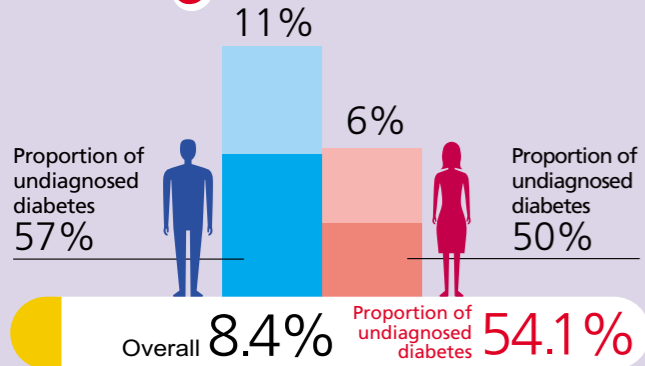


# Population Health Survey

2014/15

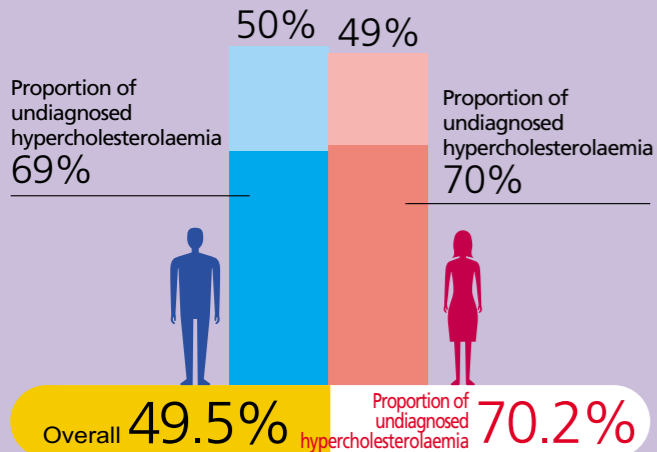


## Diabetes Mellitus



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

## Hypercholesterolaemia

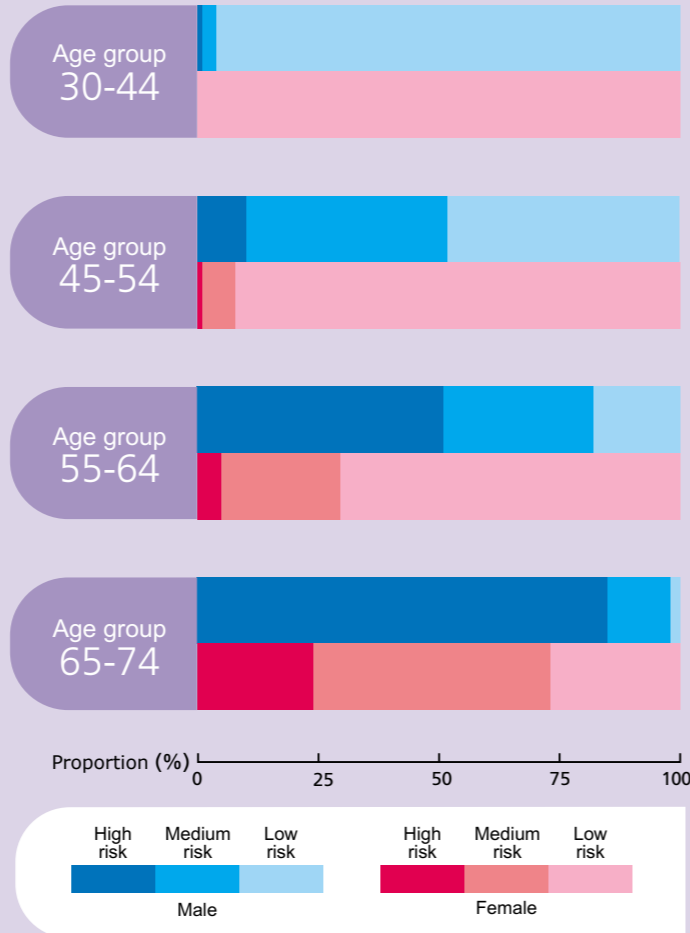


Note: Hypercholesterolaemia refers to total blood cholesterol  $\geq 5.2$  mmol/L and also self-reported doctor-diagnosed hypercholesterolaemia



## Predicted cardiovascular disease risks in next 10 years

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.



Note: Definition of cardiovascular disease risk levels over the next 10 years-  
 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

## Health Advice

Do you have the above unhealthy lifestyle and behaviours?

