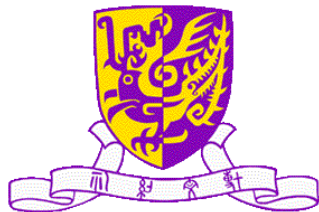


**SH Ho Centre for
Gerontology & Geriatrics**

Faculty of Medicine

The Chinese University of Hong Kong

Annual Report for 2009 - 2010



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International Conferences

Eurasia Pacific Uninet Conference on 23-24 October 2010

The 3rd International Conference on "Health, Wellbeing, Competence and Aging" was held at the School of Public Health and Primary Care, Prince of Wales Hospital on 23 - 24 October 2010. It was the third international conference of its kind concentrating on interdisciplinary medical aspects of aging processes organized by The Chinese University of Hong Kong, The Medical University of Innsbruck, and Eurasia-Pacific Uninet which followed "Multifaceted Aspects of Aging Diseases" 2008 in Beijing and "Prevention of Aging Diseases" 2009 in Shanghai. This conference dedicated itself to issues that serve as the core for healthy aging.

International renowned experts in social medicine and public health as well as a number of local experts were invited to share their experience in promoting competent healthy aging in different cultural aspects.

The conference received more than 120 abstracts. Over 200 participants attended the conference and more than 30 leading researchers from eight countries delivered a diverse scientific programme. Key themes included fundamental concepts, role of the government, culture based practices towards wellbeing, activity health and wellbeing & competence with aging. Thirty selected posters were exhibited as well.

The conference was also delighted to have Professor Ilona Kickbusch, Director of the Global Health Programme at the Graduate Institute of International and Development Studies in Geneva to chair an open forum and contribute her experience to the conference. Live demonstrations of several mind and body exercises such as Qi-gong and Medical Resonance Therapy Music were also incorporated into the conference.



S H Ho Fellowship

SH Ho Geriatrics Fellowship was awarded to Mr. Wayne Chan since 2008. Mr. Chan is now studying part-time Doctor of Philosophy in Medical Sciences. His study topic is 'Chronic disease self-management of community-dwelling older adults in Hong Kong'.



Other activities

- **CADENZA 18-district Programme**

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.

December 2009 Activity – Restraint

January 2010 Activity – Positive Thinking and Attitudes

February 2010 Activity – Communication Between Medical Staff and Older Patient

March 2010 Activity – End of Life for People with Chronic Conditions

April 2010 Activity – Advance Directives and Enduring Powers of Attorney

May 2010 Activity – Prioritisation of Healthcare Resources

June 2010 Activity – Living in a Safe Environment

July 2010 Activity – Closing Ceremony



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 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

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

Direct Grant, 2009 *

HKD 50,000

Genetic and environment risk factors related to cognitive decline in aging and telomere length

Health and Health Services Research Fund 2009 *

HKD716,728

Prevalence of nonalcoholic fatty liver disease and advanced liver fibrosis in Hong Kong – A cross-sectional population study using magnetic resonance spectroscopy and transient elastography

