The Chinese University of Hong Kong
School of Public Health
Centre for Nutritional Studies
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The Centre for Nutritional Studies was formed in April 1997, from members of the Faculty of Science (Biochemistry, Biology) and Faculty of Medicine (Chemical Pathology, Clinical Oncology, Community & Family Medicine, Medicine & Therapeutics, Paediatrics and Surgery).

The Centre was inaugurated in September 1997, on the same occasion as the receiving of the competitive international Bristol Myers Squibb/Mead Johnson Unrestricted Nutrition Grant Programme, consisting of USD500,000 over 5 years. Previous and current award holders include well established Institutes or Departments of Nutrition such as the Johns Hopkins and Cambridge Universities. The first Annual Scientific Symposium was also held. The principal investigator of the award participates in the external nutrition selection committee that selects the recipient of the annual award for Distinguished Achievements in Nutrition.

**Mission**

- To conduct research in nutrition, particularly in areas of concern in this region, covering the role of nutrition in the prevention of diseases, and nutritional aspects of acute and chronic diseases
- To promote awareness of the importance of nutrition among health care workers and the public
- To interact with similar organizations in other countries, particularly the Asian Pacific
- To apply the scientific founding to daily life of the public (e.g. weight management and nutritional advice to prevent chronic diseases)

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- To apply the scientific founding to daily life of the public (e.g. weight management and nutritional advice to prevent chronic diseases).
Structure
Department of Biochemistry                      Prof. Zhen Yu Chen
                                                Prof. Georgia S Guldan
                                                Prof. David SC Tsang
Department of Biology                             Prof. Peter CK Cheung
Department of Chemical Pathology                   Prof. Chris WK Lam
                                                Prof. Nelson LS Tang
Department of Clinical Oncology                    Prof. Philip J Johnson
Department of Community and Family Medicine         Prof. Suzanne C Ho
Department of Medicine & Therapeutics              Prof. J Woo (Director)
                                                Prof. KS Woo
                                                Prof. Clive S Cockram
Department of Paediatrics                           Prof. Tai Fai Fok
                                                Prof. Rita SY Sung
Department of Surgery                               Prof. Eric SY Chan
Private Practice (Paediatrics)                      Dr. Sophie SF Leung

Apart from research activities, members of the group also provide undergraduate and postgraduate programmes in nutrition for Science and Medical students. The clinical service scope include a 1,400 bed acute teaching hospital, 700 bed nonacute hospital, and residential care homes in the catchment area.

