

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

Annual Report
(2007-2009)



Research activities

- Phase II trial of an oral drug for sarcopenia;
- Milk Supplementation trial in young women;
- Clinical trial on the effect of a lifestyle modification programme on non-alcoholic fatty liver disease
- Analysis of common food additives in children's snacks and an examination of food additives on children's behaviour
- Relationship between dietary patterns and chronic diseases;
- Analysis of results of life style modification programme and identification of the effective components
- Establishment of the glycemic index of some common Chinese foods

Research Grants

S K Yee Medical Foundation

(Jean Woo)

HKD1,132,730 (Feb 2009 – Jan 2011)

Healthy Ageing through Empowerment

Donations

Oriental Daily News Charitable Fund

HK\$280,000 *(24/1/2008)*

L&T Charitable Foundation Ltd

HK\$50,000 *(18/3/2008)*

L&T Charitable Foundation Ltd

HK\$30,000 *(3/4/2009)*

Publications and conference papers

1	<u>Woo J</u> , Leung J, Kwok T. BMI, body composition, and physical functional in older adults. <i>Obesity</i> 2007; 15(7):1886-94. (<i>Selected by the Obesity Society in the US for Press Release in July</i>)
2	Chan FWK, Wong SYS, Leung JCS, Leung PC, <u>Woo J</u> . Experience of famine and bone health in post-menopausal women. <i>Int J Epidemiol</i> 2007; 36: 1143-1150.
3	Lum C, Lo R, Ng K, <u>Woo J</u> , Tang N, Fallows S. A study on whey protein supplement on physical performance and quality of life among elderly patients with chronic obstructive pulmonary disease. <i>Australasian Journal on Ageing</i> 2007; 26(4): 168-172.
4	Ho SC, Chen YM, Ho SSS, <u>Woo J</u> . Soy isoflavone supplementation and fasting serum glucose and lipid profile among postmenopausal Chinese women: a double-blind, randomized, placebo-controlled trial. <i>Menopause</i> 2007; 14(5): 905-912.
5	Zhang XH, <u>Woo J</u> , Heller RF. Increasing dietary fish intake has contributed to decreasing mortality from CHD among the older population in Hong Kong. <i>Public Health Nutr</i> 2009; 12(8):1248-53.
6	<u>Woo J</u> , 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. <i>J Eval Clin Prac</i> 2007; 13: 853-859.
7	<u>Woo J</u> , Lam CWK, Leung J, Lau WY, Lau E, Ling X, Xing XP, Zhao XH, Skeaff CM, Bacon CJ, Rockell JEP, Lambert A, Whiting SJ, Green TJ. Very high rates of vitamin D insufficiency in women of child-bearing age living in Beijing and Hong Kong. <i>Br J Nutr</i> 2008; 99(6): 1330-1334.
8	Wong SYS, Chan FWK, Lee CK, Li M, Yeung F, Lum CCM, Choy DTK, <u>Woo J</u> . Maximum oxygen uptake and body composition of healthy Hong Kong Chinese adult men and women aged 20-64 years. <i>J Sport Sci</i> 2008; 26(3): 295-302.
9	Cheung BM, Wat NM, Man YB, Tam S, Cheng CH, Leung GM, <u>Woo J</u> , Janus ED, Lau CP, Lam TH, Lam KS. Relationship between the metabolic syndrome and the development of hypertension in the Hong Kong Cardiovascular risk factor prevalence study-2 (CRISPS2). <i>American Journal of Hypertension</i> 2008; 21(1): 17-22.
10	Chan RSM, <u>Woo J</u> , Chan DCC, Cheung CSK, Lo DHS. Estimated net endogenous acid production and intake of bone health-related nutrients in Hong Kong Chinese adolescents.

