7%	968.2	81.8%	951.2	89.3%	536.2	95.1%	337.3	95.6%	127.7	97.6%	4 768.6	78.4%
Less than once a day	319.0	39.8%	329.4	34.3%	251.6	24.6%	206.9	17.5%	110.3	10.4%	25.2	4.5%	13.9	3.9%	3.1	2.4%	1 259.4	20.7%
Once a week	168.3	21.0%	176.0	18.3%	151.2	14.8%	132.8	11.2%	76.6	7.2%	19.3	3.4%	9.6	2.7%	2.4	1.9%	736.2	12.1%
2 - 4 times a week	111.4	13.9%	114.6	11.9%	81.3	8.0%	68.3	5.8%	28.6	2.7%	5.4	1.0%	4.3	1.2%	0.7	0.5%	414.5	6.8%
5 - 6 times a week	39.4	4.9%	38.8	4.0%	19.1	1.9%	5.8	0.5%	5.1	0.5%	0.5	0.1%	-	-	-	-	108.7	1.8%
At least once a day	12.7	1.6%	14.7	1.5%	6.8	0.7%	7.9	0.7%	4.0	0.4%	2.6	0.5%	1.5	0.4%	-	-	50.3	0.8%
Once a day	9.9	1.2%	12.5	1.3%	6.2	0.6%	7.9	0.7%	4.0	0.4%	1.4	0.3%	1.5	0.4%	-	-	43.5	0.7%
Twice a day	1.7	0.2%	1.6	0.2%	-	-	-	-	-	-	0.5	0.1%	-	-	-	-	3.8	0.1%
3 or more times a day	1.1	0.1%	0.7	0.1%	0.6	0.1%	-	-	-	-	0.6	0.1%	-	-	-	-	3.0	<0.05%
Don't know	0.4	0.1%	1.5	0.2%	-	-	-	-	-	-	-	-	-	-	-	-	2.0	<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.

5.4.7 Consumption of Seaweeds and Ready-to-eat Seaweeds

Seaweeds are rich in iodine and other bioactive compounds that could potentially be exploited as functional ingredients for human health applications. The compounds contained in seaweeds are found to have anti-tumor, anti-viral, anti-coagulant, anti-oxidant, anti-allergic and anti-diabetic properties¹³. Overall, 8.3% of persons aged 15 or above ate seaweeds (including kelp / laver but excluding ready-to-eat seaweeds) on average at least once a week, and it was more common among females (8.9%) than in males (7.7%). Among persons aged 15 or above with intake of seaweeds, the estimated average quantities of seaweeds consumed per day were 1.6g and 1.5g for females and males respectively (Table 5.4.7a).

Table 5.4.7a: Frequency of consumption of seaweeds including kelp / laver (excluding ready-to-eat seaweed snacks) by gender

Frequency *	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
None / Less than once a week	2 900.7	91.1%	2 668.1	92.2%	5 568.8	91.6%
Less than once a day	271.1	8.5%	217.3	7.5%	488.4	8.0%
Once a week	202.9	6.4%	162.8	5.6%	365.7	6.0%
2 - 4 times a week	55.2	1.7%	43.2	1.5%	98.5	1.6%
5 - 6 times a week	13.0	0.4%	11.3	0.4%	24.2	0.4%
At least once a day	11.7	0.4%	6.8	0.2%	18.4	0.3%
Once a day	11.2	0.4%	5.0	0.2%	16.2	0.3%
Twice a day	-	-	1.2	<0.05%	1.2	<0.05%
3 or more times a day	0.5	<0.05%	0.6	<0.05%	1.1	<0.05%
Don't know	1.5	<0.05%	3.1	0.1%	4.6	0.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean (g per day)†	1.6		1.5		1.6	

Bases: * All respondents.

† All respondents with valid response on the quantity of seaweeds eaten per day.

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

Across all age groups, the corresponding proportions decreased with age from 11.8% among younger persons aged 15-24 to 1.0% among the oldest persons aged 85 or above. Compared with other age groups, persons aged 15-44 reported that they ate more seaweeds (1.7g) than others (Table 5.4.7b).

