

# Centre for Nutritional Studies



## List of selected publications

### Adolescent idiopathic scoliosis

- Lee WTK, Cheung CSK, Tse YK, Guo X, Qin L, Ho SC, Lau J, Cheng JCY. Generalized low bone mass of girls with adolescent idiopathic scoliosis is related to inadequate calcium intake and weight bearing physical activity during peripubertal period. *Osteoporos Int* 2005; 16: 1024-35.
- Lee WTK, Cheung CSK, Guo X, Cheng JCY. Generalised Osteopenia Associated with Higher Calcium Intake in Adolescent Idiopathic Scoliosis. *J Bone Min Res* 2002; 17( Supp 1): S219.
- Cheung CSK, Lee WTK, GuoX, Tang SP, Lee SKM, Cheng JCY. Abnormal Bone Turnover in Adolescent Girls with Idiopathic Scoliosis. San Antonio, Texas, USA. *J Bone Min Res* 2002; 17(Supp 1): S219.
- Lee WTK, Cheung CSK, Guo X, Tang SP, Cheng JCY. Abnormal Peri-Pubertal Growth and Development in Girls with Adolescent Idiopathic Scoliosis. *J Bone Min Res* 2002; 17(Supp 1): S382.
- Cheung SK, Lee WTK, Cheng JCY. Osteopenia and calcium intake in patients with Adolescent Idiopathic Scoliosis. *Ann Nutr Meta* 2001; 45(Supp 1): 249.

### Aging

- Sherlin Ong, Jean Woo, Panam Parikh, Ruth Chan, Sun Jianqin, Chan Yoke Mun, Shiou-Liang Wee, Nghiem Nguyet Thu, Pham Thang, Siti Setiati, Yi-Chen Huang, Mark L Wahlqvist, Rolf Bos, Lisette CPGM de Groot. Addressing nutritional requirements of ageing consumers in Asia—recommendations from an expert workshop. *Asia Pac J Clin Nutr* 2019; 28(2):.doi: 10.6133/apjcn.201903/PP.0004.
- Ruth Chan, Dicken Chan, Jean Woo. A Prospective Cohort Study to Examine the Association between Dietary Patterns and Depressive Symptoms in Older Chinese People in Hong Kong. *PLOS One* 2014; 9(8): e105760.
- Yu R, Yau F, Ho S, Woo J. Cardiorespiratory fitness and its association with body composition and physical activity in Hong Kong Chinese women aged from 55 to 94 years. *Maturitas* 2011; 69(4): 348-353.
- Woo J. Nutritional strategies for successful aging. *Med Clin North Am* 2011; 95: 477-493.
- Ho S, Woo J, Yau F, Yu R. Habitual physical activity and cardiorespiratory fitness in Chinese midlife and elderly women. *Aging Clin Exp Res* 2011; 23(Supp 1): 214.

Woo, J. Ageing in East Asia. Challenges and policies for the twenty-first century. *Age Ageing* 2010; 39(5): 662.

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.

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.

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.

Woo J, Ho SC, Yu ALM. Lifestyle factors and health outcomes in elderly Hong Kong Chinese age 70 years and over. *Gerontology* 2001; 48: 234-240.

Woo J, Ho SC, Sham A. Longitudinal changes in body mass index and body composition over 3 years and relationship with health outcomes in elderly Hong Kong Chinese age 70 years and over. *J Am Geriatr Soc* 2001; 49: 737-746.

Kwok T, Woo J, Kwan M. Does low lactose milk powder improve the nutritional intake and nutritional status of frail older Chinese people living in nursing homes? *J Nutr Health Aging* 2001; 5: 1-5.

Liu KW, Dai LK, Woo J. Metformin-related vitamin B12 deficiency. *Age Ageing* 2006; 35: 200-201.

Woo J, Guldán GS, Shing S, Lau SF, Wong HMY. (1999) *A Healthy Eating Guide for Older Adults*. The Chinese University Press (Chinese).

Woo J, Ho SC, Yuen YK, Chan SG, Yu LM, Lau J. Prevalence and effectiveness of treatment of hypertension on cardiovascular morbidity and mortality in an elderly population aged 70 years and over. *Arch Gerontol Geriatr* 1997; 25: 159-165.

### **Cardiovascular disease, blood pressure and stroke**

Ruth Chan, Blanche Yu, Jason Leung, Jenny Shun-Wah Lee, Jean Woo. Association of dietary patterns with serum high-sensitivity C-reactive protein level in community-dwelling older adults. *Clinical Nutrition ESPEN* 2019 Jun; 31: 38-47.

Ruth Chan, Forrest Yau, Blanche Yu, Jean Woo. The role of dietary patterns in the contribution of cardiorespiratory fitness in community-dwelling older Chinese adults in Hong Kong. *J Am Med Dir Assoc* 2019; 20(5), 558-563.