	Eur J Clin Nutr 2009; 63(4): 505-12.
11	<u>Woo J</u> , Cheung B, Ho S, Sham A, Lam TH. Influence of dietary pattern on the development of overweight in a Chinese population. Eur J Clin Nutr 2008; 62: 480-487.
12	Cheung BMY, Ong KL, Cheung RV, Wong LYF, Wat NMS, Tam S, Leung GM, Cheng CH, <u>Woo J</u> , Janus ED, Lau CP, Lam TH, Lam KSL. Association between plasma alkaline phosphatase and C-reactive protein in Hong Kong Chinese. Clin Chem Lab Med 2008; 46(4): 523-527.
13	Cheung BMY, Wat NMW, Tam S, Thomas GN, Leung GM, Cheng CH, <u>Woo J</u> , Janus ED, Lau CP, Lam TH, Lam KSL. Components of the metabolic syndrome predictive of its development: a 6-year longitudinal study in Hong Kong Chinese. Clin Endocrinol 2008; 68: 730-737.
14	Baum L, Cheung SKK, Mok VCT, Lam LCW, Leung VPY, Hui E, Ng CCY, Chow M, Ho PC, Lam S, <u>Woo J</u> , Chiu HFK, Goggins W, Zee B, Wong A, Mok H, Cheng WKF, Fong C, Lee JSW, Chan MH, Szeto SSL, Lui VWC, Tsoh J, Kwok TCY, Chan HIS, Lam CWK. Curcumin effects on blood lipid profile in a 6-month human study. Pharmacological Res 2007; 56(6): 509-514.
15	Wang AYM, Lam CWK, Sanderson JE, Wang M, Chan HIS, Lui SF, Sea MMM, <u>Woo J</u> . Serum 25-hydroxyvitamin D status and cardiovascular outcomes in chronic peritoneal dialysis patients: a 3-y prospective cohort study. Am J Clin Nutr 2008; 87: 1631-8.
16	Chan RSM, <u>Woo J</u> , Chan DCC, Lo DHS, Cheung CSK. Bone mineral status and its relation with dietary estimates of net endogenous acid production in Hong Kong Chinese adolescents. British Journal of Nutrition 2008; 100: 1283-1290.
17	Lok K, <u>Woo J</u> , Hui E, Kwok T. Usefulness of the Chinese nutrition screening (CNS) tool in predicting 12 month mortality in elderly Hong Kong Chinese living in institutions. The Journal of Nutrition, Health & Aging 2009; 13(2): 96-101.
18	Hui SSC, <u>Woo J</u> , Kwok T. Evaluation of energy expenditure and cardiovascular health effects from Tai Chi and walking exercise. Hong Kong Med J 2009; 15(Suppl 2): S4-7.
19	<u>Woo J</u> , Kwok T, Leung J, Tang N. Dietary intake, blood pressure and osteoporosis. J of Human Hypertension 2009; 23: 451-455.
20	Chan R, Lok K, <u>Woo J</u> . Prostate cancer and vegetable consumption. Mol Nutr Food Res 2009; 53: 201-216.
21	Cheung B, Li MF, Ong KL, Wat NMS, Tam S, Pang RWC, Thomas GN, <u>Woo J</u> , Janus ED, Lau CP, Lam TH, Lam KSL. High density lipoprotein-cholesterol levels increase

