

Centre for Nutritional Studies
School of Public Health, Faculty of Medicine
The Chinese University of Hong Kong

Annual Report
(2011-2013)



Research activities

- Lifestyle intervention using an internet-based curriculum with cell phone reminders among obese Chinese adolescents: A randomized controlled pilot study
- A randomized controlled trials using lifestyle modification programme (LMP) as an intervention with the treatment of nonalcoholic fatty liver disease;
- A randomized controlled trials using LMP as an intervention with the treatment of obstructive sleep apnea;
- A randomized controlled trial to investigate the impact of a low glycemic index diet on body mass index and obesity related cardiovascular and hormonal factors in Chinese adolescents;
- A double blinded placebo controlled trial of food additives and behaviour in primary children in Hong Kong;
- A study examining cardiorespiratory fitness and health outcomes of older people in Hong Kong;
- A health promotion project of older people in Hong Kong entitled “Senior Eat Smart Cook Healthy Program”.
- Food labeling and self-management in primary care patients with diabetes mellitus and hypertension

Research Grants

	Name of PI	Project Title	Funding Source	Grant Amount	Start and End Dates
1	Prof Edmund AS Nelson	Lifestyle intervention using an internet-based curriculum with cell phone reminders among obese Chinese adolescents: A randomized controlled pilot study	Health and Health Services Research Fund	HKD 79,577	1 Dec 2012 to 30 Nov 2013
2	Prof Alice Kong	A Randomized Controlled Trial to Investigate the Impact of a Low Glycemic Index (GI) Diet on Body Mass Index and Obesity Related Cardiovascular and Hormonal Factors in Chinese Adolescents	Research Grant Council - General Research Fund	HKD 1,667,339	1 January 2011 to 31 December 2012
3	Prof Jean Woo	Senior Eat Smart Cook Healthy Program	SK Yee Medical Foundation	HKD 660,000	1 June 2012 to 30 November 2013

4	Prof Josette Chor	Food labeling and self management in primary care patients with diabetes mellitus and hypertension	Health Care Promotion Fund	HKD 299,752	1 December 2009 to 30 July 2011
5	Prof Jean Woo	Healthy Active Lifestyle	Coca-cola Foundation	HKD 1,245,988	1 October 2013 – 30 September 2014

Donations

	Donor	Amount	Date	Account No.
1.	Sanofi Aventis Hong Kong Ltd.	HKD 6,000.00	4-Aug-11	Nutrition research account
2.	Wyeth (H.K.) Limited	HKD 15,000.00	14-Oct-11	Nutrition research account
3.	L&T Charitable Foundation Ltd.	HKD 50,000.00	3-Nov-11	Nutrition research account
4.	Ms Lau Chui Wan, Maria	HKD 100.00	16-Nov-11	Nutrition research account
5.	Nestle Hong Kong Ltd.	HKD 15,000.00	2-Apr-12	Nutrition research account
6.	Sanofi Aventis Hong Kong Ltd.	HKD 6,900.00	28-Jun-12	Nutrition research account
7.	Rottapharm HK	HKD 6,900.00	28-Jun-12	Nutrition research account
8.	Takeda Pharmaceuticals (Hong Kong) Limited	HKD 6,900.00	10-Jul-12	Nutrition research account
9.	Nestle HK Ltd	HKD 5,700.00	15-Oct-12	Nutrition research account
10.	L&T Charitable Foundation Ltd.	HKD 50,000.00	14-Nov-12	Nutrition research account
11.	Ms Wu Po Ling, Rose	HKD 5,000.00	11-Jan-13	Nutrition research account
12.	Nestle HK Ltd	HKD 60,000.00	1-May-13	Nutrition research account

