

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

Annual Report
(2005-2007)



Foreword

The Centre for Nutritional Studies celebrates its 10th anniversary in 2007. It represents a successful inter-faculty and inter-departmental collaborative group studying various aspects of nutrition in children, adults and the elderly, in the community as well as hospitals and long term residential care. The stimulus to the formation of the Centre was the award of the US Bristol-Myers Squibb Mead Johnson Unrestricted Grant in Nutrition for 5 years in 1997.

Apart from members obtaining competitive grants to carry out research, the Centre has successfully developed a social enterprise model to become self-sustainable in translating an effective lifestyle modification programme developed and evaluated as a research project, into a public service. This allowed continuous support of various research staff and projects on a regular basis to complement specific projects supported by competitive grants.

I would like to acknowledge the immense contribution from all staff of the Centre, as well as all academic staff from many Departments in the Chinese University and other Hong Kong universities, as well as overseas partners.

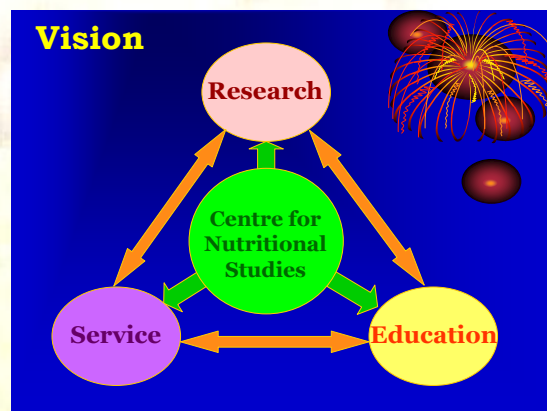
The Centre was placed under the umbrella of the newly formed School of Public Health in 2001, as a corner stone for nutritional research, education and health promotion.

Jean Woo
Director
November 2007

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 nutrition among health care workers and the public
- To interact with similar organizations in other countries, particularly the Asian Pacific

Vision





1997 - 2007

Centre for Nutritional Studies

School of Public Health

The Chinese University of Hong Kong

香港中文大學
公共衛生學院
CUHK School of
Public Health



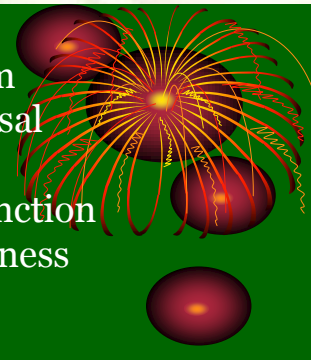
Highlights of Researches

- Nutritional status of CAPD patient
- Nutritional status of NPC patients before, during and after treatment
- Longitudinal study of nutritional status of patients with Alzheimer's disease and factors affecting energy balance and body composition
- Effect of age and disease on taste perception
- Effect of Orlistat and lifestyle modification



- 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
- A population-based study of phytoestrogens intake and bone loss in Chinese peri-menopausal women
- Nutrition & physical activity as possible factors affecting bone mineral status in adolescent idiopathic scoliosis – cross –sectional & case-control studies

- Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal women
- RCT of isoflavones and cognitive function
- Habitual physical activity, health fitness and behaviour among middle-aged population in HK



Publications

More than 300 research papers are published in International peer reviewed journals.

Highlights of Academic activities

- Annual Nutrition Symposia
- General meeting of International Atomic Energy Agency
- Congress of Parental and Enteral Nutrition Society of Asia
- Symposium on Public Health in the 21st Century
- Symposium on Calcium, Chinese Herbal Medicine and Women's Health
- Asia-Pacific Conference on Health Promotion-Healthy lifestyle-Healthy Community
- Motivation Interviewing Workshop



Highlights on Media interactions



Highlights on Services

- Nutrition advice on drug trials
- Lifestyle Modification Programme



- Exercise classes for children
- Nutrition advice for nursing homes
- Nutrition advice for Apprentice Jockeys
- Design school lunch box
- Judges on cooking competitions

