Do you have the above unhealthy lifestyle and behaviours?

Is it possible that you may already have overweight or obesity, hypertension, diabetes mellitus or hypercholesterolaemia and you may not be aware of having it?

By having a healthier diet, increasing physical activity and stopping smoking/drinking, about 80% of heart diseases, stroke and diabetes mellitus and 40% of cancers can be prevented.

Let’s do it now to adopt a healthy lifestyle.

The Population Health Survey adopted 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 of Hong Kong.

<table>
<thead>
<tr>
<th>Age group</th>
<th>Low risk</th>
<th>Medium risk</th>
<th>High risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-44</td>
<td>35%</td>
<td>30%</td>
<td>35%</td>
</tr>
<tr>
<td>45-54</td>
<td>25%</td>
<td>45%</td>
<td>30%</td>
</tr>
<tr>
<td>55-64</td>
<td>15%</td>
<td>50%</td>
<td>35%</td>
</tr>
<tr>
<td>65-74</td>
<td>40%</td>
<td>40%</td>
<td>20%</td>
</tr>
</tbody>
</table>

Note: Definition of cardiovascular disease risk level over the next 10 years:
- Low risk: CVD risk < 10% over the next 10 years;
- Medium risk: CVD risk 10% and < 20% over the next 10 years; and
- High risk: CVD risk ≥ 20% over the next 10 years.

Diabetes Mellitus

- Proportion of undiagnosed diabetes: 57%
- Proportion of undiagnosed undiagnosed diabetes: 54.1%
- Overall proportion: 8.4%

Note: Diabetes Mellitus (DM) refers to fasting blood glucose ≥ 7.0 mmol/L or HbA1c ≥ 6.5% and also self-reported doctor-diagnosed DM.

Hypercholesterolaemia

- Proportion of undiagnosed hypercholesterolaemia: 69%
- Proportion of undiagnosed hypercholesterolaemia: 70%
- Overall proportion: 49.5%

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

Note: Definition of cardiovascular disease risk level over the next 10 years:
- Low risk: CVD risk < 10% over the next 10 years;
- Medium risk: CVD risk 10% and < 20% over the next 10 years; and
- High risk: CVD risk ≥ 20% over the next 10 years.

Participation Results

Household questionnaire (aged 15+)
- Domestic households: 5,435
- Respondents: 12,022
- Household response rate: 75.4%

Health examination (aged 15 to 84)
- Participants: 2,347
- Participation rate: 39.5%

Unhealthy Lifestyles (Aged 15 or above)

Current Smoking
- Current smokers: 25%
- Ex-smokers: 5%
- Overall: 14.8%

Physical Activities
- Inadequate: 12%
- Moderate: 14%
- Overall: 13.0%

Alcohol Drinking Habit
- Drink regularly: 71%
- Drink occasionally: 53%
- Drink regularly: 5%
- Drink occasionally: 47%
- Regular: 11.1%
- Occasional: 50.4%
- Overall: 61.4%

Inadequate Fruit and Vegetables Consumption
- Convert to fruit and vegetables per day: Overall 94.4%
- Note: Consuming less than 400g (5 servings) of fruit and vegetables per day

Average Daily Fruit and Vegetables Consumption
- Overall 2.3 servings

Excessive Salt Intake
- Proportion of undiagnosed hypertension: 50%
- Proportion of undiagnosed hypertension: 45%
- Overall: 27.7%

Chronic Diseases

Overweight and Obesity
- Overall: 50.0%
- Note: Overweight and obese refers to BMI ≥ 23.0 kg/m²

Hypertension
- Proportion of undiagnosed hypertension: 30%
- Proportion of undiagnosed hypertension: 25%
- Overall: 47.5%
- Note: Hypertension (HT) refers to systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg and also self-reported doctor-diagnosed HT

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

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

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

Note: Drink regularly means drink alcohol on at least one day a week; Drink occasionally means drink alcohol on no more than three days a month

Figures have been rounded up