(* 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. 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; 6: 74-80.
2. Woo J, Lo RSK, Lee J, Cheng JOY, Lum CM, Hui E, Wong F, Yeung F, Or KKH. Improving end-of-life care for non-cancer patients in hospitals: description of a continuous quality improvement initiative. *J Nursing and Healthcare of Chronic Illness* 2009; 1: 237-244.
3. Ho SC, Chan A, Woo J, Chong P, Sham A. Impact of caregiving on health and quality of life: A comparative population-based study of caregivers for elderly persons and noncaregivers. *J Gerontol A Biol Sci Med Sci* 2009; 64A(8): 873-879.
4. Woo J, Suen EWC, Leung JCS, Tang NLS, Ebrahim S. Older men with higher self-rated socioeconomic status have shorter telomeres. *Age & Ageing* 2009; 38: 553-558.
5. Lee J, Lam L, Woo J, Kwok T. Lower fluid and fruits / vegetable intake in questionable dementia among older Hong Kong Chinese. *J Nutr Health Aging* 2010; 14(1): 45-49.
6. Auyeung TW, Lee JSW, Leung J, Kwok T, Leung PC, Woo J. Survival in older men may benefit from being slightly overweight and centrally obese - 5-year follow-up study in 4,000 older adults using DXA. *J Gerontol A Biol Sci Med Sci* 2010; 65A(1): 99-104.
7. Cheng JOY, Lo RSK, Chan FMY, Kwan BHF, Woo J. An exploration of anticipatory grief in advanced cancer patients. *Psycho-Oncology* 2010; 19(7): 693-700.
8. Auyeung TW, Lee JSW, Kwok T, Leung J, 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): 931-936.
9. Chan R, Woo J, Suen E, Leung J, Tang N. Chinese tea consumption is associated with longer telomere length in elderly Chinese men. *Br J Nutr* 2010; 103(1): 107-113.
10. Woo J, Leung J, Lau E. Prevalence and correlates of musculoskeletal pain in Chinese elderly and the impact on 4-year physical function and quality of life. *Public Health* 2009; 123(8): 549-556.
11. Chan TKY, Gomersall CD, Cheng CAY, Woo J. Overdose of methyldopa, indapamide and theophylline resulting in prolonged hypotension, marked diuresis and hypokalaemia in an elderly patient. *Pharmacoepidemiology and Drug Safety* 2009; 18: 977-979.

12. Lee LYK, Lee DTF, Woo J. Tai Chi and health-related quality of life in nursing home residents. *Journal of Nursing Scholarship* 2009; 41(1): 35-43.
13. Yeung PY, Woo J., Yim VWT, Rainer TH. Heterogeneity of health profiles of older people presenting to an accident and emergency department with a fall. *International Journal of Gerontology* 2009; 3(3): 156-162.
14. Chau PH, Chan KC, Woo J. Hot weather warning might help to reduce elderly mortality in Hong Kong. *Int J Biometeorol* 2009; 53(5): 461-468.
15. Tang NLS, Woo J., Suen EWC, Liao CD, Leung JCS, Leung PC. The effect of telomere length, a marker of biological aging, on bone mineral density in elderly population. *Osteoporos Int* 2010; 21(1): 89-97.
16. Woo J., Chau PPH. Aging in Hong Kong: The institutional population. *J Am Med Dir Assoc* 2009; 10(7): 478-485.
17. Wong M, Chau PH, Goggins W, Woo J. A geographical study of health services utilization among the elderly in Hong Kong: From spatial variations to health care implications. *Health Services Insights* 2009; 2: 1-13.
18. Hui E, Chui BTK, Woo J. Effects of dance on physical and psychological well-being in older persons. *Arch Gerontol Geriatr* 2009; 49(1): e45-e50.
19. Woo J., Leung J, Sham A, Kwok T. Defining sarcopenia in terms of risk of physical limitations: a 5-year follow-up study of 3,153 Chinese men and women. *J Am Geriatr Soc* 2009; 57(12): 2224-2231.
20. Ho WWS, Dai DLK, Liu KW, Chow KM, Lau E, Woo J., Leung KS. To investigate the effect and cost-effectiveness of implementing an orthogeriatric intervention for elderly patients with acute hip fracture: the experience in Hong Kong. *J Am Geriatr Soc* 2009; 57(11): 2153-2154.
21. Chau PH, Kwok T, Woo J., Chan F, Hui E, Chan KC. 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* 2010; 25(1):46-54.
22. Chau PH, Mak B, Choy SY, Chan KC, Cheung SH, Woo J. Raising health literacy and promoting empowerment to meet the challenges of aging in Hong Kong. *Educational Gerontology* 2010; 36: 12-15.

