## Report of

## Population

## Health

## Survey

## 2014/2015

Surveillance and Epidemiology Branch<br>Centre for Health Protection<br>Department of Health

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## Executive Summary

The Department of Health (DH) conducted the Population Health Survey (PHS) 2014/15 to collect data on population health. The PHS 2014/15 is a territory-wide survey organised into three parts, namely household questionnaire survey fieldwork, health examination and data analysis and reporting. The DH commissioned a private research firm and a private healthcare organisation with laboratory service to conduct the fieldworks of household questionnaire survey and health examination, respectively. Data analysis and reporting of the PHS 2014/15 was commissioned to the Department of Family Medicine and Primary Care of the University of Hong Kong. The DH played a co-ordination and management role in the survey and was responsible for monitoring the quality of various parts of the survey. The PHS 2014/15 aimed to strengthen the Government's information base on population health, thereby support evidence-based decision making in health policy, resource allocation and provision of health services and public health programmes.

The fieldwork of the household survey was conducted between December 2014 and October 2015. It covered the land-based non-institutional population aged 15 or above in Hong Kong, excluding foreign domestic helpers and visitors. Systematic replicated sampling was deployed for selecting a sample of replicates of living quarters from the Frame of Quarters maintained by the Census and Statistics Department and domestic households therein for enumeration in the survey. A total of 12022 persons aged 15 or above from 5435 domestic households were successfully enumerated, representing an overall response rate of $75.4 \%$ at household level. Health examination was conducted between June 2015 and August 2016. A random subsample of respondents aged between 15 and 84 , who were successfully enumerated in the household survey and had signed the PHS consent form, were further invited to undergo health examination. A total of 2347 respondents attended health examination, including 1976 respondents completed physical measurements, blood tests and 24-hour urine tests, and 371 respondents completed physical measurements and blood tests only. These represented a participation rate of $39.5 \%$. The survey data were adjusted for the differential response rates by type of housing and grossed-up to the control for the age and gender profile of the study population for the second quarter of 2015. After these adjustments, the survey estimates can represent those of the study population during the survey period.

This report presents the key findings of the PHS on: (1) self-rated health status and quality of life, (2) physical health, (3) mental health, (4) health-related behaviours and lifestyle practices, (5) injury
prevention, (6) preventive health practices, (7) use of health services, (8) physical and biochemical measurements, and (9) risk of cardiovascular disease.

## Self-rated Health Status and Quality of Life

## Health-related Quality of Life by the Short Form 12 (SF-12v2) Health Survey

The Chinese (Hong Kong) 12-item Short Form Health Survey (version 2) (SF-12v2 (HK)) was used to measure self-rated health status and health-related quality of life (HRQoL). Overall, $69.3 \%$ of persons aged 15 or above rated their general health as "excellent", "very good" or "good"; $26.4 \%$ rated their health as "fair" and $4.3 \%$ rated as "poor". The proportion of persons rated their health status as "excellent", "very good" or "good" generally decreased with age and with increasing number of doctordiagnosed chronic diseases. The SF-12v2 (HK) mental component summary (MCS) and physical component summary (PCS) scores indicate mental HRQoL and physical HRQoL, respectively. The PCS and MCS scores in PHS 2014/15 are norm-based with a population mean of 50 and standard deviation of 10. Overall, $53.8 \%$ and $67.9 \%$ of persons aged 15 or above had scores higher than or equal to the population mean of 50 for MCS and PCS, respectively. Both MCS and PCS scores decreased with increasing number of doctor-diagnosed chronic diseases.

## Quality of Life by WHOQOL-BREF (HK)

The Hong Kong Chinese version of World Health Organization Quality of Life - Brief Questionnaire (WHOQOL-BREF(HK)) instrument was also used to measure quality of life in four domains including physical health, psychological health, social relationships and environment, each with score ranging from 4 to 20 and a higher score indicates a better quality of life. The population WHOQOL-BREF(HK) mean physical health, psychological health, social relationships and environment domain scores were 15.8, $15.0,14.7$ and 15.0 respectively. The mean scores tended to be higher in younger persons and to decrease with increasing number of doctor-diagnosed chronic diseases.

## Physical Health Status

The PHS collected information on a range of acute and chronic health conditions by self-reporting in the household survey. It also enquired about the fitness of vision and hearing.

## Major Health Conditions

## Acute Conditions

Overall, $57.0 \%$ of persons aged 15 or above reported that they had one or more acute health problems during the 30 days preceding the survey. Females ( $61.4 \%$ ) were more likely to have reported such problems than males $(52.1 \%)$. The five most frequently reported acute health conditions were the common cold / influenza (23.9\%), joint pain/swollen joints (22.1\%), low back pain (21.5\%), persistent cough ( $11.1 \%$ ) and neck pain $(9.8 \%)$.

## Doctor-diagnosed Chronic Conditions

Overall, $39.6 \%$ of persons aged 15 or above reported one or more doctor-diagnosed chronic conditions. Among these persons, $20.1 \%$ had one or more chronic conditions diagnosed within the 12 months before the survey. The common self-reported chronic conditions were hypertension (17.8\%), high blood cholesterol (14.4\%), diabetes mellitus (5.5\%), coronary heart disease ( $2.1 \%$ ), asthma ( $1.8 \%$ ), cancers $(1.5 \%)$ and stroke $(1.4 \%)$. The prevalence was generally higher in males than females for all chronic conditions except for cancers, hypertension and diabetes. The prevalence tended to increase with age for all chronic conditions except asthma.

- Hypertension

Overall, $17.8 \%$ of persons aged 15 or above reported doctor-diagnosed hypertension. The prevalence increased sharply from $0.5 \%$ before the age of 25 to reach the peak of $64.6 \%$ in the $75-84$ year-old group. Among those who had reported hypertension, $88.3 \%$ had taken doctor-prescribed medicine and $11.8 \%$ used over-the-counter medications to control their blood pressure.

- High blood cholesterol

Overall, $14.4 \%$ of persons aged 15 or above reported doctor-diagnosed high blood cholesterol. The prevalence of high blood cholesterol increased from $0.5 \%$ before the age of 25 to reach the peak of $39.0 \%$ in the 75-84 year-old group. Among those persons who reported having the diagnosis of high blood cholesterol, $61.7 \%$ were taking prescribed drugs and $9.3 \%$ were taking over-the-counter medications to lower their blood cholesterol level.

- Diabetes mellitus (DM)

Overall, $5.5 \%$ of persons aged 15 or above reported that they had doctor-diagnosed DM and another $2.0 \%$ reported that they had high blood sugar but no DM. The prevalence tended to increase from around $0.3 \%$ before the age of 25 to reach the peak of $22.7 \%$ in the $75-84$ year-old group. Among those who reported doctor-diagnosed DM, $8.9 \%$ were on insulin, $76.8 \%$ were taking oral antidiabetic drugs and $11.1 \%$ were taking over-the-counter medications to control their DM.

- Coronary heart disease (CHD)

Overall, $2.1 \%$ of persons aged 15 or above reported doctor-diagnosed CHD, with a higher prevalence in males ( $2.6 \%$ ) than in females ( $1.6 \%$ ). The prevalence increased steadily after the age of 54 reaching a peak of $12.0 \%$ among persons aged 85 or above.

- Asthma

Overall, $1.8 \%$ of persons aged 15 or above reported doctor-diagnosed asthma. The prevalence was higher in males $(2.0 \%)$ than in females ( $1.6 \%$ ). The prevalence of asthma was the highest in the age group 15-24 (2.6\%).

- Cancer

Overall, $1.5 \%$ of persons aged 15 or above reported that they had doctor-diagnosed cancer. The prevalence was higher in females ( $1.7 \%$ ) than males ( $1.3 \%$ ). The prevalence of cancer increased steadily with age from $0.1 \%$ in the 15-24 year-old group to $4.9 \%$ among persons aged 85 or above.

- Stroke

Overall, $1.4 \%$ of persons aged 15 or above reported that they had doctor-diagnosed stroke, with a higher prevalence in males ( $1.7 \%$ ) than in females ( $1.1 \%$ ). The prevalence increased from below $1.0 \%$ before the age of 55 to reach a peak of $7.8 \%$ among persons aged 75-84.

## Vision

Overall, $56.0 \%$ of persons aged 15 or above reported that they had good or excellent eyesight (with the aid of glasses or contact lenses if necessary). The proportion of persons with good or excellent eyesight decreased steadily with age from $72.4 \%$ in the $15-24$ year-old group to $24.7 \%$ among those aged 85 or above. Overall, $8.4 \%$ of persons aged 15 or above reported that their vision problems had caused limitations some or most of the time in their work or other daily activities.

Myopia (short-sightedness), astigmatism, and presbyopia were commonly reported by $45.8 \%, 40.9 \%$ and $45.5 \%$, respectively, of all persons aged 15 or above, while hyperopia or hypermetropia (longsightedness) was reported by $6.0 \%$ of persons in this age group. Doctor-diagnosed eye diseases, other than refractive errors, that can impair vision were reported by $8.7 \%$ of persons aged 15 or above. The commonest reported eye disease was cataract (6.5\%).

## Hearing

Hearing impairment or loss diagnosed by a doctor or audiologist was reported by $2.2 \%$ of persons aged 15 or above ( $2.1 \%$ for females and $2.2 \%$ for males). The prevalence of hearing impairment or loss increased generally with age from less than $1.0 \%$ below the age 45 to $18.8 \%$ among those aged 85 or above. Overall, $3.3 \%$ of persons aged 15 or above said that they had limitations at least some of the time in their work or other daily activities as a result of their hearing problems. Among those with diagnosed hearing impairment or loss, $13.9 \%$ reported that they often used hearing aid.

## Mental Health

The PHS collected information on different aspects of the population's mental health, including subjective happiness, sleep quality and disturbances, prevalence of doctor-diagnosed mental illnesses, sources of emotional support and suicidal behaviour.

## Subjective Happiness

Overall, $9.0 \%$ of persons $(9.4 \%$ of females and $8.6 \%$ of males) aged 15 or above considered themselves as "a very happy person". The proportion of self-rated "a very happy person" increased from $6.1 \%$ among those aged 15-24 to $16.1 \%$ among those aged 85 or above.

## Sleep Quality

Overall, $56.7 \%$ ( $59.2 \%$ males and $54.4 \%$ females) of persons aged 15 or above rated their sleep quality as "Very well" or "Well". During the 30 days preceding the survey, the reported average number of hours of sleep per day was 7.0 , with $36.1 \%$ ( $37.6 \%$ females and $34.5 \%$ males) of persons aged 15 or above sleeping less than seven hours per day. $15.0 \%$ of persons aged 15 or above reported "feeling not getting enough sleep" on at least half of the 30 days preceding the survey. A high proportion of $48.0 \%(51.9 \%$
females and $43.7 \%$ males) persons experienced sleep disturbances in the form of 'difficulty in falling asleep' (33.1\%), 'intermittent awakenings' (35.2\%) or 'early morning awakening' (29.4\%) during the 30 days preceding the survey.

## Self-reported Doctor-diagnosed Mental Illnesses

- Anxiety disorders

Overall, $0.5 \%$ of persons aged 15 or above reported having doctor-diagnosed anxiety disorder. The prevalence was higher among females $(0.6 \%$ ) than males ( $0.3 \%$ ). Analyzed by age group, it was most common (1.1\%) among those aged 65-74.

- Depression

Overall, $0.8 \%$ persons aged 15 or above reported having doctor-diagnosed depression, with a significantly greater proportion in females (1.1\%) than in males $(0.5 \%)$. The prevalence was the highest among people aged 65-74 (1.4\%).

- Schizophrenia

Overall, $0.2 \%$ of people aged 15 or above reported that they had been diagnosed to have schizophrenia by a doctor. The prevalence of schizophrenia was the same between females and males (both at $0.2 \%$ ). The highest prevalence was found among persons aged 35-54 ( $0.4 \%$ ).

- Dementia

Overall, $0.4 \%$ of people aged 15 or above reported that they had been diagnosed with dementia by a doctor. The corresponding proportions reported by females and males were $0.6 \%$ and $0.2 \%$, respectively. The prevalence was the highest at $6.8 \%$ among persons aged 85 or above.

## Social Support

Overall, $54.7 \%$ ( $60.1 \%$ females and $48.7 \%$ males) of persons aged 15 or above felt that they could count on someone for emotional support, while $33.4 \%$ believed that they did not need any support. A great majority ( $90.3 \%$ ) of persons in this age group reported that they had at least one relative or close friend to whom they could call on for help. The proportions of these persons reporting having no one to call on for help were relatively high in the older age groups of 65-74 (14.9\%), 75-84 (19.9\%) and 85 or above
(16.9\%) making them more vulnerable. Overall, $56.9 \%$ of persons aged 15 or above said that they could count on someone for financial support when needed.

## Suicidal Behaviour

In the PHS, information related to suicidal behaviour was collected from respondents by a selfadministered questionnaire. Overall, $1.0 \%$ of all persons aged 15 or above had ever attempted suicide. $1.2 \%$ had suicidal thoughts (thought about ending their own life) during the year preceding the survey. The prevalence of suicidal thoughts was the highest at $2.6 \%$ in the age group of $15-24$, which tended to decrease with age. Persons with lower monthly household income were more likely to have suicidal thoughts. Among those who had suicidal thoughts, $8.9 \%$ ( $9.2 \%$ males and $8.6 \%$ females) had actually attempted suicide during the year preceding the survey and $4.3 \%$ of them had attempted more than once.

## Health-related Behaviours and Lifestyle Practices

The PHS collected information on major health-related behaviours and lifestyle practices including smoking, use of alcohol, physical activity, diet and nutrition, eating-out and use of certain drugs and health supplements among persons aged 15 or above in Hong Kong.

## Smoking Habits

Overall, $27.1 \%$ ( $10.8 \%$ of females and $45.0 \%$ of males) of persons aged 15 or above reported that they had ever smoked cigarette. Among those aged 15 or above who had ever smoked cigarette, $54.6 \%$ currently had the habit of cigarette smoking. Over one-third ( $35.5 \%$ ) of ever-smokers started smoking before the age of 18 including $6.8 \%$ who started smoking at the age younger than 14 years old.

An intention to quit smoking in the six months after the survey was found in $19.9 \%$ of persons who currently had the habit of cigarette smoking, being more common in females ( $26.5 \%$ ) than males ( $18.3 \%$ ). Among persons who currently had the habit of cigarette smoking and intended to quit, $37.2 \%$ said that they were fairly confident in quitting smoking successfully in the future.

## Alcohol Consumption

Overall, $50.4 \%$ of the population aged 15 or above ( $47.1 \%$ of females and $54.0 \%$ of males) reported drinking alcoholic beverages occasionally (drank in three days or less per month) and $11.1 \%$ ( $5.4 \%$ of
females and $17.3 \%$ of males) drank regularly (drank at least once per week) in the 12 months preceding the survey. The mean age of starting drinking among the ever drinkers was 20.3 years and $21.4 \%$ drinkers said that they started drinking before the age of 18 years old. The average number of units (each unit is equivalent to 10 grams) of alcohol usually consumed by the drinkers was 2.7 ( 2.2 for females and 3.1 for males) per day on typical drinking days in the 12 months preceding the survey. Among persons aged 15 or above, the prevalence of binge drinking at least once per month during the 12 months preceding the survey was $2.2 \%$ ( $0.5 \%$ for females and $4.1 \%$ for males). Overall, $3.5 \%$ of persons aged 15 or above were found to have been drinking at increased risk (3.1\%), to have harmful drinking ( $0.2 \%$ ), or to have probable alcohol dependence ( $0.2 \%$ ) defined by the Alcohol Use Disorders Identification Test (AUDIT) that screens for harmful drinking during the 12 months preceding the survey.

## Physical Activity

Among persons aged 15 or above, $98.1 \%$ performed physical activities for at least 10 minutes continuously in a typical week, including $96.9 \%$ had transport-related physical activity (including walking or cycling), $44.6 \%$ participated in recreation-related physical activity and $18.5 \%$ performed work-related physical activity. Among those who had physical activities in a typical week, the average total time spent on all physical activities was 106.3 minutes per day when such activities were performed. In a typical week, $20.8 \%$ and $97.7 \%$ of persons had undertaken some vigorous and moderate physical activities, respectively. Among persons aged 18 or above, $87.0 \%$ ( $85.8 \%$ for females and $88.4 \%$ for males) had achieved physical activities up to or exceeding the WHO recommended level of at least 600 MET-minutes per week.

Overall, the mean duration of sedentary behaviour on a typical day was about 7.0 hours ( 417.5 minutes for females and 421.0 minutes for males) among persons aged 15 or above; $19.1 \%$ reported spending 10 hours or longer sitting or reclining each day.

## Diet and Nutrition

The PHS collected information on consumption of fruit and vegetables, salty food such as preserved vegetables, processed meat, snacks with high salt content, seaweeds and ready-to-eat seaweeds and use of seasonings such as salt, soy sauce, oyster sauce, ketchup and chili sauce.

- Consumption of fruit and vegetables

Overall, daily fruit consumption was reported by $62.6 \%$ ( $68.0 \%$ of females and $56.6 \%$ of males) of persons aged 15 or above. The proportion of persons reported that they ate fruit daily generally increased with age from $49.1 \%$ for persons aged $15-24$ to $73.1 \%$ for persons aged $65-74$. Overall, $11.9 \%(13.3 \%$ of females and $10.4 \%$ males) of persons aged 15 or above reported that they ate two or more servings of fruit (one serving is equivalent to one piece of medium-sized fruit such as an apple) per day on the days when they ate fruit. The estimated mean number of servings of fruit intake was 1.1 per day for both females and males.

Overall $86.6 \%$ ( $89.2 \%$ of females and $83.8 \%$ of males) of persons aged 15 or above reported eating vegetables daily. Nearly one-third ( $31.5 \%$ ) of persons aged 15 or above reported that they ate two or more servings of vegetables (one serving of vegetables was defined as equivalent to half a bowl of cooked vegetables) per day on the days they ate vegetables. The estimated mean number of servings of vegetables eaten per day was 1.4.

Overall, $5.6 \%$ ( $6.5 \%$ for females and $4.6 \%$ for males) of persons aged 15 or above reported consuming an average of five or more servings of fruit and vegetables per day. The proportion was the lowest among those in the 85 or above age group ( $3.1 \%$ ) and the highest proportion was reported by persons aged 65-74 (7.0\%).

- Consumption of salty food

Overall, $20.7 \%, 46.5 \%$ and $21.5 \%$ of persons aged 15 or above ate preserved vegetables, processed meat and snacks with high salt content, respectively, on average at least once a week. Majority ( $59.3 \%$ every time and $20.9 \%$ often) of persons aged 15 or above used seasonings during cooking. Although only $2.5 \%$ of persons aged 15 or above reported that they added seasonings at the table every time when they ate, another $7.0 \%$ often added seasonings at the table.

- Consumption of seaweeds and ready-to-eat seaweeds

Overall, $8.3 \%$ of persons aged 15 or above reported that they ate seaweeds (including kelp/laver but excluding ready-to-eat seaweeds) on average at least once a week, and $8.1 \%$ of persons aged 15 or above said that they eat ready-to-eat seaweeds on average at least once a week.

## Eating-out Habits

On average, persons aged 15 or above reported eating-out for breakfast, lunch and dinner 8.1, 11.9 and 5.4 times per month, respectively. Overall, $28.6 \%, 48.9 \%$ and $9.9 \%$ of persons aged 15 or above reported eating-out five times or more a week during the 30 days preceding the survey for breakfast, lunch and dinner, respectively. In general males were more likely to eat out than females, and those in the age group of 15-34 were more likely to eat out at least five times per week for lunch or dinner. Overall, $84.2 \%$ of persons aged 15 or above ( $88.9 \%$ for males and $79.9 \%$ for females) reported eating-out (including breakfast, lunch and dinner as a whole) at least once a week during the 30 days preceding the survey.

## Use of Medication for Health

The PHS used self-administered questionnaire to collect information on the usage of certain medications including slimming pills, health supplements, birth control pills and hormones in the month preceding the survey from the respondents. Overall, $0.6 \%$ of persons aged 15 or above had taken slimming pills, being more common in females $(0.8 \%$ ) than in males ( $0.3 \%$ ) and most common among persons aged 25-44 $(0.9 \%)$. Overall, $3.4 \%$ of females aged 15 to 49 reported that they had taken birth control pills, and $0.8 \%$ of females aged 30 or above reported that they had taken hormones for menopausal or aging symptoms in the month preceding the survey. Overall, $16.1 \%$ of persons aged 15 or above had taken health supplements such as vitamins and mineral supplements, being more common in females (19.4\%) than in males (12.4\%), and more common among persons aged 45-54 (19.0\%) or aged 65-74 (18.6\%).

## Injury Prevention

## Unintentional Injuries

Overall, $14.5 \%$ of persons ( $13.9 \%$ of females and $15.1 \%$ of males) aged 15 or above reported that they had sustained one or more episodes of unintentional injuries in the 12 months preceding the survey. They were more common among persons in the age groups of 15-24 (19.0\%) and 85 or above (17.7\%). Among those who had sustained unintentional injuries, the average number of episodes was 2.1. The five most common causes of unintentional injuries were sprain (24.0\%), falls (19.9\%), hit/struck (19.6\%), cutting/piercing ( $15.8 \%$ ) and sports $(12.8 \%)$. Analysed by age group, falls was the main cause of the majority ( $59.1 \%$ ) of unintentional injuries sustained by people aged 65 or above. The most common places where unintentional injuries occurred were home (28.5\%), sports/athletic areas (17.2\%) and
transport areas such as public highways, streets or roads (16.7\%). The proportion of unintentional injuries that were work-related was $13.2 \%$, being more common in males ( $18.5 \%$ ) than in females ( $7.9 \%$ ).

## Preventive Measures

Overall, $80.6 \%$ of persons aged 15 or above agreed that unintentional injury could be preventable and $40.4 \%$ of these persons reported that they had taken some measures to prevent unintentional injuries at home or in the workplace during the 12 months preceding the survey. Among those persons who reported that they had taken injury prevention measures, "being more careful" was the most frequently cited measure ( $90.7 \%$ ), which were followed by "using protective gear" (30.1\%) and "took safety training" (8.4\%). After excluding those whose injury prevention measure was just "being more careful", the proportion of persons aged 15 or above who had done something proactively or taken proactive precautions to prevent unintentional injuries at home or in the workplace was only $13.7 \%$.

Among those who reported that they had not taken any injury prevention measure in the household or at workplace, $87.9 \%$ said that they felt safe enough, $5.1 \%$ thought precautionary measure could not prevent injury and $4.4 \%$ found it inconvenient to take any precautionary measure. Among people aged 15 or above, $8.9 \%(9.3 \%$ for females and $8.4 \%$ for males $)$ reported that they would give up adopting safety measures (e.g. installing window frame or using anti-slip mat) to prevent unintentional injury because of cost.

Regarding specific injury prevention measures, only $4.8 \%$ of persons aged 15 or above reported the use of helmet all of the time when they were riding bicycles; $37.9 \%$ of those who drove or rode in a vehicle with seatbelt said that they had used seatbelts all of the time; and $64.7 \%$ of persons aged 15 or above who had children and stored drugs at home claimed that they had hidden the drugs from children all of the time.

## Preventive Health Practices

## Regular Medical Check-up

Overall, $37.6 \%$ ( $44.1 \%$ of females and $30.4 \%$ of males) of persons aged 15 or above reported that they had regular medical check-up. The proportion of population having regular medical check-up was the highest among those aged 45-54 (45.9\%) and the lowest in those aged 15-24 (18.2\%). Among those who reported that they had regular medical check-up, $91.8 \%$ had their medical check-up at least once every 24 months ( $89.7 \%$ for females and $95.1 \%$ for males) and the mean duration between two check-ups was 15.7 months.

## Faecal Occult Blood Test (FOBT)

Overall, $17.1 \%$ ( $15.0 \%$ had no symptom and $2.1 \%$ had symptoms or discomfort prior to the test) of persons aged 15 or above reported that they had ever had FOBT. The majority $(70.9 \%)$ of those who had FOBT with no prior symptom received the test from private doctors but the majority ( $60.8 \%$ ) of those who had FOBT because of symptoms or discomfort received the test from public clinics or hospitals. Among persons who had FOBT as a screening test (when they had no symptom prior to the test), $64.0 \%$ had their last tests within 24 months preceding the survey and the mean duration since their last FOBT was 32.6 months. The proportion of persons aged $50-75$ who had received FOBT among those with no symptoms or discomfort prior to the test was $19.9 \%$ ( $20.2 \%$ for females and $19.6 \%$ for males).

## Colonoscopy

Overall, $14.6 \%$ of the persons aged 15 or above ( $14.1 \%$ for females and $15.2 \%$ for males) had ever received colonoscopy examination, with $11.3 \%$ had no symptom or discomfort and $3.3 \%$ had symptoms or discomfort prior to the examination. Among those who had colonoscopy as a screening examination (when they had no symptom or discomfort prior to the examination), most of them ( $64.0 \%$ ) received the examination from private doctors, $55.3 \%$ had their last examinations within 24 months preceding the survey, and the average duration since the last colonoscopy was 39.6 months. The proportion of persons aged 50 to 75 inclusive who had ever had colonoscopy for screening was $17.7 \%$ ( $16.2 \%$ for females and $19.2 \%$ for males).

## Prostate-specific Antigen (PSA) Test (for males only)

Overall, $9.2 \%$ of males aged 15 or above reported that they ever had a PSA test without (7.4\%) and with $(1.8 \%)$ symptoms or discomfort prior to the test. The proportions of males who had PSA test for screening (they had no symptom or discomfort prior to the test) increased with age from $2.6 \%$ in males aged below 45 to the peak of $14.7 \%$ in males aged $65-74$. Among those who had the PSA test for screening, the majority received the test from private doctors ( $68.3 \%$ ), $71.7 \%$ had their last tests within 24 months preceding the survey and the average duration since the last PSA test at 26.5 months. Nearly half (45.6\%) of males who had PSA test for screening had no fixed schedule of regular PSA tests, and 21.0\% reported that the recent test was their first PSA test; $19.9 \%$ had repeat PSA test generally once a year or more frequently.

## Digital Rectal Examination (DRE) of the Prostate (for males only)

Overall, $7.9 \%$ of males aged 15 or above reported that they had ever had DRE of the prostate $-5.8 \%$ had the examination when there were no symptom or discomfort and $2.1 \%$ had it because of symptoms or discomfort. Most (61.9\%) persons who had DRE without any prior symptom or discomfort received the examination from private doctors, but most (63.7\%) of those who had symptoms before the DRE had it in public clinics or hospitals. Among males who had received DRE when there was no symptom or discomfort, $61.1 \%$ had their last examinations within 24 months preceding the survey, the average duration since the last DRE was 38.6 months, $53.9 \%$ did not have any fixed schedule of repeat examinations and $13.6 \%$ had DRE generally once a year or more frequently.

## Cervical Smear (for females aged 25 or above)

Overall, $54.2 \%$ of females aged 25 or above reported that they ever had a cervical smear $-51.0 \%$ had the test with no symptoms or discomfort prior to the test and $3.2 \%$ had it because of symptoms or discomfort. The proportion of women aged 25-64 who had ever had cervical smear when there was no symptom or discomfort was $57.4 \%$. Among those who had a cervical smear when there was no symptom or discomfort, $66.5 \%$ had their last cervical smear within 24 months and $20.1 \%$ had the test more than 36 months preceding the survey; and $47.6 \%$ had regular cervical smear once every one to three years and $1.5 \%$ had it more frequently than once a year.

## Mammogram (for females only)

Overall, $25.4 \%$ of females aged 15 or above reported that they ever had a mammogram, with $23.4 \%$ having no symptom or discomfort prior to the examination and $2.0 \%$ had the examination because of symptoms or discomfort. In general, more women consulted private doctors than public clinic or hospitals for the mammogram examination regardless of whether they had symptoms or discomfort prior to the examination. Among those who had the examination for screening (when there was no symptom or discomfort), $63.0 \%$ had their last examinations within 24 months preceding the survey and the average duration since their last mammogram was 38.0 months; $49.3 \%$ of them had no fixed schedule for repeat examinations although $31.1 \%$ had it once every one to two years.

Overall, $55.4 \%$ of people aged 15 or above had their blood cholesterol measured before. The proportion of people who had cholesterol checked before tended to increase with age from $14.2 \%$ in the 15-24 age group to the peak of $82.8 \%$ in the $75-84$ age group. Among those who reported that they had blood cholesterol checked before, $95.7 \%$ had the test done within five years preceding the survey.

Overall, $75.0 \%$ of persons aged 15 or above had their blood pressure checked by a doctor or other health professionals in the past five years. The proportion increased from $50.2 \%$ among those aged 15-24 to the peak of 93.1\% among those aged 75-84.

Overall, $57.7 \%$ of persons aged 15 or above ever had their blood sugar checked before the survey with $92.4 \%$ of whom reporting that their last blood sugar check was within the last three years. The proportion of persons who had their blood sugar checked increased from $20.0 \%$ in the 15-24 age group to $82.4 \%$ in the 75-84 age group.

## Use of Health Services

The PHS asked the respondents on whether they had a family doctor, the health care services they had used and how satisfied they were with the health care system in Hong Kong.

## Persons having a Family Doctor

Overall, $43.8 \%$ of persons aged 15 or above ( $45.1 \%$ for females and $42.4 \%$ for males) reported that they had a family doctor whom they would usually consult first for their health problems. The proportion of persons reported having a family doctor was higher among the age groups between 35 and 64, and in persons with a monthly household income of $\$ 50,000$ or above. Majority ( $96.3 \%$ ) of persons who reported having a family doctor reported that their family doctors were Western medicine practitioners.

## Persons without a Family Doctor

Among persons who did not report having a family doctor, most ( $92.3 \%$ ) would usually consult only Western medicine practitioners, $5.0 \%$ who would usually consult only Chinese medicine practitioners when they were ill, while $2.7 \%$ would consult both. Across all age groups, persons aged 55-64 had the highest proportion reporting that they would consult Chinese medicine practitioners only ( $6.3 \%$ ) when they were ill.

## Type of Health Service Providers usually Consulted

Among those who would usually consult a Western medicine practitioner or both Western and Chinese medicine practitioners when they were ill, $83.6 \%$ reported that they would usually consult doctors in private clinics or hospitals.

## Health Problems and Treatment Received

In the 30 days preceding the survey, $57.0 \%$ ( $61.4 \%$ of females and $52.1 \%$ of males) of persons aged 15 or above reported that they had experienced some kinds of health problems. Among those who had experienced health problems, $39.3 \%$ received treatment from Western medicine practitioners in private clinics / hospitals, $8.6 \%$ received treatment from Western medicine practitioners in public clinics or hospitals, $11.1 \%$ consulted Chinese medicine practitioners, $23.7 \%$ did nothing and $25.3 \%$ consumed over-the-counter Western (20.2\%) or Chinese (5.7\%) medication.

## Hospitalisation

Overall, $11.0 \%$ ( $11.7 \%$ of females and $10.1 \%$ of males) of persons aged 15 or above reported that they had hospital admissions within the 12 months preceding the survey. Among those who reported hospital admissions, $74.2 \%$ were admitted to public hospitals under the Hospital Authority (HA), $24.4 \%$ were admitted to private hospitals and $1.5 \%$ were admitted to both public and private hospitals. The mean number of admissions in the 12 months preceding the survey was 1.3 for those admitted to public hospitals and 1.1 for those admitted to private hospitals. The mean duration of hospital stay during the last episode of admission to public hospitals and private hospitals were 4.7 days and 2.3 days, respectively. While the mean duration of stay at public hospitals was longer for females ( 4.8 days) than for males ( 4.5 days), the opposite was true for the mean duration of stay at private hospitals ( 2.1 days for females vs 2.6 days for males). Overall, $5.3 \%$ and $0.7 \%$ of the admissions to public hospitals under HA and private hospitals, respectively lasted for more than 14 days.

## Consultations with Mental Health Professionals

Overall, $1.7 \%$ of persons aged 15 or above ( $1.9 \%$ in females and $1.5 \%$ in males) reported that they had consulted mental health professionals, such as a clinical psychologist, psychiatrist, psychiatric nurse or
medical social worker, for their mental health problems in the 12 months preceding the survey. Persons aged 15-24 recorded the highest proportion (3.1\%) of consultation with mental health professionals.

## Satisfaction with the Health Care System

Respondents were asked to rate public and private sectors of the health care system in Hong Kong on an overall satisfaction scale of $0-100$ where 0 represents the lowest and 100 the highest level of satisfaction. The average satisfaction scores given to the public health care sector and private health care sector were 66.9 and 75.3 , respectively. The average satisfaction score by age group ranged from 64.6 to 73.8 for the public sector, with an increasing trend with age. The average satisfaction score by age group had a narrower range from 73.9 to 76.1 for the private sector.

## Physical and Biochemical Measurements

The PHS invited a random subsample of persons aged between 15 and 84 who had been enumerated in the household survey and signed the survey consent form to undergo a follow-up health examination in order to estimate prevalence of cardiovascular disease risk factors. The health examination included anthropometric and blood pressure measurements as well as blood tests for fasting plasma glucose, haemoglobin A1c (HbA1c) and fasting lipid profile, and 24-hour urine test for sodium and potassium.

## Body Mass Index (BMI)

The mean BMI for females and males aged 15-84 were $22.9 \mathrm{~kg} / \mathrm{m}^{2}$ and $23.9 \mathrm{~kg} / \mathrm{m}^{2}$, respectively. Overall, $29.9 \%$ ( $24.4 \%$ of females and $36.0 \%$ of males) persons aged $15-84$ were obese (i.e. BMI $\geq 25.0 \mathrm{~kg} / \mathrm{m}^{2}$ ) and another $20.1 \%$ ( $19.3 \%$ of females and $20.9 \%$ of males) were overweight (i.e. $23.0 \mathrm{~kg} / \mathrm{m}^{2} \leq \mathrm{BMI}<$ $25.0 \mathrm{~kg} / \mathrm{m}^{2}$ ), according to the classification for Chinese adults adopted by the DH. Obesity was most common among females aged 65-84 (34.3\%) and among males aged 45-54 (51.1\%).

## Waist Circumference and Waist-hip Ratio

Among persons aged 15-84, the mean waist circumference (WC) was 77.7 cm for females and 84.4 cm for males; and the mean waist-hip ratio (WHR) was 0.83 for females and 0.88 for males. Overall, $32.9 \%$ ( $37.2 \%$ for females and $28.2 \%$ for males) of persons aged $15-84$ had central obesity defined by WC and
$40.1 \%$ ( $38.9 \%$ for females and $41.5 \%$ for males) of persons aged $15-84$ had central obesity defined by WHR.

## Blood Pressure

The PHS 2014/15 reported the mean of the second and third readings of three blood pressure measurements of respondents with a three minute rest between each measurement. The mean systolic blood pressure (SBP) of persons aged $15-84$ was $120.0 \mathrm{mmHg}(117.0 \mathrm{mmHg}$ for females and 123.2 mmHg for males). The mean diastolic blood pressure (DBP) of these persons was $77.8 \mathrm{mmHg}(75.9$ mmHg for females and 79.8 mmHg for males). Apart from $14.6 \%$ of persons aged $15-84$ with a selfreported doctor-diagnosis of hypertension, $13.2 \%$ ( $11.5 \%$ of females and $14.9 \%$ of males) of these persons were found to have high blood pressure with $\mathrm{SBP} \geq 140 \mathrm{mmHg}$ and/or DBP $\geq 90 \mathrm{mmHg}$. The total prevalence of hypertension combining cases that were self-reported or detected by measurement during health examination was $27.7 \%$ ( $25.5 \%$ for females and $30.1 \%$ for males) among persons aged 1584 , with $47.5 \%$ of them being undiagnosed before the PHS. The total prevalence of hypertension increased steadily with age from 4.5\% among those aged 15-24 to 64.8\% among those aged 65-84.

## Diabetes Mellitus

The mean values of fasting plasma glucose (FPG) for females and males aged $15-84$ were $4.9 \mathrm{mmol} / \mathrm{L}$ and $5.1 \mathrm{mmol} / \mathrm{L}$, respectively. The mean values of glycated haemoglobin (HbA1c) for females and males aged $15-84$ were $5.6 \%$ and $5.7 \%$, respectively. Apart from $3.8 \%$ ( $3.2 \%$ for females and $4.6 \%$ for males) of persons aged 15-84 with self-reported doctor-diagnosed diabetes mellitus (DM), 4.5\% (3.2\% of females and $6.0 \%$ of males) of these persons had DM defined by either a $\mathrm{FPG} \geq 7.0 \mathrm{mmol} / \mathrm{L}$ or HbA 1 c $\geq 6.5 \%$. Combining the self-reported doctor-diagnosed and newly biochemical testing detected cases, the total prevalence of DM among persons aged $15-84$ was $8.4 \%$ ( $6.4 \%$ in females and $10.5 \%$ in males), with $54.1 \%$ of them being undiagnosed before the PHS. The prevalence of DM increased with age from $0.2 \%$ for persons aged 15-24 to $25.4 \%$ for those aged 65-84. In addition, another $1.0 \%$ of persons aged 15-84 had impaired fasting glucose (IFG) with FPG between 6.1 and $6.9 \mathrm{mmol} / \mathrm{L}$.

## Hypercholesterolaemia

Among persons aged 15-84, the mean total cholesterol (TC) was $5.1 \mathrm{mmol} / \mathrm{L}(5.1 \mathrm{mmol} / \mathrm{L}$ for females and $5.0 \mathrm{mmol} / \mathrm{L}$ for males), mean high-density lipoprotein (HDL) was $1.4 \mathrm{mmol} / \mathrm{L}(1.5 \mathrm{mmol} / \mathrm{L}$ for
females and $1.3 \mathrm{mmol} / \mathrm{L}$ for males), mean low-density lipoprotein (LDL) was $3.1 \mathrm{mmol} / \mathrm{L}(3.1 \mathrm{mmol} / \mathrm{L}$ for females and $3.2 \mathrm{mmol} / \mathrm{L}$ for males). Overall, $42.2 \%, 23.7 \%$ and $35.0 \%$ of persons aged $15-84 \mathrm{had}$ high TC ( $\geq 5.2 \mathrm{mmol} / \mathrm{L}$ ), low HDL ( $<1.3 \mathrm{mmol} / \mathrm{L}$ for females, $<1.0 \mathrm{mmol} / \mathrm{L}$ for males) and high LDL ( $\geq$ $3.4 \mathrm{mmol} / \mathrm{L}$ ), respectively. Hypercholesterolaemia is defined by a $\mathrm{TC} \geq 5.2 \mathrm{mmol} / \mathrm{L}$, which was found in $34.8 \%$ of persons aged $15-84$ who had not reported to have a doctor-diagnosed hypercholesterolaemia. Adding this prevalence to the $14.8 \%$ self-reported doctor-diagnosed hypercholesterolaemia, the overall prevalence of hypercholesterolaemia was $49.5 \%$ among persons aged 15-84 (48.8\% for females and $50.3 \%$ for males) with $70.2 \%$ of them being undiagnosed before the PHS. Analysed by age group, the highest prevalence of hypercholesterolaemia was observed in the age group 55-64 (75.0\% in females and $68.9 \%$ in males).

## Daily Sodium and Potassium Intake

The PHS 2014/15 estimated daily sodium and potassium intake through measurement of sodium and potassium excretion from 24-hour urine collection.

- Sodium intake

24-hour urinary sodium excretion is a reliable proxy measure of dietary salt intake. Among persons aged 15-84, the mean 24-hour urinary sodium excretion was $150.6 \mathrm{mmol}(135.6 \mathrm{mmol}$ for females and 167.1 mmol for males), which is equivalent to a daily salt intake of 8.8 g per day ( 7.9 g per day for females and 9.8 g per day for males). The vast majority ( $86.3 \%$ ) of persons aged $15-84$ had dietary salt intake above the WHO recommended daily limit of less than 5 g per day, which was more common in males $(90.8 \%$ ) than females $(82.2 \%)$. The mean daily salt intake increased with the frequency of eating-out from 8.0 g per day among persons eating out less than once per week to 9.3 g per day among persons eating out six times or more per week.

- Potassium intake

The average daily intake of potassium of participants of the PHS was estimated by the multiplication of 24 -hour urinary potassium excretion by a factor of 1.3 and converting one mmol of potassium to 0.039 g of potassium. Among the persons aged $15-84$, the estimated mean daily potassium intake was 2.3 g ( 2.2 g for females and 2.3 g for males). Nearly all ( $91.5 \%$ ) persons aged $15-84$ had insufficient dietary potassium intake below the WHO recommended level of 3.5 g per day. The proportion of persons with sufficient potassium intake (at least 3.5 g per day) was higher (13.1\%)
among persons consuming at least five servings of fruit and vegetables per day than that (8.2\%) among persons eating less than five servings of fruit and vegetables per day.

## Risk of Cardiovascular Disease

The PHS adopted a widely-used risk prediction model, namely the Framingham risk model for general cardiovascular disease (CVD) risks to predict the risk of CVD over the next 10 years in the general adult population aged 30-74 of Hong Kong.

## Risk of Cardiovascular Disease over 10 Years Predicted by Framingham Risk Model

The Framingham risk model predicts the total risk of all cardiovascular outcomes including CHD, stroke, peripheral artery disease and heart failure. Among persons aged 30-74, the mean CVD risk over the next 10 years predicted by the Framingham risk model was $10.6 \%$ ( $6.2 \%$ for females and $15.5 \%$ for males). The mean CVD risk increased with age in both genders from $1.5 \%$ among females aged 30-44 to $15.7 \%$ among females aged 65-74 and from 4.1\% among males aged 30-44 to $33.2 \%$ among males aged $65-74$. Among persons aged $30-74,16.4 \%$ were classified as high-risk ( 10 -year CVD risk $\geq 20 \%$ ), $18.3 \%$ as medium-risk ( 10 -year CVD risk $\geq 10 \%$ and $<20 \%$ ) and $65.4 \%$ as low-risk ( 10 -year CVD risk $<10 \%$ ) according to the Framingham risk model. The proportion of high-risk persons was much lower in females $(5.1 \%)$ than in males ( $29.1 \%$ ) and increased sharply with age to peak at $24.0 \%$ and $84.9 \%$ among females and males aged 65-74, respectively.

## Chapter 1

## Survey Method, Representativeness and Characteristics of the Sample

### 1.1 Background

The Population Health Survey (PHS) 2014/15 is the second territory-wide Population Health Survey conducted by the Department of Health (DH). The first PHS was conducted in 2003-04 and a Heart Health Survey was conducted as a follow-up study in 2004-05. The objective of conducting the PHS 2014/15 is to collect pertinent information on the patterns of health status and health-related issues of the general population in Hong Kong. The PHS 2014/15 aims to strengthen the Government's information base on population health, thereby support evidence-based decision making in health policy, resource allocation, provision of health services and public health services.
This Chapter outlines (i) the survey method, and (ii) the degree of sample representativeness, along with (iii) a portrayal of the characteristics of the households and the population under study.

### 1.2 Survey Method

The Population Health Survey (PHS) 2014/15 comprised two parts, namely (I) household survey; and (II) health examination, including physical and biochemical measurements. The DH commissioned a private research firm and a private healthcare organisation with laboratory service to conduct the fieldworks of household survey and health examination respectively. Data analysis and reporting of the PHS 2014/15 was commissioned to the Department of Family Medicine and Primary Care of the University of Hong Kong. The DH played a co-ordination and management role in the survey and was responsible for monitoring the quality of various parts of the survey. The PHS 2014/15 had been approved by the Ethics Committee of the Department of Health.

### 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. The health examination covered persons aged between 15 and 84 (both ages inclusive) who had been enumerated in the household survey.

### 1.2.2 Sampling Frame and Sample Selection

The survey adopted the Frame of Quarters maintained by the Census and Statistics Department (C\&SD) 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 Participants of Health Examination

All domestic households in the selected living quarters and all members aged 15 or above who met the target population coverage criteria stated in Section 1.2 .1 above in the selected households were enumerated individually. All enumerated persons aged between 15 and 84 were invited to sign a PHS consent form of health examination. For respondents under 18 years of age, their consent forms were signed by parents or guardians. Eligible and consented members of enumerated households in a random subsample of living quarters were invited to undergo a follow-up health examination.

According to the Protocol ${ }^{1}$ from the World Health Organization (WHO), respondents meeting any one of the following criteria were excluded from 24-hour urine tests:
(a) Respondents unable to sign the consent form of health examination;
(b) Those with known history of heart or kidney failure, stroke or liver disease;
(c) Those who had recently begun therapy with diuretics (for less than two weeks preceding the survey); or
(d) Those with other conditions that would make 24-hour urine collection difficult, e.g. incontinence.

### 1.2.4 Data Collection Method

## Household survey

For the household survey, 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 fill in a self-administered questionnaire. Translation service was planned for ethnic minorities who did not speak the three languages so that they would not be excluded due to language barrier. As for respondents with special needs, such as hearing and speaking difficulties, assistance from their household members to facilitate the conduct of the interviews was allowed.

Intensive publicity and subject recruitment strategy were employed to increase the response rate. Announcements in the Public Interest (API) through radio to encourage respondents' support and participation in the survey were broadcasted, posters and pamphlets were distributed. Invitation letters were sent to all sampled households about a week before the commencement of the fieldwork. A mini theme page was set up in the Centre for Health Protection website to publicise and provide detailed information of the survey. Two hotlines were set up for answering enquiries related to the survey and making appointments for interview. Cash coupons were presented to respondents upon completion of the interview and all parts of health examination respectively as a token of appreciation for their support and participation

## Health examination

Respondents who consented for health examination, after random selection, were contacted by telephone to make appointment at designated health examination centres. Appointment confirmation letters or SMS, a health examination pamphlet and instructions for blood test were sent to respondents who accepted the invitation. Another hotline was set up for enquiries and making appointments for health examination. Identities of respondents attending health examination were confirmed by checking their partial HKID number, name, gender and age. Physical measurements and blood taking were performed by trained staff supervised by medical practitioner in four designated health examination centres, one each in Central, Causeway Bay, Jordan and Tsuen Wan. If respondents were eligible for performing the 24-hour urine tests, they were given two 24 -hour urine collection bottles of 3 litres each and instructions for 24 -hour urine collection, and were required to return their urine samples on the same day after the collection.

Procedures of physical measurements and biochemical tests followed the WHO STEPS Surveillance Manual ${ }^{2}$ and the Protocol for Population Level Sodium Determination in 24-hour Urine Samples ${ }^{1}$ from the World Health Organization. Procedures for handling biochemical specimens followed the Safety Guidelines on Transport of Clinical Specimens and Infectious Substances for Courier Team and the relevant Infection Control Guidelines issued by the Centre for Health Protection of the DH.

## Dissemination of health examination results

All laboratory reports were reviewed by registered Medical Laboratory Technologists before passing to the DH . Medical staff of the DH , including doctors and nurses, further reviewed all laboratory results before sending to the respondents concerned. Health advice was provided to the respondents with results outside reference range.

### 1.2.5 Survey Instrument

Data of the household survey were collected through the use of a structured questionnaire which covered the following areas:
(a) Self-rated health status and quality of life;
(b) Physical health status;
(c) Mental health status;
(d) Health-related behaviours and lifestyle practices;
(e) Injury prevention;
(f) Preventive health practices;
(g) Use of health services; and
(h) Demographic information.

There were a few sensitive questions in the questionnaire which might be uneasy or embarrassing for the respondents to answer in a face-to-face interview. In order to minimise the potential reporting error, selfadministered questionnaire was deployed to collect respondents' responses to these questions. On average, an interview for individual respondents lasted about 47 minutes and the duration per interview ranged from 32 minutes to 64 minutes.

The health examination includes the following items:
Physical measurements:
(a) Measurement of blood pressure;
(b) Measurement of body height and body weight;
(c) Measurement of hip and waist circumferences; and
(d) Calculation of body mass index (BMI).

Biochemical testing:
(a) Fasting lipid profile, including total cholesterol, low density lipoprotein (LDL) (by calculation), high density lipoprotein (HDL) and triglyceride;
(b) Fasting plasma glucose;
(c) Glycated haemoglobin (HbA1c); and
(d) 24-hour urine testing for sodium and potassium.

### 1.2.6 Pilot Survey

## Household survey

In order to test the survey materials as well as to ensure the smooth execution of the fieldwork, a pilot survey in two phases was conducted from 7 November 2014 to 14 December 2014; and a total of 200 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.

## Health examination

Thirty-one out of the 200 respondents of the pilot survey were successfully recruited to participate in the health examination from 25 March 2015 to 19 June 2015. All respondents completed all items of health examination, except one subject who refused to complete 24 -hour urine tests.

All aspects of health examination, including appointment making, the protocols for physical and biochemical measurements and results dissemination, were tested thoroughly in the pilot survey.

Standard scripts for appointment making and instructions for 24 -hour urine collection were tested and refinements were made after pilot survey.

### 1.2.7 Training for the Interviewers and Health Examination Staff

Household survey
To ensure consistency among interviewers on data collection, training sessions and a survey manual were provided prior to fieldwork. Weekly debriefing sessions and further regular training 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.

## Health examination

Induction training was provided to all staff undertaking health examination services in all centres before the survey commenced and regularly throughout the fieldwork. All these staff were trained to comply with all procedures stated in the Service Protocols, including procedures of blood pressure measurement, other physical measurements and blood collection as well as instructions for 24-hour urine collection. The Service Protocols were available for all staff involved in the survey in order to ensure consistency in all aspects of health examination.

### 1.2.8 Data Collection and Enumeration Results

Household survey
The fieldwork of the household survey was conducted between December 2014 and October 2015. A total of 7205 domestic households were found in the sample of 7081 living quarters. Among these 7205 domestic households, 5435 were successfully enumerated, representing an overall response rate of $75.4 \%$ at household level. The response rate was slightly higher than the last survey conducted in 2003/04 ( $72 \%$ ) since more intensive publicity strategy and incentives were employed.

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 are $85.8 \%, 83.7 \%$ and $67.7 \%$. As regards the response rate by District Council district, it varied from the highest of $85.1 \%$ recorded for Wong Tai Sin District to the lowest of $65.2 \%$ for Islands District.

A total of 12022 persons aged 15 or above were successfully enumerated from these 5435 domestic households in the fieldwork.

## Health examination

The fieldwork of health examination was conducted between June 2015 and August 2016. A total of 5936 respondents out of 8615 consented respondents were selected and invited to make appointment for health examination. Among these 5936 invited respondents, 2347 respondents attended health examination, including 1976 respondents completed physical measurements, blood tests and 24 -hour urine tests, and 371 respondents completed physical measurements and blood tests only. These represented a participation rate of $39.5 \%$. Similarly, the participation rate was higher than that in a past similar survey, the Heart Health Survey, conducted in 2004/05 (27\%).

The participation rate in females (40.1\%) was slightly higher than that in males (39.0\%). As regards the participation rates by age group, they ranged from $32.9 \%$ among respondents aged $65-84$ to $48.1 \%$ among those aged 55-64.

### 1.2.9 Quality Control

## Household survey

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. Furthermore, at least $15 \%$ of the questionnaires completed by each interviewer and all the questionnaires of respondents who participated in the health examination were checked by an independent team of quality control checkers. Moreover, QC measures on office coding and editing, data input (double data entry), 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.

## Health examination

Quality control measures were adopted in various aspects of fieldwork to ensure all data collected from health examination were credible and reliable. All physical measurements and specimen collection were required to strictly follow the procedures stated in the service protocol of health examination which adopted procedures stated in the relevant manuals from the WHO. The laboratory providing laboratory
services for the PHS was accredited by the Hong Kong Laboratory Accreditation Scheme in performing all the blood tests and 24 -hour urine tests included in the survey. Besides, it conducted daily internal quality control checking and participated in External Quality Assurance Program. In addition, the DH conducted random on-site inspection of physical measurements and blood specimen collection and regular quality checking by telephone calls on randomly selected participants of health examination.

### 1.2.10 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 second quarter (Q2) of 2015. One set of statistical weights each was derived for (i) household survey, (ii) health examination (exclude 24hour urine tests), and (iii) 24-hour urine tests. After these adjustments, the survey estimates can represent those of the study population during the survey period.

### 1.2.11 Reliability of the Estimates

The estimates of this survey are subject to sampling error and non-sampling error. These estimates are based on the information obtained from a particular sample, which is one of a large number of possible samples that could be selected using the same sample design. Estimates derived from different samples would differ from each other. Due to these possible variations of results, a zero figure may mean a nonzero figure of a small magnitude. Besides, some estimates are derived from a small number of observations, and they might be subject to large sampling error and should be interpreted with caution.

The coefficient of variation (CV) is used for comparing the precision of the estimates of various variables related to sampling error. The 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.

Apart from sampling errors, non-sampling errors might also exist. The cross-sectional approach of the survey can only be used to reflect the health status of the non-institutional population at a particular point in time. Therefore, the survey has interviewed only part of the population. Although efforts were made to ensure randomness in selection of participants and representativeness of the results, bias may still exist if those people who could not be reached or refused to participate were having different health status or lifestyles. This survey has assessed respondents' health status, behaviours or practices through self-
reporting and is subjected to recall bias and recall error. Also, the prevalence of the self-reported conditions may not correspond to the true prevalence of that condition in the population. For example, there might be under-recognition, or at least under-reporting, of most chronic conditions and mental health status. Even for the same disease or symptom, a person might regard it as a health problem while another person might not. This was especially so for minor symptoms and for those who had not consulted doctor. Some respondents might not be willing to disclose to interviewers some of their behaviours or lifestyle practices that were regarded as socially undesirable and others might tend to provide socially desirable responses. It should also be noted that estimates contained in this report are subject to error. Some estimates on certain health problems are quite small and may be subject to large error.

### 1.2.12 Confidentiality

All questionnaires filled with data and data files were regarded as confidential documents, and the research team exercised due care in handling the records to avoid the leakage of information. At the beginning of the survey, all relevant staff of the private data collection 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 questionnaires filled with respondents' information would be destroyed within six months after completion of the survey.

### 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. "-" denotes a nil figure, "N.A." denotes not applicable and "\$" denotes Hong Kong dollar unless otherwise stated.

### 1.3 Sample Representativeness

The effect size ${ }^{3}$ 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 Q2 of 2015 in Hong Kong. The effect sizes in respect of age, gender and highest education attainment between the two distributions were very small (i.e. $0.0403,0.0099$ and 0.1072 respectively). The very small effect sizes suggested close similarity between the unweighted data and land-based non-institutional population data indicating that the survey sample of this survey was representative of the target population (Table 1.3).

Table 1.3: Distribution of unweighted sample data and the effect sizes for its comparison with estimates of land-based non-institutional population for Q2 of 2015

|  |  |  | Effect size ${ }^{\dagger}$ |
| :---: | :---: | :---: | :---: |
|  | Distribu |  |  |
|  | No. of persons | \% |  |
| Age (years) |  |  | 0.0403 |
| 15-24 | 1632 | 13.6\% |  |
| 25-34 | 1805 | 15.0\% |  |
| 35-44 | 1922 | 16.0\% |  |
| 45-54 | 2339 | 19.5\% |  |
| 55-64 | 2127 | 17.7\% |  |
| 65-74 | 1181 | 9.8\% |  |
| 75-84 | 753 | 6.3\% |  |
| 85 or above | 263 | 2.2\% |  |
| Total | 12022 | 100.0\% |  |
| Gender |  |  | 0.0099 |
| Female | 6357 | 52.9\% |  |
| Male | 5665 | 47.1\% |  |
| Total | 12022 | 100.0\% |  |
| Highest education attainment |  |  | 0.1072 |
| No schooling / Pre-primary | 559 | 4.6\% |  |
| Primary | 1997 | 16.6\% |  |
| Secondary | 6276 | 52.2\% |  |
| Post-secondary or above | 3190 | 26.5\% |  |
| Total | 12022 | 100.0\% |  |

Base: \# All 12022 respondents who had participated in the PHS 2014/15.
Notes: $\dagger$ In this calculation, effect size is the quantitative measure of strength of differences in distribution between unweighted sample data and land-based noninstitutional 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'. ${ }^{3}$
Figures may not add up to the total due to rounding.

The PHS data 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. After these adjustments, the survey estimates can represent those of the Hong Kong population during the survey period. Weighted percentage distributions of age and gender between the PHS data and the land-based non-institutional population for Q2 of 2015 compiled by the Census and Statistics Department (C\&SD) were the same.

### 1.4 Characteristics of the Sampled Domestic Households

Overall, a total of 5435 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 2463600 domestic households in Q2 of 2015 in Hong Kong. After grossing-up, about half ( $53.5 \%$ ) and one-third ( $31.2 \%$ ) of the households lived in private housing and public rental housing respectively. In terms of household size, more than half (53.4\%) had either two members ( $26.9 \%$ ) or three members ( $26.5 \%$ ), about one-fifth ( $20.6 \%$ ) had four members, $17.3 \%$ of the households were one-person households and $8.7 \%$ had five or more members. Analysed by District Council district, the highest proportion of domestic households (9.3\%) lived in Kwun Tong District whereas the Islands District had the least proportion of domestic households (1.9\%) (Table 1.4).

Table 1.4: Weighted distributions of the sampled domestic households

|  | No. of domestic households ('000) | \% |
| :---: | :---: | :---: |
| Type of housing |  |  |
| Public rental housing | 767.5 | 31.2\% |
| Subsidised sale flats | 378.4 | 15.4\% |
| Private housing | 1317.7 | 53.5\% |
| Total | 2463.6 | 100.0\% |
| Number of persons in the household |  |  |
| 1 | 426.8 | 17.3\% |
| 2 | 663.3 | 26.9\% |
| 3 | 652.0 | 26.5\% |
| 4 | 508.0 | 20.6\% |
| 5 | 150.1 | 6.1\% |
| 6 or above | 63.4 | 2.6\% |
| Total | 2463.6 | 100.0\% |
| District Council district |  |  |
| Western \& Central | 97.1 | 3.9\% |
| Wanchai | 58.6 | 2.4\% |
| Eastern | 205.0 | 8.3\% |
| Southern | 79.0 | 3.2\% |
| Sham Shui Po | 149.0 | 6.0\% |
| Kowloon City | 122.8 | 5.0\% |
| Wong Tai Sin | 154.6 | 6.3\% |
| Kwun Tong | 227.9 | 9.3\% |
| Yau Tsim Mong | 115.3 | 4.7\% |
| Kwai Tsing | 165.0 | 6.7\% |
| Tsuen Wan | 101.0 | 4.1\% |
| Tuen Mun | 184.6 | 7.5\% |
| Yuen Long | 214.5 | 8.7\% |
| North District | 91.7 | 3.7\% |
| Tai Po | 104.5 | 4.2\% |
| Shatin | 222.0 | 9.0\% |
| Sai Kung | 123.4 | 5.0\% |
| Islands | 47.5 | 1.9\% |
| Total | 2463.6 | 100.0\% |

[^0]
### 1.5 Characteristics of the Sampled Respondents

In the survey, a total of 12022 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 6080200 land-based non-institutional population aged 15 or above in Q2 2015, excluding foreign domestic helpers. After grossing-up, $52.4 \%$ were females and $47.6 \%$ were males. As a whole, the median age was 47 for both females and males. The largest proportion by age group for both females (19.9\%) and males (18.9\%) were those in the 45-54 years old group (Table 1.5.1).

Table 1.5.1: 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 | 392.3 | 12.3\% | 409.3 | 14.1\% | 801.6 | 13.2\% |
| 25-34 | 506.4 | 15.9\% | 455.0 | 15.7\% | 961.4 | 15.8\% |
| 35-44 | 561.4 | 17.6\% | 459.8 | 15.9\% | 1021.2 | 16.8\% |
| 45-54 | 634.6 | 19.9\% | 548.4 | 18.9\% | 1183.0 | 19.5\% |
| 55-64 | 537.5 | 16.9\% | 528.0 | 18.2\% | 1065.5 | 17.5\% |
| 65-74 | 280.2 | 8.8\% | 283.8 | 9.8\% | 564.0 | 9.3\% |
| 75-84 | 187.9 | 5.9\% | 164.8 | 5.7\% | 352.7 | 5.8\% |
| 85 or above | 84.7 | 2.7\% | 46.1 | 1.6\% | 130.8 | 2.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Median age | 47.0 |  | 47.0 |  | 47.0 |  |
| Base: All r <br> Note: Figu | add up to the total | unding. |  |  |  |  |

Regarding marital status, majority of the people aged 15 or above ( $60.0 \%$ overall; $57.3 \%$ females; $63.0 \%$ males) were married. Never married / single accounted for $27.4 \%$ and $32.4 \%$ among the females and males respectively (Table 1.5.2a).

Table 1.5.2a: 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 / Single | 872.2 | 27.4\% | 938.2 | 32.4\% | 1810.4 | 29.8\% |
| Married | 1825.8 | 57.3\% | 1822.6 | 63.0\% | 3648.4 | 60.0\% |
| Divorced / Separated | 185.8 | 5.8\% | 70.5 | 2.4\% | 256.2 | 4.2\% |
| Widowed | 301.2 | 9.5\% | 64.0 | 2.2\% | 365.2 | 6.0\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

In terms of the relation between marital status and age group, majority of individuals aged 35-84 were married; majority of individuals aged below 35 were never married / single; and majority of individuals aged 85 or above were widowed (Table 1.5.2b).

Table 1.5.2b: 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 / Single | 784.9 | 97.9\% | 570.6 | 59.3\% | 204.5 | 20.0\% | 151.6 | 12.8\% | 69.3 | 6.5\% | 20.6 | 3.6\% | 6.9 | 2.0\% | 2.1 | 1.6\% | 1810.4 | 29.8\% |
| Married | 16.7 | 2.1\% | 381.3 | 39.7\% | 772.1 | 75.6\% | 923.8 | 78.1\% | 859.1 | 80.6\% | 433.9 | 76.9\% | 217.6 | 61.7\% | 43.9 | 33.6\% | 3648.4 | 60.0\% |
| Divorced/ Separated | - | - | 8.5 | 0.9\% | 42.2 | 4.1\% | 90.9 | 7.7\% | 77.4 | 7.3\% | 24.6 | 4.4\% | 10.6 | 3.0\% | 2.0 | 1.6\% | 256.2 | 4.2\% |
| Widowed | - | - | 1.1 | 0.1\% | 2.4 | 0.2\% | 16.8 | 1.4\% | 59.6 | 5.6\% | 85.0 | 15.1\% | 117.6 | 33.3\% | 82.8 | 63.3\% | 365.2 | 6.0\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

As for birthplace, $57.5 \%$ of the females and $66.0 \%$ of the males were born in Hong Kong. The remaining persons were mostly born in Guangdong Province (22.9\%) and other provinces (10.1\%) of Mainland China. Only $4.7 \%$ were born in other countries / regions (Table 1.5.3a).

Table 1.5.3a: Weighted distribution of sampled respondents by place of birth and gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Hong Kong | 1830.1 | 57.5\% | 1911.4 | 66.0\% | 3741.5 | 61.5\% |
| Guangdong Province | 773.8 | 24.3\% | 619.3 | 21.4\% | 1393.1 | 22.9\% |
| Other provinces of Mainland China | 402.3 | 12.6\% | 210.0 | 7.3\% | 612.4 | 10.1\% |
| Macao | 29.4 | 0.9\% | 16.6 | 0.6\% | 46.0 | 0.8\% |
| Other countries / regions | 149.3 | 4.7\% | 137.9 | 4.8\% | 287.2 | 4.7\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Regarding the relation between birthplace and age group, younger persons under the age of 65 were more likely to be born in Hong Kong, whereas persons aged 75 or above were more likely to be born in Guangdong Province. Among those aged 15-24, $76.6 \%$ were born in Hong Kong, whereas $64.2 \%$ of persons aged 85 or above were born in Guangdong Province (Table 1.5.3b).

Table 1.5.3b: Weighted distribution of sampled respondents by place of birth 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) | \% |
| Hong Kong | 614.2 | 76.6\% | 695.2 | 72.3\% | 632.4 | 61.9\% | 773.1 | 65.4\% | 675.2 | 63.4\% | 240.8 | 42.7\% | 87.8 | 24.9\% | 22.7 | 17.3\% | 3741.5 | 61.5\% |
| Guangdong Province | 113.9 | 14.2\% | 135.4 | 14.1\% | 166.6 | 16.3\% | 238.2 | 20.1\% | 270.9 | 25.4\% | 205.1 | 36.4\% | 179.0 | 50.8\% | 84.0 | 64.2\% | 1393.1 | 22.9\% |
| Other provinces of Mainland China | 41.7 | 5.2\% | 72.3 | 7.5\% | 136.0 | 13.3\% | 110.5 | 9.3\% | 80.5 | 7.6\% | 88.2 | 15.6\% | 63.5 | 18.0\% | 19.8 | 15.1\% | 612.4 | 10.1\% |
| Macao | 2.0 | 0.3\% | 4.6 | 0.5\% | 5.2 | 0.5\% | 6.7 | 0.6\% | 13.6 | 1.3\% | 6.5 | 1.1\% | 5.7 | 1.6\% | 1.8 | 1.3\% | 46.0 | 0.8\% |
| Other countries / regions | 29.8 | 3.7\% | 54.0 | 5.6\% | 80.9 | 7.9\% | 54.5 | 4.6\% | 25.4 | 2.4\% | 23.4 | 4.1\% | 16.6 | 4.7\% | 2.6 | 2.0\% | 287.2 | 4.7\% |
| Total | 801.6 | 100.0\% | 961.41 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: All r <br> Note: Figu | responde | nots. | up to the | e total due | ue to roun | ding. |  |  |  |  |  |  |  |  |  |  |  |  |

Among persons aged 15 or above who were not born in Hong Kong, most ( $63.5 \%$ overall; $58.6 \%$ females; $70.3 \%$ males) had lived in Hong Kong for 20 years or more; $18.9 \%$ of the females and $15.0 \%$ of the males had resided in Hong Kong for less than 10 years (Table 1.5.4).

Table 1.5.4: Weighted distribution of the non-Hong Kong born persons aged 15 or above by number of years living in Hong Kong and gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 0-9 | 256.3 | 18.9\% | 147.2 | 15.0\% | 403.5 | 17.3\% |
| 10-19 | 304.9 | 22.5\% | 145.4 | 14.8\% | 450.4 | 19.3\% |
| 20-29 | 209.5 | 15.5\% | 118.4 | 12.0\% | 328.0 | 14.0\% |
| 30-39 | 225.5 | 16.6\% | 212.4 | 21.6\% | 437.9 | 18.7\% |
| 40-49 | 88.9 | 6.6\% | 107.2 | 10.9\% | 196.1 | 8.4\% |
| 50-59 | 126.0 | 9.3\% | 135.3 | 13.7\% | 261.3 | 11.2\% |
| 60-69 | 102.1 | 7.5\% | 90.3 | 9.2\% | 192.4 | 8.2\% |
| 70-79 | 34.0 | 2.5\% | 24.6 | 2.5\% | 58.6 | 2.5\% |
| 80 or above | 7.7 | 0.6\% | 2.9 | 0.3\% | 10.6 | 0.5\% |
| Total | 1354.9 | 100.0\% | 983.8 | 100.0\% | 2338.7 | 100.0\% |
| Base: All respondents who reported not born in Hong Kong. <br> Note: Figures may not add up to the total due to rounding. |  |  |  |  |  |  |

In terms of the highest educational attainment, slightly more than half of the females $(50.2 \%)$ and males ( $53.8 \%$ ) aged 15 or above had attained the secondary school level. $26.2 \%$ of females and $30.7 \%$ of males had attained higher educational level at post-secondary level or above (Table 1.5.5).

Table 1.5.5: Weighted distribution of sampled respondents by highest educational attainment and gender

|  | Female |  | Male |  | Total |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| No schooling / Pre-primary | 214.9 | $6.7 \%$ | 52.3 | $1.8 \%$ | 267.1 | $4.4 \%$ |
| Primary | 538.8 | $16.9 \%$ | 398.6 | $13.8 \%$ | 937.4 | $15.4 \%$ |
| Secondary | 1597.4 | $50.2 \%$ | 1556.7 | $53.8 \%$ | 3154.1 | $51.9 \%$ |
| Post-secondary or above | 834.0 | $26.2 \%$ | 887.6 | $30.7 \%$ | 1721.5 | $28.3 \%$ |
| Total | 3185.0 | $100.0 \%$ | 2895.2 | $100.0 \%$ | 6080.2 | $100.0 \%$ |

[^1]In terms of paid occupation, females were most commonly service and shop sales workers (28.2\%) or clerks $(26.7 \%)$, whereas males were more likely to be craft and related workers ( $17.2 \%$ ) or managerial and administrative personnel (16.4\%) among persons aged 15 or above who had a full-time or part-time job in the 7 days preceding the survey (Table 1.5.6).

Table 1.5.6: Weighted distribution of sampled respondents who were employed by occupation and gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { No. of persons } \\ & \text { ('000) } \end{aligned}$ | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Managerial and administrative | 157.1 | 10.0\% | 323.7 | 16.4\% | 480.8 | 13.5\% |
| Professional | 95.4 | 6.0\% | 158.1 | 8.0\% | 253.5 | 7.1\% |
| Associate-professional | 229.8 | 14.6\% | 286.7 | 14.5\% | 516.5 | 14.5\% |
| Clerks | 420.5 | 26.7\% | 188.1 | 9.5\% | 608.6 | 17.1\% |
| Service and shop sales workers | 445.6 | 28.2\% | 305.1 | 15.5\% | 750.7 | 21.1\% |
| Skilled agricultural and fishery workers | 0.4 | <0.05\% | 0.5 | $<0.05 \%$ | 0.9 | <0.05\% |
| Craft and related workers | 18.1 | 1.1\% | 338.8 | 17.2\% | 356.8 | 10.0\% |
| Plant and machine operators and assemblers | 3.5 | 0.2\% | 157.9 | 8.0\% | 161.4 | 4.5\% |
| Elementary occupations and non-skilled workers | 204.1 | 12.9\% | 211.8 | 10.7\% | 415.9 | 11.7\% |
| Refusal | 3.1 | 0.2\% | 4.0 | 0.2\% | 7.1 | 0.2\% |
| Total | 1577.6 | 100.0\% | 1974.6 | 100.0\% | 3552.2 | 100.0\% |

Base: All respondents who had a full-time or part-time job in the 7 days preceding the survey.
Note: Figures may not add up to the total due to rounding.

Among those who were employed (i.e. full-time or part-time job) in the 7 days preceding the survey, the largest proportion of persons ( $47.1 \%$ ) earned $\$ 10,000-\$ 19,999$ per month and $35.6 \%$ earned $\$ 20,000$ or above per month. A higher proportion (70.8\%) of the females than the males (59.0\%) earned below $\$ 20,000$ per month. The reverse gender difference was observed among those earning a monthly income of $\$ 20,000$ or above ( $29.1 \%$ in females and $40.8 \%$ in males) (Table 1.5.7).

Table 1.5.7: 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 | 117.4 | 7.4\% | 49.9 | 2.5\% | 167.4 | 4.7\% |
| \$5,000-\$9,999 | 281.7 | 17.9\% | 161.1 | 8.2\% | 442.8 | 12.5\% |
| \$10,000-\$19,999 | 717.3 | 45.5\% | 954.1 | 48.3\% | 1671.4 | 47.1\% |
| \$20,000-\$29,999 | 231.9 | 14.7\% | 404.4 | 20.5\% | 636.3 | 17.9\% |
| \$30,000-\$39,999 | 102.6 | 6.5\% | 143.8 | 7.3\% | 246.4 | 6.9\% |
| \$40,000 or above | 124.0 | 7.9\% | 257.0 | 13.0\% | 380.9 | 10.7\% |
| Refusal | 2.8 | 0.2\% | 4.3 | 0.2\% | 7.1 | 0.2\% |
| Total | 1577.6 | 100.0\% | 1974.6 | 100.0\% | 3552.2 | 100.0\% |

Base: All respondents who had a full-time or part-time job in the 7 days preceding the survey.
Note: Figures may not add up to the total due to rounding.

## References

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## Chapter 2

## Self-rated Health Status and Quality of Life

The survey aimed to assess, among others, the general health and well-being of the local land-based noninstitutional population aged 15 or above. This Chapter reports on the population's self-rated health status and self-rated health-related quality of life as assessed by the 12 -item Chinese (Hong Kong) Short Form Health Survey (version 2) (SF-12v2 (HK)), and self-rated quality of life as assessed by the Hong Kong Chinese version of World Health Organization Quality of Life - Brief Questionnaire (WHOQOLBREF (HK)).

## Snapshot of Population's Self-rated Health Status and Quality of Life

| Indicator | Female | Male | Overall |
| :--- | :--- | :--- | :--- |
| Proportion of population with a self-rated health status <br> of excellent, very good or good | $66.5 \%$ | $72.4 \%$ | $69.3 \%$ |
| SF-12v2 (HK) component scores - Proportion of <br> population with a score higher than or equal to the <br> population mean of 50 |  |  |  |
| • Mental component summary score (MCS) | $52.4 \%$ | $55.3 \%$ | $53.8 \%$ |
| • Physical component summary score (PCS) | $64.8 \%$ | $71.3 \%$ | $67.9 \%$ |
| WHOQOL-BREF (HK) domain scores - Proportion of <br> population with a score higher than 15 in a scale of 4-20 |  |  |  |
| • Physical health | $57.7 \%$ | $60.8 \%$ | $59.2 \%$ |
|  | Psychological health (culturally adjusted) | $43.2 \%$ | $43.6 \%$ |

### 2.1 Health-related Quality of Life by the Short Form 12 (SF-12v2) Health Survey

The Chinese (Hong Kong) SF-12v2 ${ }^{1}$ was used to measure health-related quality of life (HRQoL) of the respondents in the survey. The SF-12 is a shortened version of the SF- $36^{2}$ health survey and the $\mathrm{SF}-12 \mathrm{v} 2$ is the improved version of the SF-12. The improvements included item wording and response option extending ${ }^{1}$. The SF-12v2 is a widely used generic HRQoL instrument, and its Chinese version has been validated and normed in the general Chinese population in Hong Kong ${ }^{3}$. It consists of 12 questions measuring eight domains of health, including physical functioning, role physical, bodily pain, general health, vitality, social functioning, role emotional and mental health. These health domain scores are aggregated into the physical component summary (PCS) score and the mental component summary (MCS) score. Higher component summary scores indicate better health and better HRQoL. The PCS and MCS scores of this survey were calculated by a standard algorithm ${ }^{4}$ and their distributions were normbased with a population mean of 50 and standard deviation of 10 .

### 2.1.1 Self-rated Health Status

Self-rated health is a fundamental measure of population health status and is an indicator that reflects both functioning and health problems. Respondents were asked to self-rate their present health condition in general on a five-category scale ("excellent", "very good", "good", "fair" and "poor"). Overall, $69.3 \%$ of persons aged 15 or above rated their health positively (i.e. "excellent", "very good" or "good"), while $26.4 \%$ considered their present health condition as "fair" and $4.3 \%$ "poor" (Table 2.1.1a).

The proportions of females and males aged 15 or above who considered their health condition as "excellent", "very good" or "good" were $66.5 \%$ and $72.4 \%$ respectively (Table 2.1.1a). Analysed by age group, the proportions of people rated their health status as "excellent", "very good" or "good" generally decreased with age, from $83.5 \%$ for those aged $15-24$ to $39.0 \%$ for those aged $75-84$, but increased to $42.3 \%$ for those aged 85 or above (Table 2.1.1b).

Table 2.1.1a: Self-rated health status by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Excellent | 76.7 | 2.4\% | 110.0 | 3.8\% | 186.8 | 3.1\% |
| Very good | 861.6 | 27.1\% | 899.3 | 31.1\% | 1760.9 | 29.0\% |
| Good | 1180.4 | 37.1\% | 1086.1 | 37.5\% | 2266.5 | 37.3\% |
| Fair | 904.5 | 28.4\% | 698.7 | 24.1\% | 1603.2 | 26.4\% |
| Poor | 161.8 | 5.1\% | 101.1 | 3.5\% | 262.9 | 4.3\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 2.1.1b: Self-rated health status by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Excellent | 67.7 | 8.4\% | 43.5 | 4.5\% | 27.7 | 2.7\% | 19.7 | 1.7\% | 18.5 | 1.7\% | 7.5 | 1.3\% | 1.4 | 0.4\% | 0.7 | 0.5\% | 186.8 | 3.1\% |
| Very good | 334.9 | 41.8\% | 379.1 | 39.4\% | 344.4 | 33.7\% | 337.7 | 28.5\% | 239.2 | 22.5\% | 78.5 | 13.9\% | 32.7 | 9.3\% | 14.4 | 11.0\% | 1760.9 | 29.0\% |
| Good | 266.4 | 33.2\% | 361.7 | 37.6\% | 413.1 | 40.5\% | 458.2 | 38.7\% | 419.6 | 39.4\% | 203.8 | 36.1\% | 103.4 | 29.3\% | 40.3 | 30.8\% | 2266.5 | 37.3\% |
| Fair | 123.4 | 15.4\% | 161.1 | 16.8\% | 215.6 | 21.1\% | 330.9 | 28.0\% | 325.1 | 30.5\% | 225.7 | 40.0\% | 160.7 | 45.6\% | 60.7 | 46.4\% | 1603.2 | 26.4\% |
| Poor | 9.3 | 1.2\% | 16.0 | 1.7\% | 20.3 | 2.0\% | 36.5 | 3.1\% | 63.0 | 5.9\% | 48.5 | 8.6\% | 54.5 | 15.5\% | 14.8 | 11.3\% | 262.9 | 4.3\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |

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

Analysed by monthly household income, the proportions of people rated their health status as "excellent", "very good" or "good" increased with the level of monthly household income, from $49.0 \%$ for those with a monthly household income of less than $\$ 5,000$ to $76.9 \%$ for those with a monthly household income of $\$ 50,000$ or more (Table 2.1.1c).

Table 2.1.1c: Self-rated health status by monthly household income

|  | $\begin{gathered} \text { Less than } \\ \$ 5,000 \end{gathered}$ |  | $\begin{gathered} \$ 5,000- \\ \$ 9,999 \end{gathered}$ |  | $\begin{gathered} \$ 10,000- \\ \$ 19,999 \end{gathered}$ |  | $\begin{gathered} \$ 20,000- \\ \$ 29,999 \end{gathered}$ |  | $\begin{gathered} \$ 30,000- \\ \$ 39,999 \end{gathered}$ |  | $\begin{gathered} \$ 40,000- \\ \$ 49,999 \end{gathered}$ |  | $\begin{aligned} & \$ 50,000 \\ & \text { or more } \end{aligned}$ |  | 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) | \% |
| Excellent | 6.2 | 1.4\% | 7.7 | 2.1\% | 25.2 | 2.5\% | 34.2 | 2.8\% | 36.8 | 3.7\% | 23.7 | 3.5\% | 52.0 | 4.0\% | 185.7 | 3.1\% |
| Very good | 72.1 | 16.4\% | 65.2 | 17.5\% | 289.4 | 28.2\% | 373.1 | 30.1\% | 310.1 | 31.1\% | 199.3 | 29.1\% | 451.2 | 34.5\% | 1760.3 | 29.0\% |
| Good | 136.8 | 31.2\% | 122.0 | 32.8\% | 355.2 | 34.6\% | 482.0 | 38.9\% | 378.4 | 38.0\% | 283.1 | 41.4\% | 500.9 | 38.3\% | 2258.5 | 37.3\% |
| Fair | 177.3 | 40.4\% | 138.2 | 37.2\% | 300.8 | 29.3\% | 302.9 | 24.4\% | 240.0 | 24.1\% | 162.0 | 23.7\% | 274.9 | 21.0\% | 1596.2 | 26.3\% |
| Poor | 46.2 | 10.5\% | 38.6 | 10.4\% | 55.6 | 5.4\% | 48.0 | 3.9\% | 30.4 | 3.0\% | 16.0 | 2.3\% | 27.3 | 2.1\% | 262.0 | 4.3\% |
| Total | 438.6 | 100.0\% | 371.7 | 100.0\% | 1026.2 | 100.0\% | 1240.1 | 100.0\% | 995.6 | 100.0\% | 684.2 | 100.0\% | 1306.3 | 100.0\% | 6062.7 | 100.0\% |

Base: All respondents who had provided information on monthly household income.
Note: Figures may not add up to the total due to rounding.

Analysed by number of doctor-diagnosed chronic diseases, the proportions of people rated their health status as "excellent", "very good" or "good" decreased with increasing number of doctor-diagnosed chronic diseases, from $81.2 \%$ for those without any chronic disease to $30.5 \%$ for those with 3 or more chronic diseases as diagnosed by doctor (Table 2.1.1d).

Table 2.1.1d: Self-rated health status by number of doctor-diagnosed chronic diseases

|  | Zero |  | One |  | Two |  | Three or more |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Excellent | 163.7 | 4.5\% | 16.7 | 1.4\% | 4.2 | 0.7\% | 2.1 | 0.4\% | 186.8 | 3.1\% |
| Very good | 1354.7 | 36.9\% | 280.5 | 23.0\% | 81.6 | 14.2\% | 44.0 | 7.2\% | 1760.9 | 29.0\% |
| Good | 1464.4 | 39.8\% | 455.2 | 37.3\% | 207.5 | 36.0\% | 139.4 | 22.9\% | 2266.5 | 37.3\% |
| Fair | 655.7 | 17.8\% | 413.6 | 33.9\% | 234.7 | 40.8\% | 299.0 | 49.1\% | 1603.2 | 26.4\% |
| Poor | 36.6 | 1.0\% | 54.1 | 4.4\% | 47.7 | 8.3\% | 124.4 | 20.4\% | 262.9 | 4.3\% |
| Total | 3675.1 | 100.0\% | 1220.2 | 100.0\% | 575.8 | 100.0\% | 609.0 | 100.0\% | 6080.2 | 100.0\% |

[^2]
### 2.1.2 SF-12v2 (HK) Domain Scores

Eight domains of SF-12v2 (HK) are measured on a scale ranging from 0 to 100 . A higher domain score indicates a better HRQoL. In general, the mean scores for each of the eight domains of the SF-12v2 (HK) of females aged 15 or above were lower than those of their male counterparts (Table 2.1.2a). In terms of the relationship between domain scores and age group, people aged 85 or above generally recorded the lowest mean scores while people aged 15-24 recorded the highest mean scores (Table 2.1.2b).

Table 2.1.2a: SF-12v2 (HK) domain mean scores by gender

| SF-12v2 (HK) domain | Female | Male | Total |
| :--- | :---: | :---: | :---: |
| Physical functioning | 88.4 |  | 89.9 |
| Role physical | 91.0 | 91.6 | 91.9 |
| Bodily pain | 86.6 | 92.9 | 87.9 |
| General health | 54.7 | 89.3 | 56.6 |
| Vitality | 75.2 | 58.7 | 76.4 |
| Social functioning | 90.6 | 97.7 | 91.3 |
| Role emotion | 93.1 | 94.2 | 93.6 |
| Mental health | 82.2 | 83.3 | 82.8 |
| Base All |  |  | 8 |

Base: All respondents.

Table 2.1.2b: SF-12v2 (HK) domain mean scores by age group

| $\begin{aligned} & \text { SF-12v2 (HK) } \\ & \text { domain } \end{aligned}$ | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Physical functioning | 99.0 | 97.0 | 95.3 | 93.4 | 87.8 | 79.6 | 62.4 | 45.5 | 89.9 |
| Role physical | 97.8 | 96.4 | 95.5 | 94.1 | 90.6 | 85.3 | 74.4 | 61.1 | 91.9 |
| Bodily pain | 95.8 | 92.8 | 91.1 | 89.0 | 85.3 | 81.2 | 71.8 | 62.0 | 87.9 |
| General health | 67.7 | 64.8 | 60.9 | 56.2 | 52.1 | 44.8 | 37.3 | 39.9 | 56.6 |
| Vitality | 83.4 | 79.2 | 77.5 | 77.1 | 74.6 | 70.9 | 66.1 | 63.4 | 76.4 |
| Social functioning | 95.6 | 93.5 | 93.3 | 92.4 | 90.2 | 88.3 | 82.6 | 70.8 | 91.3 |
| Role emotion | 96.2 | 94.8 | 94.9 | 94.2 | 93.5 | 91.0 | 87.6 | 81.8 | 93.6 |
| Mental health | 85.6 | 83.8 | 82.8 | 82.6 | 82.1 | 81.3 | 79.8 | 78.1 | 82.8 |

Base: All respondents.

### 2.1.3 SF-12v2 (HK) Component Summary Scores

The SF-12v2 (HK) mental component summary (MCS) and physical component summary (PCS) scores were derived from the scores of the eight domains. Higher MCS and PCS scores indicate better mental and physical health respectively. Regarding the MCS, $53.8 \%$ of people aged 15 or above had a score higher than or equal to the mean MCS score of 50 and the corresponding proportion for PCS was $67.9 \%$. The mean MCS scores were 49.8 for females and 50.2 for males while the mean PCS scores were 49.4 for females and 50.7 for males (Table 2.1.3a).

Regarding the relationship between the summary scores and age group, the mean MCS scores was the highest in those aged 15-24 and was the lowest in those aged 85 or above. There was no obvious age trend in MCS scores among people aged 15 or above. In contrast, the mean PCS scores decreased with age from 53.9 among people aged 15-24 to 34.0 among those aged 85 or above (Table 2.1.3b). Analysed by the number of doctor-diagnosed chronic diseases, both mean MCS and PCS scores decreased with increasing number of chronic diseases. People without any chronic disease had the highest mean MCS (50.5) and PCS (52.4) scores compared to the mean MCS (48.5) and PCS (40.2) scores among people with three or more chronic diseases (Table 2.1.3c).