Table 5.4.7b: Frequency of consumption of seaweeds including kelp / laver (excluding ready-to-eat seaweed snacks) by age group

Frequency *	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons	
	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%
None / Less than once a week	706.0	88.1%	854.1	88.8%	925.6	90.6%	1 093.5	92.4%	987.2	92.7%	533.7	94.6%	339.2	96.2%	129.5	99.0%	5 568.8	91.6%
Less than once a day	90.9	11.3%	103.4	10.8%	91.6	9.0%	86.4	7.3%	73.1	6.9%	28.6	5.1%	13.0	3.7%	1.3	1.0%	488.4	8.0%
Once a week	72.3	9.0%	77.1	8.0%	68.0	6.7%	68.2	5.8%	54.1	5.1%	17.7	3.1%	7.5	2.1%	0.9	0.7%	365.7	6.0%
2 - 4 times a week	16.1	2.0%	22.4	2.3%	18.6	1.8%	15.7	1.3%	14.2	1.3%	7.0	1.2%	4.0	1.1%	0.4	0.3%	98.5	1.6%
5 - 6 times a week	2.5	0.3%	4.0	0.4%	5.0	0.5%	2.5	0.2%	4.9	0.5%	3.9	0.7%	1.5	0.4%	-	-	24.2	0.4%
At least once a day	3.8	0.5%	2.3	0.2%	4.0	0.4%	2.5	0.2%	3.7	0.3%	1.7	0.3%	0.5	0.1%	-	-	18.4	0.3%
Once a day	2.7	0.3%	2.3	0.2%	2.8	0.3%	2.5	0.2%	3.7	0.3%	1.7	0.3%	0.5	0.1%	-	-	16.2	0.3%
Twice a day	-	-	-	-	1.2	0.1%	-	-	-	-	-	-	-	-	-	-	1.2	<0.05%
3 or more times a day	1.1	0.1%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1.1	<0.05%
Don't know	0.9	0.1%	1.7	0.2%	-	-	0.6	0.1%	1.5	0.1%	-	-	-	-	-	-	4.6	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%
Mean (g per day) †	1.7		1.7		1.7		1.4		1.5		1.6		1.3		0.8		1.6	

Bases: * All respondents.

† All respondents with valid response on the quantity of seaweeds eaten per day.

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

Overall, 8.1% of persons aged 15 or above ate ready-to-eat seaweeds including pre-packed snacks and ready-to-eat seaweed snacks on average at least once a week. Similar to the consumption of seaweeds, the corresponding proportion was also slightly higher among females (8.4%) than in males (7.8%). Among persons aged 15 or above who had reported the intake of ready-to-eat seaweeds, the estimated mean quantity of ready-to-eat seaweeds consumed per day was 0.1g for both females and males (Table 5.4.7c).

Table 5.4.7c: Frequency of consumption of ready-to-eat seaweeds (including pre-packed snack / nori sheet) by gender

Frequency *	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
None / Less than once a week	2 917.3	91.6%	2 668.6	92.2%	5 585.9	91.9%
Less than once a day	252.5	7.9%	212.2	7.3%	464.8	7.6%
<i>Once a week</i>	<i>181.5</i>	<i>5.7%</i>	<i>145.3</i>	<i>5.0%</i>	<i>326.8</i>	<i>5.4%</i>
<i>2 - 4 times a week</i>	<i>58.1</i>	<i>1.8%</i>	<i>57.9</i>	<i>2.0%</i>	<i>116.0</i>	<i>1.9%</i>
<i>5 - 6 times a week</i>	<i>12.9</i>	<i>0.4%</i>	<i>9.0</i>	<i>0.3%</i>	<i>22.0</i>	<i>0.4%</i>
At least once a day	14.2	0.4%	12.8	0.4%	26.9	0.4%
<i>Once a day</i>	<i>13.7</i>	<i>0.4%</i>	<i>10.7</i>	<i>0.4%</i>	<i>24.4</i>	<i>0.4%</i>
<i>Twice a day</i>	<i>0.4</i>	<i><0.05%</i>	<i>2.1</i>	<i>0.1%</i>	<i>2.5</i>	<i><0.05%</i>
<i>3 or more times a day</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>
Don't know	1.0	<0.05%	1.6	0.1%	2.6	<0.05%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean (g per day) †	0.1		0.1		0.1	

Bases: * All respondents.

† All respondents with valid response on the quantity of ready-to-eat seaweeds eaten per day.