	with age in American women but not in Hong Kong Chinese women. Clin Endocrinol 2009; 70: 561-568.
22	Nakamura K, Barzi F, Huxley R, Lam TH, Suh I, <u>Woo J</u> , Kim HC, Feigin VL, Gu D, Woodward M, for the Asia Pacific Cohort Studies Collaboration. Does cigarette smoking exacerbate the effect of total cholesterol and high-density lipoprotein cholesterol on the risk of cardiovascular diseases? Heart 2009; 95: 909-916.
23	<u>史曼媚</u> , 黃曉雲. 吃出健康享瘦. 知出出版社. 2005. 2 nd Edition, 2007.
24	<u>史曼媚</u> , 文少儀, 吳琮薇, 黃素雯. 瘦身由健康出發. 知出出版社. 2006. 2 nd Edition, 2008
25	<u>Sea MM</u> . Weight management in Men. In “Men’s Health” in Chinese, Wong WW ed. CU Press. July, 2006. 2 nd Edition, 2007.
26	<u>Sea MM</u> . Healthy Cooking for Healthier You (in Chinese). Cognizance Publishing Company Ltd. October, 2007.
27	<u>Sea MM</u> , Lee CS, Ng K, Mak KY and <u>Woo J</u> . Hong Kong Food Exchange Guide. Book (in Chinese). Cognizance Publishing Company Ltd. November, 2007.
28	<u>Sea MM</u> . Weight Management in Women. In “Women’s Health” (in Chinese), Wong EE ed. CU Press. July 2008.
	<i><u>Abstracts and Invited Lectures Presented at International Meetings</u></i>
29	<u>Woo J</u> . Low staffing level is associated with malnutrition in long-term residential care homes. 8 th Asia / Oceania Regional Congress of Gerontology and Geriatrics, Beijing, China, 22-25 October 2007.
30	<u>Woo J</u> . Obesity in the elderly: definitions, consequences and management. New Horizons in Nutrition and Public Health, Hong Kong, 16-17 November 2007.
31	Li CK, Li M, Yeung F, Wong SYS, Chan FWK, Lum CM, Choy DTK, <u>Woo J</u> . Cardiovascular fitness in Hong Kong population. ACSM’s 55 th Annual Meeting, At the Crossroads of Science and Practice, Indianapolis, Indiana, USA, 28-31 May 2008. (Poster presentation)
32	Li M, Li CK, Yeung F, Wong SYS, Chan FWK, Lum CM, Choy DTK, <u>Woo J</u> . Use of air displacement plethysmography (BodPod) in measuring body composition of Hong Kong Chinese male and female. ACSM’s 55 th Annual Meeting, At the Crossroads of Science and Practice, Indianapolis, Indiana, USA, 28-31 May 2008. (Poster presentation)

Media Interactions

1	“肥人胃酸倒流手尾長”. Oriental Daily. 3 July, 2007
2	“帶氧運動助降靜態血壓”. Oriental Daily. 10 July, 2007
3	“餅乾小食鹽分高少吃為妙”. Oriental Daily. 17 July, 2007
4	“Good cholesterol bad cholesterol”. South China Morning Post. July, 2007
5	“提倡健康食品政府應減利得稅”. Oriental Daily. 24 July, 2007
6	“The association between fatness and peripheral partners”. Mingpao. 27 July, 2007
7	“有「營」食肆運動蔬果做主打”. Oriental Daily. 31 July, 2007
8	“產後媽媽三招練肌肉”. Oriental Daily. 7 August, 2007
9	“救救胖童製高質健康廣告”. Oriental Daily. 14 August, 2007
10	“三時後禁食－乃減肥妙法?”. Mingpao Weekly. 18 August, 2007
11	“增高非僥倖勿輕信招徠－增鈣質強骨骼”. Oriental Daily. 21 August, 2007
12	“夜晚跑步穿淺色衫較安全”. Oriental Daily. 28 August, 2007
13	“少吃豬牛肉健康更佳”. Oriental Daily. 4 September, 2007
14	“有機食品更高糖多脂肪”. Oriental Daily. 5 September, 2007
15	“部分有機食物，脂肪量高 18 倍”. Hong Kong Economic Times. 5 September, 2007
16	“健康飯盒 3 穀 2 菜 1 肉”. Oriental Daily. 11 September, 2007
17	“穿高跟鞋收細步幅較安全”. Oriental Daily. 18 September, 2007
18	“Avoid eating too much crab”. Am730. 19 September, 2007
19	“月餅熱量高少吃為妙”. Oriental Daily. 25 September, 2007
20	“Healthy school lunch box”. Next Magazine. 26 September, 2007
21	“素菜配搭攝均衡營養”. Oriental Daily. 2 October, 2007
22	“增值青雲路--營養 (包括兒童營養與健康、疾病與營養、保健飲食及健康食材等等)”. Metro Radio. Start from 15 January, 2007, every Monday 9:30am.
23	“掌握舞伴能力以防扭傷”. Oriental Daily. 9 October, 2007.
24	“Eating out is easier than slaving over the wok, but nutrition suffers, dietitians tell Patsy Moy”. South China Morning Post. 11 October, 2007
25	“中鏈脂肪酸...無助減肥”. Oriental Daily. 16 October, 2007.
26	“蔬果抗癌 糖尿病者慎吃”. Oriental Daily. 23 October, 2007.

