

# DH urges the public to measure blood pressure regularly in support of World Hypertension Day

In support of [World Hypertension Day](#), the Department of Health (DH) urged members of the public today (May 17) to be aware of their blood pressure levels, go for regular blood pressure checks and lead a healthy lifestyle to minimise the risk of developing hypertension.

"The [Population Health Survey \(PHS\) 2020-22](#) conducted by the DH showed that 29.5 per cent of non-institutionalised persons aged 15 to 84 in Hong Kong had hypertension, with more than 40 per cent unaware of having hypertension until they underwent the PHS health examination arranged by the DH. Adults are considered to have hypertension if their systolic blood pressure is persistently higher than or equal to 140 millimetres of mercury (mmHg) and/or their diastolic blood pressure is persistently higher than or equal to 90 mmHg. Many people are unaware that they have hypertension as they may not experience symptoms and severe discomfort. Members of the public are encouraged to measure their blood pressure regularly for early detection and treatment," said the Controller of the Centre for Health Protection of the DH, Dr Edwin Tsui.

According to the [Hong Kong Reference Framework for Hypertension Care for Adults in Primary Care Settings](#), healthy adults aged 18 or above should have their blood pressure checked at least once every two years. Individuals may require more frequent blood pressure checks depending on their blood pressure level, age, overall cardiovascular risk profile and doctor's recommendation.

If left unchecked, uncontrolled or not properly treated, hypertension can lead to serious health problems, including stroke, heart attack, kidney failure, and even death. In 2023, there were 1 097 registered deaths in Hong Kong attributed to hypertensive heart disease, 46 deaths due to hypertensive renal disease and another 12 deaths due to hypertensive heart and renal disease. The seriousness of the situation cannot be overlooked.

"According to the PHS 2020-22, the local population aged 15 to 84 consumed a daily average of 8.4 grams of salt, which is 168 per cent of the total daily salt intake (less than 5g, or around 1 level teaspoon) recommended by the World Health Organization. The higher the salt intake, the higher the risk of hypertension. This is often overlooked by the general public," Dr Tsui remarked.

A healthy lifestyle that includes cutting back on salt intake and having a balanced diet, staying physically active and limiting sedentary behaviour, not smoking and refraining from drinking alcohol can help reduce the risk of hypertension or control hypertension. The DH has been working with other government departments and community partners to promote healthy lifestyles and foster a health-enhancing environment.

In addition, the Primary Healthcare Commission is actively promoting the Life Course Preventive Care Plan through District Health Centres and family doctors, thereby enhancing public awareness of disease prevention and establishing a healthy lifestyle as well as assisting citizens to develop a personalised preventive care plan across different life stages. Family Doctors and primary healthcare professionals will collaborate to provide health advice and education (including hypertension) according to age, sex and personal factors. The Government has also launched the Chronic Disease Co-Care Pilot Scheme (CDCC Pilot Scheme) to subsidise Hong Kong residents aged 45 and above with no known medical history of diabetes mellitus or hypertension to undergo screening, and to receive consultation services on a co-payment basis in the private healthcare sector through pairing with a family doctor of their choice, thereby achieving the goal of "early prevention, early identification and early treatment". The CDCC Pilot Scheme has expanded to cover blood lipid testing for eligible participants from March 28 this year, allowing a more comprehensive approach to the assessment and proper management of cardiovascular disease risk factors, including the "three highs" (high blood pressure, high blood sugar and high cholesterol). For more details, please visit the dedicated [website](#) of the CDCC Pilot Scheme of the Health Bureau.