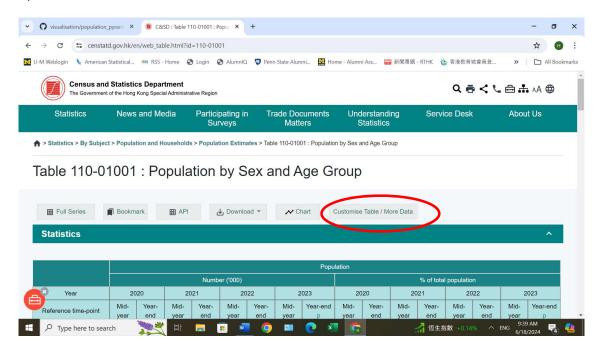**How I obtain the data file for Hong Kong Population Pyramid**:

1) Go to Table 110-01001 : Population by Sex and Age Group hosted on the website of the Census and Statistics Department, Hong Kong

https://www.censtatd.gov.hk/en/web_table.html?id=110-01001

2) Click the button 'Customise Table / More Data'

3) Check / uncheck the boxes as described below:

Under the heading 'Statistics'
(i)   For 'Position': Choose 'Column (Head)'
(ii)   Uncheck 'Population - % of total population' (i.e. only retain 'Population – Number ('000)')

Under the heading 'Time Series'
(i)   For 'Position': Choose 'Row'
(ii)   For 'Year': Choose 'Specific Years', then check 'All'
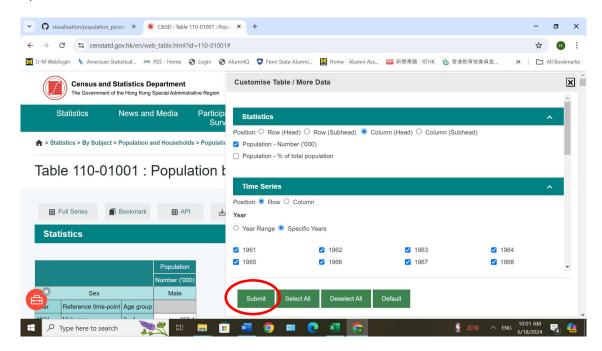(iii)   For 'Reference time-point': Uncheck 'Year-end' (i.e. only retain 'Mid-year')

Under the heading 'Sex'
(i)   For 'Position': Choose 'Column'
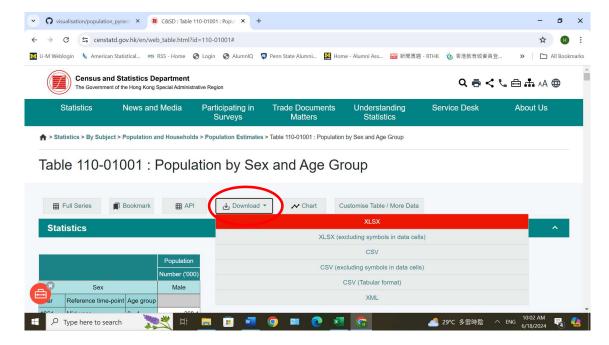(ii)   Uncheck 'Female' and 'Both Sexes' (i.e. only retain 'Male')

Under the heading 'Age group'
(i)   For 'Position': Choose 'Row'
(ii)   Uncheck 'All age groups' (i.e. only retain age groups '0-4', '5-9', … '≥85')

4)   Click the button 'Submit'

5)   Click the button 'Download', and save the file in 'XLSX' format. The file *Table 110-01001_male.xlsx* is then generated.

6)   Repeat the same steps from 3 to 5, but uncheck 'male' and 'both sexes' to generate the file *Table110-01001_female.xlsx*.