27	“照顧嬰兒 小心關節受傷”. Oriental Daily. 30 October, 2007.
28	“專家警告餐餐紅肉好快玩完~大肚腩 食出六種癌”. Oriental Daily. 2 November, 2007
29	“過肥誘癌 愈瘦非愈好”. Oriental Daily. 6 November, 2007.
30	“營養補充劑不及均衡飲食”. Oriental Daily. 13 November, 2007.
31	“東方日報慈善基金資助中大研究出版《食物換算手冊》令你吃得健康”. Oriental Daily. 17 November, 2007.
32	“餵母乳防癌 子身心健康”. Oriental Daily. 20 November, 2007.
33	“運動與健康息息相關”. Oriental Daily. 27 November, 2007.
34	“放屁好正常 食物發酵所致”. Oriental Daily. 4 December, 2007.
35	“午餐肉高脂多鹽宜少吃”. Oriental Daily. 11 December, 2007.
36	“炸薯片高脂少吃為妙”. Oriental Daily. 18 December, 2007.
37	“游泳蹬腳過猛損關節”. Oriental Daily. 25 December, 2007.
38	“新年大計 健康為先”. Oriental Daily. 1 January, 2008.
39	“減肥四招防故態復萌”. Oriental Daily. 8 January, 2008.
40	“簡單運動防肌肉流失”. Oriental Daily. 15 January, 2008
41	“注意飲食體重 控制痛風症”. Oriental Daily. 22 January, 2008.
42	“注意節制 享盡賀年食品”. Oriental Daily. 29 January, 2008.
43	“團年飯勿忘均衡營養”. Oriental Daily. 5 February, 2008.
44	“世上最甜 Chocolate”. Mingpao. 10 February, 2008.
45	“健康情人節 不送朱古力”. Oriental Daily. 12 February, 2008.
46	“哈達瑜伽招式最安全”. Oriental Daily. 19 February, 2008.
47	“美味新椒 午餐好營”. Mingpao. 24 February, 2008.
48	“紫菜食過量或致大頸泡”. Oriental Daily. 26 February, 2008
49	“笑臉 Pizza 層層疊”. Mingpao. 2 March, 2008.
50	“纖體公司巧言誘代言”. Oriental Daily. 4 March, 2008.
51	“吃早餐減磅思考更靈活”. Oriental Daily. 11 March, 2008.
52	“外出用膳增加肥胖風險”. TVB, ATV, HKBN, RTHK, Metro Finance, CRHK. 17 March, 2008.

