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衞生防護中心
Centre for Health Protection

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Department of Health

Report of Health Behaviour Survey 2023

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Non-communicable Disease Branch
Centre for Health Protection
Department of Health

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EXECUTIVE SUMMARY

The Department of Health (DH) conducted the Health Behavior Survey (HBS) 2023 to collect information on major health-related behaviours and lifestyle practices associated with prevention and control of non-communicable diseases (NCD) among the land-based non-institutional population aged 15 or above in Hong Kong.

The fieldwork of the HBS 2023 was conducted between 18 July and 12 November 2023. A total of 4 839 persons aged 15 or above from 2 145 domestic households, excluding foreign domestic helpers and visitors, were successfully enumerated, representing an overall response rate of 72.9% at household level. The survey data were adjusted for the differential response rates by type of housing and grossed up to control for the age and gender profile of the study population for the third quarter (Q3) of 2023. After these adjustments, the survey estimates can represent those of the study population during the survey period.

This executive summary presents the key findings of the HBS 2023 on (1) chronic health conditions, (2) smoking habit, (3) alcohol consumption, (4) physical activity, (5) diet and nutrition, and (6) preventive health practices including colorectal cancer screening, cervical screening and breast cancer screening.

Chronic Health Conditions

The survey collected information on self-reported doctor-diagnosed chronic health conditions. The top five most common self-reported chronic health conditions which required on-going medical care were hypertension (21.3%), hyperlipidaemia/hypercholesterolaemia (17.2%), diabetes mellitus (9.2%), cancers (2.0%) and coronary heart disease (2.0%). The prevalence was generally higher in males than females for all chronic health conditions except for hyperlipidaemia/hypercholesterolaemia and cancers. The prevalence tends to increase with age for all chronic health conditions. Overall, 31.4% of persons aged 15 or above reported having one or more doctor-diagnosed chronic health conditions with ongoing medical care.

Hypertension

Overall, 21.3% of persons aged 15 or above reported doctor-diagnosed hypertension with ongoing medical care. The prevalence remained low (0.4%) among the age groups of 15–34. The prevalence increased with age and gradually reaching the highest at 66.1% in those aged 85 or above.

Hyperlipidaemia/hypercholesterolaemia

Overall, 17.2% of persons aged 15 or above reported doctor-diagnosed hyperlipidaemia/ hypercholesterolaemia with ongoing medical care. The prevalence remained low (1.3%) among the age groups of 15–34. The prevalence increased with age and peaked at 44.1% for those aged 75–84.

Diabetes mellitus (DM)

Overall, 9.2% of persons aged 15 or above reported doctor-diagnosed DM with ongoing medical care. In general, the prevalence of DM remained low (0.9%) among the age groups of 15–44. The prevalence increased with age and peaked at 27.5% for those aged 85 or above.

Cancer

Overall, 2.0% of persons aged 15 or above reported doctor-diagnosed cancers with ongoing medical care. The prevalence was higher in females (2.2%) than males (1.8%). The prevalence of cancers generally increased with age and peak at 6.0% for persons aged 75–84.

Coronary heart disease (CHD)

Overall, 2.0% of persons aged 15 or above reported doctor-diagnosed CHD with ongoing medical care, with a higher prevalence in males (2.4%) than in females (1.7%). The prevalence increased with age, from 0.2% for persons aged 15–24 to 12.6% for persons aged 85 or above.

Smoking Habit

Overall, 15.4% (4.8% of females and 27.4% of males) of persons aged 15 or above reported that they had ever smoked cigarettes. Among them, 71.9% currently had the habit of smoking cigarettes at the time of the survey.

Alcohol Consumption

Overall, 9.5% (3.7% of females and 15.9% of males) of persons aged 15 or above drank alcohol regularly (i.e. drank at least once a week) in the 12 months preceding the survey. The prevalence of binge drinking at least monthly in the 12 months preceding the survey among persons aged 15 or above was 2.7% (1.1% for females and 4.4% for males). The age-standardised prevalence of binge drinking at least monthly in the 12 months preceding the survey among adults aged 18 years or above was 2.9%.

Overall, 0.6% of persons aged 15 or above were found to have harmful drinking (0.3%), or to have probable alcohol dependence (0.2%) as defined by their scores of the Alcohol Use Disorders Identification Test (AUDIT) that screens for harmful use of alcohol during the 12 months preceding the survey.

Physical Activity

The World Health Organization (WHO) recommended adults to do at least 150–300 minutes of moderate-intensity aerobic physical activity per week; or at least 75–150 minutes of vigorous-intensity aerobic physical activity per week; or 600 MET-minutes per week; or any equivalent mix of moderate- or vigorous-intensity aerobic physical activities throughout the week for substantial health benefits. Among persons aged 18 or above, 14.8% (16.0% for females and 13.4% for males) had not performed physical activities as recommended by the WHO, i.e. had insufficient physical activity. The age-standardised prevalence of insufficient physical activity among persons aged 18 years or above was 13.8%.

Among persons aged 18 or above, the total average time spent on moderate-intensity physical activities equivalent per week was 687.3 minutes, with males spending more time (826.7 minutes) than females (564.1 minutes). They spent most time on transport-related physical activity (327.0 minutes per week on average), followed by work-related (199.3 minutes per week on average) and recreation-related settings (161.0 minutes per week on average).

Walking is a simple form of physical activity that can be incorporated into the daily life. Among persons aged 18 or above who used step-counting device in the past month, 61.6% walked at least 8 000 daily average steps in a typical week, while 45.2% of them walked at least 10 000 daily average steps in a typical week. A lower proportion of females (54.4%) than males (69.8%) achieved at least 8 000 daily average steps in a typical week. Similar findings (37.6% for females and 54.1% for males) were observed for those who achieved at least 10 000 daily average steps in a typical week.

Overall, the mean duration of sedentary behaviour on a typical day was 373.1 minutes, i.e. around 6 hours (374.9 minutes for females and 371.1 minutes for males) among persons aged 18 or above; and 33.9% reported spending 8 hours or longer sitting or reclining on a typical day. Notably, around 40% of younger age groups were engaged in over 8 hours of sedentary behavior on a typical day (37.7% for those aged 18–24 and 40.9% for those aged 25–34). According to the WHO's recommendation, to help reduce the detrimental effects of high levels of sedentary behaviour on health, adults should aim to do more than the recommended levels of moderate-intensity (>300 minutes) or vigorous-intensity (>150 minutes) aerobic physical activity throughout the week for additional health benefits.

Diet and Nutrition

Consumption of fruit and vegetables

Overall, daily fruit consumption was reported by 62.7% (67.1% of females and 57.7% of males) of persons aged 15 or above. Only 14.2% (15.8% of females and 12.4% males) consumed two or more servings of fruit daily. The estimated mean number of servings of fruit intake was 1.2, which was similar across age groups and gender.

Overall, daily vegetable consumption was reported by 83.9% (86.9% of females and 80.6% of males) of persons aged 15 or above. Only 4.5% (4.9% of females and 4.2% of males) consumed three or more servings of vegetables per day. The estimated mean number of servings of vegetables eaten per day was 1.3.

The WHO recommends consuming at least 400 grams or five portions of fruit and vegetable per day in order to reduce the risk of NCDs. Overall, 97.0% (96.7% for females and 97.3% for males) of persons aged 15 or above reported consuming an average of less than five servings of fruit and vegetables per day, i.e. not meeting the recommendation made by the WHO. The proportions of insufficient consumption of fruits and vegetables were similar across all age groups. The age-standardised prevalence of insufficient consumption of fruit and vegetables among persons aged 18 or above was 97.5% (crude prevalence of 96.9%).

Use of iodised salt

Only 16.1% of domestic households reported to have used iodised salt. However, in two-fifths (40.4%) of the domestic households, all members reported that they did not know whether the salt they used was iodised or not.

Cancer Screening

Colorectal cancer screening (for persons aged 50–75)

According to the recommendation of the Cancer Expert Working Group on Cancer Prevention and Screening (CEWG), asymptomatic individuals aged 50–75 at average risk of developing colorectal cancer should consider screening by annual or biennial faecal occult blood test (FOBT); or sigmoidoscopy every 5 years; or colonoscopy every 10 years.

32.6% of persons aged 50–75 had ever had FOBT (including 30.1% had no suspected symptoms and 2.5% had suspected symptoms of the cancer prior to the test). 18.2% had their last test within 24 months prior to the survey. The average duration since their last test was 36.8 months for those who had no suspected symptoms and 63.9 months for those who had suspected symptoms.

33.9% of persons aged 50–75 reported that they had ever had colonoscopy (including 29.8% had no suspected symptoms and 4.1% had suspected symptoms of the cancer prior to the examination). 29.9% had their last examination within 10 years prior to the survey.

Reasons for not receiving screening by FOBT among respondents included (1) they thought that they were healthy and asymptomatic so they did not take the test (43.0%), (2) they were never recommended by a doctor or health professional to have these tests (31.4%), (3) they did not need to take the test (26.1%). Likewise, the reasons for not receiving colonoscopy were similar to those for FOBT.

Overall, 46.2% of persons aged 50–75 had ever had FOBT or colonoscopy (including 42.1% had no suspected symptoms and 4.0% had suspected symptoms of the cancer prior to the test/examination). Only 38.0% of persons aged 50–75 had their last FOBT within 24 months or colonoscopy within 10 years prior to the survey.

Cervical screening (for females aged 25–64)

According to the latest CEWG's recommendation, women aged 25–64 who ever had sexual experience are recommended to have cervical screening by cytology every three years after two consecutive normal annual screenings. HPV testing or co-testing (i.e. cytology and HPV testing) every five years can be adopted as an alternative for women aged 30–64.

Overall, 49.8% of females aged 25–64 reported that they had ever had cervical screening (including 48.0% with no suspected symptoms and 1.8% with suspected symptoms of the cancer prior to the examination). Almost nine in 10 (88.3%) of females aged 25–64 who ever had cervical screening reported cervical cytology as their last cervical screening method. Among females whose last screening method was cervical cytology, 67.4% had their last cytology within 36 months prior to the survey. Among females whose last screening method was HPV testing or co-testing, 85.3% had their last HPV testing or co-testing within 60 months prior to the survey. The average duration since their last examination was 35.2 months for those who had no suspected symptoms and 65.3 months for those who had suspected symptoms.

The reasons for not receiving cervical screening were similar to those for colorectal screening, i.e. (1) they felt healthy and had no symptoms of cervical cancer (41.1%), (2) they were never recommended by a doctor or health professional to have cervical screening (30.8%), (3) they did not need to have cervical screening (19.5%); and (4) 12.8% said they had not reached the age, or they were too young to have cervical screening.

Breast cancer screening (for females aged 44–69)

According to the latest CEWG's recommendation, women aged 44–69 with certain combinations of personalized risk factors putting them at increased risk of developing breast cancer are recommended, to consider mammography (MMG) screening every two years.

Overall, 36.7% of women aged 44–69 had ever had assessment for breast cancer screening, of whom 23.5% had received assessment and received recommendation for MMG screening, while 13.2% had received assessment but had not received recommendation for MMG screening. 39.8% of females aged 44–69 had ever had mammography (including 35.5% had no suspected symptoms and 4.3% had suspected symptoms of the cancer prior to the test). 18.5% had their last MMG within 24 months prior to the survey. The average duration since their last MMG was 43.7 months for those who had no suspected symptoms and 66.1 months for those who had suspected symptoms.

Among females aged 44–69 who never had MMG, the reasons included (1) they felt healthy and had no symptoms of breast cancer (47.7%); and (2) they were never recommended by a doctor or health professional to have MMG (42.2%).

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CHAPTER 1 — SURVEY METHOD, REPRESENTATIVENESS AND CHARACTERISTICS OF THE SAMPLE

1.1 Background

The Department of Health (DH) conducted the Health Behavior Survey (HBS) 2023 to collect information on major health-related behaviours and lifestyle practices associated with prevention and control of non-communicable diseases (NCD) among persons aged 15 or above in Hong Kong.

This chapter outlines (i) the survey method, and (ii) the sample representativeness, along with (iii) the characteristics of the households and the population under study.

1.2 Survey Method

This survey was a population-based cross-sectional household survey with a structured (interviewer- and self-administered) questionnaire.

The DH commissioned a private research firm to conduct the fieldworks of household questionnaire survey. The DH was responsible for the overall planning of the survey including the study design and development of questionnaire as well as monitoring the quality of various parts of the survey.

1.2.1 Target Population Coverage

The household survey covered the land-based non-institutional population aged 15 or above in Hong Kong, excluding foreign domestic helpers and visitors of Hong Kong.

1.2.2 Sampling Frame and Sample Selection

The survey adopted the Frame of Quarters maintained by the Census and Statistics Department as the sampling frame. The Frame of Quarters consists of the Register of Quarters (RQ) and the Register of Segments (RS) which contain records of all addresses of permanent quarters in built-up areas and records of area segments in non-built-up areas respectively. Systematic replicated sampling was deployed for selecting a sample of replicates of living quarters in built-up areas from the RQ and a sample of area segments in non-built-up areas from the RS. Each replicate of living quarters is a representative sample of domestic households in Hong Kong.

1.2.3 Data Collection Method

The survey adopted computer-assisted personal interview (CAPI) for data collection. Face-to-face interview was first conducted by the interviewers in Cantonese, Putonghua or English with the respondents. After the interview, the respondents were invited to complete a self-administered questionnaire covering questions that might be sensitive for respondents to answer in a face-to-face manner, with a view to minimising the potential reporting error. Translation service for ethnic minorities would be arranged to respondents who did not speak the three languages. As for respondents with special needs, such as hearing and speaking difficulties, assistance from their household members to facilitate the conduction of the interviews was allowed.

Hotlines were set up for answering enquiries related to the survey and making appointments for interview. Invitation letters were sent to all sampled households about a week before the commencement of the fieldwork. Cash coupons were presented to respondents upon completion of the interview as a token of appreciation for their support and participation.

Due to the COVID-19 pandemic, interviewing approaches were modified and adopted in the survey to minimise the risk of infection for both interviewers and respondents and improve the acceptability by the respondents, in order of priority, (1) telephone interviews outside the sampled living quarters, (2) face-to-face interviews outside the sampled living quarters, and (3) face-to-face interviews inside the sampled living quarters. In addition, various precautionary measures were taken, including interviewers would wear surgical masks and safety goggles/spectacles; provided new surgical masks for respondents who did not have a surgical mask; kept at social distance of at least one metre from respondents when conducting interviews; stayed in a well-ventilated area when conducting interview in the living quarters, etc.

1.2.4 Survey Instrument

Data of the household survey were collected through the use of a structured questionnaire which covered the following areas:

(a) Chronic health conditions;

(b) Smoking habit;

(c) Alcohol consumption;

(d) Physical activity;

(e) Diet and nutrition; and

(f) Cancer screening — colorectal cancer screening, cervical screening and breast cancer screening.

1.2.5 Pilot Survey

In order to test the survey materials as well as to ensure the smooth execution of the fieldwork, a pilot survey was conducted between 8 and 15 June 2023; and a total of 85 respondents aged 15 or above were successfully interviewed in the pilot survey. All respondents of the pilot survey were not counted in the sample of the main survey.

The questionnaire was fully tested in the pilot survey; and refinements were made to the questionnaire based on the observations obtained from the pilot survey.

1.2.6 Training for the Interviewers

To ensure consistency among interviewers on data collection, training sessions and a survey manual were provided prior to fieldwork. Debriefing sessions were arranged during the fieldwork period to provide solutions to the difficulties encountered by the interviewers and to strengthen the performance of the interviewers.

1.2.7 Enumeration Results

The fieldwork of the survey was conducted between 18 July and 12 November 2023. A total of 2 944 domestic households were found in the sample of 2 924 occupied quarters. Among these 2 944 domestic households, 2 145 households were successfully enumerated, representing an overall response rate of 72.9% at household level. As for the response rate for the three types of housing, i.e. public rental housing, subsidised sale flats and private housing, the respective response rates were 81.8%, 80.3% and 65.1%. As regards the response rate by District Council district, it varied from the highest of 82.5% recorded for Kwun Tong District to the lowest of 61.5% for Outlying Islands. A total of 4 839 persons aged 15 or above were successfully enumerated from these 2 145 domestic households in the fieldwork.

1.2.8 Quality Control

A series of quality control (QC) measures were adopted to ensure that all data collected from the fieldwork were of satisfactory quality. Such measures included training and periodic on-site supervision on the interviewers. In addition, at least 15% of the questionnaires completed by each interviewer were checked by an independent team of quality control checkers. Moreover, QC measures on office coding and editing, computer data validation (duplication, skipping, range and consistency checks), acceptance tests for various computer data processing systems, audit trails at various stages of computing processing, other measures for detection and prevention of fake data, mechanism for monitoring and auditing the operation of the QC systems were also implemented.

1.2.9 Grossing-up Method

The data collected from the survey were adjusted by the differential response rates for the three types of housing (i.e. public rental housing, subsidised sale flats and private housing), and grossed-up to the control for the age and gender profile of the target population for the third quarter (Q3) of 2023. After these adjustments, the survey estimates can represent those of the study population during the survey period.

1.2.10 Reliability of the Estimates

The estimates of this survey are subject to sampling error and non-sampling error. For comparing the precision of the estimates of various variables related to sampling error, the coefficient of variation (CV) is obtained, by expressing the standard error (SE) as a percentage of the estimate to which it refers. The smaller the CV, the more precise is the estimate. The CVs of the estimates of selected variables presented in this report are given in Appendix 1.

1.2.11 Confidentiality

All questionnaires and data files were regarded as confidential documents, and the research team exercised due care in handling the records to avoid leakage of information. At the beginning of the survey, all relevant staff of the private research firm commissioned for the survey were required to sign an undertaking not to disclose any confidential information related to the survey.

In accordance with the Personal Data (Privacy) Ordinance (Cap. 486) and the code of conduct of the research agency, all data collected from the survey were used only for research and statistical purposes. All worksheets filled with households' information would be destroyed within six months after completion of the survey.

1.2.12 Ethical Approval

The survey was approved by the Ethics Committee of the DH.

1.2.13 Notes to Tables and Symbols

In general, estimated population figures presented in this survey report are rounded to the nearest 100 while percentages are rounded to one decimal place and percentages are derived from the corresponding unrounded figures. There may be a slight discrepancy between the sum of individual items and the respective total or sub-total as shown in the tables owing to rounding. Regarding the symbols, "—" denotes a nil figure, "N.A." denotes not applicable and "$" denotes Hong Kong dollar unless otherwise stated.

1.3 Sample Representativeness

The effect size[1] is used for comparing and quantifying the size of the difference between the distributions of unweighted data of the survey respondents and those of the land-based non-institutional population for Q3 of 2023 in Hong Kong. The effect sizes in respect of age, gender and highest educational attainment between the two distributions were very small (i.e. 0.0651, 0.0152 and 0.1593 respectively). The very small effect sizes suggest close similarity between the unweighted data and land-based non-institutional population data, thus indicating that the survey sample of this survey was representative of the target population (Table 1.1).

1.4 Characteristics of the Sampled Domestic Households

Overall, a total of 2 145 domestic households were enumerated in the survey. Using the proper statistical grossing-up method to align with the distribution of domestic households by housing type, this sample of domestic households represented all the 2 715 900 domestic households in Q3 of 2023 in Hong Kong. After grossing-up, about half (54.3%) and almost one-third (30.3%) of the households lived in private housing and public rental housing respectively. In terms of household size, almost two-thirds (59.7%) had either two members (34.0%) or three members (25.7%), almost one-fifth (18.4%) of the households were one-person households, less than one-fifth (15.1%) had four members, and 6.7% had five or more members (Table 1.2).

1.5 Characteristics of the Sampled Respondents

In the survey, a total of 4 839 respondents aged 15 or above were enumerated. Using the proper statistical grossing-up method to align with the age and gender profile of the land-based non-institutional population (i.e. target population), this sample of respondents represented all the 6 169 800 land-based non-institutional population aged 15 or above in Q3 of 2023, excluding foreign domestic helpers and visitors. After grossing-up, 53.0% were females and 47.0% were males. The median age was 50 for both females and males. The largest proportion by age group for both females (19.3%) and males (18.8%) were those in the 55–64 age group (Table 1.3.1).

Regarding marital status, the majority of the persons aged 15 or above (59.9% overall; 57.4% females; 62.7% males) were married/co-habiting. Never married accounted for 25.2% and 31.3% among the females and males respectively (Table 1.3.2a).

In terms of the relation between marital status and age group, majority (72.7%) of individuals aged 35–84 were married/co-habiting; majority (77.3%) of individuals aged below 35 were never married; and majority (60.5%) of individuals aged 85 or above were widowed (Table 1.3.2b).

In terms of the highest educational attainment, slightly more than half of the females (50.9%) and males (54.2%) aged 15 or above had attained the secondary school level. 29.9% of females and 34.0% of males had attained higher educational level at post-secondary level (Table 1.3.3).

55.8% of all individuals were employed. Among persons aged 15 or above who had a full-time or part-time job in the 7 days preceding the survey, females were most commonly employed as service and shop sales workers (35.9%) or clerks (27.6%), whereas males were most commonly employed as service and shop sales workers (26.0%) or professionals (21.0%) (Table 1.3.4).

Among those who were employed, the largest proportion of persons (38.7%) earned $10,000–$19,999 per month, and those earned $20,000 or above per month amounted to 52.1%. A higher proportion (56.0%) of the females than the males (40.9%) earned below $20,000 per month. The reverse gender difference was observed among those earning a monthly income of $20,000 or above (44.0% in females and 59.1% in males) (Table 1.3.5).

Reference

1. Cohen J. Statistical power analysis for the behavioral sciences (2nd ed.). NJ; Hillsdale: Lawrence Erlbaum Associates; 1998.

CHAPTER 2 — CHRONIC HEALTH CONDITIONS

Key Findings

Proportion of persons aged 15 or above reported having the following chronic health conditions which required ongoing medical care are as follows:

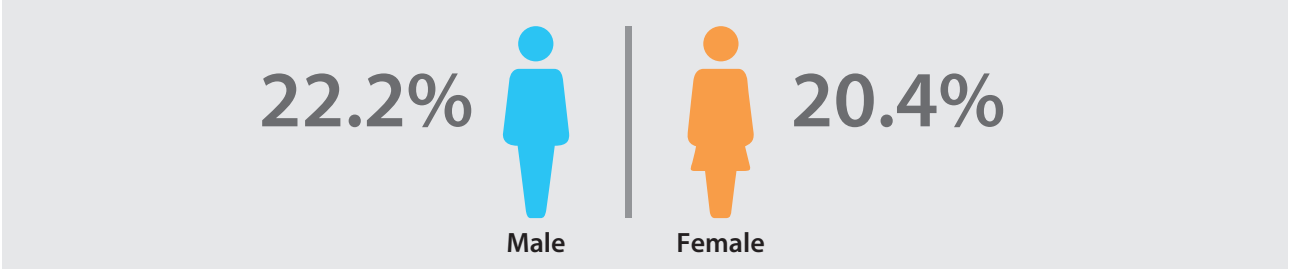
Hypertension	21.3%
Hyperlipidaemia/hypercholesterolaemia	17.2%
Diabetes mellitus	9.2%
Cancer	2.0%
Coronary heart disease	2.0%

The survey collected data on a variety of self-reported doctor-diagnosed chronic health conditions which required ongoing medical care, as well as whether the conditions were diagnosed in the 12 months preceding the survey. The prevalences of these chronic health conditions and the proportions of cases diagnosed in the 12 months prior to the survey are reported in this section. Overall, 31.4% of persons aged 15 or above reported having one or more doctor-diagnosed chronic health conditions with ongoing medical care.

2.1 Hypertension

Hypertension is a condition that can cause damages to the heart, brain, kidney and other organs. According to the WHO, hypertension can be diagnosed when one's systolic blood pressure is higher than or equal to 140 mmHg and/or the diastolic blood pressure is higher than or equal to 90 mmHg measured on two different days[1]. In the survey, respondents were asked whether they had ever been told by a doctor that they had hypertension which required ongoing medical care. 21.3% of persons aged 15 or above were diagnosed by a western medicine practitioner to have hypertension which required ongoing medical care (Table 2.1a). 23.5% of those with doctor-diagnosed hypertension which required ongoing medical care were diagnosed during the 12 months preceding the survey (Table 2.1b). In general, the prevalence remained low among the age groups of 15–34. The prevalence started to increase with age substantially from 12.1% in the 45–54 age group to 29.1% in the age group of 55–64, gradually reaching the highest at 66.1% in the 85 or above age group (Table 2.1c).

Figure 2.1.1: Prevalence of hypertension diagnosed by doctors which required ongoing medical care by gender



2.2 Hyperlipidaemia/Hypercholesterolaemia

Hyperlipidaemia/hypercholesterolaemia increases the risk of heart disease and stroke. In this survey, respondents were asked whether they were informed by doctors that they had hyperlipidaemia/hypercholesterolaemia which required ongoing medical care. Overall, 17.2% of persons aged 15 or above were diagnosed by doctors to have hyperlipidaemia/hypercholesterolaemia which required ongoing medical care (Table 2.2a). 30.8% of those with doctor-diagnosed hyperlipidaemia/hypercholesterolaemia which required ongoing medical care was diagnosed in the 12 months preceding the survey (Table 2.2b). The prevalence remained low among the age groups of 15–34. Then the prevalence increased with age from 10.0% for those aged 45–54 and peaked at 44.1% for those aged 75–84 (Figure 2.2.2, Table 2.2c).

Figure 2.2.1: Prevalence of hyperlipidaemia/hypercholesterolaemia diagnosed by doctors which required ongoing medical care by gender

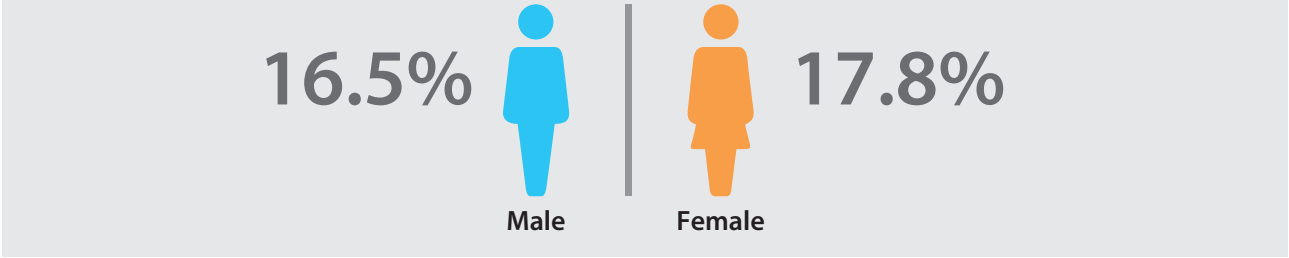
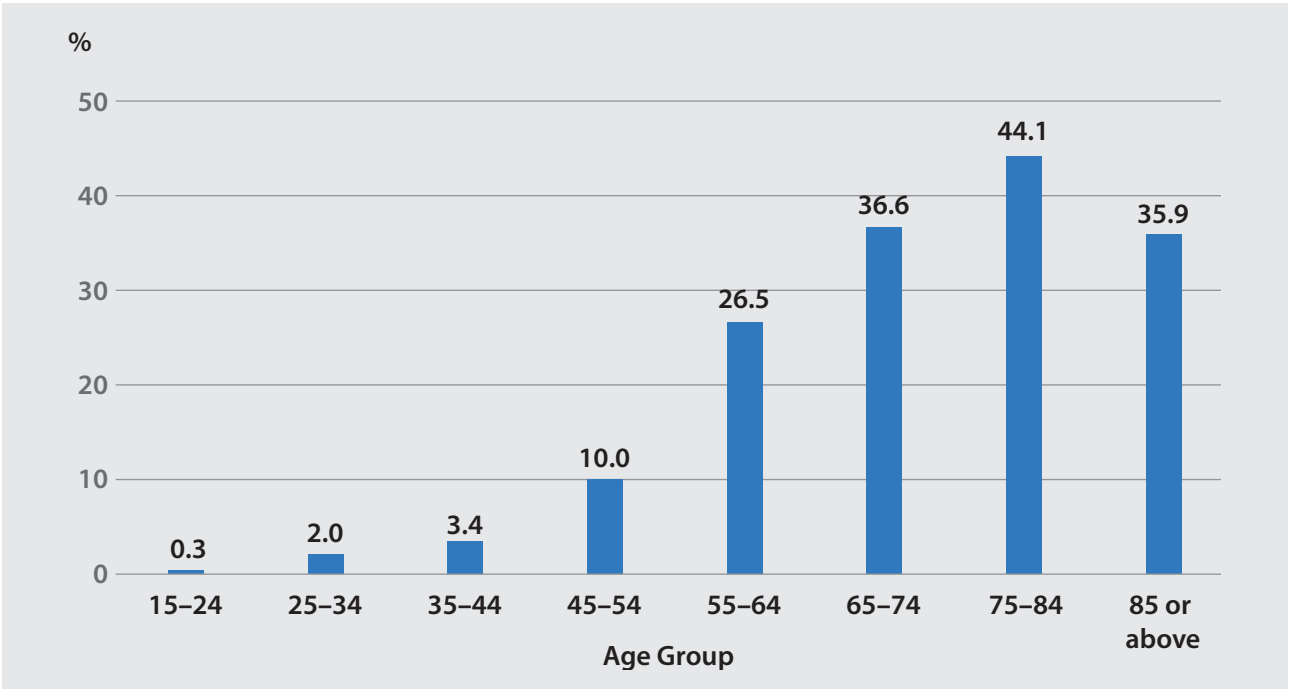


Figure 2.2.2: Prevalence of hyperlipidaemia/hypercholesterolaemia diagnosed by doctors which required ongoing medical care by age group



2.3 Diabetes Mellitus

Diabetes mellitus (DM) is a chronic disease caused by insufficient insulin production by the pancreas, or the insulin cannot be effectively used in the body[2]. Raised blood sugar level (hyperglycaemia) can harm the body and cause blindness, kidney failure, heart attack, stroke, etc. A total of 9.2% of persons aged 15 or above reported that they had doctor-diagnosed DM which required ongoing medical care (Table 2.3a). Among those who had DM which required ongoing medical care, 23.4% reported being diagnosed in the 12 months preceding the survey (Table 2.3b). In general, the prevalence remained low among the age groups of 15–44. Then the prevalence increased with age, from 12.8% among those aged 55–64 and to 27.5% for those aged 85 or above. (Figure 2.3.2, Table 2.3c).

Figure 2.3.1: Prevalence of diabetes mellitus diagnosed by doctors which required ongoing medical care by gender

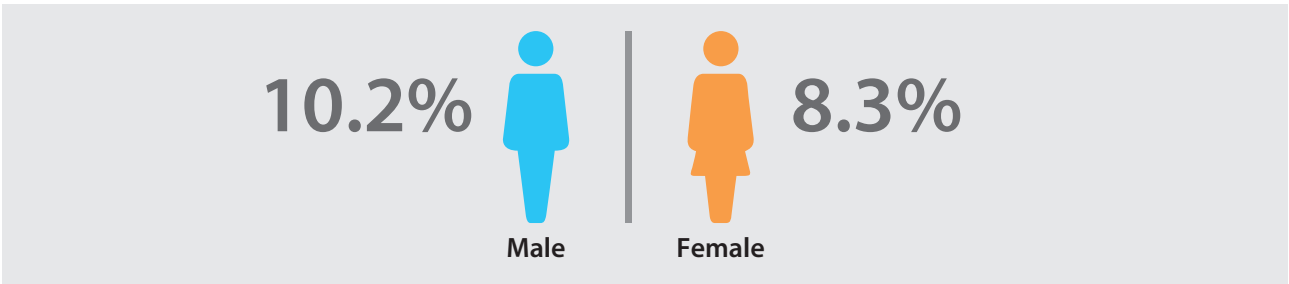
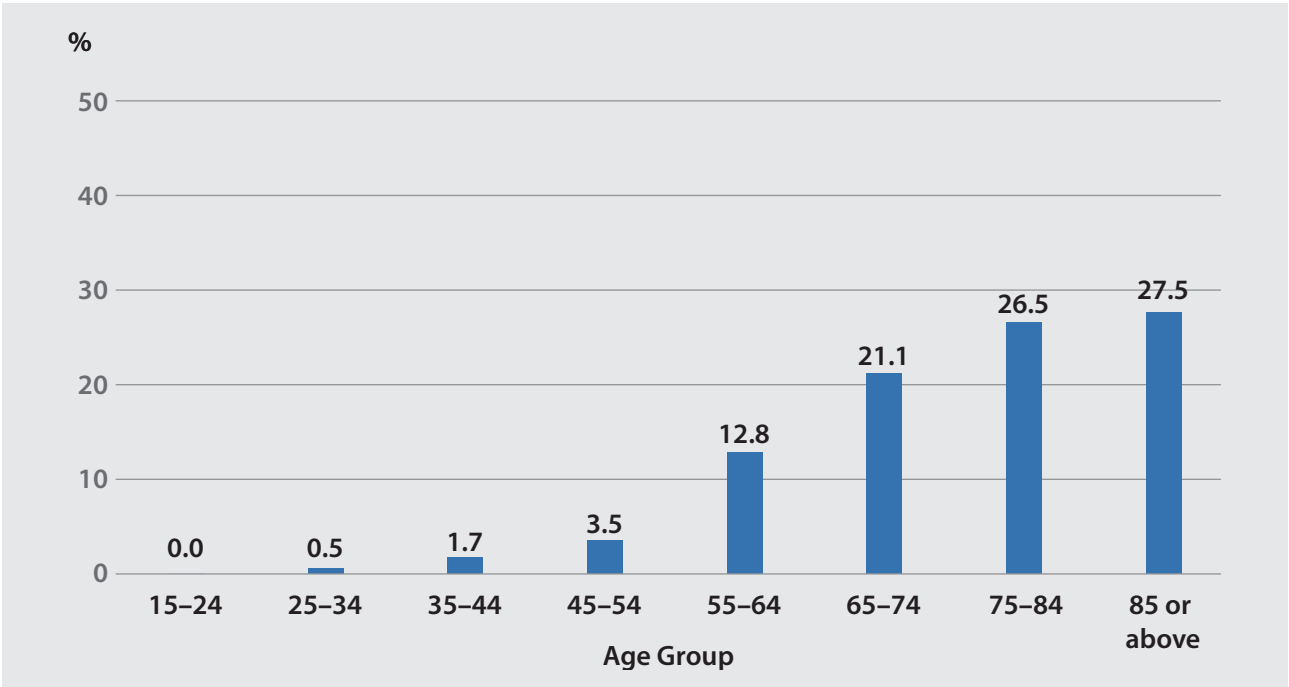


Figure 2.3.2: Prevalence of diabetes mellitus diagnosed by doctors which required ongoing medical care by age group



2.4 Cancer

According to the WHO, cancer is defined as a generic term for a large group of diseases that may affect any part of the body with the features of rapid creation of abnormal cells that grow beyond their usual boundaries, and the ability to invade adjoining parts of the body and spread to other organs (metastasis)[3]. Overall, 2.0% of persons aged 15 or above reported that they had doctor-diagnosed cancer which required ongoing medical care (Table 2.4a). Among them, 19.3% were diagnosed in the 12 months preceding the survey (Table 2.4b). It is noted that the prevalence was higher in females (2.2%) than males (1.8%) (Figure 2.4.1, Table 2.4a) and had an overall increasing trend with age, and peak at 6.0% for persons aged 75–84 and slightly decreased to 5.4% for those aged 85 or above (Figure 2.4.2, Table 2.4c).

Figure 2.4.1: Prevalence of cancer diagnosed by doctors which required ongoing medical care by gender

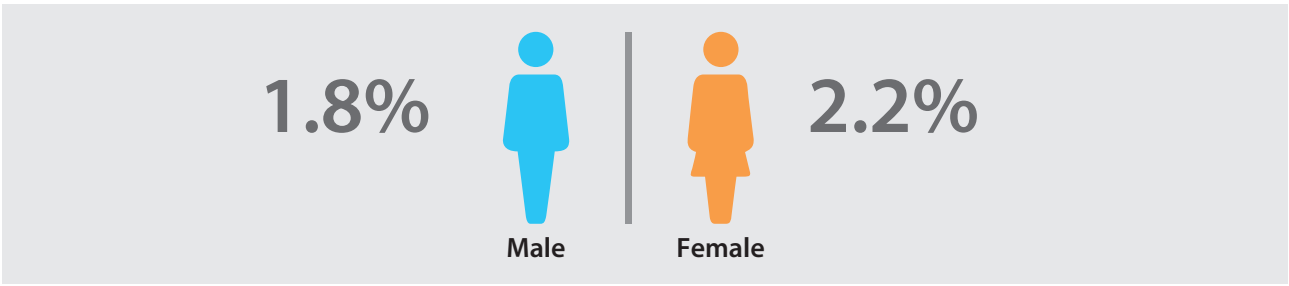
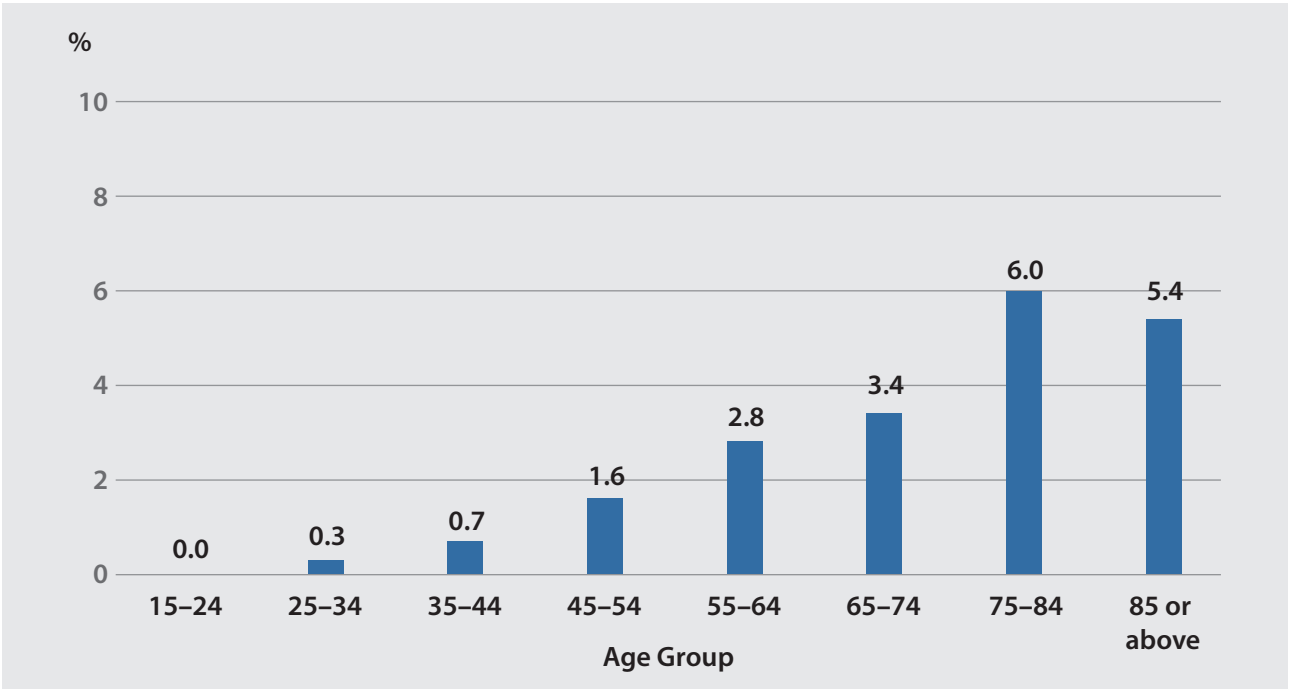


Figure 2.4.2: Prevalence of cancer diagnosed by doctors which required ongoing medical care by age group



2.5 Coronary Heart Disease

Coronary heart disease (CHD) is a disease of narrowing or blockage of blood vessels known as coronary arteries supplying the heart muscle[4]. Overall, 2.0% of persons aged 15 or above had doctor-diagnosed CHD which required ongoing medical care (Table 2.5a). 28.5% of those with doctor-diagnosed CHD which required ongoing medical care was diagnosed in the 12 months preceding the survey (Table 2.5b). The prevalence was higher in males (2.4%) than females (1.7%) (Figure 2.5.1, Table 2.5a) and increased with age, from 0.2% for persons aged 15–24 to 12.6% for persons aged 85 or above (Figure 2.5.2, Table 2.5c).

