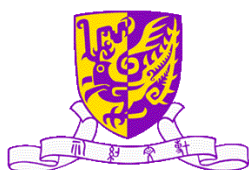


SH Ho Centre for Gerontology & Geriatrics
School of Public Health, Faculty of Medicine
The Chinese University of Hong Kong

Annual Report for 2008 - 2009



Content

- ❖ **SH Ho Fellowship**
- ❖ **Other activities**
- ❖ **List of projects completed**
- ❖ **List of projects ongoing or started**
- ❖ **Research grants**
- ❖ **Journal publications**
- ❖ **Conference proceedings**
- ❖ **Invited conference speaker**
- ❖ **Other conference presentations**
- ❖ **Interaction with media**
- ❖ **Press conference**

SH Ho Fellowship

SH Ho Geriatrics Fellowship 2008 and 2009 was awarded to Mr Wayne Chan and Dr May Tang respectively. The Presentation ceremony and an Evergreen Carnival with themes on “Healthy ageing through empowerment” was held on 26 September 2009.

Dr TL Ho, Chairman of the SH Ho Foundation Limited, Professor Tai-Fai Fok, Dean of Faculty of Medicine, and Professor Joseph Jao-Yiu Sung, Associate Dean of Faculty of Medicine presented awards to the fellows and winners of slogan design competition and cardiovascular fitness award.



Dr. TL Ho & Mrs. Ho with Professor Tai-Fai Fok, Dean of Faculty of Medicine, Professor Joseph Jao-Yiu Sung, Associate Dean of Faculty of Medicine, Centre Director, Prof. Jean Woo and the two recipients of the SH Ho Fellowship Awards, Dr May Tang and Mr Wayne Chan

Evergreen Carnival with themes on “Healthy ageing through empowerment”

The Carnival aimed to increase the self-awareness of healthy living concepts for the elderly in Hong Kong. Different organizations were invited to display booths covering a wide range of topics in the Carnival. Health-related seminars, exercise classes, interactive exhibitions and workshops, slogan design competition and cardiovascular fitness award presentation were organized there. The Carnival was successfully held and attracted over 700 elderly and their family members for participation.



Dr. TL Ho & Mrs. Ho with Professor Tai-Fai Fok, Dean of Faculty of Medicine, Professor Joseph Jao-Yiu Sung, Associate Dean of Faculty of Medicine and Centre Director, Prof. Jean Woo in the Evergreen Carnival



Dr TL Ho & Mrs Ho, Professor Tai-Fai Fok, Professor Joseph Jao-Yiu Sung and Professor Jean Woo with the winners of the cardiovascular fitness awards

Other activities

- SH Ho Centre for Gerontology & Geriatrics, Master of Science in Clinical Gerontology & Postgraduate Diploma in End-of-Life Care – Best Projects Presentation Ceremony was held on 20 November 2009



Group photo of the Best Projects Presentation Ceremony held on 20 November 2009

- **Cadenza TV-Series with RTHK launch on 12 July 2009**

CADENZA co-produced a 10-episode CADENZA TV Series with RTHK. As a public education programme, the objective is to help Hong Kong prepare for the challenges posed by an ageing population; to promote active ageing and project a positive public image of the older people.

The drama series focuses on second half of life covering a wide range of topics from health promotion, quality of life, work and retirement, living environment to bereavement and dying.

The series was developed alongside the six themes of CADENZA: (1) Health Promotion & Maintenance: Optimising Mental and Physical Functions; (2) Health & Social Services in Hong Kong; (3) The Living Environment; (4) Quality of Life & Quality of Dying; (5) Legal & Financial Issues; and (6) Ageism / Disparity.



*Launch of the new Cadenza TV-series
12 July 2009*



*Launch of the new Cadenza TV-series
12 July 2009*

- **Launch ceremony on CADENZA 18-district Programme was held on 1 December 2008.**

The CADENZA 18-District Programme is a series of public education events co-organised by CADENZA: A Jockey Club Initiative for Seniors and Radio Television Hong Kong Radio 5 (RTHK), and sponsored by The Hong Kong Jockey Club Charities Trust.