23. Tang NLS, Liao CD, Ching JKL, Suen EWC, Chan HIS, Orwoll E, Ho SC, Chan FWK, Kwok AWL, Kwok T, Woo J, Leung PC. Sex-specific effect of Pirin gene on bone mineral density in a cohort of 4000 Chinese. *Bone* 2010;46:543-550.
24. Woo J, Chan R, Leung J, Wong M. Relative contributions of geographic, socioeconomic, and lifestyle factors to quality of life, frailty, and mortality in elderly. *PLoS ONE* 2010; 5(1): e8775. doi:10.1371/journal.pone.0008775.
25. Jiang JY, Tang NLS, Ohlsson C, Eriksson AL, Vandenput L, Chan FWK, Ching JKL, Kwok A, Orwoll E, Kwok TCY, Woo J, Leung PC. Association of genetic variations in aromatase gene with serum estrogen and estrogen/testosterone ratio in Chinese elderly men. *Clinica Chimica Acta* 2010; 411: 53-58.
26. Yu DSF, Lee DTF, Woo J. Improving health-related quality of life of patients with chronic heart failure: effects of relaxation therapy. *Journal of Advanced Nursing* 2010; 66(2): 392-403.
27. Baum L, Chan HIS, Cheung SKK, Goggins WB, Mok V, Lam L, Leung V, Hui E, Ng C, Woo J, Chiu HFK, Zee BCY, Cheng W, Chan MH, Szeto S, Lui V, Tsoh J, Bush AI, Lam CWK, Kwok T. Serum zinc is decreased in Alzheimer's disease and serum arsenic correlates positively with cognitive ability. *Biometals* 2010; 23(1): 173-179.
28. Woo J, Suen E, Tang NLS. Telomeres and the ageing process. *Reviews in Clinical Gerontology* 2010; doi: 10.1017/S0959259809990451.
29. Lee LYK, Lee DTF, Woo J. The psychosocial effect of Tai Chi on nursing home residents. *Journal of Clinical Nursing* 2010; 19: 927-938.
30. Wong SYS, Woo J, Leung PC. Genitourinary problems and mood disorders in elderly Chinese men in Hong Kong: an epidemiological cohort study. *HK Med J* 2010; 16(3) Suppl 3: S17-19.
31. Tang M, Woo J, Hui E, Chan F, Lee J, Sham A, Chau PH. Utilization of Emergency Room and Hospitalization by Chinese Nursing Home Residents: A Cross-sectional Study. *J Am Med Dir Assoc* 2010; 11(5): 325-332.
32. Yuen KWK, Kwok TCY, Qin L, Leung JCS, Chan DCC, Kwok AWL, Woo J, Leung PC. Characteristics of age-related changes in bone compared between male and female reference Chinese populations in Hong Kong: a pQCT study. *J Bone Miner Metab* 2010; DOI: 10.1007/s00774-010-0170-7

33. Lo RS, Kwan BH, Lau KP, Kwan CW, Lam LM, Woo J. The needs, current knowledge, and attitudes of care staff toward the implementation of palliative care in old age homes. *Am J Hosp Palliat Care* 2010; 27(4): 266-271.
34. Wong SY, Woo J, Leung JC, Leung PC. Depressive symptoms and lifestyle factors as risk factors of lower urinary tract symptoms in Southern Chinese men: a prospective study. *The Aging Male*; 2010 13(2): 113-119.
35. Lam LC, Lee JS, Chung JC, Lau A, Woo J, Kwok TC. 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* 2010; 25(4): 395-402.
36. Lee JSW, Kwok T, Chui PY, Ko FWS, Lo WK, Kam WC, Mok HLF, Lo R, Woo J. Can continuous pump feeding reduce the incidence of pneumonia in nasogastric tube-fed patients? A randomized controlled trial. *Clinical Nutrition* 2010; 29(4): 453-458.
37. Yu DSF, Lee DTF, Thompson DR, Woo J, Leung E. Assessing self-care behaviour of heart failure patients: cross-cultural adaptation of two heart failure self-care instruments. *HK Med J* 2010; 16(3) Suppl 3: S13-16.
38. Auyeung TW, Lee JSW, Leung J, Kwok T, Leung PC, Woo J. Effects of height loss on morbidity and mortality in 3145 community-dwelling Chinese older women and men: a 5-year prospective study. *Age and Ageing* 2010; 39(6): 699-704.
39. Woo J, Mak B. Increasing the age of eligibility for receipt of aged pension in Australia: Potential impact on the older population. *Australasian Journal on Ageing* 2010; 29 (3): 103.
40. Cooper R, Kuh D, Hardy R and the Mortality Review Group on behalf of the FALCon and HALCyon study teams. Objectively measured physical capability levels and mortality: a systematic review and meta-analysis. *BMJ* 2010; 341: c4467.
41. Wong EL, Woo J, Cheung AW, Yeung PY. Determinants of participation in a fall assessment and prevention programme among elderly fallers in Hong Kong: prospective cohort study. *J Adv Nurs* 2010; doi: 10.1111/j.1365-2648.2010.05535.x
42. Chan R, Chan D, Woo J, Ohisson C, Mellström D, Kwok T, Leung P. Association between serum 25-hydroxyvitamin D and psychological health in older Chinese men in a cohort study. *J Affect Disord* 2010; doi: 10.1016/j.jad.2010.10.029
43. Lam SC, Wong YY, Woo J. Reliability and validity of the abbreviated mental test (Hong Kong version) in residential care homes. *J Am Geriatr Soc* 2010; 58(11): 2255-2257.

