



賽馬會長者計劃新里程
A Jockey Club Initiative for Seniors

新聞發佈會 Press Conference

香港的長者情況良好嗎？ How Well are Seniors in Hong Kong Doing?

捐助機構：
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計劃夥伴：
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長者的安康狀況 Well-being of the Seniors

除了晚年時的各種問題如疾病及殘障外，其他因素如生活習慣及積極參與社交活動，對反映長者的安康狀況也同樣重要

Apart from negative outcomes such as morbidity and disability in the late stage of life, aspects like lifestyle and social engagement are also important in determining the well-being of the seniors



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安康指標 Well-being Indicator



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香港長者的安康狀況如何？
How well are seniors in Hong Kong doing?

與其他經濟發達國家的長者相比如何？
How do they compare with those in other economically developed countries?



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「流金頌」計劃 Cadenza Project

「流金頌：賽馬會長者計劃新里程」進行了一項研究以剖析有關問題
“CADENZA: A Jockey Club Initiative for Seniors” conducted a study to address these research questions

本港首個有系統地比較香港與國際長者狀況的研究
The first study in Hong Kong which systematically compared the well-being of the seniors in Hong Kong with other countries



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研究目的 Study Objectives

- 探討本港長者的安康情況
Understand the well-being of seniors in Hong Kong
- 比較香港與世界各個經濟發達國家長者的情況
Compare with economically developed countries in both the East & the West
- 促進香港長者的安康狀況
Enhance the well-being of the seniors



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研究結果 Findings

- 詳細研究結果已輯錄於《長者安康狀況 -- 香港與國際的比較》報告書

Detailed findings are compiled in a book entitled "How Well are Seniors in Hong Kong Doing? An International Comparison"

要點 Highlights



備註 Note

- 基於研究概念及方法的差異，本研究只能從廣義層面作國際比較

Due to the possible differences in conceptualization & compilation methods, the international comparisons presented can only be interpreted in a broad sense

- 有關數據來源詳情，請參考報告書

For the full list of references, please refer to our publication

(Chau and Woo, 2008)

參考資料 Reference:
Chau PH and Woo J. (2008). How Well Are Seniors in Hong Kong Doing? An International Comparison. Hong Kong: The Hong Kong Jockey Club.

營養與影響健康的生活習慣 Nutrition & Health-related Lifestyle

Chapter 2 Nutrition and Health-related Lifestyle

營養 Nutrition

- 香港長者普遍進食充足的蔬菜

Seniors in Hong Kong generally consumed adequate amount of vegetables

- 香港長者應該多吃水果

Seniors in Hong Kong should consume more fruits

蔬菜進食量 Consumption of Vegetables

每天進食兩份或以上蔬菜的長者比例 Proportion of seniors who ate ≥ 2 servings of vegetables a day



水果進食量 Consumption of Fruits

每天進食兩份或以上水果的長者比例
Proportion of seniors who ate ≥ 2 servings of fruits a day

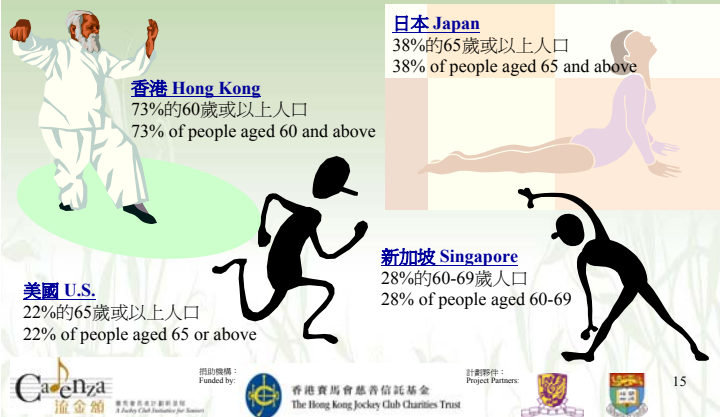


健康的生活習慣 Healthy Lifestyle

- 大部份香港的長者有定期做運動的習慣
Most seniors in Hong Kong had a habit of doing exercise regularly

運動 Physical Exercises

2004年習慣定期做運動的長者比例
Proportion of seniors having physical activities/exercises regularly, 2004