Publications and conference papers

1.	Liu, Z.M., Woo, J., Wu, S.H., Ho, S.C. (2013) The role of vitamin D in blood pressure, endothelial and renal function in postmenopausal women. <i>Nutrients</i> . 5(7), 2590-610.
2.	Woo, J., Yu, H.Y., Yau, C.F.F. (2013) Fitness, fatness and survival in elderly populations. <i>Age</i> , 35(3), 973-84. DOI 10.1007/s11357-012-9398-6.
3.	Liu, Z.M., Ho, S. C., Chen, Y.M., Woo, J. (2013) A Six-Month Randomized Controlled Trial of Whole Soy and Isoflavones Daidzein on Body Composition in Equol-Producing Postmenopausal Women with Prehypertension. <i>Journal of Obesity</i> 2013, 9.
4.	Chan, R., Leung, J., Woo, J., & Kwok, T. (2013). Associations of dietary protein intake on subsequent decline in muscle mass and physical functions over four years in ambulant older Chinese people. <i>Journal of Nutrition, Health and Aging In press</i> , accepted 23.5.2013.
5.	Chan, R., Leung, J., & Woo, J. (2013). High calcium intake reduces mortality in populations with low habitual calcium intake. <i>JAMA Internal Medicine</i> , in press, accepted 7.5.2013.
6.	Wong, V. W. S., Chan, R. S. M., Wong, G. L. H., Cheung, B. H. K., Chu, W. C. W., Yeung, D. K. W., Chim, A. M. L., Lai, J. W. Y., Li, L. S., Sea, M. M. M., Chan, F. K. L., Sung, J. J. Y., Woo, J., Chan, H. L. Y. (2013). Community-based lifestyle modification programme for non-alcoholic fatty liver disease: A randomized controlled trial. <i>Journal of Hepatology</i> , 59(3), 536-542.
7.	Liu, Z.M., Ho, S.C., Chen, Y.M., Woo, J. (2013) Effect of soy protein and isoflavones on blood pressure and endothelial cytokines- a six-month randomized controlled trial among postmenopausal women. <i>Journal of Hypertension</i> , 31(2), 384-92.
8.	Chan, R., Chan, D., & Woo, J. (2013). A cross sectional study to examine the association between dietary patterns and cognitive impairment in older Chinese people in Hong Kong. <i>The Journal of Nutrition, Health & Aging</i> , 1-9.
9.	Yu R, Yau F, Ho SC, Woo J. (2013). Associations of cardiorespiratory fitness, physical activity, and obesity with metabolic syndrome in Hong Kong Chinese midlife women. <i>BMC Public Health</i> , 13(614), doi:10.1186/1471-2458-13-614
10.	Woo, J., Leung, J., Chan, R., & Chau, P. H. (2013). Influence of income and self-rated socio-economic position on lifestyle, and physical and psychological function in older Chinese adults aged 65 years and over. <i>Public Health</i> , S0033-3506(12)00457-X, doi: 10.1016/j.puhe.2012.12.008.
11.	Chan, R., Chan, D., & Woo, J. (2013). The association of a priori and a posterior dietary patterns with the risk of incident stroke in Chinese older people in Hong Kong. <i>The Journal of Nutrition, Health & Aging</i> , 1-9.
12.	Chan, R., Leung, S., So, H.-K., Chen, Z.-Y., & Woo, J. (2013). Short stature in primary school students belonging to a minority ethnic group of Yao in China. <i>Annals of</i>

	<i>Human Biology</i> , 40(1), 55-63.
13.	Chan, R., Woo, J., & Tang, N. L. (2012). Chinese Tea and Telomere Length in Elderly Chinese Men. In V. R. Preedy (Ed.), (pp. 1117-1128). <i>Tea in Health and Disease Prevention</i> : UK: Elsevier Inc.
14.	Department of Medicine and Therapeutics, and Centre for Nutritional Studies of The Chinese University of Hong Kong, Family Health Service of The Department of Health (2012). A Survey of Infant Young Child Feeding in Hong Kong: Diet and Nutrient Intake. <i>HKSAR: Family Health Service, Department of Health, HKSAR</i>
15.	Chan, R., Chan, D., & Woo, J. (2012). Associations between dietary patterns and demographics, lifestyle, anthropometry and blood pressure in Chinese community-dwelling older men and women. <i>Journal of Nutritional Science</i> , 1, doi: doi:10.1017/jns.2012.19.
16.	Wong, V. W. S., Chan, R. S. M., Wong, G. L. H., Cheung, B. H. K., Chu, W. C. W., Chan, H. L. Y., & Woo, J. (2012). Low glycaemic index dietary intervention for patients with non-alcoholic fatty liver disease in the general population – A randomized controlled trial. <i>Gut</i> . doi: 10.1136/gutjnl-2012-302514d.293
17.	Yau, F., Chan, R., Goggins, W., Khaw, K. T., & Woo, J. (2012). Examination of the Applicability of the Physical Activity Questionnaire from European Prospective Investigation into Cancer and Nutrition Study in the Hong Kong Chinese Population. <i>Primary Health Care</i> , 2(115), 2167-1079.1000115.
18.	Chan, R., Chan, D., Leung, J., Woo, J., Ohlsson, C., Mellström, D., P. C. Leung, Kwok, T. (2012). Serum 25-hydroxyvitamin D level and risk for incident stroke in Chinese community-dwelling older men. <i>Journal of Aging Research & Clinical Practice</i> , 1(3), 202-208.
19.	Chan, R., Leung, J., & Woo, J. (2012). No Association between Dietary Vitamin K Intake and Fracture Risk in Chinese Community-Dwelling Older Men and Women: A Prospective Study. <i>Calcified Tissue International</i> , 90(5), 396-403.
20.	Chan, R., Chan, D., Woo, J., Ohlsson, C., Mellström, D., Kwok, T., & Leung, P. C. (2012). Not All Elderly People Benefit From Vitamin D Supplementation with Respect to Physical Function: Results From the Osteoporotic Fractures in Men Study, Hong Kong. <i>Journal of the American Geriatrics Society</i> , 60(2), 290-295.
21.	Kong, A. P., Choi, K. C., Liu, E. K., Chu, W. C., Chan, R. S., Lok, K. Y., Woo, J., Li, A. M., Nelson, E. A., Chan, J. C. (2011). Prediabetes and medical consequences in obese Chinese adolescents. <i>Journal of the ASEAN Federation of Endocrine Societies</i> , 26(2 (Suppl)), OP1-03.
22.	Wong, V. W. S., Chu, W. C. W., Wong, G. L. H., Chan, R. S. M., Chim, A. M. L., Ong, A., Yeung, D. K. W., Yiu, K. K. L., Chu, S. H. T., Woo, J., Chan, F. K. L., Chan, H. L. Y. (2012). Prevalence of non-alcoholic fatty liver disease and advanced fibrosis in Hong Kong Chinese: a population study using proton-magnetic resonance spectroscopy and transient elastography. <i>Gut</i> , 61(3), 409-415.