Figure 2.5.1: Prevalence of coronary heart disease diagnosed by doctors which required ongoing medical care by gender

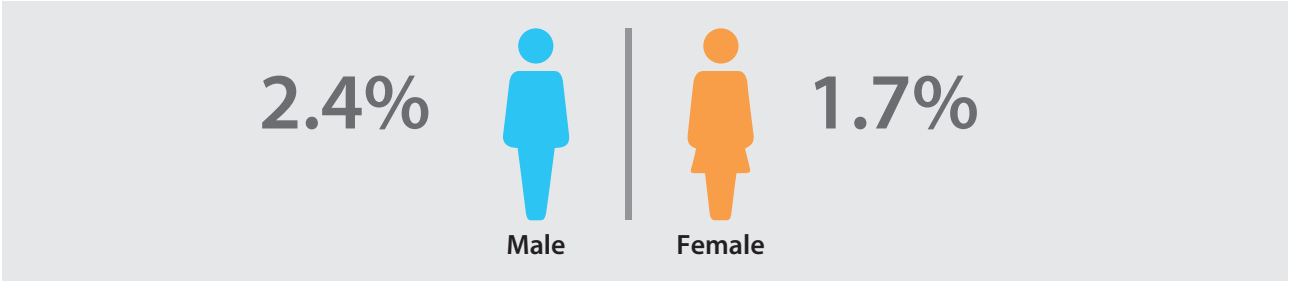
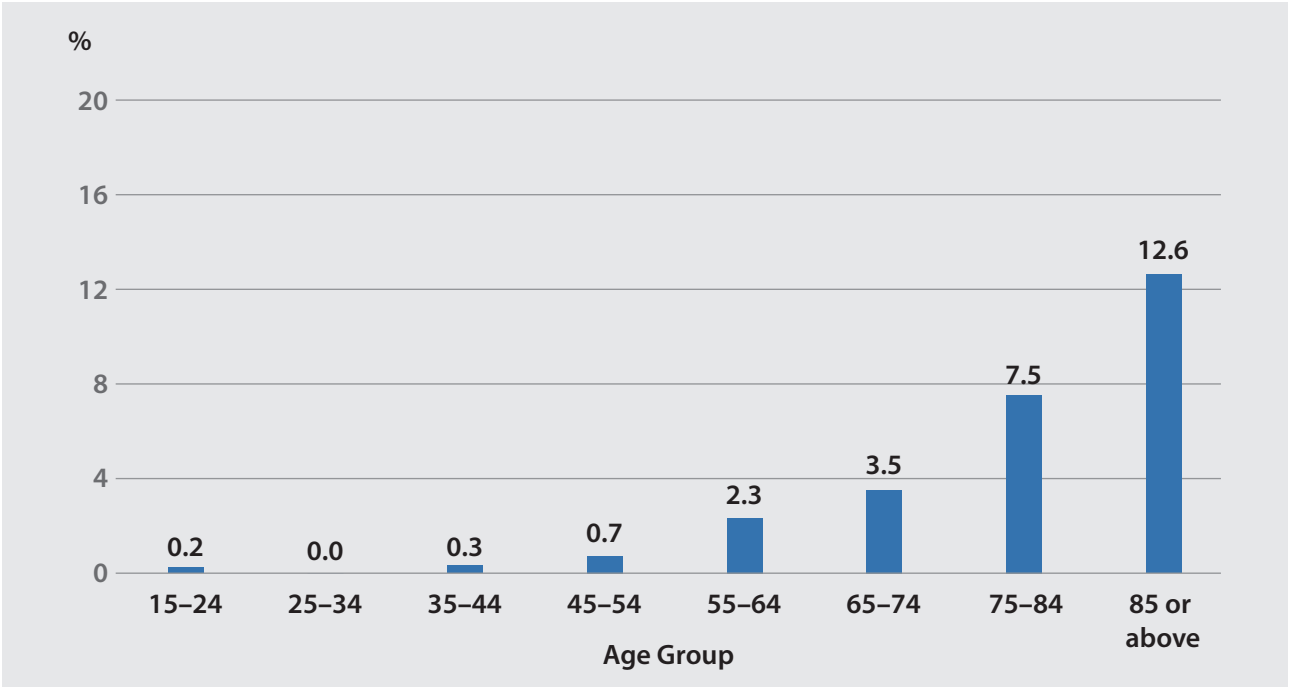


Figure 2.5.2: Prevalence of coronary heart disease diagnosed by doctors which required ongoing medical care by age group



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3. World Health Organization. Cancer: Fact sheet. 2022 [updated 2022 Feb 3; cited 2024 May 8]. Available from: https://www.who.int/news-room/fact-sheets/detail/cancer

4. World Health Organization. Cardiovascular diseases (CVDs): Fact sheet. 2021 [updated 2021 Jun 11; cited 2024 May 8]. Available from: https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)

CHAPTER 3 — HEALTH-RELATED BEHAVIOURS AND LIFESTYLE PRACTICES

Non-communicable diseases (NCDs) contributed to 74% of death globally in 2021[1]. NCDs are often chronic diseases that require regular medical care and are considered as major source of healthcare burden in Hong Kong. Physical inactivity, use of alcohol, unhealthy diet and tobacco smoking are the four major behavioral risk factors causing major NCDs. Yet these behavioral risk factors are modifiable and the burden of NCDs can thus be reduced through adopting healthier lifestyles. This chapter reports the findings on level of physical activity, pattern of alcohol consumption, diet and nutrition, and smoking habit in the local population.

Snapshot of Health-related Behaviours and Lifestyle Practices of the Population

Indicator	Female	Male	Overall
Proportion of population aged 15 or above who had ever smoked	4.8%	27.4%	15.4%
Proportion of population aged 15 or above who were daily alcohol drinkers in the 12 months preceding the survey	0.6%	3.9%	2.2%
Proportion of population aged 15 or above who had binge drinking at least monthly in the 12 months preceding the survey	1.1%	4.4%	2.7%
Proportion of population aged 15 or above who had harmful drinking or probable alcohol dependence (i.e. AUDIT score ≥ 16) in the 12 months preceding the survey	0.2%	0.9%	0.6%
Proportion of adults aged 18 or above who had insufficient physical activity according to WHO's definition	16.0%	13.4%	14.8%
Proportion of population aged 15 or above with inadequate daily intake of fruit and vegetables (less than 5 servings on average per day)	96.7%	97.3%	97.0%
Proportion of domestic households using iodised salt	N.A.	N.A.	16.1%

3.1 Smoking Habit

Key findings

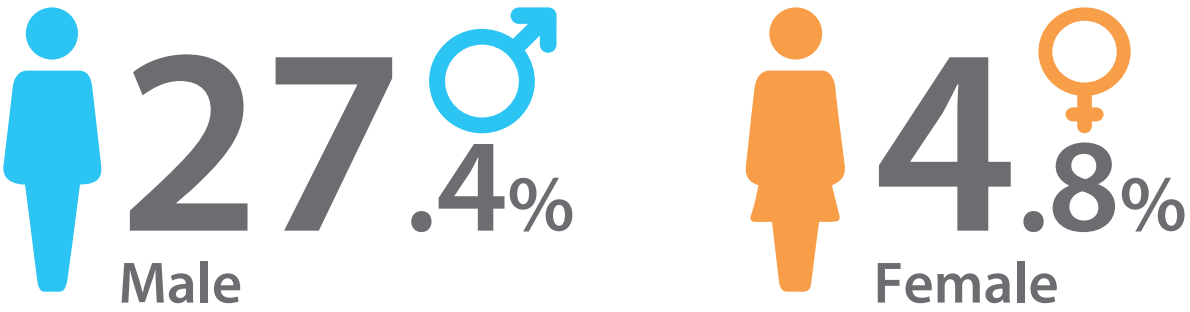
- 15.4% persons aged or 15 above had ever smoked.
- Among persons aged 15 or above who had ever smoked, 71.9% currently had habit of smoking at the time of survey.

Tobacco use is a major cause of different types of cancer, such as cancers of the lung, larynx, oral cavity, pharynx, esophagus, cervix, etc. It damages our airways and lungs which causes respiratory diseases such as chronic bronchitis, and emphysema. Tobacco use is also a major risk factor of cardiovascular diseases such as coronary heart diseases, peripheral arterial disease and stroke[2]. Globally, tobacco causes around 8 million deaths every year, with 7 million affected by tobacco directly, and 1.3 million affected indirectly by second-hand smoking[3].

3.1.1 Pattern of Smoking (including any type of tobacco products)

15.4% of persons aged 15 or above reported that they had ever smoked (4.8% for females and 27.4% for males) (Figure 3.1.1.1, Table 3.1.1a). Analysed by age group, the proportion of persons who had ever smoked was the highest at 20.5% among persons aged 45–54 (Table 3.1.1b).

Figure 3.1.1.1: Distribution of population aged 15 or above who had ever smoked by gender



3.1.2 Persons who currently had habit of smoking

Among persons aged 15 or above who had ever smoked, 71.9% reported that they currently had habit of smoking at the time of survey (71.3% for females and 72.1% for males) (Table 3.1.2a). Among the age groups of 15–54, about 80% of persons currently had habit of smoking. The proportion of current smoker started to decrease with age and fell below 40% in the groups aged 75 or above. (Table 3.1.2b).

3.2 Alcohol Consumption

Key findings

Among persons aged 15 or above (unless otherwise specified),

- 17.5% drank alcoholic beverages occasionally (i.e. drank less than once a week) and 9.5% drank regularly (i.e. drank at least once a week) in the 12 months preceding the survey.
- 2.7% had binge drinking at least monthly in the 12 months preceding the survey. The age-standardised prevalence of binge drinking at least monthly among adults aged 18 years or above was 2.9%.
- 0.6% had an AUDIT score of 16 or above indicating harmful drinking or probable alcohol dependence in the 12 months preceding the survey. Specifically, 0.3% had harmful drinking (i.e. AUDIT score 16–19), and 0.2% had probable alcohol dependence (i.e. AUDIT score ≥ 20).

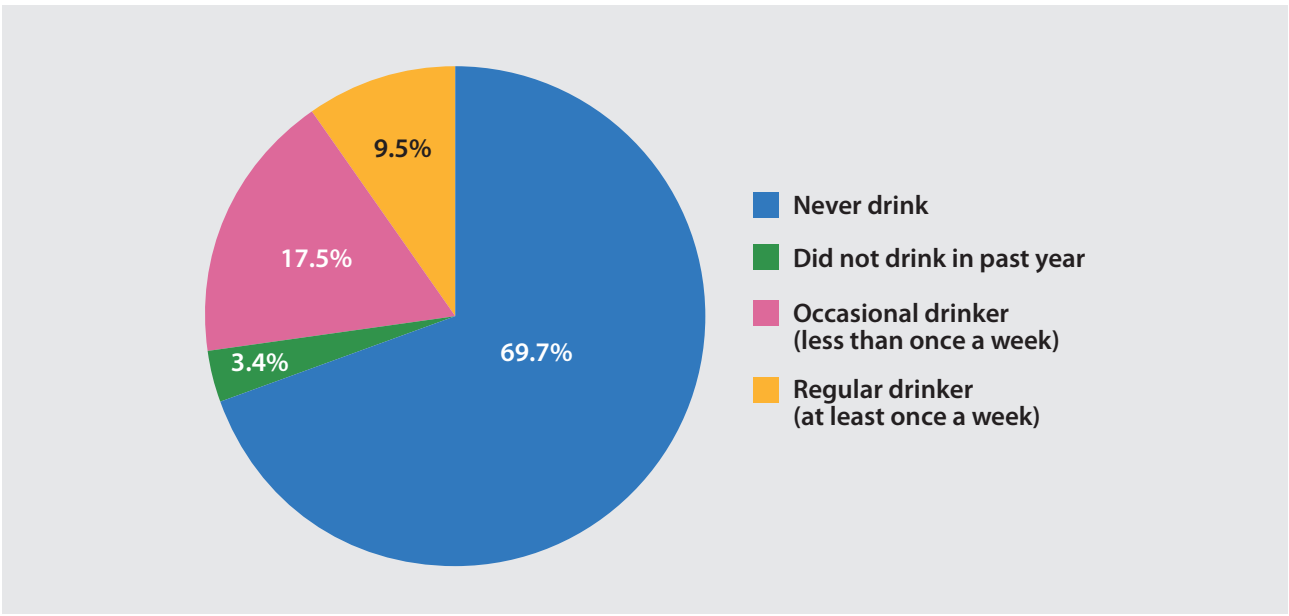
  (Note: An AUDIT score of 0–7 indicates no or low-risk drinking, 8–15 indicates increasing risk, 16–19 indicates harmful drinking and 20 or higher indicates probable alcohol dependence.)

According to WHO, alcohol consumption caused 2.6 million deaths globally in 2019, particularly in the young. Alcohol consumption is found to play a casual role in more than 200 diseases and injury conditions, such as cancers, mental and behavioural disorders, liver diseases, and cardiovascular diseases[4]. Apart from physical and mental health problems, alcohol use is often linked to other societal problems, such as road traffic accidents and domestic violence[5]. This section reports the findings of alcohol consumption pattern, frequency of binge drinking, and risks for drinking problems among respondents aged 15 or above in the 12 months preceding the survey.

3.2.1 Pattern of Alcohol Consumption

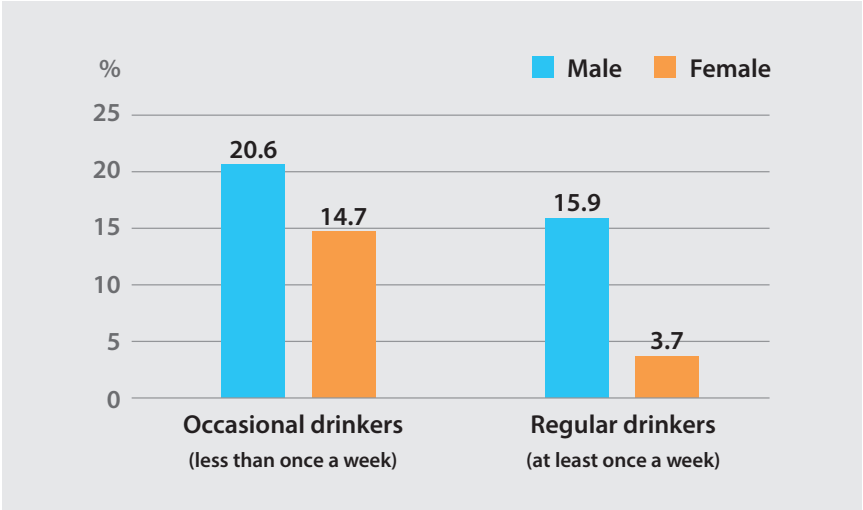
Overall, 17.5% of persons aged 15 or above drank alcoholic beverages occasionally (i.e. drank less than once a week) and 9.5% drank regularly (i.e. drank at least once a week) in the 12 months preceding the survey (Figure 3.2.1.1, Table 3.2.1.a).

Figure 3.2.1.1: Pattern of alcohol consumption in the 12 months preceding the survey



A higher proportion of males (15.9%) than females (3.7%) reported to be regular drinkers (Figure 3.2.1.2, Table 3.2.1a). The proportion of regular drinkers was more than 10% among persons aged 35–64, and was the highest at 13.1% among the age group of 45–54 (Table 3.2.1b).

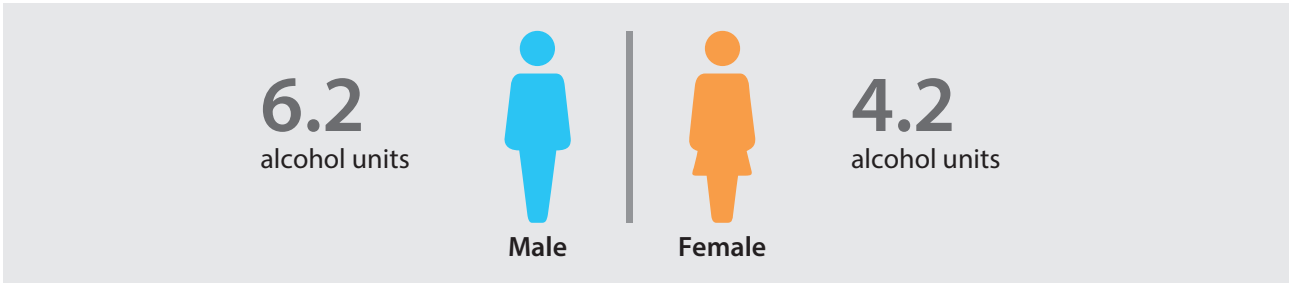
Figure 3.2.1.2: Pattern of alcohol consumption in the 12 months preceding the survey by gender



Regarding the type of alcohol consumed, among persons aged 15 or above who had drunk alcoholic beverages in the 12 months preceding the survey, 68.4% (52.1% for females and 77.6% for males) drank beer; 40.0% (54.9% for females and 31.6% for males) drank table wine; and 12.4% (8.5% for females and 14.6% for males) drank spirits (Table 3.2.1c). 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 was the highest among those aged 85 or above at 82.0%, followed by those aged 15–24 at 77.0%, and was the lowest among those aged 55–64 at 62.7% (Table 3.2.1d).

Among persons who had drunk beer, table wines, spirits, rice wines or Chinese spirits (Baijiu) in the 12 months preceding the survey, the average amount of alcohol consumed by the drinkers in a typical drinking day for all five types of alcoholic beverages combined was 5.5 alcohol units (each unit is equivalent to 10 grams of pure alcohol according to WHO). The average amount of alcohol consumed in one day by male drinkers was 6.2 alcohol units, higher than the average of 4.2 alcohol units for female drinkers (Figure 3.2.1.3, Table 3.2.1e).

Figure 3.2.1.3: Average amount of alcohol usually consumed by drinkers in one day on typical drinking days in the 12 months preceding the survey by gender



Alcohol Conversion ***1*** *alcohol unit =* ***10*** *g pure alcohol*

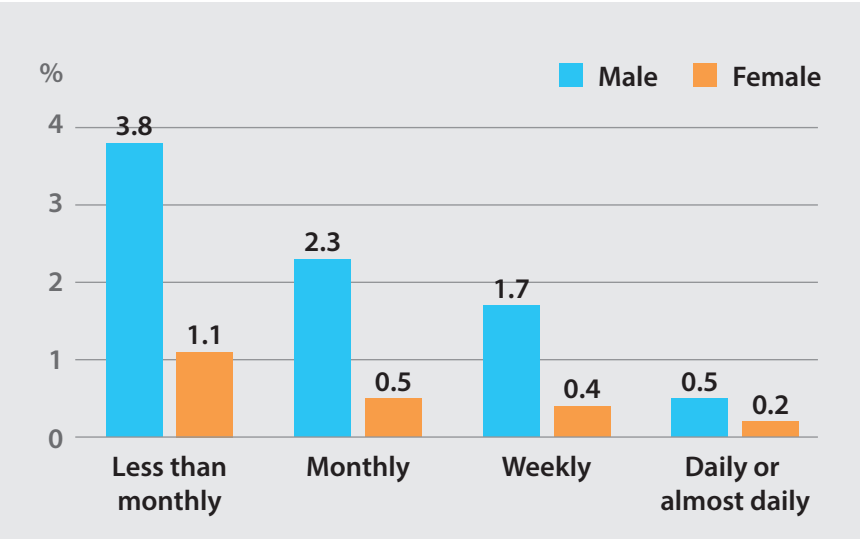
0.7 unit	1.3 units	1.3 units	2.0 units	2.5 units	1.2 units	1.3 units	0.7 unit	5.7 units	0.6 unit	0.8 unit	0.3 unit
1 glass (180ml) **Beer / alcopops**	1 can (330ml) **Beer / alcopops**	1 bottle (330ml) **Beer / alcopops**	1 can (500ml) **Beer / alcopops**	1 bottle (640ml) **Beer / alcopops**	1 glass (125ml) **Red / White wine / Champagne**	1 peg (40-50ml) **Spirits**	1 shot (22ml) **Spirits**	1 glass (180ml) **Rice wine**	1 small glass (20ml) **Rice wine**	1 maotai glass (20ml) **Maotai**	1 small cup (20ml) **Japanese Sake**

3.2.2 Binge Drinking/Heavy Episodic Drinking

Binge drinking or heavy episodic drinking can cause acute consequences such as road traffic accidents, violence, and injuries[6], and can lead to serious morbidity such as chronic liver disease. Binge drinking is a pattern of heavy drinking when consuming more than 60 grams of pure alcohol on a single occasion. In Hong Kong, 60 grams of pure alcohol is equivalent to approximately 5 cans of beers, 5 glasses of table wine or 5 pegs of spirits. One occasion refers to a period of few hours.

5.1% of persons aged 15 or above had binge drinking 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%) (Table 3.2.2a). The highest proportion of binge drinking at least monthly was seen in the age group of 35–44 (4.8%) (Table 3.2.2b). The age-standardised prevalence of binge drinking at least monthly in the 12 months preceding the survey among adults aged 18 years or above was 2.9%.

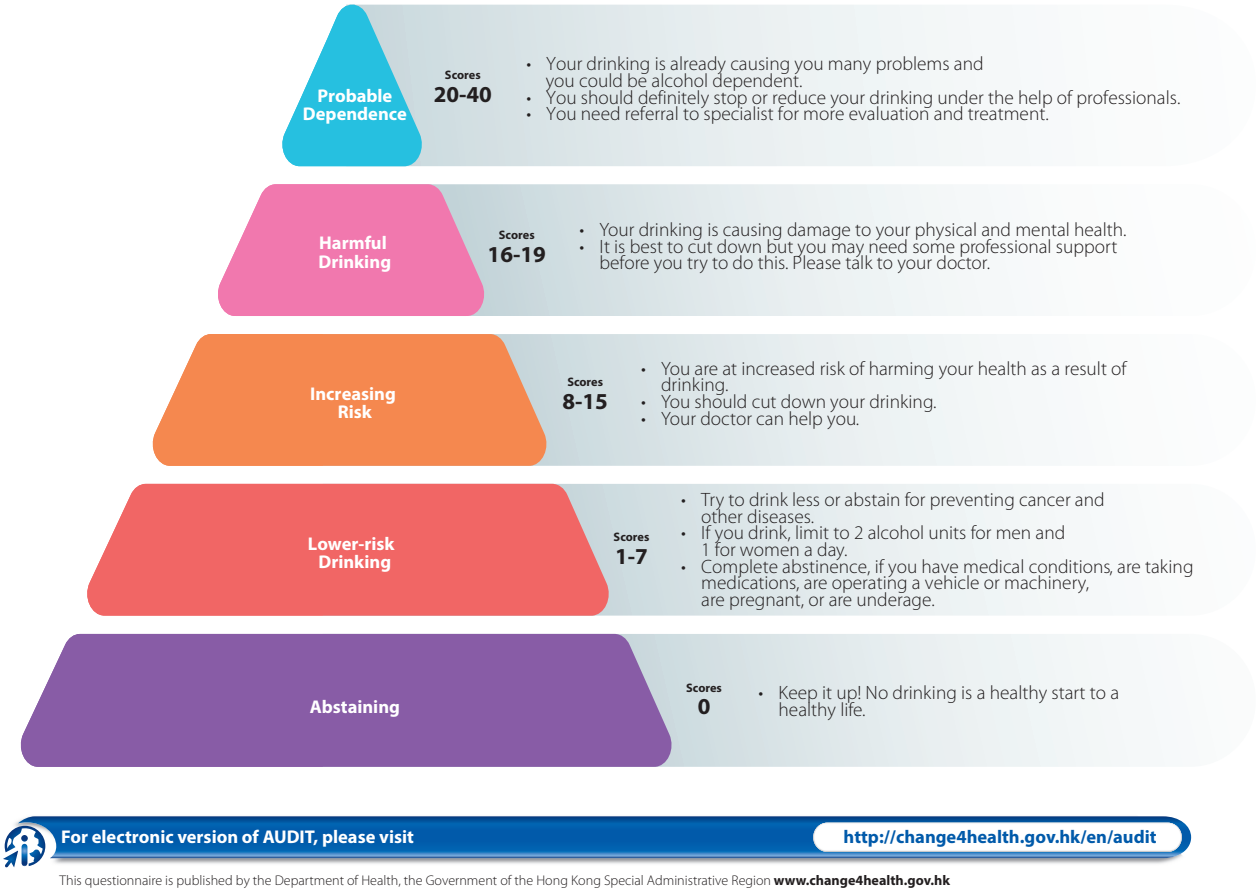
Figure 3.2.2.1: Prevalence of binge drinking in the 12 months preceding the survey by gender



3.2.3 Risk for Drinking Problems

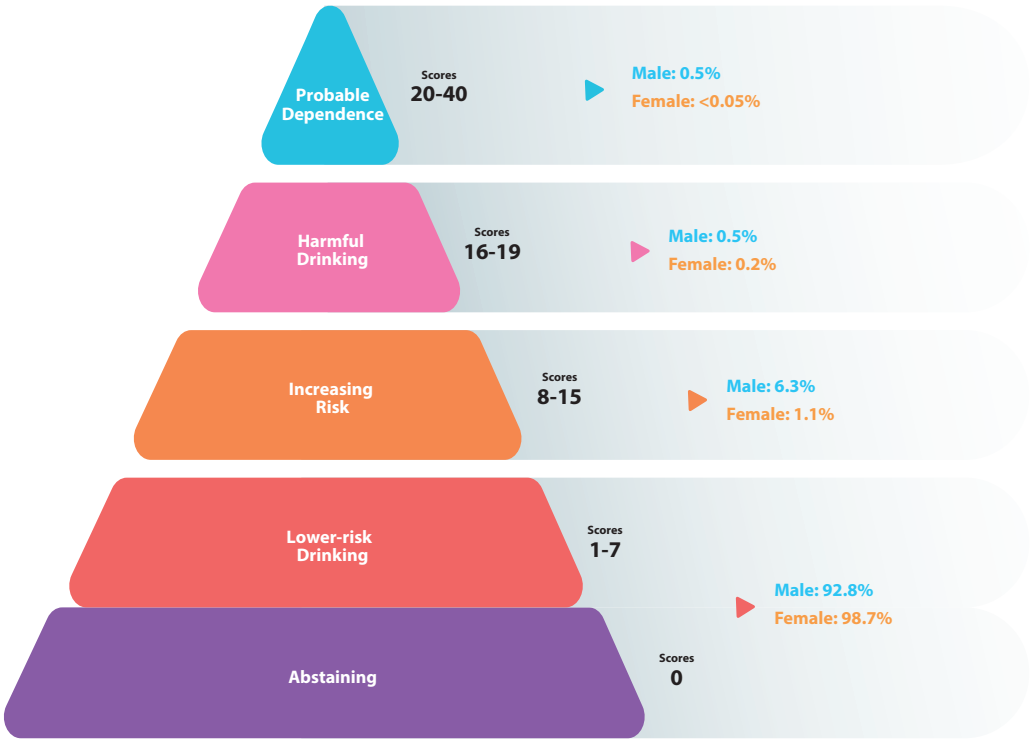
Drinkers with probable alcohol dependence could have severe social problems and detrimental psychiatric and health problems, bringing significant social burdens to individuals, families and society. The Alcohol Use Disorders Identification Test (AUDIT) was developed by the WHO to screen for harmful use of alcohol and specific consequences of harmful drinking[7]. AUDIT consists of ten questions, with the first three relating to drinking behaviours and the other seven identifying alcohol dependence and consequences of harmful drinking. The score of each question ranges from 0 to 4, giving the range of the total AUDIT scores from 0 to 40. 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.

Figure 3.2.3.1: How to Interpret the Final Score of AUDIT?



Overall, 0.6% of persons aged 15 or above (0.2% for females and 0.9% for males) had an AUDIT score of 16 or above, indicating harmful drinking or probable alcohol dependence (Table 3.2.3c). A higher proportion of persons aged 55–64 (0.9%) had an AUDIT score of 16 or above compared to other age groups (Table 3.2.3d).

Figure 3.2.3.2. Distribution of AUDIT score by gender



3.2.4 Changing Drinking Habit

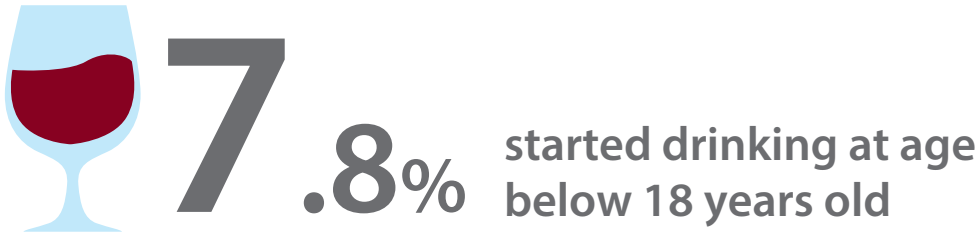
Regarding motivation or action to change drinking habits in the next 6 months, among persons aged 15 or above who had drunk alcoholic beverages in the 12 months preceding the survey, 1.4% had the intention to stop drinking completely (0.7% for females and 1.8% for males) and 8.5% had plans to drink less (7.6% for females and 9.0% for males), while 87.1% of them had no plan to change their drinking habits (89.8% for females and 85.6% for males) (Table 3.2.4a).

3.2.5 Start of Drinking

Among persons aged 15 or above who had drunk alcoholic beverages in the 12 months preceding the survey and provided information on their age when started drinking, the mean age when they started drinking was 21.5 (mean age of 22.2 for females and 21.1 for males) (Figure 3.2.5.1, Table 3.2.5a), and 7.8% of them (6.9% for females and 8.3% for males) started drinking at age below 18 (Figure 3.2.5.2, Table 3.2.5b).

Figure 3.2.5.1: Age (years) when started drinking by gender

Figure 3.2.5.2: Proportion of population who started drinking at age below 18 years old



Among persons aged 15 or above who had drunk alcoholic beverages in the 12 months preceding the survey, 78.2% (66.8% for females and 84.6% for males) drank beer when started drinking. 11.0% of them (18.0% for females and 7.1% for males) drank table wine when started drinking (Table 3.2.5c).

3.3 Physical Activity

Key findings

- Among persons aged 18 or above, 14.8% (16.0% for females and 13.4% for males) had insufficient physical activity according to WHO's recommendation.
- The age-standardised prevalence of insufficient physical activity among persons aged 18 or above was 13.8%.
- The average time spent on physical activity equivalent to moderate intensity per week among persons aged 18 or above was 687.3 minutes.
- 61.6% and 45.2% persons aged 18 or above who used step-counting device in the past month walked at least 8 000 and 10 000 daily average steps in a typical week respectively.
- 33.9% persons aged 18 or above reported spending 8 hours or longer sitting or reclining on a typical day.

Physical activity (PA) is any bodily movement that requires energy expenditure. It includes all movements as part of an individual's work or domestic activities, for transport to and from places, such as walking and cycling, as well as during leisure time, such as sports and recreational activities. Regular PA can enhance individuals' mental health and physical fitness. Also, it can prevent and control NCDs such as cardiovascular diseases, stroke, diabetes and some cancers[8].

PA can be classified into moderate-intensity physical activity and vigorous-intensity physical activity. Moderate-intensity PA are defined as activities that take moderate physical effort and cause small increases in breathing rate or heart rate, while vigorous-intensity PA are defined as activities that take hard physical effort and cause large increases in breathing rate or heart rate[9]. The intensity is commonly expressed as metabolic equivalent (METs). One MET is the energy expended by an individual while seated at rest and is equivalent to a caloric consumption of 1kcal/kg/hour. Moderate-intensity PA is performed between 3 to 6 METs, while vigorous-intensity PA is performed at more than 6 METs[9,10].

According to the latest guideline published in 2020, WHO recommends that adults aged 18 or above should perform at least 150–300 minutes of moderate-intensity aerobic PA or 75–150 minutes of vigorous-intensity aerobic PA or an equivalent combination of moderate- and vigorous-intensity PA achieving at least 600 metabolic equivalent (MET)-minutes per week for health maintenance. PA can be performed in sessions of any length.

A separate guideline is recommended for children and adolescents aged 5 to 17. For persons aged 65 or above who cannot perform the recommended amounts of physical activity due to health conditions, WHO recommended that they should be as physically active as their abilities and health conditions allow. With reference to the WHO's recommendation for adults, the analysis of PA in this survey would be confined to respondents aged 18 or above.

This section reports the findings of PA assessed by the Global Physical Activity Questionnaire (GPAQ) developed by WHO in 2002, a standardised and validated tool that has been widely adopted worldwide[11]. It measures the frequency, duration, and intensity (moderate or vigorous) of PA performed in three settings: work, transport, and recreation. PA are only counted if performed for at least 10 minutes. To facilitate comparison across the time trend and countries, this minimum bout duration is maintained in this report. Regarding the calculation of combination of moderate- and vigorous-intensity PA, minutes of vigorous-intensity PA were given twice the credits of minutes of moderate-intensity PA.

Walking is a simple form of physical activity that can be incorporated into the daily life. Individuals walking more than 10 000 steps per day can be classified as active[12] and a goal of "10 000 steps" per day has been widely promoted. Recent research has also supported that taking 8 000 steps or more is associated with health benefits in reducing risk of all-cause and cardiovascular mortality[13]. In this regard, analysis of PA using step counts was categorised as walking at least 8 000 and 10 000 steps in this HBS.

3.3.1 Prevalence of Insufficient Physical Activity

Among persons aged 18 or above, 14.8% (16.0% for females and 13.4% for males) had not performed sufficient PA (i.e. not meeting the WHO recommendation) (Figure 3.3.1.1, Table 3.3.1a). In terms of age, the proportion of insufficient PA increased in the age group of 75–84 (23.5%) and peaked among persons aged 85 or above (50.8%) (Figure 3.3.1.2, Table 3.3.1b). Age-standardised prevalence of insufficient physical activity among persons aged 18 or above was 13.8%.

