

Elderly Health

Hong Kong is currently in face of a population-ageing phenomenon, as in other developed countries. The proportion of the elderly (i.e. aged 65 or above) has been increased from 6.4% in 1980 to 10.9% in 2000, and the proportion is expected to increase in the future. Coupled with rising risk of disease and death with advancing age, health of elderly has been gaining increasing concern.

The major causes for morbidity and mortality among the elderly are non-communicable diseases. The leading causes of death in elderly are cancer, heart diseases, cerebrovascular disease and pneumonia. The General Household Survey in 2000 revealed that about 70% of the elderly (aged 60 or above) reported to have chronic diseases, the top three being hypertension, arthritis and eye diseases.

Issues associated with prevention, early intervention and improvements in management and rehabilitation of these chronic diseases and disability are emerging as major challenges and have been accorded increasing priority for attention.

Apart from the technical advances, it is clear that a great deal can be achieved by promoting healthy lifestyles such as proper diet and exercise, which definitely have a vital role to play in preventing chronic diseases and alleviating many of the associated complications. To achieve healthy ageing, this requires a co-ordinated and comprehensive approach with joint efforts from the Government, non-governmental organisations and the wider community including older persons themselves.

長者健康

香港跟其他發達國家一樣，人口持續老化。長者（即年滿 65 歲或以上人士）佔人口的比例，從一九八零年的 6.4% 上升至二零零零年的 10.9%，預計有關比例會在未來上升。加上隨着年齡增長，患病和死亡機會增加，長者健康日益受到關注。

長者發病和死亡的主因是非傳染病。導致長者死亡的主要疾病是癌症、心臟病、腦血管病和肺炎。二零零零年綜合住戶統計調查顯示，約有 70%（年滿 60 歲或以上的）長者據報患有慢性疾病，首三項是高血壓、關節炎和眼疾。

與該等慢性疾病和殘疾的預防、及早治療和改善護理及康復工作有關的事宜現正成為本港醫護制度的重大挑戰，並列為重點處理項目。

除了科技發展外，提倡均衡飲食、適量運動等健康生活方式顯然可取得巨大成效。健康生活方式肯定對預防慢性疾病、減輕許多相關的併發症起着重大作用。要令長者安享健康晚年，政府、非政府機構和市民包括長者本身必須同心協力，落實全面的長者健康計劃。