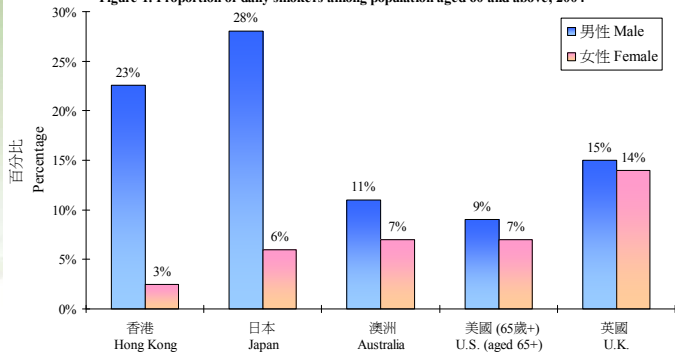


不良的生活習慣 Unhealthy Lifestyle

- 習慣每日吸煙的香港女性長者較少
Hong Kong had a relatively lower prevalence of female daily smokers
- 習慣每日吸煙的香港男性長者則較多
But Hong Kong had a relatively higher prevalence of male daily smokers

吸煙 Smoking

圖一. 2004年習慣每日吸煙的60歲或以上人士的比例
Figure 1. Proportion of daily smokers among population aged 60 and above, 2004



社交 Social Networking & Engagement

Chapter 3 Social Networking and Engagement

社交 Social Networking & Engagement

- 香港長者從事正規就業、義務工作及持續學習方面相對較少

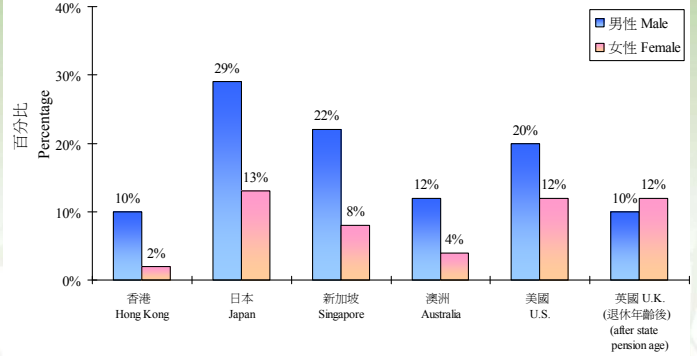
The seniors in Hong Kong were relatively less active in formal employment, voluntary work and lifelong learning

- 香港長者在照顧他人及參與社交活動方面相對積極

The seniors in Hong Kong were generally active in care giving and social activities

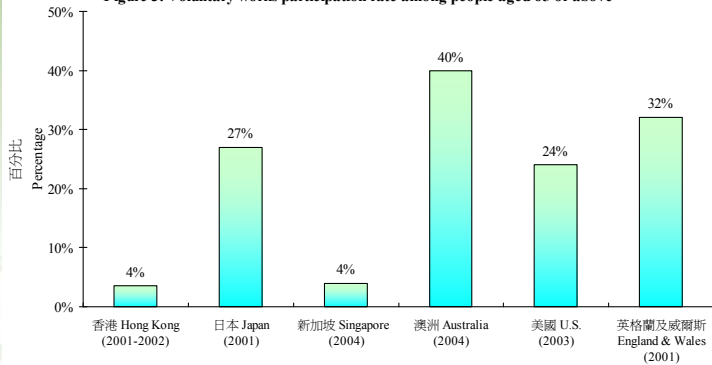
正規就業 Participation in Formal Employment

圖二. 2006年65歲或以上勞動人口參與率
 Figure 2. Labour force participation rate among people aged 65 or above, 2006



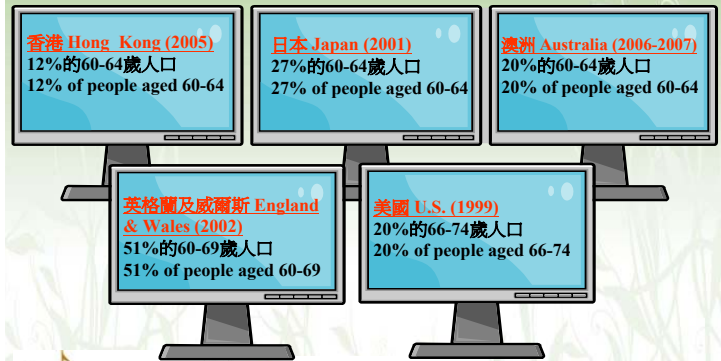
參與義務工作 Participation in Voluntary Works

圖三. 65歲或以上人口的義務工作參與率
 Figure 3. Voluntary works participation rate among people aged 65 or above



持續學習 Lifelong Learning

參與持續學習的長者比例
 Proportion of seniors participated in lifelong learning



長者照顧他人 Care Provided by the Seniors

照顧家人或其他人的長者比例
 Proportion of seniors having provided care to family members or others

香港 Hong Kong (2000)
 22% 的60歲或以上人口
 22% of people aged 60 and above



澳洲 Australia (2003)
 19% 的65歲或以上人口
 19% of people aged 65 and above



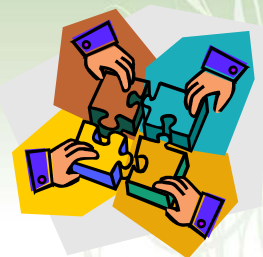
英格蘭及威爾斯 England & Wales (2001)
 11% 的65歲或以上人口
 11% of the population aged 65 and above