23.	Yu, R., Yau, F., Ho, S. and Woo, J. (2011) Cardiorespiratory fitness and its association with body composition and physical activity in Hong Kong Chinese women aged from 55 to 94 years. <i>Maturitas</i> , 69(4), 348-353.
24.	Liu, Z.M., Ho, S.C. (2011) The association of C-reactive protein, uric acid and serum magnesium with insulin resistance in Chinese postmenopausal women with prediabetes or early untreated diabetes. <i>Maturitas</i> , 70(2), 176-81.
	<u>Abstracts and Invited Lectures Presented at Local and International Meetings</u>
1.	Ruth Chan, Jean Woo and Dicken Chan. A Cross Sectional Study to Examine the Association between Dietary Patterns and Cognitive Impairment in Chinese Older People in Hong Kong. International Academy on Nutrition and Aging 2013 meeting, 23 June 2013, Seoul Korea (Oral).
2.	Ruth Chan. Recent findings of low-glycaemic carbohydrates in weight management. XI Asian Congress of Nutrition 2011, Academy of Medicine, Singapore, 13-16 July 2011, Singapore (Oral).
3.	Ruth Chan, Dicken Chan, Jean Woo, Claes Ohlsson, Dan Mellström, Timothy Kwok and Ping Chung Leung. 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 2011, Academy of Medicine, Singapore, 13-16 July 2011, Singapore (Oral).
4.	Ruth Chan, Dicken Chan and Jean Woo. Risk of Cataract and Glaucoma in related to the Consumption of Green Vegetables, Fruits and Eggs in an Elderly Chinese Population. XI Asian Congress of Nutrition 2011, Academy of Medicine, Singapore, 13-16 July 2011, Singapore (Poster).