Table 2.1.3a: SF-12v2 (HK) component summary scores by gender

| Score | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| MCS |  |  |  |  |  |  |
| $<35.0$ | 146.8 | 4.6\% | 111.1 | 3.8\% | 257.9 | 4.2\% |
| $35.0-39.9$ | 157.9 | 5.0\% | 116.9 | 4.0\% | 274.8 | 4.5\% |
| 40.0-44.9 | 325.9 | 10.2\% | 282.8 | 9.8\% | 608.7 | 10.0\% |
| $45.0-49.9$ | 884.4 | 27.8\% | 783.4 | 27.1\% | 1667.9 | 27.4\% |
| 50.0-54.9 | 767.6 | 24.1\% | 739.7 | 25.5\% | 1507.2 | 24.8\% |
| 55.0-59.9 | 821.9 | 25.8\% | 807.1 | 27.9\% | 1629.0 | 26.8\% |
| $\geq 60.0$ | 80.5 | 2.5\% | 54.2 | 1.9\% | 134.7 | 2.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 49.8 |  | 50.2 |  | 50.0 |  |
| PCS |  |  |  |  |  |  |
| $<35.0$ | 252.1 | 7.9\% | 148.9 | 5.1\% | 400.9 | 6.6\% |
| $35.0-39.9$ | 183.4 | 5.8\% | 114.1 | 3.9\% | 297.5 | 4.9\% |
| 40.0-44.9 | 237.8 | 7.5\% | 188.7 | 6.5\% | 426.5 | 7.0\% |
| $45.0-49.9$ | 446.7 | 14.0\% | 379.8 | 13.1\% | 826.5 | 13.6\% |
| $50.0-54.9$ | 1340.9 | 42.1\% | 1286.2 | 44.4\% | 2627.1 | 43.2\% |
| $55.0-59.9$ | 680.6 | 21.4\% | 738.4 | 25.5\% | 1419.0 | 23.3\% |
| $\geq 60.0$ | 43.6 | 1.4\% | 39.1 | 1.4\% | 82.7 | 1.4\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 49.4 |  | 50.7 |  | 50.0 |  |

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

Table 2.1.3b: SF-12v2 (HK) component summary scores by age group

|  | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Score | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | No. of persons \% ('000) | No. of persons \% ('000) | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | No. of persons \% ('000) | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons ('000) | \% |

MCS

| $<35.0$ | 24.6 | $3.1 \%$ | 40.6 | $4.2 \%$ | 31.2 | $3.1 \%$ | 45.9 | $3.9 \%$ | 42.6 | $4.0 \%$ | 34.7 | $6.2 \%$ | 22.4 | $6.4 \%$ | 15.8 | $12.1 \%$ | 257.9 | $4.2 \%$ |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $35.0-39.9$ | 27.1 | $3.4 \%$ | 41.0 | $4.3 \%$ | 46.3 | $4.5 \%$ | 55.2 | $4.7 \%$ | 48.9 | $4.6 \%$ | 28.0 | $5.0 \%$ | 19.2 | $5.4 \%$ | 9.0 | $6.9 \%$ | 274.8 | $4.5 \%$ |  |
| $40.0-44.9$ | 58.9 | $7.3 \%$ | 85.5 | $8.9 \%$ | 101.6 | $9.9 \%$ | 121.0 | $10.2 \%$ | 111.0 | $10.4 \%$ | 71.2 | $12.6 \%$ | 42.8 | $12.1 \%$ | 16.7 | $12.8 \%$ | 608.7 | $10.0 \%$ |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $40.0-49.9$ | 197.7 | $24.7 \%$ | 274.6 | $28.6 \%$ | 321.2 | $31.4 \%$ | 342.2 | $28.9 \%$ | 304.3 | $28.6 \%$ | 125.0 | $22.2 \%$ | 75.4 | $21.4 \%$ | 27.5 | $21.0 \%$ | 1667.9 | $27.4 \%$ |  |

$\begin{array}{llllllllllllllllllllllllllll}50.0-54.9 & 225.1 & 28.1 \% & 247.5 & 25.7 \% & 259.7 & 25.4 \% & 285.2 & 24.1 \% & 257.2 & 24.1 \% & 135.5 & 24.0 \% & 77.0 & 21.8 \% & 20.1 & 15.4 \% & 1507.2 & 24.8 \%\end{array}$ $\begin{array}{lllllllllllllllllllllll}55.0-59.9 & 266.0 & 33.2 \% & 270.6 & 28.1 \% & 254.8 & 25.0 \% & 320.2 & 27.1 \% & 272.3 & 25.6 \% & 138.2 & 24.5 \% & 84.7 & 24.0 \% & 22.2 & 17.0 \% & 1629.0 & 26.8 \%\end{array}$ $\begin{array}{llllllllllllllllll}\geq 60.0 & 2.3 & 0.3 \% & 1.6 & 0.2 \% & 6.5 & 0.6 \% & 13.1 & 1.1 \% & 29.2 & 2.7 \% & 31.5 & 5.6 \% & 31.2 & 8.8 \% & 19.4 & 14.8 \% & 134.7 \\ 2.2 \%\end{array}$


| Mean | 51.0 | 49.9 | 49.8 | 49.8 | 49.9 | 49.8 | 50.0 | 49.1 | 50.0 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

## PCS

| $<35.0$ | 1.8 | $0.2 \%$ | 10.8 | $1.1 \%$ | 18.9 | $1.9 \%$ | 34.3 | $2.9 \%$ | 69.0 | $6.5 \%$ | 82.0 | $14.5 \%$ | 115.7 | $32.8 \%$ | 68.4 | $52.3 \%$ | 400.9 | $6.6 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $35.0-39.9$ | 7.2 | $0.9 \%$ | 12.5 | $1.3 \%$ | 24.4 | $2.4 \%$ | 45.3 | $3.8 \%$ | 75.8 | $7.1 \%$ | 61.2 | $10.8 \%$ | 53.5 | $15.2 \%$ | 17.6 | $13.5 \%$ | 297.5 | $4.9 \%$ |


|  | $40.0-44.9$ | 12.9 | $1.6 \%$ | 33.7 | $3.5 \%$ | 58.8 | $5.8 \%$ | 84.2 | $7.1 \%$ | 108.1 | $10.1 \%$ | 64.5 | $11.4 \%$ | 47.8 | $13.6 \%$ | 16.4 | $12.6 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |


| $45.0-49.9$ | 68.6 | $8.6 \%$ | 93.4 | $9.7 \%$ | 117.9 | $11.5 \%$ | 179.7 | $15.2 \%$ | 192.9 | $18.1 \%$ | 104.0 | $18.4 \%$ | 56.9 | $16.1 \%$ | 13.0 | $9.9 \%$ | 826.5 | $13.6 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |


| $50.0-54.9$ | 384.0 | $47.9 \%$ | 475.5 | $49.5 \%$ | 490.8 | $48.1 \%$ | 556.8 | $47.1 \%$ | 449.3 | $42.2 \%$ | 194.7 | $34.5 \%$ | 63.0 | $17.9 \%$ | 13.0 | $9.9 \%$ | 2627.1 | $43.2 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | $\begin{array}{llllllllllllllllllll}55.0-59.9 & 306.2 & 38.2 \% & 313.5 & 32.6 \% & 294.6 & 28.8 \% & 270.4 & 22.9 \% & 162.7 & 15.3 \% & 53.9 & 9.5 \% & 15.7 & 4.5 \% & 2.0 & 1.5 \% & 1419.0 & 23.3 \%\end{array}$


| $\geq 60.0$ | 20.9 | $2.6 \%$ | 21.9 | $2.3 \%$ | 15.8 | $1.5 \%$ | 12.2 | $1.0 \%$ | 7.8 | $0.7 \%$ | 3.8 | $0.7 \%$ | - |  | - | 0.3 | $0.3 \%$ | 82.7 | $1.4 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |



| Mean | 53.9 | 53.0 | 52.2 | 51.1 | 48.8 | 45.7 | 39.5 | 34.0 | 50.0 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

[^3]Table 2.1.3c: SF-12v2 (HK) component summary scores by number of doctor-diagnosed chronic diseases

| Score | Zero |  | One |  | Two |  | Three or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| MCS |  |  |  |  |  |  |  |  |  |  |
| < 35.0 | 98.8 | 2.7\% | 62.0 | 5.1\% | 35.4 | 6.1\% | 61.7 | 10.1\% | 257.9 | 4.2\% |
| $35.0-39.9$ | 139.6 | 3.8\% | 60.0 | 4.9\% | 31.6 | 5.5\% | 43.5 | 7.1\% | 274.8 | 4.5\% |
| 40.0-44.9 | 323.3 | 8.8\% | 136.7 | 11.2\% | 71.4 | 12.4\% | 77.4 | 12.7\% | 608.7 | 10.0\% |
| 45.0-49.9 | 1054.0 | 28.7\% | 347.5 | 28.5\% | 145.5 | 25.3\% | 120.8 | 19.8\% | 1667.9 | 27.4\% |
| 50.0-54.9 | 984.4 | 26.8\% | 268.4 | 22.0\% | 123.9 | 21.5\% | 130.5 | 21.4\% | 1507.2 | 24.8\% |
| 55.0-59.9 | 1044.1 | 28.4\% | 319.9 | 26.2\% | 139.6 | 24.2\% | 125.5 | 20.6\% | 1629.0 | 26.8\% |
| $\geq 60.0$ | 30.9 | 0.8\% | 25.7 | 2.1\% | 28.5 | 4.9\% | 49.7 | 8.2\% | 134.7 | 2.2\% |
| Total | 3675.1 | 100.0\% | 1220.2 | 100.0\% | 575.8 | 100.0\% | 609.0 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 50.5 |  | 49.6 |  | 49.4 |  | 48.5 |  | 50.0 |  |

## PCS

| < 35.0 | 52.5 | 1.4\% | 81.3 | 6.7\% | 74.0 | 12.8\% | 193.2 | 31.7\% | 400.9 | 6.6\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 35.0-39.9 | 94.1 | 2.6\% | 75.1 | 6.2\% | 55.5 | 9.6\% | 72.8 | 11.9\% | 297.5 | 4.9\% |
| 40.0-44.9 | 185.2 | 5.0\% | 97.1 | 8.0\% | 61.7 | 10.7\% | 82.5 | 13.5\% | 426.5 | 7.0\% |
| 45.0-49.9 | 386.3 | 10.5\% | 218.4 | 17.9\% | 117.2 | 20.4\% | 104.6 | 17.2\% | 826.5 | 13.6\% |
| 50.0-54.9 | 1813.0 | 49.3\% | 503.2 | 41.2\% | 191.3 | 33.2\% | 119.7 | 19.6\% | 2627.1 | 43.2\% |
| 55.0-59.9 | 1086.6 | 29.6\% | 229.4 | 18.8\% | 71.8 | 12.5\% | 31.3 | 5.1\% | 1419.0 | 23.3\% |
| $\geq 60.0$ | 57.4 | 1.6\% | 15.8 | 1.3\% | 4.4 | 0.8\% | 5.1 | 0.8\% | 82.7 | 1.4\% |
| Total | 3675.1 | 100.0\% | 1220.2 | 100.0\% | 575.8 | 100.0\% | 609.0 | 100.0\% | 6080.2 | 100.0\% |
| Mean |  |  |  |  |  |  |  |  |  |  |

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

### 2.2 Quality of Life by WHOQOL-BREF (HK)

Quality of life refers to a subjective evaluation which is embedded in a cultural, social and environmental context ${ }^{5}$. This section reports on the population's quality of life scores using the Hong Kong Chinese version of World Health Organization Quality of Life - Brief Questionnaire (WHOQOL-BREF(HK)) on their satisfaction with different aspects of life.

In brief, the WHOQOL-BREF is a generic quality of life measure stemmed from the WHOQOL-100 which allows detailed assessment of each individual facet relating to quality of life. The original WHOQOL-BREF contains two overall questions on quality of life and general well-being as well as 24 questions that produce scores for four domains related to quality of life, including physical health, psychological health, social relationships and environment domain. As the psychological health domain has been culturally adjusted with inclusion of two extra questions for local population in Hong Kong, the incorporated Hong Kong Chinese version of World Health Organization Quality of Life - Brief Questionnaire (WHOQOL-BREF (HK)) used in the PHS is composed of a total of 28 questions ${ }^{6}$.

Following the scoring protocol ${ }^{6}$, the summary WHOQOL-BREF (HK) scores for the four domains were calculated. All the four domain scores were transformed to range from 4 to 20 - the higher the scores, the better the quality of life.

## Physical Health Domain

The mean physical health domain scores for females and males aged 15 or above were 15.7 and 15.9 respectively (Table 2.2a). The mean physical health domain scores decreased with age. People aged 1534 had the highest mean physical health domain score of 16.3 while people aged 85 or above reported the lowest mean physical health domain score of 13.2 (Table 2.2b). Mean physical health domain score decreased steadily from 16.3 for those without any chronic disease to 14.0 for those with at least three chronic diseases (Table 2.2c).

## Psychological Health Domain (Culturally Adjusted)

The mean psychological health domain (culturally adjusted) scores for females and males aged 15 or above were 14.9 and 15.0 respectively (Table 2.2a). The mean psychological health domain scores generally decreased with age. People aged 25-34 had the highest mean psychological health domain score of 15.3 while older people aged 85 or above had the lowest mean psychological health domain score of 13.7 (Table 2.2b). The mean psychological health domain scores decreased with increasing
number of doctor-diagnosed chronic diseases from 15.2 for those without chronic disease to 14.0 for those with three or more chronic diseases (Table 2.2c).

## Social Relationships Domain

The mean social relationships domain scores for females and males aged 15 or above were 14.8 and 14.7 respectively (Table 2.2a). The mean social relationships domain scores decreased with age from 15.2 among those aged $15-24$ to 13.5 among those aged 85 or above (Table 2.2 b ). The mean social relationships domain scores decreased with increasing number of doctor-diagnosed chronic diseases from 15.0 among those without chronic disease to 13.9 among those with at least three chronic diseases (Table 2.2c).

## Environment Domain

Both females and males aged 15 or above had the same mean environment domain scores at 15.0 (Table 2.2a). People aged 15-24 had the highest mean environment domain score at 15.4 while people aged 85 or above had the lowest mean environment domain score at 14.0 (Table 2.2 b ). The mean environment domain score decreased with increasing number of doctor-diagnosed chronic diseases from 15.2 among those without chronic disease to 14.4 among those with at least three chronic diseases (Table 2.2c).

To sum up, the population mean physical health, psychological health, social relationships and environment domain scores measured by WHOQOL-BREF (HK) were 15.8, 15.0, 14.7 and 15.0 respectively. Males and females reported almost the same mean scores in all the four domains. Analysed by age, younger persons tended to have better quality of life than their older counterparts with the highest mean domain scores being reported in younger persons aged 15-24 or 25-34 in all the domains while the lowest mean domain scores in all the domains were reported in those aged 85 or above. In addition, quality of life deteriorated with increasing number of doctor-diagnosed chronic diseases. People without chronic disease reported the highest mean domain scores in all the domains while those with three or more chronic diseases had the lowest mean domain scores in all the domains.

Table 2.2a: WHOQOL-BREF (HK) domain scores by gender

| Score | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Physical health domain |  |  |  |  |  |  |
| $\leq 10$ | 63.9 | 2.0\% | 40.5 | 1.4\% | 104.3 | 1.7\% |
| $>10-\leq 15$ | 1283.9 | 40.3\% | 1094.8 | 37.8\% | 2378.7 | 39.1\% |
| > 15 | 1837.2 | 57.7\% | 1760.0 | 60.8\% | 3597.2 | 59.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 15.7 |  | 15.9 |  | 15.8 |  |
| Psychological health domain (culturally adjusted) |  |  |  |  |  |  |
| $\leq 10$ | 71.5 | 2.2\% | 62.8 | 2.2\% | 134.4 | 2.2\% |
| $>10-\leq 15$ | 1737.3 | 54.5\% | 1570.4 | 54.2\% | 3307.7 | 54.4\% |
| > 15 | 1376.2 | 43.2\% | 1262.0 | 43.6\% | 2638.2 | 43.4\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 14.9 |  | 15.0 |  | 15.0 |  |

## Social relationships domain

| $\leq 10$ | 55.7 | 1.7\% | 51.0 | 1.8\% | 106.7 | 1.8\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $>10-\leq 15$ | 1719.3 | 54.0\% | 1567.3 | 54.1\% | 3286.6 | 54.1\% |
| > 15 | 1410.0 | 44.3\% | 1276.9 | 44.1\% | 2686.9 | 44.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean |  |  |  |  |  |  |

## Environment domain

| $\leq 10$ | 64.9 | 2.0\% | 56.8 | 2.0\% | 121.8 | 2.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $>10-\leq 15$ | 1749.5 | 54.9\% | 1556.6 | 53.8\% | 3306.1 | 54.4\% |
| > 15 | 1370.6 | 43.0\% | 1281.8 | 44.3\% | 2652.3 | 43.6\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean |  |  |  |  |  |  |

[^4]Table 2.2b: WHOQOL-BREF (HK) domain scores by age group

|  | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Score | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ \text { ('000) } \end{gathered}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ \text { ('000) } \end{gathered}$ | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | No. of persons ('000) | \% | No. of persons ('000) | \% |

## Physical health domain

| $\leq 10$ | 3.9 | 0.5\% | 6.8 | 0.7\% | 8.5 | 0.8\% | 7.7 | 0.6\% | 20.5 | 1.9\% | 14.1 | 2.5\% | 22.2 | 6.3\% | 20.7 | 15.8\% | 104.3 | 1.7\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & >10- \\ & \leq 15 \end{aligned}$ | 236.2 | 29.5\% | 275.8 | 28.7\% | 337.3 | 33.0\% | 438.4 | 37.1\% | 455.0 | 42.7\% | 307.4 | 54.5\% | 238.7 | 67.7\% | 89.9 | 68.7\% | 2378.7 | 39.1\% |
| > 15 | 561.5 | 70.1\% | 678.8 | 70.6\% | 675.4 | 66.1\% | 736.9 | 62.3\% | 590.0 | 55.4\% | 242.5 | 43.0\% | 91.8 | 26.0\% | 20.2 | 15.5\% | 3597.2 | 59.2\% |



| Mean | 16.3 | 16.3 | 16.1 | 16.0 | 15.7 | 15.2 | 14.1 | 13.2 | 15.8 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

## Psychological health domain (culturally adjusted)

| $\leq 10$ | 12.9 | 1.6\% | 13.2 | 1.4\% | 19.9 | 1.9\% | 21.0 | 1.8\% | 21.4 | 2.0\% | 15.6 | 2.8\% | 20.0 | 5.7\% | 10.4 | 8.0\% | 134.4 | 2.2\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & >10- \\ & \leq 15 \end{aligned}$ | 397.9 | 49.6\% | 474.0 | 49.3\% | 513.0 | 50.2\% | 652.4 | 55.1\% | 585.4 | 54.9\% | 347.5 | 61.6\% | 251.4 | 71.3\% | 86.1 | 65.8\% | 3307.7 | 7 54.4\% |
| > 15 | 390.8 | 48.8\% | 474.3 | 49.3\% | 488.3 | 47.8\% | 509.6 | 43.1\% | 458.6 | 43.0\% | 200.9 | 35.6\% | 81.3 | 23.1\% | 34.3 | 26.2\% | 2638.2 | 2 43.4\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | $2100.0 \%$ |
| Mean |  | 5.2 |  | 5.3 |  | 5.1 |  | 5.0 |  | 4.9 |  | 4.6 |  | 4.0 |  | 3.7 |  | 5.0 |

## Social relationships domain

| $\leq 10$ | 12.3 | $1.5 \%$ | 9.7 | $1.0 \%$ | 13.5 | $1.3 \%$ | 18.0 | $1.5 \%$ | 19.0 | $1.8 \%$ | 14.5 | $2.6 \%$ | 15.1 | $4.3 \%$ | 4.6 | $3.5 \%$ | 106.7 | $1.8 \%$ |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $>10-$ | 376.8 | $47.0 \%$ | 453.5 | $47.2 \%$ | 484.5 | $47.4 \%$ | 661.3 | $55.9 \%$ | 629.1 | $59.0 \%$ | 344.1 | $61.0 \%$ | 241.2 | $68.4 \%$ | 96.1 | $73.5 \%$ | 3 | 286.6 | $54.1 \%$ |
| $\leq 15$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| Mean | 15.2 | 15.1 | 15.0 | 14.7 | 14.6 | 14.3 | 13.7 | 13.5 | 14.7 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

## Environment domain

| $\leq 10$ | 11.8 | 1.5\% | 21.3 | 2.2\% | 18.4 | 1.8\% | 20.9 | 1.8\% | 20.0 | 1.9\% | 13.4 | 2.4\% | 11.5 | 3.3\% | 4.5 | 3.4\% | 121.8 | 2.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & >10- \\ & \leq 15 \end{aligned}$ | 380.6 | 47.5\% | 470.0 | 48.9\% | 543.9 | 53.3\% | 656.4 | 55.5\% | 579.1 | 54.3\% | 338.8 | 60.1\% | 242.3 | 68.7\% | 95.0 | 72.6\% | 3306.1 | 54.4\% |
| > 15 | 409.2 | 51.0\% | 470.1 | 48.9\% | 458.8 | 44.9\% | 505.7 | 42.7\% | 466.5 | 43.8\% | 211.9 | 37.6\% | 98.8 | 28.0\% | 31.3 | 24.0\% | 2652.3 | 43.6\% |



| Mean | 15.4 | 15.2 | 15.0 | 15.0 | 15.0 | 14.8 | 14.3 | 14.0 | 15.0 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

[^5]Table 2.2c: WHOQOL-BREF (HK) domain scores by number of doctor-diagnosed chronic diseases

|  | Zero |  | One |  | Two |  | Three or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Score | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Physical health domain |  |  |  |  |  |  |  |  |  |  |
| $\leq 10$ | 12.6 | 0.3\% | 19.7 | 1.6\% | 19.0 | 3.3\% | 53.1 | 8.7\% | 104.3 | 1.7\% |
| $>10-\leq 15$ | 1138.4 | 31.0\% | 523.6 | 42.9\% | 315.5 | 54.8\% | 401.2 | 65.9\% | 2378.7 | 39.1\% |
| > 15 | 2524.1 | 68.7\% | 677.0 | 55.5\% | 241.3 | 41.9\% | 154.8 | 25.4\% | 3597.2 | 59.2\% |
| Total | 3675.1 | 100.0\% | 1220.2 | 100.0\% | 575.8 | 100.0\% | 609.0 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 16.3 |  | 15.7 |  | 15.1 |  | 14.0 |  | 15.8 |  |

Psychological health domain (culturally adjusted)

| $\leq 10$ | 50.3 | $1.4 \%$ | 28.3 | $2.3 \%$ | 18.0 | $3.1 \%$ | 37.8 | $6.2 \%$ | 134.4 | $2.2 \%$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $>10-\leq 15$ | 1840.2 | $50.1 \%$ | 707.8 | $58.0 \%$ | 354.0 | $61.5 \%$ | 405.8 | $66.6 \%$ | 3307.7 | $54.4 \%$ |
| $>15$ | 1784.6 | $48.6 \%$ | 484.2 | $39.7 \%$ | 203.9 | $35.4 \%$ | 165.5 | $27.2 \%$ | 2638.2 | $43.4 \%$ |
| Total | 3675.1 | $100.0 \%$ | 1220.2 | $100.0 \%$ | 575.8 | $100.0 \%$ | 609.0 | $100.0 \%$ | 6080.2 | $100.0 \%$ |
| Mean |  | 15.2 |  | 14.8 |  | 14.5 |  | 14.0 |  |  |

Social relationships domain

| $\leq 10$ | 36.8 | $1.0 \%$ | 25.8 | $2.1 \%$ | 20.0 | $3.5 \%$ | 24.1 | $4.0 \%$ | 106.7 | $1.8 \%$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $>10-\leq 15$ | 1876.6 | $51.1 \%$ | 668.2 | $54.8 \%$ | 345.4 | $60.0 \%$ | 396.5 | $65.1 \%$ | 3286.6 | $54.1 \%$ |
| $>15$ | 1761.7 | $47.9 \%$ | 526.2 | $43.1 \%$ | 210.4 | $36.5 \%$ | 188.5 | $30.9 \%$ | 2686.9 | $44.2 \%$ |
| Total | 3675.1 | $100.0 \%$ | 1220.2 | $100.0 \%$ | 575.8 | $100.0 \%$ | 609.0 | $100.0 \%$ | 6080.2 | $100.0 \%$ |
| Mean |  | 15.0 | 14.6 |  | 14.3 |  | 13.9 |  |  |  |

Environment domain

| $\leq 10$ | 61.6 | 1.7\% | 26.0 | 2.1\% | 15.0 | 2.6\% | 19.1 | 3.1\% | 121.8 | 2.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $>10-\leq 15$ | 1866.3 | 50.8\% | 692.8 | 56.8\% | 347.6 | 60.4\% | 399.4 | 65.6\% | 3306.1 | 54.4\% |
| > 15 | 1747.2 | 47.5\% | 501.4 | 41.1\% | 213.2 | 37.0\% | 190.5 | 31.3\% | 2652.3 | 43.6\% |
| Total | 3675.1 | 100.0\% | 1220.2 | 100.0\% | 575.8 | 100.0\% | 609.0 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 15.2 |  | 14.9 |  | 14.7 |  | 14.4 |  | 15.0 |  |

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

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## Chapter 3 <br> Physical Health Status

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

Snapshot of Population's Physical Health Status

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

### 3.1 Acute Conditions

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

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

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

Table 3.1a: Presence of an acute health condition in the $\mathbf{3 0}$ days preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Common cold / influenza | 798.5 | 25.1\% | 653.1 | 22.6\% | 1451.6 | 23.9\% |
| Joint pain / swollen joints | 798.5 | 25.1\% | 544.0 | 18.8\% | 1342.5 | 22.1\% |
| Low back pain | 808.6 | 25.4\% | 496.1 | 17.1\% | 1304.6 | 21.5\% |
| Persistent cough | 350.8 | 11.0\% | 324.9 | 11.2\% | 675.7 | 11.1\% |
| Neck pain | 376.6 | 11.8\% | 216.4 | 7.5\% | 593.0 | 9.8\% |
| Menstrual pain * | 241.4 | 9.2\% | - | - | 241.4 | 9.2\% |
| Abdominal pain | 234.1 | 7.4\% | 169.9 | 5.9\% | 404.1 | 6.6\% |
| Trouble with allergies | 197.0 | 6.2\% | 127.5 | 4.4\% | 324.6 | 5.3\% |
| Frequent headache | 225.6 | 7.1\% | 93.5 | 3.2\% | 319.1 | 5.2\% |
| Stomach ache | 194.0 | 6.1\% | 106.3 | 3.7\% | 300.3 | 4.9\% |
| Diarrhea | 158.1 | 5.0\% | 135.2 | 4.7\% | 293.3 | 4.8\% |
| Dizziness | 192.0 | 6.0\% | 82.2 | 2.8\% | 274.2 | 4.5\% |
| Numbness or weakness in limbs | 134.9 | 4.2\% | 77.6 | 2.7\% | 212.5 | 3.5\% |
| Trouble with teeth or mouth | 106.1 | 3.3\% | 97.2 | 3.4\% | 203.3 | 3.3\% |
| Trouble with eyes | 126.9 | 4.0\% | 57.3 | 2.0\% | 184.3 | 3.0\% |
| Constipation | 123.3 | 3.9\% | 60.2 | 2.1\% | 183.4 | 3.0\% |
| Cramps | 103.9 | 3.3\% | 71.2 | 2.5\% | 175.1 | 2.9\% |
| Shortness of breath | 48.2 | 1.5\% | 41.5 | 1.4\% | 89.7 | 1.5\% |
| Trouble with ears | 53.0 | 1.7\% | 33.5 | 1.2\% | 86.5 | 1.4\% |
| Chest pain | 42.7 | 1.3\% | 39.9 | 1.4\% | 82.5 | 1.4\% |
| Rapid / irregular heartbeat | 45.2 | 1.4\% | 31.6 | 1.1\% | 76.8 | 1.3\% |
| Nausea / vomiting | 48.6 | 1.5\% | 21.8 | 0.8\% | 70.4 | 1.2\% |
| Asthmatic attack | 4.8 | 0.2\% | 10.2 | 0.4\% | 15.0 | 0.2\% |
| Fainting or loss of consciousness | 5.4 | 0.2\% | 3.1 | 0.1\% | 8.4 | 0.1\% |

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

* For menstrual pain - Female respondents aged 15-64. Female aged 65 or above who reported menstrual pain in the survey were excluded due to physiological incongruity.
Notes: Ranked in descending order of prevalence of acute health conditions.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.1b: Presence of an acute health condition in the $\mathbf{3 0}$ days preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ |
| Common cold influenza | 205.9 | 25.7\% | 250.3 | 26.0\% | 238.1 | 23.3\% | 282.9 | 23.9\% | 239.1 | 22.4\% | 127.3 | 22.6\% | 84.5 | 24.0\% | 23.6 | 18.0\% | 1451.6 | 23.9\% |
| Joint pain / swollen joints | 28.2 | 3.5\% | 73.6 | 7.7\% | 138.4 | 13.6\% | 286.0 | 24.2\% | 344.1 | 32.3\% | 224.0 | 39.7\% | 172.8 | 49.0\% | 75.5 | 57.7\% | 1342.5 | 22.1\% |
| Low back pain | 40.6 | 5.1\% | 126.0 | 13.1\% | 189.7 | 18.6\% | 291.8 | 24.7\% | 275.0 | 25.8\% | 171.7 | 30.4\% | 141.2 | 40.0\% | 68.6 | 52.4\% | 1304.6 | 21.5\% |
| Persistent cough | 69.3 | 8.6\% | 94.3 | 9.8\% | 110.5 | 10.8\% | 129.5 | 10.9\% | 125.3 | 11.8\% | 79.8 | 14.2\% | 48.5 | 13.8\% | 18.5 | 14.1\% | 675.7 | 11.1\% |
| Neck pain | 23.0 | 2.9\% | 63.5 | 6.6\% | 94.4 | 9.2\% | 138.9 | 11.7\% | 121.4 | 11.4\% | 71.3 | 12.6\% | 53.4 | 15.2\% | 27.0 | 20.6\% | 593.0 | 9.8\% |
| Menstrual pain* | 61.7 | 15.7\% | 86.4 | 17.1\% | 53.1 | 9.5\% | 37.1 | 5.8\% | 3.1 | 0.6\% | - | - | - | - | - | - | 241.4 | 9.2\% |
| Abdominal pain | 76.2 | 9.5\% | 74.8 | 7.8\% | 80.4 | 7.9\% | 68.8 | 5.8\% | 49.3 | 4.6\% | 26.6 | 4.7\% | 20.2 | 5.7\% | 7.8 | 6.0\% | 404.1 | 6.6\% |
| Trouble with allergies | 53.7 | 6.7\% | 58.8 | 6.1\% | 47.3 | 4.6\% | 67.6 | 5.7\% | 41.2 | 3.9\% | 34.8 | 6.2\% | 15.6 | 4.4\% | 5.5 | 4.2\% | 324.6 | 5.3\% |
| Frequent headache | 35.9 | 4.5\% | 43.1 | 4.5\% | 59.9 | 5.9\% | 75.2 | 6.4\% | 47.2 | 4.4\% | 32.3 | 5.7\% | 20.5 | 5.8\% | 5.0 | 3.8\% | 319.1 | 5.2\% |
| Stomach ache | 37.3 | 4.7\% | 51.0 | 5.3\% | 50.4 | 4.9\% | 63.4 | 5.4\% | 43.3 | 4.1\% | 31.3 | 5.5\% | 18.2 | 5.2\% | 5.4 | 4.1\% | 300.3 | 4.9\% |
| Diarrhea | 50.3 | 6.3\% | 65.7 | 6.8\% | 53.2 | 5.2\% | 49.8 | 4.2\% | 40.7 | 3.8\% | 13.8 | 2.4\% | 13.6 | 3.8\% | 6.1 | 4.7\% | 293.3 | 4.8\% |
| Dizziness | 31.9 | 4.0\% | 35.5 | 3.7\% | 37.8 | 3.7\% | 53.8 | 4.5\% | 44.0 | 4.1\% | 33.2 | 5.9\% | 29.1 | 8.3\% | 8.9 | 6.8\% | 274.2 | 4.5\% |
| Numbness or weakness in limbs | 3.7 | 0.5\% | 8.4 | 0.9\% | 17.2 | 1.7\% | 25.2 | 2.1\% | 38.6 | 3.6\% | 42.6 | 7.6\% | 44.2 | 12.5\% | 32.6 | 24.9\% | 212.5 | 3.5\% |
| Trouble with teeth or mouth | 13.5 | 1.7\% | 16.5 | 1.7\% | 27.8 | 2.7\% | 42.2 | 3.6\% | 39.4 | 3.7\% | 36.9 | 6.5\% | 19.4 | 5.5\% | 7.5 | 5.8\% | 203.3 | 3.3\% |
| Trouble with eyes | 8.5 | 1.1\% | 12.1 | 1.3\% | 17.4 | 1.7\% | 29.1 | 2.5\% | 35.9 | 3.4\% | 37.3 | 6.6\% | 26.1 | 7.4\% | 17.8 | 13.6\% | 184.3 | 3.0\% |
| Constipation | 16.8 | 2.1\% | 15.7 | 1.6\% | 25.6 | 2.5\% | 24.7 | 2.1\% | 33.0 | 3.1\% | 23.9 | 4.2\% | 28.0 | 7.9\% | 15.6 | 12.0\% | 183.4 | 3.0\% |
| Cramps | 9.1 | 1.1\% | 14.3 | 1.5\% | 18.2 | 1.8\% | 25.9 | 2.2\% | 37.9 | 3.6\% | 28.9 | 5.1\% | 27.5 | 7.8\% | 13.4 | 10.2\% | 175.1 | 2.9\% |
| Shortness of breath | 2.9 | 0.4\% | 7.4 | 0.8\% | 10.2 | 1.0\% | 13.0 | 1.1\% | 19.3 | 1.8\% | 19.3 | 3.4\% | 13.6 | 3.8\% | 4.1 | 3.1\% | 89.7 | 1.5\% |
| Trouble with ears | 2.2 | 0.3\% | 3.1 | 0.3\% | 5.9 | 0.6\% | 13.1 | 1.1\% | 14.9 | 1.4\% | 17.0 | 3.0\% | 16.6 | 4.7\% | 13.6 | 10.4\% | 86.5 | 1.4\% |
| Chest pain | 8.4 | 1.0\% | 4.4 | 0.5\% | 9.9 | 1.0\% | 17.2 | 1.5\% | 17.2 | 1.6\% | 14.5 | 2.6\% | 9.0 | 2.5\% | 1.9 | 1.5\% | 82.5 | 1.4\% |
| Rapid/ irregular heartbeat | 3.9 | 0.5\% | 2.1 | 0.2\% | 10.5 | 1.0\% | 13.1 | 1.1\% | 18.7 | 1.8\% | 13.0 | 2.3\% | 11.5 | 3.2\% | 4.0 | 3.0\% | 76.8 | 1.3\% |
| Nausea / vomiting | 13.7 | 1.7\% | 18.1 | 1.9\% | 13.0 | 1.3\% | 8.7 | 0.7\% | 7.0 | 0.7\% | 5.4 | 1.0\% | 3.4 | 1.0\% | 1.2 | 0.9\% | 70.4 | 1.2\% |
| Asthmatic attack | 0.6 | 0.1\% | 2.7 | 0.3\% | 3.0 | 0.3\% | 1.0 | 0.1\% | 2.0 | 0.2\% | 2.2 | 0.4\% | 2.0 | 0.6\% | 1.5 | 1.1\% | 15.0 | 0.2\% |
| Fainting or loss of consciousness | 0.8 | 0.1\% | - | - | 2.6 | 0.3\% | 0.4 | <0.05\% | 1.1 | 0.1\% | 1.6 | 0.3\% | 1.4 | 0.4\% | 0.5 | 0.4\% | 8.4 | 0.1\% |

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

* For menstrual pain - Female respondents aged 15-64. Female aged 65 or above who reported menstrual pain in the survey were excluded due to physiological incongruity.
Notes: Ranked in descending order of prevalence of acute health conditions.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Visited medical practitioners |  |  |  |  |  |  |
| Yes | 857.7 | 43.9\% | 612.9 | 40.6\% | 1470.6 | 42.4\% |
| No | 1097.7 | 56.1\% | 896.0 | 59.4\% | 1993.8 | 57.6\% |
| Total | 1955.4 | 100.0\% | 1508.9 | 100.0\% | 3464.3 | 100.0\% |
| Received treatment |  |  |  |  |  |  |
| Yes | 931.2 | 47.6\% | 671.7 | 44.5\% | 1603.0 | 46.3\% |
| No | 1024.2 | 52.4\% | 837.2 | 55.5\% | 1861.4 | 53.7\% |
| Total | 1955.4 | 100.0\% | 1508.9 | 100.0\% | 3464.3 | 100.0\% |
| Took sick leave * |  |  |  |  |  |  |
| Yes | 215.1 | 20.3\% | 172.4 | 15.8\% | 387.5 | 18.0\% |
| No | 844.8 | 79.7\% | 921.4 | 84.2\% | 1766.2 | 82.0\% |
| Total | 1059.9 | 100.0\% | 1093.8 | 100.0\% | 2153.7 | 100.0\% |
| Bases: All respondents who had acute health problems in the 30 days preceding the survey. <br> * All respondents working full-time / part-time or being students in the seven days preceding the survey who had acute health problems in the 30 days preceding the survey. |  |  |  |  |  |  |

Table 3.1d: Consequences of acute health conditions (visited medical practitioners, received treatment and took sick leave) in the $\mathbf{3 0}$ days preceding the survey by age group

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons ('000) | \% |

Visited medical practitioners

| Yes | 135.4 | 36.6\% | 213.1 | 43.9\% | 237.6 | 45.3\% | 285.3 | 40.5\% | 261.7 | 40.8\% | 172.1 | 45.1\% | 126.7 | 49.0\% | 38.7 | 39.2\% $1470.642 .4 \%$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No | 234.8 | 63.4\% | 272.8 | 56.1\% | 287.4 | 54.7\% | 418.4 | 59.5\% | 379.4 | 59.2\% | 209.1 | 54.9\% | 131.7 | 51.0\% | 60.1 | 60.8\% 1993.8 57.6\% |
| Total | 370.2 | 100.0\% | 485.9 | 100.0\% | 525.0 | 100.0\% | 703.7 | 100.0\% | 641.2 | 100.0\% | 381.2 | 100.0\% | 258.4 | 100.0\% | 98.9 | 100.0\% 3464.3 100.0\% |

## Received treatment





Took sick leave *

| Yes | 72.4 | $20.4 \%$ | 114.5 | $27.0 \%$ | 81.3 | $19.2 \%$ | 76.2 | $14.0 \%$ | 39.7 | $11.2 \%$ | 3.4 | $7.4 \%$ | - | - | - | - | 387.5 | $18.0 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |



## Total



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

* All respondents working full-time / part-time or being students in the seven days preceding the survey who had acute health problems in the 30 days preceding the survey.
Note: Figures may not add up to the total due to rounding.


### 3.2 Doctor-diagnosed Chronic Conditions

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

### 3.2.1 Cancer

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

Table 3.2.1a: Prevalence of cancer by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 53.4 | 1.7\% | 37.0 | 1.3\% | 90.4 | 1.5\% |
| No | 3130.5 | 98.3\% | 2855.2 | 98.6\% | 5985.7 | 98.4\% |
| Don't know | 1.1 | $<0.05 \%$ | 3.0 | 0.1\% | 4.1 | 0.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

|  | Female |  | Male |  | Total |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases |
| 6.7 | $12.5 \%$ | $0.21 \%$ | 5.8 | $15.8 \%$ | $0.20 \%$ | 12.5 | $13.9 \%$ |

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

Table 3.2.1c: Prevalence of cancer by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ |
| Yes | 0.4 | 0.1\% | 1.0 | 0.1\% | 4.5 | 0.4\% | 14.4 | 1.2\% | 29.0 | 2.7\% | 18.2 | 3.2\% | 16.4 | 4.7\% | 6.4 | 4.9\% | 90.4 | 1.5\% |
| No | 800.7 | 99.9\% | 959.8 | 99.8\% | 1016.7 | 99.6\% | 1167.6 | 98.7\% | 1036.0 | 97.2\% | 545.3 | 96.7\% | 335.2 | 95.0\% | 124.4 | 95.1\% | 5985.7 | 98.4\% |
| Don't know | 0.5 | 0.1\% | 0.6 | 0.1\% | - | - | 1.0 | 0.1\% | 0.5 | <0.05\% | 0.5 | 0.1\% | 1.1 | 0.3\% | - | - | 4.1 | 0.1\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | \% 680.2 | 100.0\% |
| Base: A Note: Fi | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 3.2.2 Stroke

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

Table 3.2.2a: Prevalence of stroke by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 35.0 | 1.1\% | 49.8 | 1.7\% | 84.8 | 1.4\% |
| No | 3149.1 | 98.9\% | 2843.3 | 98.2\% | 5992.4 | 98.6\% |
| Don't know | 1.0 | <0.05\% | 2.1 | 0.1\% | 3.0 | $<0.05 \%$ |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

|  | Female |  | Male | Total |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of <br> persons <br> ('000) | \% among the <br> cases | Rate* | No. of <br> persons <br> ('000) | \% among the <br> cases | Rate* | No. of <br> persons <br> ('000) | \% among <br> the cases |
| 5.2 | $14.9 \%$ | $0.16 \%$ | 9.5 | $19.0 \%$ | $0.33 \%$ | 14.7 | $17.3 \%$ |

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

Table 3.2.2c: Prevalence of stroke by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ |
| Yes | - | - | - | - | 1.9 | 0.2\% | 5.8 | 0.5\% | 15.9 | 1.5\% | 26.0 | 4.6\% | 27.7 | 7.8\% | 7.4 | 5.7\% | 84.8 | 1.4\% |
| No | 801.1 | 99.9\% | 960.8 | 99.9\% | \% 1019.3 | 99.8\% | \% 1176.6 | 99.5\% | 1049.2 | 98.5\% | 537.1 | 95.2\% | 325.0 | 92.2\% | 123.4 | 94.3\% | 5992.4 | 98.6\% |
| Don't know | 0.5 | 0.1\% | 0.6 | 0.1\% | - | - | 0.5 | <0.05\% | \% 0.5 | <0.05\% | 0.9 | 0.2\% | - | - | - | - | 3.0 | <0.05\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | \% 1021.2 | 100.0\% | \% 1183.01 | 100.0\% | \% 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: <br> Note: | Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 3.2.3 Coronary Heart Disease

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

Table 3.2.3a: Prevalence of coronary heart disease by gender

|  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 52.2 | 1.6\% | 74.4 | 2.6\% | 126.6 | 2.1\% |
| No | 3129.0 | 98.2\% | 2818.7 | 97.4\% | 5947.7 | 97.8\% |
| Don't know | 3.8 | 0.1\% | 2.1 | 0.1\% | 5.9 | 0.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: All  <br> Note: Fig | add up to the tota | unding. |  |  |  |  |

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

|  | Female | Male |  |  | Total |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases |
| 4.6 | $8.9 \%$ | $0.15 \%$ | 5.3 | $7.1 \%$ | $0.18 \%$ | 9.9 | $7.8 \%$ |

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Yes | - | - | - | - | 2.1 | 0.2\% | 11.2 | 0.9\% | 31.3 | 2.9\% | 31.4 | 5.6\% | 35.0 | 9.9\% | 15.7 | 12.0\% | 126.6 | 2.1\% |
| No | 801.1 | 99.9\% | 960.8 | 99.9\% | 1019.1 | 99.8\% | 1171.3 | 99.0\% | 1032.8 | 96.9\% | 530.8 | 94.1\% | 316.8 | 89.8\% | 115.1 | 88.0\% | 5947.7 | 97.8\% |
| Don't know | 0.5 | 0.1\% | 0.6 | 0.1\% | - | - | 0.5 | <0.05\% | 1.4 | 0.1\% | 1.8 | 0.3\% | 1.0 | 0.3\% | - | - | 5.9 | 0.1\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | \% 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: A Note: Fi | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 3.2.4 Asthma

Asthma is a chronic disease characterised by recurrent attacks of breathlessness and wheezing, which vary in severity and frequency from person to person ${ }^{3}$. The proportion of persons aged 15 or above with doctor-diagnosed asthma was $1.8 \%$. The corresponding proportion was higher in males than in females ( $2.0 \%$ versus $1.6 \%$ respectively) (Table 3.2 .4 a). Among them, $3.3 \%$ reported that the asthma was diagnosed in the 12 months preceding the survey (Table 3.2.4b). Analysed by age, the highest prevalence of asthma was recorded for people aged 15-24 (2.6\%) and the lowest for people aged 55-64 (0.9\%) (Table 3.2.4c).

Table 3.2.4a: Prevalence of asthma by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 50.5 | 1.6\% | 58.7 | 2.0\% | 109.2 | 1.8\% |
| No | 3134.0 | 98.4\% | 2835.3 | 97.9\% | 5969.3 | 98.2\% |
| Don't know | 0.5 | <0.05\% | 1.1 | <0.05\% | 1.7 | <0.05\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 3.2.4b: Proportion of asthma diagnosed in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  | Male |  | Total |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases |
| 1.8 | $3.6 \%$ | $0.06 \%$ | 1.8 | $3.0 \%$ | $0.06 \%$ | 3.6 | $3.3 \%$ |

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

Table 3.2.4c: Prevalence of asthma by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons <br> ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | s \% |
| Yes | 20.8 | 2.6\% | 19.7 | 2.1\% | 20.6 | 2.0\% | 14.7 | 1.2\% | 9.9 | 0.9\% | 13.4 | 2.4\% | 7.7 | 2.2\% | 2.4 | 1.8\% | 109.2 | 1.8\% |
| No | 780.2 | 97.3\% | 941.1 | 97.9\% | 1000.6 | 98.0\% | 1167.8 | 98.7\% | 1055.6 | 99.1\% | 550.6 | 97.6\% | 345.0 | 97.8\% | 128.4 | 98.2\% | 5969.3 | 98.2\% |
| Don't know | 0.5 | 0.1\% | 0.6 | 0.1\% | - | - | 0.5 | <0.05\% | - | - | - | - | - | - | - | - | 1.7 | <0.05\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: <br> Note: | All respon igures may | dents. <br> ay not ad | dd up to th | the total | due to rou | unding. |  |  |  |  |  |  |  |  |  |  |  |  |

### 3.2.5 Chronic Obstructive Pulmonary Disease

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 12.4 | 0.4\% | 17.5 | 0.6\% | 29.9 | 0.5\% |
| No | 3171.1 | 99.6\% | 2876.0 | 99.3\% | 6047.1 | 99.5\% |
| Don't know | 1.5 | $<0.05 \%$ | 1.7 | 0.1\% | 3.2 | 0.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 3.2.5b: Proportion of chronic obstructive pulmonary disease diagnosed in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  |  |  | Male | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases |
| 1.6 | $12.6 \%$ | $0.05 \%$ | 3.8 | $21.7 \%$ | $0.13 \%$ | 5.4 | $18.0 \%$ |

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Yes | 1.9 | 0.2\% | 1.1 | 0.1\% | 3.8 | 0.4\% | 4.4 | 0.4\% | 5.7 | 0.5\% | 7.5 | 1.3\% | 5.0 | 1.4\% | 0.5 | 0.4\% | 29.9 | 0.5\% |
| No | 799.2 | 99.7\% | 959.7 | 99.8\% | 1017.4 | 99.6\% | 1176.9 | 99.5\% | 1059.8 | 99.5\% | 556.5 | 98.7\% | 347.3 | 98.5\% | 130.3 | 99.6\% | 6047.1 | 99.5\% |
| Don't know | 0.5 | 0.1\% | 0.6 | 0.1\% | - | - | 1.6 | 0.1\% | - | - | - | - | 0.5 | 0.1\% | - | - | 3.2 | 0.1\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: Al | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: Fi | Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 3.2.6 High Blood Cholesterol

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 445.0 | 14.0\% | 428.2 | 14.8\% | 873.2 | 14.4\% |
| No | 2740.0 | 86.0\% | 2467.0 | 85.2\% | 5207.0 | 85.6\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: <br> Note: | to the total due to |  |  |  |  |  |

Table 3.2.6b: Proportion of high blood cholesterol diagnosed by doctors in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  | Male |  | Total |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases |
| 89.3 | $20.1 \%$ | $2.80 \%$ | 83.6 | $19.5 \%$ | $2.89 \%$ | 172.9 | $19.8 \%$ |

[^6]Table 3.2.6c: Prevalence of high blood cholesterol diagnosed by doctors by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ |
| Yes | 4.0 | 0.5\% | 20.0 | 2.1\% | 69.8 | 6.8\% | 150.7 | 12.7\% | 266.8 | 25.0\% | 189.7 | 33.6\% | 137.6 | 39.0\% | 34.6 | 26.5\% | 873.2 | 14.4\% |
| No | 797.6 | 99.5\% | 941.4 | 97.9\% | 951.4 | 93.2\% | 1032.3 | 87.3\% | 798.7 | 75.0\% | 374.3 | 66.4\% | 215.1 | 61.0\% | 96.2 | 73.5\% | 5207.0 | 85.6\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.21 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |

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

Table 3.2.6d: Blood cholesterol control by gender

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

Base: All respondents who had doctor-diagnosed high blood cholesterol.
Notes: Ranked in descending order of proportions of method to control blood cholesterol.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.2.6e: Blood cholesterol control by age group

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) |

Eating less
high fat or
$\begin{array}{llllllllllllllllllll}\text { high } & 1.9 & 48.4 \% & 12.7 & 63.8 \% & 54.7 & 78.4 \% & 124.5 & 82.6 \% & 218.8 & 82.0 \% & 162.3 & 85.5 \% & 109.1 & 79.2 \% & 27.0 & 77.9 \% & 711.0 & 81.4 \%\end{array}$ cholesterol food

Taking
$\begin{array}{lllllllllllllllllllllll}\text { prescribed } & 1.0 & 26.3 \% & 1.0 & 5.1 \% & 16.0 & 22.9 \% & 62.8 & 41.7 \% & 153.2 & 57.4 \% & 150.8 & 79.5 \% & 122.9 & 89.3 \% & 30.6 & 88.6 \% & 538.4 & 61.7 \%\end{array}$ medicine

Increasing
$\begin{array}{lllllllllllllllllllllllll}\begin{array}{l}\text { physical } \\ \text { activity or }\end{array} & 1.2 & 30.0 \% & 9.6 & 48.2 \% & 32.8 & 47.1 \% & 70.9 & 47.0 \% & 129.3 & 48.5 \% & 88.0 & 46.4 \% & 55.8 & 40.5 \% & 7.9 & 22.8 \% & 395.6 & 45.3 \%\end{array}$
activity or
exercise


Taking over-
the-counter
medicine
Base: All respondents who had doctor-diagnosed high blood cholesterol.
Notes: Ranked in descending order of proportions of method to control blood cholesterol.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

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

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

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

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

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons ('000) | \% |

Western
medicine
$\begin{array}{lllllllllllllllllllllllll}1.0 & 100.0 \% & 1.0 & 100.0 \% & 15.4 & 96.3 \% & 62.3 & 99.3 \% & 151.2 & 98.7 \% & 149.6 & 99.2 \% & 122.4 & 99.6 \% & 30.6 & 100.0 \% & 533.6 & 99.1 \%\end{array}$

Traditional

medicine


Total $\begin{array}{llllllllllllllllllllllllllll}1.0 & 100.0 \% & 1.0 & 100.0 \% & 16.0 & 100.0 \% & 62.8 & 100.0 \% & 153.2 & 100.0 \% & 150.8 & 100.0 \% & 122.9 & 100.0 \% & 30.6 & 100.0 \% & 538.4 & 100.0 \%\end{array}$

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

### 3.2.7 Blood Pressure and Hypertension

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 571.3 | 17.9\% | 508.1 | 17.6\% | 1079.5 | 17.8\% |
| No | 2613.7 | 82.1\% | 2387.1 | 82.4\% | 5000.7 | 82.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: <br> Note: | to the total due to |  |  |  |  |  |

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

|  | Female |  | Male |  | Total |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases |
| 53.6 | $9.4 \%$ | $1.68 \%$ | 66.5 | $13.1 \%$ | $2.30 \%$ | 120.1 | $11.1 \%$ |

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ |
| Yes | 4.0 | 0.5\% | 9.4 | 1.0\% | 47.9 | 4.7\% | 154.6 | 13.1\% | 297.4 | 27.9\% | 258.1 | 45.8\% | 227.9 | 64.6\% | 80.1 | 61.2\% | 1079.5 | 17.8\% |
| No | 797.6 | 99.5\% | 952.0 | 99.0\% | 973.3 | 95.3\% | 1028.4 | 86.9\% | 768.1 | 72.1\% | 305.9 | 54.2\% | 124.8 | 35.4\% | 50.7 | 38.8\% | 5000.7 | 82.2\% |
| Total | 801.61 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: | Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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

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

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

Bases: All respondents who had doctor-diagnosed hypertension.

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

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Taking prescribed medicine | 1.0 | 25.0\% | 4.1 | 43.5\% | 27.2 | 56.8\% | 124.1 | 80.3\% | 263.9 | 88.7\% | 241.0 | 93.4\% | 216.6 | 95.0\% | 75.7 | 94.6\% | 953.6 | 88.3\% |
| Cutting down on salt in diet | 2.0 | 50.2\% | 5.9 | 62.7\% | 31.7 | 66.2\% | 115.6 | 74.8\% | 226.4 | 76.1\% | 201.3 | 78.0\% | 173.6 | 76.2\% | 54.5 | 68.1\% | 811.0 | 75.1\% |
| Increasing physical activity or exercise | 1.6 | 39.9\% | 3.6 | 38.1\% | 21.8 | 45.5\% | 69.8 | 45.1\% | 135.3 | 45.5\% | 121.8 | 47.2\% | 97.2 | 42.6\% | 18.5 | 23.1\% | 469.5 | 43.5\% |
| Controlling or losing weight | 0.8 | 20.6\% | 1.0 | 10.9\% | 13.7 | 28.7\% | 40.9 | 26.5\% | 85.6 | 28.8\% | 64.1 | 24.8\% | 50.6 | 22.2\% | 15.9 | 19.8\% | 272.6 | 25.3\% |
| Cutting down on your alcohol consumption * | - | - | 2.9 | 34.9\% | 9.8 | 23.2\% | 30.2 | 24.0\% | 53.0 | 23.1\% | 34.9 | 19.0\% | 26.9 | 19.4\% | 6.9 | 15.9\% | 164.6 | 21.2\% |
| Taking over-the-counter medicine | - | - | - | - | 6.6 | 13.8\% | 19.6 | 12.7\% | 37.4 | 12.6\% | 30.0 | 11.6\% | 25.3 | 11.1\% | 8.7 | 10.9\% | 127.6 | 11.8\% |

Bases: All respondents who had doctor-diagnosed hypertension.

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

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

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

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

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

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | s \% |
| Western medicine | 1.0 | 100.0\% | 4.1 | 100.0\% | 27.2 | 100.0\% | 124.1 | 100.0\% | 263.0 | 99.7\% | 237.8 | 98.7\% | 215.2 | 99.3\% | 75.2 | 99.3\% | 947.5 | 99.4\% |
| Traditional Chinese medicine | - | - | - | - | - | - | - | - | 0.5 | 0.2\% | 3.2 | 1.3\% | 1.0 | 0.4\% | - | - | 4.6 | 0.5\% |
| Both | - | - | - | - | - | - | - | - | 0.5 | 0.2\% | - | - | 0.4 | 0.2\% | 0.5 | 0.7\% | 1.4 | 0.2\% |
| Total | 1.0 | 100.0\% | 4.1 | 100.0\% | 27.2 | 100.0\% | 124.1 | 100.0\% | 263.9 | 100.0\% | 241.0 | 100.0\% | 216.6 | 100.0\% | 75.7 | 100.0\% | 953.6 | 100.0\% |
| Base: All respondents who had doctor-diagnosed hypertension and were taking prescribed medicine to control or lower their blood pressure. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 3.2.8 Diabetes Mellitus

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Have diabetes | 177.3 | 5.6\% | 155.4 | 5.4\% | 332.7 | 5.5\% |
| Have high blood sugar but no diabetes | 64.7 | 2.0\% | 54.1 | 1.9\% | 118.8 | 2.0\% |
| Have no diabetes or high blood sugar | 2942.9 | 92.4\% | 2685.7 | 92.8\% | 5628.7 | 92.6\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

|  | Female |  | Male | Total |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons | \% among the | Rate* | No. of persons | $\%$ among the | Rate* | No. of persons |
| ('000) | cases among the | cases | ('000) | Rate* |  |  |

Doctor-diagnosed high blood sugar or diabetes*

| 28.9 | $11.9 \%$ | $0.91 \%$ | 18.7 | $8.9 \%$ | $0.64 \%$ | 47.6 | $10.5 \%$ | $0.78 \%$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Doctor-diagnosed diabetes $^{\S}$ |  |  |  |  |  |  |  |  |
| 15.2 | $8.6 \%$ | $0.48 \%$ | 7.5 | $4.8 \%$ | $0.26 \%$ | 22.7 | $6.8 \%$ | $0.37 \%$ |

[^7]Table 3.2.8c: Prevalence of diabetes diagnosed by doctors by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ |
| Have diabetes | 2.5 | 0.3\% | 1.1 | 0.1\% | 8.8 | 0.9\% | 42.3 | 3.6\% | 81.6 | 7.7\% | 93.7 | 16.6\% | 80.1 | 22.7\% | 22.6 | 17.3\% | 332.7 | 5.5\% |
| Have high blood sugar but no diabetes | 0.4 | 0.1\% | 5.8 | 0.6\% | 11.5 | 1.1\% | 20.6 | 1.7\% | 36.6 | 3.4\% | 24.9 | 4.4\% | 12.3 | 3.5\% | 6.7 | 5.2\% | 118.8 | 2.0\% |

Have no
 blood sugar

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

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

Table 3.2.8d: Diabetes control by gender

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

Base: All respondents who had doctor-diagnosed diabetes or high blood sugar.
Notes: Ranked in descending order of percentages of method of diabetes control.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 3.2.8e: Diabetes control by age group

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) |

Eating less
food with high
$\begin{array}{lllllllllllllllllllllll}\text { sugar content, } & 2.4 & 83.9 \% & 4.3 & 62.3 \% & 13.6 & 67.0 \% & 56.0 & 89.1 \% & 99.6 & 84.2 \% & 103.9 & 87.6 \% & 78.3 & 84.8 \% & 25.9 & 88.4 \% & 384.0 & 85.1 \%\end{array}$ $\begin{array}{llllllllllllllllll}\text { high fat content } & 2.4 & 83.9 \% & 4.3 & 62.3 \% & 13.6 & 67.0 \% & 56.0 & 89.1 \% & 99.6 & 84.2 \% & 103.9 & 87.6 \% & 78.3 & 84.8 \% & 25.9 & 88.4 \% & 384.0 \\ 85.1 \%\end{array}$ or high
cholesterol

Taking oral
$\begin{array}{lllllllllllllllllllll}\text { anti-diabetic } & 1.0 & 35.5 \% & 1.1 & 15.3 \% & 8.3 & 40.7 \% & 41.1 & 65.3 \% & 89.6 & 75.8 \% & 93.7 & 79.0 \% & 86.7 & 93.9 \% & 25.3 & 86.4 \% & 346.8 & 76.8 \%\end{array}$ drugs

Increasing
 activity or exercise


Taking over-

| the-counter | - | - | - | - | 2.6 | $12.7 \%$ | 8.0 | $12.8 \%$ | 13.7 | $11.6 \%$ | 12.4 | $10.5 \%$ | 10.5 | $11.4 \%$ | 2.7 | $9.3 \%$ | 49.9 | $11.1 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | medicine


| Taking insulin | 2.0 | $69.5 \%$ | - | - | 1.2 | $5.9 \%$ | 4.6 | $7.4 \%$ | 8.8 | $7.4 \%$ | 15.2 | $12.8 \%$ | 7.0 | $7.6 \%$ | 1.1 | $3.8 \%$ | 40.0 | $8.9 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

Base: All respondents who had doctor-diagnosed diabetes or high blood sugar.
Notes: Ranked in descending order of percentages of method of diabetes control.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Insulin * |  |  |  |  |  |  |
| 0.0-1.9 | 4.9 | 19.4\% | 2.5 | 16.7\% | 7.4 | 18.4\% |
| 2.0-3.9 | 4.1 | 16.3\% | 3.4 | 22.9\% | 7.5 | 18.8\% |
| 4.0-5.9 | 3.9 | 15.6\% | 2.8 | 18.7\% | 6.7 | 16.8\% |
| 6.0-7.9 | 1.9 | 7.4\% | 1.1 | 7.1\% | 2.9 | 7.3\% |
| 8.0-9.9 | 2.5 | 9.8\% | 0.6 | 3.9\% | 3.0 | 7.6\% |
| 10.0 or above | 7.9 | 31.4\% | 4.6 | 30.7\% | 12.5 | 31.1\% |
| Total | 25.1 | 100.0\% | 14.9 | 100.0\% | 40.0 | 100.0\% |
| Mean ${ }^{1}$ |  |  |  |  |  |  |

Oral anti-diabetic drugs \#

| 0.0-1.9 | 26.7 | 14.6\% | 19.7 | 12.0\% | 46.4 | 13.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2.0-3.9 | 33.6 | 18.4\% | 41.0 | 25.0\% | 74.6 | 21.5\% |
| 4.0-5.9 | 17.6 | 9.7\% | 26.5 | 16.1\% | 44.1 | 12.7\% |
| 6.0-7.9 | 17.8 | 9.7\% | 12.6 | 7.7\% | 30.4 | 8.8\% |
| 8.0-9.9 | 10.2 | 5.6\% | 3.6 | 2.2\% | 13.8 | 4.0\% |
| 10.0 or above | 76.7 | 42.0\% | 60.9 | 37.1\% | 137.6 | 39.7\% |
| Total | 182.6 | 100.0\% | 164.3 | 100.0\% | 346.8 | 100.0\% |
| Mean ${ }^{2}$ |  |  |  |  |  |  |

Bases: * All respondents who had doctor-diagnosed diabetes and were taking insulin.
\# All respondents who had doctor-diagnosed diabetes and were taking oral anti-diabetic drugs.
${ }^{1}$ All respondents who had doctor-diagnosed diabetes and had taken insulin. Those who had taken insulin for less than one year are assumed to have taken insulin for half a year for compiling summary statistics.
${ }^{2}$ All respondents who had doctor-diagnosed diabetes and had taken oral anti-diabetic drugs. Those who had taken oral anti-diabetic drugs for less than one year are assumed to have taken oral anti-diabetic drugs for half a year for compiling summary statistics.
Note: Figures may not add up to the total due to rounding.

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

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) |

Insulin *


Oral anti-diabetic drugs \#

| 0.0-1.9 | - | - | 1.1 | 100.0\% | 2.4 | 28.8\% | 10.0 | 24.4\% | 17.5 | 19.5\% | 7.6 | 8.1\% | 6.9 | 7.9\% | 1.1 | 4.2\% | 46.4 | 13.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2.0-3.9 | - | - | - | - | 2.1 | 25.6\% | 13.3 | 32.4\% | 21.8 | 24.4\% | 18.1 | 19.3\% | 15.0 | 17.3\% | 4.2 | 16.6\% | 74.6 | 21.5\% |
| 4.0-5.9 | 0.5 | 45.5\% | - | - | 2.6 | 31.2\% | 6.5 | 15.8\% | 13.0 | 14.5\% | 11.8 | 12.6\% | 7.7 | 8.9\% | 2.0 | 7.8\% | 44.1 | 12.7\% |
| 6.0-7.9 | - | - | - | - | 0.6 | 7.2\% | 1.8 | 4.4\% | 9.7 | 10.9\% | 10.2 | 10.9\% | 6.1 | 7.1\% | 1.8 | 7.3\% | 30.4 | 8.8\% |
| 8.0-9.9 | 0.6 | 54.5\% | - | - | - | - | 1.4 | 3.3\% | 3.2 | 3.6\% | 4.1 | 4.3\% | 4.0 | 4.7\% | 0.5 | 2.1\% | 13.8 | 4.0\% |
| 10.0 or above | - | - | - | - | 0.6 | 7.2\% | 8.1 | 19.6\% | 24.3 | 27.1\% | 42.0 | 44.8\% | 46.9 | 54.1\% | 15.7 | 62.0\% | 137.6 | 39.7\% |
| Total | 1.0 | 100.0\% | 1.1 | 100.0\% | 8.3 | 100.0\% | 41.1 | 100.0\% | 89.6 | 100.0\% | 93.7 | 100.0\% | 86.7 | 100.0\% | 25.3 | 100.0\% | 346.8 | 100.0\% |
| Mean ${ }^{2}$ |  | 6.6 |  | 0.8 |  | 3.3 |  | 4.9 |  | 6.3 |  | 8.9 |  | 0.4 |  | 1.9 |  | . 2 |

Bases: * All respondents who had doctor-diagnosed diabetes and were taking insulin.
\# All respondents who had doctor-diagnosed diabetes and were taking oral anti-diabetic drugs.
${ }^{1}$ All respondents who had doctor-diagnosed diabetes and had taken insulin. Those who had taken insulin for less than one year are assumed to have taken insulin for half a year for compiling summary statistics.
${ }^{2}$ All respondents who had doctor-diagnosed diabetes and had taken oral anti-diabetic drugs. Those who had taken oral anti-diabetic drugs for less than one year are assumed to have taken oral anti-diabetic drugs for half a year for compiling summary statistics.
Note: Figures may not add up to the total due to rounding.

### 3.2.9 Other Chronic Conditions

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

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

Table 3.2.9: Prevalence of other chronic conditions and proportion of cases diagnosed in the $\mathbf{1 2}$ months preceding the survey

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

Base: All respondents.
Notes: Ranked in descending order of prevalence.
${ }^{1}$ Number of cases ever-diagnosed with the disease divided by the Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers).
${ }^{2}$ Number of cases diagnosed with the disease in the 12 months preceding the survey divided by the Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers).
Multiple answers were allowed.

### 3.3 Vision

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

Table 3.3a: Fitness of eyesight by gender
$\begin{array}{lcccccc}\hline & \text { Female } & \text { Male } & \text { Total } \\$\cline { 2 - 6 } \& $\left.\begin{array}{c}\text { No. of persons } \\ \mathbf{( ' 0 0 0 )}\end{array} & \% & \text { No. of persons } \\ \text { ('000) }\end{array}\right)$

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

Table 3.3b: Fitness of eyesight by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Excellent | 87.5 | 10.9\% | 95.9 | 10.0\% | 96.8 | 9.5\% | 40.2 | 3.4\% | 12.3 | 1.2\% | 11.6 | 2.1\% | 4.8 | 1.3\% | 1.7 | 1.3\% | 350.8 | 5.8\% |
| Good | 492.7 | 61.5\% | 596.3 | 62.0\% | 598.6 | 58.6\% | 558.4 | 47.2\% | 486.3 | 45.6\% | 196.2 | 34.8\% | 93.4 | 26.5\% | 30.6 | 23.4\% | 3052.4 | 50.2\% |
| Fair | 207.0 | 25.8\% | 255.7 | 26.6\% | 303.8 | 29.7\% | 523.2 | 44.2\% | 497.5 | 46.7\% | 293.3 | 52.0\% | 180.5 | 51.2\% | 61.3 | 46.9\% | 2322.3 | 38.2\% |
| Poor | 14.0 | 1.7\% | 12.4 | 1.3\% | 22.0 | 2.2\% | 59.3 | 5.0\% | 65.4 | 6.1\% | 59.7 | 10.6\% | 70.4 | 19.9\% | 33.9 | 25.9\% | 337.0 | 5.5\% |
| Very poor | 0.4 | 0.1\% | 1.1 | 0.1\% | - | - | 1.8 | 0.2\% | 4.0 | 0.4\% | 3.2 | 0.6\% | 3.7 | 1.1\% | 3.3 | 2.5\% | 17.6 | 0.3\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Myopia (short-sightedness) |  |  |  |  |  |  |
| Yes | 1440.1 | 45.2\% | 1347.4 | 46.5\% | 2787.5 | 45.8\% |
| No | 1674.3 | 52.6\% | 1511.4 | 52.2\% | 3185.6 | 52.4\% |
| Don't know | 70.6 | 2.2\% | 36.4 | 1.3\% | 107.0 | 1.8\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Hyperopia or hypermetropia (long-sightedness) |  |  |  |  |  |  |
| Yes | 202.6 | 6.4\% | 162.4 | 5.6\% | 364.9 | 6.0\% |
| No | 2863.3 | 89.9\% | 2658.0 | 91.8\% | 5521.3 | 90.8\% |
| Don't know | 119.1 | 3.7\% | 74.8 | 2.6\% | 193.9 | 3.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Astigmatism |  |  |  |  |  |  |
| Yes | 1302.3 | 40.9\% | 1185.6 | 41.0\% | 2487.9 | 40.9\% |
| No | 1780.3 | 55.9\% | 1652.3 | 57.1\% | 3432.6 | 56.5\% |
| Don't know | 102.4 | 3.2\% | 57.3 | 2.0\% | 159.7 | 2.6\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Presbyopia |  |  |  |  |  |  |
| Yes | 1462.6 | 45.9\% | 1303.5 | 45.0\% | 2766.1 | 45.5\% |
| No | 1660.1 | 52.1\% | 1558.8 | 53.8\% | 3218.9 | 52.9\% |
| Don't know | 62.3 | 2.0\% | 32.9 | 1.1\% | 95.2 | 1.6\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondents. <br> Note: Figures may not add up to the total due to rounding. |  |  |  |  |  |  |

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

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) |

Myopia (short-sightedness)

| Yes | 546.7 | 68.2\% | 612.2 | 63.7\% | 525.5 | 51.5\% | 522.0 | 44.1\% | 375.3 | 35.2\% | 136.9 | 24.3\% | 56.8 | 16.1\% | 12.2 | 9.3\% | 2787.5 | 45.8\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No | 252.3 | 31.5\% | 345.1 | 35.9\% | 491.0 | 48.1\% | 643.5 | 54.4\% | 672.2 | 63.1\% | 408.2 | 72.4\% | 267.3 | 75.8\% | 106.1 | 81.1\% | 3185.6 | 52.4\% |
| Don't know | 2.6 | 0.3\% | 4.1 | 0.4\% | 4.7 | 0.5\% | 17.6 | 1.5\% | 18.0 | 1.7\% | 18.9 | 3.4\% | 28.6 | 8.1\% | 12.5 | 9.6\% | 107.0 | 1.8\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |

Hyperopia or hypermetropia (long-sightedness)

| Yes | 27.6 | 3.4\% | 23.2 | 2.4\% | 39.0 | 3.8\% | 106.1 | 9.0\% | 91.7 | 8.6\% | 51.7 | 9.2\% | 22.8 | 6.5\% | 2.8 | 2.1\% | 364.9 | 6.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No | 770.6 | 96.1\% | 929.1 | 96.6\% | 968.3 | 94.8\% | 1040.5 | 88.0\% | 932.2 | 87.5\% | 475.4 | 84.3\% | 290.0 | 82.2\% | 115.2 | 88.1\% | 5521.3 | 90.8\% |
| Don't know | 3.4 | 0.4\% | 9.1 | 0.9\% | 13.8 | 1.4\% | 36.4 | 3.1\% | 41.6 | 3.9\% | 36.9 | 6.5\% | 39.8 | 11.3\% | 12.8 | 9.8\% | 193.9 | 3.2\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |

## Astigmatism

| Yes | 411.2 | 51.3\% | 480.6 | 50.0\% | 416.8 | 40.8\% | 498.5 | 42.1\% | 417.3 | 39.2\% | 175.8 | 31.2\% | 75.9 | 21.5\% | 11.8 | 9.0\% | 2487.9 | 40.9\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No | 385.8 | 48.1\% | 474.1 | 49.3\% | 594.6 | 58.2\% | 655.3 | 55.4\% | 622.2 | 58.4\% | 357.1 | 63.3\% | 239.8 | 68.0\% | 103.7 | 79.3\% | 3432.6 | 56.5\% |
| Don't know | 4.6 | 0.6\% | 6.7 | 0.7\% | 9.8 | 1.0\% | 29.2 | 2.5\% | 26.0 | 2.4\% | 31.1 | 5.5\% | 37.0 | 10.5\% | 15.3 | 11.7\% | 159.7 | 2.6\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 00.0\% |
| Presbyopia |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yes | 0.8 | 0.1\% | 2.6 | 0.3\% | 137.1 | 13.4\% | 842.2 | 71.2\% | 911.9 | 85.6\% | 484.4 | 85.9\% | 281.5 | 79.8\% | 105.5 | 80.6\% | 2766.1 | 45.5\% |
| No | 799.1 | 99.7\% | 955.2 | 99.4\% | 865.1 | 84.7\% | 319.8 | 27.0\% | 137.6 | 12.9\% | 71.7 | 12.7\% | 53.4 | 15.1\% | 16.9 | 12.9\% | 3218.9 | 52.9\% |
| Don't know | 1.6 | 0.2\% | 3.5 | 0.4\% | 19.0 | 1.9\% | 20.9 | 1.8\% | 16.0 | 1.5\% | 7.9 | 1.4\% | 17.8 | 5.0\% | 8.4 | 6.4\% | 95.2 | 1.6\% |


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

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 332.6 | 10.4\% | 197.1 | 6.8\% | 529.7 | 8.7\% |
| Glaucoma * | 29.1 | 0.9\% | 20.7 | 0.7\% | 49.8 | 0.8\% |
| Cataract * | 249.4 | 7.8\% | 145.4 | 5.0\% | 394.8 | 6.5\% |
| Amblyopia * | 10.5 | 0.3\% | 4.2 | 0.1\% | 14.7 | 0.2\% |
| Blindness * | 5.5 | 0.2\% | 5.0 | 0.2\% | 10.5 | 0.2\% |
| Others * | 72.5 | 2.3\% | 45.8 | 1.6\% | 118.2 | 1.9\% |
| No | 2821.6 | 88.6\% | 2674.6 | 92.4\% | 5496.2 | 90.4\% |
| Don't know | 30.8 | 1.0\% | 23.5 | 0.8\% | 54.3 | 0.9\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 6.0 | 0.7\% | 8.6 | 0.9\% | 14.8 | 1.4\% | 39.0 | 3.3\% | 98.0 | 9.2\% | 144.1 | 25.6\% | 148.9 | 42.2\% | 70.3 | 53.7\% | 529.7 | 8.7\% |
| Glaucoma * | 0.5 | 0.1\% | - | - | 1.0 | 0.1\% | 5.3 | 0.5\% | 6.2 | 0.6\% | 14.4 | 2.6\% | 13.3 | 3.8\% | 9.1 | 7.0\% | 49.8 | 0.8\% |
| Cataract* | 0.5 | 0.1\% | 0.5 | <0.05\% | 1.5 | 0.1\% | 12.6 | 1.1\% | 59.4 | 5.6\% | 116.2 | 20.6\% | 138.5 | 39.3\% | 65.7 | 50.2\% | 394.8 | 6.5\% |
| Amblyopia * | 0.9 | 0.1\% | 2.9 | 0.3\% | 1.6 | 0.2\% | 1.5 | 0.1\% | 1.3 | 0.1\% | 3.4 | 0.6\% | 2.8 | 0.8\% | 0.3 | 0.3\% | 14.7 | 0.2\% |
| Blindness * | 0.4 | 0.1\% | - | - | 0.5 | <0.05\% | 1.4 | 0.1\% | 0.9 | 0.1\% | 3.0 | 0.5\% | 3.2 | 0.9\% | 1.0 | 0.8\% | 10.5 | 0.2\% |
| Others * | 4.2 | 0.5\% | 5.2 | 0.5\% | 11.2 | 1.1\% | 21.1 | 1.8\% | 37.6 | 3.5\% | 23.7 | 4.2\% | 10.6 | 3.0\% | 4.6 | 3.5\% | 118.2 | 1.9\% |
| No | 792.4 | 98.8\% | 948.2 | 98.6\% | 1001.0 | 98.0\% | 1133.1 | 95.8\% | 950.9 | 89.2\% | 411.8 | 73.0\% | 199.7 | 56.6\% | 59.1 | 45.2\% | 5496.2 | 90.4\% |
| Don't know | 3.3 | 0.4\% | 4.5 | 0.5\% | 5.4 | 0.5\% | 10.9 | 0.9\% | 16.6 | 1.6\% | 8.1 | 1.4\% | 4.1 | 1.2\% | 1.4 | 1.1\% | 54.3 | 0.9\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |

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

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

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

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

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| None of the time | 2046.8 | 64.3\% | 1913.9 | 66.1\% | 3960.7 | 65.1\% |
| A little of the time | 845.5 | 26.5\% | 762.5 | 26.3\% | 1608.0 | 26.4\% |
| Some of the time | 269.4 | 8.5\% | 198.2 | 6.8\% | 467.6 | 7.7\% |
| Most of the time | 20.3 | 0.6\% | 17.7 | 0.6\% | 37.9 | 0.6\% |
| All of the time | 3.1 | 0.1\% | 2.9 | 0.1\% | 6.0 | 0.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) |  | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ |
| None of the time | 607.1 | 75.7\% | 732.7 | 76.2\% | 771.6 | 75.6\% | 750.7 | 63.5\% | 613.7 | 57.6\% | 305.0 | 54.1\% | 141.8 | 40.2\% | 38.1 | 29.2\% | 3960.7 | 65.1\% |
| A little of the time | 181.6 | 22.7\% | 208.7 | 21.7\% | 226.8 | 22.2\% | 327.0 | 27.6\% | 337.8 | 31.7\% | 167.6 | 29.7\% | 114.3 | 32.4\% | 44.3 | 33.9\% | 1608.0 | 26.4\% |
| Some of the time | 12.4 | 1.5\% | 19.5 | 2.0\% | 19.7 | 1.9\% | 101.1 | 8.5\% | 106.6 | 10.0\% | 83.6 | 14.8\% | 84.9 | 24.1\% | 39.8 | 30.5\% | 467.6 | 7.7\% |
| Most of the time | 0.6 | 0.1\% | 0.5 | 0.1\% | 2.0 | 0.2\% | 3.8 | 0.3\% | 6.5 | 0.6\% | 7.2 | 1.3\% | 9.4 | 2.7\% | 8.0 | 6.1\% | 37.9 | 0.6\% |
| All of the time | - | - | - | - | 1.1 | 0.1\% | $0.4<$ | <0.05\% | 0.9 | 0.1\% | 0.6 | 0.1\% | 2.4 | 0.7\% | 0.5 | 0.4\% | 6.0 | 0.1\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.21 | 100.0\% | 1183.01 | 100.0\% 1 | 1065.5 | 100.0\% | 564.01 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.21 | 100.0\% |

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

### 3.4 Hearing

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 66.2 | 2.1\% | 64.9 | 2.2\% | 131.1 | 2.2\% |
| No | 3101.6 | 97.4\% | 2819.1 | 97.4\% | 5920.7 | 97.4\% |
| Don't know | 17.2 | 0.5\% | 11.3 | 0.4\% | 28.4 | 0.5\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

|  | Female |  | Male | Total |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases | Rate* | No. of persons <br> ('000) | \% among the <br> cases |
| 6.8 | $10.3 \%$ | $0.21 \%$ | 7.7 | $11.8 \%$ | $0.26 \%$ | 14.5 | $11.0 \%$ |

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 3.7 | 0.5\% | 3.9 | 0.4\% | 5.7 | 0.6\% | 12.8 | 1.1\% | 21.7 | 2.0\% | 26.1 | 4.6\% | 32.7 | 9.3\% | 24.6 | 18.8\% | 131.1 | 2.2\% |
| No | 796.5 | 99.4\% | 955.9 | 99.4\% | 1012.7 | 99.2\% | 1164.6 | 98.4\% | 1038.6 | 97.5\% | 531.3 | 94.2\% | 316.4 | 89.7\% | 104.6 | 80.0\% | 5920.7 | 97.4\% |
| Don't know | 1.4 | 0.2\% | 1.6 | 0.2\% | 2.8 | 0.3\% | 5.6 | 0.5\% | 5.2 | 0.5\% | 6.6 | 1.2\% | 3.6 | 1.0\% | 1.6 | 1.2\% | 28.4 | 0.5\% |


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

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

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

Table 3.4d: Frequency of using hearing aid by gender

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

[^8]Table 3.4e: Frequency of using hearing aid by age group

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

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| None of the time | 2857.7 | 89.7\% | 2615.7 | 90.3\% | 5473.4 | 90.0\% |
| A little of the time | 226.1 | 7.1\% | 182.7 | 6.3\% | 408.8 | 6.7\% |
| Some of the time | 77.8 | 2.4\% | 74.7 | 2.6\% | 152.5 | 2.5\% |
| Most of the time | 17.3 | 0.5\% | 17.7 | 0.6\% | 35.1 | 0.6\% |
| All of the time | 6.0 | 0.2\% | 4.4 | 0.2\% | 10.4 | 0.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) |  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| None of the time | 776.8 | 96.9\% | 922.9 | 96.0\% | 967.2 | 94.7\% | 1104.1 | 93.3\% | 947.4 | 88.9\% | 459.7 | 81.5\% | 241.0 | 68.3\% | 54.5 | 41.7\% | 5473.4 | 90.0\% |
| A little of the time | 21.9 | 2.7\% | 34.5 | 3.6\% | 45.7 | 4.5\% | 62.4 | 5.3\% | 93.8 | 8.8\% | 63.9 | 11.3\% | 57.9 | 16.4\% | 28.8 | 22.0\% | 408.8 | 6.7\% |
| Some of the time | 2.8 | 0.4\% | 3.4 | 0.4\% | 5.6 | 0.5\% | 13.5 | 1.1\% | 16.1 | 1.5\% | 29.7 | 5.3\% | 42.9 | 12.1\% | 38.4 | 29.4\% | 152.5 | 2.5\% |
| Most of the time | - | - | 0.5 | 0.1\% | 1.6 | 0.2\% | 2.6 | 0.2\% | 5.6 | 0.5\% | 8.7 | 1.5\% | 9.5 | 2.7\% | 6.4 | 4.9\% | 35.1 | 0.6\% |
| All of the time | - | - | - | - | 1.2 | 0.1\% | 0.4 | <0.05\% | 2.7 | 0.3\% | 2.0 | 0.3\% | 1.5 | 0.4\% | 2.7 | 2.0\% | 10.4 | 0.2\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.21 | 100.0\% | 1183.01 | 100.0\% 1 | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.71 | 100.0\% | 130.8 | 100.0\% | 6080.21 | 100.0\% |

[^9]
## References

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## Chapter 4

## Mental Health

Besides using SF-12v2 (HK) and WHOQOL-BREF (HK) to assess the population's psychological wellbeing (see Chapter 2) as domains of quality of life, the PHS assessed the population's mental health in the areas of subjective happiness, sleep habits and sources of emotional support. This chapter also explored the magnitude of some mental health problems including suicidal behaviours, doctor-diagnosed anxiety disorder, depression, schizophrenia and dementia.

Snapshot of Population's Mental Health

| Indicator | Female | Male | Overall |
| :--- | :--- | :--- | :--- |
| Proportion of persons who self-rated as "a very happy person" i.e. <br> self-rated as level 7 in a subjective happiness scale ranging from <br> 1 to 7 | $9.4 \%$ | $8.6 \%$ | $9.0 \%$ |
| Proportion of persons who had sleep disturbances in the 30 days <br> preceding the survey | $51.9 \%$ | $43.7 \%$ | $48.0 \%$ |
| Prevalence of self-reported doctor-diagnosed mental health <br> problems |  |  |  |
| - Anxiety disorder | $0.6 \%$ | $0.3 \%$ | $0.5 \%$ |
| - Depression | $1.1 \%$ | $0.5 \%$ | $0.8 \%$ |
| - Schizophrenia | $0.2 \%$ | $0.2 \%$ | $0.2 \%$ |
| - Dementia | $0.6 \%$ | $0.2 \%$ | $0.4 \%$ |
| Proportion of persons who had thoughts of suicide during the <br> year preceding the survey | $1.2 \%$ | $1.2 \%$ | $1.2 \%$ |
| Proportion of persons who attempted suicide during the year <br> preceding the survey among those who had thought of it | $8.6 \%$ | $9.2 \%$ | $8.9 \%$ |

### 4.1 Subjective Happiness

Happiness is a life experience marked by preponderance of positive emotion. Individuals vary widely in the sources of their personal happiness ${ }^{1}$. Respondents were asked to rate their level of subjective happiness in a scale ranging from 1 to 7 , with " 1 " being "not a very happy person" and " 7 " being "a very happy person" ${ }^{1}$. Overall, $9.0 \%$ of persons ( $9.4 \%$ of females and $8.6 \%$ of males) aged 15 or above considered themselves as "a very happy person" (Table 4.1a).

Table 4.1a: Level of subjective happiness by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 1 | 7.0 | 0.2\% | 7.2 | 0.2\% | 14.2 | 0.2\% |
| 2 | 22.5 | 0.7\% | 16.9 | 0.6\% | 39.5 | 0.6\% |
| 3 | 102.2 | 3.2\% | 108.6 | 3.8\% | 210.9 | 3.5\% |
| 4 | 520.6 | 16.3\% | 542.3 | 18.7\% | 1062.9 | 17.5\% |
| 5 | 1423.6 | 44.7\% | 1255.0 | 43.3\% | 2678.6 | 44.1\% |
| 6 | 810.0 | 25.4\% | 717.0 | 24.8\% | 1527.0 | 25.1\% |
| 7 | 299.1 | 9.4\% | 248.1 | 8.6\% | 547.2 | 9.0\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Analysed by age group, the proportion of people aged 15 or above who considered themselves as "a very happy person" increased from $6.1 \%$ among those aged $15-24$ to $16.1 \%$ among those aged 85 or above (Table 4.1b).

Table 4.1b: Level of subjective happiness 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) | \% |
| 1 | 1.8 | 0.2\% | 0.9 | 0.1\% | 2.7 | 0.3\% | 2.6 | 0.2\% | 3.4 | 0.3\% | 1.4 | 0.2\% | 1.4 | 0.4\% | - | - | 14.2 | 0.2\% |
| 2 | 2.2 | 0.3\% | 6.8 | 0.7\% | 5.8 | 0.6\% | 9.9 | 0.8\% | 9.0 | 0.8\% | 1.4 | 0.3\% | 3.5 | 1.0\% | 0.9 | 0.7\% | 39.5 | 0.6\% |
| 3 | 32.6 | 4.1\% | 28.7 | 3.0\% | 33.7 | 3.3\% | 46.7 | 3.9\% | 24.7 | 2.3\% | 24.1 | 4.3\% | 13.1 | 3.7\% | 7.1 | 5.5\% | 210.9 | 3.5\% |
| 4 | 122.5 | 15.3\% | 158.6 | 16.5\% | 173.7 | 17.0\% | 215.1 | 18.2\% | 185.1 | 17.4\% | 103.9 | 18.4\% | 73.0 | 20.7\% | 31.1 | 23.8\% | 1062.9 | 17.5\% |
| 5 | 375.6 | 46.9\% | 429.9 | 44.7\% | 463.5 | 45.4\% | 525.8 | 44.4\% | 473.3 | 44.4\% | 233.0 | 41.3\% | 129.2 | 36.6\% | 48.2 | 36.9\% | 2678.6 | 44.1\% |
| 6 | 218.2 | 27.2\% | 273.9 | 28.5\% | 261.2 | 25.6\% | 286.2 | 24.2\% | 261.3 | 24.5\% | 125.9 | 22.3\% | 77.9 | 22.1\% | 22.4 | 17.2\% | 1527.0 | 25.1\% |
| 7 | 48.7 | 6.1\% | 62.6 | 6.5\% | 80.6 | 7.9\% | 96.6 | 8.2\% | 108.7 | 10.2\% | 74.3 | 13.2\% | 54.7 | 15.5\% | 21.0 | 16.1\% | 547.2 | 9.0\% |
| Total | 801.61 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.21 | 100.0\% |

[^10]Respondents were also asked to compare their level of happiness to most of their peers using the same 7 -point scale, with " 1 " being "less happy" and " 7 " being "more happy". Overall, $8.6 \%$ of persons aged 15 or above considered themselves happier than most of their peers. More females than males $(9.2 \%$ versus $8.0 \%$ respectively) considered themselves happier than their peers (Table 4.1c).

Table 4.1c: Level of subjective happiness compared to most of their peers by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 1 | 10.3 | 0.3\% | 13.2 | 0.5\% | 23.5 | 0.4\% |
| 2 | 24.4 | 0.8\% | 25.6 | 0.9\% | 50.0 | 0.8\% |
| 3 | 114.5 | 3.6\% | 114.3 | 3.9\% | 228.7 | 3.8\% |
| 4 | 718.5 | 22.6\% | 695.7 | 24.0\% | 1414.2 | 23.3\% |
| 5 | 1249.1 | 39.2\% | 1156.8 | 40.0\% | 2405.9 | 39.6\% |
| 6 | 776.1 | 24.4\% | 657.9 | 22.7\% | 1434.0 | 23.6\% |
| 7 | 292.2 | 9.2\% | 231.6 | 8.0\% | 523.8 | 8.6\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Subgroup analysis by age group showed a positive relationship between people's age and subjective happiness compared to most of their peers - the corresponding proportion increased from $6.3 \%$ in the 15-24 age group who considered themselves as "happier than their peers" to $14.5 \%$ in both the $75-84$ and 85 or above age groups (Table 4.1d).