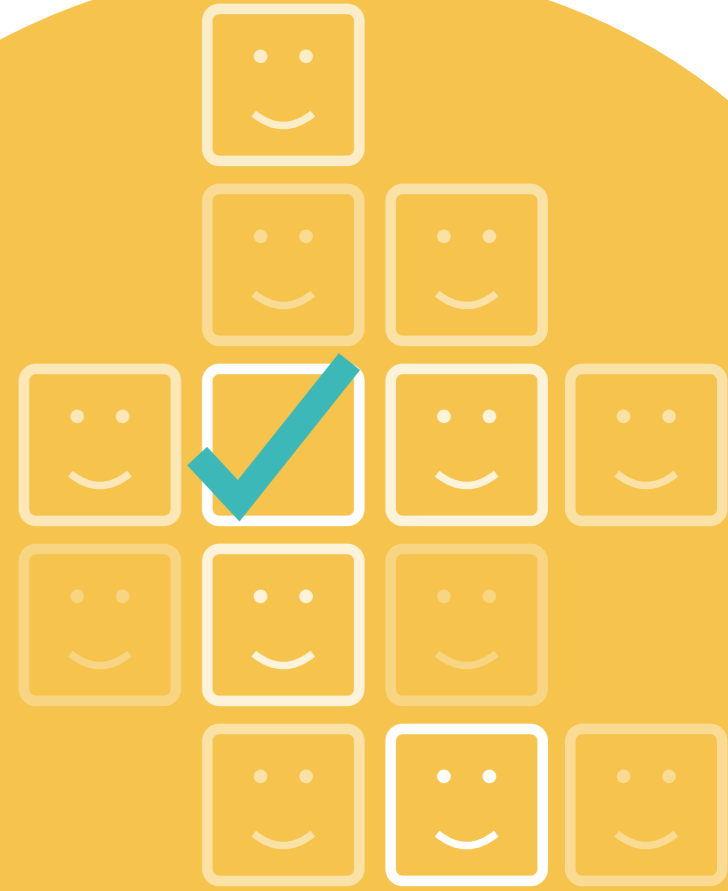
Is it possible that you may already have over weight or obesity, hypertension, diabetes mellitus or hypercholesterolaemia and you may not be aware of having it?

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.



Download full report:  
<http://www.chp.gov.hk/en/static/51256.html>



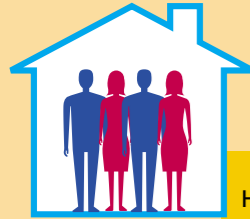
Centre for Health Protection



Department of Health

## Participation Results

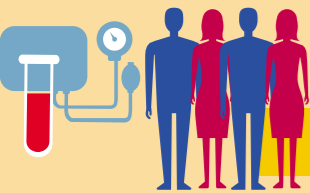
### Household questionnaire (aged 15+)



Domestic households **5,435**  
 Respondents **12,022**

Household response rate **75.4%**

### Health examination (aged 15 to 84)

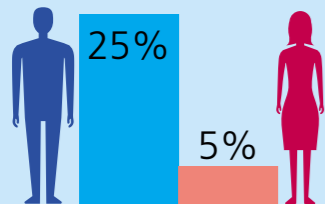
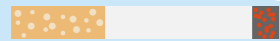


Participants **2,347**

Participation rate **39.5%**

## Unhealthy Lifestyles (Aged 15 or above)

### Current Smoking

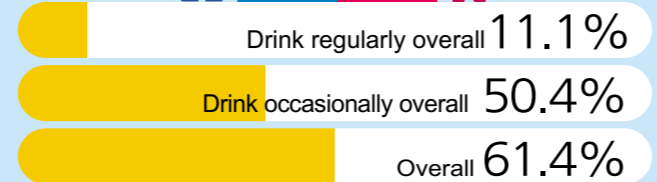
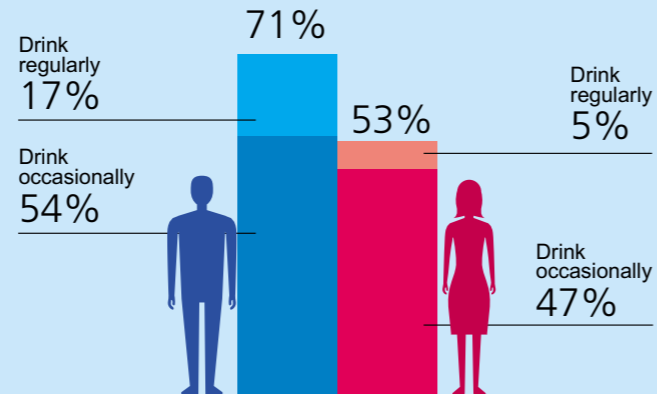