Media Interactions

5 July 2011 東方日報 – 低脂飲食抗紫外光

7 July 2011 星島日報 – 中西指引營戰凍品

12 July 2011 東方日報 – 適量紫外光有益身體

14 July 2011 星島日報 – 維他命新研究 添 D 護齒腔

19 July 2011 東方日報 – 患婦女病忌服亞麻籽

26 July 2011 東方日報 – 廣泛焦慮症非藥物也可醫治

1 August 2011 鏗鏘集 – 塑化劑事件令市民關注食品安全

2 August 2011 東方日報 – 薯片含致癌丙烯酰胺

8 August 2011 頭條日報 - 添營方案強健齒腔

9 August 2011 東方日報 - 減肥族旅行勿樂極忘「營」

14 August 2011 東方日報 - 薑黃肉桂辣椒天然香料防癌抗高脂

16 August 2011 東方日報 - 牛奶助燃脂修身良伴

22 August 2011 ATV(香港有飯開) - 食足七日即食麵測試

23 August 2011 東方日報 - 飲食慎選低升糖指數

25 August 2011 星島日報 - 營養師預警港人潛在厭食率高

30 August 2011 東方日報 - 杜康飲食法減肥效果差

6 September 2011 東方日報 - 降膽固醇餐單成效媲美藥物
香港電台(做個健康快活人) - 我老自逍遙

7 September 2011 經濟日報 - 午餐肉升破 20 元貴過冰鮮豬

8 September 2011 明報 - 喝奶茶測試兩日 7 杯醫生叫停

9 September 2011 經濟日報 - 紫菜午餐肉鈉含量超標 4 倍

15 September 2011 ATV (香港有飯開) - 乳酪雪糕致肥測試
星島日報 - 智選三低一高辦公室健怡零食方

20 September 2011 東方日報 - 罐頭三文魚營養各不同

23 September 2011 東方日報 - 專家印尼直擊白燕變血燕

27 September 2011 東方日報 - 孕婦易染菌慎飲食

29 September 2011 ATV (香港有飯開) - 飲可樂終極報告

4 October 2011 東方日報 - 木瓜「百益果王」抗衰老減中風

6 October 2011 蘋果日報 - 無訂減鈉目標落後歐美

11 October 2011 東方日報 - 基因改造食品好壞參半
South China Morning Post - Eat your age

16 October 2011 蘋果日報 - 從食物找到長壽秘訣

18 October 2011 東方日報 - 改飲食習慣戒煙不會胖

24 October 2011 ATV (香港有飯開) - 膽固醇超標年輕化

25 October 2011 東方日報 - 鮮腐竹高脂宜放湯食用
ATV (香港有飯開) - 十大高卡路里點心排行榜

27 October 2011 星島日報 - 日食五籠點心暗藏健康殺機
ATV (香港有飯開) - 高卡點心鈉含量超標及導致中央肥胖

28 October 2011 ATV (香港有飯開) - 高卡點心導致高膽固醇？飲普洱降膽固醇？

30 October 2011 蘋果日報 - 求助營養師誓擺脫陰影三母女挑戰肥胖

1 November 2011 東方日報 - 牛油果減壞膽固醇醇抗衰老

7 November 2011 Monday - Dietician's key role in lifestyle balancing act (Part 1)

8 November 2011 東方日報 - 海鮮全都高膽固醇？

10 November 2011 星島日報 - 驟冷天抗流感講食力

12 November 2011 明報周刊 - 難用的薄血藥？

15 November 2011 東方日報 - 歎一盅兩件肥油損健康

19 November 2011 有線娛樂台 [養生秘笈] - 冬天飲食

21 November 2011 Monday - Dietician's key role in lifestyle balancing act (Part 2)

22 November 2011 東方日報 - 撈麵當午餐致肥不健康

26 November 2011 有線娛樂台 [養生秘笈] - 減肥

29 November 2011 東方日報 - 吸收植物固醇降膽固醇

3 December 2011 有線娛樂台 [養生秘笈] - 皮膚濕毒

6 December 2011 東方日報 - 健康打邊爐湯底要講究

10 December 2011 有線娛樂台 [養生秘笈] - 風濕

12 December 2011 新假期 - 出蕉要準

13 December 2011 東方日報 - 秋冬食栗子營養高
聖安多尼之友會通訊 - 營養之道

18 December 2011 蘋果日報 - 低升糖療法踢走脂肪肝

蘋果日報 - 肥胖年輕化造成惡性循環

20 December 2011 東方日報 - 養顏芝麻糊熱量勁如漢堡包

24 December 2011 有線娛樂台 [養生秘笈] - 失眠

26 December 2011 新假期 - 手凍腳凍飲食宜忌

27 December 2011 東方日報 - 食得健康迎新一年

31 December 2011 有線娛樂台 [養生秘笈] - 美白

3 January 2012 東方日報 - 孩子食物過敏嚴重可致死

5 January 2012 有線娛樂台 [養生秘笈] - 雙色白玉蒸滑蛋

10 January 2012 東方日報 - 番薯含低脂肪富澱粉質

14 January 2012 有線娛樂台 [養生秘笈] - 腸胃

16 January 2012 星島日報 - 飲用豆奶減患乳癌

17 January 2012 東方日報 - 心急練跑容易傷腳

30 January 2012 星島日報 - 皮蛋鈉質甚高

31 January 2012 東方日報 - 佳節控體重少吃多運動

4 February 2012 有線娛樂台 [養生秘笈] - 減壓

7 February 2012 東方日報 - 適量運動紓緩關節痛

8 February 2012 有線娛樂台 [養生秘笈] - 田園橙蜜焗雞柳

10 February 2012 星島日報 - 智選壽司健怡食材

13 February 2012 星島日報 - 煙肉鹽分脂肪高

14 February 2012 東方日報 - 情侶撐枱腳宜吃得健康

15 February 2012 星島日報 - 西米甜品進食宜忌

19 February 2012 東方日報 - 轉飲低糖汽水助減磅

20 February 2012 星島日報 - 芽菜熱量脂肪均低

明報 - 為食阿人運動抗肥膏

21 February 2012 東方日報 - 健康飲食紓經前不適

- 22 February 2012 星島日報 - 桔具抗氧化功效
- 28 February 2012 東方日報 - 想生健康 B 準備要做足
- 2 March 2012 蘋果日報 - 「索咖啡」掀熱潮防上癮
爽報 - 潮興索咖啡小心上癮！
- 6 March 2012 東方日報 - 健康生活保肌膚嫩滑
- 9 March 2012 星島日報 - 飲酒也可致胖
- 12 March 2012 星島日報 - 雞紅蛋白質豐富
- 13 March 2012 聖安多尼之友會通訊 - 便便的煩惱
東方日報 - 運動助治療過度活躍症
- 14 March 2012 星島日報 - 車厘茄低卡抗氧化
- Press conference on 'Proper infant and young child feeding practice builds up long-term health', Family Health Service of the Department of Health, The Hong Kong Polytechnic University and The Chinese University of Hong Kong
- 15 March 2012 東方日報 - 四歲仲叻奶樽港 B 肥一世
星島日報 - 七成周歲嬰飲奶量超標
親子王 - 孩童適用中西補肝食鑑
- 16 March 2012 星島日報 - 娃娃菜含高水分
- 17 March 2012 東方日報 - 多吃白飯增糖尿風險
- 18 March 2012 東方日報 - 唔夠馴仲易肥
- 19 March 2012 星島日報 - 腰果熱量脂肪高
- 20 March 2012 東方日報 - 透過飲食改善懷孕期不適
- 26 March 2012 星島日報 - 紅桑子高效抗氧化
- 27 March 2012 東方日報 - 藜麥有益煮食注意除毒
- 28 March 2012 星島日報 - 健食低熱量海蜇
- 29 March 2012 星島日報 - 少酸多鹼？識破抗癌飲食傳聞
- 30 March 2012 星島日報 - 梳打餅鹽分脂肪高