53	“外出吃早餐激快增磅”. The Sun. 18 March, 2008.
54	“出外吃早餐較午晚餐易致肥”. Hong Kong Economic Times. 18 March, 2008.
55	“「住家飯」是減磅靈丹”. Mingpao. 18 March, 2008.
56	“出外用膳易肥胖”. Takungpao. 18 March, 2008.
57	“外出吃早餐增肥胖風險”. AM730. 18 March, 2008.
58	“三餐出外食 腰圍似車軚”. Wen Wei Po. 18 March, 2008.
59	“外出晚膳易肥致高血壓”. Hong Kong Daily News. 18 March, 2008.
60	“出外吃早餐肥 不吃早餐更肥”. Apple Daily. 18 March, 2008
61	“男士不吃住家飯高危”. SingTao Daily. 18 March, 2008.
62	“吃住家飯控制體重”. Oriental Daily. 18 March, 2008.
63	“長期外出用膳 高血壓風險增”. Headline Daily. 18 March, 2008.
64	“Eating breakfast out blamed for growing girths”. South China Morning Post. 18 March, 2008.
65	“復活節吃喝玩 三招防肥”. Oriental Daily. 18 March, 2008.
66	“粥粉麵隱含「致肥元素」「健康」食物或愈食愈肥”. Headline Daily. 20 March, 2008.
67	“輕鬆運動可舒緩疲勞”. Oriental Daily. 25 March, 2008.
68	“服營養產品 不如改善生活”. Oriental Daily. 1 April, 2008.
69	“營養午餐美味又健康”. Mingpao. 3 April, 2008.
70	“食餸戒飯 難控制體重”. Oriental Daily. 8 April, 2008.
71	“BB 練頸力 加快四圍望”. Oriental Daily. 15 April, 2008.
72	“有機蔬菜 不必盲目追捧”. Oriental Daily. 22 April, 2008.
73	“老翁盡信書 服過量維他命 C 腎衰竭”. Mingpao. 25 April, 2008.
74	“為誕男嬰改飲食害健康”. Oriental Daily. 29 April, 2008.
75	“和牛愈高級愈傷身”. Oriental Daily. 6 May, 2008.
76	“夏天穿薄衣 BB 學轉身”. Oriental Daily. 13 May, 2008.
77	“反式脂肪 宜納入營養標籤”. Oriental Daily. 20 May, 2008.
78	“醬料高鹽高脂損健康”. Oriental Daily. 27 May, 2008.
79	“一隻鹹肉糉 膽固醇爆燈”. Oriental Daily. 3 June, 2008.

80	“配合半歲 BB 玩中成長”. Oriental Daily. 10 June, 2008.
81	“送爸爸「最名貴」禮物”. Oriental Daily. 17 June, 2008.
82	“緊張易患「腸易激綜合徵」”. Oriental Daily. 24 June, 2008.
83	“健康飲食子女終身受用”. Oriental Daily. 1 July, 2008.
84	“BB 先家中試水再帶「出海」”. Oriental Daily. 8 July, 2008.
85	“關電視用膳免進食過量”. Oriental Daily. 15 July, 2008.
86	“糖尿心臟病 應多攝取纖維”. Oriental Daily. 22 July, 2008.
87	“減腩耐力賽”. Next Magazine. 24 July, 2008.
88	“你不可不知道的補鈣 ABC”. Mingpao Weekly. 26 July, 2008.
89	“運動有效控制食欲”. Oriental Daily. 29 July, 2008.
90	“奧運村健康餐 少糖少鹽少油”. Headline Daily. 30 July, 2008.
91	“果汁雪條較朱古力味健康”. Oriental Daily. 5 August, 2008.
92	“狼吞虎嚥進食傷胃易肥用”. Oriental Daily. 12 August, 2008.
93	“每天運動 30 分鐘有效減磅”. Oriental Daily. 19 August, 2008.
94	“10 粒花生一匙油 飽肚瞓胃酸倒流”. The Sun. 25 August, 2008.
95	“晚飯消夜打仔上致肥陷阱”. Oriental Daily. 25 August, 2008.
96	“學童飯盒質素 家長要清楚”. Oriental Daily. 26 August, 2008.
97	“競步姿勢錯 易扭傷腰部”. Oriental Daily. 2 September, 2008.
98	“一個月餅四碗飯”. Oriental Daily. 9 September, 2008.
99	“酗酒隨時急性中毒”. Oriental Daily. 16 September, 2008.
100	“母乳較奶粉多百種營養”. Oriental Daily. 23 September, 2008.
101	“Most people who lose weight rapidly with pills rebound to their original weight or get even heavier”. South China Morning Post. 29 September, 2008.
102	“跑步不會致下肢粗壯”. Oriental Daily. 30 September, 2008.
103	“體重管理”. RTHK. 7 October, 2008.
104	“食大閘蟹宜一日一隻”. Oriental Daily. 14 October, 2008.
105	“跑步不會增關節炎風險”. Oriental Daily. 21 October, 2008.
106	“提升抵抗力 轉涼防流感”. Oriental Daily. 28 October, 2008.
107	“小食減壓快樂過一天”. Oriental Daily. 4 November, 2008.