Figure 3.3.1.1: Proportion of population aged 18 or above not meeting WHO recommendations of physical activity level by gender

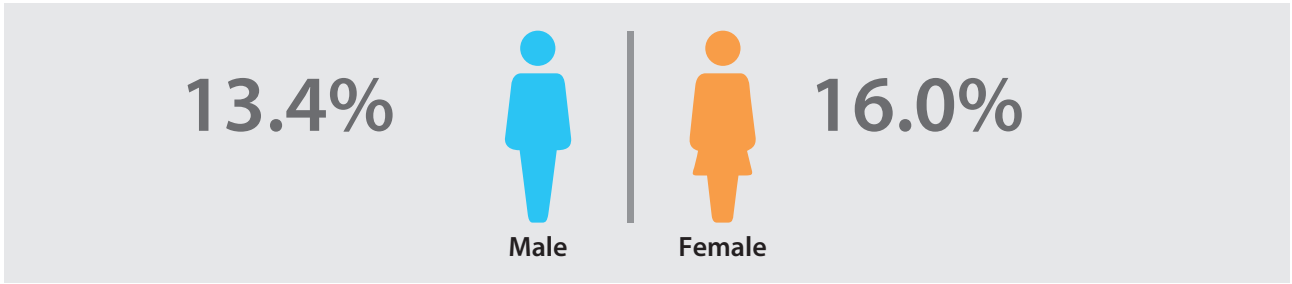


Figure 3.3.1.2: Proportion of population aged 18 or above not meeting WHO recommendations of physical activity level by age group

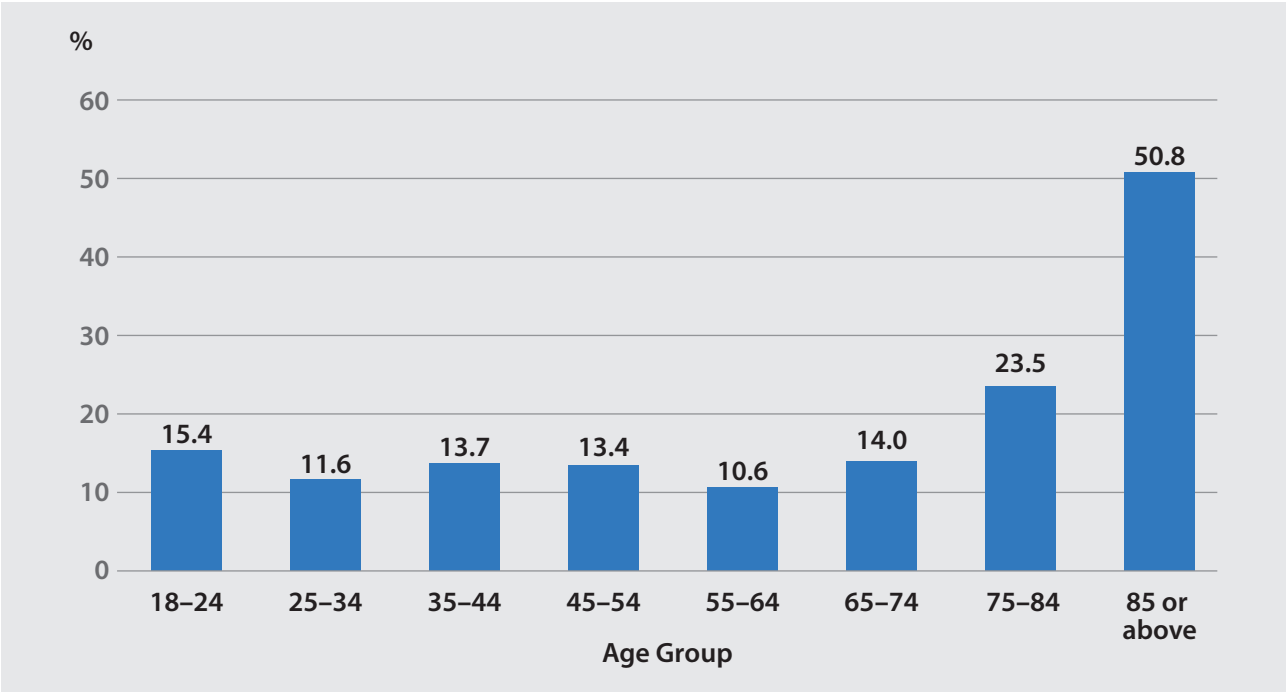
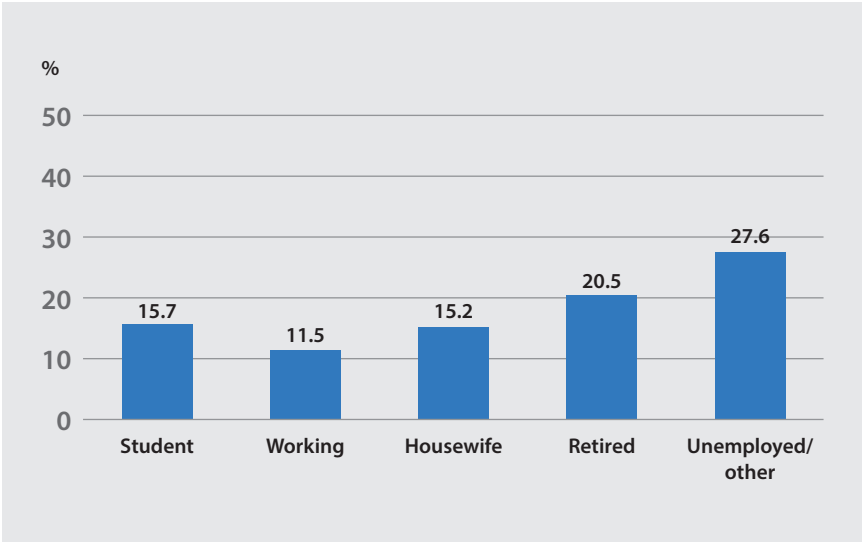


Figure 3.3.1.3: Proportion of population aged 18 or above not meeting WHO recommendations of physical activity level by working status

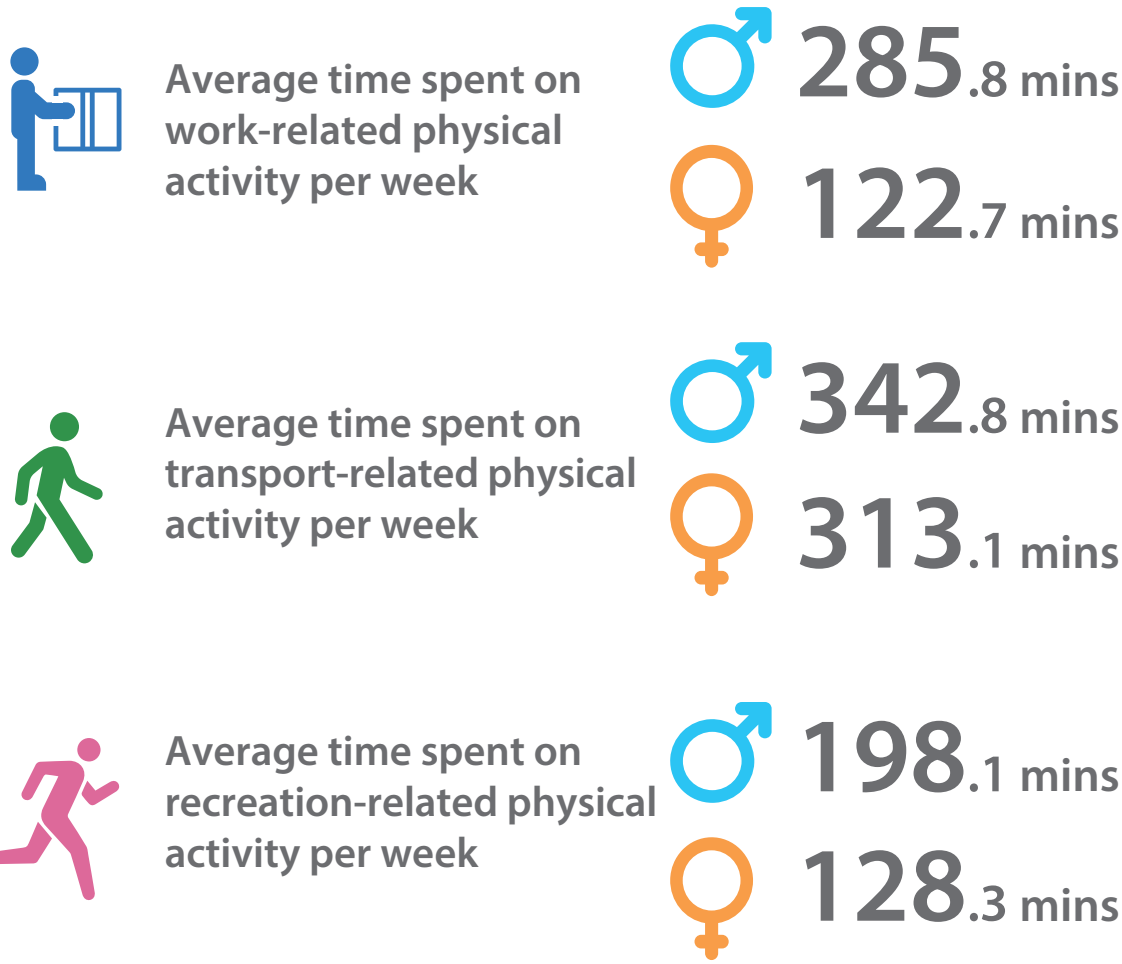


3.3.2 Average time spent on physical activity equivalent to moderate intensity per week

Every minute of vigorous-intensity PA can be counted as two minutes' equivalent of moderate-intensity activity; this section presents the total average time spent on PA equivalent to moderate intensity per week (sum of time spent on moderate-intensity PA and time spent on vigorous-intensity PA).

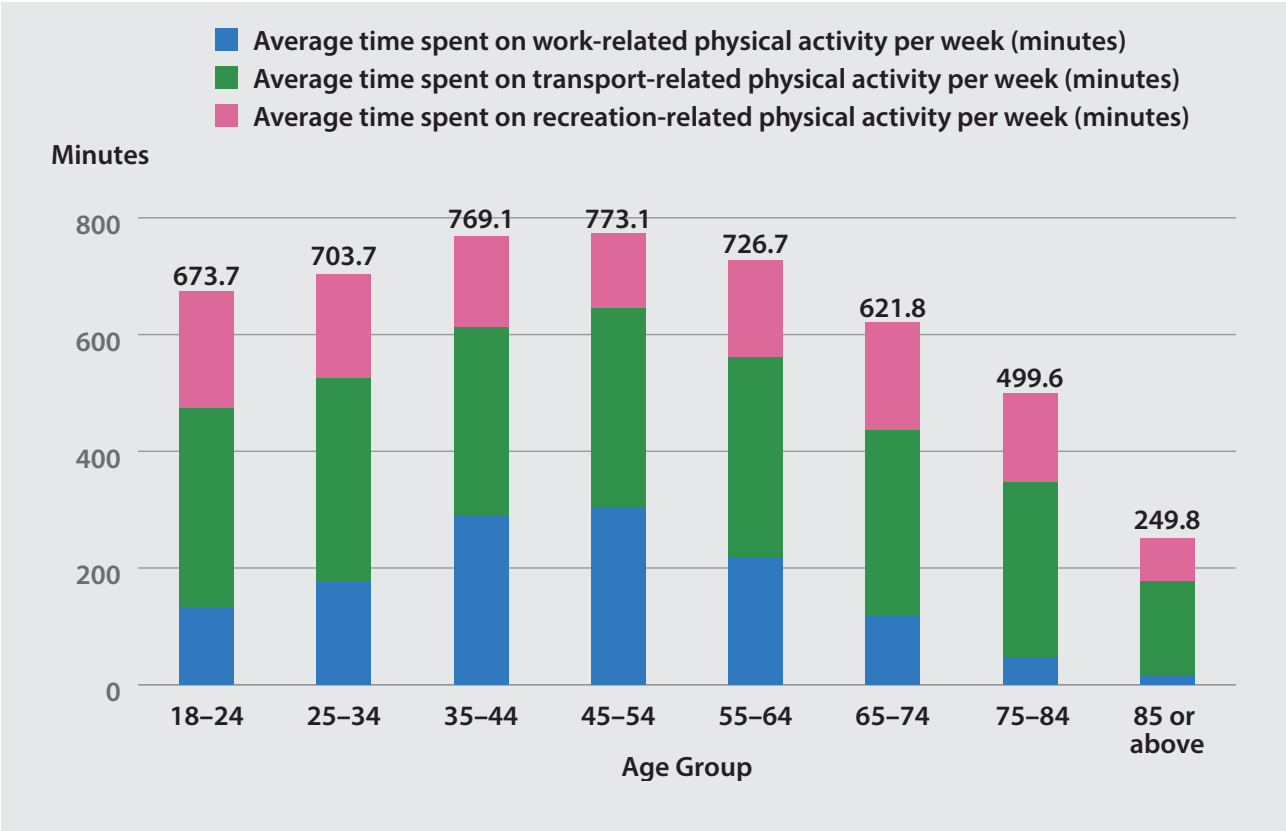
Among persons aged 18 or above and analysed by gender, the average time spent on moderate-intensity PA equivalent was 687.3 minutes per week. Males spent more time (826.7 minutes) than females (564.1 minutes) (Table 3.3.2a). Regarding settings of PA, persons aged 18 or above spent most time on transport-related PA (327.0 minutes per week on average), followed by work-related (199.3 minutes per week on average). Least amount of time on PA was spent on recreation-related setting (161.0 minutes per week on average). Females spent less time in transport, work, recreational PA than male did. The difference is more profound in work and recreational PA. Specifically, female and male spent 122.7 minutes and 285.8 minutes respectively on work-related PA per week, and spent 128.3 minutes and 198.1 minutes on recreation-related PA. In addition, Table 3.3.2a showed median and lower quartile to be zero under the work and recreational physical activities among female, reflecting the skewed pattern of distribution of physical activities among the distribution. The difference is less prominent in transport related activities, where females and males on average spent 313.1 minutes and 342.8 minutes on transport-related PA per week (Figure 3.3.2.1).

Figure 3.3.2.1: Average time spent on work-related, transport-related and recreation-related physical activity in a typical week by gender



Analysed by age, the average time spent on PA in general increased with age and from 673.7 minutes among those aged 18–24 and peaked at 773.1 minutes among those aged 45–54, then gradually declined with age and reached the lowest at 249.8 minutes among those aged 85 or above (Figure 3.3.2.2, Table 3.3.2b). In general, the distribution of total PA were similar across age groups less than 65 year of age, with median to be 420.0 minutes.

Figure 3.3.2.2: Average time spent on work-related, transport-related and recreation-related physical activity on average in a typical week by age group

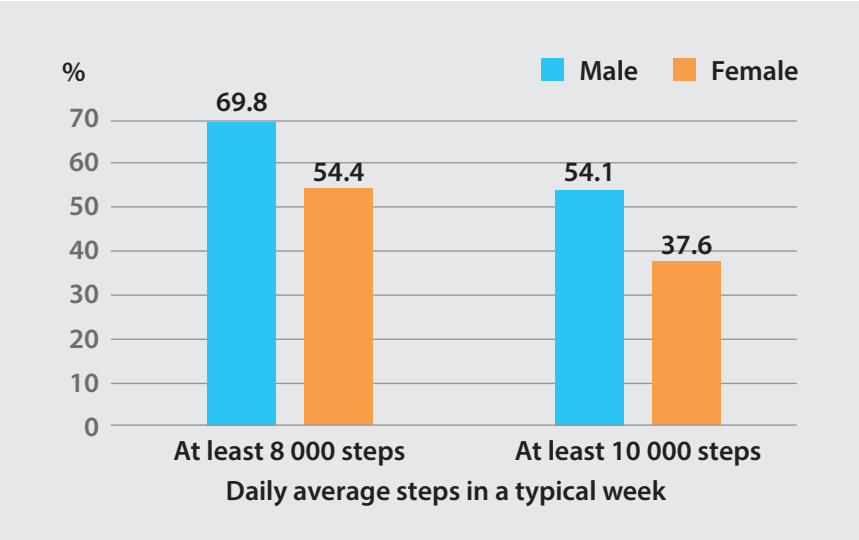


3.3.3 Step Counts

Among persons aged 18 or above, 26.0% used step-counting devices in the past month (Tables 3.3.3a and 3.3.3b). Among them, 61.6% walked at least 8 000 daily average steps in a typical week, while 45.2% walked at least 10 000 daily average steps in a typical week (Table 3.3.3c).

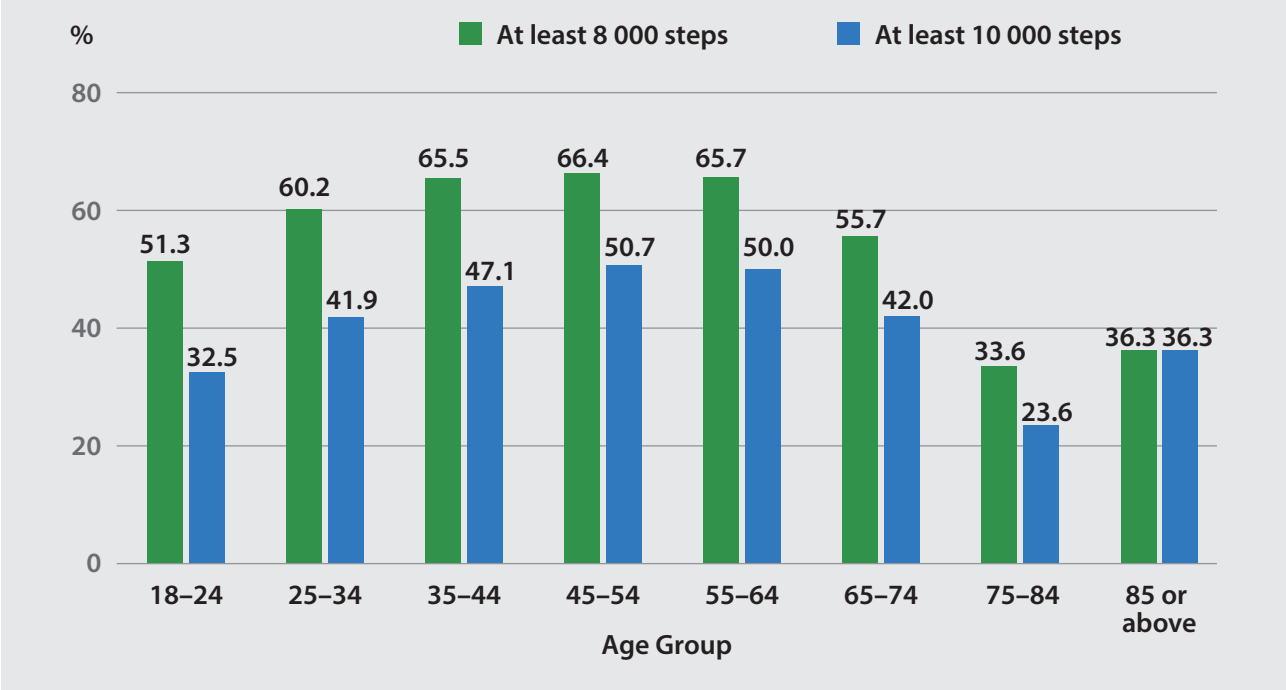
Analysed by gender, a lower proportion of females (54.4%) than males (69.8%) achieved at least 8 000 daily average steps in a typical week. Similar finding (37.6% for females and 54.1% for males) was observed for those who achieved at least 10 000 average daily steps (Figure 3.3.3.1, Table 3.3.3c).

Figure 3.3.3.1: Proportion of persons walked at least 8 000 and 10 000 daily average steps in a typical week by gender



Analysed by age, a higher proportion of persons aged 35–64 (65.5% to 66.4%) were able to achieve at least 8 000 daily average steps in a typical week compared to other age groups. On the other hand, 55.7% of persons aged 65–74 and 51.3% of persons aged 18–24 achieved at least 8 000 daily average steps in a typical week. The lowest proportion of persons achieving at least 8 000 daily average steps in a typical week was observed among those aged 75–84 (33.6%) and 85 or above (36.3%) (Figure 3.3.3.2, Table 3.3.3d). Similar pattern was observed for age groups achieving at least 10 000.

Figure 3.3.3.2: Proportion of persons walked at least 8 000 and 10 000 daily average steps in a typical week by age group



3.3.4 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. In the recent WHO recommendation on physical activity 2020, a meta-analysis reported adults who were sedentary (sitting) for more than 8 hours per day in general had a higher risk of cardiovascular disease mortality, where the association was mitigated by moderate intensity PA of 60–75 minutes per day[14].

Overall, the mean duration of sedentary behaviour on a typical day were 373.1 minutes (374.9 minutes for females and 371.1 minutes for males) among persons aged 18 or above (Figure 3.3.4.1, Table 3.3.4a). Notably 33.9% of persons aged 18 or above spent 8 hours or longer on a typical day on sitting or reclining and around 40% of younger age groups adopted over 8 hours of sedentary behavior (37.7% for aged 18–24 and 40.9% for aged 25–34). The detailed breakdowns by gender and age groups are shown in Tables 3.3.4a and 3.3.4b.

Figure 3.3.4.1 Average minutes of sedentary behaviour on a typical day by gender

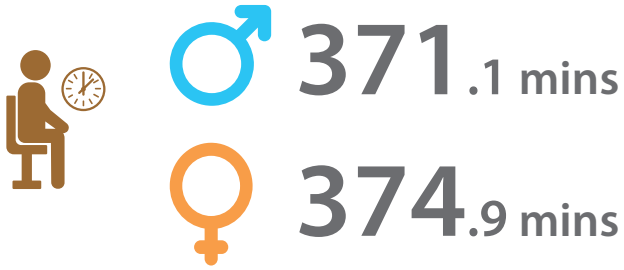
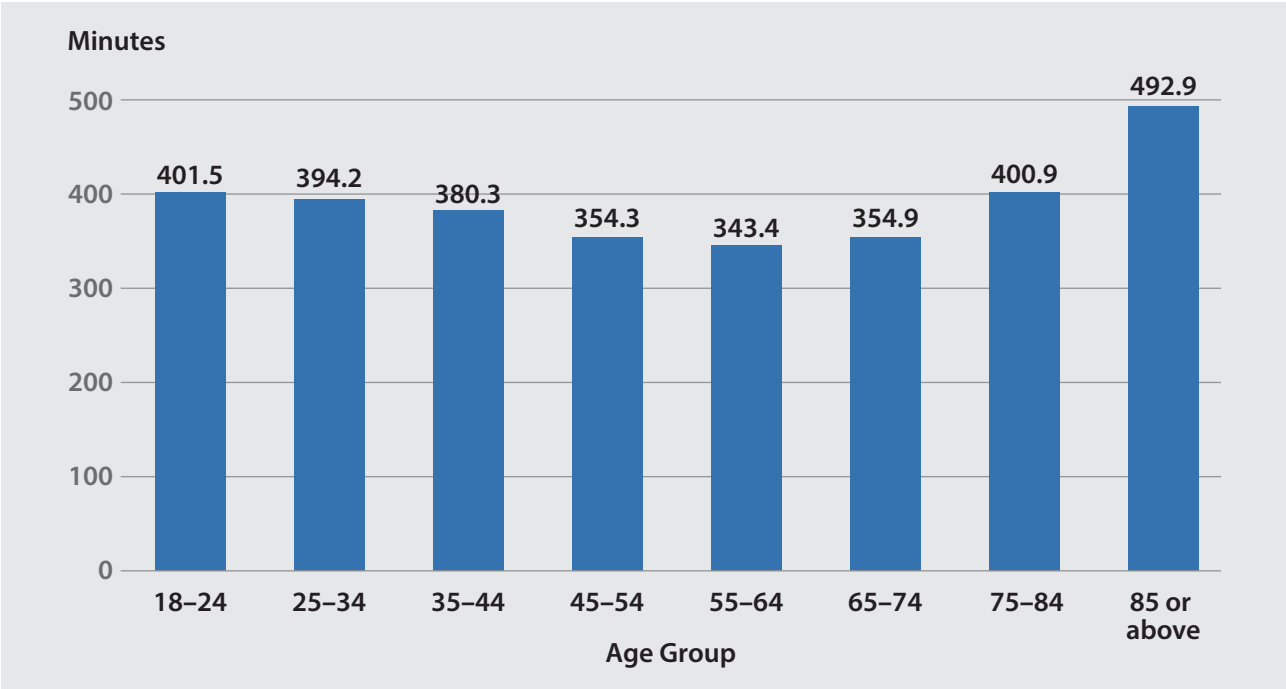


Figure 3.3.4.2: Average minutes of sedentary behaviour on a typical day by age group



3.4 Diet and Nutrition

Key findings

- 14.2% persons aged 15 or above consumed 2 or more servings of fruits per day (15.8% of females and 12.4% of males).
- 4.5% persons aged 15 or above consumed 3 or more servings of vegetables per day (4.9% females and 4.2% males).
- 97.0% (96.7% for females and 97.3% for males) of persons aged 15 or above reported consuming an average of less than five servings of fruit and vegetables per day, i.e. not meeting the recommendation made by the WHO.
- Age-standardised prevalence of insufficient consumption of fruit and vegetable among persons aged 18 years or above was 97.5%.
- 16.1% of household reported using iodised salt, while 40.4% of the household did not know whether the salt they used was iodised salt.

Figure 3.4.1: Proportion of persons aged 15 or above consuming vegetables and fruit per day

	Male	Female	Overall
3 or more servings of vegetables	4.2%	4.9%	4.5%
2 or more servings of fruits	12.4%	15.8%	14.2%

A healthy diet is considered as a protective factor for malnutrition, obesity and NCDs. The WHO recommends a healthy diet to contain more fruit, vegetables, legumes, nuts and whole grains, and limit the consumption of salt, sugar and fat[15]. To reduce the risk of NCDs and help to ensure an adequate daily intake of dietary fibre, eating at least 400 grams, or five portions, of fruit and vegetables per day is also recommended.

3.4.1 Consumption of Fruit

Overall, daily fruit consumption was reported by 62.7% of persons aged 15 or above. The corresponding proportion for females and males were 67.1% and 57.7% respectively (Figure 3.4.1.1, Table 3.4.1a). The proportion of persons reported that they ate fruit at least once a day increased with age in general, from 54.1% for persons aged 15–24 to 74.9% for persons aged 75–84 (Figure 3.4.1.2, Table 3.4.1b).

Figure 3.4.1.1: Proportion of persons eating fruit at least once a day by gender

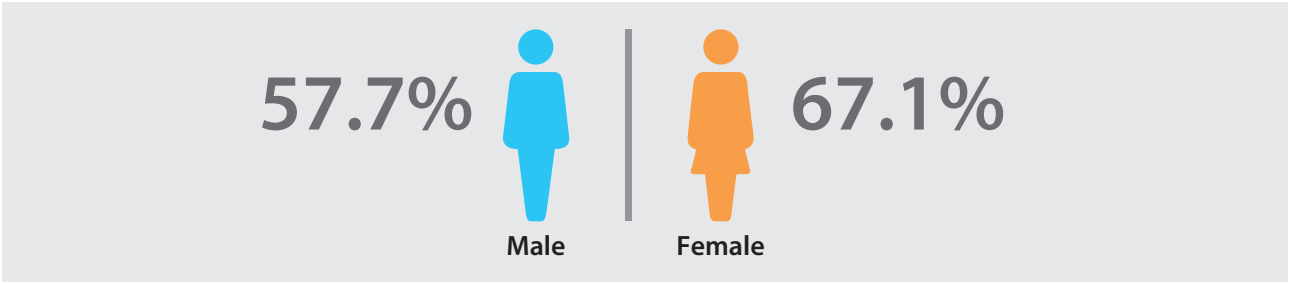
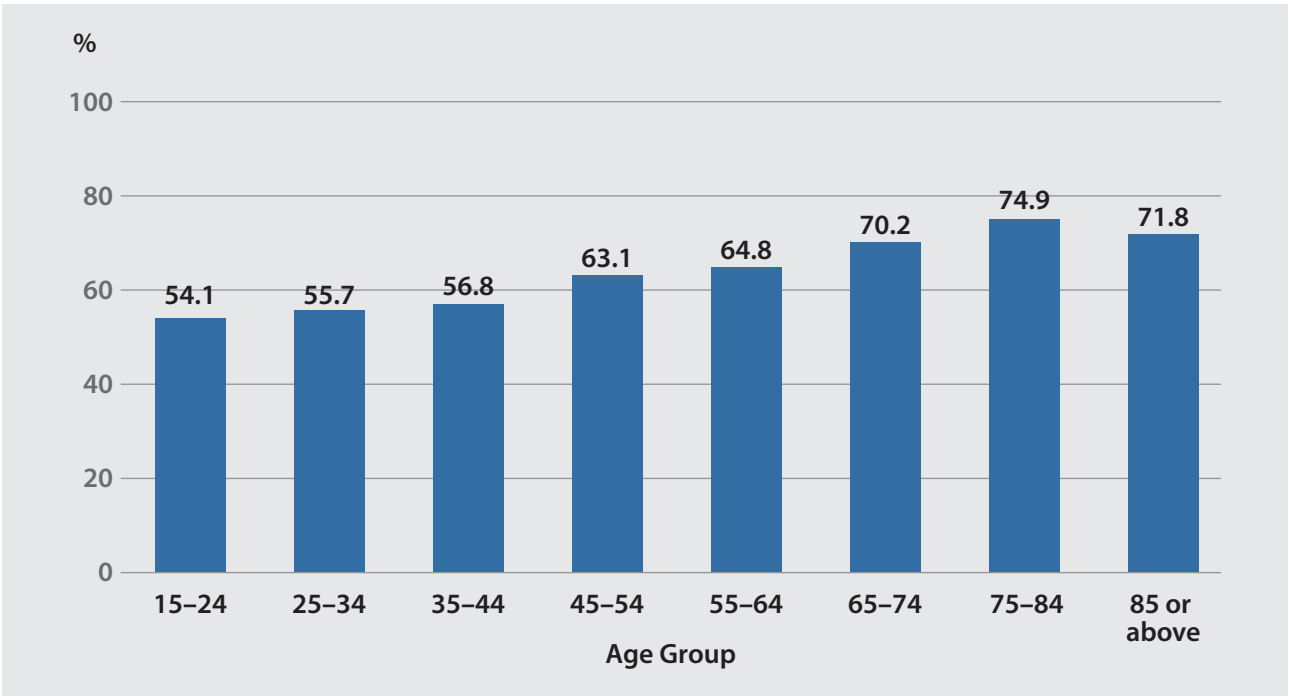


Figure 3.4.1.2: Proportion of persons eating fruit at least once a day by age group

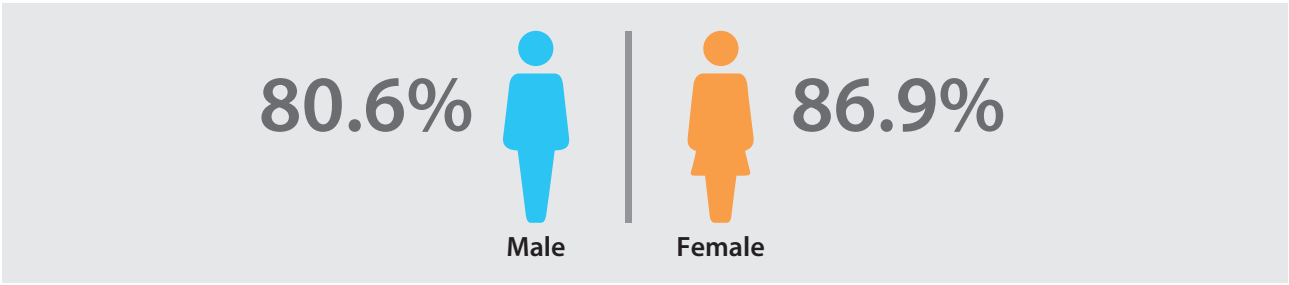


Respondents were further asked how many servings of fruit they ate a day on the days when they ate fruit. In the survey, one serving of fruit was defined as equivalent to half a piece of a large sized fruit (e.g. banana) or one piece of a medium-sized fruit (e.g. apple, orange and pear). Only 14.2% of persons aged 15 or above ate two or more servings of fruit per day on the days when they ate fruit (only 15.8% of females and 12.4% of males). The estimated mean number of servings of fruit eaten per day were 1.2 and 1.1 for females and males respectively (Table 3.4.1c). The highest proportion of persons eating two or more servings of fruit per day was among the 75–84 age group (18.2%) and the lowest was among the 25–34 age group (10.4%) (Table 3.4.1d).

3.4.2 Consumption of Vegetables

Daily vegetables consumption (at least once a day) was reported by 86.9% of females and 80.6% of males aged 15 or above, giving an overall proportion of 83.9% (Figure 3.4.2.1, Table 3.4.2a). The highest proportion of persons eating vegetables at least once a day was over 80% for most of the age groups except for those aged 15–24 (78.3%), and the highest was at 86.9% for persons aged 65–74 (Table 3.4.2b).

Figure 3.4.2.1: Proportion of persons eating vegetables at least once a day by gender



Respondents were asked how many servings of vegetables they ate a day on the days when they ate vegetables. In the survey, one serving of vegetables was defined as equivalent to a bowl of raw leafy vegetables or half a bowl of cooked vegetables. 4.5% of persons aged 15 or above reported that they ate three or more servings of vegetables per day on the days they ate vegetables (4.9% for females and 4.2% for males). The estimated mean number of servings of vegetables eaten per day was similar between females (1.4) and males (1.3) (Table 3.4.2c). Analysed by age group, the highest proportion of persons who had reported eating three or more servings of vegetables per day on the days they ate vegetables was found in the 75–84 age group (6.6%), and followed by those in the 55–64 age group (5.5%) (Table 3.4.2d).

3.4.3 Consumption of Fruit and Vegetables

The WHO recommends consuming at least 400 grams or five portions of fruit and vegetable per day in order to reduce the risk of NCDs[15]. In the survey, the number of servings of fruit and vegetables eaten on average per day was calculated by summing the average daily servings of fruit eaten and that of vegetables. Overall, 97.0% consumed less than five servings of fruit and vegetables per day (96.7% for females and 97.3% for males) (Figure 3.4.3.1, Table 3.4.3a). Similar proportions of insufficient consumption were observed across age groups (Figure 3.4.3.2, Table 3.4.3b).

Among persons aged 18 or above, age-standardised prevalence of insufficient consumption of fruit and vegetable was 97.5%.

Figure 3.4.3.1: Proportion of persons eating less than 5 servings of fruit and vegetables on average per day by gender

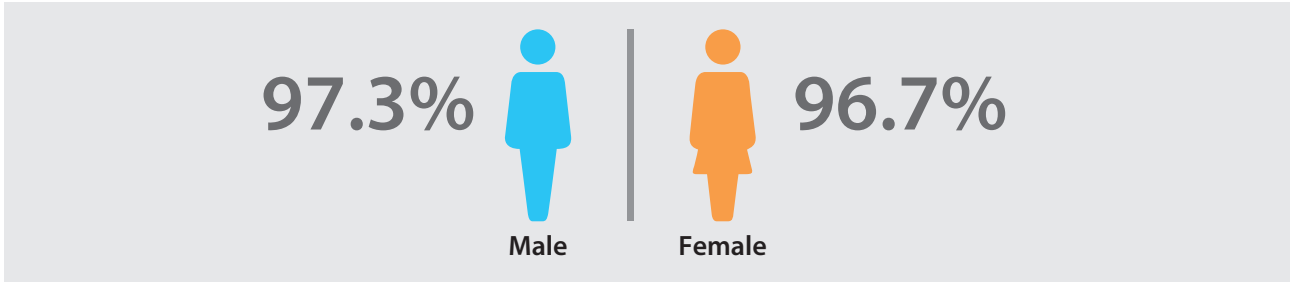
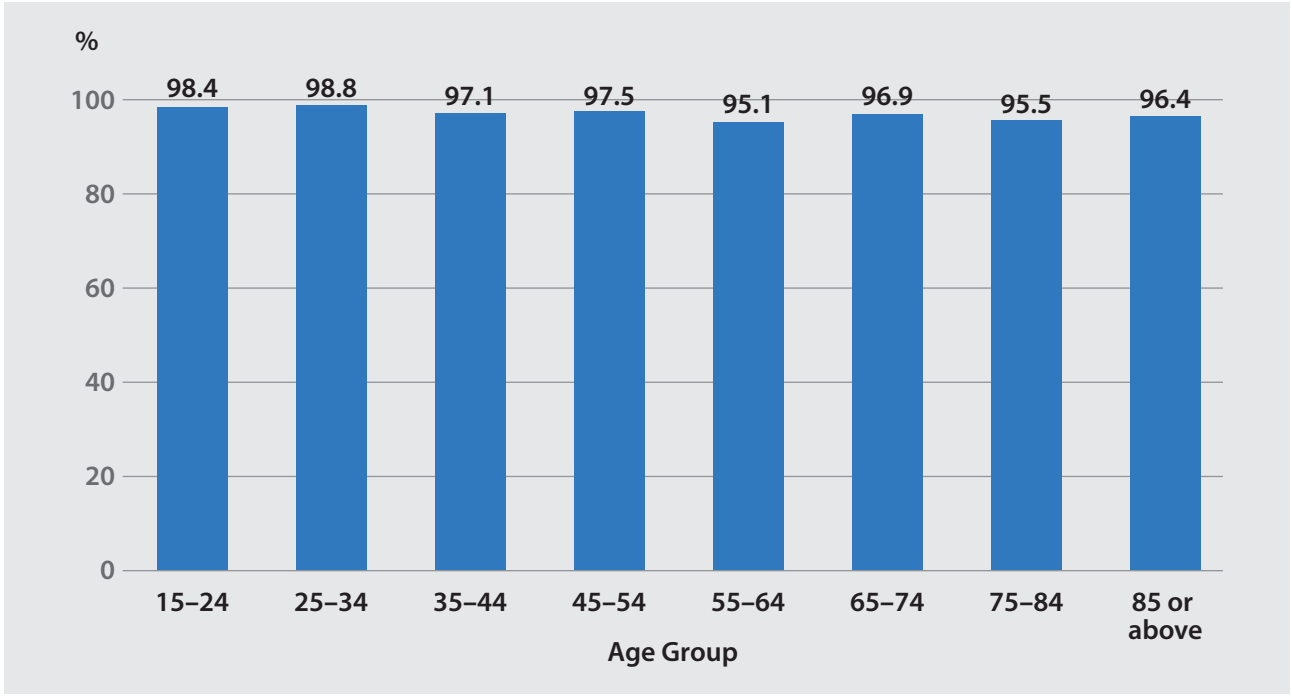


Figure 3.4.3.2: Proportion of persons eating less than 5 servings of fruit and vegetables on average per day by age group

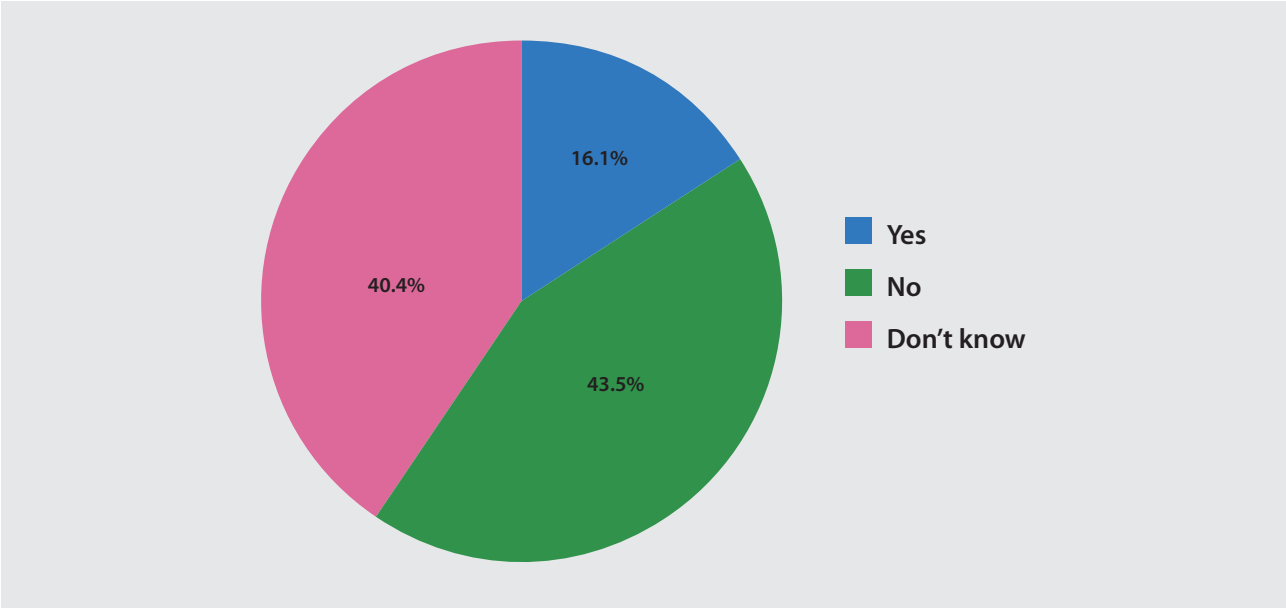


3.4.4 Use of Iodised Salt

Iodine is an essential micronutrient required for thyroid hormone synthesis to support growth and development. Persistently low iodine intake will result in iodine deficiency or even damage to the developing brain and other harmful effects known collectively as iodine deficiency disorders (IDDs). In addition to consuming iodine-rich foods, the DH recommends general public to use iodised salt instead of ordinary table salt, while keeping total salt intake below 5 g (1 teaspoon) per day.

Respondents were asked whether they used iodised salt at home. 16.1% of domestic households had at least one member reporting that they used iodised salt at home and 43.5% said otherwise (including those who used non-iodised salt only and those who did not use any salt at home) (Figure 3.4.4.1). However, in two-fifths (40.4%) 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 3.4.4a). Analysed by monthly household income, in general, relatively more domestic households with higher monthly household income used iodised salt at home (Table 3.4.4b).

Figure 3.4.4.1: Proportion of domestic households that used iodised salt



31.2% of persons aged 15 or above who added salt to food reported that they knew the brand of salt used (34.2% for females and 27.8% for males) (Table 3.4.4c). Analysed by age group, the proportion who knew the brand of salt used was the highest at 38.3% for persons aged 75–84 and the lowest at 23.5% for those aged 15–24 (Table 3.4.4d).