- 2 April 2012 經濟日報 - 健康晚年長者食得其法
星島日報 - 話梅多糖高鈉
- 3 April 2012 東方日報 - 焗桑拿無助減脂肪
- 5 April 2012 親子王 - 添營指引蛋類食用大全
- 10 April 2012 東方日報 - 勿亂信蜂蜜治胃病
- 12 April 2012 Press conference on 'CUHK Study Reveals High Salt Intake Will Lead to High Blood Pressure and Higher Risk of Stroke', Department of Medicine and Therapeutics and The Centre for Nutritional Studies, The Chinese University of Hong Kong
- 17 April 2012 東方日報 - 減食鹽多運動預防血壓高
- 23 April 2012 香港電台『笑容從家開始』 - 家長對兒童營養的誤解
- 24 April 2012 東方日報 - 西柚抗衰老防中風
- 26 April 2012 TVB (都市閒情) - 慎防高鹽陷阱
- 30 April 2012 星島日報 - 杏桃乾屬低卡零食
- 1 May 2012 東方日報 - 亞麻籽營養高抗癌成效存疑
- 2 May 2012 星島日報 - 煙鴨胸先去皮脂
- 3 May 2012 星島日報 - 香料代鹽糖減鈉降風險
- 4 May 2012 星島日報 - 吃蠶豆強健骨骼
- 7 May 2012 星島日報 - 煉奶易令血糖急升
- 8 May 2012 東方日報 - 服血壓藥後運動需留神
- 10 May 2012 壹週刊 - 減鹽重生
- 14 May 2012 星島日報 - 魚皮餃飽和脂肪高
新假期 - 中暑！補水有乜選擇？
- 15 May 2012 東方日報 - 印度小扁豆補素食者營養
- 22 May 2012 東方日報 - 食得太甜可致糖尿冠心病
- 29 May 2012 東方日報 - 每個拉筋動作應維持 15 秒

- 30 May 2012 聖安多尼之友會通訊 - 你的鈣質銀行，負資產了嗎？
 晴報 - 小心墮入「低糖」陷阱
 星島日報 - 健食低脂鮫烏肉
- 1 June 2012 星島日報 - 芋絲低卡又高纖
- 4 June 2012 星島日報 - 哈密瓜助製骨膠原
- 5 June 2012 東方日報 - 糖尿病者水果宜餐後食
- 6 June 2012 星島日報 - 破解西柚減肥法
- 11 June 2012 星島日報 - 核桃助防心臟病
- 12 June 2012 東方日報 - 自家製糰吃得更健康
- 13 June 2012 星島日報 - 青蔥健怡添食味
- 15 June 2012 星島日報 - 鬆餅熱量脂肪高企
- 18 June 2012 商業一台 - 專題優質生活~端午糰
 星島日報 - 飲紅酒健怡指引
- 19 June 2012 東方日報 - 長者應避免烈日下運動
- 26 June 2012 東方日報 - 減肥避吃肉傷身反效果
- July 2012 FANCL 健康專題雜誌 - 飲食小改變遠離高血脂
- 3 July 2012 東方日報 - 抑制正腎上腺素防高血壓
- 4 July 2012 星島日報 - 紅豆低脂營養高
- 6 July 2012 星島日報 - 春卷高脂營養低
- 9 July 2012 星島日報 - 多以蔬菜製雲吞
- 10 July 2012 東方日報 - 夏天隱藏致肥陷阱
- 11 July 2012 星島日報 - 自製啫喱健食方
- 13 July 2012 星島日報 - 意大利咖啡高糖分
- 14 July 2012 明報周刊 - 糖尿病併發低血糖症
- 16 July 2012 星島日報 - 山竹牛肉極高卡

