The prevalence of coronary heart disease risk factors of Hong Kong secondary school students

Frank H. FU, Xuanming HAO*

Dr. Stephen Hui Research Center for Physical Recreation and Wellness, Hong Kong Baptist University, Hong Kong, CHINA
*South China Normal University, Guangzhou, CHINA

Background: The major objectives of the present study are to better understand the profile of the coronary heart disease risk factors (CHDRFs) of Hong Kong secondary school students and to provide recommendations to modify them. Methods: 404 Hong Kong secondary school students served as subjects, and laboratory tests/questionnaire survey were conducted on their CHDRFs profile and lifestyle. Results: The order of CHDRFs importance is found to be physical inactivity (15.10%), stress (13.61%), overweight (12.13%), hyperlipidaemia (8.97%), CHD family history (8.91%), smoking (7.67%) and hypertension (0.00%). It is also found that 187 students have one or more risk factors (45.79%) - 153 students have one risk factor (37.87%), 32 have two risk factors (5.94%) and two have three or more risk factors (2.48%). Conclusions: It is imperative to develop long-term strategy and take appropriate preventive measures such as: 1) to improve students’ participation in physical activity, especially female students; 2) to provide students with knowledge on how to manage stress since more than 40% of the students have contemplated to commit suicide and 26.3% of students have suffered from insomnia; and 3) to educate students more on sound nutrition and relationship between CHD, diet and body weight control so as to improve their profile of overweight or obesity.

Key words: Adolescence, Chronic diseases, Health, School children, Primary intervention