參與社交活動 Participation in Social Activities

參與社交活動的長者比例
 Proportion of seniors participated in social activities

香港 Hong Kong (2001-2002)
 63% 的65歲或以上人口在進行調查前3個月曾參與某些社交活動
 63% of people aged 65 and above had participated in some kind of social activity during the 3 months preceding the survey

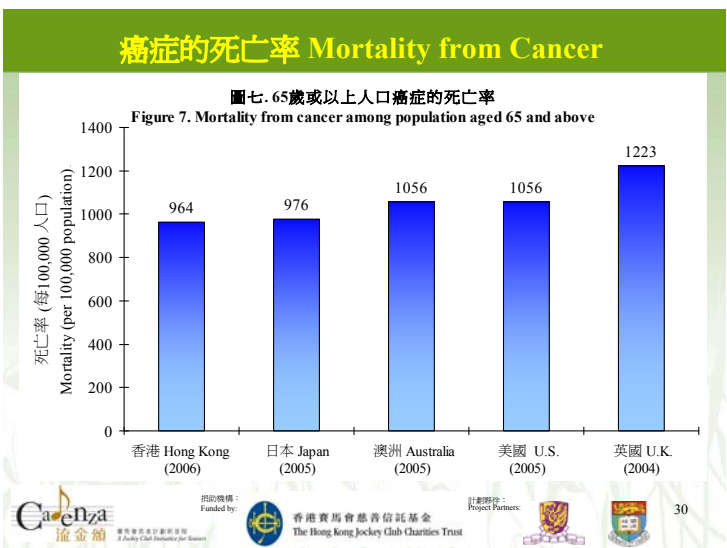
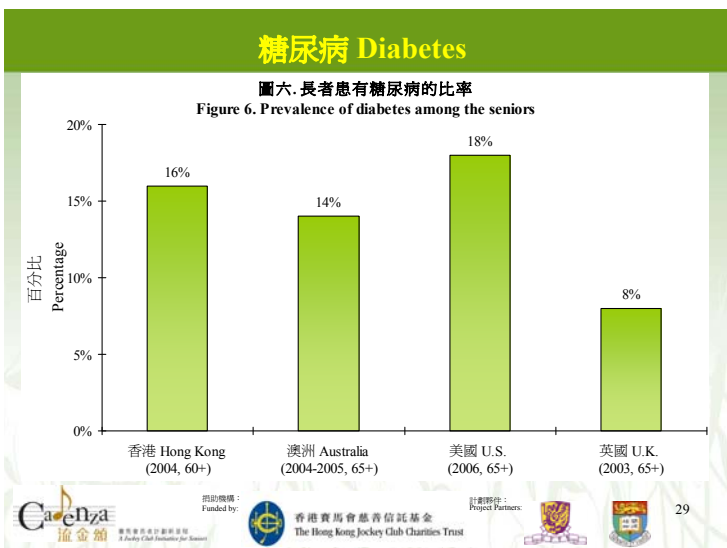
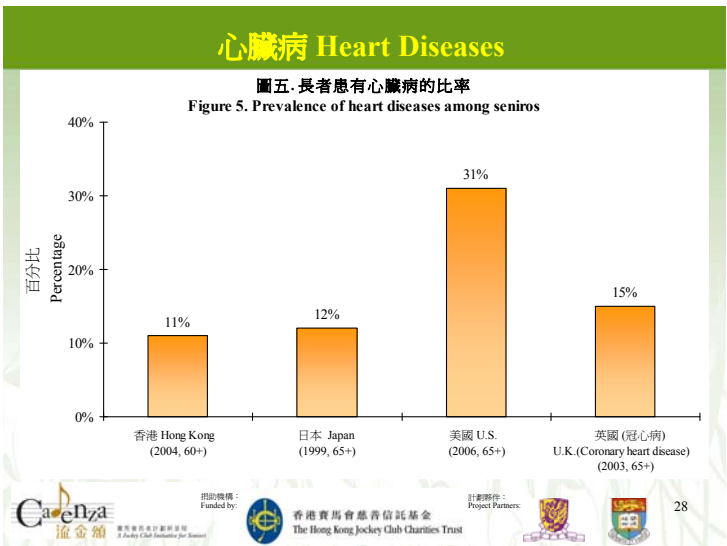
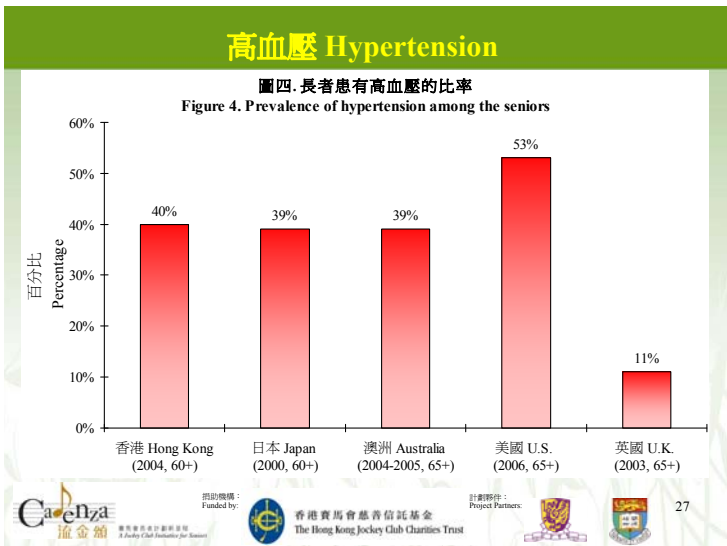
澳洲 Australia (2006)
 61% 的65歲或以上人口在進行調查前12個月曾積極參與社交或支援小組
 61% of people aged 65 and above actively participated in a social or support group in the 12 months preceding the survey