Overall **14.8%**

Figures have been rounded up

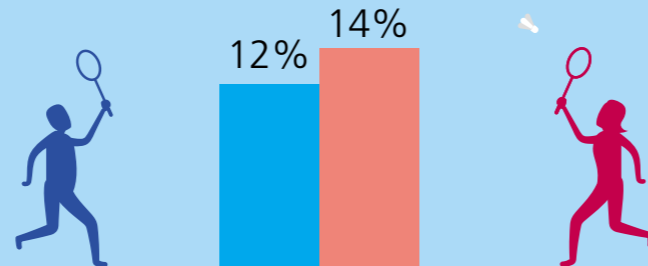


## Alcohol Drinking Habit



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

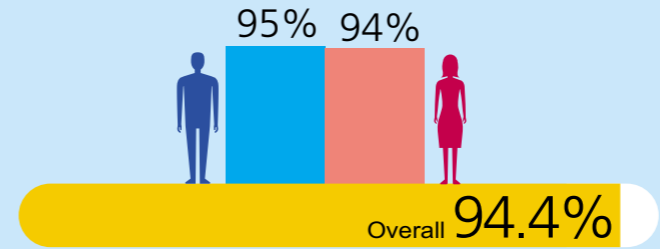
## Inadequate Physical Activities



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

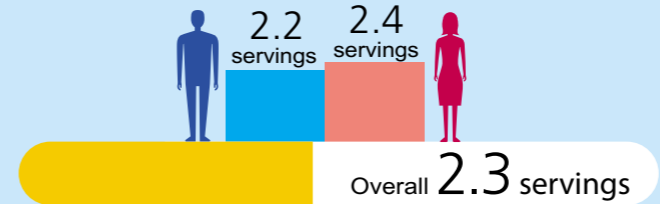


## Inadequate Fruit and Vegetables Consumption

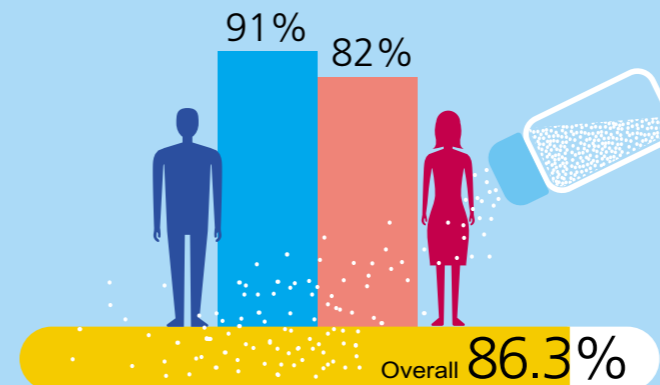


Note: Consuming less than 400g (5 servings) of fruit and vegetables per day

## Average Daily Fruit and Vegetables Consumption



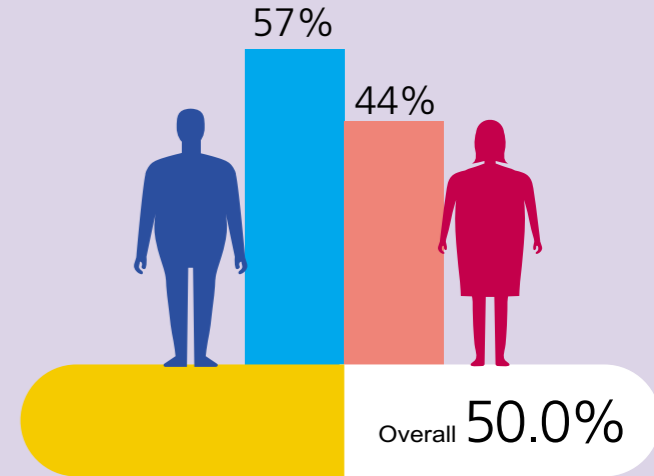
## Excessive Salt Intake (Aged 15 - 84)



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

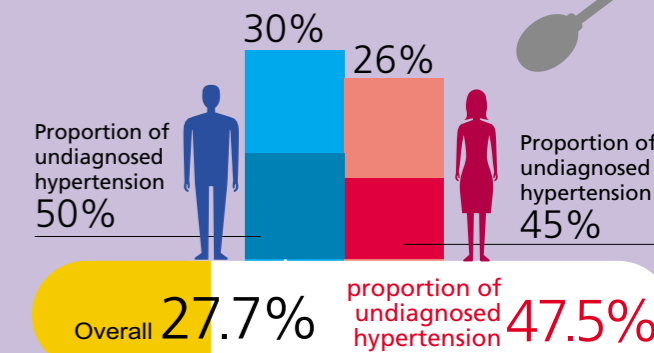
## Chronic Diseases (Aged 15 - 84)

### Overweight and Obesity



Notes: Overweight and obese refers to BMI  $\geq 23.0$  kg/m<sup>2</sup>

### Hypertension



Note: Hypertension (HT) refers to systolic blood pressure  $\geq 140$  mmHg and/or diastolic blood pressure  $\geq 90$  mmHg and also self-reported doctor-diagnosed HT