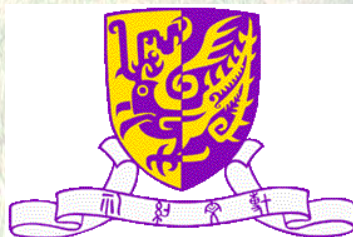


SH Ho Centre for Gerontology & Geriatrics

Faculty of Medicine

The Chinese University of Hong Kong

Annual Report for 2016 - 2017



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S H Ho Fellowship

- The Centre sponsored Dr YUK Ka Lo to attend the Asia Pacific Geriatrics Conference 2016 in Singapore on 10-13 August 2016.

Summary from Dr Daniel Yuk

The Asia Pacific Geriatrics Conference 2016 was held earlier in August 2016. I was delighted to be a delegate supported by the S H Ho Centre for Gerontology and Geriatrics this year.

Experts across continents in the field of Frailty, Sarcopenia and Geriatric care gathered in this remarkable event in Singapore.

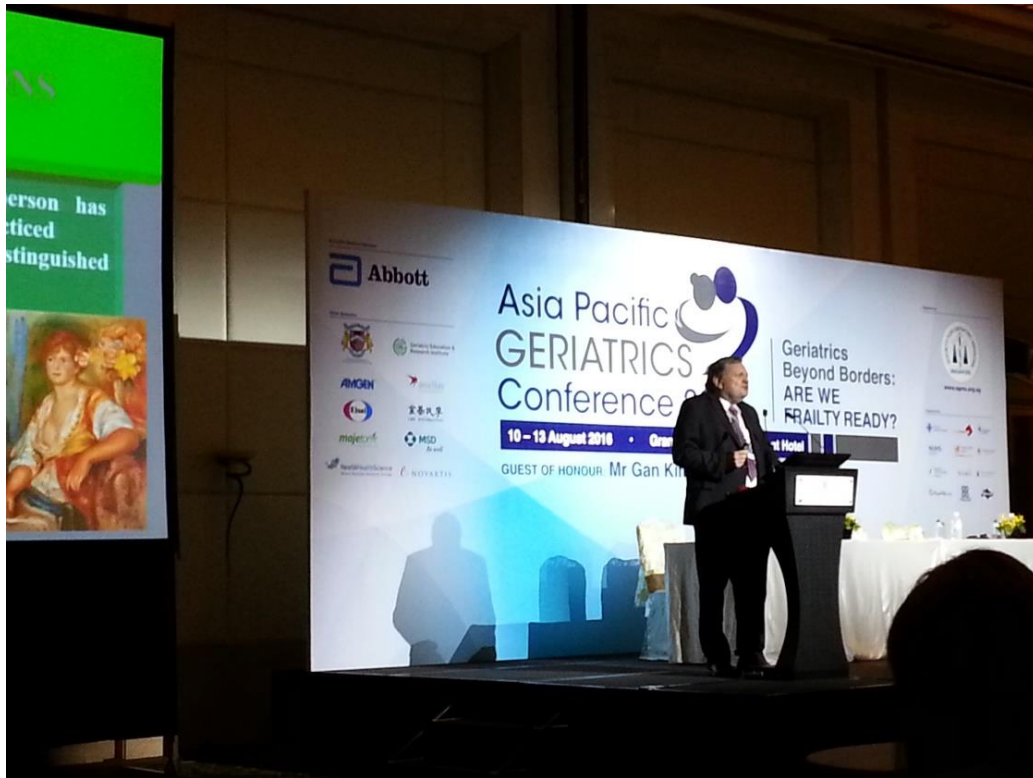
Prominent figures included Dr John Morley (US), Prof Kenneth Rockwood (Canada) and Prof Jean Woo (Hong Kong).

These leaders in the field shared their state-of-the-art research findings, and latest advancements in the assessment and management of Frailty and Sarcopenia. The conference was especially relevant for Asia Pacific countries, as champions from Indonesia, Philippines, Malaysia, Singapore and Hong Kong shared their models of care and the various challenges facing their ageing population.

It was fascinating to know that Asian countries are prepared to face the two emerging Geriatric giants - frailty and sarcopenia. A number of state governments even had policies or safety network systems protecting older persons having these conditions.