The objectives of the programme are: (1) to revolutionise the ways people view and care for the elderly; (2) to equip the soon-to-be-old with knowledge contributing to active and positive ageing; and (3) to highlight topics pertaining to positive ageing to residents of Hong Kong's 18 districts, having regard to specific local characteristics.



*Cadenza 18-district programme
1 December 2008*



*Cadenza 18 district programme
1 December 2008*

November 2009 Activity – Managing Health Risks and Chronic Conditions
 October 2009 Activity – Government Medical Services
 September 2009 Activity – Community Service: Old Age Homes and Later-life Living Arrangement
 August 2009 Activity – Healthy Hearing
 July 2009 Activity – Living in a Safe Environment
 June 2009 Activity – Home Adaptation
 May 2009 Activity – Oral Health
 April 2009 Activity – Healthy Lifestyle and Eating Happily
 March 2009 Activity – Eye Protection
 February 2009 Activity – The Exercise Pattern for Older Persons
 January 2009 Activity - Winning the Second Half of Life

List of projects completed

- ✚ Evaluation of chronic disease self-management programme
- ✚ Evaluation of group management of DM
- ✚ Improving the quality of end of life care in hospital

List of projects ongoing or started

- ✚ Continuing follow up of 4000 men and women: the Mr and Ms Os study cohort
- ✚ Small area health disparities
- ✚ Health prioritization: societal views
- ✚ Trends in stroke incidence, case fatality, and regional variations
- ✚ Trends in chronic diseases: impact of the ageing population on health and social services
- ✚ Evaluation of art therapy in dementia
- ✚ Evaluation of stroke transitional care

Research Grants

Jean Woo

Research Grants Council (Earmarked Grants) *

HKD854,780 (From 1/1/2007 – 30/6/2009)

Effects of Soy Protein or Isoflavones on Glycemic Control, Insulin Resistance and Cardiovascular Risks - A Six-month Randomized Double-blind, Placebo-controlled Trial in Post-Menopausal Women

Merck & Co., Inc.

HKD103,752 (From 17/9/2007 – 31/3/2009)

A Phase IIa Randomized, Placebo-Controlled Clinical Trial to Study the Efficacy and Safety of MK-0773 in Patients with Sarcopenia

Research Grants Council 2007 *

HKD 789,437

A 5 year follow up study of progression of common carotid atherosclerosis and the associated risk factors in a population-based cohort of postmenopausal Chinese women

Food and Health Bureau – Commissioned Research: Studies in Health Services 2007 *

HKD761,191

Advanced directive and the preference of old age home residents for community model of end-of-life care in Hong Kong

Food and Health Bureau – Commissioned Research: Studies in Health Services 2007 *

HKD1,249,656

Emergency department intervention for high risk elders in Hong Kong: validation of an identification strategy and randomized controlled trial to reduce hospitalization and institutionalization

Health and Health Services Research Fund

HKD74,700 (From 1/12/2008 – 30/11/2009)

Stroke incidence and mortality trends in Hong Kong: implications for public health education efforts and health resource utilization

SK Yee Medical Foundation

HKD1,132,730 (From 1/2/2009 – 31/1/2011)

Healthy Ageing through Empowerment

Health and Health Services Research Fund *

HKD846,000 (8/2008 -)

A population based prospective study to investigate the associations of obesity and adipokines with the incidence of cardiovascular disease and cancer

(* Co-investigator)

Timothy Kwok

Health and Health Services Research Fund

HKD568,000 (4/2009 – 9/2009)

A randomized trial of a brain preservation diet in preventing cognitive decline in old age hostel residents

Cadenza project (Hong Kong Jockey Club)

HKD793,000 (6/2007 – 1/2009)

Why do Older People and Their Family Caregivers Seek Institutional Care?