Projects completed or in progress

1. Nutritional status of CAPD patients: follow up study completed; data being analyzed and various manuscripts have been published or are in preparation
2. RCT of isoflavones and cognitive function completed. Manuscript in press.
3. Body composition studies, completed. Data analysis in progress.
4. Population survey of lipid profile and glucose tolerance commissioned by the Department of Health, completed.
5. Territory-wide survey on diet composition and food consumption pattern of HK people commissioned by the Food and Environmental Hygiene Department (Guldan)
6. Cardiorespiratory fitness normal reference range, completed. Manuscript under review.
7. Validation of the Epic physical activity questionnaire by using basal metabolic rate measurement, in progress
8. The efficacy of dietary intervention in preventing Alzheimer's disease, in progress.
9. The efficacy of lifestyle modification programme. Data analysis in progress.
10. Food composition analysis of Hong Kong local foods, in progress.
11. 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.
12. 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.
13. 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
14. Examination of the effect of body fat on functional limitation in the Os cohorts: manuscript under review.
15. A Phase IIa randomized, placebo-controlled clinical trial to study the efficacy and safety of MK-0773 in patients with sarcopenia.
16. Study proposal under draft: The investigation of parental attitude / belief, knowledge and practice on infant and young child feeding
17. Lifestyle and bone health in young adult Chinese women living in Hong Kong and Beijing
18. Estimated net endogenous acid production and intake of bone health-related nutrients in Hong Kong Chinese adolescents
19. Bone mineral status and its relation with net acid excretion and dietary calcium intake in Hong Kong Chinese adolescents
20. Estimates of dietary exposure and sources of artificial food colourings in Hong Kong children

21. Comparison of food colouring levels in snack foods
22. Food additives & behaviour in HK children (DBPCT)
23. The effect of exercise in weight management program
24. Glycaemic index and glycaemic load values of different foods and on weight management meals available in Hong Kong

Research grants and donations

- 2007-10 RGC Earmarked Grant
HKD932,500
Why does dietary oxidized cholesterol elevate blood cholesterol level more effectively than non-oxidized cholesterol?
- 2007-09 RGC Earmarked Grant
HKD789,437
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.
- 2007-08 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
- 2006-09 RGC Earmarked Grant
HK\$932,500
Why does dietary oxidized Cholesterol elevate blood cholesterol level more effectively than non-oxidized cholesterol?
- 2006-08 **Research Grants Council 2006**
HKD 854,780
Effects of soy protein or isoflavones on glysmic control, insulin resistance, and cardiovascular risks- A six month randomized, double-blind, placebo-controlled trial in pre- and post menopausal women.
- 2006-08 CUHK Direct Grant
HKD35,022
Regional Distribution of DHA and AA in brain of omega-3 deficient rats.
- 2006-08 Jockey Club Charities-CE Community Project List 2006
HKD17,700,000
To set up food Composition database for nutrition labelling. The Hong Kong.

- 2006-08 CUHK Direct Grant
HK\$35,022
Regional Distribution of DHA and AA in brain of omega-3 deficient rats.
- 2006-08 Research Fund for the Control of Infectious Diseases
HK\$754,288
A 3-year follow-up study of the Hong Kong Population Health Survey Cohort on overweight and obesity and its related behavioural factors.
- 2006-07 Oriental Daily News Charitable Fund
HKD 250,000
Hong Kong Food Exchange Book
- 2006-07 Miss Liu Choi Yee
HKD 150,000
Nutritional researches and activities
- 2005-08 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.
- 2005-07 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.
- 2004-06 CUHK Direct Grant
HKD100,000
Effect of egg consumption on blood cholesterol levels in SD rats and hamster
- 2004-06 Research Grant Committee Earmarked Grant
HK\$1,200,000
Effects of phytoestrogens on calcium metabolism in Chinese postmenopausal women
- 2004-06 Food and Environmental Hygiene Department
HK\$3,200,000
Population-based food consumption survey of the people of Hong Kong
- 2004-06 CUHK Direct Grant
HK\$100,000
Effect of egg consumption on blood cholesterol levels in SD rats and hamster

- 2003-08 World Cancer Research Fund International
£149,772
Adolescent and adult soy intake and breast cancer risk in Chinese premenopausal women
- 2003-06 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

Awards

Dr Angela Wang was awarded to Distinguished Research Paper Award for Young Investigators 2005 by the Royal College of Physicians, for the paper "Resting Energy Expenditure and Subsequent Mortality Risk in Peritoneal dialysis patients. J Am Soc Nephrol 2004; 15:3134-43. The project was supported by the Center for Nutritional Studies.

Publications

1. Ho SC, Guldan GS, Woo J, Yu R, Tse MM, Sham A, Cheng J. A prospective study of the effects of 1-year calcium-fortified soy milk supplementation on dietary calcium intake and bone health in Chinese adolescent girls aged 14-16. *Osteoporos Int* 2005;16(12):1907-1916
2. 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. *NutrRes* 2005; 25: 111-118.
3. Lee DTF, Yu DSF, Woo J, Thompson DR. Health-related quality of life in patients with congestive heart failure. *Eur J Heart Failure* 2005; 7: 419-22.
4. 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.
5. Li Y, Guldan GS, Shi HJ, Jia FM, Zhai F, Ye X. Factors associated with responses of telephone screening interview in a validity and reliability study of telephone interview to assess dietary intake in urban China. *Wei Sheng Yen Chiu/Journal of Hygiene Research*. 34(4):481-4, 2005 Jul.
6. Sea MM. *Slimming for Health* (in Chinese). Cognizance Publishing Company Ltd. October, 2005