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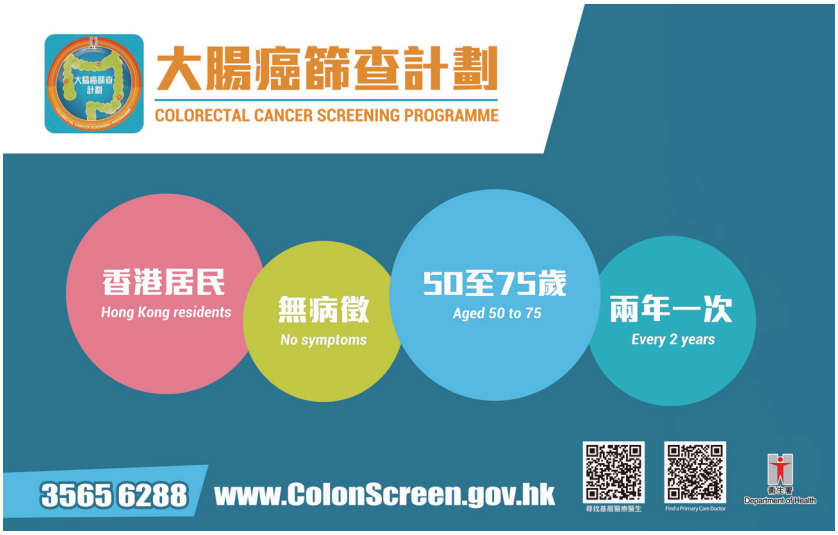
CHAPTER 4 — CANCER SCREENING



Cancer screening aims to detect early cancers or to identify precancerous disease in apparently healthy (asymptomatic) individuals, so that treatment can be carried out early and more effectively[1]. This chapter reports screening practices for specific cancers among the target groups with reference to the recommendations made by Cancer Expert Working Group on Cancer Prevention and Screening (CEWG) under the Cancer Coordinating Committee and the Hong Kong Reference Frameworks (HKRF) of the Working Group on Primary Care.

Key Findings	Female	Male	Overall
Proportion of population aged 50–75 who ever had faecal occult blood test	31.8%	33.5%	32.6%
(Proportion who had faecal occult blood test in the 2 years preceding the survey among population aged 50–75)	(18.4%)	(17.9%)	(18.2%)
Proportion of population aged 50–75 who ever had colonoscopy	33.7%	34.1%	33.9%
(Proportion who had colonoscopy in the 10 years preceding the survey among population aged 50–75)	(29.8%)	(30.1%)	(29.9%)
Proportion of population aged 50–75 who ever had faecal occult blood test or colonoscopy	46.8%	45.4%	46.2%
(Proportion who had faecal occult blood test in the 2 years or colonoscopy in the 10 years preceding the survey among population aged 50–75)	(38.8%)	(37.2%)	(38.0%)
Proportion of females aged 25–64 who ever had cervical screening	49.8%	N.A.	N.A.
(Proportion of females who had cervical screening within 3 years among female population aged 25–64)	(33.0%)	N.A.	N.A.
(Proportion of females who had cervical screening within 5 years among female population aged 25–64)	(38.6%)	N.A.	N.A.
Proportion of females aged 44–69 who ever had mammogram for breast cancer screening	39.8%	N.A.	N.A.
(Proportion who had mammogram within 2 years among female population aged 44–69)	(18.5%)	N.A.	N.A.

4.1 Colorectal cancer screening (for people aged 50–75)

According to the revised CEWG's recommendations on colorectal cancer (CRC) screening (June 2024), individuals aged 50 to 75 years should consider screening by one of the screening methods including: annual or biennial faecal occult blood test (FOBT); or sigmoidoscopy every 5 years; or colonoscopy every 10 years for asymptomatic populations at average risk of developing colorectal cancer[2].

Key findings

Among persons aged 50–75,

- 32.6% reported that they had ever had FOBT (including 30.1% had no suspected symptoms and 2.5% had suspected symptoms of the cancer prior to the test).
- 18.2% had their last FOBT within 24 months prior to the survey.
- 33.9% reported that they had ever had colonoscopy (including 29.8% had no suspected symptoms and 4.1% had suspected symptoms of the cancer prior to the examination).
- 29.9% had their last colonoscopy within 10 years prior to the survey.
- Overall, 46.2% reported that they had ever had FOBT or colonoscopy (including 42.1% had no suspected symptoms and 4.0% had suspected symptoms of the cancer prior to the test/ examination).
- 38.0% had their last FOBT within 24 months or colonoscopy within 10 years prior to the survey.

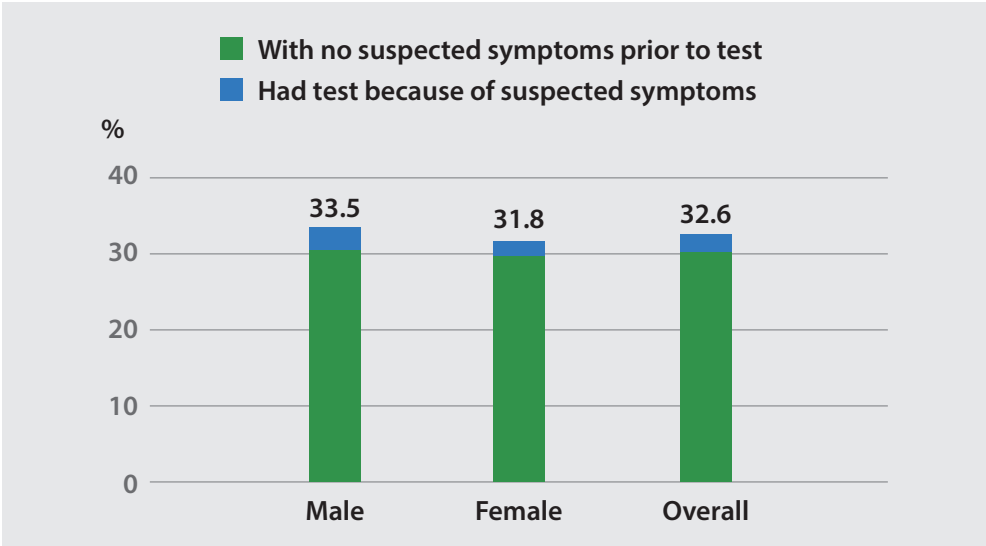
4.1.1 Faecal Occult Blood Test (for aged 50–75)

An FOBT is a test to check whether the stool contains blood invisible to the naked eye which may be an early sign of CRC. Common types of FOBT include guaiac-based faecal occult blood test (gFOBT) and faecal immunochemical test (FIT). In the survey, respondents aged 50–75 were asked whether they ever had a FOBT, and if their answer was yes, further information were collected including whether they had any suspected symptoms prior to the test, number of months from the last test, reasons for having FOBT, and the proportion of joining CRC Screening Programme.

Ever screened by FOBT

32.6% (31.8% for females and 33.5% for males) of respondents had ever screened by FOBT, including 30.1% had a FOBT with no suspected symptoms and 2.5% had suspected symptoms prior to the test, with similar proportions in both females (29.7% and 2.0% respectively) and males (30.4% and 3.1% respectively) (Figure 4.1.1.1, Table 4.1.1a).

Figure 4.1.1.1: Proportion of persons aged 50–75 who ever had a FOBT by gender



The proportions of persons ever had an FOBT with no suspected symptoms prior to the test increased with age, from 24.1% for persons aged 50–54 to 34.2% for persons aged 70–75 (Table 4.1.1b).

Screening interval

Among those aged 50–75, the mean duration since their last FOBT was longer than the recommended annual or biennial interval, that is 36.8 months (34.4 months for females and 39.5 months for males) among those with no suspected symptoms prior to the test (Table 4.1.1c). Only 18.2% (18.4% for females and 17.9% for males) had the last FOBT being compliant with the recommendation, i.e. within 24 months preceding the survey.

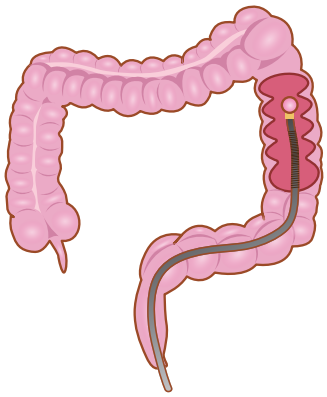
Reasons for having FOBT

Among respondents aged 50–75 who had received FOBT, 44.2% (43.3% in females and 45.1% in males) of them had it because they thought that they needed to take the test. 20.0% (18.6% in females and 21.4% in males) had the test because of recommendations from healthcare professionals. 17.9% (19.3% in females and 16.5% in males) had the test because it was included in a body check-up package. 16.1% (15.7% in females and 16.6% in males) had the test because they had joined the CRC Screening Programme. 9.3% (8.7% in females and 10.0% in males) had the test performed during routine medical visit. 4.8% (4.5% in females and 5.1% in males) had FOBT because they were aware that they were at older age. 2.5% (2.0% in females and 3.1% in males) were requested by insurance companies to have the test. Lastly, 1.8% (1.4% in females and 2.3% in males) had the test because of family history of CRC (Table 4.1.1d).

Reasons for not having FOBT

For persons aged 50–75 who did not have a FOBT before, both females and males had the same top 3 reasons for not having a FOBT. 43.0% (43.2% in females and 42.7% in males) thought that they were healthy and asymptomatic so they did not take the test. 31.4% (31.0% in females and 31.8% in males) claimed that they were never recommended by a doctor or health professional to have these tests. 26.1% (25.6% in females and 26.7% in males) thought that they did not need to take the test (Table 4.1.1e).

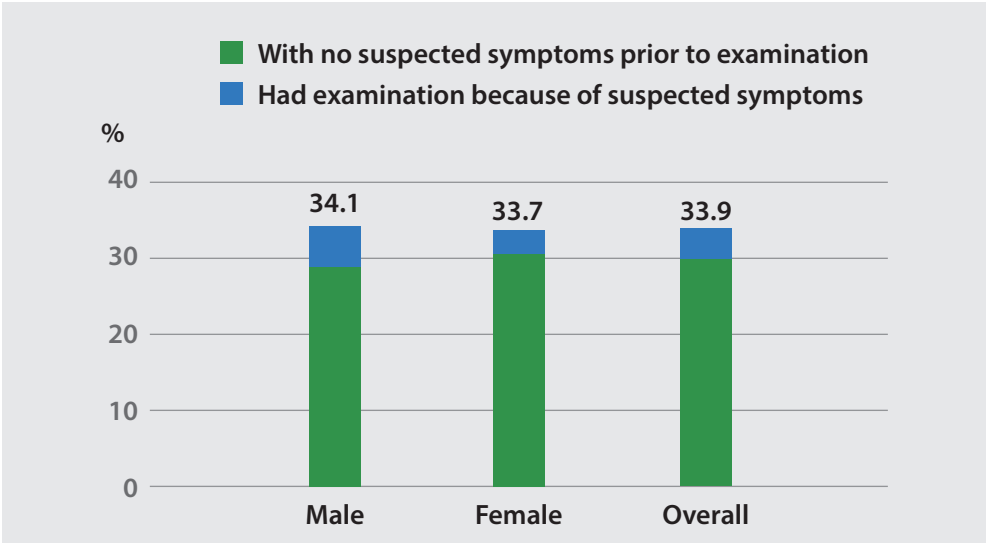
4.1.2 Colonoscopy (for aged 50–75)



Colonoscopy is an examination of the colon using an endoscope to check for abnormal changes and signs of cancer or other health problems. The examination in asymptomatic persons helps detect health conditions such as adenoma and CRC in the early stage and allows early intervention or treatment. In the survey, respondents were asked whether they had ever had the examination. If the answer received was yes, further information was collected including whether they had any suspected symptoms prior to the examination, when was their last examination, and reasons for having a colonoscopy.

Overall, 33.9% of the persons aged 50–75 (33.7% for females and 34.1% for males) had received colonoscopy examination, with 29.8% had no suspected symptoms prior to the examination (30.6% for females and 28.9% for males), and 4.1% had their colonoscopies because of suspected symptoms (Figure 4.1.2.1, Table 4.1.2a). Analysed by age group, the proportions of persons ever had colonoscopy without suspected symptoms was the lowest at 23.2% for those aged 50–54; for those aged 55 or above, such proportions ranged from 30.0% to 34.1% (Table 4.1.2b).

Figure 4.1.2.1: Proportion of persons aged 50–75 who ever had colonoscopy by gender



Screening interval

29.9% had their last colonoscopy within 10 years (i.e. 120 months) preceding the survey (29.8% for females and 30.1% for males). The average duration since the last colonoscopy was 45.3 months among those with no suspected symptoms in contrary to longer duration (63.5 months) for those with suspected symptoms (Table 4.1.2c).

Reasons for having colonoscopy

Among those aged 50–75 who ever had colonoscopy before, both females and males had the same top 3 reasons for having a colonoscopy. 55.4% (55.5% in females and 55.1% in males) thought that they needed to take the examination. 25.0% (23.4% in females and 26.8% in males) claimed that they were recommended by healthcare professionals. 17.9% (19.4% in females and 16.4% in males) had the examination because it was included in a body check-up package (Table 4.1.2d).

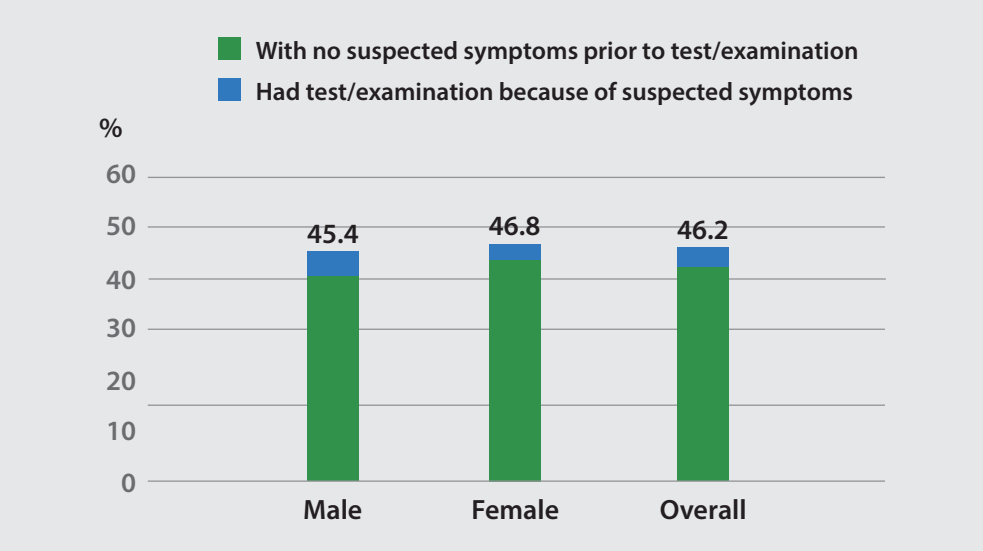
Reasons for not having colonoscopy

Among those aged 50–75 who had never had a colonoscopy before, 43.2% (43.7% in females and 42.6% in males) of them did not have the examination because they thought that they were healthy and had no symptoms of CRC. 31.5% (30.8% in females and 32.3% in males) were never recommended by a doctor or health professional to have this examination. 26.6% (26.2% in females and 27.0% in males) thought that they did not need to take the examination (Table 4.1.2e).

4.1.3 Screening with FOBT or Colonoscopy (for aged 50–75)

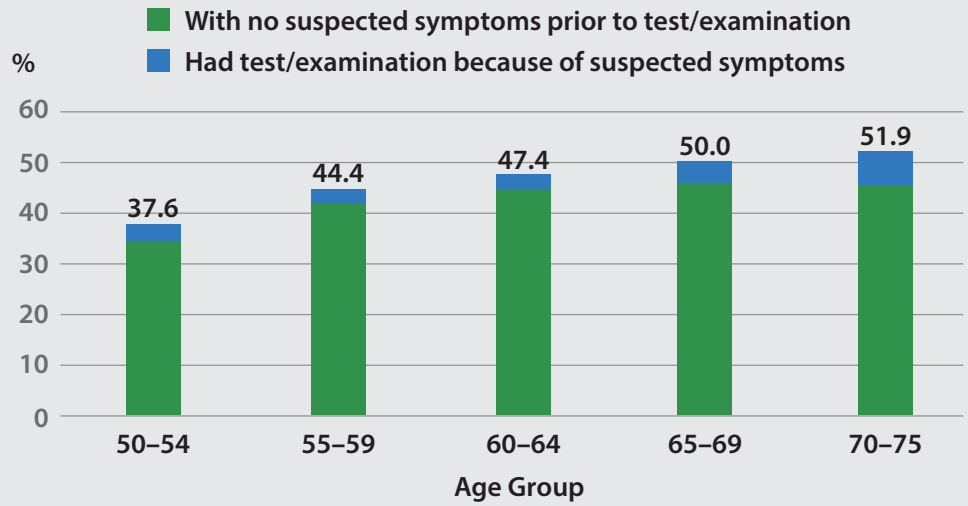
Among those aged 50–75, 46.2% of them had ever received FOBT or colonoscopy, and the proportions were similar between females (46.8%) and males (45.4%) (Figure 4.1.3.1, Table 4.1.3a).

Figure 4.1.3.1: Proportion of persons aged 50–75 who ever received FOBT or colonoscopy by gender



Analysed by age group, the proportions of those without suspected symptoms receiving FOBT or colonoscopy increased with age from 34.1% in the age group 50–54 to 45.6% in the age group 65–69 (Figure 4.1.3.2, Table 4.1.3b).

Figure 4.1.3.2: Proportion of persons aged 50–75 who ever received FOBT or colonoscopy by age group



38.0% had received FOBT within 2 years or colonoscopy within 10 years preceding the survey (38.8% for females and 37.2% for males) (Table 4.1.3c).

4.2 Cervical Screening (for females aged 25–64)

According to the recommendation by the CEWG for asymptomatic women at average risk (June 2021), women aged 25 to 29 who ever had sexual experience are recommended to have cervical screening by cytology every three years after two consecutive normal annual screenings, while women aged 30 to 64 who ever had sexual experience are recommended to have cervical screening by cytology every three years after two consecutive normal annual screenings; or primary human papillomavirus (HPV) testing every five years; or co-testing every five years. For women aged 65 or above who ever had sexual experience, screening may be discontinued if routine screening within 10 years are normal. Women at or above 65 years of age who have never had cervical screening should be screened[3].

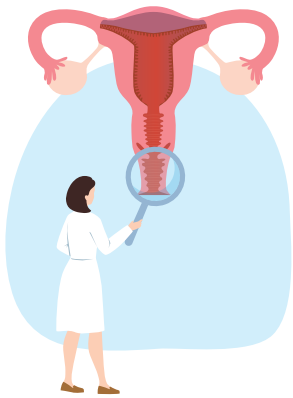
Key findings

For females aged 25–64,

- Overall, 49.8% reported that they had ever had cervical screening (including 48.0% had no suspected symptoms and 1.8% had suspected symptoms of the cancer prior to the examination).
- Among those who ever had cervical screening, 76.0% screened at least twice.
- Among females whose last screening method was cervical cytology, 67.4% had their last cytology within 36 months prior to the survey. Among females whose last screening method was HPV testing or co-testing, 85.3% had their last HPV testing or co-testing within 60 months prior to the survey.

4.2.1 Cervical Screening (for females aged 25–64)

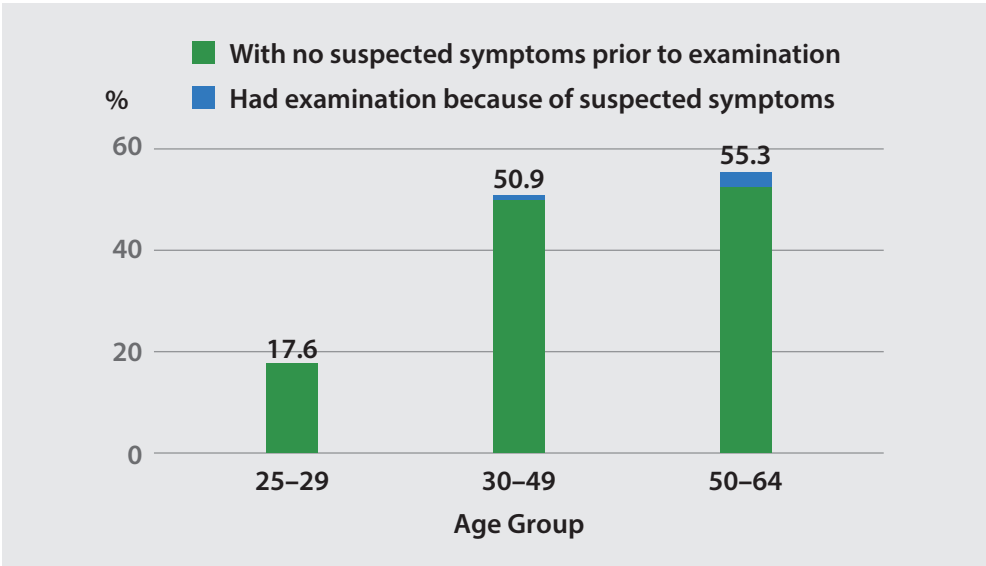
In the survey, female respondents aged 25–64 were asked whether they ever had cervical screening and if yes, whether there were suspected symptoms prior to the examinations and they were further asked the type of organisations/doctors that they had consulted for such examinations, when they had the last examinations, and the reasons for having cervical screening.



Ever had cervical screening

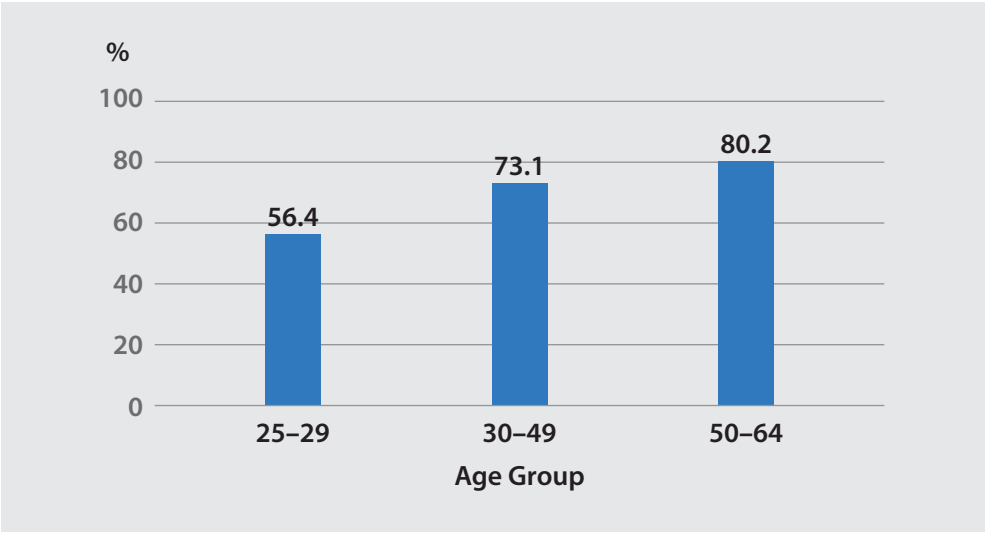
Overall, 49.8% of females had ever had a cervical screening — 48.0% had the examination with no suspected symptoms prior to the examination and 1.8% had it because of suspected symptoms. The highest proportion of those who had ever had a cervical screening was among females aged 50–64 (55.3%). The overall proportion of women aged 30–49 who had ever had a cervical screening (an indicator defined by the WHO NCD Global Monitoring Framework) was 50.9% (Figure 4.2.1.1, Table 4.2.1a).

Figure 4.2.1.1: Proportion of females aged 25–64 who ever had a cervical screening by age group



Among females aged 25–64 who ever had cervical screening, 76.0% had received cervical screening for twice or above. Analysed by age group, the proportion who had received cervical screening for twice or above was the highest at 80.2% among those aged 50–64 and was the lowest at 56.4% among those aged 25–29 (Figure 4.2.1.2, Table 4.2.1b).

Figure 4.2.1.2: Proportion of females aged 25–64 who had cervical screening for twice or above by age group



Screening method used

Almost nine in 10 (88.3%) of females aged 25–64 who ever had cervical screening reported cervical cytology as their last cervical screening method, while 4.5% reported HPV or co-test. (Table 4.2.1d).

Screening interval

38.6% had the last cervical screening within 60 months preceding the survey. Among those asymptomatic, 78.3% had their last cervical screening within 60 months preceding the survey, including 11.1% had the screening between 37 and 60 months, while 11.4% had the examinations more than 60 months preceding the survey. The average duration since their last cervical screening was longer in the symptomatic group (65.3 months) undergoing screening than that of asymptomatic group (35.2 months) (Table 4.2.1e).

Among females whose last screening method was cervical cytology, 67.4% had their last cytology within 36 months prior to the survey (Table 4.2.1f). Among females whose last screening method was HPV testing or co-testing, 85.3% had their last HPV testing or co-testing within 60 months prior to the survey (Table 4.2.1g).

Reasons for screening

Among females aged 25–64 who ever had cervical screening, 51.3% had the screening because they thought that they needed to take the screening, which was the commonest among all the reasons. 21.4% of females had cervical screening because it was included in a body check-up package. 16.8% of females had cervical screening because of routine medical visits (Table 4.2.1h).

Reasons for not screening

Among females aged 25–64 who never had or did not have cervical screening regularly, the most common reasons cited (41.1%) was that they felt healthy and had no symptoms of cervical cancer. 30.8% of them reported the reason that they were never recommended by a doctor or health professional to have cervical screening. 19.5% of them thought that they did not need to have cervical screening and 12.8% said they had not reached the age or they were too young to have cervical screening (Table 4.2.1i).

Proportion of females aged 25–64 who received HPV vaccination

Among all females aged 25–64, 12.4% indicated they have received HPV vaccination. Analysed by age group, the proportion of females reported that they have received HPV vaccination decreased with age from 26.1% for females aged 25–34 to 1.4% for females aged 55–64 (Table 4.2.1k).

4.3 Breast Cancer Screening (for females aged 44–69)

Mammography is an examination of the breasts using special X-ray machine for detecting early signs of breast cancer. According to the CEWG's recommendation (June 2020), women aged 44 to 69 with personalised risk factors (including presence of history of breast cancer among first-degree relative, a prior diagnosis of benign breast disease, nulliparity and late age of first live birth, early age of menarche, high body mass index, and physical inactivity) putting them at increased risk of breast cancer are recommended to consider mammography screening every two years. A risk assessment tool for local women (e.g. developed by The University of Hong Kong, accessible at www.cancer.gov.hk/bctool), is recommended to be used for estimating the risk of developing breast cancer[4].

Key findings

For females aged 44–69,

- 36.7% had ever had risk assessment for breast cancer screening. 23.5% had ever had risk assessment for breast cancer screening and received risk assessment and received recommendation for mammography screening, while 13.2% had ever had risk assessment for breast cancer screening but had not received recommendation for mammography screening.
- 39.8% reported that they had ever had mammogram (including 35.5% had no suspected symptoms and 4.3% had suspected symptoms of the cancer prior to the test).
- 18.5% of women aged 44–69 had their last mammogram within 24 months prior to the survey.

Ever had risk assessment for Breast Cancer Screening

Overall, 36.7% of females aged 44 to 69 had ever had risk assessment for breast cancer screening. 23.5% had ever had risk assessment for breast cancer screening and received risk assessment and received recommendation for mammography screening, while 13.2% had ever had risk assessment for breast cancer screening but had not received recommendation for mammography screening. (Figure 4.3.1, Table 4.3.1a).

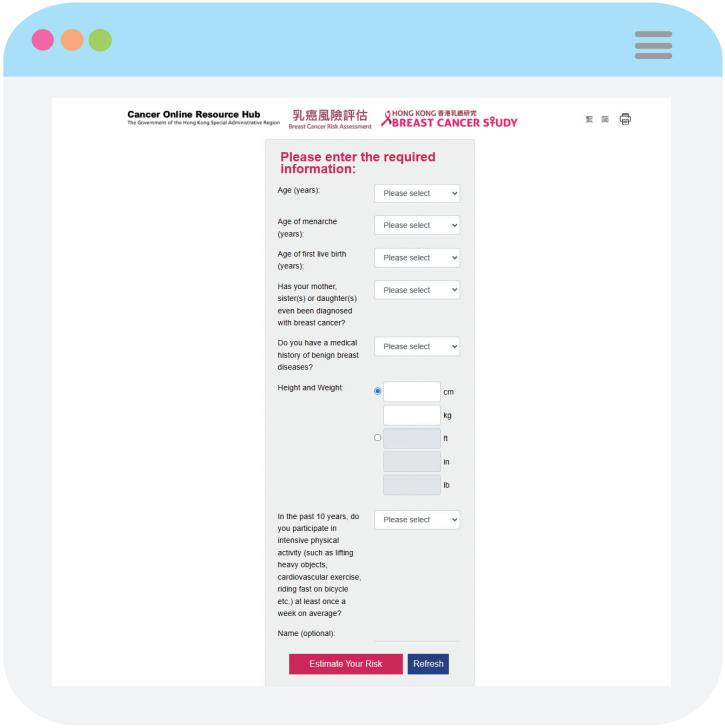
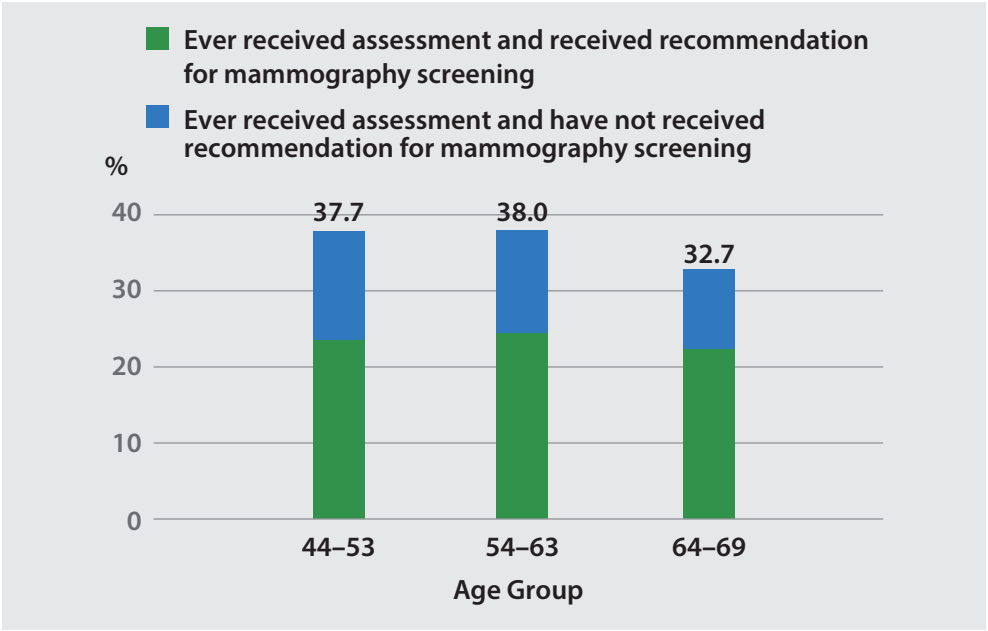


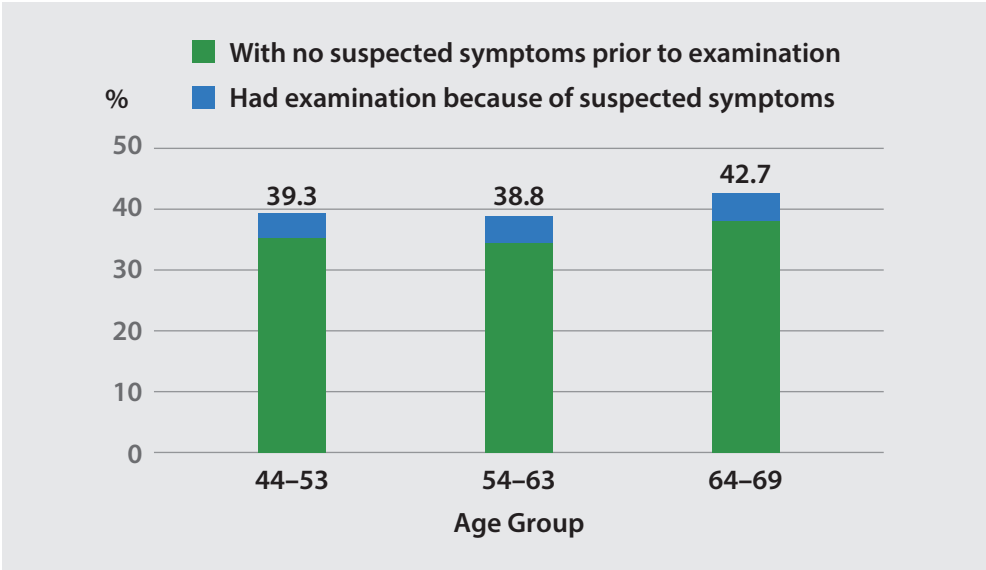
Figure 4.3.1: Whether have ever received assessment on the risk of developing breast cancer and recommendation for mammography screening by age group



Ever had mammography

39.8% of females aged 44 to 69 reported that they ever had mammography, with 35.5% had no suspected symptoms prior to the mammogram and 4.3% had mammography because of suspected symptoms. Among those who had mammography when there were no suspected symptoms, more females in the age group of 64–69 (38.1%) had mammography than those in the other age groups (Figure 4.3.2, Table 4.3.1b).

Figure 4.3.2: Proportion of females aged 44–69 who ever had mammography by age group



Screening interval

Among females aged 44–69, 18.5% had undergone mammography within 24 months preceding the survey. Among those asymptomatic, the average duration since their last mammography was 43.7 months, in contrast to 66.1 months for those who had mammograms because of suspected symptoms (Table 4.3.1d).

Reasons for having mammography

Among females aged 44–69 who had mammography, 50.0% of them took the mammogram because they thought that they needed to take it. Similar proportions were found among women who had the mammography because they were recommended by healthcare professionals (20.8%) and because it was included in a body check-up package (20.7%) (Table 4.3.1e).

Reasons for not having mammography

Among females aged 44–69 who never had mammography, 47.7% did not have the mammogram because they thought that they were healthy and had no symptoms of breast cancer. 42.2% of them reported because they were never recommended by a doctor or health professional to have mammogram (Table 4.3.1f).

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2. Cancer Expert Working Group on Cancer Prevention and Screening in Hong Kong. The Government of Hong Kong SAR. Recommendations on Prevention and Screening for Colorectal Cancer For Health Professionals. 2024. [Updated 2024 Jun; cited 2024 Dec 20]. Available from: https://www.chp.gov.hk/files/pdf/cewg_crc_professional_hp.pdf.

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4. Cancer Expert Working Group on Cancer Prevention and Screening. The Government of Hong Kong SAR. Recommendations on Prevention and Screening for Breast Cancer For Health Professionals. 2020. [Updated 2020 Jun; cited 2024 May 10]. Available from: https://www.chp.gov.hk/files/pdf/breast_cancer_professional_hp.pdf.

APPENDIX 1 — RELIABILITY OF THE ESTIMATES

The coefficient of variation (CV) is used for comparing the precision of the estimates of various variables. The CV is obtained by expressing the standard error (SE) as a percentage of the estimate to which it refers. In turn, the SE is computed according to a formula which is established on the basis of statistical theory. Generally speaking, the SE is related to the variability of the elements in the population, the size of the sample and the sample design adopted for the survey. The smaller the CV or SE, the more precise is the estimate. For illustration, the estimates and the corresponding CVs of the selected variables presented in this report are given below:

Variable	Estimate	CV
1. Proportion of population aged 15 or above who had hypertension with ongoing medical care	21.3%	3.0%
2. Proportion of population aged 15 or above who had hyperlipidaemia/ hypercholesterolaemia with ongoing medical care	17.2%	3.4%
3. Proportion of population aged 15 or above who had diabetes mellitus with ongoing medical care	9.2%	4.7%
4. Proportion of population aged 15 or above who had ever smoked	15.4%	3.6%
5. Proportion of population aged 15 or above who had ever drunk alcohol in the past year	26.9%	2.8%
6. Proportion of population aged 18 or above who had insufficient physical activity according to WHO's recommendation	14.8%	4.0%
7. Proportion of population aged 18 or above who had used step counting device walked at least 10 000 daily average steps in a typical week	45.2%	3.6%
8. Proportion of population aged 15 or above who had eaten fruit at least once per day	62.7%	1.5%
9. Proportion of population aged 15 or above who had eaten vegetables at least once per day	83.9%	0.8%
10. Proportion of population aged 50–75 who ever had FOBT — without suspected symptoms	30.1%	3.6%
11. Proportion of population aged 50–75 who ever had FOBT — with suspected symptoms	2.5%	13.6%
12. Proportion of population aged 50–75 who ever had colonoscopy — without suspected symptoms	29.8%	3.6%
13. Proportion of population aged 50–75 who ever had colonoscopy — with suspected symptoms	4.1%	10.7%
14. Proportion of females aged 25–64 who ever had cervical screening — without suspected symptoms	48.0%	2.7%
15. Proportion of females aged 25–64 who ever had cervical screening — with suspected symptoms	1.8%	17.7%
16. Proportion of females aged 44–69 who ever had mammogram — without suspected symptoms	35.5%	4.0%
17. Proportion of females aged 44–69 who ever had mammogram — with suspected symptoms	4.3%	13.5%

APPENDIX 2 — STATISTICAL TABLES

Table 1.1 Distribution of unweighted sample data and the effect sizes for its comparison with estimates of land-based non-institutional population for Q3 of 2023

	HBS 2023		
	Distribution (unweighted)[#]		Effect size[†]
	No. of persons	%	
Age (years)			0.0651
15–24	475	9.8%	
25–34	623	12.9%	
35–44	696	14.4%	
45–54	801	16.6%	
55–64	956	19.8%	
65–74	781	16.1%	
75–84	350	7.2%	
85 and above	157	3.2%	
Total	**4 839**	**100.0%**	
Gender			0.0152
Female	2 525	52.2%	
Male	2 314	47.8%	
Total	**4 839**	**100.0%**	
Highest education attainment			0.1593
No schooling/Pre-primary	124	2.6%	
Primary	716	14.8%	
Secondary	2 578	53.3%	
Post-secondary	1 421	29.4%	
Total	**4 839**	**100.0%**	

Base: [#] All 4 839 respondents who had participated in the HBS 2023.

Notes: [†] In this calculation, effect size is the quantitative measure of strength of differences in distribution between unweighted sample data and land-based non-institutional population. Cohen's w is a measure of effect size for comparisons. Levels of effect sizes — 0.0 for 'identical', 0.1 for 'small', 0.3 for 'medium' and 0.5 for 'large'.

