

PRESS RELEASE

Study shows modest decrease in cardiovascular disease risk in the Hong Kong population

(Hong Kong, 29 May 2024) – **In Hong Kong, cardiovascular diseases (CVDs) are a major cause of mortality. A recent study conducted by researchers at The University of Hong Kong has unveiled insights into the trends of CVD risk in the region over the past decade between 2003 and 2015. The findings of the study have been recently published in the *Hong Kong Medical Journal*.**

The study, which compared data from the Hong Kong Population Health Survey (PHS) 2014/2015 with the previous survey conducted in 2003-2005 (PHS 2003/2004 and Heart Health Survey 2004/2005), focused on individuals aged 30 to 74 years. By utilising the Framingham risk model, researchers calculated the 10-year CVD risk based on factors such as age, hypertension treatment, cholesterol levels, blood pressure, smoking habits, and diabetes.

The study found only a slight decrease in age-standardised CVD risk between 2003-2005 and 2014-2015 (10.7% vs 10.0%), yet the overall risk remained relatively stable. Less participants aged 65 to 74 years were considered high-risk in the 2014-2015 survey compared to the previous one in 2003-2005 (66.8% to 53.1%). This shift could be attributed to a decrease in smoking prevalence among men over the years (30.5% in 2003-2005 vs 24.0% in 2014-2015).

Lead researcher Yu-chien Sung emphasised, 'Our findings highlight the need for adopting a comprehensive public health strategy to tackle multiple cardiovascular risk factors simultaneously. The modest decrease in CVD risk observed over the past decade between 2003 and 2015 can be partly attributed to the decline in male smokers. Therefore, we strongly advocate for the continuation of efforts in this direction.'

'While we observed a modest decline in CVD risk, greater efforts are required to achieve significant reductions. This necessitates interventions targeting multiple risk factors simultaneously.'

The study highlights the importance of ongoing surveillance and intervention strategies to combat CVDs in Hong Kong. By implementing comprehensive public health measures, policymakers and healthcare professionals can work towards achieving substantial improvements in cardiovascular health outcomes.



The article “Changes in cardiovascular disease risk predicted by the Framingham risk model in the Hong Kong population between 2003-2005 and 2014-2015: data from Population Health Surveys” was published in the *Hong Kong Medical Journal*. <https://doi.org/10.12809/hkmj2210513>

新聞稿

研究顯示香港人口心血管疾病風險略微下降

（香港，2024年5月29日） — 心血管疾病在香港是一大致命因素。香港大學的研究人員最近進行的一項研究揭示了 2003 至 2015 年間香港心血管疾病風險的趨勢。相關研究結果已在《香港醫學雜誌》發表。

該研究比較了 2014/2015 年的香港人口健康調查與之前進行的 2003 至 2005 年人口健康調查，重點關注對象是 30 至 74 歲人士。研究人員通過使用弗雷明翰風險模型，根據年齡、高血壓治療、膽固醇水平、血壓、吸煙習慣和糖尿病等因素計算十年的心血管疾病風險。

研究發現，雖然 2003 年至 2015 年間的年齡標準化心血管疾病風險僅略微下降（10.7% 與 10.0%），但整體風險相對穩定。65 至 74 歲參與者被歸納為高風險人士的比例亦有所下降，由 2003-2005 年的 66.8% 降至 2014-2015 年的 53.1%。這種變化可歸因於男性吸煙率下降（2003-2005 年為 30.5%，2014-2015 年為 24.0%）。

主要研究人員宋昱謙強調：「我們的研究結果凸顯採取全面公共衛生策略的重要性。在 2003 至 2015 年期間，心血管疾病風險下降的其中一個原因是男性吸煙者減少。因此，我們強烈主張在這個方向繼續努力。」

「這項研究強調了監測心血管疾病的重要性。透過全面實施公共衛生措施，政策制定者和醫療人員可以實現顯著改善心血管健康結果的目標。」

詳細內容可參閱原文《弗雷明翰風險模型評估的 2003 至 2005 年及 2014 至 2015 年間香港人口心血管疾病風險變化：人口健康調查數據》。

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Source: Brian YC Sung, Eric HM Tang, Laura Bedford, et al. Changes in cardiovascular disease risk predicted by the Framingham risk model in the Hong Kong population between 2003-2005 and 2014-2015: data from Population Health Surveys. Hong Kong Med J 2024;30:Epub 29 May 2024. <https://doi.org/10.12809/hkmj2210513>.

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