7. Wang AY, Woo J, Lam CW, Wang M, Chan IH, Gao P, Lui SF, Li PK, Sanderson JE. Associations of serum fetuin-A with malnutrition, inflammation, atherosclerosis and valvular calcification syndrome and outcome in peritoneal dialysis patients. *Nephrol Dialysis Transplantation* 2005; 20: 1676-1685.
8. Wang AY, Woo J, Wang M, Sea MM, Sanderson JE, Lui SF, Li PK. Important differentiation of factors that predict outcome in peritoneal dialysis patients with different degrees of residual renal function. *Nephrology Dialysis Transplantation*. 20(2):396-403, 2005.
9. Wang AYM, Sea MMM, Ho ZSY, Lui SF, Li PKT, Woo J. Evaluation of handgrip strength as a nutritional marker and prognostic indicator in peritoneal dialysis patients. *Am J Clin Nutr* 2005; 81: 79-86.
10. Wong HW, Sea MM. The cookbook for health and fitness (in Chinese). Cognizance Publishing Company Ltd. Feb, 2005 (2nd edition, Aug, 2005).
11. Woo J, Chi I, Hui E, Chan F, Sham A. Low staffing level is associated with malnutrition in long term residential care homes. *Eur J Clin Nutr*, 2005;59:474-9.
12. Woo J, Chumlea WC, Sun SS, Kwok CYT, Lui HH, Hui E, Fang NY, Fan YP. Development of the Chinese Nutrition Screen (CNS) for use in institutional settings. *J Nutr Health Aging* 2005; 203-210.
13. Xiao Y, Huang Y and Chen ZY. Distribution, depletion and recovery of docosahexaenoic acid are region-specific in brain. *British Journal of Nutrition* 2005;94:544-550.
14. Yang L, Leung KY, Cao Y, Huang Y, Ratnayake WMN, Chen ZY. Alpha-linolenic acid but not conjugated linolenic acid is hypocholesterolemic in hamsters. *British Journal of Nutrition* 2005;93:433-438.
15. Zhan SY, Ho SC. Meta-analysis of the effects of soy protein containing isoflavones on the lipid profile. *Am J Clin Nutr* 2005;81:397-408.
16. Zhang ZS, James AE, Huang Y, Ho WKK, Sahota DS, Chen ZY. Quantification and characterization of aortic cholesterol in rabbits fed a high cholesterol diet. *International Journal of Food Science and Nutrition* 2005;56:359-366.
17. Kwok T, Chook P, Tam L, Qiao M, Woo JLF, Celermajer DS, Woo KS. Vascular dysfunction in Chinese vegetarians: an apparent paradox? *J Am Coll Cardiol* 2005;46:1957-1957.
18. Asia Pacific Cohort Studies Collaboration. Ni Mhurchu C, Parag V, Woo J, Lam T, Woodward M, Bennet D. Central Obesity and cardiovascular disease in the Asian Pacific Region. *Asia Pacific J Clin Nutr* 2006;15:287-292.

19. Ip WM, Woo J, Yue SY, Kwan M, Sum SM, Kwok T, Hui SS. Evaluation of the effect of energy conservation techniques in the performance of activity of daily living tasks. *Clin Rehabil* 2006;20:254-61.
20. Ho SC, Woo J, Lau J, Chen ZY. A population-based cohort study on phytoestrogen intake and bone loss in Chinese early post-menopausal women. *Hong Kong Med J* 2006;12(4):40-43.
21. Cao Y, Gao HL, Chen JN, Chen ZY, Yang L. Identification and characterization of conjugated linolenic acid isomers by Ag+-HPLC and NMR. *Journal of Agricultural and Food Chemistry* 2006;54:9004-9009.
22. Chen YM, Ho SC, Lam SSH, Chan SSG. Validity of body mass index and waist circumference in the classification of obesity as compared to percent body fat in Chinese middle-aged women. *International Journal of Obesity*. 2006;30:918-925.
23. Chen YM, Ho SC, Woo J. Greater fruit intake is associated with better bone mass among postmenopausal Chinese women. *Br J Nutr* 2006;96(4):745-751
24. Guan L, Yeung VSY, Huang Y, and Chen ZY. Both soybean and kudzu phytoestrogens modify favorably the blood lipoprotein profile in ovariectomized and castrated hamsters. *Journal of Agricultural and Food Chemistry* 2006;54:4907-4912.
25. Haines C, James A, Sahota D, Chen ZY, Panesar N, Tomlinson B, Chow L, Benzie I, Husband A. Comparison between phytoestrogens and oestradiol in the prevention of atheroma in ovariectomized cholesterol fed rabbits. *CLIMACTERIC* 2006;9:430-436.
26. 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 Pt1):489-99.
27. Ho SC, Chen YM, Woo J. Soy isoflavone supplementation and fasting serum glucose and lipid profile among postmenopausal Chinese women: A double-blind, randomized, placebo-controlled trial. *Menopause* (in press)
28. Lau E, Lynn H, Woo J, Kwok T, Melton J. The prevalence and risk factors of sarcopenia in Chinese elderly. *J Gerontol*. 2005;60(A):213-216.
29. Liu KW, Dai LK, Woo J. Metformin-related vitamin B12 deficiency. *Age Ageing* 2006;35:200-201.
30. Lynn H, Kwok T, Wong SYS, Woo J, Leung PC. The effect of angiotensin converting enzyme inhibitor on bone mineral density in elderly Chinese. *Bone* 2006;38:584-8.
31. Sea MM. Weight management in Men. In "Men's Health" (in Chinese), Wong WW ed. The Chinese University Press. July, 2006.