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

Table 1.2 Weighted distributions of the sampled domestic households

	No. of domestic households ('000)	%
Type of housing		
Public rental housing	821.9	30.3%
Subsidised sale flats	419.5	15.4%
Private housing	1 474.5	54.3%
Total	**2 715.9**	**100.0%**
Number of persons in the household		
1	500.8	18.4%
2	924.3	34.0%
3	697.7	25.7%
4	411.0	15.1%
5	127.0	4.7%
6 or above	55.1	2.0%
Total	**2 715.9**	**100.0%**

Base: All domestic households (N=2 715 900).
Note: Figures may not add up to the total due to rounding.

Table 1.3.1 Weighted distribution of sampled respondents by age group and gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
15–24	286.1	8.8%	298.4	10.3%	584.5	9.5%
25–34	425.8	13.0%	415.5	14.3%	841.3	13.6%
35–44	530.9	16.2%	454.3	15.7%	985.2	16.0%
45–54	582.2	17.8%	462.7	15.9%	1 044.9	16.9%
55–64	629.5	19.3%	545.9	18.8%	1 175.4	19.1%
65–74	487.1	14.9%	458.5	15.8%	945.6	15.3%
75–84	201.1	6.2%	186.4	6.4%	387.5	6.3%
85 and above	124.5	3.8%	80.9	2.8%	205.4	3.3%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**
Median age	50.0		50.0		50.0	

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 1.3.2a Weighted distribution of sampled respondents by marital status and gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Never married	822.3	25.2%	909.7	31.3%	1 732.0	28.1%
Married/Co-habiting	1 875.2	57.4%	1 819.8	62.7%	3 695.1	59.9%
Divorced/Separated	223.3	6.8%	110.4	3.8%	333.7	5.4%
Widowed	346.4	10.6%	62.6	2.2%	409.0	6.6%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 1.3.2b Weighted distribution of sampled respondents by marital status and 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 married	568.9	97.3%	533.5	63.4%	270.8	27.5%	170.0	16.3%	144.9	12.3%	38.1	4.0%	4.2	1.1%	1.5	0.7%	1 732.0	28.1%
Married/Co-habiting	15.6	2.7%	304.7	36.2%	680.8	69.1%	779.8	74.6%	876.4	74.6%	719.0	76.0%	242.9	62.7%	75.9	37.0%	3 695.1	59.9%
Divorced/Separated	—	—	3.0	0.4%	32.4	3.3%	80.7	7.7%	107.8	9.2%	74.7	7.9%	31.3	8.1%	3.8	1.8%	333.7	5.4%
Widowed	—	—	—	—	1.2	0.1%	14.5	1.4%	46.3	3.9%	113.8	12.0%	109.1	28.1%	124.2	60.5%	409.0	6.6%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 1.3.3 Weighted distribution of sampled respondents by the highest educational attainment and gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
No schooling/ Pre-primary	111.7	3.4%	34.2	1.2%	145.9	2.4%
Primary	513.6	15.7%	308.3	10.6%	821.8	13.3%
Secondary	1 663.5	50.9%	1 574.4	54.2%	3 237.9	52.5%
Post-secondary	978.4	29.9%	985.7	34.0%	1 964.1	31.8%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 1.3.4 Weighted distribution of sampled respondents who were employed by occupation and gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Managerial and administrators	114.3	7.1%	182.9	9.9%	297.2	8.6%
Professionals	305.5	19.1%	386.6	21.0%	692.1	20.1%
Associate professionals	88.0	5.5%	88.2	4.8%	176.2	5.1%
Clerks	441.1	27.6%	240.4	13.0%	681.5	19.8%
Service and shop sales workers	573.5	35.9%	479.2	26.0%	1 052.7	30.6%
Skilled agricultural and fishery workers	4.5	0.3%	20.2	1.1%	24.7	0.7%
Craft and related workers	20.3	1.3%	129.7	7.0%	150.0	4.4%
Plant and machine operators and assemblers	6.5	0.4%	94.4	5.1%	100.9	2.9%
Elementary occupations and non-skilled workers	38.7	2.4%	210.0	11.4%	248.6	7.2%
Refusal	6.4	0.4%	11.1	0.6%	17.6	0.5%
Total	**1 598.9**	**100.0%**	**1 842.6**	**100.0%**	**3 441.5**	**100.0%**

Base: Persons who had a full-time or part-time job in the 7 days preceding the survey (N=3 441 500).
Note: Figures may not add up to the total due to rounding.

Table 1.3.5 Weighted distribution of sampled respondents who were employed by monthly personal income and gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Below $5,000	43.8	2.7%	43.5	2.4%	87.3	2.5%
$5,000–$9,999	146.0	9.1%	85.7	4.7%	231.7	6.7%
$10,000–$19,999	706.1	44.2%	624.0	33.9%	1 330.2	38.7%
$20,000–$29,999	367.7	23.0%	562.3	30.5%	930.0	27.0%
$30,000–$39,999	126.4	7.9%	222.0	12.0%	348.3	10.1%
$40,000 or above	208.9	13.1%	305.0	16.6%	514.0	14.9%
Total	**1 598.9**	**100.0%**	**1 842.6**	**100.0%**	**3 441.5**	**100.0%**

Base: Persons who had a full-time or part-time job in the 7 days preceding the survey (N=3 441 500).
Note: Figures may not add up to the total due to rounding.

Table 2.1a Prevalence of hypertension[§] diagnosed by doctors which required ongoing medical care by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	668.0	20.4%	643.3	22.2%	1 311.3	21.3%
No	2 599.2	79.6%	2 259.3	77.8%	4 858.5	78.7%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Notes: [§] According to the WHO, hypertension can be diagnosed when one's systolic blood pressure is higher than or equal to 140 mmHg and/or the diastolic blood pressure is higher than or equal to 90 mmHg measured on two different days[1].
Figures may not add up to the total due to rounding.

Table 2.1b Proportion of hypertension diagnosed by doctors which required ongoing medical care in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
143.6	21.5%	4.4%	164.3	25.5%	5.7%	307.9	23.5%	5.0%

Base: Persons aged 15 or above who had doctor-diagnosed hypertension which required ongoing medical care (N=1 311 300).
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 2.1c Prevalence of hypertension diagnosed by doctors which required ongoing medical care 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	—	—	5.2	0.6%	36.4	3.7%	126.2	12.1%	342.4	29.1%	425.3	45.0%	240.0	61.9%	135.7	66.1%	1 311.3	21.3%
No	584.5	100.0%	836.1	99.4%	948.8	96.3%	918.7	87.9%	833.0	70.9%	520.3	55.0%	147.5	38.1%	69.7	33.9%	4 858.5	78.7%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

[1] World Health Organization. Hypertension: Fact sheet. 2023 [updated 2023 Mar 16; cited 2024 May 8]. Available from: https://www.who.int/news-room/fact-sheets/detail/hypertension

Table 2.2a Prevalence of hyperlipidaemia/hypercholesterolaemia diagnosed by doctors which required ongoing medical care by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	580.8	17.8%	478.7	16.5%	1 059.5	17.2%
No	2 686.4	82.2%	2 423.9	83.5%	5 110.3	82.8%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 2.2b Proportion of hyperlipidaemia/hypercholesterolaemia diagnosed by doctors which required ongoing medical care in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
166.8	28.7%	5.1%	159.3	33.3%	5.5%	326.1	30.8%	5.3%

Base: Persons aged 15 or above who had doctor-diagnosed hyperlipidaemia/hypercholesterolaemia which required ongoing medical care (N=1 059 500).
Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
Figures may not add up to the total due to rounding.

Table 2.2c Prevalence of hyperlipidaemia/hypercholesterolaemia diagnosed by doctors which required ongoing medical care by age group

	15–24		25–34		35–44		45–54		55–64		65–74		75–84		85 or above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1.5	0.3%	17.0	2.0%	34.0	3.4%	104.6	10.0%	311.5	26.5%	346.3	36.6%	170.8	44.1%	73.7	35.9%	1 059.5	17.2%
No	583.0	99.7%	824.3	98.0%	951.2	96.6%	940.3	90.0%	863.9	73.5%	599.3	63.4%	216.7	55.9%	131.7	64.1%	5 110.3	82.8%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 2.3a Prevalence of diabetes mellitus[§] diagnosed by doctors which required ongoing medical care by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	271.8	8.3%	295.0	10.2%	566.7	9.2%
No	2 995.4	91.7%	2 607.6	89.8%	5 603.1	90.8%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [§] Diabetes mellitus (DM) is a chronic disease caused by insufficient insulin production by the pancreas, or the insulin cannot be effectively used in the body[2].

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

Table 2.3b Proportion of diabetes mellitus diagnosed by doctors which required ongoing medical care in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
57.7	21.2%	1.8%	75.0	25.4%	2.6%	132.7	23.4%	2.2%

Base: Persons aged 15 or above who had doctor-diagnosed diabetes mellitus which required ongoing medical care (N=566 700).

Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.

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

Table 2.3c Prevalence of diabetes mellitus diagnosed by doctors which required ongoing medical care by age group

	15–24		25–34		35–44		45–54		55–64		65–74		75–84		85 or above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	—	—	3.9	0.5%	17.1	1.7%	36.1	3.5%	151.0	12.8%	199.4	21.1%	102.8	26.5%	56.6	27.5%	566.7	9.2%
No	584.5	100.0%	837.4	99.5%	968.1	98.3%	1 008.8	96.5%	1 024.4	87.2%	746.2	78.9%	284.7	73.5%	148.8	72.5%	5 603.1	90.8%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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

[2] World Health Organization. Diabetes: Fact sheet. 2023 [updated 2023 Apr 5; cited 2024 May 8]. Available from: https://www.who.int/news-room/fact-sheets/detail/diabetes

Table 2.4a Prevalence of cancer[§] diagnosed by doctors which required ongoing medical care by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	72.0	2.2%	53.6	1.8%	125.5	2.0%
No	3 195.2	97.8%	2 849.0	98.2%	6 044.3	98.0%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [§] According to the WHO, cancer is defined as a generic term for a large group of diseases that may affect any part of the body with the features of rapid creation of abnormal cells that grow beyond their usual boundaries, and the ability to invade adjoining parts of the body and spread to other organs (metastasis)[3].

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

Table 2.4b Proportion of cancer diagnosed by doctors which required ongoing medical care in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
10.6	14.7%	0.3%	13.7	25.5%	0.5%	24.2	19.3%	0.4%

Base: Persons aged 15 or above who had doctor-diagnosed cancer which require ongoing medical care (N=125 500).

Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.

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

Table 2.4c Prevalence of cancer diagnosed by doctors which required ongoing medical care by age group

	15–24		25–34		35–44		45–54		55–64		65–74		75–84		85 or above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	—	—	2.3	0.3%	6.5	0.7%	16.7	1.6%	33.5	2.8%	32.3	3.4%	23.1	6.0%	11.1	5.4%	125.5	2.0%
No	584.5	100.0%	839.0	99.7%	978.7	99.3%	1 028.2	98.4%	1 141.9	97.2%	913.3	96.6%	364.4	94.0%	194.3	94.6%	6 044.3	98.0%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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

[3] World Health Organization. Cancer: Fact sheet. 2022 [updated 2022 Feb 3; cited 2024 May 8]. Available from: https://www.who.int/news-room/fact-sheets/detail/cancer

Table 2.5a Prevalence of coronary heart disease[§] diagnosed by doctors which required ongoing medical care by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	56.2	1.7%	69.7	2.4%	125.9	2.0%
No	3 211.0	98.3%	2 832.9	97.6%	6 043.9	98.0%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [§] Coronary heart disease (CHD) is a disease of narrowing or blockage of blood vessels known as coronary arteries supplying the heart muscle[4].

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

Table 2.5b Proportion of coronary heart disease diagnosed by doctors which required ongoing medical care in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
12.1	21.6%	0.4%	23.7	34.0%	0.8%	35.8	28.5%	0.6%

Base: Persons aged 15 or above who had doctor-diagnosed coronary heart disease which required ongoing medical care (N=125 900).

Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.

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

Table 2.5c Prevalence of coronary heart disease diagnosed by doctors which required ongoing medical care by age group

	15–24		25–34		35–44		45–54		55–64		65–74		75–84		85 or above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1.1	0.2%	—	—	2.5	0.3%	7.3	0.7%	26.8	2.3%	33.2	3.5%	29.0	7.5%	25.9	12.6%	125.9	2.0%
No	583.4	99.8%	841.3	100.0%	982.7	99.7%	1 037.6	99.3%	1 148.6	97.7%	912.4	96.5%	358.5	92.5%	179.5	87.4%	6 043.9	98.0%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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

[4] World Health Organization. Cardiovascular diseases (CVDs): Fact sheet. 2021 [updated 2021 Jun 11; cited 2024 May 8]. Available from: https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)

Table 2.6a Prevalence of asthma[§] diagnosed by doctors which required ongoing medical care by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	43.8	1.3%	56.8	2.0%	100.6	1.6%
No	3 223.4	98.7%	2 845.8	98.0%	6 069.2	98.4%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [§] Asthma is a chronic lung disease characterized by symptoms such as cough, wheezing, shortness of breath, and chest tightness. It can affect both children and adults in different severities and frequencies[5].

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

Table 2.6b Proportion of asthma diagnosed by doctors which required ongoing medical care in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
3.1	7.1%	0.1%	7.3	12.9%	0.3%	10.4	10.4%	0.2%

Base: Persons aged 15 or above who had doctor-diagnosed asthma which required ongoing medical care (N=100 600).

Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.

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

Table 2.6c Prevalence of asthma diagnosed by doctors which required ongoing medical care 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	5.9	1.0%	8.0	0.9%	11.9	1.2%	13.1	1.3%	23.4	2.0%	22.2	2.3%	6.6	1.7%	9.5	4.6%	100.6	1.6%
No	578.6	99.0%	833.3	99.1%	973.3	98.8%	1 031.8	98.7%	1 152.0	98.0%	923.4	97.7%	380.9	98.3%	195.9	95.4%	6 069.2	98.4%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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

[5] World Health Organization. Asthma: Fact sheet. 2024 [updated 2024 May 6; cited 2022 May 8]. Available from: https://www.who.int/news-room/fact-sheets/detail/asthma

Table 2.7a Prevalence of stroke[§] diagnosed by doctors which required ongoing medical care by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	26.5	0.8%	36.4	1.3%	62.9	1.0%
No	3 240.7	99.2%	2 866.2	98.7%	6 106.9	99.0%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [§] Stroke leads to a high mortality. There are several types of stroke from the mildest transient ischaemic attacks (TIA), to the more severe ones with blockage of blood supply, or rupture of a cerebral blood vessel that cuts off the supply of oxygen and nutrients, causing damage to the brain tissue[6].

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

Table 2.7b Proportion of stroke diagnosed by doctors which required ongoing medical care in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
2.2	8.2%	0.1%	7.1	19.5%	0.2%	9.3	14.7%	0.2%

Base: Persons aged 15 or above who had doctor-diagnosed stroke which required ongoing medical care (N=62 900).

Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.

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

Table 2.7c Prevalence of stroke diagnosed by doctors which required ongoing medical care by age group

	15–24		25–34		35–44		45–54		55–64		65–74		75–84		85 or above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	—	—	—	—	3.6	0.4%	4.8	0.5%	12.4	1.1%	14.4	1.5%	14.6	3.8%	13.1	6.4%	62.9	1.0%
No	584.5	100.0%	841.3	100.0%	981.6	99.6%	1 040.1	99.5%	1 163.0	98.9%	931.2	98.5%	372.9	96.2%	192.3	93.6%	6 106.9	99.0%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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

[6] World Health Organization Regional Office for the Eastern Mediterranean. Stroke, Cerebrovascular accident. 2024 [cited 2024 May 8]. Available from: http://www.emro.who.int/health-topics/stroke-cerebrovascular-accident/index.html

Table 2.8a Prevalence of chronic obstructive pulmonary disease[§] diagnosed by doctors which required ongoing medical care by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	21.7	0.7%	28.1	1.0%	49.8	0.8%
No	3 245.5	99.3%	2 874.5	99.0%	6 120.0	99.2%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [§] According to the WHO, 'Chronic Obstructive Pulmonary Disease (COPD) is a common, preventable, and treatable chronic lung disease causing persistent and progressive respiratory symptoms, including difficulty in breathing, cough, and phlegm production' [7].

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

Table 2.8b Proportion of chronic obstructive pulmonary disease diagnosed by doctors which required ongoing medical care in the 12 months preceding the survey by gender

Female			Male			Total		
No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*	No. of persons ('000)	% among the cases	Rate*
5.8	26.6%	0.2%	6.1	21.7%	0.2%	11.9	23.9%	0.2%

Base: Persons aged 15 or above who had doctor-diagnosed chronic obstructive pulmonary disease (COPD) which required ongoing medical care (N=49 800).

Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.

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

Table 2.8c Prevalence of chronic obstructive pulmonary disease diagnosed by doctors which required ongoing medical care by age group

	15–24		25–34		35–44		45–54		55–64		65–74		75–84		85 or above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1.2	0.2%	—	—	5.3	0.5%	9.0	0.9%	9.0	0.8%	10.8	1.1%	9.3	2.4%	5.1	2.5%	49.8	0.8%
No	583.3	99.8%	841.3	100.0%	979.9	99.5%	1 035.9	99.1%	1 166.4	99.2%	934.8	98.9%	378.2	97.6%	200.3	97.5%	6 120.0	99.2%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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

[7] World Health Organization. Chronic obstructive pulmonary disease (COPD): Fact sheet. 2023 [updated 2023 Mar 16; cited 2024 May 8]. Available from: https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-(copd)

Table 3.1.1a Distribution of population aged 15 or above by whether had ever smoked and gender

Whether had ever smoked[+]	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	156.5	4.8%	794.4	27.4%	950.9	15.4%
No (Never smoke, or tried only one or two sticks)	3 110.7	95.2%	2 108.2	72.6%	5 218.9	84.6%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Notes: Figures may not add up to the total due to rounding.
[+] Including any type of tobacco products.

Table 3.1.1b Distribution of population aged 15 or above by whether had ever smoked and age group

Whether had ever smoked[+]	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	30.5	5.2%	77.3	9.2%	162.5	16.5%	214.1	20.5%	212.6	18.1%	167.8	17.7%	62.0	16.0%	24.2	11.8%	950.9	15.4%
No (Never smoke, or tried only one or two sticks)	554.0	94.8%	764.0	90.8%	822.7	83.5%	830.8	79.5%	962.8	81.9%	777.8	82.3%	325.5	84.0%	181.2	88.2%	5 218.9	84.6%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Notes: Figures may not add up to the total due to rounding.
[+] Including any type of tobacco products.

Table 3.1.2a Distribution of persons aged 15 or above who had ever smoked by whether currently had habit of smoking and gender

	Female		Male		Total	
Whether currently had habit of smoking	**No. of persons ('000)**	**%**	**No. of persons ('000)**	**%**	**No. of persons ('000)**	**%**
Yes	111.7	71.3%	572.5	72.1%	684.1	71.9%
No	44.9	28.7%	221.9	27.9%	266.8	28.1%
Total	**156.5**	**100.0%**	**794.4**	**100.0%**	**950.9**	**100.0%**

Base: Persons aged 15 or above who have ever smoked (N=950 900).
Note: Figures may not add up to the total due to rounding.

Table 3.1.2b Distribution of persons aged 15 or above who had ever smoked by whether currently had habit of smoking and age group

	15–24		25–34		35–44		45–54		55–64		65–74		75–84		85 or above		Total	
Whether currently had habit of smoking	**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	24.4	80.0%	65.3	84.5%	137.6	84.7%	175.8	82.1%	159.4	75.0%	91.4	54.5%	22.7	36.6%	7.5	30.8%	684.1	71.9%
No	6.1	20.0%	12.0	15.5%	24.9	15.3%	38.3	17.9%	53.1	25.0%	76.3	45.5%	39.3	63.4%	16.8	69.2%	266.8	28.1%
Total	**30.5**	**100.0%**	**77.3**	**100.0%**	**162.5**	**100.0%**	**214.1**	**100.0%**	**212.6**	**100.0%**	**167.8**	**100.0%**	**62.0**	**100.0%**	**24.2**	**100.0%**	**950.9**	**100.0%**

Base: Persons aged 15 or above who have ever smoked (N=950 900).
Note: Figures may not add up to the total due to rounding.

Table 3.2.1a 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	2 580.2	79.0%	1 719.2	59.2%	4 299.4	69.7%
Not in the past year	85.3	2.6%	124.2	4.3%	209.5	3.4%
Drink alcohol occasionally	480.0	14.7%	597.7	20.6%	1 077.6	17.5%
Drink less than once a month	*310.4*	*9.5%*	*342.8*	*11.8%*	*653.2*	*10.6%*
Drink 1 day a month	*94.6*	*2.9%*	*121.4*	*4.2%*	*216.0*	*3.5%*
Drink 2–3 days a month	*74.9*	*2.3%*	*133.5*	*4.6%*	*208.4*	*3.4%*
Drink alcohol regularly	121.8	3.7%	461.5	15.9%	583.3	9.5%
Drink 1 day a week	*52.3*	*1.6%*	*176.5*	*6.1%*	*228.8*	*3.7%*
Drink 2–3 days a week	*39.6*	*1.2%*	*134.4*	*4.6%*	*174.0*	*2.8%*
Drink 4–6 days a week	*9.6*	*0.3%*	*36.7*	*1.3%*	*46.3*	*0.8%*
Drink everyday	*20.2*	*0.6%*	*114.0*	*3.9%*	*134.2*	*2.2%*
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 3.2.1b 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	483.6	82.7%	541.3	64.3%	631.9	64.1%	667.7	63.9%	802.0	68.2%	674.2	71.3%	312.8	80.7%	186.0	90.5%	4 299.4	69.7%
Not in the past year	1.0	0.2%	15.3	1.8%	23.5	2.4%	24.9	2.4%	42.4	3.6%	60.1	6.4%	29.2	7.5%	13.0	6.3%	209.5	3.4%
Drink alcohol occasionally	68.1	11.7%	213.4	25.4%	219.1	22.2%	215.3	20.6%	204.0	17.4%	127.6	13.5%	27.5	7.1%	2.7	1.3%	1 077.6	17.5%
Drink less than once a month	*37.8*	*6.5%*	*124.8*	*14.8%*	*134.5*	*13.7%*	*116.6*	*11.2%*	*126.3*	*10.7%*	*88.6*	*9.4%*	*21.8*	*5.6%*	*2.7*	*1.3%*	*653.2*	*10.6%*
Drink 1 day a month	*11.5*	*2.0%*	*45.4*	*5.4%*	*40.4*	*4.1%*	*52.6*	*5.0%*	*41.7*	*3.5%*	*21.1*	*2.2%*	*3.3*	*0.9%*	—	—	*216.0*	*3.5%*
Drink 2–3 days a month	*18.8*	*3.2%*	*43.2*	*5.1%*	*44.1*	*4.5%*	*46.1*	*4.4%*	*36.0*	*3.1%*	*17.8*	*1.9%*	*2.4*	*0.6%*	—	—	*208.4*	*3.4%*
Drink alcohol regularly	31.8	5.4%	71.2	8.5%	110.7	11.2%	137.0	13.1%	126.9	10.8%	83.8	8.9%	18.1	4.7%	3.7	1.8%	583.3	9.5%
Drink 1 day a week	*16.5*	*2.8%*	*40.7*	*4.8%*	*51.2*	*5.2%*	*47.8*	*4.6%*	*49.9*	*4.2%*	*20.4*	*2.2%*	*2.3*	*0.6%*	—	—	*228.8*	*3.7%*
Drink 2–3 days a week	*10.2*	*1.7%*	*17.1*	*2.0%*	*36.8*	*3.7%*	*55.6*	*5.3%*	*32.5*	*2.8%*	*18.7*	*2.0%*	*1.9*	*0.5%*	*1.2*	*0.6%*	*174.0*	*2.8%*
Drink 4–6 days a week	*1.0*	*0.2%*	*5.1*	*0.6%*	*7.8*	*0.8%*	*6.8*	*0.7%*	*11.1*	*0.9%*	*11.9*	*1.3%*	*2.5*	*0.7%*	—	—	*46.3*	*0.8%*
Drink everyday	*4.1*	*0.7%*	*8.3*	*1.0%*	*15.0*	*1.5%*	*26.7*	*2.6%*	*33.5*	*2.8%*	*32.8*	*3.5%*	*11.3*	*2.9%*	*2.6*	*1.3%*	*134.2*	*2.2%*
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 3.2.1c 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, rice wines or Chinese spirits	588.9	97.9%	1 047.3	98.9%	1 636.2	98.5%
Beer	313.5	52.1%	822.4	77.6%	1 135.9	68.4%
Table wines	330.1	54.9%	334.7	31.6%	664.8	40.0%
Spirits	50.9	8.5%	154.9	14.6%	205.8	12.4%
Rice wines	86.4	14.4%	75.3	7.1%	161.8	9.7%
Chinese spirits (Baijiu)	11.1	1.9%	37.9	3.6%	49.0	3.0%
Others*	12.8	2.1%	12.0	1.1%	24.7	1.5%
Total	**601.7**	**100.0%**	**1 059.2**	**100.0%**	**1 660.9**	**100.0%**

Base: Persons who had drunk alcoholic beverages in the 12 months preceding the survey (N=1 660 900)

Notes: * Persons who had drunk alcohol in the 12 months preceding the survey but had not drunk the five types of alcoholic beverages mentioned above.

Multiple answers were allowed.

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

Table 3.2.1d 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, rice wines or Chinese spirits	92.6	92.8%	283.1	99.5%	320.8	97.3%	348.6	98.9%	330.0	99.7%	209.1	98.9%	45.6	100.0%	6.4	100.0%	1 636.2	98.5%
Beer	76.9	77.0%	203.0	71.3%	237.8	72.1%	230.0	65.3%	207.5	62.7%	141.7	67.1%	33.6	73.7%	5.2	82.0%	1 135.9	68.4%
Table wines	21.5	21.5%	103.3	36.3%	127.1	38.5%	148.1	42.0%	164.7	49.8%	83.5	39.5%	15.4	33.9%	1.2	18.0%	664.8	40.0%
Spirits	12.7	12.8%	55.0	19.3%	54.5	16.5%	33.0	9.4%	30.8	9.3%	15.4	7.3%	4.3	9.4%	—	—	205.8	12.4%
Rice wines	5.3	5.3%	32.8	11.5%	39.8	12.1%	41.5	11.8%	23.9	7.2%	14.7	7.0%	3.9	8.5%	—	—	161.8	9.7%
Chinese spirits (Baijiu)	1.1	1.1%	4.6	1.6%	9.9	3.0%	9.6	2.7%	8.8	2.7%	12.3	5.8%	2.8	6.1%	—	—	49.0	3.0%
Others*	7.2	7.2%	1.5	0.5%	9.1	2.7%	3.7	1.1%	1.0	0.3%	2.2	1.1%	—	—	—	—	24.7	1.5%
Total	**99.9**	**100.0%**	**284.6**	**100.0%**	**329.8**	**100.0%**	**352.3**	**100.0%**	**330.9**	**100.0%**	**211.4**	**100.0%**	**45.6**	**100.0%**	**6.4**	**100.0%**	**1 660.9**	**100.0%**

Base: Persons who had drunk alcoholic beverages in the 12 months preceding the survey (N=1 660 900)

Notes: * Persons who had drunk alcohol in the 12 months preceding the survey but had not drunk the five types of alcoholic beverages mentioned above.

Multiple answers were allowed.

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

Table 3.2.1e 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*	4.0	5.4	5.0
Table wines#	2.6	3.3	2.9
Spirits^	3.1	4.1	3.8
Rice wines†	2.3	2.5	2.4
Chinese spirits (Baijiu)‡	2.5	3.9	3.6
Overall average amount‖	**4.2**	**6.2**	**5.5**

Bases: * Persons who had drunk beer in the 12 months preceding the survey (N=1 135 900).
Persons who had drunk table wines in the 12 months preceding the survey (N=664 800).
^ Persons who had drunk spirits in the 12 months preceding the survey (N=205 800).
† Persons who had drunk rice wines in the 12 months preceding the survey (N=161 800).
‡ Persons who had drunk Chinese spirits (Baijiu) in the 12 months preceding the survey (N=49 000).
‖ Persons who had drunk beer, table wines, spirits, rice wines or Chinese spirits (Baijiu) in the 12 months preceding the survey (N=1 636 200).

Table 3.2.1f 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*	6.1	4.9	5.4	4.7	5.5	4.3	2.9	3.0	5.0
Table wines#	3.1	2.7	3.1	3.2	3.1	2.5	2.2	1.2	2.9
Spirits^	6.9	4.5	3.3	3.2	3.6	2.8	3.2	—	3.8
Rice wines†	1.9	2.8	2.0	3.0	2.6	1.3	0.5	—	2.4
Chinese spirits (Baijiu)‡	1.2	1.0	4.5	3.9	5.7	2.8	0.9	—	3.6
Overall average amount‖	**6.9**	**5.7**	**6.2**	**5.2**	**5.6**	**4.3**	**3.2**	**2.6**	**5.5**

Bases: * Persons who had drunk beer in the 12 months preceding the survey (N=1 135 900).
Persons who had drunk table wines in the 12 months preceding the survey (N=664 800).
^ Persons who had drunk spirits in the 12 months preceding the survey (N=205 800).
† Persons who had drunk rice wines in the 12 months preceding the survey (N=161 800).
‡ Persons who had drunk Chinese spirits (Baijiu) in the 12 months preceding the survey (N=49 000).
‖ Persons who had drunk beer, table wines, spirits, rice wines or Chinese spirits (Baijiu) in the 12 months preceding the survey (N=1 636 200).

Table 3.2.2a Prevalence of binge drinking[#] 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 in the 12 months preceding the survey	3 193.5	97.7%	2 663.3	91.8%	5 856.7	94.9%
Ever in the 12 months preceding the survey	73.7	2.3%	239.3	8.2%	313.1	5.1%
Less than monthly	*36.3*	*1.1%*	*110.5*	*3.8%*	*146.8*	*2.4%*
At least monthly	*37.4*	*1.1%*	*128.9*	*4.4%*	*166.3*	*2.7%*
Monthly	*16.3*	*0.5%*	*65.5*	*2.3%*	*81.8*	*1.3%*
Weekly	*13.7*	*0.4%*	*48.7*	*1.7%*	*62.4*	*1.0%*
Daily or almost daily	*7.5*	*0.2%*	*14.6*	*0.5%*	*22.1*	*0.4%*
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [#] Binge drinking: Drinking at least 5 cans of beers, 5 glasses of table wines or 5 pegs of spirits on one occasion.
Figures may not add up to the total due to rounding.

Table 3.2.2b Prevalence 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)	%
Never in the 12 months preceding the survey	565.5	96.8%	787.5	93.6%	900.1	91.4%	981.6	93.9%	1 113.6	94.7%	917.8	97.1%	385.2	99.4%	205.4	100.0%	5 856.7	94.9%
Ever in the 12 months preceding the survey	19.0	3.2%	53.8	6.4%	85.1	8.6%	63.3	6.1%	61.8	5.3%	27.8	2.9%	2.3	0.6%	—	—	313.1	5.1%
Less than monthly	*10.6*	*1.8%*	*31.5*	*3.7%*	*38.3*	*3.9%*	*28.8*	*2.8%*	*27.9*	*2.4%*	*9.8*	*1.0%*	—	—	—	—	*146.8*	*2.4%*
At least monthly	*8.4*	*1.4%*	*22.3*	*2.7%*	*46.8*	*4.8%*	*34.5*	*3.3%*	*33.9*	*2.9%*	*18.0*	*1.9%*	*2.3*	*0.6%*	—	—	*166.3*	*2.7%*
Monthly	*3.1*	*0.5%*	*12.6*	*1.5%*	*31.0*	*3.2%*	*12.2*	*1.2%*	*10.7*	*0.9%*	*10.9*	*1.2%*	*1.3*	*0.3%*	—	—	*81.8*	*1.3%*
Weekly	*4.1*	*0.7%*	*3.1*	*0.4%*	*12.7*	*1.3%*	*18.6*	*1.8%*	*16.8*	*1.4%*	*7.2*	*0.8%*	—	—	—	—	*62.4*	*1.0%*
Daily or almost daily	*1.2*	*0.2%*	*6.6*	*0.8%*	*3.1*	*0.3%*	*3.7*	*0.4%*	*6.4*	*0.5%*	—	—	*1.0*	*0.3%*	—	—	*22.1*	*0.4%*
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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

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

Table 3.2.3a Distribution of AUDIT-C score[#] by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
0–2*	2 983.9	91.3%	2 172.0	74.8%	5 155.9	83.6%
3 or above	283.3	8.7%	730.6	25.2%	1 013.9	16.4%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [#] AUDIT-C (Alcohol Use Disorder Identification Test — Concise) is an adapted form of WHO's AUDIT, which can be used as a pre-screening test of harmful alcohol use. AUDIT-C score is the total score of the first three questions of AUDIT relating to drinking behaviours. It ranges from 0 to 12. When used for pre-screening, persons with an AUDIT-C score of 3 or higher would be advised to conduct full version of AUDIT to better identify their risk levels.

* Persons 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 3.2.3b Distribution of AUDIT-C score[#] 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)	%
0–2*	514.9	88.1%	682.5	81.1%	781.6	79.3%	814.0	77.9%	975.4	83.0%	821.4	86.9%	364.5	94.1%	201.7	98.2%	5 155.9	83.6%
3 or above	69.6	11.9%	158.8	18.9%	203.6	20.7%	230.9	22.1%	200.0	17.0%	124.2	13.1%	23.0	5.9%	3.7	1.8%	1 013.9	16.4%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [#] AUDIT-C (Alcohol Use Disorder Identification Test — Concise) is an adapted form of WHO's AUDIT, which can be used as a pre-screening test of harmful alcohol use. AUDIT-C score is the total score of the first three questions of AUDIT relating to drinking behaviours. It ranges from 0 to 12. When used for pre-screening, persons with an AUDIT-C score of 3 or higher would be advised to conduct full version of AUDIT to better identify their risk levels.

* Persons 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 3.2.3c Distribution of AUDIT score[#] by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
0–7*	3 224.7	98.7%	2 692.6	92.8%	5 917.3	95.9%
8–15	34.6	1.1%	183.6	6.3%	218.2	3.5%
16–19	6.7	0.2%	13.2	0.5%	19.9	0.3%
20–40	1.2	<0.05%	13.2	0.5%	14.4	0.2%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [#] The full version of AUDIT developed by WHO consists of ten questions. The score of each question ranges from 0 to 4, giving the range of the total AUDIT scores from 0 to 40. In this survey, all persons who had consumed alcoholic beverages in the 12 months preceding the survey would conduct full version of AUDIT, irrespective of their score in AUDIT-C.

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.

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

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

Table 3.2.3d Distribution of AUDIT score[#] 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)	%
0–7*	568.7	97.3%	811.0	96.4%	936.5	95.1%	986.1	94.4%	1 117.7	95.1%	909.5	96.2%	382.4	98.7%	205.4	100.0%	5 917.3	95.9%
8–15	14.6	2.5%	25.9	3.1%	41.0	4.2%	53.0	5.1%	47.2	4.0%	32.5	3.4%	4.1	1.0%	—	—	218.2	3.5%
16–19	1.2	0.2%	1.5	0.2%	5.9	0.6%	3.5	0.3%	6.4	0.5%	1.2	0.1%	—	—	—	—	19.9	0.3%
20–40	—	—	2.9	0.3%	1.7	0.2%	2.2	0.2%	4.1	0.4%	2.4	0.3%	1.0	0.3%	—	—	14.4	0.2%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [#] The full version of AUDIT developed by WHO consists of ten questions. The score of each question ranges from 0 to 4, giving the range of the total AUDIT scores from 0 to 40. In this survey, all persons who had consumed alcoholic beverages in the 12 months preceding the survey would conduct full version of AUDIT, irrespective of their score in AUDIT-C.

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.

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

Figures may not add up to the due to rounding.

Table 3.2.4a Planning to change drinking habit in the next 6 months by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Plan to stop drinking completely	4.4	0.7%	19.3	1.8%	23.7	1.4%
Plan to drink less	45.6	7.6%	95.5	9.0%	141.1	8.5%
No plan to change the drinking habit	540.4	89.8%	907.1	85.6%	1 447.4	87.1%
Plan to drink more	2.9	0.5%	11.2	1.1%	14.2	0.9%
Don't know/Not sure	8.4	1.4%	26.1	2.5%	34.5	2.1%
Total	**601.7**	**100.0%**	**1 059.2**	**100.0%**	**1 660.9**	**100.0%**

Base: Persons who had drunk alcoholic beverages in the 12 months preceding the survey (N=1 660 900).
Note: Figures may not add up to the total due to rounding.

Table 3.2.4b Planning to change drinking habit in the next 6 months 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)	%
Plan to stop drinking completely	2.2	2.2%	2.9	1.0%	7.1	2.2%	3.8	1.1%	1.0	0.3%	5.6	2.6%	1.3	2.8%	—	—	23.7	1.4%
Plan to drink less	6.4	6.4%	21.6	7.6%	25.2	7.6%	36.6	10.4%	33.3	10.1%	15.9	7.5%	2.0	4.4%	—	—	141.1	8.5%
No plan to change the drinking habit	88.9	89.0%	252.4	88.7%	292.9	88.8%	297.8	84.5%	286.3	86.5%	181.7	85.9%	41.0	90.0%	6.4	100.0%	1 447.4	87.1%
Plan to drink more	—	—	1.7	0.6%	—	—	5.6	1.6%	1.3	0.4%	4.4	2.1%	1.3	2.8%	—	—	14.2	0.9%
Don't know/Not sure	2.4	2.4%	6.1	2.1%	4.6	1.4%	8.5	2.4%	9.1	2.8%	3.8	1.8%	—	—	—	—	34.5	2.1%
Total	**99.9**	**100.0%**	**284.6**	**100.0%**	**329.8**	**100.0%**	**352.3**	**100.0%**	**330.9**	**100.0%**	**211.4**	**100.0%**	**45.6**	**100.0%**	**6.4**	**100.0%**	**1 660.9**	**100.0%**

Base: Persons who had drunk alcoholic beverages in the 12 months preceding the survey (N=1 660 900).
Note: Figures may not add up to the total due to rounding.

Table 3.2.5a Age (years) when started drinking by gender

Age started drinking (years)	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Below 16	18.5	3.4%	44.4	4.4%	62.8	4.1%
16–17	18.6	3.5%	38.8	3.9%	57.4	3.7%
18–19	207.5	38.5%	449.1	45.0%	656.6	42.7%
20–21	131.6	24.4%	225.3	22.6%	357.0	23.2%
22–24	31.0	5.8%	38.4	3.8%	69.4	4.5%
25 or above	131.8	24.5%	202.8	20.3%	334.6	21.8%
Total	**539.0**	**100.0%**	**998.8**	**100.0%**	**1 537.8**	**100.0%**
Mean	22.2		21.1		21.5	

Base: Persons who had drunk alcoholic beverages in the 12 months preceding the survey and had provided information on their age when started drinking (N=1 537 800).
Note: Figures may not add up to the total due to rounding.

