



# **Heart Health Survey 2004/2005**



**Department of Health**

## **Executive Summary**

Heart disease is the second leading cause of death in Hong Kong. The number of registered deaths due to coronary heart disease far exceeds that due to other heart diseases. The Department of Health commissioned the Department of Community and Family Medicine of The Chinese University of Hong Kong to conduct this Heart Health Survey to study the prevalence of cardiovascular disease and its risk factors. This survey was a follow-up study of the Population Health Survey, which was conducted in 2003/2004. It recruited 1 498 respondents aged 15 to 84 of the Population Health Survey to complete a Chinese questionnaire (the Questionnaire), which was adopted from the validated Chinese version of the Rose Angina Questionnaire, and 1 238 persons further participated in laboratory investigation in 2004/2005. The following are the major findings.

### **Symptoms of ischaemic heart disease and stroke**

Using the Questionnaire, among the 5.6 million persons aged 15 to 84, 10.0% (or 563 000 persons) had effort pain. Young women were more likely to report symptoms than young men, and 5.5% (or 20 800 persons) of the older women (65–84 years) had grade 2 effort pain as compared with 1.5% (or 5 700 persons) among the older men. Some 2.3% (or 130 100 persons) had possible myocardial infarction and 1.4% (or 79 300 persons) had intermittent claudication.

The following paragraphs present the findings of 4.7 million persons aged 15 to 84 inferred from those participated in laboratory investigation.

### **Overweight and obesity**

Among the 4.7 million persons, 20.5% (or 1.0 million persons) were overweight and 27.2% (or 1.3 million persons) were obese according to the Asian standard of body mass index (BMI) proposed by World Health Organization (WHO). The prevalence of overweight and obesity went up with age and a lower proportion of women (40.6%) than that of men (56.3%) were found to be overweight or obese.

As for central obesity defined by waist circumference greater than 80 cm for women and greater than 90 cm for men, more women (39.5%) than men (30.2%) were found to be centrally obese. Over half of the women aged 45–84 had central obesity.

### **Blood glucose and diabetes mellitus**

The mean fasting glucose concentrations were 4.9 mmol/L for women and 5.2 mmol/L for men. According to the result of Oral Glucose Tolerance Test (OGTT), the mean 2-hour glucose concentrations were 5.7 mmol/L for women and 6.0 mmol/L for men. The mean fasting blood glucose concentration generally went up with age. 6.9% (or 323 600 persons) had diabetes mellitus based on self-report history or diagnosed by OGTT in the survey. Another 7.5% (or 351 500 persons) had impaired glucose tolerance or impaired fasting glucose. Analysed by sex, 5.6% women and 8.3% men had diabetes mellitus. As for impaired glucose tolerance or impaired fasting glucose, the prevalence was 6.4% for women and 8.7% for men. Among the 323 600 persons with diabetes mellitus, 43.3% were unaware of having this illness.

### **Hypercholesterolaemia**

The mean cholesterol concentrations were 4.8 mmol/L and 4.9 mmol/L for women and men. 39.3% (or 1.9 million persons) ever had hypercholesterolaemia. Among these 1.9 million persons, 65.3% were unaware of having this condition.

Among the 4.7 million persons, 5.0% (or 234 900 persons) had both diabetes mellitus and hypercholesterolaemia. Only 42.7% of them were aware of having these illnesses.