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International Conferences

Age-Friendly Cities with Cooperation & Participation – The Asian Pacific Perspective Regional Conference
19-20 November 2010

It was a regional conference on Age-friendly Cities from an Asian Pacific perspective for the first time in Hong Kong. The promotion of the Age-friendly Cities initiative originates from the World Health Organization’s Age-friendly Environments Programme which address the environmental and social factors that contribute to active and healthy ageing in societies.

Our Centre, as one of the organizers, aims at contributing to the promotion and further development of age-friendly cities in different socio-economic contexts globally through capitalizing on the Asian perspectives and experiences in this regards.
Institutional Care of Older Adults Conference
4 – 5 May, 2011

To increase awareness of the importance of quality nursing home care, the S.H. Ho Centre for Gerontology and Geriatrics of Faculty of Medicine jointly organized a two-day conference “Institutional Care of Older Adults” with Shatin Hospital and the International Association of Gerontology and Geriatrics (IAGG). Held at the Auditorium, Prince of Wales Hospital from 4 to 5 May, 2011, the conference was opened by Prof. Jean Woo, Director of the Centre, and Dr. Susanna Lo, Chief Executive of Shatin Hospital. Prof. John Morley, Prof. Debbie Tolson, Prof. Yves Guigoz from the IAGG and a number of local professors and physicians spoke on the conference. The two-day conference covered various topics related to nursing home care, including nutrition, dementia, communication problems, falls and fractures, hypertension and heart failure, diabetes, incontinence, and palliative care. A “Meet the professor workshop” was also held to allow further interaction and sharing of knowledge and to reinforce knowledge concerning nursing homes. Over 170 participants attended the conference and most of them expressed that they enjoyed the conference and wished to have more of these events arranged in the future.
S H Ho Fellowship

SH Ho Geriatrics Fellowship 2011-2012 was awarded to Ms Cheung Chi Man. Ms. Cheung is now studying the Postgraduate Diploma in Clinical Gerontology. She had worked as a registered nurse in the Hospital Authority for over 20 years and now working at a subsidized elderly home.
Other activities

- CADENZA workshop series target on social health care professionals working in NGOs (details see www.cadenza.org.hk), January to October 2011

- CADENZA Hub Grand Opening and Carnival, 19 February 2011

- Job Expo of CADENZA Community project: Elder-Friendly Employment Practice, 14 April 2011 and 19 October 2011
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
- Small area health disparities
- Health prioritization: societal views
- Trends in stroke incidence, case fatality, and regional variations

List of projects ongoing or started

- Continuing follow up of 4000 men and women: the Mr and Ms Os study cohort
- 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

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

Research Grant Council (RGC)
HKD1,133,900 (1/2011-12/2013)
A randomized placebo controlled trial of vitamin B12 supplementation to prevent cognitive decline in cognitively normal older diabetic people with mild vitamin B12 deficiency

UGC (AOE scheme) *
Chinese Medicine Research and further development

Research Fund for the Control of Infectious Diseases (RFCID) *
The effect of a mindfulness based cognitive therapy (MBCT) programme on immune status in caregivers with chronic psychosocial stress in Hong Kong: a randomized controlled trial
Research Grant Council (RGC) *
HKD694,831 (9/2010 – 8/2013)
Enhancing Quality of Life of Elders in Care and Attention Homes in Hong Kong through a Facility Management Model

(* Co-investigator)
Journal publications


10. Woo J. (2011) Needs of older people in the community. The HK Medical Diary, 16(9), 5-6.


Conference proceedings


Invited conference speaker

1. **Woo J**. Frailty in older women. 10th Anniversary Symposium of the Centre of Research and Promotion of Women’s Health, 2-3 March 2011, Hong Kong. Invited Speaker.


5. **Woo J.** On the fringe of society. Henry G Leong Gerontology and Geriatrics Endowed Professorship Lecture, 11 November 2011, Hong Kong. **Invited Speaker.**

6. **Woo J.** Sarcopenia and frailty in the Orient. 6th Cachexia Conference, 8-10 December 2011, Milan, Italy. **Invited Speaker.**

### Other conference presentations


5. **Chan R, Chan D, Woo J, Ohlsson C, Mellstrom D, Kwok T, Leung PC.** Not all elderly people benefit from Vitamin D supplementation with respect to physical function – Results from Mr. Os, Hong Kong. XI Asian Congress of Nutrition. 13-16 July 2011, Singapore.


Interaction with media

- TVB "Happy Old Buddies" (快樂獎門人) - 缺肌症的成因、病徵、治療和預防  on 28 January 2011 and 介紹賽馬會流金匯服務  on 31 January 2011.


- Newspaper interviewed about “中年人心肺弱過長者” by Ming Pao on 26 January 2011.


- RTHK TV Programme “做個健康快活人 – 我老自逍遙”  on 6 September 2011.

- Newspaper interview about 腦退化病研討會 探討照顧患者需求 by 大公報 on 23 September 2011.

- Magazine interview about “馬會全方位支援腦退化，助照顧者輕鬆減壓” by Next Magazine on 29 September 2011.

- Magazine interview about “藝術治療 抗痴呆” by Next Magazine on 29 September 2011.

- Magazine interview about “藝術治療 延緩腦退化” by 頭條日報 on 4 October 2011.

- Newspaper interview about “Art therapy proves effective for dementia patients” by The Standard on 11 October 2011.

- TVB News “The benefit of overweight in older adults” on 24 October 2011.
Press conference

- Press Conference on CADENZA Study shows special training can aid reasoning and memory of elderly on 9 September 2011.

From left: CADENZA Project Director Professor Jean Woo; participants Law Tim Yau and Fung Hoi Cheung; and Jockey Club Centre for Positive Ageing Director Professor Timothy Kwok at the press conference

Participants Law Tim Yau (left) and Fung Hoi Cheung (right) who joined the cognitive training programme CogniFitness, demonstrate some of the games