

EXECUTIVE SUMMARY

RATIONALE FOR A NON-COMMUNICABLE DISEASE STRATEGY AND ACTION PLAN

Hong Kong faces an increasing problem of non-communicable diseases (NCD) which is compounded by population ageing. In 2016, the major NCD, namely cardiovascular diseases including heart diseases and stroke, cancers, diabetes and chronic respiratory diseases, accounted for about 55% of all registered deaths. In the same year, they caused about 104 600 potential years of life lost before age of 70. Poor health impacts on the individual, family and healthcare system, and if not addressed, on society and economy. At least a third of all NCD can be prevented through lifestyle choices if supported by a health-enhancing physical and social environment.

NON-COMMUNICABLE DISEASE PREVENTION AND CONTROL STRATEGY IN HONG KONG

Since 2008, the Government has launched a strategic framework to prevent and control NCD and has set up a high-level Steering Committee on Prevention and Control of NCD (SC), chaired by the Secretary for Food and Health and comprising representatives from the Government, public and private sectors, academia, professional bodies, industry representatives and other key partners, to deliberate on and oversee the overall roadmap for

implementation. Three working groups were set up, with two focusing on promotion of healthy diet, physical activity and reduction of alcohol-related harm. To combat the threat posed by NCD and in line with the World Health Organization (WHO)'s "*Global Action Plan for the Prevention and Control of NCD 2013-2020*" (Global NCD Action Plan), the SC, in 2018, formulated and endorsed a strategy and action plan for prevention and control of NCD by 2025 which defines a set of 9 local NCD targets to be achieved by the same year. This resulted in the publication of the document, "*Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong*" (SAP).

SCOPE

Aligning with the WHO's Global NCD Action Plan, the SAP focuses on four NCD (namely cardiovascular diseases, cancers, chronic respiratory diseases and diabetes) and four shared behavioural risk factors (namely unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol) that are potentially preventable or modifiable and have significant impact on population health.

GOAL

The SAP aims to reduce NCD burden including disability and premature death in Hong Kong by 2025.