32. Tong PC, Lee ZS, Sea MM, Chow CC, Ko GT, Chan WB, So WY, Ma RC, Ozaki R, Woo J, Cockram CS, Chan JC. The heterogeneity of insulin sensitivity and pancreatic b cell function and their responses to weight in young obese subjects with or without Type 2 diabetes. *Diabetes*. 2006.
33. 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 Pyschiatr* 2006;21:1036-1043.
34. Yue ASY, Woo J, Ip KWM, Sum CMW, Kwok T, Hui SSC. Effect of age and gender on energy expenditure in common activities of daily living in a Chinese population. *Disabil Rehab* 2006, in Press.
35. Xiao Y, Wang L, Xu RJ, Chen ZY. DHA Depletion in Rat Brain Is Associated with Impairment on Spatial Learning and Memory. *Biomedical and Environmental Sciences* 2006;19:474-480.
36. Holroyd E, W Wong, Ho SC. *Mainstreaming Gender in Hong Kong: Improving gender equity in Hong Kong's reproductive health services*. The Chinese University Press.
37. Sea MM. *Keep Fit for a Life Time A-Z (in Chinese)*. Cognizance Publishing Company Ltd. February, 2007.
38. Chan MY, Gho WM, Chen ZY, Wang J, Leung LK. Oestrogen receptor α is required for biochim A-induced apolipoprotein A-1 mRNA express in HepG2 cells. *British Journal of Nutrition* 2007;98:534-539.
39. Li YM, Chan HYE, Huang Y, Chen ZY. Green tea catechins up-regulate superoxide dismutase and catalase in fruit flies. *Molecular Nutrition & Food Research* 2007;51:546-554
40. Thomas GN. Cheung BM. Ho SY. Macfarlane DJ. Deng HB. McGhee SM. Woo J. Lam TH. Tomlinson B. Overview of dietary influences on atherosclerotic vascular disease: epidemiology and prevention. *Cardiovascular & Hematological Disorders Drug Targets*. 7(2):87-97, 2007 Jun.
41. Sea MM. *Healthy Cooking for Healthier You (in Chinese)*. Cognizance Publishing Company Ltd. October, 2007.
42. Wang AY. Sea MM. Ng K. Kwan M. Lui SF. Woo J. Nutrient intake during peritoneal dialysis at the Prince of Wales Hospital in Hong Kong. *American Journal of Kidney Diseases*. 49(5):682-92, 2007 May.
43. Woo J. Lau W. Xu L. Lam CW. Zhao X. Yu W. Xing X. Lau E. Kuhn-Sherlock B. Pocock N. Eastell R. Milk supplementation and bone health in young adult chinese women. *Journal of Women's Health*. 16(5):692-702, 2007 Jun.