Table 3.2.5b 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 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 16	7.5	7.9%	2.6	1.0%	13.8	4.5%	11.1	3.4%	16.1	5.3%	7.4	3.9%	3.1	7.3%	1.2	23.2%	62.8	4.1%
16–17	12.0	12.6%	12.5	4.8%	7.4	2.4%	11.8	3.6%	10.2	3.3%	3.5	1.8%	—	—	—	—	57.4	3.7%
18–19	65.3	68.6%	153.1	58.8%	151.3	49.1%	119.9	36.4%	101.7	33.3%	61.5	31.9%	3.8	8.9%	—	—	656.6	42.7%
20–21	8.3	8.7%	63.5	24.4%	75.6	24.6%	81.6	24.8%	50.9	16.7%	57.3	29.7%	17.3	40.8%	2.7	53.6%	357.0	23.2%
22–24	2.1	2.2%	15.8	6.1%	13.2	4.3%	13.5	4.1%	18.8	6.2%	6.1	3.2%	—	—	—	—	69.4	4.5%
25 or above	N.A.	N.A.	12.7	4.9%	46.6	15.1%	91.4	27.8%	107.5	35.2%	57.1	29.6%	18.1	42.9%	1.2	23.2%	334.6	21.8%
Total	**95.2**	**100.0%**	**260.2**	**100.0%**	**307.9**	**100.0%**	**329.1**	**100.0%**	**305.2**	**100.0%**	**193.0**	**100.0%**	**42.3**	**100.0%**	**5.0**	**100.0%**	**1 537.8**	**100.0%**
Mean	18.0		19.0		20.2		22.1		23.6		23.2		26.3		21.2		21.5	

Base: Persons who had drunk alcoholic beverages in the 12 months preceding the survey and had provided information on their age when started drinking (N=1 537 800).
Note: Figures may not add up to the total due to rounding.

Table 3.2.5c Type of alcoholic drink when started drinking by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Beer	402.2	66.8%	896.4	84.6%	1 298.6	78.2%
Table wines	108.0	18.0%	75.3	7.1%	183.3	11.0%
Spirits	9.2	1.5%	20.4	1.9%	29.6	1.8%
Rice wines	25.7	4.3%	17.0	1.6%	42.7	2.6%
Chinese spirits (baijiu)	3.9	0.6%	14.5	1.4%	18.4	1.1%
Others	32.6	5.4%	16.4	1.5%	48.9	2.9%
Don't know/Not sure	20.3	3.4%	19.2	1.8%	39.5	2.4%
Total	**601.7**	**100.0%**	**1 059.2**	**100.0%**	**1 660.9**	**100.0%**

Base: Persons who had drunk alcoholic beverages in the 12 months preceding the survey (N=1 660 900).
Note: Figures may not add up to the total due to rounding.

Table 3.2.5d Type of alcoholic drink when started drinking 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	73.1	73.2%	225.0	79.1%	271.3	82.3%	278.2	79.0%	253.1	76.5%	164.4	77.8%	30.6	67.0%	2.8	44.5%	1 298.6	78.2%
Table wines	9.6	9.6%	26.7	9.4%	24.5	7.4%	42.5	12.1%	52.3	15.8%	23.3	11.0%	3.2	7.1%	1.2	18.0%	183.3	11.0%
Spirits	2.4	2.4%	7.1	2.5%	5.9	1.8%	4.2	1.2%	5.1	1.5%	2.5	1.2%	2.3	5.0%	—	—	29.6	1.8%
Rice wines	2.6	2.6%	2.6	0.9%	4.3	1.3%	10.2	2.9%	7.5	2.3%	10.2	4.8%	4.2	9.1%	1.2	18.0%	42.7	2.6%
Chinese spirits (Baijiu)	—	—	—	—	1.4	0.4%	1.2	0.4%	5.2	1.6%	7.3	3.4%	3.3	7.3%	—	—	18.4	1.1%
Others	12.3	12.3%	14.3	5.0%	14.1	4.3%	6.0	1.7%	2.3	0.7%	—	—	—	—	—	—	48.9	2.9%
Don't know/Not sure	—	—	8.9	3.1%	8.3	2.5%	9.9	2.8%	5.6	1.7%	3.7	1.7%	2.0	4.4%	1.2	19.4%	39.5	2.4%
Total	**99.9**	**100.0%**	**284.6**	**100.0%**	**329.8**	**100.0%**	**352.3**	**100.0%**	**330.9**	**100.0%**	**211.4**	**100.0%**	**45.6**	**100.0%**	**6.4**	**100.0%**	**1 660.9**	**100.0%**

Base: Persons who had drunk alcoholic beverages in the 12 months preceding the survey (N=1 660 900).
Note: Figures may not add up to the total due to rounding.

Table 3.3.1a 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	2 670.3	84.0%	2 433.6	86.6%	5 103.9	85.2%
No	509.6	16.0%	378.1	13.4%	887.8	14.8%
Total	**3 179.9**	**100.0%**	**2 811.7**	**100.0%**	**5 991.7**	**100.0%**

Base: Population aged 18 or above (N=5 991 700).

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 3.3.1b 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 ('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	343.7	84.6%	743.7	88.4%	850.5	86.3%	904.5	86.6%	1 050.9	89.4%	813.1	86.0%	296.6	76.5%	101.0	49.2%	5 103.9	85.2%
No	62.7	15.4%	97.6	11.6%	134.7	13.7%	140.4	13.4%	124.5	10.6%	132.5	14.0%	90.9	23.5%	104.4	50.8%	887.8	14.8%
Total	**406.4**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**5 991.7**	**100.0%**

Base: Population aged 18 or above (N=5 991 700).

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 3.3.2a Time spent on work-related, transport-related, recreation-related and total physical activity, on average in a typical week by gender

	Female	Male	Total
Average time spent on work-related physical activity per week (minutes)			
Mean	122.7	285.8	199.3
SD	519.2	888.1	721.0
Lower quartile	0.0	0.0	0.0
Median	0.0	0.0	0.0
Upper quartile	0.0	120.0	0.0
Average time spent on transport-related physical activity per week (minutes)			
Mean	313.1	342.8	327.0
SD	327.5	417.3	372.6
Lower quartile	105.0	105.0	105.0
Median	210.0	210.0	210.0
Upper quartile	420.0	420.0	420.0
Average time spent on recreation-related physical activity per week (minutes)			
Mean	128.3	198.1	161.0
SD	262.5	357.9	312.9
Lower quartile	0.0	0.0	0.0
Median	0.0	60.0	20.0
Upper quartile	180.0	240.0	180.0
Average time spent on total physical activity per week (minutes)			
Mean	564.1	826.7	687.3
SD	695.7	1 112.3	924.5
Lower quartile	210.0	250.0	210.0
Median	420.0	450.0	420.0
Upper quartile	620.0	915.0	780.0

Base: Population aged 18 or above (N=5 991 700).

Note: The time spent on physical activities presented in this table represents the time spent on both moderate and vigorous physical activities. The values are expressed in terms of equivalent time spent on moderate physical activity, calculated as: time spent per week = moderate physical activity per week + 2 × vigorous physical activity per week.

Table 3.3.2b Time spent on work-related, transport-related, recreation-related and total physical activity, on average in a typical week by age group

	18–24	25–34	35–44	45–54	55–64	65–74	75–84	85 or above	Total
Average time spent on work-related physical activity per week (minutes)									
Mean	133.5	175.7	290.7	302.9	218.5	117.1	46.3	17.1	199.3
SD	547.5	632.1	960.4	908.1	664.3	524.4	396.9	95.1	721.0
Lower quartile	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Median	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Upper quartile	0.0	0.0	60.0	120.0	80.0	0.0	0.0	0.0	0.0
Average time spent on transport-related physical activity per week (minutes)									
Mean	340.1	349.3	321.2	341.4	343.3	318.7	300.4	160.7	327.0
SD	317.9	392.8	348.7	414.8	383.0	350.6	380.2	217.7	372.6
Lower quartile	120.0	140.0	105.0	120.0	120.0	105.0	90.0	0.0	105.0
Median	240.0	210.0	210.0	210.0	210.0	210.0	210.0	70.0	210.0
Upper quartile	420.0	420.0	420.0	420.0	420.0	420.0	420.0	210.0	420.0
Average time spent on recreation-related physical activity per week (minutes)									
Mean	200.1	178.7	157.2	128.8	164.9	186.0	152.9	72.0	161.0
SD	340.1	346.8	309.8	258.3	308.2	354.4	286.5	191.3	312.9
Lower quartile	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Median	60.0	60.0	40.0	0.0	30.0	20.0	0.0	0.0	20.0
Upper quartile	240.0	210.0	180.0	160.0	210.0	210.0	210.0	15.0	180.0
Average time spent on total physical activity per week (minutes)									
Mean	673.7	703.7	769.1	773.1	726.7	621.8	499.6	249.8	687.3
SD	749.4	907.6	1 152.6	1 058.2	859.8	746.6	757.1	375.2	924.5
Lower quartile	210.0	220.0	210.0	240.0	260.0	210.0	175.0	15.0	210.0
Median	420.0	420.0	420.0	420.0	420.0	420.0	360.0	140.0	420.0
Upper quartile	840.0	840.0	780.0	840.0	840.0	720.0	570.0	420.0	780.0

Base: Population aged 18 or above (N=5 991 700).

Note: The time spent on physical activities presented in this table represents the time spent on both moderate and vigorous physical activities. The values are expressed in terms of equivalent time spent on moderate physical activity, calculated as: time spent per week = moderate physical activity per week + 2 × vigorous physical activity per week.

Table 3.3.3a Proportion of population aged 18 or above who had used a step counting device on purpose to monitor step counts by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	838.6	26.4%	722.1	25.7%	1 560.7	26.0%
No	2 341.3	73.6%	2 089.7	74.3%	4 431.0	74.0%
Total	**3 179.9**	**100.0%**	**2 811.7**	**100.0%**	**5 991.7**	**100.0%**

Base: Population aged 18 or above (N=5 991 700).
Note: Figures may not add up to the total due to rounding.

Table 3.3.3b Proportion of population aged 18 or above who had used a step counting device on purpose to monitor step counts by age group

	18–24		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	88.4	21.7%	249.9	29.7%	316.9	32.2%	295.4	28.3%	343.3	29.2%	209.6	22.2%	53.0	13.7%	4.2	2.0%	1 560.7	26.0%
No	318.0	78.3%	591.4	70.3%	668.3	67.8%	749.5	71.7%	832.1	70.8%	736.0	77.8%	334.5	86.3%	201.2	98.0%	4 431.0	74.0%
Total	**406.4**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**5 991.7**	**100.0%**

Base: Population aged 18 or above (N=5 991 700).
Note: Figures may not add up to the total due to rounding.

Table 3.3.3c Average daily step count in a typical week by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
< 2 000	12.6	1.5%	4.9	0.7%	17.4	1.1%
2 000–<3 000	7.6	0.9%	8.3	1.1%	15.9	1.0%
3 000–<4 000	54.4	6.5%	15.9	2.2%	70.4	4.5%
4 000–<5 000	44.3	5.3%	19.6	2.7%	63.8	4.1%
5 000–<6 000	105.1	12.5%	62.4	8.6%	167.6	10.7%
6 000–<7 000	94.3	11.2%	56.8	7.9%	151.0	9.7%
7 000–<8 000	63.8	7.6%	50.0	6.9%	113.8	7.3%
8 000–<9 000	110.0	13.1%	100.0	13.8%	209.9	13.5%
9 000–<10 000	31.2	3.7%	13.5	1.9%	44.7	2.9%
10 000–<20 000	299.3	35.7%	373.4	51.7%	672.7	43.1%
≥20 000	16.1	1.9%	17.4	2.4%	33.4	2.1%
Total	**838.6**	**100.0%**	**722.1**	**100.0%**	**1 560.7**	**100.0%**
≥ 8 000	456.6	54.4%	504.2	69.8%	960.8	61.6%
≥ 10 000	315.3	37.6%	390.8	54.1%	706.1	45.2%
Mean	8 000		9 200		8 500	

Base: Persons aged 18 or above who had used step counting device in the past one month (N=1 560 700).
Note: Figures may not add up to the total due to rounding.

Table 3.3.3d Average daily step count in a typical week by age group

	18–24		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)	%
< 2 000	1.3	1.5%	3.8	1.5%	2.8	0.9%	1.5	0.5%	4.5	1.3%	3.4	1.6%	—	—	—	—	17.4	1.1%
2 000–<3 000	1.1	1.2%	1.5	0.6%	1.4	0.4%	—	—	1.2	0.4%	6.1	2.9%	4.6	8.7%	—	—	15.9	1.0%
3 000–<4 000	9.0	10.2%	4.4	1.8%	9.8	3.1%	16.1	5.5%	16.5	4.8%	8.2	3.9%	4.8	9.1%	1.5	36.3%	70.4	4.5%
4 000–<5 000	2.9	3.2%	13.2	5.3%	12.9	4.1%	7.6	2.6%	15.1	4.4%	8.2	3.9%	3.9	7.4%	—	—	63.8	4.1%
5 000–<6 000	11.6	13.2%	17.6	7.0%	36.7	11.6%	35.1	11.9%	32.4	9.4%	23.6	11.2%	9.5	17.9%	1.2	27.4%	167.6	10.7%
6 000–<7 000	10.1	11.4%	33.3	13.3%	22.3	7.0%	21.6	7.3%	28.1	8.2%	27.1	12.9%	8.6	16.3%	—	—	151.0	9.7%
7 000–<8 000	7.1	8.0%	25.8	10.3%	23.6	7.4%	17.3	5.8%	20.0	5.8%	16.3	7.8%	3.8	7.2%	—	—	113.8	7.3%
8 000–<9 000	8.7	9.8%	36.0	14.4%	53.2	16.8%	39.5	13.4%	44.9	13.1%	23.3	11.1%	4.4	8.4%	—	—	209.9	13.5%
9 000–<10 000	7.9	9.0%	9.7	3.9%	4.9	1.5%	7.0	2.4%	9.0	2.6%	5.4	2.6%	0.8	1.5%	—	—	44.7	2.9%
10 000–<20 000	28.7	32.5%	104.7	41.9%	139.1	43.9%	142.6	48.3%	161.9	47.1%	81.7	39.0%	12.5	23.6%	1.5	36.3%	672.7	43.1%
≥20 000	—	—	—	—	10.2	3.2%	7.1	2.4%	9.8	2.9%	6.3	3.0%	—	—	—	—	33.4	2.1%
Total	**88.4**	**100.0%**	**249.9**	**100.0%**	**316.9**	**100.0%**	**295.4**	**100.0%**	**343.3**	**100.0%**	**209.6**	**100.0%**	**53.0**	**100.0%**	**4.2**	**100.0%**	**1 560.7**	**100.0%**
≥ 8 000	45.3	51.3%	150.3	60.2%	207.4	65.5%	196.1	66.4%	225.6	65.7%	116.7	55.7%	17.8	33.6%	1.5	36.3%	960.8	61.6%
≥ 10 000	28.7	32.5%	104.7	41.9%	149.3	47.1%	149.7	50.7%	171.7	50.0%	88.0	42.0%	12.5	23.6%	1.5	36.3%	706.1	45.2%
Mean	7 500		8 300		8 900		9 000		8 800		8 300		6 700		6 100		8 500	

Base: Persons aged 18 or above who had used step counting device in the past one month (N=1 560 700).
Note: Figures may not add up to the total due to rounding.

Table 3.3.4a 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	60.4	1.9%	52.0	1.9%	112.4	1.9%
120 or above	3 119.6	98.1%	2 759.7	98.1%	5 879.2	98.1%
120–<240	467.2	14.7%	414.2	14.7%	881.4	14.7%
240–<360	828.8	26.1%	822.8	29.3%	1 651.6	27.6%
360–<480	715.0	22.5%	601.8	21.4%	1 316.8	22.0%
480–<600	652.8	20.5%	505.5	18.0%	1 158.3	19.3%
600 or above	455.8	14.3%	415.4	14.8%	871.2	14.5%
Total	**3 179.9**	**100.0%**	**2 811.7**	**100.0%**	**5 991.7**	**100.0%**
Mean	374.9		371.1		373.1	

Base: Population aged 18 or above (N=5 991 700).
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 3.3.4b Time (in minutes) spent on sitting or reclining^ on a typical day by age group

	18–24		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	1.4	0.3%	8.9	1.1%	25.9	2.6%	23.4	2.2%	22.9	1.9%	24.5	2.6%	5.3	1.4%	—	—	112.4	1.9%
120 or above	404.9	99.7%	832.4	98.9%	959.3	97.4%	1 021.5	97.8%	1 152.5	98.1%	921.1	97.4%	382.2	98.6%	205.4	100.0%	5 879.2	98.1%
120–<240	39.6	9.8%	103.6	12.3%	145.6	14.8%	178.2	17.1%	200.4	17.0%	141.7	15.0%	50.2	13.0%	22.0	10.7%	881.4	14.7%
240–<360	102.0	25.1%	216.4	25.7%	238.4	24.2%	307.9	29.5%	405.5	34.5%	265.3	28.1%	92.0	23.7%	24.2	11.8%	1 651.6	27.6%
360–<480	110.3	27.2%	168.4	20.0%	207.0	21.0%	230.6	22.1%	228.3	19.4%	239.5	25.3%	99.3	25.6%	33.5	16.3%	1 316.8	22.0%
480–<600	80.4	19.8%	201.9	24.0%	222.9	22.6%	189.2	18.1%	185.7	15.8%	177.8	18.8%	60.4	15.6%	40.0	19.5%	1 158.3	19.3%
600 or above	72.6	17.9%	142.0	16.9%	145.4	14.8%	115.6	11.1%	132.7	11.3%	96.7	10.2%	80.4	20.7%	85.7	41.7%	871.2	14.5%
Total	**406.4**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**5 991.7**	**100.0%**
Mean	401.5		394.2		380.3		354.3		343.4		354.9		400.9		492.9		373.1	

Base: Population aged 18 or above (N=5 991 700).
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 3.3.5a Setting-specific physical activities[§] performed in a typical week by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Performed physical activity	3 175.8	97.2%	2 805.5	96.7%	5 981.3	96.9%
Work-related physical activity	*620.2*	*19.0%*	*849.7*	*29.3%*	*1 469.9*	*23.8%*
Transport-related physical activity	*3 034.3*	*92.9%*	*2 693.9*	*92.8%*	*5 728.1*	*92.8%*
Recreation-related physical activity	*1 563.1*	*47.8%*	*1 593.8*	*54.9%*	*3 156.9*	*51.2%*
Did not perform physical activity	91.4	2.8%	97.1	3.3%	188.5	3.1%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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 activities 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 3.3.5b Setting-specific physical activities[§] performed 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)	%
Performed physical activity	581.9	99.6%	823.9	97.9%	963.5	97.8%	1 017.6	97.4%	1 155.4	98.3%	924.4	97.8%	359.0	92.6%	155.6	75.7%	5 981.3	96.9%
Work-related physical activity	*100.6*	*17.2%*	*200.9*	*23.9%*	*286.7*	*29.1%*	*344.4*	*33.0%*	*351.0*	*29.9%*	*141.6*	*15.0%*	*32.3*	*8.3%*	*12.4*	*6.1%*	*1 469.9*	*23.8%*
Transport-related physical activity	*561.7*	*96.1%*	*797.3*	*94.8%*	*930.2*	*94.4%*	*983.3*	*94.1%*	*1 114.5*	*94.8%*	*871.6*	*92.2%*	*334.6*	*86.3%*	*134.9*	*65.7%*	*5 728.1*	*92.8%*
Recreation-related physical activity	*338.6*	*57.9%*	*464.1*	*55.2%*	*523.7*	*53.2%*	*511.5*	*48.9%*	*613.6*	*52.2%*	*483.3*	*51.1%*	*165.4*	*42.7%*	*56.7*	*27.6%*	*3 156.9*	*51.2%*
Did not perform physical activity	2.6	0.4%	17.4	2.1%	21.7	2.2%	27.3	2.6%	20.0	1.7%	21.2	2.2%	28.5	7.4%	49.8	24.3%	188.5	3.1%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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 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 3.3.6a 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
Average time spent on work-related physical activity per day (minutes)[#]	71.0	91.5	82.9
Average time spent on transport-related physical activity per day (minutes)[^]	47.9	52.9	50.2
Average time spent on recreation-related physical activity per day (minutes)[†]	31.6	39.7	35.7
Average time spent on total physical activity per day (minutes)*	75.1	101.0	87.3

Bases: [#] Persons who had performed work-related physical activity in a typical week (N=1 469 900).
[^] Persons who had performed transport-related physical activity, including walking or cycling, in a typical week (N=5 728 100).
[†] Persons who had performed recreational-related physical activity in a typical week (N=3 156 900).
* Persons who had performed physical activity, covering those in any one of the three settings, in a typical week (N=5 981 300).
Note: Multiple answers were allowed.

Table 3.3.6b 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
Average time spent on work-related physical activity per day (minutes)[#]	65.3	76.2	99.3	89.2	74.8	86.8	56.1	34.3	82.9
Average time spent on transport-related physical activity per day (minutes)[^]	48.9	52.7	48.6	51.8	51.7	49.4	49.7	34.9	50.2
Average time spent on recreation-related physical activity per day (minutes)[†]	39.3	31.9	32.4	29.4	36.1	44.0	44.7	30.4	35.7
Average time spent on total physical activity per day (minutes)*	81.4	87.5	94.1	95.0	91.8	82.9	72.0	44.1	87.3

Bases: [#] Persons who had performed work-related physical activity in a typical week (N=1 469 900).
[^] Persons who had performed transport-related physical activity, including walking or cycling, in a typical week (N=5 728 100).
[†] Persons who had performed recreational-related physical activity in a typical week (N=3 156 900).
* Persons who had performed physical activity, covering those in any one of the three settings, in a typical week (N=5 981 300).
Note: Multiple answers were allowed.

Table 3.3.7.1a 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 ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	551.0	16.9%	928.4	32.0%	1 479.4	24.0%
No	2 716.2	83.1%	1 974.2	68.0%	4 690.4	76.0%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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 3.3.7.1b 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 ('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	202.4	34.6%	255.2	30.3%	281.1	28.5%	277.7	26.6%	272.4	23.2%	141.0	14.9%	35.7	9.2%	13.9	6.8%	1 479.4	24.0%
No	382.1	65.4%	586.1	69.7%	704.1	71.5%	767.2	73.4%	903.0	76.8%	804.6	85.1%	351.8	90.8%	191.5	93.2%	4 690.4	76.0%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

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 3.3.7.1c Number of days and duration of vigorous physical activity[§] in a typical week when performing the activity by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Vigorous work-related activity						
Number of days in a typical week performing the activity						
1	91.1	41.4%	97.8	23.0%	188.9	29.3%
2	15.7	7.1%	37.9	8.9%	53.6	8.3%
3	24.7	11.2%	42.7	10.0%	67.5	10.5%
4	10.8	4.9%	21.1	5.0%	32.0	5.0%
5	26.7	12.1%	95.5	22.5%	122.2	18.9%
6	25.2	11.4%	101.7	23.9%	126.9	19.7%
7	25.8	11.7%	28.3	6.7%	54.1	8.4%
Total	**220.0**	**100.0%**	**425.2**	**100.0%**	**645.2**	**100.0%**
Mean	3.2		3.9		3.7	
Number of minutes in a typical week performing the activity						
Below 60	17.3	7.8%	26.2	6.2%	43.5	6.7%
60–<120	79.8	36.3%	89.1	21.0%	163.9	26.2%
120–<180	23.9	10.9%	41.4	9.7%	65.3	10.1%
180 or above	99.0	45.0%	268.4	63.1%	367.5	57.0%
Total	**220.0**	**100.0%**	**425.2**	**100.0%**	**645.2**	**100.0%**
Mean	392.1		613.8		538.2	

Base: Persons who had performed work-related vigorous physical activity in a typical week (N=645 200).

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 3.3.7.1c Number of days and duration of vigorous physical activity[§] in a typical week when performing the activity by gender (cont'd)

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Vigorous recreational activity						
Number of days in a typical week performing the activity						
1	167.3	37.9%	212.2	32.1%	379.6	34.4%
2	86.9	19.7%	137.8	20.9%	224.7	20.4%
3	73.1	16.5%	108.0	16.3%	181.1	16.4%
4	21.0	4.7%	57.6	8.7%	78.5	7.1%
5	23.4	5.3%	48.4	7.3%	71.8	6.5%
6	9.3	2.1%	23.9	3.6%	33.3	3.0%
7	60.5	13.7%	72.8	11.0%	133.2	12.1%
Total	**441.5**	**100.0%**	**660.6**	**100.0%**	**1 102.1**	**100.0%**
Mean	2.8		2.9		2.9	
Number of minutes in a typical week performing the activity						
Below 60	31.8	7.2%	40.0	6.1%	71.8	6.5%
60–<120	165.9	37.6%	181.0	27.4%	347.0	31.5%
120–<180	75.6	17.1%	109.9	16.6%	185.6	16.8%
180 or above	168.1	38.1%	329.6	49.9%	497.7	45.2%
Total	**441.5**	**100.0%**	**660.6**	**100.0%**	**1 102.1**	**100.0%**
Mean	179.7		228.7		209.1	

Base: Persons who had performed recreation-related vigorous activity in a typical week (N=1 102 100).

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 3.3.7.1d Number of days and duration of vigorous physical activity[§] in a typical week 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)	%
Vigorous work-related activity																		
Number of days in a typical week performing the activity																		
1	18.5	42.8%	19.4	25.5%	34.9	26.6%	38.0	23.2%	31.1	20.9%	30.2	50.9%	10.9	71.8%	5.9	79.4%	188.9	29.3%
2	6.3	14.7%	8.0	10.5%	10.3	7.9%	11.6	7.1%	10.6	7.2%	5.2	8.7%	—	—	1.5	20.6%	53.6	8.3%
3	5.9	13.7%	6.9	9.0%	14.4	11.0%	17.9	10.9%	20.2	13.6%	2.2	3.7%	—	—	—	—	67.5	10.5%
4	—	—	4.2	5.5%	7.2	5.5%	7.7	4.7%	12.9	8.7%	—	—	—	—	—	—	32.0	5.0%
5	2.6	6.0%	17.6	23.1%	27.0	20.5%	28.6	17.5%	35.1	23.6%	11.4	19.2%	—	—	—	—	122.2	18.9%
6	7.5	17.4%	11.1	14.6%	28.5	21.7%	47.3	28.8%	23.3	15.7%	7.9	13.4%	1.3	8.3%	—	—	126.9	19.7%
7	2.4	5.5%	9.0	11.8%	9.1	6.9%	12.8	7.8%	15.4	10.4%	2.4	4.1%	3.0	19.9%	—	—	54.1	8.4%
Total	**43.1**	**100.0%**	**76.2**	**100.0%**	**131.4**	**100.0%**	**163.8**	**100.0%**	**148.7**	**100.0%**	**59.3**	**100.0%**	**15.2**	**100.0%**	**7.4**	**100.0%**	**645.2**	**100.0%**
Mean	2.9		3.8		3.8		4.0		4.0		2.8		2.6		1.2		3.7	
Number of minutes in a typical week performing the activity																		
Below 60	2.6	6.0%	2.7	3.6%	10.1	7.7%	9.0	5.5%	8.8	5.9%	9.1	15.4%	1.2	7.8%	—	—	43.5	6.7%
60–<120	17.0	39.4%	18.0	23.6%	27.3	20.8%	38.4	23.4%	31.0	20.9%	21.6	36.4%	9.7	64.0%	5.9	79.4%	168.9	26.2%
120–<180	5.7	13.2%	9.9	13.0%	13.8	10.5%	12.3	7.5%	16.9	11.3%	4.3	7.2%	1.0	6.6%	1.5	20.6%	65.3	10.1%
180 or above	17.9	41.4%	45.6	59.9%	80.1	61.0%	104.2	63.6%	92.0	61.9%	24.3	41.0%	3.3	21.6%	—	—	367.5	57.0%
Total	**43.1**	**100.0%**	**76.2**	**100.0%**	**131.4**	**100.0%**	**163.8**	**100.0%**	**148.7**	**100.0%**	**59.3**	**100.0%**	**15.2**	**100.0%**	**7.4**	**100.0%**	**645.2**	**100.0%**
Mean	329.2		533.9		663.4		619.5		491.8		418.3		343.9		72.3		538.2	

Base: Persons who had performed work-related vigorous physical activity in a typical week (N=645 200).

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 3.3.7.1d Number of days and duration of vigorous physical activity[§] in a typical week when performing the activity by age group (cont'd)

	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)	%
Vigorous recreational activity																		
Number of days in a typical week performing the activity																		
1	55.1	29.7%	63.6	29.3%	73.6	36.2%	74.9	44.3%	55.5	31.6%	35.0	32.6%	12.9	42.7%	9.0	64.4%	379.6	34.4%
2	44.6	24.0%	50.0	23.1%	54.0	26.6%	29.3	17.3%	34.4	19.6%	12.3	11.5%	—	—	—	—	224.7	20.4%
3	35.4	19.1%	52.0	24.0%	32.6	16.0%	22.0	13.0%	24.6	14.0%	10.8	10.0%	3.7	12.3%	—	—	181.1	16.4%
4	18.5	10.0%	18.3	8.4%	10.7	5.2%	12.4	7.3%	9.3	5.3%	9.4	8.7%	—	—	—	—	78.5	7.1%
5	9.1	4.9%	18.1	8.4%	16.4	8.1%	8.9	5.2%	12.9	7.4%	5.2	4.8%	1.2	3.9%	—	—	71.8	6.5%
6	7.5	4.0%	5.0	2.3%	3.4	1.7%	3.3	1.9%	4.8	2.7%	8.0	7.4%	—	—	1.4	10.2%	33.3	3.0%
7	15.4	8.3%	9.8	4.5%	12.6	6.2%	18.4	10.9%	34.2	19.5%	26.9	25.0%	12.4	41.1%	3.5	25.3%	133.2	12.1%
Total	**185.6**	**100.0%**	**216.8**	**100.0%**	**203.2**	**100.0%**	**169.1**	**100.0%**	**175.7**	**100.0%**	**107.5**	**100.0%**	**30.2**	**100.0%**	**13.9**	**100.0%**	**1 102.1**	**100.0%**
Mean	2.8		2.7		2.5		2.6		3.2		3.6		3.9		3.0		2.9	
Number of minutes in a typical week performing the activity																		
Below 60	11.5	6.2%	12.8	5.9%	14.0	6.9%	14.7	8.7%	10.2	5.8%	7.5	7.0%	1.2	3.9%	—	—	71.8	6.5%
60–<120	43.1	23.2%	58.2	26.8%	72.2	35.5%	66.8	39.5%	57.1	32.5%	29.9	27.9%	10.8	35.7%	9.0	64.4%	347.0	31.5%
120–<180	34.7	18.7%	45.8	21.1%	32.9	16.2%	24.9	14.7%	31.6	18.0%	14.1	13.2%	1.5	5.0%	—	—	185.6	16.8%
180 or above	96.3	51.9%	100.1	46.2%	84.1	41.4%	62.8	37.1%	76.9	43.7%	55.9	52.0%	16.7	55.4%	4.9	35.6%	497.7	45.2%
Total	**185.6**	**100.0%**	**216.8**	**100.0%**	**203.2**	**100.0%**	**169.1**	**100.0%**	**175.7**	**100.0%**	**107.5**	**100.0%**	**30.2**	**100.0%**	**13.9**	**100.0%**	**1 102.1**	**100.0%**
Mean	227.8		215.0		178.1		174.1		221.2		249.7		247.4		197.7		209.1	

Base: Persons who had performed recreation-related vigorous activity in a typical week (N=1 102 100).

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 3.3.7.2a 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	3 160.8	96.7%	2 795.1	96.3%	5 955.9	96.5%
No	106.4	3.3%	107.5	3.7%	213.9	3.5%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [§] In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places (transport-related activity) 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 3.3.7.2b 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	578.2	98.9%	815.6	96.9%	957.9	97.2%	1 015.1	97.2%	1 152.5	98.1%	922.0	97.5%	359.0	92.6%	155.6	75.7%	5 955.9	96.5%
No	6.3	1.1%	25.7	3.1%	27.3	2.8%	29.8	2.8%	22.9	1.9%	23.6	2.5%	28.5	7.4%	49.8	24.3%	213.9	3.5%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: [§] In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places (transport-related activity) 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 3.3.7.2c Number of days and duration of moderate physical activity[§] in a typical week when performing the activity by gender

	Female		Male		Total	
	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						
1	135.8	24.1%	137.0	19.3%	272.8	21.4%
2	54.5	9.7%	78.3	11.0%	132.8	10.4%
3	76.6	13.6%	106.6	15.0%	183.2	14.4%
4	32.4	5.7%	32.1	4.5%	64.5	5.1%
5	132.8	23.5%	187.7	26.5%	320.6	25.2%
6	71.5	12.7%	118.0	16.6%	189.4	14.9%
7	60.5	10.7%	49.5	7.0%	110.1	8.6%
Total	**564.2**	**100.0%**	**709.2**	**100.0%**	**1 273.4**	**100.0%**
Mean	3.8		3.9		3.8	
Number of minutes in a typical week performing the activity						
Below 60	96.0	17.0%	84.1	11.9%	180.1	14.1%
60–<120	143.2	25.4%	137.6	19.4%	280.9	22.1%
120–<180	51.0	9.0%	104.3	14.7%	155.2	12.2%
180 or above	274.0	48.6%	383.2	54.0%	657.1	51.6%
Total	**564.2**	**100.0%**	**709.2**	**100.0%**	**1 273.4**	**100.0%**
Mean	393.6		399.4		396.9	

Table 3.3.7.2c Number of days and duration of moderate physical activity[§] in a typical week when performing the activity by gender (cont'd)

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Moderate transport activity[#]						
Number of days in a typical week performing the activity						
1	97.3	3.2%	76.5	2.8%	173.8	3.0%
2	79.8	2.6%	40.6	1.5%	120.4	2.1%
3	111.9	3.7%	57.6	2.1%	169.5	3.0%
4	98.3	3.2%	66.7	2.5%	165.0	2.9%
5	368.4	12.1%	299.1	11.1%	667.5	11.7%
6	222.2	7.3%	260.2	9.7%	482.4	8.4%
7	2 056.3	67.8%	1 893.2	70.3%	3 949.5	68.9%
Total	**3 034.3**	**100.0%**	**2 693.9**	**100.0%**	**5 728.1**	**100.0%**
Mean	6.1		6.3		6.2	
Number of minutes in a typical week performing the activity						
Below 60	86.9	2.9%	57.8	2.1%	144.7	2.5%
60–<120	515.8	17.0%	465.7	17.3%	981.5	17.1%
120–<180	329.7	10.9%	294.3	10.9%	624.0	10.9%
180 or above	2 101.9	69.3%	1 876.0	69.6%	3 977.9	69.4%
Total	**3 034.3**	**100.0%**	**2 693.9**	**100.0%**	**5 728.1**	**100.0%**
Mean	335.1		370.1		351.5	

Table 3.3.7.2c Number of days and duration of moderate physical activity[§] in a typical week when performing the activity by gender (cont'd)

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Moderate recreational activity[^]						
Number of days in a typical week performing the activity						
1	375.0	26.9%	334.2	25.3%	709.3	26.1%
2	245.8	17.6%	276.1	20.9%	521.9	19.2%
3	198.3	14.2%	198.6	15.0%	396.9	14.6%
4	85.1	6.1%	72.9	5.5%	158.0	5.8%
5	99.3	7.1%	99.8	7.6%	199.1	7.3%
6	47.6	3.4%	42.6	3.2%	90.2	3.3%
7	344.2	24.7%	297.9	22.5%	642.2	23.6%
Total	**1 395.2**	**100.0%**	**1 322.3**	**100.0%**	**2 717.5**	**100.0%**
Mean	3.6		3.5		3.5	
Number of minutes in a typical week performing the activity						
Below 60	128.7	9.2%	102.2	7.7%	230.9	8.5%
60–<120	443.2	31.8%	351.1	26.6%	794.3	29.2%
120–<180	221.0	15.8%	254.3	19.2%	475.3	17.5%
180 or above	602.3	43.2%	614.6	46.5%	1 217.0	44.8%
Total	**1 395.2**	**100.0%**	**1 322.3**	**100.0%**	**2 717.5**	**100.0%**
Mean	190.8		220.7		205.4	

Bases: * Persons who had performed work-related moderate physical activity in a typical week (N=1 273 400).
Persons who had performed transport-related moderate physical activity in a typical week (N=5 728 100).
^ Persons who had performed recreation-related moderate physical activity in a typical week (N=2 717 500).

