



衛生防護中心
Centre for Health Protection



衛生署
Department of Health

一齊支持
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2025/26年度 人口健康調查 Population Health Survey 2025/26



To understand the health status of the Hong Kong population, their health-related lifestyle behaviours and practices, and to collect other important health information, the Department of Health (DH) is conducting a territory-wide population health survey (PHS).

Target Population

Hong Kong residents aged 15 or above, excluding inmates of institutions, persons living on board vessels, foreign domestic helpers and visitors.



The PHS comprises two parts :

A. Online questionnaire or household interview

A sample of quarters is selected by DH using a scientific method. Invitation letters will be sent to the selected quarters by post. Household representative of selected quarters can access the online questionnaire system and activate the online household questionnaire with the household reference number and activation key printed on the invitation letter.



After the household representative has completed the online household questionnaire, all eligible household members aged 15 or above can complete the online individual questionnaire by logging into the online questionnaire system themselves. The individual questionnaire will ask about respondent's physical and psychosocial health status, health-related lifestyle practices, preventive health practices and some household information.

If the online questionnaire is not completed by the deadline as stated in the invitation letter, an interviewer will visit the household to assist all eligible members aged 15 or above in the household to complete the online questionnaire (including parts to be completed by the respondent in a self-administered manner). The interviewer will carry an identity card issued by DH for identification purpose.



B. Health examination

All respondents aged between 15 and 84 who completed the questionnaire will be invited to sign a consent form for health examination. Randomly selected respondents will be further invited to undergo health examination. The health examination is free of charge and the process will take about 45-60 minutes. Health examination reports and appropriate health advice will later be given, free of charge, to those who joined the health examination. The health examination items include :

Physical measurements

blood pressure, body height and weight, waist and hip circumferences;

Biochemical tests

lipid profile (e.g. total cholesterol, LDL-cholesterol, HDL-cholesterol and triglyceride);

tests for glycated haemoglobin (HbA1c) and fasting plasma glucose;

tests for haemoglobin, iron status (e.g. serum ferritin and serum iron), inflammatory markers (e.g. C-reactive protein and alpha-1-acid glycoprotein);

tests for viral hepatitis B and C;

spot urine test for iodine; and

24-hour urine test for sodium, potassium and creatinine.

* Note: For follow-up measurement of your health examination results, please consult your family doctor directly. Such arrangements and fees will not be met from the PHS.

If you have been selected to participate in the health examination, you will **receive a phone call within six months** of completion of the household interview to schedule an appointment.

For enquiries about household interview, verification of the interviewer's identity or making appointment for interview, please call
MOV Data Collection Center Limited at

3900 1194

between 9:00 a.m. and 10:00 p.m. from Monday to Sunday
(including public holidays)

Other enquiries

Telephone enquiry for PHS 2025/26, please call the Department of Health at

2426 5208 (during office hours)

Further information

You may visit the website of the Centre for Health Protection at

chp.gov.hk



If your household is invited to take part in PHS 2025/26, please give us your generous support. Your active participation is helpful for improving public health in Hong Kong. As a token of appreciation, DH will provide cash coupon to each of the eligible household members who completed questionnaires. Additional cash coupons will be provided to those who are eligible and have completed the health examination.

All data collected will only be used for research and statistical purposes. Survey results will only be released in aggregated form. All personal data and contact information collected will be kept strictly confidential and disposed of safely within 12 months after completion of the survey. Personally identifiable information will NOT be disclosed to any unauthorised parties without your consent.





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2025/26年度 人口健康調查

Population Health Survey 2025/26



為了解香港人口的健康狀況及與健康有關的行為和生活習慣，並搜集其他重要的健康資料，衛生署現正進行一項全港性的人口健康調查。

對象

15歲或以上的香港居民，不包括公共機構或社團院舍的住院人士、水上居民、外籍家庭傭工和訪港旅客。



人口健康調查包括兩部分：

(一) 網上問卷或住戶訪問

生署會根據科學方法抽選一些住戶單位。邀請信將會以郵寄方式送到被選中的住戶單位。根據邀請信上的住戶參考編號及啟動碼，該住戶代表可使用網上問卷系統並啟動網上住戶問卷。

當住戶代表完成網上住戶問卷後，可讓符合條件的15歲或以上住戶成員登入網上問卷系統並填寫網上個人問卷。個人問卷會詢問受訪者有關生理和心理的健康狀況、與健康有關的生活習慣、預防疾病的措施及一些住戶資料。

如在邀請信上的指定限期後網上問卷尚未完成，訪問員會上門協助該單位內所有15歲或以上合資格的住戶成員完成網上問卷（包括自填部分）。訪問員會佩戴由生署發出的訪問員證件，以資識別。



(二) 身體檢查

所有15至84歲完成問卷的受訪者會被邀請簽署身體檢查同意書。部分隨機被抽選的受訪者會獲邀做身體檢查。過程需時約45至60分鐘，費用全免，隨後會收到免費檢查報告和健康建議。身體檢查項目包括：

體格檢查

血壓、身高、體重、腰圍和臀圍；

化驗檢測

血脂概況測試（例如總膽固醇、低密度膽固醇、高密度膽固醇和三酸甘油酯）；

糖化血紅素（HbA1c）及空腹血糖測試；

體內血紅蛋白、鐵質相關測試（例如鐵蛋白和血清鐵）和炎症指數（例如C反應蛋白和1酸性糖蛋白）；

乙型和丙型肝炎病毒測試；

尿碘水平測試；及

二十四小時尿液檢驗鈉、鉀和肌酸酐含量。

*備註：有關你檢查結果的跟進及治療，請直接向你的家庭醫生查詢。有關費用及安排不包括在是次人口健康調查中。

被選中接受身體檢查的人士於訪問完成後
六個月內將接獲電話預約

如對人口健康調查的住戶訪問有任何查詢、欲核實訪問員身分或預約訪問時間，請於上午9時至晚上10時（星期一至日及公眾假期）

致電 **39001194**

聯絡米奧特資料搜集中心有限公司。

其他查詢

生署人口健康調查電話號碼

2426 5208（辦公時間）

相關資料

你可透過瀏覽衛生防護中心網站

chp.gov.hk



如你的住戶獲邀請參與，懇請支持人口健康調查。你的積極參與有助改善香港的公眾健康。為表謝意，本署將會向每位完成問卷並合資格的住戶成員奉上禮券。而合資格及完成身體檢查的參加者將會收到額外禮券。

調查所搜集的數據只會用於研究和統計用途，而調查的結果只會以整體形式發放。所有個人和聯絡資料將會嚴加保密，並會在調查完成後十二個月內銷毀，亦不會在未受訪者同意下披露予任何未經授權人士。