44. Woo J, Sea MM, Tong P, Ko GTC, Lee Z, Chan J and Chow F. Effectiveness of a lifestyle modification programme in weight maintenance in obese subjects after cessation of treatment with Orlistat. *Journal of Evaluation in Clinical Practice*. Published article online: 28-Jul-2007.
45. Cheng JCY, Lau JTF, Ho SC, Guo X. Nutrition and physical activity as possible factors affecting bone mineral status in adolescent idiopathic scoliosis: corss-sectional and case-control studies. *Hong Kong Medical Journal* 2007;13(3): 33-35.
46. Woo J, Leung J, Kwok T. BMI, body composition, and physical functional in older adults. *Obesity* 2007; 15(7):1886-94. (*Selected by the Obesity Society in the US for Press Release in July*)
47. Chan FWK, Wong SYS, Leung JCS, Leung PC, Woo J. Experience of famine and bone health in postmenopausal women. *Int J Epidemiol* 2007; Advance access published on 26 July 2007; doi:10.1093/ije/dym149.
48. Lee JSW, Au Yeung TW, Kwok T, Lau EMC, Leung PC, Woo J. Associated factors and health impact of sarcopenia in odler Chinese Men and Women: a cross sectional study. *Gerontology* 2007;53:166-172.
49. Wong SYS, Lay WWY, Leung PC, Leung JCS, Woo J. The association between isoflavone and lower urinary tract symptoms (LUTS) in elderly men. *Br J Nutr* 2007; in press.
50. Kwok T, Lee J, :Lam L, Woo J. Vitamin B12 supplementation dod not improve cognition but reduced delirium in demented patients with vitamin B12 deficiency. *Arch Gerontol Geriatr* 2007; in press.
51. Cheung B, Wat N, Man YB, Tam S, Thomas N, Leung G, Cheng CH, Woo J, Janus E, Lau CP, Lam TH, Lam K. Development of diabetes in Chinese with the metabolic syndrome – a six year prospective study. *Diabetes Care* 2007;30(6):1430-6.
52. Chen YM, Teuscher B, Tang XY, Dainty JR, Lee KKC, Woo JLF, Ho SC. Calcium absorption in postmenopausal Chinese women: a randomized crossover intervention study. *Br J Nutr* 2007;97:160-166.
53. Yu RHY, Ho SSC, Ho SSY, Woo JLF, Ahuja AT. Association of general and abdominal obesities and metabolic syndrome with subclinical atherosclerosis in asymptomatic Chinese postmenopausal women. *Menopause* (In press).

54. Zhang XH, Woo J, Heller RF. The increasing diet fish intake is associated with decreasing mortality from coronary heart disease among older population in Hong Kong. *Public Health Nutr* (In press).
55. Woo J, Sea MMM, Tong P, Ko G, Lee Z, Chan JCN, Chow FCC. Effectiveness of a lifestyle modification programme in weight maintenance in obese subjects after cessation of treatment with Orlistat. *J Eval Clin Prac*; published article online: 28 Jul 2007; doi:10.1111/j.1365-2753.2006.00758.x.
56. Chen JN, Cao Y, Gao H, Yang L and Chen ZY. 2007. Isomerization of conjugated of conjugated linolenic acids during methylation. *Chemistry and Physics of Lipids* (accepted).
57. Guan L, Huang Y, Chen ZY. 2007. Developmental and Reproductive Toxicity of Soybean Isoflavones on immature SD Rats. *Biomedical and Environmental Sciences* (accepted).
58. Li YM, Chan HYE, Yao XQ, Huang Y, Chen ZY. 2007. Green Tea Catechins and Broccoli Reduce Fat-Induced Mortality in *Drosophila melanogaster*. *Journal of Nutritional Biochemistry* (accepted).
59. Li YM, Chan HYE, Huang U and Chen ZY. Broccoli improves the survival and up-regulates endogenous antioxidant enzymes in *Drosophila melanogaster* challenged with reactive oxygen species. *Journal of the Science of Food and Agriculture* (accepted).
60. Ng CH, Yao X, Huang Y and Chen ZY. 2007. Oxidized cholesterol is more hypercholesterolemic and atherogenic than non-oxidized cholesterol in hamster. *British Journal of Nutrition* (accepted).
61. Sea MM. Weight Management in Women. In "Women's Health" (in Chinese), Wong EE ed. CU Press. (In Press).
62. Sea MM, Lee CS, Ng K, Mak KY and Woo J. Hong Kong Food Exchange Guide. Book. Cognizance Publishing Company Ltd. (In Press).