Projects completed or in progress

1. Nutritional status of patients undergoing chronic ambulatory peritoneal dialysis (CAPD).
2. Energy requirements of activities of daily living.
5. Longitudinal study of nutritional status of patients with Alzheimer’s disease and factors affecting energy balance and body composition.
7. Effect of age and disease on taste perception.
9. Calcium balance studies to determine calcium requirements in Chinese women.
10. A comparison of Pueraria Lobata and hormone replacement therapy on various health aspects of postmenopausal women.
11. Determining the phytoestrogen content of common foods and traditional Chinese Herbal products.
13. Studies on milk supplementation and bone mineral density in various age groups.
15. A double-blind randomized controlled study on the effects of soy isoflavones with and without calcium fortification on bone mass and serum lipids in early postmenopausal women.
16. Habitual physical activity, health fitness and behaviour among middle-age population in Hong Kong.
22. Development of food frequency questionnaire and database for assessing soy isoflavones intake in the Chinese population.
24. Peer counselling to promote exclusive breastfeeding.
25. A Human Dioxin levels in Hong Kong – a pilot study.
27. PCBs in breast milk: a pilot study.
28. Calcium and Iron nutritional status of lactating Hong Kong mothers.
30. Energy requirements of ADL: effect of age and conservation techniques completed, and manuscript drafted.
31. Effect of Orlistat and lifestyle modification: study completed and 3 manuscripts have been published/accepted; others being drafted.
32. Nutritional status of patients with NPC before and after treatment: completed and manuscript accepted.
33. Effect of age and disease on taste perception. Completed and manuscript published.
34. Prevalence of and risk factors for sarcopenia: completed and paper published.
36. RCT of isoflavones and cognitive function started.
37. Nutritional status of CAPD patients: follow up study completed; data being analyzed and various manuscripts have been published or are in preparation
38. RCT of isoflavones and cognitive function completed. Manuscript in press.
40. Population survey of lipid profile and glucose tolerance commissioned by the Department of Health, completed.
41. Territory-wide survey on diet composition and food consumption pattern of HK people commissioned by the Food and Environmental Hygiene Department (G Guldan)
42. Cardiorespiratory fitness normal reference range, completed. Manuscript under review.
43. Validation of the Epic physical activity questionnaire by using basal metabolic rate measurement, in progress
44. The efficacy of dietary intervention in preventing Alzheimer’s disease, in progress.
45. The efficacy of lifestyle modification programme. Data analysis in progress.
46. Food composition analysis of Hong Kong local foods, in progress.
47. RCT of the effect of 2 year milk supplement on bone mineral density in HK and Beijing Chinese women aged 20-35 years completed. Manuscript under review.
48. Examination of the relationship between nutrition and atherosclerosis (measured by ankle brachial index), and between Nutrition and psychological health in the Os cohort of 2000 men and 2000 women completed, and data published.
49. Examination of the effect of dietary pattern on the development of overweight and obesity over a 5-8 year period in HK Chinese adults, manuscript under review
50. Examination of the effect of body fat on functional limitation in the Os cohorts: manuscript under review.
51. A Phase IIa randomized, placebo-controlled clinical trial to study the efficacy and safety of MK-0773 in patients with sarcopenia. In progress.
52. The investigation of parental attitude / belief, knowledge and practice on infant and young child feeding. Study proposal under review by HHSRF.
53. Low glycemic index dietary intervention program in nonalcoholic fatty liver disease – A randomized controlled trial. Study proposal under review by HHSRF
54. 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. Study proposal under review by HHSRF.
55. Food labeling and self management in primary care patients with diabetes mellitus and hypertension. Study proposal under review by HCPF.
56. A Randomized Controlled Trial to Investigate the Mechanisms of Low Glycemic Index (GI) Diet on Changes of Body Mass Index, Body Composition, Insulin Secretion, Insulin Resistance and Associated Metabolic and Neurohormonal Factors in Chinese Adolescents. Study proposal under review by RGC.
57. Dietary and genetic risk factors of prostate cancer in Hong Kong Chinese men. Study proposal under review by RGC.
58. A Case-Control Study to Examine the Association between Food Groups and Prostate Cancer Risk in Hong Kong Chinese men. Study proposal under review by World Cancer Research Fund
59. Lifestyle and bone health in young adult Chinese women living in Hong Kong and Beijing. Manuscript revision in progress.
60. Estimates of dietary exposure and sources of artificial food colourings in Hong Kong children. Study proposal under review by RGC.
61. Comparison of food colouring levels in snack foods. Study in progress with collaboration with Hong Kong Polytechnic University.

62. Food additives & behaviour in 8/9 year old children in Hong Kong: A Randomised, Double blinded, placebo controlled trial. (DBPCT). Study proposal under review by RGC.

63. Dietary intake and snack consumption of 8-10 year old children in Hong Kong. Manuscript under review.

64. The effect of exercise in weight management program

65. Glycaemic index and glycaemic load values of different foods and on weight management meals available in Hong Kong

66. Glycaemic index and glycaemic load values of Chinese foods. Manuscript under review


69. Mr and Ms Os database. Data analysis in progress and various manuscripts will be prepared.

Research grants and donations

2008-11 SK Yee Medical Foundation
HKD1,132,730
Healthy ageing through empowerment

2007-10 RGC Earmarked Grant
HKD932,500
Why does dietary oxidized cholesterol elevate blood cholesterol level more effectively than non-oxidized cholesterol?

2007-8 MSD
HKD 113,974.5
A Phase IIa randomized, placebo-controlled clinical trial to study the efficacy and safety of MK-0773 in patients with sarcopenia

2006-8 CUHK Direct Grant
HKD35,022
Regional Distribution of DHA and AA in brain of omega-3 deficient rats.

2006-8 Jockey Club Charities-CE Community Project List 2006
HKD17,700,000
To set up food Composition database for nutrition labelling. The Hong Kong.
2006-7 Oriental Daily News Charitable Fund
HKD 250,000
Hong Kong Food Exchange Book

2006-7 Miss Liu Choi Yee
HKD 150,000
Nutritional researches and activities

2005-8 RGC Earmarked Grant
HKD568,957
Effect of linoleic acid (LA), conjugated linoleic acid (CLA),
alpha-linolenic acid (LN) and conjugated linolenic acid (CLN)
on blood cholesterol: A mechanism study.