Table 4.1d: Level of subjective happiness compared to most of their peers 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) | \% |
| 1 | 4.3 | 0.5\% | 0.9 | 0.1\% | 4.3 | 0.4\% | 4.6 | 0.4\% | 5.3 | 0.5\% | 2.2 | 0.4\% | 1.8 | 0.5\% | - | - | 23.5 | 0.4\% |
| 2 | 2.9 | 0.4\% | 6.5 | 0.7\% | 11.3 | 1.1\% | 9.7 | 0.8\% | 10.2 | 1.0\% | 5.0 | 0.9\% | 3.4 | 1.0\% | 0.9 | 0.7\% | 50.0 | 0.8\% |
| 3 | 37.8 | 4.7\% | 36.6 | 3.8\% | 35.9 | 3.5\% | 45.9 | 3.9\% | 29.3 | 2.8\% | 21.0 | 3.7\% | 14.7 | 4.2\% | 7.5 | 5.7\% | 228.7 | 3.8\% |
| 4 | 155.7 | 19.4\% | 210.9 | 21.9\% | 229.8 | 22.5\% | 287.8 | 24.3\% | 255.2 | 24.0\% | 139.8 | 24.8\% | 95.9 | 27.2\% | 39.1 | 29.9\% | 1414.2 | 23.3\% |
| 5 | 345.3 | 43.1\% | 382.3 | 39.8\% | 413.5 | 40.5\% | 473.5 | 40.0\% | 417.9 | 39.2\% | 211.4 | 37.5\% | 120.2 | 34.1\% | 41.8 | 32.0\% | 2405.9 | 39.6\% |
| 6 | 204.9 | 25.6\% | 256.2 | 26.7\% | 251.2 | 24.6\% | 271.0 | 22.9\% | 247.3 | 23.2\% | 115.2 | 20.4\% | 65.7 | 18.6\% | 22.5 | 17.2\% | 1434.0 | 23.6\% |
| 7 | 50.7 | 6.3\% | 67.9 | 7.1\% | 75.2 | 7.4\% | 90.5 | 7.7\% | 100.4 | 9.4\% | 69.2 | 12.3\% | 51.0 | 14.5\% | 18.9 | 14.5\% | 523.8 | 8.6\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.01 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: | Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 4.2 Sleep Quality

Sleep is recognised as a resource to stress management and self-regulation, and both sleep quality and quantity have been linked to physical and psychological health ${ }^{2}$. A good quality sleep is vital for resting, recharging and nourishing the body and the mind. Conversely, inadequate and disturbed sleep can affect daytime functioning and lead to a range of chronic health problems ${ }^{3}$. In this survey, information on sleep habits including self-rated sleep quality, number of hours of sleep on average per day and frequencies of "feeling not getting enough sleep" and sleep disturbances in the 30 days preceding the survey were collected from respondents.

### 4.2.1 Self-rated Sleep Quality

Overall, $56.7 \%$ of people aged 15 or above rated their sleep quality as "Very well" or "Well". Analysed by gender, males $(59.2 \%)$ were more likely than females ( $54.4 \%$ ) to consider their sleep quality as "Very well" or "Well" (Table 4.2.1a).

Table 4.2.1a: Distribution of self-rated sleep quality by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Very well | 238.1 | 7.5\% | 257.7 | 8.9\% | 495.9 | 8.2\% |
| Well | 1496.0 | 47.0\% | 1457.2 | 50.3\% | 2953.3 | 48.6\% |
| Fair | 1081.1 | 33.9\% | 968.0 | 33.4\% | 2049.2 | 33.7\% |
| Poor | 304.7 | 9.6\% | 187.4 | 6.5\% | 492.1 | 8.1\% |
| Very poor | 65.0 | 2.0\% | 24.8 | 0.9\% | 89.8 | 1.5\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Subgroup analysis by age group showed that the proportion of people who rated their sleep quality as "Very well" or "Well" was the highest in the 15-24 age group (65.5\%) and the lowest in the 75-84 age group (48.9\%) (Table 4.2.1b).

Table 4.2.1b: Distribution of self-rated sleep quality 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) | \% |
| Very well | 105.5 | 13.2\% | 81.8 | 8.5\% | 82.3 | 8.1\% | 86.0 | 7.3\% | 79.1 | 7.4\% | 33.9 | 6.0\% | 18.6 | 5.3\% | 8.6 | 6.6\% | 495.9 | 8.2\% |
| Well | 419.2 | 52.3\% | 499.1 | 51.9\% | 493.1 | 48.3\% | 563.1 | 47.6\% | 508.9 | 47.8\% | 253.2 | 44.9\% | 153.8 | 43.6\% | 62.9 | 48.1\% | 2953.3 | 48.6\% |
| Fair | 227.7 | 28.4\% | 310.6 | 32.3\% | 362.6 | 35.5\% | 416.8 | 35.2\% | 355.2 | 33.3\% | 200.6 | 35.6\% | 133.1 | 37.7\% | 42.7 | 32.6\% | 2049.2 | 33.7\% |
| Poor | 46.3 | 5.8\% | 65.9 | 6.9\% | 72.4 | 7.1\% | 96.4 | 8.1\% | 98.4 | 9.2\% | 61.6 | 10.9\% | 37.6 | 10.7\% | 13.5 | 10.4\% | 492.1 | 8.1\% |
| Very poor | 3.0 | 0.4\% | 4.0 | 0.4\% | 10.8 | 1.1\% | 20.7 | 1.8\% | 23.9 | 2.2\% | 14.8 | 2.6\% | 9.5 | 2.7\% | 3.1 | 2.4\% | 89.8 | 1.5\% |


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

### 4.2.2 Sleep Quantity

The percentage of females aged 15 or above who slept on average less than seven hours per day in the 30 days preceding the survey was $37.6 \%$, while that of the male counterparts was $34.5 \%$. The average numbers of sleeping hours per day in the 30 days preceding the survey were similar between females and males ( 6.9 hours versus 7.0 hours respectively) (Table 4.2.2a).

Table 4.2.2a: Number of sleeping hours on average per day in the 30 days preceding the survey by gender

| Hours | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| $<5.0$ | 115.3 | 3.6\% | 48.4 | 1.7\% | 163.7 | 2.7\% |
| 5.0-5.9 | 243.4 | 7.6\% | 181.2 | 6.3\% | 424.5 | 7.0\% |
| 6.0-6.9 | 838.7 | 26.3\% | 769.0 | 26.6\% | 1607.6 | 26.4\% |
| 7.0-7.9 | 1070.7 | 33.6\% | 1013.1 | 35.0\% | 2083.8 | 34.3\% |
| 8.0-8.9 | 730.4 | 22.9\% | 711.8 | 24.6\% | 1442.2 | 23.7\% |
| 9.0-9.9 | 94.8 | 3.0\% | 87.2 | 3.0\% | 181.9 | 3.0\% |
| $\geq 10.0$ | 91.8 | 2.9\% | 84.6 | 2.9\% | 176.4 | 2.9\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 6.9 |  | 7.0 |  | 7.0 |  |

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

The proportion of people sleeping less than seven hours on average per day in the 30 days preceding the survey increased with age, from $28.4 \%$ for people aged $15-24$ to $46.6 \%$ for those in the $75-84$ and 85 or above age groups. The average number of sleeping hours per day in the 30 days preceding the survey was the lowest in the 75-84 age group ( 6.8 hours) and the highest in both the 15-24 age group and the 85 or above age group ( 7.2 hours) (Table 4.2.2b).

Table 4.2.2b: Number of sleeping hours on average per day in the 30 days preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Hours | 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) | \% |
| $<5.0$ | 13.5 | 1.7\% | 11.5 | 1.2\% | 15.3 | 1.5\% | 25.5 | 2.2\% | 32.6 | 3.1\% | 31.2 | 5.5\% | 25.5 | 7.2\% | 8.7 | 6.6\% | 163.7 | 2.7\% |
| 5.0-5.9 | 41.6 | 5.2\% | 49.3 | 5.1\% | 63.7 | 6.2\% | 87.3 | 7.4\% | 87.6 | 8.2\% | 48.0 | 8.5\% | 32.6 | 9.3\% | 14.4 | 11.0\% | 424.5 | 7.0\% |
| 6.0-6.9 | 172.4 | 21.5\% | 240.4 | 25.0\% | 275.1 | 26.9\% | 323.1 | 27.3\% | 290.1 | 27.2\% | 162.5 | 28.8\% | 106.3 | 30.1\% | 37.9 | 29.0\% | 1607.6 | 26.4\% |
| 7.0-7.9 | 287.7 | 35.9\% | 376.6 | 39.2\% | 388.8 | 38.1\% | 429.4 | 36.3\% | 356.3 | 33.4\% | 147.9 | 26.2\% | 80.3 | 22.8\% | 17.0 | 13.0\% | 2083.8 | 34.3\% |
| 8.0-8.9 | 231.1 | 28.8\% | 233.8 | 24.3\% | 235.8 | 23.1\% | 269.9 | 22.8\% | 252.3 | 23.7\% | 124.4 | 22.1\% | 70.4 | 20.0\% | 24.6 | 18.8\% | 1442.2 | 23.7\% |
| 9.0-9.9 | 29.8 | 3.7\% | 31.6 | 3.3\% | 23.5 | 2.3\% | 27.2 | 2.3\% | 26.1 | 2.4\% | 20.8 | 3.7\% | 13.8 | 3.9\% | 9.0 | 6.9\% | 181.9 | 3.0\% |
| $\geq 10.0$ | 25.5 | 3.2\% | 18.3 | 1.9\% | 18.9 | 1.9\% | 20.7 | 1.8\% | 20.6 | 1.9\% | 29.2 | 5.2\% | 23.8 | 6.7\% | 19.3 | 14.8\% | 176.4 | 2.9\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Mean |  | . 2 | 7. | . 0 | 7. | . 0 | 6.9 | . 9 | 6. | . 9 |  | 6.9 | 6.8 | 8 | 7. | . 2 |  | . 0 |

[^11]Overall, there were $8.3 \%$ of people aged 15 or above who recorded "feeling not getting enough sleep" for 22 days or more during the 30 days preceding the survey. The corresponding proportion was higher in females $(9.3 \%)$ than in males $(7.2 \%)$. The mean number of days of self-reported inadequate sleep during the 30 days preceding the survey was 6.6 days in females and 5.6 days in males (Table 4.2.2c).

Table 4.2.2c: Number of days felt not getting enough sleep in the $\mathbf{3 0}$ days preceding the survey by gender

| Days | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons |  | No. of persons |  | No. of persons |  |
|  | ('000) |  | ('000) |  | ('000) |  |
| 0 | 1160.8 | 36.4\% | 1162.8 | 40.2\% | 2323.6 | 38.2\% |
| $1-7$ | 1168.9 | 36.7\% | 1074.4 | 37.1\% | 2243.3 | 36.9\% |
| $8-14$ | 319.8 | 10.0\% | 281.3 | 9.7\% | 601.1 | 9.9\% |
| 15-21 | 240.4 | 7.5\% | 167.1 | 5.8\% | 407.5 | 6.7\% |
| 22 or more | 295.1 | 9.3\% | 209.5 | 7.2\% | 504.6 | 8.3\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 6.6 |  | 5.6 |  | 6.1 |  |

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

Across the age groups, the proportion of people reporting inadequate sleep for 22 days or more during the 30 days preceding the survey was the highest in the age group of 25-34 (9.7\%) and the lowest in the age group of 85 or above ( $4.8 \%$ ). The mean number of days of "feeling not getting enough sleep" in the 30 days preceding the survey generally decreased with age from 7.0 days for people aged 25-34 to 4.2 days for people aged 85 or above (Table 4.2.2d).

Table 4.2.2d: Number of days felt not getting enough sleep in the 30 days preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Days | 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 | 296.1 | 36.9\% | 303.8 | 31.6\% | 343.6 | 33.7\% | 424.9 | 35.9\% | 428.2 | 40.2\% | 266.6 | 47.3\% | 182.1 | 51.6\% | 78.2 | 59.7\% | 2323.6 | 38.2\% |
| 1-7 | 307.8 | 38.4\% | 381.7 | 39.7\% | 394.8 | 38.7\% | 453.8 | 38.4\% | 405.0 | 38.0\% | 173.4 | 30.7\% | 99.0 | 28.1\% | 27.9 | 21.3\% | 2243.3 | 36.9\% |
| 8-14 | 84.6 | 10.6\% | 109.1 | 11.3\% | 110.0 | 10.8\% | 116.4 | 9.8\% | 87.1 | 8.2\% | 50.0 | 8.9\% | 32.6 | 9.2\% | 11.5 | 8.8\% | 601.1 | 9.9\% |
| 15-21 | 58.9 | 7.3\% | 73.8 | 7.7\% | 78.8 | 7.7\% | 79.5 | 6.7\% | 65.8 | 6.2\% | 30.6 | 5.4\% | 13.2 | 3.7\% | 6.9 | 5.3\% | 407.5 | 6.7\% |
| 22 or more | 54.2 | 6.8\% | 93.1 | 9.7\% | 94.0 | 9.2\% | 108.5 | 9.2\% | 79.4 | 7.5\% | 43.4 | 7.7\% | 25.8 | 7.3\% | 6.3 | 4.8\% | 504.6 | 8.3\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | \% 6080.2 | 100.0\% |
| Mean | 6. | . 0 | 7. | . 0 | 6. | . 7 | 6. | . 4 | 5. | . 6 | 5. | . 3 | 4. | . 9 | 4. | . 2 |  | 6.1 |

[^12]
### 4.2.3 Sleep Disturbances

Respondents were asked whether they had experienced any of the three patterns of sleep disturbances, namely 'difficulty in falling asleep' defined as "cannot fall into sleep within 30 minutes", 'intermittent awakenings or difficulty in maintaining sleep during the night' and 'early morning awakening and unable to sleep again' during the 30 days preceding the survey. Overall, $48.0 \%$ of population aged 15 or above had experienced at least one of these sleep disturbances during the 30 days preceding the survey. These sleep disturbances were more common in females (51.9\%) than in males (43.7\%) (Table 4.2.3a).

Table 4.2.3a: Proportion of population aged 15 or above who had sleep disturbances* in the $\mathbf{3 0}$ days preceding the survey by gender


Base: All respondents.
Notes: * Sleep disturbances reported in this survey included: (i) difficulty in falling asleep (within 30 minutes); (ii) intermittent awakenings or difficulty in maintaining sleep during the night; and (iii) early morning awakening and unable to sleep again.
Figures may not add up to the total due to rounding.

Analysed by age group, people in the 75-84 age group (64.5\%) recorded the highest proportion of experiencing these sleep disturbances while younger persons aged 15-24 recorded the lowest corresponding proportion (35.1\%) (Table 4.2.3b).

Table 4.2.3b: Proportion of population aged 15 or above who had sleep disturbances* in the 30 days preceding the survey by age group

|  | 15-24 | 25-3 |  | 35- |  | 45-5 | 54 | 55- | 64 | 65 | -74 | 75-8 |  | 85 or | above | To | tal |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ (' 000) \end{gathered}$ | 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 | 281.2 35.1\% | 393.1 | 40.9\% | 460.8 | 45.1\% | 580.8 | 49.1\% | 570.9 | 53.6\% | 327.9 | 58.1\% | 227.4 | 64.5\% | 75.9 | 58.0\% | 2918.1 | 48.0\% |
| No | 520.4 64.9\% | 568.3 | 59.1\% | 560.4 | 54.9\% | 602.2 | 50.9\% | 494.6 | 46.4\% | 236.1 | 41.9\% | 125.3 | 35.5\% | 54.9 | 42.0\% | 3162.1 | 52.0\% |
| Total | 801.6 100.0\% | $961.4100 .0 \% 1021.2100 .0 \% 1183.0$ 100.0\% $1065.5100 .0 \%$ |  |  |  |  |  |  |  | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 100.0\% 6080.2 100.0\% |  |  |  |
| Base: All respondents. | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Notes: | * Sleep disturbances reported in this survey included: (i) difficulty in falling asleep (within 30 minutes); (ii) intermittent awakenings or difficulty in maintaining sleep during the night; and (iii) early morning awakening and unable to sleep again. <br> Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

## Difficulty in Falling Asleep

In the survey, respondents were asked how often they had difficulty in falling asleep, i.e. could not fall into sleep within 30 minutes, in the 30 days preceding the survey. Overall, one-third ( $33.1 \%$ ) of people aged 15 or above had difficulty falling asleep, i.e. "Less than once a week" or more often, in the 30 days preceding the survey. The corresponding proportion was higher among females than that among males (36.7\% versus $29.3 \%$ respectively) (Table 4.2.3c).

Table 4.2.3c: Frequency of difficulty in falling asleep in the $\mathbf{3 0}$ days preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Not during the past 30 days | 2016.8 | 63.3\% | 2048.3 | 70.7\% | 4065.1 | 66.9\% |
| Less than once a week | 573.3 | 18.0\% | 478.0 | 16.5\% | 1051.3 | 17.3\% |
| Once or twice a week | 325.8 | 10.2\% | 225.5 | 7.8\% | 551.3 | 9.1\% |
| Three or more times a week | 269.1 | 8.4\% | 143.4 | 5.0\% | 412.5 | 6.8\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondents <br> Note: Figures may no | to the total due to |  |  |  |  |  |

Analysed by age group, the proportion of people having difficulty falling asleep in the 30 days preceding the survey generally increased with age, from $26.3 \%$ for those aged $15-24$ to a peak of $45.0 \%$ for those aged $75-84$, then dropped to $39.4 \%$ for those aged 85 or above (Table 4.2.3d).

Table 4.2.3d: Frequency of difficulty in falling asleep in the $\mathbf{3 0}$ days preceding the survey by age group

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cl} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cl} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \\ \hline \end{array}$ | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons ('000) | \% |

Not during
$\begin{array}{llllllllllllllllllll}\text { the past } 30 & 591.0 & 73.7 \% & 694.1 & 72.2 \% & 709.5 & 69.5 \% & 777.3 & 65.7 \% & 677.0 & 63.5 \% & 343.2 & 60.9 \% & 193.8 & 55.0 \% & 79.2 & 60.6 \% & 4 & 065.1 & 66.9 \%\end{array}$ days

| Less than once a week | 106.2 | 13.3\% | 159.4 | 16.6\% | 179.0 | 17.5\% | 213.2 | 18.0\% | 189.0 | 17.7\% | 102.5 | 18.2\% | 77.3 | 21.9\% | 24.7 | 18.9\% | 1051.3 | 17.3\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Once or twice a week | 66.3 | 8.3\% | 71.9 | 7.5\% | 87.3 | 8.5\% | 110.3 | 9.3\% | 111.9 | 10.5\% | 56.8 | 10.1\% | 35.5 | 10.1\% | 11.3 | 8.7\% | 551.3 | 9.1\% |
| Three or more times a week | 38.1 | 4.7\% | 36.0 | 3.7\% | 45.4 | 4.4\% | 82.2 | 7.0\% | 87.6 | 8.2\% | 61.5 | 10.9\% | 46.1 | 13.1\% | 15.6 | 11.9\% | 412.5 | 6.8\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 00.0\% | 1183.0 | 00.0\% | 065.5 | 00.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |

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

Intermittent Awakenings or Difficulty in Maintaining Sleep
More than one-third ( $35.2 \%$ ) of people aged 15 or above had intermittent awakening or difficulty in maintaining sleep during the night, i.e. "Less than once a week" or more often, in the 30 days preceding the survey. $39.2 \%$ of females and $30.8 \%$ of males recorded such sleep disturbance in the 30 days preceding the survey (Table 4.2.3e).

Table 4.2.3e: Frequency of intermittent awakenings or difficulty maintaining sleep during the night in the $\mathbf{3 0}$ days preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Not during the past 30 days | 1937.9 | 60.8\% | 2003.4 | 69.2\% | 3941.3 | 64.8\% |
| Less than once a week | 608.0 | 19.1\% | 457.2 | 15.8\% | 1065.3 | 17.5\% |
| Once or twice a week | 348.2 | 10.9\% | 281.4 | 9.7\% | 629.6 | 10.4\% |
| Three or more times a week | 290.9 | 9.1\% | 153.2 | 5.3\% | 444.1 | 7.3\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondent <br> Note: Figures may not | to the total due to |  |  |  |  |  |

The proportion of people with intermittent awakenings or difficulty in maintaining sleep during the night in the 30 days preceding the survey increased generally with age, from $20.1 \%$ for people aged $15-24$ to a peak of $51.7 \%$ for those aged $75-84$, then dropped slightly to $49.1 \%$ for those aged 85 or above (Table 4.2.3f).

Table 4.2.3f: Frequency of intermittent awakenings or difficulty maintaining sleep during the night in the $\mathbf{3 0}$ days preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Not during the past 30 days | 640.2 | 79.9\% | 688.5 | 71.6\% | 681.1 | 66.7\% | 762.0 | 64.4\% | 628.9 | 59.0\% | 303.7 | 53.8\% | 170.4 | 48.3\% | 66.5 | 50.9\% | 3941.3 | 64.8\% |
| Less than once a week | 85.4 | 10.7\% | 150.9 | 15.7\% | 186.0 | 18.2\% | 214.0 | 18.1\% | 216.0 | 20.3\% | 113.2 | 20.1\% | 75.1 | 21.3\% | 24.7 | 18.8\% | 1065.3 | 17.5\% |
| Once or twice a week | 54.4 | 6.8\% | 72.2 | 7.5\% | 108.2 | 10.6\% | 127.8 | 10.8\% | 129.8 | 12.2\% | 71.5 | 12.7\% | 48.1 | 13.6\% | 17.6 | 13.5\% | 629.6 | 10.4\% |
| Three or more times a week | 21.7 | 2.7\% | 49.8 | 5.2\% | 45.9 | 4.5\% | 79.2 | 6.7\% | 90.9 | 8.5\% | 75.6 | 13.4\% | 59.0 | 16.7\% | 22.0 | 16.8\% | 444.1 | 7.3\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.21 | 100.0\% |

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

## Early Morning Awakening and Unable to Sleep Again

Nearly three-tenths ( $29.4 \%$ ) of people aged 15 or above reported experiencing early morning awakening and were unable to sleep again, i.e. "Less than once a week" or more often, during the 30 days preceding the survey. The corresponding proportion among females was higher at $32.8 \%$ than that ( $25.6 \%$ ) for males (Table 4.2.3g).

Table 4.2.3g: Frequency of early morning awakening and unable to sleep again in the $\mathbf{3 0}$ days preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Not during the past 30 days | 2140.2 | 67.2\% | 2153.0 | 74.4\% | 4293.2 | 70.6\% |
| Less than once a week | 518.8 | 16.3\% | 422.9 | 14.6\% | 941.7 | 15.5\% |
| Once or twice a week | 283.4 | 8.9\% | 199.6 | 6.9\% | 482.9 | 7.9\% |
| Three or more times a week | 242.6 | 7.6\% | 119.7 | 4.1\% | 362.3 | 6.0\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondent <br> Note: Figures may no | to the total due |  |  |  |  |  |

Analysed by age, the proportion of people who had early morning awakening and unable to sleep again in the 30 days preceding the survey increased from $15.7 \%$ for those aged $15-24$ to $46.8 \%$ for those aged 75-84, then dropped slightly to $44.7 \%$ for those aged 85 or above (Table 4.2.3h).

Table 4.2.3h: Frequency of early morning awakening and unable to sleep again in the $\mathbf{3 0}$ days preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Not during the past 30 days | 675.9 | 84.3\% | 753.1 | 78.3\% | 741.2 | 72.6\% | 835.4 | 70.6\% | 688.3 | 64.6\% | 339.4 | 60.2\% | 187.6 | 53.2\% | 72.3 | 55.3\% | 4293.2 | 70.6\% |
| Less than once a week | 71.3 | 8.9\% | 125.6 | 13.1\% | 169.4 | 16.6\% | 180.3 | 15.2\% | 195.3 | 18.3\% | 100.3 | 17.8\% | 74.4 | 21.1\% | 25.2 | 19.2\% | 941.7 | 15.5\% |
| Once or twice a week | 39.3 | 4.9\% | 55.7 | 5.8\% | 69.7 | 6.8\% | 100.5 | 8.5\% | 101.3 | 9.5\% | 60.0 | 10.6\% | 40.3 | 11.4\% | 16.2 | 12.4\% | 482.9 | 7.9\% |
| Three or more times a week | 15.2 | 1.9\% | 27.1 | 2.8\% | 40.9 | 4.0\% | 66.8 | 5.6\% | 80.6 | 7.6\% | 64.3 | 11.4\% | 50.4 | 14.3\% | 17.1 | 13.1\% | 362.3 | 6.0\% |
| Total | 801.6 | 100.0\% | 961.41 | 100.0\% | 1021.21 | 100.0\% | 1183.01 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.71 | 100.0\% | 130.8 | 100.0\% | 6080.21 | 100.0\% |

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

### 4.3 Self-reported Doctor-diagnosed Mental Illnesses

Respondents were asked whether they had ever been told by a Western medicine practitioner that they had depression, anxiety disorder, schizophrenia or dementia and, if yes to anyone of these, whether the condition was diagnosed within the 12 months preceding the survey.

### 4.3.1 Anxiety Disorder

Anxiety disorder is a type of mental illness which fills people's lives with overwhelming anxiety and fear. Unlike the relatively mild, brief anxiety caused by a stressful event, anxiety disorders are chronic, relentless, and can grow progressively worse if not treated ${ }^{4}$.

Prevalence of self-reported doctor-diagnosed anxiety disorder in people aged 15 or above was $0.5 \%$. Higher prevalence was found among females ( $0.6 \%$ ) than in males ( $0.3 \%$ ) (Table 4.3.1a).

Table 4.3.1a: Prevalence of self-reported doctor-diagnosed anxiety disorder by gender


Analysed by age, the prevalence of self-reported doctor-diagnosed anxiety disorder was the highest among people aged 65-74 (1.1\%) (Table 4.3.1b).

Table 4.3.1b: Prevalence of self-reported doctor-diagnosed anxiety disorder by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Yes | 4.1 | 0.5\% | 3.5 | 0.4\% | 3.8 | 0.4\% | 6.5 | 0.6\% | 3.3 | 0.3\% | 5.9 | 1.1\% | 0.9 | 0.3\% | 0.3 | 0.3\% | 28.6 | 0.5\% |
| Yes, in the past 12 months | 1.0 | 0.1\% | 0.9 | 0.1\% | 0.9 | 0.1\% | - | - | - | - | 0.4 | 0.1\% | - | - | - | - | 3.3 | 0.1\% |


| Yes, before <br> the past 12 <br> months | 3.0 | $0.4 \%$ | 2.6 | $0.3 \%$ | 2.9 | $0.3 \%$ | 6.5 | $0.6 \%$ | 3.3 | $0.3 \%$ | 5.5 | $1.0 \%$ | 0.9 | $0.3 \%$ | 0.3 | $0.3 \%$ | 25.3 | $0.4 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

Yes, but
don't know
when it was
diagnosed

$\begin{array}{lllllllllllllllllll}\text { Don't know } & 0.5 & 0.1 \% & 1.8 & 0.2 \% & - & - & 0.5 & <0.05 \% & 1.9 & 0.2 \% & 0.4 & 0.1 \% & 0.9 & 0.3 \% & 0.5 & 0.4 \% & 6.5 & 0.1 \%\end{array}$


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

### 4.3.2 Depression

Depression is a common mental disorder characterised by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, tiredness, and poor concentration. Sufferers may also have multiple physical complaints with no apparent physical cause. Depression can be long-lasting or recurrent, substantially impairing people's ability to function at work or school and to cope with daily life. At its most severe, depression can lead to suicide ${ }^{5}$.

Among people aged 15 or above, $0.8 \%$ reported having depression as told by doctor. A significantly greater proportion of females ( $1.1 \%$ ) than males ( $0.5 \%$ ) reported that they had doctor-diagnosed depression (Table 4.3.2a).

Table 4.3.2a: Prevalence of self-reported doctor-diagnosed depression by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 35.3 | 1.1\% | 13.8 | 0.5\% | 49.1 | 0.8\% |
| Yes, in the past 12 months | 1.1 | <0.05\% | 1.6 | 0.1\% | 2.7 | <0.05\% |
| Yes, before the past 12 months | 33.7 | 1.1\% | 11.7 | 0.4\% | 45.5 | 0.7\% |
| Yes, but don't know when it was diagnosed | 0.5 | <0.05\% | 0.4 | <0.05\% | 0.9 | <0.05\% |
| No | 3145.4 | 98.8\% | 2879.7 | 99.5\% | 6025.1 | 99.1\% |
| Don't know | 4.3 | 0.1\% | 1.7 | 0.1\% | 6.0 | 0.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

[^13]The prevalence of self-reported doctor-diagnosed depression was the highest among people aged 65-74 $(1.4 \%)$ and the lowest in the age group of 15-24 (0.3\%) (Table 4.3.2b).

Table 4.3.2b: Prevalence of self-reported doctor-diagnosed depression 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 | 2.5 | 0.3\% | 4.7 | 0.5\% | 6.6 | 0.6\% | 13.2 | 1.1\% | 11.0 | 1.0\% | 8.0 | 1.4\% | 2.4 | 0.7\% | 0.7 | 0.5\% | 49.1 | 0.8\% |
| Yes, in the past 12 months | - | - | 1.0 | 0.1\% | - | - | 0.6 | <0.05\% | 1.1 | 0.1\% | - | - | - | - | - | - | 2.7 | <0.05\% |
| Yes, before the past 12 months | 2.5 | 0.3\% | 3.7 | 0.4\% | 6.6 | 0.6\% | 12.2 | 1.0\% | 9.8 | 0.9\% | 8.0 | 1.4\% | 1.9 | 0.5\% | 0.7 | 0.5\% | 45.5 | 0.7\% |
| Yes, but don't know when it was diagnosed | - | - | - | - | - | - | 0.5 | <0.05\% | - | - | - | - | 0.4 | 0.1\% | - | - | 0.9 | <0.05\% |
| No | 798.6 | 99.6\% | 954.3 | 99.3\% | 1013.4 | 99.2\% | 1169.3 | 98.8\% | 1054.5 | 99.0\% | 555.1 | 98.4\% | 350.3 | 99.3\% | 129.6 | 99.1\% | 6025.1 | 99.1\% |
| Don't know | 0.5 | 0.1\% | 2.4 | 0.2\% | 1.2 | 0.1\% | 0.5 | <0.05\% | - | - | 0.9 | 0.2\% | - | - | 0.5 | 0.4\% | 6.0 | 0.1\% |

Total
$801.6100 .0 \% \quad 961.4100 .0 \% 1021.2100 .0 \% 1183.0100 .0 \% 1065.5100 .0 \% ~ 564.0100 .0 \% ~ 352.7100 .0 \% 130.8 \quad 100.0 \% 6080.2100 .0 \%$

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

### 4.3.3 Schizophrenia

Schizophrenia is a severe mental disorder characterised by distortions in thinking, perception, emotions, language, sense of self and behaviour. Common experiences of people with schizophrenia include hallucinations (hearing, seeing or feeling things that are not there) and delusions (fixed false beliefs or suspicions that are firmly held even when there is evidence to the contrary). The disorder can make it difficult for people affected to work or study normally ${ }^{5}$.

Overall, $0.2 \%$ of people aged 15 or above self-reported that they had been diagnosed to have schizophrenia by a doctor. There was no difference in the prevalence of schizophrenia between females and males (both at $0.2 \%$ ) (Table 4.3.3a).

Table 4.3.3a: Prevalence of self-reported doctor-diagnosed schizophrenia by gender

|  | Female |  |  | Male | Total |
| :--- | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons |  |  |  |  |
|  | ('000) |  |  |  |  |

The prevalence of self-reported doctor-diagnosed schizophrenia ranged from $0.0 \%$ to $0.4 \%$ among various age groups and was the highest among people aged 35-54 (0.4\%) (Table 4.3.3b).

Table 4.3.3b: Prevalence of self-reported doctor-diagnosed schizophrenia by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ |
| Yes | - | - | 0.5 | <0.05\% | 3.8 | 0.4\% | 4.9 | 0.4\% | 1.8 | 0.2\% | 1.7 | 0.3\% | 0.4 | 0.1\% | - | - | 13.1 | 0.2\% |


| Yes, in the past 12 months | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Yes, before the past 12 months | - | - | 0.5 | <0.05\% | 3.8 | 0.4\% | 4.9 | 0.4\% | 1.8 | 0.2\% | 1.7 | 0.3\% | 0.4 | 0.1\% | - | - | 13.1 | 0.2\% |

Yes, but
don't know
when it
was
diagnosed




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

### 4.3.4 Dementia

Dementia is a syndrome of a chronic and progressive nature. There is decline in cognitive function (i.e. the ability to process thought) beyond what might be expected from normal ageing. It affects memory, thinking, orientation, comprehension, calculation, learning capacity, language and judgment. Consciousness is not affected. The impairment in cognitive function is commonly accompanied by deterioration in emotional control, social behaviour or motivation ${ }^{6}$. Overall, $0.4 \%$ of people aged 15 or above self-reported that they had been diagnosed with dementia by a doctor. The corresponding proportions recorded for females and males were $0.6 \%$ and $0.2 \%$ respectively (Table 4.3.4a).

Table 4.3.4a: Prevalence of self-reported doctor-diagnosed dementia by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 18.1 | 0.6\% | 5.6 | 0.2\% | 23.7 | 0.4\% |
| Yes, in the past 12 months | - | - | - | - | - | - |
| Yes, before the past 12 months | 17.5 | 0.5\% | 5.2 | 0.2\% | 22.7 | 0.4\% |
| Yes, but don't know when it was diagnosed | 0.5 | <0.05\% | 0.4 | <0.05\% | 1.0 | <0.05\% |
| No | 3164.5 | 99.4\% | 2888.1 | 99.8\% | 6052.6 | 99.5\% |
| Don't know | 2.5 | 0.1\% | 1.5 | 0.1\% | 4.0 | 0.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

[^14]The prevalence of self-reported doctor-diagnosed dementia ranged from $0.0 \%$ to $6.8 \%$ among various age groups. The prevalence tended to increase generally with age for those aged 55 or above, from $0.1 \%$ for people in the $55-64$ age group to $6.8 \%$ for people aged 85 or above (Table 4.3.4b).

Table 4.3.4b: Prevalence of self-reported doctor-diagnosed dementia by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Yes | 0.4 | 0.1\% | - | - | - | - | - | - | 0.8 | 0.1\% | 5.2 | 0.9\% | 8.3 | 2.3\% | 9.0 | 6.8\% | 23.7 | 0.4\% |

Yes, in th
past 12
months
Yes, before
the past 12 months

Yes, but
 diagnosed


| Don't know | 0.5 | $0.1 \%$ | 1.2 | $0.1 \%$ | 0.5 | $<0.05 \%$ | 0.5 | $<0.05 \%$ | - | - | 0.8 | $0.1 \%$ | 0.5 | $0.1 \%$ | - | - | 4.0 | $0.1 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

Total
$801.6100 .0 \% \quad 961.4100 .0 \% 1021.2100 .0 \% 1183.0100 .0 \% 1065.5100 .0 \% \quad 564.0100 .0 \% \quad 352.7100 .0 \% 130.8100 .0 \% 6080.2100 .0 \%$

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

### 4.4 Social Support

Social support from others can be protective for health ${ }^{7}$. Support can be conceptualised in terms of the structural components (e.g. social networking) and the functional components (e.g. different types of transactions between individuals, such as emotional support). A person's social network can help her / him cope with the problems of daily life. The support that one gets from others may include emotional aid, material assistance, information or companionship. In the survey, respondents were asked about the availability and sources of social support including emotional and financial support.

### 4.4.1 Emotional Support

Respondents were asked "when needed, can you count on anyone to provide you with emotional support such as hear you out and help you make difficult decision?" and "in the past 12 months, who was the most helpful in providing you with emotional support?".

Among people aged 15 or above, more than half ( $54.7 \%$ ) felt that they could count on someone for emotional support, while one-third ( $33.4 \%$ ) believed that they did not need support. More females ( $60.1 \%$ ) than males ( $48.7 \%$ ) reported that they could count on someone to provide emotional support (Table 4.4.1a).

Table 4.4.1a: Availability of emotional support when needed by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons |  | No. of persons |  | No. of persons |  |
|  | ('000) |  | ('000) |  | ('000) |  |
| Yes | 1915.1 | 60.1\% | 1410.2 | 48.7\% | 3325.3 | 54.7\% |
| No | 309.9 | 9.7\% | 363.8 | 12.6\% | 673.6 | 11.1\% |
| Don't need support | 930.8 | 29.2\% | 1099.7 | 38.0\% | 2030.5 | 33.4\% |
| Don't know | 29.3 | 0.9\% | 21.5 | 0.7\% | 50.8 | 0.8\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Analysed by age, the proportion of people who reported being able to count on someone for emotional support decreased significantly with age, from $65.3 \%$ in 15-24 age group to $37.6 \%$ in the $75-84$ age group, then slightly increased to $40.7 \%$ among those aged 85 or above (Table 4.4.1b).

Table 4.4.1b: Availability of emotional support when needed 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 | 523.6 | 65.3\% | 620.6 | 64.6\% | 620.9 | 60.8\% | 619.2 | 52.3\% | 512.3 | 48.1\% | 242.7 | 43.0\% | 132.7 | 37.6\% | 53.2 | 40.7\% | 3325.3 | 54.7\% |
| No | 57.5 | 7.2\% | 69.5 | 7.2\% | 94.2 | 9.2\% | 141.9 | 12.0\% | 135.3 | 12.7\% | 89.1 | 15.8\% | 62.0 | 17.6\% | 24.2 | 18.5\% | 673.6 | 11.1\% |
| Don't need support | 216.2 | 27.0\% | 267.6 | 27.8\% | 302.0 | 29.6\% | 412.2 | 34.8\% | 411.0 | 38.6\% | 226.7 | 40.2\% | 147.4 | 41.8\% | 47.5 | 36.3\% | 2030.5 | 33.4\% |
| Don't know | 4.3 | 0.5\% | 3.7 | 0.4\% | 4.1 | 0.4\% | 9.7 | 0.8\% | 7.0 | 0.7\% | 5.5 | 1.0\% | 10.6 | 3.0\% | 6.0 | 4.6\% | 50.8 | 0.8\% |

Total
$801.6100 .0 \% \quad 961.4100 .0 \% 1021.2100 .0 \% 1183.0100 .0 \% 1065.5100 .0 \% \quad 564.0100 .0 \% \quad 352.7100 .0 \% 130.8100 .0 \% 6080.2100 .0 \%$
Base: All respondents.
Note: Figures may not add up to the total due to rounding.

Majority of people aged 15 or above considered that their friends ( $67.7 \%$ ) or their spouse ( $48.2 \%$ ) were the most helpful sources in providing emotional support in the 12 months preceding the survey (Table 4.4.1c).

Table 4.4.1c: Sources of emotional support in the 12 months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Friend | 1287.8 | 67.2\% | 963.9 | 68.4\% | 2251.7 | 67.7\% |
| Spouse | 844.7 | 44.1\% | 756.9 | 53.7\% | 1601.7 | 48.2\% |
| Mother | 308.2 | 16.1\% | 221.7 | 15.7\% | 529.9 | 15.9\% |
| Son | 294.8 | 15.4\% | 177.5 | 12.6\% | 472.3 | 14.2\% |
| Daughter | 303.1 | 15.8\% | 154.4 | 11.0\% | 457.6 | 13.8\% |
| Father | 175.8 | 9.2\% | 150.0 | 10.6\% | 325.7 | 9.8\% |
| Colleague | 146.3 | 7.6\% | 139.4 | 9.9\% | 285.7 | 8.6\% |
| Sister | 196.9 | 10.3\% | 43.5 | 3.1\% | 240.5 | 7.2\% |
| Other relative | 117.2 | 6.1\% | 72.4 | 5.1\% | 189.6 | 5.7\% |
| Brother | 64.5 | 3.4\% | 69.0 | 4.9\% | 133.5 | 4.0\% |
| Professionals | 31.2 | 1.6\% | 23.3 | 1.7\% | 54.6 | 1.6\% |
| Church member | 36.9 | 1.9\% | 12.6 | 0.9\% | 49.6 | 1.5\% |
| Neighbour | 26.0 | 1.4\% | 12.1 | 0.9\% | 38.1 | 1.1\% |
| Club member | 5.8 | 0.3\% | 3.7 | 0.3\% | 9.6 | 0.3\% |
| Schoolmate | 5.4 | 0.3\% | 3.0 | 0.2\% | 8.4 | 0.3\% |
| Domestic helper | 1.0 | 0.1\% | 0.4 | $<0.05 \%$ | 1.3 | $<0.05 \%$ |

Base: The respondents who could count on someone for emotional support.
Notes: Ranked in descending order of percentages of source of emotional control.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Overall, $90.3 \%$ of people aged 15 or above reported that they had at least one relative or close friend to whom they could talk about private matter and call on for help. The proportion was higher in females $(92.5 \%)$ than their male counterparts ( $87.9 \%$ ). On average, people aged 15 or above had three relatives or close friends for such social support (Table 4.4.1d).

Table 4.4.1d: Number of relatives and close friends to whom they can talk about private matter and call on for help by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 0 | 239.5 | 7.5\% | 349.6 | 12.1\% | 589.1 | 9.7\% |
| 1 | 423.1 | 13.3\% | 456.0 | 15.8\% | 879.1 | 14.5\% |
| 2 | 833.4 | 26.2\% | 711.5 | 24.6\% | 1544.9 | 25.4\% |
| 3 | 702.9 | 22.1\% | 582.3 | 20.1\% | 1285.2 | 21.1\% |
| 4 | 326.4 | 10.2\% | 226.2 | 7.8\% | 552.6 | 9.1\% |
| 5 | 329.3 | 10.3\% | 253.8 | 8.8\% | 583.1 | 9.6\% |
| 6 or more | 330.5 | 10.4\% | 315.8 | 10.9\% | 646.3 | 10.6\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 3.1 |  | 2.9 |  | 3.0 |  |

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

Analysed by age, the proportion of people who had at least one relative or close friend to whom they can talk about private matter and call on for help decreased from $95.9 \%$ in $15-24$ age group and $95.8 \%$ in 25-34 age group to $80.1 \%$ in the $75-84$ age group, and slightly increased to $83.1 \%$ in the age group 85 or above. On the other hand, the proportions of these persons reporting having no one to call on for help were relatively high in the older age groups of 65-74 (14.9\%), 75-84 (19.9\%) and 85 or above (16.9\%) making them more vulnerable. The average number of relatives or close friends to whom they could talk about private matter and call on for help decreased from 3.7 for those aged $15-24$ to 2.0 for those aged 85 or above (Table 4.4.1e).

Table 4.4.1e: Number of relatives and close friends to whom they can talk about private matter and call on for help 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 | 32.7 | 4.1\% | 40.3 | 4.2\% | 65.8 | 6.4\% | 132.1 | 11.2\% | 142.1 | 13.3\% | 83.8 | 14.9\% | 70.1 | 19.9\% | 22.2 | 16.9\% | 589.1 | 9.7\% |
| 1 | 49.9 | 6.2\% | 102.9 | 10.7\% | 153.0 | 15.0\% | 182.2 | 15.4\% | 164.5 | 15.4\% | 118.9 | 21.1\% | 75.0 | 21.3\% | 32.7 | 25.0\% | 879.1 | 14.5\% |
| 2 | 194.5 | 24.3\% | 224.7 | 23.4\% | 265.1 | 26.0\% | 302.2 | 25.5\% | 279.6 | 26.2\% | 155.4 | 27.6\% | 83.6 | 23.7\% | 39.7 | 30.3\% | 1544.9 | 25.4\% |
| 3 | 181.3 | 22.6\% | 240.1 | 25.0\% | 222.1 | 21.8\% | 238.3 | 20.1\% | 215.5 | 20.2\% | 107.5 | 19.1\% | 63.2 | 17.9\% | 17.2 | 13.1\% | 1285.2 | 21.1\% |
| 4 | 103.7 | 12.9\% | 100.3 | 10.4\% | 86.5 | 8.5\% | 112.0 | 9.5\% | 84.1 | 7.9\% | 36.0 | 6.4\% | 20.6 | 5.8\% | 9.5 | 7.3\% | 552.6 | 9.1\% |
| 5 | 117.1 | 14.6\% | 113.3 | 11.8\% | 109.4 | 10.7\% | 98.8 | 8.3\% | 84.1 | 7.9\% | 30.5 | 5.4\% | 24.3 | 6.9\% | 5.6 | 4.3\% | 583.1 | 9.6\% |
| 6 or more | 122.4 | 15.3\% | 139.7 | 14.5\% | 119.3 | 11.7\% | 117.4 | 9.9\% | 95.6 | 9.0\% | 31.8 | 5.6\% | 15.9 | 4.5\% | 4.1 | 3.1\% | 646.3 | 10.6\% |



| Mean | 3.7 | 3.6 | 3.2 | 2.9 | 2.7 | 2.3 | 2.2 | 3.0 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

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

### 4.4.2 Financial Support

In terms of financial support, respondents were asked "if you need some extra help financially, for example, paying bills, rent, mortgage or hospital charges, could you count on anyone to help you?".

Overall, more than half ( $56.9 \%$ ) of persons aged 15 or above considered that they could count on someone for financial support when extra help is needed, while $31.7 \%$ responded that they did not need help. Females ( $60.0 \%$ ) and people in the $15-24$ age group ( $70.5 \%$ ) were more likely than their counterparts to give a positive response (Table 4.4.2a and Table 4.4.2b).

Table 4.4.2a: Availability of financial support when needed by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 1910.3 | 60.0\% | 1549.8 | 53.5\% | 3460.0 | 56.9\% |
| No | 261.9 | 8.2\% | 315.9 | 10.9\% | 577.8 | 9.5\% |
| Don't need help | 946.4 | 29.7\% | 983.1 | 34.0\% | 1929.5 | 31.7\% |
| Don't know | 66.4 | 2.1\% | 46.5 | 1.6\% | 112.9 | 1.9\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 4.4.2b: Availability of financial support when needed by age group

|  | 15-2 | -24 | 25-3 | 34 | 35- | 44 | 45-5 |  | 55-6 |  | 65-7 |  | 75-8 |  | 85 or | above | Tot |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 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 | 565.1 | 70.5\% | 598.9 | 62.3\% | 576.8 | 56.5\% | 617.9 | 52.2\% | 569.0 | 53.4\% | 290.1 | 51.4\% | 172.9 | 49.0\% | 69.4 | 53.1\% | 3460.0 | 56.9\% |
| No | 44.4 | 5.5\% | 64.5 | 6.7\% | 91.7 | 9.0\% | 136.9 | 11.6\% | 118.8 | 11.1\% | 62.3 | 11.0\% | 46.0 | 13.0\% | 13.1 | 10.0\% | 577.8 | 9.5\% |
| Don't need help | 182.7 | 22.8\% | 283.1 | 29.4\% | 333.9 | 32.7\% | 408.5 | 34.5\% | 362.2 | 34.0\% | 198.6 | 35.2\% | 118.8 | 33.7\% | 41.8 | 31.9\% | 1929.5 | 31.7\% |
| Don't know | 9.4 | 1.2\% | 14.9 | 1.5\% | 18.7 | 1.8\% | 19.7 | 1.7\% | 15.5 | 1.5\% | 13.1 | 2.3\% | 15.0 | 4.3\% | 6.5 | 5.0\% | 112.9 | 1.9\% |
| Total | 801.6 100.0\% |  | $961.4100 .0 \% 1021.2100 .0 \% 1183.0$ 100.0\% $1065.5100 .0 \%$ |  |  |  |  |  |  |  | 564.0 100.0\% |  | 352.7 100.0\% |  | 130.8 100.0\% $6080.2100 .0 \%$ |  |  |  |
| Base: All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: Figu | es may not | t add up | to the tot | tal due to | to roundin |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 4.5 Suicidal Behaviour

Suicidal behaviour is considered as a manifestation of psychological disorder. Its manifestation ranges in degree from just thinking about ending one's life (suicidal ideation), through developing a plan to commit suicide, obtaining the means to do so and attempting to kill oneself (attempted suicide), to finally carrying out the act with a fatal outcome (completed suicide) ${ }^{8}$.

In the survey, information on suicidal behaviour was obtained from respondents by using a selfadministered questionnaire, including their thoughts of killing themselves and the number of times they had actually attempted suicide during the year preceding the survey and ever.

Overall, $1.2 \%$ of people aged 15 or above had thought about ending their own life during the year preceding the survey - the percentages were the same between females and males (both at $1.2 \%$ ) (Table 4.5a).

Table 4.5a: Proportion of population aged 15 or above who had thoughts of suicide during the year preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 39.3 | 1.2\% | 34.9 | 1.2\% | 74.2 | 1.2\% |
| No | 3145.7 | 98.8\% | 2860.3 | 98.8\% | 6006.0 | 98.8\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: |  |  |  |  |  |  |
| Note: | o the total due to |  |  |  |  |  |

Subgroup analysis by age showed that the percentage of having suicidal ideation during the year preceding the survey generally decreased with age. The prevalence of having had such thought was the highest at $2.6 \%$ for people aged $15-24$, decreased to $0.6 \%$ for people aged $75-84$, then slightly increased to $0.9 \%$ for those aged 85 or above (Table 4.5 b).

Table 4.5b: Proportion of population aged 15 or above who had thoughts of suicide during the year 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) | \% |
| Yes | 21.0 | 2.6\% | 12.4 | 1.3\% | 12.8 | 1.3\% | 12.6 | 1.1\% | 8.0 | 0.7\% | 4.3 | 0.8\% | 2.0 | 0.6\% | 1.1 | 0.9\% | 74.2 | 1.2\% |
| No | 780.6 | 97.4\% | 949.0 | 98.7\% | 1008.4 | 98.7\% | 1170.4 | 98.9\% | 1057.5 | 99.3\% | 559.7 | 99.2\% | 350.7 | 99.4\% | 129.7 | 99.1\% | 6006.0 | 98.8\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |

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

People aged 15 or above who had lower monthly household income were more likely to have suicidal ideation in the year preceding the survey than those who had higher monthly household income (Table 4.5c).

Table 4.5c: Proportion of population aged 15 or above who had thoughts of suicide during the year preceding the survey by monthly household income

|  | $\begin{aligned} & \text { Less than } \\ & \$ 5,000 \end{aligned}$ |  | $\begin{gathered} \$ 5,000- \\ \$ 9,999 \end{gathered}$ |  | $\begin{gathered} \$ 10,000- \\ \$ 19,999 \end{gathered}$ |  | $\begin{aligned} & \$ 20,000- \\ & \$ 29,999 \end{aligned}$ |  | $\begin{aligned} & \$ 30,000- \\ & \$ 39,999 \end{aligned}$ |  | $\begin{gathered} \$ 40,000- \\ \$ 49,999 \end{gathered}$ |  | \$50,000 or more |  | 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) | \% |
| Yes | 8.6 | 2.0\% | 6.9 | 1.9\% | 15.4 | 1.5\% | 15.1 | 1.2\% | 10.0 | 1.0\% | 8.9 | 1.3\% | 8.9 | 0.7\% | 73.6 | 1.2\% |
| No | 430.0 | 98.0\% | 364.8 | 98.1\% | 1010.9 | 98.5\% | 1225.0 | 98.8\% | 985.7 | 99.0\% | 675.4 | 98.7\% | 1297.4 | 99.3\% | 5989.1 | 98.8\% |
| Total | 438.6 | 100.0\% | 371.7 | 100.0\% | 1026.2 | 100.0\% | 1240.1 | 100.0\% | 995.6 | 100.0\% | 684.2 | 100.0\% | 1306.3 | 100.0\% | 6062.7 | 100.0\% |
| Base: | All respondents who had provided information on monthly household income. Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Of the people aged 15 or above who had thought about ending their own life in the year preceding the survey, $8.9 \%$ had actually attempted suicide during this period, and $4.3 \%$ attempted more than once. Analysed by gender, more males (9.2\%) than females (8.6\%) who had suicidal ideation in the year preceding the survey had attempted suicide (Table 4.5 d ).

Table 4.5d: Proportion of population aged 15 or above who had actually attempted suicide during the year preceding the survey among those who had thought of suicide by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 3.4 | 8.6\% | 3.2 | 9.2\% | 6.6 | 8.9\% |
| Once | 1.9 | 4.8\% | 1.5 | 4.4\% | 3.4 | 4.6\% |
| Twice | 1.0 | 2.5\% | 1.1 | 3.1\% | 2.0 | 2.8\% |
| Three times | - | - | - | - | - | - |
| Four times or more | 0.5 | 1.3\% | 0.6 | 1.7\% | 1.1 | 1.5\% |
| No | 35.9 | 91.4\% | 31.7 | 90.8\% | 67.6 | 91.1\% |
| Total | 39.3 | 100.0\% | 34.9 | 100.0\% | 74.2 | 100.0\% |

Base: All respondents who had thought of suicide in the year preceding the survey.
Note: Figures may not add up to the total due to rounding.

Among people aged 15 or above, $1.0 \%$ reported that they had ever attempted suicide before, and $0.4 \%$ had such attempt more than once. More females (1.2\%) than males ( $0.8 \%$ ) had ever attempted suicide before (Table 4.5e).

Table 4.5e: Proportion of population aged 15 or above who had ever attempted suicide by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 39.7 | 1.2\% | 23.1 | 0.8\% | 62.8 | 1.0\% |
| Once | 23.2 | 0.7\% | 14.4 | 0.5\% | 37.6 | 0.6\% |
| Twice | 7.1 | 0.2\% | 6.6 | 0.2\% | 13.6 | 0.2\% |
| Three times | 5.0 | 0.2\% | 0.4 | <0.05\% | 5.4 | 0.1\% |
| Four times or more | 4.4 | 0.1\% | 1.7 | 0.1\% | 6.1 | 0.1\% |
| No | 3145.3 | 98.8\% | 2872.1 | 99.2\% | 6017.4 | 99.0\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

[^15]
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## Chapter 5

## Health-related Behaviours and Lifestyle Practices

Many diseases, especially chronic non-communicable diseases (NCDs), are attributable to various healthrelated behaviours and lifestyle practices. Many of these diseases share common behavioural risk factors, including smoking and harmful use of alcohol, physical inactivity and low fruit and vegetables intake. Apart from these behavioural risk factors, eating-out, which is common among Hong Kong people, may impose risks on individuals for developing nutritional-related chronic diseases. The burden of premature death, disease and disability due to NCD can be significantly reduced through positive changes in lifestyle practices. On the other hand, healthy lifestyle practices promote individual well-being, and substantially reduce healthcare burden of the community through risk reduction of cardiovascular diseases ${ }^{1}$ and cancers ${ }^{2}$. This Chapter presents the findings on health-related behaviours and lifestyle practices including smoking habits, harmful use of alcohol, physical activities, diet and nutrition, the frequency of eating-out and use of certain drugs and health supplements in Hong Kong.

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

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


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

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

### 5.1 Smoking Habits

Cigarette smoking causes a wide range of diseases, including various cancers, such as lung cancer, colorectal cancer and liver cancer. Smoking is a cause of cardiovascular diseases, including coronary heart disease, peripheral arterial disease and stroke. In addition to lung cancer, use of tobacco damages the breathing system and lung tissues, causing respiratory diseases such as chronic bronchitis, emphysema and chronic obstructive pulmonary disease ${ }^{3}$. Together with exposure to second-hand smoke, smoking causes six million deaths worldwide each year ${ }^{4}$. The following sections present survey findings on the pattern of smoking, intention and level of confidence to quit smoking.

### 5.1.1 Pattern of Smoking

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Whether had ever smoked cigarette | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 344.6 | 10.8\% | 1303.8 | 45.0\% | 1648.4 | 27.1\% |
| No | 2840.4 | 89.2\% | 1591.4 | 55.0\% | 4431.8 | 72.9\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondents. <br> Note: Figures may not add up to the |  |  |  |  |  |  |

Table 5.1.1b: Distribution of population aged 15 or above by whether had ever smoked cigarette and age group

|  | 15-2 | -24 | 25-3 | -34 | 35- | 44 | 45 | -54 | 55- | 64 | 65-7 | -74 | 75- | 84 | 85 or | above | To |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| had ever smoked cigarette | 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 | 84.2 | 10.5\% | 256.1 | 26.6\% | 314.9 | 30.8\% | 351.5 | 29.7\% | 315.6 | 29.6\% | 176.0 | 31.2\% | 115.9 | 32.9\% | 34.2 | 26.1\% | 1648.4 | 27.1\% |
| No | 717.4 | 89.5\% | 705.3 | 73.4\% | 706.3 | 69.2\% | 831.5 | 70.3\% | 749.9 | 70.4\% | 388.0 | 68.8\% | 236.8 | 67.1\% | 96.6 | 73.9\% | 4431.8 | $72.9 \%$ |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: Figures may not add up to the total due to rounding. | Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Age (years) | No. of |  | No. of |  | No. of |  |
|  | persons | \% | persons | \% | persons | \% |
|  | ('000) |  | ('000) |  | ('000) |  |
| Below 14 | 19.2 | 5.6\% | 92.7 | 7.1\% | 111.8 | 6.8\% |
| 14-15 | 39.1 | 11.3\% | 164.8 | 12.6\% | 204.0 | 12.4\% |
| 16-17 | 57.1 | 16.6\% | 211.6 | 16.2\% | 268.7 | 16.3\% |
| 18-19 | 83.1 | 24.1\% | 316.9 | 24.3\% | 400.0 | 24.3\% |
| 20-24 | 97.1 | 28.2\% | 379.6 | 29.1\% | 476.7 | 28.9\% |
| 25 or above | 49.1 | 14.2\% | 137.6 | 10.6\% | 186.6 | 11.3\% |
| Refusal | - | - | 0.6 | <0.05\% | 0.6 | <0.05\% |
| Total | 344.6 | 100.0\% | 1303.8 | 100.0\% | 1648.4 | 100.0\% |
| Mean |  |  |  |  |  |  |

Base: The respondents who had ever smoked cigarette.
Note: Figures may not add up to the total due to rounding.

### 5.1.2 Persons who currently had habit of cigarette smoking

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

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

| Whether currently had habit of cigarette smoking | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of |  | No. of |  | No. of |  |
|  | persons | \% | persons | \% | persons | \% |
|  | ('000) |  | ('000) |  | ('000) |  |
| Yes | 169.9 | 49.3\% | 730.4 | 56.0\% | 900.3 | 54.6\% |
| No | 174.7 | 50.7\% | 573.4 | 44.0\% | 748.1 | 45.4\% |
| Total | 344.6 | 100.0\% | 1303.8 | 100.0\% | 1648.4 | 100.0\% |

Base: All respondents who had ever smoked cigarette.
Note: Figures may not add up to the total due to rounding.

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| currently had habit of cigarette 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 | 54.8 | 65.0\% | 163.2 | 63.7\% | 210.6 | 66.9\% | 211.5 | 60.2\% | 163.2 | 51.7\% | 67.2 | 38.2\% | 25.2 | 21.8\% | 4.7 | 13.8\% | 900.3 | 54.6\% |
| No | 29.5 | 35.0\% | 92.9 | 36.3\% | 104.4 | 33.1\% | 140.0 | 39.8\% | 152.5 | 48.3\% | 108.8 | 61.8\% | 90.6 | 78.2\% | 29.5 | 86.2\% | 748.1 | 45.4\% |
| Total | 84.2 | 100.0\% | 256.1 | 100.0\% | 314.9 | 100.0\% | 351.5 | 100.0\% | 315.6 | 100.0\% | 176.0 | 100.0\% | 115.9 | 100.0\% | 34.2 | 100.0\% | 1648.4 | 100.0\% |

[^16]In the survey, persons aged 15 or above who currently had a habit of cigarette smoking were asked about their intention to quit smoking and their level of confidence in quitting smoking. Among persons who currently had habit of cigarette smoking, $21.1 \%$ had stopped smoking for one day or longer during the 12 months preceding the survey because of their intention to quit smoking ( $23.4 \%$ for females and $20.6 \%$ for males) (Table 5.1.2c).

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

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

Base: All respondents who currently had habit of cigarette smoking at the time of survey.
Note: Figures may not add up to the total due to rounding.

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

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

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

Base: All respondents who currently had habit of cigarette smoking at the time of survey.
Note: Figures may not add up to the total due to rounding.

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

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

|  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 0 | 2.5 | 5.5\% | 3.5 | 2.6\% | 6.0 | 3.4\% |
| 1-2 | 1.5 | 3.4\% | 2.2 | 1.7\% | 3.8 | 2.1\% |
| 3-4 | 4.4 | 9.7\% | 14.3 | 10.7\% | 18.6 | 10.4\% |
| 5-6 | 18.6 | 41.2\% | 60.4 | 45.1\% | 79.0 | 44.2\% |
| 7-8 | 11.4 | 25.2\% | 33.0 | 24.7\% | 44.4 | 24.8\% |
| 9-10 | 6.2 | 13.8\% | 15.9 | 11.9\% | 22.1 | 12.4\% |
| Don't know | 0.5 | 1.1\% | 4.5 | 3.4\% | 5.0 | 2.8\% |
| Total | 45.1 | 100.0\% | 133.9 | 100.0\% | 178.9 | 100.0\% |
| Mean* | 5.8 |  | 6.0 |  | 5.9 |  |
| Bases: R | Respondents who currently had habit of cigarette smoking and had seriously planned to quit smoking in the six months after the survey. <br> * Respondents who currently had habit of cigarette smoking and had seriously planned to quit smoking in the six months after the survey with valid answer on the level of confidence on quitting smoking successfully in the future. |  |  |  |  |  |
| Notes: The Fig | ncreases fr ding. | e least con | $\text { o } 10 \text { (the } m$ | ident). |  |  |

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of <br> persons <br> ('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 | - | - | 2.1 | 5.2\% | 1.5 | 3.2\% | 0.5 | 1.3\% | 1.9 | 7.8\% | - | - | - | - | - | - | 6.0 | 3.4\% |
| 1-2 | 0.4 | 3.5\% | - | - | 1.2 | 2.5\% | 1.6 | 3.9\% | 0.6 | 2.5\% | - | - | - | - | - | - | 3.8 | 2.1\% |
| 3-4 | 1.1 | 8.4\% | 3.3 | 8.2\% | 4.7 | 9.8\% | 3.7 | 9.1\% | 4.0 | 16.5\% | 1.6 | 14.2\% | - | - | 0.3 | 100.0\% | 18.6 | 10.4\% |
| 5-6 | 6.6 | 52.2\% | 14.8 | 37.1\% | 25.4 | 53.5\% | 18.3 | 45.0\% | 7.2 | 29.5\% | 5.7 | 52.0\% | 0.9 | 38.8\% | - | - | 79.0 | 44.2\% |
| 7-8 | 3.0 | 23.9\% | 11.6 | 29.1\% | 9.3 | 19.7\% | 8.9 | 21.9\% | 7.8 | 32.2\% | 3.1 | 28.5\% | 0.5 | 20.2\% | - | - | 44.4 | 24.8\% |
| 9-10 | 1.5 | 11.9\% | 6.6 | 16.6\% | 5.4 | 11.4\% | 6.2 | 15.2\% | 1.4 | 5.7\% | 0.6 | 5.4\% | 0.4 | 18.1\% | - | - | 22.1 | 12.4\% |
| Don't know | - | - | 1.5 | 3.8\% | - | - | 1.5 | 3.7\% | 1.5 | 6.0\% | - | - | 0.6 | 22.9\% | - | - | 5.0 | 2.8\% |
| Total | 12.6 | 100.0\% | 39.81 | 100.0\% | 47.6 | 100.0\% | 40.7 | 100.0\% | 24.4 | 100.0\% | 11.0 | 100.0\% | 2.4 | 100.0\% | 0.31 | 100.0\% | 178.9 | 100.0\% |
| Mean* |  | . 0 | 6.2 | . 2 | 5.7 | . 7 | 6. | . 1 | 5.6 | 6 | 5.8 | . 8 | 6. | . 7 | \# | \# | 5.9 | . 9 |

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

* Respondents who currently had habit of cigarette smoking and had seriously planned to quit smoking in the six months after the survey with valid answer on the level of confidence on quitting smoking successfully in the future.
Notes: The level of confidence on quitting smoking increases from 0 (the least confident) to 10 (the most confident).
\# The summary statistics are not shown due to statistical consideration.
Figures may not add up to the total due to rounding.


### 5.1.3 Ex-smokers

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

Table 5.1.3: Reasons for quitting smoking by gender

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

Base: Respondents who had habit of cigarette smoking previously but already quit at the time of survey.
Notes: Ranked in descending order of the percentages of the reasons for quitting smoking reported by the respondents.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

### 5.2 Alcohol Consumption

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

### 5.2.1 Pattern of Alcohol Consumption

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Never | 913.1 | 28.7\% | 414.6 | 14.3\% | 1327.7 | 21.8\% |
| Not in the past year | 598.8 | 18.8\% | 418.0 | 14.4\% | 1016.8 | 16.7\% |
| Drink alcohol occasionally | 1501.5 | 47.1\% | 1562.2 | 54.0\% | 3063.8 | 50.4\% |
| Drink less than once a month | 1212.6 | 38.1\% | 1065.5 | 36.8\% | 2278.1 | 37.5\% |
| Drink 1 day a month | 182.6 | 5.7\% | 284.3 | 9.8\% | 466.9 | 7.7\% |
| Drink 2-3 days a month | 106.3 | 3.3\% | 212.4 | 7.3\% | 318.7 | 5.2\% |
| Drink alcohol regularly | 171.6 | 5.4\% | 500.3 | 17.3\% | 671.9 | 11.1\% |
| Drink 1 day a week | 81.6 | 2.6\% | 179.9 | 6.2\% | 261.6 | 4.3\% |
| Drink 2-3 days a week | 50.8 | 1.6\% | 131.7 | 4.5\% | 182.5 | 3.0\% |
| Drink 4-6 days a week | 8.3 | 0.3\% | 38.6 | 1.3\% | 46.9 | 0.8\% |
| Drink everyday | 30.8 | 1.0\% | 150.1 | 5.2\% | 180.9 | 3.0\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

Table 5.2.1b: Pattern of alcohol consumption in the 12 months preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Never | 252.1 | 31.5\% | 122.9 | 12.8\% | 151.9 | 14.9\% | 210.3 | 17.8\% | 240.4 | 22.6\% | 153.6 | 27.2\% | 134.6 | 38.2\% | 61.8 | 47.2\% | 1327.72 | 21.8\% |
| Not in the past year | 81.8 | 10.2\% | 125.1 | 13.0\% | 165.5 | 16.2\% | 202.5 | 17.1\% | 186.0 | 17.5\% | 128.9 | 22.9\% | 87.5 | 24.8\% | 39.6 | 30.2\% | 1016.81 | 16.7\% |
| Drink alcohol occasionally | 432.1 | 53.9\% | 598.4 | 62.2\% | 573.0 | 56.1\% | 609.2 | 51.5\% | 504.5 | 47.3\% | 221.8 | 39.3\% | 100.4 | 28.5\% | 24.3 | 18.6\% | 3063.85 | 50.4\% |
| Drink less than once a month | 318.2 | 39.7\% | 410.3 | 42.7\% | 407.1 | 39.9\% | 452.5 | 38.2\% | 395.8 | 37.1\% | 183.6 | 32.6\% | 88.5 | 25.1\% | 22.1 | 16.9\% | 2278.13 | 37.5\% |
| Drink 1 day a month | 70.6 | 8.8\% | 109.9 | 11.4\% | 100.7 | 9.9\% | 96.4 | 8.1\% | 59.1 | 5.5\% | 22.1 | 3.9\% | 7.3 | 2.1\% | 0.9 | 0.7\% | 466.9 | 7.7\% |
| Drink 2-3 days a month | 43.3 | 5.4\% | 78.2 | 8.1\% | 65.2 | 6.4\% | 60.4 | 5.1\% | 49.7 | 4.7\% | 16.1 | 2.9\% | 4.5 | 1.3\% | 1.3 | 1.0\% | 318.7 | 5.2\% |
| Drink alcohol regularly | 35.5 | 4.4\% | 115.0 | 12.0\% | 130.8 | 12.8\% | 161.0 | 13.6\% | 134.6 | 12.6\% | 59.7 | 10.6\% | 30.2 | 8.6\% | 5.1 | 3.9\% | 671.9 | 11.1\% |
| Drink 1 day a week | 19.1 | 2.4\% | 64.6 | 6.7\% | 56.6 | 5.5\% | 57.9 | 4.9\% | 41.6 | 3.9\% | 15.7 | 2.8\% | 3.7 | 1.0\% | 2.4 | 1.9\% | 261.6 | 4.3\% |
| Drink 2-3 days a week | 10.6 | 1.3\% | 33.4 | 3.5\% | 43.1 | 4.2\% | 45.2 | 3.8\% | 29.6 | 2.8\% | 12.8 | 2.3\% | 7.0 | 2.0\% | 0.7 | 0.5\% | 182.5 | 3.0\% |
| Drink 4-6 days a week | 2.1 | 0.3\% | 7.9 | 0.8\% | 7.6 | 0.7\% | 13.8 | 1.2\% | 10.3 | 1.0\% | 3.7 | 0.7\% | 1.6 | 0.4\% | - | - | 46.9 | 0.8\% |
| Drink everyday | 3.7 | 0.5\% | 9.1 | 0.9\% | 23.5 | 2.3\% | 44.1 | 3.7\% | 53.1 | 5.0\% | 27.5 | 4.9\% | 17.9 | 5.1\% | 2.0 | 1.5\% | 180.9 | 3.0\% |

Total $\quad 801.6100 .0 \% ~ 961.4100 .0 \% 1021.2100 .0 \% 1183.0100 .0 \% 1065.5100 .0 \% ~ 564.0100 .0 \% ~ 352.7100 .0 \% ~ 130.8 \quad 100.0 \% 6080.2100 .0 \%$

[^17]Among persons aged 15 or above who had ever drunk alcoholic beverages and provided information on their age when started drinking, the mean age when they started drinking was 20.3 years and $21.4 \%$ started drinking at age before 18 years old. Males tended to start drinking at an earlier age (mean 19.3 years) than females (mean 21.4 years). Analysed by age group, the mean starting age generally increased with age from 16.8 for drinkers aged 15-24 to 23.8 for those aged $75-84$ and then decreased slightly to 22.0 for drinkers aged 85 or above (Table 5.2.1c and Table 5.2.1d).

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

|  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Age started drinking (years) | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Below 16 | 187.8 | 8.3\% | 293.5 | 11.8\% | 481.3 | 10.1\% |
| 16-17 | 193.0 | 8.5\% | 342.1 | 13.8\% | 535.1 | 11.3\% |
| 18-19 | 631.8 | 27.8\% | 842.3 | 34.0\% | 1474.1 | 31.0\% |
| 20-21 | 634.4 | 28.0\% | 608.6 | 24.5\% | 1243.0 | 26.2\% |
| 22-24 | 143.4 | 6.3\% | 119.9 | 4.8\% | 263.3 | 5.5\% |
| 25 or above | 478.9 | 21.1\% | 273.6 | 11.0\% | 752.5 | 15.8\% |
| Total | 2269.2 | 100.0\% | 2480.0 | 100.0\% | 4749.3 | 100.0\% |
| Mean | 21.4 |  | 19.3 |  | 20.3 |  |

Base: The respondents who had ever drunk alcohol and had provided information on their age when started drinking.
Note: Figures may not add up to the total due to rounding.

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| started drinking (years) | No. of persons ('000) | s \% | 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 | 138.5 | 25.2\% | 77.8 | 9.3\% | 59.0 | 6.8\% | 76.1 | 7.8\% | 73.5 | 8.9\% | 29.7 | 7.2\% | 18.9 | 8.7\% | 7.8 | 11.3\% | 481.3 | 10.1\% |
| 16-17 | 145.8 | 26.5\% | 115.1 | 13.7\% | 89.4 | 10.3\% | 75.6 | 7.8\% | 53.8 | 6.5\% | 34.1 | 8.3\% | 15.4 | 7.1\% | 5.9 | 8.6\% | 535.1 | 11.3\% |
| 18-19 | 207.0 | 37.7\% | 333.5 | 39.8\% | 293.1 | 33.7\% | 274.1 | 28.2\% | 221.0 | 26.8\% | 86.3 | 21.1\% | 49.1 | 22.5\% | 10.0 | 14.6\% | 1474.1 | 31.0\% |
| 20-21 | 53.8 | 9.8\% | 205.0 | 24.5\% | 260.6 | 30.0\% | 278.7 | 28.7\% | 229.4 | 27.8\% | 132.3 | 32.3\% | 59.7 | 27.4\% | 23.5 | 34.0\% | 1243.0 | 26.2\% |
| 22-24 | 4.3 | 0.8\% | 60.0 | 7.2\% | 47.2 | 5.4\% | 71.0 | 7.3\% | 43.6 | 5.3\% | 24.7 | 6.0\% | 7.8 | 3.6\% | 4.6 | 6.6\% | 263.3 | 5.5\% |
| $\begin{aligned} & 25 \text { or } \\ & \text { above } \end{aligned}$ | - | - | 46.6 | 5.6\% | 119.4 | 13.7\% | 196.2 | 20.2\% | 203.7 | 24.7\% | 102.2 | 25.0\% | 67.3 | 30.8\% | 17.1 | 24.8\% | 752.5 | 15.8\% |
| Total | 549.5 | 100.0\% | 837.9 | 100.0\% | 868.7 | 100.0\% | 971.7 | 100.0\% | 825.1 | 100.0\% | 409.3 | 100.0\% | 218.1 | 100.0\% | 69.0 | 100.0\% | 4749.3 | 100.0\% |
| Mean | 16. | 6.8 | 18 | . 7 | 19. | 9.8 | 21 | 1.0 | 22 | 2.0 | 22 | . 4 | 23 | . 8 | 22. | . 0 | 20 | . 3 |

[^18]Regarding the type of alcohol consumed, among persons who had drunk alcoholic beverages in the 12 months preceding the survey, most persons drank beer ( $71.1 \%$ ), followed by table wines ( $55.2 \%$ ). Analysed by gender, significantly more male drinkers (81.6\%) had drunk beer in the 12 months preceding the survey than their female counterparts ( $58.3 \%$ ). In contrast, more female drinkers $(60.3 \%)$ had drunk table wines than male drinkers ( $51.0 \%$ ) (Table 5.2.1e). While beer was the most popular choice among drinkers in all age groups, the proportion of drinkers who had drunk beer in the 12 months preceding the survey decreased with age from $79.5 \%$ for those aged $15-24$ to $48.8 \%$ for those aged $75-84$, and then bounced back to $60.7 \%$ for persons aged 85 or above. Table wines was the second most popular choice of alcoholic beverages and was relatively more popular among drinkers in the middle age groups 25-64 when compared to drinkers in other age groups (Table 5.2.1f).

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Beer, table wines, spirits or Chinese rice wines | 1570.4 | 93.9\% | 2015.2 | 97.7\% | 3585.7 | 96.0\% |
| Beer | 975.5 | 58.3\% | 1682.3 | 81.6\% | 2657.8 | 71.1\% |
| Table wines | 1009.3 | 60.3\% | 1051.6 | 51.0\% | 2060.9 | 55.2\% |
| Spirits | 133.6 | 8.0\% | 322.3 | 15.6\% | 455.9 | 12.2\% |
| Chinese rice wines | 139.7 | 8.4\% | 151.6 | 7.4\% | 291.3 | 7.8\% |
| Others* | 102.7 | 6.1\% | 47.3 | 2.3\% | 150.0 | 4.0\% |

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

Table 5.2.1f: Type of alcohol consumed in the 12 months preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\text { is } \%$ | No. of persons ('000) | $\text { is } \%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ |
| Beer, table wines, spirits or Chinese rice wines | 428.9 | 91.7\% | 693.5 | 97.2\% | 687.4 | 97.7\% | 744.4 | 96.7\% | 621.0 | 97.2\% | 264.6 | 94.0\% | 121.1 | 92.7\% | 24.7 | 84.0\% | 3585.7 | 96.0\% |
| Beer | 371.7 | 79.5\% | 550.8 | 77.2\% | 509.0 | 72.3\% | 538.4 | 69.9\% | 434.8 | 68.0\% | 171.6 | 61.0\% | 63.7 | 48.8\% | 17.9 | 60.7\% | 2657.8 | 71.1\% |
| Table wines | 160.7 | 34.4\% | 426.4 | 59.8\% | 424.7 | 60.3\% | 462.1 | 60.0\% | 371.1 | 58.1\% | 149.2 | 53.0\% | 60.2 | 46.1\% | 6.4 | 21.9\% | 2060.9 | 55.2\% |
| Spirits | 81.9 | 17.5\% | 114.3 | 16.0\% | 76.6 | 10.9\% | 73.2 | 9.5\% | 59.2 | 9.3\% | 30.8 | 10.9\% | 16.0 | 12.3\% | 3.8 | 13.0\% | 455.9 | 12.2\% |
| Chinese rice wines | 26.4 | 5.6\% | 65.8 | 9.2\% | 59.4 | 8.4\% | 56.8 | 7.4\% | 40.6 | 6.4\% | 26.5 | 9.4\% | 14.7 | 11.3\% | 1.0 | 3.5\% | 291.3 | 7.8\% |
| Others* | 38.8 | 8.3\% | 19.9 | 2.8\% | 16.4 | 2.3\% | 25.7 | 3.3\% | 18.1 | 2.8\% | 16.9 | 6.0\% | 9.5 | 7.3\% | 4.7 | 16.0\% | 150.0 | 4.0\% |

[^19]The average amount of alcohol consumed by the drinkers in a typical drinking day in the 12 months preceding the survey was 1.9 alcohol units (each unit is equivalent to 10 grams) for beer, 1.6 alcohol units for table wines, 2.1 alcohol units for spirits, 2.4 alcohol units for Chinese rice wines and 2.7 alcohol units for all four types of alcoholic beverages combined. Among persons who had drunk these four types of alcoholic beverages in the 12 months preceding the survey, male drinkers had drunk significantly larger amount in terms of units of alcohol in a typical drinking day than female drinkers. The average amount drank in one day by male drinkers was 3.1 alcohol units, higher than the average of 2.2 alcohol units recorded for female drinkers (Table 5.2 .1 g ). Analysed by age group, the average amount of alcohol units for the four types of alcoholic beverages as a whole drunk in one day decreased with age from 3.2 alcohol units for drinkers aged 25-34 to 1.8 alcohol units for drinkers aged 75 or above (Table 5.2.1h).

Table 5.2.1g: Average amount of alcohol (number of units of alcohol) usually consumed in one day on typical drinking days in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female | Male | Total |
| :--- | :---: | :---: | :---: |
| Beer $^{*}$ | 1.5 | 2.1 | 1.9 |
| Table wines $^{\#}$ | 1.4 | 1.7 | 2.1 |
| Spirits $^{\wedge}$ | 2.0 | 2.1 | 2.4 |
| Chinese rice wines $^{\dagger}$ | 2.3 | 2.6 | 2.4 |
| Total ${ }^{\ddagger}$ | 2.2 | 3.1 | 2.7 |

Bases: * The respondents who had drunk beer in the 12 months preceding the survey.
\# The respondents who had drunk table wines in the 12 months preceding the survey.
${ }^{\wedge}$ The respondents who had drunk spirits in the 12 months preceding the survey.
$\dagger$ The respondents who had drunk Chinese rice wines in the 12 months preceding the survey.
$\ddagger$ The respondents who had drunk beer, table wines, spirits or Chinese rice wines in the 12 months preceding the survey.

Table 5.2.1h: Average amount of alcohol (number of units of alcohol) usually consumed in one day on typical drinking days in the $\mathbf{1 2}$ months preceding the survey by age group

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

Bases: * The respondents who had drunk beer in the 12 months preceding the survey.
\# The respondents who had drunk table wines in the 12 months preceding the survey.
${ }^{\wedge}$ The respondents who had drunk spirits in the 12 months preceding the survey.
$\dagger$ The respondents who had drunk Chinese rice wines in the 12 months preceding the survey.
$\ddagger$ The respondents who had drunk beer, table wines, spirits or Chinese rice wines in the 12 months preceding the survey.

### 5.2.2 Binge Drinking / Heavy Episodic Drinking

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

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

Table 5.2.2a: Frequency of binge drinking ${ }^{\#}$ in the 12 months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Ever in 12 months preceding the survey | 65.0 | 3.9\% | 292.5 | 14.2\% | 357.5 | 9.6\% |
| Less than monthly | 48.0 | 2.9\% | 174.8 | 8.5\% | 222.9 | 6.0\% |
| Monthly | 8.6 | 0.5\% | 66.4 | 3.2\% | 75.0 | 2.0\% |
| Weekly | 4.9 | 0.3\% | 38.8 | 1.9\% | 43.7 | 1.2\% |
| Daily or almost daily | 3.5 | 0.2\% | 12.5 | 0.6\% | 16.0 | 0.4\% |
| Prevalence of binge drinking at least monthly* | N.A. | 0.5\% | N.A. | 4.1\% | N.A. | 2.2\% |
| Never in the 12 months preceding the survey | 1608.1 | 96.1\% | 1770.0 | 85.8\% | 3378.1 | 90.4\% |
| Total | 1673.1 | 100.0\% | 2062.6 | 100.0\% | 3735.7 | 100.0\% |

Base: All respondents who had a drink containing alcohol in the past 12 months preceding the survey.
Notes: \# Binge drinking: Drinking at least 5 cans of beer, 5 glasses of table wines or 5 pegs of spirits on one occasion.

* Prevalence of binge drinking at least monthly was calculated by dividing the number of persons who had binge drinking at least once a month by the estimate of population aged 15 or above of respective age / gender subgroup and expressed as a percentage.
'N.A.' denotes 'Not applicable'.
Figures may not add up to the total due to rounding.

Table 5.2.2b: Frequency of binge drinking ${ }^{\#}$ in the 12 months preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% |
| Ever in past 12 months | 60.1 | 12.9\% | 92.1 | 12.9\% | 74.7 | 10.6\% | 71.2 | 9.3\% | 41.2 | 6.5\% | 15.1 | 5.4\% | 2.2 | 1.7\% | 0.8 | 2.7\% | 357.5 | 9.6\% |
| Less than monthly | 46.1 | 9.9\% | 64.5 | 9.0\% | 44.8 | 6.4\% | 34.7 | 4.5\% | 21.2 | 3.3\% | 9.4 | 3.3\% | 1.8 | 1.4\% | 0.3 | 1.2\% | 222.9 | 6.0\% |
| Monthly | 10.1 | 2.2\% | 18.5 | 2.6\% | 20.1 | 2.9\% | 16.0 | 2.1\% | 8.5 | 1.3\% | 1.4 | 0.5\% | - | - | 0.4 | 1.5\% | 75.0 | 2.0\% |
| Weekly | 2.9 | 0.6\% | 8.5 | 1.2\% | 7.9 | 1.1\% | 13.3 | 1.7\% | 7.2 | 1.1\% | 3.9 | 1.4\% | - | - | - | - | 43.7 | 1.2\% |
| Daily or almost daily | 1.0 | 0.2\% | 0.7 | 0.1\% | 1.9 | 0.3\% | 7.2 | 0.9\% | 4.3 | 0.7\% | 0.4 | 0.1\% | 0.4 | 0.3\% | - | - | 16.0 | 0.4\% |
| Prevalence of binge drinking at least monthly* | N.A. | 1.7\% | N.A. | 2.9\% | N.A. | 2.9\% | N.A. | 3.1\% | N.A. | 1.9\% | N.A. | 1.0\% | N.A. | 0.1\% | N.A. | 0.3\% | N.A. | 2.2\% |
| Never in past 12 months | 407.5 | 87.1\% | 621.3 | 87.1\% | 629.1 | 89.4\% | 698.9 | 90.7\% | 597.8 | 93.5\% | 266.4 | 94.6\% | 128.4 | 98.3\% | 28.7 | 97.3\% | 3378.1 | 90.4\% |
| Total | 467.7 | 100.0\% | 713.41 | 100.0\% | 703.8 | 100.0\% | 770.21 | 100.0\% | 639.11 | 100.0\% | 281.5 | 100.0\% | 130.6 | 100.0\% | 29.41 | 100.0\% | 3735.7 | 100.0\% |
| Base: All respondents who had a drink containing alcohol in the past 12 months preceding the survey. <br> Notes: \# Binge drinking: Drinking at least 5 cans of beer, 5 glasses of table wines or 5 pegs of spirits on one occasion. <br> * Prevalence of binge drinking at least monthly was calculated by dividing the number of persons who had binge drinking at least once a month by the estimate of population aged 15 or above of respective age / gender subgroup and expressed as a percentage. <br> 'N.A.' denotes 'Not applicable'. <br> Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 5.2.3 Risk for Drinking Problems

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

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

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Score | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 0-2* | 2924.6 | 91.8\% | 2135.8 | 73.8\% | 5060.4 | 83.2\% |
| 3 or above | 260.4 | 8.2\% | 759.4 | 26.2\% | 1019.8 | 16.8\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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


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

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

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

Table 5.2.3c: Distribution of AUDIT score by gender

| Score | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 0-7* | 3151.9 | 99.0\% | 2715.8 | 93.8\% | 5867.7 | 96.5\% |
| 8-15 | 29.5 | 0.9\% | 157.3 | 5.4\% | 186.8 | 3.1\% |
| 16-19 | 1.4 | <0.05\% | 12.8 | 0.4\% | 14.2 | 0.2\% |
| 20-40 | 2.2 | 0.1\% | 9.3 | 0.3\% | 11.5 | 0.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

Base: All respondents.
Notes: Interpretation of AUDIT score:
0-7: No or low-risk drinking; 8-15: Drinking at increased risk; 16-19: Harmful drinking; and 20-40: Probable alcohol dependence

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

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

Table 5.2.3d: Distribution of AUDIT score by age group

| Score | 15-24 | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons \% ('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* | 773.2 96.5\% | 926.3 | 96.3\% | 979.5 | 95.9\% | 1130.7 | 95.6\% | 1027.2 | 96.4\% | 551.5 | 97.8\% | 349.3 | 99.0\% | 130.1 | 99.5\% | 5867.7 | 96.5\% |
| 8-15 | 25.0 3.1\% | 31.0 | 3.2\% | 38.2 | 3.7\% | 45.3 | 3.8\% | 31.5 | 3.0\% | 11.7 | 2.1\% | 3.4 | 1.0\% | 0.7 | 0.5\% | 186.8 | 3.1\% |
| 16-19 | $0.9 \quad 0.1 \%$ | 2.0 | 0.2\% | 2.0 | 0.2\% | 4.4 | 0.4\% | 4.1 | 0.4\% | 0.8 | 0.1\% | - | - | - | - | 14.2 | 0.2\% |
| 20-40 | $2.50 .3 \%$ | 2.2 | 0.2\% | 1.5 | 0.1\% | 2.6 | 0.2\% | 2.7 | 0.3\% | - | - | - | - | - | - | 11.5 | 0.2\% |
| Total | 801.6 100.0\% | 961.4 | 100.0\% | 1021.21 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: <br> Notes: | 0-7: No or low-risk drinking; 8-15: Drinking at increased risk; 16-19: Harmful drinking; and 20-40: Probable alcohol dependence <br> * Respondents who had not consumed any alcoholic beverages in the 12 months preceding the survey were assigned a score of 0 in AUDIT total score. Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 5.3 Physical Activity

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

In the PHS, the extent of the population's physical activity level was assessed using the Global Physical Activity Questionnaire (GPAQ) developed by the WHO for physical activity surveillance. The instrument collects information on the population's physical activity participation in three settings including activities at work, travel to and from places and recreational activities, as well as their total physical activity, in a typical week when these activities were performed ${ }^{8}$.