Conference Presentations

1. Chan SG, Ho SC, Kreiger N, Darlington G Dietary Sources, Intake Levels and Determinants of Soy Isoflavones of Chinese Midlife Women in Hong Kong. Accepted paper of American College of Epidemiology Annual Scientific Sessions – Epidemiology and Advocacy in the Real World: How Advocacy Shapes the Practice of Epidemiology in New Orleans, USA, 17-20 September 2005. *Ann Epidemiol* 2005;15(8):654-655.
2. Chen ZY at 2005 International Symposium on Innovation in Tea Science and Sustainable Development in Tea Industry. Hangzhou, Zhejiang, China. Title: Vasorelaxant activity of tea catechins and theaflavins. November 10-15, 2005.
3. Chen ZY at 2005 TWGH Eddie Wang International Symposium on Integrated Chinese and Western Medicine, Hong Kong. Title: Cholesterol-lowering nutraceuticals: a review, November 4-5, 2005.
4. 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.
5. Chen ZY at 6th International Conference of Food Science and Technology, Guangzhou, China. Title: Cholesterol lowering functional foods: A review. November 7-9, 2005.
6. Ho SC, Chen YM, Ho S, Woo J. Soy isoflavone supplementation and fasting serum glucose and lipid profile among postmenopausal Chinese women: A one-year double-blind, randomized, placebo-controlled trial. Oral Presentation at the North American Menopause Society 16th Annual Meeting at San Diego, USA, 28 September-1 October, 2005. (selected as top 20 abstracts from 148 submission)
7. Ho SC, Chen YM. Habitual soyfood consumption improves glycemic control among postmenopausal Chinese women: A one-year followup study. Oral Presentation at 6th International Symposium on the Role of Soy in Preventing and Treating Chronic Disease Chicago, USA, 30 October-2 November 2005.
8. Ho SC, Yu RHY, Sham A, Chan SG, Woo J, Lam CWK. Do physical activity and fruit intake reduce inflammation? Cardiovascular risk study in healthy postmenopausal Chinese women. Oral Presentation at Symposium on Advances in Clinical Nutrition, American College of Nutrition, 46th Annual Meeting in South Carolina, USA, 23-25 September 2005.
9. Kwok T, Woo J. Body composition and the risk of fractures in older people. 3rd Annual Conference of the International Academy on Nutrition and Ageing. St. Louis, USA, May 2005.

10. Liu KW, Dai D, Ma R, Woo J. A case series of metformin related vitamin B12 deficiency in diabetic elderly correlated with neurological manifestations. World Congress of Neurology. Sydney, Australia, 5-11 November 2005.
11. Sea MM, Tong PCY, Chow CC, Chan JCN, Woo J. Efficacy of two structured weight management models in Hong Kong Chinese obese adults. 65th Scientific Sessions Meeting of American Diabetics Association, SanDiego, USA, June 9-13, 2005.
12. Woo J, Sea MMM, Tong P, Ko GTC, Lee Z, Chan J, Chow CC. Effectiveness of a lifestyle modification programme in weight maintenance in obese subjects after cessation of treatment with Orlistat. 6th National Nutrition and Health Conference. London, 25-26 November 2005.
13. Chen ZY in International Symposium on Health Aging; A Global Challenge for the 21st Century. Title: Healthy aging, a story about cholesterol and functional foods. March 4-5, 2006, Hong Kong.
14. Chen ZY by Biology Society, Hong Kong Baptist University. Title: Functional Foods: A story about cholesterol. Jan 21, 2006.
15. Ho SC, Chan ASY, Ho YP, Zee B, Woo J. Effects of Soy Isoflavones Supplementation on Cognitive Function in Chinese Postmenopausal Women: A Double-blind Randomized Controlled Trial. Oral Presentation at the North American Menopause Society 17th Annual Meeting at held in Nashvill, Oct 11-14, 2006.
16. Kwok T, Woo J, Leung PC. Soy intake is associated with less decline in total hip bone mineral density in older Chinese men. World Congress on Osteoporosis. Toronto, Canada, 2-6 June 2006.
17. Lee TKW, Cheung SK, Qin L, Guo X, Ho SC, Lau TFJ, Cheng CYJ. Calcium Intake and Physical Activity are Associated with Systemic Osteopenia in Adolescent Idiopathic Scoliosis (AIS). Second Asian Regional IOF Conference on Osteoporosis ed. by International Osteoporosis Foundation. p.44. Hong Kong.
18. Sea MM, Tong P, Chow C, Chan J, Woo J. Learn from two structural weight management models: essential components for successful weight management. 10th International Congress on Obesity, Sept 3-8, 2006, Sydney, Australia. Oral presentation.
19. Woo J. Vitamin D and Osteoporosis in Asia: What do we do now? Aisa metaforum on the role of vitamin D and the management of osteoporosis. 23-24 September, 2006, Hong Kong.
20. Hui SSC, Woo Wong J, Kwok T. Comparison of training effects in blood profiles, body composition, and aerobic fitness between Tai Chi Chuan and walking exercises. Sports Medicine Australia, October 2006, Fiji Island. **Awarded 2006 Australian Sports Medicine Federation Fellows Award: Best paper Health promotion.**