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

Analysed by age group, a higher proportion of persons aged 15-24 (15.3%) reported that they ate ready-to-eat seaweeds on average at least once a week. The corresponding proportion decreased sharply with age to 1.9% among persons in the oldest age group of 85 or above. Compared with other age groups, persons aged 15-24 and aged 25-34 reported the consumption of a slightly higher mean daily quantity of ready-to-eat seaweeds taken (both at 0.2g) than others (Table 5.4.7d).

Table 5.4.7d: Frequency of consumption of ready-to-eat seaweeds (including pre-packed snack / nori sheet) by age group

Frequency *	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
None / Less than once a week	678.1	84.6%	834.6	86.8%	926.0	90.7%	1 116.7	94.4%	1 016.8	95.4%	544.4	96.5%	340.9	96.7%	128.4	98.1%	5 585.9	91.9%
Less than once a day	118.8	14.8%	119.9	12.5%	88.9	8.7%	62.8	5.3%	45.6	4.3%	16.9	3.0%	10.5	3.0%	1.4	1.1%	464.8	7.6%
Once a week	86.6	10.8%	77.6	8.1%	63.7	6.2%	44.6	3.8%	32.5	3.1%	12.7	2.3%	7.6	2.1%	1.4	1.1%	326.8	5.4%
2 - 4 times a week	26.8	3.3%	37.2	3.9%	20.7	2.0%	15.6	1.3%	11.1	1.0%	2.7	0.5%	1.8	0.5%	-	-	116.0	1.9%
5 - 6 times a week	5.4	0.7%	5.1	0.5%	4.5	0.4%	2.5	0.2%	1.9	0.2%	1.4	0.3%	1.1	0.3%	-	-	22.0	0.4%
At least once a day	3.9	0.5%	5.7	0.6%	6.3	0.6%	2.9	0.2%	3.1	0.3%	2.7	0.5%	1.3	0.4%	1.0	0.8%	26.9	0.4%
Once a day	2.7	0.3%	5.7	0.6%	6.3	0.6%	2.9	0.2%	2.7	0.3%	2.3	0.4%	0.9	0.3%	1.0	0.8%	24.4	0.4%
Twice a day	1.2	0.1%	-	-	-	-	-	-	0.5	<0.05%	0.4	0.1%	0.4	0.1%	-	-	2.5	<0.05%
3 or more times a day	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Don't know	0.8	0.1%	1.2	0.1%	-	-	0.6	0.1%	-	-	-	-	-	-	-	-	2.6	<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%
Mean (g per day) †	0.2		0.2		0.1		0.1		0.1		0.1		0.1		0.1		0.1	

Bases: * All respondents.

† All respondents with valid response on the quantity of ready-to-eat seaweeds eaten per day.

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

5.4.8 Usage of Salt

Overall, 59.3% of persons aged 15 or above used seasonings such as salt, soy sauce, oyster sauce, ketchup and chili sauce during cooking every time. The usage was slightly more common among females (59.4%) than in males (59.1%). Another 20.9% often used such seasonings during cooking (Table 5.4.8a). Compared with other age groups, a higher proportion of persons aged 15-24 (61.6%) reported that they used seasonings containing salt during cooking every time (Table 5.4.8b).

Table 5.4.8a: Frequency of using seasonings containing salt during cooking by gender

	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
Never	23.6	0.7%	21.7	0.7%	45.4	0.7%
Rarely	196.7	6.2%	173.4	6.0%	370.1	6.1%
Sometimes	380.5	11.9%	339.3	11.7%	719.8	11.8%
Often	668.0	21.0%	600.2	20.7%	1 268.2	20.9%
Every time	1 891.5	59.4%	1 711.5	59.1%	3 603.0	59.3%
Do not cook at home	24.7	0.8%	49.1	1.7%	73.8	1.2%
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 5.4.8b: Frequency of using seasonings containing salt during cooking by age group