I was most honoured to have a brief conversation with Dr Morley and Prof Rockwood, and I do hope to visit their centres in the near future. I also had the valuable chance to meet the Geriatric team head from Tan Tock Sang Hospital Singapore, where they had the renowned Delirium Monitoring Unit designated for managing complex confused patients. She had kindly agreed to take me to visit her Unit on my next trip to Singapore.

Dr Daniel Yuk
Specialist in Geriatric Medicine
Shatin Hospital



Dr Yuk and speakers at the conference

Conference

- **International Conference on Walking and Livable Communities in Hong Kong (6 October 2016)**

Prof Jean Woo was one of the speakers of the conference. The conference was co-organized by Civic Exchange and Walk21. Prof Woo's lecture "Walking away from frailty" presented that walkability is the predominant factor associated with health-related quality of life and social support. People become less physically active as their lifestyles become more urban. Physical inactivity is detrimental to health and walking more improves the health of older people. Businesses recognize the need to promote walking.



- **CUHK Geriatric Research Symposium (22 October 2016)**

The objectives of the symposium were to share the current directions of research in Geriatric division with clinical and research staff in Geriatric Medicine and research collaborations and to promote research activities in Geriatric Medicine.



- **Symposium on Sarcopenia and Fracture Prevention in Older People (12 Nov 2016)**

The Symposium was co-organized by The Chinese University of Hong Kong Jockey Club Centre for Osteoporosis Care and Control and Hong Kong Osteoporosis Foundation. Prof Timothy Kwok's presentation topic was "Prediction of Fracture Risk in Older People" and Dr Jenny Lee's topic was "Vitamin D and sarcopenia".



- **JCECC (Jockey Club End-of-Life Community Care Project) Conference – Collaboration in Creating Compassionate Holistic End-of-Life Care for the Future (8-9 March 2017)**

The Conference aims to provide a platform for wisdom exchange and skill sharing among healthcare professionals both locally and internationally, staff from residential care home for the elderly, patients, family members and other interested individuals. Eventually to promote the quality of end-of-life care, enhancing the capacity of service providers, as well as raising public awareness in end-of-life care.



Activities

- **Ageing Well Creation Workshop (8 July 2016)**

The workshop was organized by Hong Kong Science and Technology Parks Corporation. Aim to share the frontline healthcare situations and the needs of elder care. Closer collaboration between the healthcare and technology sectors is necessary to address the unmet needs of an ageing population.



- **Public Policy Forum – What Matters Most? How do we Improve the Health of the Aging Population? (2 September 2016)**

The Forum was organized by Faculty of Social Sciences, The University of Hong Kong. Prof Jean Woo was the Panel Chair during the discussion.



- **Workshop on Addressing the Nutritional Needs of the Ageing Consumer in Asia (10-11 Nov 2016) in Singapore**

Through the workshop to share experience and insight of nutrition and health issues of the elderly. Identify gaps and needs as to where to start and focus in Asia.



- **WHO (World Health Organization) Frailty Network Meeting (1-2 December 2016) in Geneva**

Meeting objective included 1) draw on experience in the field of frailty to further develop the WHO concept of intrinsic capacity so it can usefully be applied in clinical settings (including for prevention and health promotion); 2) understand the implications of the new WHO model of Healthy Ageing for future work on frailty; and 3) use of concepts of intrinsic capacity and frailty to define a model for integrated care of older people.

- **Visit of Shanghai Civil Affairs Bureau (9 December 2016)**

Shanghai Civil Affairs Bureau delegates visited The CUHK Jockey Club Institute of Aging and CADENZA Hub.



- **Geriatric Medicine and Long-Term Care in Kaohsiung (24 March 2017)**

2017 8th MCA Master Class on Aging in Asia was organized by Centre for Geriatrics and Gerontology, Kaohsiung Veterans General Hospital; Centre for Geriatrics and Gerontology, Taipei Veterans General Hospital and Kaohsiung City Government on 24 March 2017. Topics cover long term care in Europe, creating the ideal continuing care system for older people, the experiences and the suggestions of long-term care in Japan and Korea.



