

# World Stroke Day heightens public vigilance against stroke

â€‹The Department of Health (DH) today (October 29) urged members of the public to take positive steps and lead a healthy lifestyle to prevent stroke. This appeal was made in support of [World Stroke Day](#), held on October 29 every year, to increase awareness and drive action on stroke around the world.

"Stroke is a major cause of morbidity and death. Globally, over 12 million people have strokes each year. In Hong Kong, stroke was the fifth commonest cause of death with 3,057\* registered deaths in 2022," a spokesman for the DH said.

According to an international study, up to 90 per cent of strokes worldwide were collectively attributed to 10 risk factors, including smoking, alcohol consumption, physical inactivity, unhealthy eating habits, psychosocial factors, abdominal obesity, hypertension, blood lipid disorder, diabetes and cardiac causes.

Locally, such modifiable risk factors of stroke are also common. The Thematic Household Survey conducted in 2021 reported that 9.5 per cent of persons aged 15 and above had a habit of daily cigarette smoking. The DH's Population Health Survey 2020-22 also observed that 8.7 per cent of persons aged 15 or above drank at least once a week. Regarding physical activity participation, 24.8 per cent of persons aged 18 or above performed an insufficient level of physical activities. Furthermore, 83.9 per cent of the population aged 15 to 84 had excessive salt intake; 54.6 per cent were overweight or obese by body mass index and 37.8 per cent were centrally obese by waist measurement; 29.5 per cent had hypertension; 8.5 per cent had diabetes; and 51.9 per cent had hypercholesterolaemia.

The spokesman advised that stroke risk can be reduced by adhering to a healthy lifestyle. Members of the public are advised to eat a balanced diet and limit the consumption of fat, salt and sugar; engage in at least 150 to 300 minutes of moderate-intensity aerobic physical activity (such as brisk walking) or equivalent amounts of physical activity throughout the week; avoid smoking; and refrain from alcohol consumption.

The DH has been sparing no effort in increasing the population's participation in physical activity. In particular, the 10,000 Steps a Day campaign has been launched to encourage adults to gradually increase their daily step goal to 10 000 based on their own physical conditions, abilities, pace and individual circumstances. The campaign will enter its second phase this year, and a walking challenge with the slogan of "Walk Together for Health and Happiness" will be launched next month. For details, please refer to [www.10000stepsaday.hk/?lang=en](http://www.10000stepsaday.hk/?lang=en).

To further reduce the risk of having a stroke, the spokesman reminded

members of the public to regularly check for "triple H" conditions (high blood pressure, high blood glucose and high blood lipids) with early intervention if indicated. Members of the public can consult doctors about the said screenings.

The DH will continue to step up efforts in increasing people's health literacy, enhancing public awareness about the importance of healthy living in stroke prevention, working in close partnership with other government bureaux and departments as well as community partners to build a health-enhancing environment.

For more information about the Government's initiatives and actions to prevent and control non-communicable diseases including stroke, please visit the thematic website at [www.change4health.gov.hk/en/saptowards2025/](http://www.change4health.gov.hk/en/saptowards2025/).

\*Provisional Figure

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## Liquor Licensing Board to meet on Tuesday

The following is issued on behalf of the Liquor Licensing Board:

The Liquor Licensing Board (LLB) will meet on Tuesday (October 31) to consider two applications for new issue, transfer and renewal of liquor licences.

The applications are (not in order of discussion):

New Territories:

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The Kitchee Bistro in Sha Tin

"Wah Fei Kee" in Tsuen Wan

The meeting will be held at 9.45am in the conference room, Room 102, 1/F, 258 Queen's Road East, Wan Chai. Members of the public are welcome to attend.

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# CSD to hold autumn fair this Saturday

The Correctional Services Department (CSD) Sports Association will hold the CSD's 68th Autumn Fair at the football field adjacent to Stanley Prison on November 4 (Saturday). Members of the public are welcome to attend. Admission is free.

The theme of this year's Fair is "Promoting Chinese Culture", under which the venue decoration, booth design and some of the handicrafts made by persons in custody will incorporate elements of Chinese culture. Visitors are welcome to wear traditional Chinese costume to attend the event.

A variety of delightful activities will be held for family enjoyment. An experience zone to promote Chinese culture will be set up in the venue, where participants can enjoy traditional Chinese sports games such as pitch-pot, mushe and diabolo in the "Traditional Chinese Sports Zone". Moreover, designated areas for different activities including Chinese cultural games, Chinese handicraft and folk art workshops will be set up where visitors can participate in lantern riddles and Chinese zodiac games, as well as experience traditional Chinese handicrafts such as movable type printing, paper cutting, and face painting. There will also be a photo zone in the venue for visitors to try on traditional Chinese costume and take photos, and an inflatable castle slide, "Moving Great Wall", for children to have fun.

There will be booths selling items made by persons in custody including furniture, wooden decorations, stationery, rattan products, potted plants and handicrafts. A variety of attractive performances will be featured on the day, including Chinese-style foot drill demonstrations, dragon and lion dance performances, a tai chi demonstration and performances by the CSD Dog Unit. The Civil Aid Service will also stage a motorcycle riding performance.

Renowned Cantonese opera virtuoso Joyce Koi will be the guest of honour at the event. Miss Hong Kong 2023 will also attend and will tour the booths to promote charitable and rehabilitation efforts.

The CSD Autumn Fair, a large-scale and popular public event organised by the CSD Sports Association since 1953, is now in its 68th year. After deducting costs, the funds raised from sales and donations through various channels at the Fair will go to voluntary agencies. The Fair also provides opportunities for persons in custody to contribute to the community.

The Fair will be held at the football field adjacent to Stanley Prison (99 Tung Tau Wan Road) from 10.45am to 5pm on November 4. Please visit the website ([hkcsdsa.com/new/events-detail.php?events\\_id=11](http://hkcsdsa.com/new/events-detail.php?events_id=11)) or scan the attached QR code to obtain more information (Chinese only).

The venue can be reached via bus routes 6, 6X, 63, 73, 260 and 973, and green minibus routes 40 and 52 to the main entrance of the Hong Kong Correctional Services Academy, and from there by walking to the venue.

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## Red flags hoisted at several beaches

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (October 29) that due to big waves, red flags have been hoisted at Shek O Beach and Big Wave Bay Beach in Southern District, Hong Kong Island; Cheung Chau Tung Wan Beach in Islands District; and Silverstrand Beach, Clear Water Bay First Beach and Clear Water Bay Second Beach in Sai Kung District. Beachgoers are advised not to swim at these beaches.

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## Yellow fire danger warning

Attention duty announcers, radio and TV stations:

Yellow fire danger warning

The fire danger situation today (October 29) is yellow and the risk of fire is high. People are urged to prevent fires breaking out and hikers should also be vigilant.