	15-24		25-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%	No. of	%
	persons		persons		persons		persons		persons		persons		persons		persons		persons	
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Never	7.9	1.0%	4.6	0.5%	5.2	0.5%	10.4	0.9%	8.8	0.8%	4.4	0.8%	2.7	0.8%	1.5	1.1%	45.4	0.7%
Rarely	37.2	4.6%	45.8	4.8%	52.3	5.1%	64.5	5.5%	76.5	7.2%	44.5	7.9%	30.2	8.6%	19.0	14.5%	370.1	6.1%
Sometimes	98.5	12.3%	108.0	11.2%	123.7	12.1%	139.9	11.8%	122.0	11.5%	62.4	11.1%	46.4	13.2%	18.8	14.4%	719.8	11.8%
Often	155.0	19.3%	204.3	21.2%	204.1	20.0%	255.1	21.6%	209.8	19.7%	134.5	23.8%	76.2	21.6%	29.3	22.4%	1 268.2	20.9%
Every time	494.0	61.6%	586.8	61.0%	610.2	59.7%	701.7	59.3%	640.2	60.1%	315.5	55.9%	194.5	55.1%	60.1	46.0%	3 603.0	59.3%
Do not cook at home	9.0	1.1%	11.9	1.2%	25.8	2.5%	11.4	1.0%	8.1	0.8%	2.7	0.5%	2.7	0.8%	2.1	1.6%	73.8	1.2%
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.

Overall, 2.5% of persons aged 15 or above reported that they added seasonings such as salt, soy sauce, ketchup and chili sauce at the table every time when they ate, which was slightly more common among males (2.7%) than in females (2.3%). Another 7.0% often added such seasonings at the table (Table 5.4.8c). Compared with other age groups, a higher proportion of persons aged 25-34 (3.5%) reported that they added seasonings containing salt at the table every time when they ate (Table 5.4.8d).

Table 5.4.8c: Frequency of adding seasonings containing salt at the table by gender

	Female		Male		Total	
	No. of persons (‘000)	%	No. of persons (‘000)	%	No. of persons (‘000)	%
Never	767.3	24.1%	637.4	22.0%	1 404.7	23.1%
Rarely	1 200.7	37.7%	1 029.3	35.6%	2 230.0	36.7%
Sometimes	943.1	29.6%	924.4	31.9%	1 867.5	30.7%
Often	201.8	6.3%	225.1	7.8%	426.8	7.0%
Every time	72.1	2.3%	79.1	2.7%	151.2	2.5%
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 5.4.8d: Frequency of adding seasonings containing salt at the table 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)	%
Never	167.5	20.9%	185.1	19.3%	199.4	19.5%	273.8	23.1%	274.6	25.8%	153.9	27.3%	109.8	31.1%	40.5	31.0%	1 404.7	23.1%
Rarely	261.3	32.6%	327.3	34.0%	368.4	36.1%	424.6	35.9%	395.8	37.2%	243.9	43.2%	147.3	41.8%	61.4	46.9%	2 230.0	36.7%
Sometimes	277.6	34.6%	339.8	35.3%	347.0	34.0%	368.1	31.1%	303.8	28.5%	130.8	23.2%	75.5	21.4%	25.0	19.1%	1 867.5	30.7%
Often	70.1	8.7%	75.5	7.9%	77.5	7.6%	87.0	7.4%	73.6	6.9%	27.8	4.9%	12.0	3.4%	3.3	2.6%	426.8	7.0%
Every time	25.1	3.1%	33.6	3.5%	28.9	2.8%	29.5	2.5%	17.7	1.7%	7.6	1.3%	8.2	2.3%	0.5	0.4%	151.2	2.5%
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.

Respondents were asked whether they used iodised salt at home. In terms of domestic households, 22.3% of the domestic households had at least one member reporting that they used iodised salt at home and 11.0% said otherwise including those who used non-iodised salt only and those who did not use any salt at home. However, in two-thirds (66.7%) of the domestic households, all members aged 15 or above reported that they did not know whether the salt they used was iodised or not (Table 5.4.8e). Analysed by monthly household income, in general relatively more domestic households with higher monthly household income used iodised salt at home (Table 5.4.8f).

Table 5.4.8e: Proportion of domestic households that used iodised salt

	Domestic households	
	No. ('000)	%
Yes	549.4	22.3%
No	271.9	11.0%
Don't know	1 642.3	66.7%
Total	2 463.6	100.0%

Base: All domestic households.