- **International Workshop on Ageing: Intergenerational Justice and Elderly Care (28-29 April 2017)**

The workshop was organized by CUHK Centre for Bioethics, CUHK Faculty of Medicine and CUHK Department of Philosophy. Prof Woo's presentation discussed three areas to highlight the gap between philosophical dialogue and the desire in practice to provide care according to some ethical code. Two ageing issues: ageism in health policy or intergenerational equity; end of life care. There is a need to raise health literacy on ageing issues for the public, policy makers, as well as bioethicists, since inadequate knowledge does not advance bioethics arguments. There is a need to raise awareness of ethical principles guiding care provision among health and social care professionals and policy makers, within a context that matters to them.



Research Grants

Prof Jean Woo

Lee Foundation*

(Chong MS, Tay L, Tan CH, Noor H, Ding YY, Chan M, Lim WS, Wong WC, Tan CH, Woo J, Morley J, Tai BC)

S\$2 million (From 2013 – 2018)

Longitudinal assessment of biomarkers for characterization of early sarcopenia and predicting frailty and functional decline in community-dwelling Asian older adults study (GERI-LABS).

Innovation and Technology Fund*

(Qian HH, XU YS, Woo J, Kwok T, Hou KW, Chen YQ, Xu D)

HKD2,693,833 (From 15 July 2014 – 14 July 2016) Project no. GHP/007/13SZ

Intelligent robotic technologies for treatment of dementia in the elderly.

Health and Medical Research Fund 2015*

(Yu D, Lee D, Woo J, Choi K, Ng S, Siu P)

HKD818,519.11 (From July 2015)

The effects of an activity-based lifestyle intervention on moderate sleep complaints among older adults: A sequential mixed method study.

Health and Medical Research Fund 2015*

(Siu P, Yu D, Woo J, Hui S)

HKD 1,091,700 (From August 2015 – August 2017) Project no. 12131841

Effectiveness of Tai Chi training to alleviate metabolic syndrome in abdominal obese older adults: A randomized controlled trial.

Health and Medical Research Fund 2015*

(Lam S, Woo J, Ng S)

HKD 630,444 Project no. 02133096

A randomised controlled trial of bilateral movement-based computer games training to improve motor function of upper limb and quality of life in sub-acute stroke patients.

Health and Medical Research Fund 2015*

(Lee J, Woo J, Kwok T, Tang N, Auyeung TW)

HKD 996,108 (From March 2015) Project no. 12133811

Relationship between chronic inflammation and vitamin D level to prevalent and incident frailty in older adults.

Microsoft Regional Seed Fund*

(Meng H, Woo J)

HKD232,500 (From 1 December 2015 – 30 November 2016)

Monitoring lifestyle modification using wearable health services.

Health and Medical Research Fund 2015*

(Chan R, Tam WH, Woo J, Sea M)

HKD989,445.95 (From May 2015 – April 2017) Project no. 12130061

A randomized controlled trial examining the effectiveness of a lifestyle intervention in reducing gestational diabetes mellitus in high risk Chinese pregnant women in Hong Kong.

Public Policy Research Funding Scheme*

(Chan HYL, Lee DTF, Woo J, Yi H)

HKD 480,801 (From January – December 2017) Project no. 2016.A4.022.16C

A study on the development of palliative and end-of-life care services in Hong Kong.

Knowledge Transfer Project Fund (KPF)*

(Fung HHL, Woo J)

HK\$399,760 (From 1 February 2017 – 30 April 2018) Project Code: KPF17ICF10

Pursuing meaningful goals as intervention to reduce loneliness among Hong Kong elders.

Knowledge Transfer Project Fund (KPF)*

(Wong H, Ting KF, Woo J)

HK\$272,792 (From 1 March 2017 – 30 September 2018) Project Code: KPF17ICF11

UNEMIA- Business for Social Cohesion and Understanding.

(* Co-investigator)

Prof Timothy Kwok

Innovation and Technology Support Programme

HK\$1,199,990 (1/8/2014 – 31/7/2016)

Herbal Tonic to Improve Dementia

Health Care and Promotion Fund - Commissioned Community Partnership Programme

HKD 3,499,436.00 (1/1/2017 – 31/12/2018)

Community Partnership Programme on Mental Health Promotion in Hong Kong (Elderly)

Innovation & Technology Commission-Innovation and Technology Support Programme

HKD 1,221,300.00 (1/8/2016 – 31/1/2018)

Cognitive Health Detection Device

CUHK Research Committee Funding (Direct Grants)

HKD 50,000.00 (1/5/2016 – 31/12/2017)