108	“強化骨骼 跳繩較跑步佳”. Oriental Daily. 11 November, 2008.
109	“食煲仔飯易患腎心臟病”. Oriental Daily. 18 November, 2008.
110	“笑哈哈朱古力 cupcake 忘憂煮意”. Mingpao. 23 November, 2008.
111	“適當飲食 助鍛煉良好體能”. Oriental Daily. 25 November, 2008.
112	“健怡火鍋料”. Singtao Daily. 26 November, 2008.
113	“增醣原儲備 劇烈運動必須”. Oriental Daily. 2 December, 2008.
114	“健康飲食護膚 天然經濟”. Oriental Daily. 9 December, 2008.
115	“日行一萬步 改善健康”. Oriental Daily. 16 December, 2008.
116	“飲酒過量 礙骨質健康”. Oriental Daily. 23 December, 2008.
117	“健選高營聖誕餐”. Singtao Daily. 25 December, 2008.
118	“新年新目標 體魄更健康”. Oriental Daily. 30 December, 2008.
119	“教育市民認識營養標籤”. Oriental Daily. 6 January, 2009.
120	“賽前宜多吃碳水化合物”. Oriental Daily. 11 January, 2009.
121	“靜態伸展減肌腱受傷”. Oriental Daily. 13 January, 2009.
122	“健康全盒 少油鹽糖”. Oriental Daily. 20 January, 2009.
123	“牛肉鐵質補血 或成女性恩物”. Oriental Daily. 3 February, 2009.
124	“教揀料 防超標熱門粥”. Singtao Daily. 5 February, 2009.
125	“「老友記」應開始勤運動”. Oriental Daily. 10 February, 2009.
126	“牛肉營養知多少”. TVB Pleasure & Leisure(都市閒情). 11 February, 2009.
127	“胡亂節食 隨時愈減愈肥”. Oriental Daily. 17 February, 2009.
128	“婦甲狀腺低下憂鬱易倦”. Oriental Daily. 24 February, 2009.
129	“Local primary school students are consuming too much unhealthy snacks”. TVB News (Pearl). 1 March, 2009.
130	“小孩食零食一月重三磅”. TVB News (Jade). 1 March, 2009.
131	“大肚臍勿輕視 可加速死亡”. Oriental Daily. 3 March, 2009.
132	“帶氧運動增強身體機能”. Oriental Daily. 10 March, 2009.
133	“痛風患者多飲水 助稀釋尿酸”. Oriental Daily. 17 March, 2009.
134	“胡亂減肥 一成港人體重過輕 易患癌不孕 瘦骨仙做唔過”. Oriental Daily, The Sun. 21 March, 2009.