Cadenza project (Hong Kong Jockey Club)

HKD976,000 (7/2008 – 3/2010)

Effect of cognitive exercises on the prevention of cognitive decline: A randomized controlled trial

UGC (AOE scheme) *

HKD7,992,000 (4/2008 – 3/2011)

Chinese Medicine Research and further development

(* Co-investigator)

Journal publications

1. Woo J, Tang N, Leung J. No association between physical activity and telomere length in an elderly Chinese population 65 years and older. *Arch Intern Med* 2008; 168(19): 2163-2164.
2. Woo J, Hui E, Hui D, Lum CM, Or KH, Kwok T. A pilot study to examine the feasibility and acceptability of a community model for exercise prescription for patients with chronic disease. *Hong Kong Med J* 2008; 14 (6) Supplement 6: 8-10.
3. Woo J, Tang NLS, Suen E, Leung JCS, Leung PC. Telomeres, Frailty. *Mechanisms of Ageing and Development* 2008; 129: 642-648.
4. Woo J, Ng SH, Chong AML, Kwan AYH, Lai S, Sham A. Contribution of lifestyle to positive ageing in Hong Kong. *Ageing Int* 2008; 32:269-278.
5. Ko FWS, Woo J, Tam W, Lai CKW, Ngai J, Kwok T, Hui DSC. Prevalence and risk factors of airflow obstruction in an elderly Chinese population. *Eur Respir J* 2008; 32: 1472-1478.
6. Chau PH, Yen E, Morley JE, Woo J. The effects of environments stressors on the mortality of the oldest old male population in Hong Kong, 1977-2006. *The Aging Male* 2008; 11(4): 179-188.
7. Wong SYS, Leung JCS, Woo J. Sexual activity, erectile dysfunction and their correlates among 1,566 older Chinese men in southern China. *J Sex Med* 2009; 18: 1038-1048.
8. Lee JSW, Chau PPH, Hui E, Chan F, Woo J. Survival prediction in nursing home residents using the Minimum Data Set subscales: ADL Self-Performance Hierarchy, Cognitive Performance and the Changes in Health, End-stage disease and Symptoms and Signs scales. *European Journal of Public Health* 2009; 19(3): 308-12.
9. Wu HM, Tang JL, Lin XP, Lau J, Leung PC, Woo J, Li YP. Acupuncture for stroke rehabilitation (Cochrane Systematic Review). *Stroke* 2008; 39: 517-518.
10. Woo J, Lynn H, Leung J, Wong SY. Self-perceived social status and health in older Hong Kong Chinese women compared with men. *Women & Health* 2008; 48(2): 209-234.
11. Wong SY, Mercer SM, Leung J, Woo J. The relationship between clinically relevant depressive symptoms and episodes and duration of all cause hospitalization in Southern Chinese elderly. *J Affective Disorders* 2009; 113(3): 272-278.
12. Woo J, Tang N, Suen E, Leung J, Wong M. Green space, psychological restoration, and telomere length. *Lancet* 2009; 373(9660): 299-300.

