



Centre for Health Protection

Let's support



Department of Health

Population Health Survey 2020



To understand the health status of the Hong Kong population, their health-related lifestyle practices and collect other important health information, the Department of Health (DH) is conducting a territory-wide population health survey (PHS). The aim of this survey is to strengthen the Government's information base to assess health status of the population of Hong Kong.

Target population

Hong Kong land-based non-institutional population aged 15 or above.

The PHS comprises two parts:

A Household interview and self-administered questionnaire

A sample of quarters is selected by DH using a scientific method. Invitation letters will be sent to the selected quarters by post before the household visits or brought by the interviewers during the visit. Each interviewer will carry an identity card issued by DH for identification purpose. The interviewers will conduct personal interviews with all eligible members aged 15 or above in the households, and they will also be invited to fill in a self-administered questionnaire. Moreover, all respondents aged between 15 and 84 will be invited to participate in and sign a consent form for health examination. For verification of the interviewer's identity, please call 3900 1194 between 9:00 a.m. and 10:00 p.m. from Monday to Sunday (including public holidays).

The interviewers will ask about your physical and psychosocial health status, health-related lifestyle practices, preventive health practices and some household information.



All data collected will only be used for research and statistical purposes. Survey results will only be released in aggregated form. All personal data and contact information collected will be kept strictly confidential and disposed of safely within 6 months after completion of the survey. Personal identifiable information will **NOT** be disclosed to any unauthorised party without your consent.



B Health examination

Selected respondents will further be invited to undergo health examination. The health examination is **free of charge** and the process will take about 45 to 60 minutes. Health examination reports and appropriate health advice will be given, free of charge, to those who joined the health examination. The health examination items include:

Physical measurements

- blood pressure, body height and weight, waist and hip circumference;

Biochemical tests

- lipid profile (e.g. total cholesterol, LDL-cholesterol, HDL-cholesterol and triglyceride);
- tests for HbA1C and fasting plasma glucose;
- tests for iron status (e.g. haemoglobin, serum ferritin and serum iron);
- tests for viral hepatitis (e.g. hepatitis A, C & E antibodies and hepatitis B antigens);
- spot urine test for iodine; and
- 24-hour urine test for sodium, potassium and creatinine.

*Note: For follow-up management of your health examination results, please consult your family doctor directly. Such arrangements and fees will not be met from the PHS.

If you have been selected to participate in the health examination, you will receive a phone call **within six months of completion of the household interview**, to make appointment on health examination. Otherwise, you may consider yourself not selected for the health examination.



Enquiry

Telephone enquiry for PHS 2020, please call the Department of Health at 2426 5208 (during office hours).



Further information

You may visit the website of the Centre for Health Protection at www.chp.gov.hk for further information.

If your family is invited to take part in PHS 2020, please give us your generous support. Your active participation is helpful for improving public health in Hong Kong. As a token of appreciation, DH will provide cash coupon to each of the household interview participants. Additional cash coupons will be provided to those who have completed the health examination.



Received invitation letter



www.chp.gov.hk

Partnership for Healthy Cities | Bloomberg Philanthropies | Vital Strategies

The Partnership for Healthy Cities is supported by Bloomberg Philanthropies, in partnership with the World Health Organization (WHO) and Vital Strategies. It supports the Population Health Survey 2020 as an evidence-based intervention to prevent non-communicable diseases.