2005-7 RGC Earmarked Grant
HK$787,775.00
A single-centre double blind randomized control trial comparing the efficacy
and safety of isoflavone (soylife) versus placebo in patients with watchful
waiting benign prostate hyperplasia.

2004-6 CUHK Direct Grant
HKD100,000
Effect of egg consumption on blood cholesterol levels in SD rats and hamster

2003-8 World Cancer Research Fund International
£149,772
Adolescent and adult soy intake and breast cancer risk in Chinese premenopausal women

2003-6 Research Grant Committee Earmarked Grant
HK$624,000
Effect of soy isoflavones supplementation on cognitive function in Chinese postmenopausal women: a double-blind randomized controlled trail

2004-6 Research Grant Committee Earmarked Grant
HK$1,200,000
Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal women

2004-6 Food and Environmental Hygiene Department
HK$3,200,000
Population-based food consumption survey of the people of Hong Kong

2006 Research Grants Council 2006
HKD 854,780
Effects of soy protein or isoflavones on glycemic control, insulin resistance, and cardiovascular risks - A six month randomized, double-blind, placebo-controlled trial in pre- and post menopausal women.

2006-09 RGC Earmarked Grant
HK$932,500
Why does dietary oxidized Cholesterol elevate blood cholesterol level more effectively than non-oxidized cholesterol?

2005-08 RGC Earmarked Grant
HK$568,957
Effect of linoleic acid (LA), conjugated linoleic acid (CLA), alpha-linolenic acid (LN) and conjugated linolenic acid (CLN) on blood cholesterol: A mechanism study.

2006-08 CUHK Direct Grant
HK$35,022
Regional Distribution of DHA and AA in brain of omega-3 deficient rats.

2004-06 CUHK Direct Grant
HK$100,000
Effect of egg consumption on blood cholesterol levels in SD rats and hamster

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A single-centre double blind randomized control trial comparing the efficacy and safety of isoflavone (soylife) versus placebo in patients with watchful waiting benign prostate hyperplasia.

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Effect of soy isoflavones supplementation on cognitive function in Chinese postmenopausal women: a double-blind randomized controlled trial

2004-7 Research Grant Committee Earmarked Grant
HK$1,200,000
Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal women

2004-6 Food and Environmental Hygiene Department
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2006-09 CUHK Direct Grant
HK$35,022
Regional Distribution of DHA and AA in brain of omega-3 deficient rats.

2004-06 CUHK Direct Grant
HK$100,000
Effect of egg consumption on blood cholesterol levels in SD rats and hamster

2004 Department of Health (SC Ho, J Woo)
HKD 872,801

2004 Health and Health services Research (Hui SSS, Woo J, Kwok TCY)
HKD 811,790
Evaluation of energy expenditure and cardiovascular health effects from Tai Chi and walking exercise

2005-7 RGC Earmarked Grant
HK$787,775.00
A single-centre double blind randomized control trial comparing the efficacy and safety of isoflavone (soylife) versus placebo in patients with watchful waiting benign prostate hyperplasia.

2003-8 World Cancer Research Fund International
£149,772
Adolescent and adult soy intake and breast cancer risk in Chinese premenopausal women –
2003-8  Research Grant Committee Earmarked Grant
         HK$624,000
Effect of soy isoflavones supplementation on cognitive function in Chinese
postmenopausal women: a double-blind randomized controlled trial

2004-8  Research Grant Committee Earmarked Grant
         HK$1,200,000
Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal
women

2004-6  Food and Environmental Hygiene Department
         HK$3,200,000
Population-based food consumption survey of the people of Hong Kong

Research Grants Council, Hong Kong Government, 2000-2003
HKD763,200
Hypolipidemic and antioxidant activity of theaflavins and thearubigins from oolong and
black tea.

Research Grant Committee Earmarked Grant, 2000-2003
HKD1,200,000
Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal women.

Strategic Research Programme, CUHK, 2000-2004
HKD500,000
The role of phytoestrogens on women’s health. The Chinese University of Hong Kong
(SRP 9903).