### 5.3.1 Setting-specific and Total Physical Activities

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

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

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Setting-specific physical activities ${ }^{\S}$ performed in a typical week |  |  |  |  |  |  |
| Work-related physical activity | 461.9 | 14.5\% | 661.7 | 22.9\% | 1123.7 | 18.5\% |
| Transport-related physical activity | 3087.4 | 96.9\% | 2804.9 | 96.9\% | 5892.3 | 96.9\% |
| Recreation-related physical activity | 1340.2 | 42.1\% | 1371.2 | 47.4\% | 2711.4 | 44.6\% |
| Total physical activity | 3120.1 | 98.0\% | 2846.1 | 98.3\% | 5966.2 | 98.1\% |
| Average time spent on work-related physical activity per day (minutes) \# | 108.9 |  | 150.5 |  | 133.4 |  |
| Average time spent on transport-related physical activity per day (minutes) ${ }^{\wedge}$ | 68.1 |  | 70.5 |  | 69.2 |  |
| Average time spent on recreation-related physical activity per day (minutes) $\dagger$ | 26.2 |  | 29.9 |  | 28.1 |  |
| Average time spent on total physical activity per day (minutes)* | 94.8 |  | 118.8 |  | 106.3 |  |

[^20]Table 5.3.1b: Time spent on work-related, transport-related, recreation-related and total physical activity, on average per day in a typical week when the respective physical activity was performed by age group

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ \text { ('000) } \end{gathered}$ | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } \% \\ \text { ('000) } & \end{array}$ |

Setting-specific physical activities ${ }^{\S}$ performed in a typical week
$\begin{array}{lllllllllllllllllllllll}\text { Work-related } & 125.7 & 15.7 \% & 175.0 & 18.2 \% & 237.2 & 23.2 \% & 300.6 & 25.4 \% & 225.8 & 21.2 \% & 45.2 & 8.0 \% & 12.3 & 3.5 \% & 1.9 & 1.4 \% & 1 & 123.7 & 18.5 \%\end{array}$



Total physical
activity

Average time
spent on work-

| related physical | 95.4 | 131.3 | 136.4 | 149.3 | 145.2 | 93.6 | 44.4 | 32.8 | 133.4 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | activity per day (minutes) \#

Average time spent on transport-

| related physical | 70.7 | 72.8 | 73.4 | 69.6 | 71.2 | 62.6 | 55.7 | 42.6 | 69.2 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | activity per day (minutes) ^

Average time
spent on
recreation-related
physical activity
per day (minutes) $\dagger$

Average time
spent on total
physical activity 103.7
107.2
113.8
117.1
113.8
88.1
74.2
52.7
106.3
per day (minutes)*
Bases: All respondents.
\# The respondents who had performed work-related physical activity in a typical week.
${ }^{\wedge}$ The respondents who had performed transport-related physical activity, including walking or cycling, in a typical week.
$\dagger$ The respondents who had performed recreational-related physical activity in a typical week.

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

Notes: $\S$ In this survey, setting-specific physical activities include activity at work, travel to and from place and recreational activity that last for at least 10 minutes continuously and total physical activity refers to all physical activities that lasted for at least 10 minutes continuously in the three settings as a whole.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

### 5.3.2 Vigorous Physical Activities

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

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


Base: All respondents.
Notes: * In this survey, vigorous physical activity includes activity at work and recreational activity that causes large increases in breathing or heart rate for at least 10 minutes continuously.
Figures may not add up to the total due to rounding.

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

|  | 15-24 | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | 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 | 318.3 39.7\% | 275.0 | 28.6\% | 229.9 | 22.5\% | 228.9 | 19.4\% | 163.2 | 15.3\% | 44.4 | 7.9\% | 5.4 | 1.5\% | 0.3 | 0.3\% | 1265.5 | 20.8\% |
| No | 483.3 60.3\% | 686.4 | 71.4\% | 791.3 | 77.5\% | 954.1 | 80.6\% | 902.3 | 84.7\% | 519.6 | 92.1\% | 347.3 | 98.5\% | 130.5 | 99.7\% | 4814.7 | 79.2\% |
| Total | 801.6 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Notes: | * In this survey, vigorous physical activity includes activity at work and recreational activity that causes large increases in breathing or heart rate for at least 10 minutes continuously. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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

Table 5.3.2c: Number of days in a typical week and duration of vigorous physical activity ${ }^{\S}$ on a typical day when performing the activity by gender


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

Table 5.3.2d: Number of days in a typical week and duration of vigorous physical activity ${ }^{\S}$ on a typical day when performing the activity by age group

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons ('000) | \% |

Vigorous work-related activity *
Number of days in a typical week performing the activity

| Below 4 | 20.7 | 50.2\% | 10.5 | 21.3\% | 16.2 | 24.1\% | 15.9 | 17.3\% | 15.9 | 22.2\% | 1.5 | 19.2\% | - | - | - |  | - | 80.7 | 24.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 4 or above | 20.6 | 49.8\% | 38.8 | 78.7\% | 51.0 | 75.9\% | 75.8 | 82.7\% | 55.9 | 77.8\% | 6.5 | 80.8\% | 1.7 | 100.0\% | - |  | - | 250.2 | 75.6\% |
| Total | 41.3 | 100.0\% | 49.3 | 100.0\% | 67.2 | 100.0\% | 91.7 | 100.0\% | 71.9 | 100.0\% | 8.0 | 100.0\% | 1.7 | 100.0\% | - |  | - | 331.0 | 100.0\% |
| Mean |  | 3.5 |  | 4.8 |  | 4.7 |  | 5.0 |  | 4.8 |  | 5.1 |  | 4.7 |  | - |  |  | 4.7 |

Number of minutes on a typical day performing the activity

| Below 60 | 4.9 | 11.8\% | 6.3 | 12.7\% | 8.3 | 12.4\% | 11.2 | 12.2\% | 6.4 | 8.9\% | 0.5 | 6.0\% | - | - | - | - | 37.6 | 11.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 60-<120 | 12.3 | 29.8\% | 7.6 | 15.4\% | 8.5 | 12.6\% | 10.4 | 11.3\% | 9.9 | 13.8\% | 2.3 | 28.9\% | 1.1 | 66.6\% | - | - | 52.1 | 15.7\% |
| 120-<180 | 7.9 | 19.2\% | 6.8 | 13.7\% | 8.1 | 12.1\% | 10.3 | 11.2\% | 6.2 | 8.7\% | 1.5 | 19.3\% | - | - | - | - | 40.9 | 12.4\% |
| 180 or above | 16.2 | 39.2\% | 28.6 | 58.1\% | 42.2 | 62.9\% | 59.8 | 65.2\% | 49.3 | 68.6\% | 3.7 | 45.7\% | 0.6 | 33.4\% | - | - | 200.4 | 60.5\% |
| Total | 41.3 | 100.0\% | 49.3 | 100.0\% | 67.2 | 100.0\% | 91.7 | 100.0\% | 71.9 | 100.0\% | 8.0 | 100.0\% | 1.7 | 100.0\% | - | - | 331.0 | 100.0\% |
| Mean |  | 80.2 |  | 2.2 |  | 3.0 |  | 3.4 |  | 7.5 |  | 5.9 |  | 0.1 |  |  |  | 6.0 |

## Vigorous recreational activity ${ }^{\text {\# }}$

Number of days in a typical week performing the activity

| Below 4 | 252.4 | 86.1\% | 208.2 | 88.8\% | 147.3 | 84.2\% | 114.2 | 77.7\% | 69.6 | 73.4\% | 17.6 | 47.0\% | 0.5 | 12.1\% | - | - | 809.5 | 82.1\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 4 or above | 40.6 | 13.9\% | 26.4 | 11.2\% | 27.6 | 15.8\% | 32.7 | 22.3\% | 25.2 | 26.6\% | 19.8 | 53.0\% | 3.3 | 87.9\% | 0.3 | 100.0\% | 175.9 | 17.9\% |
| Total | 293.0 | 100.0\% | 234.5 | 100.0\% | 174.9 | 100.0\% | 146.9 | 100.0\% | 94.8 | 100.0\% | 37.3 | 100.0\% | 3.8 | 100.0\% | 0.3 | 100.0\% | 985.5 | 100.0\% |
| Mean |  | 2.2 |  | 2.0 |  | 2.2 |  | 2.6 |  | 2.8 |  | 4.3 |  | 6.0 |  | $\wedge$ |  | 2.4 |

Number of minutes on a typical day performing the activity

| Below 60 | 53.8 | 18.4\% | 55.1 | 23.5\% | 52.7 | 30.2\% | 48.5 | 33.0\% | 37.3 | 39.3\% | 14.1 | 37.8\% | 2.2 | 59.5\% | 0.3 | 100.0\% | 264.1 | 26.8\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 60-<120 | 112.9 | 38.6\% | 108.4 | 46.2\% | 86.0 | 49.2\% | 67.9 | 46.2\% | 40.9 | 43.2\% | 17.8 | 47.6\% | 1.1 | 29.9\% | - | - | 435.0 | 44.1\% |
| 120-<180 | 85.4 | 29.2\% | 51.0 | 21.7\% | 28.6 | 16.4\% | 23.2 | 15.8\% | 12.1 | 12.7\% | 3.8 | 10.1\% | - | - | - | - | 204.1 | 20.7\% |
| 180 or above | 40.7 | 13.9\% | 20.1 | 8.6\% | 7.6 | 4.3\% | 7.3 | 4.9\% | 4.5 | 4.7\% | 1.7 | 4.5\% | 0.4 | 10.6\% | - | - | 82.2 | 8.3\% |
| Total | 293.0 | 100.0\% | 234.5 | 100.0\% | 174.9 | 100.0\% | 146.9 | 100.0\% | 94.8 | 100.0\% | 37.3 | 100.0\% | 3.8 | 100.0\% | 0.3 | 100.0\% | 985.5 | 100.0\% |
| Mean |  | 5.6 |  | 0.4 |  | 0.7 |  | 0.5 |  | 6.2 |  | 65.1 |  | 60.2 |  | $\wedge$ |  | . 7 |

Bases: * The respondents who had performed work-related vigorous physical activities in a typical week.
\# The respondents who had performed recreational-related vigorous physical activities in a typical week.
Notes: § In this survey, vigorous physical activity includes activity at work and recreational activity that causes large increases in breathing or heart rate for at least 10 minutes continuously.
${ }^{\wedge}$ The summary statistics are not shown due to statistical consideration.
Figures may not add up to the total due to rounding.

### 5.3.3 Moderate Physical Activities

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 3109.9 | 97.6\% | 2828.5 | 97.7\% | 5938.4 | 97.7\% |
| No | 75.1 | 2.4\% | 66.7 | 2.3\% | 141.8 | 2.3\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

Base: All respondents.
Notes: * In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places and recreational activity that causes small increases in breathing or heart rate for at least 10 minutes continuously.
Figures may not add up to the total due to rounding.

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

|  | 15-24 | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 792.0 98.8\% | 943.5 | 98.1\% | 999.7 | 97.9\% | 1161.2 | 98.2\% | 1041.4 | 97.7\% | 549.9 | 97.5\% | 337.0 | 95.5\% | 113.7 | 86.9\% | 5938.4 | 97.7\% |
| No | 9.6 1.2\% | 17.9 | 1.9\% | 21.5 | 2.1\% | 21.8 | 1.8\% | 24.1 | 2.3\% | 14.1 | 2.5\% | 15.7 | 4.5\% | 17.1 | 13.1\% | 141.8 | 2.3\% |
| Total | 801.6 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Notes: | * In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places and recreational activity that causes small increases in breathing or heart rate for at least 10 minutes continuously. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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

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

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

Table 5.3.3c: Number of days in a typical week and duration of moderate physical activity ${ }^{\S}$ on a typical day 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 |  |  |  |  |  |  |
| Below 4 | 115.9 | 27.9\% | 144.8 | 28.0\% | 260.6 | 28.0\% |
| 4 or above | 299.3 | 72.1\% | 371.4 | 72.0\% | 670.6 | 72.0\% |
| Total | 415.2 | 100.0\% | 516.1 | 100.0\% | 931.3 | 100.0\% |
| Mean | 4.7 |  | 4.5 |  | 4.6 |  |

Number of minutes on a typical day performing the activity

| Below 60 | 105.9 | 25.5\% | 104.4 | 20.2\% | 210.2 | 22.6\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $60-<120$ | 103.2 | 24.9\% | 110.4 | 21.4\% | 213.6 | 22.9\% |
| $120-<180$ | 73.2 | 17.6\% | 106.8 | 20.7\% | 180.0 | 19.3\% |
| 180 or above | 132.9 | 32.0\% | 194.5 | 37.7\% | 327.4 | 35.2\% |
| Total | 415.2 | 100.0\% | 516.1 | 100.0\% | 931.3 | 100.0\% |
| Mean | 137.6 |  | 150.0 |  | 144.4 |  |

Moderate transport-related activity ${ }^{\text {\# }}$

Number of days in a typical week performing the activity

| Below 4 | 91.1 | $3.0 \%$ | 63.9 | $2.3 \%$ | 155.0 | $2.6 \%$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| 4 or above | 2996.3 | $97.0 \%$ | 2741.0 | $97.7 \%$ | 5737.3 | $97.4 \%$ |
| Total | 3087.4 | $100.0 \%$ | 2804.9 | $100.0 \%$ | 5892.3 | $100.0 \%$ |
| Mean | 6.7 |  | 6.7 | 6.7 |  |  |

Number of minutes on a typical day performing the activity

| Below 60 | 1381.6 | 44.8\% | 1271.1 | 45.3\% | 2652.8 | 45.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $60-<120$ | 1056.3 | 34.2\% | 880.3 | 31.4\% | 1936.6 | 32.9\% |
| 120-<180 | 356.0 | 11.5\% | 349.6 | 12.5\% | 705.7 | 12.0\% |
| 180 or above | 293.4 | 9.5\% | 303.8 | 10.8\% | 597.2 | 10.1\% |
| Total | 3087.4 | 100.0\% | 2804.9 | 100.0\% | 5892.3 | 100.0\% |
| Mean | 70.7 |  | 72.8 |  | 71.7 |  |

Table 5.3.3c: Number of days in a typical week and duration of moderate physical activity ${ }^{\S}$ on a typical day when performing the activity by gender (continued)


Moderate recreational activity ${ }^{\wedge}$

Number of days in a typical week performing the activity

| Below 4 | 654.1 | $60.9 \%$ | 625.8 | $68.0 \%$ | 1280.0 | $64.2 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 4 or above | 419.3 | $39.1 \%$ | 294.6 | $32.0 \%$ | 713.9 | $35.8 \%$ |
| Total | 1073.4 | $100.0 \%$ | 920.5 | $100.0 \%$ | 1993.9 | $100.0 \%$ |
| Mean |  | 3.5 |  | 3.1 |  | 3.3 |

Number of minutes on a typical day performing the activity

| Below 60 | 532.1 | 49.6\% | 401.6 | 43.6\% | 933.7 | 46.8\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 60-<120 | 417.7 | 38.9\% | 357.7 | 38.9\% | 775.4 | 38.9\% |
| 120-<180 | 95.9 | 8.9\% | 107.2 | 11.6\% | 203.1 | 10.2\% |
| 180 or above | 27.7 | 2.6\% | 54.0 | 5.9\% | 81.7 | 4.1\% |
| Total | 1073.4 | 100.0\% | 920.5 | 100.0\% | 1993.9 | 100.0\% |
| Mean | 54.5 |  | 63.7 |  | 58.7 |  |

Bases: * The respondents who had performed work-related moderate physical activities in a typical week.
\# The respondents who had performed transport-related moderate physical activities in a typical week.
${ }^{\wedge}$ The respondents who had performed recreational-related moderate physical activities in a typical week.
Notes: § In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places and recreational activity that causes small increases in breathing or heart rate for at least 10 minutes continuously.
Figures may not add up to the total due to rounding.

Table 5.3.3d: Number of days in a typical week and duration of moderate physical activity ${ }^{\S}$ on a typical day when performing the activity by age group

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons ('000) | \% | No. of persons ('000) | \% |

Moderate work-related activity *

Number of days in a typical week performing the activity

| Below 4 | 49.5 | $50.0 \%$ | 45.7 | $30.1 \%$ | 52.3 | $25.9 \%$ | 54.4 | $22.2 \%$ | 42.4 | $23.5 \%$ | 11.2 | $28.3 \%$ | 4.7 | $42.1 \%$ | 0.3 | $18.2 \%$ | 260.6 | $28.0 \%$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 4 or above | 49.6 | $50.0 \%$ | 106.3 | $69.9 \%$ | 149.6 | $74.1 \%$ | 190.8 | $77.8 \%$ | 138.0 | $76.5 \%$ | 28.4 | $71.7 \%$ | 6.5 | $57.9 \%$ | 1.5 | $81.8 \%$ | 670.6 | $72.0 \%$ |
| Total | 99.2 | $100.0 \%$ | 152.0 | $100.0 \%$ | 201.9 | $100.0 \%$ | 245.1 | $100.0 \%$ | 180.4 | $100.0 \%$ | 39.6 | $100.0 \%$ | 11.2 | $100.0 \%$ | 1.9 | $100.0 \%$ | 931.3 | $100.0 \%$ |
| Mean | 3.5 | 4.5 | 4.6 | 4.9 | 4.8 | 4.8 |  | 4.4 |  | 5.2 | 4.6 |  |  |  |  |  |  |  |

Number of minutes on a typical day performing the activity

| Below 60 | 24.8 | $25.0 \%$ | 36.9 | $24.3 \%$ | 43.1 | $21.4 \%$ | 46.6 | $19.0 \%$ | 39.6 | $21.9 \%$ | 13.1 | $33.1 \%$ | 4.9 | $44.0 \%$ | 1.2 | $64.4 \%$ | 210.2 | $22.6 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $60-<120$ | 25.3 | $25.5 \%$ | 34.4 | $22.6 \%$ | 50.2 | $24.8 \%$ | 54.1 | $22.1 \%$ | 32.3 | $17.9 \%$ | 12.0 | $30.3 \%$ | 4.8 | $43.0 \%$ | 0.7 | $35.6 \%$ | 213.6 | $22.9 \%$ |
| $120-<180$ | 18.7 | $18.9 \%$ | 25.0 | $16.4 \%$ | 39.3 | $19.5 \%$ | 54.0 | $22.0 \%$ | 35.8 | $19.9 \%$ | 6.1 | $15.5 \%$ | 1.0 | $9.0 \%$ | - | - | 180.0 | $19.3 \%$ |
| 180 or above | 30.4 | $30.7 \%$ | 55.7 | $36.6 \%$ | 69.3 | $34.3 \%$ | 90.5 | $36.9 \%$ | 72.7 | $40.3 \%$ | 8.4 | $21.1 \%$ | 0.4 | $4.0 \%$ | - | - | 327.4 | $35.2 \%$ |
| Total | 99.2 | $100.0 \%$ | 152.0 | $100.0 \%$ | 201.9 | $100.0 \%$ | 245.1 | $100.0 \%$ | 180.4 | $100.0 \%$ | 39.6 | $100.0 \%$ | 11.2 | $100.0 \%$ | 1.9 | $100.0 \%$ | 931.3 | $100.0 \%$ |
| Mean | 129.8 | 141.9 | 146.1 | 154.1 | 154.3 | 105.2 |  | 65.0 |  | 38.9 | 144.4 |  |  |  |  |  |  |  |

Moderate transport-related activity ${ }^{\text {\# }}$
Number of days in a typical week performing the activity

| Below 4 | 20.6 | 2.6\% | 23.0 | 2.5\% | 25.5 | 2.6\% | 26.1 | 2.3\% | 22.0 | 2.1\% | 21.0 | 3.8\% | 11.9 | 3.6\% | 5.0 | 4.6\% | 155.0 | 2.6\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 4 or above | 766.7 | 97.4\% | 915.4 | 97.5\% | 968.5 | 97.4\% | 1126.2 | 2 97.7\% | 1008.7 | 7 97.9\% | 527.6 | 96.2\% | 320.5 | 96.4\% | 103.6 | 95.4\% | 5737.3 | 97.4\% |
| Total | 787.3 | 100.0\% | 938.4 | 100.0\% | 994.0 | 100.0\% | 1152.3 | 3 100.0\% | 1030.7 | 7 100.0\% | 548.6 | 100.0\% | 332.4 | 100.0\% | 108.6 | 100.0\% | 5892.3 | 100.0\% |
| Mean |  | 6.7 |  | 6.7 |  | 6.7 |  | 6.7 |  | 6.8 |  | 6.7 |  | 6.7 |  | 6.6 |  | 6.7 |

Number of minutes on a typical day performing the activity

| Below 60 | 349.2 | 44.4\% | 411.5 | 43.8\% | 439.8 | 44.3\% | 520.8 | 45.2\% | 447.8 | 43.5\% | 249.2 | 45.4\% | 171.6 | 51.6\% | 62.7 | 57.8\% 2 | 2652.8 | 45.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 60-<120 | 258.8 | 32.9\% | 300.2 | 32.0\% | 323.1 | 32.5\% | 374.4 | 32.5\% | 336.0 | 32.6\% | 200.5 | 36.6\% | 106.2 | 31.9\% | 37.3 | 34.3\% 1 | 1936.6 | 32.9\% |
| 120-<180 | 85.7 | 10.9\% | 110.6 | 11.8\% | 116.5 | 11.7\% | 146.0 | 12.7\% | 139.6 | 13.5\% | 59.6 | 10.9\% | 40.1 | 12.1\% | 7.4 | 6.9\% | 705.7 | 12.0\% |
| 180 or above | 93.6 | 11.9\% | 116.2 | 12.4\% | 114.5 | 11.5\% | 111.0 | 9.6\% | 107.1 | 10.4\% | 39.2 | 7.2\% | 14.5 | 4.4\% | 1.1 | 1.0\% | 597.2 | 10.1\% |
| Total | 787.3 | 100.0\% | 938.4 | 100.0\% | 994.0 | 100.0\% 1 | 152.3 | 100.0\% 1 | 030.7 | 100.0\% | 548.6 | 100.0\% | 332.4 | 100.0\% | 108.6 | 100.0\% 5 | 5892.3 | 100.0\% |
| Mean |  | 3.4 |  | 5.8 |  | 6.1 |  | 1.8 |  | 3.0 |  | 5.1 |  | 8.1 |  | 4.8 |  | 1.7 |

(To be continued)

Table 5.3.3d: Number of days in a typical week and duration of moderate physical activity ${ }^{\S}$ on a typical day when performing the activity by age group (continued)

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('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 ${ }^{\wedge}$
Number of days in a typical week performing the activity

| Below 4 | 218.4 | 85.0\% | 229.7 | 84.8\% | 225.6 | 77.3\% | 255.8 | 70.7\% | 208.3 | 55.6\% | 95.0 | 38.1\% | 37.6 | 25.4\% | 9.6 | 23.4\% | 1280.0 | . 64.2\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 4 or above | 38.5 | 15.0\% | 41.0 | 15.2\% | 66.2 | 22.7\% | 106.0 | 29.3\% | 166.0 | 44.4\% | 154.5 | 61.9\% | 110.4 | 74.6\% | 31.4 | 76.6\% | 713.9 | 35.8\% |
| Total | 256.9 | 100.0\% | 270.7 | 100.0\% | 291.8 | 100.0\% | 361.8 | 100.0\% | 374.4 | 100.0\% | 249.4 | 100.0\% | 148.0 | 100.0\% | 40.9 | 100.0\% | 1993.9 | 100.0\% |
| Mean |  | 2.3 |  | 2.2 |  | 2.6 |  | 3.0 |  | 3.8 |  | 4.8 |  | 5.5 |  | 5.6 |  | 3.3 |

Number of minutes on a typical day performing the activity

| Below 60 | 82.0 | 31.9\% | 106.5 | 39.3\% | 148.3 | 50.8\% | 178.4 | 49.3\% | 182.9 | 48.8\% | 125.5 | 50.3\% | 85.2 | 57.5\% | 24.9 | 60.9\% | 933.7 | 46.8\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 60-<120 | 110.8 | 43.1\% | 118.8 | 43.9\% | 109.0 | 37.3\% | 135.5 | 37.5\% | 139.3 | 37.2\% | 99.7 | 40.0\% | 48.8 | 33.0\% | 13.6 | 33.1\% | 775.4 | 38.9\% |
| 120-<180 | 45.0 | 17.5\% | 32.2 | 11.9\% | 25.7 | 8.8\% | 31.7 | 8.8\% | 37.1 | 9.9\% | 18.5 | 7.4\% | 11.3 | 7.6\% | 1.7 | 4.0\% | 203.1 | 10.2\% |
| 180 or above | 19.1 | 7.4\% | 13.2 | 4.9\% | 8.7 | 3.0\% | 16.1 | 4.5\% | 15.2 | 4.0\% | 5.7 | 2.3\% | 2.8 | 1.9\% | 0.8 | 1.9\% | 81.7 | 4.1\% |
| Total | 256.9 | 100.0\% | 270.7 | 100.0\% | 291.8 | 100.0\% | 361.8 | 100.0\% | 374.4 | 100.0\% | 249.4 | 100.0\% | 148.0 | 100.0\% | 40.9 | 100.0\% | 993.9 | 100.0\% |
| Mean | 74.0 |  | 62.6 |  | 54.8 |  | 58.1 |  | 57.8 |  | 53.7 |  | 49.9 |  | 43.1 |  | 58.7 |  |

Bases: * The respondents who had performed work-related moderate physical activities in a typical week.
\# The respondents who had performed transport-related moderate physical activities in a typical week.
${ }^{\wedge}$ The respondents who had performed recreational-related moderate physical activities in a typical week.
Notes: § In this survey, moderate physical activity includes activity at work, walking or using bicycle to get to or from places and recreational activity that causes small increases in breathing or heart rate for at least 10 minutes continuously.
Figures may not add up to the total due to rounding.

### 5.3.4 Sedentary behaviour

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Below 120 | 37.2 | 1.2\% | 24.7 | 0.9\% | 61.9 | 1.0\% |
| 120 or above | 3147.8 | 98.8\% | 2870.5 | 99.1\% | 6018.3 | 99.0\% |
| 120-<240 | 290.0 | 9.1\% | 241.7 | 8.3\% | 531.8 | 8.7\% |
| 240-<360 | 568.1 | 17.8\% | 529.3 | 18.3\% | 1097.4 | 18.0\% |
| 360-<480 | 902.2 | 28.3\% | 865.8 | 29.9\% | 1768.1 | 29.1\% |
| 480-<600 | 783.5 | 24.6\% | 676.5 | 23.4\% | 1460.0 | 24.0\% |
| 600 or above | 603.9 | 19.0\% | 557.2 | 19.2\% | 1161.1 | 19.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 417.5 |  | 421.0 |  | 419.2 |  |

Base: All respondents.
Notes: * Time spent on sitting or reclining does not include time spent on sleeping.
Figures may not add up to the total due to rounding.

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of person ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ |
| Below 120 | 2.6 | 0.3\% | 7.2 | 0.8\% | 8.2 | 0.8\% | 19.1 | 1.6\% | 12.3 | 1.2\% | 7.5 | 1.3\% | 4.7 | 1.3\% | 0.3 | 0.3\% | 61.9 | 1.0\% |
| 120 or above | 799.0 | 99.7\% | 954.2 | 99.2\% | 1013.0 | 99.2\% | 1163.9 | 98.4\% | 1053.2 | 98.8\% | 556.5 | 98.7\% | 348.0 | 98.7\% | 130.5 | 99.7\% | 6018.3 | 99.0\% |
| 120-<240 | 35.3 | 4.4\% | 64.8 | 6.7\% | 100.5 | 9.8\% | 126.0 | 10.6\% | 114.5 | 10.7\% | 56.0 | 9.9\% | 28.1 | 8.0\% | 6.7 | 5.1\% | 531.8 | 8.7\% |
| 240-<360 | 109.9 | 13.7\% | 141.2 | 14.7\% | 190.5 | 18.7\% | 238.2 | 20.1\% | 223.8 | 21.0\% | 119.0 | 21.1\% | 62.3 | 17.7\% | 12.5 | 9.6\% | 1097.4 | 18.0\% |
| 360-<480 | 220.3 | 27.5\% | 275.0 | 28.6\% | 305.9 | 30.0\% | 332.6 | 28.1\% | 320.2 | 30.0\% | 184.7 | 32.7\% | 102.7 | 29.1\% | 26.8 | 20.5\% | 1768.1 | 29.1\% |
| 480-<600 | 245.5 | 30.6\% | 267.0 | 27.8\% | 226.4 | 22.2\% | 258.1 | 21.8\% | 240.7 | 22.6\% | 124.5 | 22.1\% | 69.8 | 19.8\% | 28.0 | 21.4\% | 1460.0 | 24.0\% |
| 600 or above | 188.0 | 23.4\% | 206.2 | 21.4\% | 189.8 | 18.6\% | 209.1 | 17.7\% | 154.1 | 14.5\% | 72.3 | 12.8\% | 85.1 | 24.1\% | 56.5 | 43.2\% | 1161.1 | 19.1\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 452 | 2.1 | 440 | 0.0 |  | 2.2 |  | 3.9 |  | 95.7 |  | 3.9 | 43 | 1.6 | 52 | 2.5 |  | 9.2 |

Base: All respondents.
Notes: * Time spent on sitting or reclining does not include time spent on sleeping. Figures may not add up to the total due to rounding.

### 5.3.5 Level of Physical Activity

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

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 2641.4 | 85.8\% | 2457.7 | 88.4\% | 5099.0 | 87.0\% |
| No | 438.9 | 14.2\% | 322.2 | 11.6\% | 761.1 | 13.0\% |
| Total | 3080.3 | 100.0\% | 2779.9 | 100.0\% | 5860.2 | 100.0\% |

Base: Respondents aged 18 or above.
Notes: WHO recommendation of physical activity level
150 minutes of moderate-intensity physical activity per week, or
75 minutes of vigorous-intensity physical activity per week, or
An equivalent combination of moderate- and vigorous-intensity physical activity accumulating at least 600 MET-minutes per week
Figures may not add up to the total due to rounding.
Caution must be taken when interpreting the figures relating to population aged 18 or above meeting WHO recommendations of sufficient physical activity reported in the report. The figures were estimated purely based on the level of physical activity reported by the respondents.

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

|  | 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 | 522.0 | 89.8\% | 846.4 | 88.0\% | 887.5 | 86.9\% | 1044.5 | 88.3\% | 928.3 | 87.1\% | 499.9 | 88.6\% | 286.9 | 81.3\% | 83.5 | 63.9\% | 5099.0 | 87.0\% |
| No | 59.5 | 10.2\% | 115.0 | 12.0\% | 133.7 | 13.1\% | 138.5 | 11.7\% | 137.2 | 12.9\% | 64.1 | 11.4\% | 65.8 | 18.7\% | 47.3 | 36.1\% | 761.1 | 13.0\% |
| Total | 581.6 | 100.0\% | 961.41 | 100.0\% | 1021.21 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.01 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 5860.21 | 100.0\% |

Base: Respondents aged 18 or above.
Notes: WHO recommendation of physical activity level
150 minutes of moderate-intensity physical activity per week, or
75 minutes of vigorous-intensity physical activity per week, or
An equivalent combination of moderate- and vigorous-intensity physical activity accumulating at least 600 MET-minutes per week
Figures may not add up to the total due to rounding.
Caution must be taken when interpreting the figures relating to population aged 18 or above meeting WHO recommendations of sufficient physical activity reported in the report. The figures were estimated purely based on the level of physical activity reported by the respondents.

### 5.4 Diet and Nutrition

Consuming a healthy diet throughout the life course helps prevent a range of non-communicable diseases and conditions linked to obesity ${ }^{9}$. Specific recommendations for a healthy diet include: eating more fruit, vegetables, legumes, nuts and grains, and cutting down on consumption of salt, sugar and fats ${ }^{10,11}$. The PHS incorporated questions on people's eating habits, including their usual consumption of fruit and vegetables, preserved vegetables, processed meat and associated products, snacks with high salt content, seaweeds and ready-to-eat seaweeds. In addition, the survey also collected information on the population's usage of salt.

### 5.4.1 Consumption of Fruit

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

Table 5.4.1a: Frequency of eating fruit by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| None / Less than once a week | 70.9 | 2.2\% | 122.8 | 4.2\% | 193.7 | 3.2\% |
| Less than once a day | 946.3 | 29.7\% | 1132.0 | 39.1\% | 2078.3 | 34.2\% |
| Once a week | 127.7 | 4.0\% | 175.0 | 6.0\% | 302.7 | 5.0\% |
| 2-4 times a week | 500.6 | 15.7\% | 622.0 | 21.5\% | 1122.6 | 18.5\% |
| 5-6 times a week | 318.0 | 10.0\% | 335.1 | 11.6\% | 653.1 | 10.7\% |
| At least once a day | 2166.9 | 68.0\% | 1638.5 | 56.6\% | 3805.4 | 62.6\% |
| Once a day | 1845.8 | 58.0\% | 1462.1 | 50.5\% | 3307.9 | 54.4\% |
| Twice a day | 293.5 | 9.2\% | 161.5 | 5.6\% | 455.0 | 7.5\% |
| 3 or more times a day | 27.6 | 0.9\% | 14.9 | 0.5\% | 42.5 | 0.7\% |
| Don't know | 0.9 | <0.05\% | 1.9 | 0.1\% | 2.8 | <0.05\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondents. <br> Note: Figures may not add up | al due to rounding |  |  |  |  |  |

Table 5.4.1b: Frequency of eating fruit by age group

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \\ \hline \end{array}$ |

None /

week

| Less than once a day | 373.6 | 46.6\% | 403.0 | 41.9\% | 351.3 | 34.4\% | 390.4 | 33.0\% | 295.7 | 27.8\% | 140.0 | 24.8\% | 90.2 | 25.6\% | 34.2 | 26.1\% | 2078.3 | 34.2\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Once a week | 61.6 | 7.7\% | 57.9 | 6.0\% | 52.6 | 5.1\% | 58.3 | 4.9\% | 34.3 | 3.2\% | 16.3 | 2.9\% | 15.8 | 4.5\% | 5.9 | 4.5\% | 302.7 | 5.0\% |
| $2-4$ <br> times a week | 210.9 | 26.3\% | 227.5 | 23.7\% | 187.0 | 18.3\% | 210.9 | 17.8\% | 154.5 | 14.5\% | 72.1 | 12.8\% | 42.4 | 12.0\% | 17.3 | 13.2\% | 1122.6 | 18.5\% |
| 5-6 <br> times a <br> week | 101.1 | 12.6\% | 117.6 | 12.2\% | 111.7 | 10.9\% | 121.1 | 10.2\% | 107.0 | 10.0\% | 51.6 | 9.2\% | 32.0 | 9.1\% | 11.0 | 8.4\% | 653.1 | 10.7\% |

$\begin{array}{lllllllllllllllllllllllll}\begin{array}{l}\text { At least } \\ \text { once a day }\end{array} & 393.8 & 49.1 \% & 522.3 & 54.3 \% & 634.3 & 62.1 \% & 762.3 & 64.4 \% & 738.5 & 69.3 \% & 412.3 & 73.1 \% & 251.1 & 71.2 \% & 90.7 & 69.4 \% & 3 & 805.4 & 62.6 \%\end{array}$


| Twice a | 33.8 | $4.2 \%$ | 48.0 | $5.0 \%$ | 69.9 | $6.8 \%$ | 79.5 | $6.7 \%$ | 104.9 | $9.8 \%$ | 65.7 | $11.6 \%$ | 41.4 | $11.7 \%$ | 12.0 | $9.1 \%$ | 455.0 | $7.5 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| day |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| 3 or <br> more <br> times a <br> day | 4.6 | 0.6\% | 7.3 | 0.8\% | 5.3 | 0.5\% | 7.3 | 0.6\% | 7.3 | 0.7\% | 7.6 | 1.3\% | 1.4 | 0.4\% | 1.6 | 1.3\% | 42.5 | 0.7\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Don't <br> know | 0.5 | 0.1\% | 1.0 | 0.1\% | 0.5 | <0.05\% | - | - | 0.5 | <0.05\% | - | - | 0.4 | 0.1\% | - | - | 2.8 | <0.05\% |



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

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

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

| Number of serving of fruit per day* | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Less than 1 | 265.0 | 8.3\% | 252.4 | 8.7\% | 517.4 | 8.5\% |
| 1 to less than 2 | 2494.1 | 78.3\% | 2340.3 | 80.8\% | 4834.5 | 79.5\% |
| 2 or more | 423.8 | 13.3\% | 301.5 | 10.4\% | 725.4 | 11.9\% |
| Unknown / Missing | 2.0 | 0.1\% | 1.0 | <0.05\% | 3.0 | <0.05\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean $\dagger$ | 1.1 |  | 1.1 |  | 1.1 |  |

Bases: * All respondents.
$\dagger$ All respondents with valid response on the number of servings of fruit eaten per day.
Note: Figures may not add up to the total due to rounding.
Table 5.4.1d: Number of servings of fruit eaten per day on the days when persons ate fruit by age group

| Number <br> of <br> servings of fruit per day* | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of 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) | s \% |
| Less than 1 | 188.1 | 11.0\% | 72.5 | 7.5\% | 74.0 | 7.2\% | 92.2 | 7.8\% | 80.5 | 7.6\% | 46.6 | 8.3\% | 39.4 | 11.2\% | 24.1 | 18.5\% | 517.4 | 8.5\% |
| 1 to less than 2 | 642.1 | 80.1\% | 785.5 | 81.7\% | 833.3 | 81.6\% | 940.8 | 79.5\% | 844.4 | 79.3\% | 427.5 | 75.8\% | 270.5 | 76.7\% | 90.4 | 69.1\% | 4834.5 | 79.5\% |
| 2 or more | 71.5 | 8.9\% | 102.9 | 10.7\% | 113.9 | 11.2\% | 150.0 | 12.7\% | 140.1 | 13.1\% | 88.9 | 15.8\% | 42.4 | 12.0\% | 15.7 | 12.0\% | 725.4 | 11.9\% |
| Unknown / Missing | / | - | 0.5 | 0.1\% | - | - | - | - | 0.5 | <0.05\% | 1.0 | 0.2\% | 0.4 | 0.1\% | 0.5 | 0.4\% | 3.0 | <0.05\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Mean $\dagger$ |  | . 1 |  | . 1 | 1. | . 1 | 1. | . 1 |  | . 1 |  | . 2 |  | . 1 | 1. | . 1 |  | . 1 |

Bases: * All respondents.
$\dagger$ All respondents with valid response on the number of servings of fruit eaten per day.
Note: Figures may not add up to the total due to rounding.

### 5.4.2 Consumption of Vegetables

Daily vegetables consumption (at least once per day) was reported by $89.2 \%$ of females and $83.8 \%$ of males aged 15 or above, giving an overall proportion of $86.6 \%$ (Table 5.4.2a). The proportion of persons aged 15 or above reported that they ate vegetables at least once a day was the highest at $91.8 \%$ for persons aged 75-84, followed by persons aged 65-74 (91.7\%) and the lowest at $81.0 \%$ for those aged 2534 (Table 5.4.2b).

Table 5.4.2a: Frequency of eating vegetables by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| None / Less than once a week | 20.0 | 0.6\% | 18.0 | 0.6\% | 38.0 | 0.6\% |
| Less than once a day | 323.5 | 10.2\% | 451.3 | 15.6\% | 774.8 | 12.7\% |
| Once a week | 14.8 | 0.5\% | 28.9 | 1.0\% | 43.6 | 0.7\% |
| 2-4 times a week | 122.5 | 3.8\% | 181.5 | 6.3\% | 304.0 | 5.0\% |
| 5-6 times a week | 186.2 | 5.8\% | 240.9 | 8.3\% | 427.2 | 7.0\% |
| At least once a day | 2841.5 | 89.2\% | 2425.5 | 83.8\% | 5267.0 | 86.6\% |
| Once a day | 1701.6 | 53.4\% | 1594.8 | 55.1\% | 3296.5 | 54.2\% |
| Twice a day | 1066.3 | 33.5\% | 792.2 | 27.4\% | 1858.4 | 30.6\% |
| 3 or more times a day | 73.6 | 2.3\% | 38.5 | 1.3\% | 112.1 | 1.8\% |
| Don't know | - | - | 0.4 | $<0.05 \%$ | 0.4 | <0.05\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 5.4.2b: Frequency of eating vegetables by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of 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 / <br> Less than once a week | 8.8 | 1.1\% | 7.8 | 0.8\% | 3.7 | 0.4\% | 6.4 | 0.5\% | 3.9 | 0.4\% | 3.1 | 0.6\% | 1.3 | 0.4\% | 2.9 | 2.2\% | 38.0 | 0.6\% |
| Less than once a day | 139.5 | 17.4\% | 174.1 | 18.1\% | 131.0 | 12.8\% | 134.9 | 11.4\% | 108.9 | 10.2\% | 43.7 | 7.8\% | 27.7 | 7.9\% | 15.0 | 11.5\% | 774.8 | 12.7\% |


| Once a <br> week | 7.6 | $0.9 \%$ | 10.9 | $1.1 \%$ | 5.0 | $0.5 \%$ | 7.6 | $0.6 \%$ | 5.3 | $0.5 \%$ | 3.3 | $0.6 \%$ | 2.4 | $0.7 \%$ | 1.6 | $1.2 \%$ | 43.6 | $0.7 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $2-4$ <br> times a <br> week | 55.1 | $6.9 \%$ | 68.4 | $7.1 \%$ | 58.5 | $5.7 \%$ | 53.8 | $4.6 \%$ | 37.7 | $3.5 \%$ | 16.2 | $2.9 \%$ | 9.0 | $2.6 \%$ | 5.1 | $3.9 \%$ | 304.0 | $5.0 \%$ |
| 5-6 6 <br> times a <br> week | 76.8 | $9.6 \%$ | 94.8 | $9.9 \%$ | 67.4 | $6.6 \%$ | 73.5 | $6.2 \%$ | 65.8 | $6.2 \%$ | 24.2 | $4.3 \%$ | 16.2 | $4.6 \%$ | 8.4 | $6.4 \%$ | 427.2 | $7.0 \%$ |

$\begin{array}{lllllllllllllllllllllllll}\begin{array}{l}\text { At least } \\ \text { once a day }\end{array} & 653.3 & 81.5 \% & 779.0 & 81.0 \% & 886.5 & 86.8 \% & 1 & 041.7 & 88.1 \% & 952.7 & 89.4 \% & 517.1 & 91.7 \% & 323.7 & 91.8 \% & 112.9 & 86.3 \% & 5 & 267.0 & 86.6 \%\end{array}$

$\begin{array}{llllll}\text { Don't } \\ \text { know } & - & - & 0.4<0.05 \% & -\end{array}$
$4<0.05 \% \quad-$


\author{

}


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

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

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

| Number of servings of vegetables per day* | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Less than 1 | 148.6 | 4.7\% | 143.5 | 5.0\% | 292.1 | 4.8\% |
| 1 to less than 2 | 1967.8 | 61.8\% | 1900.3 | 65.6\% | 3868.1 | 63.6\% |
| 2 or more | 1067.5 | $33.5 \%$ | 850.4 | 29.4\% | 1917.9 | 31.5\% |
| Unknown / Missing | 1.1 | <0.05\% | 1.0 | <0.05\% | 2.1 | $<0.05 \%$ |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean $\dagger$ | 1.5 |  | 1.4 |  | 1.4 |  |

Bases: * All respondents.
$\dagger$ All respondents with valid response on the number of servings of vegetables eaten per day.
Note: Figures may not add up to the total due to rounding.

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| servings of vegetables per day* | 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 | 53.9 | 6.7\% | 39.2 | 4.1\% | 46.6 | 4.6\% | 52.9 | 4.5\% | 46.7 | 4.4\% | 19.8 | 3.5\% | 20.6 | 5.8\% | 12.5 | 9.5\% | 292.1 | 4.8\% |
| 1 to less than 2 | 536.9 | 67.0\% | 636.6 | 66.2\% | 661.2 | 64.8\% | 724.5 | 61.2\% | 661.7 | 62.1\% | 348.4 | 61.8\% | 213.5 | 60.5\% | 85.3 | 65.2\% | 3868.1 | 63.6\% |
| 2 or more | 210.3 | 26.2\% | 285.1 | 29.7\% | 313.4 | 30.7\% | 405.5 | 34.3\% | 357.1 | 33.5\% | 195.3 | 34.6\% | 118.6 | 33.6\% | 32.5 | 24.8\% | 1917.9 | 31.5\% |
| Unknown <br> Missing | / 0.5 | 0.1\% | 0.5 | 0.1\% | - | - | - | - | - | - | 0.5 | 0.1\% | - | - | 0.5 | 0.4\% | 2.1 | <0.05\% |



| Mean $\dagger$ | 1.4 | 1.4 | 1.5 | 1.5 | 1.5 | 1.5 | 1.5 | 1.3 | 1.4 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

Bases: * All respondents.
$\dagger$ All respondents with valid response on the number of servings of vegetables eaten per day.
Note: Figures may not add up to the total due to rounding.

### 5.4.3 Consumption of Fruit and Vegetables

Diets rich in fruit and vegetables are associated with reduction in major non-communicable diseases, including coronary heart disease, type 2 diabetes and some cancers ${ }^{12}$. The WHO recommends consuming a minimum of five servings (about 80 grams (g) each) of fruit and vegetables a day, or a daily intake of at least 400 g of fruit and vegetables, to achieve optimal health benefits ${ }^{10}$. In the PHS, the number of servings of fruit and vegetables eaten as a whole on average per day was calculated by summing the average daily servings of fruit eaten and that of vegetables. Overall, $5.6 \%$ of persons aged 15 or above reported consuming an average of five or more servings of fruit and vegetables per day $-6.5 \%$ for females and $4.6 \%$ for males (Table 5.4.3a). Analysed by age group, the corresponding proportion was the lowest among those in the 85 or above age group ( $3.1 \%$ ) and the highest proportion was observed among persons aged 65-74 (7.0\%) (Table 5.4.3b).

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

\left.|  | Female |  | Male | Total |
| :--- | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons |  |  |  |
|  | ('000) | No. of persons |  |  |
| ('000) |  |  |  |  |$\right)$

Table 5.4.3b: Number of servings of fruit and vegetables eaten on average per day by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ |
| Less than 5 servings a day | 758.9 | 94.7\% | 924.1 | 96.1\% | 969.0 | 94.9\% | 1110.0 | 93.8\% | 996.3 | 93.5\% | 523.8 | 92.9\% | 331.2 | 93.9\% | 126.2 | 96.5\% | 5739.5 | 94.4\% |
| 5 or more servings a day | 42.7 | 5.3\% | 36.9 | 3.8\% | 52.2 | 5.1\% | 73.0 | 6.2\% | 69.2 | 6.5\% | 39.6 | 7.0\% | 21.5 | 6.1\% | 4.1 | 3.1\% | 339.2 | 5.6\% |
| Unknown Missing | / | - | 0.4 | <0.05\% | - | - | - | - | - | - | 0.5 | 0.1\% | - | - | 0.5 | 0.4\% | 1.5 | <0.05\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| $\begin{array}{ll} \hline \text { Base: } & \text { All } \\ \text { Note: } & \text { Fig } \end{array}$ | All respond | dents. | dd up to th | he total d | due to rou | unding. |  |  |  |  |  |  |  |  |  |  |  |  |

### 5.4.4 Consumption of Preserved Vegetables

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| None / Less than once a week | 2507.1 | 78.7\% | 2308.8 | 79.7\% | 4815.9 | 79.2\% |
| Less than once a day | 659.8 | 20.7\% | 564.0 | 19.5\% | 1223.8 | 20.1\% |
| Once a week | 495.2 | 15.5\% | 408.4 | 14.1\% | 903.6 | 14.9\% |
| 2-4 times a week | 139.3 | 4.4\% | 131.8 | 4.6\% | 271.1 | 4.5\% |
| 5-6 times a week | 25.3 | 0.8\% | 23.8 | 0.8\% | 49.1 | 0.8\% |
| At least once a day | 14.8 | 0.5\% | 19.1 | 0.7\% | 33.9 | 0.6\% |
| Once a day | 11.9 | 0.4\% | 14.0 | 0.5\% | 26.0 | 0.4\% |
| Twice a day | 2.9 | 0.1\% | 3.0 | 0.1\% | 5.9 | 0.1\% |
| 3 or more times a day | - | - | 2.1 | 0.1\% | 2.1 | <0.05\% |
| Don't know | 3.4 | 0.1\% | 3.3 | 0.1\% | 6.6 | 0.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 5.4.4b: Frequency of consumption of preserved vegetables by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of 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 | 647.6 | 80.8\% | 744.1 | 77.4\% | 801.9 | 78.5\% | 922.8 | 78.0\% | 845.1 | 79.3\% | 465.2 | 82.5\% | 280.9 | 79.6\% | 108.4 | 82.9\% | 4815.9 | 79.2\% |
| Less than once a day | 148.5 | 18.5\% | 209.5 | 21.8\% | 211.3 | 20.7\% | 254.8 | 21.5\% | 214.8 | 20.2\% | 94.1 | 16.7\% | 68.6 | 19.5\% | 22.1 | 16.9\% | 1223.8 | 20.1\% |
| Once a week | 102.9 | 12.8\% | 154.7 | 16.1\% | 146.9 | 14.4\% | 194.0 | 16.4\% | 170.5 | 16.0\% | 73.1 | 13.0\% | 46.0 | 13.0\% | 15.6 | 11.9\% | 903.6 | 14.9\% |
| 2-4 times a <br> week | 37.0 | 4.6\% | 47.8 | 5.0\% | 55.0 | 5.4\% | 54.4 | 4.6\% | 38.1 | 3.6\% | 16.0 | 2.8\% | 19.3 | 5.5\% | 3.6 | 2.7\% | 271.1 | 4.5\% |
| 5-6 times a <br> week | 8.6 | 1.1\% | 7.0 | 0.7\% | 9.5 | 0.9\% | 6.4 | 0.5\% | 6.3 | 0.6\% | 5.0 | 0.9\% | 3.4 | 1.0\% | 2.9 | 2.2\% | 49.1 | 0.8\% |
| At least once a day | 2.5 | 0.3\% | 5.6 | 0.6\% | 7.5 | 0.7\% | 4.4 | 0.4\% | 5.5 | 0.5\% | 4.7 | 0.8\% | 3.2 | 0.9\% | 0.3 | 0.3\% | 33.9 | 0.6\% |
| Once a day | 1.5 | 0.2\% | 4.2 | 0.4\% | 5.4 | 0.5\% | 2.7 | 0.2\% | 4.6 | 0.4\% | 4.7 | 0.8\% | 2.4 | 0.7\% | 0.3 | 0.3\% | 26.0 | 0.4\% |
| Twice a day | 0.4 | 0.1\% | 0.5 | 0.1\% | 1.5 | 0.1\% | 1.7 | 0.1\% | 0.9 | 0.1\% | - | - | 0.9 | 0.2\% | - | - | 5.9 | 0.1\% |
| 3 or more times a day | 0.5 | 0.1\% | 0.9 | 0.1\% | 0.6 | 0.1\% | - | - | - | - | - | - | - | - | - | - | 2.1 | <0.05\% |
| Don't know | 3.0 | 0.4\% | 2.1 | 0.2\% | 0.5 | <0.05\% | 1.0 | 0.1\% | - | - | - | - | - | - | - | - | 6.6 | 0.1\% |
| Total | 801.61 | 100.0\% | \% 961.41 | 100.0\% | 1021.21 | 100.0\% | 1183.01 | 100.0\% | 1065.51 | 100.0\% | 564.0 | 100.0\% | 352.71 | 100.0\% | 130.81 | 100.0\% | 6080.21 | 100.0\% |

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

### 5.4.5 Consumption of Processed Meat and Associated Products

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| None / Less than once a week | 1839.0 | 57.7\% | 1407.4 | 48.6\% | 3246.4 | 53.4\% |
| Less than once a day | 1203.5 | 37.8\% | 1290.1 | 44.6\% | 2493.6 | 41.0\% |
| Once a week | 626.4 | 19.7\% | 632.0 | 21.8\% | 1258.3 | 20.7\% |
| 2-4 times a week | 426.0 | 13.4\% | 477.0 | 16.5\% | 903.0 | 14.9\% |
| 5-6 times a week | 151.2 | 4.7\% | 181.1 | 6.3\% | 332.2 | 5.5\% |
| At least once a day | 140.1 | 4.4\% | 195.8 | 6.8\% | 335.8 | 5.5\% |
| Once a day | 92.1 | 2.9\% | 118.0 | 4.1\% | 210.1 | 3.5\% |
| Twice a day | 37.6 | 1.2\% | 59.7 | 2.1\% | 97.4 | 1.6\% |
| 3 or more times a day | 10.4 | 0.3\% | 18.0 | 0.6\% | 28.4 | 0.5\% |
| Don't know | 2.4 | 0.1\% | 1.9 | 0.1\% | 4.3 | 0.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of 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 | 318.5 | 39.7\% | 396.9 | 41.3\% | 489.3 | 47.9\% | 621.1 | 52.5\% | 631.1 | 59.2\% | 406.3 | 72.0\% | 277.8 | 78.8\% | 105.4 | 80.6\% | 3246.4 | 53.4\% |
| Less than once a day | 423.5 | 52.8\% | 491.9 | 51.2\% | 465.0 | 45.5\% | 486.1 | 41.1\% | 387.4 | 36.4\% | 144.1 | 25.5\% | 70.4 | 20.0\% | 25.0 | 19.1\% | 2493.6 | 41.0\% |
| Once a week | 204.1 | 25.5\% | 231.0 | 24.0\% | 246.4 | 24.1\% | 237.0 | 20.0\% | 204.5 | 19.2\% | 84.8 | 15.0\% | 36.8 | 10.4\% | 13.8 | 10.6\% | 1258.3 | 20.7\% |
| 2-4 times a week | 166.1 | 20.7\% | 182.7 | 19.0\% | 155.9 | 15.3\% | 184.5 | 15.6\% | 139.4 | 13.1\% | 42.5 | 7.5\% | 23.5 | 6.7\% | 8.4 | 6.4\% | 903.0 | 14.9\% |
| 5-6 times a week | 53.4 | 6.7\% | 78.2 | 8.1\% | 62.7 | 6.1\% | 64.6 | 5.5\% | 43.5 | 4.1\% | 16.7 | 3.0\% | 10.1 | 2.9\% | 2.9 | 2.2\% | 332.2 | 5.5\% |
| At least once a day | 58.3 | 7.3\% | 70.9 | 7.4\% | 66.4 | 6.5\% | 75.2 | 6.4\% | 46.5 | 4.4\% | 13.5 | 2.4\% | 4.5 | 1.3\% | 0.3 | 0.3\% | 335.8 | 5.5\% |
| Once a day | 33.2 | 4.1\% | 38.3 | 4.0\% | 43.1 | 4.2\% | 51.2 | 4.3\% | 30.1 | 2.8\% | 10.3 | 1.8\% | 3.5 | 1.0\% | 0.3 | 0.3\% | 210.1 | 3.5\% |
| Twice a day | 18.9 | 2.4\% | 21.4 | 2.2\% | 18.9 | 1.9\% | 21.1 | 1.8\% | 14.3 | 1.3\% | 1.9 | 0.3\% | 1.0 | 0.3\% | - | - | 97.4 | 1.6\% |
| 3 or more times a day | 6.2 | 0.8\% | 11.2 | 1.2\% | 4.4 | 0.4\% | 3.0 | 0.3\% | 2.1 | 0.2\% | 1.4 | 0.3\% | - | - | - | - | 28.4 | 0.5\% |
| Don't know | 1.2 | 0.2\% | 1.6 | 0.2\% | 0.5 | <0.05\% | $0.6<$ | <0.05\% | 0.5 | <0.05\% | - | - | - | - | - | - | 4.3 | 0.1\% |

[^21][^22]
### 5.4.6 Consumption of Snacks with High Salt Content

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| None / Less than once a week | 2498.6 | 78.5\% | 2270.0 | 78.4\% | 4768.6 | 78.4\% |
| Less than once a day | 652.7 | 20.5\% | 606.7 | 21.0\% | 1259.4 | 20.7\% |
| Once a week | 375.8 | 11.8\% | 360.3 | 12.4\% | 736.2 | 12.1\% |
| 2-4 times a week | 221.0 | 6.9\% | 193.5 | 6.7\% | 414.5 | 6.8\% |
| 5-6 times a week | 55.9 | 1.8\% | 52.8 | 1.8\% | 108.7 | 1.8\% |
| At least once a day | 33.2 | 1.0\% | 17.0 | 0.6\% | 50.3 | 0.8\% |
| Once a day | 30.4 | 1.0\% | 13.0 | 0.5\% | 43.5 | 0.7\% |
| Twice a day | 2.2 | 0.1\% | 1.7 | 0.1\% | 3.8 | 0.1\% |
| 3 or more times a day | 0.7 | <0.05\% | 2.3 | 0.1\% | 3.0 | <0.05\% |
| Don't know | 0.4 | <0.05\% | 1.5 | 0.1\% | 2.0 | <0.05\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

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

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ \text { ('000) } & \\ \hline \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \\ \hline \end{array}$ | No. of persons \% ('000) | $\begin{array}{cl} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \\ \hline \end{array}$ | No. of persons \% ('000) |


| None / Less than once a week | 469.4 | 58.6\% | 615.8 | 64.0\% | 762.8 | 74.7\% | 968.2 | 81.8\% | 951.2 | 89.3\% | 536.2 | 95.1\% | 337.3 | 95.6\% | 127.7 | 97.6\% | 4768.6 | 78.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Less than once a day | 319.0 | 39.8\% | 329.4 | 34.3\% | 251.6 | 24.6\% | 206.9 | 17.5\% | 110.3 | 10.4\% | 25.2 | 4.5\% | 13.9 | 3.9\% | 3.1 | 2.4\% | 1259.4 | 20.7\% |
| Once a week | 168.3 | 21.0\% | 176.0 | 18.3\% | 151.2 | 14.8\% | 132.8 | 11.2\% | 76.6 | 7.2\% | 19.3 | 3.4\% | 9.6 | 2.7\% | 2.4 | 1.9\% | 736.2 | 12.1\% |
| 2-4 times a week | 111.4 | 13.9\% | 114.6 | 11.9\% | 81.3 | 8.0\% | 68.3 | 5.8\% | 28.6 | 2.7\% | 5.4 | 1.0\% | 4.3 | 1.2\% | 0.7 | 0.5\% | 414.5 | 6.8\% |
| 5-6 times a week | 39.4 | 4.9\% | 38.8 | 4.0\% | 19.1 | 1.9\% | 5.8 | 0.5\% | 5.1 | 0.5\% | 0.5 | 0.1\% | - | - | - | - | 108.7 | 1.8\% |
| At least once a day | 12.7 | 1.6\% | 14.7 | 1.5\% | 6.8 | 0.7\% | 7.9 | 0.7\% | 4.0 | 0.4\% | 2.6 | 0.5\% | 1.5 | 0.4\% | - | - | 50.3 | 0.8\% |
| Once a day | 9.9 | 1.2\% | 12.5 | 1.3\% | 6.2 | 0.6\% | 7.9 | 0.7\% | 4.0 | 0.4\% | 1.4 | 0.3\% | 1.5 | 0.4\% | - | - | 43.5 | 0.7\% |






[^23]
### 5.4.7 Consumption of Seaweeds and Ready-to-eat Seaweeds

Seaweeds are rich in iodine and other bioactive compounds that could potentially be exploited as functional ingredients for human health applications. The compounds contained in seaweeds are found to have anti-tumor, anti-viral, anti-coagulant, anti-oxidant, anti-allergic and anti-diabetic properties ${ }^{13}$. Overall, $8.3 \%$ of persons aged 15 or above ate seaweeds (including kelp / laver but excluding ready-to-eat seaweeds) on average at least once a week, and it was more common among females ( $8.9 \%$ ) than in males (7.7\%). Among persons aged 15 or above with intake of seaweeds, the estimated average quantities of seaweeds consumed per day were 1.6 g and 1.5 g for females and males respectively (Table 5.4.7a).

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

| Frequency * | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| None / Less than once a week | 2900.7 | 91.1\% | 2668.1 | 92.2\% | 5568.8 | 91.6\% |
| Less than once a day | 271.1 | 8.5\% | 217.3 | 7.5\% | 488.4 | 8.0\% |
| Once a week | 202.9 | 6.4\% | 162.8 | 5.6\% | 365.7 | 6.0\% |
| 2-4 times a week | 55.2 | 1.7\% | 43.2 | 1.5\% | 98.5 | 1.6\% |
| 5-6 times a week | 13.0 | 0.4\% | 11.3 | 0.4\% | 24.2 | 0.4\% |
| At least once a day | 11.7 | 0.4\% | 6.8 | 0.2\% | 18.4 | 0.3\% |
| Once a day | 11.2 | 0.4\% | 5.0 | 0.2\% | 16.2 | 0.3\% |
| Twice a day | - | - | 1.2 | <0.05\% | 1.2 | <0.05\% |
| 3 or more times a day | 0.5 | <0.05\% | 0.6 | <0.05\% | 1.1 | <0.05\% |
| Don't know | 1.5 | $<0.05 \%$ | 3.1 | 0.1\% | 4.6 | 0.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |


| Mean (g per day $) \dagger$ | 1.6 | 1.5 | 1.6 |
| :--- | :--- | :--- | :--- |

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

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

| Frequency * | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('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 | 706.0 | 88.1\% | 854.1 | 88.8\% | 925.6 | 90.6\% | 1093.5 | 92.4\% | 987.2 | 92.7\% | 533.7 | 94.6\% | 339.2 | 96.2\% | 129.5 | 99.0\% | 5568.8 | 91.6\% |
| Less than once a day | 90.9 | 11.3\% | 103.4 | 10.8\% | 91.6 | 9.0\% | 86.4 | 7.3\% | 73.1 | 6.9\% | 28.6 | 5.1\% | 13.0 | 3.7\% | 1.3 | 1.0\% | 488.4 | 8.0\% |
| Once a week | 72.3 | 9.0\% | 77.1 | 8.0\% | 68.0 | 6.7\% | 68.2 | 5.8\% | 54.1 | 5.1\% | 17.7 | 3.1\% | 7.5 | 2.1\% | 0.9 | 0.7\% | 365.7 | 6.0\% |
| 2-4 times a week | 16.1 | 2.0\% | 22.4 | 2.3\% | 18.6 | 1.8\% | 15.7 | 1.3\% | 14.2 | 1.3\% | 7.0 | 1.2\% | 4.0 | 1.1\% | 0.4 | 0.3\% | 98.5 | 1.6\% |
| 5-6 times a week | 2.5 | 0.3\% | 4.0 | 0.4\% | 5.0 | 0.5\% | 2.5 | 0.2\% | 4.9 | 0.5\% | 3.9 | 0.7\% | 1.5 | 0.4\% | - | - | 24.2 | 0.4\% |
| At least once a day | 3.8 | 0.5\% | 2.3 | 0.2\% | 4.0 | 0.4\% | 2.5 | 0.2\% | 3.7 | 0.3\% | 1.7 | 0.3\% | 0.5 | 0.1\% | - | - | 18.4 | 0.3\% |
| Once a day | 2.7 | 0.3\% | 2.3 | 0.2\% | 2.8 | 0.3\% | 2.5 | 0.2\% | 3.7 | 0.3\% | 1.7 | 0.3\% | 0.5 | 0.1\% | - | - | 16.2 | 0.3\% |
| Twice a day | - | - | - | - | 1.2 | 0.1\% | - | - | - | - | - | - | - | - | - | - | 1.2 | <0.05\% |
| 3 or more times a day | 1.1 | 0.1\% | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 1.1 | <0.05\% |
| Don't know | 0.9 | 0.1\% | 1.7 | 0.2\% | - | - | 0.6 | 0.1\% | 1.5 | 0.1\% | - | - | - | - | - | - | 4.6 | 0.1\% |



| Mean <br> $($ g per day $) \dagger$ | 1.7 | 1.7 | 1.7 | 1.4 | 1.5 | 1.6 | 1.3 | 0.8 | 1.6 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

[^25]Overall, $8.1 \%$ of persons aged 15 or above ate ready-to-eat seaweeds including pre-packed snacks and ready-to-eat seaweed snacks on average at least once a week. Similar to the consumption of seaweeds, the corresponding proportion was also slightly higher among females (8.4\%) than in males (7.8\%). Among persons aged 15 or above who had reported the intake of ready-to-eat seaweeds, the estimated mean quantity of ready-to-eat seaweeds consumed per day was 0.1 g for both females and males (Table 5.4.7c).

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

| Frequency * | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| None / Less than once a week | 2917.3 | 91.6\% | 2668.6 | 92.2\% | 5585.9 | 91.9\% |
| Less than once a day | 252.5 | 7.9\% | 212.2 | 7.3\% | 464.8 | 7.6\% |
| Once a week | 181.5 | 5.7\% | 145.3 | 5.0\% | 326.8 | 5.4\% |
| 2-4 times a week | 58.1 | 1.8\% | 57.9 | 2.0\% | 116.0 | 1.9\% |
| 5-6 times a week | 12.9 | 0.4\% | 9.0 | 0.3\% | 22.0 | 0.4\% |
| At least once a day | 14.2 | 0.4\% | 12.8 | 0.4\% | 26.9 | 0.4\% |
| Once a day | 13.7 | 0.4\% | 10.7 | 0.4\% | 24.4 | 0.4\% |
| Twice a day | 0.4 | <0.05\% | 2.1 | 0.1\% | 2.5 | <0.05\% |
| 3 or more times a day | - | - | - | - | - | - |
| Don't know | 1.0 | $<0.05 \%$ | 1.6 | 0.1\% | 2.6 | <0.05\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

Mean (g per day) $\dagger$
0.1
0.1
0.1

Bases: * All respondents.
$\dagger$ All respondents with valid response on the quantity of ready-to-eat seaweeds eaten per day.
Note: Figures may not add up to the total due to rounding.

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Frequency * | 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 | 678.1 | 84.6\% | 834.6 | 86.8\% | 926.0 | 90.7\% | 1116.7 | 94.4\% | 1016.8 | 95.4\% | 544.4 | 96.5\% | 340.9 | 96.7\% | 128.4 | 98.1\% | 5585.9 | 91.9\% |
| Less than once a day | 118.8 | 14.8\% | 119.9 | 12.5\% | 88.9 | 8.7\% | 62.8 | 5.3\% | 45.6 | 4.3\% | 16.9 | 3.0\% | 10.5 | 3.0\% | 1.4 | 1.1\% | 464.8 | 7.6\% |
| Once a week | 86.6 | 10.8\% | 77.6 | 8.1\% | 63.7 | 6.2\% | 44.6 | 3.8\% | 32.5 | 3.1\% | 12.7 | 2.3\% | 7.6 | 2.1\% | 1.4 | 1.1\% | 326.8 | 5.4\% |
| 2-4 times a week | 26.8 | 3.3\% | 37.2 | 3.9\% | 20.7 | 2.0\% | 15.6 | 1.3\% | 11.1 | 1.0\% | 2.7 | 0.5\% | 1.8 | 0.5\% | - | - | 116.0 | 1.9\% |
| 5-6 times a week | 5.4 | 0.7\% | 5.1 | 0.5\% | 4.5 | 0.4\% | 2.5 | 0.2\% | 1.9 | 0.2\% | 1.4 | 0.3\% | 1.1 | 0.3\% | - | - | 22.0 | 0.4\% |
| At least once a day | 3.9 | 0.5\% | 5.7 | 0.6\% | 6.3 | 0.6\% | 2.9 | 0.2\% | 3.1 | 0.3\% | 2.7 | 0.5\% | 1.3 | 0.4\% | 1.0 | 0.8\% | 26.9 | 0.4\% |
| Once a day | 2.7 | 0.3\% | 5.7 | 0.6\% | 6.3 | 0.6\% | 2.9 | 0.2\% | 2.7 | 0.3\% | 2.3 | 0.4\% | 0.9 | 0.3\% | 1.0 | 0.8\% | 24.4 | 0.4\% |
| Twice a day | 1.2 | 0.1\% | - | - | - | - | - | - | 0.5 | <0.05\% | 0.4 | 0.1\% | 0.4 | 0.1\% | - | - | 2.5 | <0.05\% |
| 3 or more times a day | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Don't know | 0.8 | 0.1\% | 1.2 | 0.1\% | - | - | 0.6 | 0.1\% | - | - | - | - | - | - | - | - | 2.6 | <0.05\% |



| Mean <br> $($ g per day $) ~$ | 0.2 | 0.2 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

[^26]
### 5.4.8 Usage of Salt

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Never | 23.6 | 0.7\% | 21.7 | 0.7\% | 45.4 | 0.7\% |
| Rarely | 196.7 | 6.2\% | 173.4 | 6.0\% | 370.1 | 6.1\% |
| Sometimes | 380.5 | 11.9\% | 339.3 | 11.7\% | 719.8 | 11.8\% |
| Often | 668.0 | 21.0\% | 600.2 | 20.7\% | 1268.2 | 20.9\% |
| Every time | 1891.5 | 59.4\% | 1711.5 | 59.1\% | 3603.0 | 59.3\% |
| Do not cook at home | 24.7 | 0.8\% | 49.1 | 1.7\% | 73.8 | 1.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 5.4.8b: Frequency of using seasonings containing salt during cooking by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of 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 | 7.9 | 1.0\% | 4.6 | 0.5\% | 5.2 | 0.5\% | 10.4 | 0.9\% | 8.8 | 0.8\% | 4.4 | 0.8\% | 2.7 | 0.8\% | 1.5 | 1.1\% | 45.4 | 0.7\% |
| Rarely | 37.2 | 4.6\% | 45.8 | 4.8\% | 52.3 | 5.1\% | 64.5 | 5.5\% | 76.5 | 7.2\% | 44.5 | 7.9\% | 30.2 | 8.6\% | 19.0 | 14.5\% | 370.1 | 6.1\% |
| Sometimes | 98.5 | 12.3\% | 108.0 | 11.2\% | 123.7 | 12.1\% | 139.9 | 11.8\% | 122.0 | 11.5\% | 62.4 | 11.1\% | 46.4 | 13.2\% | 18.8 | 14.4\% | 719.8 | 11.8\% |
| Often | 155.0 | 19.3\% | 204.3 | 21.2\% | 204.1 | 20.0\% | 255.1 | 21.6\% | 209.8 | 19.7\% | 134.5 | 23.8\% | 76.2 | 21.6\% | 29.3 | 22.4\% | 1268.2 | 20.9\% |
| Every time | 494.0 | 61.6\% | 586.8 | 61.0\% | 610.2 | 59.7\% | 701.7 | 59.3\% | 640.2 | 60.1\% | 315.5 | 55.9\% | 194.5 | 55.1\% | 60.1 | 46.0\% | 3603.0 | 59.3\% |
| Do not cook at home | 9.0 | 1.1\% | 11.9 | 1.2\% | 25.8 | 2.5\% | 11.4 | 1.0\% | 8.1 | 0.8\% | 2.7 | 0.5\% | 2.7 | 0.8\% | 2.1 | 1.6\% | 73.8 | 1.2\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | \% 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |

[^27]Overall, $2.5 \%$ of persons aged 15 or above reported that they added seasonings such as salt, soy sauce, ketchup and chili sauce at the table every time when they ate, which was slightly more common among males $(2.7 \%$ ) than in females $(2.3 \%)$. Another $7.0 \%$ often added such seasonings at the table (Table 5.4.8c). Compared with other age groups, a higher proportion of persons aged 25-34 (3.5\%) reported that they added seasonings containing salt at the table every time when they ate (Table 5.4.8d).

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Never | 767.3 | 24.1\% | 637.4 | 22.0\% | 1404.7 | 23.1\% |
| Rarely | 1200.7 | 37.7\% | 1029.3 | 35.6\% | 2230.0 | 36.7\% |
| Sometimes | 943.1 | 29.6\% | 924.4 | 31.9\% | 1867.5 | 30.7\% |
| Often | 201.8 | 6.3\% | 225.1 | 7.8\% | 426.8 | 7.0\% |
| Every time | 72.1 | 2.3\% | 79.1 | 2.7\% | 151.2 | 2.5\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 5.4.8d: Frequency of adding seasonings containing salt at the table by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Never | 167.5 | 20.9\% | 185.1 | 19.3\% | 199.4 | 19.5\% | 273.8 | 23.1\% | 274.6 | 25.8\% | 153.9 | 27.3\% | 109.8 | 31.1\% | 40.5 | 31.0\% | 1404.7 | 23.1\% |
| Rarely | 261.3 | 32.6\% | 327.3 | 34.0\% | 368.4 | 36.1\% | 424.6 | 35.9\% | 395.8 | 37.2\% | 243.9 | 43.2\% | 147.3 | 41.8\% | 61.4 | 46.9\% | 2230.0 | 36.7\% |
| Sometimes | 277.6 | 34.6\% | 339.8 | 35.3\% | 347.0 | 34.0\% | 368.1 | 31.1\% | 303.8 | 28.5\% | 130.8 | 23.2\% | 75.5 | 21.4\% | 25.0 | 19.1\% | 1867.5 | 30.7\% |
| Often | 70.1 | 8.7\% | 75.5 | 7.9\% | 77.5 | 7.6\% | 87.0 | 7.4\% | 73.6 | 6.9\% | 27.8 | 4.9\% | 12.0 | 3.4\% | 3.3 | 2.6\% | 426.8 | 7.0\% |
| very | 25.1 | .1\% | 3.6 | 3.5\% | 8.9 | 2.8\% | 29.5 | 2.5\% | 17.7 | 1.7\% | 7.6 | 1.3\% | 8.2 | 2.3\% | 0.5 | 0.4\% | 151.2 | 2.5\% |

[^28]Respondents were asked whether they used iodised salt at home. In terms of domestic households, 22.3\% of the domestic households had at least one member reporting that they used iodised salt at home and $11.0 \%$ said otherwise including those who used non-iodised salt only and those who did not used any salt at home. However, in two-thirds ( $66.7 \%$ ) of the domestic households, all members aged 15 or above reported that they did not know whether the salt they used was iodised or not (Table 5.4.8e). Analysed by monthly household income, in general relatively more domestic households with higher monthly household income used iodised salt at home (Table 5.4.8f).

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

|  | Domestic households |  |
| :---: | :---: | :---: |
|  | No. <br> ('000) | \% |
| Yes | 549.4 | 22.3\% |
| No | 271.9 | 11.0\% |
| Don't know | 1642.3 | 66.7\% |
| Total | 2463.6 | 100.0\% |
| Base: All domestic households. <br> Note: Figures may not add up to the total due to rounding. |  |  |

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

|  | $\begin{gathered} \text { Less than } \\ \$ 5,000 \end{gathered}$ |  | $\begin{gathered} \$ 5,000- \\ \$ 9,999 \end{gathered}$ |  | $\begin{gathered} \$ 10,000- \\ \$ 19,999 \end{gathered}$ |  | $\begin{gathered} \$ 20,000- \\ \$ 29,999 \end{gathered}$ |  | $\begin{gathered} \$ 30,000- \\ \$ 39,999 \end{gathered}$ |  | $\begin{gathered} \$ 40,000- \\ \$ 49,999 \end{gathered}$ |  | \$50,000 <br> or more |  | 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 | 31.8 | 10.9\% | 28.3 | 13.8\% | 89.2 | 18.7\% | 114.8 | 23.6\% | 99.8 | 29.2\% | 64.9 | 29.1\% | 118.5 | 27.5\% | 547.2 | 22.3\% |
| No | 31.1 | 10.7\% | 26.6 | 13.0\% | 54.1 | 11.3\% | 54.2 | 11.1\% | 29.8 | 8.7\% | 31.1 | 13.9\% | 43.7 | 10.1\% | 270.6 | 11.0\% |
| Don't know | 228.7 | 78.4\% | 150.3 | 73.2\% | 334.0 | 70.0\% | 317.8 | 65.3\% | 211.5 | 62.0\% | 127.0 | 57.0\% | 269.4 | 62.4\% | 1638.6 | 66.7\% |
| Total | 291.6 | 100.0\% | 205.1 | 100.0\% | 477.2 | 100.0\% | 486.8 | 100.0\% | 341.2 | 100.0\% | 223.0 | 100.0\% | 431.5 | 100.0\% | 2456.4 | 100.0\% |

Base: All domestic households provided information on monthly household income.
Note: Figures may not add up to the total due to rounding.

### 5.5 Eating-out Habits

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

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

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

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

Table 5.5a: Frequency of eating-out for breakfast, lunch or dinner in the $\mathbf{3 0}$ days preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Breakfast |  |  |  |  |  |  |
| 5 times or more a week | 733.4 | 23.0\% | 1007.2 | 34.8\% | 1740.5 | 28.6\% |
| 2-4 times a week | 407.2 | 12.8\% | 392.1 | 13.5\% | 799.3 | 13.1\% |
| Once a week | 457.4 | 14.4\% | 368.7 | 12.7\% | 826.1 | 13.6\% |
| 2-3 times per month | 227.2 | 7.1\% | 195.5 | 6.8\% | 422.7 | 7.0\% |
| Once per month | 120.0 | 3.8\% | 94.3 | 3.3\% | 214.3 | 3.5\% |
| Did not eat out for breakfast | 1148.6 | 36.1\% | 738.4 | 25.5\% | 1887.0 | 31.0\% |
| Skipped breakfast | 91.2 | 2.9\% | 99.0 | 3.4\% | 190.2 | 3.1\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean (Times per month) |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |
| 5 times or more a week | 1231.8 | 38.7\% | 1744.2 | 60.2\% | 2975.9 | 48.9\% |
| 2-4 times a week | 473.8 | 14.9\% | 328.0 | 11.3\% | 801.8 | 13.2\% |
| Once a week | 297.0 | 9.3\% | 159.5 | 5.5\% | 456.5 | 7.5\% |
| 2-3 times per month | 245.1 | 7.7\% | 145.5 | 5.0\% | 390.6 | 6.4\% |
| Once per month | 80.7 | 2.5\% | 67.3 | 2.3\% | 148.0 | 2.4\% |
| Did not eat out for lunch | 832.8 | 26.1\% | 420.2 | 14.5\% | 1253.0 | 20.6\% |
| Skipped lunch | 23.9 | 0.8\% | 30.5 | 1.1\% | 54.4 | 0.9\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean (Times per month) |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |
| 5 times or more a week | 247.6 | 7.8\% | 357.2 | 12.3\% | 604.9 | 9.9\% |
| 2-4 times a week | 551.8 | 17.3\% | 578.1 | 20.0\% | 1129.9 | 18.6\% |
| Once a week | 600.2 | 18.8\% | 552.3 | 19.1\% | 1152.5 | 19.0\% |
| 2-3 times per month | 476.7 | 15.0\% | 409.1 | 14.1\% | 885.8 | 14.6\% |
| Once per month | 200.4 | 6.3\% | 154.3 | 5.3\% | 354.7 | 5.8\% |
| Did not eat out for dinner | 1103.0 | 34.6\% | 839.5 | 29.0\% | 1942.5 | 31.9\% |
| Skipped dinner | 5.4 | 0.2\% | 4.6 | 0.2\% | 10.0 | 0.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean (Times per month) |  |  |  |  |  |  |

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

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

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | $\begin{array}{cl} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cl} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | No. of persons \% ('000) | No. of persons \% ('000) | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ \text { ('000) } & \end{array}$ | No. of persons \% ('000) |

## Breakfast

5 times or
$\begin{array}{lllllllllllllllllllllll}\text { more a } & 221.6 & 27.6 \% & 340.0 & 35.4 \% & 333.5 & 32.7 \% & 376.9 & 31.9 \% & 266.8 & 25.0 \% & 111.1 & 19.7 \% & 69.8 & 19.8 \% & 20.7 & 15.9 \% & 1740.5 & 28.6 \%\end{array}$ week
2-4 times a $\begin{array}{llllllllllllllllllll}\text { week } & 119.8 & 14.9 \% & 152.1 & 15.8 \% & 172.6 & 16.9 \% & 143.5 & 12.1 \% & 118.2 & 11.1 \% & 56.8 & 10.1 \% & 31.7 & 9.0 \% & 4.5 & 3.4 \% & 799.3 & 13.1 \%\end{array}$ $\begin{array}{lllllllllllllllllllll}\begin{array}{l}\text { Once a } \\ \text { week }\end{array} & 104.9 & 13.1 \% & 142.1 & 14.8 \% & 137.9 & 13.5 \% & 174.2 & 14.7 \% & 162.2 & 15.2 \% & 66.7 & 11.8 \% & 29.9 & 8.5 \% & 8.2 & 6.3 \% & 826.1 & 13.6 \%\end{array}$ 2-3 times per month Once per month $\begin{array}{lllllllllllllllllll}51.6 & 6.4 \% & 53.4 & 5.6 \% & 71.2 & 7.0 \% & 85.7 & 7.2 \% & 77.4 & 7.3 \% & 46.3 & 8.2 \% & 26.6 & 7.5 \% & 10.5 & 8.0 \% & 422.7 & 7.0 \%\end{array}$ Did not eat
out for $\begin{array}{lllllllllllllllllllllllll}230.4 & 28.7 \% & 196.5 & 20.4 \% & 242.8 & 23.8 \% & 337.6 & 28.5 \% & 371.3 & 34.9 \% & 249.6 & 44.3 \% & 176.0 & 49.9 \% & 82.9 & 63.3 \% & 1887.0 & 31.0 \%\end{array}$ breakfast
Skipped breakfast $\begin{array}{llllllllllllllllllllllllll}45.1 & 5.6 \% & 48.3 & 5.0 \% & 29.1 & 2.8 \% & 28.5 & 2.4 \% & 24.8 & 2.3 \% & 10.1 & 1.8 \% & 4.3 & 1.2 \% & - & & - & 190.2 & 3.1 \%\end{array}$


| Mean* | 8.0 |  | 9.7 |  | 9.3 |  | 8.6 |  | 7.2 |  | 5.9 |  | 5.6 |  | 4.1 |  | 8.1 |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Lunch |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 times or more a week | 522.5 | 65.2\% | 626.6 | 65.2\% | 622.2 | 60.9\% | 651.2 | 55.0\% | 417.8 | 39.2\% | 95.6 | 16.9\% | 28.8 | 8.2\% | 11.4 | 8.7\% | 2975.9 | 48.9\% |
| 2-4 times a week | 137.5 | 17.2\% | 138.1 | 14.4\% | 134.9 | 13.2\% | 153.8 | 13.0\% | 145.3 | 13.6\% | 62.2 | 11.0\% | 25.7 | 7.3\% | 4.2 | 3.2\% | 801.8 | 13.2\% |
| Once a week | 42.5 | 5.3\% | 58.0 | 6.0\% | 69.2 | 6.8\% | 90.3 | 7.6\% | 101.6 | 9.5\% | 61.7 | 10.9\% | 27.2 | 7.7\% | 6.0 | 4.6\% | 456.5 | 7.5\% |
| 2-3 times per month | 24.7 | 3.1\% | 46.5 | 4.8\% | 56.6 | 5.5\% | 77.7 | 6.6\% | 85.6 | 8.0\% | 57.4 | 10.2\% | 32.4 | 9.2\% | 9.7 | 7.4\% | 390.6 | 6.4\% |
| Once per month | 7.4 | 0.9\% | 12.4 | 1.3\% | 13.7 | 1.3\% | 25.9 | 2.2\% | 35.0 | 3.3\% | 28.0 | 5.0\% | 19.4 | 5.5\% | 6.1 | 4.7\% | 148.0 | 2.4\% |
| Did not eat out for lunch | 63.5 | 7.9\% | 76.7 | 8.0\% | 118.8 | 11.6\% | 178.3 | 15.1\% | 261.3 | 24.5\% | 249.8 | 44.3\% | 212.2 | 60.2\% | 92.5 | 70.7\% | 1253.0 | 20.6\% |
| Skipped lunch | 3.6 | 0.4\% | 3.1 | 0.3\% | 5.8 | 0.6\% | 5.7 | 0.5\% | 18.8 | 1.8\% | 9.4 | 1.7\% | 7.1 | 2.0\% | 0.9 | 0.7\% | 54.4 | 0.9\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Mean* | 15.4 |  | 15.1 |  | 14.2 |  | 13.1 |  | 10.1 |  | 5.5 |  | 3.1 |  | 2.5 |  | 11.9 |  |

## Dinner

| 5 times or more a week | 99.5 | 12.4\% | 148.6 | 15.5\% | 118.2 | 11.6\% | 130.1 | 11.0\% | 75.3 | 7.1\% | 16.5 | 2.9\% | 10.1 | 2.9\% | 6.3 | 4.8\% | 604.9 | 9.9\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2-4 times a week | 193.2 | 24.1\% | 284.3 | 29.6\% | 235.7 | 23.1\% | 222.8 | 18.8\% | 141.7 | 13.3\% | 35.4 | 6.3\% | 15.1 | 4.3\% | 1.8 | 1.4\% | 1129.9 | 18.6\% |
| Once a week | 169.0 | 21.1\% | 206.6 | 21.5\% | 236.9 | 23.2\% | 235.3 | 19.9\% | 191.7 | 18.0\% | 73.8 | 13.1\% | 29.1 | 8.2\% | 10.1 | 7.7\% | 1152.5 | 19.0\% |
| 2-3 times per month | 114.6 | 14.3\% | 132.4 | 13.8\% | 134.1 | 13.1\% | 182.5 | 15.4\% | 179.2 | 16.8\% | 86.6 | 15.4\% | 44.0 | 12.5\% | 12.3 | 9.4\% | 885.8 | 14.6\% |
| Once per month | 34.9 | 4.4\% | 37.6 | 3.9\% | 56.0 | 5.5\% | 73.6 | 6.2\% | 72.2 | 6.8\% | 47.2 | 8.4\% | 26.3 | 7.5\% | 6.8 | 5.2\% | 354.7 | 5.8\% |
| Did not eat out for dinner | 189.9 | 23.7\% | 149.0 | 15.5\% | 239.8 | 23.5\% | 337.4 | 28.5\% | 402.0 | 37.7\% | 303.3 | 53.8\% | 227.6 | 64.5\% | 93.5 | 71.5\% | 1942.5 | 31.9\% |
| Skipped dinner | 0.4 | 0.1\% | 2.9 | 0.3\% | 0.5 | <0.05\% | 1.3 | 0.1\% | 3.4 | 0.3\% | 1.0 | 0.2\% | 0.4 | 0.1\% | - | - | 10.0 | 0.2\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% 1 | 1021.2 | $2100.0 \% 1$ | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Mean* |  | 6.6 |  | . 9 |  | 6.4 |  | . 7 | 4 | . 2 |  | 2.3 |  | . 8 |  | 1.7 | 5. | . 4 |

Base: All respondents.
Notes: * The summary statistics refer to the number of times of eating-out for breakfast, lunch or dinner in the 30 days preceding the survey.
Figures may not add up to the total due to rounding.

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

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

|  | Female | Male | Total |
| :--- | :---: | :---: | :---: |
| Proportion of population eating-out for breakfast, lunch or dinner <br> at least once a week | $79.9 \%$ | $88.9 \%$ | $84.2 \%$ |
| Base: All |  |  |  |

Base: All respondents.

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

|  | $\mathbf{1 5 - 2 4}$ | $\mathbf{2 5 - 3 4}$ | $\mathbf{2 5 - 4 4}$ | $\mathbf{4 5 - 5 4}$ | $\mathbf{5 5 - 6 4}$ | $\mathbf{6 5 - 7 4}$ | $\mathbf{7 5 - 8 4}$ | $\mathbf{8 5}$ or above |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total |  |  |  |  |  |  |  |  |
| Proportion of population <br> eating-out for breakfast, <br> lunch or dinner at least once <br> a week | $94.1 \%$ | $94.8 \%$ | $91.3 \%$ | $88.3 \%$ | $81.3 \%$ | $64.8 \%$ | $54.3 \%$ | $39.1 \%$ |

Base: All respondents.