44. Wong SY, Leung JC, Woo J. The relationship between worthlessness and mortality in a large cohort of Chinese elderly men. *Int Psychogeriatr* 2010; 18: 1-7.
45. Jiang J, Tang NL, Ohlsson C, Eriksson AL, Vandenput L, Liao C, Wang X, Chan FW, Kwok A, Orwoll E, Kwok TC, Woo J, Leung PC. Association of steroid 5 α reductase type II variants and serum androstane-3 α , 17 β -diol glucuronide concentration in Chinese elderly men. *Clin Chem* 2010; 56(11): 1742-1749.
46. Mak B, Woo J, Bowling A, Wong F, Chau PH. Health care prioritization in ageing societies: Influence of age, education, health literacy and culture. *Health Policy* 2010 Sep 15. [Epub ahead of print]
47. Lee JSW, Auyeung TW, Leung J, Kwok T, Leung PC, Woo J. The effect of diabetes mellitus on age-associated lean mass loss in 3153 older adults. *Diabetic Medicine* 2010; 27: 1366-1371.

Conference proceedings

1. Lee J, Auyeung TW, Kwok T, Li M, Leung J, Leung PC, Woo J. Abdominal adiposity and mortality in 3978 Chinese older adults: A 6 years follow-up study with DXA. *CME@Journal* 2010; 3(1): 10.
2. Chu L, Luk J, Hui E, Woo J, Chan C, Kwan F, Chiu P, Kwok T, Lee D. Attitudes towards having an advance directive among Chinese nursing home residents in Hong Kong. *Journal of the American Geriatrics Society* 2010; 58(Suppl 1): 150.
3. Chan W, Hui E, Cheung D, Chan C, Wong S, Wong R, Li P, Woo J. Evaluation of chronic disease self-Management programme (CDSMP) for older adults in Hong Kong. *Journal of the American Geriatrics Society* 2010; 58(Suppl 1): 239.
4. Sea MM, Woo J. Factors that may reduce the risk of weight rebound. *obesity reviews* 2010; 11(1): 293.

Invited conference speaker

1. Woo J. The Max K. Howitt Memorial Nutrition Lecture: Nutrition, Health and Ageing: Eastern perspectives in maintaining function. 21st Annual St. Louis University Summer Geriatric Institute, June 1 2010, St. Louis University, St. Louis, Missouri, USA. **Invited Speaker.**

2. Jean Woo. The Hong Kong Cadenza Philosophy. Health, Wellbeing, Competence and Aging. 3rd Eurasia-Pacific Uninet International Conference, October 23-24 2010, Hong Kong. **Invited Speaker**.