Notes: § In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places (transport-related activity) 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 3.3.7.2d Number of days and duration of moderate physical activity[§] in a typical week 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																		
1	29.5	33.0%	28.0	15.4%	54.9	22.2%	59.4	20.6%	48.9	16.3%	33.2	26.6%	9.9	33.9%	9.0	72.0%	272.8	21.4%
2	15.7	17.5%	20.3	11.2%	25.7	10.4%	33.4	11.6%	28.7	9.5%	6.8	5.4%	2.3	7.8%	—	—	132.8	10.4%
3	15.4	17.2%	27.7	15.2%	38.0	15.4%	42.1	14.6%	44.4	14.8%	14.2	11.4%	1.5	5.1%	—	—	183.2	14.4%
4	3.5	3.9%	9.4	5.1%	11.0	4.4%	11.0	3.8%	23.8	7.9%	4.7	3.8%	—	—	1.2	9.8%	64.5	5.1%
5	11.5	12.8%	62.8	34.5%	66.8	27.0%	68.1	23.7%	85.6	28.5%	21.9	17.6%	3.8	13.0%	—	—	320.6	25.2%
6	7.5	8.4%	17.9	9.8%	40.3	16.3%	54.7	19.0%	47.6	15.8%	20.3	16.3%	1.3	4.3%	—	—	189.4	14.9%
7	6.5	7.3%	15.9	8.7%	10.6	4.3%	19.2	6.7%	21.7	7.2%	23.6	18.9%	10.5	35.8%	2.3	18.2%	110.1	8.6%
Total	**89.5**	**100.0%**	**181.9**	**100.0%**	**247.3**	**100.0%**	**287.7**	**100.0%**	**300.6**	**100.0%**	**124.7**	**100.0%**	**29.3**	**100.0%**	**12.4**	**100.0%**	**1 273.4**	**100.0%**
Mean	3.0		4.0		3.7		3.8		4.0		4.0		4.1		2.4		3.8	
Number of minutes in a typical week performing the activity																		
Below 60	15.0	16.8%	24.7	13.6%	35.5	14.3%	36.0	12.5%	45.2	15.0%	13.2	10.6%	7.9	27.0%	2.6	21.2%	180.1	14.1%
60–<120	24.2	27.1%	28.0	15.4%	53.8	21.7%	71.7	24.9%	53.3	17.7%	36.7	29.4%	5.6	19.1%	7.5	60.6%	280.9	22.1%
120–<180	11.2	12.5%	27.9	15.3%	30.2	12.2%	37.8	13.1%	37.9	12.6%	10.3	8.2%	—	—	—	—	155.2	12.2%
180 or above	39.1	43.7%	101.3	55.7%	127.9	51.7%	142.2	49.4%	164.1	54.6%	64.5	51.7%	15.8	53.9%	2.3	18.2%	657.1	51.6%
Total	**89.5**	**100.0%**	**181.9**	**100.0%**	**247.3**	**100.0%**	**287.7**	**100.0%**	**300.6**	**100.0%**	**124.7**	**100.0%**	**29.3**	**100.0%**	**12.4**	**100.0%**	**1 273.4**	**100.0%**
Mean	355.4		365.2		453.0		394.4		367.8		490.7		254.6		196.6		396.9	

Table 3.3.7.2d Number of days and duration of moderate physical activity[§] in a typical week when performing the activity by age group (cont'd)

	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 transport-related activity[#]																		
Number of days in a typical week performing the activity																		
1	16.9	3.0%	15.9	2.0%	22.9	2.5%	36.1	3.7%	24.2	2.2%	33.5	3.8%	12.7	3.8%	11.6	8.6%	173.8	3.0%
2	10.5	1.9%	9.7	1.2%	21.0	2.3%	19.0	1.9%	17.7	1.6%	16.2	1.9%	12.0	3.6%	14.4	10.7%	120.4	2.1%
3	18.2	3.2%	9.2	1.2%	20.3	2.2%	19.7	2.0%	36.8	3.3%	39.0	4.5%	18.3	5.5%	8.1	6.0%	169.5	3.0%
4	13.0	2.3%	14.0	1.8%	17.2	1.9%	27.3	2.8%	42.8	3.8%	27.8	3.2%	18.9	5.6%	3.9	2.9%	165.0	2.9%
5	88.4	15.7%	116.2	14.6%	136.8	14.7%	108.8	11.1%	118.9	10.7%	79.8	9.2%	15.9	4.8%	2.7	2.0%	667.5	11.7%
6	51.7	9.2%	60.4	7.6%	95.9	10.3%	96.6	9.8%	104.6	9.4%	47.8	5.5%	17.3	5.2%	8.0	6.0%	482.4	8.4%
7	362.9	64.6%	571.8	71.7%	616.0	66.2%	676.0	68.7%	769.5	69.0%	627.6	72.0%	239.6	71.6%	86.1	63.8%	3 949.5	68.9%
Total	**561.7**	**100.0%**	**797.3**	**100.0%**	**930.2**	**100.0%**	**983.3**	**100.0%**	**1 114.5**	**100.0%**	**871.6**	**100.0%**	**334.6**	**100.0%**	**134.9**	**100.0%**	**5 728.1**	**100.0%**
Mean	6.1		6.4		6.2		6.2		6.2		6.2		6.1		5.5		6.2	
Number of minutes in a typical week performing the activity																		
Below 60	20.7	3.7%	11.7	1.5%	24.8	2.7%	17.1	1.7%	27.1	2.4%	17.3	2.0%	14.2	4.2%	11.8	8.7%	144.7	2.5%
60–<120	93.8	16.7%	127.7	16.0%	177.8	19.1%	171.2	17.4%	170.1	15.3%	153.7	17.6%	53.7	16.1%	33.6	24.9%	981.5	17.1%
120–<180	80.9	14.4%	96.0	12.0%	96.0	10.3%	92.8	9.4%	125.2	11.2%	81.8	9.4%	35.6	10.6%	15.7	11.6%	624.0	10.9%
180 or above	366.2	65.2%	561.9	70.5%	631.6	67.9%	702.3	71.4%	792.1	71.1%	618.8	71.0%	231.1	69.1%	73.9	54.8%	3 977.9	69.4%
Total	**561.7**	**100.0%**	**797.3**	**100.0%**	**930.2**	**100.0%**	**983.3**	**100.0%**	**1 114.5**	**100.0%**	**871.6**	**100.0%**	**334.6**	**100.0%**	**134.9**	**100.0%**	**5 728.1**	**100.0%**
Mean	342.5		368.6		340.2		362.8		362.0		345.7		348.0		244.6		351.5	

Table 3.3.7.2d Number of days and duration of moderate physical activity[§] in a typical week when performing the activity by age group (cont'd)

	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 recreational activity[^]																		
Number of days in a typical week performing the activity																		
1	68.6	27.3%	127.7	34.6%	140.7	31.8%	137.7	30.7%	125.9	23.1%	78.6	17.3%	13.4	8.8%	16.8	31.6%	709.3	26.1%
2	63.9	25.4%	103.6	28.1%	112.9	25.5%	83.7	18.7%	94.2	17.2%	54.6	12.0%	4.3	2.8%	4.8	9.0%	521.9	19.2%
3	38.1	15.2%	62.0	16.8%	70.1	15.9%	61.5	13.7%	84.0	15.4%	59.6	13.1%	17.8	11.6%	3.9	7.3%	396.9	14.6%
4	28.1	11.2%	11.7	3.2%	22.9	5.2%	26.0	5.8%	36.1	6.6%	23.3	5.1%	8.7	5.6%	1.2	2.3%	158.0	5.8%
5	20.5	8.2%	20.6	5.6%	32.8	7.4%	35.9	8.0%	37.6	6.9%	35.7	7.8%	12.2	8.0%	3.7	7.0%	199.1	7.3%
6	3.7	1.5%	8.4	2.3%	9.4	2.1%	14.8	3.3%	23.5	4.3%	19.3	4.2%	8.4	5.5%	2.7	5.0%	90.2	3.3%
7	28.3	11.3%	34.7	9.4%	53.2	12.0%	88.5	19.8%	144.7	26.5%	184.1	40.5%	88.5	57.7%	20.1	37.8%	642.2	23.6%
Total	**251.2**	**100.0%**	**368.7**	**100.0%**	**442.0**	**100.0%**	**448.1**	**100.0%**	**546.0**	**100.0%**	**455.1**	**100.0%**	**153.2**	**100.0%**	**53.2**	**100.0%**	**2 717.5**	**100.0%**
Mean	3.0		2.6		2.9		3.3		3.8		4.5		5.5		4.1		3.5	
Number of minutes in a typical week performing the activity																		
Below 60	23.8	9.5%	19.9	5.4%	41.0	9.3%	45.1	10.1%	50.1	9.2%	34.9	7.7%	5.9	3.9%	10.2	19.2%	230.9	8.5%
60–<120	58.1	23.1%	129.9	35.2%	147.6	33.4%	153.0	34.1%	141.3	25.9%	112.7	24.8%	35.2	23.0%	16.5	31.1%	794.3	29.2%
120–<180	57.2	22.8%	90.2	24.5%	90.2	20.4%	81.9	18.3%	95.4	17.5%	44.1	9.7%	12.3	8.0%	4.1	7.7%	475.3	17.5%
180 or above	112.1	44.6%	128.8	34.9%	163.2	36.9%	168.1	37.5%	259.2	47.5%	263.5	57.9%	99.8	65.1%	22.3	42.0%	1 217.0	44.8%
Total	**251.2**	**100.0%**	**368.7**	**100.0%**	**442.0**	**100.0%**	**448.1**	**100.0%**	**546.0**	**100.0%**	**455.1**	**100.0%**	**153.2**	**100.0%**	**53.2**	**100.0%**	**2 717.5**	**100.0%**
Mean	202.5		155.0		186.6		168.9		212.7		268.4		289.2		175.0		205.4	

Bases: * Persons who had performed work-related moderate physical activity in a typical week (N=1 273 400).
Persons who had performed transport-related moderate physical activity in a typical week (N=5 728 100).
^ Persons who had performed recreation-related moderate physical activity in a typical week (N=2 717 500).

Notes: § In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places (transport-related activity) 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 3.3.8a Frequency of using step counting device by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
More than 5 times a week	624.1	72.8%	598.7	80.7%	1 222.8	76.5%
4–5 times a week	88.1	10.3%	54.0	7.3%	142.1	8.9%
2–3 times a week	77.2	9.0%	47.8	6.4%	125.0	7.8%
Once a week	50.8	5.9%	22.3	3.0%	73.2	4.6%
1–3 times per month	16.6	1.9%	18.9	2.5%	35.6	2.2%
Total	**856.9**	**100.0%**	**741.7**	**100.0%**	**1 598.6**	**100.0%**

Base: Persons aged 15 or above who had used step counting device in the past one month (N=1 598 600).
Note: Figures may not add up to the total due to rounding.

Table 3.3.8b Frequency of using step counting device 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)	%
More than 5 times a week	102.4	81.0%	193.7	77.5%	242.7	76.6%	228.8	77.5%	260.1	75.8%	150.9	72.0%	41.5	78.2%	2.7	63.7%	1 222.8	76.5%
4–5 times a week	10.1	8.0%	17.4	7.0%	24.5	7.7%	27.2	9.2%	36.8	10.7%	20.8	9.9%	5.3	10.0%	—	—	142.1	8.9%
2–3 times a week	8.9	7.0%	22.2	8.9%	22.9	7.2%	18.4	6.2%	23.1	6.7%	23.9	11.4%	4.0	7.5%	1.5	36.3%	125.0	7.8%
Once a week	2.5	2.0%	8.4	3.4%	12.0	3.8%	17.0	5.7%	19.1	5.6%	13.0	6.2%	1.0	1.9%	—	—	73.2	4.6%
1–3 times per month	2.4	1.9%	8.1	3.3%	14.7	4.6%	4.0	1.3%	4.1	1.2%	0.9	0.4%	1.3	2.4%	—	—	35.6	2.2%
Total	**126.3**	**100.0%**	**249.9**	**100.0%**	**316.9**	**100.0%**	**295.4**	**100.0%**	**343.3**	**100.0%**	**209.6**	**100.0%**	**53.0**	**100.0%**	**4.2**	**100.0%**	**1 598.6**	**100.0%**

Base: Persons aged 15 or above who had used step counting device in the past one month (N=1 598 600).
Note: Figures may not add up to the total due to rounding.

Table 3.3.8c Type of step counter used by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Step counting mobile application in smartphone	645.9	75.4%	522.5	70.5%	1 168.5	73.1%
Wearable device such as smart watch or fitness trackers	254.3	29.7%	257.7	34.7%	512.0	32.0%
Traditional pedometer	—	—	3.9	0.5%	3.9	0.2%
Others	—	—	—	—	—	—
Total	**856.9**	**100.0%**	**741.7**	**100.0%**	**1 598.6**	**100.0%**

Base: Persons aged 15 or above who have used step counting device in the past one month (N=1 598 600).
Notes: Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.3.8d Type of step counter used 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)	%
Step counting mobile application in smartphone	89.8	71.1%	176.0	70.4%	203.9	64.3%	221.9	75.1%	279.2	81.3%	152.4	72.7%	41.1	77.5%	4.2	100.0%	1 168.5	73.1%
Wearable device such as smart watch or fitness trackers	40.1	31.7%	95.2	38.1%	129.7	40.9%	90.5	30.6%	82.0	23.9%	59.8	28.5%	14.7	27.7%	—	—	512.0	32.0%
Traditional pedometer	—	—	—	—	1.4	0.4%	—	—	—	—	1.5	0.7%	0.9	1.8%	—	—	3.9	0.2%
Others	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Total	**126.3**	**100.0%**	**249.9**	**100.0%**	**316.9**	**100.0%**	**295.4**	**100.0%**	**343.3**	**100.0%**	**209.6**	**100.0%**	**53.0**	**100.0%**	**4.2**	**100.0%**	**1 598.6**	**100.0%**

Base: Persons aged 15 or above who have used step counting device in the past one month (N=1 598 600).
Notes: Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.4.1a 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	88.4	2.7%	185.3	6.4%	273.7	4.4%
Less than once a day	984.5	30.1%	1 040.3	35.8%	2 024.7	32.8%
Once a week	*90.9*	*2.8%*	*158.9*	*5.5%*	*249.8*	*4.0%*
2–4 times a week	*547.6*	*16.8%*	*623.3*	*21.5%*	*1 170.9*	*19.0%*
5–6 times a week	*346.0*	*10.6%*	*258.1*	*8.9%*	*604.0*	*9.8%*
At least once a day	2 191.7	67.1%	1 675.4	57.7%	3 867.0	62.7%
Once a day	*1 900.4*	*58.2%*	*1 489.3*	*51.3%*	*3 389.6*	*54.9%*
Twice a day	*241.1*	*7.4%*	*152.4*	*5.3%*	*393.5*	*6.4%*
3 or more times a day	*50.2*	*1.5%*	*33.7*	*1.2%*	*84.0*	*1.4%*
Don't know	2.7	0.1%	1.7	0.1%	4.3	0.1%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 3.4.1b 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	41.0	7.0%	41.9	5.0%	50.1	5.1%	51.2	4.9%	39.5	3.4%	23.8	2.5%	17.3	4.5%	8.8	4.3%	273.7	4.4%
Less than once a day	227.1	38.8%	331.1	39.4%	375.8	38.1%	332.7	31.8%	372.1	31.7%	257.1	27.2%	79.9	20.6%	49.1	23.9%	2 024.7	32.8%
Once a week	*34.0*	*5.8%*	*64.1*	*7.6%*	*36.2*	*3.7%*	*40.6*	*3.9%*	*35.4*	*3.0%*	*23.4*	*2.5%*	*8.3*	*2.1%*	*7.8*	*3.8%*	*249.8*	*4.0%*
2–4 times a week	*145.6*	*24.9%*	*178.1*	*21.2%*	*244.8*	*24.8%*	*200.1*	*19.1%*	*199.6*	*17.0%*	*143.6*	*15.2%*	*32.1*	*8.3%*	*27.0*	*13.2%*	*1 170.9*	*19.0%*
5–6 times a week	*47.5*	*8.1%*	*88.9*	*10.6%*	*94.8*	*9.6%*	*92.0*	*8.8%*	*137.1*	*11.7%*	*90.1*	*9.5%*	*39.5*	*10.2%*	*14.3*	*7.0%*	*604.0*	*9.8%*
At least once a day	316.5	54.1%	468.3	55.7%	559.3	56.8%	659.5	63.1%	762.1	64.8%	663.5	70.2%	290.3	74.9%	147.5	71.8%	3 867.0	62.7%
Once a day	*283.5*	*48.5%*	*438.9*	*52.2%*	*514.1*	*52.2%*	*598.1*	*57.2%*	*642.3*	*54.6%*	*565.0*	*59.8%*	*229.0*	*59.1%*	*118.7*	*57.8%*	*3 389.6*	*54.9%*
Twice a day	*26.6*	*4.5%*	*26.3*	*3.1%*	*35.7*	*3.6%*	*46.4*	*4.4%*	*95.6*	*8.1%*	*82.2*	*8.7%*	*53.4*	*13.8%*	*27.3*	*13.3%*	*393.5*	*6.4%*
3 or more times a day	*6.4*	*1.1%*	*3.1*	*0.4%*	*9.5*	*1.0%*	*15.1*	*1.4%*	*24.2*	*2.1%*	*16.3*	*1.7%*	*8.0*	*2.1%*	*1.5*	*0.7%*	*84.0*	*1.4%*
Don't know	—	—	—	—	—	—	1.5	0.1%	1.7	0.1%	1.2	0.1%	—	—	—	—	4.3	0.1%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 3.4.1c Number of servings of fruit eaten per day on the days when persons ate fruit by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Less than 1	244.4	7.5%	277.7	9.6%	522.1	8.5%
1 to less than 2	2 507.0	76.7%	2 264.5	78.0%	4 771.5	77.3%
2 or more	515.9	15.8%	360.4	12.4%	876.2	14.2%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**
Mean[#]	1.2		1.1		1.2	

Bases: Population aged 15 or above (N=6 169 800).
[#] Persons 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 3.4.1d Number of servings of fruit eaten per day on the days when persons ate 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)	%
Less than 1	56.8	9.7%	74.5	8.9%	84.3	8.6%	102.3	9.8%	67.7	5.8%	63.7	6.7%	38.7	10.0%	34.2	16.6%	522.1	8.5%
1 to less than 2	457.5	78.3%	679.2	80.7%	780.0	79.2%	773.9	74.1%	923.7	78.6%	735.0	77.7%	278.2	71.8%	143.8	70.0%	4 771.5	77.3%
2 or more	70.3	12.0%	87.6	10.4%	120.9	12.3%	168.7	16.1%	184.0	15.7%	146.9	15.5%	70.5	18.2%	27.4	13.4%	876.2	14.2%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**
Mean[#]	1.1		1.1		1.1		1.2		1.2		1.2		1.2		1.1		1.2	

Bases: Population aged 15 or above (N=6 169 800).
[#] Persons 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 3.4.2a 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	20.9	0.6%	32.6	1.1%	53.5	0.9%
Less than once a day	408.4	12.5%	530.4	18.3%	938.8	15.2%
Once a week	*11.1*	*0.3%*	*33.8*	*1.2%*	*44.9*	*0.7%*
2–4 times a week	*154.8*	*4.7%*	*265.6*	*9.1%*	*420.3*	*6.8%*
5–6 times a week	*242.5*	*7.4%*	*231.1*	*8.0%*	*473.6*	*7.7%*
At least once a day	2 837.9	86.9%	2 338.5	80.6%	5 176.4	83.9%
Once a day	*1 842.8*	*56.4%*	*1 646.5*	*56.7%*	*3 489.2*	*56.6%*
Twice a day	*911.3*	*27.9%*	*627.1*	*21.6%*	*1 538.4*	*24.9%*
3 or more times a day	*83.9*	*2.6%*	*65.0*	*2.2%*	*148.9*	*2.4%*
Don't know	—	—	1.1	<0.05%	1.1	<0.05%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 3.4.2b 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 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	6.5	1.1%	5.6	0.7%	8.2	0.8%	5.7	0.5%	6.6	0.6%	8.0	0.9%	7.5	1.9%	5.3	2.6%	53.5	0.9%
Less than once a day	119.4	20.4%	162.4	19.3%	143.5	14.6%	152.3	14.6%	167.7	14.3%	115.7	12.2%	46.3	12.0%	31.5	15.3%	938.8	15.2%
Once a week	*6.2*	*1.1%*	*3.6*	*0.4%*	*4.8*	*0.5%*	*9.0*	*0.9%*	*8.1*	*0.7%*	*9.0*	*1.0%*	*2.9*	*0.7%*	*1.2*	*0.6%*	*44.9*	*0.7%*
2–4 times a week	*63.6*	*10.9%*	*81.7*	*9.7%*	*58.0*	*5.9%*	*64.4*	*6.2%*	*62.0*	*5.3%*	*60.2*	*6.4%*	*15.8*	*4.1%*	*14.6*	*7.1%*	*420.3*	*6.8%*
5–6 times a week	*49.6*	*8.5%*	*77.2*	*9.2%*	*80.7*	*8.2%*	*78.8*	*7.5%*	*97.6*	*8.3%*	*46.4*	*4.9%*	*27.6*	*7.1%*	*15.7*	*7.7%*	*473.6*	*7.7%*
At least once a day	457.5	78.3%	673.2	80.0%	833.5	84.6%	886.9	84.9%	1 001.2	85.2%	821.9	86.9%	333.7	86.1%	168.6	82.1%	5 176.4	83.9%
Once a day	*308.2*	*52.7%*	*492.6*	*58.6%*	*585.7*	*59.5%*	*597.5*	*57.2%*	*666.8*	*56.7%*	*536.4*	*56.7%*	*209.3*	*54.0%*	*92.7*	*45.1%*	*3 489.2*	*56.6%*
Twice a day	*135.4*	*23.2%*	*170.1*	*20.2%*	*225.0*	*22.8%*	*260.4*	*24.9%*	*310.4*	*26.4%*	*261.8*	*27.7%*	*108.4*	*28.0%*	*67.0*	*32.6%*	*1 538.4*	*24.9%*
3 or more times a day	*13.9*	*2.4%*	*10.6*	*1.3%*	*22.8*	*2.3%*	*29.0*	*2.8%*	*23.9*	*2.0%*	*23.7*	*2.5%*	*16.0*	*4.1%*	*9.0*	*4.4%*	*148.9*	*2.4%*
Don't know	1.1	0.2%	—	—	—	—	—	—	—	—	—	—	—	—	—	—	1.1	<0.05%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).
Note: Figures may not add up to the total due to rounding.

Table 3.4.2c Number of servings of vegetables eaten per day on the days when persons ate vegetables by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Less than 1	172.6	5.3%	196.2	6.8%	368.8	6.0%
1 to less than 2	2 169.9	66.4%	2 027.0	69.8%	4 196.9	68.0%
2 to less than 3	766.2	23.5%	558.9	19.3%	1 325.1	21.5%
3 or more	158.5	4.9%	120.5	4.2%	279.0	4.5%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**
Mean[#]	1.4		1.3		1.3	

Bases: Population aged 15 or above (N=6 169 800).
[#] Persons 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 3.4.2d Number of servings of vegetables eaten per day on the days when persons ate vegetables 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 1	41.5	7.1%	40.0	4.8%	51.2	5.2%	66.3	6.3%	64.3	5.5%	55.1	5.8%	29.3	7.6%	21.1	10.3%	368.8	6.0%
1 to less than 2	400.6	68.5%	608.8	72.4%	695.7	70.6%	699.0	66.9%	775.6	66.0%	630.5	66.7%	251.5	64.9%	135.2	65.8%	4 196.9	68.0%
2 to less than 3	121.5	20.8%	165.9	19.7%	190.0	19.3%	235.9	22.6%	271.2	23.1%	217.8	23.0%	81.1	20.9%	41.7	20.3%	1 325.1	21.5%
3 or more	20.9	3.6%	26.5	3.2%	48.3	4.9%	43.7	4.2%	64.3	5.5%	42.3	4.5%	25.6	6.6%	7.4	3.6%	279.0	4.5%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**
Mean[#]	1.3		1.3		1.3		1.3		1.4		1.4		1.4		1.3		1.3	

Bases: Population aged 15 or above (N=6 169 800)
[#] Persons 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 3.4.3a 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	3 159.2	96.7%	2 823.8	97.3%	5 983.0	97.0%
5 or more servings a day	108.0	3.3%	78.8	2.7%	186.8	3.0%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**
Mean[#]	2.3		2.1		2.2	

Bases: Population aged 15 or above (N=6 169 800).
[#] Persons with valid response on the number of servings of fruit and vegetables eaten per day.
Notes: The number of servings of fruit and vegetables eaten as a whole on average per day is calculated by summing the average daily servings of fruit eaten and that of vegetables.
Figures may not add up to the total due to rounding.

Table 3.4.3b 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	575.3	98.4%	831.2	98.8%	956.6	97.1%	1 018.4	97.5%	1 117.4	95.1%	916.0	96.9%	370.2	95.5%	198.0	96.4%	5 983.0	97.0%
5 or more servings a day	9.2	1.6%	10.1	1.2%	28.6	2.9%	26.5	2.5%	58.0	4.9%	29.6	3.1%	17.3	4.5%	7.4	3.6%	186.8	3.0%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**
Mean[#]	2.0		2.0		2.2		2.2		2.3		2.3		2.4		2.2		2.2	

Bases: Population aged 15 or above (N=6 169 800).
[#] Persons with valid response on the number of servings of fruit and vegetables eaten per day.
Notes: The number of servings of fruit and vegetables eaten as a whole on average per day is calculated by summing the average daily servings of fruit eaten and that of vegetables.
Figures may not add up to the total due to rounding.

Table 3.4.3c Proportion with daily intake of at least 2 servings of fruit and 3 servings of vegetables by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Had at least 2 servings of fruit and 3 servings of vegetables	49.9	1.5%	38.9	1.3%	88.8	1.4%
Had less than 2 servings of fruit and 3 servings of vegetables	3 217.3	98.5%	2 863.7	98.7%	6 081.0	98.6%
Total	**3 267.2**	**100.0%**	**2 902.6**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: The number of servings of fruit and vegetables eaten as a whole on average per day is calculated by summing the average daily servings of fruit eaten and that of vegetables.
Figures may not add up to the total due to rounding.

Table 3.4.3d Proportion with daily intake of at least 2 servings of fruit and 3 servings of vegetables 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)	%
Had at least 2 servings of fruit and 3 servings of vegetables	1.1	0.2%	3.2	0.4%	9.9	1.0%	9.2	0.9%	30.4	2.6%	21.3	2.3%	10.7	2.8%	3.0	1.4%	88.8	1.4%
Had less than 2 servings of fruit and 3 servings of vegetables	583.4	99.8%	838.1	99.6%	975.3	99.0%	1 035.7	99.1%	1 145.0	97.4%	924.3	97.7%	376.8	97.2%	202.4	98.6%	6 081.0	98.6%
Total	**584.5**	**100.0%**	**841.3**	**100.0%**	**985.2**	**100.0%**	**1 044.9**	**100.0%**	**1 175.4**	**100.0%**	**945.6**	**100.0%**	**387.5**	**100.0%**	**205.4**	**100.0%**	**6 169.8**	**100.0%**

Base: Population aged 15 or above (N=6 169 800).

Notes: The number of servings of fruit and vegetables eaten as a whole on average per day is calculated by summing the average daily servings of fruit eaten and that of vegetables.
Figures may not add up to the total due to rounding.

Table 3.4.4a Proportion of domestic households that used iodised salt

	Domestic households	
	No. of persons ('000)	%
Yes	436.2	16.1%
No	1 182.0	43.5%
Don't know	1 097.7	40.4%
Total	**2 715.9**	**100.0%**

Base: All domestic households (N=2 715 900).
Note: Figures may not add up to the total due to rounding.

Table 3.4.4b Proportion of domestic households that used iodised salt by monthly household income

	Below $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 above		Total	
	No. of households ('000)	%	No. of households ('000)	%	No. of households ('000)	%	No. of households ('000)	%	No. of households ('000)	%	No. of households ('000)	%	No. of households ('000)	%	No. of households ('000)	%
Yes	22.2	7.4%	26.0	10.9%	71.8	14.8%	82.7	16.5%	67.0	18.3%	59.9	25.5%	106.5	18.0%	436.2	16.1%
No	131.2	44.0%	106.6	44.7%	199.4	41.2%	201.7	40.2%	164.4	44.8%	109.1	46.4%	269.5	45.7%	1 182.0	43.5%
Don't know	144.8	48.6%	106.0	44.4%	213.3	44.0%	217.9	43.4%	135.6	36.9%	66.0	28.1%	214.2	36.3%	1 097.7	40.4%
Total	**298.2**	**100.0%**	**238.6**	**100.0%**	**484.5**	**100.0%**	**502.4**	**100.0%**	**367.0**	**100.0%**	**235.0**	**100.0%**	**590.2**	**100.0%**	**2 715.9**	**100.0%**

Base: All domestic households (N=2 715 900).
Note: Figures may not add up to the total due to rounding.

Table 3.4.4c Proportion of persons aged 15 or above who knew the brand name of salt using at home by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	1 096.9	34.2%	792.9	27.8%	1 889.8	31.2%
No	2 110.4	65.8%	2 058.2	72.2%	4 168.7	68.8%
Total	**3 207.3**	**100.0%**	**2 851.2**	**100.0%**	**6 058.5**	**100.0%**

Base: Persons aged 15 or above who added salt to food (N=6 058 500).
Note: Figures may not add up to the total due to rounding.

Table 3.4.4d Proportion of persons aged 15 or above who knew the brand name of salt using at home 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	134.4	23.5%	228.6	27.8%	269.4	27.6%	339.2	33.0%	384.7	33.5%	334.6	36.0%	146.3	38.3%	52.7	26.1%	1 889.8	31.2%
No	438.5	76.5%	594.8	72.2%	705.0	72.4%	688.3	67.0%	762.8	66.5%	594.7	64.0%	235.8	61.7%	148.8	73.9%	4 168.7	68.8%
Total	**572.9**	**100.0%**	**823.4**	**100.0%**	**974.3**	**100.0%**	**1 027.6**	**100.0%**	**1 147.4**	**100.0%**	**929.3**	**100.0%**	**382.1**	**100.0%**	**201.4**	**100.0%**	**6 058.5**	**100.0%**

Base: Persons aged 15 or above who added salt to food (N=6 058 500).
Note: Figures may not add up to the total due to rounding.

Table 4.1.1a Proportion of persons aged 50–75 who ever had a FOBT by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	463.8	31.8%	429.6	33.5%	893.4	32.6%
With no suspected symptoms prior to test	*434.0*	*29.7%*	*390.3*	*30.4%*	*824.3*	*30.1%*
Had test because of suspected symptoms	*29.8*	*2.0%*	*39.3*	*3.1%*	*69.1*	*2.5%*
No	995.1	68.2%	853.4	66.5%	1 848.5	67.4%
Total	**1 458.9**	**100.0%**	**1 283.1**	**100.0%**	**2 741.9**	**100.0%**

Base: Persons aged 50–75 (N=2 741 900).
Note: Figures may not add up to the total due to rounding.

Table 4.1.1b Proportion of persons aged 50–75 who ever had a FOBT by age group

	50–54		55–59		60–64		65–69		70–75		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)	%
Yes	142.8	26.4%	166.9	30.0%	203.9	32.9%	194.7	35.8%	185.0	38.4%	893.4	32.6%
With no suspected symptoms prior to test	*130.2*	*24.1%*	*156.9*	*28.2%*	*194.7*	*31.4%*	*177.6*	*32.7%*	*164.9*	*34.2%*	*824.3*	*30.1%*
Had test because of suspected symptoms	*12.6*	*2.3%*	*10.0*	*1.8%*	*9.2*	*1.5%*	*17.1*	*3.1%*	*20.1*	*4.2%*	*69.1*	*2.5%*
No	398.0	73.6%	389.1	70.0%	415.5	67.1%	349.2	64.2%	296.8	61.6%	1 848.5	67.4%
Total	**540.8**	**100.0%**	**556.0**	**100.0%**	**619.4**	**100.0%**	**543.9**	**100.0%**	**481.8**	**100.0%**	**2 741.9**	**100.0%**

Base: Persons aged 50–75 (N=2 741 900).
Note: Figures may not add up to the total due to rounding.

Table 4.1.1c Number of months since last FOBT among persons aged 50–75 by gender

Duration (months)	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Among persons aged 50–75						
Proportion of who had the last FOBT within 24 months (including those with no suspected symptoms prior to test and because of suspected symptoms)*	269.1	18.4%	230.1	17.9%	499.2	18.2%
With no suspected symptoms prior to test[1]						
Within 24 months	257.7	59.4%	214.7	55.0%	472.3	57.3%
Less than 13	*175.0*	*40.3%*	*145.5*	*37.3%*	*320.5*	*38.9%*
13–24	*82.7*	*19.1%*	*69.2*	*17.7%*	*151.8*	*18.4%*
More than 24 months	139.1	32.1%	148.9	38.2%	288.1	34.9%
Unknown/missing	37.2	8.6%	26.7	6.8%	63.9	7.8%
Total	**434.0**	**100.0%**	**390.3**	**100.0%**	**824.3**	**100.0%**
Mean[2]	34.4		39.5		36.8	
Because of suspected symptoms[3]						
Within 24 months	11.4	38.3%	15.4	39.2%	26.8	38.8%
Less than 13	*7.4*	*25.0%*	*9.1*	*23.1%*	*16.5*	*23.9%*
13–24	*4.0*	*13.3%*	*6.3*	*16.1%*	*10.3*	*14.9%*
More than 24 months	16.0	53.7%	21.4	54.3%	37.4	54.1%
Unknown/missing	2.4	8.0%	2.6	6.5%	4.9	7.1%
Total	**29.8**	**100.0%**	**39.3**	**100.0%**	**69.1**	**100.0%**
Mean[4]	62.1		65.2		63.9	

Bases: * Persons aged 50–75 (N=2 741 900).

1. Persons aged 50–75 who had received FOBT and with no suspected symptoms prior to the test (N=824 300).
2. Persons aged 50–75 who had received FOBT and with no suspected symptoms prior to the test and had valid answer on how long ago since the last test (N=760 400).
3. Persons aged 50–75 who had received FOBT because of suspected symptoms (N=69 100).
4. Persons aged 50–75 who had received FOBT because of suspected symptoms and had valid answer on how long ago since the last test (N=64 200).

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

Table 4.1.1d Among those aged 50–75 ever had FOBT, reasons for having FOBT by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
I thought I need to take the test	200.8	43.3%	193.8	45.1%	394.6	44.2%
Recommended by healthcare professionals	86.3	18.6%	92.1	21.4%	178.4	20.0%
Included in a body check-up package	89.4	19.3%	70.9	16.5%	160.2	17.9%
Joined the Colorectal Cancer (CRC) Screening Programme	72.9	15.7%	71.4	16.6%	144.3	16.1%
Performed during a routine medical visit (e.g. medical follow up of chronic diseases)	40.6	8.7%	43.0	10.0%	83.5	9.3%
Old age	20.9	4.5%	22.0	5.1%	42.9	4.8%
Requested by insurance companies	9.2	2.0%	13.2	3.1%	22.4	2.5%
Family history of colorectal cancer	6.3	1.4%	9.9	2.3%	16.2	1.8%

Base: Persons aged 50–75 who ever had FOBT (N=893 400).
Notes: Ranked in descending order of percentages of reasons.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 4.1.1e Among those aged 50–75 who did not have FOBT, reasons for not having FOBT by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
I am healthy and have no symptom of colorectal cancer	429.9	43.2%	364.8	42.7%	794.7	43.0%
Never recommended by a doctor or health professional to have these tests	308.1	31.0%	271.5	31.8%	579.6	31.4%
No need to take the test	254.5	25.6%	228.1	26.7%	482.6	26.1%
No time to take the test	44.3	4.4%	47.5	5.6%	91.8	5.0%
Too old, did not want to take the test	40.4	4.1%	44.6	5.2%	85.0	4.6%
Don't know where I can take the test	30.2	3.0%	37.7	4.4%	67.8	3.7%
Not reaching the age/too young to have the test	39.0	3.9%	25.0	2.9%	64.0	3.5%
Don't know what these tests are about	20.7	2.1%	23.5	2.7%	44.1	2.4%
Had colonoscopy done in the past 10 years	31.5	3.2%	11.4	1.3%	42.9	2.3%
I am too lazy and delayed having the test	20.3	2.0%	16.1	1.9%	36.3	2.0%
Too expensive	16.3	1.6%	7.4	0.9%	23.7	1.3%
Advised by a doctor to perform endoscopic examination (e.g. colonoscopy or sigmoidoscopy) instead	12.2	1.2%	4.0	0.5%	16.2	0.9%
Too embarrassed	5.2	0.5%	3.5	0.4%	8.7	0.5%
Fear of handling faecal specimen	5.7	0.6%	2.5	0.3%	8.2	0.4%
Long waiting time to arrange the test	3.4	0.3%	4.5	0.5%	7.8	0.4%
Never heard of the CRC Screening Programme organised by the government	4.8	0.5%	2.8	0.3%	7.5	0.4%
No medical insurance coverage	1.5	0.1%	2.5	0.3%	4.0	0.2%
Don't want to know the test result or diagnosis	3.6	0.4%	1.0	0.1%	4.6	0.2%
Performed other test instead (e.g. FIT-DNA test or stool test for microbial markers)	2.4	0.2%	1.7	0.2%	4.1	0.2%

Base: Persons aged 50–75 who did not have FOBT (N=1 848 500).
Notes: Ranked in descending order of percentages of reasons.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 4.1.1f Among those aged 50–75 and had FOBT, proportions of having joined the CRC Screening Programme by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Joined CRC Screening Programme	169.5	36.5%	147.9	34.4%	317.4	35.5%
Didn't join CRC Screening Programme	294.3	63.5%	281.7	65.6%	576.0	64.5%
Total	**463.8**	**100.0%**	**429.6**	**100.0%**	**893.4**	**100.0%**

Base: Persons aged 50–75 who ever had FOBT (N=893 400).
Note: Figures may not add up to the total due to rounding.

Table 4.1.2a Proportion of persons aged 50–75 who ever had colonoscopy by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	491.2	33.7%	438.0	34.1%	929.3	33.9%
With no suspected symptoms prior to examination	*445.8*	*30.6%*	*370.4*	*28.9%*	*816.2*	*29.8%*
Had examination because of suspected symptoms	*45.4*	*3.1%*	*67.6*	*5.3%*	*113.0*	*4.1%*
No	967.6	66.3%	845.0	65.9%	1 812.7	66.1%
Total	**1 458.9**	**100.0%**	**1 283.1**	**100.0%**	**2 741.9**	**100.0%**

Base: Persons aged 50–75 (N=2 741 900).
Note: Figures may not add up to the total due to rounding.

Table 4.1.2b Proportion of persons aged 50–75 who ever had colonoscopy by age group

	50–54		55–59		60–64		65–69		70–75		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)	%
Yes	144.3	26.7%	190.4	34.2%	231.4	37.4%	186.1	34.2%	177.0	36.7%	929.3	33.9%
With no suspected symptoms prior to examination	*125.3*	*23.2%*	*172.2*	*31.0%*	*211.3*	*34.1%*	*163.1*	*30.0%*	*144.4*	*30.0%*	*816.2*	*29.8%*
Had examination because of suspected symptoms	*19.1*	*3.5%*	*18.2*	*3.3%*	*20.2*	*3.3%*	*23.0*	*4.2%*	*32.7*	*6.8%*	*113.0*	*4.1%*
No	396.5	73.3%	365.6	65.8%	388.0	62.6%	357.8	65.8%	304.8	63.3%	1 812.7	66.1%
Total	**540.8**	**100.0%**	**556.0**	**100.0%**	**619.4**	**100.0%**	**543.9**	**100.0%**	**481.8**	**100.0%**	**2 741.9**	**100.0%**

Base: Persons aged 50–75 (N=2 741 900).
Note: Figures may not add up to the total due to rounding.