135	“健康減肥 重質重量”. Oriental Daily. 24 March, 2009.
136	“過量攝取鈉質 增胃癌風險”. Oriental Daily. 31 March, 2009.
137	“飲品熱量及糖份偏高 建議「少甜」或「走甜」”. TVB News (Jade). 1 April, 2009.
138	“過量游離糖增脂肪肝風險”. Hong Kong Economic Times. 2 April, 2009.
139	“一杯紅豆冰 如吃 9 匙糖”. Mingpao. 2 April, 2009.
140	“親子食肆 營選兒童餐”. Singtao Daily. 3 April, 2009.
141	“小心墮入高糖陷阱”. TVB Scoop(東張西望). 7 April, 2009.
142	“多做運動防癌細胞生長”. Oriental Daily. 7 April, 2009.
143	“早來經遲停經 易患乳癌”. Oriental Daily. 14 April, 2009.
144	“從治療到預防工作營養師走向社區”. Mingpao. 17 April, 2009.
145	“患糖尿病少吃五穀”. Oriental Daily. 21 April, 2009.
146	“食得開心又健康”. RTHK Radio 5. 26 April, 2009.
147	“長者全戒油鹽糖 體重易兩極化”. Wen Wei Po. 27 April, 2009.
148	“識飲識食 減低經前不適”. Oriental Daily. 28 April, 2009.
149	“穀物早餐糖分超標兒童不宜每日食”. Oriental Daily. 2 May, 2009.
150	“家居運動隨時踢走拜拜肉”. Oriental Daily. 5 May, 2009.
151	“部分健怡食品不適合長者”. Singtao Daily. 7 May, 2009.
152	“更年期婦女 補鈣質防骨質疏鬆”. Oriental Daily. 12 May, 2009.
153	“翻熱食物都要技巧”. TVB Scoop(東張西望). 19 May, 2009.
154	“端午健康糰 高纖低脂”. Oriental Daily. 19 May, 2009.
155	“減肥佳音 潮食麥皮代餐”. Singtao Daily. 23 May, 2009.
156	“港男壽命比女短 五大原因”. Oriental Daily. 26 May, 2009.
157	“抑鬱易患心血管病”. Oriental Daily. 2 June, 2009.
158	“腎石患者 勿吃高草酸食物”. Oriental Daily. 9 June, 2009.
159	“有益小菜獻父親表孝心”. Oriental Daily. 16 June, 2009.
160	“計步器誘發運動 八千步最健康”. Oriental Daily. 23 June, 2009.
161	“健康餐盒 毋須多肉”. Oriental Daily. 30 June, 2009.

Community Services

1	Provision of Nutritional services to the Tung Wah Enhanced Home and Community Care Services
2	Dietetic advice for Jockey Club Centre for Positive Ageing
3	Talks on healthy eating for primary and secondary schools
4	Talks on nutrition and health for Rotary Club of New Territories and Hong Kong Northwest.
5	Talk on Men's Health at annual meeting of Bank of China.
6	Talks on healthy eating for Info World of Hospital Authority
7	Talk on Nutrition and Beauty for Chung Chi Assembly
8	Talks on nutrition and sports for Silver Power
9	Talks on lifestyle and health for Reverends of Catholic Diocese of Hong Kong
10	Talks on nutrition and health for private company and Apprentice Jockeys
11	Talks on nutrition and sports for CUHK Medicine Association in Health Exhibition
12	Talk on healthy eating for children for the Hong Kong Children and Youth Services
13	Talk on weight management for staff of CUHK
14	Survey on eating habit of Hong Kong father (co-organized with RTHK and ELCHK).
15	Healthy eating campaign "healthy and fit daddy" (co-organized with RTHK and ELCHK)
16	Healthy lifestyle promotion (health check and free nutrition and exercise consultation on health) for a health expo organized by Metro Finance
17	Anti-hypertension Campaign (co-organized with Tung Wah Group), including 14 talks, judge for cooking competition, providing recipes, and assisting in publishing booklets, etc
18	Judges on cooking competition held by Catholic Group and NGOs
19	Sport classes for obese children
20	Nutrition consultations on Apprentice Jockeys.
21	Nutrition consultation on Drug Trial Projects.
22	Supermarket tours for educating of food labeling for elderly from NGOs
23	Healthy eating guidelines for elderly from NGOs
24	Design and give consultations on school lunch-box.(more than 15 schools participated which includes Maryknoll Convert School, Diocesan Primary School, St

	Francis' Cannosian School and Baptist Lui Ming Choi Primary School)
25	Committee member for Working Group on Childhood Nutrition (0-5), Department of Health.
26	Anti-Diabetic Campaign (co-organized with Tung Wah Group).
27	Nutritional advice on drug trials
28	Nutritional advice for Equestrian 2008
29	Honorary nutritional advisor for Tung Wah Group Elderly Service (Shatin District)
30	Honorary nutritional advisor for Spastics Association of HK
31	Co-organize the project of Combating Childhood Obesity Project in Tai Po which is funded by the Department of Health SAR