### 5.6 Use of Medication for Health

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

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

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

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

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Slimming pills |  |  |  |  |  |  |
| Yes | 24.8 | 0.8\% | 8.9 | 0.3\% | 33.7 | 0.6\% |
| No | 3156.3 | 99.1\% | 2881.1 | 99.5\% | 6037.4 | 99.3\% |
| Don't know | 4.0 | 0.1\% | 5.2 | 0.2\% | 9.2 | 0.2\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Health supplements such as vitamin and mineral supplements |  |  |  |  |  |  |
| Yes | 618.9 | 19.4\% | 360.3 | 12.4\% | 979.2 | 16.1\% |
| No | 2552.7 | 80.1\% | 2514.8 | 86.9\% | 5067.5 | 83.3\% |
| Don't know | 13.4 | 0.4\% | 20.1 | 0.7\% | 33.5 | 0.6\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

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

| 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ \text { ('000) } & \end{array}$ | No. of persons \% ('000) | No. of <br> persons \% <br> ('000) | No. of persons \% ('000) | No. of persons \% ('000) | No. of persons \% ('000) |

## Slimming pills




Health supplements such as vitamin and mineral supplements

| Yes | 87.1 | 10.9\% | 144.5 | 15.0\% | 172.5 | 16.9\% | 224.9 | 19.0\% | 171.5 | 16.1\% | 105.1 | 18.6\% | 53.0 | 15.0\% | 20.6 | 15.8\% | 979.2 | 16.1\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No | 704.4 | 87.9\% | 812.0 | 84.5\% | 844.6 | 82.7\% | 951.9 | 80.5\% | 889.5 | 83.5\% | 455.8 | 80.8\% | 299.3 | 84.9\% | 110.2 | 84.2\% | 5067.5 | 83.3\% |
| Don't know | 10.1 | 1.3\% | 5.0 | 0.5\% | 4.1 | 0.4\% | 6.2 | 0.5\% | 4.5 | 0.4\% | 3.1 | 0.6\% | 0.4 | 0.1\% | - | - | 33.5 | 0.6\% |



[^29]A total of $3.4 \%$ of females aged 15 to 49 reported that they had taken birth control pills in the month preceding the survey. Analysed by age group, females aged 25-34 recorded the highest proportion (4.9\%) of using birth control pills in this period (Table 5.6c).

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

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

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-49 |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 5.8 | 1.5\% | 24.8 | 4.9\% | 21.6 | 3.8\% | 6.9 | 2.3\% | 59.0 | 3.4\% |
| No | 386.5 | 98.5\% | 481.6 | 95.1\% | 539.8 | 96.2\% | 290.7 | 97.7\% | 1698.7 | 96.6\% |
| Total | 392.3 | 100.0\% | 506.4 | 100.0\% | 561.4 | 100.0\% | 297.6 | 100.0\% | 1757.7 | 100.0\% |

Base: Female respondents aged 15 to 49.
Note: Figures may not add up to the total due to rounding.

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

|  | 30-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('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 | 1.0 | 0.4\% | 4.2 | 0.7\% | 9.0 | 1.4\% | 4.6 | 0.9\% | 1.4 | 0.5\% | 0.5 | 0.3\% | - | - | 20.8 | 0.8\% |
| No | 266.2 | 99.6\% | 557.2 | 99.3\% | 625.6 | 98.6\% | 532.9 | 99.1\% | 278.8 | 99.5\% | 187.4 | 99.7\% | 84.7 | 100.0\% | 2532.7 | 99.2\% |
| Total | 267.2 | 100.0\% | 561.4 | 100.0\% | 634.6 | 100.0\% | 537.5 | 100.0\% | 280.2 | 100.0\% | 187.9 | 100.0\% | 84.7 | 100.0\% | 2553.5 | 100.0\% |
| Mean age (in years) when started taking hormones $\dagger$ |  | 2.3 | 35 | 5.8 | 44 | . 4 |  | 2.0 |  | 4.7 | 49 | . 0 |  |  | 43 |  |

Bases: Female respondents aged 30 or above.
$\dagger$ All female respondents aged 30 or above who had taken hormones before.
Note: Figures may not add up to the total due to rounding.

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## Chapter 6 <br> Injury Prevention

Injury is one of the leading causes of global morbidity, mortality and premature death, and an important public health issue worldwide ${ }^{1}$. Meanwhile, safety practices are effective in preventing unintentional injuries. This Chapter reports the characteristics of unintentional injuries and preventive measures adopted for injury prevention in the population in Hong Kong.

## Snapshot of Population's Injury Prevention

| Indicator | Female | Male | Overall |
| :--- | :---: | :---: | :---: |
| Proportion of population who had sustained unintentional <br> injury episode(s) in the 12 months preceding the survey | $13.9 \%$ | $15.1 \%$ | $14.5 \%$ |
| Proportion of population who had done something or taken <br> precautions to prevent unintentional injury in household or <br> workplace in the 12 months preceding the survey | $39.3 \%$ | $41.6 \%$ | $40.4 \%$ |
| Proportion of population who agreed that unintentional <br> injury was preventable | $81.4 \%$ | $79.8 \%$ | $80.6 \%$ |

### 6.1 Unintentional Injuries

In this survey, "Unintentional injuries" are injuries that are not deliberately inflicted by oneself or by someone else, and are severe enough to limit daily activities of a person.

Overall, $14.5 \%$ of persons ( $15.1 \%$ of males and $13.9 \%$ of females) aged 15 or above reported that they had sustained unintentional injury episode(s) in the 12 months preceding the survey (Table 6.1a). People aged 15-24 (19.0\%) and 85 or above ( $17.7 \%$ ) were more likely to report having sustained unintentional injury episode(s) than those in other age groups (Table 6.1b).

Table 6.1a: Proportion of population aged 15 or above sustained unintentional injury episode(s) in the 12 months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 441.8 | 13.9\% | 437.7 | 15.1\% | 879.6 | 14.5\% |
| No | 2743.2 | 86.1\% | 2457.5 | 84.9\% | 5200.6 | 85.5\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 6.1b: Proportion of population aged 15 or above sustained unintentional injury episode(s) in the $\mathbf{1 2}$ 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) | \% |
| Yes | 152.0 | 19.0\% | 143.4 | 14.9\% | 137.5 | 13.5\% | 166.4 | 14.1\% | 143.8 | 13.5\% | 66.4 | 11.8\% | 46.9 | 13.3\% | 23.2 | 17.7\% | 879.6 | 14.5\% |
| No | 649.6 | 81.0\% | 818.0 | 85.1\% | 883.7 | 86.5\% | 1016.6 | 85.9\% | 921.7 | 86.5\% | 497.6 | 88.2\% | 305.8 | 86.7\% | 107.6 | 82.3\% | 5200.6 | 85.5\% |
| Total | 801.61 | 100.0\% | \% 961.4 | 100.0\% | 1021.21 | 100.0\% | \% 1183.0 | 100.0\% | 1065.51 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.21 | 100.0\% |

[^30]Among those who had sustained unintentional injury episode(s) in the 12 months preceding the survey, the average number of unintentional injury episodes sustained was 2.1 . The results were comparable between females and males ( 2.1 times versus 2.2 times respectively) (Table 6.1c). Subgroup analyses by age group showed that people in the younger age groups, i.e. 15-24 and 25-34, recorded the highest average number of unintentional injury episodes of 2.5 times during this period, while that among people in the oldest age group ( 85 or above) was the lowest at 1.3 times (Table 6.1d).

Table 6.1c: Number of unintentional injury episode(s) sustained by injured persons in the $\mathbf{1 2}$ months preceding the survey by gender

|  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 1 | 291.7 | 66.0\% | 255.2 | 58.3\% | 546.9 | 62.2\% |
| 2 | 69.0 | 15.6\% | 82.3 | 18.8\% | 151.3 | 17.2\% |
| 3 | 37.4 | 8.5\% | 43.7 | 10.0\% | 81.1 | 9.2\% |
| 4 | 10.2 | 2.3\% | 11.1 | 2.5\% | 21.3 | 2.4\% |
| 5 | 7.8 | 1.8\% | 18.8 | 4.3\% | 26.6 | 3.0\% |
| 6 or above | 25.7 | 5.8\% | 26.7 | 6.1\% | 52.4 | 6.0\% |
| Total | 441.8 | 100.0\% | 437.7 | 100.0\% | 879.6 | 100.0\% |
| Mean | 2.1 |  | 2.2 |  | 2.1 |  |

Base: All respondents who sustained unintentional injury in the 12 months preceding the survey.
Note: Figures may not add up to the total due to rounding.

Table 6.1d: Number of unintentional injury episode(s) sustained by injured persons in the $\mathbf{1 2}$ 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) | is \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ |
| 1 | 81.0 | 53.3\% | 85.0 | 59.3\% | 79.5 | 57.8\% | 100.6 | 60.5\% | 98.1 | 68.2\% | 45.5 | 68.5\% | 37.9 | 80.8\% | 19.3 | 83.2\% | 546.9 | 62.2\% |
| 2 | 26.4 | 17.4\% | 18.2 | 12.7\% | 25.9 | 18.8\% | 36.5 | 21.9\% | 25.0 | 17.4\% | 11.7 | 17.6\% | 6.2 | 13.1\% | 1.6 | 6.7\% | 151.3 | 17.2\% |
| 3 | 20.3 | 13.4\% | 18.9 | 13.2\% | 12.5 | 9.1\% | 11.1 | 6.7\% | 11.0 | 7.7\% | 5.1 | 7.7\% | 0.4 | 0.9\% | 1.7 | 7.2\% | 81.1 | 9.2\% |
| 4 | 6.3 | 4.2\% | 3.9 | 2.7\% | 3.3 | 2.4\% | 2.4 | 1.5\% | 3.5 | 2.4\% | 1.4 | 2.1\% | 0.4 | 0.9\% | - | - | 21.3 | 2.4\% |
| 5 | 4.3 | 2.8\% | 5.7 | 4.0\% | 6.1 | 4.5\% | 7.8 | 4.7\% | 1.2 | 0.8\% | - | - | 0.9 | 1.9\% | 0.7 | 2.9\% | 26.6 | 3.0\% |
| 6 or above | 13.7 | 9.0\% | 11.7 | 8.2\% | 10.2 | 7.4\% | 7.9 | 4.8\% | 5.0 | 3.5\% | 2.7 | 4.1\% | 1.1 | 2.3\% | - | - | 52.4 | 6.0\% |
| Total | 152.0 | 100.0\% | 143.4 | 100.0\% | 137.5 | 100.0\% | 166.4 | 100.0\% | 143.8 | 100.0\% | 66.4 | 100.0\% | 46.9 | 100.0\% | 23.2 | 100.0\% | 879.6 | 100.0\% |
| Mean |  | . 5 | 2.5 | . 5 | 2. | . 3 | 2. | . 1 | 1.8 | . 8 |  | 1.9 | 1. | . 5 | 1.3 | . 3 | 2. | . 1 |

Base: All respondents who sustained unintentional injury in the 12 months preceding the survey.
Note: Figures may not add up to the total due to rounding.

Respondents aged 15 or above who had sustained unintentional injury episode(s) in the 12 month preceding the survey were asked to report the main cause for each of the three most severe injury episodes which they sustained during the aforementioned period. Among these injury episodes reported, the five most common main causes were sprain (24.0\%), falls (19.9\%), hit / struck (19.6\%), cutting / piercing (15.8\%) and sports (12.8\%). Analysed by gender, a higher proportion of unintentional injury episodes in females resulted from falls ( $26.6 \%$ ), sprain ( $23.8 \%$ ) and hit / struck ( $19.8 \%$ ), while a higher proportion of unintentional injury episodes in males resulted from sprain (24.2\%), hit / struck (19.3\%) and sports ( $18.8 \%$ ) (Table 6.1e). Analysed by age group, falls (59.1\%) was the most common main cause of unintentional injury episodes sustained by people aged 65 or above. Sprain was the most common main cause of unintentional injury episodes among persons in the 25-34, 35-44 and 55-64 age groups (Table 6.1f).

Table 6.1e: Main causes of unintentional injury episode(s) sustained in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% |
| Sprain | 160.1 | 23.8\% | 174.6 | 24.2\% | 334.8 | 24.0\% |
| Falls | 179.0 | 26.6\% | 98.6 | 13.7\% | 277.7 | 19.9\% |
| Hit / struck | 133.4 | 19.8\% | 139.0 | 19.3\% | 272.5 | 19.6\% |
| Cutting / piercing | 102.7 | 15.3\% | 117.2 | 16.3\% | 219.9 | 15.8\% |
| Sports | 43.3 | 6.4\% | 135.4 | 18.8\% | 178.7 | 12.8\% |
| Burns / scald | 33.4 | 5.0\% | 24.5 | 3.4\% | 57.9 | 4.2\% |
| Pinch / crush | 9.3 | 1.4\% | 16.0 | 2.2\% | 25.3 | 1.8\% |
| Animal bite | 6.7 | 1.0\% | 4.0 | 0.6\% | 10.7 | 0.8\% |
| Traffic | 2.2 | 0.3\% | 8.5 | 1.2\% | 10.7 | 0.8\% |
| Abrasion | 2.8 | 0.4\% | 1.4 | 0.2\% | 4.3 | 0.3\% |
| Others | - | - | 1.1 | 0.2\% | 1.1 | 0.1\% |
| Total | 673.0 | 100.0\% | 720.5 | 100.0\% | 1393.5 | 100.0\% |

Base: Unintentional injury episodes (up to three most serious ones) sustained by the respondents in the 12 months preceding the survey.
Notes: Ranked in descending order of the percentages of the main causes of the three most severe unintentional injury episodes sustained by the respondents. "Others" covered unintentional injury episodes due to unknown causes and did not include drowning / near-drowning, poisoning and electric shock. Figures may not add up to the total due to rounding.

Table 6.1f: Main causes of unintentional injury episode(s) sustained 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 episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | $\%$ | No. of episodes ('000) | $\%$ | No. of episodes <br> ('000) | \% | No. of episodes <br> ('000) | $\%$ |
| Sprain | 62.1 | 23.2\% | 57.7 | 23.8\% | 75.7 | 33.3\% | 63.7 | 24.4\% | 58.6 | 27.9\% | 10.3 | 10.6\% | 6.6 | 11.3\% | - | - | 334.8 | 24.0\% |
| Falls | 36.0 | 13.5\% | 23.8 | 9.8\% | 26.7 | 11.7\% | 38.0 | 14.5\% | 43.8 | 20.8\% | 49.7 | 51.4\% | 36.2 | 61.6\% | 23.4 | 79.5\% | 277.7 | 19.9\% |
| Hit / <br> struck | 50.5 | 18.9\% | 40.1 | 16.6\% | 36.1 | 15.9\% | 66.5 | 25.5\% | 48.8 | 23.2\% | 16.8 | 17.4\% | 8.7 | 14.8\% | 4.8 | 16.4\% | 272.5 | 19.6\% |
| Cutting / piercing | 32.6 | 12.2\% | 50.6 | 20.9\% | 42.9 | 18.8\% | 43.4 | 16.6\% | 36.4 | 17.3\% | 9.6 | 9.9\% | 3.9 | 6.6\% | 0.5 | 1.8\% | 219.9 | 15.8\% |
| Sports | 65.6 | 24.5\% | 44.9 | 18.6\% | 31.3 | 13.8\% | 25.8 | 9.9\% | 8.3 | 4.0\% | 2.2 | 2.3\% | 0.5 | 0.8\% | - | - | 178.7 | 12.8\% |
| Burns / scald | 6.9 | 2.6\% | 11.4 | 4.7\% | 8.0 | 3.5\% | 13.4 | 5.1\% | 11.3 | 5.4\% | 5.6 | 5.8\% | 1.3 | 2.2\% | - | - | 57.9 | 4.2\% |
| Pinch / crush | 4.6 | 1.7\% | 6.2 | 2.6\% | 4.7 | 2.1\% | 4.7 | 1.8\% | 2.5 | 1.2\% | 1.5 | 1.6\% | 0.5 | 0.8\% | 0.7 | 2.3\% | 25.3 | 1.8\% |
| Animal bite | 3.7 | 1.4\% | 2.7 | 1.1\% | 1.6 | 0.7\% | 2.1 | 0.8\% | - | - | - | - | 0.6 | 1.0\% | - | - | 10.7 | 0.8\% |
| Traffic | 1.1 | 0.4\% | 4.0 | 1.6\% | 0.5 | 0.2\% | 3.2 | 1.2\% | 0.5 | 0.2\% | 0.9 | 0.9\% | 0.6 | 1.0\% | - | - | 10.7 | 0.8\% |
| Abrasion | 3.7 | 1.4\% | - | - | - | - | 0.5 | 0.2\% | - | - | - | - | - | - | - | - | 4.3 | 0.3\% |
| Others | 0.6 | 0.2\% | 0.5 | 0.2\% | - | - | - | - | - | - | - | - | - | - | - | - | 1.1 | 0.1\% |
| Total | 267.6 | 100.0\% | 242.0 | 100.0\% | 227.5 | 100.0\% | 261.5 | 100.0\% | 210.2 | 100.0\% | 96.6 | 100.0\% | 58.8 | 100.0\% | 29.4 | 100.0\% | 1393.51 | 100.0\% |

Base: Unintentional injury episodes (up to three most serious ones) sustained by the respondents in the 12 months preceding the survey.
Notes: Ranked in descending order of the percentages of the main causes of the three most severe unintentional injury episodes sustained by the respondents.
"Others" covered unintentional injury episodes due to unknown causes and did not include drowning / near-drowning, poisoning and electric shock.
Figures may not add up to the total due to rounding.

Among the most severe unintentional injury episodes reported by the respondents during the 12 months preceding the survey, the most common main cause of injury was sprain (26.8\%). While sprain (26.4\%) was the most common main cause of injury among males, falls ( $30.1 \%$ ) was the most common main cause among females (Table 6.1 g ). Analysed by age group, sprain was the most common main cause of injury among persons aged 15-64, while falls was the most common main cause among those aged 65 or above (Table 6.1h).

Table 6.1g: Main causes of the most severe unintentional injury episode(s) sustained in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% |
| Sprain | 120.5 | 27.3\% | 115.5 | 26.4\% | 236.0 | 26.8\% |
| Falls | 133.1 | 30.1\% | 75.8 | 17.3\% | 208.9 | 23.8\% |
| Hit / struck | 73.6 | 16.7\% | 78.5 | 17.9\% | 152.1 | 17.3\% |
| Cutting / piercing | 55.4 | 12.5\% | 57.3 | 13.1\% | 112.6 | 12.8\% |
| Sports | 26.3 | 6.0\% | 77.7 | 17.7\% | 104.0 | 11.8\% |
| Burns / scald | 21.4 | 4.8\% | 13.6 | 3.1\% | 34.9 | 4.0\% |
| Pinch / crush | 6.0 | 1.3\% | 8.9 | 2.0\% | 14.9 | 1.7\% |
| Traffic | 1.6 | 0.4\% | 7.9 | 1.8\% | 9.4 | 1.1\% |
| Animal bite | 2.7 | 0.6\% | 1.0 | 0.2\% | 3.7 | 0.4\% |
| Abrasion | 1.5 | 0.3\% | 0.5 | 0.1\% | 1.9 | 0.2\% |
| Others | - | - | 1.1 | 0.3\% | 1.1 | 0.1\% |
| Total | 441.8 | 100.0\% | 437.7 | 100.0\% | 879.6 | 100.0\% |

Base: The most severe unintentional injury episodes sustained by the respondents in the 12 months preceding the survey.
Notes: Ranked in descending order of the percentages of the main causes of the most severe unintentional injury episodes sustained by the respondents.
"Others" covered unintentional injury episodes due to unknown causes and did not include drowning / near-drowning, poisoning and electric shock.
Figures may not add up to the total due to rounding.

Table 6.1h: Main causes of the most severe unintentional injury episode(s) sustained 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 episodes <br> ('000) | $\% \quad \text { el }$ | No. of episodes ('000) | $\%$ | No. of episodes ('000) | $\% \quad \mathbf{e}$ | No. of episodes ('000) | $\% \quad \text { ep }$ | No. of episodes <br> ('000) | $\% \quad \text { eI }$ | No. of episodes <br> ('000) | $\%$ | No. of episodes ('000) | $\%$ | No. of episodes <br> ('000) | $\%$ | No. of episodes ('000) | $\%$ |
| Sprain | 39.9 | 26.3\% | 44.9 | 31.3\% | 50.0 | 36.4\% | 45.8 | 27.5\% | 42.2 | 29.4\% | 7.4 | 11.2\% | 5.7 | 12.1\% | - | - | 236.0 | 26.8\% |
| Falls | 22.8 | 15.0\% | 16.2 | 11.3\% | 19.5 | 14.2\% | 30.5 | 18.3\% | 33.5 | 23.3\% | 37.9 | 57.1\% | 30.0 | 63.8\% | 18.5 | 79.9\% | 208.9 | 23.8\% |
| Hit / struck | 26.7 | 17.6\% | 20.3 | 14.1\% | 18.3 | 13.3\% | 37.6 | 22.6\% | 32.1 | 22.3\% | 8.8 | 13.2\% | 4.9 | 10.4\% | 3.5 | 14.9\% | 152.1 | 17.3\% |
| Cutting / piercing | 14.7 | 9.7\% | 24.4 | 17.0\% | 22.0 | 16.0\% | 20.6 | 12.4\% | 21.2 | 14.7\% | 5.6 | 8.5\% | 3.5 | 7.5\% | 0.5 | 2.3\% | 112.6 | 12.8\% |
| Sports | 37.6 | 24.8\% | 24.0 | 16.7\% | 18.2 | 13.3\% | 17.2 | 10.3\% | 5.6 | 3.9\% | 0.9 | 1.4\% | 0.5 | 1.0\% | - | - | 104.0 | 11.8\% |
| Burns / scald | 4.6 | 3.0\% | 6.3 | 4.4\% | 4.8 | 3.5\% | 8.0 | 4.8\% | 7.1 | 5.0\% | 3.3 | 5.0\% | 0.8 | 1.8\% | - | - | 34.9 | 4.0\% |
| Pinch / crush | 2.0 | 1.3\% | 2.5 | 1.7\% | 3.0 | 2.2\% | 3.1 | 1.8\% | 1.5 | 1.1\% | 1.5 | 2.3\% | 0.5 | 1.0\% | 0.7 | 2.9\% | 14.9 | 1.7\% |
| Traffic | 1.1 | 0.7\% | 3.3 | 2.3\% | 0.5 | 0.4\% | 2.6 | 1.6\% | 0.5 | 0.3\% | 0.9 | 1.4\% | 0.6 | 1.2\% | - | - | 9.4 | 1.1\% |
| Animal bite | 0.5 | 0.3\% | 0.9 | 0.6\% | 1.2 | 0.8\% | 0.5 | 0.3\% | - | - | - | - | 0.6 | 1.2\% | - | - | 3.7 | 0.4\% |
| Abrasion | 1.4 | 0.9\% | - | - | - | - | 0.5 | 0.3\% | - | - | - | - | - | - | - | - | 1.9 | 0.2\% |
| Others | 0.6 | 0.4\% | 0.5 | 0.4\% | - | - | - | - | - | - | - | - | - | - | - | - | 1.1 | 0.1\% |
| Total | 152.0 | 100.0\% | \% 143.4 | 100.0\% | 137.5 | 100.0\% | \% 166.4 | 100.0\% | 143.8 | 100.0\% | \% 66.4 | 100.0\% | 46.9 | 100.0\% | \% 23.2 | 100.0\% | 879.6 | 100.0\% |

Base: The most severe unintentional injury episodes sustained by the respondents in the 12 months preceding the survey.
Notes: Ranked in descending order of the percentages of the main causes of the most severe unintentional injury episodes sustained by the respondents.
"Others" covered unintentional injury episodes due to unknown causes and did not include drowning / near-drowning, poisoning and electric shock. Figures may not add up to the total due to rounding.

Respondents were further asked to list the part(s) of their body which was / were injured during the most severe unintentional injury episodes reported. Among the most severe unintentional injury episodes recorded, $49.0 \%$ caused harm to the lower limbs of the injured persons, including $24.0 \%$ of injuries caused harm to ankle, foot or toe and $24.0 \%$ to knee or lower leg. Following the lower limbs, $40.5 \%$ of the injury episodes caused injury to the upper limbs of the injured persons; $14.6 \%$ and $7.2 \%$ of the episodes caused harm to their trunk and head respectively (Table 6.1i and Table 6.1j).

Table 6.1i: Body part(s) injured in the most severe unintentional injury episode(s) sustained in the 12 months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of episodes <br> ('000) | \% | No. of episodes <br> ('000) | \% | No. of episodes ('000) | \% |
| Lower limbs | 222.0 | 50.2\% | 208.8 | 47.7\% | 430.9 | 49.0\% |
| Ankle, foot or toe | 100.6 | 22.8\% | 110.9 | 25.3\% | 211.5 | 24.0\% |
| Knee or lower leg | 112.5 | 25.5\% | 98.8 | 22.6\% | 211.3 | 24.0\% |
| Hip or thigh | 21.1 | 4.8\% | 17.6 | 4.0\% | 38.7 | 4.4\% |
| Upper limbs | 163.2 | 36.9\% | 193.3 | 44.1\% | 356.4 | 40.5\% |
| Wrist, hand or finger | 119.6 | 27.1\% | 132.3 | 30.2\% | 251.9 | 28.6\% |
| Elbow or lower arm | 37.5 | 8.5\% | 46.8 | 10.7\% | 84.3 | 9.6\% |
| Shoulder or upper arm | 19.2 | 4.3\% | 32.8 | 7.5\% | 52.0 | 5.9\% |
| Trunk | 71.8 | 16.2\% | 56.6 | 12.9\% | 128.4 | 14.6\% |
| Lower back or lower spine | 48.5 | 11.0\% | 36.6 | 8.4\% | 85.1 | 9.7\% |
| Chest, abdomen or pelvis | 10.7 | 2.4\% | 10.9 | 2.5\% | 21.7 | 2.5\% |
| Neck | 9.2 | 2.1\% | 6.6 | 1.5\% | 15.9 | 1.8\% |
| Upper back or upper spine | 5.2 | 1.2\% | 3.5 | 0.8\% | 8.7 | 1.0\% |
| Head | 30.4 | 6.9\% | 33.1 | 7.6\% | 63.5 | 7.2\% |
| Head | 18.7 | 4.2\% | 22.9 | 5.2\% | 41.6 | 4.7\% |
| Face, including nose | 4.8 | 1.1\% | 5.5 | 1.3\% | 10.2 | 1.2\% |
| Eye | 6.5 | 1.5\% | 3.4 | 0.8\% | 9.9 | 1.1\% |
| Tooth | 1.5 | 0.3\% | 1.9 | 0.4\% | 3.4 | 0.4\% |
| Other body parts | - | - | 0.6 | 0.1\% | 0.6 | 0.1\% |

Base: The most severe unintentional injury episode sustained by the respondents in the 12 months preceding the survey.
Notes: Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 6.1j: Body part(s) injured in the most severe unintentional injury episode(s) sustained 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 episodes \% ('000) |  | No. of episodes ('000) |  | $\begin{gathered} \text { No. of } \\ \text { episodes \% } \\ (' 000) \end{gathered}$ |  | No. of episodes ('000) |  | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes <br> ('000) | \% | No. of episodes ('000) |  |
| Lower limbs | 92.9 | 61.1\% | 69.6 | 48.6\% | 64.3 | 46.7\% | 71.7 | 43.1\% | 66.4 | 46.2\% | 31.3 | 47.1\% | 23.1 | 49.1\% | 11.6 | 50.3\% | 430.9 | 49.0\% |
| Ankle, foot or toe | 49.3 | 32.5\% | 34.8 | 24.3\% | 37.9 | 27.6\% | 36.9 | 22.2\% | 30.9 | 21.5\% | 11.0 | 16.5\% | 8.1 | 17.3\% | 2.6 | 11.0\% | 211.5 | 24.0\% |
| Knee or lower leg | 46.4 | 30.5\% | 37.9 | 26.4\% | 25.6 | 18.6\% | 34.0 | 20.4\% | 32.2 | 22.4\% | 17.8 | 26.7\% | 11.7 | 25.0\% | 5.8 | 25.2\% | 211.3 | 24.0\% |
| Hip or thigh | 6.6 | 4.4\% | 2.9 | 2.0\% | 6.2 | 4.5\% | 4.2 | 2.5\% | 6.2 | 4.3\% | 4.4 | 6.7\% | 5.0 | 10.6\% | 3.2 | 14.0\% | 38.7 | 4.4\% |
| Upper limbs | 56.9 | 37.4\% | 62.2 | 43.4\% | 59.6 | 43.4\% | 81.0 | 48.7\% | 56.5 | 39.3\% | 22.9 | 34.5\% | 12.2 | 26.0\% | 5.0 | 21.7\% | 356.4 | 40.5\% |
| Wrist, hand or finger | 40.0 | 26.3\% | 47.5 | 33.1\% | 42.6 | 31.0\% | 54.7 | 32.9\% | 42.4 | 29.5\% | 14.0 | 21.0\% | 7.1 | 15.1\% | 3.6 | 15.6\% | 251.9 | 28.6\% |
| Elbow or lower arm | 16.7 | 11.0\% | 12.4 | 8.6\% | 15.1 | 11.0\% | 19.9 | 11.9\% | 10.2 | 7.1\% | 7.9 | 11.9\% | 1.8 | 3.8\% | 0.5 | 2.3\% | 84.3 | 9.6\% |
| Shoulder or upper arm | 6.0 | 3.9\% | 8.5 | 5.9\% | 7.7 | 5.6\% | 12.3 | 7.4\% | 8.1 | 5.6\% | 4.2 | 6.4\% | 4.3 | 9.1\% | 0.9 | 3.8\% | 52.0 | 5.9\% |
| Trunk | 12.7 | 8.4\% | 21.2 | 14.8\% | 24.0 | 17.5\% | 25.3 | 15.2\% | 20.2 | 14.0\% | 11.4 | 17.2\% | 8.4 | 17.8\% | 5.1 | 22.0\% | 128.4 | 14.6\% |
| Lower back or lower spine | 7.1 | 4.6\% | 11.9 | 8.3\% | 16.1 | 11.7\% | 17.0 | 10.2\% | 15.6 | 10.8\% | 8.4 | 12.7\% | 4.8 | 10.2\% | 4.2 | 18.2\% | 85.1 | 9.7\% |
| Chest, abdomen or pelvis | 2.9 | 1.9\% | 3.0 | 2.1\% | 3.9 | 2.8\% | 4.1 | 2.5\% | 2.1 | 1.4\% | 2.2 | 3.3\% | 2.7 | 5.7\% | 0.9 | 3.8\% | 21.7 | 2.5\% |
| Neck | 0.9 | 0.6\% | 6.4 | 4.4\% | 2.5 | 1.8\% | 4.1 | 2.5\% | 1.1 | 0.7\% | 0.5 | 0.7\% | 0.4 | 0.9\% | - | - | 15.9 | 1.8\% |
| Upper back or upper spine | 2.5 | 1.6\% | 0.4 | 0.3\% | 1.5 | 1.1\% | 0.6 | 0.3\% | 1.5 | 1.1\% | 1.7 | 2.6\% | 0.5 | 1.0\% | - | - | 8.7 | 1.0\% |
| Head | 7.2 | 4.7\% | 10.1 | 7.0\% | 5.0 | 3.7\% | 6.3 | 3.8\% | 10.4 | 7.2\% | 10.3 | 15.5\% | 7.7 | 16.5\% | 6.5 | 28.0\% | 63.5 | 7.2\% |
| Head | 5.7 | 3.7\% | 4.2 | 2.9\% | 3.4 | 2.5\% | 4.4 | 2.7\% | 6.3 | 4.4\% | 7.9 | 11.8\% | 4.2 | 8.9\% | 5.6 | 24.1\% | 41.6 | 4.7\% |
| Face, including nose | 0.4 | 0.3\% | 2.1 | 1.5\% | - | - | 0.4 | 0.3\% | 3.6 | 2.5\% | 1.4 | 2.1\% | 1.4 | 2.9\% | 0.9 | 3.8\% | 10.2 | 1.2\% |
| Eye | 1.1 | 0.7\% | 3.3 | 2.3\% | 1.2 | 0.8\% | 1.4 | 0.9\% | 0.5 | 0.3\% | 1.0 | 1.6\% | 1.3 | 2.8\% | - | - | 9.9 | 1.1\% |
| Tooth | - | - | 0.5 | 0.3\% | 0.5 | 0.4\% | - | - | 0.6 | 0.4\% | 0.5 | 0.8\% | 1.4 | 3.0\% | - | - | 3.4 | 0.4\% |
| Other body parts | - | - | - | - | 0.6 | 0.4\% | - | - | - | - | - | - | - | - | - | - | 0.6 | 0.1\% |

Base: The most severe unintentional injury episode sustained by the respondents in the 12 months preceding the survey.
Notes: Multiple answers were allowed.
Figures may not add up to the total due to rounding.

In terms of the locations where the most severe unintentional injury episodes occurred, over one-quarter ( $28.5 \%$ ) of the injury episodes took place at home, followed by sports or athletic area ( $17.2 \%$ ) and transport area - public highway, street or road (16.7\%). Analysed by gender, females were more likely to have sustained the most severe injury episode at home (40.1\%), in transport area - public highway, street or road $(17.9 \%)$ and commercial area ( $9.7 \%$ ), while males were more likely to have sustained the most severe injury episode in sports or athletic area (25.7\%), at home (16.8\%) and in transport area - public highway, street or road (15.6\%) (Table 6.1k). Analysed by age group, persons aged 15-34 were more likely to have sustained the most severe injury episode in sports or athletic area, while persons aged 35 or above were more likely to have sustained such injury episode at home (Table 6.11).

Table 6.1k: Place of occurrence of the most severe unintentional injury episode(s) sustained in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% |
| Home | 177.2 | 40.1\% | 73.7 | 16.8\% | 250.8 | 28.5\% |
| Sports or athletic area | 38.8 | 8.8\% | 112.4 | 25.7\% | 151.2 | 17.2\% |
| Transport area: public highway, street or road | 79.0 | 17.9\% | 68.2 | 15.6\% | 147.2 | 16.7\% |
| Commercial area (non-recreational, e.g. offices) | 43.0 | 9.7\% | 52.1 | 11.9\% | 95.2 | 10.8\% |
| Recreational area, cultural area or public building | 41.4 | 9.4\% | 28.3 | 6.5\% | 69.7 | 7.9\% |
| Industrial or construction area | 3.6 | 0.8\% | 49.1 | 11.2\% | 52.6 | 6.0\% |
| School, educational area | 16.4 | 3.7\% | 14.8 | 3.4\% | 31.2 | 3.5\% |
| Countryside | 13.5 | 3.1\% | 14.2 | 3.3\% | 27.8 | 3.2\% |
| Transport area: others (e.g. bus terminal, MTR station, car park) | 12.4 | 2.8\% | 8.7 | 2.0\% | 21.1 | 2.4\% |
| Medical service area | 4.9 | 1.1\% | 1.0 | 0.2\% | 5.9 | 0.7\% |
| Residential institution | 0.9 | 0.2\% | 0.5 | 0.1\% | 1.4 | 0.2\% |
| Farm or other place of primary production | 0.5 | 0.1\% | - | - | 0.5 | 0.1\% |
| Unspecified place of occurrence | 10.3 | 2.3\% | 14.7 | 3.4\% | 24.9 | 2.8\% |
| Total | 441.8 | 100.0\% | 437.7 | 100.0\% | 879.6 | 100.0\% |

Base: The most severe unintentional injury episode sustained by the respondents in the 12 months preceding the survey.
Note: Figures may not add up to the total due to rounding.

Table 6.11: Place of occurrence of the most severe unintentional injury episode(s) sustained in the $\mathbf{1 2}$ 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 episodes ('000) | \% | No. of episodes ('000) | $\%$ | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | $\%$ | No. of episodes ('000) | $\%$ | No. of episodes ('000) | $\%$ |
| Home | 24.2 | 15.9\% | 31.2 | 21.8\% | 30.5 | 22.2\% | 44.3 | 26.6\% | 51.8 | 36.0\% | 29.5 | 44.4\% | 25.5 | 54.4\% | 13.8 | 59.7\% | 250.8 | 28.5\% |
| Sports or athletic area | 55.9 | 36.8\% | 37.6 | 26.3\% | 25.2 | 18.4\% | 20.7 | 12.4\% | 9.3 | 6.5\% | 1.9 | 2.9\% | 0.5 | 1.0\% | - | - | 151.2 | 17.2\% |
| Transport area: public highway, street or road | 15.0 | 9.9\% | 23.0 | 16.1\% | 24.3 | 17.7\% | 25.2 | 15.1\% | 23.9 | 16.6\% | 17.5 | 26.4\% | 12.2 | 26.0\% | 6.0 | 26.1\% | 147.2 | 16.7\% |
| Commercial area (nonrecreational, e.g. offices) | 11.3 | 7.5\% | 19.9 | 13.9\% | 19.9 | 14.5\% | 26.5 | 15.9\% | 13.0 | 9.0\% | 4.0 | 6.1\% | 0.5 | 1.1\% | - | - | 95.2 | 10.8\% |
| Recreational area, cultural area or public building | 10.4 | 6.8\% | 10.6 | 7.4\% | 8.6 | 6.3\% | 12.9 | 7.7\% | 14.2 | 9.9\% | 6.9 | 10.4\% | 3.3 | 7.0\% | 2.8 | 11.9\% | 69.7 | 7.9\% |
| Industrial or construction area | 4.2 | 2.7\% | 7.9 | 5.5\% | 12.2 | 8.9\% | 18.6 | 11.2\% | 9.3 | 6.5\% | 0.5 | 0.7\% | - | - | - | - | 52.6 | 6.0\% |
| School, educational area | 21.6 | 14.2\% | 2.8 | 2.0\% | 3.4 | 2.5\% | 1.6 | 1.0\% | 1.9 | 1.3\% | - | - | - | - | - | - | 31.2 | 3.5\% |
| Countryside | 4.4 | 2.9\% | 2.6 | 1.8\% | 3.8 | 2.8\% | 6.1 | 3.6\% | 6.7 | 4.6\% | 1.9 | 2.8\% | 2.4 | 5.1\% | - | - | 27.8 | 3.2\% |
| Transport area: others (e.g. bus terminal, MTR station, car park) | 1.5 | 1.0\% | 2.8 | 1.9\% | 3.2 | 2.3\% | 5.3 | 3.2\% | 5.0 | 3.5\% | 1.8 | 2.7\% | 1.6 | 3.3\% | - | - | 21.1 | 2.4\% |
| Medical service area | 1.0 | 0.6\% | 1.0 | 0.7\% | 0.9 | 0.7\% | 2.0 | 1.2\% | 1.0 | 0.7\% | - | - | - | - | - | - | 5.9 | 0.7\% |
| Residential institution | - | - | - | - | - | - | - | - | 1.0 | 0.7\% | 0.4 | 0.7\% | - | - | - | - | 1.4 | 0.2\% |
| Farm or other place of primary production | - | - | - | - | - | - | - | - | 0.5 | 0.4\% | - | - | - | - | - | - | 0.5 | 0.1\% |
| Unspecified place of occurrence | 2.6 | 1.7\% | 3.8 | 2.6\% | 5.5 | 4.0\% | 3.5 | 2.1\% | 6.2 | 4.3\% | 1.9 | 2.9\% | 0.9 | 2.0\% | 0.5 | 2.3\% | 24.9 | 2.8\% |
| Total | 152.0 | 100.0\% | 143.4 | 100.0\% | 137.5 | 100.0\% | 166.4 | 100.0\% | 143.8 | 100.0\% | 66.4 | 100.0\% | 46.9 | 100.0\% | 23.2 | 100.0\% | 879.6 | 100.0\% |
| Base: The most severe unintentional injury episode sustain <br> Note: Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Among the most serious unintentional injury episodes sustained in the 12 months preceding the survey, $13.2 \%$ were reported to be work-related. The proportion was higher in males ( $18.5 \%$ ) than that of females ( $7.9 \%$ ) (Table 6.1 m ). Analysed by age group, the proportion of work-related injury episodes was the highest (19.8\%) in the 35-44 age group (Table 6.1n).

Table 6.1m: Proportion of work-related injury episodes among the most severe unintentional injury episode(s) sustained in the 12 months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% |
| Yes | 35.0 | 7.9\% | 81.0 | 18.5\% | 116.1 | 13.2\% |
| No | 406.8 | 92.1\% | 356.7 | 81.5\% | 763.5 | 86.8\% |
| Total | 441.8 | 100.0\% | 437.7 | 100.0\% | 879.6 | 100.0\% |

Base: The most severe unintentional injury episode sustained in the 12 months preceding the survey.
Note: Figures may not add up to the total due to rounding.

Table 6.1n: Proportion of work-related injury episodes among the most severe unintentional injury episode(s) sustained 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 episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | \% | No. of episodes ('000) | $\%$ | No. of episodes ('000) | $\%$ | No. of episodes ('000) | $\%$ | No. of episodes ('000) | \% | No. of episodes <br> ('000) | \% | No. of episodes <br> ('000) | \% |
| Yes | 14.6 | 9.6\% | 19.8 | 13.8\% | 27.3 | 19.8\% | 30.1 | 18.1\% | 22.9 | 15.9\% | 1.0 | 1.5\% | 0.4 | 0.9\% | - | - | 116.1 | 13.2\% |
| No | 137.4 | 90.4\% | 123.6 | 86.2\% | 110.2 | 80.2\% | 136.3 | 81.9\% | 120.9 | 84.1\% | 65.4 | 98.5\% | 46.5 | 99.1\% | 23.2 | 100.0\% | 763.5 | 86.8\% |
| Total | 152.0 | 100.0\% | 143.4 | 100.0\% | 137.5 | 100.0\% | 166.4 | 100.0\% | 143.8 | 100.0\% | 66.4 | 100.0\% | 46.9 | 100.0\% | 23.21 | 100.0\% | 879.61 | 100.0\% |

Base: $\quad$ The most severe unintentional injury episode sustained in the 12 months preceding the survey.
Note: Figures may not add up to the total due to rounding.

### 6.2 Preventive Measures

Overall, $40.4 \%$ of people aged 15 or above reported that they had taken precautions to prevent unintentional injury in household or workplace during the 12 months preceding the survey, and the proportion was comparable between males (41.6\%) and females (39.3\%) (Table 6.2a). People aged between 15-24 recorded the lowest proportion (32.9\%) among all age groups to have done something or taken precautions to prevent unintentional injury in household or workplace, while people aged 85 or above had the highest proportion (51.1\%) to have done so (Table 6.2b).

Table 6.2a: Proportion of population aged 15 or above who had done something or taken precautions to prevent unintentional injury in household or workplace in the 12 months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 1250.3 | 39.3\% | 1203.7 | 41.6\% | 2454.0 | 40.4\% |
| No | 1934.7 | 60.7\% | 1691.5 | 58.4\% | 3626.2 | 59.6\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |


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

Table 6.2b: Proportion of population aged 15 or above who had done something or taken precautions to prevent unintentional injury in household or workplace in the $\mathbf{1 2}$ 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) | \% |
| Yes | 263.6 | 32.9\% | 385.2 | 40.1\% | 409.1 | 40.1\% | 514.0 | 43.4\% | 440.6 | 41.3\% | 225.3 | 39.9\% | 149.5 | 42.4\% | 66.8 | 51.1\% | 2454.0 | 40.4\% |
| No | 538.0 | 67.1\% | 576.2 | 59.9\% | 612.1 | 59.9\% | 669.0 | 56.6\% | 624.9 | 58.7\% | 338.7 | 60.1\% | 203.2 | 57.6\% | 64.0 | 48.9\% | 3626.2 | 59.6\% |



[^31]Among those persons who reported that they had done something or taken precautions to prevent unintentional injury in household or workplace in the 12 months preceding the survey, "being more careful" was the most frequently reported precautionary measure ( $90.7 \%$ ), followed by "using protective gear" ( $30.1 \%$ ) and "took safety training" ( $8.4 \%$ ) across all age groups (Table 6.2 c and Table 6.2d). Further analysis of these precautionary measures reported by the respondents revealed that $13.7 \%$ of people aged 15 or above reported that they had done something proactively or taken proactive precautions to prevent unintentional injury in household or workplace in the 12 months preceding the survey, after excluding the reported measure of just "being more careful".

Table 6.2c: Precautionary measures taken in the 12 months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Being more careful | 1148.3 | 91.8\% | 1076.8 | 89.5\% | 2225.1 | 90.7\% |
| Using protective gear | 305.0 | 24.4\% | 433.3 | 36.0\% | 738.3 | 30.1\% |
| Took safety training | 39.6 | 3.2\% | 167.4 | 13.9\% | 207.0 | 8.4\% |
| Install personal emergency (PE) link | 25.2 | 2.0\% | 9.8 | 0.8\% | 35.0 | 1.4\% |
| Do warm-up / stretching exercises | 2.8 | 0.2\% | 8.1 | 0.7\% | 10.9 | 0.4\% |
| Others | 2.0 | 0.2\% | 0.6 | $<0.05 \%$ | 2.6 | 0.1\% |

Base: The respondents who had done something or taken precautions to prevent unintentional injury in household or workplace in the 12 months preceding the survey.
Notes: Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 6.2d: Precautionary measures taken in the 12 months preceding the survey by age group

|  | 15-2 |  | 25-3 |  | 35-4 |  | 45-5 |  | 55-6 |  | 65-7 |  | 75-8 |  | 85 or a | bove | Tot |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 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) | \% |
| Being more careful | 243.3 | 92.3\% | 345.5 | 89.7\% | 364.8 | 89.2\% | 455.5 | 88.6\% | 406.9 | 92.4\% | 209.6 | 93.0\% | 137.6 | 92.1\% | 61.7 | 92.4\% | 2225.1 | 90.7\% |
| Using protective gear | 58.8 | 22.3\% | 117.8 | 30.6\% | 148.9 | 36.4\% | 179.9 | 35.0\% | 131.5 | 29.8\% | 55.1 | 24.5\% | 30.4 | 20.3\% | 15.9 | 23.8\% | 738.3 | 30.1\% |
| Took safety training | 19.9 | 7.5\% | 37.5 | 9.7\% | 45.1 | 11.0\% | 60.4 | 11.8\% | 41.0 | 9.3\% | 3.1 | 1.4\% | - | - | - | - | 207.0 | 8.4\% |
| Install personal emergency (PE) link | - | - | - | - | 0.6 | 0.1\% | 0.6 | 0.1\% | 1.9 | 0.4\% | 3.8 | 1.7\% | 17.1 | 11.4\% | 11.0 | 16.5\% | 35.0 | 1.4\% |
| Do warm-up / stretching exercises | 1.9 | 0.7\% | 3.9 | 1.0\% | 2.3 | 0.6\% | 1.8 | 0.3\% | 0.6 | 0.1\% | 0.4 | 0.2\% | - | - | - | - | 10.9 | 0.4\% |
| Others | 0.6 | 0.2\% | - | - | - | - | 0.4 | 0.1\% | 1.1 | 0.2\% | - | - | 0.5 | 0.3\% | - | - | 2.6 | 0.1\% |
| Base: The respondents who had done something or taken precautions to prevent unintentional injury in household or workplace in the 12 months preceding the survey. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Notes: Multiple answers were allowed. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Among people who reported that they had not done anything or taken precautions to prevent unintentional injury in household or workplace in the 12 months preceding the survey, $87.9 \%$ reported that they felt safe enough, $5.1 \%$ considered that precautionary measure could not prevent injury and $4.4 \%$ thought that it was inconvenient to take precautionary measures (Table 6.2e and Table 6.2f).

Table 6.2e: Reasons of neither done anything nor taken precautions to prevent unintentional injury in household or workplace in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| I feel safe enough | 1689.7 | 87.3\% | 1497.8 | 88.5\% | 3187.5 | 87.9\% |
| Preventive measure cannot prevent injury | 101.0 | 5.2\% | 85.2 | 5.0\% | 186.3 | 5.1\% |
| It is inconvenient to take preventive measures | 91.7 | 4.7\% | 66.1 | 3.9\% | 157.8 | 4.4\% |
| Do not violate the law even if I don't take any preventive measures | 20.1 | 1.0\% | 15.7 | 0.9\% | 35.8 | 1.0\% |
| Preventive measures are costly | 15.2 | 0.8\% | 14.2 | 0.8\% | 29.4 | 0.8\% |
| Perceived no need for precautions | 11.0 | 0.6\% | 7.5 | 0.4\% | 18.5 | 0.5\% |
| Not aware of taking precautions | 4.0 | 0.2\% | 3.6 | 0.2\% | 7.6 | 0.2\% |
| Others | 1.9 | 0.1\% | 1.5 | 0.1\% | 3.4 | 0.1\% |
| Total | 1934.7 | 100.0\% | 1691.5 | 100.0\% | 3626.2 | 100.0\% |
| Base: The respondents who had not done anything or taken any precautions to prevent unintentional injury in household or workplace in the 12 months preceding the survey. |  |  |  |  |  |  |
| Notes: Ranked in descending order of the percentages of the reasons of neither done anything nor taken precautions to prevent unintentional injury by therespondents.Figures may not add up to the total due to rounding. |  |  |  |  |  |  |

Table 6.2f: Reasons of neither done anything nor taken precautions to prevent unintentional injury in household or workplace 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) | $\%$ |
| I feel safe enough | 479.6 | 89.2\% | 521.2 | 90.5\% | 537.8 | 87.9\% | 588.6 | 88.0\% | 548.1 | 87.7\% | 293.6 | 86.7\% | 171.5 | 84.4\% | 46.9 | 73.4\% | 3187.5 | 87.9\% |
| Preventive measure cannot prevent injury | 23.4 | 4.3\% | 21.8 | 3.8\% | 31.3 | 5.1\% | 37.0 | 5.5\% | 32.0 | 5.1\% | 18.6 | 5.5\% | 13.9 | 6.8\% | 8.3 | 12.9\% | 186.3 | 5.1\% |
| It is inconvenient to take preventive measures | 23.6 | 4.4\% | 21.0 | 3.6\% | 27.3 | 4.5\% | 27.4 | 4.1\% | 27.1 | 4.3\% | 12.0 | 3.6\% | 13.1 | 6.5\% | 6.3 | 9.9\% | 157.8 | 4.4\% |
| Do not violate the law even if I don't take any preventive measures | 4.7 | 0.9\% | 6.7 | 1.2\% | 7.1 | 1.2\% | 7.3 | 1.1\% | 4.8 | 0.8\% | 3.6 | 1.1\% | 1.0 | 0.5\% | 0.7 | 1.1\% | 35.8 | 1.0\% |
| Preventive measures are costly | 1.4 | 0.3\% | 0.5 | 0.1\% | 4.3 | 0.7\% | 3.7 | 0.6\% | 7.4 | 1.2\% | 7.7 | 2.3\% | 2.6 | 1.3\% | 1.8 | 2.7\% | 29.4 | 0.8\% |
| Perceived no need for precautions | 3.0 | 0.6\% | 3.5 | 0.6\% | 3.8 | 0.6\% | 4.0 | 0.6\% | 2.0 | 0.3\% | 2.1 | 0.6\% | - | - | - | - | 18.5 | 0.5\% |
| Not aware of taking precautions | 1.9 | 0.3\% | 1.5 | 0.3\% | - | - | 0.6 | 0.1\% | 2.6 | 0.4\% | 1.0 | 0.3\% | - | - | - | - | 7.6 | 0.2\% |
| Others | 0.4 | 0.1\% | - | - | 0.6 | 0.1\% | 0.4 | 0.1\% | 0.9 | 0.1\% | - | - | 1.1 | 0.5\% | - | - | 3.4 | 0.1\% |


Base: The respondents who had not done anything or taken any precautions to prevent unintentional injury in household or workplace in the 12 months preceding the survey.
Notes: Ranked in descending order of the percentages of the reasons of neither done anything nor taken precautions to prevent unintentional injury by the respondents.
Figures may not add up to the total due to rounding.

Among people aged 15 or above, $8.9 \%$ ( $9.3 \%$ for females and $8.4 \%$ for males) reported that they would give up adopting safety measures (e.g. installing window frame or using anti-slip mat) to prevent unintentional injury because of cost (Table 6.2 g ). Across all age groups, the proportion of people who would give up adopting safety measure because of cost was the lowest in those aged 35-44 (6.3\%) and the highest in those aged 85 or above ( $16.6 \%$ ) (Table 6.2h).

Table 6.2g: Proportion of population aged 15 or above who would give up adopting a safety measure to prevent unintentional injury because of cost by gender


Table 6.2h: Proportion of population aged 15 or above who would give up adopting a safety measure to prevent unintentional injury because of cost 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 | 101.6 | 12.7\% | 64.3 | 6.7\% | 64.2 | 6.3\% | 80.8 | 6.8\% | 77.8 | 7.3\% | 73.4 | 13.0\% | 56.6 | 16.0\% | 21.7 | 16.6\% | 540.4 | 8.9\% |
| No | 700.0 | 87.3\% | 897.1 | 93.3\% | 957.0 | 93.7\% | 1102.2 | 93.2\% | 987.7 | 92.7\% | 490.6 | 87.0\% | 296.1 | 84.0\% | 109.1 | 83.4\% | 5539.8 | 91.1\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: Note: | All resp Figures | spondents es may no | ts. ot add up | to the to | tal due to | rounding |  |  |  |  |  |  |  |  |  |  |  |  |

Regarding the frequencies of adopting different preventive measures to prevent unintentional injury in the 12 months preceding the survey, among people aged 15 or above who had ridden a bicycle in the 12 months preceding the survey, only $4.8 \%$ used helmet all of the time when riding bicycle $(3.5 \%$ for females and $5.8 \%$ for males). $86.9 \%$ did not use helmet at all (Table 6.2i and Table 6.2j).

Among people aged 15 or above who drove or rode in a vehicle with seatbelts in the 12 months preceding the survey, $37.9 \%$ reported having used seatbelts all of the time ( $36.2 \%$ for females and $39.6 \%$ for males). On the other hand, the proportion of people who reported never using seatbelts in such circumstances was 6.5\% (Table 6.2i and Table 6.2j).

About two-thirds ( $64.7 \%$ ) of people aged 15 or above who had children and stored drugs at home reported that they had hidden the drugs from children all of the time in the 12 months preceding the survey (Table 6.2 i and Table 6.2j).

Table 6.2i: Frequency of adopting safety measures to prevent unintentional injury in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Use helmet when riding bicycle * |  |  |  |  |  |  |
| All of the time | 20.0 | 3.5\% | 41.2 | 5.8\% | 61.3 | 4.8\% |
| Most of the time | 10.4 | 1.8\% | 13.0 | 1.8\% | 23.4 | 1.8\% |
| Some of the time | 7.3 | 1.3\% | 20.3 | 2.8\% | 27.5 | 2.1\% |
| A little of the time | 21.3 | 3.7\% | 34.3 | 4.8\% | 55.6 | 4.3\% |
| None of the time | 511.7 | 89.7\% | 605.2 | 84.8\% | 1116.8 | 86.9\% |
| Total | 570.6 | 100.0\% | 714.0 | 100.0\% | 1284.6 | 100.0\% |

Use seatbelts when driving or riding in a vehicle with seatbelts $\dagger$

| All of the time | 1140.4 | 36.2\% | 1139.9 | 39.6\% | 2280.3 | 37.9\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Most of the time | 865.0 | 27.5\% | 736.8 | 25.6\% | 1601.8 | 26.6\% |
| Some of the time | 701.4 | 22.3\% | 594.9 | 20.7\% | 1296.3 | 21.5\% |
| A little of the time | 237.3 | 7.5\% | 215.1 | 7.5\% | 452.4 | 7.5\% |
| None of the time | 203.8 | 6.5\% | 188.3 | 6.6\% | 392.1 | 6.5\% |
| Total | 3147.8 | 100.0\% | 2875.1 | 100.0\% | 6022.8 | 100.0\% |

Hiding drug from children \#

| All of the time | 488.7 | 64.7\% | 421.9 | 64.6\% | 910.6 | 64.7\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Most of the time | 119.3 | 15.8\% | 105.6 | 16.2\% | 225.0 | 16.0\% |
| Some of the time | 59.9 | 7.9\% | 48.7 | 7.5\% | 108.6 | 7.7\% |
| A little of the time | 21.6 | 2.9\% | 22.4 | 3.4\% | 44.0 | 3.1\% |
| None of the time | 65.4 | 8.7\% | 54.4 | 8.3\% | 119.9 | 8.5\% |
| Total | 754.9 | 100.0\% | 653.1 | 100.0\% | 1408.0 | 100.0\% |

Bases: * All respondents who rode bicycle in the 12 months preceding the survey.
$\dagger$ All respondents who drove or rode in a vehicle with seatbelts in the 12 months preceding the survey.
\# All respondents who had children and drug in households in the 12 months preceding the survey.
Note: Figures may not add up to the total due to rounding.

Table 6.2j: Frequency of adopting safety measures to prevent unintentional injury in the $\mathbf{1 2}$ 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) | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ (' 000) \end{gathered}$ | No. of persons ('000) | \% |

Use helmet when riding bicycle *

| All of the time | 10.5 | 2.5\% | 12.4 | 3.6\% | 13.1 | 5.7\% | 15.2 | 8.5\% | 8.5 | 8.9\% | 1.6 | 8.5\% | - | - | - | - | 61.3 | 4.8\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Most of the time | 4.5 | 1.1\% | 5.6 | 1.6\% | 5.0 | 2.2\% | 5.0 | 2.8\% | 2.1 | 2.2\% | 1.2 | 6.4\% | - | - | - | - | 23.4 | 1.8\% |
| Some of the time | 4.6 | 1.1\% | 8.0 | 2.3\% | 5.1 | 2.3\% | 6.2 | 3.4\% | 2.7 | 2.8\% | 0.4 | 2.3\% | 0.4 | 9.6\% | - | - | 27.5 | 2.1\% |
| A little of the time | 17.8 | 4.3\% | 14.7 | 4.3\% | 10.4 | 4.6\% | 7.5 | 4.2\% | 3.4 | 3.6\% | 1.7 | 9.3\% | - | - | - | - | 55.6 | 4.3\% |
| None of the time | 378.4 | 91.0\% | 302.4 | 88.1\% | 193.8 | 85.2\% | 145.7 | 81.1\% | 78.8 | 82.5\% | 13.7 | 73.5\% | 3.7 | 90.4\% | 0.4 | 100.0\% 1 | 116.8 | 86.9\% |
| Total | 415.8 | 100.0\% | 343.1 | 100.0\% | 227.4 | 100.0\% | 179.6 | 100.0\% | 95.6 | 100.0\% | 18.6 | 100.0\% | 4.0 | 100.0\% | 0.4 | 100.0\% 1 | 284.6 | 100.0\% |


| Use seatbelts w | n driv | ving or r | riding i | a vehi | e with | seatbel |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| All of the time | 220.3 | 27.7\% | 359.7 | 37.6\% | 431.0 | 42.4\% | 507.7 | 43.1\% | 427.9 | 40.5\% | 189.2 | 34.0\% | 107.8 | 31.3\% | 36.7 | 30.6\% | 2280.3 | 37.9\% |
| Most of the time | 210.0 | 26.4\% | 273.3 | 28.5\% | 288.7 | 28.4\% | 304.7 | 25.9\% | 272.6 | 25.8\% | 148.5 | 26.7\% | 77.8 | 22.6\% | 26.1 | 21.8\% | 1601.8 | 26.6\% |
| Some of the time | 197.8 | 24.9\% | 218.8 | 22.9\% | 193.6 | 19.1\% | 236.9 | 20.1\% | 219.7 | 20.8\% | 124.4 | 22.4\% | 80.2 | 23.3\% | 24.9 | 20.7\% | 1296.3 | 21.5\% |
| A little of the time | 68.8 | 8.7\% | 53.5 | 5.6\% | 61.4 | 6.0\% | 73.6 | 6.2\% | 82.2 | 7.8\% | 51.9 | 9.3\% | 43.9 | 12.8\% | 17.2 | 14.4\% | 452.4 | 7.5\% |
| None of the time | 97.9 | 12.3\% | 51.9 | 5.4\% | 40.8 | 4.0\% | 54.6 | 4.6\% | 55.2 | 5.2\% | 42.5 | 7.6\% | 34.4 | 10.0\% | 14.9 | 12.5\% | 392.1 | 6.5\% |
| Total | 794.7 | 100.0\% | 957.1 | 100.0\% | 015.5 | 100.0\% | 177.4 | 100.0\% | 057.5 | 100.0\% | 556.5 | 100.0\% | 344.2 | 100.0\% | 119.8 | 100.0\% 6 | 6022.8 | 100.0\% |

## Hiding drug from children \#

| All of the time | 48.2 | 45.9\% | 195.5 | 69.9\% | 350.8 | 67.9\% | 156.5 | 60.0\% | 88.2 | 67.0\% | 47.5 | 63.1\% | 19.0 | 57.2\% | 4.9 | 84.7\% | 910.6 | 64.7\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Most of the time | 17.4 | 16.6\% | 40.5 | 14.5\% | 78.3 | 15.2\% | 46.1 | 17.7\% | 21.5 | 16.4\% | 12.1 | 16.1\% | 8.5 | 25.6\% | 0.5 | 9.3\% | 225.0 | 16.0\% |
| Some of the time | 12.9 | 12.3\% | 18.6 | 6.6\% | 36.3 | 7.0\% | 24.0 | 9.2\% | 9.8 | 7.4\% | 5.3 | 7.0\% | 1.4 | 4.3\% | 0.3 | 6.0\% | 108.6 | 7.7\% |
| A little of the time | 7.7 | 7.4\% | 6.1 | 2.2\% | 16.0 | 3.1\% | 6.9 | 2.7\% | 3.4 | 2.5\% | 2.3 | 3.0\% | 1.6 | 4.7\% | - | - | 44.0 | 3.1\% |
| None of the time | 18.8 | 17.9\% | 19.2 | 6.9\% | 35.3 | 6.8\% | 27.1 | 10.4\% | 8.7 | 6.6\% | 8.1 | 10.7\% | 2.7 | 8.1\% | - | - | 119.9 | 8.5\% |
| Total | 105.0 | 100.0\% | 279.8 | 100.0\% | 516.7 | 100.0\% | 260.6 | 100.0\% | 131.7 | 100.0\% | 75.2 | 100.0\% | 33.2 | 100.0\% | 5.7 | 100.0\% | 1408.0 | 100.0\% |

[^32]Note: Figures may not add up to the total due to rounding.

Overall, $80.6 \%$ of people aged 15 or above agreed that unintentional injury was preventable. Analysed by gender, $81.4 \%$ of females and $79.8 \%$ of males shared the same view (Table 6.2k). Analysed by age, the proportion of people who considered unintentional injury was preventable was the highest in the age group of 25-34 (83.2\%) and the lowest for people aged 85 or above (73.1\%) (Table 6.21).

Table 6.2k: Proportion of population aged 15 or above who agreed that unintentional injury was preventable by gender

|  | Female |  | Male |  | Total |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons <br> $\mathbf{( ' 0 0 0 )}$ | $\%$ | No. of persons |  |  |
| ('000) |  |  |  |  |  |

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

Table 6.2I: Proportion of population aged 15 or above who agreed that unintentional injury was preventable 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) | \% |
| Agree | 645.8 | 80.6\% | 799.8 | 83.2\% | 837.0 | 82.0\% | 954.3 | 80.7\% | 852.1 | 80.0\% | 443.7 | 78.7\% | 273.4 | 77.5\% | 95.6 | 73.1\% | 4901.7 | 80.6\% |
| Disagree | 155.8 | 19.4\% | 161.6 | 16.8\% | 184.2 | 18.0\% | 228.7 | 19.3\% | 213.4 | 20.0\% | 120.3 | 21.3\% | 79.3 | 22.5\% | 35.2 | 26.9\% | 1178.5 | 19.4\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: | Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

## Reference

1. Peden, M. M., McGee, K., \& Krug, E. (Eds.). (2002). Injury: a leading cause of the global burden of disease, 2000. World Health Organization.

## Chapter 7

## Preventive Health Practices

Some preventive practices, which may include specific types of screening or physical and biochemical examinations and being vigilant about health, have played an important role in reducing morbidity and premature mortality of many chronic diseases and acute health conditions. This Chapter reports on some of the population's preventive practices, including regular medical check-up, screening for specific cancers and cardiovascular risk factors such as blood cholesterol, blood pressure and blood sugar levels.

## Snapshot of Population's Preventive Practices

| Indicator | Female | Male | Overall |
| :---: | :---: | :---: | :---: |
| Proportion of population who had regular medical check-up | 44.1\% | 30.4\% | 37.6\% |
| Proportion of population who ever had faecal occult blood test | 17.2\% | 17.0\% | 17.1\% |
| Proportion of population who ever had colonoscopy | 14.1\% | 15.2\% | 14.6\% |
| Proportion of males who ever had prostate specific antigen test | N.A. | 9.2\% | N.A. |
| Proportion of males who ever had digital rectal examination | N.A. | 7.9\% | N.A. |
| Proportion of females aged 25 or above who ever had cervical smear | 54.2\% | N.A. | N.A. |
| Proportion of females who ever had mammogram | 25.4\% | N.A. | N.A. |
| Proportion of population who had screening for cardiovascular risk factors: |  |  |  |
| - Ever had blood cholesterol checked | 57.2\% | 53.5\% | 55.4\% |
| - Had blood pressure checked in the 5 years preceding the survey | 77.1\% | 72.6\% | 75.0\% |
| - Ever had blood sugar checked | 60.2\% | 55.1\% | 57.7\% |

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

### 7.1 Regular Medical Check-up

Regular medical check-up may help detect early stages of chronic diseases before symptoms occur and allow timely intervention to prevent disease progression. In the survey, respondents were asked whether they had regular medical check-up and, if yes, their frequencies of doing so.

As a whole, $37.6 \%$ of persons aged 15 or above reported that they had regular medical check-up. More females $(44.1 \%$ ) than males ( $30.4 \%$ ) reported to have done so (Table 7.1a). The proportion of population having regular medical check-up was the highest among those aged 45-54 (45.9\%) and the lowest in those aged 15-24 (18.2\%) (Table 7.1b).

Table 7.1a: Proportion of population aged 15 or above who had regular medical check-up by gender


Table 7.1b: Proportion of population aged 15 or above who had regular medical check-up 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 | 146.2 18.2\% | 277.4 | 28.9\% | 442.9 | 43.4\% | 543.2 | 45.9\% | 444.9 | 41.8\% | 232.6 | 41.2\% | 155.2 | 44.0\% | 41.9 | 32.0\% | 2284.2 | 37.6\% |
| No | 655.4 81.8\% | 684.0 | 71.1\% | 578.3 | 56.6\% | 639.8 | 54.1\% | 620.6 | 58.2\% | 331.4 | 58.8\% | 197.5 | 56.0\% | 88.9 | 68.0\% | 3796.0 | 62.4\% |
| Total | 801.6 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: <br> Note: | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Among persons aged 15 or above who had reported that they had regular medical check-up, $91.8 \%$ had their medical check-up at least once every 24 months ( $89.7 \%$ for females and $95.1 \%$ for males), with an overall mean duration of 15.7 months between each regular medical check-up. The average duration in terms of number of months between each regular medical check-up was longer in females ( 16.5 months) than in males ( 14.3 months) (Table 7.1c). Across all age groups, persons aged 85 or above had the most frequent regular medical check-up with an average duration of once every 9.9 months and those aged 3544 had the least frequent regular medical check-up with an average duration of once every 17.8 months (Table 7.1d).

Table 7.1c: Duration (in number of months) between regular medical check-up by gender

| Duration (months) | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Less than 13 | 952.8 | 67.9\% | 682.9 | 77.6\% | 1635.8 | 71.6\% |
| 13-24 | 306.3 | 21.8\% | 154.1 | 17.5\% | 460.5 | 20.2\% |
| More than 24 | 144.6 | 10.3\% | 43.4 | 4.9\% | 188.0 | 8.2\% |
| Total | 1403.8 | 100.0\% | 880.4 | 100.0\% | 2284.2 | 100.0\% |
| Mean | 16.5 |  | 14.3 |  | 15.7 |  |

Base: The respondents who had regular medical check-up.
Note: Figures may not add up to the total due to rounding.

Table 7.1d: Duration (in number of months) between regular medical check-up by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Duration (months) | 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 13 | 136.2 | 93.2\% | 187.1 | 67.5\% | 275.5 | 62.2\% | 342.3 | 63.0\% | 329.0 | 73.9\% | 187.2 | 80.5\% | 140.2 | 90.4\% | 38.3 | 91.3\% | 1635.8 | 71.6\% |
| 13-24 | 8.5 | 5.8\% | 72.1 | 26.0\% | 121.1 | 27.3\% | 135.4 | 24.9\% | 74.6 | 16.8\% | 34.3 | 14.7\% | 11.5 | 7.4\% | 3.0 | 7.1\% | 460.5 | 20.2\% |
| More than 24 | 1.4 | 1.0\% | 18.2 | 6.5\% | 46.3 | 10.5\% | 65.5 | 12.1\% | 41.3 | 9.3\% | 11.1 | 4.8\% | 3.4 | 2.2\% | 0.7 | 1.6\% | 188.0 | 8.2\% |
| Total | 146.2 | 100.0\% | 277.4 | 100.0\% | 442.9 | 100.0\% | 543.2 | 100.0\% | 444.9 | 100.0\% | 232.6 | 100.0\% | 155.2 | 100.0\% | 41.9 | 100.0\% | 2284.2 | 100.0\% |
| Mean |  | 2.4 |  | 6.4 |  | 7.8 | 17 | 7.6 |  | 5.3 | 13 | 3.3 |  | 0.6 |  | 9.9 |  | 5.7 |

[^33]
### 7.2 Faecal Occult Blood Test

A faecal occult blood test (FOBT) is a test to determine whether the stool contains blood. Common FOBTs include guaiac-based faecal occult blood test (gFOBT) and faecal immunochemical test (FIT). In the survey, respondents were asked whether they ever had a FOBT and if yes, further information were collected including whether they had any symptoms or discomfort prior to the test, when was their last test, type of organisations / doctors from whom they consulted for the test and how often they had the test.

Overall, $17.1 \%$ of persons aged 15 or above ( $17.2 \%$ for females and $17.0 \%$ for males) reported that they had ever received a FOBT. Analysed by whether they had symptoms prior to the test, $15.0 \%$ had a FOBT with no symptoms or discomfort prior to the test and $2.1 \%$ had the test because of symptoms or discomfort (Table 7.2a). Analysed by age group, the proportions of people ever had a FOBT with no symptoms or discomfort prior to the test were within $19.0 \%$ to $20.0 \%$ for persons in age groups 40-79 (Table 7.2b).

Table 7.2a: Proportion of population aged 15 or above who ever had a FOBT by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 546.4 | 17.2\% | 490.8 | 17.0\% | 1037.2 | 17.1\% |
| With no symptoms or discomfort prior to test | 478.7 | 15.0\% | 433.2 | 15.0\% | 911.9 | 15.0\% |
| Had test because of symptoms or discomfort | 67.7 | 2.1\% | 57.6 | 2.0\% | 125.3 | 2.1\% |
| No | 2638.6 | 82.8\% | 2404.4 | 83.0\% | 5043.0 | 82.9\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 7.2b: Proportion of population aged 15 or above who ever had a FOBT by age group

|  | Below 40 |  | 40-49 |  | 50-59 |  | 60-69 |  | 70-79 |  | 80 or above |  | 50-75 |  | 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) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ |
| Yes | 205.6 | 9.1\% | 226.6 | 21.1\% | 279.6 | 22.6\% | 183.4 | 22.3\% | 95.3 | 23.4\% | 46.7 | 16.4\% | 524.2 | 22.6\% | 1037.2 | 17.1\% |
| With no symptoms or discomfort prior to test | 189.4 | 8.4\% | 203.9 | 19.0\% | 247.5 | 20.0\% | 158.5 | 19.3\% | 79.5 | 19.5\% | 33.0 | 11.6\% | 460.3 | 19.9\% | 911.9 | 15.0\% |
| Had test because of symptoms or discomfort | 16.2 | 0.7\% | 22.7 | 2.1\% | 32.1 | 2.6\% | 24.8 | 3.0\% | 15.8 | 3.9\% | 13.7 | 4.8\% | 63.9 | 2.8\% | 125.3 | 2.1\% |
| No | 2046.9 | 90.9\% | 848.0 | 78.9\% | 959.5 | 77.4\% | 638.3 | 77.7\% | 312.1 | 76.6\% | 238.2 | 83.6\% | 1791.6 | 77.4\% | 5043.0 | 82.9\% |
| Total | 2252.5 | 100.0\% | 1074.6 | 100.0\% | 1239.1 | 100.0\% | 821.7 | 100.0\% | 407.4 | 100.0\% | 284.9 | 100.0\% | 2315.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondents. <br> Note: Figures may not | add up to | the tota | al due to $r$ | rounding |  |  |  |  |  |  |  |  |  |  |  |  |

Regarding the type of organisations / doctors consulted for FOBT, among those who had received the test when there were no symptoms or discomfort, more persons consulted private doctors (70.9\%) than public clinics or hospitals ( $25.3 \%$ ) in general. On the contrary, among those who had received the test because of symptoms or discomfort at that time, more people consulted doctors in public clinics or hospitals (60.8\%) than private doctors (37.2\%) (Table 7.2c).

Table 7.2c: Type of organisations consulted for FOBT by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| With no symptoms or discomfort prior to test ${ }^{\mathbf{1}}$ |  |  |  |  |  |  |
| Private clinics or hospitals | 337.9 | 70.6\% | 308.4 | 71.2\% | 646.3 | 70.9\% |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 118.2 | 24.7\% | 112.2 | 25.9\% | 230.4 | 25.3\% |
| Non-profit organisations or universities | 18.2 | 3.8\% | 9.7 | 2.2\% | 27.8 | 3.1\% |
| Hospitals or clinics in Mainland China | 2.3 | 0.5\% | 1.4 | 0.3\% | 3.8 | 0.4\% |
| Hospitals or clinics in other countries | - | - | 0.5 | 0.1\% | 0.5 | 0.1\% |
| Laboratories | 2.0 | 0.4\% | 1.1 | 0.2\% | 3.1 | 0.3\% |
| Total | 478.7 | 100.0\% | 433.2 | 100.0\% | 911.9 | 100.0\% |
| Because of symptoms or discomfort ${ }^{2}$ |  |  |  |  |  |  |
| Private clinics or hospitals | 23.7 | 35.0\% | 22.9 | 39.7\% | 46.6 | 37.2\% |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 42.1 | 62.1\% | 34.1 | 59.3\% | 76.2 | 60.8\% |
| Non-profit organisations or universities | 0.9 | 1.4\% | - | - | 0.9 | 0.8\% |
| Hospitals or clinics in Mainland China | 0.6 | 0.8\% | 0.6 | 1.0\% | 1.2 | 0.9\% |
| Hospitals or clinics in other countries | 0.5 | 0.7\% | - | - | 0.5 | 0.4\% |
| Laboratories | - | - | - | - | - | - |
| Total | 67.7 | 100.0\% | 57.6 | 100.0\% | 125.3 | 100.0\% |

Bases: 1. The respondents who had received the faecal occult blood test and with no symptoms or discomfort prior to the test.
2. The respondents who had received the faecal occult blood test because of symptoms or discomfort.

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

Analysed by age group, a higher proportion of persons aged 70 or above had received the test in public clinics or hospitals regardless of whether they had symptoms or discomfort before the test or not (Table 7.2d).

Table 7.2d: Type of organisations consulted for FOBT by age group

|  | Below 40 |  | 40-49 |  | 50-59 |  | 60-69 |  | 70-79 |  | 80 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) | $\%$ |
| With no symptoms or discomfort prior to test ${ }^{\mathbf{1}}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Private clinics or hospitals | 160.6 | 84.8\% | 167.9 | 82.3\% | 191.6 | 77.4\% | 90.7 | 57.2\% | 25.7 | 32.4\% | 9.8 | 29.6\% | 646.3 | $70.9 \%$ |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 22.9 | 12.1\% | 28.4 | 13.9\% | 48.4 | 19.6\% | 58.3 | 36.8\% | 49.1 | 61.7\% | 23.2 | 70.4\% | 230.4 | 25.3\% |
| Non-profit organisations or universities | 3.2 | 1.7\% | 7.1 | 3.5\% | 5.4 | 2.2\% | 8.0 | 5.1\% | 4.2 | 5.2\% | - | - | 27.8 | 3.1\% |
| Hospitals or clinics in Mainland China | 2.3 | 1.2\% | - | - | 0.5 | 0.2\% | 0.5 | 0.3\% | 0.5 | 0.6\% | - | - | 3.8 | 0.4\% |
| Hospitals or clinics in other countries | - | - | - | - | - | - | 0.5 | 0.3\% | - | - | - | - | 0.5 | 0.1\% |
| Laboratories | 0.5 | 0.2\% | 0.5 | 0.2\% | 1.6 | 0.6\% | 0.6 | 0.4\% | - | - | - | - | 3.1 | 0.3\% |
| Total | 189.4 | 100.0\% | 203.9 | 100.0\% | 247.5 | 100.0\% | 158.5 | 100.0\% | 79.5 | 100.0\% | 33.0 | 100.0\% | 911.9 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| Private clinics or hospitals | 8.3 | 51.2\% | 11.1 | 48.7\% | 13.8 | 43.0\% | 8.3 | 33.3\% | 2.4 | 15.4\% | 2.7 | 19.9\% | 46.6 | 37.2\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 7.9 | 48.8\% | 10.5 | 46.2\% | 17.4 | 54.1\% | 16.6 | 66.7\% | 12.9 | 81.8\% | 11.0 | 80.1\% | 76.2 | 60.8\% |
| Non-profit organisations or universities | - | - | - | - | 0.9 | 2.9\% | - | - | - | - | - | - | 0.9 | 0.8\% |
| Hospitals or clinics in Mainland China | - | - | 1.2 | 5.1\% | - | - | - | - | - | - | - | - | 1.2 | 0.9\% |
| Hospitals or clinics in other countries | - | - | - | - | - | - | - | - | 0.5 | 2.9\% | - | - | 0.5 | 0.4\% |

Laboratories

| Total | 16.2 | $100.0 \%$ | 22.7 | $100.0 \%$ | 32.1 | $100.0 \%$ | 24.8 | $100.0 \%$ | 15.8 | $100.0 \%$ | 13.7 | $100.0 \%$ | 125.3 | $100.0 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

Bases: 1. The respondents who had received the faecal occult blood test and with no symptoms or discomfort prior to the test.
2. The respondents who had received the faecal occult blood test because of symptoms or discomfort.

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

Among persons who had received FOBT when there were no symptoms or discomfort, about two-thirds ( $64.0 \%$ ) had their last tests within 24 months preceding the survey, while one-third ( $32.3 \%$ ) had their last tests more than 24 months preceding the survey. The mean duration since their last FOBT was 32.6 months ( 33.3 months for females and 31.8 months for males) among those with no symptoms or discomfort prior to the test. Among persons who had received FOBT because of symptoms or discomfort, the average duration since the last test was 51.0 months ( 49.0 months for females and 53.4 months for males) (Table 7.2e and Table 7.2f).

Table 7.2e: Number of months since the last FOBT by gender

| Duration (months) | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| With no symptoms or discomfort prior to test ${ }^{\mathbf{1}}$ |  |  |  |  |  |  |
| Less than 13 | 209.0 | 43.7\% | 192.3 | 44.4\% | 401.3 | 44.0\% |
| 13-24 | 91.8 | 19.2\% | 90.6 | 20.9\% | 182.4 | 20.0\% |
| More than 24 | 156.9 | 32.8\% | 137.3 | 31.7\% | 294.2 | 32.3\% |
| Unknown / missing | 21.0 | 4.4\% | 12.9 | 3.0\% | 33.9 | 3.7\% |
| Total | 478.7 | 100.0\% | 433.2 | 100.0\% | 911.9 | 100.0\% |
| Mean ${ }^{2}$ | 33.3 |  | 31.8 |  | 32.6 |  |

Because of symptoms or discomfort ${ }^{3}$

| Less than 13 | 21.8 | 32.1\% | 17.2 | 29.9\% | 39.0 | 31.1\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 13-24 | 9.2 | 13.6\% | 10.0 | 17.3\% | 19.1 | 15.3\% |
| More than 24 | 33.5 | 49.5\% | 26.6 | 46.2\% | 60.1 | 48.0\% |
| Unknown / missing | 3.2 | 4.8\% | 3.8 | 6.6\% | 7.0 | 5.6\% |
| Total | 67.7 | 100.0\% | 57.6 | 100.0\% | 125.3 | 100.0\% |
| Mean ${ }^{4}$ | 49.0 |  | 53.4 |  | 51.0 |  |

[^34]Note: Figures may not add up to the total due to rounding.

Table 7.2f: Number of months since the last FOBT by age group

|  | Below 40 |  | 40-49 |  | 50-59 |  | 60-69 |  | 70-79 |  | 80 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Duration (months) | 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) | \% |
| With no symptoms or discomfort prior to test ${ }^{1}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Less than 13 | 89.1 | 47.0\% | 83.3 | 40.9\% | 111.9 | 45.2\% | 64.2 | 40.5\% | 38.9 | 48.9\% | 13.9 | 42.2\% | 401.3 | 44.0\% |
| 13-24 | 41.9 | 22.1\% | 46.9 | 23.0\% | 53.9 | 21.8\% | 29.0 | 18.3\% | 8.2 | 10.3\% | 2.5 | 7.6\% | 182.4 | 20.0\% |
| More than 24 | 52.9 | 27.9\% | 70.0 | 34.3\% | 72.7 | 29.4\% | 59.1 | 37.3\% | 24.8 | 31.2\% | 14.8 | 44.7\% | 294.2 | 32.3\% |
| Unknown / missing | 5.5 | 2.9\% | 3.7 | 1.8\% | 9.0 | 3.6\% | 6.3 | 4.0\% | 7.6 | 9.6\% | 1.8 | 5.4\% | 33.9 | 3.7\% |
| Total | 189.4 | 100.0\% | 203.9 | 100.0\% | 247.5 | 100.0\% | 158.5 | 100.0\% | 79.5 | 100.0\% | 33.0 | 100.0\% | 911.9 | 100.0\% |
| Mean ${ }^{2}$ | 27.8 |  | 32.6 |  | 31.5 |  | 36.5 |  | 33.3 |  | 48.5 |  | 32.6 |  |

Because of symptoms or discomfort ${ }^{3}$

| Less than 13 | 7.6 | 47.1\% | 5.9 | 26.2\% | 6.8 | 21.3\% | 6.4 | 25.6\% | 7.0 | 44.7\% | 5.2 | 37.8\% | 39.0 | 31.1\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 13-24 | 2.4 | 14.7\% | 2.4 | 10.7\% | 6.6 | 20.7\% | 4.6 | 18.6\% | 1.4 | 8.8\% | 1.7 | 12.4\% | 19.1 | 15.3\% |
| More than 24 | 5.2 | 32.0\% | 12.6 | 55.3\% | 18.2 | 56.7\% | 11.8 | 47.6\% | 6.5 | 41.1\% | 5.9 | 43.1\% | 60.1 | 48.0\% |
| Unknown / missing | 1.0 | 6.2\% | 1.8 | 7.9\% | 0.4 | 1.3\% | 2.0 | 8.2\% | 0.9 | 5.4\% | 0.9 | 6.8\% | 7.0 | 5.6\% |
| Total | 16.2 | 100.0\% | 22.7 | 100.0\% | 32.1 | 100.0\% | 24.8 | 100.0\% | 15.8 | 100.0\% | 13.7 | 100.0\% | 125.3 | 100.0\% |
| Mean ${ }^{4}$ |  | 32.4 |  | 66.0 |  | 56.4 |  | 43.2 |  | 45.8 |  | 5.5 |  | . 0 |

Bases: 1. The respondents who had received the faecal occult blood test and with no symptoms or discomfort prior to the test.
2. The respondents who had received the faecal occult blood test and with no symptoms or discomfort prior to the test and had valid answer on how long ago since the last test.
3. The respondents who had received the faecal occult blood test because of symptoms or discomfort prior to the test.
4. The respondents who had received the faecal occult blood test because of symptoms or discomfort prior to the test and had valid answer on how long ago since the last test.
Note: Figures may not add up to the total due to rounding.

Among persons who received FOBT with no symptoms or discomfort prior to the test, about half (51.4\%) of them had no regular schedule of repeat tests and one-fifth ( $20.7 \%$ ) reported that the most recent test taken was their first FOBT. $1.0 \%$ had FOBT more frequent than once per year, $15.7 \%$ generally received the test once a year, $8.3 \%$ had the test once every two years and $2.8 \%$ took the test less frequently. Among those who had FOBT because of symptoms or discomfort, $47.3 \%$ of them had no regular schedule of repeat tests and $44.2 \%$ reported that the most recent test taken was their first test. $0.8 \%$ of them had FOBT more than once per year generally, $4.3 \%$ had the test once a year or every two years and $2.9 \%$ had the test once every three years or less frequently (Table 7.2 g and Table 7.2 h ).