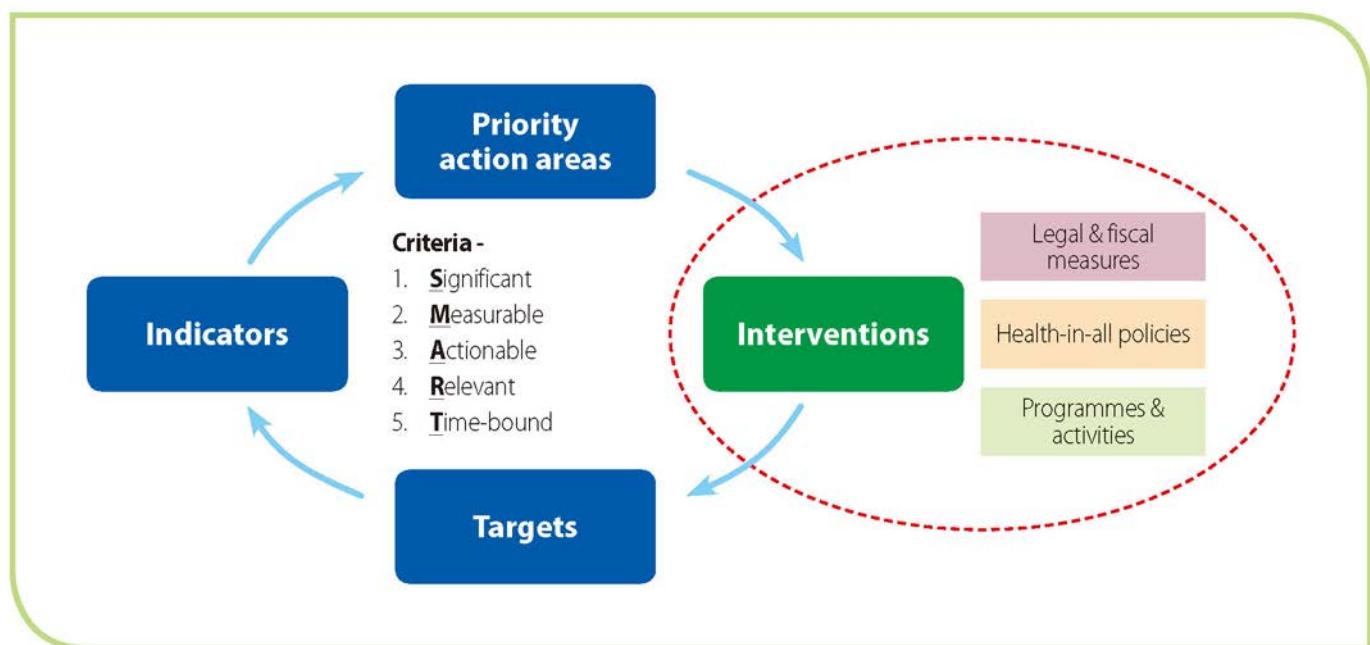
OBJECTIVES

The SAP sets out to prevent and control NCD by achieving the following objectives:-

- (a) Create equitable health-promoting environments that empower individuals to lead healthy lives;
- (b) Strengthen health literacy and capacity of individuals to make healthy choices;
- (c) Strengthen health systems for optimal management of NCD through primary healthcare and universal health coverage; and
- (d) Monitor progress of NCD prevention and control actions with clear targets and indicators adapted from the WHO's global monitoring framework (GMF).

ACCOUNTABILITY FRAMEWORK

Measuring and monitoring NCD helps Hong Kong see where we stand and what actions are most needed. New goals can be set, programmes evaluated and continued progress made towards improving population health. The accountability framework depicted below underpins these crucial elements.



OVERARCHING PRINCIPLES AND APPROACHES

The SAP builds upon public health and health promotion principles and approaches covering:-

- Upstream approach
- Life-course approach
- Focus on equity
- Multisectoral actions
- Health system strengthening
- Universal health coverage
- Evidence-based strategies
- Empowerment of people and communities

KEY PRIORITY ACTION AREAS

The SAP is developed to improve the health of Hong Kong people. It will drive a variety of actions falling within five key areas that fit the acronym **HeALTH**.

- **Healthy Start**
- **Alcohol Free**
- **Live Well and Be Active**
- **Tobacco Free**
- **Healthy Diet**



TARGETS BY 2025

Together, we will work to achieve the following 9 targets by 2025¹:-



Target 1

A 25% relative reduction in risk of premature mortality from cardiovascular diseases, cancers, diabetes, or chronic respiratory diseases



Target 2

At least 10% relative reduction in the prevalence of binge drinking and harmful use of alcohol (harmful drinking/alcohol dependence) among adults and in the prevalence of drinking among youth



Target 3

A 10% relative reduction in the prevalence of insufficient physical activity among adolescents and adults



Target 4

A 30% relative reduction in mean population daily intake of salt/sodium



Target 5

A 30% relative reduction in the prevalence of current tobacco use in persons aged 15+ years



Target 6

Contain the prevalence of raised blood pressure



Target 7

Halt the rise in diabetes and obesity



Target 8

Prevent heart attacks and strokes through drug therapy and counselling



Target 9

Improve availability of affordable basic technologies and essential medicines to treat major NCD

¹ The local NCD targets are adapted from the WHO's GMF of 9 global voluntary targets and 25 indicators. The baseline selected by WHO for all global voluntary targets and indicators is 2010. However, due to local data availability, the baseline adopted by Hong Kong for each target and indicator may vary, with the most recent available data adjacent to 2010 being selected.

NEW STRATEGIC DIRECTIONS

The need to accelerate actions to beat NCD is high on the global and local political agenda. Going forward, we have set new strategic directions in line with WHO's recommendations:-

- (i) Government demonstrating leadership;
- (ii) Schools transformed into healthy settings (e.g. Health Promoting Schools);
- (iii) Supportive physical and social environments created for physical activity;
- (iv) Effective partnerships with primary care professionals; and
- (v) Consideration and adoption of "best buys" and other recommended interventions² at appropriate stages.

MAKING IT HAPPEN

Developing the SAP represented but one milestone in Hong Kong's commitment to address NCD.

While the Government has a leading role in taking the agenda forward, successful prevention and control of NCD relies on collaborative efforts by various important stakeholders including government bureaux and departments, academia, non-governmental organisations, private sector and individuals. We urge everyone to support the SAP and join hands to make Hong Kong a healthier city.

² Tackling NCDs: 'best buys' and other recommended interventions for the prevention and control of noncommunicable diseases. Geneva: World Health Organization, 2017. Available at: <http://apps.who.int/iris/bitstream/10665/259232/1/WHO-NMH-NVI-17.9-eng.pdf>