Other conference presentations

1. Lee JSW, Auyeung TW, Leung J, Kwok T, Leung PC, Woo J. Overall adiposity superimposed on sarcopenic legs predicts incident disability in older adults: an alternative definition. 62nd Annual Scientific Meeting of the Gerontology Society of America, Atlanta, USA, 18-22 Nov 2009.
2. Chan WLS, Hui E, Cheung DKC, Chan C, Wong S, Wong R, Li P, Woo J. An evaluation of the Cadenza chronic disease self-management programme. International Conference on Promoting Chronic Care, Hong Kong, 8-10 January 2010.
3. Wong S, Wong R, Li P, Hui E, Chan W, Cheung D, Chan C, Woo J. Empowering elder lay leaders in promoting chronic disease self-management: The Hong Kong experience. International Conference on Promoting Chronic Care, Hong Kong, 8-10 January 2010.
4. Wong ELY, Woo J, Hui E, Chan C, Chan WLS, Cheung WL. Quality of primary care for diabetes mellitus: perspective from older patients. International Conference on Promoting Chronic Care, Hong Kong, 8-10 January 2010.
5. Chan WLS, Hui E, Cheung DKC, Chan C, Wong S, Wong R, Li SF, Woo J. Evaluation of Cadenza community project: Chronic disease self-management programme (CDSMP). 17th Annual Congress of Gerontology, Hong Kong, 28 November 2009. **(Outstanding Paper Presentation Session)**
6. Hui E, Chan WLS, Cheung DKC, Chan C, Woo J. A community model for care of older persons with diabetes mellitus: a randomized controlled trial – a Cadenza initiated research. 17th Annual Congress of Gerontology, Hong Kong, 28 November 2009.
7. Wong KW, Wong R, Li SF, Hui E, Chan WLS, Cheung DKC, Chan C, Woo J. Case illustration: practice experience of engaging and empowering elders in chronic disease self-management programme (CDSMP). 17th Annual Congress of Gerontology, Hong Kong, 28 November 2009.
8. Mak B, Woo J, Kou W, Tse R. Art therapy for elderly people with dementia: a pilot study. 17th Annual Congress of Gerontology, Hong Kong, 28 November 2009.

9. Ho SC, Wu SH, Yu R, Woo J, Sham A. Physical activity is associated with lower high-sensitivity C-reactive protein in Chinese midlife women. 43rd Annual Meeting of Society of Epidemiologic Research, 23-26 June 2010 in Seattle, Washington. **Poster presentation**
10. Hui E, Chan WL, Wong SK, Wong RP, Li PS, Woo J. Chronic disease self-management: Too old to learn? Too old to teach? The 1st International Congress on Controversies in LONGEVITY, HEALTH AND AGING, 24-27 June 2010, Barcelona, Spain.
11. Lee JSW, Auyeung TW, Kwok T, Li M, Leung J, Leung PC, Woo J. Diabetes, obesity and mortality in 3978 Chinese older adults: A 6 years follow-up study with DXA. The 1st International Congress on Controversies in LONGEVITY, HEALTH AND AGING, 24-27 June 2010, Barcelona, Spain.
12. Woo JLF, Kwok TCY, Leung JCS, Wong SYS, Ohlsson C, Vandenput, Leung PC. Free androgen index and anthropometry, physical performance measures, health-related quality of life, psychological incident, falls and fractures in 1488 older men age 65 years and over: A 4 year prospective study. The 1st International Congress on Controversies in LONGEVITY, HEALTH AND AGING, 24-27 June 2010, Barcelona, Spain.
13. Lok KYW, Chung WY, Benzie IFF, Woo J. Public health issues arising from E labelling Quality of foods. British Dietetic Association Annual Conference 2010, UK, 22-24 June 2010.

Interaction with media

- Magazine interviewed about “賽馬會流金匯一站式服務 – 教育、檢查、護理全面提供” by Next Magazine on 29 October 2009
- Newspaper interviewed about “賽馬會流金匯 – 為未來長者指點迷津” by Ming Pao on 23 December 2009
- Newspaper interviewed about “Are you Ready? 步入晚年” by Hong Kong Economic Times on 28 May 2010
- Interviewed by CUHK Newsletter “從象牙塔到紅塵俗世---走進社區的中文大學” on 19 June 2010
- Interviewed by Hong Kong Jockey Club News – Badges “Staying Healthy Leisurely” on June 2010
- Newspaper interviewed about “如何活到 100 歲?” by Ming Pao Weekly on 7 August 2010

Press conference

- Press Conference on Research Findings jointly organized by Cadenza and the Faculty of Social Sciences of HKU – Challenges of Population Ageing on Disease Trends and Burden Part III: Dementia on 13 April 2010.



- Press Conference on Research Findings jointly organized by Cadenza and the Faculty of Social Sciences of HKU – End of Life Care for Older Non-cancer Patients on 26 October 2010.