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

Table 5.4.8f: Proportion of domestic households that used iodised salt by monthly household income

	Less than \$5,000		\$5,000 – \$9,999		\$10,000 – \$19,999		\$20,000 – \$29,999		\$30,000 – \$39,999		\$40,000 – \$49,999		\$50,000 or more		Total	
	No. of house- holds ('000)	%	No. of house- holds ('000)	%	No. of house- holds ('000)	%	No. of house- holds ('000)	%	No. of house- holds ('000)	%	No. of house- holds ('000)	%	No. of house- holds ('000)	%	No. of house- holds ('000)	%
Yes	31.8	10.9%	28.3	13.8%	89.2	18.7%	114.8	23.6%	99.8	29.2%	64.9	29.1%	118.5	27.5%	547.2	22.3%
No	31.1	10.7%	26.6	13.0%	54.1	11.3%	54.2	11.1%	29.8	8.7%	31.1	13.9%	43.7	10.1%	270.6	11.0%
Don't know	228.7	78.4%	150.3	73.2%	334.0	70.0%	317.8	65.3%	211.5	62.0%	127.0	57.0%	269.4	62.4%	1 638.6	66.7%
Total	291.6	100.0%	205.1	100.0%	477.2	100.0%	486.8	100.0%	341.2	100.0%	223.0	100.0%	431.5	100.0%	2 456.4	100.0%

Base: All domestic households provided information on monthly household income.

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

5.5 Eating-out Habits

In PHS, eating-out habits in respect of the frequency of eating-out for breakfast, lunch and dinner in the 30 days preceding the survey were collected from the respondents. “Eating-out” refers to a meal that is not made at home, and “eating-out for breakfast” excludes the bread that is bought from a bakery.

It was estimated that the average number of times of eating-out for breakfast per month was 8.1 for persons aged 15 or above. Analysed by gender, the corresponding number was 6.9 times for females and 9.3 times for males. Overall, 28.6% of persons aged 15 or above reported eating-out for breakfast 5 times or more a week during the 30 days preceding the survey, which was more frequent in males (34.8%) than in females (23.0%) (Table 5.5a). Compared with other age groups, a higher proportion of persons aged 25-34 (35.4%) reported that they ate out for breakfast 5 times or more a week (Table 5.5b).

As regards the average number of times of eating-out for lunch per month, it was estimated to be 11.9 for persons aged 15 or above (10.1 times for females and 13.8 times for males). Overall, 48.9% of persons aged 15 or above reported eating-out for lunch 5 times or more a week during the 30 days preceding the survey. The corresponding proportion was much higher in males (60.2%) than in females (38.7%) (Table 5.5a). Analysed by age, a higher proportion of persons aged 15-34 (65.2%) reported that they ate out for lunch 5 times or more a week (Table 5.5b).

Regarding dinner, the estimated average number of times of eating-out per month was 5.4 for persons aged 15 or above (4.8 times for females and 6.0 times for males). Overall, 9.9% of persons aged 15 or above reported eating-out for dinner 5 times or more a week during the 30 days preceding the survey. Males recorded a higher corresponding proportion (12.3%) than that of females (7.8%) (Table 5.5a). Among various age groups, a higher proportion of persons aged 25-34 (15.5%) reported that they ate out for dinner 5 times or more a week (Table 5.5b).

Table 5.5a: Frequency of eating-out for breakfast, lunch or dinner in the 30 days preceding the survey by gender

	Female		Male		Total	
	No. of	%	No. of	%	No. of	%
	persons		persons		persons	
	('000)		('000)		('000)	
Breakfast						
5 times or more a week	733.4	23.0%	1 007.2	34.8%	1 740.5	28.6%
2 - 4 times a week	407.2	12.8%	392.1	13.5%	799.3	13.1%
Once a week	457.4	14.4%	368.7	12.7%	826.1	13.6%
2 - 3 times per month	227.2	7.1%	195.5	6.8%	422.7	7.0%
Once per month	120.0	3.8%	94.3	3.3%	214.3	3.5%
Did not eat out for breakfast	1 148.6	36.1%	738.4	25.5%	1 887.0	31.0%
Skipped breakfast	91.2	2.9%	99.0	3.4%	190.2	3.1%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean (Times per month)	6.9		9.3		8.1	
Lunch						
5 times or more a week	1 231.8	38.7%	1 744.2	60.2%	2 975.9	48.9%
2 - 4 times a week	473.8	14.9%	328.0	11.3%	801.8	13.2%
Once a week	297.0	9.3%	159.5	5.5%	456.5	7.5%
2 - 3 times per month	245.1	7.7%	145.5	5.0%	390.6	6.4%
Once per month	80.7	2.5%	67.3	2.3%	148.0	2.4%
Did not eat out for lunch	832.8	26.1%	420.2	14.5%	1 253.0	20.6%
Skipped lunch	23.9	0.8%	30.5	1.1%	54.4	0.9%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean (Times per month)	10.1		13.8		11.9	
Dinner						
5 times or more a week	247.6	7.8%	357.2	12.3%	604.9	9.9%
2 - 4 times a week	551.8	17.3%	578.1	20.0%	1 129.9	18.6%
Once a week	600.2	18.8%	552.3	19.1%	1 152.5	19.0%
2 - 3 times per month	476.7	15.0%	409.1	14.1%	885.8	14.6%
Once per month	200.4	6.3%	154.3	5.3%	354.7	5.8%
Did not eat out for dinner	1 103.0	34.6%	839.5	29.0%	1 942.5	31.9%
Skipped dinner	5.4	0.2%	4.6	0.2%	10.0	0.2%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Mean (Times per month)	4.8		6.0		5.4	