Chi-Ho Lee, Ruth S. M. Chan, Helen Y. L. Wan, Yu-Cho Woo, Chloe Y. Y. Cheung, Carol H. Y. Fong, Bernard M. Y. Cheung, Tai-Hing Lam, Edward Janus, Jean Woo, Karen S. L. Lam. Dietary Intake of

- Anti-Oxidant Vitamins A, C, and E Is Inversely Associated with Adverse Cardiovascular Outcomes in Chinese—A 22-Years Population-Based Prospective Study. *Nutrients* 2018 Nov 4; 10(11).
- Woo J, Yu WM, Chan RSM, Leung J. Influence of dietary patterns and inflammatory markers on atherosclerosis using ankle brachial index as a surrogate. *J Nutr Health Aging* 2018; 22(5): 619-626.
- Ruth Chan, Jason Leung, Jean Woo. Estimated net endogenous acid production and risk of prevalent and incident hypertension in community-dwelling older people. *World J Hypertens* 2015; 5(4): 129-136.
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- Ruth Chan, Dicken Chan, Jean Woo, Claes Ohlsson, Dan Mellström, Timothy Kwok, Pingchung Leung. Serum 25-hydroxyvitamin D and parathyroid hormone levels in relation to blood pressure in a cross-sectional study in older Chinese men. *J Hum Hypertens* 2012; 26(1): 20-7.
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- Ho SC, Chen YM, Woo J, Leung SSF, Lam TH, Janus ED. Association between simple anthropometric indices and cardiovascular risk factors. *Int J Obes* 2001; 25: 1689-97.
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### **Glucose and lipid profiles**

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## Obesity

- Cheung LTF, Chan RSM, Ko GTC, Lau ESH, Chow FCC, Kong APS. Diet quality is inversely associated with obesity in Chinese adults with type 2 diabetes. *Nutr J* 2018; Jul 3;17(1):63.
- Chan DFY, So HK, Hui SCN, Chan RSM, Li AM, Sea MM, Chu WCW, Chan M, Woo J, and Nelson EAS. Dietitian-led lifestyle modification programme for obese Chinese adolescents with nonalcoholic fatty liver disease: A randomized controlled study. *Int J Obesity* 2018; 42(9):1680-1690.
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- A.W.Y. Leung, R.S.M. Chan, M.M.M. Sea, J. Woo. Identifying psychosocial predictors of adherence to lifestyle modification program among Chinese overweight and obese adult participants. *Int J Behav Med* 2016; 23(Supp 1).
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- Kong APS, Chan RSM, Nelson EAS, Chan JCN. Role of low-glycemic index diet in management of childhood obesity. *Obes Rev* 2010; 12(7): 492-498.

Lok KYW, Chan RSM, Sea MMM, Woo J. Nutritionists' Variation in Counseling Style and Weight Outcome of Patients Attending a Community Based Lifestyle Modification Program. *Int J Environ Res Public Health* 2010; 7: 413-426.

Chan RSM, Lok KYW, Sea MMM and Woo J. Clients' Experiences of a Community Based Lifestyle Modification Program: A Qualitative Study. *Int J Environ Res Public Health* 2009; 6: 2608-2622.

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### **Osteoporosis and bone-Related Disease**

Zhao-min Liu, Jason Leung, Samuel Wong, Carmen Wong, Ruth Chan, Jean Woo. Greater fruit intake was associated with better bone mineral status among Chinese elderly men and women: Results of Hong Kong Mr. Os and Ms. Os Studies. *J Am Med Dir Assoc* 2015; 16(4), 309-15.

Ruth Chan, Dicken Chan, Jean Woo, Claes Ohlsson, Dan Mellström, Timothy Kwok, Ping Chung Leung. Not All Elderly People Benefit from Vitamin D Supplementation with Respect to Physical Function - Results from the Osteoporotic Fractures in Men Study, Hong Kong. *J Am Geriatr Soc* 2012; 60(2): 290-295.

Chan R, Leung J, Woo J. No association between dietary vitamin K intake and fracture risk in Chinese community-dwelling older men and women: a prospective study. *Calcif Tissue Int* 2012; 90(5): 396-403.

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## **Muscular and functional outcomes**