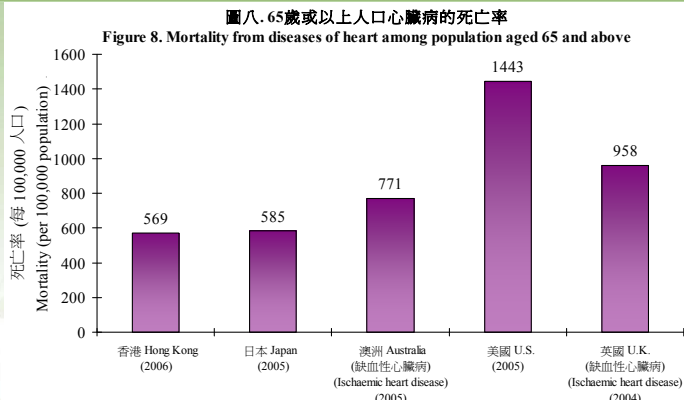


健康狀況 Health Status

- 香港長者患有高血壓和糖尿病的比率與其他國家相近
Hong Kong had similar prevalence of hypertension and diabetes as in other countries
- 香港長者患有心臟病的比率大致較低
Hong Kong had relatively lower prevalence of heart diseases
- 香港長者死於癌症及心臟病的比率則相對較低
The seniors in Hong Kong had lower mortality rates from cancer and diseases of the heart



心臟病的死亡率 Mortality from Diseases of Heart



總結 Conclusion

- 香港長者普遍生活得健康而積極
The senior population in Hong Kong generally live a healthy & active life
- 香港長者在生活習慣、社交活動及健康的狀況，與其他經濟發達國家的長者相若
The lifestyle, social engagement and health status of seniors in Hong Kong are comparable to other well developed economies

「流金頌」的角色 Role of CADENZA

- 這是「流金頌：賽馬會長者計劃新里程」其中一項以研究為基礎的計劃，以維護及改善健康生活
This is one of the public awareness programs based on research findings of the project entitled “*CADENZA: A Jockey Club Initiative for Seniors*”, which targets health maintenance and improvement of health environment

人口老化 Ageing

- 香港人口老化的情況將日漸追上已面對人口老化挑戰多年的日本
While Japan has been facing ageing issues for many years, Hong Kong will soon catch up
- 預期到二零二零年時，香港的長者所佔人口比例將達25%，僅次於日本的28%
By 2030, seniors are expected to constitute 25% of Hong Kong's population, just slightly less than that in Japan (28%)

前瞻 The Way Forward

- 針對研究指出有關香港長者較為優越及略為遜色之處，我們應加以提升及改善，從而促進長者的安康
Targeting at the favourable and less favourable aspects, we should improve the current situation and take to a higher standard so as to enhance the well-being of the seniors

建議 Recommendations

- 要達致成功及豐盛晚年，長者要
To enhance the well-being of seniors, seniors should
 - 維持均衡飲食
have balanced diet
 - 作適量運動
have ample exercise
 - 避免煙酒
avoid excessive alcohol drinking and smoking
 - 積極投入社交生活
be active in social life
 - 貢獻家庭及社會
contribute to family and society
 - 於有需要時尋求適當協助
seek suitable assistance on need basis

查詢 Enquiry

有關「流金頌」的詳細資料可經下列途徑索取：

Further information on CADENZA can be obtained via:

- ✦ 網址 Website: www.cadenza.hk
- ✦ 電郵 Email: info@cadenza.hk
- ✦ 電話 Telephone: 2219-4271

歡迎提問
Q & A