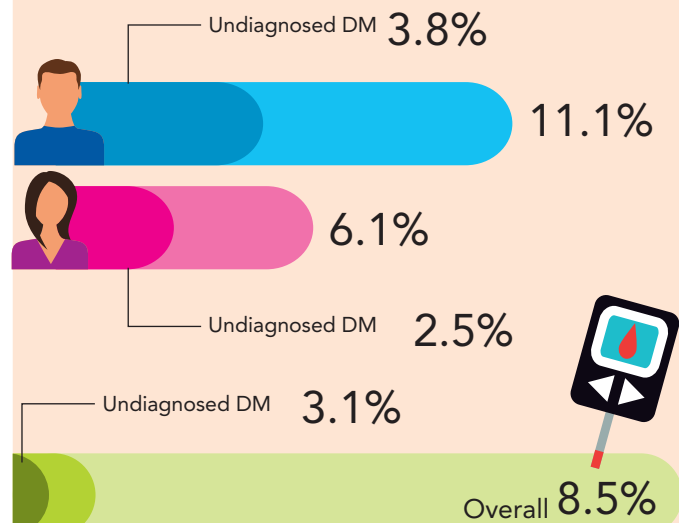
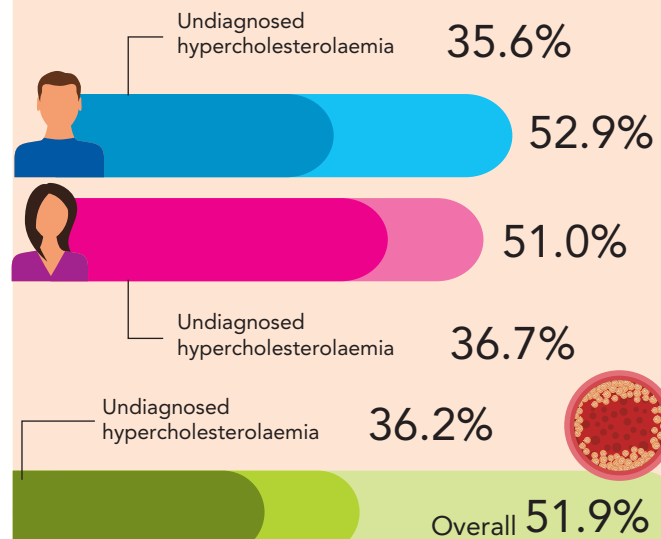


Diabetes Mellitus (DM)



Note: DM refers to fasting blood glucose ≥ 7.0 mmol/L or HbA1c $\geq 6.5\%$ and also self-reported doctor-diagnosed DM