Base: All respondents.

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

Table 5.5b: Frequency of eating-out for breakfast, lunch or dinner 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		No. of		No. of		No. of		No. of		No. of		No. of		No. of		No. of	
	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%	persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Breakfast																		
5 times or more a week	221.6	27.6%	340.0	35.4%	333.5	32.7%	376.9	31.9%	266.8	25.0%	111.1	19.7%	69.8	19.8%	20.7	15.9%	1 740.5	28.6%
2-4 times a week	119.8	14.9%	152.1	15.8%	172.6	16.9%	143.5	12.1%	118.2	11.1%	56.8	10.1%	31.7	9.0%	4.5	3.4%	799.3	13.1%
Once a week	104.9	13.1%	142.1	14.8%	137.9	13.5%	174.2	14.7%	162.2	15.2%	66.7	11.8%	29.9	8.5%	8.2	6.3%	826.1	13.6%
2-3 times per month	51.6	6.4%	53.4	5.6%	71.2	7.0%	85.7	7.2%	77.4	7.3%	46.3	8.2%	26.6	7.5%	10.5	8.0%	422.7	7.0%
Once per month	28.1	3.5%	28.8	3.0%	34.2	3.3%	36.6	3.1%	44.8	4.2%	23.3	4.1%	14.4	4.1%	4.0	3.1%	214.3	3.5%
Did not eat out for breakfast	230.4	28.7%	196.5	20.4%	242.8	23.8%	337.6	28.5%	371.3	34.9%	249.6	44.3%	176.0	49.9%	82.9	63.3%	1 887.0	31.0%
Skipped breakfast	45.1	5.6%	48.3	5.0%	29.1	2.8%	28.5	2.4%	24.8	2.3%	10.1	1.8%	4.3	1.2%	-	-	190.2	3.1%
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%
Mean*	8.0		9.7		9.3		8.6		7.2		5.9		5.6		4.1		8.1	
Lunch																		
5 times or more a week	522.5	65.2%	626.6	65.2%	622.2	60.9%	651.2	55.0%	417.8	39.2%	95.6	16.9%	28.8	8.2%	11.4	8.7%	2 975.9	48.9%
2-4 times a week	137.5	17.2%	138.1	14.4%	134.9	13.2%	153.8	13.0%	145.3	13.6%	62.2	11.0%	25.7	7.3%	4.2	3.2%	801.8	13.2%
Once a week	42.5	5.3%	58.0	6.0%	69.2	6.8%	90.3	7.6%	101.6	9.5%	61.7	10.9%	27.2	7.7%	6.0	4.6%	456.5	7.5%
2-3 times per month	24.7	3.1%	46.5	4.8%	56.6	5.5%	77.7	6.6%	85.6	8.0%	57.4	10.2%	32.4	9.2%	9.7	7.4%	390.6	6.4%
Once per month	7.4	0.9%	12.4	1.3%	13.7	1.3%	25.9	2.2%	35.0	3.3%	28.0	5.0%	19.4	5.5%	6.1	4.7%	148.0	2.4%
Did not eat out for lunch	63.5	7.9%	76.7	8.0%	118.8	11.6%	178.3	15.1%	261.3	24.5%	249.8	44.3%	212.2	60.2%	92.5	70.7%	1 253.0	20.6%
Skipped lunch	3.6	0.4%	3.1	0.3%	5.8	0.6%	5.7	0.5%	18.8	1.8%	9.4	1.7%	7.1	2.0%	0.9	0.7%	54.4	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%
Mean*	15.4		15.1		14.2		13.1		10.1		5.5		3.1		2.5		11.9	
Dinner																		
5 times or more a week	99.5	12.4%	148.6	15.5%	118.2	11.6%	130.1	11.0%	75.3	7.1%	16.5	2.9%	10.1	2.9%	6.3	4.8%	604.9	9.9%
2-4 times a week	193.2	24.1%	284.3	29.6%	235.7	23.1%	222.8	18.8%	141.7	13.3%	35.4	6.3%	15.1	4.3%	1.8	1.4%	1 129.9	18.6%
Once a week	169.0	21.1%	206.6	21.5%	236.9	23.2%	235.3	19.9%	191.7	18.0%	73.8	13.1%	29.1	8.2%	10.1	7.7%	1 152.5	19.0%
2-3 times per month	114.6	14.3%	132.4	13.8%	134.1	13.1%	182.5	15.4%	179.2	16.8%	86.6	15.4%	44.0	12.5%	12.3	9.4%	885.8	14.6%
Once per month	34.9	4.4%	37.6	3.9%	56.0	5.5%	73.6	6.2%	72.2	6.8%	47.2	8.4%	26.3	7.5%	6.8	5.2%	354.7	5.8%
Did not eat out for dinner	189.9	23.7%	149.0	15.5%	239.8	23.5%	337.4	28.5%	402.0	37.7%	303.3	53.8%	227.6	64.5%	93.5	71.5%	1 942.5	31.9%
Skipped dinner	0.4	0.1%	2.9	0.3%	0.5	<0.05%	1.3	0.1%	3.4	0.3%	1.0	0.2%	0.4	0.1%	-	-	10.0	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%
Mean*	6.6		7.9		6.4		5.7		4.2		2.3		1.8		1.7		5.4	