Pharmaceutical Treatment for Dementia A Systematic Review and Meta-analysis

Prof Ruby Yu

Direct Grant for Research 2016/2017

(Yu R, Woo J)

HK\$69,650

Neighborhood social cohesion, health, and well-being in older people in Hong Kong: A pilot study

Taiwan Collaboration Fund

(Yu R) 2016-2017

HK\$14,000

Patterns of health care utilization for frail elderly in Hong Kong and Taiwan

Mainland and Taiwan Strategic Partnerships Development Programme

(Yu R) 2016 – 2017

HK\$15,000

Research collaboration on planning age-friendly cities)

Publications

Prof Jean Woo

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2. Woo J, Leung J, Zhang TM. Successful aging and frailty: opposite sides of the same coin? *J Am Med Dir Assoc* 2016; 17: 797-801.
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14. Chan R, Li S, Choi SW, Wang EW, Leung J, Benzie I, Sea M, Woo J. Effect of Four Different Meal Types on Postprandial Oxidative Stress: A Randomized Crossover Study with Healthy Subjects. *Int J Food Nutr Sci* 2016; 3(4): 1-11.
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Prof Timothy Kwok

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Sing Lawrence, WONG Adrian. "Delayed-onset dementia after stroke or transient ischemic attack". <Alzheimer's & Dementia> vol.12 no.11 Elsevier, 2016.11.

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18. Fan Zhang, Helene Fung, Timothy Kwok. "Spouses' Subjective Socioeconomic Status as a Predictor of Older Adults' Mental Health". <2016 GSA Annual Scientific Meeting> vol.56 Suppl_3 2016.11.
19. Yi Su, Jason Leung, Didier Hans, Olivier Lamy, Timothy Kwok. "The improved clinical use of trabecular bone score adjusted FRAX® to predict major osteoporotic fractures in Chinese older people". <IOF Regionals – 6th Asia-Pacific Osteoporosis Meeting> vol.27 Suppl 3 699-708 pgs. Springer, 2016.11.
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Prof Ruby Yu

1. Wong D, Lau K, **Yu R**, Wong S, Kwok T, Woo J. BMJ open Neighboring Green Space and Mortality in community-dwelling elderly Hong Kong Chinese: A Cohort Study. BMJ Open 2017.
2. Ho SC, Liang ZZ, **Yu RH**, Sham A. Association of life events and depressive symptoms among early postmenopausal Chinese women in Hong Kong. Menopause - The Journal of The North American Menopause Society 2017;24(2):180-186. doi: 10.1097/GME.0000000000000734

Invited conference speaker

Prof Jean Woo

1. Woo J. Doing research when there is no time to do research. Asia Pacific Geriatrics Conference 2016, Singapore, 10-13 Aug 2016. **Invited speaker.**
2. Woo J. Approach to frailty and sarcopenia in clinical practice: The Asian Experience. Asia Pacific Geriatrics Conference 2016, Singapore, 10-13 Aug 2016. **Plenary lecture.**
3. Woo J. Community Engagement of the Elderly: An Asian Perspective. Asia Pacific Geriatrics Conference 2016, Singapore, 10-13 Aug 2016. **Invited speaker.**
4. Woo J. Fighting frailty in aged care – The role of nutrition. Nestlé – Dinner presentation, Sydney, 20 September 2016. **Invited speaker.**
5. Woo J. Descent into frailty. The Queen Elizabeth Hospital – Medical Grand Round, Adelaide, 27 September 2016. **Guest speaker.**
6. Woo J. Shaping community activities for frailty prevention and re-ablement. Resthaven Residential Aged Care and Community Therapy Service: Community seminar, Adelaide, 28 September 2016. **Guest speaker.**
7. Woo J. Frailty and Ageing well – two sides of the same coin. Launch of Centre of Research Excellence of Frailty Event, Adelaide, 30 September 2016. **Keynote speaker.**
8. Woo J. Walking away from frailty. Walk21 Hong Kong Conference, Hong Kong, 3-7 October 2016. **Invited speaker.**
9. Woo J. Social frailty. 2nd Asian Conference for Frailty and Sarcopenia, Nagoya, Japan, 4-5 November 2016. Oral presentation. **Invited speaker.**
10. Woo J, Chan R. Nutritional status and health: the Asian context. Workshop on Addressing the Nutritional Needs of the Aging Consumer in Asia, Wageningen University and FrieslandCampina Institute, Singapore, 10-11 November 2016. **Keynote speaker.**
11. Woo J. Addressing the chasm between the philosophical and real life perspectives to ageing: Making bioethics relevant to society. International Workshop on Ageing: Intergenerational Justice and Elderly Care, Hong Kong, 28-29 April 2017. **Invited speaker.**