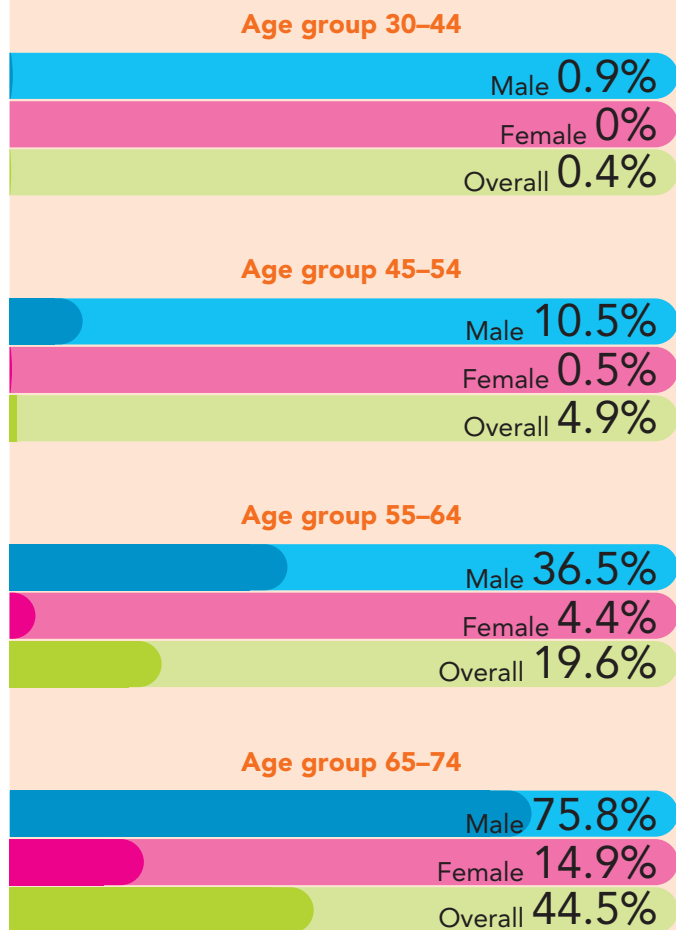
Hypercholesterolaemia



Note: Hypercholesterolaemia refers to total blood cholesterol ≥ 5.2 mmol/L and also self-reported doctor-diagnosed hypercholesterolaemia

Predicted Cardiovascular Disease Risk in Next 10 Years (Aged 30–74)

The Population Health Survey adopted the Framingham risk model for general cardiovascular diseases (CVD) risks to predict the risk of CVD over the next 10 years in the general adult population of Hong Kong. According to the model, the proportion of persons classified as high-risk (CVD risk $\geq 20\%$) over the next 10 years were:



Health Advice

Members of the public should lead a healthy lifestyle, such as:

- Maintaining sufficient physical activity
- Having a balanced diet (including daily intake of at least 2 servings of fruit and 3 servings of vegetables, and reduce dietary intakes of salt, sugar and oil)
- Keeping a healthy body weight (BMI ≥ 18.5 and < 23.0 kg/m²)
- No smoking
- Avoiding alcohol consumption
- Consulting family doctor/health care professional to assess health status for prompt disease detection and timely management. Health risk assessment generally include age, health status, family health history and healthy lifestyles etc.
- Eligible persons are urged to consider cancer screening as soon as possible. They can consult a doctor about the latest recommendations on cancer screening and regular health assessment
- Persons with chronic diseases should maintain regular follow-ups by health care professionals



For more information, please visit the Department of Health website:

Population Health Survey 2020–22
<https://www.chp.gov.hk/en/features/37474.html>

Change4Health
<https://www.change4health.gov.hk/en/index.html>

Note: Figures have been rounded up

Population Health Survey 2020–22

Participation Results

Household Questionnaire (Aged 15 or above)

Enumerated domestic households **7,448**
Respondents **16,655**



Household response rate **73.3%**

Health Examination (Aged 15–84)

Participants **2,072**



Participation rate **55.2%**

Unhealthy Lifestyles (Aged 15 or above)

Ever Smoking

Men **25.4%**

Women **4.7%**

Overall **14.4%**



Alcohol Drinking Habit

Men: Drink occasionally **18.3%**, Drink regularly **14.1%**
Total: **32.4%**

Women: **16.6%**

Women: Drink occasionally **12.6%**, Drink regularly **4.0%**



Drink regularly overall **8.7%**

Drink occasionally overall **15.3%**

Overall **24.0%**

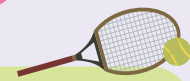
Note: Drink regularly means drink alcohol on at least one day a week and drink occasionally means drink alcohol three days or less a month in the 12 months preceding the survey

Inadequate Physical Activities (Aged 18 or above)

Men **22.8%**

Women **26.5%**

Overall **24.8%**



Note: Inadequate physical activity level according to WHO's recommendations including recreational activity, walking or cycling and work-related activity

Inadequate Fruit and Vegetables Consumption

Men **98.2%**

Women **97.8%**

Overall **97.9%**



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

Excessive Salt Intake (Aged 15–84)

Men **91.5%**

Women **77.1%**

Overall **83.9%**



Note: Salt intake in excess of WHO's recommended limit of less than 5g of salt per day

Chronic Diseases (Aged 15–84)

Overweight and Obesity

Men **64.0%**

Women **46.1%**

Overall **54.6%**



Note: Overweight and obese refers to BMI ≥ 23.0 kg/m²

Hypertension (HT)

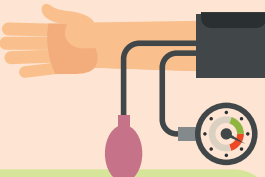
Men: Undiagnosed HT **14.7%**
Total: **33.2%**

Women: **26.2%**

Women: Undiagnosed HT **9.8%**

Women: Undiagnosed HT **12.1%**

Overall **29.5%**



Note: HT refers to systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg and also self-reported doctor-diagnosed HT