- 17 July 2012 東方日報 - 提子助防癌好過紅酒
- 19 July 2012 星島日報 - 周日大暑中西完全戒炎
- 20 July 2012 「龍寶寶」指南,《香港周末》出版
- 24 July 2012 東方日報 - 母胎開始培養食蔬菜習慣
- 25 July 2012 香港電台(笑容從家開始) - 中央肥胖
- 31 July 2012 蘋果日報、爽報 - 運動飲品取代汽水一哥地位
東方日報 - 常外出用膳增大腸癌風險
- August 2012 健康動力 - 鈣質傷心補充劑惹的禍?
- 3 August 2012 忽然一周 - 醃漬物夏天少吃為妙
- 6 August 2012 星島日報 - 抗糖尿兼減磅日證飲食有序良方
- 7 August 2012 東方日報 - 習慣食早餐體重易控制
- 13 August 2012 星島日報 - 減鈉新趨勢少鹽抗胃癌
- 14 August 2012 東方日報 - 運動減壓促進心理健康
- 21 August 2012 東方日報 - 更年期婦女飲茶須節制
- 28 August 2012 東方日報 - 嬰兒長期缺碘影響智力
- 29 August 2012 香港電台(笑容從家開始) - 健康飯盒
- September 2012 今日家居 - 「中央肥胖」的警號
- 4 September 2012 東方日報 - 糖尿病人絕食減肥分分鐘有命
- 5 September 2012 香港電台(笑容從家開始) - 有營小食
- 11 September 2012 東方日報 - 多菜少肉可抗癌症復發
- 12 September 2012 星島日報 - 常吃橡皮糖易致肥
香港電台(笑容從家開始) - 健腦食物
- 14 September 2012 星島日報 - 菠蘿包糖分脂肪高
- 17 September 2012 星島日報 - 高纖牛蒡助穩血糖
- 18 September 2012 東方日報 - 中秋佳節食月餅警惕「三高」

- 19 September 2012 香港電台(笑容從家開始) - 月餅的營養
星島日報 - 茄汁含鹽糖分均高
- 21 September 2012 星島日報 - 芝士蛋糕高脂少鈣
- 24 September 2012 雷霆 881 新聞 - 探討如何健康吃月餅
- 25 September 2012 東方日報 - 課堂後醫肚小心變肥仔
- 26 September 2012 香港電台(笑容從家開始) - 中秋應節食物的營養
- 2 October 2012 東方日報 - 控制體重多吃全穀食物
- 3 October 2012 香港電台(笑容從家開始) - 行山登高的營養資訊
- 9 October 2012 東方日報 - 多做運動港童免癡肥
- 10 October 2012 香港電台 (笑容從家開始) - 健康湯水
- 16 October 2012 東方日報 - 牛油果高纖零膽固醇
- 17 October 2012 香港電台(笑容從家開始) - 燒烤的營養資訊
- 23 October 2012 東方日報 - 養成運動習慣五階段
- 24 October 2012 香港電台(笑容從家開始) - 心血管毛病的飲食控制-膽固醇
星島日報 - 自家製低熱量薄餅
- 25 October 2012 星島日報 - 多吃白米增糖尿風險
- 26 October 2012 星島日報 - 傳統布甸極高卡
- 29 October 2012 雷霆 881 新聞 - 如何進食早餐才健康
- 30 October 2012 東方日報 - 乾果零食不宜多吃
- 31 October 2012 香港電台(笑容從家開始) - 心血管毛病的飲食控制-高血壓
- 6 November 2012 東方日報 - 貪吃零運動 12 歲女重 140 磅
港孩懶郁長胖血壓高
進食太快影響健康
- 7 November 2012 香港電台(笑容從家開始) - 糖尿病的飲食控制
- 13 November 2012 東方日報 - 懶做運動港人體質下降