13. Lee CMY, Barzi F, Woodward M, Batty GD, Giles GG, Wong Woo J, Jamrozik K, Lam TH, Ueshima H, Kim HC, Gu DF, Schooling M, Huxley RR: for The Asia Pacific Cohort Studies Collaboration. Adult height and the risks of cardiovascular disease and major causes of death in the Asia-Pacific region: 21 000 deaths in 510 000 men and women. *Int J Epidemiol* 2009; 38(4): 1060-71.
14. Ma HM, Lum CM, Dai LK, Kwok CYT, Woo J. Potentially inappropriate medication in elderly patients in outpatient clinics. *Asian J Gerontol Geriatr* 2008; 3: 27-33.
15. Pan JH, Song XY, Lee SY, Kwok T. Longitudinal Analysis of Quality of Life for Stroke Survivors Using Latent Curve Models. *Stroke* 2008; 39: 2795-2802.
16. Kwok T, Chan JCM. Vitamin B₁₂ and health in old age - Review. *Aging Health* 2008; 4: 651-7.
17. Woo J, Kwok T, Leung J, Tang N. Dietary intake, blood Pressure and osteoporosis. *Journal of Human hypertension* 2009; 23: 451-455.
18. Lok K, Woo J, Hui E, Kwok T. Usefulness of the Chinese Nutrition screening (CNS) tool in predicting 12 month mortality in elderly Hong Kong Chinese living in institutions. *Journal of Nutrition, Health and aging* 2009; 13: 96- 101.
19. Yan E, Kwok T, Lee D, Tang C. The prevalence and correlates of the use of restraint and force on hospitalised older people. *Journal of Nursing and healthcare of chronic illness* 2009; 2: 1-9.
20. Wang YX, Zhang YF, Griffith JF, Zhou H, Yeung DK, Kwok TC, Qin L, Ahuja AT. Vertebral blood perfusion reduction associated with vertebral bone mineral density reduction: a dynamic contrast-enhanced MRI study in a rat orchidectomy model *Journal of Magnetic Resonance Imaging* 2008; 28: 1515-1518.
21. L Baum, I Chan, S Cheung, W Goggins, V Mok, L Lam, V Leung, E Hui, C Ng, J Woo, H Chiu, B Zee, W Cheng, MH Chan, S Szeto, V Lui, J Tsoh, A Bush, C Lam, T Kwok. Serum zinc is decreased in Alzheimer's disease and serum arsenic correlates positively with cognitive ability. *Biometals* 2009 Nov 13; 19911117.
22. PH Chau, T Kwok, J Woo, F Chan, E Hui, KC Chan. Disagreement in preference for residential care between family caregivers and elders is greater among cognitively impaired elders group than cognitively intact elders group. *Int J Geriatr Psychiatry* 2009 Jun 23; 1955-1703.
23. JSW Lee, PPH Chau, E Hui, F Chan, J Woo. Survival prediction in nursing home residents using the minimum data set subscales: ADL self-performance hierarchy,

cognitive performance and the changes in health, end-stage disease and symptoms and signs scales. *Eur J Public Health* 2009; 19(3): 308-12.

24. Ho W, Dai D, Liu KW, Chow KM, Lau E, Woo J, Leung KS. To investigate the effect and cost-effectiveness of implementing an ortho-geriatric intervention for elderly patients with acute hip fracture: The experience in Hong Kong. *Journal of the American Geriatric Society* 2009 Nov;57(11); 2153.
25. Lee JSW, Kwok T, Chui PY, Ko FWS, Mok H, Lo R, Woo J. Can continuous pump feeding reduce the incidence of pneumonia in frail tube-fed elderly? A randomized controlled trial. *Clinical Nutrition*, epub Nov 10, 2009; doi: 10.1016/j.clnu.2009.10.003.
26. Auyeung TW, Lee J, Leung J, Kwok T, Leung PC, Woo J. Estimation of Stature by Measuring Fibula and Ulna Bone Length in 2443 Older Adults. *J Nutr Health Aging* 2009, 13(10):931-6; epub online July 2009, DOI 10.1007/s12603-009-0121-y.
27. Lam LCW, Lee JSW, Chung JCC, Lau A, Woo J, Kwok T. A randomized controlled trial to examine the effectiveness of case management model for community dwelling older persons with mild dementia in Hong Kong. *Int J Geriatr Psychiatry*. 2009 Jul 15. [Epub ahead of print]

Conference proceedings

1. Woo J. Ageing populations: implications for Hong Kong. *Wiener Klinische Wochenschrift* 2009; 121 (Suppl 1): S13-15.
2. Chan R, Woo J, Leung J. Effects of food groups and dietary nutrients on bone loss in elderly Chinese population. *J Nutr Health Aging* 2009; 13 (Suppl 2): S5.
3. Lee J, AuYeung TW, Kwok T, Li M, Leung J, Leung PC, Woo J. Abdominal adiposity, grip strength and mortality in 3978 Chinese older adults: a 6 years follow-up study with DXA. *J Nutr Health Aging* 2009; 13 (Suppl 2): S9.
4. Wong K, Woo J, Chau P. Geographical variation in health outcome and hospital services utilization among the elderly in Hong Kong. *J Nutr Health Aging* 2009; 13 (Suppl 1): S512.
5. Mak B, Woo J. Elderly service needs in Hong Kong from the users. *J Nutr Health Aging* 2009; 13 (Suppl 1): S531.