Research Grant Committee Earmarked Grant, 2001-2003
HKD765,000
Development of food frequency questionnaire and database for assessing soy isoflavones
intake in the Chinese population

Direct Grant, 2002
HKD80,000
A Novel homocysteine-lowering strategy for atherosclerosis prevention in China: diet,
hyperhomocysteinaemia, and atherosclerosis.

Pfizer Corporation 2002.
HKD5,600,000
Pearl Postmenopausal evaluation and risk reduction with Lasofoxifene

Eisai 2002-2003
HKD189,405
The role of methylcobalamin in early dementia patients with vitamin B12 deficiency and
hyperhomocysteinaemia
Direct Grant, 2002-2003
HKD80,000
A study of the prevalence of subclinical artherosclerosis and the associated risk factors in Chinese postmenopausal women.

Direct Grant, 2002-2003
HKD 80,000
Dietary fiber from mushroom: An evaluation of their biochemical, physico-chemical, nutritional, toxicological, sensory properties

Direct Grant, 2002-2003
HKD80,000
Antioxidant and vasorelaxative properties of catechin epimers

Research Grant Council Earmarked Grant, 2002-2004
HKD1,036,000
A mechanistic study of the immunopotentiating and antitumor effects of native and chemically modified nonstarch polysaccharides [(1')-b-D-glucans] from mushroom sclerotia.

Health Care Promotion Fund, 2002-2004
HK$ 703,116
A study of informal caregivers and association of caregiving status with health and quality of life.

RGC Earmarked Grant, 2002-2004
HKD 876,000
In vitro and in vivo anticancer studies of novel polyunsaturated fatty acids (DHA, EPA) purified and characterized from several enriched microalgae

New Zealand Diary Board, 2002
HKD 3,943,753
A randomized controlled trial of the effect of milk supplementation on bone density in women aged 20-35 years in Asia (Hong Kong Leg of Trial).

International Atomic Energy Agency (IAEA) Regional Cooperative Grant, 2003 (RAS7012) – a 5-y project
TBA
Calcium bioavailability from the indigenous diets, and the effects of fortified cow’s milk and soymilk on calcium absorption and bone metabolism in children, adolescents and postmenopausal women in China.

Fortress Pharmaceutical Company Ltd., 2003
HKD 308,000
Beneficial effects of dietary whey protein isolate in palliative care patients with advanced cancer, and in patients with chronic obstructive airways disease
HKD 1,012,990
Effects of soy isoflavones supplementation on cognitive function in Chinese postmenopausal women: a double-blind randomized controlled trial

Direct Grant of the Research Committee, CUHK, 2003-2004
HKD 36,852
Hypoglycemic effect of mushroom dietary fiber (non-starch polysaccharides)

Research Grant Committee Earmarked Grant, 2003-2005
HKD 624,000
Effect of soy isoflavones supplementation on cognitive function in Chinese postmenopausal women: a double-blind randomized controlled trial

Bristol-Myers Squibb/Mead Johnson Nutrition Programme Grant, 1997-2002
USD 500,000
The Centre for Nutritional Studies, CUHK.

Industrial Support Fund, 1997-2000
HKD 7,311,000
A preclinical and clinical validation of Fructus Crataegi and green tea in lowering blood lipids.

New Zealand Dairy Board, 1997-2001
HKD 2,158,193
A randomized controlled trial to evaluate the effects of high calcium milk powder supplement on bone density of postmenopausal women.

Research Grants Council, Hong Kong Government, 1999-2001
HKD 709,000
Studies in the immunomodulatory and anti-tumor activities of green tea catechins.

Research Grants Council, Hong Kong Government, 1999-2002
HKD 1,095,720
A double-blind randomized controlled study on the effects of soy isoflavones with and without calcium fortification on bone mass in early postmenopausal women.

New Zealand Dairy Board, 1999-2001
HKD 3,731,570
A randomized controlled trial of the effect of milk supplementation on the rate of bone accretion in Chinese children (8-10) in Hong Kong.

Research Grants Council, Hong Kong Government, 2000-2002
HKD 763,200
Hypolipidemic and antioxidant activity of theaflavins and thearubigins from oolong and
black tea.

Research Grants Council, 2000
HKD1,200,000
Effect of phytoestrogens on calcium metabolism in Chinese postmenopausal women.