Other conference presentations

Prof Jean Woo

1. Auyeung TW, Lee J, Leung J, Kwok T, Woo J. The relationship between testosterone level and muscle mass and strength decline – a four-year longitudinal study in 1489 older men. Asia Pacific Geriatrics Conference 2016, Singapore, 10-13 Aug 2016. Poster presentation.
2. Chan R, Li L, Sea M, Woo J. A pilot cross-sectional study examining the nutrient intakes of Chinese postnatal women in Hong Kong. JCSPHPC 15th Anniversary - International Conference on Innovations in Public Health Sciences, Hong Kong, 23-25 September 2016. Poster presentation.
3. Sea M, Yau F, Wong B, Chan R, Woo J. A pilot health promoting workplace programme. JCSPHPC 15th Anniversary - International Conference on Innovations in Public Health Sciences, Hong Kong, 23-25 September 2016. Poster presentation.
4. Leung AWY, Chan RSM, Sea MMM, Woo J. Identifying psychosocial predictors of adherence to lifestyle modification program among Chinese overweight and obese adult participants. International Congress of Behavioral Medicine, Melbourne, Australia, 7-10 December 2016. Poster presentation.
5. Chan R, Zhu LY, Yeung S, Li L, Kwok T, Woo J. Dietary protein intake and protein sources and their associations with selected muscle and physical function measures in older Chinese adults with sarcopenia: preliminary findings. The 9th International Conference on Cachexia, Sarcopenia & Muscle Wasting, Berlin, Germany, 10-11 December 2016. Poster presentation.
6. Au DWH, Lee JSW, Chan HY, Wong MW, Cheung NL, Ng K, Woo J. An exploratory investigation into advance care planning, end-of-life communication and decision-making in an acute hospital setting. JCECC Conference: Collaboration in Creating Compassionate Holistic End-of-Life Care for the Future, Hong Kong, 8-9 March 2017. **Poster presentation.**
7. Lam FMH, Chan PFL, Liao LR, Woo J, Hui E, Lai CWK, Kwok TCY, Pang MYC. The effect of adding Whole-body vibration to a strength and balance exercise program on physical function in institutionalized older adults: a randomized controlled trial. 11th International Society of Physical & Rehabilitation Medicine (ISPRM) World Congress, Buenos Aires, Argentina, 30 April - 4 May 2017.

8. Woo J. Panellist of the Discussion Session - Completed and planned future actions in ageing on the biological and the sociological aspects. NAM Grand Challenge for Healthy Longevity, Hong Kong, 1 June 2017.

Prof Timothy Kwok

1. The prediction of risks of osteoporotic fractures in older Chinese people. The 34th Annual Meeting of the Japanese Society for Bone and Mineral Research & The 3rd Asia-Pacific Bone & Mineral Research Meeting. Department of Orthopaedic Surgery and Rheumatology, Nara Hospital Kinki University. July 2016
2. The influence of living environment on ageing. Healthy Cities and Living Conference 2016. The College of Planning & Design, National Cheng Kung University. July 2016.
3. Towards patient centre care practices in dementia care. 15th Asian and Oceanian Congress of Neurology. Asian and Oceanian Association of Neurology. Aug 2016.
4. Ageing Research in CUHK. 2nd Meeting of CUHK-Fudan U Partnership Steering Committee. Institute of Neurology, Fudan University Huasan hospital. Sept 2016.
5. The Added Clinical Use of Trabecular Bone Score to BMD for Major Osteoporotic Fracture Prediction in Older Chinese People: The Mr. OS and Ms. OS Cohort Study in Hong Kong. ASBMR 2016 Annual Meeting. The American Society for Bone and Mineral Research (ASBMR). Sept 2016.
6. The influence of cognitive impairment on the transition of frailty states in frail older people. 2nd Annual Conference for Frailty and Sarcopenia. Japanese Study Group on Sarcopenia and Frailty. Nov 2016.