6. Liu K, Dai D, Ting T, Ho W, Woo J, Hung L. Would healing & peripheral parenteral nutrition: a case report. *J Nutr Health Aging* 2009; 13 (Suppl 1): S633.
7. Tsui L, Au SY, Lam PKW, Poon KKY, Dai D, Au D, Chan MH, Kong B, Leung MF, Wong TC, Woo J. Risk prediction model on elderly emergency admissions: the harrpe model. *J Nutr Health Aging* 2009; 13 (Suppl 1): S46.
8. AuYeung T, Lee J, Leung J, Kwok T, Leung P, Woo J. General adiposity is favorable for survival in old age independent of the J-shaped effect of abdominal adiposity. *J Nutr Health Aging* 2009; 13 (Suppl 1): S148.
9. Chau P, Woo J. Hot weather warning might help to reduce mortality among the older population in Hong Kong. *J Nutr Health Aging* 2009; 13 (Suppl 1): S235.
10. Lee J, AuYeung T, Leung J, Kwok T, Leung P, Woo J. Accelerated sarcopenia: the adverse effect of diabetes, adiposity and atherosclerosis in 4000 older men and women. *J Nutr Health Aging* 2009; 13 (Suppl 1): S440.

Invited conference speaker

1. Woo J. Vitamin D Deficiency & Women's Health. 7th Annual Scientific Meeting of Symposium on "Towards Total Health", Hong Kong, 18 October 2008.
2. Woo J. Ageing populations: Implications for Hong Kong. JC Cadenza Symposium, Hong Kong, 11-12 October, 2008.
3. Woo J. Ageing populations: Implications for Hong Kong. Eurasia-Pacific Uninet International Conference, Beijing, 28-31 October, 2008. **Invited Speaker**.
4. Woo J. Ageing: is volunteerism the answer to social exclusion? Social capital and volunteering in modern ageing cities: Building intergenerational inclusion. City University of Hong Kong, Hong Kong, 15-17 December 2008. **Keynote Speaker**.

Other conference presentations

1. Zhang XH, Woo J. Invited Speech: The time trends of cardiovascular diseases and the possible explanations in China. 40th Annual Scientific Meeting of Japanese Atherosclerosis Society 2008.

2. Jiang JY, Suen WC, Tang LSN, Woo J. High Socio-economic status is associated with shorter telomere length. The XX International Congress of Genetics, Berlin, Germany, 2008.
3. Cheung BMY, Wat NMS, Tso AWK, Tam S, Thomas GN, Leung GM, Tse HF, Woo J, Janus ED, Lau CP, Lam TH, Lam KSL. Association between raised blood pressure and dysglycaemia in Hong Kong Chinese. 3rd International Congress on Prediabetes and the Metabolic Syndrome scheduled to take place in Nice, France, 1-4 April, 2009.
Poster presentation
4. Chan R, Woo J, Leung J. Effects of food groups and dietary nutrients on bone loss in elderly Chinese population. 4th International Academy on Nutrition and Aging - Nutrition and Age Related Diseases: Research and Practice, Paris, 5 July 2009.
5. Lee J, AuYeung TW, Kwok T, Li M, Leung J, Leung PC, Woo J. Abdominal adiposity, grip strength and mortality in 3978 Chinese older adults: a 6 years follow-up study with DXA. 19th IAGG World Congress of Gerontology and Geriatrics, Paris, 5-9 July 2009.
6. Wong K, Woo J, Chau P. Geographical variation in health outcome and hospital services utilization among the elderly in Hong Kong. 19th IAGG World Congress of Gerontology and Geriatrics, Paris, 5-9 July 2009.
7. Mak B, Woo J. Elderly service needs in Hong Kong from the users. 19th IAGG World Congress of Gerontology and Geriatrics, Paris, 5-9 July 2009.
8. Liu K, Dai D, Ting T, Ho W, Woo J, Hung L. Would healing & peripheral parenteral nutrition: a case report. 19th IAGG World Congress of Gerontology and Geriatrics, Paris, 5-9 July 2009.
9. Tsui L, Au SY, Lam PKW, Poon KKY, Dai D, Au D, Chan MH, Kong B, Leung MF, Wong TC, Woo J. Risk prediction model on elderly emergency admissions: the harpe model. 19th IAGG World Congress of Gerontology and Geriatrics, Paris, 5-9 July 2009.
10. AuYeung T, Lee J, Leung J, Kwok T, Leung P, Woo J. General adiposity is favorable for survival in old age independent of the J-shaped effect of abdominal adiposity. 19th IAGG World Congress of Gerontology and Geriatrics, Paris, 5-9 July 2009.