Nestec Ltd., 2001
HKD276,457
Development of the Chinese MNA.

Research Grants Council, 2001
HKD765,000.
Development of food frequency questionnaire and database for assessing soy isoflavones intake in the Chinese population.

Environment Conservation Fund, 2001
HK$1,281,920
A Human Dioxin levels in Hong Kong – a pilot study.

CUHK Direct Grant, 2001-2002
HKD80,000
Correlation of calcium absorption and homeostasis with severity and progression of spinal deformity in growing adolescents with idiopathic scoliosis.

New Zealand Diary Board, 2002
HKD3,943,753
A randomized controlled trial of the effect of milk supplementation on bone density in women aged 20-35 years in Asia (Hong Kong Leg of Trial).

Direct Grant, 2002
HKD80,000

Direct Grant, 2002-2003
HKD80,000
A study of the prevalence of subclinical artherosclerosis and the associated risk factors in Chinese postmenopausal women.

Research Grant Council Earrmarked Grant, 2002-2004
HKD1,036,000
A mechanistic study of the immunopotentiating and antitumor effects of native and chemically modified nonstarch polysaccharides [(1?)-b-D-glucans] from mushroom sclerotia.

Research Grant Council Earrmarked Grant, 2002-2004
HKD876,000
In vitro and in vivo anticancer studies of novel polyunsaturated fatty acids (DHA, EPA) purified and characterized from several enriched microalgae.

Health Care Promotion Fund, 2002-2004  
HK$ 703,116  
A study of informal caregivers and association of caregiving status with health and quality of life.

International Atomic Energy Agency (IAEA) Regional Cooperative Grant, 2003  
(RAS7012) – a 5-y project  
TBA  
Calcium bioavailability from the indigenous diets, and the effects of fortified cow’s milk and soymilk on calcium absorption and bone metabolism in children, adolescents and postmenopausal women in China.

USD500,000 for five years.  
The Center for Nutritional Studies, CUHK.

Direct Grant CUHK Research Committee, 1996-1997  
HK$30,000  
Breast milk fatty acid composition in Chinese.

Direct Grant CUHK Research Committee Medicine Panel, 1999  
HK$105,000.  
Collagen Type 1 Alpha I Gene, Estrogen Receptor Gene, and lifestyle Factors in the Etiology of Osteoporosis in Chinese.

Health Care & Promotion Fund, September 1997.  
HK$80,000.  
A nutrition manual for carers in elderly residential homes.

Health Services Research  1999-2000  
HK$862,666.  
A population-based cohort study of phytoestrogen intake and bone loss in Chinese early postmenopausal women

Industrial Support Fund, 1997-2000  
HK$7,311,000  
A preclinical and clinical validation of Fructus Crataegi and green tea in lowering blood lipids

Industrial Support fund, HKSAR government, 1999-2001  
HK$8,100,000  
Development of Over-the-counter pharmaceutical products based on local medicinal plants
HKD1,500,000.
Anlene supplementation trial-effect on bone mineral density in women.

New Zealand Dairy Board 1999-2001
HKD3,731,570.
A randomized controlled trial of the effect of milk supplementation on the rate of bone accretion in Chinese children (8-10) in Hong Kong..

Strategic Research Grant (CUHK) 1999-2000
HK$500,000.
The role of phytoestrogens in women’s health.

HKD1,180,000
Metabolic fate of trans/cis fatty acids in high-trans milk and their effect on metabolism of essential fatty acids

Research Grants Council, Hong Kong Government, 1996
HKD692,000.
The Vitamin D receptor gene, lifestyle factors and the aetiology of osteoporosis in Chinese

Research Grants Council, HKSAR government, 1997-2000
HKD1,122,000
Investigation of mechanisms of cholesterol-lowering effect of green tea epicatechin isomers.

Research Grants Council Ear-marked Grant, 1997-1999
HKD500,000
Characterization of pharmacologically active substances and nutritional evaluation of selected seaweeds in Hong Kong

Research Grants Council, HKSAR, 1997-1999
HKD500,000
Study on mechanisms of vasodilator effects of green tea catechins in spontaneously hypertensive and normotensive rats

HKD709,500
Studies on the immunomodulatory and anti-tumor activity of green tea catechins.