- Liu-Ying Zhu, Ruth Chan, Timothy Kwok, Kenneth Chik-Chi Cheng, Amy Ha, Jean Woo. Effects of exercise and nutrition supplementation in community-dwelling older Chinese people with sarcopenia: a randomized controlled trial. *Age Ageing* 2018; 48(2): 220-228.
- Liu-Ying Zhu, Ruth Chan, Liz Li, Timothy Kwok and Jean Woo. Dietary protein intake pattern and sources and their associations with muscle and physical function measures in older Chinese adults with sarcopenia in Hong Kong. *J Aging Res Clin Practice* 2018; 7: 75-81.
- Liu-Ying Zhu, Ruth Chan, Jason Leung, Timothy Kwok, Jean Woo. Profile of Serum amino acids among community dwelling older adults from Hong Kong MrOs and MsOs cohort study: Special reference to sarcopenia. *J Cachexia Sarcopenia Muscle* 2017; 8: 1057.
- Ruth Chan, Liu-Ying Zhu, Suey Yeung, Liz Li, Timothy Kwok, Jean Woo. Dietary protein intake and protein sources and their associations with selected muscle and physical function measures in older Chinese adults with sarcopenia: preliminary findings. *J Cachexia Sarcopenia Muscle* 2016; 7: 630.
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- Ruth Chan, Jason Leung, Jean Woo. A prospective cohort study to examine the association between dietary patterns and sarcopenia in Chinese community-dwelling older people in Hong Kong. *J Am Med Dir Assoc* 2016; 17(4): 336-42.
- Ruth Chan, Jason Leung, Jean Woo. Association between estimated net endogenous acid production and subsequent decline in muscle mass over four years in ambulatory older Chinese people in Hong Kong: a prospective cohort study. *J Gerontol A Biol Sci Med Sci* 2015 Jul; 70(7): 905-11.
- Ruth Chan, Jason Leung, Jean Woo. Dietary patterns and risk of frailty in Chinese community-dwelling older people in Hong Kong: a prospective cohort study. *Nutrients* 2015; 7(8):7070-84.
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Woo J, Ho SC, Yu LM, Lau J, Yuen YK. Impact of chronic disease on functional limitation in elderly Chinese age 70 years and over: a cross-sectional and longitudinal survey. *J Gerontol* 1998; 53A: M102-M106.

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### **Psychological Health (e.g. cognitive performance, dementia)**

Bernice HK Cheung, Ivan CH Ho, Ruth SM Chan, Mandy MM Sea, Jean Woo. Current evidence on dietary pattern and cognitive function. *Adv Food Nutr Res* 2014; 71: 137-63.

Ruth Chan, Dicken Chan, Jean Woo. A cross sectional study to examine the association between dietary patterns and cognitive impairment in older Chinese people in Hong Kong. *J Nutr Health Aging* 2013; 17(9): 757-765.

Kwok TCY, Lam LCW, Sea MMM, Goggins W, Woo J. A randomized controlled trial of dietetic interventions to prevent cognitive decline in old age hostel residents. *Eur J Clin Nutr* 2012; 66: 1135-1140.

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Ho SC, Chan A, Ho YP, So E, Sham A, Zee B, Woo J. Effects of Soy Isoflavones Supplementation on Cognitive Function in Chinese Postmenopausal Women: A Double-blind Randomized Controlled Trial. *Menopause* 2007; 14(3 Pt 1): 489-99.

Woo J, Lynn H, Lau WY, Leung J, Lau E, Wong SYS, Kwok T. Nutrient intake and psychological health in an elderly Chinese population. *Int J Geriatr Psychiatry* 2006; 21: 1036-1043.

Kwan M, Kwok T, Lam L, Woo J, Chiu H. A pilot study of associated factors of weight changes in community-dwelling Alzheimer's disease patients. *Nutr Res* 2005; 25: 111-118.

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Ho SC, Woo J, Sham A, Chan SG, Yu ALM. A 3-year follow-up study of social, lifestyle and health predictors of cognitive impairment in a Chinese older cohort. *Int J Epidemiol* 2001; 30: 1389-1396.

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### **Anthropometry and reference standards (e.g. BMI reference, BMD reference)**

Ruth Chan, Dicken Chan, Jean Woo. Associations between dietary patterns and demographics, lifestyle, anthropometry and blood pressure in Chinese community-dwelling older men and women. *J Nutr Sci* 2012; 1, e20.

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Sung RYT, Lau P, Yu CW, Lam PKW, Nelson EAS. Measurement of body fat using leg-to-leg bio-impedance method in children. *Arch Dis Child* 2001; 85(3): 263-7.

Wong W, Tang NLS, Lau TK, Wong TW. A new recommendation for maternal anthropometry in Chinese. *J Am Diet Assoc* 2000; 100(7): 791-796.

Li H, Leung SSF, Lam PKW, Zhang X, Chen XX, Wang SL. Height and percentile curves of Beijing children and adolescents 0-18 years, 1995. *Ann Human Biol* 1999; 26: 457-471.

Chan YL, Leung SSF, Lam WWM, Peng XH, Metreweli C. Body fat estimation in children by magnetic resonance imaging, bioelectrical impedance, skinfold and body mass index: A pilot study. *J Paediatr Child Health* 1998; 34: 22-28.

Leung SSF, Cole TJ, Tse LY, Lau JTF. Short report- Body mass index reference curves for Chinese children. *Ann Human Biol* 1998; 25: 169-174

Huen KF, Leung SSF, Lau JTF, Cheung AYK, Leung NK, Chiu MC. Secular trend in the sexual maturation of Southern Chinese girls. *Acta Paediatr* 1997; 86: 1121-1124.

Cheng JCY, Leung SSF, Tse PWT, Chan AKH, GUO X. Reference anthropometric data of Chinese children - A study of 3000 children. *HK J Orthopaedic Surg* 1997; 1: 40-4.

## **Clinical and nutritional assessment (e.g. use of different biomarkers, questionnaire validation)**

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