11. Chau P, Woo J. Hot weather warning might help to reduce mortality among the older population in Hong Kong. 19th IAGG World Congress of Gerontology and Geriatrics, Paris, 5-9 July 2009.
12. Lee J, AuYeung T, Leung J, Kwok T, Leung P, Woo J. Accelerated sarcopenia: the adverse effect of diabetes, adiposity and atherosclerosis in 4000 older men and women. 4th International Academy on Nutrition and Aging - Nutrition and Age Related Diseases: Research and Practice, Paris, 5 July 2009.
13. Ho W, Dai D, Liu KW, Lau E, Chow CC, Woo J. Geriatric Intervention in the 3rd Cubicle: Purpose driven geriatrics proposal at PWH 2009. Hospital Authority Convention 2009, 4-5 May 2009, Hong Kong, poster presentation.
14. Ho W, Dai D, Lau E, Cheung NK, Chow CC. Geriatric intervention at AED: possibilities and difficulties. Hospital Authority Convention 2009, 4-5 May 2009, Hong Kong, poster presentation.
15. Lee J. Accelerated sarcopenia: the adverse effect of diabetes, adiposity and atherosclerosis in 4000 older men and women. 19th Congress of International Association of Geriatrics & Gerontology, Paris, July 5-9, 2009.
16. Lee J. Abdominal adiposity, grip strength and mortality in 3978 Chinese older adults: a 6 years follow-up study with DXA. 4th Congress of International Academy of Nutrition and Age-related Diseases, Paris, July 5, 2009.
17. Lee J. Overall adiposity superimposed on sarcopenic legs predicts incident disability in older adults: an alternative definition. The Gerontological Society of America's 62nd Annual Scientific Meeting, Atlanta, GA, USA, November 18-22, 2009.
18. Liu KW, Dai D, Wang K, Ho W, Wong A, Wong KS, Woo J. Clinical parameters and single photo emission of computered tomography of cerebral lewy body disease (**Best Poster Awards**). Hong Kong Academy of Medicine of 15th Anniversary Congress, 15-16 Nov 2008.
19. Liu KW, Dai D, Wang K, V Mok, Wong KS, Woo J. Clinical features and magnetic resonance spectroscopy of cortical lewy body disease patient: a case report. Clinicopathological Conference on Dementia with Lewy Bodies Disease and Parkinson's Disease, 8-10 March 2009, Kassel, Germany
20. Liu KW. Wound care and nutritional support. Nutrition Support Seminar (Speaker), 14 May 2009, Hong Kong

