

# Public urged to adopt healthy lifestyle in support of World Cancer Day 2025

The Department of Health (DH) today (February 4) urged members of the public to support World Cancer Day 2025 by adopting a healthy lifestyle and initiating early detection of cancer through screening.

World Cancer Day has been designated on February 4 every year by the Union for International Cancer Control since 2000 to increase worldwide awareness of cancer and to combat cancer together. This year's theme, "United by Unique", emphasises the importance of placing people at the centre of cancer care. Every patient is unique, and it takes a united effort to help patients receive comprehensive care and lead better lives.

"The Government has long upheld the principle of putting people at the centre of cancer prevention and control. Cancer is the top killer in Hong Kong, causing nearly 15 000 deaths registered in 2023. In 2022, more than 35 000 new cancer cases were diagnosed in Hong Kong, and the five most common cancers were lung, breast, colorectal, prostate and liver cancers. Given the ageing population, the number of new cases and healthcare demands are expected to further increase," a spokesman for the DH said.

About 40 per cent of all cancers can be prevented through the adoption of a healthy lifestyle and the reduction of exposure to major risk factors, such as refraining from smoking or alcohol consumption, being physically active, having a balanced diet, and maintaining a healthy body weight and waist circumference. The DH has launched a series of health promotion programmes targeting various age groups to raise public awareness of health issues through education and publicity. To systematically and comprehensively improve public health, the "Chief Executive's 2024 Policy Address" announced that the Government will formulate a life-course approach health promotion strategy having regard to Hong Kong's demographic structure and the health needs of different social groups, and will draw up health management plans according to different age groups and health statuses.

To shift the emphasis of the healthcare system and mindset from treatment-oriented to prevention-oriented, the Government is reforming healthcare services with the establishment of the District Health Centres (DHCs) that provide health promotion, health risk factors assessment, disease screening and chronic disease management. In this regard, the DHCs and DHC Expresses (collectively referred to as "DHCs") have been established in all 18 districts across the territory. Steered by the Primary Healthcare Commission (PHCC), the DHCs actively promote the "Life Course Preventive Care plan". Based on the core principles of prevention-oriented and whole-person care, a personalised preventive care plan will be formulated to address the health needs of citizens across different life stages based on the most updated evidence. Family doctors and primary healthcare professionals

collaborate to promote healthy lifestyles and disease prevention, including providing education and vaccination for cancer prevention, and advising on cancer screening services according to personal risk factors.

On cancer screening, the Government adopts an evidence-based approach to achieve early cancer detection, which is essential for initiating early treatment and enhancing survival. So far, the Government has implemented the Cervical Screening Programme, Colorectal Cancer Screening Programme, and the risk-based Breast Cancer Screening Pilot Programme (BCSPP). The PHCC will launch a pilot programme to subsidise hepatitis B screening by the end of this year, aiming for early detection and treatment of chronic hepatitis B to reduce the risk of complications (such as cirrhosis and liver cancer). The DH spokesman also reminds the public to talk to their doctors to understand the benefits and limitations of screening tests before making an informed decision to undergo cancer screening. Relevant health advice is available on the [website](#) of the Centre for Health Protection or via the "@DH mobile application".

In addition to cancer prevention and screening, the Hospital Authority (HA) has implemented a host of measures to enhance cancer care services. A multidisciplinary approach is adopted for diagnostic services to provide timely investigations and diagnoses for suspected cancer patients. The HA has piloted this service model for suspected lung cancer patients and will explore suitable service expansion. With the installation of new linear accelerators in HA hospitals in phases from this financial year, the service capacity for cancer treatment will be enhanced. Meanwhile, the HA has also expanded the coverage of the Drug Formulary by incorporating new cancer treatment drugs and broadening the scope of clinical applications of existing Special Drugs. Being patient-centred, the HA has devised personalised care programmes, such as the Cancer Case Manager Programme and Systemic Anti-cancer Therapy Clinic service, to better support patients along their cancer journey.

The Government will continue to adopt a multipronged approach to prevent and control cancer and is committed to providing appropriate treatment for all cancer patients. To learn more about World Cancer Day, please visit [www.worldcancerday.org](http://www.worldcancerday.org).