Table 4.1.2c Number of months since last colonoscopy among persons aged 50–75 by gender

Duration (months)	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Among persons aged 50–75						
Proportion of who had the last colonoscopy within 120 months (including those with no suspected symptoms prior to examination and because of suspected symptoms)*	435.2	29.8%	386.0	30.1%	821.2	29.9%
With no suspected symptoms prior to test[1]						
Within 120 months	397.9	89.2%	331.3	89.5%	729.2	89.3%
Less than 13	*123.3*	*27.6%*	*109.8*	*29.6%*	*233.0*	*28.5%*
13–24	*70.4*	*15.8%*	*59.3*	*16.0%*	*129.7*	*15.9%*
25–60	*148.7*	*33.4%*	*115.6*	*31.2%*	*264.4*	*32.4%*
61–120	*55.5*	*12.5%*	*46.6*	*12.6%*	*102.1*	*12.5%*
More than 120 months	18.0	4.0%	15.4	4.2%	33.4	4.1%
Unknown/missing	29.9	6.7%	23.7	6.4%	53.6	6.6%
Total	**445.8**	**100.0%**	**370.4**	**100.0%**	**816.2**	**100.0%**
Mean[2]	45.7		44.8		45.3	
Because of suspected symptoms[3]						
Within 120 months	37.3	82.2%	54.6	80.8%	92.0	81.4%
Less than 13	*11.0*	*24.3%*	*15.1*	*22.4%*	*26.2*	*23.1%*
13–24	*4.7*	*10.4%*	*7.6*	*11.3%*	*12.4*	*10.9%*
25–60	*10.1*	*22.1%*	*18.8*	*27.8%*	*28.8*	*25.5%*
61–120	*11.5*	*25.4%*	*13.1*	*19.4%*	*24.6*	*21.8%*
More than 120 months	4.5	9.9%	4.6	6.8%	9.1	8.0%
Unknown/missing	3.6	8.0%	8.4	12.4%	12.0	10.6%
Total	**45.4**	**100.0%**	**67.6**	**100.0%**	**113.0**	**100.0%**
Mean[4]	74.2		55.9		63.5	

Bases: * Persons aged 50–75 (N=2 741 900).
1. Persons aged 50–75 who had received colonoscopy and with no suspected symptoms prior to the test (N=816 200).
2. Persons aged 50–75 who had received colonoscopy and with no suspected symptoms prior to the test and had valid answer on how long ago since the last test (N=762 600).
3. Persons aged 50–75 who had received colonoscopy because of suspected symptoms (N=113 000).
4. Persons aged 50–75 who had received colonoscopy because of suspected symptoms and had valid answer on how long ago since the last test (N=101 000).

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

Table 4.1.2d Among those aged 50–75 ever had colonoscopy, reasons for having colonoscopy by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
I thought I need to take the test	272.8	55.5%	241.5	55.1%	514.4	55.4%
Recommended by healthcare professionals	114.9	23.4%	117.5	26.8%	232.4	25.0%
Included in a body check-up package	95.1	19.4%	71.6	16.4%	166.8	17.9%
Old age	27.2	5.5%	24.8	5.7%	52.0	5.6%
Performed during a routine medical visit (e.g. medical follow up of chronic diseases)	20.8	4.2%	27.5	6.3%	48.3	5.2%
Had a positive stool test result under the CRC Screening Programme	20.9	4.3%	20.4	4.7%	41.3	4.4%
Requested by insurance companies	8.9	1.8%	15.3	3.5%	24.2	2.6%
Family history of colorectal cancer	9.7	2.0%	10.2	2.3%	19.9	2.1%

Base: Persons aged 50–75 who had colonoscopy (N=929 300).
Notes: Ranked in descending order of percentages of reasons.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 4.1.2e Among those aged 50–75 who did not have colonoscopy, reasons for not having colonoscopy by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
I am healthy and have no symptom of colorectal cancer	422.6	43.7%	360.4	42.6%	783.0	43.2%
Never recommended by a doctor or health professional to have this examination	298.1	30.8%	273.0	32.3%	571.1	31.5%
No need to take the examination	253.5	26.2%	228.5	27.0%	482.1	26.6%
Too old, did not want to have this examination	54.4	5.6%	53.3	6.3%	107.7	5.9%
No time to have this examination	37.9	3.9%	37.3	4.4%	75.3	4.2%
Not reaching the age/too young to have this examination	42.9	4.4%	27.6	3.3%	70.5	3.9%
Had faecal occult blood test or faecal immunochemical test every one to two years, and the results were normal	19.3	2.0%	27.4	3.2%	46.8	2.6%
Don't know where I can have this examination	28.0	2.9%	17.7	2.1%	45.7	2.5%
I am too lazy, delayed having this examination	23.6	2.4%	9.8	1.2%	33.4	1.8%
Too expensive	21.1	2.2%	6.2	0.7%	27.3	1.5%
Don't know what this examination is about	11.7	1.2%	13.1	1.6%	24.8	1.4%
Fear of pain or discomfort	12.9	1.3%	3.7	0.4%	16.6	0.9%
Performed other test instead (e.g. FIT-DNA test or stool test for microbial markers)	4.2	0.4%	4.9	0.6%	9.0	0.5%
Too embarrassed	6.7	0.7%	2.3	0.3%	9.0	0.5%
Don't want to know examination result or diagnosis	5.1	0.5%	1.0	0.1%	6.1	0.3%
No medical insurance coverage	1.0	0.1%	4.6	0.5%	5.6	0.3%
Never heard of the CRC Screening Programme organised by the government	3.7	0.4%	1.5	0.2%	5.2	0.3%
Long waiting time to arrange the examination	2.7	0.3%	2.3	0.3%	5.0	0.3%
Others	—	—	1.5	0.2%	1.5	0.1%

Base: Persons aged 50–75 who has never had a colonoscopy (N=1 812 700).

Notes: Ranked in descending order of percentages of reasons.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 4.1.3a Proportion of persons aged 50–75 who ever received FOBT or colonoscopy by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	682.9	46.8%	583.0	45.4%	1 266.0	46.2%
With no suspected symptoms prior to test/examination	*637.4*	*43.7%*	*517.9*	*40.4%*	*1 155.2*	*42.1%*
Had test/examination because of suspected symptoms	*45.5*	*3.1%*	*65.2*	*5.1%*	*110.7*	*4.0%*
No	776.0	53.2%	700.0	54.6%	1 476.0	53.8%
Total	**1 458.9**	**100.0%**	**1 283.1**	**100.0%**	**2 741.9**	**100.0%**

Base: Persons aged 50–75 (N=2 741 900).
Note: Figures may not add up to the total due to rounding.

Table 4.1.3b Proportion of persons aged 50–75 who ever received FOBT or colonoscopy by age group

	50–54		55–59		60–64		65–69		70–75		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)	%
Yes	203.5	37.6%	247.1	44.4%	293.9	47.4%	271.7	50.0%	249.9	51.9%	1 266.0	46.2%
With no suspected symptoms prior to test/examination	*184.4*	*34.1%*	*230.6*	*41.5%*	*275.0*	*44.4%*	*247.9*	*45.6%*	*217.4*	*45.1%*	*1 155.2*	*42.1%*
Had test/examination because of suspected symptoms	*19.0*	*3.5%*	*16.5*	*3.0%*	*18.9*	*3.1%*	*23.8*	*4.4%*	*32.4*	*6.7%*	*110.7*	*4.0%*
No	337.3	62.4%	308.9	55.6%	325.5	52.6%	272.2	50.0%	232.0	48.1%	1 476.0	53.8%
Total	**540.8**	**100.0%**	**556.0**	**100.0%**	**619.4**	**100.0%**	**543.9**	**100.0%**	**481.8**	**100.0%**	**2 741.9**	**100.0%**

Base: Persons aged 50–75 (N=2 741 900).
Note: Figures may not add up to the total due to rounding.

Table 4.1.3c Proportion of persons aged 50–75 who had last FOBT in the past 2 years or colonoscopy in the past 10 years by gender

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Among persons aged 50–75*						
Proportion of who had the last FOBT within 2 years or last colonoscopy within 10 years	565.7	38.8%	477.1	37.2%	1 042.9	38.0%
Among persons aged 50–75 who had received the FOBT/colonoscopy^						
Proportion of who had the last FOBT within 2 years or last colonoscopy within 10 years	565.7	82.8%	477.1	81.8%	1 042.9	82.4%
Not within specific period/unknown/ missing	117.2	17.2%	105.9	18.2%	223.1	17.6%
Total	**682.9**	**100.0%**	**583.0**	**100.0%**	**1 266.0**	**100.0%**

Bases: * Persons aged 50–75 (N=2 741 900).
^ Persons aged 50–75 who had received the FOBT/colonoscopy (N=1 266 000).
Note: Figures may not add up to the total due to rounding.

Table 4.1.3d Among persons aged 50–75 who had FOBT/colonoscopy before, proportion of those who had last FOBT in the past 2 years or colonoscopy in the past 10 years by age group

	50–54		55–59		60–64		65–69		70–75		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)	%
Proportion of who had the last FOBT within 2 years or last colonoscopy within 10 years	171.5	84.3%	206.4	83.5%	253.1	86.1%	227.3	83.7%	184.6	73.9%	1 042.9	82.4%
Not within specific period/ unknown/ missing	32.0	15.7%	40.7	16.5%	40.8	13.9%	44.4	16.3%	65.3	26.1%	223.1	17.6%
Total	**203.5**	**100.0%**	**247.1**	**100.0%**	**293.9**	**100.0%**	**271.7**	**100.0%**	**249.9**	**100.0%**	**1 266.0**	**100.0%**

Base: Persons aged 50–75 who had received the FOBT/colonoscopy (N=1 266 000).
Note: Figures may not add up to the total due to rounding.

Table 4.2.1a Proportion of females aged 25–64 who ever had a cervical screening by age group

	25–29		30–49		50–64		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	34.3	17.6%	529.3	50.9%	516.8	55.3%	1 080.4	49.8%
With no suspected symptoms prior to examination	*34.3*	*17.6%*	*517.9*	*49.8%*	*488.9*	*52.4%*	*1 041.0*	*48.0%*
Had examination because of suspected symptoms	—	—	*11.4*	*1.1%*	*27.9*	*3.0%*	*39.3*	*1.8%*
No	161.0	82.4%	510.1	49.1%	416.9	44.7%	1 088.0	50.2%
Total	**195.3**	**100.0%**	**1 039.4**	**100.0%**	**933.7**	**100.0%**	**2 168.4**	**100.0%**

Base: Females aged 25–64 (N=2 168 400).
Note: Figures may not add up to the total due to rounding.

Table 4.2.1b Proportion of females aged 25–64 who had cervical screening for twice or above by age group

	25–29		30–49		50–64		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	19.4	56.4%	386.7	73.1%	414.7	80.2%	820.7	76.0%
No	15.0	43.6%	142.6	26.9%	102.1	19.8%	259.6	24.0%
Total	**34.3**	**100.0%**	**529.3**	**100.0%**	**516.8**	**100.0%**	**1 080.4**	**100.0%**

Base: Females aged 25–64 who ever had a cervical screening (N=1 080 400).
Note: Figures may not add up to the total due to rounding.

Table 4.2.1c Type of organisations consulted for cervical screening by age group

	25–34		35–44		45–54		55–64		30–49		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)	%
With no suspected symptoms prior to examination*												
Private clinics or private hospitals	87.3	77.9%	185.5	63.8%	182.9	57.9%	189.3	58.8%	322.2	62.2%	645.0	62.0%
Department of Health's clinics (e.g. Maternal and Child Health Centres, Woman Health Centres, Elderly Health Centres or Social Hygiene Clinics, etc)	11.1	9.9%	60.5	20.8%	79.1	25.0%	75.1	23.3%	107.5	20.8%	225.8	21.7%
Clinics or hospitals of the Hospital Authority (e.g. General Out-patient Clinics or Specialist Out-patient Clinics)	10.6	9.4%	33.9	11.7%	40.9	12.9%	51.0	15.8%	70.3	13.6%	136.4	13.1%
Non-governmental organisations, including the clinics in universities (e.g. The Family Planning Association of Hong Kong, etc)	3.0	2.7%	6.7	2.3%	8.1	2.6%	5.6	1.7%	12.2	2.4%	23.4	2.2%
Hospitals or clinics in Mainland China	—	—	2.6	0.9%	5.1	1.6%	—	—	4.2	0.8%	7.7	0.7%
Hospitals or clinics in other countries	—	—	1.5	0.5%	—	—	1.3	0.4%	1.5	0.3%	2.7	0.3%
Others	—	—	—	—	—	—	—	—	—	—	—	—
Total	**112.0**	**100.0%**	**290.7**	**100.0%**	**316.1**	**100.0%**	**322.2**	**100.0%**	**517.9**	**100.0%**	**1 041.0**	**100.0%**
Because of suspected symptoms^												
Private clinics or private hospitals	—	—	1.5	34.1%	9.1	63.6%	11.8	56.5%	5.8	50.6%	22.3	56.6%
Department of Health's clinics (e.g. Maternal and Child Health Centres, Woman Health Centres, Elderly Health Centres or Social Hygiene Clinics, etc)	—	—	1.5	34.1%	1.2	8.8%	2.2	10.8%	2.7	23.8%	5.0	12.6%
Clinics or hospitals of the Hospital Authority (e.g. General Out-patient Clinics or Specialist Out-patient Clinics)	—	—	1.4	31.8%	2.7	19.3%	5.8	27.9%	2.9	25.5%	9.9	25.2%
Non-governmental organisations, including the clinics in universities (e.g. The Family Planning Association of Hong Kong, etc)	—	—	—	—	—	—	1.0	4.8%	—	—	1.0	2.5%
Hospitals or clinics in Mainland China	—	—	—	—	1.2	8.3%	—	—	—	—	1.2	3.0%
Hospitals or clinics in other countries	—	—	—	—	—	—	—	—	—	—	—	—
Others	—	—	—	—	—	—	—	—	—	—	—	—
Total	**—**	**—**	**4.3**	**100.0%**	**14.2**	**100.0%**	**20.8**	**100.0%**	**11.4**	**100.0%**	**39.3**	**100.0%**

Bases: * Females aged 25–64 who had received cervical screening and with no suspected symptoms prior to the examination (N=1 041 000).

^ Females aged 25–64 who had received cervical screening because of suspected symptoms (N=39 300).

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

Table 4.2.1d Screening methods used in the last cervical screening by age group

	25–34		35–44		45–54		55–64		30–49		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)	%
Cervical cytology	96.6	86.2%	272.6	92.4%	294.1	89.0%	291.2	84.9%	484.8	91.6%	954.5	88.3%
Uncertain/Don't know	4.2	3.8%	10.0	3.4%	21.6	6.5%	41.7	12.2%	21.3	4.0%	77.5	7.2%
Co-testing (i.e. both HPV testing and cervical cytology)	3.2	2.9%	3.7	1.3%	10.7	3.2%	7.3	2.1%	11.7	2.2%	24.9	2.3%
HPV testing	8.0	7.1%	8.7	3.0%	3.9	1.2%	2.8	0.8%	11.5	2.2%	23.5	2.2%
Total	**112.0**	**100.0%**	**295.0**	**100.0%**	**330.3**	**100.0%**	**343.0**	**100.0%**	**529.3**	**100.0%**	**1 080.4**	**100.0%**

Base: Females aged 25–64 who had cervical cancer screening (N=1 080 400).
Note: Figures may not add up to the total due to rounding.

Table 4.2.1e Number of months since the last cervical screening among females aged 25–64 by age group

Duration (months)	25–34		35–44		45–54		55–64		30–49		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)	%
Among females aged 25–64												
Proportion of who had the last cervical screening within 36 months (including those with no suspected symptoms prior to examination and because of suspected symptoms)*	97.2	22.8%	217.3	40.9%	225.5	38.7%	175.0	27.8%	391.2	37.6%	715.1	33.0%
Proportion of who had the last cervical screening within 60 months (including those with no suspected symptoms prior to examination and because of suspected symptoms)*	104.9	24.6%	247.3	46.6%	261.7	45.0%	224.1	35.6%	441.6	42.5%	838.0	38.6%
With no suspected symptoms prior to examination[1]												
Within 60 months	104.9	93.6%	245.9	84.6%	249.9	79.1%	214.5	66.6%	434.4	83.9%	815.2	78.3%
Less than 13 months	*61.3*	*54.8%*	*138.3*	*47.6%*	*122.9*	*38.9%*	*85.8*	*26.6%*	*235.1*	*45.4%*	*408.4*	*39.2%*
13–24	*27.6*	*24.6%*	*54.7*	*18.8%*	*45.7*	*14.5%*	*42.6*	*13.2%*	*95.6*	*18.5%*	*170.6*	*16.4%*
25–36	*8.3*	*7.4%*	*24.3*	*8.4%*	*46.3*	*14.6%*	*42.0*	*13.0%*	*54.6*	*10.5%*	*120.9*	*11.6%*
37–60	*7.6*	*6.8%*	*28.6*	*9.8%*	*35.0*	*11.1%*	*44.1*	*13.7%*	*49.1*	*9.5%*	*115.3*	*11.1%*
More than 60 months	1.2	1.1%	30.7	10.5%	38.3	12.1%	48.4	15.0%	49.4	9.5%	118.5	11.4%
Unknown/missing	5.9	5.3%	14.1	4.9%	27.9	8.8%	59.3	18.4%	34.1	6.6%	107.3	10.3%
Total	**112.0**	**100.0%**	**290.7**	**100.0%**	**316.1**	**100.0%**	**322.2**	**100.0%**	**517.9**	**100.0%**	**1 041.0**	**100.0%**
Mean[2]	18.8		29.9		37.5		44.8		29.9		35.2	
Because of suspected symptoms[3]												
Within 60 months	—	—	1.4	31.8%	11.8	83.1%	9.6	46.0%	7.2	63.4%	22.8	57.9%
Less than 13 months	—	—	—	—	*8.2*	*58.0%*	*1.3*	*6.0%*	*5.9*	*51.4%*	*9.5*	*24.2%*
13–24	—	—	—	—	*1.2*	*8.3%*	*2.3*	*10.9%*	—	—	*3.4*	*8.8%*
25–36	—	—	—	—	*1.2*	*8.5%*	*1.0*	*4.9%*	—	—	*2.2*	*5.6%*
37–60	—	—	*1.4*	*31.8%*	*1.2*	*8.3%*	*5.0*	*24.2%*	*1.4*	*12.0%*	*7.6*	*19.3%*
More than 60 months	—	—	—	—	2.4	16.9%	9.2	44.4%	1.2	10.7%	11.6	29.6%
Unknown/missing	—	—	2.9	68.2%	—	—	2.0	9.6%	2.9	25.8%	4.9	12.5%
Total	**—**	**—**	**4.3**	**100.0%**	**14.2**	**100.0%**	**20.8**	**100.0%**	**11.4**	**100.0%**	**39.3**	**100.0%**
Mean[4]	—		48.0		40.9		84.9		40.4		65.3	

Bases: * Females aged 25–64 (N=2 168 400).

1. Females aged 25–64 who had received cervical screening and with no suspected symptoms prior to the examination (N=1 041 000).
2. Females aged 25–64 who had received cervical screening and with no suspected symptoms prior to the examination and had valid answer on how long ago since the last examination (N=933 800).
3. Females aged 25–64 who had received cervical screening because of suspected symptoms (N=39 300).
4. Females aged 25–64 who had received cervical screening because of suspected symptoms and had valid answer on how long ago since the last examination (N=34 400).

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

Table 4.2.1f Whether had cervical cytology within 36 months among females aged 25–64 whose last cervical screening method was cervical cytology

	Within 36 months		Not within 36 months		Do not remember		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Cervical cytology	643.6	67.4%	231.4	24.2%	79.5	8.3%	954.5	100.0%

Base: Females aged 25–64 whose last cervical screening method was cervical cytology (N=954 500).
Note: Figures may not add up to the total due to rounding.

Table 4.2.1g Whether had HPV testing/co-testing within 60 months among females aged 25–64 whose last cervical screening method was HPV testing/co-testing

	Within 60 months		Not within 60 months		Do not remember		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
HPV testing/co-testing	41.3	85.3%	1.2	2.4%	5.9	12.2%	48.4	100.0%

Base: Females aged 25–64 whose last cervical screening method was HPV testing/co-testing (N=48 400).
Note: Figures may not add up to the total due to rounding.

Table 4.2.1h Reasons for having cervical screening among females aged 25–64 by age group

	25–34		35–44		45–54		55–64		30–49		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)	%
I thought I need to take the examination	59.5	53.1%	152.5	51.7%	161.8	49.0%	180.8	52.7%	272.6	51.5%	554.6	51.3%
Included in a body check-up package	38.9	34.7%	62.2	21.1%	68.7	20.8%	61.6	18.0%	110.7	20.9%	231.4	21.4%
Performed during a routine medical visit (e.g. medical follow up of chronic diseases, gynaecology check-up, etc.)	11.2	10.0%	44.9	15.2%	65.3	19.8%	60.4	17.6%	86.5	16.3%	181.8	16.8%
Recommended by healthcare professionals	10.0	8.9%	37.6	12.7%	55.8	16.9%	51.9	15.1%	76.5	14.5%	155.3	14.4%
Regular re-screening	7.4	6.6%	7.2	2.4%	16.6	5.0%	18.8	5.5%	18.8	3.5%	50.0	4.6%
Requested by insurance companies	1.2	1.1%	11.2	3.8%	12.7	3.8%	9.4	2.7%	18.3	3.5%	34.5	3.2%
Old age	1.7	1.5%	6.4	2.2%	4.3	1.3%	14.4	4.2%	9.5	1.8%	26.8	2.5%
Joined the Cervical Screening Programme organised by the government	—	—	6.3	2.1%	9.4	2.8%	6.8	2.0%	11.8	2.2%	22.5	2.1%
Government's publicity	—	—	4.0	1.4%	1.2	0.4%	8.0	2.3%	5.3	1.0%	13.3	1.2%
The screening prevents cancer	—	—	1.7	0.6%	2.7	0.8%	4.5	1.3%	3.0	0.6%	9.0	0.8%
Recommended by peers	—	—	2.7	0.9%	3.0	0.9%	2.2	0.7%	4.2	0.8%	7.9	0.7%
Recommended by family members	1.5	1.3%	1.5	0.5%	—	—	2.3	0.7%	3.0	0.6%	5.2	0.5%
Had the last cervical screening long time ago	—	—	—	—	1.2	0.4%	2.8	0.8%	—	—	4.0	0.4%
Others	—	—	—	—	1.5	0.5%	1.3	0.4%	1.5	0.3%	2.8	0.3%
Total	**112.0**	**100.0%**	**295.0**	**100.0%**	**330.3**	**100.0%**	**343.0**	**100.0%**	**529.3**	**100.0%**	**1 080.4**	**100.0%**

Base: Females aged 25–64 who had cervical cancer screening before (N=1 080 400).
Notes: Ranked in descending order of percentages of reasons.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 4.2.1i Reasons for never having or not having cervical screening in the last 5 years by age group

	25–34		35–44		45–54		55–64		30–49		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)	%
I am healthy and have no symptom of cervical cancer	131.0	41.6%	105.4	39.5%	131.6	45.0%	132.6	38.5%	240.5	42.9%	500.6	41.1%
Never recommended by a doctor or health professional to have this test	70.7	22.4%	83.6	31.4%	86.3	29.5%	134.3	39.0%	171.8	30.6%	374.9	30.8%
No need to take the test	41.0	13.0%	43.1	16.2%	77.7	26.6%	75.5	21.9%	105.6	18.8%	237.4	19.5%
Not reaching the age/too young to take the test	100.2	31.8%	31.1	11.7%	15.5	5.3%	9.4	2.7%	82.3	14.7%	156.2	12.8%
No time to take this test	14.7	4.7%	14.0	5.3%	21.1	7.2%	10.5	3.1%	26.3	4.7%	60.4	5.0%
Too old, did not want to take the test	3.4	1.1%	2.8	1.1%	12.0	4.1%	20.1	5.8%	6.8	1.2%	38.3	3.1%
I am too lazy, delayed taking the test	8.5	2.7%	8.9	3.4%	8.5	2.9%	8.0	2.3%	15.6	2.8%	33.9	2.8%
Don't know where I can have this test	5.4	1.7%	7.5	2.8%	6.2	2.1%	8.3	2.4%	10.2	1.8%	27.4	2.2%
Too expensive	3.0	1.0%	7.3	2.7%	3.9	1.3%	9.2	2.7%	11.6	2.1%	23.4	1.9%
No family history of cervical cancer	7.4	2.4%	3.7	1.4%	3.7	1.3%	6.9	2.0%	10.4	1.9%	21.7	1.8%
Don't know what this test is about	2.7	0.9%	4.3	1.6%	7.9	2.7%	3.2	0.9%	8.3	1.5%	18.1	1.5%
Received HPV vaccination	9.0	2.9%	4.3	1.6%	—	—	—	—	8.6	1.5%	13.3	1.1%
Long waiting time to arrange inspection	1.5	0.5%	2.9	1.1%	4.0	1.4%	4.0	1.2%	7.2	1.3%	12.4	1.0%
Too embarrassed	2.7	0.9%	4.4	1.6%	2.7	0.9%	2.5	0.7%	4.4	0.8%	12.3	1.0%
Fear of pain or discomfort	1.7	0.5%	5.5	2.1%	—	—	1.3	0.4%	5.5	1.0%	8.5	0.7%
Has undergone a total hysterectomy (referring to a surgical operation to remove the entire uterus)	—	—	—	—	3.6	1.2%	4.7	1.4%	1.2	0.2%	8.3	0.7%
No medical insurance coverage	5.8	1.8%	—	—	1.2	0.4%	1.0	0.3%	3.9	0.7%	8.0	0.7%
COVID-19 pandemic	—	—	1.2	0.4%	—	—	4.8	1.4%	1.2	0.2%	6.0	0.5%
Don't want to know the test result or diagnosis	1.5	0.5%	—	—	3.6	1.2%	—	—	1.5	0.3%	5.1	0.4%
Never heard of the Cervical Screening Programme organised by the government	1.5	0.5%	—	—	—	—	2.2	0.7%	1.5	0.3%	3.8	0.3%
Reached menopause	—	—	—	—	1.2	0.4%	1.6	0.5%	—	—	2.7	0.2%
Never had sexual experience	—	—	—	—	1.5	0.5%	—	—	—	—	1.5	0.1%
Others	1.5	0.5%	1.7	0.6%	—	—	—	—	3.2	0.6%	3.2	0.3%
Total	**315.0**	**100.0%**	**266.5**	**100.0%**	**292.6**	**100.0%**	**344.1**	**100.0%**	**560.7**	**100.0%**	**1 218.2**	**100.0%**

Base: Females aged 25–64 who has never had cervical cancer screening or did not have cervical cancer screening in the past 5 years (N=1 218 200).

Notes: Ranked in descending order of percentages of reasons.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 4.2.1j Proportion of females aged between 25–64 who had a total hysterectomy by age group

	25–34		35–44		45–54		55–64		30–49		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)	%
Yes	1.7	0.4%	2.7	0.5%	11.8	2.0%	35.0	5.6%	7.0	0.7%	51.1	2.4%
No	424.1	99.6%	528.2	99.5%	570.4	98.0%	594.5	94.4%	1 032.4	99.3%	2 117.3	97.6%
Total	**425.8**	**100.0%**	**530.9**	**100.0%**	**582.2**	**100.0%**	**629.5**	**100.0%**	**1 039.4**	**100.0%**	**2 168.4**	**100.0%**

Base: Females aged 25–64 (N=2 168 400).
Note: Figures may not add up to the total due to rounding.

Table 4.2.1k Proportion of females aged 25–64 who had received HPV vaccination by age group

	25–34		35–44		45–54		55–64		30–49		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)	%
Yes	110.9	26.1%	103.4	19.5%	44.7	7.7%	9.1	1.4%	194.3	18.7%	268.1	12.4%
No	309.5	72.7%	416.2	78.4%	534.5	91.8%	615.1	97.7%	829.5	79.8%	1 875.2	86.5%
Don't know/ Uncertain	5.4	1.3%	11.3	2.1%	3.0	0.5%	5.3	0.8%	15.6	1.5%	25.1	1.2%
Total	**425.8**	**100.0%**	**530.9**	**100.0%**	**582.2**	**100.0%**	**629.5**	**100.0%**	**1 039.4**	**100.0%**	**2 168.4**	**100.0%**

Base: Females aged 25–64 (N=2 168 400).
Note: Figures may not add up to the total due to rounding.

Table 4.3.1a Proportion of females aged 44–69 whether have ever received assessment on the risk of developing breast cancer and recommendation for mammography screening by age group

	44–53		54–63		64–69		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Have ever received assessment	219.4	37.7%	234.6	38.0%	107.8	32.7%	561.8	36.7%
Received recommendation for mammography screening	*136.0*	*23.4%*	*150.1*	*24.3%*	*73.9*	*22.4%*	*360.0*	*23.5%*
Have not received recommendation for mammography screening	*83.4*	*14.3%*	*84.5*	*13.7%*	*33.9*	*10.3%*	*201.7*	*13.2%*
Have never received assessment	362.5	62.3%	382.4	62.0%	222.2	67.3%	967.1	63.3%
Total	**582.0**	**100.0%**	**616.9**	**100.0%**	**330.0**	**100.0%**	**1 528.9**	**100.0%**

Base: Females aged 44–69 (N=1 528 900).
Note: Figures may not add up to the total due to rounding.

Table 4.3.1b Proportion of females aged 44–69 who ever had mammography by age group

	44–53		54–63		64–69		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	228.5	39.3%	239.6	38.8%	140.9	42.7%	609.1	39.8%
With no suspected symptoms prior to examination	*204.6*	*35.2%*	*212.2*	*34.4%*	*125.9*	*38.1%*	*542.7*	*35.5%*
Had examination because of suspected symptoms	*23.9*	*4.1%*	*27.4*	*4.4%*	*15.1*	*4.6%*	*66.4*	*4.3%*
No	353.5	60.7%	377.3	61.2%	189.0	57.3%	919.8	60.2%
Total	**582.0**	**100.0%**	**616.9**	**100.0%**	**330.0**	**100.0%**	**1 528.9**	**100.0%**

Base: Females aged 44–69 (N=1 528 900).
Note: Figures may not add up to the total due to rounding.

Table 4.3.1c Type of organisations consulted for mammography among females aged 44–69 by age group

	44–53		54–63		64–69		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
With no suspected symptoms prior to examination*								
Private clinics or private hospitals	144.8	70.8%	136.1	64.1%	59.9	47.6%	340.8	62.8%
Clinics or hospitals of the Hospital Authority (e.g. General Out-patient Clinics or Specialist Out-patient Clinics)	28.2	13.8%	47.6	22.5%	36.7	29.2%	112.6	20.7%
Department of Health's clinics (e.g. Maternal and Child Health Centres, Woman Health Centres, Elderly Health Centres, etc)	20.8	10.2%	20.4	9.6%	20.5	16.3%	61.6	11.4%
Non-governmental organisations, including clinics in universities (e.g. Tung Wah Group of Hospitals' Well Women Clinics, etc)	8.1	3.9%	6.9	3.2%	7.5	6.0%	22.5	4.1%
Hospitals or clinics in Mainland China	2.7	1.3%	—	—	1.2	1.0%	3.9	0.7%
Hospitals or clinics in other countries	—	—	1.3	0.6%	—	—	1.3	0.2%
Others	—	—	—	—	—	—	—	—
Total	**204.6**	**100.0%**	**212.2**	**100.0%**	**125.9**	**100.0%**	**542.7**	**100.0%**
Because of suspected symptoms^								
Private clinics or private hospitals	15.2	63.5%	18.6	68.0%	6.9	46.0%	40.7	61.4%
Clinics or hospitals of the Hospital Authority (e.g. General Out-patient Clinics or Specialist Out-patient Clinics)	8.7	36.5%	7.5	27.5%	8.1	54.0%	24.4	36.7%
Department of Health's clinics (e.g. Maternal and Child Health Centres, Woman Health Centres, Elderly Health Centres, etc)	—	—	—	—	—	—	—	—
Non-governmental organisations, including clinics in universities (e.g. Tung Wah Group of Hospitals' Well Women Clinics, etc)	—	—	1.3	4.6%	—	—	1.3	1.9%
Hospitals or clinics in Mainland China	—	—	—	—	—	—	—	—
Hospitals or clinics in other countries	—	—	—	—	—	—	—	—
Others	—	—	—	—	—	—	—	—
Total	**23.9**	**100.0%**	**27.4**	**100.0%**	**15.1**	**100.0%**	**66.4**	**100.0%**

Bases: * Females aged 44–69 who had mammography and with no suspected symptoms prior to the examination (N=542 700).
^ Females aged 44–69 who had mammography because of suspected symptoms (N=66 400).

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

Table 4.3.1d Number of months since the last mammography among females aged 44–69 by age group

Duration (months)	44–53		54–63		64–69		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Among females aged 44–69								
Proportion of who had the last mammography within 24 months (including those with no suspected symptoms prior to examination and because of suspected symptoms)*	132.4	22.8%	95.3	15.4%	55.4	16.8%	283.2	18.5%
With no suspected symptoms prior to examination[1]								
Within 24 months	121.8	59.5%	85.2	40.1%	51.9	41.2%	258.9	47.7%
Less than 13	*94.7*	*46.3%*	*54.2*	*25.5%*	*40.5*	*32.2%*	*189.4*	*34.9%*
13–24	*27.1*	*13.2%*	*31.0*	*14.6%*	*11.4*	*9.0%*	*69.5*	*12.8%*
More than 24	63.9	31.2%	92.1	43.4%	51.7	41.1%	207.8	38.3%
Unknown/missing	18.9	9.3%	34.9	16.4%	22.3	17.7%	76.1	14.0%
Total	**204.6**	**100.0%**	**212.2**	**100.0%**	**125.9**	**100.0%**	**542.7**	**100.0%**
Mean[2]	35.8		46.6		53.0		43.7	
Because of suspected symptoms[3]								
Within 24 months	10.6	44.6%	10.1	36.9%	3.5	23.4%	24.3	36.6%
Less than 13	*7.9*	*33.2%*	*5.1*	*18.7%*	*3.5*	*23.4%*	*16.6*	*25.0%*
13–24	*2.7*	*11.3%*	*5.0*	*18.2%*	—	—	*7.7*	*11.6%*
More than 24	13.2	55.4%	14.1	51.3%	10.3	68.5%	37.6	56.7%
Unknown/missing	—	—	3.2	11.8%	1.2	8.1%	4.5	6.7%
Total	**23.9**	**100.0%**	**27.4**	**100.0%**	**15.1**	**100.0%**	**66.4**	**100.0%**
Mean[4]	51.5		83.6		60.7		66.1	

Bases: * Females aged 44–69 (N=1 528 900).

1. Females aged 44–69 who had received mammography and with no suspected symptoms prior to the examination (N=542 700).
2. Females aged 44–69 who had received mammography and with no suspected symptoms prior to the examination and had valid answer on how long ago since the last examination (N=466 600).
3. Females aged 44–69 who had received mammography because of suspected symptoms (N=66 400).
4. Females aged 44–69 who had received mammography because of suspected symptoms and had valid answer on how long ago since the last examination (N=61 900).

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

Table 4.3.1e Reasons for having mammography among females aged 44–69 by age group

	44–53		54–63		64–69		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
I thought I need to take the examination	120.7	52.8%	105.6	44.1%	77.9	55.3%	304.3	50.0%
Recommended by healthcare professionals	49.3	21.6%	51.5	21.5%	25.8	18.3%	126.7	20.8%
Included in a body check-up package	53.1	23.2%	54.6	22.8%	18.4	13.0%	126.0	20.7%
Performed during a routine medical visit (e.g. medical follow up of chronic diseases, women's health check, etc.)	26.5	11.6%	32.3	13.5%	19.2	13.6%	78.0	12.8%
Old age	8.6	3.8%	13.5	5.6%	5.5	3.9%	27.6	4.5%
Requested by insurance companies	7.9	3.4%	9.7	4.0%	2.5	1.8%	20.0	3.3%
Regular re-screening	6.9	3.0%	4.8	2.0%	3.9	2.8%	15.6	2.6%
Mammography screening can detect breast cancer early and save life	5.4	2.4%	5.4	2.3%	2.5	1.8%	13.4	2.2%
Family history of breast cancer	3.1	1.3%	6.3	2.6%	1.5	1.1%	10.9	1.8%
Recommended by family members, relatives or friends	2.7	1.2%	4.0	1.7%	2.7	1.9%	9.4	1.5%
Enrolled in the Government's Breast Cancer Screening Pilot Programme	2.7	1.2%	2.2	0.9%	2.5	1.8%	7.5	1.2%
Government's publicity	—	—	1.0	0.4%	3.0	2.1%	4.0	0.7%
Total	**228.5**	**100.0%**	**239.6**	**100.0%**	**140.9**	**100.0%**	**609.1**	**100.0%**

Base: Females aged 44–69 who had mammography (N=609 100).
Notes: Ranked in descending order of percentages of reasons.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 4.3.1f Reasons for not having mammography among females aged 44–69 by age group

	44–53		54–63		64–69		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
I have no symptom of breast cancer	175.7	49.7%	164.8	43.7%	97.9	51.8%	438.4	47.7%
Never recommended by a doctor or health professional to have this examination	132.6	37.5%	178.7	47.4%	77.2	40.9%	388.5	42.2%
Not reaching the age/too young to have this examination	25.9	7.3%	18.4	4.9%	3.7	2.0%	48.1	5.2%
No family history of breast cancer	15.6	4.4%	16.8	4.4%	11.4	6.0%	43.7	4.8%
Too old, did not want to have this examination	4.2	1.2%	20.4	5.4%	10.9	5.8%	35.6	3.9%
No time to have this examination	19.5	5.5%	7.0	1.9%	7.4	3.9%	33.9	3.7%
Don't know where I can have this examination	11.5	3.3%	13.2	3.5%	6.2	3.3%	30.9	3.4%
Too expensive	8.7	2.4%	8.5	2.3%	5.2	2.8%	22.4	2.4%
I am too lazy, delayed having this examination	10.8	3.1%	7.5	2.0%	1.0	0.5%	19.4	2.1%
Don't know what this examination is about	6.7	1.9%	5.6	1.5%	2.2	1.2%	14.5	1.6%
Don't want to know examination result or diagnosis	7.6	2.1%	2.2	0.6%	2.7	1.4%	12.5	1.4%
Too embarrassed	2.7	0.8%	5.0	1.3%	1.2	0.6%	8.9	1.0%
Long waiting time to arrange the examination	1.5	0.4%	1.5	0.4%	1.2	0.6%	4.2	0.5%
No need or not fit for mammogram, as advised by my doctor	2.4	0.7%	1.3	0.3%	—	—	3.7	0.4%
Fear of pain or discomfort	2.7	0.8%	—	—	—	—	2.7	0.3%
No medical insurance coverage	1.5	0.4%	1.0	0.3%	—	—	2.5	0.3%
Advised by health professional(s) to take other screening modality, e.g. MRI	1.2	0.4%	—	—	—	—	1.2	0.1%
Others	1.2	0.4%	—	—	—	—	1.2	0.1%
Total	**353.5**	**100.0%**	**377.3**	**100.0%**	**189.0**	**100.0%**	**919.8**	**100.0%**

Base: Females aged 44–69 who has never had a mammography (N=919 800).
Notes: Ranked in descending order of percentages of reasons.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Report of Health Behaviour Survey 2023

Department of Health
Hong Kong Special Administrative Region Government