Table 7.2g: Frequency of regular FOBT by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| With no symptoms or discomfort prior to test ${ }^{1}$ |  |  |  |  |  |  |
| More than once per year generally | 4.5 | 0.9\% | 4.5 | 1.0\% | 9.1 | 1.0\% |
| Once a year generally | 74.1 | 15.5\% | 69.2 | 16.0\% | 143.3 | 15.7\% |
| Once every 2 years generally | 37.8 | 7.9\% | 38.0 | 8.8\% | 75.8 | 8.3\% |
| Once every 3 years generally | 10.5 | 2.2\% | 6.1 | 1.4\% | 16.5 | 1.8\% |
| Once every 4 years or more generally | 2.5 | 0.5\% | 6.7 | 1.6\% | 9.2 | 1.0\% |
| The most recent one was the first FOBT | 98.8 | 20.6\% | 90.3 | 20.8\% | 189.0 | 20.7\% |
| No fixed schedule for taking FOBT | 250.5 | 52.3\% | 218.5 | 50.4\% | 469.0 | 51.4\% |
| Refusal | - | - | - | - | - | - |
| Total | 478.7 | 100.0\% | 433.2 | 100.0\% | 911.9 | 100.0\% |
| Because of symptoms or discomfort ${ }^{2}$ |  |  |  |  |  |  |
| More than once per year generally | 0.4 | 0.6\% | 0.6 | 1.0\% | 1.0 | 0.8\% |
| Once a year generally | 1.9 | 2.8\% | 1.0 | 1.7\% | 2.9 | 2.3\% |
| Once every 2 years generally | 0.5 | 0.7\% | 2.1 | 3.6\% | 2.5 | 2.0\% |
| Once every 3 years generally | 1.6 | 2.3\% | 1.6 | 2.8\% | 3.2 | 2.5\% |
| Once every 4 years or more generally | - | - | 0.5 | 0.8\% | 0.5 | 0.4\% |
| The most recent one was the first FOBT | 31.3 | 46.2\% | 24.1 | 41.9\% | 55.4 | 44.2\% |
| No fixed schedule for taking FOBT | 32.1 | 47.3\% | 27.3 | 47.3\% | 59.3 | 47.3\% |
| Refusal | - | - | 0.5 | 0.9\% | 0.5 | 0.4\% |
| Total | 67.7 | 100.0\% | 57.6 | 100.0\% | 125.3 | 100.0\% |

[^35]Table 7.2h: Frequency of regular FOBT by age group

|  | Below 40 |  | 40-49 |  | 50-59 |  | 60-69 |  | 70-79 |  | 80 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) | $\%$ |
| With no symptoms or discomfort prior to test ${ }^{1}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| More than once per year generally | 1.7 | 0.9\% | 1.7 | 0.8\% | 4.2 | 1.7\% | 0.5 | 0.3\% | 1.0 | 1.3\% | - | - | 9.1 | 1.0\% |
| Once a year generally | 31.7 | 16.7\% | 34.1 | 16.7\% | 40.6 | 16.4\% | 20.9 | 13.2\% | 11.5 | 14.5\% | 4.5 | 13.7\% | 143.3 | 15.7\% |
| Once every 2 years generally | 13.6 | 7.2\% | 24.8 | 12.2\% | 22.6 | 9.1\% | 11.6 | 7.3\% | 2.2 | 2.8\% | 0.9 | 2.8\% | 75.8 | 8.3\% |
| Once every 3 years generally | 2.5 | 1.3\% | 4.4 | 2.2\% | 4.2 | 1.7\% | 4.9 | 3.1\% | 0.4 | 0.6\% | - | - | 16.5 | 1.8\% |
| Once every 4 years or more generally | 0.6 | 0.3\% | 1.6 | 0.8\% | 2.8 | 1.1\% | 2.1 | 1.3\% | 2.1 | 2.7\% | - | - | 9.2 | 1.0\% |
| The most recent one was the first FOBT | 53.5 | 28.2\% | 39.7 | 19.5\% | 41.1 | 16.6\% | 30.5 | 19.2\% | 16.3 | 20.5\% | 7.9 | 24.0\% | 189.0 | 20.7\% |
| No fixed schedule for taking FOBT | 85.9 | 45.3\% | 97.6 | 47.9\% | 132.0 | 53.3\% | 88.0 | 55.5\% | 45.9 | 57.7\% | 19.6 | 59.5\% | 469.0 | 51.4\% |
| Refusal | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Total | 189.4 | 100.0\% | 203.9 | 100.0\% | 247.5 | 100.0\% | 158.51 | 100.0\% | 79.5 | 100.0\% | 33.0 | 100.0\% | 911.9 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| More than once per year generally | - | - | 0.6 | 2.6\% | - | - | - | - | - | - | 0.4 | 3.0\% | 1.0 | 0.8\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Once a year generally | - | - | 0.6 | 2.7\% | 1.0 | 3.1\% | 0.4 | 1.7\% | - | - | 0.9 | 6.4\% | 2.9 | 2.3\% |
| Once every 2 years generally | - | - | - | - | 1.0 | 3.2\% | 1.1 | 4.3\% | 0.4 | 2.8\% | - | - | 2.5 | 2.0\% |
| Once every 3 years generally | - | - | - | - | 1.2 | 3.6\% | 2.0 | 8.2\% | - | - | - | - | 3.2 | 2.5\% |
| Once every 4 years or more generally | - | - | - | - | 0.5 | 1.4\% | - | - | - | - | - | - | 0.5 | 0.4\% |
| The most recent one was the first FOBT | 9.7 | 59.8\% | 10.6 | 46.5\% | 12.1 | 37.7\% | 9.1 | 36.8\% | 8.4 | 53.0\% | 5.6 | 40.8\% | 55.4 | 44.2\% |
| No fixed schedule for taking FOBT | 6.5 | 40.2\% | 10.9 | 48.1\% | 16.4 | 51.0\% | 12.2 | 49.1\% | 7.0 | 44.2\% | 6.3 | 46.2\% | 59.3 | 47.3\% |
| Refusal | - | - | - | - | - | - | - | - | - | - | 0.5 | 3.6\% | 0.5 | 0.4\% |
| Total | 16.2 | 100.0\% | 22.7 | 100.0\% | 32.1 | 100.0\% | 24.8 | 100.0\% | 15.8 | 100.0\% | 13.7 | 100.0\% | 125.3 | 100.0\% |

Bases: 1. The respondents who had received the faecal occult blood test and with no symptoms or discomfort prior to the test.
2. The respondents who had received the faecal occult blood test because of symptoms or discomfort.

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

The Cancer Expert Working Group on Cancer Prevention and Screening in Hong Kong recommended individuals aged 50 to 75 at average risk to discuss with their doctor and consider screening for colorectal cancer by receiving FOBT once every one to two years ${ }^{1}$. In the PHS, the proportion of persons aged 50 to 75 inclusive who had received FOBT among those with no symptoms or discomfort prior to the test was $19.9 \%$ ( $20.2 \%$ for females and $19.6 \%$ for males). Among these persons who had FOBT, the proportion of those who had the test generally once a year or every two years was $22.7 \%$ ( $21.2 \%$ for females and $24.3 \%$ for males) (Table 7.2b).

### 7.3 Colonoscopy

Colonoscopy is an examination in which an endoscope is inserted into the colon to view the bowel for signs of cancer or other health problems. In the survey, respondents were asked whether they ever had the examination and if yes, further information was collected including whether they had any symptoms or discomfort prior to the examination, when was their last examination, type of organisations / doctors from whom they had consulted for the examination, and how often they had the examination.

Overall, $14.6 \%$ of the persons aged 15 or above ( $14.1 \%$ for females and $15.2 \%$ for males) had received colonoscopy examination, with $11.3 \%$ had no symptoms or discomfort prior to the examination $(10.6 \%$ for females and $12.0 \%$ for males), and $3.3 \%$ had their colonoscopies because of symptoms or discomfort (Table 7.3a). Analysed by age group, the proportions of people ever had colonoscopy when there was no symptoms or discomfort increased from $4.0 \%$ in those below 40 years of age to $19.4 \%$ in those aged $60-$ 69 and then decreased to $12.2 \%$ for people aged 80 or above (Table 7.3b).

Table 7.3a: Proportion of population aged 15 or above who ever had colonoscopy by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 449.3 | 14.1\% | 440.2 | 15.2\% | 889.5 | 14.6\% |
| With no symptoms or discomfort prior to examination | 337.8 | 10.6\% | 348.7 | 12.0\% | 686.5 | 11.3\% |
| Had examination because of symptoms or discomfort | 111.5 | 3.5\% | 91.5 | 3.2\% | 203.0 | 3.3\% |
| No | 2735.7 | 85.9\% | 2455.0 | 84.8\% | 5190.7 | 85.4\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 7.3b: Proportion of population aged 15 or above who ever had colonoscopy by age group

|  | Below 40 |  | 40-49 |  | 50-59 |  | 60-69 |  | 70-79 |  | 80 or above |  | 50-75 |  | 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) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ |
| Yes | 118.3 | 5.3\% | 160.6 | 14.9\% | 260.1 | 21.0\% | 210.0 | 25.6\% | 89.0 | 21.9\% | 51.4 | 18.1\% | 526.6 | 22.7\% | 889.5 | 14.6\% |
| With no symptoms or discomfort prior to examination | 90.3 | 4.0\% | 129.7 | 12.1\% | 207.4 | 16.7\% | 159.2 | 19.4\% | 65.4 | 16.0\% | 34.6 | 12.2\% | 408.8 | 17.7\% | 686.5 | 11.3\% |
| Had examination because of symptoms or discomfort | 28.0 | 1.2\% | 30.9 | 2.9\% | 52.7 | 4.3\% | 50.8 | 6.2\% | 23.7 | 5.8\% | 16.8 | 5.9\% | 117.9 | 5.1\% | 203.0 | 3.3\% |
| No | 2134.2 | 94.7\% | 914.0 | 85.1\% | 979.0 | 79.0\% | 611.7 | 74.4\% | 318.4 | 78.1\% | 233.5 | 81.9\% | 1789.2 | 77.3\% | 5190.7 | 85.4\% |
| Total | 2252.51 | 100.0\% | 1074.61 | 100.0\% | 1239.1 | 100.0\% | 821.7 | 100.0\% | 407.4 | 100.0\% | 284.9 | 100.0\% | 2315.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Regarding the type of organisations / doctors consulted for the colonoscopy among those who had received the examination when there were no symptoms or discomfort, more people consulted private doctors $(64.0 \%)$ than public clinics or hospitals ( $34.4 \%$ ). On the contrary, among those who had received the examination because of symptoms or discomfort, more people consulted doctors in public clinics or hospitals (53.7\%) than private doctors (44.2\%) (Table 7.3c).

Table 7.3c: Type of organisations consulted for colonoscopy by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| With no symptoms or discomfort prior to examination ${ }^{1}$ |  |  |  |  |  |  |
| Private clinics or hospitals | 216.0 | 64.0\% | 223.1 | 64.0\% | 439.2 | 64.0\% |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 115.3 | 34.1\% | 120.9 | 34.7\% | 236.2 | 34.4\% |
| Non-profit organisations or universities | 3.5 | 1.0\% | 1.6 | 0.5\% | 5.1 | 0.7\% |
| Hospitals or clinics in Mainland China | 2.4 | 0.7\% | 2.6 | 0.7\% | 5.0 | 0.7\% |
| Hospitals or clinics in other countries | 0.5 | 0.2\% | 0.5 | 0.1\% | 1.0 | 0.1\% |
| Total | 337.8 | 100.0\% | 348.7 | 100.0\% | 686.5 | 100.0\% |
| Because of symptoms or discomfort ${ }^{2}$ |  |  |  |  |  |  |
| Private clinics or hospitals | 54.4 | 48.8\% | 35.3 | 38.6\% | 89.6 | 44.2\% |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 53.8 | 48.2\% | 55.2 | 60.3\% | 109.0 | 53.7\% |
| Non-profit organisations or universities | 1.4 | 1.2\% | 0.4 | 0.4\% | 1.8 | 0.9\% |
| Hospitals or clinics in Mainland China | 0.6 | 0.5\% | 0.6 | 0.6\% | 1.2 | 0.6\% |
| Hospitals or clinics in other countries | 1.4 | 1.3\% | - | - | 1.4 | 0.7\% |
| Total | 111.5 | 100.0\% | 91.5 | 100.0\% | 203.0 | 100.0\% |

Bases: 1. The respondents who had received the colonoscopy and with no symptoms or discomfort prior to the examination.
2. The respondents who had received the colonoscopy because of symptoms or discomfort.

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

Analysed by age group, a higher proportion of persons aged 70 or above had received the examination in public clinics or hospitals regardless of whether they had symptoms or discomfort before the examination or not (Table 7.3d).

Table 7.3d: Type of organisations consulted for colonoscopy by age group

|  | Below 40 |  | 40-49 |  | 50-59 |  | 60-69 |  | 70-79 |  | 80 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) | $\%$ |
| With no symptoms or discomfort prior to examination ${ }^{1}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Private clinics or hospitals | 71.7 | 79.4\% | 103.5 | 79.8\% | 142.6 | 68.8\% | 89.0 | 55.9\% | 23.6 | 36.1\% | 8.7 | 25.2\% | 439.2 | 64.0\% |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 16.5 | 18.2\% | 24.0 | 18.5\% | 61.9 | 29.8\% | 67.1 | 42.2\% | 40.8 | 62.5\% | 25.9 | 74.8\% | 236.2 | 34.4\% |
| Non-profit organisations or universities | 0.4 | 0.5\% | 1.1 | 0.9\% | 1.1 | 0.5\% | 1.5 | 0.9\% | 0.9 | 1.4\% | - | - | 5.1 | 0.7\% |
| Hospitals or clinics in Mainland China | 1.6 | 1.8\% | 1.0 | 0.8\% | 1.8 | 0.9\% | 0.6 | 0.4\% | - | - | - | - | 5.0 | 0.7\% |
| Hospitals or clinics in other countries | - | - | - | - | - | - | 1.0 | 0.6\% | - | - | - | - | 1.0 | 0.1\% |
| Total | 90.3 | 100.0\% | 129.7 | 100.0\% | 207.4 | 100.0\% | 159.2 | 100.0\% | 65.4 | 100.0\% | 34.6 | 100.0\% | 686.5 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| Private clinics or hospitals | 19.4 | 69.2\% | 18.6 | 60.1\% | 25.7 | 48.7\% | 18.3 | 36.1\% | 5.2 | 21.9\% | 2.4 | 14.5\% | 89.6 | 44.2\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 8.2 | 29.3\% | 11.8 | 38.1\% | 26.0 | 49.4\% | 31.0 | 60.9\% | 17.6 | 74.5\% | 14.4 | 85.5\% | 109.0 | 53.7\% |
| Non-profit organisations or universities | 0.4 | 1.5\% | - | - | - | - | 0.9 | 1.9\% | 0.4 | 1.7\% | - | - | 1.8 | 0.9\% |
| Hospitals or clinics in Mainland China | - | - | 0.6 | 1.8\% | - | - | 0.6 | 1.2\% | - | - | - | - | 1.2 | 0.6\% |
| Hospitals or clinics in other countries | - | - | - | - | 1.0 | 1.9\% | - | - | 0.5 | 1.9\% | - | - | 1.4 | 0.7\% |
| Total | 28.0 | 100.0\% | 30.9 | 100.0\% | 52.7 | 100.0\% | 50.8 | 100.0\% | 23.7 | 100.0\% | 16.8 | 100.0\% | 203.0 | 100.0\% |

Bases: 1. The respondents who had received the colonoscopy and with no symptoms or discomfort prior to the examination.
2. The respondents who had received the colonoscopy because of symptoms or discomfort.

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

Among persons who had received colonoscopy when there were no symptoms or discomfort, $55.3 \%$ had their last examinations within 24 months preceding the survey, $25.0 \%$ and $13.0 \%$ received the examination $25-60$ months and 61-120 months preceding the survey respectively. The average duration since the last colonoscopy was 39.6 months ( 39.6 months for females and 39.7 months for males) among those with no symptoms or discomfort prior to the examination. Among those who had received the examination because of symptoms or discomfort, the average duration since the last examination was 49.8 months ( 51.4 months for females and 48.0 months for males) (Table 7.3e and Table 7.3f).

Table 7.3e: Number of months since the last colonoscopy by gender

| Duration (months) | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| With no symptoms or discomfort prior to examination ${ }^{1}$ |  |  |  |  |  |  |
| Less than 13 | 121.8 | 36.0\% | 115.9 | 33.2\% | 237.7 | 34.6\% |
| 13-24 | 68.9 | 20.4\% | 73.0 | 20.9\% | 141.8 | 20.7\% |
| More than 24 | 135.9 | 40.2\% | 144.6 | 41.5\% | 280.5 | 40.9\% |
| 25-60 | 80.9 | 23.9\% | 91.0 | 26.1\% | 171.9 | 25.0\% |
| 61-120 | 45.6 | 13.5\% | 43.4 | 12.4\% | 89.0 | 13.0\% |
| More than 120 | 9.4 | 2.8\% | 10.2 | 2.9\% | 19.7 | 2.9\% |
| Unknown / missing | 11.3 | 3.3\% | 15.2 | 4.4\% | 26.5 | 3.9\% |
| Total | 337.8 | 100.0\% | 348.7 | 100.0\% | 686.5 | 100.0\% |
| Mean ${ }^{2}$ | 39.6 |  | 39.7 |  | 39.6 |  |

Because of symptoms or discomfort ${ }^{3}$

| Less than 13 | 31.7 | 28.4\% | 29.3 | 32.0\% | 61.0 | 30.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 13-24 | 14.7 | 13.2\% | 16.9 | 18.5\% | 31.6 | 15.6\% |
| More than 24 | 62.2 | 55.8\% | 42.3 | 46.2\% | 104.5 | 51.5\% |
| 25-60 | 35.6 | 31.9\% | 26.7 | 29.2\% | 62.4 | 30.7\% |
| 61-120 | 18.4 | 16.5\% | 10.2 | 11.2\% | 28.6 | 14.1\% |
| More than 120 | 8.2 | 7.4\% | 5.4 | 5.9\% | 13.6 | 6.7\% |
| Unknown / missing | 2.9 | 2.6\% | 3.0 | 3.3\% | 5.9 | 2.9\% |
| Total | 111.5 | 100.0\% | 91.5 | 100.0\% | 203.0 | 100.0\% |
| Mean ${ }^{4}$ | 51.4 |  | 48.0 |  | 49.8 |  |

Bases: 1. The respondents who had received the colonoscopy and with no symptoms or discomfort prior to the examination.
2. The respondents who had received the colonoscopy and with no symptoms or discomfort prior to the examination and had valid answer on how long ago since the last examination.
3. The respondents who had received the colonoscopy because of symptoms or discomfort prior to the examination.
4. The respondents who had received the colonoscopy because of symptoms or discomfort and had valid answer on how long ago since the last examination.
Note: Figures may not add up to the total due to rounding.

Table 7.3f: Number of months since the last colonoscopy by age group

|  | Below 40 |  | 40-49 |  | 50-59 |  | 60-69 |  | 70-79 |  | 80 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Duration (months) | 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) | \% |



Because of symptoms or discomfort ${ }^{3}$

| Less than 13 | 8.1 | 29.0\% | 10.8 | 35.0\% | 16.2 | 30.7\% | 15.0 | 29.6\% | 6.4 | 26.9\% | 4.5 | 26.5\% | 61.0 | 30.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 13-24 | 6.8 | 24.1\% | 4.0 | 12.9\% | 8.6 | 16.2\% | 6.7 | 13.3\% | 3.9 | 16.3\% | 1.7 | 9.9\% | 31.6 | 15.6\% |
| More than 24 | 12.6 | 44.8\% | 16.1 | 52.1\% | 27.1 | 51.4\% | 26.5 | 52.2\% | 13.0 | 55.0\% | 9.2 | 54.9\% | 104.5 | 51.5\% |
| 25-60 | 6.6 | 23.5\% | 11.1 | 35.8\% | 16.7 | 31.7\% | 13.6 | 26.7\% | 8.9 | 37.6\% | 5.5 | 32.7\% | 62.4 | 30.7\% |
| 61-120 | 5.5 | 19.6\% | 4.5 | 14.5\% | 7.2 | 13.6\% | 7.7 | 15.0\% | 2.2 | 9.4\% | 1.6 | 9.3\% | 28.6 | 14.1\% |
| More than 120 | 0.5 | 1.7\% | 0.6 | 1.8\% | 3.2 | 6.1\% | 5.3 | 10.5\% | 1.9 | 7.9\% | 2.2 | 12.9\% | 13.6 | 6.7\% |
| Unknown / missing | 0.6 | 2.1\% | - | - | 0.9 | 1.7\% | 2.5 | 5.0\% | 0.4 | 1.9\% | 1.5 | 8.7\% | 5.9 | 2.9\% |
| Total | 28.0 | 100.0\% | 30.9 | 100.0\% | 52.7 | 100.0\% | 50.8 | 100.0\% | 23.7 | 100.0\% | 16.8 | 100.0\% | 203.0 | 100.0\% |
| Mean ${ }^{4}$ |  | 44.5 |  | 38.9 |  | 48.1 |  | 56.4 |  | 50.3 |  | 65.8 |  |  |

Bases: 1. The respondents who had received the colonoscopy and with no symptoms or discomfort prior to the examination.
2. The respondents who had received the colonoscopy and with no symptoms or discomfort prior to the examination and had valid answer on how long ago since the last examination.
3. The respondents who had received the colonoscopy because of symptoms or discomfort prior to the examination.
4. The respondents who had received the colonoscopy because of symptoms or discomfort and had valid answer on how long ago since the last examination.
Note: Figures may not add up to the total due to rounding.

Regarding frequency of having regular colonoscopy, $57.2 \%$ of people who had no symptoms or discomfort prior to the examination had no fixed schedule for repeat examinations, $26.4 \%$ reported that their most recent examination was the first colonoscopy ever received. $11.8 \%$ had regular colonoscopy once every one to two years or more frequently and $4.6 \%$ had regular colonoscopy less frequently. Among those who had colonoscopy because of symptoms or discomfort, $44.6 \%$ had no fixed schedule, $46.8 \%$ had their most recent one as their first colonoscopy, while only $8.3 \%$ had colonoscopy regularly (Table 7.3g and Table 7.3h).

Table 7.3g: Frequency of regular colonoscopies by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| With no symptoms or discomfort prior to examination ${ }^{1}$ |  |  |  |  |  |  |
| More than once per year generally | 0.9 | 0.3\% | 1.1 | 0.3\% | 2.1 | 0.3\% |
| Once a year generally | 22.7 | 6.7\% | 22.8 | 6.5\% | 45.6 | 6.6\% |
| Once every 2 years generally | 12.0 | 3.6\% | 21.5 | 6.2\% | 33.6 | 4.9\% |
| Once every 3 years generally | 4.9 | 1.5\% | 6.1 | 1.7\% | 11.0 | 1.6\% |
| Once every 4 years or more generally | 8.2 | 2.4\% | 12.2 | 3.5\% | 20.4 | 3.0\% |
| Once every 4-5 years generally | 6.8 | 2.0\% | 11.1 | 3.2\% | 17.9 | 2.6\% |
| Once every 6-9 years generally | - | - | 0.6 | 0.2\% | 0.6 | 0.1\% |
| Once every 10 years or more generally | 1.4 | 0.4\% | 0.5 | 0.1\% | 1.9 | 0.3\% |
| The most recent one was the first colonoscopy | 89.3 | 26.4\% | 92.0 | 26.4\% | 181.3 | 26.4\% |
| No fixed schedule of colonoscopies | 199.7 | 59.1\% | 192.9 | 55.3\% | 392.5 | 57.2\% |
| Refusal | - | - | - | - | - | - |
| Total | 337.8 | 100.0\% | 348.7 | 100.0\% | 686.5 | 100.0\% |
| Because of symptoms or discomfort ${ }^{2}$ |  |  |  |  |  |  |
| More than once per year generally | 0.4 | 0.4\% | 0.6 | 0.7\% | 1.0 | 0.5\% |
| Once a year generally | 0.5 | 0.5\% | 0.9 | 1.0\% | 1.4 | 0.7\% |
| Once every 2 years generally | 2.0 | 1.8\% | 3.7 | 4.0\% | 5.7 | 2.8\% |
| Once every 3 years generally | 2.1 | 1.9\% | 2.6 | 2.8\% | 4.7 | 2.3\% |
| Once every 4 years or more generally | 2.0 | 1.8\% | 2.1 | 2.3\% | 4.1 | 2.0\% |
| Once every 4-5 years generally | 2.0 | 1.8\% | 2.1 | 2.3\% | 4.1 | 2.0\% |
| Once every 6-9 years generally | - | - | - | - | - | - |
| Once every 10 years or more generally | - | - | - | - | - | - |
| The most recent one was the first colonoscopy | 55.5 | 49.8\% | 39.5 | 43.1\% | 94.9 | 46.8\% |
| No fixed schedule of colonoscopies | 48.9 | 43.9\% | 41.7 | 45.5\% | 90.6 | 44.6\% |
| Refusal | - | - | 0.5 | 0.5\% | 0.5 | 0.2\% |
| Total | 111.5 | 100.0\% | 91.5 | 100.0\% | 203.0 | 100.0\% |

Bases: 1. The respondents who had received the colonoscopy and with no symptoms or discomfort prior to the examination.
2. The respondents who had received the colonoscopy because of symptoms or discomfort.

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

Table 7.3h: Frequency of regular colonoscopies by age group

|  | Below 40 |  | 40-49 |  | 50-59 |  | 60-69 |  | 70-79 |  | 80 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) | \% |
| With no symptoms or discomfort prior to examination ${ }^{1}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| More than once per year generally | - | - | 0.6 | 0.5\% | 0.5 | 0.3\% | 0.4 | 0.3\% | 0.5 | 0.8\% | - | - | 2.1 | 0.3\% |
| Once a year generally | 7.4 | 8.2\% | 9.4 | 7.3\% | 13.6 | 6.6\% | 8.2 | 5.1\% | 5.4 | 8.3\% | 1.5 | 4.4\% | 45.6 | 6.6\% |
| Once every 2 years generally | 4.5 | 4.9\% | 8.8 | 6.8\% | 9.8 | 4.7\% | 6.9 | 4.3\% | 2.7 | 4.1\% | 0.9 | 2.5\% | 33.6 | 4.9\% |
| Once every 3 years generally | 0.6 | 0.6\% | 2.4 | 1.8\% | 3.2 | 1.5\% | 4.3 | 2.7\% | 0.5 | 0.8\% | - | - | 11.0 | 1.6\% |
| Once every 4 years or more generally | 1.8 | 2.0\% | 3.3 | 2.5\% | 8.4 | 4.0\% | 4.5 | 2.8\% | 2.1 | 3.3\% | 0.3 | 1.0\% | 20.4 | 3.0\% |
| Once every 4-5 years generally | 1.8 | 2.0\% | 1.7 | 1.3\% | 7.8 | 3.8\% | 4.1 | 2.6\% | 2.1 | 3.3\% | 0.3 | 1.0\% | 17.9 | 2.6\% |
| Once every 6-9 years generally | - | - | 0.6 | 0.5\% | - | - | - | - | - | - | - | - | 0.6 | 0.1\% |
| Once every 10 years or more generally | - | - | 0.9 | 0.7\% | 0.6 | 0.3\% | 0.4 | 0.3\% | - | - | - | - | 1.9 | 0.3\% |
| The most recent one was the first colonoscopy | 23.9 | 26.5\% | 36.9 | 28.5\% | 54.7 | 26.4\% | 40.4 | 25.4\% | 15.7 | 24.1\% | 9.6 | 27.8\% | 181.3 | 26.4\% |
| No fixed schedule of colonoscopies | 52.2 | 57.8\% | 68.2 | 52.6\% | 117.1 | 56.5\% | 94.4 | 59.3\% | 38.3 | 58.6\% | 22.3 | 64.3\% | 392.5 | 57.2\% |
| Refusal | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Total | 90.3 | 100.0\% | 129.7 | 100.0\% | 207.4 | 100.0\% | 159.2 | 100.0\% | 65.4 | 100.0\% | 34.6 | 100.0\% | 686.5 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| More than once per year generally | - | - | 0.6 | 2.0\% | - | - | - | - | - | - | 0.4 | 2.5\% | 1.0 | 0.5\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Once a year generally | - | - | - | - | 0.5 | 0.9\% | - | - | 0.4 | 1.7\% | 0.5 | 3.2\% | 1.4 | 0.7\% |
| Once every 2 years generally | - | - | 0.5 | 1.5\% | 2.8 | 5.2\% | 1.5 | 2.9\% | 1.0 | 4.1\% | - | - | 5.7 | 2.8\% |
| Once every 3 years generally | - | - | - | - | 1.2 | 2.2\% | 2.1 | 4.2\% | 1.4 | 6.0\% | - | - | 4.7 | 2.3\% |
| Once every 4 years or more generally | - | - | 1.1 | 3.4\% | 0.9 | 1.7\% | 2.1 | 4.2\% | - | - | - | - | 4.1 | 2.0\% |
| Once every 4-5 years generally | - | - | 1.1 | 3.4\% | 0.9 | 1.7\% | 2.1 | 4.2\% | - | - | - | - | 4.1 | 2.0\% |
| Once every 6-9 years generally | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Once every 10 years or more generally | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| The most recent one was the first colonoscopy | 13.7 | 48.8\% | 12.4 | 40.1\% | 25.9 | 49.2\% | 21.7 | 42.7\% | 9.8 | 41.2\% | 11.5 | 68.3\% | 94.9 | 46.8\% |
| No fixed schedule of colonoscopies | 14.4 | 51.2\% | 16.4 | 53.0\% | 21.5 | 40.7\% | 23.4 | 46.0\% | 11.1 | 47.0\% | 3.9 | 23.1\% | 90.6 | 44.6\% |
| Refusal | - | - | - | - | - | - | - | - | - | - | 0.5 | 2.9\% | 0.5 | 0.2\% |
| Total | 28.0 | 100.0\% | 30.9 | 100.0\% | 52.7 | 100.0\% | 50.8 | 100.0\% | 23.7 | 100.0\% | 16.8 | 100.0\% | 203.0 | 100.0\% |

Bases: 1. The respondents who had received the colonoscopy and with no symptoms or discomfort prior to the examination.
2. The respondents who had received the colonoscopy because of symptoms or discomfort.

Note: Figures may not add up to the total due to rounding.
The Cancer Expert Working Group on Cancer Prevention and Screening in Hong Kong recommended individuals aged 50 to 75 at average risk to discuss with their doctor and consider screening for colorectal cancer by having colonoscopy once every ten years, as an alternative to FOBT screening ${ }^{1}$. In the PHS, the proportion of persons aged 50 to 75 inclusive who had received a colonoscopy when there was no symptoms or discomfort was $17.7 \%$ ( $16.2 \%$ for females and $19.2 \%$ for males) (Table 7.3b).

### 7.4 Prostate-specific Antigen Test (for males only)

The prostate-specific antigen (PSA) test is a blood test used to screen for prostate cancer in males. In the survey, male respondents were asked whether they had the test before and if yes, whether there was any symptoms or discomfort prior to the test. They were further asked when they had the last test, type of organisations / doctors from whom they had consulted for the test, and how often they had the test.

Overall, $9.2 \%$ of males aged 15 or above reported that they ever had a PSA test without (7.4\%) and with $(1.8 \%)$ symptoms or discomfort prior to the test. Among those who had the test with no symptoms or discomfort at that time, the proportions increased from $2.6 \%$ in males aged below 45 to $14.7 \%$ in males aged $65-74$, and slightly decreased to $12.7 \%$ in males aged 75 or above. Among those who had the test because of symptoms or discomfort, the proportions increased sharply from $0.1 \%$ among males aged below 45 to $10.1 \%$ among males aged 75 or above (Table 7.4a).

Table 7.4a: Proportion of males aged 15 or above who ever had PSA test by age group

|  | Below 45 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 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) | \% |
| Yes | 35.9 | 2.7\% | 54.5 | 9.9\% | 69.7 | 13.2\% | 57.3 | 20.2\% | 48.1 | 22.8\% | 265.5 | 9.2\% |
| With no symptoms or discomfort prior to test | 34.7 | 2.6\% | 51.3 | 9.4\% | 59.7 | 11.3\% | 41.8 | 14.7\% | 26.9 | 12.7\% | 214.4 | 7.4\% |
| Had test because of symptoms or discomfort | 1.2 | 0.1\% | 3.2 | 0.6\% | 10.0 | 1.9\% | 15.5 | 5.5\% | 21.2 | 10.1\% | 51.2 | 1.8\% |
| No | 1288.2 | 97.3\% | 493.9 | 90.1\% | 458.3 | 86.8\% | 226.5 | 79.8\% | 162.8 | 77.2\% | 2629.7 | 90.8\% |
| Total | 1324.1 | 100.0\% | 548.4 | 100.0\% | 528.0 | 100.0\% | 283.8 | 100.0\% | 210.9 | 100.0\% | 2895.2 | 100.0\% |
| Base: All male respondents. <br> Note: Figures may not add up to the total du | e to roundi |  |  |  |  |  |  |  |  |  |  |  |

Regarding the type of organisations / doctors consulted for the PSA test, among those who had received the test when there were no symptoms or discomfort, overall speaking more people consulted private doctors $(68.3 \%)$ than public clinics or hospitals $(30.8 \%)$. On the contrary, among those who had the test because of symptoms or discomfort, in general more people consulted doctors in public clinics or hospitals (76.4\%) than private doctors (22.8\%) (Table 7.4b).

Table 7.4b: Type of organisations consulted for PSA test by age group

|  | Below 45 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 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) | \% |
| With no symptoms or discomfort prior to test ${ }^{\mathbf{1}}$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Private clinics or hospitals | 29.8 | 86.0\% | 45.6 | 88.8\% | 41.5 | 69.6\% | 22.7 | 54.2\% | 6.9 | 25.5\% | 146.5 | 68.3\% |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 4.3 | 12.3\% | 5.7 | 11.2\% | 17.0 | 28.5\% | 19.1 | 45.8\% | 20.0 | 74.5\% | 66.1 | 30.8\% |
| Non-profit organisations or universities | 0.6 | 1.7\% | - | - | 0.6 | 1.0\% | - | - | - | - | 1.2 | 0.5\% |
| Hospitals or clinics in Mainland China | - | - | - | - | 0.6 | 1.0\% | - | - | - | - | 0.6 | 0.3\% |
| Total | 34.7 | 100.0\% | 51.3 | 100.0\% | 59.7 | 100.0\% | 41.8 | 100.0\% | 26.9 | 100.0\% | 214.4 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| Private clinics or hospitals | 1.2 | 100.0\% | 1.6 | 50.8\% | 3.2 | 31.6\% | 1.0 | 6.3\% | 4.7 | 22.2\% | 11.7 | 22.8\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | - | - | 1.6 | 49.2\% | 6.9 | 68.4\% | 14.2 | 91.1\% | 16.5 | 77.8\% | 39.1 | 76.4\% |
| Non-profit organisations or universities | - | - | - | - | - | - | 0.4 | 2.6\% | - | - | 0.4 | 0.8\% |
| Hospitals or clinics in Mainland China | - | - | - | - | - | - | - | - | - | - | - | - |
| Total | 1.2 | 100.0\% | 3.2 | 100.0\% | 10.0 | 100.0\% | 15.5 | 100.0\% | 21.2 | 100.0\% | 51.2 | 100.0\% |

Bases: 1. The male respondents who had received the PSA test and with no symptoms or discomfort prior to the test.
2. The male respondents who had received the PSA test because of symptoms or discomfort.

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

Among males who had received PSA test when there were no symptoms or discomfort, $71.7 \%$ had their last tests within 24 months preceding the survey while $25.7 \%$ had the test more than 24 months preceding the survey. The average duration since the last PSA test was 26.5 months among those with no symptoms or discomfort prior to the test. Among persons who had received PSA test because of symptoms or discomfort, the average duration since the last test was 37.2 months (Table 7.4c).

Table 7.4c: Number of months since the last PSA test by age group

|  | Below 45 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Duration (months) | 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 symptoms or discomfort prior to test ${ }^{\mathbf{1}}$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Less than 13 | 18.7 | 53.8\% | 25.5 | 49.7\% | 31.5 | 52.7\% | 22.3 | 53.4\% | 9.9 | 36.9\% | 107.9 | 50.3\% |
| 13-24 | 8.8 | 25.5\% | 14.5 | 28.3\% | 14.1 | 23.6\% | 4.4 | 10.6\% | 3.9 | 14.6\% | 45.8 | 21.4\% |
| More than 24 | 7.2 | 20.8\% | 10.2 | 19.8\% | 14.1 | 23.7\% | 12.0 | 28.8\% | 11.6 | 43.1\% | 55.1 | 25.7\% |
| Unknown / missing | - | - | 1.1 | 2.2\% | - | - | 3.0 | 7.3\% | 1.4 | 5.4\% | 5.6 | 2.6\% |
| Total | 34.7 | 100.0\% | 51.3 | 100.0\% | 59.7 | 100.0\% | 41.8 | 100.0\% | 26.9 | 100.0\% | 214.4 | 100.0\% |
| Mean ${ }^{2}$ |  | 19.9 |  | 19.7 |  | . 8 |  | 4.1 |  | . 2 |  | . 5 |

Because of symptoms or discomfort ${ }^{3}$

| Less than 13 | - | - | 0.6 | 17.7\% | 3.5 | 34.9\% | 9.7 | 62.6\% | 7.2 | 33.9\% | 21.0 | 41.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 13-24 | - | - | 1.1 | 33.5\% | 3.6 | 36.2\% | 1.9 | 12.2\% | 3.4 | 15.9\% | 9.9 | 19.5\% |
| More than 24 | 0.6 | 49.9\% | 0.9 | 29.3\% | 2.4 | 24.4\% | 3.9 | 25.2\% | 9.5 | 44.5\% | 17.3 | 33.9\% |
| Unknown / missing | 0.6 | 50.1\% | 0.6 | 19.5\% | 0.5 | 4.5\% | - | - | 1.2 | 5.8\% | 2.9 | 5.7\% |
| Total | 1.2 | 100.0\% | 3.2 | 100.0\% | 10.0 | 100.0\% | 15.5 | 100.0\% | 21.2 | 100.0\% | 51.2 | 100.0\% |
| Mean ${ }^{4}$ |  | \# |  | 52.1 |  | 30.3 |  | 28.7 |  | 44.1 |  | 37.2 |

Bases: 1. The male respondents who had received the PSA test, with no symptoms or discomfort prior to the test.
2. The male respondents who had received the PSA test, with no symptoms or discomfort prior to the test and had valid answer on how long ago since the last test.
3. The male respondents who had received the PSA test because of symptoms or discomfort prior to the test
4. The male respondents who had received the PSA test because of symptoms or discomfort and had valid answer on how long ago since the last test.

Notes: \# The summary statistics are not shown for the age subgroup "Below 45" due to statistical consideration.
Figures may not add up to the total due to rounding.

Nearly half ( $45.6 \%$ ) of persons who received a PSA test with no symptoms or discomfort prior to the test had no fixed schedule of regular PSA tests, and $21.0 \%$ reported that the recent test was their first PSA test; $19.9 \%$ had PSA test generally once a year or more frequently, $10.8 \%$ had the test once every two years and $2.7 \%$ had the test once every three years or at a longer interval. Among people who had a PSA test because of symptoms or discomfort, $39.1 \%$ had no fixed schedule recent tests, $39.5 \%$ reported that the most recent test was their first test, while $10.6 \%$ had PSA test more than once a year and $10.8 \%$ had regular PSA tests once every one to two years (Table 7.4d).

Table 7.4d: Frequency of regular PSA tests by age group


With no symptoms or discomfort prior to test ${ }^{\mathbf{1}}$

| More than once per year generally | - | - | 0.6 | 1.2\% | 1.6 | 2.7\% | 2.9 | 6.9\% | - | - | 5.1 | 2.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Once a year generally | 5.6 | 16.1\% | 10.7 | 20.8\% | 9.5 | 16.0\% | 8.0 | 19.0\% | 3.7 | 13.8\% | 37.5 | 17.5\% |
| Once every 2 years generally | 4.5 | 13.1\% | 7.0 | 13.7\% | 6.8 | 11.3\% | 3.8 | 9.1\% | 1.0 | 3.7\% | 23.1 | 10.8\% |
| Once every 3 years generally | 0.6 | 1.7\% | 0.6 | 1.1\% | 1.8 | 3.0\% | - | - | - | - | 2.9 | 1.4\% |
| Once every 4 years or more generally | 0.6 | 1.7\% | 1.7 | 3.3\% | 0.6 | 1.0\% | - | - | - | - | 2.9 | 1.3\% |
| The most recent one was the first PSA test | 8.9 | 25.7\% | 9.2 | 18.0\% | 12.7 | 21.3\% | 8.4 | 20.2\% | 5.8 | 21.5\% | 45.1 | 21.0\% |
| No fixed schedule of PSA tests | 14.5 | 41.8\% | 21.5 | 41.9\% | 26.7 | 44.8\% | 18.7 | 44.8\% | 16.4 | 61.0\% | 97.8 | 45.6\% |
| Total | 34.7 | 100.0\% | 51.3 | 100.0\% | 59.7 | 100.0\% | 41.8 | 100.0\% | 26.9 | 100.0\% | 214.4 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| More than once per year generally | - | - | 0.6 | 17.7\% | 1.5 | 15.0\% | 2.0 | 12.7\% | 1.4 | 6.5\% | 5.4 | 10.6\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Once a year generally | - | - | - | - | 1.2 | 11.7\% | 2.4 | 15.3\% | 0.6 | 2.6\% | 4.1 | 8.1\% |
| Once every 2 years generally | - | - | 0.6 | 17.7\% | - | - | 0.5 | 3.1\% | 0.3 | 1.6\% | 1.4 | 2.7\% |
| Once every 3 years generally | - | - | - | - | - | - | - | - | - | - | - | - |
| Once every 4 years or more generally | - | - | - | - | - | - | - | - | - | - | - | - |
| The most recent one was the first PSA test | 0.6 | 49.9\% | - | - | 2.4 | 24.3\% | 6.9 | 44.2\% | 10.3 | 48.5\% | 20.2 | 39.5\% |
| No fixed schedule of PSA tests | 0.6 | 50.1\% | 2.0 | 64.6\% | 4.9 | 49.0\% | 3.8 | 24.6\% | 8.6 | 40.7\% | 20.0 | 39.1\% |
| Total | 1.2 | 100.0\% | 3.2 | 100.0\% | 10.0 | 100.0\% | 15.5 | 100.0\% | 21.2 | 100.0\% | 51.2 | 100.0\% |

Bases: 1. The male respondents who had received the PSA test and with no symptoms or discomfort prior to the test.
2. The male respondents who had received the PSA test because of symptoms or discomfort.

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

### 7.5 Digital Rectal Examination (for males only)

Digital rectal examination (DRE) of the prostate is an examination in which the doctor places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland in males. In the PHS, male respondents were asked whether they ever had DRE and if yes, whether there were any symptoms or discomfort prior to the examination and they were further asked when they had the last examination, type of organisations / doctors whom they had consulted for the examination, and how often they had the examination.

Overall, $7.9 \%$ of males aged 15 or above reported that they had ever had DRE of the prostate $-5.8 \%$ had the examination when there were no apparent symptoms or discomfort and $2.1 \%$ had it because of symptoms or discomfort. The proportions ever having the examination increased steadily with age, from $2.4 \%$ for those below 45 years of age to $11.5 \%$ for those aged 75 or above for those who had received the DRE when there were no symptoms or discomfort (Table 7.5a).

Table 7.5a: Proportion of males aged 15 or above who ever had a digital rectal examination by age group


Regarding the type of organisations / doctors consulted for the DRE among those who had received the examination when there were no symptoms or discomfort, overall speaking more people consulted private doctors $(61.9 \%)$ than public clinics or hospitals ( $34.7 \%$ ). However, the opposite was found among those who had received the examination because of symptoms or discomfort with $63.7 \%$ consulted doctors in public clinics or hospitals and $34.4 \%$ consulted private doctors (Table 7.5b).

Table 7.5b: Type of organisations consulted for digital rectal examination by age group

|  | Below 45 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 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) | \% |
| With no symptoms or discomfort prior to examination ${ }^{1}$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Private clinics or hospitals | 22.6 | 71.6\% | 29.5 | 82.4\% | 32.1 | 70.8\% | 16.7 | 53.0\% | 3.4 | 14.0\% | 104.2 | 61.9\% |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 5.9 | 18.6\% | 5.2 | 14.7\% | 12.1 | 26.6\% | 14.8 | 47.0\% | 20.4 | 84.2\% | 58.4 | 34.7\% |
| Non-profit organisations or universities | 0.9 | 2.9\% | 1.1 | 3.0\% | 1.2 | 2.6\% | - | - | 0.5 | 1.9\% | 3.6 | 2.1\% |
| Hospitals or clinics in Mainland China | 2.2 | 6.9\% | - | - | - | - | - | - | - | - | 2.2 | 1.3\% |
| Total | 31.5 | 100.0\% | 35.8 | 100.0\% | 45.3 | 100.0\% | 31.5 | 100.0\% | 24.3 | 100.0\% | 168.4 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| Private clinics or hospitals | 3.3 | 50.5\% | 4.5 | 51.1\% | 8.0 | 46.1\% | 2.3 | 16.8\% | 2.9 | 19.4\% | 20.9 | 34.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 2.8 | 42.4\% | 4.3 | 48.9\% | 9.3 | 53.9\% | 11.1 | 83.2\% | 11.2 | 75.6\% | 38.8 | 63.7\% |
| Non-profit organisations or universities | - | - | - | - | - | - | - | - | - | - | - | - |
| Hospitals or clinics in Mainland China | 0.5 | 7.1\% | - | - | - | - | - | - | 0.7 | 4.9\% | 1.2 | 2.0\% |
| Total | 6.6 | 100.0\% | 8.8 | 100.0\% | 17.3 | 100.0\% | 13.4 | 100.0\% | 14.9 | 100.0\% | 60.9 | 100.0\% |

Bases: 1. The male respondents who had received digital rectal examination of the prostate and with no symptoms or discomfort prior to the examination.
2. The male respondents who had received digital rectal examination of the prostate because of symptoms or discomfort.

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

Among males who had received DRE when there were no symptoms or discomfort, $61.1 \%$ had their last examinations within 24 months preceding the survey, while $33.1 \%$ had the examination more than 24 months preceding the survey. The average duration since the last DRE was 38.6 months among those with no symptoms or discomfort prior to the examination. Among persons who had received the examination because of symptoms or discomfort, the average duration since last examination was 60.9 months (Table 7.5c).

Table 7.5c: Number of months since the last digital rectal examination by age group

|  | Below 45 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Duration (months) | 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 symptoms or discomfort prior to examination ${ }^{1}$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Less than 13 | 18.0 | 57.2\% | 16.0 | 44.6\% | 18.8 | 41.4\% | 14.8 | 47.1\% | 8.9 | 36.7\% | 76.5 | 45.4\% |
| 13-24 | 5.6 | 17.8\% | 8.7 | 24.2\% | 6.6 | 14.5\% | 3.9 | 12.5\% | 1.6 | 6.7\% | 26.4 | 15.7\% |
| More than 24 | 6.8 | 21.7\% | 9.5 | 26.6\% | 18.8 | 41.5\% | 9.3 | 29.7\% | 11.2 | 46.3\% | 55.8 | 33.1\% |
| Unknown / missing | 1.0 | 3.3\% | 1.6 | 4.5\% | 1.2 | 2.5\% | 3.4 | 10.7\% | 2.5 | 10.3\% | 9.7 | 5.7\% |
| Total | 31.5 | 100.0\% | 35.8 | 100.0\% | 45.3 | 100.0\% | 31.5 | 100.0\% | 24.3 | 100.0\% | 168.4 | 100.0\% |
| Mean ${ }^{2}$ |  | 29.9 |  | . 7 |  | 49.9 |  | 32.5 |  | 56.1 |  |  |

Because of symptoms or discomfort ${ }^{3}$

| Less than 13 | 0.5 | 7.1\% | 1.4 | 16.3\% | 4.6 | 26.5\% | 5.4 | 40.6\% | 3.3 | 22.1\% | 15.2 | 24.9\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 13-24 | 1.1 | 16.1\% | 2.7 | 30.8\% | 4.4 | 25.6\% | 2.9 | 21.9\% | 2.3 | 15.3\% | 13.4 | 22.0\% |
| More than 24 | 4.5 | 67.7\% | 4.0 | 45.8\% | 7.8 | 45.1\% | 4.6 | 34.1\% | 8.3 | 55.9\% | 29.1 | 47.9\% |
| Unknown / missing | 0.6 | 9.0\% | 0.6 | 7.1\% | 0.5 | 2.8\% | 0.5 | 3.5\% | 1.0 | 6.8\% | 3.2 | 5.2\% |
| Total | 6.6 | 100.0\% | 8.8 | 100.0\% | 17.3 | 100.0\% | 13.4 | 100.0\% | 14.9 | 100.0\% | 60.9 | 100.0\% |
| Mean ${ }^{4}$ |  | 52.8 |  | 57.4 |  | 57.8 |  | 53.3 |  | 77.6 |  |  |

Bases: 1. The male respondents who had received digital rectal examination of the prostate, with no symptoms or discomfort prior to the examination.
2. The male respondents who had received digital rectal examination of the prostate, with no symptoms or discomfort prior to the examination and had valid answer on how long ago since the last examination.
3. The male respondents who had received digital rectal examination of the prostate because of symptoms or discomfort prior to the examination.
4. The male respondents who had received digital rectal examination of the prostate because of symptoms or discomfort and had valid answer on how long ago since the last examination.
Note: Figures may not add up to the total due to rounding.

More than half ( $53.9 \%$ ) of the males who had DRE of the prostate when there were no apparent symptoms or discomfort had no fixed schedule of repeat examinations and $23.5 \%$ reported that the most recent examination was their first DRE ever received. $13.6 \%$ had the DRE generally once a year or more frequent, $5.7 \%$ had it once every two years and $3.3 \%$ once every three or more years. Among people who had DRE because of symptoms or discomfort, $37.7 \%$ had no fixed schedule, $52.8 \%$ reported that the most recent examination was their first ever DRE received, while only $9.5 \%$ had regular DRE (Table 7.5 d ).

Table 7.5d: Frequency of regular digital rectal examinations by age group


With no symptoms or discomfort prior to
examination ${ }^{1}$

| More than once per year generally | - | - | 1.2 | 3.5\% | - | - | 1.7 | 5.4\% | - | - | 2.9 | 1.7\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Once a year generally | 3.9 | 12.4\% | 5.7 | 16.0\% | 4.9 | 10.9\% | 3.9 | 12.5\% | 1.6 | 6.4\% | 20.1 | 11.9\% |
| Once every 2 years generally | 2.9 | 9.1\% | 1.7 | 4.7\% | 2.9 | 6.3\% | 1.3 | 4.2\% | 0.9 | 3.7\% | 9.6 | 5.7\% |
| Once every 3 years generally | 1.0 | 3.3\% | 0.6 | 1.7\% | 0.6 | 1.3\% | - | - | - | - | 2.2 | 1.3\% |
| Once every 4 years or more generally | - | - | 2.7 | 7.5\% | 0.6 | 1.3\% | - | - | - | - | 3.3 | 2.0\% |
| The most recent one was my first digital rectal examination | 8.6 | 27.1\% | 6.0 | 16.9\% | 11.2 | 24.7\% | 8.3 | 26.3\% | 5.4 | 22.4\% | 39.5 | 23.5\% |
| No fixed schedule of digital rectal examinations | 15.2 | 48.1\% | 17.8 | 49.7\% | 25.2 | 55.5\% | 16.2 | 51.6\% | 16.4 | 67.5\% | 90.8 | 53.9\% |
| Total | 31.5 | 100.0\% | 35.8 | 100.0\% | 45.3 | 100.0\% | 31.5 | 100.0\% | 24.3 | 100.0\% | 168.4 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| More than once per year generally | - | - | - | - | - | - | 1.7 | 12.4\% | - | - | 1.7 | 2.7\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Once a year generally | - | - | - | - | 1.2 | 6.8\% | 0.5 | 3.5\% | 0.9 | 6.1\% | 2.5 | 4.2\% |
| Once every 2 years generally | - | - | 0.6 | 6.4\% | - | - | 0.6 | 4.4\% | 0.4 | 3.0\% | 1.6 | 2.6\% |
| Once every 3 years generally | - | - | - | - | - | - | - | - | - | - | - | - |
| Once every 4 years or more generally | - | - | - | - | - | - | - | - | - | - | - | - |
| The most recent one was my first digital rectal examination | 4.8 | 72.9\% | 3.5 | 40.1\% | 8.9 | 51.7\% | 5.4 | 40.7\% | 9.5 | 63.6\% | 32.2 | 52.8\% |
| No fixed schedule of digital rectal examinations | 1.8 | 27.1\% | 4.7 | 53.5\% | 7.2 | 41.5\% | 5.2 | 39.0\% | 4.1 | 27.4\% | 22.9 | 37.7\% |
| Total | 6.6 | 100.0\% | 8.8 | 100.0\% | 17.3 | 100.0\% | 13.4 | 100.0\% | 14.9 | 100.0\% | 60.9 | 100.0\% |

Bases: 1. The male respondents who had received digital rectal examination of the prostate and with no symptoms or discomfort prior to the examination.
2. The male respondents who had received digital rectal examination of the prostate because of symptoms or discomfort.

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

### 7.6 Cervical Smear (for females aged 25 or above)

Cervical smear is a cytology test for cervical cancer. In the PHS, female respondents aged 25 or above were asked whether they ever had such test and if yes, whether there were no symptoms or discomfort prior to the test and they were further asked when they had the last cervical smear, type of organisations / doctors from whom they had consulted for such test, and how often they had the test.

Overall, $54.2 \%$ of females aged 25 or above reported that they ever had a cervical smear $-51.0 \%$ had the test with no symptoms or discomfort prior to the test and $3.2 \%$ had it because of symptoms or discomfort. Except for females aged 25-34 among whom $42.8 \%$ ever had the test, the proportion of females aged 35 or above who ever had a cervical smear decreased with age from $68.8 \%$ in those aged 35-44 to $15.2 \%$ in those aged 75 or above. The overall proportion of women aged 25-64 who had a cervical smear was 60.5\% (Table 7.6a).

Table 7.6a: Proportion of females aged 25 or above who ever had a cervical smear by age group

|  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 or above |  | 25-64 |  | 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) | \% |
| Yes | 216.5 | 42.8\% | 386.2 | 68.8\% | 425.7 | 67.1\% | 326.3 | 60.7\% | 116.3 | 41.5\% | 41.6 | 15.2\% | 1354.6 | 60.5\% | 1512.5 | 54.2\% |
| With no symptoms or discomfort prior to test | 204.0 | 40.3\% | 374.4 | 66.7\% | 402.0 | 63.3\% | 305.8 | 56.9\% | 104.2 | 37.2\% | 34.0 | 12.5\% | 1286.2 | 57.4\% | 1424.4 | 51.0\% |
| Had cervical smear because of symptoms or discomfort | 12.5 | 2.5\% | 11.8 | 2.1\% | 23.7 | 3.7\% | 20.4 | 3.8\% | 12.1 | 4.3\% | 7.6 | 2.8\% | 68.4 | 3.1\% | 88.1 | 3.2\% |
| No | 289.9 | 57.2\% | 175.2 | 31.2\% | 208.9 | 32.9\% | 211.2 | 39.3\% | 163.9 | 58.5\% | 231.0 | 84.8\% | 885.3 | 39.5\% | 1280.2 | 45.8\% |
| Total | 506.4 | 100.0\% | 561.4 | 100.0\% | 634.6 | 100.0\% | 537.5 | 100.0\% | 280.2 | 100.0\% | 272.6 | 100.0\% | 2239.9 | 100.0\% | 2792.7 | 100.0\% |

[^36]Regarding the type of organisations / doctors consulted for cervical smear among those who had the test when there were no symptoms or discomfort, generally more females consulted private doctors (55.0\%) than public clinics or hospitals (37.4\%). On the other hand, among those who had the test because of symptoms or discomfort, a higher proportion of females consulted doctors in public clinics or hospitals (49.0\%) than private doctors (42.9\%) (Table 7.6b).

Table 7.6b: Type of organisations consulted for cervical smear by age group

|  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 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) | \% |
| With no symptoms or discomfort prior to test ${ }^{1}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Private clinics or hospitals | 126.0 | 61.7\% | 234.6 | 62.7\% | 230.3 | 57.3\% | 134.8 | 44.1\% | 43.9 | 42.1\% | 13.5 | 39.8\% | 783.2 | 55.0\% |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 62.5 | 30.6\% | 118.3 | 31.6\% | 135.1 | 33.6\% | 145.8 | 47.7\% | 52.9 | 50.8\% | 18.0 | 53.0\% | 532.6 | 37.4\% |
| Non-profit organisations or universities | 14.4 | 7.0\% | 17.1 | 4.6\% | 32.6 | 8.1\% | 23.6 | 7.7\% | 5.5 | 5.3\% | 2.0 | 5.8\% | 95.2 | 6.7\% |
| Hospitals or clinics in Mainland China | 1.2 | 0.6\% | 3.3 | 0.9\% | 3.0 | 0.7\% | 0.6 | 0.2\% | 1.3 | 1.2\% | - | - | 9.4 | 0.7\% |
| Hospitals or clinics in other countries | - | - | - | - | 0.4 | 0.1\% | - | - | 0.5 | 0.5\% | 0.5 | 1.3\% | 1.4 | 0.1\% |
| Laboratories | - | - | 1.0 | 0.3\% | 0.6 | 0.1\% | 1.0 | 0.3\% | - | - | - | - | 2.6 | 0.2\% |
| Total | 204.0 | 100.0\% | 374.4 | 100.0\% | 402.0 | 100.0\% | 305.8 | 100.0\% | 104.2 | 100.0\% | 34.0 | 100.0\% | 1424.4 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| Private clinics or hospitals | 5.8 | 46.9\% | 5.0 | 42.4\% | 8.9 | 37.6\% | 9.0 | 44.2\% | 5.9 | 48.7\% | 3.1 | 41.1\% | 37.8 | 42.9\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 6.1 | 48.8\% | 5.3 | 45.1\% | 11.5 | 48.7\% | 10.8 | 53.0\% | 4.9 | 40.8\% | 4.5 | 58.9\% | 43.2 | 49.0\% |
| Non-profit organisations or universities | 0.5 | 4.3\% | - | - | 1.8 | 7.8\% | - | - | 1.3 | 10.5\% | - | - | 3.7 | 4.1\% |
| Hospitals or clinics in Mainland China | - | - | 1.0 | 8.6\% | 1.4 | 5.9\% | 0.6 | 2.8\% | - | - | - | - | 3.0 | 3.4\% |
| Hospitals or clinics in other countries | - | - | 0.4 | 3.8\% | - | - | - | - | - | - | - | - | 0.4 | 0.5\% |
| Laboratories | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Total | 12.5 | 100.0\% | 11.8 | 100.0\% | 23.7 | 100.0\% | 20.4 | 100.0\% | 12.1 | 100.0\% | 7.6 | 100.0\% | 88.1 | 100.0\% |

Bases: 1. The female respondents aged 25 or above who had received cervical smear and with no symptoms or discomfort prior to test.
2. The female respondents aged 25 or above who had received cervical smear because of symptoms or discomfort.

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

Among females aged 25 or above who had a cervical smear when they had no symptoms or discomfort prior to the test, $66.5 \%$ had their last cervical smear within 24 months preceding the survey, $10.2 \%$ had the test between 25 and 36 months, while $20.1 \%$ had the test more than 36 months preceding the survey. The average duration since their last cervical smear was 34.5 months among those with no symptoms or discomfort prior to the test, as compared to 80.0 months for those who had the test because of symptoms or discomfort (Table 7.6c).

Table 7.6c: Number of months since the last cervical smear by age group

|  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Duration (months) | 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) | \% |
| With no symptoms or discomfort prior to test ${ }^{\mathbf{1}}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Less than 13 | 121.9 | 59.7\% | 198.4 | 53.0\% | 196.2 | 48.8\% | 111.9 | 36.6\% | 26.3 | 25.3\% | 5.0 | 14.7\% | 659.7 | 46.3\% |
| 13-24 | 48.0 | 23.5\% | 79.4 | 21.2\% | 88.4 | 22.0\% | 55.1 | 18.0\% | 14.5 | 13.9\% | 2.6 | 7.6\% | 288.1 | 20.2\% |
| More than 24 | 31.7 | 15.6\% | 91.0 | 24.3\% | 109.0 | 27.1\% | 122.7 | 40.1\% | 55.6 | 53.4\% | 21.1 | 62.1\% | 431.1 | 30.3\% |
| 25-36 | 16.1 | 7.9\% | 40.1 | 10.7\% | 41.9 | 10.4\% | 30.6 | 10.0\% | 14.7 | 14.1\% | 2.1 | 6.2\% | 145.4 | 10.2\% |
| 37-60 | 10.7 | 5.3\% | 32.0 | 8.6\% | 35.0 | 8.7\% | 27.9 | 9.1\% | 12.0 | 11.5\% | 4.3 | 12.7\% | 122.0 | 8.6\% |
| More than $60$ | 4.9 | 2.4\% | 18.9 | 5.1\% | 32.1 | 8.0\% | 64.2 | 21.0\% | 28.9 | 27.7\% | 14.7 | 43.2\% | 163.8 | 11.5\% |
| Unknown / missing | 2.4 | 1.2\% | 5.5 | 1.5\% | 8.5 | 2.1\% | 16.1 | 5.2\% | 7.8 | 7.4\% | 5.3 | 15.7\% | 45.5 | 3.2\% |
| Total | 204.0 | 100.0\% | 374.4 | 100.0\% | 402.0 | 100.0\% | 305.8 | 100.0\% | 104.2 | 100.0\% | 34.0 | 100.0\% | 1424.4 | 100.0\% |
| Mean ${ }^{2}$ | 19.5 |  | 23.4 |  | 28.2 |  | 48.2 |  | 68.6 |  | 115.6 |  | 34.5 |  |
| Because of symptoms or discomfort ${ }^{3}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Less than 13 | 7.4 | 59.0\% | 7.5 | 63.4\% | 9.6 | 40.5\% | 4.7 | 22.9\% | 1.4 | 11.5\% | - | - | 30.5 | 34.6\% |
| 13-24 | 2.3 | 18.5\% | 1.6 | 13.5\% | 4.5 | 19.1\% | 2.9 | 14.0\% | - | - | 1.0 | 13.0\% | 12.3 | 13.9\% |
| More than 24 | 2.8 | 22.5\% | 2.7 | 23.1\% | 8.7 | 36.9\% | 11.8 | 57.8\% | 10.2 | 84.2\% | 4.4 | 57.4\% | 40.6 | 46.1\% |
| 25-36 | 1.1 | 9.0\% | 0.4 | 3.8\% | 2.1 | 8.7\% | 0.9 | 4.6\% | - | - | 0.6 | 7.4\% | 5.1 | 5.8\% |
| 37-60 | 0.6 | 4.7\% | 1.4 | 11.6\% | 0.4 | 1.8\% | 1.4 | 6.8\% | 0.5 | 4.5\% | 0.6 | 7.4\% | 4.9 | 5.5\% |
| More than <br> 60 | 1.1 | 8.8\% | 0.9 | 7.7\% | 6.2 | 26.4\% | 9.5 | 46.5\% | 9.7 | 79.7\% | 3.2 | 42.6\% | 30.7 | 34.8\% |
| Unknown / missing | - | - | - | - | 0.8 | 3.5\% | 1.1 | 5.3\% | 0.5 | 4.3\% | 2.2 | 29.6\% | 4.7 | 5.3\% |
| Total | 12.5 | 100.0\% | 11.8 | 100.0\% | 23.7 | 100.0\% | 20.4 | 100.0\% | 12.1 | 100.0\% | 7.6 | 100.0\% | 88.1 | 100.0\% |
| Mean ${ }^{4}$ | 23.1 |  | 19.4 |  | 43.0 |  | 93.6 |  | 189.8 |  | 216.5 |  | 80.0 |  |

Bases: 1. The female respondents aged 25 or above who had received cervical smear, with no symptoms or discomfort prior to test.
2. The female respondents aged 25 or above who had received cervical smear, with no symptoms or discomfort prior to test and had valid answer on how long ago since the last cervical smear.
3. The female respondents aged 25 or above who had received cervical smear because of symptoms or discomfort prior to test.
4. The female respondents aged 25 or above who had received cervical smear because of symptoms or discomfort and had valid answer on how long ago since the last cervical smear.
Note: Figures may not add up to the total due to rounding.

Among females aged 25 or above who had cervical smear without any symptoms or discomfort prior to the test, $43.6 \%$ had no fixed schedule of repeat test and $6.5 \%$ reported that the most recent cervical smear was their first test. $47.6 \%$ had regular cervical smear once every one to three years and $1.5 \%$ had it more frequently at more than once a year. Among those who had the test because of symptoms or discomfort, $51.2 \%$ had no fixed schedule of repeat test, $22.6 \%$ reported that the most recent cervical smear was their first test, while $18.8 \%$ had the test regularly once every $1-3$ years and $5.4 \%$ had more frequent tests than once a year (Table 7.6d).

Table 7.6d: Frequency of regular cervical smear by age group

|  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 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) | \% |
| With no symptoms or discomfort prior to test ${ }^{\mathbf{1}}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| More than once per year generally | 5.4 | 2.6\% | 5.5 | 1.5\% | 5.3 | 1.3\% | 4.5 | 1.5\% | - | - | - | - | 20.7 | 1.5\% |
| Once a year generally | 49.1 | 24.1\% | 101.8 | 27.2\% | 103.5 | 25.7\% | 50.5 | 16.5\% | 11.3 | 10.8\% | 3.0 | 8.8\% | 319.1 | 22.4\% |
| Once every 2 years generally | 26.8 | 13.2\% | 64.9 | 17.3\% | 64.8 | 16.1\% | 41.2 | 13.5\% | 8.1 | 7.8\% | 1.7 | 5.0\% | 207.6 | 14.6\% |
| Once every 3 years generally | 16.1 | 7.9\% | 39.1 | 10.5\% | 53.3 | 13.3\% | 36.0 | 11.8\% | 5.8 | 5.6\% | 0.4 | 1.3\% | 150.7 | 10.6\% |
| Once every 4 years or more generally | 0.5 | 0.2\% | 2.0 | 0.5\% | 5.0 | 1.3\% | 2.9 | 0.9\% | 0.5 | 0.5\% | 0.6 | 1.7\% | 11.6 | 0.8\% |
| The most recent one was my first cervical smear | 25.8 | 12.6\% | 22.8 | 6.1\% | 16.8 | 4.2\% | 15.6 | 5.1\% | 6.0 | 5.7\% | 6.3 | 18.5\% | 93.3 | 6.5\% |
| No fixed schedule of cervical smear | 80.4 | 39.4\% | 138.3 | 36.9\% | 153.2 | 38.1\% | 154.5 | 50.5\% | 72.5 | 69.6\% | 22.0 | 64.8\% | 620.9 | 43.6\% |
| Refusal | - | - | - | - | - | - | 0.6 | 0.2\% | - | - | - | - | 0.6 | <0.05\% |
| Total | 204.0 | 100.0\% | 374.4 | 100.0\% | 402.0 | 100.0\% | 305.8 | 100.0\% | 104.2 | 100.0\% | 34.0 | 100.0\% | 1424.4 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| More than once per year generally | 0.6 | $4.7 \%$ | 1.0 | $8.6 \%$ | 2.2 | $9.2 \%$ | 1.0 | $4.7 \%$ | - | - | - | - | 4.7 | $5.4 \%$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Once a year generally | 2.3 | $18.8 \%$ | 1.5 | $12.5 \%$ | 3.2 | $13.4 \%$ | 0.6 | $2.8 \%$ | 0.5 | $4.5 \%$ | - | - | 8.1 | $9.2 \%$ |
| Once every 2 years generally | 0.6 | $4.7 \%$ | 1.0 | $8.7 \%$ | 1.9 | $8.2 \%$ | 1.0 | $4.8 \%$ | - | - | - | - | 4.5 | $5.2 \%$ |
| Once every 3 years generally | 0.6 | $4.7 \%$ | 0.9 | $7.6 \%$ | - | - | 1.9 | $9.5 \%$ | - | - | 0.4 | $5.8 \%$ | 3.9 | $4.4 \%$ |
| Once every 4 years or more generally | 1.1 | $9.1 \%$ | - | - | - | - | - | - | - | - | - | - | 1.1 | $1.3 \%$ |
| The most recent one was my first <br> cervical smear | 3.7 | $29.9 \%$ | 1.0 | $8.6 \%$ | 5.6 | $23.5 \%$ | 3.0 | $14.6 \%$ | 4.8 | $39.3 \%$ | 1.8 | $23.8 \%$ | 19.9 | $22.6 \%$ |
| No fixed schedule of cervical smear | 3.5 | $28.3 \%$ | 6.4 | $53.9 \%$ | 10.8 | $45.6 \%$ | 13.0 | $63.5 \%$ | 6.8 | $56.2 \%$ | 4.7 | $61.4 \%$ | 45.1 | $51.2 \%$ |
| Refusal | - | - | - | - | - | - | - | - | - | - | 0.7 | $8.9 \%$ | 0.7 | $0.8 \%$ |

[^37]Note: Figures may not add up to the total due to rounding.

The Cancer Expert Working Group on Cancer Prevention and Screening in Hong Kong recommended women aged 25 to 64 years old who ever had sexual experience to have regular cervical cancer screening by cervical smears every three years after two consecutive normal annual smears ${ }^{2}$. In the PHS, the proportion of women aged 25 to 64 who had ever had cervical smear when there was no symptoms or discomfort was 57.4\% (Table 7.6a).

### 7.7 Mammogram (for females only)

Mammogram is an examination of the breast using special X-ray machine. To establish the proportion of females who ever had mammogram, the PHS asked females aged 15 or above whether they ever had such an examination and if yes, whether there were any symptoms or discomfort prior to the examination and they were further asked when they had the last examination, type of organisations / doctors from whom they had consulted for such examination, and how often they had the examination.

Overall, $25.4 \%$ of females aged 15 or above reported that they had a mammogram before with $23.4 \%$ had no symptoms or discomfort prior to the examination and $2.0 \%$ had the examination because of symptoms or discomfort. Among those who had the examination when there was no symptoms or discomfort, more women in the age groups of 45-54 (35.5\%) and 55-64 (34.7\%) had a mammogram examination than those in the other age groups (Table 7.7a).

Table 7.7a: Proportion of females aged 15 or above who ever had a mammogram by age group

|  | Below 45 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 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) | \% |
| Yes | 247.2 | 16.9\% | 245.1 | 38.6\% | 202.7 | 37.7\% | 85.8 | 30.6\% | 29.4 | 10.8\% | 810.1 | 25.4\% |
| With no symptoms or discomfort prior to examination | 229.8 | 15.7\% | 225.0 | 35.5\% | 186.4 | 34.7\% | 80.9 | 28.9\% | 24.2 | 8.9\% | 746.4 | 23.4\% |
| Had examination because of symptoms or discomfort | 17.4 | 1.2\% | 20.1 | 3.2\% | 16.2 | 3.0\% | 4.8 | 1.7\% | 5.1 | 1.9\% | 63.7 | 2.0\% |
| No | 1212.9 | 83.1\% | 389.5 | 61.4\% | 334.8 | 62.3\% | 194.4 | 69.4\% | 243.2 | 89.2\% | 2374.9 | 74.6\% |
| Total | 1460.1 | 100.0\% | 634.6 | 100.0\% | 537.5 | 100.0\% | 280.2 | 100.0\% | 272.6 | 100.0\% | 3185.0 | 100.0\% |
| Base: All female respondents. |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: Figures may not add up to the total du | unding. |  |  |  |  |  |  |  |  |  |  |  |

Regarding the type of organisations / doctors consulted for the mammogram examination, overall speaking more women consulted private doctors than public clinics or hospitals regardless of whether they had no symptoms or discomfort prior to the examination ( $61.6 \%$ vs $32.0 \%$ respectively) or they had the examination because of symptoms or discomfort ( $52.2 \%$ vs $43.2 \%$ respectively) (Table 7.7 b ).

Table 7.7b: Type of organisations consulted for mammogram by age group

| Below 45 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 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) | \% |

With no symptoms or discomfort prior to examination ${ }^{1}$

| Private clinics or hospitals | 179.2 | 78.0\% | 146.9 | 65.3\% | 91.6 | 49.1\% | 32.8 | 40.5\% | 9.5 | 39.1\% | 459.9 | 61.6\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 37.8 | 16.5\% | 60.2 | 26.8\% | 85.3 | 45.8\% | 43.0 | 53.1\% | 12.9 | 53.1\% | 239.2 | 32.0\% |
| Non-profit organisations or universities | 9.3 | 4.0\% | 14.1 | 6.3\% | 8.4 | 4.5\% | 4.8 | 5.9\% | 0.4 | 1.8\% | 37.0 | 5.0\% |
| Hospitals or clinics in Mainland China | 3.4 | 1.5\% | 3.8 | 1.7\% | 1.1 | 0.6\% | 0.4 | 0.5\% | 0.5 | 1.9\% | 9.3 | 1.2\% |
| Hospitals or clinics in other countries | - | - | - | - | - | - | - | - | 1.0 | 4.2\% | 1.0 | 0.1\% |
| Total | 229.8 | 100.0\% | 225.0 | 100.0\% | 186.4 | 100.0\% | 80.9 | 100.0\% | 24.2 | 100.0\% | 746.4 | 100.0\% |

Because of symptoms or discomfort ${ }^{2}$

| Private clinics or hospitals | 13.6 | 78.1\% | 9.0 | 45.0\% | 6.9 | 42.6\% | 1.9 | 39.9\% | 1.8 | 34.4\% | 33.3 | 52.2\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Public clinics or hospitals (including Hospital Authority and Department of Health) | 2.7 | 15.3\% | 10.1 | 50.1\% | 8.5 | 52.4\% | 2.9 | 60.1\% | 3.4 | 65.6\% | 27.5 | 43.2\% |
| Non-profit organisations or universities | 0.6 | 3.3\% | - | - | 0.4 | 2.5\% | - | - | - | - | 1.0 | 1.5\% |
| Hospitals or clinics in Mainland China | 0.6 | 3.3\% | 1.0 | 4.9\% | 0.4 | 2.5\% | - | - | - | - | 2.0 | 3.1\% |
| Hospitals or clinics in other countries | - | - | - | - | - | - | - | - | - | - | - | - |
| Total | 17.4 | 100.0\% | 20.1 | 100.0\% | 16.2 | 100.0\% | 4.8 | 100.0\% | 5.1 | 100.0\% | 63.7 | 100.0\% |

Bases: 1. The female respondents who had mammogram and with no symptoms or discomfort prior to the mammogram.
2. The female respondents who had mammogram because of symptoms or discomfort.

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

Among females aged 15 or above who had undergone a mammogram examination when they had no symptoms or discomfort prior to the examination, $63.0 \%$ had their last examinations within 24 months preceding the survey and $32.7 \%$ had the examination more than 24 months preceding the survey. The average duration since their last mammogram was 38.0 months among those with no symptoms or discomfort prior to the examination, as compared to 53.7 months for those who had the examination because of symptoms or discomfort (Table 7.7c).

Table 7.7c: Number of months since the last mammogram by age group

|  | Below 45 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Duration (months) | 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 symptoms or discomfort prior to examination ${ }^{1}$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Less than 13 | 118.0 | 51.3\% | 96.4 | 42.8\% | 67.1 | 36.0\% | 20.5 | 25.4\% | 6.0 | 24.9\% | 308.1 | 41.3\% |
| 13-24 | 47.7 | 20.7\% | 52.0 | 23.1\% | 43.0 | 23.1\% | 17.5 | 21.6\% | 2.2 | 9.1\% | 162.4 | 21.8\% |
| More than 24 | 57.0 | 24.8\% | 68.9 | 30.6\% | 68.6 | 36.8\% | 36.7 | 45.3\% | 12.5 | 51.8\% | 243.8 | 32.7\% |
| Unknown / missing | 7.1 | 3.1\% | 7.7 | 3.4\% | 7.7 | 4.1\% | 6.2 | 7.7\% | 3.4 | 14.2\% | 32.1 | 4.3\% |
| Total | 229.8 | 100.0\% | 225.0 | 100.0\% | 186.4 | 100.0\% | 80.9 | 100.0\% | 24.2 | 100.0\% | 746.4 | 100.0\% |
| Mean ${ }^{2}$ | 26.5 |  | 31.5 |  | 45.5 |  | 59.0 |  | 88.3 |  | 38.0 |  |
| Because of symptoms or discomfort ${ }^{3}$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Less than 13 | 6.7 | 38.3\% | 8.2 | 40.9\% | 3.9 | 23.7\% | 1.6 | 33.0\% | 0.5 | 8.8\% | 20.8 | 32.6\% |
| 13-24 | 2.1 | 12.1\% | 3.5 | 17.6\% | 2.4 | 14.8\% | - | - | - | - | 8.1 | 12.6\% |
| More than 24 | 8.2 | 47.2\% | 7.4 | 36.8\% | 10.0 | 61.5\% | 3.2 | 67.0\% | 4.3 | 82.8\% | 33.1 | 51.9\% |
| Unknown / missing | 0.4 | 2.4\% | 0.9 | 4.7\% | - | - | - | - | 0.4 | 8.3\% | 1.8 | 2.8\% |
| Total | 17.4 | 100.0\% | 20.1 | 100.0\% | 16.2 | 100.0\% | 4.8 | 100.0\% | 5.1 | 100.0\% | 63.7 | 100.0\% |
| Mean ${ }^{4}$ | 41.1 |  | 31.6 |  | 52.5 |  | 91.3 |  | 154.8 |  | 53.7 |  |

Bases: 1. The female respondents who had mammogram with no symptoms or discomfort prior to the mammogram.
2. The female respondents who had mammogram with no symptoms or discomfort prior to mammogram and had valid answer on how long ago since the last mammogram.
3. The female respondents who had mammogram because of symptoms or discomfort prior to mammogram.
4. The female respondents who had mammogram because of symptoms or discomfort and had valid answer on how long ago since the last mammogram.
Note: Figures may not add up to the total due to rounding.

Among females aged 15 or above who had mammogram with no symptoms or discomfort prior to the examination, nearly half ( $49.3 \%$ ) of them reported that they had no fixed schedule for repeat examinations and $14.1 \%$ reported that the most recent examination was their first ones. $0.5 \%$ had mammogram more than once per year generally, $31.1 \%$ had it once every one to two years, while $5.0 \%$ took the examinations less frequently. Among those who had the examination because of symptoms or discomfort, $42.6 \%$ had no fixed schedule of repeat examinations, $36.1 \%$ reported the most recent examination was the first ones, while $17.6 \%$ had the examination regularly once every one to two years and $1.5 \%$ had more frequent examinations than once a year, $2.3 \%$ had longer frequencies of examinations (Table 7.7d).

Table 7.7d: Frequency of regular mammogram by age group


Bases: 1. The female respondents who had mammogram and with no symptoms or discomfort prior to mammogram.
2. The female respondents who had mammogram because of symptoms or discomfort.

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

### 7.8 Health Screening for Cardiovascular Risk Factors

High blood cholesterol is a risk factor for CHD and stroke. The PHS included questions on measurement of blood cholesterol. Respondents were asked the following questions: "Have you ever had your blood cholesterol checked? If yes, about how long has it been since you had your last blood cholesterol checked?"

Overall, $55.4 \%$ of people aged 15 or above had their blood cholesterol measured before. The proportion of respondents who had their blood cholesterol checked was higher in females (57.2\%) than in males ( $53.5 \%$ ) (Table 7.8a). The proportion of people who had cholesterol checked before tended to increase with age generally and people in the 75-84 age group recorded the highest proportion (82.8\%) of having their blood cholesterol checked (Table 7.8b). Among those persons who reported that they had blood cholesterol checked before, $95.7 \%$ had the test done in the last five years (Table 7.8c and Table 7.8d).

The risk of cardiovascular diseases and renal dysfunction increases with elevated blood pressure. The PHS included questions on blood pressure measurement. Respondents were asked whether they ever had blood pressure taken by a doctor or other health professional in the past five years. If an affirmative response was given, they were further asked when they had their last blood pressure checked.

The survey revealed that three-quarters ( $75.0 \%$ ) of people had their blood pressure checked by a doctor or other health professionals in the past five years. The proportion was higher in females (77.1\%) than in males ( $72.6 \%$ ) (Table 7.8a). The proportion increased from $50.2 \%$ for those aged $15-24$ to $90.8 \%$ for those aged 85 or above, with people in the $75-84$ age group ( $93.1 \%$ ) recording the highest proportion having their blood pressure checked (Table 7.8b). Among those persons who reported that they had their blood pressure checked in the past five years, $92.6 \%$ reported that they had their last blood pressure checked within the past two years (Table 7.8c and Table 7.8d).

Blood sugar measurement is performed to detect the presence of diabetes or a predisposition to the development of diabetes. Many people are not aware that they have high blood sugar or diabetes until screened or signs of complications appear. Survey respondents were asked whether they had their blood sugar checked. If an affirmative response was given, they were further asked when they had their last blood sugar checked.

About $57.7 \%$ of people aged 15 or above had their blood sugar checked before. The proportion was higher in females (60.2\%) than in males (55.1\%) (Table 7.8a). The proportion of persons who had their
blood sugar checked increased from $20.0 \%$ in the $15-24$ age group to $82.4 \%$ in the $75-84$ age group and $79.7 \%$ in the 85 or above age group (Table 7.8 b ). Around $92.4 \%$ of persons who reported that they had their last blood sugar checked within the last three years (Table 7.8c and Table 7.8d).

Table 7.8a: Proportion of population aged 15 or above who ever had screening for cardiovascular risk factors (blood cholesterol, blood pressure and blood sugar) by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Blood cholesterol |  |  |  |  |  |  |
| Yes | 1822.7 | 57.2\% | 1547.5 | 53.5\% | 3370.3 | 55.4\% |
| No | 1361.8 | 42.8\% | 1347.3 | 46.5\% | 2709.1 | 44.6\% |
| Don't know | 0.4 | <0.05\% | 0.4 | <0.05\% | 0.8 | <0.05\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Blood pressure* |  |  |  |  |  |  |
| Yes | 2455.7 | 77.1\% | 2102.0 | 72.6\% | 4557.7 | 75.0\% |
| No | 729.3 | 22.9\% | 793.2 | 27.4\% | 1522.5 | 25.0\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Blood sugar |  |  |  |  |  |  |
| Yes | 1916.8 | 60.2\% | 1593.9 | 55.1\% | 3510.7 | 57.7\% |
| No | 1268.2 | 39.8\% | 1301.3 | 44.9\% | 2569.5 | 42.3\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

Base: All respondents.
Notes: * The item on blood pressure refers to whether the respondents had their blood pressure checked in the 5 years preceding the survey. Figures may not add up to the total due to rounding.

Table 7.8b: Proportion of population aged 15 or above who ever had screening for cardiovascular risk factors (blood cholesterol, blood pressure and blood sugar) 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) | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ (' 000) \end{gathered}$ | No. of persons ('000) | \% |

Blood cholesterol

| Yes | 113.5 | $14.2 \%$ | 365.9 | $38.1 \%$ | 531.3 | $52.0 \%$ | 747.4 | $63.2 \%$ | 780.9 | $73.3 \%$ | 442.3 | $78.4 \%$ | 292.1 | $82.8 \%$ | 97.1 | $74.2 \%$ | 3 | 370.3 | $55.4 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |


| No | 688.1 | $85.8 \%$ | 595.5 | $61.9 \%$ | 489.9 | $48.0 \%$ | 435.6 | $36.8 \%$ | 284.6 | $26.7 \%$ | 121.3 | $21.5 \%$ | 60.2 | $17.1 \%$ | 33.7 | $25.8 \%$ | 2709.1 | $44.6 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |




## Blood pressure*

$\begin{array}{llllllllllllllllllllll}\text { Yes } & 402.6 & 50.2 \% & 627.1 & 65.2 \% & 735.9 & 72.1 \% & 936.7 & 79.2 \% & 905.7 & 85.0 \% & 502.5 & 89.1 \% & 328.5 & 93.1 \% & 118.8 & 90.8 \% & 4557.7 & 75.0 \%\end{array}$

| No | 399.0 | $49.8 \%$ | 334.3 | $34.8 \%$ | 285.3 | $27.9 \%$ | 246.3 | $20.8 \%$ | 159.8 | $15.0 \%$ | 61.5 | $10.9 \%$ | 24.2 | $6.9 \%$ | 12.0 | $9.2 \%$ | 1522.5 | $25.0 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |



## Blood sugar

$\begin{array}{lllllllllllllllllllllllll}\text { Yes } & 160.3 & 20.0 \% & 433.5 & 45.1 \% & 574.8 & 56.3 \% & 752.7 & 63.6 \% & 761.9 & 71.5 \% & 432.5 & 76.7 \% & 290.7 & 82.4 \% & 104.2 & 79.7 \% & 3 & 510.7 & 57.7 \%\end{array}$


Base: All respondents.
Notes: * The item on blood pressure refers to whether the respondents had their blood pressure checked in the 5 years preceding the survey.
Figures may not add up to the total due to rounding.

Table 7.8c: Number of months since last screening for cardiovascular risk factors (blood cholesterol, blood pressure and blood sugar) by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Blood cholesterol ${ }^{1}$ |  |  |  |  |  |  |
| 60 and less | 1746.5 | 95.8\% | 1479.4 | 95.6\% | 3225.9 | 95.7\% |
| Less than 13 | 1310.7 | 71.9\% | 1116.6 | 72.2\% | 2427.3 | 72.0\% |
| 13-24 | 238.8 | 13.1\% | 187.9 | 12.1\% | 426.7 | 12.7\% |
| 25-36 | 104.8 | 5.7\% | 96.7 | 6.2\% | 201.5 | 6.0\% |
| 37-48 | 42.8 | 2.3\% | 37.6 | 2.4\% | 80.4 | 2.4\% |
| 49-60 | 49.5 | 2.7\% | 40.7 | 2.6\% | 90.2 | 2.7\% |
| More than 60 | 76.2 | 4.2\% | 68.1 | 4.4\% | 144.4 | 4.3\% |
| Total | 1822.7 | 100.0\% | 1547.5 | 100.0\% | 3370.3 | 100.0\% |
| Mean |  |  |  |  |  |  |

Blood pressure ${ }^{2}$


Blood sugar ${ }^{3}$

| 36 and less | 1762.9 | 92.0\% | 1479.8 | 92.8\% | 3242.7 | 92.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Less than 13 | 1432.1 | 74.7\% | 1198.8 | 75.2\% | 2630.9 | 74.9\% |
| 13-24 | 236.1 | 12.3\% | 185.4 | 11.6\% | 421.5 | 12.0\% |
| 25-36 | 94.7 | 4.9\% | 95.6 | 6.0\% | 190.2 | 5.4\% |
| 37-48 | 42.7 | 2.2\% | 26.4 | 1.7\% | 69.1 | 2.0\% |
| 49-60 | 45.4 | 2.4\% | 38.1 | 2.4\% | 83.4 | 2.4\% |
| More than 60 | 65.9 | 3.4\% | 49.7 | 3.1\% | 115.6 | 3.3\% |
| Total | 1916.8 | 100.0\% | 1593.9 | 100.0\% | 3510.7 | 100.0\% |
| Mean |  |  |  |  |  |  |

Bases: 1. The respondents who had blood cholesterol checked.
2. The respondents who had blood pressure checked in the 5 years preceding the survey.
3. The respondents who had blood sugar checked.