Base: All respondents.

Notes: * The summary statistics refer to the number of times of eating-out for breakfast, lunch or dinner in the 30 days preceding the survey.

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

Overall, 84.2% of persons aged 15 or above reported eating-out (including breakfast, lunch and dinner as a whole) at least once a week during the 30 days preceding the survey. A higher proportion was recorded among males (88.9%) than in females (79.9%) (Table 5.5c). Analysed by age group, persons aged 25-34 recorded the highest proportion of 94.8%, followed by persons aged 15-24 (94.1%) and persons aged 85 or above recorded the lowest proportion of 39.1% of eating-out at least once a week (Table 5.5d).

Table 5.5c: Proportion of population aged 15 or above who reported eating-out for breakfast, lunch or dinner at least once a week by gender

	Female	Male	Total
Proportion of population eating-out for breakfast, lunch or dinner at least once a week	79.9%	88.9%	84.2%

Base: All respondents.

Table 5.5d: Proportion of population aged 15 or above who reported eating-out for breakfast, lunch or dinner at least once a week by age group

	15-24	25-34	25-44	45-54	55-64	65-74	75-84	85 or above	Total
Proportion of population eating-out for breakfast, lunch or dinner at least once a week	94.1%	94.8%	91.3%	88.3%	81.3%	64.8%	54.3%	39.1%	84.2%

Base: All respondents.

5.6 Use of Medication for Health

People may use medications for different reasons: for staying healthy, improving general health, or controlling a health condition. The PHS used self-administered questionnaire to collect information on the usage of certain medications including slimming pills, health supplements, birth control pills and hormones in the month preceding the survey from the respondents.

Overall, 0.6% of persons aged 15 or above took slimming pills in the month preceding the survey. The usage was more common in females (0.8%) than in males (0.3%) (Table 5.6a). Compared with other age groups, a higher proportion of persons aged 25-34 and 35-44 (both at 0.9%) reported taking slimming pills in the month preceding the survey (Table 5.6b).

Overall, 16.1% of persons aged 15 or above took health supplements such as vitamin and mineral supplements in the month preceding the survey. The corresponding proportion was higher among females (19.4%) than in males (12.4%) (Table 5.6a). Analysed by age, a higher proportion of persons aged 45-54 (19.0%) reported having used health supplements in the month preceding the survey and it was followed by persons aged 65-74 (18.6%) (Table 5.6b).