Prof Ruby Yu

1. **Yu R.** How age friendly is our city? Results from the Jockey Club Age-friendly City Project. Oral presented at the Geriatric Research Symposium on Oct 22, 2016, Hong Kong
2. **Yu R.** Targeting Sarco-osteoporosis in preventing fractures and frailty. Oral presented at the 2nd Asian Conference for Frailty and Sarcopenia on Nov 4 – 5, 2016, Nagoya, Japan
3. **Yu R,** Ong S, Cheung O, Leung J, Woo J. Prevalence of low grip strength in middle-aged and older Chinese people: A public health approach for sarcopenia prevention in community. International Conference on Frailty and Sarcopenia Research, Barcelona, Spain, 27-29 April 2017. Poster presentation.

4. **Yu R.** Diseases and geriatric Syndromes: The Life Course Approach. Netherlands-Asia Honours Summer School, Office of Academic Links, the Chinese University of Hong Kong. Jun 30, 2017, Hong Kong.

Interaction with media

Prof Jean Woo

- Newspaper interview about ‘港長者生活質素全球排 19 收入保障得分偏低’ by 東方日報 東網 on 5/10/2016
- Newspaper interview about ‘長者感生活無意義 心理健康於 90 地區中排名 79 位’ by 香港 01 on 5/10/2016
- Newspaper interview about ‘本港長者生活指數全球排 19 心理健康落後逾半國家’ by 香港經濟日報 TOPick on 5/10/2016
- Newspaper interview about ‘港老人生活質素世排 19 位’ by 都市日報 on 6/10/2016
- Newspaper interview about ‘香港長者生活素質全球排第 19 心理健康較落後’ by 新浪網 on 5/10/2016
- Newspaper interview about ‘港長者最長壽心理健康僅 79 位’ by 大紀元時報 on 5/10/2016
- Newspaper interview about ‘港長者生活指數全球排 19’ by 星島日報 on 5/10/2016
- Newspaper interview about ‘港長者生活質素全球排 19’ by 大公報 大公網 on 06/10/2016
- Newspaper interview about ‘港老人生活質素全球排 19’ by 香港商報 on 5/10/2016
- Newspaper interview about ‘Psychological Health Rates Low for Elderly’ by South China Morning Post on 6/10/2016

Press conference

- **AgeWatch Index 2015 (5/10/2016)**

The Global AgeWatch Index is a multi-dimensional index assessing the social and economic well-being of elderly populations in over 90 countries, representing 91% of people aged 60 and above in the world. It is composed of 13 indicators which can be categorised into four key domains – income security, health status, capability and enabling environment. As a component of the Jockey Club Age-friendly City Project, CUHK Jockey Club Institute of Ageing compiled the AgeWatch Index for Hong Kong 2015 to investigate the well-being of older people in Hong Kong and its global ranking in 2015. This is the second year of the compilation of the AgeWatch Index for Hong Kong for global comparisons.

The findings suggested that Hong Kong ranked 19th among 97 countries or territories. In terms of domains, Hong Kong ranked 61st in income security, 10th in health status, 40th in capability, and 1st in enabling environment. This year's findings are similar to last year's: Hong Kong's performance was outstanding in term of physical health, physical safety and access to public transport, but needed improvements in income security, mental health and social connection.



(From 2nd left to 4th left) Prof. Hung WONG, Management Committee Member, the CUHK Jockey Club Institute of Ageing; Prof. Jean WOO, Director of S H Ho Centre for Gerontology and Geriatrics; and Ms. Imelda Chan, Head of Charities (Grant Making – Elderly, Rehabilitation, Medical, Environment & Family), HKJC.

- **Press Briefing – Jockey Club Community eHealth Care Project (24 Nov 2016)**

Responding to the city's ageing population trend, The Hong Kong Jockey Club Charities Trust has donated some HK\$138 million to implement a three-year Jockey Club Community eHealth Care Project to improve the health awareness of the elderly, in collaboration with the Senior Citizen Home Safety Association (SCHSA), the CUHK Jockey Club Institute of Ageing (IoA) and various NGOs. Under this project, cloud technology will be used to assist the elderly in carrying out regular health measurements in their local community. Surveys and data analysis will also be conducted to understand the health status of the elderly in Hong Kong.