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

Table 7.8d: Number of months since last screening for cardiovascular risk factors (blood cholesterol, blood pressure and blood sugar) 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) | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | No. of persons \% ('000) | No. of persons \% ('000) | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | No. of persons \% ('000) | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \% \\ \text { ('000) } & \end{array}$ | No. of persons ('000) | \% | No. of persons ('000) | \% |

## Blood cholesterol ${ }^{1}$

| 60 and less | 108.5 | 95.6\% | 355.7 | 97.2\% | 493.7 | 92.9\% | 712.5 | 95.3\% | 746.0 | 95.5\% | 427.5 | 96.7\% | 287.7 | 98.5\% | 94.3 | 97.1\% | 3225.9 | 95.7\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Less than 13 | 77.3 | 68.2\% | 223.2 | 61.0\% | 330.5 | 62.2\% | 498.7 | 66.7\% | 575.8 | 73.7\% | 371.5 | 84.0\% | 263.2 | 90.1\% | 87.0 | 89.7\% | 2427.3 | 72.0\% |
| 13-24 | 17.9 | 15.8\% | 76.8 | 21.0\% | 80.5 | 15.1\% | 109.8 | 14.7\% | 93.6 | 12.0\% | 30.1 | 6.8\% | 13.8 | 4.7\% | 4.2 | 4.3\% | 426.7 | 12.7\% |
| 25-36 | 8.0 | 7.1\% | 28.6 | 7.8\% | 43.9 | 8.3\% | 56.6 | 7.6\% | 41.1 | 5.3\% | 15.0 | 3.4\% | 6.4 | 2.2\% | 1.9 | 1.9\% | 201.5 | 6.0\% |
| 37-48 | 4.2 | 3.7\% | 12.8 | 3.5\% | 17.0 | 3.2\% | 24.0 | 3.2\% | 16.7 | 2.1\% | 3.7 | 0.8\% | 1.9 | 0.7\% | - | - | 80.4 | 2.4\% |
| 49-60 | 1.0 | 0.9\% | 14.3 | 3.9\% | 21.8 | 4.1\% | 23.3 | 3.1\% | 18.8 | 2.4\% | 7.2 | 1.6\% | 2.5 | 0.9\% | 1.2 | 1.3\% | 90.2 | 2.7\% |
| More than 60 | 5.0 | 4.4\% | 10.2 | 2.8\% | 37.6 | 7.1\% | 34.8 | 4.7\% | 34.9 | 4.5\% | 14.8 | 3.3\% | 4.3 | 1.5\% | 2.8 | 2.9\% | 144.4 | 4.3\% |
| Total | 113.5 | 100.0\% | 365.9 | 100.0\% | 531.3 | 100.0\% | 747.4 | 100.0\% | 780.9 | 100.0\% | 442.3 | 100.0\% | 292.1 | 100.0\% | 97.1 | 100.0 | 370 | 00.0\% |


| Mean | 19.4 | 19.7 | 22.9 | 19.9 | 17.4 | 13.6 | 10.0 | 10.1 | 17.8 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

Blood pressure ${ }^{2}$

| 24 and less | 359.2 | 89.2\% | 563.2 | 89.8\% | 662.2 | 90.0\% | 864.0 | 92.2\% | 848.4 | 93.7\% | 482.5 | 96.0\% | 322.7 | 98.2\% | 117.1 | 98.6\% | 4219.3 | 92.6\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Less than 13 | 314.1 | 78.0\% | 473.2 | 75.5\% | 578.1 | 78.6\% | 779.9 | 83.3\% | 782.6 | 86.4\% | 464.9 | 92.5\% | 318.9 | 97.1\% | 113.2 | 95.3\% | 3825.0 | 83.9\% |
| 13-24 | 45.1 | 11.2\% | 90.0 | 14.3\% | 84.1 | 11.4\% | 84.2 | 9.0\% | 65.8 | 7.3\% | 17.6 | 3.5\% | 3.7 | 1.1\% | 3.9 | 3.3\% | 394.4 | 8.7\% |
| 25-36 | 28.3 | 7.0\% | 39.7 | 6.3\% | 45.5 | 6.2\% | 43.3 | 4.6\% | 32.6 | 3.6\% | 11.7 | 2.3\% | 3.8 | 1.2\% | 1.0 | 0.8\% | 205.9 | 4.5\% |
| 37-48 | 10.0 | 2.5\% | 13.8 | 2.2\% | 19.0 | 2.6\% | 16.1 | 1.7\% | 16.3 | 1.8\% | 3.0 | 0.6\% | 1.6 | 0.5\% | - | - | 79.8 | 1.8\% |
| 49-60 | 5.0 | 1.3\% | 10.4 | 1.7\% | 9.1 | 1.2\% | 13.2 | 1.4\% | 8.4 | 0.9\% | 5.3 | 1.1\% | 0.4 | 0.1\% | 0.7 | 0.6\% | 52.7 | 1.2\% |
| Total | 402.6 | 100.0\% | 627.1 | 100.0\% | 735.9 | 100.0\% | 936.7 | 100.0\% | 905.7 | 100.0\% | 502.5 | 100.0\% | 328.5 | 100.0\% | 118.8 | 100.0\% | 4557.7 | 100.0\% |
| Mean |  | 2.3 |  | 2.3 |  | 1.5 |  | 9.9 |  | 8.5 |  | 6.0 |  | . 4 |  | 4.6 |  | . 5 |

Blood sugar ${ }^{3}$

| 36 and less | 148.0 | 92.4\% | 393.8 | 90.8\% | 504.2 | 87.7\% | 685.3 | 91.0\% | 707.2 | 92.8\% | 416.5 | 96.3\% | 286.5 | 98.5\% | 101.3 | 97.1\% | 3242.7 | 92.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Less than 13 | 114.6 | 71.5\% | 280.4 | 64.7\% | 372.0 | 64.7\% | 533.7 | 70.9\% | 584.0 | 76.7\% | 377.9 | 87.4\% | 272.2 | 93.6\% | 96.0 | 92.1\% | 2630.9 | 74.9\% |
| 13-24 | 22.8 | 14.2\% | 80.7 | 18.6\% | 87.9 | 15.3\% | 101.9 | 13.5\% | 88.3 | 11.6\% | 27.9 | 6.4\% | 8.3 | 2.9\% | 3.7 | 3.6\% | 421.5 | 12.0\% |
| 25-36 | 10.6 | 6.6\% | 32.7 | 7.5\% | 44.3 | 7.7\% | 49.7 | 6.6\% | 34.8 | 4.6\% | 10.7 | 2.5\% | 5.9 | 2.0\% | 1.5 | 1.5\% | 190.2 | 5.4\% |
| $37-48$ | 3.9 | 2.5\% | 13.6 | 3.1\% | 18.6 | 3.2\% | 15.4 | 2.1\% | 13.3 | 1.7\% | 2.7 | 0.6\% | 1.1 | 0.4\% | 0.3 | 0.3\% | 69.1 | 2.0\% |
| 49-60 | 2.3 | 1.4\% | 15.5 | 3.6\% | 19.2 | 3.3\% | 22.5 | 3.0\% | 16.2 | 2.1\% | 6.3 | 1.4\% | 0.9 | 0.3\% | 0.5 | 0.5\% | 83.4 | 2.4\% |
| More than 60 | 6.0 | 3.7\% | 10.6 | 2.4\% | 32.8 | 5.7\% | 29.5 | 3.9\% | 25.2 | 3.3\% | 7.1 | 1.6\% | 2.3 | 0.8\% | 2.1 | 2.0\% | 115.6 | 3.3\% |
| Total | 160.3 | 100.0\% | 433.5 | 100.0\% | 574.8 | 100.0\% | 752.7 | 100.0\% | 761.9 | 100.0\% | 432.5 | 100.0\% | 290.7 | 100.0\% | 104.2 | 100.0\% | 3510.7 | 100.0\% |


| Mean | 16.9 | 18.2 | 20.8 | 17.9 | 15.4 | 10.6 | 7.7 | 8.9 | 15.8 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

[^38]Note: Figures may not add up to the total due to rounding.

## References

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## Chapter 8

## Use of Health Services

Hong Kong residents have access to different health care services provided by organisations in both public and private sectors. This Chapter reports on the pattern of health care services used, including persons having a family doctor, type of doctor consultation and treatment received when they were ill or encountered health problems, hospitalisation, consultation with mental health professionals and level of satisfaction with the health care system in Hong Kong.

## Snapshot of Population's Use of Health Services

| Indicator | Female | Male | Overall |
| :--- | :--- | :---: | :---: |
| Proportion of population who had a family doctor | $45.1 \%$ | $42.4 \%$ | $43.8 \%$ |
| Proportion of population who had experienced health <br> problem(s) in the 30 days preceding the survey | $61.4 \%$ | $52.1 \%$ | $57.0 \%$ |
| Proportion of population with hospital admission in <br> the 12 months preceding the survey | $11.7 \%$ | $10.1 \%$ | $11.0 \%$ |
| Proportion of population who had consultation with <br> mental health professionals in the 12 months preceding <br> the survey | $1.9 \%$ | $1.5 \%$ | $1.7 \%$ |
| Overall satisfaction with the health care system (mean <br> score in a scale of 0-100) |  |  |  |
| Public sector | 67.3 | 66.6 | 66.9 |
| Private sector | 75.5 | 75.1 | 75.3 |

### 8.1 Persons Having a Family Doctor

A "family doctor" is a doctor whom a person would consult for different health problems. Family doctor can provide patients with comprehensive and continuing health care.

Overall, $43.8 \%$ of persons aged 15 or above ( $45.1 \%$ for females and $42.4 \%$ for males) reported that they had a family doctor whom they would usually consult first for their health problems (Table 8.1a). Across all age groups, the highest proportion of persons reported having a family doctor was in the age group of 35-44 (48.2\%) whereas the lowest proportion was reported by persons aged 75-84 (38.4\%) (Table 8.1b).

Table 8.1a: Proportion of population aged 15 or above who had a family doctor by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 1436.4 | 45.1\% | 1227.7 | 42.4\% | 2664.1 | 43.8\% |
| No | 1739.2 | 54.6\% | 1657.9 | 57.3\% | 3397.1 | 55.9\% |
| Not Sure | 9.4 | 0.3\% | 9.6 | 0.3\% | 19.0 | 0.3\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Base: <br> Note: | ts. <br> oot add up to the | rounding. |  |  |  |  |

Table 8.1b: Proportion of population aged 15 or above who had a family doctor 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 | 321.3 | 40.1\% | 422.2 | 43.9\% | 492.2 | 48.2\% | 540.8 | 45.7\% | 477.1 | 44.8\% | 223.6 | 39.6\% | 135.3 | 38.4\% | 51.7 | 39.5\% | 2664.1 | 43.8\% |
| No | 476.2 | 59.4\% | 536.7 | 55.8\% | 527.5 | 51.7\% | 637.4 | 53.9\% | 584.9 | 54.9\% | 338.8 | 60.1\% | 216.4 | 61.4\% | 79.1 | 60.5\% | 3397.1 | 55.9\% |
| Not Sure | 4.1 | 0.5\% | 2.5 | 0.3\% | 1.5 | 0.1\% | 4.8 | 0.4\% | 3.5 | 0.3\% | 1.6 | 0.3\% | 1.0 | 0.3\% | - | - | 19.0 | 0.3\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: <br> Note: | All respondents. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Analysed by household income group, it showed that the lowest proportion (31.0\%) of persons reported having a family doctor was in persons with a monthly household income between $\$ 5,000$ and $\$ 9,999$ and the highest proportion (56.2\%) was reported by persons with a monthly household income of $\$ 50,000$ or above (Table 8.1c). Majority ( $96.3 \%$ ) of persons who reported having a family doctor reported that their family doctors were Western medicine practitioners (Table 8.1d and Table 8.1e).

Table 8.1c: Proportion of population aged 15 or above who had a family doctor by monthly household income

|  | $\begin{aligned} & \text { Less than } \\ & \$ 5,000 \end{aligned}$ |  | $\begin{gathered} \$ 5,000- \\ \$ 9,999 \end{gathered}$ |  | $\begin{gathered} \$ 10,000- \\ \$ 19,999 \end{gathered}$ |  | $\begin{gathered} \$ 20,000- \\ \$ 29,999 \end{gathered}$ |  | $\begin{gathered} \$ 30,000- \\ \$ 39,999 \end{gathered}$ |  | $\begin{gathered} \$ 40,000- \\ \$ 49,999 \end{gathered}$ |  | $\$ 50,000$ 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) | \% |
| Yes | 150.1 | 34.2\% | 115.3 | 31.0\% | 378.4 | 36.9\% | 501.6 | 40.4\% | 455.0 | 45.7\% | 324.5 | 47.4\% | 734.6 | 56.2\% | 2659.6 | 43.9\% |
| No | 285.9 | 65.2\% | 255.8 | 68.8\% | 643.5 | 62.7\% | 734.5 | 59.2\% | 537.3 | 54.0\% | 359.1 | 52.5\% | 568.0 | 43.5\% | 3384.2 | 55.8\% |
| Not Sure | 2.6 | 0.6\% | 0.6 | 0.2\% | 4.3 | 0.4\% | 4.0 | 0.3\% | 3.3 | 0.3\% | 0.6 | 0.1\% | 3.7 | 0.3\% | 19.0 | 0.3\% |
| Total | 438.6 | 100.0\% | 371.7 | 100.0\% | 1026.2 | 100.0\% | 1240.1 | 100.0\% | 995.6 | 100.0\% | 684.2 | 100.0\% | 1306.3 | 100.0\% | 6062.7 | 100.0\% |
| Base: <br> Note: | All respondents who had provided information on monthly household income. Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Table 8.1d: Distribution of population aged 15 or above who had a family doctor by type of family doctors and gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Western medicine practitioner | 1367.5 | 95.2\% | 1198.8 | 97.6\% | 2566.2 | 96.3\% |
| Chinese medicine practitioner | 68.9 | 4.8\% | 29.0 | 2.4\% | 97.9 | 3.7\% |
| Total | 1436.4 | 100.0\% | 1227.7 | 100.0\% | 2664.1 | 100.0\% |

Base: All respondents who had a family doctor.
Note: Figures may not add up to the total due to rounding.
Table 8.1e: Distribution of population aged 15 or above who had a family doctor by type of family doctors 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) | $\%$ |
| Western medicine practitioner | 313.2 | 97.5\% | 406.0 | 96.1\% | 469.9 | 95.5\% | 520.0 | 96.2\% | 462.0 | 96.8\% | 216.0 | 96.6\% | 129.2 | 95.5\% | 49.9 | 96.5\% | 2566.2 | 96.3\% |
| Chinese medicine practitioner | 8.1 | 2.5\% | 16.3 | 3.9\% | 22.3 | 4.5\% | 20.7 | 3.8\% | 15.1 | 3.2\% | 7.5 | 3.4\% | 6.1 | 4.5\% | 1.8 | 3.5\% | 97.9 | 3.7\% |
| Total | 321.3 | 100.0\% | 422.2 | 100.0\% | 492.2 | 100.0\% | 540.81 | 100.0\% | 477.1 | 100.0\% | 223.61 | 100.0\% | 135.3 | 100.0\% | 51.7 | 100.0\% | 2664.1 | 100.0\% |

[^39]
### 8.2 Persons without a Family Doctor

Among persons aged 15 or above who did not report having a family doctor, most (92.3\%) would usually consult only Western medicine practitioners ( $90.4 \%$ for females and $94.2 \%$ for males), as compared to $5.0 \%$ who would usually consult only Chinese medicine practitioners ( $6.2 \%$ for females and $3.8 \%$ for males) when they were ill, and $2.7 \%$ ( $3.4 \%$ for females and $2.0 \%$ for males) would consult both Chinese and Western medicine practitioners (Table 8.2a). Across all age groups, people aged 55-64 had the highest proportion reporting that they would consult Chinese medicine practitioners only (6.3\%) or both types of doctors ( $3.6 \%$ ), while people in the age groups of $15-24$ ( $94.7 \%$ ) and 85 or above ( $95.1 \%$ ) were most likely to consult Western medicine practitioner only when they were ill (Table 8.2b).

Table 8.2a: Type of medicine practitioners usually consulted by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Western medicine practitioner | 1580.2 | 90.4\% | 1571.3 | 94.2\% | 3151.5 | 92.3\% |
| Chinese medicine practitioner | 108.5 | 6.2\% | 62.8 | 3.8\% | 171.4 | 5.0\% |
| Both | 59.9 | 3.4\% | 33.4 | 2.0\% | 93.2 | 2.7\% |
| Total | 1748.6 | 100.0\% | 1667.5 | 100.0\% | 3416.1 | 100.0\% |

Base: All respondents who did not have a family doctor.
Note: Figures may not add up to the total due to rounding.

Table 8.2b: Type of medicine practitioners usually consulted by age group

|  | 15-2 | 24 | 25-3 | 34 | 35- |  | 45-5 | 54 | 55-6 |  | 65- | 74 | 75-8 |  | 85 or a | above | Tot |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ |
| Western medicine practitioner | 454.8 | 94.7\% | 499.8 | 92.7\% | 489.5 | 92.5\% | 584.3 | 91.0\% | 530.2 | 90.1\% | 315.3 | 92.6\% | 202.3 | 93.1\% | 75.3 | 95.1\% | 3151.5 | 92.3\% |
| Chinese medicine practitioner | 15.9 | 3.3\% | 22.6 | 4.2\% | 27.1 | 5.1\% | 37.0 | 5.8\% | 37.1 | 6.3\% | 18.1 | 5.3\% | 10.1 | 4.6\% | 3.5 | 4.4\% | 171.4 | 5.0\% |
| Both | 9.7 | 2.0\% | 16.8 | 3.1\% | 12.4 | 2.3\% | 20.9 | 3.3\% | 21.1 | 3.6\% | 7.0 | 2.1\% | 5.0 | 2.3\% | 0.3 | 0.4\% | 93.2 | 2.7\% |
| Total | 480.3 | 100.0\% | 539.2 | 100.0\% | 529.0 | 100.0\% | 642.2 | 100.0\% | 588.4 | 100.0\% | 340.4 | 100.0\% | 217.4 | 100.0\% | 79.1 | 100.0\% | 3416.1 | 100.0\% |
| Base: All respondents who did not have a family doctor. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 8.3 Type of Health Service Providers usually Consulted

Among persons aged 15 or above who would usually consult a Western medicine practitioner or both Western and Chinese medicine practitioners when they were ill, $83.6 \%$ reported that they would usually consult doctors in private clinics or hospitals (Table 8.3a). The proportion of persons who would usually consult public clinics or hospitals under Hospital Authority (HA) and Department of Health (DH) generally increased with age from $7.7 \%$ in those aged $25-34$ to $43.2 \%$ in those aged 85 or above (Table 8.3b).

Table 8.3a: Type of healthcare settings usually visited to consult a doctor when they were sick by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Private clinics or hospitals | 2498.6 | 83.1\% | 2362.0 | 84.3\% | 4860.6 | 83.6\% |
| Public clinics or hospitals (including HA and DH) | 499.9 | 16.6\% | 433.1 | 15.4\% | 932.9 | 16.1\% |
| Non-profit organisations or universities | 9.0 | 0.3\% | 8.4 | 0.3\% | 17.4 | 0.3\% |
| Total | 3007.5 | 100.0\% | 2803.4 | 100.0\% | 5810.9 | 100.0\% |

Base: The respondents who would see Western medicine practitioners or both Chinese and Western medicine practitioners.
Note: Figures may not add up to the total due to rounding.

Table 8.3b: Type of healthcare settings usually visited to consult a doctor when they were sick 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) | \% |
| Private clinics or hospitals | 699.8 | 90.0\% | 849.5 | 92.1\% | 888.6 | 91.4\% | 990.0 | 88.0\% | 802.1 | 79.2\% | 363.2 | 67.5\% | 196.2 | 58.3\% | 71.2 | 56.8\% | 4860.6 | 83.6\% |
| Public clinics or hospitals (including HA and DH ) | 73.6 | 9.5\% | 70.9 | 7.7\% | 82.2 | 8.5\% | 133.5 | 11.9\% | 208.8 | 20.6\% | 170.5 | 31.7\% | 139.2 | 41.4\% | 54.3 | 43.2\% | 932.9 | 16.1\% |
| Non-profit organisations or universities | 4.2 | 0.5\% | 2.1 | 0.2\% | 1.1 | 0.1\% | 1.7 | 0.2\% | 2.4 | 0.2\% | 4.6 | 0.9\% | 1.2 | 0.4\% | - | - | 17.4 | 0.3\% |
| Total | 777.7 | 100.0\% | 922.5 | 100.0\% | 971.8 | 100.0\% | 1125.3 | 100.0\% | 1013.3 | 100.0\% | 538.3 | 100.0\% | 336.5 | 100.0\% | 125.5 | 100.0\% | 5810.9 | 100.0\% |
| Base: The respondents who would see Western medicine practitioners or both Chinese and Western medicine practitioners. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

### 8.4 Health Problems and Treatment Received

In the 30 days preceding the survey, $57.0 \%$ of persons aged 15 or above reported that they had experienced some kinds of health problems (e.g. feeling unwell, being sick or injured) and it was more common in females $(61.4 \%$ ) than in males ( $52.1 \%$ ) (Table 8.4 a ). The proportions of people experiencing health problems in the 30 days preceding the survey increased with age, from $46.2 \%$ in those aged 15-24 to $75.6 \%$ in those aged 85 or above (Table 8.4b).

Table 8.4a: Proportion of population aged 15 or above who had experienced health problem in the $\mathbf{3 0}$ days preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 1955.4 | 61.4\% | 1508.9 | 52.1\% | 3464.3 | 57.0\% |
| No | 1229.6 | 38.6\% | 1386.3 | 47.9\% | 2615.9 | 43.0\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 8.4b: Proportion of population aged 15 or above who had experienced health problem in the 30 days preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ |
| Yes | 370.2 | 46.2\% | 485.9 | 50.5\% | 525.0 | 51.4\% | 703.7 | 59.5\% | 641.2 | 60.2\% | 381.2 | 67.6\% | 258.4 | 73.3\% | 98.9 | 75.6\% | 3464.3 | 57.0\% |
| No | 431.4 | 53.8\% | 475.5 | 49.5\% | 496.2 | 48.6\% | 479.3 | 40.5\% | 424.3 | 39.8\% | 182.8 | 32.4\% | 94.3 | 26.7\% | 31.9 | 24.4\% | 2615.9 | 43.0\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |
| Base: | All respondents. <br> Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Among persons aged 15 or above who had experienced health problems in the 30 days preceding the survey, $39.3 \%$ received treatment from Western medicine practitioners in private clinics / hospitals, $8.6 \%$ received treatment from Western medicine practitioners in public clinics or hospitals, $11.1 \%$ consulted Chinese medicine practitioners, $23.7 \%$ did nothing and ignored the health problems and $25.3 \%$ consumed over-the-counter medication including Western (20.2\%) or Chinese (5.7\%) medication (Table 8.4c and Table 8.4d).

Table 8.4c: Treatment for health problems experienced in the $\mathbf{3 0}$ days preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Treatment by Western medicine practitioners in private clinics / hospitals | 781.6 | 40.0\% | 580.0 | 38.4\% | 1361.6 | 39.3\% |
| Did nothing and ignored the health problem | 449.1 | 23.0\% | 372.8 | 24.7\% | 822.0 | 23.7\% |
| Consumed over-the-counter Western medication | 406.6 | 20.8\% | 293.2 | 19.4\% | 699.8 | 20.2\% |
| Just took rest and did nothing else | 402.5 | 20.6\% | 263.9 | 17.5\% | 666.4 | 19.2\% |
| Treatment by Chinese medicine practitioners | 232.2 | 11.9\% | 153.6 | 10.2\% | 385.7 | 11.1\% |
| Treatment by Western medicine practitioners in public clinics / hospitals (including HA and DH) | 160.5 | 8.2\% | 137.9 | 9.1\% | 298.4 | 8.6\% |
| Consumed over-the-counter Chinese medication or herbs | 111.2 | 5.7\% | 86.3 | 5.7\% | 197.5 | 5.7\% |
| Modified dietary habit | 113.0 | 5.8\% | 75.7 | 5.0\% | 188.7 | 5.4\% |
| Unconventional / non-mainstream treatment such as chiropractic, osteopathy, homeopathy and reflexology | 16.7 | 0.9\% | 7.6 | 0.5\% | 24.3 | 0.7\% |
| Acupuncture | 15.0 | 0.8\% | 6.9 | 0.5\% | 21.9 | 0.6\% |
| Occupational, physio- or speech therapy | 12.3 | 0.6\% | 7.7 | 0.5\% | 20.0 | 0.6\% |
| Bonesetting | 8.5 | 0.4\% | 9.6 | 0.6\% | 18.1 | 0.5\% |

Base: The respondents who had experienced health problems in the 30 days preceding the survey.
Notes: Ranked in descending order of the percentages of the treatment for health problems experienced by the respondents.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

Table 8.4d: Treatment for health problems experienced in the 30 days preceding the survey by age group

|  | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | $\%$ | No. of persons ('000) | \% | No. of persons ('000) | $\%$ |
| Treatment by Western medicine practitioners in private clinics / hospitals | 157.7 | 42.6\% | 215.0 | 44.3\% | 243.4 | 46.4\% | 276.6 | 39.3\% | 221.8 | 34.6\% | 130.0 | 34.1\% | 88.6 | 34.3\% | 28.4 | 28.8\% | 1361.6 | 39.3\% |
| Did nothing and ignored the health problem | 64.7 | 17.5\% | 94.1 | 19.4\% | 115.7 | 22.0\% | 163.4 | 23.2\% | 180.3 | 28.1\% | 106.7 | 28.0\% | 68.6 | 26.5\% | 28.5 | 28.8\% | 822.0 | 23.7\% |
| Consumed over-thecounter Western medication | 110.9 | 30.0\% | 116.4 | 24.0\% | 111.5 | 21.2\% | 152.5 | 21.7\% | 110.3 | 17.2\% | 49.2 | 12.9\% | 37.4 | 14.5\% | 11.5 | 11.6\% | 699.8 | 20.2\% |
| Just took rest and did nothing else | 56.4 | 15.2\% | 95.7 | 19.7\% | 84.1 | 16.0\% | 127.5 | 18.1\% | 132.2 | 20.6\% | 81.4 | 21.4\% | 56.3 | 21.8\% | 32.8 | 33.2\% | 666.4 | 19.2\% |
| Treatment by Chinese medicine practitioners | 34.0 | 9.2\% | 50.9 | 10.5\% | 61.6 | 11.7\% | 87.0 | 12.4\% | 76.9 | 12.0\% | 44.1 | 11.6\% | 21.2 | 8.2\% | 10.0 | 10.1\% | 385.7 | 11.1\% |
| Treatment by Western medicine practitioners in public clinics / hospitals (including HA and DH) | 13.4 | 3.6\% | 22.4 | 4.6\% | 25.6 | 4.9\% | 46.2 | 6.6\% | 63.3 | 9.9\% | 59.1 | 15.5\% | 51.2 | 19.8\% | 17.3 | 17.5\% | 298.4 | 8.6\% |
| Consumed over-thecounter Chinese medication or herbs | 14.7 | 4.0\% | 24.5 | 5.0\% | 29.0 | 5.5\% | 44.0 | 6.3\% | 37.6 | 5.9\% | 30.7 | 8.1\% | 11.9 | 4.6\% | 5.0 | 5.1\% | 197.5 | 5.7\% |
| Modified dietary habit | 31.3 | 8.5\% | 43.5 | 8.9\% | 31.5 | 6.0\% | 39.3 | 5.6\% | 25.5 | 4.0\% | 9.4 | 2.5\% | 6.6 | 2.6\% | 1.7 | 1.7\% | 188.7 | 5.4\% |
| Unconventional / nonmainstream treatment such as chiropractic, osteopathy, homeopathy and reflexology | 1.1 | 0.3\% | 0.9 | 0.2\% | 5.7 | 1.1\% | 8.2 | 1.2\% | 6.1 | 0.9\% | 1.9 | 0.5\% | 0.6 | 0.2\% | - | - | 24.3 | 0.7\% |
| Acupuncture | - | - | 1.1 | 0.2\% | 4.2 | 0.8\% | 3.4 | 0.5\% | 6.9 | 1.1\% | 2.4 | 0.6\% | 3.8 | 1.5\% | - | - | 21.9 | 0.6\% |
| Occupational, physio- or speech therapy | 0.5 | 0.1\% | 2.8 | 0.6\% | 7.2 | 1.4\% | 4.4 | 0.6\% | 3.8 | 0.6\% | 1.4 | 0.4\% | - | - | - | - | 20.0 | 0.6\% |
| Bonesetting | 2.0 | 0.5\% | 1.9 | 0.4\% | 3.9 | 0.7\% | 2.9 | 0.4\% | 3.5 | 0.5\% | 3.6 | 0.9\% | - | - | 0.4 | 0.4\% | 18.1 | 0.5\% |

Base: The respondents who had experienced health problems in the 30 days preceding the survey.
Notes: Ranked in descending order of the percentages of the treatment for health problems experienced by the respondents.
Multiple answers were allowed.
Figures may not add up to the total due to rounding.

### 8.5 Hospitalisation

The survey asked the respondents whether they had been admitted to hospital in the 12 months preceding the survey, including all admissions that required registration, no matter staying overnight in the hospital or not. $11.0 \%$ of persons aged 15 or above reported that they had been admitted to hospital, the proportion was $11.7 \%$ for females and $10.1 \%$ for males (Table 8.5 a). The proportion of hospitalisation increased with age, with people aged 85 or above had the highest proportion of $30.1 \%$ (Table 8.5 b).

Table 8.5a: Proportion of population aged 15 or above who had been hospitalised in Hong Kong in the 12 months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 374.2 | 11.7\% | 291.6 | 10.1\% | 665.8 | 11.0\% |
| No | 2810.8 | 88.3\% | 2603.6 | 89.9\% | 5414.4 | 89.0\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 8.5b: Proportion of population aged 15 or above who had been hospitalised in Hong Kong 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) | \% |
| Yes | 42.5 | 5.3\% | 92.4 | 9.6\% | 96.3 | 9.4\% | 108.0 | 9.1\% | 115.5 | 10.8\% | 99.7 | 17.7\% | 72.0 | 20.4\% | 39.3 | 30.1\% | 665.8 | 11.0\% |
| No | 759.1 | 94.7\% | 869.0 | 90.4\% | 924.9 | 90.6\% | 1075.0 | 90.9\% | 950.0 | 89.2\% | 464.3 | 82.3\% | 280.7 | 79.6\% | 91.5 | 69.9\% | 5414.4 | 89.0\% |
| Total | 801.6 | 100.0\% | 961.41 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% | 6080.2 | 100.0\% |

[^40]
### 8.5.1 Type of Hospitals Admitted

Among those who were admitted to hospitals in the 12 months preceding the survey, $74.2 \%$ were admitted to public hospitals under HA, $24.4 \%$ were admitted to private hospitals and $1.5 \%$ had been admitted to both types of hospitals (Table 8.5.1a). The proportions admitted to private hospitals were relatively higher in the age groups 25 to 64 than those of other age groups (Table 8.5.1b).

Table 8.5.1a: Type of hospitals which persons were admitted to in Hong Kong in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Public hospitals under HA | 272.3 | 72.8\% | 221.7 | 76.0\% | 493.9 | 74.2\% |
| Private hospitals | 97.1 | 25.9\% | 65.1 | 22.3\% | 162.2 | 24.4\% |
| Both | 4.9 | 1.3\% | 4.8 | 1.6\% | 9.7 | 1.5\% |
| Total | 374.2 | 100.0\% | 291.6 | 100.0\% | 665.8 | 100.0\% |

Base: The respondents who had been admitted to hospitals in Hong Kong in the 12 months preceding the survey.
Note: Figures may not add up to the total due to rounding.

Table 8.5.1b: Type of hospitals which persons were admitted to in Hong Kong in the $\mathbf{1 2}$ 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) | $\%$ |
| Public hospitals under HA | 33.7 | 79.3\% | 64.4 | 69.7\% | 52.5 | 54.5\% | 70.0 | 64.7\% | 84.0 | 72.7\% | 84.5 | 84.8\% | 66.9 | 92.9\% | 38.0 | 96.7\% | 493.9 | 74.2\% |
| Private hospitals | 8.4 | 19.8\% | 25.4 | 27.5\% | 42.2 | 43.8\% | 38.1 | 35.3\% | 29.4 | 25.5\% | 13.6 | 13.7\% | 4.1 | 5.7\% | 0.9 | 2.2\% | 162.2 | 24.4\% |
| Both | 0.4 | 1.0\% | 2.5 | 2.8\% | 1.6 | 1.7\% | - | - | 2.1 | 1.8\% | 1.5 | 1.6\% | 1.0 | 1.4\% | 0.4 | 1.1\% | 9.7 | 1.5\% |
| Total | 42.5 | 100.0\% | 92.4 | 100.0\% | 96.3 | 100.0\% | 108.0 | 100.0\% | 115.5 | 100.0\% | 99.7 | 100.0\% | 72.0 | 100.0\% | 39.3 | 100.0\% | 665.8 | 100.0\% |

[^41]
### 8.5.2 Frequency of Hospital Admissions

The frequency of hospital admissions was measured by the number of admissions in the 12 months preceding the survey among those who had reported at least one episode of hospitalisation. Of those who had been admitted to public hospitals under HA, $80.0 \%$ had one admission in the 12 months preceding the survey; $13.3 \%$ twice; and $6.7 \%$ three or more times. As regards those who had been admitted to private hospitals, $93.6 \%$ had been admitted to hospitals once in the 12 months preceding the survey; $5.2 \%$ twice; and $1.1 \%$ three or more times (Table 8.5.2a). The proportion of persons who had three or more admissions to public hospitals increased sharply in the age groups 75 or above (Table 8.5.2b).

Table 8.5.2a: Number of hospital admissions in the 12 months preceding the survey by gender


Bases: 1. The respondents who had been admitted to public hospitals under HA in the 12 months preceding the survey.
2. The respondents who had been admitted to private hospitals in the 12 months preceding the survey.

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

Table 8.5.2b: Number of hospital admissions 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) | \% |

Public hospitals under HA ${ }^{1}$

| Once | 29.4 | 86.3\% | 57.0 | 85.1\% | 45.1 | 83.3\% | 57.2 | 81.7\% | 70.8 | 82.3\% | 65.4 | 76.0\% | 50.0 | 73.6\% | 28.0 | 73.0\% | 402.9 | 80.0\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| More than once | 4.7 | 13.7\% | 10.0 | 14.9\% | 9.1 | 16.7\% | 12.8 | 18.3\% | 15.3 | 17.7\% | 20.7 | 24.0\% | 17.9 | 26.4\% | 10.4 | 27.0\% | 100.7 | 20.0\% |
| Twice | 3.2 | 9.4\% | 5.9 | 8.8\% | 5.9 | 10.9\% | 8.8 | 12.5\% | 10.2 | 11.9\% | 15.4 | 17.9\% | 12.0 | 17.6\% | 5.5 | 14.3\% | 66.8 | 13.3\% |
| 3-10 times | 1.5 | 4.3\% | 4.1 | 6.1\% | 3.1 | 5.8\% | 4.0 | 5.8\% | 5.1 | 5.9\% | 5.3 | 6.2\% | 5.9 | 8.7\% | 4.9 | 12.7\% | 33.9 | 6.7\% |
| Total | 34.1 | 100.0\% | 66.9 | 100.0\% | 54.1 | 100.0\% | 70.0 | 100.0\% | 86.1 | 100.0\% | 86.0 | 100.0\% | 67.9 | 100.0\% | 38.4 | 100.0\% | 503.6 | 100.0\% |
| Mean |  | . 2 |  | . 3 |  | . 3 |  | . 3 |  | . 3 |  | . 4 |  | . 4 |  | . 5 |  | . 3 |

Private hospitals ${ }^{2}$

| Once | 8.2 | 93.2\% | 25.7 | 91.9\% | 41.9 | 95.5\% | 35.1 | 92.3\% | 29.4 | 93.2\% | 14.2 | 93.3\% | 5.1 | 100.0\% | 1.3 | 100.0\% | 160.9 | 93.6\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| More than once | 0.6 | 6.8\% | 2.3 | 8.1\% | 2.0 | 4.5\% | 2.9 | 7.7\% | 2.1 | 6.8\% | 1.0 | 6.7\% | - | - | - | - | 10.9 | 6.4\% |
| Twice | 0.6 | 6.8\% | 2.3 | 8.1\% | 1.0 | 2.3\% | 2.0 | 5.1\% | 2.1 | 6.8\% | 1.0 | 6.7\% | - | - | - | - | 9.0 | 5.2\% |
| 3-10 times | - | - | - | - | 0.9 | 2.1\% | 1.0 | 2.6\% | - | - | - | - | - | - | - | - | 1.9 | 1.1\% |
| Total | 8.8 | 100.0\% | 28.0 | 100.0\% | 43.8 | 100.0\% | 38.1 | 100.0\% | 31.5 | 100.0\% | 15.2 | 100.0\% | 5.1 | 100.0\% | 1.3 | 100.0\% | 171.8 | 100.0\% |
| Mean |  | . 1 |  | . 1 |  | . 1 |  | . 2 |  | . 1 |  | . 1 |  | 1.0 |  | . 0 |  | . 1 |

Bases: 1. The respondents who had been admitted to public hospitals under HA in the 12 months preceding the survey.
2. The respondents who had been admitted to private hospitals in the 12 months preceding the survey.

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

### 8.5.3 Length of Hospital Stay

Regarding the length of stay during the last hospital admission among those who had been admitted to public or private hospitals in Hong Kong in the 12 months preceding the survey, three-quarters ( $74.9 \%$ ) of those admitted to public hospitals under HA and $89.0 \%$ of those admitted to private hospitals stayed less than five days. In contrast, $5.3 \%$ of those admitted to public hospitals under HA stayed in hospital for more than 14 days, while only $0.7 \%$ of those admitted to private hospitals stayed for such long time. The mean duration of hospital stay during the last episode of admission for those who had been admitted to public hospitals under HA was 4.7 days, which was about double the mean duration of hospital stay for those admitted to private hospitals ( 2.3 days). Females tended to stay longer than males for those admitted to public hospitals under HA with mean duration of hospital stay of 4.8 days for females in their last hospital admissions compared to the corresponding mean of 4.5 days for males. However, the opposite was observed for those admitted to private hospitals with mean duration of hospital stay of 2.1 days for females and 2.6 days for males (Table 8.5.3a).

Table 8.5.3a: Duration of hospitalisation during the last hospital admission by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Public hospitals under HA ${ }^{1}$ |  |  |  |  |  |  |
| Less than 5 days | 202.4 | 74.3\% | 167.3 | 75.5\% | 369.7 | 74.9\% |
| 5-14 days | 54.0 | 19.8\% | 43.8 | 19.8\% | 97.9 | 19.8\% |
| More than 14 days | 15.8 | 5.8\% | 10.5 | 4.7\% | 26.3 | 5.3\% |
| Total | 272.3 | 100.0\% | 221.7 | 100.0\% | 493.9 | 100.0\% |
| Mean* | 4.8 |  | 4.5 |  | 4.7 |  |
| Private hospitals ${ }^{2}$ |  |  |  |  |  |  |
| Less than 5 days | 88.9 | 91.6\% | 55.5 | 85.2\% | 144.4 | 89.0\% |
| $5-14$ days | 8.2 | 8.4\% | 8.4 | 13.0\% | 16.6 | 10.3\% |
| More than 14 days | - | - | 1.2 | 1.8\% | 1.2 | 0.7\% |
| Total | 97.1 | 100.0\% | 65.1 | 100.0\% | 162.2 | 100.0\% |
| Mean* | 2.1 |  | 2.6 |  | 2.3 |  |

Bases: 1. The respondents who had been admitted to public hospitals under HA only in the 12 months preceding the survey.
2. The respondents who had been admitted to private hospitals only in the 12 months preceding the survey.

Notes:* The duration of hospital stay of the respondents who had been admitted to public hospitals under HA or private hospitals for less than one day were counted as 0.5 day.
Figures may not add up to the total due to rounding.
Caution must be taken in regard to various data limitations when interpreting and making comparison with the statistics on the duration of hospital stay. The limitations include the survey coverage and the possibility of non-contact with those who were admitted to hospitals frequently or stayed in hospitals for a long period of time during the fieldwork period of the survey.

Analysed by age group, elder persons aged 85 or above stayed in hospitals the longest with their mean duration of stay of 7.8 days and 6.5 days for those admitted to public hospitals under HA and private hospitals in their last hospital admissions respectively (Table 8.5.3b).

Table 8.5.3b: Duration of hospitalisation during the last hospital admission by age group

| 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-74 |  | 75-84 |  | 85 or above |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of |  | No. of |  | No. of |  | No. of |  | No. of |  | No. of |  | No. of |  | No. of |  | No. of |  |
| persons | \% | persons | \% | persons | \% | persons | \% | persons | \% | persons | \% | persons | \% | persons | \% | persons | \% |
| ('000) |  | ('000) |  | ('000) |  | ('000) |  | ('000) |  | ('000) |  | ('000) |  | ('000) |  | ('000) |  |

## Public hospitals under HA ${ }^{1}$

| Less than 5 days | 30.4 | 90.2\% | 53.5 | 83.2\% | 43.3 | 82.5\% | 55.2 | 78.9\% | 66.3 | 79.0\% | 57.3 | 67.8\% | 44.8 | 67.0\% | 18.8 | 49.5\% | 369.7 | 74.9\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 5-14 days | 2.7 | 8.1\% | 9.8 | 15.3\% | 5.7 | 10.8\% | 11.9 | 17.0\% | 14.4 | 17.2\% | 22.8 | 27.0\% | 16.2 | 24.2\% | 14.3 | 37.6\% | 97.9 | 19.8\% |
| More than 14 days | 0.6 | 1.8\% | 1.0 | 1.6\% | 3.5 | 6.7\% | 2.9 | 4.1\% | 3.2 | 3.8\% | 4.4 | 5.2\% | 5.9 | 8.8\% | 4.9 | 12.8\% | 26.3 | 5.3\% |
| Total | 33.7 | 100.0\% | 64.4 | 100.0\% | 52.5 | 100.0\% | 70.0 | 100.0\% | 84.0 | 100.0\% | 84.5 | 100.0\% | 66.9 | 100.0\% | 38.0 | 100.0\% | 493.9 | 100.0\% |


| Mean* | 2.2 | 3.8 | 4.5 | 4.7 | 4.4 | 4.5 | 5.4 | 7.8 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |


| Private hospi |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Less than 5 days | 7.9 | 94.4\% | 21.5 | 84.6\% | 37.7 | 89.3\% | 33.7 | 88.6\% | 27.4 | 93.0\% | 13.0 | 95.7\% | 3.1 | 75.2\% | - | - | 144.4 | 89.0\% |
| 5-14 days | 0.5 | 5.6\% | 3.9 | 15.4\% | 4.5 | 10.7\% | 3.2 | 8.3\% | 2.1 | 7.0\% | 0.6 | 4.3\% | 1.0 | 24.8\% | 0.9 | 100.0\% | 16.6 | 10.3\% |
| More than 14 days | - | - | - | - | - | - | 1.2 | 3.1\% | - | - | - | - | - | - | - | - | 1.2 | 0.7\% |
| Total | 8.4 | 100.0\% | 25.4 | 100.0\% | 42.2 | 100.0\% | 38.1 | 100.0\% | 29.4 | 100.0\% | 13.6 | 100.0\% | 4.1 | 100.0\% | 0.9 | 100.0\% | 162.2 | 100.0\% |
| Mean* |  | 1.9 |  | 2.4 |  | 2.2 |  | 2.7 |  | 2.1 |  | 1.7 |  | 3.6 |  | 6.5 |  | 2.3 |

Bases: 1. The respondents who had been admitted to public hospitals under HA only in the 12 months preceding the survey.
2. The respondents who had been admitted to private hospitals only in the 12 months preceding the survey.

Notes: * The duration of hospital stay of the respondents who had been admitted to public hospitals under HA or private hospitals for less than one day were counted as 0.5 day.
Figures may not add up to the total due to rounding.
Caution must be taken in regard to various data limitations when interpreting and making comparison with the statistics on the duration of hospital stay. The limitations include the survey coverage and the possibility of non-contact with those who were admitted to hospitals frequently or stayed in hospitals for a long period of time during the fieldwork period of the survey.

### 8.5.4 Operations Performed during Hospitalisation

Among persons aged 15 or above who had been admitted to hospitals in Hong Kong in the 12 months preceding the survey, $32.0 \%$ had an operation performed in the operating theatre during their last hospital admission ( $32.5 \%$ in females and $31.2 \%$ in males) (Table 8.5.4a). Analysed by age group, the proportions were relatively higher among those aged 25 to 64 , with the highest proportion reported by persons aged 35-44 (39.7\%) and the lowest proportion reported by persons aged 15-24 and 85 or above (both at 20.2\%) (Table 8.5.4b).

Table 8.5.4a: Proportion of hospitalised persons who had an operation performed in the operating theatre during their last hospital admission in the 12 months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 121.8 | 32.5\% | 90.9 | 31.2\% | 212.7 | 32.0\% |
| No | 252.4 | 67.5\% | 200.6 | 68.8\% | 453.0 | 68.0\% |
| Total | 374.2 | 100.0\% | 291.6 | 100.0\% | 665.8 | 100.0\% |

Base: The respondents who had been admitted to hospitals in Hong Kong in the 12 months preceding the survey.
Note: Figures may not add up to the total due to rounding.

Table 8.5.4b: Proportion of hospitalised persons who had an operation performed in the operating theatre during their last hospital admission in the $\mathbf{1 2}$ 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) | \% |
| Yes | 8.6 | 20.2\% | 29.6 | 32.1\% | 38.2 | 39.7\% | 36.1 | 33.4\% | 42.9 | 37.1\% | 30.9 | 31.0\% | 18.5 | 25.7\% | 7.9 | 20.2\% | 212.7 | 32.0\% |
| No | 33.9 | 79.8\% | 62.7 | 67.9\% | 58.1 | 60.3\% | 72.0 | 66.6\% | 72.7 | 62.9\% | 68.8 | 69.0\% | 53.5 | 74.3\% | 31.4 | 79.8\% | 453.0 | 68.0\% |

$\begin{array}{llllllllllllllllllllllllllllll}\text { Total } & 42.5 & 100.0 \% & 92.4 & 100.0 \% & 96.3 & 100.0 \% & 108.0 & 100.0 \% & 115.5 & 100.0 \% & 99.7 & 100.0 \% & 72.0 & 100.0 \% & 39.3 & 100.0 \% & 665.8 & 100.0 \%\end{array}$

[^42]
### 8.6 Consultations with Mental Health Professionals

Overall, $1.7 \%$ of persons aged 15 or above ( $1.9 \%$ in females and $1.5 \%$ in males) reported that they had consulted mental health professionals, such as a clinical psychologist, psychiatrist, psychiatric nurse, or medical social worker, for their mental health problem in the 12 months preceding the survey (Table 8.6a). Analysed by age group, persons aged $15-24$ had the highest proportion ( $3.1 \%$ ) of consulting a mental health professional, whilst the proportions among other age groups ranged from $1.1 \%$ to $2.0 \%$ (Table 8.6b).

Table 8.6a: Proportion of population who had consulted a mental health professional in the $\mathbf{1 2}$ months preceding the survey by gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Yes | 59.1 | 1.9\% | 42.6 | 1.5\% | 101.6 | 1.7\% |
| No | 3125.9 | 98.1\% | 2852.6 | 98.5\% | 5978.6 | 98.3\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |

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

Table 8.6b: Proportion of population who had consulted a mental health professional in the $\mathbf{1 2}$ 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) | \% |
| Yes | 25.1 | 3.1\% | 11.8 | 1.2\% | 13.2 | 1.3\% | 23.6 | 2.0\% | 14.7 | 1.4\% | 7.7 | 1.4\% | 4.0 | 1.1\% | 1.6 | 1.3\% | 101.6 | 1.7\% |
| No | 776.5 | 96.9\% | 949.6 | 98.8\% | 1008.0 | 98.7\% | 1159.4 | 98.0\% | 1050.8 | 98.6\% | 556.3 | 98.6\% | 348.7 | 98.9\% | 129.2 | 98.7\% | 5978.6 | 98.3\% |

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

### 8.7 Satisfaction with the Health Care System

Respondents were asked to rate public and private sectors of the health care system in Hong Kong on an overall satisfaction scale of $0-100$ where 0 represents the lowest and 100 the highest level of satisfaction. The average satisfaction scores given to the public health care sector and private health care sector were 66.9 and 75.3 respectively (Table 8.7a).

Table 8.7a: Overall satisfaction with the health care system by gender

| Scores | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Public sector |  |  |  |  |  |  |
| 0-19 | 20.7 | 0.7\% | 21.5 | 0.7\% | 42.2 | 0.7\% |
| 20-39 | 66.7 | 2.1\% | 79.4 | 2.7\% | 146.1 | 2.4\% |
| 40-59 | 472.2 | 14.8\% | 438.0 | 15.1\% | 910.2 | 15.0\% |
| 60-79 | 1469.8 | 46.1\% | 1345.7 | 46.5\% | 2815.5 | 46.3\% |
| 80-100 | 836.0 | 26.2\% | 727.5 | 25.1\% | 1563.5 | 25.7\% |
| Don't know | 319.5 | 10.0\% | 283.2 | 9.8\% | 602.7 | 9.9\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean | 67.3 |  | 66.6 |  | 66.9 |  |


| Private sector |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0-19 | 1.8 | 0.1\% | 3.0 | 0.1\% | 4.8 | 0.1\% |
| 20-39 | 6.7 | 0.2\% | 7.4 | 0.3\% | 14.1 | 0.2\% |
| 40-59 | 152.6 | 4.8\% | 131.7 | 4.5\% | 284.3 | 4.7\% |
| 60-79 | 1095.7 | 34.4\% | 1042.1 | 36.0\% | 2137.8 | 35.2\% |
| 80-100 | 1593.6 | 50.0\% | 1405.2 | 48.5\% | 2998.8 | 49.3\% |
| Don't know | 334.5 | 10.5\% | 305.9 | 10.6\% | 640.4 | 10.5\% |
| Total | 3185.0 | 100.0\% | 2895.2 | 100.0\% | 6080.2 | 100.0\% |
| Mean |  |  |  |  |  |  |

[^43]Across the age groups, the range of average satisfaction scores for the public sector was from 64.6 to 73.8 with a general trend of increasing score with age. The average satisfaction scores for the private sector had a narrower range from 73.9 to 76.1 (Table 8.7b).

Table 8.7b: Overall satisfaction with the health care system by age group

|  | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85 or above | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Scores | $\begin{array}{cc} \hline \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{array}{cl} \text { No. of } & \\ \text { persons } \% \\ (' 000) & \end{array}$ | $\begin{array}{cl} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ (' 000) \end{gathered}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ (' 000) \end{gathered}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ (' 000) \end{gathered}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ (' 000) \end{gathered}$ | No. of persons ('000) | \% |

Public sector

| 0-19 | 7.6 | 0.9\% | 7.1 | 0.7\% | 5.4 | 0.5\% | 10.3 | 0.9\% | 8.2 | 0.8\% | 2.3 | 0.4\% | 1.3 | 0.4\% | - | - | 42.2 | 0.7\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 20-39 | 18.7 | 2.3\% | 29.9 | 3.1\% | 26.2 | 2.6\% | 36.6 | 3.1\% | 22.0 | 2.1\% | 6.9 | 1.2\% | 5.0 | 1.4\% | 0.8 | 0.6\% | 146.1 | 2.4\% |
| 40-59 | 131.6 | 16.4\% | 169.3 | 17.6\% | 180.9 | 17.7\% | 181.1 | 15.3\% | 143.9 | 13.5\% | 64.0 | 11.3\% | 31.3 | 8.9\% | 8.0 | 6.1\% | 910.2 | 15.0\% |
| 60-79 | 371.2 | 46.3\% | 477.9 | 49.7\% | 503.5 | 49.3\% | 572.5 | 48.4\% | 494.7 | 46.4\% | 231.8 | 41.1\% | 120.2 | 34.1\% | 43.6 | 33.4\% 2 | 2815.5 | 46.3\% |
| 80-100 | 173.1 | 21.6\% | 182.9 | 19.0\% | 212.2 | 20.8\% | 282.5 | 23.9\% | 312.6 | 29.3\% | 206.2 | 36.6\% | 149.0 | 42.3\% | 44.9 | 34.4\% | 1563.5 | 25.7\% |
| Don't know | 99.4 | 12.4\% | 94.3 | 9.8\% | 92.8 | 9.1\% | 100.0 | 8.5\% | 84.1 | 7.9\% | 52.8 | 9.4\% | 45.8 | 13.0\% | 33.4 | 25.5\% | 602.7 | 9.9\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% 1 | 1021.2 | 100.0\% | 1183.0 | 100.0\% 1 | 1065.5 | 100.0\% | 564.0 | 100.0\% | 352.7 | 100.0\% | 130.8 | 100.0\% 6 | 6080.2 | 100.0\% |
| Mean |  | 5.3 |  | 4.6 |  | 5.3 |  | 6.0 |  | . 1 | 70 | . 9 |  | 3.2 |  | 3.8 |  | 6.9 |

Private sector

| $0-19$ | - | - | 0.4 | $<0.05 \%$ | 0.4 | $<0.05 \%$ | 3.1 | $0.3 \%$ | 0.5 | $<0.05 \%$ | - | - | 0.4 | $0.1 \%$ | - | - | 4.8 | $0.1 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| $20-39$ | 2.2 | $0.3 \%$ | 3.9 | $0.4 \%$ | 0.5 | $<0.05 \%$ | 2.9 | $0.2 \%$ | 2.6 | $0.2 \%$ | 0.9 | $0.2 \%$ | 1.1 | $0.3 \%$ | - | - | 14.1 | $0.2 \%$ |
| $40-59$ | 35.2 | $4.4 \%$ | 37.3 | $3.9 \%$ | 43.9 | $4.3 \%$ | 56.1 | $4.7 \%$ | 57.3 | $5.4 \%$ | 24.1 | $4.3 \%$ | 23.3 | $6.6 \%$ | 7.2 | $5.5 \%$ | 284.3 | $4.7 \%$ |


| 60-79 | 287.7 35.9\% | 359.5 | 37.4\% | 354.3 | 34.7\% | 429.2 | 36.3\% | 387.0 | 36.3\% | 183.7 | 32.6\% | 99.5 | 28.2\% | 37.0 | 28.3\% 2137.8 | 35.2\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | $\begin{array}{llllllllllllllllllllll}80-100 & 391.0 & 48.8 \% & 500.2 & 52.0 \% & 558.2 & 54.7 \% & 598.5 & 50.6 \% & 517.1 & 48.5 \% & 256.3 & 45.4 \% & 139.0 & 39.4 \% & 38.4 & 29.3 \% & 2998.8 & 49.3 \%\end{array}$ $\begin{array}{llllllllllllllllll}\text { Don't know } & 85.4 & 10.7 \% & 60.2 & 6.3 \% & 63.9 & 6.3 \% & 93.2 & 7.9 \% & 101.1 & 9.5 \% & 99.0 & 17.6 \% & 89.3 & 25.3 \% & 48.2 & 36.9 \% & 640.4 \\ 10.5 \%\end{array}$



| Mean | 75.1 | 75.5 | 76.0 | 75.0 | 74.9 | 76.1 | 74.8 | 73.9 | 75.3 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

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

Chapter 9

## Physical and Biochemical Measurements

The PHS invited a random subsample of persons aged between 15 and 84 who had been enumerated in the household survey and signed the survey consent form to undergo a follow-up health examination, including physical and biochemical measurements, to estimate prevalence of cardiovascular disease and assess their risk factors. Self-reported prevalences of chronic diseases have been reported in Chapter 3. However, self-reported prevalence estimates have been found to substantially underestimate the true prevalences as they do not include data on undiagnosed cases of the diseases. The PHS aims to collect information on both diagnosed and undiagnosed cases of diabetes, hypertension and other cardiovascular risk factors to provide more accurate prevalence estimates, by performing physical measurements and collecting biochemical samples, namely blood and urine, from survey participants. This chapter presents the results of health examination including anthropometric and blood pressure measurements as well as biochemical testing covering blood tests for fasting plasma glucose, HbA1c and lipid profile, and 24-hour urine tests for sodium and potassium excretion.

Snapshot of Population's Physical and Biochemical Measurements (for persons aged 15 to 84)

| Indicator | Female | Male | Overall |
| :---: | :---: | :---: | :---: |
| Proportion of population who were overweight and obese |  |  |  |
| - Overweight (body mass index ${ }^{\#} \geq 23.0 \mathrm{~kg} / \mathrm{m}^{2}$ and $<25 \mathrm{~kg} / \mathrm{m}^{2}$ ) | 19.3\% | 20.9\% | 20.1\% |
| - Obese (body mass index ${ }^{\#} \geq 25.0 \mathrm{~kg} / \mathrm{m}^{2}$ ) | 24.4\% | 36.0\% | 29.9\% |
| Proportion of population who had central obesity |  |  |  |
| - Central obesity defined by waist circumference | 37.2\% | 28.2\% | 32.9\% |
| - Central obesity defined by waist-hip ratio | 38.9\% | 41.5\% | 40.1\% |


| Indicator | Female | Male | Overall |
| :---: | :---: | :---: | :---: |
| Prevalence of hypertension | 25.5\% | 30.1\% | 27.7\% |
| - No known history of hypertension | 11.5\% | 14.9\% | 13.2\% |
| - Previously diagnosed hypertension | 14.0\% | 15.2\% | 14.6\% |
| Prevalence of diabetes mellitus | 6.4\% | 10.5\% | 8.4\% |
| - No known history of diabetes mellitus | 3.2\% | 6.0\% | 4.5\% |
| - Previously diagnosed diabetes mellitus | 3.2\% | 4.6\% | 3.8\% |
| Prevalence of hypercholesterolaemia | 48.8\% | 50.3\% | 49.5\% |
| - No known history of hypercholesterolaemia | 34.7\% | 34.8\% | 34.8\% |
| - Previously diagnosed with raised blood cholesterol | 7.9\% | 6.8\% | 7.4\% |
| - Previously diagnosed with normal blood cholesterol | 6.1\% | 8.7\% | 7.4\% |
| Mean population intake of salt ( $\mathrm{g}^{*}$ ) per day | 7.9 g | 9.8 g | 8.8 g |
| Proportion of population with salt intake $\geq 5 \mathrm{~g}^{*}$ per day | 82.2\% | 90.8\% | 86.3\% |
| Proportion of population with potassium intake $<3.5 \mathrm{~g}^{*}$ per day | 92.5\% | 90.5\% | 91.5\% |

[^44]
### 9.1 Anthropometric Measurements and Blood Pressure

Anthropometric and blood pressure measurements were performed in designated health examination centres under standardised procedures with standardised equipment. Measurement of blood pressure was performed in participants of health examination using an electronic sphygmomanometer. The anthropometric measurements in this survey include measurements of individual participant's body weight, height, waist and hip circumferences. These measurements were used for computing body mass index (BMI), waist circumference (WC) and waist-hip ratio (WHR), as measures of central or abdominal obesity which is predisposing factor for cardiovascular disease ${ }^{1}$.

### 9.1.1 Weight and Height

Body weight and height are measures of body size and can be used to calculate respondents' BMI. Based on the results of the health examination attended by respondents aged 15-84, it is estimated that the mean body weights of females and males aged 15-84 were 56.5 kg and 68.6 kg respectively, and the mean body heights were 157.1 cm and 169.5 cm respectively (Table 9.1.1a).

Table 9.1.1a: Mean weight and height among persons aged 15 to $\mathbf{8 4}$ by age group and gender

| Age group | Female | Male | Total | Female | Male | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Weight (kg) |  |  | Height (cm) |  |
| 15-24 | 53.6 | 63.7 | 58.8 | 159.7 | 172.3 | 166.1 |
| 25-34 | 55.2 | 70.6 | 62.5 | 159.8 | 172.9 | 166.0 |
| 35-44 | 57.1 | 71.3 | 63.5 | 158.3 | 171.4 | 164.2 |
| 45-54 | 58.5 | 72.6 | 65.0 | 157.4 | 169.9 | 163.2 |
| 55-64 | 57.1 | 67.3 | 62.2 | 154.7 | 166.4 | 160.5 |
| 65-84 | 56.6 | 65.0 | 60.7 | 153.0 | 164.7 | 158.7 |
| 15-84 | 56.5 | 68.6 | 62.3 | 157.1 | 169.5 | 163.0 |

Base: All respondents aged 15-84 who had participated in the health examination.

### 9.1.2 Body Mass Index

The BMI is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of her / his height in metres. Raised BMI is a major risk factor for non-communicable diseases such as cardiovascular diseases (mainly heart disease and stroke), diabetes, musculoskeletal disorders and some cancers. The risk for these non-communicable diseases increases with BMI ${ }^{2}$. Based on the body weight and height measurements collected from participants of health examination, the mean BMI for females and males aged $15-84$ were $22.9 \mathrm{~kg} / \mathrm{m}^{2}$ and $23.9 \mathrm{~kg} / \mathrm{m}^{2}$ respectively (Table 9.1.2a).

Table 9.1.2a: Distribution of body mass index (BMI) categories among persons aged 15 to 84 by age group and gender

| Age group/ BMI categories | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 15-24 |  |  |  |  |  |  |
| Underweight | 90.4 | 23.0\% | 71.9 | 17.6\% | 162.3 | 20.2\% |
| Normal | 215.9 | 55.0\% | 230.5 | 56.3\% | 446.3 | 55.7\% |
| Overweight | 37.9 | 9.7\% | 51.9 | 12.7\% | 89.8 | 11.2\% |
| Obese I | 32.7 | 8.3\% | 47.5 | 11.6\% | 80.2 | 10.0\% |
| Obese II | 15.5 | 3.9\% | 7.5 | 1.8\% | 23.0 | 2.9\% |
| Sub-total | 392.3 | 100.0\% | 409.3 | 100.0\% | 801.6 | 100.0\% |
| 25-34 |  |  |  |  |  |  |
| Underweight | 74.8 | 14.8\% | 25.3 | 5.6\% | 100.1 | 10.4\% |
| Normal | 297.7 | 58.8\% | 205.2 | 45.1\% | 502.9 | 52.3\% |
| Overweight | 53.3 | 10.5\% | 82.6 | 18.2\% | 136.0 | 14.1\% |
| Obese I | 64.9 | 12.8\% | 110.0 | 24.2\% | 174.9 | 18.2\% |
| Obese II | 15.6 | 3.1\% | 31.9 | 7.0\% | 47.5 | 4.9\% |
| Sub-total | 506.4 | 100.0\% | 455.0 | 100.0\% | 961.4 | 100.0\% |
| 35-44 |  |  |  |  |  |  |
| Underweight | 46.8 | 8.3\% | 9.5 | 2.1\% | 56.3 | 5.5\% |
| Normal | 287.3 | 51.2\% | 171.0 | 37.2\% | 458.3 | 44.9\% |
| Overweight | 112.4 | 20.0\% | 105.8 | 23.0\% | 218.1 | 21.4\% |
| Obese I | 82.7 | 14.7\% | 149.0 | 32.4\% | 231.7 | 22.7\% |
| Obese II | 32.3 | 5.7\% | 24.5 | 5.3\% | 56.7 | 5.6\% |
| Sub-total | 561.4 | 100.0\% | 459.8 | 100.0\% | 1021.2 | 100.0\% |

Table 9.1.2a: Distribution of body mass index (BMI) categories among persons aged 15 to 84 by age group and gender (continued)

| Age group/ BMI categories | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 45-54 |  |  |  |  |  |  |
| Underweight | 33.4 | 5.3\% | 6.0 | 1.1\% | 39.4 | 3.3\% |
| Normal | 266.6 | 42.0\% | 141.1 | 25.7\% | 407.7 | 34.5\% |
| Overweight | 160.1 | 25.2\% | 120.8 | 22.0\% | 280.9 | 23.7\% |
| Obese I | 132.5 | 20.9\% | 238.1 | 43.4\% | 370.5 | 31.3\% |
| Obese II | 42.1 | 6.6\% | 42.4 | 7.7\% | 84.5 | 7.1\% |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
| 55-64 |  |  |  |  |  |  |
| Underweight | 21.3 | 4.0\% | 21.0 | 4.0\% | 42.3 | 4.0\% |
| Normal | 238.9 | 44.5\% | 171.5 | 32.5\% | 410.5 | 38.5\% |
| Overweight | 101.0 | 18.8\% | 131.9 | 25.0\% | 232.9 | 21.9\% |
| Obese I | 137.6 | 25.6\% | 178.7 | 33.8\% | 316.3 | 29.7\% |
| Obese II | 38.7 | 7.2\% | 24.9 | 4.7\% | 63.6 | 6.0\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |
| 65-84 |  |  |  |  |  |  |
| Underweight | 13.4 | 2.9\% | 24.9 | 5.6\% | 38.3 | 4.2\% |
| Normal | 161.5 | 34.5\% | 148.5 | 33.1\% | 310.0 | 33.8\% |
| Overweight | 132.7 | 28.4\% | 103.5 | 23.1\% | 236.2 | 25.8\% |
| Obese I | 135.9 | 29.0\% | 156.2 | 34.8\% | 292.1 | 31.9\% |
| Obese II | 24.7 | 5.3\% | 15.5 | 3.4\% | 40.1 | 4.4\% |
| Sub-total | 468.1 | 100.0\% | 448.6 | 100.0\% | 916.7 | 100.0\% |
| 15-84 |  |  |  |  |  |  |
| Underweight | 280.0 | 9.0\% | 158.6 | 5.6\% | 438.7 | 7.4\% |
| Normal | 1467.8 | 47.3\% | 1067.9 | 37.5\% | 2535.7 | 42.6\% |
| Overweight | 597.4 | 19.3\% | 596.5 | 20.9\% | 1193.9 | 20.1\% |
| Obese I | 586.3 | 18.9\% | 879.5 | 30.9\% | 1465.8 | 24.6\% |
| Obese II | 168.8 | 5.4\% | 146.6 | 5.1\% | 315.4 | 5.3\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |


|  |  | Mean BMI $\left(\mathbf{k g} / \mathbf{m}^{2}\right)$ |  |
| :--- | :---: | :---: | :---: |
| Gender / Age group | Female | Male | Total |
| $15-24$ | 21.0 | 21.4 | 21.2 |
| $25-34$ | 21.6 | 23.6 | 22.6 |
| $35-44$ | 22.8 | 24.3 | 23.5 |
| $45-54$ | 23.6 | 25.1 | 24.3 |
| $55-64$ | 23.8 | 24.3 | 24.1 |
| $65-84$ | 24.2 | 23.9 | 24.1 |
| $\mathbf{1 5 - 8 4}$ | 22.9 | 23.9 | 23.4 |

Base: All respondents aged 15-84 who had participated in the health examination.
Notes: Underweight: $\mathrm{BMI}<18.5 \mathrm{~kg} / \mathrm{m}^{2}$
Normal: $\quad B M I \geq 18.5$ and $<23.0 \mathrm{~kg} / \mathrm{m}^{2}$
Overweight: $\quad$ BMI $\geq 23.0$ and $<25.0 \mathrm{~kg} / \mathrm{m}^{2}$
Obese I: $\quad \mathrm{BMI} \geq 25.0$ and $<30.0 \mathrm{~kg} / \mathrm{m}^{2}$
Obese II: $\quad$ BMI $\geq 30.0 \mathrm{~kg} / \mathrm{m}^{2}$
Figures may not add up to the total due to rounding.

Based on the classification of BMI categories for Chinese adults adopted by the Department of Health ${ }^{3}$, the ranges of BMI values for classification of underweight, normal, overweight and obese are:

| BMI category | Range of BMI values |
| :--- | :--- |
| Underweight | $<18.5 \mathrm{~kg} / \mathrm{m}^{2}$ |
| Normal | $\geq 18.5 \mathrm{and}<23.0 \mathrm{~kg} / \mathrm{m}^{2}$ |
| Overweight | $\geq 23.0$ and $<25.0 \mathrm{~kg} / \mathrm{m}^{2}$ |
| Obese | $\geq 25.0 \mathrm{~kg} / \mathrm{m}^{2}$ |
| Obese I | $\geq 25.0 \mathrm{and}<30.0 \mathrm{~kg} / \mathrm{m}^{2}$ |
| Obese II | $\geq 30.0 \mathrm{~kg} / \mathrm{m}^{2}$ |

Among persons aged 15-84 participating in health examination, $29.9 \%$ were classified as obese and $20.1 \%$ overweight, $42.6 \%$ within normal range and $7.4 \%$ underweight. Analysed by gender, $24.4 \%$ of females and $36.0 \%$ of males in this age group were classified as obese and $19.3 \%$ of females and $20.9 \%$ of males were overweight. Analysed by age group, the proportion of females classified as obese increased with age from $12.3 \%$ for those aged $15-24$ to $34.3 \%$ for those aged $65-84$. The proportion of males classified as obese increased from 13.4\% among males aged 15-24 to 51.1\% for males aged 45-54, then decreased to $38.3 \%$ for those aged 65-84 (Table 9.1.2a).

Analysed by household income, in general, the proportion of persons classified as overweight or obese decreased with increasing household income from $58.0 \%$ among those with a monthly household income between $\$ 5,000$ and $\$ 9,999$ to $46.3 \%$ among those with a monthly household income of $\$ 50,000$ or more (Table 9.1.2b).

Table 9.1.2b: Distribution of BMI categories among persons aged 15 to 84 by monthly household income

| $\begin{gathered} \text { Less than } \\ \$ 5,000 \end{gathered}$ | $\begin{gathered} \$ 5,000- \\ \$ 9,999 \end{gathered}$ | $\begin{gathered} \$ 10,000- \\ \$ 19,999 \end{gathered}$ | $\begin{gathered} \$ 20,000- \\ \$ 29,999 \end{gathered}$ | $\begin{gathered} \$ 30,000- \\ \$ 39,999 \end{gathered}$ | $\begin{gathered} \$ 40,000- \\ \$ 49,999 \end{gathered}$ | \$50,000 or more | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ \text { ('000) } \end{gathered}$ | $\begin{array}{cl} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \\ \text { ('000) } \end{gathered}$ | $\begin{array}{cl} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \\ \text { ('000) } \end{gathered}$ | $\begin{aligned} & \text { No. of } \\ & \text { persons } \% \\ & (' 000) \end{aligned}$ | $\begin{gathered} \text { No. of } \\ \text { persons } \% \\ \text { ('000) } \end{gathered}$ | No. of persons \% ('000) |

BMI categories

| Underweight | 29.5 | 8.6\% | 29.2 | 9.2\% | 65.7 | 6.7\% | 85.6 | 7.6\% | 73.8 | 7.1\% | 54.1 | 7.2\% | 100.7 | 7.3\% | 438.7 | 7.4\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Normal | 133.0 | 38.7\% | 104.8 | 32.9\% | 402.3 | 41.0\% | 478.2 | 42.4\% | 443.6 | 42.5\% | 331.7 | 44.0\% | 637.3 | 46.4\% | 2530.9 | 42.6\% |
| Overweight | 74.2 | 21.6\% | 95.1 | 29.8\% | 209.9 | 21.4\% | 235.1 | 20.9\% | 180.7 | 17.3\% | 148.1 | 19.7\% | 248.2 | 18.1\% | 1191.2 | 20.1\% |
| Obese I | 93.0 | 27.1\% | 76.7 | 24.0\% | 240.9 | 24.6\% | 258.2 | 22.9\% | 297.0 | 28.5\% | 187.5 | 24.9\% | 310.4 | 22.6\% | 1463.6 | 24.6\% |
| Obese II | 14.1 | 4.1\% | 13.3 | 4.2\% | 61.7 | 6.3\% | 69.4 | 6.2\% | 47.6 | 4.6\% | 32.0 | 4.2\% | 77.3 | 5.6\% | 315.4 | 5.3\% |
| Total | 343.8 | 100.0\% | 319.1 | 100.0\% | 980.5 | 100.0\% | 1126.4 | 100.0\% | 1042.7 | 100.0\% | 753.4 | 100.0\% | 1373.9 | 100.0\% | 5939.8 | 100.0\% |

Base: All respondents aged 15-84 who had participated in the health examination and provided information on monthly household income.
Notes: Underweight: $\mathrm{BMI}<18.5 \mathrm{~kg} / \mathrm{m}^{2}$
Normal: $\quad B M I \geq 18.5$ and $<23.0 \mathrm{~kg} / \mathrm{m}^{2}$
Overweight: $\quad$ BMI $\geq 23.0$ and $<25.0 \mathrm{~kg} / \mathrm{m}^{2}$
Obese I: $\quad \mathrm{BMI} \geq 25.0$ and $<30.0 \mathrm{~kg} / \mathrm{m}^{2}$
Obese II: $\quad$ BMI $\geq 30.0 \mathrm{~kg} / \mathrm{m}^{2}$
Figures may not add up to the total due to rounding.

Weight perception is a correlate of weight control practices. Table 9.1.2c presents perception of own body weight of persons aged 15-84 by their BMI categories. $74.1 \%$ of those who were overweight and $40.7 \%$ of those classified as obese considered themselves very / a little bit thin or about the right weight. In contrast, $60.3 \%$ of those classified as underweight regarded themselves as about the right weight or a little bit fat.

Table 9.1.2c: Perception of body weight among persons aged 15 to 84 by BMI categories

| BMI | Underweight |  | Normal |  | Overweight |  | Obese I |  | Obese II |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Perception of body weight | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Very thin/underweight | 12.2 | 2.8\% | 4.8 | 0.2\% | 2.7 | 0.2\% | - | - | - | - | 19.6 | 0.3\% |
| A little bit thin/a little bit light | 162.1 | 37.0\% | 249.3 | 9.8\% | 23.2 | 1.9\% | 16.7 | 1.1\% | 2.7 | 0.9\% | 454.0 | 7.6\% |
| About the right weight | 261.3 | 59.6\% | 2019.4 | 79.6\% | 859.2 | 72.0\% | 660.5 | 45.1\% | 45.7 | 14.5\% | 3846.1 | 64.6\% |
| A little bit fat/a little bit heavy | 3.0 | 0.7\% | 258.9 | 10.2\% | 308.8 | 25.9\% | 754.4 | 51.5\% | 200.0 | 63.4\% | 1525.0 | 25.6\% |
| Very fat/overweight | - | - | 3.4 | 0.1\% | - | - | 34.2 | 2.3\% | 67.0 | 21.2\% | 104.6 | 1.8\% |
| Total | 438.7 | 100.0\% | 2535.7 | 100.0\% | 1193.9 | 100.0\% | 1465.8 | 100.0\% | 315.4 | 100.0\% | 5949.4 | 100.0\% |

Base: All respondents aged 15-84 who had participated in the health examination.
Notes: Underweight: $\mathrm{BMI}<18.5 \mathrm{~kg} / \mathrm{m}^{2}$
Normal: $\quad \mathrm{BMI} \geq 18.5$ and $<23.0 \mathrm{~kg} / \mathrm{m}^{2}$
Overweight: $\quad \mathrm{BMI} \geq 23.0$ and $<25.0 \mathrm{~kg} / \mathrm{m}^{2}$
Obese I: $\quad \mathrm{BMI} \geq 25.0$ and $<30.0 \mathrm{~kg} / \mathrm{m}^{2}$
Obese II: $\quad$ BMI $\geq 30.0 \mathrm{~kg} / \mathrm{m}^{2}$
Figures may not add up to the total due to rounding.

### 9.1.3 Waist Circumference, Hip Circumference and Waist-hip Ratio

Waist circumference (WC) and waist-hip ratio (WHR) are indicators to measure central or abdominal obesity. The WHR is the WC divided by hip circumference (HC). Experts of the World Health Organization (WHO) suggested that the WC and WHR may be superior to BMI in predicting risk of cardiovascular disease and diabetes ${ }^{1}$. In addition, WC alone has been suggested to be a more practical correlate of abdominal fat distribution and associated ill health ${ }^{4}$. According to the International Diabetes Federation classification of the Asian standard, females with WC greater than 80 cm and males with WC greater than 90 cm are classified as centrally obese. According to the WHO, sex-specific cut-off points for WHR at 0.85 or above in females and 0.90 or above in males are used to signify substantially increased risk of metabolic complications associated with obesity ${ }^{1}$.

Among persons aged 15-84, the mean values of WC were 77.7 cm for females and 84.4 cm for males; the mean values of HC were 93.6 cm for females and 95.8 cm for males; and the mean values of WHR were 0.83 for females and 0.88 for males (Table 9.1.3a).

Table 9.1.3a: Mean waist circumference (WC), hip circumference (HC) and waist-to-hip ratio (WHR) among persons aged 15 to 84 by age group and gender

| Age group | Female | Male | Total | Female | Male | Total | Female | Male | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | WC (cm) |  |  | HC (cm) |  |  | WHR |  |  |
| 15-24 | 69.8 | 75.9 | 72.9 | 90.9 | 92.9 | 91.9 | 0.77 | 0.82 | 0.79 |
| 25-34 | 73.9 | 82.4 | 77.9 | 92.5 | 97.0 | 94.6 | 0.80 | 0.85 | 0.82 |
| 35-44 | 76.5 | 84.8 | 80.2 | 93.6 | 96.9 | 95.1 | 0.82 | 0.87 | 0.84 |
| 45-54 | 79.9 | 87.7 | 83.5 | 94.8 | 97.3 | 96.0 | 0.84 | 0.90 | 0.87 |
| 55-64 | 81.0 | 86.6 | 83.8 | 94.1 | 95.4 | 94.7 | 0.86 | 0.91 | 0.88 |
| 65-84 | 82.9 | 87.0 | 84.9 | 94.7 | 94.5 | 94.6 | 0.87 | 0.92 | 0.90 |
| 15-84 | 77.7 | 84.4 | 80.9 | 93.6 | 95.8 | 94.6 | 0.83 | 0.88 | 0.85 |

[^45]According to the sex-specific cut-off points for WC mentioned above, it was estimated that almost onethird ( $32.9 \%$ ) of persons aged 15-84 ( $37.2 \%$ for females and $28.2 \%$ for males) had central obesity defined by WC (Table 9.1.3b). According to classification of WHR, 40.1\% of persons aged 15-84 (38.9\% for females and $41.5 \%$ for males) had central obesity (Table 9.1.3c). Analysed by age group, the prevalences of central obesity based on both WC and WHR definitions generally increased with age from $10.5 \%$ for those aged $15-24$ to $48.3 \%$ for $65-84$ and from $8.3 \%$ for those aged $15-24$ to $64.5 \%$ for $65-84$ respectively (Table 9.1.3b and Table 9.1.3c).

Table 9.1.3b: Proportion of population who had central obesity as defined by WC among persons aged 15 to 84 by age group and gender

| Gender / Age group | Whether had central obesity as defined by WC* |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Yes |  | No |  | Total |  |
|  | No. of persons ('000) | Rate ${ }^{\text {\# }}$ (\%) | No. of persons ('000) | Rate ${ }^{\#}$ (\%) | No. of persons ('000) | Rate ${ }^{\text {\# }}$ (\%) |
| Female |  |  |  |  |  |  |
| 15-24 | 49.4 | 12.7\% | 341.1 | 87.3\% | 390.5 | 100\% |
| 25-34 | 109.0 | 21.9\% | 388.6 | 78.1\% | 497.7 | 100\% |
| 35-44 | 172.8 | 31.1\% | 382.3 | 68.9\% | 555.1 | 100\% |
| 45-54 | 268.6 | 43.3\% | 352.3 | 56.7\% | 621.0 | 100\% |
| 55-64 | 268.9 | 50.8\% | 260.2 | 49.2\% | 529.1 | 100\% |
| 65-84 | 271.5 | 58.0\% | 196.6 | 42.0\% | 468.1 | 100\% |
| Total | 1140.3 | 37.2\% | 1921.1 | 62.8\% | 3061.4 | 100\% |
| Male |  |  |  |  |  |  |
| 15-24 | 34.2 | 8.5\% | 370.2 | 91.5\% | 404.3 | 100\% |
| 25-34 | 92.7 | 20.7\% | 355.8 | 79.3\% | 448.5 | 100\% |
| 35-44 | 117.3 | 25.9\% | 335.9 | 74.1\% | 453.2 | 100\% |
| 45-54 | 209.4 | 38.6\% | 333.0 | 61.4\% | 542.4 | 100\% |
| 55-64 | 167.7 | 32.5\% | 347.7 | 67.5\% | 515.4 | 100\% |
| 65-84 | 170.4 | 38.2\% | 275.5 | 61.8\% | 446.0 | 100\% |
| Total | 791.7 | 28.2\% | 2018.0 | 71.8\% | 2809.7 | 100\% |
| Both gender |  |  |  |  |  |  |
| 15-24 | 83.6 | 10.5\% | 711.2 | 89.5\% | 794.8 | 100\% |
| 25-34 | 201.8 | 21.3\% | 744.4 | 78.7\% | 946.2 | 100\% |
| 35-44 | 290.1 | 28.8\% | 718.2 | 71.2\% | 1008.3 | 100\% |
| 45-54 | 478.1 | 41.1\% | 685.3 | 58.9\% | 1163.4 | 100\% |
| 55-64 | 436.6 | 41.8\% | 607.9 | 58.2\% | 1044.5 | 100\% |
| 65-84 | 441.9 | 48.3\% | 472.2 | 51.7\% | 914.1 | 100\% |
| Total | 1932.0 | 32.9\% | 3939.1 | 67.1\% | 5871.1 | 100\% |

Base: All respondents aged 15-84 who had participated in the health examination with valid measurement of waist circumference.
Notes: $\quad *$ Normal: $\quad$ WC Male $\leq 90 \mathrm{~cm}$, Female $\leq 80 \mathrm{~cm}$
Central obesity: WC Male $>90 \mathrm{~cm}$, Female $>80 \mathrm{~cm}$
\# The rates are expressed as the percentage of its respective age/gender subgroup.
Figures may not add up to the total due to rounding.

Table 9.1.3c: Proportion of population who had central obesity as defined by WHR among persons aged 15 to 84 by age group and gender

| Gender / Age group | Whether had central obesity as defined by WHR* |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Yes |  | No |  | Total |  |
|  | No. of persons ('000) | Rate ${ }^{\text {( }}$ (\%) | No. of persons ('000) | Rate ${ }^{\#}$ (\%) | No. of persons ('000) | Rate ${ }^{\#}$ (\%) |
| Female |  |  |  |  |  |  |
| 15-24 | 26.9 | 6.9\% | 363.6 | 93.1\% | 390.5 | 100\% |
| 25-34 | 100.3 | 20.2\% | 397.4 | 79.8\% | 497.7 | 100\% |
| 35-44 | 162.9 | 29.3\% | 392.2 | 70.7\% | 555.1 | 100\% |
| 45-54 | 284.6 | 45.8\% | 336.3 | 54.2\% | 621.0 | 100\% |
| 55-64 | 307.5 | 58.1\% | 221.6 | 41.9\% | 529.1 | 100\% |
| 65-84 | 309.8 | 66.2\% | 158.3 | 33.8\% | 468.1 | 100\% |
| Total | 1192.1 | 38.9\% | 1869.3 | 61.1\% | 3061.4 | 100\% |
| Male |  |  |  |  |  |  |
| 15-24 | 38.9 | 9.6\% | 365.4 | 90.4\% | 404.3 | 100\% |
| 25-34 | 78.9 | 17.6\% | 369.6 | 82.4\% | 448.5 | 100\% |
| 35-44 | 156.3 | 34.5\% | 296.9 | 65.5\% | 453.2 | 100\% |
| 45-54 | 296.6 | 54.7\% | 245.8 | 45.3\% | 542.4 | 100\% |
| 55-64 | 314.1 | 60.9\% | 201.3 | 39.1\% | 515.4 | 100\% |
| 65-84 | 280.2 | 62.8\% | 165.8 | 37.2\% | 446.0 | 100\% |
| Total | 1165.0 | 41.5\% | 1644.8 | 58.5\% | 2809.7 | 100\% |
| Both Gender |  |  |  |  |  |  |
| 15-24 | 65.8 | 8.3\% | 729.0 | 91.7\% | 794.8 | 100\% |
| 25-34 | 179.2 | 18.9\% | 766.9 | 81.1\% | 946.2 | 100\% |
| 35-44 | 319.2 | 31.7\% | 689.1 | 68.3\% | 1008.3 | 100\% |
| 45-54 | 581.2 | 50.0\% | 582.2 | 50.0\% | 1163.4 | 100\% |
| 55-64 | 621.6 | 59.5\% | 422.8 | 40.5\% | 1044.5 | 100\% |
| 65-84 | 590.0 | 64.5\% | 324.1 | 35.5\% | 914.1 | 100\% |
| Total | 2357.1 | 40.1\% | 3514.0 | 59.9\% | 5871.1 | 100\% |

[^46]
### 9.1.4 Blood Pressure

Blood pressure is measured in millimetres of mercury $(\mathrm{mmHg})$ and is recorded as two numbers. The first or upper number, known as the systolic blood pressure (SBP), represents the pressure on the blood vessels when the heart contracts to pump blood, whereas the second or bottom number, known as the diastolic blood pressure (DBP), represents the pressure when the heart relaxes between beats. Blood pressure changes from minute to minute throughout the day with posture, physical activities, emotions, sleep, etc ${ }^{5}$.

According to the protocol for blood pressure monitoring recommended by the WHO, three blood pressure measurements with at least three minute rest between each of the measurements were taken and the mean of the second and third readings of both SBP and DBP were reported. The mean SBP for females and males aged $15-84$ were 117.0 mmHg and 123.2 mmHg respectively, while the mean DBP for females and males were 75.9 mmHg and 79.8 mmHg respectively (Table 9.1.4a).

Table 9.1.4a: Distribution of blood pressure* among persons aged 15 to 84 by gender

|  | Female |  | Male |  |  | Total |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) |  | \% | No. of persons ('000) |  | \% |
| Systolic blood pressure (mmHg) |  |  |  |  |  |  |  |  |
| Below 80.0 | 5.8 | 0.2\% | - |  | - | 5.8 |  | 0.1\% |
| 80.0-99.9 | 587.1 | 18.9\% | 110.1 |  | 3.9\% | 697.2 |  | 11.7\% |
| 100.0-119.9 | 1437.2 | 46.4\% | 1289.6 |  | 45.3\% | 2726.8 |  | 45.8\% |
| 120.0-139.9 | 586.8 | 18.9\% | 984.4 |  | 34.6\% | 1571.2 |  | 26.4\% |
| 140.0-159.9 | 329.0 | 10.6\% | 333.6 |  | 11.7\% | 662.6 |  | 11.1\% |
| 160.0-179.9 | 127.2 | 4.1\% | 114.7 |  | 4.0\% | 241.8 |  | 4.1\% |
| 180.0 or above | 27.3 | 0.9\% | 16.7 |  | 0.6\% | 44.0 |  | 0.7\% |
| Total | 3100.3 | 100.0\% | 2849.1 |  | 100.0\% | 5949.4 |  | 100.0\% |
| Mean |  |  |  | 123.2 |  |  | 120.0 |  |
| Diastolic blood pressure ( $\mathbf{m m H g}$ ) |  |  |  |  |  |  |  |  |
| Below 60.0 | 123.5 | 4.0\% | 50.1 |  | 1.8\% | 173.7 |  | 2.9\% |
| 60.0-69.9 | 761.1 | 24.5\% | 394.5 |  | 13.8\% | 1155.6 |  | 19.4\% |
| 70.0-79.9 | 1233.0 | 39.8\% | 1028.8 |  | 36.1\% | 2261.8 |  | 38.0\% |
| 80.0-89.9 | 631.1 | 20.4\% | 901.2 |  | 31.6\% | 1532.3 |  | 25.8\% |
| 90.0-99.9 | 271.1 | 8.7\% | 366.5 |  | 12.9\% | 637.6 |  | 10.7\% |
| 100.0-109.9 | 63.6 | 2.1\% | 92.2 |  | 3.2\% | 155.8 |  | 2.6\% |
| 110.0 or above | 16.9 | 0.5\% | 15.8 |  | 0.6\% | 32.7 |  | 0.5\% |
| Total | 3100.3 | 100.0\% | 2849.1 |  | 100.0\% | 5949.4 |  | 100.0\% |
| Mean |  |  |  | 79.8 |  |  | 77.8 |  |
| Base: All respondents aged $15-84$ who had participated in the health examination. <br> Notes: * Blood pressure was calculated as the mean of the second and third readings with at least three minutes rest between each measurement. <br>  Figures may not add up to the total due to rounding. |  |  |  |  |  |  |  |  |

Both the mean SBP and mean DBP increased generally with age. The mean SBP increased from 107.7 mmHg for the $15-24$ age group to 138.6 mmHg for the $65-84$ age group. For DBP, its mean increased from 71.8 mmHg for those aged $15-24$ to 82.2 mmHg for those in the $55-64$ age group and decreased to 78.8 mmHg for those aged 65-84 (Table 9.1.4b)

Table 9.1.4b: Distribution of blood pressure* among persons aged 15 to 84 by age group


Systolic blood pressure ( $\mathbf{m m H g}$ )

| Below 80.0 | 3.8 | 0.5\% | 2.0 | 0.2\% | - | - | - | - | - | - | - | - | 5.8 | 0.1\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 80.0-99.9 | 189.3 | 23.6\% | 220.1 | 22.9\% | 181.0 | 17.7\% | 63.8 | 5.4\% | 27.8 | 2.6\% | 15.2 | 1.7\% | 697.2 | 11.7\% |
| 100.0-119.9 | 492.2 | 61.4\% | 585.3 | 60.9\% | 591.9 | 58.0\% | 585.2 | 49.5\% | 337.7 | 31.7\% | 134.5 | 14.7\% | 2726.8 | 45.8\% |
| 120.0-139.9 | 104.7 | 13.1\% | 147.4 | 15.3\% | 195.4 | 19.1\% | 365.5 | 30.9\% | 398.6 | 37.4\% | 359.5 | 39.2\% | 1571.2 | 26.4\% |
| 140.0-159.9 | 11.7 | 1.5\% | 6.5 | 0.7\% | 48.3 | 4.7\% | 134.0 | 11.3\% | 206.1 | 19.3\% | 255.9 | 27.9\% | 662.6 | 11.1\% |
| 160.0-179.9 | - | - | - | - | 4.5 | 0.4\% | 28.6 | 2.4\% | 78.0 | 7.3\% | 130.7 | 14.3\% | 241.8 | 4.1\% |
| 180.0 or above | - | - | - | - | - | - | 5.9 | 0.5\% | 17.2 | 1.6\% | 20.9 | 2.3\% | 44.0 | 0.7\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 916.7 | 100.0\% | 5949.4 | 100.0\% |
| Mean | 107.7 |  | 108.5 |  | 111.9 |  | 121.4 |  | 129.6 |  | 138.6 |  | 120.0 |  |

Diastolic blood pressure (mmHg)

| Below 60.0 | 58.6 | 7.3\% | 35.5 | 3.7\% | 29.1 | 2.9\% | 18.9 | 1.6\% | 11.1 | 1.0\% | 20.5 | 2.2\% | 173.7 | 2.9\% |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 60.0-69.9 | 262.1 | 32.7\% | 262.5 | 27.3\% | 213.7 | 20.9\% | 148.8 | 12.6\% | 131.0 | 12.3\% | 137.4 | 15.0\% | 1155.6 | 19.4\% |
| 70.0-79.9 | 341.9 | 42.7\% | 462.9 | 48.2\% | 417.7 | 40.9\% | 395.6 | 33.4\% | 298.6 | 28.0\% | 345.0 | 37.6\% | 2261.8 | 38.0\% |
| 80.0-89.9 | 116.2 | 14.5\% | 148.6 | 15.5\% | 235.1 | 23.0\% | 390.1 | 33.0\% | 357.1 | 33.5\% | 285.2 | 31.1\% | 1532.3 | 25.8\% |
| 90.0-99.9 | 22.8 | 2.8\% | 43.0 | 4.5\% | 102.5 | 10.0\% | 167.6 | 14.2\% | 202.5 | 19.0\% | 99.1 | 10.8\% | 637.6 | 10.7\% |
| 100.0-109.9 | - | - | 6.8 | 0.7\% | 20.9 | 2.0\% | 42.2 | 3.6\% | 56.4 | 5.3\% | 29.4 | 3.2\% | 155.8 | 2.6\% |
| 110.0 or above | - | - | 2.0 | 0.2\% | 2.1 | 0.2\% | 19.8 | 1.7\% | 8.8 | 0.8\% | - | - | 32.7 | 0.5\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 916.7 | 100.0\% | 5949.4 | 100.0\% |
| Mean | 71.8 |  | 73.9 |  | 76.9 |  | 81.1 |  | 82.2 |  | 78.8 |  | 77.8 |  |

[^47]
### 9.1.5 Hypertension

Hypertension, also known as high or raised blood pressure, is a chronic disease in which the blood pressure in the arteries is persistently elevated. It is also a risk factor of other serious health problems, including stroke, coronary heart disease, heart failure, and premature mortality and disability. Hypertension rarely causes symptoms in the early stages and many people go undiagnosed ${ }^{6}$.