Table 5.6a: Proportion of persons aged 15 or above who had taken slimming pills or health supplements in the month preceding the survey by gender

	Female		Male		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)	
Slimming pills						
Yes	24.8	0.8%	8.9	0.3%	33.7	0.6%
No	3 156.3	99.1%	2 881.1	99.5%	6 037.4	99.3%
Don't know	4.0	0.1%	5.2	0.2%	9.2	0.2%
Total	3 185.0	100.0%	2 895.2	100.0%	6 080.2	100.0%
Health supplements such as vitamin and mineral supplements						
Yes	618.9	19.4%	360.3	12.4%	979.2	16.1%
No	2 552.7	80.1%	2 514.8	86.9%	5 067.5	83.3%
Don't know	13.4	0.4%	20.1	0.7%	33.5	0.6%
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 5.6b: Proportion of persons aged 15 or above who had taken slimming pills or health supplements in the month 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	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%	No. of persons	%
	('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)		('000)	
Slimming pills																		
Yes	4.5	0.6%	8.3	0.9%	9.5	0.9%	6.7	0.6%	3.4	0.3%	0.4	0.1%	0.9	0.3%	-	-	33.7	0.6%
No	795.2	99.2%	951.0	98.9%	1 011.3	99.0%	1 174.1	99.2%	1 060.6	99.5%	562.5	99.7%	351.8	99.7%	130.8	100.0%	6 037.4	99.3%
Don't know	1.9	0.2%	2.1	0.2%	0.4	<0.05%	2.2	0.2%	1.5	0.1%	1.1	0.2%	-	-	-	-	9.2	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%
Health supplements such as vitamin and mineral supplements																		
Yes	87.1	10.9%	144.5	15.0%	172.5	16.9%	224.9	19.0%	171.5	16.1%	105.1	18.6%	53.0	15.0%	20.6	15.8%	979.2	16.1%
No	704.4	87.9%	812.0	84.5%	844.6	82.7%	951.9	80.5%	889.5	83.5%	455.8	80.8%	299.3	84.9%	110.2	84.2%	5 067.5	83.3%
Don't know	10.1	1.3%	5.0	0.5%	4.1	0.4%	6.2	0.5%	4.5	0.4%	3.1	0.6%	0.4	0.1%	-	-	33.5	0.6%
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.

A total of 3.4% of females aged 15 to 49 reported that they had taken birth control pills in the month preceding the survey. Analysed by age group, females aged 25-34 recorded the highest proportion (4.9%) of using birth control pills in this period (Table 5.6c).

The PHS asked females aged 30 or above whether they took hormones for menopause or aging symptoms in the month preceding the survey. Overall, 0.8% of females aged 30 or above reported that they had taken hormones for these purposes. Compared with other age groups, a higher proportion of females aged 45-54 (1.4%) reported having use of hormones in the month preceding the survey. The mean age started taking hormones among females aged 30 or above was estimated to be 43.9 years old (Table 5.6d).

Table 5.6c: Proportion of females aged 15 to 49 who had taken birth control pills in the month preceding the survey by age group

	15-24		25-34		35-44		45-49		Total	
	No. of persons		No. of persons		No. of persons		No. of persons		No. of persons	
	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%
Yes	5.8	1.5%	24.8	4.9%	21.6	3.8%	6.9	2.3%	59.0	3.4%
No	386.5	98.5%	481.6	95.1%	539.8	96.2%	290.7	97.7%	1 698.7	96.6%
Total	392.3	100.0%	506.4	100.0%	561.4	100.0%	297.6	100.0%	1 757.7	100.0%

Base: Female respondents aged 15 to 49.

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

Table 5.6d: Proportion of females aged 30 or above who had taken hormones for menopause or aging symptoms in the month preceding the survey by age group

	30-34		35-44		45-54		55-64		65-74		75-84		85 or above		Total	
	No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons		No. of persons	
	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%	(‘000)	%
Yes	1.0	0.4%	4.2	0.7%	9.0	1.4%	4.6	0.9%	1.4	0.5%	0.5	0.3%	-	-	20.8	0.8%
No	266.2	99.6%	557.2	99.3%	625.6	98.6%	532.9	99.1%	278.8	99.5%	187.4	99.7%	84.7	100.0%	2 532.7	99.2%
Total	267.2	100.0%	561.4	100.0%	634.6	100.0%	537.5	100.0%	280.2	100.0%	187.9	100.0%	84.7	100.0%	2 553.5	100.0%
Mean age (in years) when started taking hormones†	22.3		35.8		44.4		52.0		54.7		49.0		-		43.9	

Bases: Female respondents aged 30 or above.

† All female respondents aged 30 or above who had taken hormones before.

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

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