21. Woo J. Milk supplementation and bone mineral density. Symposium on Nutrition, Bone Health and Osteoporosis, Innovations in the Management of Osteoporosis, Asian Osteoporosis Foundation. Hong Kong, 12 February 2006.
22. Woo J. Obesity in the elderly: definition, consequences and management. International Symposium on Obesity in the Elderly. Rome, Italy, 26-28 January 2006.
23. Yau F, Goggins W, Woo J. A pilot study of using the simple physical activity questionnaire from EPIC study in the Hong Kong population. Physical activity and obesity Satellite Conference, International Congress on Obesity, 31 August-2 September 2006, Brisbane, Australia. Poster presentation.
24. Woo J. The importance of vitamin D and osteoporosis. CME meeting for physicians. St. Teresa's Hospital, Hong Kong. 14 November 2006.
25. Ho SC. Cholesterol Lowering Effects of Soy Protein: A Review of the clinical and epidemiologic data. Invited presentation at the 7th International Soy Symposium - Role of Soy in Health and Disease Prevention held in Bangkok, Thailand 6-9 March 2007.
26. Ho SC. Soy and bone health in adolescent girls and young women in Hong Kong and implications on acquisition of peak bone mass. Invited presentation at 7th International Soy Symposium - Role of Soy in Health and Disease Prevention held in Bangkok, Thailand 6-9 March 2007.
27. Chen YM, Ho SC, Teucher B, Ho SS, Dainty JR, Lee K, So KF, Woo J. Effects of soy isoflavones on calcium metabolism and bone turnover in postmenopausal Chinese women: a randomized-controlled crossover trial. Poster presentation at the 7th International Soy Symposium - Role of Soy in Health and Disease Prevention held in Bangkok, Thailand 6-9 March 2007.
28. Chan SG, Murphy PA, Kreiger N, Darlington G, So EKF, Chong PYY, Ho SC. Development of a database for assessing soy isoflavone intake among Chinese mid-life women in Hong Kong. Poster presentation at the 7th International Soy Symposium - Role of Soy in Health and Disease Prevention held in Bangkok, Thailand 6-9 March 2007.
29. Chan SG, Ho SC, Kreiger N, Darlington G, Adlaf EM, So EKF, Chong PYY. Validity and reproducibility of a semi-quantitative soy food frequency questionnaire (SFFQ) for estimating isoflavone intake among Chinese mid-life women in Hong Kong. Poster presentation at the 7th International Soy Symposium - Role of Soy in Health and Disease Prevention held in Bangkok, Thailand 6-9 March 2007.
30. Woo J. Vitamin D Inadequacy: Clinical implications and addressing the problem in Asia. Asia Forum on Musculoskeletal Disease: Treating Osteoporosis, Managing Pain. 17-18 March 2007, Taipei, Taiwan.
31. Ho SC. A study of soy intake and breast density in premenopausal Chinese women in Hong Kong. Invited seminar speaker for the Division of Epidemiology, Statistics & Behaviour Ontario Cancer Institute, Toronto, Canada, 6 June 2007.

Media Interaction

1. Press conference: Normal Reference Range for Cardiovascular fitness. Feb 24, 2005
2. Cardiorespiratory fitness normal reference range press conference reported in the south China Morning Post p.1 and in the other 17 newspapers. Feb 25, 2005
3. "Calcium intake and bone mineralization". Minpao. March 9, 2005.
4. "Nutrition value of chocolates". 4 local newspapers (Oriental, The Sun, Apple daily, Mingpao). March 23, 2005.
5. "Comments on traditional dimsum". Mingpao. April 14, 2005.
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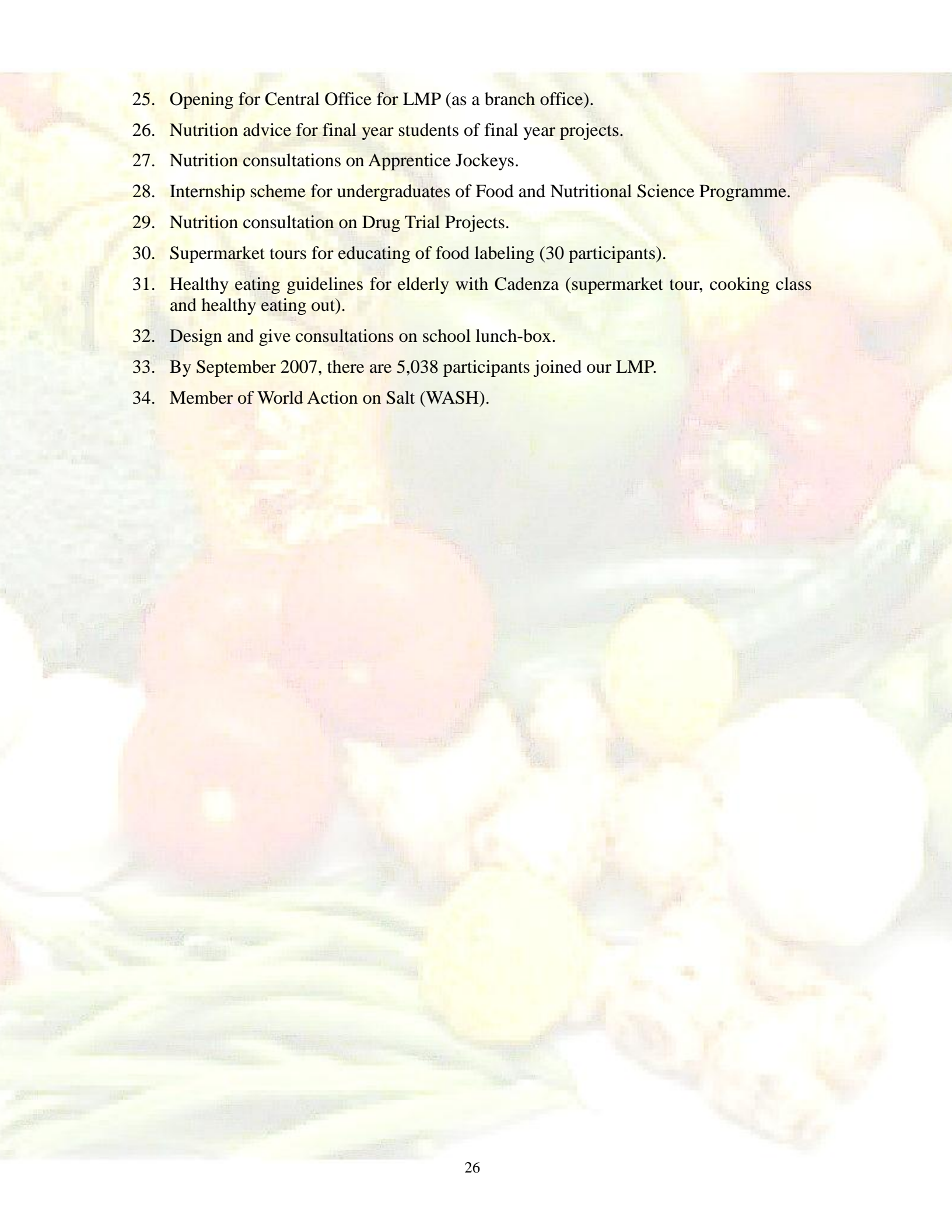
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Service to the community and education