The PHS collected data of both diagnosed and undiagnosed cases of hypertension through self-reporting of existing diagnosis and measurement of blood pressure respectively. In this survey, respondents were classified as having self-reported doctor-diagnosed hypertension if they answered affirmatively to the question "Have you ever been diagnosed by a doctor that you had hypertension?" Otherwise, they would be classified as having "previously undiagnosed but measured" hypertension if their systolic blood pressure $\geq 140 \mathrm{mmHg}$ and/or diastolic blood pressure $\geq 90 \mathrm{mmHg}$ according to the WHO criteria ${ }^{6}$.

Overall, self-reported doctor-diagnosed hypertension was reported by $14.6 \%$ of persons aged 15-84. However, measurement of blood pressure revealed another $13.2 \%$ of persons in this age group who have hypertension by the WHO criteria, giving an overall prevalence of hypertension of $27.7 \%$ ( $25.5 \%$ for females and $30.1 \%$ for males). Both the prevalences of self-reported doctor-diagnosed and "previously undiagnosed but measured" hypertension increased steadily with age, with the combined prevalence increasing from $4.5 \%$ for people aged 15-24 to 64.8\% for people aged 65-84 (Table 9.1.5).

Table 9.1.5: Prevalence of hypertension among persons aged 15 to 84 by age group and gender (including self-reported doctor-diagnosed and previously undiagnosed but measured hypertension)

| Age group / Whether had hypertension | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 15-24 |  |  |  |  |  |  |
| Yes | 7.7 | 2.0\% | 28.1 | 6.9\% | 35.7 | 4.5\% |
| Self-reported doctor-diagnosed hypertension | 5.9 | 1.5\% | 2.2 | 0.5\% | 8.1 | 1.0\% |
| Previously undiagnosed but measured* | 1.8 | 0.5\% | 25.8 | 6.3\% | 27.6 | 3.4\% |
| No | 384.6 | 98.0\% | 381.2 | 93.1\% | 765.9 | 95.5\% |
| Sub-total | 392.3 | 100.0\% | 409.3 | 100.0\% | 801.6 | 100.0\% |
| 25-34 |  |  |  |  |  |  |
| Yes | 13.2 | 2.6\% | 40.7 | 8.9\% | 53.9 | 5.6\% |
| Self-reported doctor-diagnosed hypertension | - | - | 4.2 | 0.9\% | 4.2 | 0.4\% |
| Previously undiagnosed but measured* | 13.2 | 2.6\% | 36.5 | 8.0\% | 49.6 | 5.2\% |
| No | 493.2 | 97.4\% | 414.3 | 91.1\% | 907.5 | 94.4\% |
| Sub-total | 506.4 | 100.0\% | 455.0 | 100.0\% | 961.4 | 100.0\% |
| 35-44 |  |  |  |  |  |  |
| Yes | 68.3 | 12.2\% | 86.5 | 18.8\% | 154.9 | 15.2\% |
| Self-reported doctor-diagnosed hypertension | 19.4 | 3.5\% | 20.3 | 4.4\% | 39.8 | 3.9\% |
| Previously undiagnosed but measured* | 48.9 | 8.7\% | 66.2 | 14.4\% | 115.1 | 11.3\% |
| No | 493.1 | 87.8\% | 373.3 | 81.2\% | 866.3 | 84.8\% |
| Sub-total | 561.4 | 100.0\% | 459.8 | 100.0\% | 1021.2 | 100.0\% |
| 45-54 |  |  |  |  |  |  |
| Yes | 148.5 | 23.4\% | 167.4 | 30.5\% | 315.9 | 26.7\% |
| Self-reported doctor-diagnosed hypertension | 56.1 | 8.8\% | 68.0 | 12.4\% | 124.1 | 10.5\% |
| Previously undiagnosed but measured* | 92.4 | 14.6\% | 99.4 | 18.1\% | 191.8 | 16.2\% |
| No | 486.1 | 76.6\% | 381.0 | 69.5\% | 867.1 | 73.3\% |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
| 55-64 |  |  |  |  |  |  |
| Yes | 237.5 | 44.2\% | 257.2 | 48.7\% | 494.7 | 46.4\% |
| Self-reported doctor-diagnosed hypertension | 144.1 | 26.8\% | 143.8 | 27.2\% | 288.0 | 27.0\% |
| Previously undiagnosed but measured* | 93.4 | 17.4\% | 113.4 | 21.5\% | 206.8 | 19.4\% |
| No | 300.0 | 55.8\% | 270.8 | 51.3\% | 570.8 | 53.6\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |
| 65-84 |  |  |  |  |  |  |
| Yes | 314.9 | 67.3\% | 278.7 | 62.1\% | 593.6 | 64.8\% |
| Self-reported doctor-diagnosed hypertension | 207.5 | 44.3\% | 194.2 | 43.3\% | 401.7 | 43.8\% |
| Previously undiagnosed but measured* | 107.5 | 23.0\% | 84.4 | 18.8\% | 191.9 | 20.9\% |
| No | 153.2 | 32.7\% | 169.9 | 37.9\% | 323.1 | 35.2\% |
| Sub-total | 468.1 | 100.0\% | 448.6 | 100.0\% | 916.7 | 100.0\% |
| 15-84 |  |  |  |  |  |  |
| Yes | 790.1 | 25.5\% | 858.6 | 30.1\% | 1648.7 | 27.7\% |
| Self-reported doctor-diagnosed hypertension | 433.0 | 14.0\% | 432.8 | 15.2\% | 865.8 | 14.6\% |
| Previously undiagnosed but measured* | 357.2 | 11.5\% | 425.7 | 14.9\% | 782.9 | 13.2\% |
| No | 2310.2 | 74.5\% | 1990.5 | 69.9\% | 4300.7 | 72.3\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |

Base: All respondents aged 15-84 who had participated in the health examination.
Notes: * Previously undiagnosed hypertension but measured systolic blood pressure $\geq 140 \mathrm{mmHg}$ and/or diastolic blood pressure $\geq 90 \mathrm{mmHg}$.
Figures may not add up to the total due to rounding.

### 9.2 Biochemical Testing for Diabetes Mellitus

The PHS collected biochemical information through testing of fasting blood sample for markers of major chronic diseases, including fasting plasma glucose (FPG) and glycated haemoglobin (HbA1c) for diabetes mellitus (DM), in persons aged 15-84. Fasting blood specimen was analysed by spectrophotometry for plasma glucose, while ethylenediaminetetracetic acid (EDTA) whole blood was analysed by ion exchange high performance liquid chromatography for HbAlc . The prevalence of DM was estimated based on blood concentration of FPG and HbA1c level, and responses collected from the questionnaire survey. The unit of blood concentration of FPG was $\mathrm{mmol} / \mathrm{L}$, while the HbA1c level was denoted in percentage.

### 9.2.1 Fasting Plasma Glucose

The PHS classified a respondent as having DM if her/his level of fasting plasma glucose is $7.0 \mathrm{mmol} / \mathrm{L}$ or above. The normal range for fasting plasma glucose is defined as below $6.1 \mathrm{mmol} / \mathrm{L}$. A fasting plasma glucose reading that is below $7.0 \mathrm{mmol} / \mathrm{L}$ but greater than or equal to $6.1 \mathrm{mmol} / \mathrm{L}$ indicates impaired fasting glucose.

The mean values of FPG for females and males aged $15-84$ were $4.9 \mathrm{mmol} / \mathrm{L}$ and $5.1 \mathrm{mmol} / \mathrm{L}$ respectively. Analysed by age group, the mean values of FPG increased with age from $4.5 \mathrm{mmol} / \mathrm{L}$ for females age $15-24$ to $5.3 \mathrm{mmol} / \mathrm{L}$ for those aged $65-84$ and from $4.6 \mathrm{mmol} / \mathrm{L}$ for males aged $15-24$ to $5.6 \mathrm{mmol} / \mathrm{L}$ for those aged 65-84. (Table 9.2.1).

Table 9.2.1: Mean fasting plasma glucose ( $\mathrm{mmol} / \mathrm{L}$ ) among persons aged 15 to 84 by age group and gender

| Age group | Female | Male | Total |
| :--- | :---: | :---: | :---: |
| $15-24$ | 4.5 | 4.6 | 4.5 |
| $25-34$ | 4.6 | 4.7 | 4.6 |
| $35-44$ | 4.8 | 5.0 | 4.9 |
| $45-54$ | 5.0 | 5.3 | 5.1 |
| $55-64$ | 5.1 | 5.5 | 5.3 |
| $5-84$ | 5.3 | 5.1 | 5.4 |
| Total | 4.9 | 5.6 |  |

Base: All respondents aged 15-84 who had participated in the health examination.

### 9.2.2 Glycated Haemoglobin (HbA1c)

HbAlc level represents the percentage of circulating haemoglobin to which glucose is bound. It provides an indication of the average blood glucose concentration over the three months before the blood test and is not influenced by daily fluctuations in blood glucose concentration. HbA1c is used as an indicator of diabetes management, with higher $\mathrm{HbA1c}$ values indicating poorer diabetes control. The American Diabetes Association (ADA) and the WHO have recommended that HbAlc can also be used as a diagnostic test for diabetes and a value of $\mathrm{HbAlc} \geq 6.5 \%$ indicates diabetes ${ }^{7,8}$. A value of less than $6.5 \%$ does not exclude diabetes diagnosed using FPG ${ }^{8}$.

The mean values of HbA1c for females and males aged $15-84$ were $5.6 \%$ and $5.7 \%$ respectively. Analysed by age group, the mean values of HbA1c increased with age in both genders from $5.2 \%$ for females and males age 15-24 to 6.1\% for those aged 65-84. (Table 9.2.2).

Table 9.2.2: Mean HbA1c among persons aged 15 to 84 by age group and gender

| Age group | Female | Male | Total |
| :--- | :---: | :---: | :---: |
| $15-24$ | $5.2 \%$ | $5.2 \%$ | $5.2 \%$ |
| $25-34$ | $5.4 \%$ | $5.4 \%$ | $5.4 \%$ |
| $35-44$ | $5.5 \%$ | $5.6 \%$ | $5.5 \%$ |
| $45-54$ | $5.7 \%$ | $5.8 \%$ | $5.8 \%$ |
| $55-64$ | $5.9 \%$ | $6.0 \%$ | $5.9 \%$ |
| $65-84$ | $6.1 \%$ | $6.1 \%$ | $6.1 \%$ |
| Total | $5.6 \%$ | $5.7 \%$ | $5.7 \%$ |

Base: All respondents aged 15-84 who had participated in the health examination with valid HbAlc results.

### 9.2.3 Diabetes Mellitus

Diabetes mellitus (DM) is a disease characterized by an elevated blood glucose level. It is due to insulin deficiency, insulin resistance or both. DM is the tenth leading cause of deaths in Hong Kong in 2015. In this survey, a respondent was classified as having "previously diagnosed DM" based on self-reported history of doctor-diagnosed DM or having DM with "no known history of DM" if she/he did not report history of doctor-diagnosed DM and had result of FPG being at least $7.0 \mathrm{mmol} / \mathrm{L}$ or HbAlc at least $6.5 \%$. The latter case is also classified as having "undiagnosed DM". The overall prevalence of DM among persons aged $15-84$ was estimated as the proportion of those having "previously diagnosed DM " or having DM but with "no known history of DM".

Among the persons aged 15-84, 8.4\% had DM either because they had previously diagnosed DM or had DM but without known history of the disease. More people were unaware of their DM (4.5\%) than those who had previously diagnosed DM (3.8\%). In addition, another $1.0 \%$ of persons aged $15-84$ had impaired fasting glucose (IFG) with FPG between 6.1 and $6.9 \mathrm{mmol} / \mathrm{L}$. Analysed by gender, higher proportion of males ( $10.5 \%$ ) than females $(6.4 \%)$ had DM . The proportions of undiagnosed DM were $3.2 \%$ and $6.0 \%$ for females and males respectively, while the proportions of previously diagnosed DM were $3.2 \%$ and $4.6 \%$ for females and males respectively. The corresponding proportions of IFG were $0.8 \%$ and $1.3 \%$ respectively (Table 9.2.3a).

Table 9.2.3a: Prevalence of diabetes mellitus (including those with no known history of DM and previously diagnosed DM) among persons aged 15 to 84 by gender

| Whether had DM | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| DM | 197.3 | 6.4\% | 299.8 | 10.5\% | 497.1 | 8.4\% |
| No known history of DM* | 99.2 | 3.2\% | 169.7 | 6.0\% | 268.9 | 4.5\% |
| Previously diagnosed DM | 98.1 | 3.2\% | 130.2 | 4.6\% | 228.3 | 3.8\% |
| Non-DM | 2903.0 | 93.6\% | 2549.3 | 89.5\% | 5452.3 | 91.6\% |
| $I F G^{\S}$ | 25.3 | 0.8\% | 35.8 | 1.3\% | 61.1 | 1.0\% |
| Non IFG | 2877.7 | 92.8\% | 2513.4 | 88.2\% | 5391.1 | 90.6\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |

[^48]The prevalence of DM increased with age from $0.2 \%$ for persons aged $15-24$ to $25.4 \%$ for those aged 65 84. Among persons aged between 25 and 64 who had DM, more people were not aware of their DM than those with known history of diagnosed DM. However, the opposite were observed in persons aged 15-24 and 65-84 (Table 9.2.3b).

Table 9.2.3b: Prevalence of diabetes mellitus (including those with no known history of DM and previously diagnosed DM) among persons aged 15 to 84 by age group

| Whether had DM | 15-24 |  | 25-34 |  | 35-44 |  | 45-54 |  | 55-64 |  | 65-84 |  | 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) | \% |
| DM | 1.8 | 0.2\% | 4.4 | 0.5\% | 39.5 | 3.9\% | 86.9 | 7.3\% | 131.4 | 12.3\% | 233.2 | 25.4\% | 497.1 | 8.4\% |
| No known history of $D M^{*}$ | - | - | 4.4 | 0.5\% | 29.7 | 2.9\% | 57.6 | 4.9\% | 72.2 | 6.8\% | 104.9 | 11.4\% | 268.9 | 4.5\% |
| Previously diagnosed DM | 1.8 | 0.2\% | - | - | 9.8 | 1.0\% | 29.2 | 2.5\% | 59.1 | 5.5\% | 128.4 | 14.0\% | 228.3 | 3.8\% |
| Non-DM | 799.8 | 99.8\% | 957.0 | 99.5\% | 981.7 | 96.1\% | 1096.1 | 92.7\% | 934.1 | 87.7\% | 683.5 | 74.6\% | 5452.3 | 91.6\% |
| $I F G{ }^{\S}$ | - | - | - | - | 5.5 | 0.5\% | 14.6 | 1.2\% | 22.9 | 2.2\% | 18.1 | 2.0\% | 61.1 | 1.0\% |
| Non IFG | 799.8 | 99.8\% | 957.0 | 99.5\% | 976.2 | 95.6\% | 1081.6 | 91.4\% | 911.2 | 85.5\% | 665.4 | 72.6\% | 5391.1 | 90.6\% |
| Total | 801.6 | 100.0\% | 961.4 | 100.0\% | 1021.2 | 100.0\% | 1183.0 | 100.0\% | 1065.5 | 100.0\% | 916.7 | 100.0\% | 5949.4 | 100.0\% |

Base: All respondents aged 15-84 who had participated in the health examination.
Notes: $\quad *$ No known history and newly diagnosed DM (fasting glucose $\geq 7.0 \mathrm{mmol} / \mathrm{L}$ or $\mathrm{HbAlc} \geq 6.5 \%$ ) § Impaired fasting glucose (IFG): fasting glucose $6.1-6.9 \mathrm{mmol} / \mathrm{L}$
Figures may not add up to the total due to rounding.

### 9.3 Biochemical Testing for Hypercholesterolaemia

Besides DM, the PHS collected biochemical information on lipid profile, including blood concentrations of total cholesterol, high density lipoprotein (HDL), low density lipoprotein (LDL) and triglyceride. The blood specimens were analysed by spectrophotometry for total cholesterol, HDL and triglyceride. LDL was calculated by using the Friedewald Formula ${ }^{9}$ :

$$
\text { LDL }=\text { Total cholesterol }- \text { HDL }-(\text { Triglyceride } \div 2.2)
$$

where all concentrations are given in $\mathrm{mmol} / \mathrm{L}$. Since the Friedewald Formula is not applicable when plasma triglyceride concentration exceeds $4.52 \mathrm{mmol} / \mathrm{L}$, LDL results were not calculable for subjects with this level of triglyceride concentration. The prevalence of hypercholesterolaemia was estimated based on the results of measured blood concentration of total cholesterol and responses collected from the questionnaire survey.

### 9.3.1 Lipids and Lipoproteins

Cholesterol is a type of fat which is a major component of cell membrane, bile and various hormones. Since cholesterol is insoluble in blood, it is combined and wrapped around with lipoprotein before it can be transported in the blood vessels to all parts of the body. Excess cholesterol in blood will deposit on the inner walls of the blood vessels leading to partial or complete blockage of the lumen. A person may have coronary heart disease when the coronary artery that supplies blood to the heart muscles is blocked.

Among the persons aged 15-84, the mean concentrations of total cholesterol were $5.1 \mathrm{mmol} / \mathrm{L}$ and $5.0 \mathrm{mmol} / \mathrm{L}$ for females and males respectively. The mean HDL concentrations were higher in females $(1.5 \mathrm{mmol} / \mathrm{L})$ than in males $(1.3 \mathrm{mmol} / \mathrm{L})$, while the opposite was observed for the mean triglyceride concentrations ( $1.1 \mathrm{mmol} / \mathrm{L}$ for females and $1.4 \mathrm{mmol} / \mathrm{L}$ for males). The mean LDL concentrations were similar between the genders ( $3.1 \mathrm{mmol} / \mathrm{L}$ for females and $3.2 \mathrm{mmol} / \mathrm{L}$ for males). Generally, the mean concentrations of total cholesterol, LDL and triglyceride increased with age, while the mean concentrations of HDL were stable across the age groups (Table 9.3.1a).

Table 9.3.1a: Mean lipid and lipoproteins concentrations among persons aged 15 to 84 by age group and gender

| Age group | Female | Male | Total | Female | Male | Total | Female | Male | Total | Female | Male | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Total cholesterol* |  | (mmol/L) | HDL* (mmol/L) |  |  | $\mathrm{LDL}^{\text {¢, }}$ ( $\mathrm{mmol} / \mathrm{L}$ ) |  |  | Triglyceride ${ }^{+}$(mmol/L) |  |  |
| 15-24 | 4.5 | 4.2 | 4.4 | 1.4 | 1.3 | 1.4 | 2.7 | 2.5 | 2.6 | 0.8 | 0.8 | 0.8 |
| 25-34 | 4.7 | 4.9 | 4.8 | 1.5 | 1.3 | 1.4 | 2.8 | 3.1 | 2.9 | 0.8 | 1.2 | 1.0 |
| 35-44 | 4.9 | 5.1 | 5.0 | 1.4 | 1.2 | 1.3 | 3.0 | 3.3 | 3.1 | 1.0 | 1.4 | 1.2 |
| 45-54 | 5.3 | 5.5 | 5.4 | 1.5 | 1.3 | 1.4 | 3.3 | 3.5 | 3.4 | 1.1 | 1.6 | 1.4 |
| 55-64 | 5.6 | 5.4 | 5.5 | 1.5 | 1.3 | 1.4 | 3.6 | 3.4 | 3.5 | 1.3 | 1.5 | 1.4 |
| 65-84 | 5.3 | 4.9 | 5.1 | 1.4 | 1.2 | 1.3 | 3.2 | 3.0 | 3.1 | 1.4 | 1.3 | 1.3 |
| Total | 5.1 | 5.0 | 5.1 | 1.5 | 1.3 | 1.4 | 3.1 | 3.2 | 3.1 | 1.1 | 1.4 | 1.2 |

Bases: * All respondents aged 15-84 who had participated in the health examination.
§ All respondents aged 15-84 who had participated in the health examination with valid LDL results.
$\dagger$ All respondents aged 15-84 who had participated in the health examination with valid triglyceride results.
Note: \# LDL was calculated by applying the Friedewald Formula.

## Total Cholesterol

Among the persons aged $15-84,42.2 \%$ had total cholesterol at a borderline high or above level (total cholesterol $\geq 5.2 \mathrm{mmol} / \mathrm{L}$ ). The proportions were similar for both genders. In general, the proportion who had total cholesterol at borderline high or above level increased with age from $15.5 \%$ for those aged $15-24$ to $60.5 \%$ for those aged 55-64 and decreased to $44.0 \%$ for those aged $65-84$ (Table 9.3.1b).

Table 9.3.1b: Level of total cholesterol among persons aged 15 to $\mathbf{8 4}$ by age group and gender

| Age group / Total cholesterol level | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 15-24 |  |  |  |  |  |  |
| Borderline high or above * | 79.2 | 20.2\% | 44.7 | 10.9\% | 123.9 | 15.5\% |
| Normal $\dagger$ | 313.1 | 79.8\% | 364.6 | 89.1\% | 677.7 | 84.5\% |
| Sub-total | 392.3 | 100.0\% | 409.3 | 100.0\% | 801.6 | 100.0\% |
| 25-34 |  |  |  |  |  |  |
| Borderline high or above * | 110.3 | 21.8\% | 147.4 | 32.4\% | 257.7 | 26.8\% |
| Normal $\dagger$ | 396.1 | 78.2\% | 307.6 | 67.6\% | 703.7 | 73.2\% |
| Sub-total | 506.4 | 100.0\% | 455.0 | 100.0\% | 961.4 | 100.0\% |
| 35-44 |  |  |  |  |  |  |
| Borderline high or above * | 187.8 | 33.5\% | 211.7 | 46.0\% | 399.5 | 39.1\% |
| Normal $\dagger$ | 373.6 | 66.5\% | 248.1 | 54.0\% | 621.7 | 60.9\% |
| Sub-total | 561.4 | 100.0\% | 459.8 | 100.0\% | 1021.2 | 100.0\% |
| 45-54 |  |  |  |  |  |  |
| Borderline high or above * | 348.7 | 55.0\% | 330.6 | 60.3\% | 679.3 | 57.4\% |
| Normal $\dagger$ | 285.9 | 45.0\% | 217.8 | 39.7\% | 503.7 | 42.6\% |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
| $55-64$ |  |  |  |  |  |  |
| Borderline high or above * | 352.1 | 65.5\% | 292.8 | 55.5\% | 645.0 | 60.5\% |
| Normal $\dagger$ | 185.4 | 34.5\% | 235.2 | 44.5\% | 420.5 | 39.5\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |
| 65-84 |  |  |  |  |  |  |
| Borderline high or above * | 244.8 | 52.3\% | 158.8 | 35.4\% | 403.6 | 44.0\% |
| Normal $\dagger$ | 223.3 | 47.7\% | 289.8 | 64.6\% | 513.1 | 56.0\% |
| Sub-total | 468.1 | 100.0\% | 448.6 | 100.0\% | 916.7 | 100.0\% |
| 15-84 |  |  |  |  |  |  |
| Borderline high or above * | 1323.0 | 42.7\% | 1186.0 | 41.6\% | 2509.0 | 42.2\% |
| Normal $\dagger$ | 1777.3 | 57.3\% | 1663.1 | 58.4\% | 3440.4 | 57.8\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |

Base: All respondents aged 15-84 who had participated in the health examination.
Notes: * Borderline high or above : Total cholesterol in S.I. unit $\geq 5.2 \mathrm{mmol} / \mathrm{L}$
$\dagger$ Normal : Total cholesterol in S.I. unit $<5.2 \mathrm{mmol} / \mathrm{L}$
Figures may not add up to the total due to rounding.

## High density lipoprotein (HDL)

Among the persons aged $15-84,23.7 \%$ had low HDL concentration (i.e. $\mathrm{HDL}<1.3 \mathrm{mmol} / \mathrm{L}$ for females and $\mathrm{HDL}<1.0 \mathrm{mmol} / \mathrm{L}$ for males), while $30.2 \%$ reached the desirable level of HDL (i.e. HDL $>1.5$ $\mathrm{mmol} / \mathrm{L}$ for both genders). Analysed by gender, while more females (30.9\%) in this age group had low HDL concentration than males (15.9\%), desirable HDL level was also more common in females (42.6\%) than in males (16.8\%) (Table 9.3.1c).

Table 9.3.1c: Level of HDL among persons aged 15 to 84 by age group and gender

| Age group / HDL level | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 15-24 |  |  |  |  |  |  |
| Low* | 112.0 | 28.5\% | 34.0 | 8.3\% | 145.9 | 18.2\% |
| Normal $\dagger$ | 132.3 | 33.7\% | 286.7 | 70.0\% | 419.0 | 52.3\% |
| Desirable ${ }^{\wedge}$ | 148.0 | 37.7\% | 88.7 | 21.7\% | 236.7 | 29.5\% |
| Sub-total | 392.3 | 100.0\% | 409.3 | 100.0\% | 801.6 | 100.0\% |
| 25-34 |  |  |  |  |  |  |
| Low* | 137.2 | 27.1\% | 70.4 | 15.5\% | 207.6 | 21.6\% |
| Normal $\dagger$ | 128.9 | 25.5\% | 311.7 | 68.5\% | 440.6 | 45.8\% |
| Desirable ${ }^{\wedge}$ | 240.3 | 47.4\% | 72.9 | 16.0\% | 313.2 | 32.6\% |
| Sub-total | 506.4 | 100.0\% | 455.0 | 100.0\% | 961.4 | 100.0\% |
| 35-44 |  |  |  |  |  |  |
| Low* | 209.2 | 37.3\% | 73.9 | 16.1\% | 283.2 | 27.7\% |
| Normal $\dagger$ | 128.7 | 22.9\% | 332.1 | 72.2\% | 460.8 | 45.1\% |
| Desirable ${ }^{\wedge}$ | 223.5 | 39.8\% | 53.7 | 11.7\% | 277.2 | 27.1\% |
| Sub-total | 561.4 | 100.0\% | 459.8 | 100.0\% | 1021.2 | 100.0\% |
| 45-54 |  |  |  |  |  |  |
| Low* | 172.1 | 27.1\% | 95.6 | 17.4\% | 267.7 | 22.6\% |
| Normal $\dagger$ | 160.4 | 25.3\% | 364.5 | 66.5\% | 524.9 | 44.4\% |
| Desirable ${ }^{\wedge}$ | 302.1 | 47.6\% | 88.3 | 16.1\% | 390.4 | 33.0\% |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
| 55-64 |  |  |  |  |  |  |
| Low* | 147.9 | 27.5\% | 102.0 | 19.3\% | 249.9 | 23.5\% |
| Normal $\dagger$ | 161.1 | 30.0\% | 322.3 | 61.0\% | 483.4 | 45.4\% |
| Desirable ${ }^{\wedge}$ | 228.5 | 42.5\% | 103.8 | 19.7\% | 332.2 | 31.2\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |
| 65-84 |  |  |  |  |  |  |
| Low* | 179.5 | 38.4\% | 77.6 | 17.3\% | 257.1 | 28.0\% |
| Normal $\dagger$ | 110.7 | 23.7\% | 299.8 | 66.8\% | 410.5 | 44.8\% |
| Desirable ${ }^{\wedge}$ | 177.9 | 38.0\% | 71.2 | 15.9\% | 249.1 | 27.2\% |
| Sub-total | 468.1 | 100.0\% | 448.6 | 100.0\% | 916.7 | 100.0\% |
| 15-84 |  |  |  |  |  |  |
| Low* | 958.0 | 30.9\% | 453.5 | 15.9\% | 1411.4 | 23.7\% |
| Normal $\dagger$ | 822.1 | 26.5\% | 1917.1 | 67.3\% | 2739.2 | 46.0\% |
| Desirable ${ }^{\wedge}$ | 1320.3 | 42.6\% | 478.5 | 16.8\% | 1798.8 | 30.2\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |

Base: All respondents aged 15-84 who had participated in the health examination.
Notes: $\quad *$ Low: $\quad H D L$ in S.I. unit $<1.0 \mathrm{mmol} / \mathrm{L}$ (male) or $<1.3 \mathrm{mmol} / \mathrm{L}$ (female).
$\dagger$ Normal : HDL in S.I. unit $\geq 1.0 \mathrm{mmol} / \mathrm{L}$ and $\leq 1.5 \mathrm{mmol} / \mathrm{L}$ (male) or $\geq 1.3 \mathrm{mmol} / \mathrm{L}$ and $\leq 1.5 \mathrm{mmol} / \mathrm{L}$ (female).
$\wedge$ Desirable : HDL in S.I. unit $>1.5 \mathrm{mmol} / \mathrm{L}$.
Figures may not add up to the total due to rounding.

## Low density lipoprotein (LDL)

Among the persons aged 15-84, 35.0\% of persons aged 15-84 had LDL at borderline high or above level (i.e. $\mathrm{LDL} \geq 3.4 \mathrm{mmol} / \mathrm{L}$ ). Analysed by gender, $32.5 \%$ of females and $37.6 \%$ of males were at borderline high or above level of LDL. Analysed by age group, the proportion of LDL at borderline high or above level generally increased with age from $12.7 \%$ for those aged $15-24$ to $51.5 \%$ for those aged $55-64$ and then decreased to $36.1 \%$ for those aged 65-84 (Table 9.3.1d).

Table 9.3.1d: Level of LDL among persons aged 15 to 84 by age group and gender

| Age group / LDL ${ }^{\text {\# level }}$ | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \hline \begin{array}{l} \text { No. of persons } \\ (' 000) \end{array} \\ & \hline \end{aligned}$ | \% | $\begin{gathered} \hline \text { No. of persons } \\ \text { ('000) } \\ \hline \end{gathered}$ | \% | $\begin{aligned} & \hline \text { No. of persons } \\ & (' 000) \\ & \hline \end{aligned}$ | \% |
| 15-24 |  |  |  |  |  |  |
| Borderline high or above * | 54.3 | 13.9\% | 47.5 | 11.6\% | 101.8 | 12.7\% |
| Normal $\dagger$ | 338.0 | 86.1\% | 361.8 | 88.4\% | 699.8 | 87.3\% |
| Not calculable ${ }^{\wedge}$ | - | - | - | - | - | - |
| Sub-total | 392.3 | 100.0\% | 409.3 | 100.0\% | 801.6 | 100.0\% |
| 25-34 |  |  |  |  |  |  |
| Borderline high or above * | 77.0 | 15.2\% | 132.0 | 29.0\% | 209.1 | 21.7\% |
| Normal $\dagger$ | 429.4 | 84.8\% | 314.1 | 69.0\% | 743.4 | 77.3\% |
| Not calculable ${ }^{\wedge}$ | - | - | 8.9 | 2.0\% | 8.9 | 0.9\% |
| Sub-total | 506.4 | 100.0\% | 455.0 | 100.0\% | 961.4 | 100.0\% |
| 35-44 |  |  |  |  |  |  |
| Borderline high or above * | 133.4 | 23.8\% | 193.6 | 42.1\% | 327.0 | 32.0\% |
| Normal $\dagger$ | 428.0 | 76.2\% | 263.8 | 57.4\% | 691.8 | 67.7\% |
| Not calculable ${ }^{\wedge}$ | - | - | 2.3 | 0.5\% | 2.3 | 0.2\% |
| Sub-total | 561.4 | 100.0\% | 459.8 | 100.0\% | 1021.2 | 100.0\% |
| 45-54 |  |  |  |  |  |  |
| Borderline high or above * | 271.8 | 42.8\% | 291.4 | 53.1\% | 563.2 | 47.6\% |
| Normal † | 362.8 | 57.2\% | 239.1 | 43.6\% | 601.9 | 50.9\% |
| Not calculable ${ }^{\wedge}$ | - | - | 17.9 | 3.3\% | 17.9 | 1.5\% |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
| 55-64 |  |  |  |  |  |  |
| Borderline high or above * | 287.0 | 53.4\% | 261.6 | 49.5\% | 548.6 | 51.5\% |
| Normal † | 247.7 | 46.1\% | 253.4 | 48.0\% | 501.1 | 47.0\% |
| Not calculable ${ }^{\wedge}$ | 2.8 | 0.5\% | 13.0 | 2.5\% | 15.8 | 1.5\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |
| 65-84 |  |  |  |  |  |  |
| Borderline high or above * | 185.4 | 39.6\% | 145.2 | 32.4\% | 330.6 | 36.1\% |
| Normal $\dagger$ | 282.7 | 60.4\% | 303.4 | 67.6\% | 586.1 | 63.9\% |
| Not calculable ${ }^{\wedge}$ | - | - | - | - | - | - |
| Sub-total | 468.1 | 100.0\% | 448.6 | 100.0\% | 916.7 | 100.0\% |
| 15-84 |  |  |  |  |  |  |
| Borderline high or above * | 1009.0 | 32.5\% | 1071.3 | 37.6\% | 2080.3 | 35.0\% |
| Normal $\dagger$ | 2088.5 | 67.4\% | 1735.7 | 60.9\% | 3824.2 | 64.3\% |
| Not calculable ${ }^{\wedge}$ | 2.8 | 0.1\% | 42.1 | 1.5\% | 44.9 | 0.8\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |

Base: All respondents aged 15-84 who had participated in the health examination.
Notes: \# LDL was calculated by applying the Friedewald Formula.

* Borderline high or above: Calculated LDL in S.I. unit $\geq 3.4 \mathrm{mmol} / \mathrm{L}$.
$\dagger$ Normal : Calculated LDL in S.I. unit $<3.4 \mathrm{mmol} / \mathrm{L}$.
${ }^{\wedge}$ Not calculable : The Friedewald Formula cannot be applied to subjects with plasma triglyceride over $4.52 \mathrm{mmol} / \mathrm{L}$.
Figures may not add up to the total due to rounding.


## Triglyceride

Among the persons aged $15-84,16.8 \%$ had triglyceride concentration at borderline high or above level (i.e. triglyceride $\geq 1.7 \mathrm{mmol} / \mathrm{L}$ ). Analysed by gender, more males ( $21.7 \%$ ) had their triglyceride at borderline high or above level than females (12.4\%). Analysed by age group, in general, the proportion of triglyceride at borderline high or above level increased with age from $3.1 \%$ for those aged 15-24 to $24.4 \%$ for those aged 55-64 and then decreased to $20.7 \%$ for those aged 65-84 (Table 9.3.1e).

Table 9.3.1e: Level of triglyceride among persons aged 15 to 84 by age group and gender

| Age group / Triglyceride level | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 15-24 |  |  |  |  |  |  |
| Borderline high or above * | 11.5 | 2.9\% | 13.4 | 3.3\% | 24.8 | 3.1\% |
| Normal $\dagger$ | 380.8 | 97.1\% | 395.9 | 96.7\% | 776.8 | 96.9\% |
| Unknown / missing | - | - | - | - | - | - |
| Sub-total | 392.3 | 100.0\% | 409.3 | 100.0\% | 801.6 | 100.0\% |
| 25-34 |  |  |  |  |  |  |
| Borderline high or above * | 20.9 | 4.1\% | 79.3 | 17.4\% | 100.2 | 10.4\% |
| Normal $\dagger$ | 485.5 | 95.9\% | 375.7 | 82.6\% | 861.2 | 89.6\% |
| Unknown / missing | - | - | - | - | - | - |
| Sub-total | 506.4 | 100.0\% | 455.0 | 100.0\% | 961.4 | 100.0\% |
| 35-44 |  |  |  |  |  |  |
| Borderline high or above * | 49.4 | 8.8\% | 119.7 | 26.0\% | 169.1 | 16.6\% |
| Normal $\dagger$ | 512.0 | 91.2\% | 340.1 | 74.0\% | 852.1 | 83.4\% |
| Unknown / missing | - | - | - | - | - | - |
| Sub-total | 561.4 | 100.0\% | 459.8 | 100.0\% | 1021.2 | 100.0\% |
| 45-54 |  |  |  |  |  |  |
| Borderline high or above * | 79.3 | 12.5\% | 179.0 | 32.6\% | 258.3 | 21.8\% |
| Normal $\dagger$ | 555.3 | 87.5\% | 369.4 | 67.4\% | 924.7 | 78.2\% |
| Unknown / missing | - | - | - | - | - | - |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
| 55-64 |  |  |  |  |  |  |
| Borderline high or above * | 116.3 | 21.6\% | 144.1 | 27.3\% | 260.4 | 24.4\% |
| Normal $\dagger$ | 421.2 | 78.4\% | 380.7 | 72.1\% | 801.9 | 75.3\% |
| Unknown / missing | - | - | 3.2 | 0.6\% | 3.2 | 0.3\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |
| 65-84 |  |  |  |  |  |  |
| Borderline high or above * | 105.6 | 22.6\% | 83.9 | 18.7\% | 189.4 | 20.7\% |
| Normal $\dagger$ | 362.5 | 77.4\% | 364.7 | 81.3\% | 727.3 | 79.3\% |
| Unknown / missing | - | - | - | - | - | - |
| Sub-total | 468.1 | 100.0\% | 448.6 | 100.0\% | 916.7 | 100.0\% |
| 15-84 |  |  |  |  |  |  |
| Borderline high or above * | 382.9 | 12.4\% | 619.4 | 21.7\% | 1002.3 | 16.8\% |
| Normal $\dagger$ | 2717.4 | 87.6\% | 2226.5 | 78.1\% | 4943.9 | 83.1\% |
| Unknown / missing | - | - | 3.2 | 0.1\% | 3.2 | 0.1\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |

[^49]
### 9.3.2 Hypercholesterolaemia

Hypercholesterolaemia refers to the condition in which the level of cholesterol in blood is higher than normal range. Respondents were classified as having previously known history of hypercholesterolaemia if they answered affirmatively to the question "Have you ever been diagnosed by a doctor that your blood cholesterol level was high?" Respondents with known history of raised blood cholesterol were also asked whether they were currently taking prescribed medications to lower their blood cholesterol level. In addition, those without history of hypercholesterolaemia could be classified as having no known history with raised total cholesterol if their total cholesterol $\geq 5.2 \mathrm{mmol} / \mathrm{L}$.

Among persons aged $15-84,49.5 \%$ had ever been diagnosed with hypercholesterolaemia. However, $70.2 \%$ of those with the condition, i.e. $34.8 \%$ of persons aged $15-84$, were unaware of their condition. The prevalence of hypercholesterolaemia was higher in males (50.3\%) than in females (48.8\%) among persons aged 15-84. The proportions of persons who had the condition but being unaware of it were similar between the genders. Analysed by age group, the prevalence of hypercholesterolaemia generally increased with age with the highest prevalence observed in the age group 55-64 in both genders $(75.0 \%$ in females and $68.9 \%$ in males) (Table 9.3.2).

Table 9.3.2: Prevalence of hypercholesterolaemia among persons aged 15 to 84 by age group and gender

| Age Group / Whether had hypercholesterolaemia | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 15-24 |  |  |  |  |  |  |
| Ever had hypercholesterolaemia | 81.3 | 20.7\% | 44.7 | 10.9\% | 125.9 | 15.7\% |
| No known history with raised total cholesterol * | 79.2 | 20.2\% | 42.4 | 10.4\% | 121.7 | 15.2\% |
| Previously known history without current drug treatment $\dagger$ | - | - | 2.2 | 0.5\% | 2.2 | 0.3\% |
| Previously known history with current drug treatment $\wedge$ | - | - | - | - | - | - |
| Previously known history with normal cholesterol \# | 2.0 | 0.5\% | - | - | 2.0 | 0.3\% |
| Never had hypercholesterolaemia | 311.0 | 79.3\% | 364.6 | 89.1\% | 675.7 | 84.3\% |
| Sub-total | 392.3 | 100.0\% | 409.3 | 100.0\% | 801.6 | 100.0\% |
| 25-34 |  |  |  |  |  |  |
| Ever had hypercholesterolaemia | 116.9 | 23.1\% | 147.4 | 32.4\% | 264.3 | 27.5\% |
| No known history with raised total cholesterol * | 106.3 | 21.0\% | 135.4 | 29.7\% | 241.6 | 25.1\% |
| Previously known history without current drug treatment $\dagger$ | 2.0 | 0.4\% | 12.1 | 2.6\% | 14.1 | 1.5\% |
| Previously known history with current drug treatment $\wedge$ | 2.0 | 0.4\% | - | - | 2.0 | 0.2\% |
| Previously known history with normal cholesterol \# | 6.5 | 1.3\% | - | - | 6.5 | 0.7\% |
| Never had hypercholesterolaemia | 389.5 | 76.9\% | 307.6 | 67.6\% | 697.1 | 72.5\% |
| Sub-total | 506.4 | 100.0\% | 455.0 | 100.0\% | 961.4 | 100.0\% |
| $35-44$ |  |  |  |  |  |  |
| Ever had hypercholesterolaemia | 199.8 | 35.6\% | 224.4 | 48.8\% | 424.2 | 41.5\% |
| No known history with raised total cholesterol * | 166.1 | 29.6\% | 170.2 | 37.0\% | 336.4 | 32.9\% |
| Previously known history without current drug treatment $\dagger$ | 21.7 | 3.9\% | 39.3 | 8.5\% | 61.0 | 6.0\% |
| Previously known history with current drug treatment $\wedge$ | - | - | 2.1 | 0.5\% | 2.1 | 0.2\% |
| Previously known history with normal cholesterol \# | 12.0 | 2.1\% | 12.8 | 2.8\% | 24.8 | 2.4\% |
| Never had hypercholesterolaemia | 361.6 | 64.4\% | 235.4 | 51.2\% | 597.0 | 58.5\% |
| Sub-total | 561.4 | 100.0\% | 459.8 | 100.0\% | 1021.2 | 100.0\% |
| $45-54$ |  |  |  |  |  |  |
| Ever had hypercholesterolaemia | 364.8 | 57.5\% | 370.6 | 67.6\% | 735.4 | 62.2\% |
| No known history with raised total cholesterol * | 299.4 | 47.2\% | 278.3 | 50.7\% | 577.7 | 48.8\% |
| Previously known history without current drug treatment $\dagger$ | 44.1 | 6.9\% | 40.3 | 7.4\% | 84.4 | 7.1\% |
| Previously known history with current drug treatment $\wedge$ | 5.2 | 0.8\% | 12.0 | 2.2\% | 17.2 | 1.5\% |
| Previously known history with normal cholesterol \# | 16.1 | 2.5\% | 40.0 | 7.3\% | 56.1 | 4.7\% |
| Never had hypercholesterolaemia | 269.8 | 42.5\% | 177.8 | 32.4\% | 447.6 | 37.8\% |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
| 55-64 |  |  |  |  |  |  |
| Ever had hypercholesterolaemia | 403.0 | 75.0\% | 364.1 | 68.9\% | 767.0 | 72.0\% |
| No known history with raised total cholesterol * | 249.7 | 46.5\% | 240.5 | 45.6\% | 490.2 | 46.0\% |
| Previously known history without current drug treatment $\dagger$ | 76.4 | 14.2\% | 36.9 | 7.0\% | 113.3 | 10.6\% |
| Previously known history with current drug treatment $\wedge$ | 26.0 | 4.8\% | 15.4 | 2.9\% | 41.4 | 3.9\% |
| Previously known history with normal cholesterol \# | 50.9 | 9.5\% | 71.2 | 13.5\% | 122.1 | 11.5\% |
| Never had hypercholesterolaemia | 134.5 | 25.0\% | 163.9 | 31.1\% | 298.5 | 28.0\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |

Table 9.3.2: Prevalence of hypercholesterolaemia among persons aged 15 to 84 by age group and gender (continued)

| Prevalence of hypercholesterolaemia | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 65-84 |  |  |  |  |  |  |
| Ever had hypercholesterolaemia | 347.4 | 74.2\% | 282.1 | 62.9\% | 629.5 | 68.7\% |
| No known history with raised total cholesterol * | 176.4 | 37.7\% | 124.6 | 27.8\% | 301.0 | 32.8\% |
| Previously known history without current drug treatment $\dagger$ | 30.3 | 6.5\% | 24.3 | 5.4\% | 54.7 | 6.0\% |
| Previously known history with current drug treatment $\wedge$ | 38.1 | 8.1\% | 9.8 | 2.2\% | 47.9 | 5.2\% |
| Previously known history with normal cholesterol \# | 102.6 | 21.9\% | 123.3 | 27.5\% | 225.8 | 24.6\% |
| Never had hypercholesterolaemia | 120.7 | 25.8\% | 166.5 | 37.1\% | 287.2 | 31.3\% |
| Sub-total | 468.1 | 100.0\% | 448.6 | 100.0\% | 916.7 | 100.0\% |
| 15-84 |  |  |  |  |  |  |
| Ever had hypercholesterolaemia | 1513.1 | 48.8\% | 1433.2 | 50.3\% | 2946.3 | 49.5\% |
| No known history with raised total cholesterol * | 1077.1 | 34.7\% | 991.4 | 34.8\% | 2068.6 | 34.8\% |
| Previously known history without current drug treatment $\dagger$ | 174.5 | 5.6\% | 155.2 | 5.4\% | 329.7 | 5.5\% |
| Previously known history with current drug treatment $\wedge$ | 71.4 | 2.3\% | 39.3 | 1.4\% | 110.7 | 1.9\% |
| Previously known history with normal cholesterol \# | 190.1 | 6.1\% | 247.3 | 8.7\% | 437.3 | 7.4\% |
| Never had hypercholesterolaemia | 1587.2 | 51.2\% | 1415.9 | 49.7\% | 3003.1 | 50.5\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |
| Base: All respondents aged $15-84$ who had participated in the health examination. <br> Notes: $*$ No history of doctor-diagnosed hypercholesterolaemia and total cholesterol $\geq 5.2 \mathrm{mmol} / \mathrm{L}$. <br>  $\dagger$ Doctor-diagnosed hypercholesterolaemia, total cholesterol $\geq 5.2 \mathrm{mmol} / \mathrm{L}$ and without current doctor-prescribed drug treatment. <br>  $\wedge$ Doctor-diagnosed hypercholesterolaemia, total cholesterol $\geq 5.2 \mathrm{mmol} / \mathrm{L}$ and with current doctor-prescribed drug treatment. <br>  \# Doctor-diagnosed hypercholesterolaemia and total cholesterol $<5.2 \mathrm{mmol} / \mathrm{L}$. <br>  Figures may not add up to the total due to rounding. |  |  |  |  |  |  |

### 9.4 Biochemical Testing for Sodium and Potassium Intake

Sodium and potassium intakes have been associated with high blood pressure and cardiovascular disease. They exist naturally in a variety of foods. Sodium is found naturally in milk, cream and eggs, while potassium-rich foods include beans and peas, nuts, vegetables such as spinach, cabbage and parsley, and fruits such as bananas, papayas and dates ${ }^{10}$. In addition, sodium is part of dietary salt which is commonly added when cooking and at the table, and is also found in processed foods, such as bread, processed meats like bacon, snack foods such as popcorn, as well as in condiments such as soy sauce and stock cube. Processing reduces the amount of potassium in many food products.

### 9.4.1 Sodium Intake

The WHO recommended a reduction in sodium intake to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart disease in adults. The recommended level in adults is below 2 grams (g) of sodium or below 5 g of salt (also known as sodium chloride) per day ${ }^{11}$.

In healthy individuals, nearly $100 \%$ of ingested sodium is absorbed during digestion, and urinary excretion is the primary mechanism for maintaining sodium balance. Even in hot, humid climates, there are only minimal loses through faeces and sweat ${ }^{11}$. The most reliable method of estimating dietary salt intake is to measure sodium excretion from 24-hour urine collection, a method endorsed by the WHO ${ }^{12,13}$ and adopted in this survey.

Among the persons aged 15-84, the mean 24-hour urinary sodium excretion was 135.6 mmol and 167.1 mmol for females and males respectively. Analysed by age group, the mean 24 -hour sodium excretion was the highest at 147.4 mmol for females in the age group $45-54$ and at 181.8 mmol for males in the age group 35-44 (Table 9.4.1a).

Table 9.4.1a: Mean 24-hour urinary sodium excretion (mmol) among persons aged 15 to 84 by age group and gender

| Age group | Female | Male | Total |
| :--- | :---: | :--- | :--- |
| $15-24$ | 134.3 | 157.7 | 146.3 |
| $25-34$ | 136.8 | 169.1 | 152.0 |
| $35-44$ | 145.1 | 181.8 | 161.7 |
| $45-54$ | 147.4 | 177.1 | 161.2 |
| $55-64$ | 128.8 | 165.2 | 146.7 |
| $65-84$ | 115.6 | 148.1 | 131.5 |
| Total | 135.6 | 167.1 | 150.6 |
| Baser |  |  |  |

Base: All respondents aged 15-84 who had participated in the health examination with valid urinary sodium results.
Note: One mmol of sodium $(\mathrm{Na})$ is equivalent to 0.0585 grams of salt $(\mathrm{NaCl})$.

In this survey, the amount of 24 -hour urinary sodium excretion in mmol was converted into salt intake in gram by multiplying a factor 0.0585 because one mmol of sodium is equivalent to 0.0585 g of salt in sodium content. That is, approximately 17.1 mmol of sodium is equivalent to 1.0 g of salt in sodium content.

Among the persons aged 15-84, the mean values of dietary salt intake were estimated at 7.9 g per day and 9.8 g per day for females and males respectively. For females, the highest mean daily salt intake was in age group 45-54 ( 8.6 g per day), while the lowest mean daily salt intake was in age group 65-84 ( 6.8 g per day). For males, the highest mean daily salt intake was in age group $35-44$ ( 10.6 g per day), while the lowest mean daily salt intake was in age group $65-84$ ( 8.7 g per day) (Table 9.4.1b).

Table 9.4.1b: Mean daily salt intake (gram) among persons aged 15 to 84 by age group and gender

| Age group | Female | Male | Total |
| :--- | :---: | :---: | :---: |
| $15-24$ | 7.9 | 9.2 | 8.6 |
| $25-34$ | 8.0 | 9.9 | 8.9 |
| $35-44$ | 8.5 | 10.6 | 9.5 |
| $45-54$ | 8.6 | 10.4 | 9.4 |
| $55-64$ | 7.5 | 9.7 | 8.6 |
| $65-84$ | 6.8 | 9.8 | 7.7 |
| Total | 7.9 | 8.7 | 8.8 |

Base: All respondents aged 15-84 who had participated in the health examination with valid urinary sodium results.

Among the persons aged $15-84,86.3 \%$ had dietary salt intake above the WHO recommended daily limit of less than 5 g per day. Analysed by gender, $82.2 \%$ of females and $90.8 \%$ of males aged $15-84 \mathrm{had}$ dietary salt intake at 5 g or more per day. Analysed by age group, the proportion of persons who had dietary salt intake at 5 g or more per day was the lowest at $79.2 \%$ for age group 65-84 age group and the highest at $90.7 \%$ for age group 45-54. (Table 9.4.1c)

Table 9.4.1c: Level of salt intake among persons aged 15 to 84 by age group and gender

|  | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Age group / Salt intake level | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 15-24 |  |  |  |  |  |  |
| Salt intake $\geq 5 \mathrm{~g}$ per day | 323.6 | 82.5\% | 362.3 | 88.5\% | 685.9 | 85.6\% |
| Salt intake $<5 \mathrm{~g}$ per day | 68.7 | 17.5\% | 47.0 | 11.5\% | 115.7 | 14.4\% |
| Unknown / missing | - | - | - | - | - | - |
| Sub-total | 392.3 | 100.0\% | 409.3 | 100.0\% | 801.6 | 100.0\% |
| 25-34 |  |  |  |  |  |  |
| Salt intake $\geq 5 \mathrm{~g}$ per day | 428.9 | 84.7\% | 399.5 | 87.8\% | 828.3 | 86.2\% |
| Salt intake $<5 \mathrm{~g}$ per day | 77.5 | 15.3\% | 50.4 | 11.1\% | 127.9 | 13.3\% |
| Unknown / missing | - | - | 5.1 | 1.1\% | 5.1 | 0.5\% |
| Sub-total | 506.4 | 100.0\% | 455.0 | 100.0\% | 961.4 | 100.0\% |
| 35-44 |  |  |  |  |  |  |
| Salt intake $\geq 5 \mathrm{~g}$ per day | 470.0 | 83.7\% | 432.8 | 94.1\% | 902.8 | 88.4\% |
| Salt intake $<5 \mathrm{~g}$ per day | 87.5 | 15.6\% | 27.0 | 5.9\% | 114.5 | 11.2\% |
| Unknown / missing | 3.9 | 0.7\% | - | - | 3.9 | 0.4\% |
| Sub-total | 561.4 | 100.0\% | 459.8 | 100.0\% | 1021.2 | 100.0\% |
| $45-54$ |  |  |  |  |  |  |
| Salt intake $\geq 5 \mathrm{~g}$ per day | 557.3 | 87.8\% | 515.2 | 93.9\% | 1072.5 | 90.7\% |
| Salt intake $<5 \mathrm{~g}$ per day | 77.3 | 12.2\% | 33.2 | 6.1\% | 110.5 | 9.3\% |
| Unknown / missing | - | - | - | - | - | - |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
| $55-64$ |  |  |  |  |  |  |
| Salt intake $\geq 5 \mathrm{~g}$ per day | 431.9 | 80.4\% | 488.4 | 92.5\% | 920.3 | 86.4\% |
| Salt intake $<5 \mathrm{~g}$ per day | 105.6 | 19.6\% | 28.6 | 5.4\% | 134.2 | 12.6\% |
| Unknown / missing | - | - | 11.0 | 2.1\% | 11.0 | 1.0\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |
| 65-84 |  |  |  |  |  |  |
| Salt intake $\geq 5 \mathrm{~g}$ per day | 336.4 | 71.9\% | 389.3 | 86.8\% | 725.8 | 79.2\% |
| Salt intake $<5 \mathrm{~g}$ per day | 125.8 | 26.9\% | 53.5 | 11.9\% | 179.2 | 19.6\% |
| Unknown / missing | 5.9 | 1.3\% | 5.8 | 1.3\% | 11.7 | 1.3\% |
| Sub-total | 468.1 | 100.0\% | 448.6 | 100.0\% | 916.7 | 100.0\% |
| 15-84 |  |  |  |  |  |  |
| Salt intake $\geq 5 \mathrm{~g}$ per day | 2548.2 | 82.2\% | 2587.5 | 90.8\% | 5135.7 | 86.3\% |
| Salt intake $<5 \mathrm{~g}$ per day | 542.3 | 17.5\% | 239.6 | 8.4\% | 782.0 | 13.1\% |
| Unknown / missing | 9.8 | 0.3\% | 21.9 | 0.8\% | 31.7 | 0.5\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |

Base: All respondents aged 15-84 who had participated in the health examination with valid urinary sodium results.
Note: Figures may not add up to the total due to rounding.

Analysed by frequency of eating-out for breakfast, lunch or dinner among persons aged 15-84, the proportion of high salt intake ( 5 g or more per day) increased with increasing frequency of eating-out from $80.7 \%$ for persons eating out less than once per week with mean salt intake of 8.0 g per day to $89.6 \%$ for persons eating out six times or more per week with mean salt intake of 9.3 g per day (Table 9.4.1d).

Table 9.4.1d: Level of salt intake among persons aged 15 to 84 by frequency of eating-out

|  | Eating-out less than once per week |  | Eating-out 1-3 times per week |  | Eating-out 4-5 times per week |  | Eating-out 6 times or more per week |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Salt intake level | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Salt intake $\geq 5 \mathrm{~g}$ per day | 726.9 | 80.7\% | 882.8 | 82.2\% | 799.6 | 88.9\% | 2726.4 | 89.6\% | 5135.7 | 86.8\% |
| Salt intake $<5 \mathrm{~g}$ per day | 173.4 | 19.3\% | 191.5 | 17.8\% | 99.7 | 11.1\% | 317.4 | 10.4\% | 782.0 | 13.2\% |
| Total | 900.3 | 100.0\% | 1074.3 | 100.0\% | 899.3 | 100.0\% | 3043.8 | 100.0\% | 5917.7 | 100.0\% |
| Mean (g per day) | 8.0 |  | 8.2 |  | 8.6 |  | 9.3 |  | 8.8 |  |

Base: All respondents aged 15-84 who had participated in the health examination with valid urinary sodium results.
Note: Figures may not add up to the total due to rounding.

Analysed by frequency of consuming preserved vegetables, the percentage of persons with high salt intake ( 5 g or more per day) were relatively higher for persons eating preserved vegetables at least 5 times per week than for persons eating preserved vegetables less than 5 times per week (Table 9.4.1e).

Table 9.4.1e: Level of salt intake among persons aged 15 to $\mathbf{8 4}$ by frequency of consuming preserved vegetables

|  | Less th per | n once eek |  |  |  | $\begin{aligned} & \text { mes } \\ & \text { eeek } \end{aligned}$ | 7 times per | r more eek | Don't | know |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Salt intake level | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| Salt intake $\geq 5 \mathrm{~g}$ per day | 4129.1 | 86.6\% | 939.4 | 87.4\% | 31.6 | 100.0\% | 24.8 | 89.7\% | 10.7 | 67.0\% | 5135.7 | 86.8\% |
| Salt intake $<5 \mathrm{~g}$ per day | 638.4 | 13.4\% | 135.4 | 12.6\% | - | - | 2.8 | 10.3\% | 5.3 | 33.0\% | 782.0 | 13.2\% |
| Total | 4767.6 | 100.0\% | 1074.8 | 100.0\% | 31.6 | 100.0\% | 27.6 | 100.0\% | 16.0 | 100.0\% | 5917.7 | 100.0\% |
| Mean (g per day) | 8.8 |  | 8.9 |  | 10.7 |  | 8.3 |  | 5.4 |  | 8.8 |  |

[^50]
### 9.4.2 Potassium Intake

The WHO recommended an increase in potassium intake from food to reduce blood pressure and risk of cardiovascular disease, stroke and coronary heart disease in adults. The WHO suggested a potassium intake of at least $90 \mathrm{mmol} /$ day $(3.5 \mathrm{~g} /$ day $)$ for adults ${ }^{14}$.

Normally, most ingested potassium is excreted via the urine. Under conditions of extreme heat and intense physical activity that result in a high sweat production, potassium losses in sweat are increased and appreciable. WHO estimated that urinary potassium excretion was approximately $77 \%$ of intake, and therefore a factor of 1.30 was used to convert urinary potassium excretion to potassium intake ${ }^{14,15}$.

In this survey, the average daily intake of potassium was estimated through measurement of 24 -hour urinary potassium excretion using the conversion factor of 1.3 (one mmol of potassium $=0.039 \mathrm{~g}$ of potassium and daily potassium intake $=24$-hour urinary potassium excretion $\times 1.3$ ).

Among the persons aged 15-84, the estimated mean daily potassium intake were 2.2 g and 2.3 g for females and males respectively. When compared to other persons in this age group, persons aged 35-64 had relatively higher mean daily potassium intake of 2.4 g (Table 9.4.2a).

Table 9.4.2a: Mean daily potassium intake (gram) among persons aged 15 to 84 by age group and gender

| Age group | Female | Male | Total |
| :--- | :---: | :---: | :---: |
| $15-24$ | 1.9 | 1.9 | 1.9 |
| $25-34$ | 2.1 | 2.3 | 2.2 |
| $35-44$ | 2.4 | 2.4 | 2.4 |
| $45-54$ | 2.4 | 2.5 | 2.4 |
| $55-64$ | 2.1 | 2.4 | 2.4 |
| $65-84$ | 2.2 | 2.3 | 2.3 |
| Total | 2.4 | 2.4 |  |

Base: All respondents aged 15-84 who had participated in the health examination with valid urine test.

An overwhelming majority of the population aged 15-84 had average potassium intake below the recommended amount of 3.5 g per day. Among persons in this age group, $91.5 \%$ had potassium intake less than 3.5 g per day. Analysed by gender, $92.5 \%$ of females and $90.5 \%$ of males had potassium intake less than 3.5 g per day. Analysed by age group, the proportion of inadequate potassium intake (i.e. less than 3.5 g per day) was the highest among persons aged 15-24 (97.6\%) (Table 9.4.2b).

Table 9.4.2b: Level of potassium intake among persons aged 15 to 84 by age group and gender

| Age group/Potassium intake level | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 15-24 |  |  |  |  |  |  |
| Potassium intake $<3.5 \mathrm{~g}$ per day | 382.0 | 97.4\% | 400.3 | 97.8\% | 782.3 | 97.6\% |
| Potassium intake $\geq 3.5 \mathrm{~g}$ per day | 10.3 | 2.6\% | 9.0 | 2.2\% | 19.3 | 2.4\% |
| Sub-total | 392.3 | 100.0\% | 409.3 | 100.0\% | 801.6 | 100.0\% |
| 25-34 |  |  |  |  |  |  |
| Potassium intake $<3.5 \mathrm{~g}$ per day | 471.8 | 93.2\% | 397.0 | 87.2\% | 868.8 | 90.4\% |
| Potassium intake $\geq 3.5 \mathrm{~g}$ per day | 34.6 | 6.8\% | 58.0 | 12.8\% | 92.6 | 9.6\% |
| Sub-total | 506.4 | 100.0\% | 455.0 | 100.0\% | 961.4 | 100.0\% |
| 35-44 |  |  |  |  |  |  |
| Potassium intake $<3.5 \mathrm{~g}$ per day | 505.6 | 90.1\% | 410.9 | 89.4\% | 916.6 | 89.8\% |
| Potassium intake $\geq 3.5 \mathrm{~g}$ per day | 55.8 | 9.9\% | 48.9 | 10.6\% | 104.6 | 10.2\% |
| Sub-total | 561.4 | 100.0\% | 459.8 | 100.0\% | 1021.2 | 100.0\% |
| 45-54 |  |  |  |  |  |  |
| Potassium intake $<3.5 \mathrm{~g}$ per day | 562.4 | 88.6\% | 499.3 | 91.1\% | 1061.7 | 89.7\% |
| Potassium intake $\geq 3.5 \mathrm{~g}$ per day | 72.2 | 11.4\% | 49.1 | 8.9\% | 121.3 | 10.3\% |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
| 55-64 |  |  |  |  |  |  |
| Potassium intake $<3.5 \mathrm{~g}$ per day | 496.6 | 92.4\% | 471.4 | 89.3\% | 968.0 | 90.8\% |
| Potassium intake $\geq 3.5 \mathrm{~g}$ per day | 40.9 | 7.6\% | 56.6 | 10.7\% | 97.5 | 9.2\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |
| 65-84 |  |  |  |  |  |  |
| Potassium intake $<3.5 \mathrm{~g}$ per day | 449.7 | 96.1\% | 398.9 | 88.9\% | 848.6 | 92.6\% |
| Potassium intake $\geq 3.5 \mathrm{~g}$ per day | 18.4 | 3.9\% | 49.7 | 11.1\% | 68.1 | 7.4\% |
| Sub-total | 468.1 | 100.0\% | 448.6 | 100.0\% | 916.7 | 100.0\% |
| 15-84 |  |  |  |  |  |  |
| Potassium intake $<3.5 \mathrm{~g}$ per day | 2868.0 | 92.5\% | 2577.9 | 90.5\% | 5445.9 | 91.5\% |
| Potassium intake $\geq 3.5 \mathrm{~g}$ per day | 232.3 | 7.5\% | 271.2 | 9.5\% | 503.5 | 8.5\% |
| Total | 3100.3 | 100.0\% | 2849.1 | 100.0\% | 5949.4 | 100.0\% |

Base: All respondents aged 15-84 who had participated in the health examination with valid urine test.
Note: Figures may not add up to the total due to rounding.

Analysed by level of average daily fruit and vegetables intake, $91.8 \%$ of persons eating less than five servings of fruit and vegetables on average per day had potassium intake of less than 3.5 g per day. In contrast, $86.9 \%$ of those consuming at least five servings of fruit and vegetables on average per day had inadequate potassium intake as recommended by the WHO. The corresponding mean values of daily potassium intake were 2.3 g and 2.4 g for those consuming less than and at least five servings of fruit and vegetables on average per day respectively (Table 9.4.2c).

Table 9.4.2c: Level of potassium intake among persons aged 15 to $\mathbf{8 4}$ by level of fruit and vegetables intake

| Potassium intake level | Less than 5 servings a day |  | 5 servings or more a day |  | Don't know |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of |  | No. of |  | No. of |  | No. of |  |
|  | persons | \% | persons | \% | persons | \% | persons | \% |
|  | ('000) |  | ('000) |  | ('000) |  | ('000) |  |
| Potassium intake $<3.5 \mathrm{~g}$ per day | 5121.6 | 91.8\% | 321.6 | 86.9\% | 2.7 | 100.0\% | 5445.9 | 91.5\% |
| Potassium intake $\geq 3.5 \mathrm{~g}$ per day | 455.2 | 8.2\% | 48.3 | 13.1\% | - | - | 503.5 | 8.5\% |
| Total | 5576.8 | 100.0\% | 369.9 | 100.0\% | 2.7 | 100.0\% | 5949.4 | 100.0\% |
| Mean (g per day) | 2.3 |  | 2.4 |  | 0.9 |  | 2.3 |  |

Base: All respondents aged 15-84 who had participated in the health examination with valid urine test.
Note: Figures may not add up to the total due to rounding.

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## Chapter 10

## Risk of Cardiovascular Disease

Cardiovascular diseases (CVDs) refer to a broad spectrum of diseases that affects the heart and blood vessels. CVDs include coronary heart disease (CHD), such as angina and myocardial infarction (commonly known as heart attack), stroke, heart failure, hypertensive heart disease, rheumatic heart disease, cardiomyopathy, heart arrhythmia, congenital heart disease, valvular heart disease, carditis, aortic aneurysms, peripheral artery disease and venous thrombosis. Heart diseases and cerebrovascular disease are the third and fourth leading causes of death in Hong Kong respectively. Smoking, hypertension, diabetes mellitus and raised blood cholesterol are well-known risk factors for CVD.

Risk prediction models were developed to quantify the risks of CVD over the next 10 years. CVD risk prediction is important for prevention of CVD events because it enables the health professionals in primary health care to identify individuals in the community who are at high-risk of CVD to treat their risk factors early, such as high blood pressure and high blood lipids, increase their health awareness and, if necessary, refer them for appropriate treatment. This approach will improve the efficiency of primary prevention strategies. Up to date, there is no CVD risk prediction model developed specifically for the general population in Hong Kong. In this survey, we adopted the widely used Framingham risk model for general CVD risks ${ }^{1}$ to predict the risk of CVD over the next 10 years in the general adult population aged 30-74. However, as with other models, the Framingham risk model has its strengths and limitations and results of predicted risks from this model need to be interpreted with caution.

Snapshot of Population's Risk of Cardiovascular Disease (CVD) (for persons aged 30 to 74)

| Indicator | Female | Male | Overall |
| :---: | :---: | :---: | :---: |
| CVD risk <br>  <br> Framingham risk model * next 10 years predicted by the | $5.1 \%$ | $29.1 \%$ | $16.4 \%$ |

[^51]
### 10.1 Risk of Cardiovascular Disease over 10 Years Predicted by Framingham Risk Model

The Framingham Heart Study developed several risk models to predict the risk of cardiovascular events. The most updated model developed from the Framingham Heart Study Cohort was the Framingham model published in 2008 to predict the CVD risks in general population over the next 10 years for use in primary care ${ }^{1}$. The cardiovascular outcomes included coronary heart disease (CHD), stroke, peripheral artery disease or heart failure and the updated risk model adjusted for patients already on antihypertensive therapy. Sex-specific multivariable risk functions were derived that incorporated age, habit of smoking, total and high-density lipoprotein cholesterol, systolic blood pressure, treatment for hypertension and diabetes status.

The Framingham risk model was developed in a cohort of general population in the United States and Caucasians were dominant in this cohort. Previous risk prediction models developed from the Framingham cohort had been reported to overestimate the CHD risk in Chinese population ${ }^{2-5}$. A recent study using a Hong Kong Chinese cohort concluded that the Framingham CVD risk model can be applied to the Chinese population but requires recalibration in men ${ }^{6}$.

Among persons aged 30-74, the mean CVD risk over the next 10 years predicted by the Framingham risk model was $10.6 \%$. That is, on average, there would be 106 persons who would have CVD covered by the Framingham risk model among every 1000 persons aged 30 to 74 over the next 10 years. The corresponding mean CVD risks for females and males were $6.2 \%$ and $15.5 \%$ respectively. The mean CVD risks increased with age from $1.5 \%$ among females aged $30-44$ to $15.7 \%$ among females aged $65-$ 74 , and from $4.1 \%$ among males aged $30-44$ to $33.2 \%$ among males aged 65-74 (Table 10.1a).

Table 10.1a: Mean Framingham 10-year cardiovascular disease risk among persons aged 30 to 74 by age group and gender

| Age group | Female | Male | Total |
| :--- | :--- | :--- | :--- |
| $30-44$ | $1.5 \%$ | $4.1 \%$ | $2.7 \%$ |
| $45-54$ | $4.7 \%$ | $11.7 \%$ | $8.0 \%$ |
| $55-64$ | $8.9 \%$ | $23.0 \%$ | $15.9 \%$ |
| $65-74$ | $15.7 \%$ | $33.2 \%$ | $24.0 \%$ |
| $30-74$ | $6.2 \%$ | $15.5 \%$ | $10.6 \%$ |
| Base. All respondents |  |  |  |

[^52]The risk of cardiovascular events over the next 10 years are classified into low-risk (CVD risk $<10 \%$ ), medium-risk (CVD risk $\geq 10 \%$ and $<20 \%$ ) and high-risk (CVD risk $\geq 20 \%$ ) groups. Among the persons aged $30-74,16.4 \%$ were classified as high-risk, $18.3 \%$ medium-risk and $65.4 \%$ low-risk according to the Framingham risk model. Analysed by sex, $5.1 \%$ of females and $29.1 \%$ of males were classified as highrisk. Analysed by age group, the proportion of persons classified as high-risk increased with age in each sex from $0 \%$ among females aged $30-44$ to $24.0 \%$ among females aged $65-74$ and from $0.7 \%$ among males aged 30-44 to 84.9\% among males aged 65-74 (Table 10.1b).

Table 10.1b: Framingham 10-year cardiovascular disease risk level among persons aged 30 to 74 by age group and gender

| Age group / <br> Risk level | Female |  | Male |  | Total |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No. of persons ('000) | \% | No. of persons ('000) | \% | No. of persons ('000) | \% |
| 30-44 |  |  |  |  |  |  |
| Low risk | 821.0 | 100.0\% | 652.7 | 96.0\% | 1473.6 | 98.2\% |
| Medium risk | - | - | 23.0 | 3.4\% | 23.0 | 1.5\% |
| High risk | - | - | 4.5 | 0.7\% | 4.5 | 0.3\% |
| Sub-total | 821.0 | 100.0\% | 680.2 | 100.0\% | 1501.1 | 100.0\% |
| 45-54 |  |  |  |  |  |  |
| Low risk | 584.3 | 92.1\% | 264.1 | 48.2\% | 848.4 | 71.7\% |
| Medium risk | 41.9 | 6.6\% | 230.1 | 42.0\% | 272.0 | 23.0\% |
| High risk | 8.5 | 1.3\% | 54.2 | 9.9\% | 62.6 | 5.3\% |
| Sub-total | 634.6 | 100.0\% | 548.4 | 100.0\% | 1183.0 | 100.0\% |
|  |  |  |  |  |  |  |
| Low risk | 380.4 | 70.8\% | 95.9 | 18.2\% | 476.3 | 44.7\% |
| Medium risk | 132.1 | 24.6\% | 165.2 | 31.3\% | 297.3 | 27.9\% |
| High risk | 25.0 | 4.7\% | 267.0 | 50.6\% | 292.0 | 27.4\% |
| Sub-total | 537.5 | 100.0\% | 528.0 | 100.0\% | 1065.5 | 100.0\% |
| 65-74 |  |  |  |  |  |  |
| Low risk | 99.5 | 27.3\% | 7.6 | 2.3\% | 107.2 | 15.4\% |
| Medium risk | 177.0 | 48.6\% | 42.6 | 12.8\% | 219.5 | 31.5\% |
| High risk | 87.4 | 24.0\% | 282.1 | 84.9\% | 369.6 | 53.1\% |
| Sub-total | 363.9 | 100.0\% | 332.3 | 100.0\% | 696.2 | 100.0\% |
| $30-74$ |  |  |  |  |  |  |
| Low risk | 1885.1 | 80.0\% | 1020.3 | 48.8\% | 2905.4 | 65.4\% |
| Medium risk | 351.0 | 14.9\% | 460.8 | 22.1\% | 811.8 | 18.3\% |
| High risk | 120.9 | 5.1\% | 607.8 | 29.1\% | 728.7 | 16.4\% |
| Total | 2357.0 | 100.0\% | 2088.9 | 100.0\% | 4445.9 | 100.0\% |

Base: All respondents aged $30-74$ who had participated in the health examination.
Notes: Definition of cardiovascular disease risk levels over the next 10 years based on the Framingham risk model for CVD risks-
Low risk: CVD risk $<10 \%$ over the next 10 years;
Medium risk: CVD risk $\geq 10 \%$ and $<20 \%$ over the next 10 years; and
High risk: CVD risk $\geq 20 \%$ over the next 10 years.
Figures may not add up to the total due to rounding.

Analysed by household income, $36.4 \%$ of those with a monthly household income of less than $\$ 5,000$ were classified as high-risk, as compared to the corresponding proportion of $10.0 \%$ among those with a monthly household income of $\$ 50,000$ or above (Table 10.1c).

Table 10.1c: Framingham 10-year cardiovascular disease risk level among persons aged 30 to 74 by monthly household income

| $\begin{aligned} & \text { Less than } \\ & \$ 5,000 \end{aligned}$ | $\begin{gathered} \$ 5,000- \\ \$ 9,999 \end{gathered}$ | $\begin{gathered} \$ 10,000- \\ \$ 19,999 \end{gathered}$ | $\begin{gathered} \$ 20,000- \\ \$ 29,999 \end{gathered}$ | $\begin{gathered} \$ 30,000- \\ \$ 39,999 \end{gathered}$ | $\begin{gathered} \$ 40,000- \\ \$ 49,999 \end{gathered}$ | $\$ 50,000$ <br> or above | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| No. of persons \% ('000) | $\begin{array}{cl} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } \\ \text { ('000) } & \end{array}$ | $\begin{array}{cc} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{array}{cl} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | No. of persons \% ('000) | $\begin{array}{cl} \text { No. of } & \\ \text { persons } & \% \\ (' 000) & \end{array}$ | $\begin{array}{cl} \text { No. of } & \\ \text { persons } & \text { \% } \\ \text { ('000) } & \end{array}$ |

Risk level

| Low risk | 88.4 | $38.2 \%$ | 94.1 | $40.0 \%$ | 483.2 | $66.7 \%$ | 539.2 | $65.1 \%$ | 503.8 | $63.5 \%$ | 383.5 | $69.5 \%$ | 811.0 | $75.2 \%$ | 2903.3 | $65.3 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Medium <br> risk | 58.8 | $25.4 \%$ | 40.8 | $17.4 \%$ | 124.1 | $17.1 \%$ | 162.6 | $19.6 \%$ | 160.0 | $20.2 \%$ | 105.7 | $19.2 \%$ | 159.8 | $14.8 \%$ | 811.8 | $18.3 \%$ |
| High risk | 84.4 | $36.4 \%$ | 100.2 | $42.6 \%$ | 117.3 | $16.2 \%$ | 126.5 | $15.3 \%$ | 129.7 | $16.3 \%$ | 62.7 | $11.4 \%$ | 107.9 | $10.0 \%$ | 728.7 | $16.4 \%$ |
| Total | 231.6 | $100.0 \%$ | 235.2 | $100.0 \%$ | 724.6 | $100.0 \%$ | 828.3 | $100.0 \%$ | 793.5 | $100.0 \%$ | 551.9 | $100.0 \%$ | 1078.7 | $100.0 \%$ | 4443.7 | $100.0 \%$ |


| Mean risk | $18.1 \%$ | $18.9 \%$ | $10.6 \%$ | $10.1 \%$ | $10.6 \%$ | $9.9 \%$ | $8.0 \%$ | $10.6 \%$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

Base: All respondents aged 30-74 who had participated in the health examination and provided the information of monthly household income.
Notes: Definition of cardiovascular disease risk levels over the next 10 years based on the Framingham risk model for CVD risks-
Low risk: CVD risk $<10 \%$ over the next 10 years;
Medium risk: CVD risk $\geq 10 \%$ and $<20 \%$ over the next 10 years; and
High risk: CVD risk $\geq 20 \%$ over the next 10 years.
Figures may not add up to the total due to rounding.

## References

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## Appendix

## 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 self-rated their health status as excellent, very good or good
2. Prevalence of self-reported doctor-diagnosed cancer ..... $1.5 \%$7.4
3. Prevalence of self-reported doctor-diagnosed chronic ..... $0.5 \%$ ..... 12.8 obstructive pulmonary disease
4. Prevalence of self-reported doctor-diagnosed ..... $0.2 \%$ ..... 19.4 schizophrenia
5. Average time spent on total physical activity per day in ..... 104.3 ..... 1.3 minutes
6. Proportion of population with inadequate daily fruit and ..... 94.4\% ..... 0.3 vegetables intake
7. Proportion of population who had sustained unintentional ..... 14.5\% ..... 2.5 injury episode(s) in the 12 months preceding the survey
8. Proportion of population aged 15-84 who were 50.0\% ..... 2.2 overweight or obese9. Prevalence of diabetes mellitus among persons aged 15-848.4\%7.3
9. Mean daily salt intake in grams among persons aged 15-848.81.0

[^0]:    Base: All domestic households.
    Note: Figures may not add up to the total due to rounding.

[^1]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^2]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^3]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^4]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^5]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^6]:    Base: All respondents who had doctor-diagnosed high blood cholesterol.
    Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
    Figures may not add up to the total due to rounding.

[^7]:    Bases: \# All respondents who had doctor-diagnosed high blood sugar or diabetes.
    § All respondents who had doctor-diagnosed diabetes.
    Notes: * The rate is expressed as a percentage of all Hong Kong land-based non-institutional population aged 15 or above (excluding foreign domestic helpers) in the respective sex sub-groups.
    Figures may not add up to the total due to rounding.

[^8]:    Base: All respondents who had hearing impairment / hearing loss diagnosed by doctors or audiologists.
    Note: Figures may not add up to the total due to rounding.

[^9]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^10]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^11]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^12]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^13]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^14]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^15]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^16]:    Base: All respondents who had ever smoked cigarette.
    Note: Figures may not add up to the total due to rounding.

[^17]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^18]:    Base: The respondents who had ever drunk alcohol and had provided information on their age when started drinking.
    Note: Figures may not add up to the total due to rounding.

[^19]:    Base: The respondents who had drunk alcohol in the 12 months preceding the survey.
    Notes: * The respondents who had drunk alcohol in the 12 months preceding the survey but had not drunk the four types of alcoholic beverages mentioned above. Multiple answers were allowed.
    Figures may not add up to the total due to rounding.

[^20]:    Bases: All respondents.
    \# The respondents who had performed work-related physical activity in a typical week.
    ${ }^{\wedge}$ The respondents who had performed transport-related physical activity, including walking or cycling, in a typical week.
    $\dagger$ The respondents who had performed recreational-related physical activity in a typical week.

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

    Notes: § In this survey, setting-specific physical activities include activity at work, travel to and from place and recreational activity that last for at least 10 minutes continuously and total physical activity refers to all physical activities that lasted for at least 10 minutes continuously in the three settings as a whole. Multiple answers were allowed.
    Figures may not add up to the total due to rounding.

[^21]:    Total
    $801.6100 .0 \% \quad 961.4100 .0 \% 1021.2100 .0 \% 1183.0100 .0 \% 1065.5100 .0 \% \quad 564.0 \quad 100.0 \% \quad 352.7 \quad 100.0 \% 130.8 \quad 100.0 \% 6080.2100 .0 \%$

[^22]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^23]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^24]:    Bases: * All respondents.
    $\dagger$ All respondents with valid response on the quantity of seaweeds eaten per day.
    Note: Figures may not add up to the total due to rounding.

[^25]:    Bases: * All respondents.
    $\dagger$ All respondents with valid response on the quantity of seaweeds eaten per day.
    Note: Figures may not add up to the total due to rounding.

[^26]:    Bases: * All respondents.
    $\dagger$ All respondents with valid response on the quantity of ready-to-eat seaweeds eaten per day.
    Note: Figures may not add up to the total due to rounding.

[^27]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^28]:    

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

[^29]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^30]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^31]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^32]:    Bases: * All respondents who rode bicycle in the 12 months preceding the survey.
    $\dagger$ All respondents who drove or rode in a vehicle with seatbelts in the 12 months preceding the survey.
    \# All respondents who had children and drug in households in the 12 months preceding the survey.

[^33]:    Base: The respondents who had regular medical check-up.
    Note: Figures may not add up to the total due to rounding.

[^34]:    Bases: 1. The respondents who had received the faecal occult blood test and with no symptoms or discomfort prior to the test.
    2. The respondents who had received the faecal occult blood test and with no symptoms or discomfort prior to the test and had valid answer on how long ago since the last test.
    3. The respondents who had received the faecal occult blood test because of symptoms or discomfort prior to the test.
    4. The respondents who had received the faecal occult blood test because of symptoms or discomfort prior to the test and had valid answer on how long ago since the last test.

[^35]:    Bases: 1. The respondents who had received the faecal occult blood test and with no symptoms or discomfort prior to the test.
    2. The respondents who had received the faecal occult blood test because of symptoms or discomfort.

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

[^36]:    Base: All female respondents aged 25 or above.
    Note: Figures may not add up to the total due to rounding.

[^37]:    Bases: 1. The female respondents aged 25 or above who had received cervical smear and with no symptoms or discomfort prior to test.
    2. The female respondents aged 25 or above who had received cervical smear because of symptoms or discomfort.

[^38]:    Bases: 1. The respondents who had blood cholesterol checked.
    2. The respondents who had blood pressure checked in the 5 years preceding the survey.
    3. The respondents who had blood sugar checked.

[^39]:    Base: All respondents who had a family doctor.
    Note: Figures may not add up to the total due to rounding.

[^40]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^41]:    Base: The respondents who had been admitted to hospitals in Hong Kong in the 12 months preceding the survey.
    Note: Figures may not add up to the total due to rounding.

[^42]:    Base: The respondents who had been admitted to hospitals in Hong Kong in the 12 months preceding the survey.
    Note: Figures may not add up to the total due to rounding.

[^43]:    Base: All respondents.
    Note: Figures may not add up to the total due to rounding.

[^44]:    Notes: * g stands for gram.
    \# Body mass index (BMI) is defined as weight (kilogram) divided by the square of height (metre). Its unit of measurement is kilogram $/$ metre $^{2}\left(\mathrm{~kg} / \mathrm{m}^{2}\right)$.

[^45]:    Base: All respondents aged 15-84 who had participated in the health examination with valid measurements of waist and hip circumferences.

[^46]:    Base: All respondents aged $15-84$ who had participated in the health examination with valid measurements of WHR.
    Notes: $\quad$ Normal: $\quad$ WHR Male $<0.90$, Female $<0.85$
    Central obesity:WHR Male $\geq 0.90$, Female $\geq 0.85$
    \# The rates are expressed as the percentage of its respective age/gender subgroup.
    Figures may not add up to the total due to rounding.

[^47]:    Base: All respondents aged 15-84 who had participated in the health examination.
    Notes: $\quad$ Blood pressure were calculated as the mean of the second and third readings with at least three minutes rest between each measurement. Figures may not add up to the total due to rounding.

[^48]:    Base: All respondents aged 15-84 who had participated in the health examination.
    Notes: $\quad$ * No previous history and newly diagnosed DM (fasting glucose $\geq 7.0 \mathrm{mmol} / \mathrm{L}$ or $\mathrm{HbAlc} \geq 6.5 \%$ )
    § Impaired fasting glucose (IFG): fasting glucose 6.1-6.9 mmol/L
    Figures may not add up to the total due to rounding.

[^49]:    Base: All respondents aged 15-84 who had participated in the health examination.
    Notes: $\quad$ Borderline high or above : Triglyceride in S.I. unit $\geq 1.7 \mathrm{mmol} / \mathrm{L}$.
    $\dagger$ Normal : $\quad$ Triglyceride in S.I. unit $<1.7 \mathrm{mmol} / \mathrm{L}$
    Figures may not add up to the total due to rounding.

[^50]:    Base: All respondents aged $15-84$ who had participated in the health examination with valid urinary sodium results.
    Note: Figures may not add up to the total due to rounding.

[^51]:    Notes: $\dagger$ CVD events include coronary heart diseases (CHD), such as angina and myocardial infarction, stroke, peripheral artery disease and heart failure.

    * All respondents aged 30-74 who had participated in the health examination.

[^52]:    Base: All respondents aged 30-74 who had participated in the health examination.

