

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.

Secretary for Health to attend 78th World Health Assembly in Geneva

The Secretary for Health, Professor Lo Chung-mau, will depart for Geneva, Switzerland, in the early hours tomorrow (May 18) to attend the 78th World Health Assembly (WHA) of the World Health Organization (WHO).

Professor Lo will attend the 78th WHA on May 19 (Geneva time) as a member of the Chinese delegation. The theme of this year's Assembly is "One World for Health". The key discussions will cover universal health coverage, prevention and control of non-communicable diseases, antimicrobial resistance, health emergency preparedness and response, mental health and social connection, standardisation of medical devices nomenclature and the International Health Regulations.

During his visit in Geneva, Professor Lo will take the opportunity to exchange views with senior officials of the WHO and other member states on public health-related issues.

The Director of Health, Dr Ronald Lam, will accompany Professor Lo to Switzerland. They will return to Hong Kong on May 22. During Professor Lo's absence, the Under Secretary for Health, Dr Libby Lee, will be the Acting Secretary for Health.

Regional flag day today

Three charities have been issued Public Subscription Permits to hold flag sales from 7am to 12.30pm today (May 17). They are, on Hong Kong Island, Save the Children Hong Kong Limited; in Kowloon, the Hong Kong Road Safety Association; and in the New Territories, the Hong Kong Down Syndrome Association, a spokesman for the Social Welfare Department (SWD) said.

Arrangements have been made with the charities to help people to distinguish among the three flag-selling activities.

Information on the three flag-selling organisations on May 17 is as follows:

Region	Name of organisation	Colour of collection bag	Colour of flag
Hong Kong Island	Save the Children Hong Kong Limited	Red	Sky blue
Kowloon	The Hong Kong Road Safety Association	Blue	Sky blue
New Territories	The Hong Kong Down Syndrome Association	Green	Light green

Details of the charitable fund-raising activities, including any updated information, covered by the issued Public Subscription Permits have been published on the GovHK website (www.gov.hk/en/theme/fundraising/search). Permits for flag days containing information on contact methods of the flag-selling organisations and the approved flag-selling activities have also been uploaded to the SWD's website (www.swd.gov.hk/en/ngo/controlofc/flagdays) for reference. For enquiries, please call the SWD's hotline at 2343 2255, or the designated hotline of the 1823 Call Centre at 3142 2678.

In the case of suspected fraudulent flag day activities, people should not make any donation and should immediately report the matter to the Police, the spokesman added.

SCMA visits Hungary to promote development opportunities in GBA (with photos)

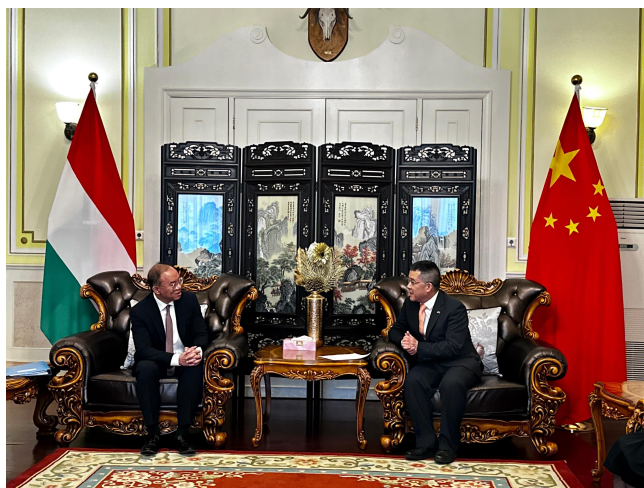
The Secretary for Constitutional and Mainland Affairs, Mr Erick Tsang Kwok-wai, and the Commissioner for the Development of the Guangdong-Hong Kong-Macao Greater Bay Area, Ms Maisie Chan, are currently on duty visit to Hungary to promote the development opportunities of the Guangdong-Hong Kong-Macao Greater Bay Area (GBA).

Mr Tsang arrived in Budapest, Hungary on May 15 (Hungary time) and called on the Chinese Ambassador to Hungary, Mr Gong Tao. Today (May 16) he met with the State Secretary for Bilateral Relations at the Ministry of Foreign Affairs and Trade of Hungary, Ms Boglárka Illés, and Deputy Speaker of the National Assembly of Hungary Dr Lajos Oláh, to share views on issues relating to the promotion of exchange and collaboration between Hong Kong and Hungary.

Mr Tsang also attended today the Guangdong-Hong Kong-Macao Greater Bay Area – Europe (Hungary) Economic and Trade Cooperation Exchange Conference jointly organised by the People's Government of Guangdong Province, the Hong Kong Special Administrative Region Government and the Macao Special Administrative Region Government to promote the business opportunities brought about by the GBA to the European business community, and Hong Kong's position as a GBA's international entry point and roles as a "super connector" and "super value-adder". Speaking at the conference, he encouraged enterprises and talents to capitalise on Hong Kong's unique advantages of having staunch support of the motherland and being closely connected to the world by establishing foothold in the city and tapping into the huge market of the GBA, and to turn challenges into endless opportunities under the current international situation.

Mr Tsang emphasised that under "one country, two systems", Hong Kong would continue to maintain its status as a free port, implement a free trade policy, maintain the free flow of capital, goods, people and information, and firmly support a rules-based multilateral trading system.

Mr Tsang will depart for Cairo, Egypt, on May 17 to attend the Guangdong-Hong Kong-Macao Greater Bay Area – Africa (Egypt) Economic and Trade Cooperation Exchange Conference to be held there. He will return to Hong Kong on May 19.



Labour Department investigates fatal work accident in Sheung Shui

The Labour Department (LD) is investigating a fatal work accident that happened in Sheung Shui this afternoon (May 16) in which a man died.

The LD immediately deployed staff to the scene upon receiving a report

of the accident, and is now conducting an investigation to look into its cause.