

Men Health

In Hong Kong, life expectancy at birth of male is 78.0 years in contrast to 83.9 years in female in 2000, with a differential of 5.9 years. This gender discrepancy in life span, like in many other developed countries, has been in existence for a long time.

The gender gap in health is generally attributed to factors such as gender differences in lifestyle behaviours, risk-taking behaviours, occupational hazard exposures, awareness of health information, inclination to seek medical advice, health care utilisation, practice of preventive health care, attitude towards stress, social support, and intrinsic biological differences such as overall disease susceptibility between the sexes.

In view of these behavioural, social and biological differences affecting health between the sexes, a gendered approach to planning and provision of public health care could be useful in better meeting the health needs of the individual sexes. The Department will develop a men's health programme to focus on important issues of greatest impact to the health of men and address the underlying determinants. In collaboration with different stakeholders of the community, various programme activities targeting at community, workplaces and health care facilities will be carried out.

男性健康

二零零零年，香港男性出生時的平均預期壽命為 78.0 歲，女性為 83.9 歲，兩者相差 5.9 歲。跟大部分其他發達國家一樣，香港兩性壽命的差異存在已久。

兩性在健康上的差異大抵上可歸因於以下因素：兩性不同的生活方式、可能影響健康的行為、職業危險性、健康知識水平、求診意向、使用醫護服務比率、保健習慣、面對壓力的態度和社交支持方面的差異，以及兩性在生理上的差異。

鑑於上述影響兩性健康的行為、社交和生理差異，按性別策劃和提供公共醫護服務可有助更能滿足兩性的健康需要。本署會制定男性健康計劃，集中處理影響香港男性人口的重要健康課題及成因。本署會與社會上不同相關人士合作，在社區、工作和醫護設施等地點進行各種健康推廣活動。