Research Grants Council, 1999-2000
HK$580,000.
Hyperhomocysteinaemia and arterial endothelial dysfunction: an emerging strategy for prevention of atherosclerosis
Researc
g Grants Council, 2000-2003
HK$763,200.
Hypolipidemic and antioxidant activity of theaflavins and thearubigins from Oolong and black tea.

Research Grants Council, 2000-2001
Result Pending
Studies on the cholesterol-lowering mechanisms of beta-glucan (a soluble dietary fiber) from the sclerotium of edible mushroom.

The Wei Lun Foundation (Hong Kong) 1996-1998
HKD835,000
Identification and evaluation of biologically active compounds present in Chinese green tea

Current areas of interest
- The association between specific nutrients and health (calcium and osteoporosis; folate and B vitamins and coronary heart disease; phytoestrogens and women’s health).
- Obesity and the metabolic syndrome.
- Nutritional status of patients with renal disease undergoing chronic dialysis, nasopharyngeal carcinoma; dementia.
- Methods of food enhancement to improve intake of elderly people in institutional care.
- Validation of dietary questionnaires using duplicate meal analysis.
- Development of a nutritional screening tool for malnutrition in the elderly.
- Promotion of healthy lifestyle including dietary habits and weight management through lifestyle modification programs. This is a comprehensive programme and is individualized, which includes personalized dietary and exercise advices and management for each participant. The programme also includes personal and group schemes which gears towards helping participants achieve healthy weight management.
- Validation of physical activity questionnaire by using basal metabolic rate measurement.
Publications


31. 史曼媚，張安琪，方永平，陳振宇。體重波動對脂肪代謝的影響。[中西結合肥胖病學] 韋林，焦東海主編，學苑出版社，北京，1997，86-97 頁。

32. 張安琪，陳振宇。肥胖病人的能量代謝。[中西醫結合肥胖病學] 韋林，焦東海主編，學苑出版社，北京，1997，75-85 頁。

33. 梁淑芳，謝麗賢，劉德輝，梁乃江。香港兒童生長標準百分位曲線圖。[中華優秀科學論文選]，1997;1:658-659。

34. 焦富勇，梁淑芳，莫子楓。香港華裔嬰幼兒佝僂病 79 例調查報告。[陝西醫學雜誌]，1997 年 12 月第 26 卷第 12 期第 750-751 頁。


47. Cheung PCK (1998) Temperature and pressure effects on supercritical carbon dioxide extraction of n-3 fatty acids from red seaweed. *Food Chemistry* 65: 399-403.


80. 吳光馳, 郭素怡, 梁淑芳, 吳文英, 劉德輝 (1998)。北京與香港兒童肥胖比較。[中華兒童保健雜誌] *Chin J Child Heath Care* 6(2): 80-82. 頁。


87. Chow FCC, Cockram CS, Jorgensen LN, Yeo JP. (1999) A fixed dose, placebo-controlled, randomized study of NovoNorm (0.25 mg, 0.5 mg and 2.0 mg) in Hong Kong patients with type 2 diabetes mellitus. *JAMA Southeast Asia Supplement* **15**: 26-29.


96. Ko GTC, Li JKY, Cheung AYK, Yeung ATF, Chow CC, Tsang LWW, Cockram CS, Chan JCN. (1999) Two-hour post-glucose loading plasma glucose is the main determinant for the progression from impaired glucose tolerance to diabetes in Hong Kong Chinese. *Diabetes Care* **22**: 2096-2097 (letter)


244. Kwan M, Woo J, Kwok T. The standard oxygen consumption value equivalent to 1 MET (3.5ml/min/kg) is not appropriate for elderly people. Int J Food Sci Nutr; 2004;55:179-182.


290. Ho SC. Soy and women’s health – recent studies in Asia. (in press)
298. Po LS, Chen ZY, Tsang DSC, Keung LK. Baicalein and genistein display different actions or ER transactivation and apoptosis in MCF-7 cells. Cancer Lett. (in press)


Conference presentations


25. Chen ZY (June, 1998) Obesity, dieting and weight cycling. Capital University of Medical Sciences, Beijing. (Invited presentation)


44. Tang NLS, Chan CK, Gohel MD, Woo J, Hjelm NM. (Dec 9-12, 1998) Vitamin B<sub>2</sub> and B<sub>6</sub> status among hospital inpatients. The 4th Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Hong Kong.


