

Tuesday English News Report

*Hong Kong people must **heed** message on how to live healthier lives*

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So long as increasing **longevity** keeps Hongkongers at or close to the top of **global** life expectancy rankings year after year, healthier lifestyles remain a hard sell. That is not to say we do not heed medical warnings to **abstain** from or cut down harmful habits, as opposed to acting on advice about healthy habits. The Department of Health's latest annual behavioural risk survey, for 2014, shows that over 10 years the rate of heavy drinking - consuming at least five cans or glasses of alcohol at one sitting - dropped from 10.2 per cent to 6.8 per cent of the population, while the smoking rate dropped from 15.7 to 10 per cent.

While those figures are **testament** to the effectiveness of powerful public health messages, the survey showed that we have done little else over the **decade** to cut our risk of developing cancer and other lifestyle diseases by heeding advice on diet and exercise. Lack of exercise contributed to the 39 per cent of overweight adults - those with a body-mass index of 23 or above. Indeed, more than 60 per cent of the sample size of 2,000 respondents aged 18 to 64 did not meet the World Health Organisation recommendation of at least 150 minutes of moderate or 75 minutes of **vigorous** physical activity a week.

The rate of **consumption** of fruit and vegetables, which reduces the rate of **chronic** disease, has barely moved against the department's benchmark over the 10 years. It recommends people eat at least five servings a day. Eighty-one per cent failed to do so last year compared with 82.3 per cent in 2004.

To put these patterns into perspective, the number of cancer deaths in the 10 years to 2013 bucked the overall longevity trend, rising by 18 per cent, or 1.4 per cent a year, and accounted for nearly one in three of 43,399 deaths in 2013. The WHO says a healthy lifestyle would **prevent** at least one-third of all cancer cases. The department is to be commended for launching a campaign to promote healthier living. Hopefully, when combined with a colorectal cancer screening programme to be launched by the end of the year, it will raise awareness of prevention through behavioural change.



Jogging in Hong Kong

1. What do you think?

2. Vocabulary

Fill in the blanks in the sentences below using words from the box.

heed	longevity	global	abstain(from)
testament	decade	vigorous	consumption
chronic	prevent		

1. Some Christians _____ from eating meat on Fridays. They often eat fish instead.
2. The sixties is my favourite _____ (period of 10 years) for music.
3. She got fit by doing an extremely _____ training regime which consisted of 3 hours of running and working out in the gym every day.
4. He didn't _____ (take notice of / listen to) the warning from his teacher and so got into trouble.
5. You can _____ bad things from happening by taking action before it's too late.
6. _____ runs in his family. All his grandparents lived until they were in their 90s.
7. His high exam scores are _____ to his hard work and commitment to learning.
8. As we all know, English is a truly _____ language spoken everywhere in the world.
9. The _____ of meat is growing steadily in Mainland China.
10. She suffers from _____ bad health. She is always sick.

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