

“AIA Vitality Age” Survey 2015

The “Vitality Age” of Hong Kong people is, on average,
5.7 years older than their actual age

Insufficient Exercise



Only **93.9 minutes** on average per week on exercise
79% of Hong Kong people do not meet the benchmark

Health benchmark:
At least **150 minutes** of moderate-intensity aerobic physical activity a week¹

Inadequate Fruit & Vegetable Consumption



An average of just **1.9 servings** of fruit and vegetables per day
96% do not meet the benchmark

Health benchmark:
Daily minimum of **5 servings** of fruit and vegetables²
* One serving fruit = 130g or 1 medium fruit
One serving vegetables = 100g cooked vegetables or 150g raw vegetables

High Salt Intake



34% of Hong Kong people add **a level teaspoon of salt or more** to their food every day

Health benchmark:
A **maximum** intake of slightly **less than one level teaspoon** of table salt daily for adults³

Central Obesity



13% of **males** are considered **centrally obese**
(waist circumference of **36 inches or more**)
27% of **females** are considered **centrally obese**
(waist circumference of **32 inches or more**)

Health benchmark:
A waist circumference of **36 inches or less**⁴ in males
A waist circumference of **32 inches or less**⁴ in females

Survey source: AIA Hong Kong commissioned Nielsen Hong Kong, an independent market research company, to conduct the “AIA Vitality Age” Survey.

[April 2015, survey respondents included 1,014 Hong Kong people aged between 18 and 64]

Other Sources: ^{1,3} World Health Organization ² Recommended health standard by Discovery, creator of “Vitality Age” measurement ⁴ Hospital Authority (figures rounded to the nearest whole number)