56. Chen ZY. (August 5-6, 1999) Fatty acids and cardiovascular disease. Symposium organised by Beijing Nutritional Society and Beijing Medical University, Beijing (Invited presentation).


71. Ho SC. (May 29-30, 1999) Health status of perimenopausal women in Hong Kong. Invited presentation in Programme in Women’s Health Issues in Advances in Medicine held in Hong Kong.


73. Ho SC. (July 10, 1999) The pattern of soya consumption and relation to women’s health in Hong Kong. Invited presentation in Seminar on Health Benefits of Soya Beans held in Hong Kong.


93. Chan SM, Nelson EAS, Leung SSF, Li CY. Fish, seafood and fish soup consumption of Hong Kong Chinese postpartum women. The Hong Kong Epidemiological Association Second Annual Scientific Meeting. Hong Kong, January 2000.
96. Chen ZY. Effect of DHA on brain and visual development in infants. 8th National Nutritional Meeting of Chinese Nutrition Society, October, Beijing, 2000.
97. Chen ZY. Invited Speaker at the Symposium on Emerging Issues in Women Health. Title: Weight cycling and its health consequence, 27th May, 2000, Hong Kong.
101. Guldan GS. (Jan 8, 2000) Findings and methodological issues in dietary studies among Hong Kong children. Presented at the Second Annual Scientific Meeting of the Hong Kong Epidemiological Association Second Annual Scientific Meeting, Hong Kong.
103. Ho HM, Chen ZY. (Jun 10-14, 2000) Phytoestrogen composition of soy leaves. Institute of Food Technologists Annual Meeting and Food EXPO. Dallas, Texas.


127. Ho SC. Overview on contemporary women’s health issues in HK and insight on an efficient multidisciplinary approach (with emphasis on physiotherapy) in addressing these issues. Invited presentation in the Women’s Health – Hong Kong Chapter in the Annual General Meeting of Hong Kong Physiotherapy Association held in Hong Kong, June 16, 2001.


164. Chen SSF, Wang AYM, Sea M, Woo J, Lok J. Dietetic service on evidence based practice and experience sharing. 5th January 2002, Hong Kong.

165. Chen ZY. Comparison of breastmilk docosahexaenoic acid (DHA) and arachidonic acid (AA) content between Chinese and other women. ISSFA 2002-Dietary Fats and Health-5th Congress of the International Society for the Study of Fatty Acids and Lipids. Montreal, Canada, May 7-11, 2002.


175. Ho SC. Health issues of midlife and older women in Hong Kong. Invited presentation in Seminar on Soy Protein and Research Update held at Sheraton Hotel, 11 November 2002.


190. Lee WTK, E Wong, V Ho, SSH Lui, J Lau, W Tang, LY Tse. Factors determining duration of breast-feeding in currently formula fed infants who have initially received breast milk in Hong Kong. Abstract of The Joint Annual Scientific Meeting of The Hong Kong Paediatric Society (40th Anniversary Celebration) & Hong Kong Paediatric Nurses Association Ltd. 30 November 2002. P.51. (1st Prize Award for the Best poster presentation).


201. Woo J. Improving the quality of nutrition support for the elderly. Invited plenary lecture. First forum of Hospital Authority Dietetic service on evidence based practice and experience sharing. 5th January 2002, Hong Kong.


205. Kwan M, Woo J, Kwok T. The standard oxygen consumption value equivalent to 1 MET (3.5 ml/min/kg) is not appropriate for elderly people. 2nd International Academy on Nutrition and Aging Conference, Albuquerque, New Mexico, USA, July 10-12,2003.


222. Chen ZY at Workshop on Plant antioxidants and Health, Beijing, China. Title: Research on Antioxidant from Foods to Traditional Chinese Medicine, What Can We Conclude? November 4, 2005.


224. Chen ZY at 6th International Conference of Food Science and Technology, Guangzhou, China. Title: Cholesterol lowering functional foods: A review. November 7-9, 2005.


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Scientific meetings

Scientific Meeting


12. Symposium on Calcium, Chinese Herbal Medicine, and Women’s Health on November 20, 2004

13. Asia-Pacific Conference on Health Promotion-Healthy lifestyle-Healthy Community on November 5-6, 2005