14 November 2012 香港電台(笑容從家開始) - 有關糖尿病的常見謬誤

16 November 2012 3 週刊 - 兒童馴得足唔會變癡肥族

20 November 2012 東方日報 - 痛風症飲食五要訣

21 November 2012 香港電台(笑容從家開始) - 痛風飲食注意

26 November 2012 星島日報 - 專家點評有營韓式鍋物

27 November 2012 東方日報 - 食粥未必可以瘦身

28 November 2012 蘋果日報 - 日飲一杯翠華咖啡傷身

香港電台(笑容從家開始) - 骨質疏鬆飲食注意

4 December 2012 東方日報 - 問卷評估做運動風險

5 December 2012 香港電台(笑容從家開始) - 增肥

11 December 2012 聖安多尼之友會通訊 - 防癌秘笈

東方日報 - 健康飲食保暖大法

12 December 2012 香港電台(笑容從家開始) - 飲品

13 December 2012 星島日報 - 礙控糖尿新證低血糖另類弊病

15 December 2012 太陽報 - 零反式脂肪不等如無

東方日報 - 蒸炆較健康麵包宜「清淡」

18 December 2012 東方日報 - 食得健康四大元素首要均衡

19 December 2012 香港電台(笑容從家開始) - 聖誕飲食需知

25 December 2012 東方日報 - 熱量平衡體重和健康重要指標

1 January 2013 South China Morning Post - Eat Yourself Happy This Winter

東方日報 - 飲酒太多致肥又致癌

3 January 2013 香港電台(笑容從家開始) - 腸道健康

8 January 2013 東方日報 - 睇戲食爆谷易肥

14 January 2013 雷霆 881 新聞 - 咖啡

15 January 2013 東方日報 - 伸展運動紓膝關節痛

- 17 January 2013 香港電台(笑容從家開始) - 素食者
- 22 January 2013 東方日報 - 吃得快不經不覺胖了
- 24 January 2013 3 週刊 - 洋蔥、黑蒜變補品
香港電台(笑容從家開始) - 脂肪肝
- 29 January 2013 東方日報 - 智選糕點唔怕過「肥」年
- 4 February 2013 雷霆 881 新聞 - 糖水
- 5 February 2013 東方日報 - 勤「補水」皮膚排廢變靚
- 6 February 2013 星島日報 - 飲食藥療新指引緩解先天偏頭痛
- 7 February 2013 香港電台(笑容從家開始) - 全盒、賀年禮盒的選擇
- 8 February 2013 明報周刊 - 深層超聲波新法驗脂肪肝
- 10 February 2013 蘋果日報 - 木瓜菠蘿助消化避吸油生菜識食兼運動抵擋新年
肥 - 糖果應只佔全盒五分之一
- 11 February 2013 雷霆 881 新聞 - 賀年食品
- 19 February 2013 東方日報 - 定時進餐有助控制體重
- 20 February 2013 明報 - 舉杯暢飲告別致肥奶樽
- 21 February 2013 香港電台(笑容從家開始) - 腸胃問題、肥胖問題
- 26 February 2013 東方日報 - 嚴選穀類早餐食得有營
- 28 February 2013 3 週刊 - 環保七日鮮救世綠色餐單
香港電台(笑容從家開始) - 減肥(出外進食)
- 5 March 2013 東方日報 - 兩成人便秘應改善飲食做運動
- 6 March 2013 香港電台(笑容從家開始) - 在家煮食
- 12 March 2013 東方日報 - 《健營日誌》教師上網學減肥
- 13 March 2013 香港電台(笑容從家開始) - 減肥的謬誤
- 19 March 2013 東方日報 - 港人日攝鈉量超世衛一倍
- 20 March 2013 星島日報 - 重檢奧米加三抗乳癌飲食迷思

香港電台(笑容從家開始) - 健康與時間

- 26 March 2013 東方日報 - 兩種脂肪製造壞膽固醇
- 27 March 2013 香港電台(笑容從家開始) - 地中海飲食
- 2 April 2013 東方日報 - 瞓得少好易肥
- 3 April 2013 星島日報 - 多吃燒賣易增磅
香港電台(笑容從家開始) - 健營日誌-營養與運動通識科教材
- 5 April 2013 星島日報 - 粉粿脂肪含量高
- 8 April 2013 雷霆 881 新聞 - 減肥 APPS
星島日報 - 擇食高纖水餃
- 9 April 2013 星島日報 - 與牛蛋白質不同飲羊奶粉易肥胖
東方日報 - 節食過度拉慢新陳代謝
- 10 April 2013 星島日報 - 自製健怡吞拿魚包
香港電台(笑容從家開始) - 得舒飲食
- 15 April 2013 星島日報 - 選吃低糖健怡乳酪
- 16 April 2013 東方日報 - 用餐少混「醬」健康又窈窕
- 17 April 2013 星島日報 - 銀杏通血管防栓塞
香港電台(笑容從家開始) - 低碳飲食
- 18 April 2013 星島日報 - 時值開心果月中西專家健營選
- 19 April 2013 星島日報 - 適量吃牛扒防貧血
- 20 April 2013 TVB (新聞透視) - 奶粉神話
- 22 April 2013 星島日報 - 健吃雞扒先去皮
- 23 April 2013 東方日報 - 「奧米加三」助長者添壽
- 24 April 2013 香港電台(笑容從家開始) - 致敏食物
星島日報 - 即食麵鈉質過高
- 29 April 2013 星島日報 - 檸檬茶非健營飲料

- 30 April 2013 東方日報 - 增加體能活動減熱量累積
- 1 May 2013 星島日報 - 自家製高纖羅宋湯
- 7 May 2013 東方日報 - 葉酸用途廣非孕婦獨需
- 8 May 2013 香港電台(笑容從家開始) - 香草的好處
- 13 May 2013 星島日報 - 忌廉湯脂肪量超標
- 14 May 2013 東方日報 - 平價煮食也要健康
- 15 May 2013 星島日報 - 豬扒富含蛋白質
香港電台(笑容從家開始) - 代糖真偽
- 20 May 2013 星島日報 - 擇食低熱量春卷
- 21 May 2013 東方日報 - 每日 30 分鐘中度運動有益身心
- 22 May 2013 香港電台(笑容從家開始) - 包你有得揀(麵包類)
星島日報 - 吃壽司少蘸醬油
- 24 May 2013 星島日報 - 自家製作低脂薄餅
- 27 May 2013 星島日報 - 炸薯條含反式脂肪
- 28 May 2013 東方日報 - 蔬菜益處多健膚護眼利腸道
- 29 May 2013 香港電台(笑容從家開始) - 細菌也可以吃? 益生菌與益菌生
星島日報 - 煙三文魚鹽分較高
- 31 May 2013 星島日報 - 炒飯卡路里超標
- 3 June 2013 星島日報 - 冬用含有反式脂肪
- 4 June 2013 東方日報 - 嬰兒睡眠不足易超重
- 5 June 2013 香港電台(笑容從家開始) - 基因改造食物
星島日報 - 夏日適食健怡沙律
- 6 June 2013 星島日報 - 高脂早餐添倦容
- 11 June 2013 東方日報 - 游水身體會更好
- 14 June 2013 星島日報 - 不內疚小吃解謎

