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

Annual Report for 2008 - 2009
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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.
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 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.

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) *

HKD 854,780 (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.

HKD 103,752 (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 *

HKD 761,191
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 *

HKD 1,249,656
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

HKD 74,700 (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

HKD 1,132,730 (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

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)

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

UGC (AOE scheme) *

Chinese Medicine Research and further development

(* Co-investigator)
Journal publications


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,


**Conference proceedings**


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.


Other conference presentations


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).


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.

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 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
- 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.