

Report of Health Behaviour Survey 2023

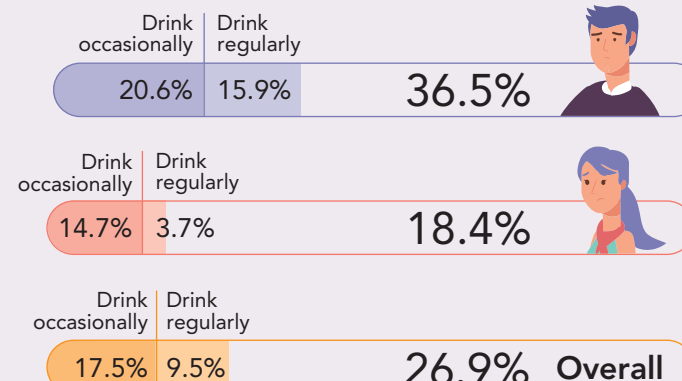
Participation Results (Aged 15 or above)

Enumerated domestic households 2,145

Respondents 4,839

Overall Household response rate 72.9%

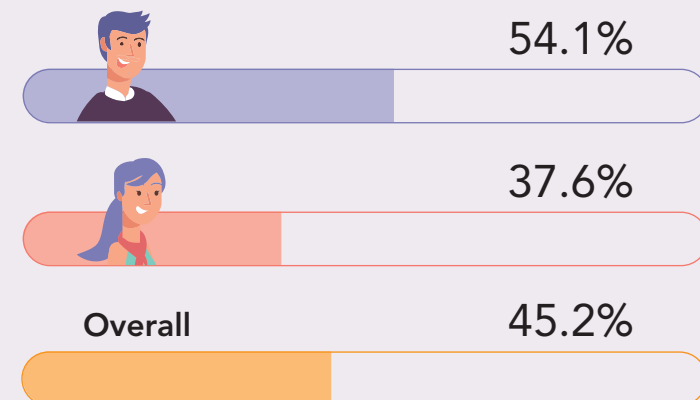
Alcohol Drinking Habit (Aged 15 or above)



Note: Drink regularly means drinking alcohol at least once a week and drink occasionally means drinking alcohol less than once a week in the 12 months preceding the survey

2.7% of persons aged 15 or above had binge drinking at least monthly in the 12 months preceding the survey. The proportion of males (4.4%) was higher than females (1.1%)

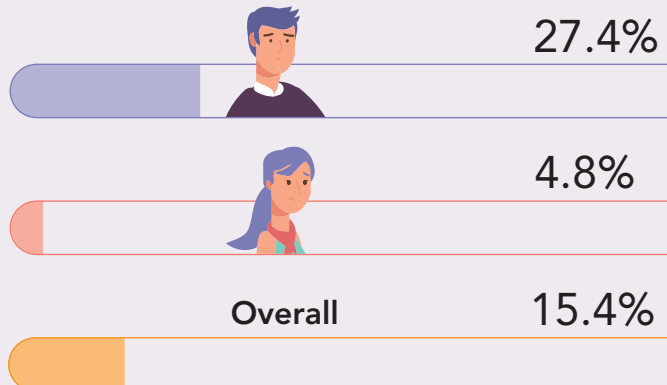
Average daily step count in a typical week at least 10 000 (Aged 18 or above)



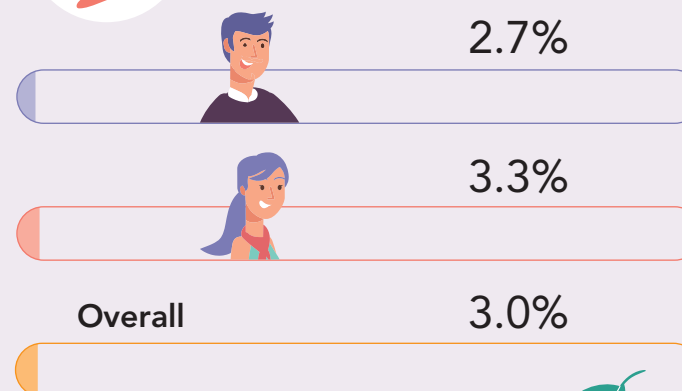
Note: Among persons aged 18 or above who had used step counting device in the past one month preceding the survey

Lifestyle Practices (Aged 15 or above)

Ever Smoking

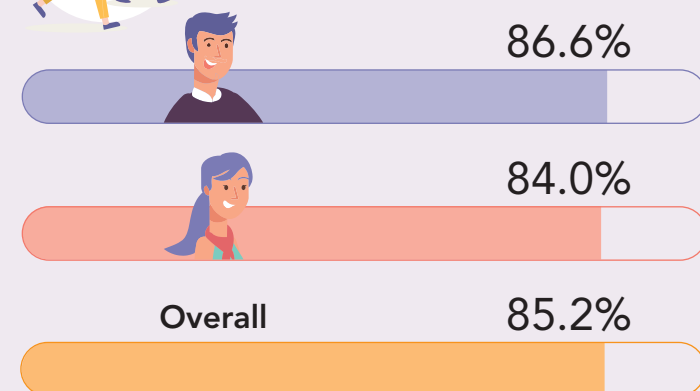


Adequate Fruit and Vegetables Consumption (Aged 15 or above)



Note: Consuming more than 400g (5 servings) of fruit and vegetables per day

Adequate Physical Activities (Aged 18 or above)



Note: Adequate physical activity level according to WHO's recommendations



衛生防護中心
Centre for Health Protection



衛生署
Department of Health

Cancer Screening



Colorectal cancer screening (Aged 50–75)



Male

Proportion of males aged 50–75 who ever received faecal occult blood test (FOBT) or colonoscopy

45.4%



Female

Proportion of females aged 50–75 who ever received FOBT or colonoscopy

46.8%

Total

Proportion of persons aged 50–75 who ever received FOBT or colonoscopy

46.2%



Cervical screening (Females aged 25–64)

Proportion of females aged 25–64 who ever had a cervical screening

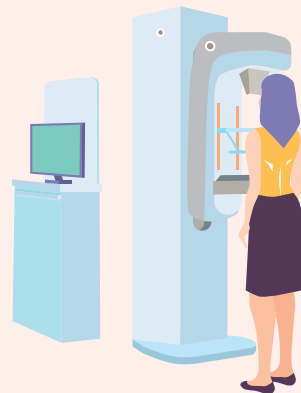
49.8%



Breast cancer screening (Females aged 44–69)

Proportion of females aged 44–69 who ever had mammography

39.8%



Health Advice

How can we improve health?

The prevalence of unhealthy but modifiable lifestyle practices are common among the Hong Kong population. They are important risk factors for developing common non-communicable diseases.

Members of the public should lead a healthy lifestyle, such as maintaining sufficient physical activity, having a balanced diet, keeping a healthy body weight, not smoking and avoiding alcohol consumption.

Physical Activity



Smoking



Alcohol



Fruit and Vegetables



Eligible persons are also urged to join government-subsidised cancer screening programmes as soon as possible, including the Colorectal Cancer Screening Programme (CRCSP), the Cervical Screening Programme (CSP), and the Breast Cancer Screening Pilot Programme (BCSPP).

Cancer Screening

Colorectal Cancer Screening Programme



Cervical Screening Service



Breast Cancer Risk Assessment Tool



Breast Cancer Screening Pilot Programme Phase II



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