1. Centre for Nutritional Studies accredited by the HK College of Family Physicians for attachment of trainees.
2. Provision of Nutritional services to the Tung Wah Enhanced Home and Community Care Services, Shatin.
3. Talk on health effects of DASH diet and physical activity by Dr. PH Lin, Duke University Medical Centre. Mar 8 2005.
4. Symposium on Calcium, Chinese Herbal Medicine, and Women's Health.
5. Talks on healthy eating for primary and secondary schools
6. Talk on nutrition and health for Rotary Club of New Territories.
7. Talk on Men's Health at annual meeting of Bank of China.
8. Talks on healthy eating for Info World of Hospital Authority
9. Survey on eating habit of Hong Kong father (co-organized with RTHK and ELCHK).
10. Healthy eating campaign "healthy and fit daddy" (co-organized with RTHK and ELCHK) (160 participants).
11. Symposium on Health Promotion: Healthy lifestyle, healthy community. (Co-organized with WHO collaborating Centre for Sports Medicine and Health Promotion) (450 participants).
12. Workshop on Motivational Interviewing (80 participants).
13. Healthy lifestyle promotion (health check and free nutrition and exercise consultation on health) for a health expo organized by Metro Finance (120 participants).
14. Anti-hypertension Campaign (co-organized with Tung Wah Group), including 14 talks, judge for cooking competition, providing recipes, and assisting in publishing booklets, etc (exceed 14000 participants).
15. Courses on Nutrition and Health for public (63 participants).
16. Talk on Nutrition and Beauty for Chung Chi Assembly (around 1000 participants).
17. Membership campaign for LMP.
18. Talks on nutrition and sports for Silver Power (80 participants).
19. Talks on nutrition and health for private company and Apprentice Jockeys (150 participants).
20. Talks on nutrition for Hospital Authority-Health Info- World (100 participants).
21. Judge for cooking competition held by Catholic Group.
22. Sport classes for obese children (20 participants).
23. Talks on nutrition and sports for CUHK Medicine Association in Health Exhibition 2006 (160 participants).
24. Regular nutrition and sport articles on Oriental Daily (every Tuesday).

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25. Opening for Central Office for LMP (as a branch office).
 26. Nutrition advice for final year students of final year projects.
 27. Nutrition consultations on Apprentice Jockeys.
 28. Internship scheme for undergraduates of Food and Nutritional Science Programme.
 29. Nutrition consultation on Drug Trial Projects.
 30. Supermarket tours for educating of food labeling (30 participants).
 31. Healthy eating guidelines for elderly with Cadenza (supermarket tour, cooking class and healthy eating out).
 32. Design and give consultations on school lunch-box.
 33. By September 2007, there are 5,038 participants joined our LMP.
 34. Member of World Action on Salt (WASH).