21. Liu KW, Dai D, T Ting, Ho W, Woo J, L Hung. Wound healing & peripheral parenteral nutrition: a case report. International Association of Gerontology and Geriatrics 2009, 5-9 July 2009, Paris
22. Lo RSK. End of life care in old age homes. Conference presentation. 6th Palliative Care Symposium 2009, Hong Kong
23. Woo J, Lo RSK, Cheng JOY, Wong F, Mak B. An initiative to improve end-of-life care for non-cancer patients in hospitals: preliminary findings. Conference presentation. Together 2009 Palliative Care Conference, Perth, 2009.
24. Tang LSN, Suen WC, Jiang JY, Woo J. Short telomere length does not predict morbidity associated with ageing. The XX International Congress of Genetics, Berlin, Germany, 2008.
25. Chau JP, Thompson DR, Twinn SF, Chang AM, Woo J. Social participation of community dwelling stroke survivors. Quality of Care and Outcomes Research in Cardiovascular Disease and Stroke Conference 2009, Washington, D.C. USA, 23-25 April 2009.
26. Lo HS, Chau PC, Woo J. Adherence to antihypertensive medications in older adults with hypertension. Heart Foundation Conference 2009, Brisbane, Australia, 14-16 May 2009.
27. Woo J. 最新的老人科醫學發展。香港崇德社主辦‘長者起居照顧一家親’研討會。2009年5月30日。(Zonta Club of Hong Kong, workshop on “Care for the Elderly At Home” on 30 May 2009).
28. Elsie Hui. A community model for care of older persons with diabetes mellitus: a randomized controlled trial. Hong Kong Association of Gerontology Annual Congress, 28 Nov 2009.
29. Elsie Hui. A community model for care of older persons with diabetes mellitus: a randomized controlled trial. Cadenza Symposium 2009, 10 Oct 2009.
30. Wency Ho. Management of a demented patient admitted to hospital: delirium on dementia; how to advice family members in communication with doctors in the hospital. Advance Certificate Course on Brain Health & Dementia co-organized by HK Alzheimer’s disease Association & HK College of Family Physicians Program 18 June 2009 Hong Kong.
31. Jenny Lee. Physical performance in older adults is associated with metabolic / arteriosclerotic risk factors and cognitive impairment independent of muscle mass: a cross-sectional study. 4th Congress of International Society for Vascular Behavioural & Cognitive Disorders (VAS-COG), Jan 2009, Singapore.

Interaction with media

- Exercise for elderly to prevent fall by Sun Daily and Oriental Daily News on 16 February 2009
- Newspaper interviewed about “New Attitude and New Direction in Elderly Care” by Sing Pao Daily on 19 February 2009
- Newspaper interviewed about “New Attitude and New Direction in Elderly Care” by Oriental Daily News on 19 February 2009
- Newspaper interviewed about “New Attitude and New Direction in Elderly Care” by Sun Daily on 19 February 2009
- Newspaper interviewed about “New Attitude and New Direction in Elderly Care” by China Daily HK Edition on 19 February 2009
- A RTHK Radio program (RTHK channel 3 – Backchat) on Attitudes to Elderly Care on 20 February 2009
- A RTHK Radio program (RTHK channel 3 – New Wrap) on Challenges of Population Ageing on Disease Trends and Burdens – Part I: Diabetes on 26 May 2009
- Newspaper interviewed about “Challenges of Population Ageing on Disease Trends and Burdens – Part I: Diabetes” by Ta Kung Pao on 26 May 2009
- Newspaper interviewed about “Challenges of Population Ageing on Disease Trends and Burdens – Part I: Diabetes” by Sign Pao on 26 May 2009
- Newspaper interviewed about “Challenges of Population Ageing on Disease Trends and Burdens – Part I: Diabetes” by China Daily Hong Kong Edition on 26 May 2009
- Newspaper interviewed about “Challenges of Population Ageing on Disease Trends and Burdens – Part I: Diabetes” by Oriental Daily News on 26 May 2009
- Newspaper interviewed about “Challenges of Population Ageing on Disease Trends and Burdens – Part I: Diabetes” by Wen Wei Po on 26 May 2009
- A Radio program (Commercial Radio – 留得青春在) on Challenges of Population Ageing on Disease Trends and Burdens – Part I: Diabetes on 7 June 2009
- A Radio program (Commercial Radio – 留得青春在) on Challenges of Population Ageing on Disease Trends and Burdens – Part I: Diabetes on 14 June 2009
- Interviewed by 大埔心連心 about the new services in CADENZA Hub on 28 August 2009
- Newspaper interviewed about the new services in CADENZA Hub by Next Magazine on 29 October 2009
- Newspaper interviewed about the new services in CADENZA Hub by Ming Pao on 23 December 2009

Press conference

- Press Conference on Research Findings jointly organized by Cadenza and the Faculty of Social Sciences of HKU – CADENZA’s Studies Reveal, Significant Misconceptions Relating to Ageing and that Health Services Fail to Meet the Elderly’s Expectations on 18 February 2009.
- Press Conference on Research Findings jointly organized by Cadenza and the Faculty of Social Sciences of HKU - conducting a series of studies entitled *Challenges of Population Ageing on Disease Trends and Burden* with the Department of Community Medicine, School of Public Health of The University of Hong Kong on 26 May 2009.