- 18 June 2013 東方日報 - 日日食蔬果癌症遠離我
- 19 June 2013 香港電台(笑容從家開始) - 經前綜合症
- 24 June 2013 雷霆 881 新聞 - 消暑食品
- 25 June 2013 東方日報 - 吃水果有益毋須擇時辰
- 26 June 2013 香港電台(笑容從家開始) - 五色蔬果

Summary of talks, workshops, cooking classes and exercise demonstrations

Date	Details	Target audience	No. of audience
7-July-2011	food labelling talks	HTN patients	40
12-Jul-2011	Tai Po hub cooking class- vegetarian food	Public	8
12-Jul-2011	T.W.G.Hs. Ko Ho Ning Memorial Primary School_Healthy Eating talk	Staff	400
22-Aug-2011	AIA invitation nutrition talk	Staff	400
5-Sept-2011	Tai Po hub cooking class - mooncake	Public	8
29-Sept-2011	food labelling talks	HTN patients	20
9-Oct-2011	St Anthony's Church – Healthy eating talk	Member	80
7-Nov-2011	AIA invitation nutrition talk	Staff	400
11-Nov-2011	food labelling talks	HTN patients	50
1-Dec-2011	Hong Kong Children & Youth Services_Talk	Public	100
9-Dec-2011	food labelling talks	HTN patients	40
17-Jan-2012	Tai Po hub cooking class – CNY food	Public	8
12-Mar-2012	Tai Po hub cooking class- Easter food	Public	8
13-Apr-2012	Tung Wah Group of Hospitals-Tuen Mun Integrated Services Centre_QEF Healthy Start Project-Healthy diet parenting talk	Public	

16-May-2012	Tai po library talk- healthy eating	Public	50
May-Aug 2012	Workshops for The Mental Health Association of Hong Kong-Shun Tin Centre—Healthy Eating Workshops	Staff and their users	340
18-Nov-2012	Nutrition talk for arthritis Hong Kong Psoriatic Arthritis Association	Member	80
19-Nov-2012	Po Leung Kuk_Talk	Public	100
30-Nov-2012	Organize nutritional health booth for ICAC staff @ ICAC north point head quarter	Staff	100
8-Dec-2012	身心靈嘉年華 - 營養講座	Public	40
18-Dec-2012	The Hong Kong Society of Rehabilitation_Talk	Public	100
29-Jan-2013	ICAC_Provision of health education and consultation service	Staff	200
30-Jan-2013	TWGHs Tuen Mun Integrated Services Centre_QEF Healthy Start Project-Healthy diet parenting talk	Public	~30
18-Feb-2013	Po Leung Kuk_Health talk	Public	100
14-Mar-2013	東華三院鄒蓮女士長者日間護理中心_“腦部健康飲食講座”	Public	70
18-Apr-2013	賽馬會流金匯 : Health Eating	Public	40
19-Apr-2013	葵涌蘇浙公學- 營養講座	Students	400
25-Apr-2013	賽馬會流金匯 : Health Eating	Public	40
26-Apr-2013	Kiangsu-Chekiang College (Kwai Chung)_Health talk	Students	700
19-Jun-2013	HSBC nutrition talk	Staff	50
Dec-2012 to Jun 2013	Workshops on My Wellness Educational Toolkit for Liberal Study	Teachers	250
Sept-2012 to Jun 2013	Nutrition workshops of the “Senior Eat Smart Cook Healthy Program”	Elderly	122

Conferences and events (as organizer or co-organizer)

1. Invited speaker, 「嘉的生活 – 從個人健康做起」, 利嘉閣 (14 November 2012)
2. Invited scholar to deliver a workshop on skill for motivation interviewing in lifestyle modification for health professionals and scholars at West China Hospital of Sichuan University, China (May-Aug 2011)
3. Invited author: Sea MM. What is the criteria of a successful woman? In “Beautiful life”. (In Chinese). Tung Wah Group. 2011.
4. Invited author: Sea MM. Rheumatoid Arthritis Diet. In” Rheumatoid Arthritis” (in Chinese). Cosmosbooks. 2012 Jun.
5. Invited judge: Cooking competition organized by Yan Chai Hospital. 2012 Mar.
6. Heng Seng Bank Healthy Workplace (Dec 2012- Oct 2014)
7. Invited speaker, 「F&H 活出健康」, FANCL (6 Jun 2013)
8. Design Low Sodium Dietary Booklet for Drug Trial (April 2013)
9. Design Healthy recipes for Feeding Hong Kong (2012-2013)
10. Joint Symposium of Centre for Nutrition Studies, CUHK & Food Safety & Technology Research Centre PolyU: Can Foods change your health? July 6, 2013